



Miscellaneous Controlling Issues

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IOF Event Adviser Clinic, Canberra – Miscellaneous Issues

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General Issues 1

- Course planning
 - Different competition format characteristics
 - Allowing route choice
 - Control proximity
 - Relay splitting
- Map issues
 - Scales / Deviations
 - Colours
 - ISSOM
 - Forbidden routes

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General Issues 2

- Control descriptions
 - Compared to map
 - Flag location terminology
- Usual suspects
 - Starting order (R12.7–12.9)
 - Time-keeping (R23.5–23.10)
 - Forbidden & compulsory routes (R17.2–17.3)

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SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay
Controls	Technically easy.	Consistently technically difficult.	A mixture of technical difficulties.	A mixture of technical difficulties.
Route Choice	Difficult route choice, requiring high concentration.	Small and medium scale route choice.	Significant route choice including some large-scale route choices.	Small and medium scale route choice.
Type of Running	Very high speed.	High speed, but requiring runners to adjust their speed for the complexity of the terrain.	Physically demanding, requiring endurance and pace judgement.	High speed, often in close proximity to other runners who may, or may not, have the same controls to visit.
Terrain	Predominantly in very runnable park or urban (streets/buildings) terrain. Some fast runnable forest may be included. Spectators are allowed along the course.	Technically complex terrain.	Physically tough terrain allowing good route choice possibilities.	Some route choice possibilities and reasonably complex terrain.
Map	1:4000 or 1:5000	1:10000 (or sometimes 1:15000)	1:15000	1:10000 (or sometimes 1:15000)
Start Interval	1 minute	2 minutes	3 minutes	Mass start
Timing	1 second (0.1 seconds in the WOC final)	1 second	1 second	Mass start to the finish order is the order across the line.
Winning Time (for Senior Elite competition)	12-15 minutes	30-35 minutes Qualification races are shorter.	Men 90-100 minutes Women 70-80 minutes Qualification races are shorter.	30-60 minutes per leg Men Total 135 minutes Women Total 120 minutes
Summary	Sprint orienteering is a fast, visible, easy-to-understand format, allowing orienteering to be staged within areas of significant population.	Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.	Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.	Relay orienteering is a competition for teams of three runners running on a virtually head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.

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Fair Play 1

26. Fair play

- 26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.
- 26.2 In an individual interval start race, competitors shall navigate and run through the terrain independently.
- 26.3 Except in the case of an accident, obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.
- 26.4 Doping is forbidden. The *IOF Anti-Doping Rules* apply to all IOF events and the IOF Council may require doping control procedures to be conducted.
- 26.5 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.
- 26.6 Any attempt to survey or train in the competition terrain is forbidden, unless explicitly permitted by the organiser. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.
- 26.7 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors.
- 26.8 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.
- 26.9 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, eg. media representatives.
- 26.10 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.
- 26.11 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.
- 26.12 Non-competitors who break any rule are liable to disciplinary action.
- 26.13 The organiser must void a competition if at any point it becomes clear that circumstances have arisen which make the competition unfair or dangerous for the competitors.

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Fair Play 2

- Traditional view
 - Organiser's fault
 - Organiser should provide the solutions
- Following / Collaboration
 - Not acceptable or acceptable?
 - Minimise opportunities
 - Who will protest?
- Prior terrain knowledge
 - Mappers vs. others
 - Sprint locations

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Fair Play 3

- Influencing runners
 - Coaching zones
 - Spectator controls
 - Traffic: pedestrian & other
- Deliberately breaking rules
 - Who's done it?
 - Appropriate penalties
 - Minimise opportunities
- Main message
 - **Minimise opportunities: prevention is better than cure!**