

These rules are valid from ~~July 16, 2004~~ *new date* and replace all previous COF Competition Rules

**CANADIAN ORIENTEERING FEDERATION  
ORIENTEERING COMPETITION RULES**

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## COMPETITION RULES

### 1 GENERAL RULES

#### 1.1 Introduction

1.1.1 Orienteering depends for its existence on the goodwill of landowners, lessees, and public administrators. The Canadian Orienteering Federation will not tolerate abuse of forest, countryside, or rudeness to persons in or near the competition area. The good name of our sport depends on the behaviour of every single participant. (See in particular section 8.4)

#### 1.2 Preliminary Notes

1.2.1 When reading and interpreting these rules, careful attention must be paid to the words "shall" or "must", and "should" or "may". **Shall** and **Must** pertain to rules essential to the sport of orienteering. **Should** and **May** pertain to rules that may, when appropriate, be relaxed.

#### 1.3 Application of the Rules

1.3.1 These rules are applicable to all orienteering competitions sanctioned by the Canadian Orienteering Federation (COF) or by a Provincial/Territorial Orienteering Association (P/TOA) under the jurisdiction of the COF.

1.3.2 At international competitions, IOF rules shall take precedence in any area of conflict with the COF rules.

1.3.3 These rules follow those of the International Orienteering Federation (IOF) as closely as possible, while taking into account the present stage of development of the sport in Canada.

1.3.4 Throughout these rules, reference to a "sanctioning body" means the COF or the relevant P/TOA.

1.3.5 These rules are written specifically for ~~cross-country~~ point-to-point *foot* orienteering. Most are applicable to other types of orienteering competitions such as ski-orienteering.

#### 1.4 Rule Revisions

1.4.1 Orienteering Competition Rules shall be reviewed every two years by the COF Standards Committee, changes shall be approved by the COF Board of Directors.

1.4.2 Suggestions for amendments should be submitted to the Standards Committee at least 120 days before the Annual General Meeting

1.4.3 Proposed amendments to these rules shall be circulated to orienteering associations by the Standards Committee at least 60 days before the Annual General Meeting of the COF.

#### 1.5 Distribution of the Rulebook

The COF will ~~provide~~ *make available* updated copies of the Orienteering Competition Rules *to all members through the COF website*. ~~Additional copies may be produced.~~

## 2 DEFINITIONS

### 2.1 Definition of Orienteering

2.1.1 Orienteering is a competitive sport which involves finding one's way between specified points through unfamiliar terrain using a map and compass.

2.1.2 Events shall be organized so that the orienteering skills of the participants are particularly tested.

2.1.3 The position of the Start, controls and Finish must be clearly readable on the map covering the event area. Controls must be found in the terrain with the guidance of the map.

### 2.2 Types of Events

2.2.1 *Point to point* ~~Cross-country~~ orienteering: Participants visit controls in a specified order. The winner is the participant who completes the course in the shortest elapsed time. *There are three generally accepted distances, each with unique skill requirements: sprint, middle and long. These events are presented as per the COF Guidelines.*

2.2.2 Score orienteering: Participants score points by finding controls in any order within a specified time. The winner is the participant with the highest point total. *Ties are broken in favour of the participant whose finish time was earlier.*

2.2.3 Either of the above types of event may be: Night Event, Relay or Team Race.

2.2.4 Relay Race: a team of individuals compete consecutively and are ranked against other teams.

2.2.5 Team Race: a specified number of individual times of team members are added together; ranking is according to these total times.

2.2.6 Wayfarers: groups of two or more individuals who complete a course together helping one another.

2.2.7 Beginners: individuals who are learning the basic skills.

2.2.8 Meets may be organized with the times from two or more day and/or night events totaled.

### 2.3 Standards of Competitions

2.3.1 International Competitions. Sanctioned by the IOF, and governed by IOF rules. Meet directors and course planners must be fully certified at Level 3 and controllers fully certified at Level 4.

2.3.2 Canadian Championships and North American Championships held in Canada. Must be sanctioned by the Canadian Orienteering Federation. Meet directors, course planners and controllers shall be certified to at least Level 3.

2.3.3 'A' Meets must be sanctioned by the *COF relevant P/TOA*. The meet director and course planner shall have completed at least the Level 2 technical course and the controller fully certified at Level 2 of the COF Officials Certification Program. 'A' Meets shall have maps, courses and organizational procedures to championship standards.

2.3.4 'B' Meets are sanctioned by the relevant P/TOA. Meet directors, course planners and controllers should be certified, or training at the appropriate level.

2.3.5 Special meets *are any other cross-country orienteering meet, including relays, adventure runs, short distance mountain bike orienteering and ski-orienteering events and relays. For these events such rules as map standards may be relaxed where appropriate. The relevant IOF rules for ski and mountain bike orienteering should be applied to Canadian ski and mountain bike orienteering events.*

## 3 CLASSIFICATION OF PARTICIPANTS

### 3.1 Classification by Sex and Age

3.1.1 Participants are classified into categories according to sex and age.

3.1.2 Classes for women are denoted by the letter "W" "~~F~~" (~~female~~). Classes for men are denoted by the letter "M" (~~male~~).

3.1.3 Age is defined by the age of the participant on December 31 in the current calendar year.

3.1.4 Age classes are defined in the *COF Course and Categories document available on the COF website Appendix A*.

~~3.1.5 Junior, Senior and Master classes are defined in Appendix A.~~

3.1.5 A Junior (*age 20 and under*) must obtain formal approval from the meet director or controller to compete in a class more than one level above their normal age class.

3.1.6 Masters (*age 35 and over*) may compete in the Senior class or any younger master class than their own age class.

### 3.2 Classification by Ability

3.2.1 Classes may be established based on differing abilities within age categories. These classes shall be denoted by: 'A' denoting the most advanced class. 'Open' denoting shorter and/or less technically demanding courses. The letter 'E' shall be reserved for special Elite classes.

3.2.2 'A' classes shall be established for each individual age category defined in *the COF Course and Categories document available on the COF website Appendix A.*

3.2.3 'Open' classes may be established as determined by the sanctioning body.

3.2.4 Beginner (Beg) and Wayfarer (WF) classes may be established at the discretion of meet organizers.

### 3.3 Combination of Classes

3.3.1 At Championship and 'A' Meets, classes shall be combined only by specific authorization of the sanctioning body.

3.3.2 At 'B' Meets, classes may be combined in such manner as the organizers consider appropriate. Operative classes shall be specified in the Meet Invitation. (section 5.6)

### 3.4 Eligibility

3.4.1 All participants in classes other than Open, Beg. or WF shall be current members *of a P/TOA that is a member of the COF or of a member nation of the IOF.*

### 3.5 Representation

3.5.1 A participant shall represent one club only in open competition during a given calendar year, with the exceptions specified in rules 3.5.2 and 3.5.3.

3.5.2 Participants who move permanently from one place to another may transfer to a new club: the appropriate P/TOA(s) and COF shall be notified.

3.5.3 In meets organized on a closed basis (e.g., scholastic or inter-university competitions), club and COF affiliation may be disregarded.

## 4 CONDITIONS FOR COMPETITION

### 4.1 Planning

4.1.1 When organizing a meet, advanced planning is necessary. Organizers should strive to obtain maximum cooperation with landowners, lessees, and public land administrators.

4.1.2 Permission from relevant landowners, lessees, and public land administrators shall be obtained before meet sanction is requested.

4.1.3 Organizers should ensure that other activities which could pose risks to participants (hunting, car rallies etc.) are not occurring during the meet.

4.1.4 Organizers shall follow any regulations specified by COF when obtaining permission for land use.

### 4.2 Sanction

4.2.1 Sanction shall be obtained from the appropriate P/TOA before arranging ~~a an A or B meet~~ *and from the COF for an A meet.*

4.2.2 Special conditions may be stipulated in sanctioning Canadian and Provincial/Territorial Championships.

### 4.3 Cancellation

4.3.1 Meets may be canceled:

- a) when weather conditions could be hazardous to the participants and officials;
- b) when dangerous terrain conditions exist;
- c) when it is evident that dangerous animals are in the area.

4.3.2 The Meet Committee is responsible for cancellation. If possible, the P/TOA and Controller should be consulted.

4.3.3 In the event that conditions require cancellation, an announced meet shall be canceled and a meet already started shall be interrupted. The age and experience of the competitors shall be considered in estimating risk.

4.3.4 Cancellation of a meet shall be announced in the most appropriate way for the circumstances.

4.3.5 In the event that circumstances outside the organizer's control force cancellation of a meet with less than a week's notice, the sanctioning body may be petitioned to allow the organizers to retain part of the entry fees; such permission may also be requested under unusual circumstances when cancellation is with longer notice.

4.3.6 Requests to retain part of the entry fees for a canceled meet shall be accompanied by a report of revenues and expenses already incurred. The sanctioning body shall report its decision within a month after receiving the request.

## 5 PREPARATION FOR COMPETITION

### 5.1 Principal Officials

5.1.1 The **Meet Director** shall take responsibility for the meet. The Meet Director shall appoint such further officials as are necessary and see that they understand and fulfill their duties.

5.1.2 The **Course Planner** shall design the courses and be responsible for preparing the control markers, punches, competition maps, control description lists and for the correct placing of the control markers and punches prior to the event.

#### 5.1.3 Controller

The primary tasks and responsibilities of the Controller shall be:

- a) check the quality of the map and to recommend necessary revisions;
- b) check the start and finish areas and all control locations for correct position and suitability;
- c) check that the general standard of the course is in accordance with current rules and standards of course planning;
- d) check that the course as planned is fair to all participants particularly with regard to the quality of map detail;
- e) check that the terrain and course are safe for participants with respect to hazards and dangerous locations.

More extensive description of a controller's functions are given in the '[A Meet Organizing Manual](#)' and the '[Controllers Handbook](#)'.

5.1.4 Controllers shall be appointed by the meet organizers except for the Canadian and North American Championships, for which an appointment is made by the Canadian Orienteering Federation.

5.1.5 In order to give the organizers sufficient time to make necessary corrections and preparations, the Controller shall ensure that course planning and checking activity is completed at least two weeks prior to the date of the event.

5.1.6 The Controller or a designated alternate, approved by the sanctioning body, shall be present at the competition.

### 5.2 Meet Committee

5.2.1 A Meet Committee shall be formed by the meet organizers. The Meet Committee shall consist of the Meet Director and at least one other person.

5.2.2 The membership of the Meet Committee shall be specified in the Meet Information. (section 5.9)

### 5.3 Map

5.3.1 *For championships and A-meets*, the map used shall meet current IOF mapping standards.

5.3.2 The existence of an orienteering map does not give right of access to an area.

~~5.3.3 The scale shall be 1:15 000 and the vertical interval 5 m. A 1:10 000 scale may be used for masters classes. A different scale (1:10 000; 1:20 000) or vertical interval may be used when necessary for adequate representation of the terrain. Permission shall be obtained from the sanctioning body to use scale or vertical interval other than the above.~~

*5.3.3 The scale should comply with IOF regulations for the type of event organized. Sprint events may take place on 1:4 000 or 1:5 000 maps with suggested vertical interval of 2.0 or 2.5m. Long events should use 1:15 000 when possible however 1:10 000 may be used when deemed appropriate by the organizer to optimize legibility. In these cases, the vertical interval shall be 5m.*

5.3.4 The Contour Interval and Map Scale shall be specified on the Meet Invitation.

5.3.5 Magnetic North shall be clearly shown by repeated meridians which should be drawn parallel with the map frame.

5.3.6 IOF map symbols shall be used. If it is necessary to use any others, they shall be described in the Meet Information Sheet, printed on the map, and posted at the Competition Centre and Start Area(s).

5.3.7 If a full legend is not printed on the map, a comprehensive legend shall be displayed at Registration and at the start area(s).

#### **5.4 Course Planning**

5.4.1 COF course-planning norms shall be followed.

#### **5.5 Length of Courses**

5.5.1 The length of the courses and the degree of difficulty of the terrain must be carefully considered in relation to: COF Class, Course and Recommended Winning Times Standards (~~Appendix B~~) (*see the COF Course and Categories document available on the COF website*), participants and the season when the meet takes place.

5.5.2 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.

5.5.3 Any marked route sections on the course shall be included in the length of the course.

5.5.4 The total climb shall be given as the climb in meters along the shortest sensible route. Total climb of a course should normally not exceed 4% of the length of the shortest sensible route.

5.5.5 Course lengths for age classes shall adhere to those specified in ~~Appendix B~~ *the COF Course and Categories document available on the COF website*. Lengths shall be modified for unusual terrain to maintain the time standards.

5.5.6 Classes may be combined on the same course if appropriate. (see section 3.3) Combining of classes should maintain both adequate standards for each class and as even a distribution as possible between courses. No combination of classes should create a course taking more than 25% longer to start than the course with the second longest spread of start times.

#### **5.6 Meet Invitation/Entry Form**

5.6.1 The official Meet Invitation/Entry Form shall include at least the following information:

- a) name of competition (if appropriate) and organizing body;
- b) date of meet;
- c) type of meet;
- d) classes;
- e) map information (scale, contour interval, year of ~~printing~~ *production including dates of revision or modification where relevant*);
- f) *contact information* ~~address~~ for entries, telephone number including area code, *email address, web address, postal address*;
- g) entry fees and other charges;

- h) closing date for entries;
- i) directions to and location of the Competition Centre;
- j) *\*distance from parking area to Competition Centre;*
- k) *\*distances from Competition Centre to the Finish and to Start(s);*
- l) *\* time of opening and closing of Competition Centre;*
- m) time of first start;
- n) *\*availability of refreshments and washing facilities;*
- o) names of Meet Director, Controller and Course Planner and their respective officiating level of certification;
- p) eligibility criteria;
- q) waiver.

*\* these items may be included in a later bulletin when applicable.*

5.6.2 The Meet Invitation shall be distributed in good time and in a manner appropriate for the type of meet.

5.6.3 For Canadian and North American Championships a Meet Invitation shall be prepared and distributed at a minimum of 4 months prior to the event.

### 5.7 Entries

5.7.1 Meet entries shall be made and entry fees paid by the time specified in the Meet Invitation.

5.7.2 Maximum entry fees shall be specified by the sanctioning body.

5.7.3 Entries shall specify the participant's family and first names, year of birth, competition class, and club name.

5.7.4 A participant may not compete in more than one competitive class in the same ~~day of a meet~~ *event of a given meet.*

5.7.5 Late entries may be accepted at the discretion of the organizers. Late entries may be required to pay a penalty up to double the entry fee.

5.7.6 Participants who register late shall start ahead of regular entries in day-time events and after regular entries in night events. Organizers may for specific reasons allocate other start times. It is essential that late entrants not obtain any advantage over those entering before the specified entry closing date.

### 5.8 Order of Start

5.8.1 The order of starting in meets where pre-registration is required shall be determined by a draw carried out according to the guidelines in the 'A' Meet Organizing Manual.

5.8.2 In Championship and 'A' Meets the starting interval within a competition class shall be equally long for the whole starting field.

5.8.3 A participant shall not start under another's name or start number without the permission of the Meet Committee. Any violation of this rule shall result in:

- a) disqualification
- b) report to the sanctioning body for consideration of possible penalties.

### 5.9 Information for Participants

At Championship and 'A' Meets a Meet Information Sheet shall be prominently displayed or shall be provided to participants not later than their arrival at the Competition Centre.

5.9.1 This Meet Information Sheet should specify:

- a) time of the first start and maximum times for classes if used;
- b) start times, course lengths, and climb;
- c) out-of-bounds areas and other hazards;
- d) changing and shower facilities, if any;

- e) first aid facilities and location;
- f) toilet facilities;
- g) walking distance and route to the Start(s) and information about colours of streamers;
- h) start procedures;
- i) distribution of numbered bibs (if used);
- j) map scale and contour interval;
- k) membership of the Meet Committee;
- l) membership of the jury (if appropriate);
- m) prize giving;
- n) safety bearing and competition area location;
- o) any non-standard map symbols;
- p) details on control markings - numbers, letters on markers; numbers, letters on stand; numbers, letters above marker;
- q) map corrections;
- r) time of course closing.

5.9.2 Participants abandoning the competition must report to the Finish area in order that all starters can be accounted for. Additional details may be provided by the organizers on the Meet Information Sheet and/or Control Description. e.g. name of nearest town, number of roads/rural routes, Competition Centre's telephone number.

## 6 THE ORIENTEERING COURSE

### 6.1 Start

6.1.1 The Start shall take place at a distinctive feature clearly indicated on the map.

6.1.2 The Start for 'A' meets shall be organized so that later starting participants and others 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 the orienteering begins.

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

6.1.4 The participant is responsible for taking the correct map.

6.1.5 The location of the Start in relation to the Finish shall be planned with consideration of start intervals and numbers on courses so contact between participants who have finished and those who have not yet started is made difficult.

6.1.6 Relay events may be arranged with either a mass start or with individual starts and calculations of elapsed times.

6.1.7 With individual starts, participants with a common first control shall start at intervals of at least one minute. Start intervals within age classes should be at least two minutes, *however in the sprint event the start interval may be decreased to one minute.*

6.1.8 If a mass start is used at a relay event, an approved dispersion or forking method should be used. ~~All teams should visit similar controls and run similar legs;~~ *At the end of the race, all teams in a given category must have visited the same controls and run the same legs;* the different teams will run the legs in differing orders. The organizer is not obliged to inform participants about the dispersion or forking method to be used.

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

6.1.10 In the changeover area, outgoing team members shall have some advance warning of the arrival of their preceding team members.

6.1.11 Correct and timely relay changeover is the responsibility of the participants, even when the organizer arranges an advanced warning of incoming teams.

6.1.12 The organizer may arrange mass starts for the later legs of relay teams that have not changed over.

## 6.2 Controls

6.2.1 Controls within 100 m of each other shall not be positioned at similar features. *Controls on dissimilar features shall not be placed within 30m of each other. On a sprint map controls should be no closer than 15m on dissimilar features and 30m on similar features.*

6.2.2 In two-day or multi-day meets, no control location shall be used for the same class for more than one day with the exception of a last control.

## 6.3 Control Marking

6.3.1 The control marker shall be hung at the exact feature and position specified in the control description. (10.6.14)

6.3.2 Each control shall be marked by a control marker consisting of three squares 30 x 30 cm arranged in a triangular form. Each square shall be divided diagonally, the top triangle being white and the lower triangle being an orange-red colour.

~~6.3.3 For night orienteering, the control marker shall be a lamp giving a red light.~~

*6.3.3 For night orienteering, the control marker shall be accompanied by a reflector visible from all directions. Alternatively, a light source visible from all directions may be used. In either case the method of marking must be indicated in the meet information (5.9).*

6.3.4 The control marker shall be visible to a participant who is at the specified control point.

6.3.5 Each control shall be identified by a code. The same code shall be specified with the control description. The code shall be numeric or a combination of a number and a letter, or, as an exception, two letters. Numbers less than 31 *may not be used* and numbers easily confused (e.g. 66, 68, 86, 89, 98, 99) *may not be used if the number is underlined*. The numbers or letters shall be black on white, *at least 2.5—4 cm in height and have a line thickness of 5-10 mm*. The codes shall be *fixed to the control so that a competitor using the marking device can clearly read the code*. ~~placed at the control equipment either above the control marker, or on the control stand, or on the control marker. If the code is placed on the marker it shall be visible on all three sides of the marker.~~

6.3.6 At least one punch shall be attached to the control marker or to the stand or other object supporting the control marker. Punches shall be clearly visible to a participant standing beside the control marker. (10.6.13)

6.3.7 *If pin punching is used*, punches shall be positioned so that a participant may endorse a control card attached to any reasonable part of their clothing or body

6.3.8 Where several courses share a common control, multiple punches should be provided to prevent waiting. All punches at a given control shall have the same code.

*6.3.9 Electronic punching may be used. In this case, only electronic punching systems licensed by the IOF may be used as per Appendix 4 of the IOF rules. (SportIdent, Emit). Competitors should have the possibility of practising with the electronic punching system prior to the event. If electronic punching is used, a back-up form of punching such as pin punching shall be available at each control in the event of loss or malfunction of the electronic punching unit.*

## 6.4 Control Cards

6.4.1 *Where applicable*, control cards shall have a minimum of 24 boxes, of which 3 are reserve boxes.

6.4.2 Minimum size of control card boxes shall be 16 x 16 millimetres.

## 6.5 Marked Routes

6.5.1 Participants may be required to follow a marked route for part of a course.

6.5.2 Location of marked route sections shall be indicated on the competition map and their location and length specified in the control description sheet.

6.5.3 Marked routes shall be delineated in the terrain by orange and white streamers, at least 25 cm long and 25 mm wide. A participant should always be able to see at least 3 streamers ahead.

6.5.4 Marked routes from one point in the course to another, or from the last control to the Finish, shall be followed by participants along their full length. Marked routes should be laid out so that participants are not tempted to cut across corners. Consideration should be given to using a continuous border (rope) to delineate the marked route.

6.5.5 Blue and yellow streamers shall be used together only to mark dangerous areas.

## 6.6 Finish

6.6.1 The Finish consists of a line between two posts. The finish line shall be at least 3 metres wide. The run-in to the Finish shall be bordered by streamers, tape or rope. The last 20 metres shall be straight.

6.6.2 The precise position of the Finish shall be obvious to all participants approaching it. Any marked route from the last control shall not be more than 400 m long.

~~6.6.3 The finishing time shall be measured when the participant's chest crosses the finish line. (covered in 7.1.3)~~

## 6.7 Course Marking

6.7.1 The position of the Start, controls and Finish shall be pre-marked on each participant's map or given on one or more sets of master maps.

6.7.2 A permanent transparent red-violet ink (PMS purple) is recommended for course printing on the competition map.

*6.7.3 All course markings shall comply with the current, relevant International Orienteering Federation mapping standards (available on the IOF website [www.orienteering.org](http://www.orienteering.org)):*

*International Specifications for Orienteering Maps (ISOM)*

*International Specification for Sprint Orienteering Maps (ISSOM)*

*International Specification for Ski Orienteering*

*International Specifications for MTB Orienteering Maps*

~~6.7.3 The Start shall be indicated by an equilateral triangle of 7 mm side centred on the start point, and with one apex in the direction of the first leg of the course.~~

~~6.7.4 Each control shall be indicated by a circle of 5–6 mm diameter centred on the control point.~~

~~6.7.5 The Finish shall be indicated by concentric circles of 5 and 7 mm diameter centred on the Finish point.~~

~~6.7.6 Coincident Start and Finish shall be indicated by a 7 mm diameter circle circumscribing the Start triangle.~~

~~6.7.7 Start, controls and Finish shall be connected in running order by thin lines. Controls shall be numbered in the order in which they are to be visited, the figures being oriented upper side to north. Lines and circles should be broken where they might obscure significant map details. Marked route sections of the course shall be delineated by dashed lines.~~

~~6.7.8 Out-of-bounds areas shall be marked with purple diagonal lining at 3–5 mm spacing within a defined outline. If the boundary of the area is indistinct in the terrain, it shall be indicated by red and yellow streamers. An out-of-bounds road shall be marked on the map by a series of crosses. +++++~~

~~6.7.9 An important passage (footbridge, tunnel) shall be marked on the map by two convex lines. —)(—~~

~~6.7.10 Water stops which are not at control markers should be accurately indicated on the map by a cross (+) with the exact location of the water at the middle apex.~~

6.7.4 When a participant is provided with a map and descriptions covering only part of the course (e.g. courses with map exchange) the position of the Finish shall always be specified.

6.7.5 When corrections have to be made to competition maps, they shall be made equally to all maps which have courses passing within 500 m of the correction.

6.7.6 *In the interest of safety, terrain hazards such as certain rivers, dangerous cliffs, fences and quarries should be avoided during course planning. If such a terrain feature is deemed to be a significant risk to safety, it must be marked as out-of-bounds and alternative safe route(s) or crossing point(s) for the orienteering course provided.*

## **6.8 Master Maps**

6.8.1 ~~The location of the master maps for 'A' meets shall not be more than 200 m from the timed start. They should be arranged so that participants leaving them are not visible to those waiting at the Start.~~

6.8.2 ~~Master maps shall be mounted on a board or other firm surface large enough to provide a base for the participant's map as they copy the course. An "all-weather" pen shall be attached to each map by a cord of adequate length.~~

6.8.3 ~~If the master maps are displayed in the open, they shall be adequately protected from the weather.~~

6.8.4 ~~When there are master maps for more than one course, the different maps shall be clearly distinguishable to approaching participants.~~

6.8.5 ~~Each master map shall carry the appropriate control descriptions.~~

6.8.6 ~~There shall be sufficient master maps for each course to allow for participants taking 5 minutes to copy a course.~~

6.8.7 ~~The position of the master maps shall be indicated on them by a triangle in the same manner as the Start on pre-printed maps. (section 6.7.3)~~

6.8.8 ~~If master maps are being used for 'A' meets, map corrections shall be prominently displayed for participants to copy. These should be situated at the Competition Centre and be available at least 30 minutes before the first start.~~

6.8.9 ~~Corrections shall be marked in a colour contrasting with the rest of the map, and shall contain a written indication of the type of correction. The total number of corrections shall be stated and the corrections numbered.~~

6.8.10 ~~Necessary corrections shall appear on all master maps. (as specified in 6.7.12)~~

## **6.9 Water Stops**

6.9.1 Water/refreshments shall be available at the Start and Finish areas.

6.9.2 Water controls or water stops should be provided at appropriate points on all courses. In hot weather additional water controls/locations should be made available.

6.9.3 If the estimated winning time is more than 45 minutes, water shall be available at least every 25 minutes at the estimated speed of the winner.

## **6.10 Control Descriptions**

6.10.1 The purpose of the Control Description Sheet is to give a more precise definition of the control location than that given by the map. It shall accurately describe the precise position of the control marker using IOF control symbols.

6.10.2 The Control Description Sheet shall include:

- a) class of competitor and identification of course;
- b) course length, (as defined in section 5.5.2);
- c) total climb (m) on the best route;
- d) start location;
- e) control descriptions (section 6.10.3) in sequence;
- f) location and length of any marked route;
- g) distance from last control to the Finish;
- h) maximum time for course if applicable;
- i) safety information (bearing, location of Finish) for a lost participant.

6.10.3 The control description shall consist of:

- a) number of the control (except in score events);
- b) the control code;
- c) description of control feature;
- d) position of the marker;
- e) other relevant information: refreshments, radio controls, manning by course officials.

## 7 COMPETITION PROCEDURES

### 7.1 Timing, Maximum Times and Placing

7.1.1 Starting shall take place on a whistle signal or similar sign. The participant starting shall be behind the starting line at the moment of starting.

7.1.2 A participant who does not start at their allocated start may be allowed to start later. However, their original start time shall be used in calculating the elapsed time.

7.1.3 When a participant crosses the finish line, the arrival time shall be recorded in minutes and integral seconds. *With manual timing*, the time recorded shall be that when the participant's chest crosses the finish line. *With electronic punch timing or similar methods (such as photocell timing)*, this accuracy may be increased to tenths of a second when appropriate.

7.1.4 The arrival time for a group shall be taken as the time when the last member of the group crosses the finish line.

7.1.5 A maximum time for each competition class may be established at each event, and shall be stated in the Meet Information (5.9.1) and *in prominent locations such as the start and the competition centre*. ~~on the Control Description Sheets.~~ (6.10.2) The maximum time should be between twice and four times the projected winning time. Participants who exceed this elapsed time shall be recorded as not finishing. (7.6.2)

7.1.6 The maximum time for a relay shall be given as the maximum time for the whole event. The organizers may in addition decide maximum times for the first leg or the first and second legs together. The maximum time for early legs should be as long as possible within the overall competition structure.

7.1.7 Established maximum times may not be altered after the start of the first participant. This shall be interpreted in relay events as the first participant on the leg concerned.

7.1.8 If more than one participant in the same class has the same elapsed time, they shall receive the same placing. In the results list, they shall be given the same position number, but listed in order of their start times.

7.1.9 An event with a mass start shall have finish judges to decide the order of arrival.

7.1.10 If two teams in a team event have the same cumulative time, they shall be ranked in inverse order of the longest individual times.

### 7.2 Competition Map, Control Descriptions and Control Card

7.2.1 *Either pin punching or electronic punching is acceptable at most events. The use of electronic punching at championship events is strongly encouraged. When pin punching is used, every participant shall receive a control card, which shall be endorsed at each control in the space provided and in order. When electronic punching is used, the electronic punch card shall be endorsed in order in the manner appropriate for the type of system used.*

7.2.2 At Championship and 'A' meets, *the orienteering map shall be made waterproof using a suitable method such as a clear plastic bag or waterproof printing on waterproof paper.* ~~the participant shall receive at the Start a plastic envelope containing the competition map.~~ Control description sheets and control card may be attached and/or provided to participants separately. If provided separately, participants are responsible for attaching or carrying these items.

7.2.3 In Championship categories, pre-marked maps shall be distributed at or immediately after the participant's start time.

7.2.4 *In the case of pin punching:*

7.2.4.1 control cards shall have at least three reserve boxes. Each box shall have a minimum size of 16 mm by 16 mm.

7.2.4.2 the organizers may require control cards be endorsed at the Start and/or at specified controls by an official. The participant remains responsible for ensuring that the card is endorsed.

7.2.4.3 the control card shall be ~~handed in~~ *submitted for verification* at the Finish. The organizers may also stipulate that the competition map be handed in at the Finish.

7.2.4.4 the marking must be clearly identifiable and shall show that all controls have been visited.

7.2.4.5 at least a part of the marking must be in the appropriate box for each control, or in an empty reserve box.

7.2.4.6 an incorrectly punched or uncompleted control card may be grounds for disqualification. (10.1.2)

7.2.4.7 a participant who loses the control card may be classed as not finishing. (7.6.2)

7.2.4.8 the Controller shall adjudicate in the case of doubtful marking or loss of a control card. A participant may protest against such a judgement to the jury if constituted. (7.6.2, 9.1)

7.2.5 A participant who does not complete the course must still proceed to the Finish area and hand in their control card *or register their electronic punch card to confirm their return from the terrain.* (7.5.1, 8.7.5)

7.2.6 Groups shall be considered as a single participant.

### 7.3 Supporting Facilities

7.3.1 Organizers shall ensure that toilet facilities are available near the Competition Centre and Start area(s).

7.3.2 A first-aid kit shall be available at the Finish. At larger competitions a stretcher and a trained first aid official should also be available, as should a ~~car~~ *vehicle* suitable for transporting an injured participant. *A response plan that includes method and route of transportation to the nearest medical facility in the event of an emergency is strongly encouraged.*

7.3.3 Organizers should also provide for:

- a) drinking water at the Finish, particularly in hot weather;
- b) washing facilities;
- c) weather protection, at least for children;
- ~~d) refreshments for sale, when allowed by landowners and local laws;~~
- d) safety and search - related equipment.

### 7.4 Prizes

7.4.1 If prizes are given, they shall be in suitable relationship to the number of participants and the importance of the various competition classes.

7.4.2 Money prizes ~~shall not~~ *may* be given. Merchandise and/or services or vouchers are acceptable.

### 7.5 Conclusion of Competition

7.5.1 Before the meet is declared closed, the Meet Director shall verify that all participants have returned to the Finish.

7.5.2 If a participant is missing, the Meet Director shall organize a search. *See the A-meet manual for guidelines on organizing an effective search.*

7.5.3 Before closing the meet, the Meet Director shall arrange clean-up and inspection of the meet site, including the competition centre and registration area, Start and Finish areas, assembly/parking, and refreshment stops on courses.

### 7.6 Results List and Report

7.6.1 The results list shall contain, by competition class:

- a) course details (length, number of controls, amount of climb);
- b) the placing, name, club and elapsed time for participants who completed their course;

c) the name and club, in order of start time, followed by letters DSQ, for participants who have been disqualified: the reason for the disqualification may be indicated; (10.1)

d) the name and club, in order of start time, followed by the letters DNF, for participants who did not finish; (7.6.2)

e) the name and club, in order of allocated start time, followed by the letters DNS, for those who did not start on some day of a multi-day meet.

7.6.2 A participant shall be recorded as not finishing (DNF) who:

a) abandons the course;

b) has an elapsed time greater than the class maximum; (7.1.5)

c) has lost their control card, unless the Controller has accepted other evidence of their passage at all controls. (7.2.9, 7.2.10)

7.6.3 Provisional results shall be displayed near the finish or at some previously announced location within one hour after the Finish closes.

7.6.4 Final results lists shall be sent to the sanctioning body within two weeks.

7.6.5 The prescribed meet levy shall be remitted to the sanctioning body within *30 days* ~~two weeks~~.

## 7.7 Officials

7.7.1 Officials shall be qualified at the appropriate level, and shall have good knowledge of and strictly follow current competition rules.

7.7.2 All information required by participants shall be provided in written form. The Meet Information Sheet (5.9.1), map, and Control Description Sheet (6.8.2) shall be used to provide such information. Participants should not be expected to obtain essential information verbally or from meet officials.

7.7.3 Officials shall not provide information to participants during the event concerning their time or position, nor shall they in any way draw a participant's attention to the location of a control.

## 7.8 Coaches and Spectators

7.8.1 During an event, coaches and spectators may not help participants, nor be in an area forbidden by the organizers *unless specifically allowed by the organizers in a controlled manner such as at a public control or coaching zone along the course*. Coaches and spectators may not enter the competition terrain without specific permission from the Meet Committee.

# 8 DUTIES AND RESPONSIBILITIES OF PARTICIPANTS

## 8.1 General

8.1.1 Participants shall not seek to gain an unfair advantage at the expense of others.

8.1.2 Participants are obliged to show consideration towards other participants, officials, coaches and spectators, and towards others living in or using the meet area.

8.1.3 Participants shall not purposely get to know the competition area by prior reconnaissance.

8.1.4 Organizers of an event may declare "non-competitive" an entrant whose intimate knowledge of the terrain would give an unfair advantage. Such a declaration may be appealed to the sanctioning body.

8.1.5 Participants shall not, during an event, seek to obtain beneficial information from other participants, officials, coaches, spectators, or anyone else. (10.1.2)

8.1.6 Participants shall not attempt to gain advantage by running in company or following during an event with individual starts or a relay event with a dispersal/forking procedure. (10.2, 10.3)

8.1.7 A participant shall not be accompanied on the course by a dog or other pet during the Canadian Championships or international events.

8.1.8 Participants shall not enter on any land in such a way as to cause damage. Any damage done or seen to be done shall be reported to a meet official.

8.1.9 Particular care shall be exercised when crossing fences and ditches. A gate previously closed shall be closed after passing.

8.1.10 Respect and consideration shall be shown to all members of the public in or near the meet area. No litter shall be left.

## 8.2 Clothing and Equipment of Participants

8.2.1 All participants should carry a compass and watch, and shall be aware of the maximum time for their class.

8.2.2 All participants shall carry a whistle in good working order and shall understand the rule governing its use (8.8.1, 8.8.2, 8.8.3).

8.2.3 A participant who is required to wear a numbered bib shall wear it visibly on their chest.

~~8.2.4 If in night orienteering, a lamp is worn on the chest, then the bib may be worn elsewhere as long as it is plainly visible from the front.~~

## 8.3 Forbidden Aids

8.3.1 During an event, a participant shall not carry any map other than the one assigned or provided by the organizers. (10.1.4)

8.3.2 A participant shall not ~~carry or~~ use any altimeter, distance meter, radio or other electronic aid. *To facilitate safety and post-race route analysis, electronic aids such as cellular telephones and GPS units may be carried but any display other than time must be concealed at all times during the race.* (10.1.4)

8.3.3 A participant shall not use any means of conveyance (vehicle, animal) during an event, except for special events, e.g. horse/equestrian, bicycle, canoe, ski-orienteering. (10.1.4)

8.3.4 A participant shall not allow anyone to follow or guide. (10.1.4)

8.3.5 Doping is forbidden. Doping tests according to Standard Operating Procedures of the ~~Canadian Centre for Drug-Free Sport~~ *Canadian Centre for Ethics in Sport* may be administered. (10.1.4)

## 8.4 Out-of-Bounds Areas

8.4.1 Participants shall not deliberately enter areas described in the Meet Information Sheet or shown on the map as out-of-bounds. A participant who realizes they have entered an out-of-bounds area should leave it without delay. All obviously private or enclosed areas such as gardens are out-of-bounds. (10.1.4)

~~8.4.2 Where out-of-bounds areas are given as map corrections, participants should mark them accurately on their maps.~~

8.4.3 Participants shall not pass over a field or meadow with a newly sown or growing crop, neither shall they run along the borders of such land nor cut across its corners *unless specifically permitted by the organizers and owners.*

8.4.4 Participants shall not cross areas *or features* marked as uncrossable (thick outline) except where a crossing place is indicated, unless otherwise specified in the Meet Information Sheet. (6.7.13)

8.4.5 Participants shall not use a railway track or embankment except as permitted.

8.4.6 Nothing shall be done to prejudice the goodwill of landowners, lessees or public land administrators. A participant whose right to be in an area is challenged shall stop, explain their presence, comply with any reasonable request (even abandoning the competition) and inform the challenger of the location of the nearest meet official. On reaching the Finish, a report shall be made to the Meet Director.

## 8.5 During the Event

8.5.1 Participants train and compete at their own risk.

8.5.2 If an accident occurs during an event, any participant or official in a position to do so is obliged to help the victim. Possible injury victims observed are to be reported to meet officials.

8.5.3 The controls shall be visited in the order specified. (2.2.1, 2.2.2)

8.5.4 The participant is responsible for the proper endorsement of their control card *or electronic punch card.* (7.2)

## 8.6 Participants Who Have Finished

8.6.1 A participant who has crossed the finish line has thereby finished the competition. (6.5)

8.6.2 A participant shall hand in their control card *or download their electronic punch card* immediately after crossing the finish line. If so stipulated by the organizers, the competition map shall also be handed in.

8.6.3 A participant who has finished shall not, without the permission of the Meet Committee, re-enter the competition area before the end of the event.

8.6.4 A participant who has finished shall not provide information about terrain, map or course to a participant who has not yet started.

8.6.5 A competitive orienteer who intends to run both a competitive course, plus accompany a wayfaring group, or "shadow" an inexperienced orienteer shall run the competitive course first.

### **8.7 Abandoning Competition**

8.7.1 A participant who abandons the competition shall immediately proceed to the Finish, and shall hand in their control card *or electronic punch card* and competition map.

8.7.2 A participant who has abandoned competition shall not, without the permission of the Meet Committee, re-enter the competition area before the end of the event.

8.7.3 A participant who has abandoned competition shall not in any way, by advice or information, influence those still competing.

8.7.4 The Meet Director shall notify the sanctioning body of any participant who fails to report to the Finish after abandoning competition.

8.7.5 A participant who fails to report to the Finish is thereby ineligible to participate in any further part of the multi-day meet. (7.2.12)

### **8.8 Emergencies**

8.8.1 The whistle shall only be used by a participant in distress:

- a) in case of serious injury or medical emergency or;
- b) if darkness is imminent or;
- c) after being lost for one hour, having made all reasonable attempts to return to the Finish.

8.8.2 Misuse of the whistle shall result in disqualification. (10.1.4)

8.8.3 The international distress signal is three blasts on the whistle. In the case of a lost or broken whistle, the signal is three loud shouts. In night competition, three flashes of a lamp can be used if the whistle is lost or broken. Pause before repeating the pattern. On hearing or seeing this, a participant or official shall give help.

8.8.4 A young or inexperienced participant who is lost and asks for help should be shown their position on the map, and their name noted and reported to a finish official.

8.8.5 Participants in an event may be required by the Meet Director to join in a search for a missing participant.

## **9 JURY**

### **9.1 Composition of the Jury**

9.1.1 The jury shall consist of at least three members. For Canadian and North American Championships they are to be certified as at least Level 3 officials, and appointed by the sanctioning body.

9.1.2 The membership of the jury shall be announced in the Meet Information Sheet. (5.9.1)

9.1.3 The Controller and a representative of the organizers shall attend the meetings of the jury, but shall not be entitled to vote.

### **9.2 Duties of the Jury**

9.2.1 A jury shall be appointed at championship and multi-day 'A' meets to handle protests and to ensure that competition rules are followed.

~~9.2.2 The jury should not interfere in the absence of notification or protests. If the jury observes conditions which in its opinion require action, the question shall be discussed with the Meet Committee for necessary action. (this conflicts with 10.6.12)~~

9.2.3 Jury deliberations shall be confidential. Only their final decision shall be made public.

## 10 VIOLATION OF COMPETITION RULES

### 10.1 General

10.1.1 A competitor who violates the COF Competition Rules shall be disqualified except where extenuating circumstances are evidenced.

10.1.2 A participant **may** be disqualified for:

- a) punching a control card other than in the correct space; (7.2.8, 7.2.9)
- b) not wearing a number bib clearly on their chest;
- c) obtaining assistance from others; (8.1.5)
- d) following, where no warning was given. (10.3)

10.1.3 A participant **should** be disqualified for:

- a) failure to punch at a control; (7.2.7)
- b) an incorrectly punched control card; (7.2.6)
- c) not punching controls in the correct order; (2.2.1, 2.2.2)
- d) following after being warned; (10.3)
- e) running 'In Company'; (10.2)
- f) any other unsporting behaviour not specifically listed.

10.1.4 A participant **shall** be disqualified for:

- a) entering/crossing out-of-bounds areas; (8.4)
- b) not following streamers in a marked route section of the course; (6.5)
- c) using forbidden aids; (8.3)
- d) using other transportation; (8.3.3)
- e) using maps not supplied by the organizers; (8.3.1)
- f) indiscriminate blowing of a whistle; (8.8)
- g) tampering, moving, removing controls and/or punches. (8.1.1)

10.1.5 Decisions as to disqualification shall initially be made by the Meet Committee. Disqualification, where optional under rule 10.1.2 should be enforced only in those cases where a participant has gained a competitive advantage. It would be contrary to the spirit of orienteering to enforce disqualification for non-significant technicalities.

### 10.2 Running In Company

10.2.1 Mutual cooperation between two or more participants is forbidden, except in the case of Wayfarer groups.

10.2.2 The Meet Committee shall investigate if they suspect, or are notified about, cooperation over a significant part of the course. (10.5)

### 10.3 Following

10.3.1 A participant may not follow another to take advantage of their orienteering ability.

10.3.2 A participant who considers that they are being followed shall warn and endeavour to dissuade the presumed follower.

10.3.3 The Meet Committee shall investigate if they suspect, or are notified about, following over a significant part of the course. (10.5)

#### 10.4 Mass Start

10.4.1 The rules concerning running in company and following are not applicable in events with a common course after a mass start.

#### 10.5 Notification

10.5.1 Initial notification of violation of COF Competition Rules shall be to the Meet Committee.

10.5.2 The Meet Committee shall question both the person making the notification and all others involved.

10.5.3 The Meet Committee may in addition question participants and others if it has reason to suspect a violation of these rules.

#### 10.6 Protests

10.6.1 Before a formal protest is lodged, the purported violation should be reported to the organizers, and the decision of the Meet Committee determined.

10.6.2 Formal protests shall be made in writing on a COF Formal Protest Form, and shall be submitted to the chairman of the jury within the stipulated times.

10.6.3 A protest against the organizers or an individual for infringement of the rules shall be lodged within 30 minutes after the Finish closes.

10.6.4 A protest against the provisional results list shall be lodged within one hour after they are posted.

10.6.5 If the purported rule infringement is discovered after the end of the meet, the protest shall be lodged with the sanctioning body.

10.6.6 All formal protests shall be accompanied by a fee at least equal to but not more than double the event entry fee. This protest fee will be refunded if the protest is upheld.

10.6.7 A protest at an individual event may be lodged by a participant or by their club; at a team or relay event, the protest may be lodged by only one team representative.

10.6.8 The jury shall examine both the person making the protest and all others involved.

10.6.9 A decision regarding a protest shall be made by the jury as soon as possible, and in any case within three hours after the end of the event (course closing). The decision shall be rendered in writing.

10.6.10 It is often impractical to reorganize an event. Therefore protests should not be made for minor errors or minor rule infringements.

10.6.11 Errors without major influence on the outcome of a competition should not result in annulment of a course.

10.6.12 Even in the absence of a protest, the Meet Committee or the jury may for valid reasons annul a course or an event.

10.6.13 An entire course **may** be canceled for:

- a) poor printing of the course on maps; (6.7)
- b) incorrect control description sheet; (6.10.2)
- c) inaccurate map around the control location;
- d) missing punch. (6.3.6)

10.6.14 An entire course **shall\*** be canceled for:

- a) control hung at the wrong location; (6.3.1)
- b) incorrect code on a control marker;
- c) missing control.

*\* under extraordinary circumstances, the jury may choose to relax this rule in the spirit of fairness as per rules 10.6.10 and 10.6.11.*

10.6.15 The alleged facts involved under 10.6.13 or 10.6.14 shall be verified by all members of the jury.

### 10.7 Appeals

10.7.1 The decision of a jury or Meet Committee may be appealed.

10.7.2 The appeal shall be made in writing, and shall be lodged with the sanctioning body as soon as possible, and in any case within two weeks after the decision being appealed.

10.7.3 The executive of the sanctioning body shall make the final decision based on the recommendation of its technical committee. This decision shall be rendered to the appellant within two weeks.

10.7.4 Where a P/TOA is the meet organizer, appeals shall be directed to the COF.

10.7.5 At the Canadian Championship or at international events in Canada, appeal shall be made directly to the COF.

### 10.8 Penalties

10.8.1 Penalties may be levied by P/TOA's and the COF for serious rule violations, or for unsporting behaviour such as tampering with controls, wilfully damaging property, causing bodily harm, etc.

10.8.2 Penalties may include reprimands, suspensions or judicial action.

## 11 SPECIAL REGULATIONS FOR NATIONAL CHAMPIONSHIPS

### 11.1 Type of Event

The Canadian Orienteering Championship shall consist of three events:

- a) Long distance
- b) Middle distance
- c) Sprint distance

*For further details, see the COF Course and Categories document on the COF website*

### 11.2 Eligibility

11.2.1 Winners of the Canadian Orienteering Championships shall be only those who are full members of the provincial associations and who are:

- a) Canadian citizens or;
- b) Permanent Residents as defined by Citizenship and Immigration Canada.
- c) All medal winners must be prepared to submit proof of eligibility.

11.2.2 Any question as to eligibility shall be resolved by the President of the COF who will form a committee of three from the COF membership as established at the preceding Annual General Meeting, or, if necessary, from the COF Board of Directors.

11.2.3 Visitors may be allowed to participate at the discretion of the organizers, but they shall not be eligible for championship awards.

### 11.3 Classes and Courses

11.3.1 Classes and course times shall be as specified ~~in appendices A and B.~~ *in the COF Course and Categories document available on the COF website*

### 11.4 Start Order and Start Interval

11.4.1 Start order shall be randomized as specified in the 'A' Meet Organizing Manual. Organizers shall take measures to ensure that two members of the same family or club do not start consecutively on the same course.

### 11.5 Results

11.5.1 Final results lists shall be distributed to the Canadian Orienteering Federation and to all provincial/territorial associations within four weeks from completion of the event *either in paper or electronically*.

### 11.6 Reports

11.6.1 A final report and set of competition maps shall be submitted to the Canadian Orienteering Federation by both the meet director and controller within four weeks after the event.

### 11.7 Levies

11.7.1 Levies for Canadian and North American Championships shall be forwarded to the Canadian Orienteering Federation within 30 days of the competition, accompanied by a copy of the start list. a) COC levies are 25% of registration fees, including late fees. b) COC Related Events - held within one week prior to or following the COC, NAOC or other major events sanctioned by COF and within such distance as to benefit from the major events are subject to a COF levy of 25% of the event registration fee.

### 11.8 Non-compliance

11.8.1 Non-compliance with items 11.5, 11.6 and/or 11.7 shall result in COF withholding sanctioning of all future Association 'A' meets until such time as the non-compliance is resolved.

## APPENDIX A

### Age Classes

Current age classifications for Canada:

Age (as of 12-31) Male Female

**Junior** 12 and under M 12 F 12

13,14 M 14 F 14

15,16 M 16 F 16

17-19 M 19 F 19

**Senior** 20-34 M 20 F 20

**Master** 35-44 M 44 F 44

45-54 M 54 F 54

55-64 M 64 F 64

65+ M 65 F 65

## APPENDIX B

### 'A' Meet Course Standards

Courses shall *should* be so set that the total climb of the best route does not exceed 4% of the length of the best route.

There shall be open classes on every non-elite (M/F20+) course.

#### Course Categories Winning Time (min.)

1 F 12, M 12, 25 mins

2 F 13-14, M 13-14, 30 mins

3 F 15-16, M 15-16, 45-50 mins

4 F 55-64, F 65+, M 65+, 50 mins

5 F 17-19, F 45-54, M 55-64, 50-55 mins

6 M 17-19, F 35-44, M 45-54, 55-60 mins

7 F 20-34, M 35-44, 70 mins

8 M 20-34, 90 mins