



NATIONAL ORIENTEERING LEAGUE

RULES AND ORGANISERS' GUIDELINES

May 2020

These Rules constitute OA Operational Manual 2.2

1	Introduction	3
1.1	Aims of the National Orienteering League (NOL)	3
1.2	Definitions	3
1.3	OA Head Coach	3
2	National Orienteering League Rules	3
2.1	Participation	4
2.2	Divisions	4
2.3	Teams	4
2.3.1	Team Uniforms	4
2.4	Event Schedule	5
2.4.1	Australian Team Selection	5
2.4.2	World Ranking Events (WREs)	5
2.4.3	Pinestars vs Bushrangers Test Matches	5
2.4.4	Regional Championships	5
2.5	Application and Allocation of Events	5
2.6	Point Scoring System	6
2.6.1	NOL Individual Point Scoring System	7
2.6.2	Team Point Scoring System	8
2.6.3	Cumulative Scores for the Season	8
2.7	Ceremonies	9
2.8	NOL Event Controllers	9

3	Time Schedule	9
4	Pre-Event Information	10
4.1	Invitation	10
4.2	Event Programme	10
5	Competition	11
5.1	Competition Numbers	11
5.2	Competitors' Numbered Bibs.	11
5.3	Sponsors' logos.	11
5.4	Maps	11
5.5	Training and Model Events	12
5.6	Course Planning	12
5.6.1	Course Formats	12
5.6.2	Control Placement	12
5.7	Start Draw	12
5.8	Start	13
5.9	Controls and Punching Systems	13
5.10	On-Course Refreshments	13
5.11	Finish	13
5.12	Timing	13
5.13	Results Display	13
5.14	Commentary	13
5.15	Media and Spectators	13
5.16	Complaints and Protests	14
5.17	Jury	14
6	Race Formats	14
6.1	Sprint	14
6.2	Middle Distance	15
6.3	Long Distance	15
6.4	Forest Relay	15
6.5	Sprint Relay	16
6.6	Loop Races	16
6.7	UltraLong Format	16
6.8	Galaxy Format	17
	Table 1: Race Format Summary	18
7	After the Event	18
7.1	Prizegiving	18
7.2	Results	19
7.3	Reports	19
	Appendix 1 NOL Race(s) Application Form	20

1 Introduction

Orienteering Australia's Guidelines for the National Orienteering League (NOL) serve the following purposes:

- 1) To inform states/clubs/individuals who are applying to host a NOL round, of the planning considerations to be taken into account and the timeline to follow. A standardized application form is an appendix to this document;
- 2) As a resource for event organisers, course planners and controllers so that they are aware of the additional requirements when hosting a NOL round, and of where to find the most pertinent information in the OA rules;
- 3) To inform NOL team managers and athletes of the rules and expectations when competing in the NOL.

1.1 Aims of the National Orienteering League (NOL)

The aims of the NOL are to:

- J Offer elite and junior elite competitors well-organised and technically demanding races against quality fields;
- J Develop elite and junior elite orienteering in all States/Territories of Australia;
- J Prepare elite and junior elite orienteers for international competition;
- J Provide high profile orienteering events that will attract media attention and sponsorship;
- J Give NOL organisers, course-planners and controllers experience with national elite events.
- J Showcase Australia's elite to the public and media and determine the best in the country over an orienteering season.

The NOL is primarily a teams competition.

1.2 Definitions

National League: The National Orienteering League, for teams, conducted in four divisions.

Event: A competition held as part of the NOL.

Round: One or more events held in the same general location, with consecutive events separated by not more than six days. There are a minimum of four rounds in a calendar year.

1.3 OA Head Coach and High-Performance Administrator (HPA)

Orienteering Australia's Head Coach or the HPA, is the first point of contact for organisers. This person's duties include:

- J Liaison with the Director High Performance and event organisers to ensure that the aims of the NOL are met;
- J Updating these guidelines when required;
- J Processing event applications for following season;
- J Ensuring prompt publication of results; and
- J Helping to arrange media coverage in conjunction with event organisers and the Orienteering Australia's Director, Development.

Some of these duties are provided with assistance from the High-Performance Management Group and the Director, Technical.

2 National Orienteering League Rules

The conduct of NOL events is governed by the Competition Rules for Orienteering Australia Foot Orienteering Events (OA Operational Manual 2.1). These guidelines are supplemental to those Rules and are intended to provide additional details to facilitate the smooth organisation of NOL events. Some relevant rules are reproduced/referenced in this document, however, the NOL Guidelines do not confer familiarity with the entire OA rules document.

All NOL races are designated Group A events by Orienteering Australia and as such, require a Level 3 controller for the elite age classes/courses. See section 2.8 of these guidelines

for further details.

Some NOL races may also be IOF World Ranking Events and therefore M/W21E classes, and any other classes on the same course which the organisers wish to include in the WRE, are governed by the IOF's Guidelines for WREs. These classes require the use of IOF Eventor for entries.

2.1 Participation

Australian organised NOL events are open, and all individual competitors (both Australian and overseas) are eligible to score points. When an overseas event is a NOL event (such as the Oceania Championships when held in New Zealand) then only Australian residents are eligible to score points, as defined for the teams competition below.

To be eligible to score points for a NOL team, competitors must be Australian residents under (Competition Rules for Orienteering Australia Foot Orienteering Events rule 6.3) or be resident in, or intending to be resident in, Australia for a period of at least four months, or returning briefly to compete in at least 2 race weekends. They must be a financial member of an orienteering club within Australia, as the NOL team of a competitor is determined by the State/Territory association of their club, and competitors may only run for one NOL team in a given year.

To be eligible for team points, competitors must enter using their NOL team affiliation and not their club or state affiliation. Reminders will be sent to athletes and Team Managers before entries close for each round.

2.2 Divisions

There are four divisions of the National Orienteering League:

-) Men: Conducted in the M21E class.
-) Women: Conducted in the W21E class.
-) Junior Women: Conducted over the W20E class. In Sprint and some Middle-Distance races W20E will run the same course as W21E.
-) Junior Men: Conducted over the M20E class. In Sprint and some Middle-Distance races M20E will run the same course as M21E.

2.3 Teams

NOL teams may be formed by:

-) Individual State/Territory Associations;
-) A combination of State/Territory Associations;
-) National and State/Territory academies or institutes of sport.

If an entire NOL team does not intend to compete during a full NOL season, or if a new NOL team is to be formed, the OA Head Coach should be notified by January 1st.

Each team shall appoint a Manager who will be the point of contact between the athletes, the OA Head Coach and event organisers.

A full team in any individual race consists of a minimum of 3 junior and 3 senior men and 3 junior and 3 senior women. There is no maximum team size unless determined by state/territory policy.

The Team Manager is responsible for determining his/her athletes' eligibility to run for that team as per 2.1 above.

2.3.1 Team Uniforms

The design of the official team uniform must be submitted to the OA Head Coach to be kept

on file; any changes to a team's uniform for the season should be notified by January 1st. Team Managers should ensure that enough uniforms are available for each race for all their athletes; team members shall be required to wear the agreed team uniform for their team in order to score points for their team in NOL races.

2.4 Event Schedule

The annual schedule of NOL events is prepared by the OA Head Coach and HPA with assistance from the Director High Performance and is ratified by the Orienteering Australia Board.

The final event schedule for each National Orienteering League season should be approved by the Orienteering Australia Board at the Annual General Meeting of the previous year.

The following criteria are considered in deciding the schedule:

-) There should be at least ten events;
-) The annual programme should include the five primary foot orienteering formats, i.e. Sprint, Middle Distance, Long/Ultralong Distance and Relay/Sprint Relay, where the distribution of disciplines may depend upon the focus of world level events for that year;
-) Every State/Territory Association should be given the opportunity to hold an event at least once every two years;
-) A NOL event should not be held within 48 hours of a State/Territory Championship in a different State/Territory;
-) NOL rounds should be at least two weeks apart;
-) The competition should run over the first half of the season finishing before the June long weekend;
-) Ideally the individual competition will finish with a chasing start event and the teams competition will finish with a relay;

2.4.1 Australian Team Selection

Usually NOL races of appropriate disciplines and timing will count towards WOC team selection. Also, all NOL races prior to and including Easter have the potential to count towards JWOC team selection.

2.4.2 World Ranking Events (WREs)

In any calendar year Australia is permitted by the IOF to hold 3 WREs of sprint format and 3 WREs which are either middle or long distance. In years where there are not regional championships the Oceania Region is entitled to extra WREs to be agreed between Australia and New Zealand. Therefore, a number of NOL races may also be WREs with the requirement for an IOF Event Adviser, and the use of IOF Eventor, for the senior elite classes.

2.4.3 Pinestars vs Bushrangers Test Matches

Where these are held in Australia, they can be NOL races as appropriate.

2.4.4 Regional Championships

The age groupings for juniors at the Oceania Championships require MW18 and MW20 age classes. Where the MW18 classes run the same course as the MW20 the results can be combined for the purpose of calculating NOL points. Where they run different courses then either only MW20 classes will count toward NOL points or results of both classes will be used, depending upon the relative strength of each class. In each instance the Head Coach will make a decision and communicate this to athletes before entries close for the competition.

2.5 Application and Allocation of Events

Applications to host NOL rounds should be submitted through state/territory associations to the OA Head Coach or HPA by February 28th of the preceding year, using the NOL

Round Application Form which is an appendix to these Guidelines (Appendix 1).

These applications will then be assessed These applications will then be assessed and the agreed season program will be submitted by the Director, High Performance, to the OA Board for ratification at the OA AGM.

Applications should include the following information:

-) General location;
-) Map and terrain details;
-) Proposed format(s);
-) Organising body and contact details;
-) Key personnel where known, including the event organiser, course planner and OA Level 3 controller;
-) Whether it is anticipated that any of the races will be a World Ranking Event.
-) Endorsement of the host state/territory association

Preference will be given to proposals which incorporate a minimum of 2 races within a weekend, in order to maximise elite participation. It is recommended that public races (e.g. a state championship) are held at the same time in order to guarantee adequate income for the organising state/club and good spectator attendance for the elite races.

Factors to be considered when assessing the application(s) include:

-) Quality of the map and terrain;
-) Experience of the organising team;
-) Variation in the type of terrain and the type of events over the NOL season;
-) Suitability of the proposed format, terrain, and timing as part of selection races for that year's WOC and JWOC and any other national teams e.g. WUOC, Bushrangers, World Games, World Cup.

Given the above considerations, it may sometimes be necessary for the OA Head Coach or HPA to request that the organising group changes some aspect of the original proposal including format and scheduling.

After the schedule is finalised, host states are required to supply any remaining details regarding formats, venues and key personnel to the OA Head Coach by the end of June; this information will be added to the previously-submitted NOL Round Application Form, which has been kept on file.

2.6 Point Scoring System

The NOL points will be calculated as soon as possible after the race results are finalised and uploaded to the NOL page on the OA website. A computer program is used to calculate points based upon the results files held in Eventor.

If there are any queries about NOL points allocations to teams or individuals, the Head Coach or HPA can be emailed for clarification.

2.6.1 NOL Individual Point Scoring System

Individual points in the NOL are awarded as follows:

Placing	Points	Placing	Points	Placing	Points
1st	30	10th	16	19th	7
2nd	27	11th	15	20th	6
3rd	24	12th	14	21st	5
4th	22	13th	13	22nd	4
5th	21	14th	12	23rd	3
6th	20	15th	11	24th	2
7th	19	16th	10	25th	1
8th	18	17th	9	Others	0
9th	17	18th	8		

In addition:

-) If two or more competitors are tied in an event, they shall each be awarded the points for the place for which they are tied.
-) Where there is a qualifying race and a final, the first finisher in the B final is ranked after the last finisher in the A final.

Chasing start in final individual event:

-) It is recommended that a chasing start be used in the final individual event to determine the overall winner for the season.
-) The last event will count in everyone's points total whether they compete or not and will count double points (60 points for the fastest time on the course).
-) The season point score before the final race will be converted into time differences. The points to time conversion will depend upon the details of the event format and terrain. It will be decided by the Head Coach and will be published in the event program after entries have closed. As a guide, the default conversion is 20 seconds per point, so if the second-place getter is 4 points behind the leader they start 80 seconds behind.
-) If the series leader is not present, then starting times are based on points relative to the highest ranked starter.
-) The finishing order of competitors in the chasing start will be the ranking order for that year's competition. The first across the line wins the season and so forth down the list.
-) To avoid overly long gaps between starters with low season points, those over 90 points behind (30 minutes) will start in either a mass start or in a start block earlier in the event.
-) The results of the last event will be back calculated to points to give a final season point score. The person with the fastest time will be given 60 points. The course time difference of each athlete to the fastest person will be used to calculate their points using the same conversion rate as used to allocate start times. So, if the second starter finishes exactly with the first starter, they will have the exact same points total for the season. Those who DNF or do not attend the last event receive 0 points.
-) This conversion of the chasing start back to points preserves the finishing order of the chasing start in the points table and enables those not present at the final race to receive an overall placing for the season. Theoretically you can win the season without attending the last event, but you would need a lead of around 60 points.
-) In the situation of a close finish, the winner will be judged by the torso that crosses the line first, as in athletics races. Points for the last race will be rounded to the nearest integer but the season placing for those on identical points will be based upon first across the line.

2.6.2 Team Point Scoring System

Team point scores are awarded as follows:

Placing	Points Awarded
1st	9
2nd	7
3rd	5
4th	4
5th	3
6th	2
7th	1

After each event, points from each of the four divisions are added to give the NOL Team scores.

For individual events, teams in each of the four divisions are ranked according to the sum of the times of their best three competitors in each division, with the following provisos:

-) Teams with less than three finishers are awarded points on the basis of the next best results. That is in order, the sum of the best two competitors or one competitor;
-) Teams which have no finishers receive no points;
-) Teams with an equal total time are placed according to the results of the highest placed competitors in each team;
-) Teams still equal shall be considered to have tied.

Where there is a qualifying race and a final, the first finisher in the B final is ranked after the last finisher in the A final, and team results are then based on the sum of the placings rather than times.

For all relay events, team point scores are doubled, i.e.:

Relay Placing	Points Awarded
1st	18
2nd	14
3rd	10
4th	8
5th	6
6th	4
7th	2

Teams in each of the four divisions shall be ranked according to their placing in that division and only the highest-placed team from each state/territory shall count towards points in each division:

-) In a mixed-gender relay the points according to placing will be allocated to both the male and female NOL teams from that state.
-) In a mixed age-class relay the points will only be allocated to the senior NOL teams from that state.
-) Teams where one or more members fail to complete the relay course receive no points.

2.6.3 Cumulative Scores for the Season

The total score for a team in the Senior divisions of the NOL is the sum of team points scored at all events.

The total score for a team in the Junior divisions of the NOL is the sum of the best scores from the larger of: a) 50% of events rounded up to a whole number, or b) 6 events. (This rule is designed to allow teams to register full team scores even if juniors are not able to travel to all events.)

Teams which score an equal number of points during the season shall be placed according to the number of points scored in the final event.

Teams which are still equal shall be considered to have tied.

The total score for individuals in the Senior divisions of the NOL is the sum of their best 8 event scores. The total score for individuals in the Junior divisions of the NOL is the sum of their best scores from the larger of: a) 50% of events rounded up to a whole number, or b) 6 events.

2.7 Ceremonies

After the final National League race of the season, the OA Head Coach shall organise a ceremony to present awards to the winners of the National League Competition. The winners of the men’s, women’s and teams’ divisions shall be presented with the perpetual trophies. Winners of the individual competitions will also receive mementos.

2.8 NOL Event Controllers

National Orienteering League races are designated by Orienteering Australia as Group A events and therefore require a Level 3 controller to oversee the elite courses and aspects of NOL management (at a minimum). There is no longer a separately-appointed NOL event administrator, given the expectation that the Level 3 controller appointed by the organising state and approved by the OA Director, Technical, will be familiar with the requirements of a NOL race and with these guidelines as well as the OA rules, and will convey these to the event organiser.

Where individual events in a NOL round have Level 2 Controllers appointed, then a Level 3 controller who is experienced with the relevant race formats must be appointed to oversee them and act as the overall NOL round controller. This does not require that person to visit all the control sites but they must armchair vet the elite courses and be familiar with all other aspects of NOL event administration in order to provide pre-event advice, in conjunction with the OA Head Coach, to the individual Event Controllers, planners and organisers.

Event controllers can also seek advice from the OA Head Coach and Director, Technical.

Where a NOL race is also a WRE then an accredited IOF Event Adviser must be appointed. In some cases this is the Level 3 Controller who will control all aspects of the event but where a host state has no IOF Event Adviser available then this can be done remotely. This does not require the IOF EA to visit all the control sites, but they must armchair vet the M/W 21E courses and be familiar with all other aspects of WRE administration.

3 Time Schedule

The schedule below is recommended:

Date	Action
February 28, previous year	Applications to hold events sent to OA Head Coach using application form
2 weeks prior to AGM previous year	NOL Scheduling Group recommends event schedule to OA Board for approval.
OA AGM, previous year	OA Board announces final event schedule
June 30, previous year	organising states to confirm venues, formats, and personnel
3 months before event	Invitation posted on OA website
2 weeks before event	Entries close
2 weeks before event	Event programme posted on OA website, and start lists uploaded as soon as they are available
within 1 day of event	Results posted to results database via OA website

4 Pre-Event Information

The minimum information required before the event is set out in the Competition Rules for Orienteering Australia Foot Orienteering Events section 8. These rules require an invitation, which includes information competitors need to know before entering, and an event programme which should include information needed immediately before the event.

4.1 Invitation

The organiser is required to issue an invitation as per Competition Rules for Orienteering Australia Foot Orienteering Events rule 8.4: The invitation should include, as a minimum, the following information:

-) Organiser and the names of the event director and Controller(s) address, telephone/fax number, website, and email address for information;
-) Sponsors;
-) Approximate venue;
-) Dates;
-) Classes offered;
-) Entry forms, entry procedure and fees;
-) Latest date and address for entries;
-) Accommodation available;
-) Course format and winning times;
-) Opportunities for training;
-) Embargoed areas, and information about how to obtain copies of any previous orienteering map(s) of the embargoed area(s);
-) Other information of interest.

This information should be made available on the OA website and on the organising state/club's home page. Online entry systems are preferred.

Note that for World Ranking Events any athlete competing in M/W 21E must submit their IOF athlete ID to the organisers prior to competing and must request an athlete ID from the IOF where they do not already have one. The IOF intends that IOF Eventor be used for event entry in WREs; Orienteering Australia is still determining how this requirement can best be made compatible with our current entry system.

For World Ranking Events where juniors and seniors are competing on the same course, the organiser and IOF Event Adviser must determine whether results from both classes will be submitted to IOF for calculation of senior rankings and if so, must advise all athletes accordingly because the above considerations will apply.

This information must be posted on the OA website a minimum of 3 months before the event. (It counts as Bulletin 1 for WREs.)

Remember that competitors may be unfamiliar with the area of the event, so that recommendations for accommodation alternatives and local restaurants will always be appreciated.

4.2 Event Programme

The organiser should post the event programme on the OA website a minimum of two weeks before the event. (There is no need to send out hard copies of this information to competitors – website is sufficient). The required information, as per Competition Rules for Orienteering Australia Foot Orienteering Events rule 8.5 includes:

-) Full details of venues and travel directions;
-) Scale, contour interval of maps and any other relevant mapping information;
-) Start and finish procedures;
-) Distances from parking to finish and finish to start(s);
-) Registration times, venue, and procedure;
-) Facilities available (changing, refreshments, etc.);
-) Full start lists as soon as they are available.

This counts as Bulletin 2 for WRE purposes. Information such as venue and travel directions must be comprehensive for interstate visitors and should be posted as soon as practical. Competitors should be notified by email as soon as start lists are available.

5 Competition

5.1 Competition Numbers

The first 200 competition numbers for individual events that include a NOL race shall be reserved for NOL competitors. The individual competition numbers for the whole year shall be based on national rankings as at 31 December of the preceding year, with the top 50 competitors being allocated numbers in accordance with their ranking. Competitors who are not in the top 50 will be allocated numbers on a race-by-race basis, therefore the competitor numbers used in a particular race may not reflect the true ranking numbers of lower ranked athletes. The Men's and Junior Men's numbers will run from 1 to 100 and the Women's and Junior Women's from 101 to 200.

The first 50 team numbers for relay events which include a NOL race shall be reserved for NOL competitors. Relay team numbers will be based on the final Team division standings of the previous year. The numbers will be awarded firstly to the Men's teams with number 1 being allocated to the top team in the Team division, number 2 to the second top team, and so on until all men's teams have been allocated a number. The Women's teams will be allocated a number on the same basis starting with the next available number, followed by Junior Men, and then Junior Women.

5.2 Competitors' Numbered Bibs.

Competitors' numbered bibs are an important tool in projecting the image of professionally managed sport, in recognising sponsors, and in identifying competitors in photographs, and should be worn by all competitors in all NOL events. Where competitors' numbered bibs are supplied for all general competitors, e.g. the Australian Championships carnival, the Australian 3-Days, etc. the organiser will be responsible for providing the competitors' numbered bibs. Where they are not provided for all general competitors, the elite competitors' numbered bibs should be provided by the event organisers. These can be printed through Snap Printing Hilton in South Australia and through a number of other suppliers (list available from the OA Head Coach, who can assist states in arranging number printing if necessary).

5.3 Sponsors' logos.

A list of Orienteering Australia's current sponsors and the NOL's current sponsors will be available from the OA Head Coach.

These should be displayed on maps, chest numbers, websites, and event information. The Australian Sports Commission's logo is always required. For World Ranking Events the IOF's logo should also appear on the map and on event information.

Sponsors' banners should be displayed at all NOL events. The OA head coach will keep track of who has these, however, to assist the OA Head coach, it is ideally the host state's responsibility to transfer them on to the next state which will hold NOL races.

5.4 Maps

The map shall conform to the "International Specification for Orienteering Maps" or "International Specification for Sprint Orienteering Maps", as applicable, and be of good national standard. It is permissible to use maps that have been previously used, provided that they are accurate, with no major changes that affect the courses. Minor map corrections may be overprinted with the courses with the controller's approval.

If an area has been previously used the organiser must make a copy of the previous map available at registration on the day of the event. Otherwise, on the day of the event no map of the competition area shall be used by competitors nor by team officials.

If no other embargoes are current, the map should be embargoed to all NOL competitors for three months prior to the competition.

The competition map, if not printed on waterproof/synthetic paper, should be sealed in a transparent plastic bag of at least 0.20 mm thickness.

5.5 Training and Model Events

The organiser should be able to inform competitors of suitable training areas and how to obtain maps. Model events are not usual for NOL events but may be appropriate in some circumstances, e.g.:

-) Previously unused map or terrain
-) Particularly difficult or unusual terrain
-) In situations where some competitors are likely to have an advantage due to familiarity with the terrain.

It is acceptable to hold a model event on the day of the competition (e.g. a map of the warmup area).

5.6 Course Planning

The prime requirement for courses is fairness. There must be

-) No questionable control locations
-) No elements of luck in determining the best route choices
-) No controls where the presence of another runner can give away the location of the control
-) No elements of surprise with regards to map symbols
-) No map errors which might influence the race

The second requirement for the courses is a balanced orienteering challenge. The courses should be as difficult as the terrain permits.

A NOL course planner has to balance the need for a fair, challenging race with the needs of the public and media.

Course planners should note the Leibnitz Convention (Competition Rules for Orienteering Australia Foot Orienteering Events Appendix 9). This convention outlines ways in which the IOF believes orienteering can become more attractive to spectators and the media, including the layout of the assembly area, the provision for spectator controls and spectator viewing of both start and finish.

Courses shall be pre-marked on the map for all NOL events and competitors shall not be permitted to view the course before their allocated starting time.

5.6.1 Course Formats

See section 6 of these Guidelines and Appendix 8 of the Competition Rules for Foot Orienteering Events for guidance on the available formats for NOL races and the appropriate winning times for these.

5.6.2 Control Placement

As per Appendix 3 and section 19 of the OA Competition Rules for Foot Orienteering Events:

Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. According to OA Rule 19.4, controls should not be sited within 30 m of each other (15 metres for map scales of 1:5000 and 1:4000). Further, only when the control features are distinctly different in the terrain as well as on the map, should controls be placed closer than 60 metres (30 metres for map scales of 1:5000 or 1:4000). All distances are the straight-line distance.

5.7 Start Draw

The start draw shall be made according to Competition Rules for Orienteering Australia Foot Orienteering Events Section 12 unless the IOF Guidelines for World Ranking Events take precedence.

-) For interval starts, the start draw should be performed to give random start positions, as per Competition Rules for Orienteering Australia Foot Orienteering Events Section 12 with competitors seeded according to prior performance.
-) Reverse-ranking starts are allowed when required for a World Ranking Event. Note that there are now separate international ranking lists for Sprint and for Middle/Long formats.
-) For mass-start multi-loop individual races the top-seeded runners should be placed on separate permutations.
-) Qualification races may be used for NOL sprint races.
-) A Red Start Group (see rule 12.17) may be used, in which the top 10 ranked runners are randomly allocated the last 10 start positions, only when specified in the pre-event information.

5.8 Start

As per the Leibnitz convention, it is recommended that for NOL races the start as well as the finish is included within the assembly area, in view of both the commentator and spectators; however, this may not always be practical when making best use of the terrain, especially in a multi-day event. OA rules section 22 is relevant to start procedures. It is acceptable to have a pre-start where the next call-up time is prominently displayed. Note that competitors' names should be called at the start or pre-start, as silent starts are not used in Australia.

5.9 Controls and Punching Systems

Punching systems are outlined in Competition Rules for Orienteering Australia Foot Orienteering Events Section 20. Electronic punching should be used for all NOL events.

5.10 On-Course Refreshments

Water shall be provided at 25-minute intervals on all races longer than 30 minutes and must be situated at control points (see Competition Rules for Orienteering Australia Foot Orienteering Events rule 19.8).

5.11 Finish

The finish should be within the assembly area and should be prominent so that spectators have a good view of competitors as they punch the final control and finish the race.

5.12 Timing

It is acceptable to use the electronic punching system for finish timing. It is recommended that competitors start exactly at their allotted time and are not required to punch a start unit at the start.

5.13 Results Display

In the assembly area, a results display should be provided in a prominent place. Electronic results displays such as O-Lynx add interest, especially with the use of radio controls.

Where wireless internet is available in the arena, organisers could consider having live results available online, otherwise results should be uploaded to the OA website as soon as possible after the event.

5.14 Commentary

Commentary is important for the atmosphere at the finish. The progress of the NOL race should be the central concern. Commentary should continuously transmit intermediate times, finish times, announce competitors as they start, draw attention to competitors just coming in, interview competitors, comment on the results and the overall NOL standings.

5.15 Media and Spectators

Every effort should be made to make NOL events interesting for the media and spectators without jeopardising the fairness of the event.

The finish should be set up with photographers and media in mind; noting that the best direction for taking photographs of runners in a finish chute is for them to be running towards the sun, i.e. where possible, a finish chute should be from south to north, with photographers being able to get clear shots of competitors at the last control, in the finish chute and crossing under the finish banner.

Sponsorship banners should be displayed so that they will feature in any media coverage of the event. Examples of well-presented finish chutes and displays of banners are available from the OA Head Coach.

On arrival, printed start lists should be made available for the media and spectators.

If course-setting constraints allow a spectator control near the finish is an excellent way to increase spectator excitement. Immediately after the last start the race map should be available at the finish for competitors, media representatives and spectators.

A display of the map with winners' routes drawn in is a good special attraction.

A printed copy of the results together with access to an electronic version of the results (including split times) should be made available to the Orienteering Australia media officer and any other media personnel present.

5.16 Complaints and Protests

Complaints and protests shall be handled in accordance with Rules for Orienteering Australia Foot Orienteering Events Sections 27 and 28.

Complaints which are race-specific should be made within 30 minutes after the last finisher on the elite courses has finished, by which time the results will be considered official (unless there is known to be a problem affecting the courses). If a number of competitors wish to lodge a complaint about a matter, then this is best done through NOL team managers.

Complaints can usually be lodged through the event registration, who will provide the complaint to the NOL Event organiser who will consult with the course planner and OA controller and provide a response to the complainant. Only if this response is deemed unsatisfactory should a formal protest then be submitted.

Genuine complaints about any other aspects of administration of the NOL should be directed to the OA Head Coach in the first instance and can be made by individuals or team managers. If the response is not considered satisfactory by the complainant then the NOL Team Manager can submit a formal appeal to OA as per the Appeals Policies in the Operational Manual.

5.17 Jury

The organising State/Territory Association shall appoint a jury according to Competition Rules for Orienteering Australia Foot Orienteering Events section 29. The makeup of the jury shall be made public on the day of the event at the latest; ideally it should contain three level 3 controllers, one of whom is from the host state. However, this is sometimes not practical and experienced Level 2 controllers may be involved. The level 3 controller who is responsible for the event does not act as part of the jury but will convene the jury if necessary, given that the event organizer may not be acquainted with the potential jury members. The organizer or controller may guide the jury; if it is the controller who does so then they need to be certain that they have obtained the full picture from the event organizer and course planner as well as from the protesting athlete(s). It is important to refer to: Competition Rules for Orienteering Australia Foot Orienteering Events Appendix 10: Guidelines Regarding Complaints and Protests, and Cancelling Courses

6 Race Formats

The NOL programme should be composed of a roughly equal number of the five primary foot orienteering formats, i.e. Sprint, Middle Distance, Long/Ultralong Distance and Relay/Sprint Relay. The difference between formats, as defined in Competition Rules for Orienteering Australia Foot Orienteering Events Appendix 8, is not simply the length of the race – a number of key points about the course-setting style required for each format should be noted.

6.1 Sprint orienteering is a fast, visible format allowing orienteering to be staged within or close to urban areas:

-] Very high speed requiring the athletes' full concentration throughout the race.
-] Difficult route choice, requiring high concentration with an emphasis on making decisions at high speed.
-] Finding controls should not be the challenge; rather the ability to choose and complete the best route to them (e.g. the most obvious way out of a control should not necessarily be the most favourable one).
-] The start should be at the finish/competition area.
-] Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. complex 3-dimensional structures).
-] Typically, 15-20 controls.
-] Park, forest, or streets. NO major road crossings. Traffic control is essential.
-] Map scale 1:4000 or 1:5000.
-] Start interval 1 minute.
-] Winning time 12-15 minutes.

It is common that juniors and seniors will run the same course in a sprint race.

A sprint race may take place in 2 parts; e.g. a qualifier with multiple heats followed by a final where the top X competitors from each heat run the A final and the remainder the B final.

The Galaxy Format (see below under loop races) may also be utilized, to provide paired head to head racing.

6.2 Middle Distance orienteering is technical over the whole course and demands fast, accurate orienteering:

-) Emphasis on detailed navigation requiring constant concentration on map reading with many changes of direction out from controls.
-) High speed, but runners are required to adjust speed.
-) Legs may involve route choice but not at the expense of technically demanding orienteering – all routes should involve demanding navigation.
-) Competitors should be seen by spectators during the race; the start can be at the finish/competition area.
-) Typically, 15-20 controls.
-) Technically complex terrain, mostly forested.
-) Map scale 1:10 000.
-) Start interval 2 minutes.
-) Winning time 30-35 minutes

6.3 Long Distance orienteering places a high emphasis on physical endurance, but the course should require a mix of all orienteering skills: route choice, technical orienteering, and physical fitness.

-) Aims to test the athletes' ability to make efficient route choices, read and interpret the map and plan the race for endurance.
-) Significant route choice including some large-scale route choices – the control is the end point of a long leg and is not necessarily difficult to find.
-) May include elements characteristic of the Middle Distance with sections of more technically demanding legs.
-) Typically, 15-30 controls.
-) Tough, mostly forested terrain allowing good route choice possibilities.
-) Map scale 1:15 000.
-) Start interval 2 or 3 minutes.
-) Winning time Men 75-90 minutes (60-70 for M20E), Women 60-70 minutes (50-55 for W20E).

Note that for events designated as a primary World Orienteering Championships Selection trial for M/W21E classes, winning times for these classes for Long Distance courses may be increased to 100-105 minutes for M21E and 80-85 minutes for W21E.

Junior divisions may compete over the same course as senior divisions; this may occur in non-championship Long Distance competitions only. If winning times are longer than 90 minutes for M21E and 70 minutes for W21E, then the junior divisions must run separate courses.

In addition, when there are a series of races in one weekend, winning times may also be reduced, e.g. for the Australian 3-Days. As such, target winning times for each Long-Distance race should be specified in the NOL Schedule, the event invitation and event programme.

6.4 Forest Relay orienteering is a competition for teams of three runners running on head-to-head with a first-past-the-post winner. The race should be exciting for spectators and competitors.

-) A mixture of technical difficulties with some small and medium scale route choice possibilities, similar to the Middle Distance.
-) High speed, often in close proximity to other runners.

-) Complex terrain.
-) Map scale 1:10 000.
-) Mass start.
-) Winning time 40 minutes per leg for Women (35 for W20E) and 45 minutes per leg for men (40 for M20E).
-) The courses should be split, with maximal splitting on the first part of the course and less on the middle and last part of the course. The final 1-2 kilometres of the final leg should be the same for all teams.
-) The differences in leg length (i.e. all 1st legs, all 2nd legs etc.) should be no more than a 1-minute difference in order to give a reasonable indication of the standing after each leg.

6.5 SPRINT RELAY

The Sprint Relay profile is high-speed head-to-head team competition. It takes place in an urban and park environment. The format is a combination of the Sprint and Relay concepts. At the World Championships the team is mixed gender; there are four legs and the first and last legs must be run by women.

-) In Australia ideally at least one sprint relay per calendar year should have teams of 2 men and 2 women, with the first and last legs run by women, as per the World Championships.
-) Other sprint relays may have teams of 2 with each athlete running twice; these relays will be gender specific.
-) The Sprint Relay is a spectator friendly event in offering a competition between teams, head-to-head, and with the first to finish being the winner. The Assembly/Finish Area layout and the course planning must take this into consideration. A relatively small area is required for a competition. Ideally, this area will be traversed by the general public as little as possible. A spectator control or arena passage should be used, if possible, without compromising course quality too much. Courses shall be forked and can each have 2 loops (before and after the spectator control/passage) if necessary. The event shall be easy to understand for the spectators.
-) The Sprint Relay is a mass start format and the winning time (the total time for the winning team) shall be 50-60 minutes. The time for each leg shall be 12-15 minutes, acknowledging that in a mixed team format the men's kilometre rates will be on average faster than the women's. Timing should preferably be made by electronic means, but manual systems may be used.
-) Map scale 1:4000 or 1:5000. Park, forest, or streets. NO major road crossings. Traffic control is essential.

6.6 Loop Races

NOL races provide the opportunity for head to head racing in multi-loop races. Such races may involve a mass-start, with runners completing the loops in a different order. In addition, the loops should be split into parts, allowing additional permutations, and thus further limiting the possibility for following. For example, a race with 2 loops, and each loop divided into 3 parts will allow a total of 8 course permutations; while a 3-loop race with 2 parts per loop enables 36 permutations. Course-setters should aim for a minimum of 16 permutations for NOL events.

Courses that involve looping e.g. in Hagaby format must be fair to all competitors and provide a useful picture of the progress of the race. The expected fastest times for each loop should be equal (within 1 minute). The final loop or last 1-2 kilometres should be common for all competitors.

6.7 Ultralong format

This is a mass start multi-loop race with expected winning times of:

- 2 hrs 30 for senior men.
- 1hr 50 for senior women.
- 1 hr 50 for junior men,
- 1 hr 35 for junior women.

It is intended to provide head-to-head racing and test endurance as well as navigational ability and decision-making under pressure. Often a major prize will be offered but this is dependent on the host state/club's ability to raise sponsorship or utilise revenue from companion events in order to offer this prize. Prizes in kind from sponsors are also recommended.

All competitors within an age class will ultimately run the same course but will be presented with the loops in different order from each other. Usually there will be a minimum of 3 loops for each course although shorter courses may have only 2. There should be further splitting/gaffling within the loops, involving a pivot control and/or butterflies, to allow additional permutations and thus further limit the possibility for following.

For example, a race with 2 loops and each loop divided into 3 parts will allow a total of 8 course permutations, while a 3-loop race with 2 parts per loop enables 36 permutations. Course-setters should aim for a minimum of 16 permutations for the Ultralong; however, emphasis should also be placed on having multiple route choice options for common legs.

There may be a common final section to the course for all competitors within an age class, but this is not compulsory.

It is not essential that the expected fastest times for each of the loops should be equal; however, approximating this provides a useful picture of the progress of the race to both competitors and spectators. If the last loop is to be vastly longer or shorter than the others then this information should be made known to competitors before the start and all competitors shall have the opportunity to place their own refreshments at the map change, which will be in the arena.

6.8 Galaxy Format

Paired head to head sprint racing; courses will be looped roughly through two loops with a spectator control with a final common loop of a few controls.

All competitors start in pairs at one-minute intervals with lowest ranked competitors starting first. The senior and junior ranking lists may be combined to give highly ranked juniors the benefit of starting amongst orienteers of similar ability; if so, this should be explained in the event invitation. Should there be uneven numbers, the first runners will start alone.

This format provides Australian athletes with experience in competing in the World Games head to head looped format; also, the starting order, in the reverse of current rankings, is used to simulate the starting in finals at World Championships.

The name Galaxy was originally chosen as a catchy title based on a contraction of „Galaxy of Stars“ and the prizemoney was available from ASC funding. The race format is intended to raise the profile of orienteering and prizes of medals, cash, or sponsorship in kind are recommended for placegetters if this is a high-profile event in a public area.

Table 1: Race Format Summary

SUMMARY TABLE	Sprint and Sprint Relay	Middle Distance	Long Distance	Forest Relay
Controls	Technically easy	Consistently technically difficult	A mixture of technical difficulties	A mixture of technical difficulties
Route Choice	Difficult route choice, requiring high level of concentration	Small and medium scale route choice	Significant route choice including some large-scale route choice	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	Very runnable park, streets, or forest	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 or 1:10000	1:10000 (or sometimes 1:15000)
Start Interval	1 minute (mass start for relay)	2 minutes	2 minutes	Mass start
Timing	1 second (finish order for relay)	1 second	1 second	Finish order across line
Winning Time	12-15 minutes (per leg in the relay)	30-35 minutes	See OA rules 16.9 and 16.10	See OA rules 16.10 and 16.13
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.

7 After the Event

7.1 Prizegiving

Where a NOL event is part of a national or state championships carnival the prizes are usually the same as those awarded to competitors in non-elite age classes.

In some years, the National Orienteering League will have a sponsor, e.g. Silva, who provides prizes for non-championship NOL races, but this is not guaranteed.

For the Ultralong, often a major prize will be offered but this is dependent on the host state/club's ability to raise sponsorship or utilise revenue from companion events in order to offer this prize. Prizes in kind from sponsors are also recommended.

7.2 Results

Results of all NOL events and an update of the cumulative team and individual standings should be posted on the OA website on the day of the event where practical. Note that routinely the calculations are performed by the NOL Points officer, however, if this person is known to be unavailable then the event organiser should arrange for the calculations to be done and uploaded.

7.3 Reports

The OA controller of each NOL event shall present a controllers' report to the Director, Technical within 6 weeks of the event. The OA Head Coach may also request a brief report from the organiser, containing additional comments or recommendations and a copy of the map and courses.

The OA Head Coach shall make a written report on that year's NOL to the Orienteering Australia Council for the Annual Conference.

Appendix 1

Application to Orienteering Australia to host a National Orienteering League Race or Round
To be submitted to OA Head Coach by Feb 28th of the preceding year

Proposed race(s) in the NOL Round including carnival title if known:

Supporting Public Races: _____

Date(s): _____

Locality: _____

Endorsed by Host State Association: _____

Organising Club(s): _____

Contact person for NOL round enquiries: _____

Phone: _____ Email: _____

NOL Race 1 Title: _____

Date: _____ am/pm Likely first start time:

Format: _____ Locality: _____

Terrain type: _____

Map: _____ Year: _____ Mapper: _____ Scale: _____

Landowner Permission: confirmed / pending Previous use of map if applicable: _____

Contingency area proposed if first area unavailable: _____

Organiser: _____ Contact Person _____

Course planner: _____

L3 Controller: _____ L2 controller: _____ (if relevant to non-elite courses, individual races in a round or to a single day of Australian 3-days)

IOF Event Adviser if WRE: _____ Date of WRE Application submission _____

Proposed date of entry information (Bulletin 1) being available _____ and entries open _____

Proposed date of entries closing _____ and final information being available _____

Preallocated start times: yes / no Start lists available from: _____

NOL Race 2 Title: _____

Date: _____ am/pm Likely first start time: _____

Format: _____ Locality: _____

Terrain type: _____

Map: _____ Year: _____ Mapper: _____ Scale: _____

Landowner Permission: confirmed / pending Previous use of map if applicable: _____

Contingency area proposed if first area unavailable: _____

Organiser: _____ Contact Person _____

Course planner: _____

L3 Controller: _____ L2 controller: _____ (if relevant to non-elite courses, individual races in a round or to a single day of Australian 3-days)

IOF Event Adviser if WRE: _____ Date of WRE Application submission _____

Proposed date of entry information (Bulletin 1) being available _____ and entries open _____

Proposed date of entries closing _____ and final information being available _____

Preallocated start times: yes / no Start lists available from: _____

NOL Race 3 Title: _____

Date: _____ am/pm Likely first start time: _____

Format: _____ Locality: _____

Terrain type: _____

Map: _____ Year: _____ Mapper: _____ Scale: _____

Landowner Permission: confirmed / pending Previous use of map if applicable: _____

Contingency area proposed if first area unavailable: _____

Organiser: _____ Contact Person _____

Course planner: _____

L3 Controller: _____ L2 controller: _____ (if relevant to non-elite courses, individual races in a round or to a single day of Australian 3-days)

IOF Event Adviser if WRE: _____ Date of WRE Application submission _____

Proposed date of entry information (Bulletin 1) being available _____ and entries open _____

Proposed date of entries closing _____ and final information being available _____

Preallocated start times: yes / no Start lists available from: _____