COMPETITION RULES
FOR
ORIENTEERING AUSTRALIA
FOOT ORIENTEERING EVENTS

These Rules constitute OA Operational Manual 2.1

(Rules for the Australian Orienteering Championships)
(Rules for the Australian 3-Days)
(Rules for the State Championships)

Valid from 31st August 2019

To be used in conjunction with:
National Orienteering League Guidelines
Australian Schools' Orienteering Championships Rules
International Orienteering Federation Guidelines for World Ranking Events
Rules for the Oceania Championships (OA and IOF versions)

COMPETITION RULES FOR ORIENTEERING AUSTRALIA FOOT ORIENTEERING EVENTS

Appendices to the Orienteering Australia Rules

1. Definitions

1.1 Orienteering is a sport in which the competitors navigate independently through the terrain. Competitors must visit a number of control points marked on the ground in the shortest possible time aided only by map and compass. The course, defined by the location of the controls, is not revealed to competitors until they start.

1.2 In individual interval start races the competitors navigate and run through the terrain independently.

1.3 In mass start and chasing start races, competitors may often be running in close proximity to each other, but the formats still demand independent navigation.

1.4 The term competitor means an individual of either gender or a group of individuals, as appropriate.

1.5 Types of orienteering competition may be distinguished by:

- the time of the competition:
  - day - in daylight
  - night - in the dark
- the nature of the competition:
  - individual
    - the individual performs independently
  - relay
    - two or more team members run consecutive individual races
- the way of determining the competition result:
  - single-race competition
    - the result of one single race is the final result
  - multi-race competition
    - the combined results of two or more races, held during one day or several days, form the final result
  - qualification race competition
    - the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The results of the qualification races may also determine the starting order in the final. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on
- the order in which controls are to be visited:
  - in a specific order
    - the sequence is prescribed
  - in no specific order
    - the competitor is free to choose the order
- the length of the race:
  - Long distance
  - Middle distance
  - Sprint
  - Other distances

1.6 The term State Association means a full member Association of Orienteering Australia. The term State refers to both a 'State' and a 'Territory' of the Commonwealth of Australia.

1.7 The term event embraces all aspects of an orienteering meeting including organisational matters such as start draws, meetings and ceremonies. An event, e.g. the Australian Championships, may include more than one competition.

1.8 Events are divided into three groupings:

Group A events (A)

- Australian Championships, including Long Distance, Middle Distance, Sprint and Relay Championships (AC)
- Australian 3-Days (3DAY)
- Oceania Championships in Sprint, Middle, Long, Relay
- National Orienteering League events not included above.
- Such other events as are determined by Orienteering Australia.

Note that Group A events can commonly be designated World Ranking events and as such, are also subject to IOF requirements for Event Control and Organisation.

Group B events (B)

- Australian Schools Championships (sprint and long individual races, plus relay)
- State Championships, including Long Distance, Middle Distance and Sprint Championships
- Badge Events
- Such other events as are designated by Orienteering Australia or a State Association

Group C events

- Events on State Association fixture lists not included above

1.9 The Organising Body is defined as: the state association, club, or group of individuals who take responsibility for hosting events covered by these rules. The Organiser is defined for the purpose of these Rules as being: either the individual responsible for administering the non-course related organisational aspects of the event, or a representative thereof. The Orienteering Australia Controller (OA Controller) is the representative of Orienteering Australia who oversees the event control.

1.10 For Group A events the Orienteering Australia Controller must be an ASC- accredited Level 3 Event OA Controller and approved by Orienteering Australia.

For Group B events the OA Controller must be an ASC-accredited Level 2 Event OA Controller and approved by the state association.

For Group C the organising body may determine the level of controlling required.

2. General provisions

2.1 These rules, together with the Appendices, shall be binding at all Group A and B events, subject to the provisions of rule 2.10. Every rules point with no event abbreviation before its number is valid for all these events. A rules point valid only for one or more of these events is marked with the specific abbreviation(s) in the margin beside the rules point number. Such specific rules take precedence over any general rules with which they conflict.

2.2 For all Group A Events the National Orienteering League Organisers' guidelines (OA Operational Manual 2.2) shall also be followed. Any special rules for a particular National Orienteering League race must be approved by the OA Head Coach and advertised in the event bulletins.

2.3 The conduct of IOF events, including the World Orienteering Championships (WOC), the World Cup in Orienteering (WC), the Junior World Orienteering Championships (JWOC), the World Masters Orienteering Championships (WMOC), the Oceania Orienteering Championships and IOF World Ranking Events (WRE), will be in accordance with the Competition Rules for IOF Foot Orienteering Events.

- Where WRE races are held in conjunction with, or as part of, a Group A event, the IOF Competition Rules and the Organisers' Guidelines for World Ranking Events shall take precedence where any contradiction with the OA rules occurs.
- The Oceania Championships for M/W21E shall be held in accordance with the Competition Rules for IOF Foot Orienteering Events and the Oceania Championships rules for IOF regional championships, while the Oceania Championships for all other age classes shall be held in accordance with OA Operational Manual 2.12 rules for Oceania Championships.
    - The Australian Schools' Orienteering Championships competition also follows the Australian Schools Championship rules which can be found in the OA Operational Manual 2.5.

2.4 If not otherwise mentioned these rules are valid for individual day orienteering competitions on foot. In relays the rules for individual events are valid, unless otherwise stated.

2.5 Additional regulations which do not conflict with these rules may be determined by the organiser. They require the approval of the OA Controller.

2.6 These rules and any additional regulations shall be binding for all competitors, team officials and other persons connected with the organisation or in contact with the competitors. The organiser has the discretion to disqualify any competitor who contravenes the rules laid out in this text.

2.7 Sporting fairness shall be the guiding principle in the interpretation of these rules by competitors, organisers and the jury.

2.8 These rules are recommended as a basis for State Association rules.

2.9 Orienteering Australia may decide special rules or norms which shall be followed, e.g. Orienteering Australia Anti-Doping Rules, International Specification for Orienteering Maps, International Specifications for Sprint Orienteering Maps, Principles for Course Planning, IOF Control Descriptions: Australian Edition, IOF Standard Symbols for Orienteering Maps: Australian Edition.

2.10 Deviations from these rules and guidelines may be allowed. Requests for permission to deviate from them shall be made in writing at least 6 months prior to the event. Deviations from map norms need approval as specified in Rule 15.1.

For Group A events (see Rule 1.8), deviations from other rules need approval from the Director, Technical and requests can be submitted through the Orienteering Australia Technical Committee Chairperson;

for other events, such deviations need the approval of the relevant State Technical Committee Chairperson or equivalent. Any deviations, once approved, must be advertised in advance of the event.

2.11 Orienteering Australia may amend these rules from time to time in accordance with its constitutional procedures. Such amendments will normally be made by the Director, Technical, after consultation with the OA Technical Committee and endorsement by the Annual Conference.

3. Event program

AC 3.1 The Australian Championships, consisting of the Australian Long Distance Championships, the Australian Middle Distance Championships, the Australian Sprint Championships and the Australian Relay Championships are organised every year.

3DAY 3.2 The Australian 3-Days shall be a competition based upon the cumulative results of 3 days of racing, usually conducted on the Saturday, Sunday, Monday of Easter each year. The Australian 3-Days Prologue shall be held on Good Friday.

AC 3DAY 3.3 Responsibility for the conduct of the Australian Championships and the Australian 3 Days will be allocated to State Associations by the Annual Conference of Orienteering Australia, acting on the advice of the Events Committee, at least four calendar years prior to the year of the event.

3.4 The Board of Orienteering Australia, acting on the advice of the High Performance Management Group, approves the National Orienteering League schedule for each year in accordance with the National Orienteering League Organiser's Guidelines (see OA Operational Manual 2.2).

3.5 The Australian Schools Championships, consisting of individual long and sprint formats and a relay competition, shall be conducted annually. Where possible this event shall be conducted within 1 week of the Australian Long Distance Championships. When this is the case, any supporting events on the days of the Schools Championships must be at the same venues.

4. Event applications

4.1 For Group A events, the event dates and program are proposed by the organising body and approved by Orienteering Australia.

A 4.2 Applications to host a round of the National Orienteering League must be submitted by the organising body to the OA Head Coach as per the National Orienteering League Guidelines.

4.3 Orienteering Australia may impose a levy on any Orienteering Australia event in accordance with its constitution.

4.4 Orienteering Australia can void the sanctioning of an event if the organiser fails to comply with the rules, the norms or the OA Controller's directions. The organiser cannot claim damages in this case.

5. Classes

5.1 Competitors are divided into classes according to sex, age, course length and degree of difficulty (see Appendix 1). Women may compete in men's classes.

5.2 Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.

5.3 Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.

5.4 The main competition classes are called W21 and M21, for women and men respectively.

5.5 M/W21E and M/W20E classes must be conducted at:

- Australian Championships
- the Australian 3-Days and
- National Orienteering League events

and may be conducted at:

- State Championship events.

Where an elite class is offered it becomes the championship class. Entry to elite classes may be subject to competitors' previous performances or to the requirements of a World Ranking Event.

5.6 Should a class have too many entrants, it may be split into parallel classes based on the competitors' previous performances.

AC 5.7 The following classes must be offered for the Australian Long Distance Championships and

3DAY the Australian 3-Days:

Elite classes:
M21, W21, M20 and W20.

A classes:

M10, M12, M14, M16, M20, M21 M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90

W10, W12, W14, W16, W20, W21 W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85, W90

A Short (AS) classes (non-championship):

M21, M35, M45, M55
W21, W35, W45, W55.

B classes (non-championship):

M Junior, M Open, M Easy, M Very Easy.
W Junior, W Open, W Easy, W Very Easy.

Other A and AS classes may be offered.
Novice and/or non-championship enter-on-the-day courses may be offered.

AC 5.8 The following classes must be offered for the Australian Middle Distance Championships and the Australian Sprint Championships:

Elite classes:

M21, W21, M20 and W20.

A classes:

M10, M12, M14, M16, M20, M21 M35, M40, M45, M50, M55, M60, M65, M70, M75, M80, M85, M90
W10, W12, W14, W16, W20, W21 W35, W40, W45, W50, W55, W60, W65, W70, W75, W80, W85< W90

B classes (non-championship) – Middle Distance Championships:

M Junior, M Open, M Very Easy
W Junior, W Open, W Very Easy

B classes (non-championship) – Sprint Distance Championships:

M Open
W Open

Other A, AS and B classes may be offered, although AS classes are not required for middle distance and not recommended for sprint distance. Novice and/or non-championship enter-on-the-day courses may be offered.

AC 5.9 The following classes must be offered for teams of 3 at the Australian Relay Championships:

Elite classes for National League teams:

M21, W21, M20, W20.

A classes for State teams:

M35, M45, M55, M65+
W35, W45, W55, W65+
M16, W16 (Hard degree of difficulty)
M14, W14 (Moderate degree of difficulty)
M/W12 (combined; Easy degree of difficulty).

A Short (AS) classes for State teams:

M21 and W21

Mixed Age Relay

For any competitors, comprising legs of differing length and difficulty equivalent to easy, moderate and hard (e.g. M/W12A, M16A and M55).

Non Championship B classes

M Open, W Open

Additional championships classes may be offered by adding extra age classes.
Additional non-championship B classes may also be offered.

AC 5.10 All A and E classes must be conducted, provided there is at least one entrant.

Other classes that have been offered must be conducted if there are at least 4 entries.

3DAY If fewer than 4 entries are received, the organisers may conduct the class or combine it with another class.

3DAY 5.11 The Australian 3-Days Prologue shall be conducted for M/W21E and M/W20E on Good Friday.

The results of the Prologue shall count towards the overall results of the Australian 3-Days in these classes.

The prologue shall be a Sprint competition.

3DAY 5.12 Organisers of the Australian Three days shall offer a Public Prologue event including a Family Teams event, to follow the Elite Prologue on Good Friday.

The results of the Public Prologue shall not count towards the overall results of the Australian 3-Days.

For details of the Prologue formats see Appendix 11.

5.13 The following age classes shall be offered in the Australian Schools' Orienteering Championships:

M19, W19, M15, W15

5.14 The Australian University Championships Competition shall be held during a National Orienteering League sprint race to be agreed upon with Australian University Sport by the Manager, High Performance and the following classes shall be offered:

Men, Women.

Competitors run either M20E, W20E, M21E, or W21E and the results are determined upon kilometre rates achieved. Ideally this will be a race where 20E and 21E age classes are on the same course as each other, i.e. the Elite Prologue at the Australian 3-Days

6. Participation

6.1 Competitors participate at their own risk. Insurance against accidents shall be their responsibility.

6.2 The organisers are entitled to refuse entries from persons whom they consider to be competing beyond their capabilities. A person whose entry has been refused shall be notified immediately and offered an alternative course, or refunded the entry fee.

6.3 To be eligible to compete officially for a State or club, unless determined otherwise by the rules for that specific competition, competitors must be a member of the relevant State Association or club and either:

- an Australian citizen or
- Resident in, or intending to be resident in, Australia for a period of at least four months.

AC 6.4 Official entries in the Australian Relay Championships may only be made by an Orienteering Australia State Association, Orienteering New Zealand or another IOF affiliated organisation.

AC 6.5 All members of an official team in the Australian Relay Championships must be fully registered members of the same State Association, Orienteering New Zealand or another IOF affiliated organisation.

AC 6.6 To be eligible for resident championships awarded under rule 25, a competitor must be a member of a State Association and either:

- An Australian citizen; or
- A permanent resident under Australian law; or
- A New Zealand citizen who has been resident in Australia for at least four years.

AC 6.7 The final composition of any competing team shall be confirmed with the organisers by 1700 hours on the day prior to the Australian Relay Championships. The official status of the team shall also be confirmed by this time.

A 6.8 Membership of a State Association or another IOF affiliated organisation shall not be an absolute condition of entry.

A 6.9 To be eligible to score points for a state or territory's National Orienteering League team, a competitor must be a financial member of a club affiliated with that State Association and, if not an Australian citizen, 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. A competitor may only compete for one NOL team in any calendar year.

7. Costs

7.1 The costs of organising an event are the responsibility of the organising body unless agreed otherwise by OA or the organising State Association.

To cover the costs of the competition(s), the organiser may charge an entry fee. This fee shall be kept as low as possible and shall be approved by the OA Controller.

Competitors in M20 and W20 and younger classes should usually be required to pay a reduced entry fee; however, in the case of a NOL race it may be appropriate to charge the same fee for all elite age classes.

7.2 Each individual competitor, club or State Association is responsible for paying the entry fee as specified in the invitation. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event.

7.3 Late entries can be charged an additional fee.

7.4 Each individual competitor, club or State Association is responsible for defraying their expenses of travel to the event, accommodation, food and transport between the accommodation, event centre and competition sites.

If the use of official transport to the competition sites is mandatory, the entry fee shall include these costs.

7.5 All reasonable costs of OA Controller and approved assistants shall be paid by the organising body.

8. Information about the event

AC 3DAY

8.1 An invitation shall be sent to all State Associations and information included in "The Australian Orienteer" six months prior to the event. The invitation shall include:

- the names of the event organiser(s) and OA Controller(s)
- contact telephone number and email address for enquiries
- website address
- sponsors
- approximate venue
- dates
- classes offered
- entry procedure and fees
- entry forms
- minimum number of entrants in each class
- latest date and address for entries
- accommodation available
- approximate course lengths and winning times
- opportunities for training
- embargoed areas
- information about how to obtain copies of any previous orienteering map(s) of the embargoed area(s)
- other information of interest.

Other information to be given may include:

- limitations on entry (e.g. number, previous experience)
- team sizes if a team competition is to be held

Note that this information can be made available on the website and is not required to be published in hard copy.

An online entry system shall be used.

AC 3DAY 8.2 The organisers shall make available a program to all entrants at least two weeks prior to the event.

The program shall include:

- all information given in the invitation
- full details of venues and travel directions
- description of terrain, climate and any hazards
- 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 list for all classes
- any permitted deviations from the rules
- the length, total climb, number of controls and number of refreshment controls on each individual course and, for relays, on each leg
- notes on competition clothing, if necessary
- method of marking out of bounds areas and marked routes
- jury members' names (if not confirmed, list of potential jurors)
- other information of interest.

These documents can be provided in hard copy or electronically.

8.3 The information package received by competitors upon registering for an event shall include:

- the event program if they have not received it electronically
- any changes or amendments to information given in the invitation and/or the program

A 8.4 For other National Orienteering League events an invitation including the information in 8.1 shall be made available through the OA website at least three months before the event, and conveyed to National Orienteering League team managers.

Note that if these are also World Ranking events the information should meet the requirements for Bulletin 1 which is to be made available 4 months beforehand, and entries should be possible through IOF Eventor although in practice the carnival's entry system is the preferred option.

If prior entry is required, information on how to enter should be made available at least 3 months prior to the closing date for entries, and the entries close approximately 2 weeks before the events.

A 8.5 For other National Orienteering League events the equivalent information to that required in 8.2 shall be published through the OA website approximately 2 weeks before the event, and conveyed to National Orienteering League team managers.

Note that if these are also World Ranking events the information should meet the requirements for Bulletin 2.

B 8.6 For Group B events the information in 8.1 and 8.2 may be combined where appropriate, and the event information and entry form made available with a shorter timeline.

8.7 When the Australian Schools Championships is conducted as part of the Australian Championships program of events, the following information for spectators is to be included in the carnival program:

- full details of venues and travel directions
- distances from parking to arena, start and finish
- full Team list for all classes
- the length of each individual course and, for relays, each leg
- spectator controls and any other spectator facilities and arrangements.

The organisers may also produce a separate program for the Schools Championships which includes additional information for competitors.

9. Entries

9.1 Entries shall be submitted according to the instructions given in the invitation. At least the following details shall be supplied for each competitor: family name and first name, SI-card number if applicable, sex, year of birth, club, State Association or Federation (for international entrants).

For World Ranking Events the competitor's IOF ID shall be supplied, and entry made possible through IOF Eventor.

9.2 A competitor may only enter one class in any one competition.

9.3 Late entries may be refused.

9.4 The organiser may exclude competitors or teams from starting if their entry fee is not paid and no agreement has been reached about payment.

10. Travel and transport

10.1 Each competitor is responsible for organising their own travel except where mandatory transport arrangements apply.

10.2 The use of official transport to a competition site may be declared mandatory by the organiser.

11. Training and model event

11.1 On the day prior to the first competition of an event, the organiser may arrange a model event to demonstrate the terrain type, map quality, control features and the set-up of the controls, refreshment points and marked routes.

11.2 If deemed appropriate by the OA Controller, the model event may be organised on the day of the competition prior to the first start.

AC 11.3 A model event may be held for the Australian Long or Middle Distance Championships, especially if the competition terrain is particularly difficult or unusual in nature.

12. Starting order and heat allocation

12.1 In an interval start, the competitors in the same class start singly at equal start intervals;

in a mass start, all competitors in a class start simultaneously;

in relays this applies only to the team members running the first leg.

12.2 Spaces to accommodate late entries shall be left at the beginning of the age class.

12.3 The start draw shall be approved by the OA Controller. The start draw may be public or private. It may be made by hand or by a computer.

12.4 The start list shall be published before the day of the competition. If a qualification race is organised on the same day as the finals, the start list for the finals shall be published at least one hour before the first start.

12.5 For an interval start, the normal start interval is not less than 2 minutes for Middle and Long distance, and 1 minute for Sprint races.

For a Long distance Race, 3 minute starts may be used for all elite classes, and are preferred for M/W21E if the race is a World Ranking Event.

A 12.6 For an interval start in A or E classes other than finals of qualification race competitions, and in which the provisions of the IOF rules for World Ranking Events, ASC rules or any special rules for NOL races are not being used, the starting order shall be drawn at random, except that:

- Competitors may be seeded on the basis of prior performance. Competitors likely to place should be separated where possible which can be done manually after the draw has been randomly performed.
- Seeded competitors (those likely to fill places) shall not start consecutively unless the number of seeded competitors is greater than one-half the total number of competitors. They should be spaced as evenly as possible throughout the start sequence.
- Consideration will be given to requests from competitors for a late or early start for child-minding purposes; however, this outcome may not be possible in a race with a narrow start window or where the start list is based on rankings or previous results.

Unseeded competitors from the organising group may be allotted early start times outside their class sequence, provided that the start time is within 90 minutes of the first normal start at the event. Such competitors may be timed with a manual start punch.

A 12.7 For an interval start in AS or B classes, the starting order shall be drawn at random.

12.8 In multi-race competitions, an interval start with a random draw shall be used on all days other than the final day.

On the final day, the starting order may be determined by a random draw, or by performances on previous days (e.g. chasing start or reverse finishing order).

12.9 In qualification race competitions, the start draw for the qualification races shall be made so that as far as possible each of the following requirements is satisfied:

- as many competitors as there are parallel heats shall start at each start time, with the possible exception of the last start time;
- seeded competitors (those anticipated to fill places) should be separated within their heats;
- as far as possible, the heats shall be equally strong
- the allocation of competitors to the different heats shall be drawn so that the competitors of a team are distributed as equally as is mathematically possible among the heats.

12.10 In qualification race competitions, the starting order of the finals shall be the reverse of the placings in the qualification race heats; the best competitors shall start last.

Ties shall be decided by drawing lots. E.g. if two competitors tie for 6th place in heat 1, a coin shall be tossed to determine who has placing 6 and who has placing 7 in heat 1 for the purposes of this rule.

Competitors with the same placing in the different parallel heats shall start in the sequence of the number of their heat, i.e. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.

12.11 In qualification race competitions, the number of qualifiers from each heat shall be equal except that, where two or more competitors are tied for the final qualifying place, all may participate in the A final.

The number of qualifiers in each heat should not exceed the smallest integer greater than half the number of competitors in the largest heat.

12.12 Before mass start draws, start numbers shall be allocated to each of the various course combinations. The course combinations shall remain secret until after the last competitor has started.

12.13 In qualification races, the heat allocation of each competitor shall be drawn under the supervision of the OA Controller. The heat allocation of each competitor shall be kept secret until after the competitor's start.

12.14 A start draw for each of the individual races at the Australian Schools' Orienteering Championships is to be conducted on the evening prior to the race as per the ASC rules.

12.15 In relay events, incomplete teams or teams which do not meet the eligibility requirements of the event (e.g. teams with runners from more than one State in State team events) may take part unofficially, unless otherwise determined by the organising body.

13. Vacant – to be used in future for links to rules and logistics relevant to Australian Secondary Schools' Orienteering Championships

14. Terrain

14.1 The terrain shall be suitable for planning competitive orienteering courses. The objectives of the Leibnitz convention (Appendix 9) shall be considered when choosing the terrain and event arena, and in designing the courses.

A 14.2 The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no competitor has an unfair advantage.

A 14.3 The competition terrain shall be embargoed as soon as it is decided; preferably the year before the event, but a minimum of 3 months is required. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.

B 14.4 Areas to be used for events shall be embargoed for a period of at least three months prior to the event.

14.5 Permission for access into embargoed terrain shall be obtained from the organiser if needed.

14.6 Any rights of nature conservation, forestry, native title, etc in the area shall be respected.

15. Maps

15.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF International Specification for Orienteering Maps 2017 or the IOF International Specification for Sprint Orienteering Maps.

For Group A events (see 1.8), deviations need the approval of the Orienteering Australia Mapping Chair;

For other events, deviations need the approval of the relevant State Mapping Officer or equivalent.

For World Ranking Events, the IOF Event Adviser and the OA Mapping Chair shall both approve the print quality

15.2 The map scale for the Australian Long Distance Championship race shall be 1:15000 for elite classes. If the map is particularly detailed, 1:10000 is recommended for classes M/W16 and under and M/W40 and over, and may be used for other non-elite classes.

The map scale for other Long distance races, Middle distance races and for Relays shall be 1:15000 or 1:10000. For a long distance World Ranking event, the map scale for M/W21E shall be 1:15000. The scale for Sprint races shall be 1:4000 or 1:5000.

15.3 The map scale for classes running a Very Easy course may be 1:5000, 1:7500 or 1:10000.

15.4 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map if they have a bearing on the event.

15.5 Maps shall be protected against moisture and damage.

15.6 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be made available through the carnival website and may be displayed for all competitors at the competition venue. Competitors downloading maps shall not use these for training if embargoes have been declared, and if training is permitted they shall comply with access restrictions.

15.7 On the day of the competition, the use of any map of the competition area by competitors or team officials is prohibited until permitted by the organiser.

15.8 The competition map should not be significantly larger than required by a competitor to run the course.

A 15.9 Orienteering Australia and its member Associations shall have the right to reproduce the event maps with courses in their official magazines or on their websites without having to pay a fee to the organiser.

16. Courses

16.1 The Orienteering Australia Principles for Course Planning (see Appendix 2) shall be followed.

16.2 The standard of the courses shall be worthy of the class of event. The navigational skill, concentration and running ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques.

Special skills for different disciplines are listed in Appendix 8.

16.3 The course lengths shall be given as the length of the straight line from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), prohibited areas and marked routes (refer to Appendix 8 for more details regarding buildings on sprint maps).

16.4 The total climb shall be given as the climb in metres along the shortest sensible route.

16.5 For qualification races, the courses for the parallel heats shall be as nearly as possible of the same length and standard.

16.6 In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course, and most commonly the lengths and the winning times of each leg will be similar within an age class. If the terrain and the concept of the courses permit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed and all teams must run the different length legs in the same sequence.

16.7 In individual competitions, the controls may be combined differently for the competitors, but all competitors shall run the same overall course.

16.8 Courses shall be pre-marked on the competitor's map.

16.9 Long distance races shall be set to give the following winning times in minutes and degree of difficulty (see Appendix 1) for A and E classes:

class	winning time (min)	degree of difficulty	class	winning time (min)	degree of difficulty
W10	20	Very easy	M10	20	Very easy
W12	25	Easy	M12	30	Easy
W14	30	Moderate	M14	40	Moderate
W16	40	Hard	M16	50	Hard
W20	see rule 16.10	Hard	M20	see rule 16.10	Hard
W21	see rule 16.10	Hard	M21	see rule 16.10	Hard
W35	60	Hard	M35	70	Hard
W40	60	Hard	M40	65	Hard
W45	60	Hard	M45	60	Hard
W50	55	Hard	M50	55	Hard
W55	50	Hard	M55	50	Hard
W60	50	Hard	M60	50	Hard
W65	50	Hard	M65	50	Hard
W70	50	Hard	M70	50	Hard
W75	50	Hard	M75	50	Hard
W80	40-50	Hard	M80	40-50	Hard
W85	40-50	Hard	M85	40-50	Hard
W90	40	Hard	W90	40	Hard

3DAY At the Australian 3-Days winning times should be 20% shorter than given above.

16.10 For classes : M/W21E, M/W21A, M/W20E and M/W20A the following winning times shall apply

General event formats	M 21E	W 21E	M 21A	W 21A	M 20E	W 20E	M 20A	W 20A
Sprint	12-15	12-15	12-15	12-15	12-15	12-15	12-15	12-15
Middle distance	30-35	30-35	30-35	30-35	30-35	30-35	30-35	30-35
Long distance	75-90	60-70	75	60	70	55	60	50
Sprint Relays*	60	60	n/a	n/a	60	60	n/a	n/a
Specific events								
Australian 3-Days Prologue	12	12	n/a	n/a	12	12	n/a	n/a
Australian 3-Days Day 1	30	30	55	45	25	25	45	40
Australian 3-Days Day 2	85-90	65-70	55	45	70	55	45	40
Australian 3-Days Day 3	45	40	55	45	45	40	45	40
Australian Long Distance Championships	90	80	75	60	75-80	65-70	60	50
Australian Relay Championships **	120	120	n/a	n/a	120	120	n/a	n/a

*relay times (for teams of 4) are given by the total time of the winning team

** Relay times (for teams of 3) are given by the total time of the winning team.

16.11 For events designated as World Orienteering Championships Selection Trials 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. The start interval should be 3 minutes for these age classes.

16.12 In multi-day events other than the Australian 3-Days the winning times should be 20-40% shorter than in 16.9 or 16.10.

16.13 In Relay races the winning times for those classes not specified in 16.10 should be 30% shorter than in 16.9 for each leg, up to a maximum of 40 minutes. The technical difficulty is the same as in 16.9.

16.14 In Sprint Relays the winning time for each leg for each gender shall be approximately 12-15 minutes; i.e. a total winning time of approximately 60 minutes for a team of 2 male and 2 female competitors, or a team of 2 competitors who each run twice. Teams of 2 competitors who each run once are possible for non-elite classes.

16.15 For Middle distance races, winning times for those classes not specified in 16.10 shall be 25-35 minutes, or the winning time in 16.9, whichever is the lesser. Course planners should aim for the majority of classes on a particular course to have approx. 30-minute winning times.

16.16 For Sprint races, the winning time is 12-15 minutes for all classes.

16.17 Night events (where the first start shall be at least one hour after sunset and the last start shall be at least twice the expected winning time before sunrise) may be organised for all classes, with winning times 20% shorter than in 16.9 or 16.10.

16.18 Where A, AS (A Short) and/or B classes are offered in an age class:

- The AS class course should be of the same technical difficulty as the corresponding A course and 45-55% of the distance.
- The B class course should be technically easier than the A class course and about 30-40% of the distance.

16.19 During daylight events, the last start shall be at least twice the expected winning time before sunset.

16.20 For events in very hot or very cold conditions, anticipated winning times may be reduced with the approval of the OA Controller and this information conveyed to all competitors

16.21 Courses at the Australian Schools' Championships shall be set to give the following winning times:

Class	Long	Sprint	Relay	Degree of difficulty
M19	45-50 min	12-15 min	35 min	Hard
W19	45-50 min	12-15 min	35 min	Hard
M15	35-40 min	12-15 min	30 min	Moderate
W15	35-40 min	12-15 min	30 min	Moderate

17. Restricted areas and routes

17.1 Rules set by Orienteering Australia or the organising Association to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event (see Environmental Guidelines – Appendix 7).

17.2 Out-of-bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc, shall be marked on the map. If necessary, they shall also be marked on the ground. Competitors shall not enter, follow or cross areas, routes or features drawn with the following symbols:

Forest

ISOM 520 Area that shall not be entered

ISOM 708 Out-of-bounds boundary

ISOM 709 Out-of-bounds area

ISOM 711 Out-of-bounds route

Sprint

ISSOM 201 Impassable cliff

ISSOM 304.1 Impassable body of water

ISSOM 309 Impassable marsh

ISSOM 421 Impassable vegetation

ISSOM 521.1 Impassable wall

ISSOM 524 Impassable fence or railing

ISSOM 526.1 Building

ISSOM 528.1 Area with forbidden access

ISSOM 534 Impassable pipeline

ISSOM 707 Uncrossable boundary

ISSOM 709 Out-of-bounds area

ISSOM 714 Temporary construction or closed area

17.3 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Competitors shall follow the entire length of any marked section of their course.

18. Control descriptions

18.1 The precise location of the controls shall be defined by control descriptions.

18.2 The control descriptions shall be in the form of symbols and in accordance with the IOF Control Descriptions 2018.

18.3 The control descriptions, given in the right order for each competitor's course, shall be fixed to or printed on the front side of the competition map.

A B 18.4 For interval start competitions, separate control description lists for each course shall be available at the pre-start for each competitor on the course.

18.5 M/W10, M/W12, M/W14 and all B classes shall be provided with control descriptions in English in addition to IOF symbols.

19. Control set-up and equipment

19.1 The control point given on the map shall be clearly marked on the ground and be equipped to enable the competitors to prove their passage.

19.2 Each control shall be marked by a control flag consisting of three squares 30 cm x 30 cm arranged in a triangular form. Each square shall be divided diagonally, one half being white and the other orange (PMS 165).

19.3 The flag shall be hung at the feature indicated on the map in accordance with the control description. The flag shall be visible to competitors when they can see the described position.

19.4 Controls (including the start flag) shall not be sited within 30 m of each other (25 metres for map scales of 1:5000 or 1:4000) (see also Appendix 2, #3.5.5). The distance between the controls is measured in a straight line.

19.5 A control shall be sited and the flag shall be hung so that the presence of a person punching does not significantly help nearby competitors to find the control.

19.6 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used.

The figures shall be black on white, between 3 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally-displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).

19.7 To prove the passage of the competitors, there shall be a sufficient number of marking devices in the immediate vicinity of each flag.

19.8 If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner.

Drinks or Refreshments shall be located at controls or compulsory crossing points.

19.9 At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly labelled (see also Appendix 4: Health and Safety Guidelines).

19.10 All controls for which there are security concerns shall be guarded.

20. Punching systems

A 20.1 Orienteering Australia approved electronic punching systems must be used as the primary system, as per Appendix 3. Most commonly, SportIdent cards are used.

20.2 For events where non-electronic systems as defined in Appendix 3 are used:

the control cards for individual races shall be available to competitors upon registration;

for qualification races where finals are organised on the same day, the control cards for the finals shall be available at least one hour before the first start;

and for relays the control cards shall be available at least 2 hours before the first start.

20.3 When non-electronic systems are used, competitors are allowed to prepare the control card, e.g. by writing on it, by reinforcing it or by putting it into a bag, but not by cutting-off parts of the control card or re-sequencing the boxes.

20.4 When electronic systems are used, the competitors shall have the possibility of practicing at the model event and/or prior to starting.

20.5 Competitors shall be responsible for the marking of their card, electronic or otherwise, at each control using the marking device provided. Competitors are responsible for correct marking, even if at some controls the marking is made by the organiser.

20.6 The control card must clearly show that all controls have been visited – see Appendix 3.

20.7 A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances, such evidence is not acceptable and the competitor must be disqualified.

In the case of SportIdent, this rule means that:

- If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded;
- If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number).

20.8 When systems with visible punch marks are used, at least a part of the marking must be in the appropriate box for this control or in an empty reserve box.

One mistake per competitor is acceptable, e.g. marking outside the correct box or jumping one box, provided all markings can be identified clearly.

A competitor who attempts to gain advantage by inaccurate marking may be disqualified.

20.9 The organiser has the right to have the control card checked by officials at appointed controls and/or to mark the card.

20.10 Competitors who lose their control card, omit a control or visit controls in the wrong order shall be disqualified.

21. Equipment

21.1 Unless directed by the organisers in the invitation and/or the program, the choice of clothing and footwear shall be free.

21.2 Start number bibs shall be clearly visible and worn as prescribed by the organiser. The bibs shall not be larger than 25 cm x 25 cm with name or running number legible at a reasonable distance. The number bibs may not be folded or cut.

21.3 During the competition the only navigational aids that competitors may use or carry are the map and control descriptions provided by the organiser, and a compass.

21.4 A whistle must be carried if stated by the organiser in the event entry form or program. This may only be used in cases of emergency, the distress signal being six blasts at ten second intervals, then a minute pause before repeating the pattern.

21.5 Competitors shall carry an approved punching device according to the system which is in use by the organisers.

A 21.6 Competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes. However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

22. Start

22.1 In individual competitions, the start is normally an interval start. In relay competitions, the start is normally a mass start.

22.2 In qualification race competitions, the first start in the finals shall be at least 2½ hours after the last start in the qualification races.

22.3 The start may be organised with a pre-start before the time start, situated at one edge of the warm-up area. If there is a pre-start, a clock showing the call-up time (i.e. next start time to be called forward; NOT the current time at the start) to competitors shall be displayed there, and the competitor's names shall be called or displayed.

Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.

22.4 At the start, a clock showing the competition time to the competitors shall be displayed. If there is no pre-start, competitors' names shall be called or displayed.

22.5 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control.

If necessary, there shall be a marked route from the time start to the point where orienteering begins. The marked route shall be shown on the map if it extends beyond the area occupied by the start triangle on the map.

22.6 Competitors take their map at or after their start time. The competitor is responsible for taking the right map.

22.7 The point where orienteering begins shall be shown on the map with the start triangle and, if it is not at the time start, marked in the terrain by a control flag but no marking device.

22.8 Competitors who are late for their start time through their own fault shall be permitted to start as soon as practicable. The organiser will determine and record at which time they may start, considering the possible influence on other competitors. They shall be timed as if they had started at their original start time.

22.9 Competitors who are late for their start time through the fault of the organiser shall be given a new start time, considering the possible influence on other competitors.

22.10 The changeover between the members of each relay team takes place by touch. The changeover may be organised so that the incoming team member collects the map of the outgoing team member and hands it over as the changeover touch.

22.11 Correct and timely relay changeover is the responsibility of the competitors, even when the organiser arranges an advanced warning of incoming teams.

22.12 With the approval of the OA Controller the organiser may arrange mass starts for the later legs for relay teams that have not changed over. These should be advertised in the event information and should not be before at least 80% of the competitors on that leg have passed through the changeover.

22.13 Drinks shall be provided at the start if it is more than ten minutes' walk from the registration area for the average competitor.

23. Finish and time-keeping

23.1 The competition ends for a competitor when crossing the finishing line.

23.2 The run-in to the finish shall be bounded by tape or by rope. The last 20 m shall be straight.

23.3 The finish line shall be at least 2 m wide and shall be at right angles to the direction of the run-in. The exact position of the finish line shall be obvious to approaching competitors.

23.4 When a competitor has crossed the finish line, the competitor shall hand in the control card including any plastic bag and, if so required by the organiser, the competition map.

23.5 The finishing time shall be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line, or if a light beam is used for timing, when the competitor breaks the beam which shall be mounted between 0.5 metres and 1 metre above the ground.

Times shall be rounded down to whole seconds, or to whole tenths of a second in Sprint races if suitable equipment approved by OA, and suitable procedures are used.

Times shall be given in hours, minutes and seconds or in minutes and seconds only.

A B 23.6 Two independent time keeping systems, a primary and a secondary, shall be used continuously throughout the competition. The timekeeping systems shall measure times of competitors in the same class, relative to each other, with an accuracy of 0.5 seconds or better.

23.7 In competitions with mass or chasing starts, finish judges shall rule on the final placings based on the order that competitors' chests cross the finish line.

23.8 With OA Controller approval, the organiser may set maximum running times for each class. Note that for Group A events the OA rules will always take precedence over state rules.

23.9 There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest; in accordance with Appendix 4: Health and Safety Guidelines.

Group A events which are not in an urban setting should always have first aid personnel in attendance; those events in proximity to a hospital can waive this requirement.

Group B events should have at a minimum an organiser or delegate present at all times, who is qualified in first aid.

23.10 The organisers shall ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled.

A search party shall be available at the end of the competition should a competitor be missing (see also Appendix 4: Health and Safety Guidelines).

24. Results

24.1 Provisional results shall be announced and displayed in the finish area or the arena during the competition.

24.2 The results must be based on competitors' times for the whole course. It is forbidden to eliminate sections of the course on the basis of split times unless the section has been specified in advance (e.g. a short section containing a busy road crossing).

24.3 The official results shall be finalised no more than 4 hours after the latest allowable finishing time.

24.4 If the finals of a qualification race competition take place on the same day as the qualification races, the results of the qualification races shall be finalised no more than 30 minutes after the latest allowable finishing time.

24.5 The official results shall include the following information:

- Class (and course if applicable)
- Length of course
- Number of controls
- The names of all participating competitors
- Each competitor's club, team, Association or Federation as appropriate
- Each competitor's time
- Details of all protests (minus the name of the protestor) and their eventual resolutions

In relays, the results shall include the competitors' names in running order and times for their legs as well as the course combinations that each competitor ran.

24.6 If an interval start is used, two or more competitors having the same time shall be given the same placing in the results list. The position(s) following the tie shall remain vacant.

24.7 If a mass start or chasing start is used, the placings are determined by the order in which the competitors finish. In relays this will be the team member running the last relay leg.

24.8 In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placings of the teams that have taken part in such mass starts.

A team having started in the subsequent mass start may be permitted to have an official result ahead of a team that did not start in that mass start; the team with a faster combined time is placed higher.

24.9 Competitors or teams who exceed the maximum time (if one has been set) shall not be placed.

24.10 The results of unofficial competitors or teams are not considered in determining placings and shall be listed as "unofficial" in the results after all official competitors or teams.

A B 24.11 The organiser shall arrange for publication of all event results on the Orienteering Australia web site on the day of the event. Digital copies shall also be sent to the Orienteering Australia Executive Officer and the Orienteering Australia Statistician with 3 weeks of the event.

A B 24.12 Results of events with National Badge status shall be made available to the Orienteering Australia Badge Scheme Secretary (see appendix 6).

24.13 When the Australian Schools Championships is conducted as part of the Australian Championships program of events, the results shall be included in the publication of carnival event results.

25. Awards and prizes

25.1 Prizes for men and women shall be equivalent.

25.2 If two or more competitors have the same placing, they shall each receive the appropriate award and/or its equivalent.

A 25.3 The organisers shall arrange for suitable awards to be presented in a dignified award ceremony to the first three placegetters in each age class in an individual race or the members of the first three teams in a relay. Such awards shall clearly indicate the event, the year, the age class and the placing. A, AS and B classes are to be treated equally.

AC 25.4 Certificates shall be awarded to Resident Individual Champions in Australian Championships classes where the winner is not eligible for resident championships under 6.6. The Resident Individual Champion certificates shall be prepared by Orienteering Australia. The Resident Individual Champions shall be referred to as the “Australian Champions”.

AC 25.5 Perpetual trophies shall be awarded to the M21E and W21E Resident Champions in each of the Australian Long, Middle and Sprint distance championships.

AC 25.6 Teams races shall be conducted in the M21E and W21E classes for the "Silva" perpetual trophy and the "Swedish Ambassador’s" perpetual trophy respectively at the Australian Long Distance Championships. The team’s races shall be contested by teams representing each State Association, with the first 3 competitors to count.

AC 25.7 An Interstate competition for the "OA Shield" shall also be conducted at the Australian Long Distance Championships. Points shall be allocated in all classes as follows:

	Elite and A classes	A Short classes	B classes
1st	3 points	2 points	1 point
2nd	2 points	1 point	
3rd	1 point		

Orienteers who are not eligible to compete for a state under 6.3 shall be excluded when allocating points.

3DAY 25.8 An interclub competition for the “Champion Club” trophy shall be conducted at the Australian 3 Days. Points shall be allocated in all age classes at the conclusion of Day 2 as follows:

	Elite and A classes	A Short classes	B classes
1st	5 points	4 points	3 points
2nd	4 points	3 points	2 points
3rd	3 points	2 points	1 point
4th	2 points	1 point	
5th	1 point		

Orienteers who are not eligible to compete for a club under 6.3 shall be excluded when allocating points.

AC 25.9 An interstate competition to award the "Xanthorrhea Trophy" will be conducted at the Australian Relay Championships. Points shall be allocated in each class except “Mixed Age Classes”, as follows:

A classes	AS classes	B classes

1st	3 points	2 points	1 point
2nd	2 points	1 point	
3rd	1 point		

Unofficial and international teams shall be excluded when allocating points.

25.10 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.

25.11 The Orienteering Australia Badge Scheme shall operate according to the Orienteering Australia Badge Scheme Guidelines (see Appendix 6).

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. Competitors or spectators shall not interfere with control equipment.

26.2 Except in the case of an accident, obtaining assistance or seeking to obtain 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.

26.3 Doping is forbidden. The Orienteering Australia Anti-Doping Rules apply to all Orienteering Australia events and Orienteering Australia may require doping control procedures to be conducted.

26.4 The organiser, with the consent of the OA Controller, will usually publish the venue of the competition and the relevant embargoes in advance. If the venue is not made public, all officials shall maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.

26.5 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.

26.6 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.

26.7 Team officials, competitors, media representatives and spectators shall remain in the areas assigned to them.

26.8 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing in the forest and shall not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.

26.9 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 shall in no way influence the competition nor help other competitors.

26.10 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

26.11 Non-competitors who break any rule are liable to disciplinary action.

26.12 The organiser must stop, postpone or cancel a course if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitors, officials or spectators.

26.13 The organiser must void a course if circumstances have arisen which make the race significantly unfair. See Appendix 10; Guidelines regarding Complaints and Protests and Cancelling a Course.

26.14 Participation in betting relating to an orienteering event is prohibited for competitors in the event, the team officials and the event officials. They are also prohibited from supporting or promoting betting relating to the event. Additionally, they must not participate in any corrupt practices related to betting. Such practices include fixing the result, manipulating any aspect of the results, failing to perform in order to benefit, accepting or offering bribes and passing on inside information.

27. Complaints

27.1 A complaint can be made about infringements of these rules or the organiser's directions.

27.2 Complaints can be made by event or team officials, competitors or anybody else connected with the event.

27.3 Any complaint shall be made orally or in writing to the organiser or at the registration tent to a representative of the organizer as defined in the Event Bulletin as soon as possible after the results for an age class are complete. A complaint is adjudicated by the organiser. The complainant shall be informed about the decision immediately.

27.4 There is no fee for a complaint.

27.5 The organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained by the complainant.

27.6 The organiser's decision in relation to any complaint shall be advised to all competitors affected by the decision.

28. Protests

28.1 A protest can be made against the organiser's decision about a complaint.

28.2 Protests can only be made by team officials, competitors or event officials.

28.3 Any protest shall be made in writing to the organiser or at the registration tent to a representative of the organiser as defined in the Event Bulletin, no later than 15 minutes after the organiser has informed the complainant of the decision about the complaint. Protests received after this time limit may be considered at the discretion of the jury if there are valid exceptional circumstances which must be explained in the protest.

28.4 There is no fee for a protest.

28.5 The result of any protest shall be advised to all competitors affected by the decision.

29. Jury

29.1 A jury shall be appointed to rule on protests.

A 29.2 The jury members are appointed by the event organiser and approved by the OA Controller.

A 29.3 The jury shall consist of 3 members plus the OA Controller who shall lead the jury but has no vote. One, and only one, member shall come from the State Association of the organiser.

A minimum requirement for jury membership at Group A events is Level 3 Orienteering Australia Event Controller Accreditation.

B 29.4 The jury members for Group B events are appointed by the event organiser and approved by the state-appointed OA Controller. If possible at least one member shall be from another State Association.

A minimum requirement for jury membership is Level 2 Orienteering Australia Event OA Controller Accreditation.

29.5 A representative of the organiser has the right to participate in the jury meetings but has no vote.

29.6 The organiser shall act according to the jury's decisions, e.g. to reinstate a competitor disqualified by the organiser, to disqualify a competitor approved by the organiser, to void the results in a class approved by the organiser or to approve results declared invalid by the organiser.

29.7 The jury is competent to rule only if all members are present. In urgent cases preliminary decisions may be taken if a majority of the jury members agree on the decision.

29.8 If a jury member declares him or herself prejudiced or if a jury member is unable to fulfil his or her task, the OA Controller shall nominate a substitute.

29.9 Arising from its ruling on a protest, the jury—in addition to instructing the organiser—may recommend that Orienteering Australia takes further disciplinary action against a person, in accordance with its Constitution, in the case of a major violation of the rules.

29.10 Decisions of the jury are final.

30. Appeals

30.1 An appeal may be made against infringements of these rules, if the infringement is not related to a specific event or if a jury is not yet set up

30.2 An appeal may be made by team officials, competitors, event officials or Associations.

30.3 An appeal shall be made in writing to the Orienteering Australia as soon as possible.

30.4 There is no fee for an appeal.

30.5 Decisions about an appeal are final.

30.6 The Orienteering Australia Board shall deal with the appeal.

31. Event control

31.1 All events, for which these rules are binding, shall be controlled by an ASC-accredited Orienteering Australia Event Controller.

31.2 For A events the Controller must be an accredited Level 3 Orienteering Australia Event OA Controller; for B events the Controller must be an accredited Level 2 Orienteering Australia Event OA Controller (see Appendix 5: Event Controller Accreditation).

AC 3DAY 31.3 Orienteering Australia, through the Director, Technical, shall endorse the Organising Body's recommendation for OA Controller at least 3 years prior to the event. In the first instance, this may be a Level 3 coordinator who is technical coordinator for the entire carnival. This requirement applies also to Oceania Championships.

A 31.4 For National Orienteering League and all other Group A events the OA Controller shall be appointed by the organising body as soon as possible after the event is announced and shall be endorsed by Orienteering Australia.

31.5 Once the OA Controller is endorsed by Orienteering Australia, he or she becomes the official representative of Orienteering Australia to the organiser, is subordinate to Orienteering Australia and communicates with the Orienteering Australia Board.

B 31.6 The State Association of the organiser shall appoint a Level 2 Controller. The Controller appointed by the State Association shall be a representative of the state association as well as Orienteering Australia.

31.7 The OA Controller shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The OA Controller has the authority to require adjustments to be made where necessary to satisfy the requirements of the event.

31.8 The OA Controller shall work in close collaboration with the organiser and course planner, and shall be given all relevant information. All official information issued, such as entry forms and programs, shall be approved by the OA Controller.

As a minimum, the following tasks shall be carried out under the authority of the OA Controller:

- to approve the venue and the terrain for the event
- to investigate the event organisation and assess the suitability of the proposed accommodation, food, transport, program, budget and training possibilities
- to check that land access has been granted
- to check that the map conforms with the IOF standards
- to approve the courses after assessing their quality, including degree of difficulty, control siting and equipment, control descriptions, chance factors and map correctness
- to check any course splitting method and course combinations
- to approve the organisation and layout of start, finish and changeover areas
- to assess the reliability and accuracy of the time-keeping and results producing systems
- to assess arrangements and facilities for the media
- to assess any planned ceremonies
- to assess, where necessary, arrangements and facilities for doping tests
- to ensure that control markers, equipment and officials are suitably positioned
- to be present during the event
- to ensure that results and reports are distributed promptly

31.9 The OA Controller shall make as many controlling visits as deemed necessary. The visits shall be planned in agreement with the appointing authority and the organiser. The OA Controller shall where necessary, or as required, make written reports to the appointing body with copies sent to the organiser.

31.10 One or more assistants may be appointed by the OA Controller appointing body to help the OA Controller, particularly in the fields of mapping, courses, financing, sponsoring and media.

31.11 Orienteering Australia, on the advice of the OA Director, Technical, has the authority to revoke the appointment of the OA Controller.

32. Event reports

32.1 No more than 6 weeks after the event, the OA Controller shall send a report to the OA Technical Committee Chair with copies to the OA Technical Director and OA Executive Officer. The report may be on a proforma made available from the Technical Chair (appendix 13 of these Rules) and include at a minimum:

- Details of complaints and protests
- Details of issues that impacted the event
- Deviations from the rules that applied to the event
- The OA Controller may include additional reporting material from the organiser and planner as necessary

32.2 If requested the OA Controller shall submit a progress report to Orienteering Australia through the Technical Chair with copies to the Technical Director, and OA Executive Officer.

32.3 For Group B events, similar reports should be submitted to the state association's technical officer.

33. Advertising and sponsorship

33.1 Advertising of tobacco and hard liquor is not permitted.

33.2 Orienteering Australia may issue specific rules for advertising and sponsorship.

34. Media service

34.1 The organiser shall offer the media representatives attractive working conditions and favourable opportunities to observe and report on the event.

34.2 As a minimum, the organiser shall make available to media representatives the following:

- hotel accommodation of medium standard, to be paid for by the users
- start lists, program booklet and other information, where applicable, on the day prior to the competition
- opportunity to take part in the model event where applicable
- result lists and maps with courses immediately after the competition

34.3 The organiser shall make every effort to maximise media coverage as long as this does not jeopardise the fairness of the event.

Appendix 1: General Competition Classes

1 AGE CLASSES

1.1 For competitors younger than 21, the classes W20 and M20, W16 and M16 and so on with intervals of 2 years are used. For older competitors, the classes W35 and M35, W40 and M40 and so on with intervals of 5 years are used (although 10 year age classes are recommended for group B events - see 4.1 below).

1.2 Each class may be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course length are named E (Elite)-if applicable, A, B, and N (novice). Subclasses according to course lengths only are named S (short), M (medium) and L (long). Current rules assign S classes only as a variation from the standard A class.

2 PARALLEL CLASSES

If a class, because of too many entrants, is split into parallel classes, other classes than elite classes should be split so that competitors from the same club, district or Federation are equally distributed among the parallel classes.

3 DEGREE OF DIFFICULTY

3.1 The degrees of navigational difficulty for forest orienteering are defined as follows:

Very Easy	Course must follow drawn linear features (tracks, fences, etc.). A control site is needed at every turning point and all control markers must be visible on the approach side. Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites.
Easy	Control sites must be on or near drawn linear features but preferably not at turning points. This gives the opportunity to follow handrails or to cut across country. Short distances along large linear features that are not drawn (such as large gullies or well-defined spurs) may be included in the course but then catching features are essential. Control markers should be visible from the approach side by any reasonable route.
Moderate	Course should have route choice with big attack points near control sites and catching features less than 100m behind. Control sites may be fairly small point features and the control markers need not necessarily be visible from the attack point.
Hard	Navigation should be as difficult as possible with small contour and point features as the preferred control sites; there should be no handrails and no large attack points nearby. Route choice should be an important element of most legs.

The degrees of navigational difficulty for sprint orienteering are defined as follows:

Very Easy	Course must follow strong linear features (paths, large buildings, etc.), or parkland with good visibility. Only one sensible route between controls. A control site is needed at every decision point and all control markers must be visible on the approach side, and straightforward to interpret on the map. Large obvious features, visible from and close (<25m) to the linear feature may also be used as control sites. Courses should avoid streets with traffic.
Easy	The course may introduce legs with simple route choice (left/right) around strong features. Available routes will be easy to identify. Control markers should be visible from the approach side by any reasonable route, and easily identified on the map. Courses should avoid streets with traffic.
Moderate	The course should aim to include legs with several possible route choices. Correct interpretation of the control description may be required to identify the control location.
Hard	Where possible, the course should include complex route choices where the best/shortest option may be difficult to interpret. Legs may require many decision points and detailed navigation. Correct interpretation of the control description may be required to identify the control location.

3.2 Where offered, AS classes should have the same degree of difficulty as the corresponding A class (e.g. M21A = hard, M21AS = hard)

3.3 Where offered, B classes should have one degree of difficulty lower than the corresponding A class (e.g. W21A = hard, W21B = moderate; M12A = easy, M12B = very easy)

4 COURSE GROUPINGS

As a guideline to course planners and controllers, the following tables list suggested groupings of classes on courses for the Australian Long, Middle and Sprint Distance Championships respectively. These groupings have been derived from:

- the relative running speeds of the fastest Australian competitors eligible to run in each age class;
- the target winning times specified in OA Competition Rule 16; and
- the likely number of competitors that can be reasonably accommodated within the total start block for each course in a national event.

The guidelines are advisory only and may be varied by the course planner and controller to reflect terrain differences between courses, likely numbers of competitors in each class, special requirements for National Orienteering League events or team selection trials, and other factors.

The class groupings for the Australian Long Distance Championships should be suitable also for the Australian Three-Days, subject to the winning times being 20% shorter for most classes (Rule 16.9) or as specified for elite classes in Rule 16.10. The class groupings for all types of courses should be suitable for other events of the same type held as part of a national carnival, subject to the anticipated number of competitors.

It is recommended that elite classes always be given top billing and are the lowest-numbered courses. It may be preferable that non-elite classes do not also run on these courses, depending on the required scale and starting interval.

Adapting the Course/Class Grouping to Smaller Events

For smaller events such as state championships, the number of courses identified may be excessive and classes may be moved up or down the course hierarchy to reduce the number of courses. This may mean some compromises in achieving the optimum winning time.

If an event is conducted using 10-year age classes, the age class with the longer course should generally be used as a basis for determining winning times in class groupings. Otherwise the winning time is likely to be less than that specified in the guidelines.

In this situation, however, the median time is likely to be increased due to the inclusion of slower competitors in the class. This should be taken into account in course planning, making it preferable to err on the short side rather than the long side if in doubt.

If elite courses are not offered, the factors specified for the elite classes should be applied to the corresponding A classes, which would then be assigned to the courses otherwise used for the elite classes.

4.1 Course/Class Groupings for Australian Long Championships

Elite classes M21E, W21E, M20E, W20E will have a 1; 15 000 scale map and the possibility of 3-minute start intervals, therefore it may not be appropriate to include any other age classes on the same course.

Note that the number of entrants in each class will influence whether a course may need to be split into two due to higher numbers, or some classes placed together to merge courses with low numbers.

Classes which usually attract a relatively large number of competitors (e.g. 15 or more) can be identified by observing results from previous events of similar format. The effect of the likely number of competitors on the total length of the start block should be considered if such classes are moved to a different course.

Also the actual km rate achieved in classes such as M/W21A and 35A may be lower than their projected speed if the majority of competitors of this age are primarily running 21E. Therefore the final course-class structure will depend somewhat on the competitor list as at close of entries.

Course	Classes	Tech. difficulty	Relative speed	Winning time	Percentage length
1	M21E	Hard	1.00	90	100
2	M20E	Hard	0.93	70	72
3	W21E	Hard	0.85	80	75
4	W20E	Hard	0.71	55	43
5	M40A M35A M21A	Hard	0.87 0.94 0.80	65 70 75	63 73 67
6	M45A W35A M21AS	Hard	0.82 0.72 0.75	60 60 60	55 48 50
7	M50A W40A	Hard	0.77 0.68	55 60	47 45
8	M20A M16A	Hard	0.70 0.79	55 50	43 44
9	M55A W45A W21A	Hard	0.72 0.63 0.64	50 60 60	40 42 43
10	M60A W50A M35AS	Hard	0.66 0.59 0.66	50 55 50	37 36 37
11	M65A W55A M45AS W21AS	Hard	0.61 0.54 0.57 0.62	50 50 50 50	34 30 32 34
12	M70A W60A W35AS	Hard	0.56 0.50 0.52	50 50 50	31 28 29
13	M55AS W20A W16A	Hard	0.50 0.50 0.62	45 50 40	25 29 27.5
14	M75A W65A W70A W45AS	Hard	0.51 0.45 0.41 0.47	45 50 50 45	25.5 25 23 23.5
15	M80A W75A W55AS M65AS	Hard	0.38 0.32 0.40 0.40	40 45 45 45	17 16 20 20
16	M85A W80A W65AS	Hard	0.25 0.22 0.30	40 40 45	11 10 15
17	M90A W85A	Hard	0.15 0.15	40 40	7 7
18	M14A M Open B M Junior B	Moderate	0.6	40	30
19	W14A W Open B W Junior B	Moderate	0.5	30	20
20	M12A W12A Open Easy	Easy		25	3 km
21	M10A W10A M/W10N Open V Easy	Very easy		20	2 km

4.2 Recommended course/class combinations for the Australian Middle Distance Championships

Course	Classes	Tech. difficulty	Relative speed	Winning time	Percentage length
1	M21E	Hard	1.00	30(-35)	100
2	M35A M20E	Hard	0.94 0.93	30-35 30-35	94-110 93-108
3	W21E M40A	Hard	0.85 0.87	30-35 30-35	85-99 87-101
4	W20E M45A M16A	Hard	0.71 0.82 0.79	30-35 30-35	71-83 82-97 79-92
5	M50A M21A	Hard	0.77 0.80	30-35 30-35	77-90 80-93
6	M55A M20A W35A	Hard	0.72 0.70 0.72	30-35 30-35 30-35	72-84 70-82 72-84
7	M60A W21A W40A W16A	Hard	0.66 0.64 0.68 0.62	30-35 30-35 30-35 30-35	66-77 64-76 68-79 62-72
8	M65A W45A	Hard	0.61 0.63	30-35 30-35	61-71 63-73
9	M70A W50A	Hard	0.56 0.59	30-35 30-35	56-65 59-69
10	M75A W55A W60A W20A	Hard	0.51 0.54 0.50 0.50	30-35 30-35 30-35 30-35	51-60 54-63 50-58 50-58
11	M80A W65A W70A	Hard	0.38 0.45 0.41	30-35 30-35 30-35	38-44 45-52 41-48
12	W75A	Hard	0.32	30-35	32-37
12	M85A W80A	Hard	0.25 0.22	30-35 30-35	25-29 22-26
14	M90A W85A	Hard	0.15 0.15	30-35 30-35	15-18 15-18
15	M14A M Open B M Junior B	Moderate	0.6	30-35	60-70
16	W14A W Open B W Junior B	Moderate	0.5	30-35	50-58
17	M12A W12A Open easy	Easy			2 km
17	M10A W10A	Very easy			1.5 km

	M/W10 N Open V easy				

4.3 Recommended course-class combination for Australian Sprint Championships

Course	Classes	Tech. difficulty	Relative speed	Winning time	Percentage length
1	M21E M20E	Hard	1.00 0.95	12 (-15) 12-15	100 95-119
2	W21E W20E	Hard	0.88 0.78	12-15 12-15	88-110 79-91
3	M35A M40A M45A M16A	Hard	0.94 0.89 0.85 0.87	12-15 12-15 12-15 12-15	94-119 89-111 85-106 87-109
4	M50A M21A W35A	Hard	0.80 0.80 0.80	12-15 12-15 12-15	80-100 80-100 80-100
5	M55A W40A W16A	Hard	0.75 0.89 0.71	12-15 12-15 12-15	75-94 75-94 71-89
6	M60A M65A W21A W45A	Hard	0.70 0.65 0.64 0.70	12-15 12-15 12-15 12-15	70-88 65-81 64-80 70-88
7	M70A W50A W55A	Hard	0.60 0.65 0.59	12-15 12-15 12-15	60-75 65-81 59-74
8	M75A W60A W65A	Hard	0.50 0.54 0.49	12-15 12-15 12-15	50-63 54-68 49-61
9	M80A W70A W75A	Hard	0.37 0.44 0.37	12-15 12-15 12-15	37-46 44-55 37-46
10	M85A W80A	Hard	0.25 0.28	12-15 12-15	25-31 28-35
11	M90A W85A	Hard	0.15 0.20	12-15 12-15	15-19 20-25
12	M14A M Open B M Junior B	Moderate	0.7	12-15	70-88
13	W14A W Open B W Junior B	Moderate	0.6	12-15	60-75
14	M12A W12A Open easy	Easy			1.2 km
15	M10A W10A	Very easy			0.8 km

	M/W10N Open V easy				

Appendix 2: Principles for course planning

Overview:

4. THE COURSE PLANNER

1. INTRODUCTION

1.1. Purpose

These principles aim to establish a common standard for the planning of foot orienteering courses in order to ensure fairness in competition and to safeguard the unique character of the sport of orienteering.

1.2. Application of these principles

Courses in all international foot orienteering events must be planned in accordance with these principles. They should also serve as general guidelines for the planning of other competitive orienteering events. The term ‘orienteering’ is used throughout to refer specifically to ‘orienteering on foot’.

2. BASIC PRINCIPLES

2.1. Definition of orienteering

Orienteering is a sport in which competitors visit a number of points marked on the ground, controls, in the shortest possible time aided only by map and compass. Orienteering on foot may be characterised as running navigation.

2.2. Aim of good course planning

The aim of course planning is to offer competitors courses correctly designed for their expected abilities. Results must reflect the competitors’ technical and physical ability.

2.3. Course planner’s golden rules

The course planner must keep the following principles in mind:

- ☺ the unique character of foot orienteering as running navigation
- ☺ the fairness of the competition
- ☺ competitor enjoyment
- ☺ the protection of wildlife and the environment
- ☺ the needs of the media and spectators

2.3.1. Unique character

Every sport has its own character. The unique character of orienteering is to find and follow the best route through unknown terrain against the clock. This demands orienteering skills: accurate map reading, route choice evaluation, compass handling, concentration under stress, quick decision making, running in natural terrain, etc.

2.3.2. Fairness

Fairness is a basic requirement in competitive sport. Unless the greatest care is taken at each step of course planning and course planning, luck can easily become significant in orienteering competitions.

The course planner must consider all such factors to ensure that the contest is fair and that all competitors face the same conditions on every part of the course.

2.3.3. Competitor enjoyment

The popularity of orienteering can only be enhanced if competitors are satisfied with the courses they are given. Careful course planning is therefore necessary to ensure that courses are appropriate in terms of length, physical and technical difficulty, control siting, etc. In this respect it is particularly important that each course is suitable for the competitors doing that course.

2.3.4. Wildlife and the environment

The environment is sensitive: wildlife may be disturbed and the ground as well as the vegetation may suffer from overuse. The environment also includes people living in the competition area, walls, fences, cultivated land, buildings and other constructions, etc.

It is usually possible to find ways to avoid interference with the most sensitive areas without damage. Experience and research have shown that even large events can be organised in sensitive areas without permanent damage if the correct precautions are taken and the courses are well planned.

It is very important that the course planner ensures that there is access to the chosen terrain and that any sensitive areas in the terrain are discovered in advance.

2.3.5. Media and spectators

The need to give a good public image of the sport of orienteering should be a permanent concern for a course planner. The course planner should endeavour to offer spectators and the press the possibility to follow as closely as possible the progress of a competition without compromising sporting fairness.

3. THE ORIENTEERING COURSE

3.1. Terrain

The terrain must be chosen so that it can offer fair competition to all competitors.

To safeguard the character of the sport, the terrain should be runnable and suitable for testing the orienteering skills of the competitors.

3.2. Definition of an orienteering course

An orienteering course is defined by the start, the controls, and the finish. Between these points, which are given precise locations in the terrain and correspondingly on the map, are the course legs over which the competitor must orienteer.

3.3. The start

The start area should be so situated and organised that:

- there is a warm up area
- waiting competitors cannot see route choices made by those who have started
- The point from which orienteering on the first leg begins is marked in the terrain by a control flag with no marking device and on the map by a triangle.
- The competitors should be faced with orienteering problems right from the start.

3.4. The course legs

3.4.1. Good legs

The course legs are the most important elements of an orienteering course and will largely determine its quality.

Good legs offer competitors interesting map-reading problems and lead them through good terrain with possibilities for alternative individual routes.

Within the same course different types of legs should be offered, some of them based on intense map-reading and others containing more easily run route choices.

There should also be variations with regard to leg length and difficulty to force the competitor to use a range of orienteering techniques and running speeds.

The course planner should also endeavour to give changes in general direction for consecutive legs as this forces the competitors to reorient themselves frequently.

It is preferable for a course to have a few very good legs joined by short links designed to enhance the legs rather than a larger number of even but lesser quality legs.

3.4.2. Fairness of legs

No leg should contain route choices giving any advantage or disadvantage which cannot be foreseen from the map by a competitor under competitive conditions.

Legs which encourage competitors to cross forbidden or dangerous areas must be avoided.

3.5. The controls

3.5.1. Control sites

Controls are placed at features in the terrain that are marked on the map. These must be visited by the competitors in the given order, if the order is specified, but following their own route choices. This demands careful planning and checking to ensure fairness.

It is particularly important that the map portrays the ground accurately in the vicinity of the controls, and that the direction and distances from all possible angles of approach are correct.

Controls must not be sited on small features visible only from a short distance if there are no other supporting features on the map.

Controls must not be sited where the visibility of the control flag for runners coming from different directions cannot be evaluated from the map or control description.

3.5.2. The function of the controls

The main function of a control is to mark the beginning and end of an orienteering leg.

Sometimes controls with other specific purposes need to be used as, for example, to funnel runners around dangerous or out of bounds areas.

Controls can also serve as refreshment, press and spectator points.

Some models of SI card cannot record a punch for a leg which is shorter than 6 seconds' running time, so this situation is best avoided when course planning.

3.5.3. The control flag

The control equipment must be in accordance with the rules for IOF events.

As far as possible, a control flag should be placed in such a manner that competitors first see it only when they have reached the described control feature.

For fairness, the visibility of the control should be the same whether or not there is a competitor at the control site.

On no account should the control flag be hidden: when competitors reach the control they should not have to search for the flag.

3.5.4. Fairness of control sites

It is necessary to choose control sites with great care and notably to avoid the ‘acute angle’ effect where incoming competitors can be led into the control by outgoing runners.

3.5.5. Proximity of controls

Controls on different courses placed too close to one another can mislead runners who have navigated correctly to the control site. According to Rule 19.4, controls should not be sited within 30 m of each other (25 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 on the ground.

3.5.6. The control description

The position of the control with respect to the feature shown on the map is defined by the control description.

The exact control feature on the ground, and the point marked on the map, must be indisputable. Controls which cannot be clearly and easily defined by the IOF control symbols are usually not suitable and should be avoided.

IOF control descriptions have been updated for 2018 and a one-page printed version is available from Orienteering Australia.

3.6. The finish

At least the last part of the route to the finish line should be a compulsory marked route, with a straight approach to the finish line.

3.7. The elements of map-reading

On a good orienteering course, competitors are forced to concentrate on navigation throughout the race. Sections requiring no map-reading or attention to navigation should be avoided unless they result from particularly good route choices.

3.8. Route choices

Alternative routes force competitors to use the map to assess the terrain and to draw conclusions from it. Route choices make competitors think independently and will split up the field, thus minimising ‘following’.

3.9. The degree of difficulty

For any terrain and map, a course planner can plan courses with a wide range of difficulty. The degree of difficulty of the legs can be varied by making them follow line features more or less closely.

Competitors should be able to assess the degree of difficulty of the approach to a control from the information available on the map, and so choose the appropriate technique.

Attention should be paid to the competitors' expected skill, experience and ability to read or understand the fine detail of the map. It is particularly important to get the level of difficulty right when planning courses for novices and children.

3.10. Competition types

Course planning must account for specific requirements of the type of competition considered. For instance, course planning for Middle Distance orienteering must call on detailed map reading and on a high degree of concentration throughout the entire course. Course planning for relay competitions should consider the need for spectators to be able to follow closely the progress of the competition.

3.11. What the course planner should aim for

3.11.1. Know the terrain

The course planner should be fully acquainted with the terrain before he or she plans to use any control or leg.

The planner should also be aware that on the day of the competition the conditions regarding map and terrain could be different from those which exist at the time the courses are planned.

3.11.2. Get the degree of difficulty right

It is very easy to make courses for novices and children too difficult. The course planner should be careful not to estimate the difficulty just on his or her own skill at navigating or on his or her walking speed when surveying the area.

3.11.3. Use fair control sites

The desire to make the best possible legs often leads a planner to use unsuitable control sites.

Competitors seldom notice any difference between a good and a superb leg, but they will immediately notice if a control leads to unpredictable loss of time due to a hidden control site or flag, ambiguity, a misleading control description etc.

3.11.4. Placing controls sufficiently far apart

Even though the controls have code numbers they should not be so close to each other as to mislead competitors who navigate correctly to the control site on their course.

3.11.5. Avoid over-complicating the route choices

The planner may see route choices which will never be taken and thereby may waste time by constructing intricate problems, whereas the competitors may take a 'next best' route, thus saving time on route planning.

3.11.6. Courses that are physically not too demanding

Courses should be set so that normally fit competitors can run over most of the course set for their level of ability.

The total climb of a course should normally not exceed 4% of the length of the shortest sensible route.

The physical difficulty of courses should progressively decrease as the age of the competitors increases in Masters classes.

Special care must be taken that the courses for classes M70 and over and W65 and over are not too physically demanding.

4. THE COURSE PLANNER

The person responsible for course planning must have an understanding and appreciation of the qualities of a good course gained from personal experience. He or she must also be familiar with the theory of course planning and appreciate the special requirements of different classes and different types of competition.

The course planner must be able to assess, on site, the various factors which can affect the competition, such as the conditions of the terrain, the quality of the map, the presence of participants and spectators, etc.

The course planner is responsible for the courses and the running of the competition between the start and the finish line.

The course planner's work must be checked by the OA Controller. This is essential because of the numerous opportunities for error which could have serious consequences.

Appendix 3: Approved control cards and marking devices

Traditional punching

- The non-electronic control card must satisfy the following specifications:
  - it must be made of resistant material;
  - it must not exceed 10 cm x 21 cm in size;
  - each punch box must have a minimum side length of 18 mm;
  - three boxes must be clearly marked as reserve boxes.
- Competitors are allowed to prepare the control card, e.g. by
  - writing on it,
  - by reinforcing it or
  - by putting it into a bag,
  - but not by cutting-off parts of the control card.

Electronic punching

The only automatically approved electronic registering systems are:

- the Emit Electronic Punching and Timing system, and
- the SportIdent system

Emit

- The label attached to the competitor's electronic control card for back-up marking must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water).
- It is the competitor's responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.
- If, and only if, no feedback signal is received, the competitor must use the back-up unit.

SportIdent (see Appendix 12 for OA Position statement on use of SIAC)

- A back-up unit must be present at each control – either a second electronic unit or a needle punch. If one unit is not working, a competitor must use the backup provided and will be disqualified if no punch is recorded.
- It is the competitor's responsibility to ensure that the electronic punch is in the e-card by not removing the e-card until the feedback signal has been received.
- If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number).
- With SI Air, the control unit may not record the competitor's punch at all, so the onus is on the competitor to come close enough to record the punch on their card.
- Note that some models of SI card, depending on their feedback mode, cannot record a punch for a leg which is shorter than 6 seconds' running time.

The control card, electronic or otherwise, must clearly show that all controls have been visited.

A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault and that the competitor visited the control.

In this exceptional circumstance, other evidence may be used to prove that the competitor visited the control, such as evidence from control officials or cameras or read-out from the control unit. In all other circumstances such evidence is not acceptable.

Appendix 4: Health and safety guidelines

1. GENERAL HYGIENE

- It is the responsibility of all orienteers and event officials to maintain strict personal hygiene, as this is the best method of controlling the spread of infectious diseases.
- All orienteers with prior evidence of infectious diseases are strongly advised to obtain confidential advice and clearance from a doctor prior to participation.
- It is the responsibility of the organisers of an event to ensure that toilets and hand washing facilities, if supplied at events, should be kept clean and tidy and that adequate supplies of toilet paper, fresh water for washing, soap, paper hand towels, refuse disposal bins and disinfectants should be available at all times.
- All clothing, equipment and surfaces contaminated by blood may be treated as potentially infectious. Disposable surgical rubber or plastic gloves shall be provided by the event organiser for use by anyone required to handle equipment which has also become contaminated with blood (e.g. control cards or maps)

2. DRINKING WATER

Competition Rule 19.8 states that:

"If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner. Drinks shall be located at controls or compulsory crossing points."

Competition Rule 19.9 states that:

"At least pure water of suitable temperature shall be offered as refreshment. If different refreshments are offered, they shall be clearly labelled"

- The volume of water provided should allow for 200-300 ml per competitor passing through the drinks point.
- The sharing of drink containers should not occur and competitors should not be able to immerse the hands in water supplied for drinking. To this end water at events must not be supplied in open containers such as garbage containers. Refreshments at events should be supplied in sealable containers, preferably with taps.
- Refreshments shall be dispensed in disposable cups. The cups should be discarded after use so that they cannot be reused and in such a way as to pose no environmental problems.
- Competitors may be encouraged to carry their own water supply or cups on courses, but this in no way diminishes the responsibility of organisers in supplying enough drinking water and disposable cups for all competitors passing through the drinks point.
- For those events where the expected temperature is expected to exceed 20°C, organisers shall provide refreshments at more frequent intervals appropriate to the expected event temperature.

3. FIRST AID

Competition Rule 23.9 states that:

"There shall be medical facilities and personnel at the finish, who are also equipped to work in the forest"

- Organisers must ensure that adequate first-aid equipment is available at events and that any person who, on behalf of the organisers, treats an orienteer with open cuts and abrasions should wear disposable rubber or plastic gloves.
- Qualified personnel should be available for the duration of the competition and until all competitors have finished
- Suitable transport (e.g. 4WD vehicle) should be available in case of an emergency in the terrain
- The organisers should have the telephone number of an available local doctor or hospital.

4. SEARCH AND RESCUE

Competition Rule 23.10 states that:

"The organisers shall ensure that at the end of the competition all competitors have been accounted for using the start list that has been compiled. A search party shall be available at the end of the competition should a competitor be missing."

- Where possible the search party should consist of people with local knowledge (e.g. course setter, OA Controller).
- Suitable transport (e.g. 4WD vehicle) should be available for use by the search party
- The organisers should ensure that local authorities responsible for search and rescue have been notified about the event and obtain an emergency telephone contact number.

Appendix 5: Event OA Controller Accreditation

1. ORIENTEERING AUSTRALIA EVENT OA CONTROLLERS

Accreditation as an Orienteering Australia Event Controller is available at three levels (Level 3, 2 and 1) through the Australian Sports Commission (ASC)'s National Officiating Accreditation Scheme. Completing the ASC Officiating General Principles course is a prerequisite before a controller can enter this accreditation scheme. An OA Controller appointed to control a particular event shall be accredited at the correct (or higher) level for that event, as described below. The role and minimum responsibilities of OA Controllers are as defined in Competition Rule 31.8.

2. GROUPING OF EVENTS

For the purposes of OA Controller accreditation and re-accreditation, the grouping of events as defined in Competition Rule 1.8 is further sub-divided as follows:

Group A events
Sub-group A1
Australian Championships (Long Distance, Middle Distance, Sprint and Relay),
Australian 3 Days (overall),
National Orienteering League Events (see also A2)
Sub-group A2
Australian 3 Days (single days)
National Orienteering League Event
in a series overseen by a Level 3 OA Controller

Group B events
Sub-group B1
State Championships (Long Distance, Middle Distance and Sprint),
Australian Schools Championships,
Sub-group B2
Badge Events,
other events as determined by State Associations

Group C events
Sub-group C1
OY Events and/or Pre-entry events justifying a Controller,
Sub-group C2
other minor events

The minimum levels of OA Controller
as required by Orienteering Australia for events under its control
or as recommended to State Associations for other events
are as follows:

Sub-group A1	Level 3
Sub-group A2	Level 2
Sub-group B1	Level 2
Sub-group B2	Level 2
Sub-group C1	Level 1 plus experience in pre-entry events
Sub-group C2	Level 1

3. RESPONSIBILITY FOR ACCREDITATION OF OA CONTROLLERS

Accreditation of OA Controllers at Level 3 shall be the responsibility of the OA Board through the Director, Technical. In order to gain accreditation as a Level 3 OA Controller the minimum requirements defined below shall be met.

The accreditation of OA Controllers at Levels 2 and 1 shall be the responsibility of individual State Associations. In order to gain accreditation as a Level 2 or 1 OA Controller the minimum requirements defined below shall be met.

It is recommended that controllers at all levels document their activities using the accreditation/reaccreditation forms available from the OA website, and submit to their state or national technical director as appropriate, with copies to the Manager, Coaching & Officiating Development - who will process the applications through the Australian Sports Commission (ASC) once endorsed by the state or national technical director.

Note that although the ASC requires reaccreditation every 4 years, the activities which count towards points for reaccreditation can take place over the preceding 8 years.

4. LEVEL 3 EVENT CONTROLLER

4.1 A Level 3 OA Controller is required for all Group A1 events and any other events as determined by the OA Board.

4.2 To be accredited as a Level 3 OA Controller the following minimum requirements shall have been met:

- at least 4 years current competition experience in A or Elite classes;
- competed in several Group A events, including events held interstate, within the past 4 years;
- have a range of experience in controlling or planning all course formats; been the main course planner at a Group A or Sub-group B1 event within the previous 8 years;
- been the main organiser of a Group A or Group B event within the previous 8 years;
- successfully controlled a Sub-group A2 or Group B event within the previous 8 years; ideally within the last 4 years. If not possible within the last 4 years, shall have either organised or been the main course planner at a Group A event in the last 4 years;
- attended a National OA Controller Workshop (Level 3); and
- endorsement by the State Association

4.3 Accreditation at Level 3 shall be authorised by the OA Board through its Director, Technical and shall be valid for 4 years.

4.4 Provisional accreditation only, shall be awarded until the candidate successfully controls a Group A or Sub-group B1 event.

4.5 When an OA Controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix. Note that the points are accumulated over a rolling 8 year period.

5. LEVEL 2 EVENT CONTROLLER

5.1 A Level 2 OA Controller (or above) is required for all Sub-group A2 or Group B events and any other events as determined by the State Association.

5.2 To be accredited as a Level 2 OA Controller the following minimum requirements shall have been met:

- at least 3 years current competition experience, including a substantial number of events in A or Elite classes;
- competed in several Group A or B interstate events, within the past 3 years;
- the main course planner at a Group A, B or Sub-group C1 event within the previous 8 years;
- the main organiser of a Group A, B or Sub-group C1 event within the previous 8 years;
- successfully controlled a Group C event within the previous 8 years; ideally within the last 4 years. If not possible within the last 4 years, shall have either organised or been the main course planner at a Group B event in the last 4 years;
- ideally have attended both a Course Planning and Event Organising workshop;
- ideally have a range of experience in controlling or planning all course formats; attend a State OA Controller Workshop (Level 2); and
- endorsement by the State Association.

5.3 Accreditation at Level 2 shall be authorised by the State Association and shall be valid for 4 years.

5.4 Provisional accreditation shall be awarded until the candidate successfully controls a Sub-group A2, Group B or Sub-group C1 event.

5.5 When an OA Controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix. Note that the points are accumulated over a rolling 8 year period.

6. LEVEL 1 EVENT CONTROLLER

6.1 A Level 1 OA Controller is required for Sub-group C1 and C2 or other events as determined by the State Association.

6.2 To be accredited as a Level 1 OA Controller the following minimum requirements shall have been met:

- be capable of completing orienteering courses set to hard navigation standard;
- have set courses successfully at all levels from very easy to hard navigation standard;
- have a range of organisational experience covering all aspects of a Group C event;
- attend at least one of a Course Planning or Event Organising workshop; attend a State OA Controller Workshop (Level 1); and
- be endorsed by their State Association.

6.3 Accreditation at Level 1 shall be authorised by the State Association and shall be valid for 4 years.

6.4 Provisional accreditation shall be awarded until the candidate successfully controls a Group C event.

6.5 When an OA Controller's accreditation expires, re-accreditation is obtained by accumulating a set number of points for tasks as per the table at the end of this appendix.

Note that the points are accumulated over a rolling 8 year period.

7. POINTS REQUIRED FOR INITIAL ACCREDITATION

Task * Mandatory task: If these cannot be fulfilled within 8 years, discussion with Technical Director may be entered into.	Number of points towards initial accreditation at:		
	Level 1	Level 2	Level 3
Controlling			
o Group A2 or B event within past 4 years	NA	NA	40*
o Group A2 or B event within past 8 years	NA	NA	30
o Group C event within past 4 years	NA	30*	NA
o Group C event within past 8 years	NA	20	NA
Course Planning			
o Group A event	25	25	25*
o Group B event	20	20*	20
o Group C1 event	15*	15	NA
o Group C2 event	10	NA	NA
Organising			
o Group A event	25	25	25*
o Group B event	15	15*	15
o Group C1/2 event	10*	10	NA
Attend			
o controller update session	20*	20*	20*
o organiser/course planning course	10	10	10
Conduct controller workshop	NA	20	20
Train new controller	NA	10	10
Other appropriate tasks as determined by State Association Technical Director for L1 & L2 or OA Technical Director for L3	Can include participation in Group A and B events		Can include attendance at / participation in international events and IOF Event Advising
Total points required	60	75	100
Points can be accumulated over previous	8 years	8 years	8 years

8. RE-ACCREDITATION POINTS

Details of the points available for re-accreditation are set out in the following table:

Task * Mandatory task: If these cannot be fulfilled within 8 years, discussion with Technical Director may be entered into.	Number of points towards re-accreditation at:		
	Level 1	Level 2	Level 3
Controlling o Group A event o Group A2 or B event o Group C event	 NA NA 20*	 NA 30* 20	 40* 30 N/A
Course-planning o Group A event o Group B event o Group C1event o Group C2 event	 25 20 15 10	 25 20 15 N/A	 25 20 N/A N/A
Organising o Group A event o Group B event o Group C1/2 event	 25 15 10	 25 15 5	 25 15 N/A
Attend o controller update session o organiser/course planning course	 20* 10	 20* 10	 20* 10
Conduct controller workshop	20	20	20
Train new controller	10	10	10
Other appropriate tasks as determined by State Association Technical Director for L1 & L2 or OA Technical Director for L3	Can include participation in Group A and B events		Can include attendance at / participation in international events and IOF Event Advising
Total points required	60	75	100
Re-accreditation period	4 years	4 years	4 years
Points can be accumulated over	8 years	8 years	8 years

Copies of the forms on which activities can be documented for initial and repeat accreditation follow on the next pages.

Orienteering Australia Controller Initial Accreditation Form – to be used at any level

Name_____ Date of birth _____

Postal address _____

State_____ Postcode_____ Phone _____

Email address _____

Current level (if applicable)_____ Expiry date_____

Details of the points available for initial accreditation at any level are set out in the following table:

Task * Mandatory task: If these cannot be fulfilled within 8 years, discussion with Technical Director may be entered into.	Number of points towards initial accreditation at:		
	Level 1	Level 2	Level 3
Controlling			
o Group A2 or B event within past 4 years	NA	NA	40*
o Group A2 or B event within past 8 years	NA	NA	30
o Group C event within past 4 years	NA	30*	NA
o Group C event within past 8 years	NA	20	NA
Course Planning			
o Group A event	25	25	25*
o Group B event	20	20*	20
o Group C1 event	15*	15	NA
o Group C2 event	10	NA	NA
Organising			
o Group A event	25	25	25*
o Group B event	15	15*	15
o Group C1/2 event	10*	10	NA
Attend			
o controller update session	20*	20*	20*
o organiser/course planning course	10	10	10
Conduct controller workshop	NA	20	20
Train new controller	NA	10	10
Other appropriate tasks as determined by State Association Technical Director for L1 & L2 or OA Technical Director for L3	Can include participation in Group A and B events		Can include attendance at / participation in international events and IOF Event Advising
Total points required	60	75	100
Points can be accumulated over previous	8 years	8 years	8 years

Activities undertaken in past 8 years :

Date	Activity	Points

Orienteering Australia Controller Reaccreditation Form –to be used at any level

Name_____ Date of birth _____

Postal address _____

State_____ Postcode_____ Phone _____

Email address _____

Current level (if applicable)_____ Expiry date_____

Details of the points available for re-accreditation are set out in the following table:

Task * Mandatory task: If these cannot be fulfilled within 8 years, discussion with Technical Director may be entered into.	Number of points towards re-accreditation at:		
	Level 1	Level 2	Level 3
Controlling o Group A event o Group A2 or B event o Group C event	 NA NA 20*	 NA 30* 20	 40* 30 N/A
Course-planning o Group A event o Group B event o Group C1event o Group C2 event	 25 20 15 10	 25 20 15 N/A	 25 20 N/A N/A
Organising o Group A event o Group B event o Group C1/2 event	 25 15 10	 25 15 5	 25 15 N/A
Attend o controller update session o organiser/course planning course	 20* 10	 20* 10	 20* 10
Conduct controller workshop	20	20	20
Train new controller	10	10	10
Other appropriate tasks as determined by State Association Technical Director for L1 & L2 or OA Technical Director for L3	Can include participation in Group A and B events		Can include attendance at/ participation in international events and IOF Event Advising
Total points required	60	75	100
Re-accreditation period	4 years	4 years	4 years
Points can be accumulated over	8 years	8 years	8 years

Activities undertaken in past 8 years:

Date	Activity	Points

Appendix 6: Badge scheme rules

1. OBJECTIVES

The aims of the Badge Scheme are to recognise the achievements of a consistent orienteering standard relative to one's age-group peers and to be a fund raising activity for Australian Teams to World Championships.

2. NOMENCLATURE

The Orienteering award shall be called a GOLD, SILVER or BRONZE badge as appropriate and shall be obtained by qualifying and then, upon application, by the payment of the prescribed fee to Orienteering Australia.

3. BADGE DESIGN

The badge shall be 50 mm square; woven; back and over-locked (in red); with a hopping-kangaroo motif in gold, white or rust (to denote appropriately a gold, silver or bronze badge) facing left; on a background divided diagonally from bottom left to top right in which the upper triangle shall be white and the lower triangle shall be red.

The year and class in which the badge is earned shall be marked horizontally in black in the top left corner.

4. ELIGIBILITY

Any member of an association or body affiliated with Orienteering Australia or IOF shall be eligible to apply.

5. BADGE CREDIT EVENTS

5.1 The events at which badge credits may be earned are:

- Australian Long Distance, Middle Distance and Sprint Orienteering Championships;
- Australian 3-Days;
- State Long, Middle or Sprint Distance Championships as nominated to OA;
- Nominated Orienteering Australia controlled badge events (see 5.2 below);
- any other special event or Orienteering Australia controlled event as approved by Orienteering Australia and with such approval being advertised in an Orienteering Australia Bulletin.

5.2 Nominated Orienteering Australia controlled badge events shall be limited to two (minimum) up to 4 (maximum) per calendar year in each state. States are encouraged to nominate their Middle Distance and Sprint championships as badge events.

6. QUALIFICATION FOR A BADGE

6.1 An orienteer shall qualify when 3 badge credits have been earned such that the third credit is attained within two years of attaining the first credit. The year in which the third credit is earned shall be considered as the year in which the badge is earned.

6.2 A badge credit shall be earned by bettering the cut-off time for the credit standard appropriate to the relevant age class.

6.3 The cut-off times for the appropriate credit standards shall be calculated for each class in each age-group according to the following formulae:

A Classes	
Winner's time x 1.25	Gold Credit
Winner's time x 1.50	Silver Credit
Winner's time x 2.00	Bronze Credit
AS, AX Classes	
Winner's time x 1.50	Silver Credit
Winner's time x 2.00	Bronze Credit
B Classes	
Winner's time x 2.00	Bronze Credit

6.4 When Elite classes are offered (by special approval of Orienteering Australia or in accordance with parts 4 & 5 of the Technical Regulations) gold, silver and bronze credits will be available for both Elite and A Class competitors in the age class concerned.

6.5 In multi-day events the times used in determining each individual's final placing shall be used in calculations for badge credits.

7. APPLICATION FOR A BADGE

7.1 Orienteers should apply in writing to the Badge Scheme Secretary nominating the three events in which credits were obtained, and should pay the current fee as determined by Orienteering Australia.

7.2 The claiming of a badge using a credit of a higher standard shall not exclude the future use of that credit to claim a badge of higher standard.

7.3 Badge credits shall be transferable between age-groups provided the competitor is eligible to compete within each age-group.

8. ADMINISTRATION

8.1 The Badge Scheme Secretary shall report to the Technical Committee and be responsible for maintaining records of accredited badge event results; ensuring badge credit cut-off time calculations are correct; forwarding appropriate badges upon receipt of application together with required fees; keeping administrative records and providing the editor of "The Australian Orienteer" with updated lists of badge recipients for publication.

8.2 State Association shall provide the Badge Scheme Secretary with complete result lists and course length details as soon as possible after events.

9. FINANCE

9.1 Monies collected shall be used to administer the scheme.

9.2 Any surplus over costs shall be entered into the fund to finance Australian Teams to World Orienteering Championships.

9.3 Any loss incurred shall be met by Orienteering Australia.

Appendix 7: Environmental code of practice

IOF Resolution on Good Environmental Practice

At its meeting on 12/14 April 1996, the Council of the International Orienteering Federation, acknowledging the importance of maintaining the environmentally friendly nature of orienteering, and in accordance with the GAISF Resolution on the Environment of 26 October 1995, adopted the following principles:

- to continue to be aware of the need to preserve a healthy environment and to integrate this principle into the fundamental conduct of orienteering
- to ensure that the rules of competition and best practice in the organisation of events are consistent with the principle of respect for the environment and the protection of flora and fauna
- to cooperate with landowners, government authorities and environmental organisations so that best practice may be defined
- to take particular care to observe local regulations for environmental protection, to maintain the litter-free nature of orienteering and to take proper measures to avoid pollution
- to include environmental good practice in the education and training of orienteers and officials
- to heighten the national federations' awareness of worldwide environmental problems so that they may adopt, apply and popularise principles to safeguard orienteering's sensitive use of the countryside
- to recommend that the national federations prepare environmental good practice guidelines specific to their own countries

Orienteering Australia environmental code of practice

1. INTRODUCTION

Orienteering is an outdoor sporting and recreational activity involving navigating cross country with the aid of a map and compass. As the sport is based primarily on the use of natural landscapes, those who participate generally have a high level of environmental awareness and a desire to cooperate with land owners in meeting their particular requirements.

The sport is highly dependent on access to both private and public land to conduct events and the full cooperation of land owners and managers is vital for its ongoing growth. This Environmental Code of Practice has been developed to clearly demonstrate what is expected of both organisers and competitors.

2. PURPOSE

This Code of Practice is primarily intended to serve as a guide to organisers and competitors to ensure that our activities have minimal impact on both natural and constructed features of our competition areas.

Secondly, it will provide a means by which both private and public land owners and managers can be informed of the steps that we take to avoid adverse impacts resulting from our sport.

3. STATEMENT OF INTENT

Orienteering Australia and its member associations are committed to ensuring that the sport of orienteering is conducted in a manner that is environmentally sound and in accordance with landowner requirements. Furthermore Orienteering Australia will ensure that organisers and competitors are made aware of this policy and the means by which it will be implemented.

4. ORIENTEERING AUSTRALIA RESPONSIBILITIES

4.1 Orienteering Australia will include this code of practice in the Technical Regulations governing the conduct of the sport of Orienteering within Australia.

4.2 Orienteering Australia will ensure the regular review and updating of the code. From time to time and in conjunction with the State Associations specific impacts will be monitored to ensure best practice is followed. The Federation and its State Associations will work with landowners to ensure the sport is conducted in an environmentally acceptable manner.

4.3 Orienteering Australia will encourage research, collate and disseminate information on the environmental impacts of orienteering.

4.4 The Orienteering Australia Director, Technical will be responsible for coordinating the implementation and monitoring of the code.

5. STATE ASSOCIATION RESPONSIBILITIES

5.1 State associations and clubs must be conscious of the need to collect data on the impact of orienteering and to pass on any substantial or significant reports to Orienteering Australia. Studies may be commissioned by the State Associations or clubs using the skills of professional consultants.

5.2 Requests by land owners for studies to be undertaken should be welcomed and, providing funding is made available, every cooperation should be given to researchers to help them carry out valid independent studies.

5.3 Map files should be maintained and updated with copies of courses to assist with monitoring impacts over a period of time and to provide a reference for course setters to avoid overuse of control sites.

6. EVENT ORGANISERS' AND OA CONTROLLERS' RESPONSIBILITIES

6.1 Area selection

In selecting areas for orienteering the following points should be considered

- Whether an area is capable of sustaining the scale of the proposed event without excessive impacts on the physical environment or conflicts with other users.
- Where seasonal sensitivities exist, for example, due to wildlife breeding, lambing or other rural operations or climatic extremes, schedule events in those areas to avoid sensitive periods.
- Once an area has been selected, regular liaison must occur with the relevant owner or manager to ensure their requirements are incorporated into planning for the event at an early stage. When necessary, relevant permits must be obtained and organisers must ensure that everyone associated with the event is aware of the conditions that may apply.

6.2 Access and parking

- Consult with owners and managers on selection of parking and arenas.
- Check that roads and tracks are adequately formed for the number of vehicles expected. Adverse weather conditions must be considered.
- Clearly define prescribed routes across open areas and provide attendants to direct and control parking.
- Vehicles should not be parked in areas of long dry grass if there is a risk of fire caused by hot exhausts.
- Manage gate closure by signs or attendants.
- Ensure that stock are not adversely affected by the movement of vehicles or people.
- Car pooling should be encouraged.

6.3 Arena management

- Signs must never be nailed to trees because of the danger to felling and milling operations and also the risk of introducing disease into the tree.
- Secure permission to use pit toilets and agree siting. Portable toilets may be required in water catchment areas, areas of high public use, environmentally sensitive areas and on land where the management authority or owner does not permit pit toilets.
- Check whether fire restrictions apply and inform competitors of such restriction and of any precautions that are necessary. As a general principle, the lighting of fires at events should not be allowed and smoking should be discouraged.
- Arenas must be planned to ensure minimum impact on vegetation. Areas of concentrated activity such as adjacent to start, finish, results and food sales must be carefully located.
- Particular care should be taken when selecting the route to remote start points to avoid creating tracks through sensitive areas or areas which would take some time to recover.
- The finish chute area should be located away from steep, erodible slopes or areas of sensitive vegetation.
- All rubbish must be removed from the area. Competitors should always be encouraged to take out their own waste but adequate rubbish collection facilities must be provided. A thorough inspection of the area must be undertaken after the last competitors have left the area. All tapes to mark control sites or specific routes must be removed. The area surrounding water points on courses must also be carefully checked and cleaned if disposable cups or bottles are provided.
- Respect the rights of other users of an area when an orienteering event is in progress by sharing or, if practical, avoiding public areas and other facilities.
- If public announcement systems are used, design and locate these to minimise the spread of noise outside the arena.

6.4 Course planning

- When planning courses in sensitive areas thought must be given to numbers of competitors passing or visiting a specific point. Control sites are an obvious example where care must be taken to minimise impacts but other areas to be considered may include obvious crossing points at fences or creeks, open marshes, mossy surface rock and soft earth embankments.
- In some cases, after consultation with land managers, it may be necessary to declare areas as 'out of bounds' because of management, security or privacy factors. An area may be undergoing regeneration or seasonal factors may dictate that the area should be avoided to prevent any risk of damage. Such restrictions need to be clearly communicated to competitors.
- On property containing stock or crops, owners must be consulted to determine what, if any, measures must be taken to avoid disturbance. Appropriate measures must be clearly communicated to competitors if courses pass close to such areas. Out of bounds areas must be clearly shown on each competitor's map.

- If the area contains known sites of natural or cultural significance which may be disturbed by the movement of orienteers, avoid placing controls on or near these sites or planning legs which would concentrate the movement of orienteers through them. (It may be counter-productive to mark such areas as out of bounds as this can attract undue attention to the sites).
- The property owner's requirements in regard to fence crossing must be communicated to competitors. In some cases it may be necessary to create and identify specific crossing points.
- If the area contains animals which flee rather than hide when disturbed (kangaroos, wallabies, sheep, wild pigs), endeavour to plan courses with a view to reducing continual disturbance to these animals. This may be done by having all courses follow the same general direction or by leaving parts of the area free of controls or obvious route choices.
- Some areas may contain sensitive surface rock that would be subject to damage by spiked shoes. If required by the relevant land managers, pre-event advice must be given to competitors that such shoes cannot be used.
- Courses in urban areas must be set so as to not encourage crossing of garden beds or other out of bounds features.

6.5 Competitors' responsibilities

- Read and adhere to organisers instructions.
- Pets and firearms must not be taken to events because of the restrictions that generally apply.
- Fire restrictions must be observed.
- Gates must always be closed unless there is a specific instruction otherwise.
- Report any damage to property to the organisers.
- Avoid spreading seeds and mud when cleaning your shoes and clothing. This can be done by cleaning them at the event site, provided that this does not spread material from an infested area on the course to a 'clean' arena. If cleaning at home, dispose of the material so that it is not spread elsewhere. Do not leave the cleaning until you arrive at the next event site.
- Avoid fauna and stock as much as possible. Cattle trapped at fence corners or in a confined area can stampede and should always be given a wide berth.
- Try to avoid disturbing wildlife. Keep a distance whenever possible to avoid stressing any animal.
- Remove your own rubbish. Do not leave it for the organisers to collect and take away. Drive and park as directed by the organiser. The organiser is responsible to ensure you do not cause damage by becoming bogged or by trampling sensitive vegetation or pasture.
- Wherever possible avoid damage to sensitive areas such as wetlands, marshes and soft earth embankments. Mossy rock surfaces should be avoided to prevent damage and also because they could be slippery and dangerous.
- Respect the rights of other users of the area such as walkers, picnickers, and of course resident land owners. Do not approach farm residences.

Appendix 8: Event Format

1. SPRINT

1.1. The Profile

The Sprint profile is high speed. It tests the athlete's ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge: rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race. An environment which cannot provide this challenge is not appropriate for the Sprint.

1.2. Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and it may be necessary for controls to be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure the competitors are not hindered.

The start should be at the Arena and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Arena.

The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bounds areas. If there is such a risk, a referee should be at such locations to prevent possible attempts.

Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

Controls should be placed a minimum of 25 metres apart, as any lesser distance may lead to mispunches by competitors using SI Air Cards. Note that depending on their feedback mode, some SIAC cannot record a punch for a leg which is shorter than 6 seconds' running time.

Course planners of Group A events shall always give the anticipated running distance for sprints rather than the straight line distance calculated by the course planning software. Although general practice in Australia has been to measure sprint courses via the straight line distance for these maps as per Rule 16.3, this was designed for courses in a forest planning, Since urban sprint maps contain significant un-crossable areas (buildings etc), calculation of sprint course lengths by straight line distance results in significant error in course lengths.

1.3. The map

The ISSOM specification shall be followed. The map scale is 1:4000 or 1:5000. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate.

In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering passage must be correctly represented and drawn to size.

1.4. Winning time, start interval and timing

The winning time, for both women and men, shall be 12-15 minutes, preferably in the lower part of the interval.

The start interval is not less than 1 minute and a time-trial, individual format is used. Timing is to at least 1 second using electronic means.

The competitor must have actually started before having access to the map.

2. MIDDLE DISTANCE

2.1. The profile

The Middle distance profile is technical. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitutes a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself shall involve demanding navigation. The course shall require speed-shifts, e.g. with legs through different types of vegetation.

2.2. Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. The start should be at the Arena and the course should preferably make runners pass the Assembly during the competition. The demand on section of the Arena is subsequently high, providing both suitable terrain and the opportunity to make runners visible to spectators. Spectators are not allowed along the course except for parts passing the Assembly (including controls in the Arena)

2.3. The Map

The standard ISOM specification shall be followed. The preferred map scale is 1:10000. The terrain shall be mapped for 1:15000 and then be strictly enlarged as specified by ISOM.

2.4. Winning time, start interval and timing

The winning times are as specified in Rule 16.13.

The start interval is not less than 2 minutes and a time-trial, individual format is used. Timing is to 1 second, by electronic means.

The competitor shall have actually started before receiving the map.

3. LONG DISTANCE

3.1. The profile

The Long distance profile is physical endurance. It takes place in a non-urban (mostly forested) environment, and aims at testing the athlete's ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasises route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle distance, with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.

3.2. Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make competitors pass the Assembly during the competition.

A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km, depending on the type of terrain. The course should comprise two or more of such long legs, (still requiring full concentration on map reading along the route chosen).

Another important element of the Long distance is the use of course planning techniques which break up any grouping of runners, such as the use of butterflies and routing the course through technical or low visibility terrain. Spectators are not allowed along the course except for sections passing through the Assembly (including controls in the Arena).

3.3. The map

The standard ISOM specification shall be followed. The map scale is as defined in Rules 15.2 and 15.3

3.4. Winning time, start interval and timing

The winning times are given in rules 16.9 and 16.10. The start interval is 2 minutes and a time-trial, individual format is used. Timing shall be to 1 second using electronic means. The competitor shall have actually started before having access to the map.

4. RELAY

4.1. The profile

The Relay profile is team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the Middle than the Long distance. Some elements characteristic of the Long distance, such as longer, route choice legs, should be used, allowing competitors to pass each other without making contact.

Good Relay terrain has characteristics that make runners lose sight of one another, such as denser vegetation, many hills and depressions, and the like.

Terrain with continuous good visibility is not suitable for the Relay.

4.2. Course planning considerations

The 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. The competitors should, on each leg, pass the Assembly/Finish, and if possible, runners should be visible as they approach the final control.

An appropriate number of intermediate times and possibly in forest commentary should be provided. The mass-start format requires that a course planning technique such as forking be used to separate runners from each other.

Where forking is used, the time differences between alternatives should be small to enhance the head-to-head nature of the race. For reasons of fairness, the very last part of a leg should be the same for all runners on that particular leg. Spectators are not allowed along the course except for parts passing the Assembly/Finish (including controls in the Assembly/Finish Area).

4.3. The map

The standard ISOM specification shall be followed. The map scale is 1:15000 or 1:10000. The decision on map scale shall be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale). When 1:10000 is used the terrain shall be mapped for 1:15000 and strictly enlarged as specified by the ISOM.

4.4. Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 120 minutes for the women's relay and 135 minutes for the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 60 minute or shorter than 30 minutes. The Relay is a mass start format and consists of three legs for both women and men. Timing should preferably be by electronic means, but manual systems may be used.

5. SPRINT RELAY

5.1. The profile

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. Other sprint relays may have teams of 2 with each athlete running twice; these relays may be mixed or gender specific. Teams of 3 are possible also.

5.2. Course planning considerations

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.

5.3. The map

See 1.3 Sprint.

5.4. Winning time, start interval and timing

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.

SUMMARY TABLE	Sprint and sprint relay	Middle Distance	Long Distance	Forest Relay
Controls	Technically easy, minimum 25m apart	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 rules 16.9 and 16.10 and 16.11	See 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.

Appendix 9: The Leibnitz Convention

"We, the Members of the IOF, attending the 20th IOF General Assembly in Leibnitz, Austria, on the 4 August 2000, hereby declare that

"It is of decisive importance to raise the profile of the sport to further the spread of orienteering to more people and new areas, and to get orienteering into the Olympic Games.

"The main vehicles to achieve this are:

- to organise attractive and exciting orienteering events which are of high quality for competitors, officials, media, spectators, sponsors, and external partners;
- to make IOF events attractive for TV and Internet.

"We shall aim to:

- increase the visibility of our sport by organising our events closer to where people are;
- make our event centres more attractive by giving increased attention to the design and quality of installations;
- improve the event centre atmosphere, and the excitement, by having both start and finish at the centre;
- increase television and other media coverage by ensuring that our events provide more and better opportunities for producing thrilling sports programmes;
- improve media service by better catering for the needs of media representatives (in terms of communication facilities, access to runners at start/finish and in the forest, continuous intermediate time information, food and beverages, etc);
- pay more attention to promoting our sponsors and external partners in connection with our IOF events.

"We, the Members of the IOF, expect that these measures shall be considered by all future organisers of IOF events."

Appendix 10: Guidelines Regarding Complaints and Protests, and Cancelling Courses

These guidelines are intended for competitors (and team officials), organisers and juries. They are based partly on the IOF Organisers' Guidelines document "Cancelling a competition: clarification of rules 26.12 and 26.13"

It should be noted that when IOF documents refer to decisions made and actions to be taken by the Event Organiser, this can mean whoever the organiser decides should carry out that function. At high-level international events the Event Organiser has something of a Controller role over the non-course aspects of the event. In Australia it may be more relevant to substitute the word OA Controller for organiser when reading this document, however, the organiser should be familiar with the rules and ready to implement processes to deal with issues which may arise.

1. Competitors and team officials

Rules 27.1 and 27.2 allow complaints to be made about infringements of the competition rules or the organiser's directions. Although rule 27.3 allows for a complaint to be made orally, competitors should consider making a complaint in writing. The reason for this is that it encourages the complainant to explicitly identify the rule or rules that they consider to have been infringed.

2. Organisers

Organisers should be conversant with the competition rules and have a copy of the rules readily available, and be ready and willing to discuss any relevant rules with a complainant.

In fairness to complainants, who may not be familiar with the rules, organisers should advise them of their right to protest the ruling of the organiser, and offer advice concerning the formalities for lodging protests.

It is important that organisers should not intimidate a complainant by overemphasising the formal requirements of a protest; however, in fairness to the complainant, they should be made aware that the protest jury can only assess the protest within the framework of the rules.

3. Protest juries

Protest juries should not be overly legalistic in their consideration of the protest.

Rule 28.3 requires that a protest be in writing, but as the rules are not prescriptive as to the format a written protest should take, juries should not dismiss a protest on the basis of a poorly written protest without giving the protestor the courtesy of addressing their protest.

If a potentially general problem is represented by a single protest, then the jury should consider that all the affected competitors had protested. If the protest pertains to a problem which may have affected more than one competitor, then the jury have three options:

- The jury may dismiss the protest if there are no grounds for a protest;
- The jury may agree that a problem exists, but find that it is not sufficient to warrant voiding courses, and therefore that no action be taken;
- The jury may elect to void the course.

If there has been a problem that has affected an individual, then the only options available are to reinstate or disqualify.

Protest decisions should be based on the merits of the evidence before the jury and the competition rules. Previous decisions made by any jury should not be considered as precedents for the protest being considered.

4. Voiding and Cancelling Courses

The following guidelines are based on the IOF document "Cancelling a Competition" (available on the IOF web site at www.orienteering.org)

Competitor Safety

The safety of competitors, organisers and spectators is paramount.

The image of the sport would suffer irreparable damage if organisers gambled with people's safety, even if the threat did not eventually materialise.

Hence the organiser has the responsibility under Rule 26.12 to Cancel a Course where they consider it is dangerous for competitors, officials or spectators.

Voiding a course is required where the organiser considers the course is significantly unfair.

The following additional guidance is provided.

Reason to void a competition

There can be no hard and fast rule determining when a course should be voided and when the results should be left to stand with those adversely affected by a problem regarded as unfortunate. However the key considerations should be:

- Has the problem affected the results so badly that the race is no longer perceived by the competitors, the public and the media as reasonably fair with credible results?
- Is it probable that the results will be challenged and the challenge upheld?
- Does the perceived unfairness outweigh the requirement to declare a result and celebrate the winners?

Who can void a race?

The organiser should declare a course void if circumstances have arisen which make the course significantly unfair. If the organiser does not void the course but a competitor feels it should be voided then a complaint can be made to that effect. If the complaint is rejected but the competitor still feels that the course should be voided, then a protest can be made. The jury considers the protest and (if the protest is upheld) may instruct the organiser to void the course.

Factors when considering whether to void a competition

There are a number of factors which the organiser (and if necessary the jury) must consider.

- How many and what proportion of competitors were affected? A problem that adversely affected 10% or more of the field could be taken as an indication that the course may no longer be fair.
- Were the affected competitors potential medallists?
- Is it likely that the problem has seriously affected the placings of the leading competitors?
- How large and serious was the effect of the problem? A few seconds are more significant in a sprint than in a long distance race.
- What is the status of the competition (e.g. a WRE, Australian Championship)?
- What type of course is it (qualification, final, interval start, mass start, sprint, relay etc)?
- Is it fair to competitors not affected by the problem to void the course?
- Which outcome would do least harm to the image of the sport? How do the negative consequences of voiding the course compare to the negative consequences of not doing so?
- Could the competition be rescheduled at a time fair to the competitors, organizers?
- Was the problem an organiser error or was it something outside of the organiser's control? There may be a greater willingness to allow the results to stand if the problem could not easily have been prevented.

The above factors must be considered together. Often more than one is relevant and a balanced judgment has to be made.

Sometimes the relevant factors will be very finely balanced and there is likely to be criticism whatever decision is made.

Anticipating the worst

Competitions can be structured in manners that provide safeguards in cases where serious disruptions to competitions might arise. For example, with multi-race competitions, if one of the courses is cancelled the rules should allow for the competition to be decided on the basis of the other courses.

Unacceptable alternatives to voiding

It is important that measures (tempting though they may be) are not taken which may simply aggravate the unfairness.

Many, probably the majority, of hypothetical situations involve problems with a single control or course leg. The IOF Recommendation is that the results must be based on competitors' times for the whole course and no changes may be made to these times on the basis of split times. This prevents a result being declared on the basis of part of a course only.

This has been introduced because analysis of what happens when you remove one or more legs from the times shows that it usually introduces as much unfairness as it solves.

Implementing the decision

- It is important that decisions made by the organiser or jury are clearly explained to the competitors and the public. If it is recognised that there was a problem, even though it may have been deemed not to have affected the outcome of a course significantly enough to warrant any action, the problem should still be acknowledged.
- In some cases, the course may be part of a league or ranking scheme. The organiser or jury should consider this and may make appropriate recommendations. For example, if a World Ranking course has to be voided, but the times of those runners who completed the course are valid, then it may be that it is still reasonable to calculate and issue World Ranking points.

Conclusions

- Voiding a course is an option that should be avoided if at all possible. Organisers should be very careful to avoid mistakes. They must try to prevent problems arising, check everything thoroughly (for example using pre-runners) and anticipate and plan contingencies for unusual circumstances.
- However an organiser must be aware if the course is obviously unfair or unsafe and the results are not credible, then it must be voided or postponed.

Appendix 11: Australian Three Days – Good Friday Events

The required events on Good Friday as part of or as a precursor to the Australian Three Days are:

- the Elite Prologue, and
- a Public Prologue including a Family Team event open to all orienteers.

The Elite Prologue is sprint format and applies to classes M/W21E and M/W20E.

Generally each of Male Senior and Juniors, and Female Senior and Junior Elites run the same course.

The aim of the Public Prologue is to:

1. Attract participants in order to increase the spectators for the Elite Prologue
2. Promote the image of orienteering as a sport that supports participation by families
3. Provide an opportunity for orienteers who are not running in the Elite Prologue to participate in an event on Good Friday
4. Promote the spectator aspect of orienteering by using the same or similar courses as the Elite Prologue

Details of the Public Prologue are as follows:

1. The Public Prologue will be held on the same area as the Elite Prologue and be open to any participants.
2. The Public Prologue event shall not count towards the results of the Australian Three Days.
3. This event shall follow the Elite Prologue and shall include an individual event, and shall have a Family Teams competition, which may be a Relay format event.
   The details can be determined at the discretion of the organisers.
   If a traditional Relay event is held, the Relay may be run before, after or concurrently with the individual Public Prologue.
4. Group mini-mass starts may be held to reduce the overall event duration.
5. At least three courses to be offered in the public prologue
   e.g. same course as Men's elite,
   same course as Women's elite
   and a Short Easy Navigation course

Options for the Family Teams competition are either:

A. Family Teams event as part of the Public Prologue,
based on outright and handicap results from each of three courses as follows:

- long course (same as the senior men's Elite Prologue),
- medium course (same as the senior women's Elite Prologue),
- short course (with easy navigation, winning time 10-15 mins).

Note also:

- Results of entrants who have participated in the Senior and Junior Elite Prologue may count towards a team's result.
- All courses are available for individual entry
(i.e. entrants who are not part of a team)
- A single event is held for individual and team entrants
i.e. all participants run concurrently, as part of the Public Prologue

or B. Traditional Family Relay event
conducted over three legs at least one of which shall be a short course with easy navigation.

The other legs may be the same courses as the men's and women's Elite Prologue, or other courses of similar length and navigational standard set at the discretion of the organiser to support a relay format.

- Participation in the (Elite) Prologue shall not preclude participation in the such a relay event
i.e. a relay member may have already run the Elite Prologue
- Results are based on both outright and handicap times
- Handicap for the Family Teams event shall be based on both age and gender.

For a team in the Family Teams event to be official, one member of the team must be directly related to each of the other two team members in one of the following categories:

spouse or de facto spouse,
parent, child, brother, sister,
grandparent, grandchild,
in laws (parent, brother, sister),
adopted child, nephew, niece.

Appendix 12 - Use of SIAC at major events

This document outlines OA's 2017 position statement on use of SIAC (Sport Ident Activity Card – contactless punching) as stand-alone or mixed punching at major events.

Orienteering Australia does not mandate the exclusive use of SIAC at major carnivals, because this is a commitment which needs to be weighed up by the organisers of each carnival. It is currently acceptable not to offer the use of SIAC at all, as the SI Air Cards will also function as normal SI cards; however, in future there is likely to be a very strong expectation from competitors that they will be able to use SI Air mode.

In general, the use of mixed punching with SIAC is supported, as long as the overall event is conducted in a fair manner. The use of SIAC should be conducted according to the standard procedures for SIAC, with the following considerations for organisers:

1. That the mixed punching be used according to the relevant IOF guideline, and IOF policy on approved electronic punching systems: http://orienteering.org/iof-statement-on-mixing-contactless-punching-with-contact-punching/

2. That several test events be conducted using mixed punching to test any issues, including ironing out any technical issues with SIAC, and ensuring that the use of SIAC is communicated to competitors in a clear manner.

3. The organiser needs to ensure that sufficient SIAC cards are available to anyone who wants to hire them. The hire fee must be set as to not impede uptake. This may require cards to be sourced from overseas. The deadline for hire of SIAC cards may be set at the cut off for standard entries.

4. The use and availability of SIAC at the event should be clearly advertised, along with the potential advantages of using SIAC. Procedures associated with use of SIAC by the competitor should be clearly explained and demonstrated. A technical model event in the arena, where competitors can test SIAC, is advised.

5. Control placement should consider the requirements of SIAC. This includes placement of sprint controls so that punching through an impassable barrier is impossible, and positioning control units so that interference does not occur. Controls should be placed a minimum of 25 metres apart, as any lesser distance may lead to mispunches by competitors using SI Air Cards. Note that depending on their feedback mode, some SIAC cannot record a punch for a leg which is shorter than 6 seconds' running time.

6. The finish layout and procedure be clearly advertised and consistent between all events (including model events.

7. The layout of the finish should be consistent between races. SIAC and normal punching finishes should be separated sufficiently that those stopping are not run over by those running through. The finish requires at least 25m of straight running prior to the finish line, or split in the finish chute. Ensure that the minimum width of finish chute (1.5 / 3m) is maintained (Section 23 of IOF competition rules for foot orienteering).

8. The finish of relay events should be set so that there is no advantage on the final leg to an SIAC competitor over a standard SI competitor. This may require a finish adjudicator.

Appendix 13

SIMPLIFIED OA EVENT CONTROLLERS' REPORT FOR GROUP A EVENTS

Date of event:
Venue: Race format:
Controller: Level:
Course planner: Organiser:

IN THE LEAD-UP TO THE EVENT

Controllers should be satisfied that all of the following are carried out:

1) Initial event information distributed in a timely fashion
2) Organiser and course planner are familiarised with OA Rules and Guidelines
3) Course planner familiar with the required course requirement for the event format
4) Were Course/Class combinations clearly defined prior to course planning?
5) Event permissions and assembly area
6) Draft courses supplied in an adequate time frame
7) Control site identification in field adequate for the controller
8) Communication with course planner and organiser
9) Event organising team in place
10) Map corrections done as required
11) Map preparation – scale, legend etc
12) Course and event information detailed enough and available in enough time to participants
13) Did event information include notification of any rule deviations?
14) Supervising start draw; was enough lead time allowed?
15) Supervising map printing and course overprinting
16) Control placement and placement of SI units
17) Supervising numbering of controls in OCAD (or equivalent software) and OE/MT/OS
18) Start process planned
19) Finish process planned
20) Plan/Responsibilities for publishing results and news reports to WEB in place

Please comment on any issues with the above.

AFTER THE EVENT

1) Did courses meet winning times and was water on course adequate? Y/N
2) Was map quality and course overprinting satisfactory? Y/N
3) Any start issues, including maps & control descriptions? Y/N
4) Any finish/timing issues? Y/N
5) Any access/landowner/environmental issues? Y/N
6) Complaints - if any occurred, document the nature of the complaint, how it was dealt with, and the outcome, i.e. resolution or progression to protest.
7) Protests – as above
8) Document deviations from the rules which occurred; and the reasons why.
9) What went well and is worth trying again;
10) What didn't go according to plan, and is a lesson learned!
11) Please comment on any other event issues that may be useful other controllers and event organisers.

Please comment on the above as required.