



ORIENTEERING  
C A N A D A

# RULES

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**Rules marked with a (C) refer to Competition Rules that apply to Canada Cup and Championship Events. Rules with a (W) refer to Competition Rules that apply only to WRE Events. Unmarked rules are the General Rules that apply to all events.**

**1.0****DEFINITIONS**

- 1.1 B-event – an event having an organizational standard between that of an informal C-meet and a Canada Cup event. Examples could include provincial/territorial or club championships. Finish Times are recorded, and standard Control Markers are used. Refer to the O200 Officials Manual for more details.
- 1.2 Beginner – an individual new to the sport of orienteering who has not yet mastered navigational skills.
- 1.3 C-event – an informal local event. Examples would include weekday evening events or training exercises. Informal timing, and non-standard Control Markers may be used. Refer to the O100 Officials Manual for more details.
- 1.4 Canada Cup – an Orienteering Canada sanctioned event held to a higher standard comparable to a WRE. Examples would include national or regional championship events. Refer to the O200 Officials Manual for more details.
- 1.5 Championship Event – COCs, NAOCs, WCOCs, ECOCs, and sanctioned PTOA championships.
- 1.6 Control Card – an electronic card carried by the Participant and used, with each Control Unit visited, to record the time a given Control Unit was visited.
- 1.7 Control Description – a list of the Control Markers to be visited. The list uses numbers and symbols in a format specified by IOF. For beginner course, the descriptions may use English or French words instead of symbols.
- 1.8 Control Marker – a flag as specified in the IOF rules for use in marking a control location in the terrain.
- 1.9 Control Unit – the electronic recording unit placed at a control location.
- 1.10 Controller – see section 8.0.
- 1.11 Course Planner – see section 8.0.
- 1.12 Electronic Documents – Electronic documents should be prepared in a format that is viewable on all common computer platforms using freely-available software (e.g. pdf format). Proprietary software format (e.g. word-processing formats) should be avoided.
- 1.13 Event Committee – the Event Committee shall be formed by the Event Director, and shall consist of the Event Director and at least one other person.
- 1.14 Event Director – see section 8.0.
- 1.15 Event Information – Information regarding an orienteering event printed on paper or made available electronically. Such information includes, but is not limited to, invitations, bulletins, updates, and emergency notices. Electronic information may be a web page or Electronic Document. In order to ensure fair competition, event organizers should ensure that Event Information is accessible to all Participants.
- 1.16 Finish Time – the elapsed time for a Participant to complete a course between their start and finish. A Participant's start time may be their assigned or actual start time, as appropriate.
- 1.17 Group – two or more individuals who complete a course together helping one another. A Group is considered a single Participant for the purposes of timing and results.

- 1.18 IOF – International Orienteering Federation.
- 1.19 IOF Advisor – an individual, sanctioned by IOF, whose duty is to ensure that World Ranking Events (WREs) are held to IOF standards for such events. Their focus is on the elite courses and Participants, but the overall event organization is also of interest to them.
- 1.20 ISOM – International Specifications for Orienteering Maps as published by IOF.
- 1.21 ISSOM – International Specifications for Sprint Orienteering Maps as published by IOF.
- 1.22 Marked route – a segment of an orienteering course that is marked in the terrain using continuous ribbon, pin flags, flagging tape strips, or similar marking.
- 1.23 OC – Orienteering Canada.
- 1.24 Open Classes – non-competitive competition classes that are not aged-based.
- 1.25 P/TOA – Provincial/Territorial Orienteering Association.
- 1.26 Participant – an individual of either gender or a group of individuals, as appropriate.
- 1.27 Sanctioning Body – the organization responsible for sanctioning the event. The relevant Sanctioning Body could be the IOF, Orienteering Canada (and its Technical Committee) or the relevant P/TOA.
- 1.28 Shadowing – Beginner orienteers sometimes feel more comfortable in the terrain if a more experienced orienteer accompanies them, but does not provide assistance unless requested or required.
- 1.29 Technical Committee – A committee of Orienteering Canada charged with reviewing OC rules and sanctioning Championship Events, or any successor committee so tasked by the OC Board.
- 1.30 World Ranking Events (WRE) – Orienteering events organized to the highest competition standards. WRE events require the oversight of an IOF Advisor. The WRE event applies to the M/F21E classes. M/F15-16, M/F17-18 and M/F19-20 classes may also be included in an WRE event, subject to IOF approval.

<b>2.0</b>	<b>INTRODUCTION</b>
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- 2.1 **General**
- 2.1.1 Orienteering is a competitive sport in which Participants navigate independently through the terrain. Participants must visit a number of control points marked on the ground in the shortest possible time aided by only a map and compass. The course, defined by the location of the controls, is not revealed to the Participants until they start, although exceptions may be made for younger Participants (see rule 9.15).
- 2.1.2 Sporting fairness shall be the guiding principle in the interpretation of these rules by all Participants in an event.
- 2.1.3 Orienteering depends on its existence on the goodwill of landowners, lessees and public administrators. Orienteering Canada will not tolerate abuse of forest, countryside, or rudeness to persons in or near the competition area. The good name of the sport depends on the behaviour of every single Participant.
- 2.2 **Types of events**

Orienteering competition may be distinguished by:

- 2.2.1 The time of the competition: *Day* (in daylight) or *Night* (in the dark)
- 2.2.2 The nature of the competition:
- *individual* (the individual performs independently)
    - In interval start races, Participants navigate and run through the terrain independently.
    - In mass start and chasing start races, Participants may be running in close proximity to each other, but the formats still demand independent navigation.
  - *relay* (two or more team members run consecutive individual races)
  - *team* (two or more individuals collaborate)
- 2.2.3 The way of determining the competition results:
- *single race competition* (the result of one single race is the final result)
  - *multi-day single race competitions* (the result of each 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)
  - *in a specific order* (the sequence of controls visited is prescribed)
  - *in no specific order* (the Participant is free to choose the order of controls visited)
- 2.2.4 The control point setup: each control point shall have a Control Marker and a suitable marking system to show that the Participant arrived at the control point. When electronic timing is used, a Control Unit shall also be present at each control point.
- 2.2.5 The length or format of the race:
- Long Distance
  - Middle Distance
  - Sprint
  - Relay and Sprint Relay
  - Score Orienteering: Participants score points for finding controls in any order within a specified time. The winner is the Participant with the highest points total. Ties are broken in favour of the Participant with the quickest Finish Time.
  - Other formats and distances – there are many other event formats recognized by Orienteering Canada. If one of these is desired by the Event Committee for a Canada Cup event, then this should be explored with the Technical Committee.
- 2.3 **Standards of Competition**
- 2.3.1 (C) International Competitions and WREs Sanctioned by the IOF and governed by IOF Rules. Event Directors, Course Planners and Controllers must be fully certified at O300 level of the Officials Certification Program, and WRE Advisors at O400 level.
- 2.3.2 (C) Championship Events, including Canadian Orienteering Championships (COC) and North American Orienteering Championships (NAOC) held in Canada must be sanctioned by Orienteering Canada. Event Directors, Course Planners and Controllers shall be certified in the relevant O300 discipline. With approval from the OC Technical Committee, candidates for O300 certification may officiate, if properly supervised. Canadian IOF Advisors are by definition certified at O400.
- 2.3.3 B-events. Event Directors, Course Planners and Controllers shall be certified at O200 level.

- 2.3.4 C-events. Event Directors and Course Planners shall be certified at O100, Controllers at O200. Controllers for C Events are only required when a course planner candidate is doing their practicum.
- 2.3.5 If officials have completed the relevant course work, they may act at a certification level one level higher than that to which they are certified, provided they are using the event as the practicum for their higher-level certification, and they are under the mentorship of an official of the required, or higher, certification level. The IOF Advisor cannot provide such mentorship. For example, an O200 official may act as an O300 official at a WRE event provided at least one other event official is certified to O300 in the relevant specialization.
- 2.3.6 All events shall have maps, courses and organizational procedures as defined in the appropriate Officials Program manuals.

<b>3.0</b>	<b>APPLICATION OF THE RULES</b>
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- 3.1 These rules are applicable to all orienteering competitions sanctioned by Orienteering Canada or by a P/TOA under the jurisdiction of Orienteering Canada, and all other events by affiliated clubs.
- 3.2 **(W)** At international competitions and WREs, the International Orienteering Federation (IOF) rules shall take precedence in any area of conflict with the Orienteering Canada Rules.
- 3.3 These rules follow those of the IOF as closely as possible, while taking account of the unique aspects of the sport in Canada.
- 3.4 These rules are written primarily for the discipline of foot orienteering.
- 3.5 Additional event-specific rules that do not conflict with the rules set out in this document may be applied by the event organizer. Nevertheless, additional rules require the approval of Orienteering Canada Technical Committee or the IOF Event Advisor.
- 3.6 Any deviation from these rules must be approved by the Orienteering Canada Technical Committee.

<b>4.0</b>	<b>RULE REVISIONS</b>
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- 4.1 Orienteering General and Competition rules shall be reviewed at least every two years by the Orienteering Canada Technical Committee; changes shall be approved by the Orienteering Canada Board.
- 4.2 If any club member, club or P/TOA wishes to propose a new rule or an amendment to an existing rule, they shall forward it in writing to the Technical Committee for review.
- 4.3 After the review, if the Technical Committee rejects the proposal for the new or revised rule, the individual, club or P/TOA can present a motion at the following AGM to have the decision discussed and voted on.

<b>5.0</b>	<b>DISTRIBUTION OF THE RULEBOOK</b>
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- 5.1 Orienteering Canada will make available an updated copy of the orienteering General and Competition Rules on the Orienteering Canada website.

<b>6.0</b>	<b>CLASSIFICATION OF PARTICIPANTS</b>
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6.1 **Classification by Gender and Age**

- 6.1.1 (C) Participants are classified into classes by gender and age as defined by the OC Course and Class Guidelines available on the Orienteering Canada website. Women may compete in men's classes.
- 6.1.2 (C) Age is defined by the age of the Participant on December 31<sup>st</sup> in the current calendar year.
- 6.1.3 (C) Participants aged 16 and under must obtain formal approval from the Event Director or Controller to compete in a class that is more than one level above their normal age class.
- 6.1.4 (C) Those Participants aged 35 and older may compete in any younger, senior classes than their own age class.

6.2 **Classification by Ability**

- 6.2.1 (C)(W) M/F 21-34 shall be divided into an elite class (E) and a short (S) class to reflect the differing abilities in this age class.
- 6.2.2 (C) Age groups shall be allocated to different courses as defined by the Course and Class Guidelines available on the Orienteering Canada Website.
- 6.2.3 (C) Open classes may be established at the discretion of the organizers.
- 6.2.4 (C) Beginner and Group classes may be established at the discretion of the organizers.

6.3 **Combination of Classes**

- 6.3.1 (C) At Championship Events, classes shall be combined only by specific authorization from the Sanctioning Body.

6.4 **Eligibility**

- 6.4.1 (C) At Championship Events, all Participants in classes other than Open, Beginner or Group shall be current members of a P/TOA that is a member of Orienteering Canada, or a current member of a club of a member nation of the IOF.

6.5 **Representation**

- 6.5.1 (C) A Participant shall represent one club only in open competition during a given calendar year, with exceptions as shown below in 6.5.2 and 6.5.3.
- 6.5.2 (C) Participants who move permanently from one place to another may transfer to another Canadian club; the appropriate P/TOA(s) shall be notified.
- 6.5.3 (C) In events organized on a closed basis (e.g. scholastic or inter-university competitions), club and Orienteering Canada affiliation may be disregarded.
- 6.5.4 (C)(W) A Participant may only represent one Federation in competition during a given calendar year.

<b>7.0</b>	<b>CONDITIONS OF COMPETITION</b>
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7.1 **Planning**

- 7.1.1 When organizing an event, advanced planning is necessary. Organizers must strive to obtain maximum co-operation with landowners, lessees and public land administrators.
- 7.1.2 It is desirable that permission from relevant landowners, lessees, and public land administrators shall be obtained before event sanction is requested.

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

7.1.4 Organizers shall follow any regulations specified by Orienteering Canada when obtaining permission for land use.

## 7.2 **Cancellation**

7.2.1 Events 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
- d) when permission is revoked by any party listed in 7.1.2

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

7.2.3 If circumstances require cancellation, an announced event shall be canceled and an event already started shall be interrupted. The age and experience of the Participants shall be considered in estimating risk.

7.2.4 In the event that circumstances outside the organizer's control force cancellation of an event, any return of fees will be at the discretion of the organizers.

## 7.3 **Sanction**

7.3.1 **(C)** Sanction for Canada Cup events shall be obtained from the Technical Committee of Orienteering Canada.

7.3.2 **(C)** Special conditions for Canadian and Provincial/Territorial Championships may be stipulated by the Sanctioning Body

7.3.3 When required for B Events, sanction shall be obtained from the appropriate P/TOA.

<b>8.0</b>	<b>PRINCIPAL OFFICIALS</b>
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8.1 The **Event Director** shall take responsibility for the event. His/her duties are defined in the appropriate Officials Manuals.

8.2 The **Course Planner** is responsible for the preparation of the courses, and his/her duties are defined in the appropriate Officials Manuals.

8.3 The **Controller** is responsible for the fairness of the event, and his/her duties are defined in the appropriate Officials Manual. In order to give the organizers sufficient time to make necessary preparations and corrections, the Controller shall ensure that the course planning and checking activity is completed at least two weeks prior to the date of the event.

8.4 **(W)** The **IOF Event Advisor** is responsible for the fairness of the two elite courses at a WRE, and his/her duties are defined in the IOF WRE manual.

8.5 **(C)(W)** Controllers shall be appointed by the event organizers. For the Canadian Orienteering Championships, the appointment is made by Orienteering Canada. For the North American Orienteering Championships, the appointment is made by the IOF.

8.6 **(C)(W)** Canadian IOF Event Advisors are nominated by Orienteering Canada and approved by the IOF. IOF Advisors must hold an active IOF License.

8.7 **(C)** The Controller or a designated alternate, approved by the Sanctioning Body, shall be present at the competition.

8.8 **Event Committee**

8.8.1 (C) The membership of the Event Committee shall be specified in the Event Information.

**9.0 THE MAP**

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

9.2 Magnetic North shall be clearly shown by repeated meridians, which shall be drawn parallel to the map frame. The space between the meridians shall be as specified by ISOM and ISSOM.

9.3 (C)(W) The map shall conform to the current IOF mapping standards (ISOM and ISSOM).

9.4 (C) Refer to the current Course and Class Guidelines for map scale specifications.

9.5 (C)(W) Any deviations in map scales must have the approval of the Sanctioning Body. IOF rules may not permit map scale deviations for WREs. Refer to the OC Course and Class Guidelines for Championship Events description of technical difficulty levels for guidance on map scale deviations.

9.6 The Contour Interval and Map Scale shall be specified in the Event information.

9.7 All competition maps and course markings shall comply with the current, relevant International Orienteering Federation mapping standards (available at the IOF website [www.orienteering.org](http://www.orienteering.org)):

- International Specifications for Orienteering Maps (ISOM)
- International Specifications for Sprint Orienteering Maps (ISSOM)
- International Specifications for Ski Orienteering
- International Specifications for Mountain Biking Orienteering Maps

9.8 IOF symbols shall be used as defined in ISOM or ISSOM. If it is necessary to use a non-IOF symbol, it shall be described in the Event Information, printed on the map, and posted at the Assembly Area and at the Start.

9.9 (W) For WRE events, non-standard symbols require the approval of the IOF Advisor.

9.10 If a full legend is not printed on the map, a comprehensive legend shall be displayed at Registration and at the Start.

9.11 (C) The orienteering map shall be made waterproof using a suitable method such as a clear plastic bag or waterproof printing on waterproof paper.

9.12 (C) The competition terrain shall not have been used for orienteering for as long as possible prior to the competition, so that no Participant has an unfair advantage.

9.13 (C) The competition terrain shall normally be embargoed as soon as it is identified. If that is not possible, then arrangements for Participant's access to the terrain must be published as soon as possible.

9.14 (C) Permission for access into embargoed terrain shall be requested from the organiser if needed.

9.15 The Event Committee may choose to allow Participants up to the age of 16 to view their competition map well in advance of their start, or during the start procedure. In the former case, copies of the map used by these younger Participants shall be posted in the arena so that all Participants may view the map prior to proceeding to the start. It is recommended that



such maps be printed at a larger scale so as to minimise the information conferred to more experienced Participants.

<b>10.0</b>	<b>COURSE PLANNING</b>
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- 10.1 Course Planning norms shall be followed as specified in the appropriate Officials Manuals.
- 10.2 The winning time of the courses shall be carefully considered in relation to the difficulty of the terrain, the Participants and the season when the event takes place.
- 10.3 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, buildings etc.,) prohibited areas and marked routes.
- 10.4 Any marked route sections on the course shall be included in the length of the course.
- 10.5 The total climb shall be given as the climb in metres along the most sensible route. The total climb of a course should not normally exceed 4% of the length. If the climb of the course exceeds 4%, permission must be obtained from the Sanctioning Body, and if approved should be clearly stated in the Event Information.
- 10.6 (C) Course winning times for age classes shall adhere to those specified in the *Orienteering Canada Course and Class Guidelines*, which are available on the Orienteering Canada Website. This document also discusses technical difficulty within the scope of course planning.

<b>11.0</b>	<b>EVENT INVITATION/ENTRY FORM</b>
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- 11.1 **Format**
- 11.1.1 At a minimum, the event invitation/entry form shall include at least the information specified in the appropriate Officials Manual.
- 11.1.2 The event invitation shall be distributed in good time and in a manner appropriate for the type of event.
- 11.1.3 (C) For Canadian and North American Orienteering Championships an event invitation shall be prepared and made available electronically at a minimum of 4 months prior to the event. Typically, this will entail publication on the event or P/TOA web site.
- 11.1.4 (C)(W) In the case of a WRE, information bulletins shall be made available according to the IOF Rules.
- 11.2 **Entries**
- 11.2.1 Event entries shall be made and entry fees paid by the time specified in the event invitation.
- 11.2.2 (C) Published entry lists shall specify the Participant's family and first names, competition class, and club name.
- 11.2.3 Personal information (such as birth year, address, and email address) shall not be made public, though organizers may collect this information for registration purposes. Data shall be collected and stored in accordance with the Canadian Personal Information Protection and Electronic Documents Act (PIPEDA) or its successor, and associated regulations.

<b>12.0</b>	<b>INFORMATION FOR PARTICIPANTS</b>
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- 12.1 (C) For Championship Events, the Event Information shall be prominently displayed on the event website, and shall be provided to Participants no later than their arrival at the competition

centre. Participants should not be expected to obtain essential information verbally from the event officials.

- 12.2 The Event Information provided must follow the guidelines set out in the appropriate Officials Manual and/or IOF rules.

<b>13.0</b>	<b>THE ORIENTEERING COURSE</b>
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13.1 **Start**

- 13.1.1 The Start shall take place at a distinctive feature clearly marked on the map.
- 13.1.2 The point where orienteering begins shall be shown on the map with a Start Triangle, identified in the terrain by a Control Marker without a Control Unit.
- 13.1.3 (C) The start for Championship Events 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 this cannot be achieved at the timed start line, then a remote start shall be used with a marked route to the start triangle.
- 13.1.4 The Participant is responsible for taking the correct map.
- 13.1.5 (C) For events with individual starts, Participants in different classes with a common first control shall have start times differing by at least one minute.
- 13.1.6 (C) The order of start in events where pre-registration is required shall be determined by a draw carried out according to the guidelines in the appropriate Officials Manual.
- 13.1.7 (C) The starting interval within a competition class shall be equally long for the whole starting field, and the entire competition class shall start in a contiguous block. Participants in different classes on the same course cannot start together.
- 13.1.8 (C) A Participant shall not start under another's name or start number without permission of the organizers. Any violation of this rule shall result in disqualification.
- 13.1.9 (C) A Participant shall not start with another Participant's Control Card. Any violation of this rule shall result in disqualification.
- 13.1.10 (C) Start order shall be randomized as specified in the appropriate Officials Manual. Organizers shall take measures to ensure that two members of the same family or club on the same course shall be separated by a minimum of 2 start intervals.
- 13.1.11 (C)(W) The start list for classes M/F21E, M/F19-20, and M/F17-18 shall be based on the Participant's Sprint Orienteering World Ranking (for a Sprint race) or the Orienteering World Ranking (for a non-Sprint race). The highest ranked Participant starts last, and Participants with no World Ranking points shall start on a randomized basis before the ranked Participants. When several races occur as part of a multi-day event, the start list for subsequent non-Sprint individual races shall also be ordered according to the Orienteering World Ranking, but the start list shall be further randomized in blocks of 15 Participants, starting with the highest-ranked Participants. An IOF Advisor may specify a different start order.
- 13.1.12 (C) Start intervals shall be as follows:
- Long 3 minutes
  - Middle 2 minutes
  - Sprint 1 minute

For a long competition, the organizer may reduce the start interval to 2 minutes for age classes other than F21E, M21E, F17-18, M17-18, F19-20, and M19-20.

- 13.2           **Control Siting**
- 13.2.1        Controls (including the start control flag) shall not be sited within 30 metres of each other (25 metres for map scales of 1:5000, 1:4000, and 1:3000). 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, 1:4000, and 1:3000). The distance between controls is measured in a straight line.
- 13.3           **Control Marking**
- 13.3.1        The Control Marker shall be hung at the exact feature and position specified by the Control Description.
- 13.3.2        Each control shall be marked by an IOF- approved Control Marker.
- 13.3.3        The Control Marker shall be visible to Participants when they can see the described position.
- 13.3.4        Each control shall be identified with a code number, which shall be fixed to the control so that a Participant can clearly read the code. Numbers less than 31 shall not be used. The figures shall be black on white 3-10 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. 99 or 161).
- 13.3.5        For backup purposes, at least one pin punch shall be attached to a Control Marker or to the stand or other object supporting the Control Marker, unless the punching system provides an automatic backup punch. In the event of a Control Card or Control Unit failure, the Participant must punch in one of the reserve boxes on the map, and if these are not provided, on the map itself. The lack of a backup punch shall result in disqualification.
- 13.3.6        If a Participant punches too fast and does not receive a feedback signal (light or sound) the Control Card will not contain a record of their visit and the Participant must be disqualified, unless a backup punch is available.
- 13.3.7        Participants who lose their Control Card during the competition, omit a control or visit controls in the wrong order shall be disqualified.
- 13.3.8        To facilitate the passage of participants, there shall be a sufficient number of punching devices in the vicinity of each control flag.
- 13.4           **Marked Routes**
- 13.4.1        Participants may be required to follow a marked route for part of the course.
- 13.4.2        Location of marked route sections shall be indicated on the competition map, and their location and length specified on the Control Description. Marked routes in the terrain shall be delineated by continuous tape or intermittent orange and white streamers at least 25 cm long and 25 mm wide. A Participant should always be able to see three streamers ahead.
- 13.4.3        Marked routes must be followed.
- 13.5           **Finish**
- 13.5.1        The Participant is deemed to have finished after punching the finish Control Unit or crossing the finish line if other methods of finish timing are being used.
- 13.5.2        The finish line shall be at least 1.5m wide for an event with individual start races, and 3m wide for mass start and chasing start races. At least part of the route to the finish shall be a compulsory marked route with the last 20 m straight.
- 13.6           **Course Mapping**

- 13.6.1 For safety reasons, when a Participant is provided with a map and descriptions covering only part of a course (e.g. courses with a map exchange) the position of the finish shall always be specified on all maps.
- 13.6.2 If 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.
- 13.7 **Water Stops**
- 13.7.1 Water and refreshments shall be available at the start and finish areas.
- 13.7.2 Water controls and water stops shall be provided at appropriate points on all courses. In hot weather, additional water controls/locations should be made available.
- 13.7.3 If the estimated winning time is more than 35 minutes, water shall be available at least every 25 minutes at the estimated speed of the winner, unless Participants are required to carry their own water.

<b>14.0</b>	<b>COMPETITION PROCEDURES</b>
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14.1 **Timing and Maximum Times**

- 14.1.1 Starting shall take place on a signal such as a whistle or clock beep. The Participant starting shall be behind the starting line at the moment of starting.
- 14.1.2 When using electronic timing, a Control Card shall be used to punch in order.
- 14.1.3 (C)(W) An IOF-approved punching system must be used. Refer to the current IOF competition rules for a list of the approved punching systems.
- 14.1.4 The processing of late starters shall follow the guidelines in the respective Officials Manual.
- 14.1.5 When a Participant crosses the finish line, the arrival time shall be recorded in hours, minutes and integral seconds. The accuracy of the electronic timing may be increased to tenths of a second where appropriate.
- 14.1.6 (C) A maximum time for each course shall be established at each event, and shall be stated in the Event Information, and in prominent locations such as the start and the competition centre. 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 (DNF) or Out of Time (OT).
- 14.1.7 A course closing time may be set. A Participant who finishes after the course closure time shall be recorded as not finishing (DNF) or Out of Time (OT)
- 14.1.8 Groups shall be considered as a single Participant.

14.2 **Control Descriptions**

- 14.2.1 The purpose of the Control Description 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.
- 14.2.2 The format of the Control Description shall follow the current IOF specification.
- 14.2.3 Control Descriptions shall be printed on, or affixed to, the front side of the map
- 14.2.4 The following information shall be printed on the map. This information may also be printed on separate Control Descriptions.
- a) safety information (e.g. bearing, location of finish) for a lost Participant.
  - b) Maximum time for course (if applicable)
  - c) Course closure time, if applicable

- 14.2.5 Separate Control Descriptions, printed on slips of paper, may be provided at the start.
- 14.2.6 **(C)(W)** Separate Control Descriptions, printed on slips of paper, shall be provided at the start.
- 14.2.7 If provided, Participants are responsible for attaching or carrying separate Control Descriptions.
- 14.3 **Supporting Facilities**
- 14.3.1 **(C)** Organizers shall provide toilet facilities at the finish and the start.
- 14.3.2 First Aid shall be available at the Finish.
- 14.3.3 Other facilities, such as drinking water, should follow the guidelines set out in the appropriate Officials Manual.
- 14.4 **Conclusion of Competition**
- 14.4.1 Before the event is declared closed, the Event Director shall verify that all Participants have returned to the finish.
- 14.4.2 If a Participant is missing, the Event Director shall organize a search. See the appropriate Officials Manual for guidelines for organizing a search.
- 14.4.3 Before closing the event, the Event Director shall arrange a clean-up and inspection of the event site, including the competition centre and registration area, start and finish areas, assembly/parking and refreshment stops on courses.
- 14.5 **Results List and Report**
- 14.5.1 For all timed courses, the results list shall contain the information in the guidelines of the appropriate Officials Manual.
- 14.5.2 For reasons of privacy, an alias may be used in the results.
- 14.5.3 A Participant shall be recorded as not finishing who:
- a) abandons the course (DNF),
  - b) has an elapsed time greater than the class maximum (DNF or over-time (OT)), or
  - c) finishes after the competition closure time (DNF or OT).
- 14.5.4 A Participant shall be recorded as being disqualified (DSQ) who:
- a) mis-punches, or
  - b) misses a control or takes it out of order
- 14.5.5 Provisional results shall be displayed near the finish or at some previously announced location within one hour of the finish closing.
- 14.5.6 **(C)** Final results shall be sent to the Sanctioning Body.
- 14.6 **Officials**
- 14.6.1 Officials shall be qualified at the appropriate level and shall have good knowledge of and follow current guidelines.
- 14.6.2 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 attentions to the location of a control.
- 14.6.3 **(C)(W)** Race announcers shall avoid unduly biasing the competition by their announcing.
- 14.7 **Coaches and Spectators**

- 14.7.1 (C) During an event, coaches and spectators must 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 area without specific permission from the event organizers.

<b>15.0</b>	<b>DUTIES AND RESPONSIBILITIES OF PARTICIPANTS</b>
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15.1 **General**

- 15.1.1 Participants shall not seek to gain an unfair advantage at the expense of others.
- 15.1.2 Participants are required to show consideration towards other Participants, officials, coaches and spectators, and towards others living in or using the event area.
- 15.1.3 Participants shall not purposely get to know the competition area by prior reconnaissance.
- 15.1.4 (C) Organizers of an event shall declare "non-competitive" an entrant whose intimate knowledge of the terrain would give an unfair advantage. A complaint regarding such a declaration may be lodged with the Event Committee.
- 15.1.5 (C) Participants shall not, during an event, seek to obtain beneficial information from other Participants, officials, coaches, spectators, or anyone else.
- 15.1.6 (C) Participants shall not attempt to gain advantage by running in company or following during an event with the exception of an event with a mass start.
- 15.1.7 (C)(W) A Participant shall not be accompanied on the course by a dog or other pet during the Canadian Championships or international events.
- 15.1.8 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 an event official.
- 15.1.9 Particular care shall be exercised when crossing fences and ditches. A gate previously closed shall be closed after passing.
- 15.1.10 Respect and consideration shall be shown to all members of the public in or near the event area. No litter shall be left.

15.2 **Equipment of Participants**

- 15.2.1 All Participants should carry a compass and a watch, and shall be aware of the maximum time for their course/class, and also the course closing time.
- 15.2.2 All Participants shall carry a whistle in good working order, and shall understand the rule governing its use. (See 15.8)
- 15.2.3 (C) A Participant shall wear a bib as required by the event organizers.

15.3 **Forbidden Aids**

- 15.3.1 During an event, a Participant shall not carry any map other than the one assigned or provided by the organizers.
- 15.3.2 A Participant shall not use any altimeter, distance meter, radio or other electronic navigational aid.
- 15.3.3 (C)(W) 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.

- 15.3.4 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-orienteeering.
- 15.3.5 A Participant shall not allow anyone to follow or guide. A competitive orienteer who intends to run both a competitive course, plus accompany a group, or shadow an inexperienced orienteer, shall run the competitive course first.
- 15.3.6 **(C)(W)** Doping is forbidden. Doping tests according to standard operating procedures of the Canadian Centre for Ethics in Sport may be administered.
- 15.4 **Restricted Areas and Routes**
- 15.4.1 Rules set by the organizer to protect the environment and any related instructions from the organizer shall be strictly observed by all persons connected with the event.
- 15.4.2 Out-of-bounds or dangerous areas, forbidden routes, line features that shall not be crossed, etc., shall be marked on the map with the appropriate ISOM or ISSOM symbols, as appropriate. It is the responsibility of the Participant to understand the meaning of these markings, and to respect those that disallow entry or crossing. To avoid unintentional crossings by Participants, organizers may choose to mark such features or areas in the terrain with barrier tape.
- 15.4.3 Compulsory routes, crossing points and passages shall be marked clearly on the map and on the ground. Participants shall follow the entire length of any marked section on their course.
- 15.4.4 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 event official. On reaching the finish, a report shall be made to the Event Director.
- 15.5 **During the Event**
- 15.5.1 Participants train and compete at their own risk.
- 15.5.2 The controls shall be visited in the order specified.
- 15.5.3 Participants are responsible for registering their Control Card with the Control Unit (i.e. 'punching' the control).
- 15.6 **Participants Who Have Finished**
- 15.6.1 A Participant who has crossed the finish line has thereby finished the competition.
- 15.6.2 A Participant shall download his/her Control Card immediately after crossing the finish line. If so stipulated by the organizers, the competition map shall also be handed in.
- 15.6.3 **(C)** The map must be handed in if Participants are still waiting to start. Maps may be returned to Participants, and map collection may cease, after the last Participant has started.
- 15.6.4 A Participant who has finished shall not, without the permission of the Event Committee, re-enter the competition area before the end of the event.
- 15.6.5 A Participant who has finished shall not provide information about terrain, map or course to a Participant who has not yet started.
- 15.7 **Abandoning Competition**
- 15.7.1 A Participant who abandons the competition shall immediately proceed to the finish, punch the finish control and download.
- 15.7.2 A Participant who has abandoned competition shall not, without the permission of the Event Committee, re-enter the competition area before the end of the event.

- 15.7.3 A Participant who has abandoned competition shall not in any way, by advice or information, influence those still competing.
- 15.7.4 The Event Director shall notify the Sanctioning Body of any Participant who fails to report to the finish after abandoning competition.
- 15.8 **Emergencies**
- 15.8.1 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.
- 15.8.2 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.
- 15.8.3 If an accident occurs during an event, any Participant or official in a position to do so is obliged to help the victim. All real and possible injuries shall be reported to event officials.
- 15.8.4 A young or inexperienced Participant who is lost and asks for help should be shown his/her position on the map and their name noted and reported to a finish official.
- 15.8.5 Participants in an event may be required by the Event Director to join in a search for a missing Participant.

<b>16.0</b>	<b>VIOLATION OF COMPETITION RULES</b>
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- 16.1 **General**
- 16.1.1 (C) A Participant who violates the Orienteering Canada competition rules shall be disqualified except where extenuating circumstances are evidenced.
- 16.1.2 (C) A Participant **shall** be disqualified for:
- a) failure to punch at a control;
  - b) not punching controls in the correct order;
  - c) following after being warned;
  - d) running 'in company';
  - e) any other unsporting behaviour not specifically listed;
  - f) entering/crossing out-of-bounds areas;
  - g) not following streamers in a marked route section of the course;
  - h) using forbidden aids;
  - i) using other transportation;
  - j) using maps not supplied by the organizers;
  - k) tampering, moving, removing controls and/or punches.
- 16.1.3 (C) Decisions as to disqualification shall initially be made by the Event Committee.
- 16.2 **Running In Company**
- 16.2.1 (C) Mutual cooperation between two or more Participants is forbidden, except in the case of groups or team events.
- 16.2.2 (C) The Event Committee shall investigate if they suspect, or are notified about, cooperation over a significant part of the course.
- 16.3 **Following**



- 16.3.1 (C) A Participant may not follow another to take advantage of their orienteering ability.
- 16.3.2 (C) A Participant who considers that they are being followed shall warn and endeavor to dissuade the presumed follower.
- 16.3.3 (C) The Event Committee shall investigate if they suspect, or are notified about, following over a significant part of the course.
- 16.3.4 (C) The rules concerning running in company and following are not applicable in events with a common course after a mass start.
- 16.4 **Complaints**
- 16.4.1 (C)(W) A complaint may be made about infringements of the Orienteering Canada Competition Rules or, if they apply, IOF Competition Rules.
- 16.4.2 (C) Complaints can only be made by a Participant.
- 16.4.3 (C) Any complaint shall be made in writing to the Event Committee as soon as possible. The Event Committee shall adjudicate and inform the complainant immediately.
- 16.4.4 (C) There is no fee for a complaint.
- 16.4.5 (C) The organizer may set a time limit for complaints. Complaints received after that time limit will only be considered if there are valid exceptional circumstances, which must be explained in the complaint.
- 16.5 **Protests**
- 16.5.1 (C) A protest may be made against the Event Committee's decision about a complaint.
- 16.5.2 (C) Any protest shall be made in writing to the jury no later than 15 minutes after the Event Committee has announced 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; such circumstances must be explained in the protest.
- 16.5.3 (C) If the purported rule infringement is discovered after the end of the event, the protest shall be lodged with the Sanctioning Body.
- 16.5.4 (C) Under Orienteering Canada Competition Rules the protest shall be accompanied by a fee at least equal to, but not more than double, the event entry fee. The protest fee shall be refunded if the protest is accepted by the jury.
- 16.5.5 (C) 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.
- 16.5.6 (C) The jury shall interview both the person making the protest and all others involved.
- 16.5.7 (C) 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.
- 16.5.8 (C) Protests should not be made for minor errors or minor rule infringements.
- 16.5.9 (C) Errors without major influence on the outcome of a competition should not result in annulment of a course.
- 16.5.10 (C) Even in the absence of a protest, the Event Committee or the jury may for valid reasons annul a course or an event.
- 16.5.11 (C) An entire course **may** be canceled for:
- a) poor printing of the course on maps;
  - b) incorrect Control Description;
  - c) inaccurate map around the control location.

16.5.12 (C) An entire course **shall** be canceled for the following reasons. Under extraordinary circumstances, the jury may choose to relax this rule in the spirit of fairness as per rules 16.5.8 and 16.5.9.

- a) control hung at the wrong location;
- b) incorrect code on a Control Marker;
- c) missing control.

16.5.13 (C) The alleged facts involved in 16.5.11 or 16.5.12 shall be verified by all jury members.

## 16.6 **The Jury**

16.6.1 (C)(W) The jury shall consist of at least 3 members. If possible, jury members should be selected from Associations different than the organizers. For Canadian Championships, North American Championships, and WREs the jury members are to be appointed by the Sanctioning Body as per the relevant rules. For example, in the case of North American Championships, the jury is appointed by the IOF. For Canadian Championships, jury members shall be certified as O300 or O400 officials.

16.6.2 (C) Rather than appointing a fixed jury, members of the jury may be chosen from a pool of O300- or O400-certified officials. In exigent circumstances, a jury may be constituted from any available O300- or O400-certified officials.

16.6.3 (C)(W) The membership of the jury or jury pool shall be announced in the Event Information.

16.6.4 (C)(W) The controller shall lead the jury, but shall not be entitled to vote. Representatives of the organizer shall attend the meeting of the jury but are not entitled to vote. At WREs and international events, such as the North American Championships, if the protest is from a Participant in M21E or F21E then the IOF Event Advisor shall lead the jury, but shall not be entitled to vote.

16.6.5 (C)(W) If a jury member declares him or herself prejudiced or if a jury member is unable to fulfill his or her task, the controller or IOF Event Advisor shall nominate a substitute.

16.6.6 (C) A jury shall be appointed at Championship Events to handle protests and to ensure that competition rules are followed.

16.6.7 (C) The jury shall examine both the person making the protest and all others involved.

16.6.8 (C) Jury deliberations shall be confidential. Only their final decision shall be made public.

## 16.7 **Penalties**

16.7.1 (C) Penalties may be levied by P/TOA's and Orienteering Canada for serious rule violations, or for unsporting behaviour such as tampering with controls, willfully damaging property, causing bodily harm, etc.

16.7.2 (C) Penalties may include reprimands, suspensions or judicial action.

<b>17.0</b>	<b>SPECIAL REGULATIONS FOR NATIONAL CHAMPIONSHIPS</b>
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## 17.1 **Type of Event**

17.1.1 (C) The Canadian Orienteering Championship shall consist of three events:

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

For further details, see the Orienteering Canada Course and Class Guidelines on the Orienteering Canada website.

- 17.2 **Eligibility**
- 17.2.1 (C) Medal Winners (gold, silver and bronze) of the Canadian Orienteering Championships shall be only those who are full members of a P/TOA and who are:
- a) Canadian citizens or
  - b) Permanent residents as defined by Citizenship and Immigration Canada.
- All medal winners must be prepared to submit proof of eligibility.
- 17.2.2 (C) Any question as to eligibility shall be resolved by the President of Orienteering Canada, who shall form a committee of three from the Orienteering Canada membership as established at the preceding Annual General Meeting, or, if necessary, from the Orienteering Canada Board of Directors.
- 17.2.3 (C) Visitors may be allowed to participate at the discretion of the organizers, but they shall not be eligible for championship awards.
- 17.3 **Classes and Courses**
- 17.3.1 (C) Classes and course times shall be as specified in the Orienteering Canada Course and Class document available on the Orienteering Canada website.
- 17.4 **Results**
- 17.4.1 (C) Final results lists shall be posted on the event website on the evening of the event, and then distributed to Orienteering Canada and to all P/TOAs within four weeks from completion of the event either in paper or electronically.
- 17.5 **Reports**
- 17.5.1 (C) A final report shall be submitted to the Major Events Committee by both the Event Director and controller within four weeks after the COCs and the NAOCs
- 17.6 **Levies**
- 17.6.1 (C) Levies for Canadian and North American Championships shall be forwarded to Orienteering Canada 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 Canada one week prior to or following the COC, NAOC or other major events sanctioned by Orienteering Canada and within such distance as to benefit from the major events, are subject to an Orienteering Canada levy of 25% of the event registration fee.
- 17.7 **Non-compliance**
- 17.7.1 (C) Non-compliance with items 17.4, 17.5, or 17.6 may result in Orienteering Canada withholding sanctioning of all future Canada Cups hosted by the non-compliant P/TOA until such time as the non-compliance is resolved.

September, 2012

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