Orienteering Association of Hong Kong
Orienteering Competition By-law

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1. Definition

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

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

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

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

1.5 Types of orienteering competition may be distinguished by:

- the time of the competition:
  - *day* (in daylight)
  - *night* (in the dark)
- the nature of the competition:
  - *individual* (the individual performs independently)
  - *relay* (two or more team members run consecutive individual races)
  - *team* (two or more individuals collaborate)
- the way of determining the competition result:
  - *single-race competition* (the result of one single race is the final result. The competitors may compete in different races: the A-race, the B-race and so on, with the placed competitors of the B-race placed after the placed competitors of the A-race and so on)
  - *multi-race competition* (the combined results of two or more races, held during one day or several days, form the final result)
  - *qualification race competition* (the competitors qualify for a final race through one or more qualification races in which they may be allocated to different heats. The competition's result is that of the final only. There may be A- and B-finals and so on, with the placed competitors of the B-final placed after the placed competitors of the A-final and so on)

- the order in which controls are to be visited:
    - *in a specific order* (the sequence is prescribed)
    - *in no specific order* (the competitor is free to choose the order)
- the control set-up:
    - *traditional* (the controls have codes and the competitor is disqualified for mispunching)
- the length (or format) of the race:
    - *Long distance*
    - *Middle distance*
    - *Sprint*
    - *other distances*
- the starting method for the race:
    - *an interval start*
      (the race is a time trial; the competitor with the fastest time is the winner)
    - *a mass start*
      (the competitors start together; the first across the finish line is the winner)
    - *a chasing start*
      (the competitors start at intervals depending on results from previous race(s); the first across the finish line is the winner)

1.6 The term *event* embraces all aspects of an orienteering meeting including organisational matters such as start draws, team officials' meetings and ceremonies. An event, e.g. the World Orienteering Championships, may include more than one competition.

2. General Provisions

2.1 This By-law shall apply to all orienteering competitions organised in Hong Kong,

2.2 This By-law is recommended as a basis for all orienteering events organised in Hong Kong.

2.3 This By-law and any additional regulations shall be binding to all competitors, team officials and other persons connected with the organisation or in contact with the competition.

2.4 Sporting fairness shall be the guiding principle in the interpretation of this By-law by competitors, organisers and the jury.

2.5 In relays the rules for individual events are valid, unless otherwise stated.

2.6 The Technical Secretary may decide special rules or norms which shall be followed. The Technical Secretary may also allow deviations from these rules and norms. Requests for permission to deviate from them shall be sent to the Technical Secretary at least 1 month prior to the event.

2.7 Additional regulations which do not conflict with this By-law may be determined by the competition organiser. They need the approval of the Event Controller.

2.8 The Orienteering Association of Hong Kong is hereafter referred to as the Association.

2.9 The term club means a club affiliated to the Association.

2.10 The term member means a registered member of the Association, including a full member, associate member and student member of the Association.

2.11 The term competition embraces all aspects of an orienteering competition including organisational matters such as start draws, team officials' meetings and ceremonies. A competition may include more than one race.

3. Competition Programme

3.1 The Annual Orienteering Championship is the official event to award the title of OAHK Champion. It is organised under the authority of the OAHK. Annual Orienteering Championship shall include Long distance, Middle distance and Sprint Distance competitions.

3.2 The Ranking League Competitions are open orienteering competitions selected by the OAHK to rank its members based on their performance in the competition season. Winners of the Ranking League shall be awarded the title of OAHK 'Class' Champion. Long/Middle Distance Ranking League Competitions shall comprise of not more than five individual, day, long/middle distance open orienteering competitions. Sprint Distance Ranking League Competitions shall comprise of not more than five individual, day, sprint distance open orienteering competitions. Competitors are divided into classes according to their sex and age.

3.3 The Birney Memorial Competition is a pair, day, score competition. The Night Orienteering Championship is an individual, night competition. The Sport Festival Relay Competition is a day, relay competition. And, the Youth Orienteering Championship is an individual, day, classic distance competition for competitors below the age of 24. These competitions are other annual competitions organised under the authority of the OAHK.

3.4 The Colour Coded Events are orienteering events opened to all runners. Different courses are designed to provide different levels of technical challenge and physical demand and runners are allowed to enter any course in any event irrespective of age and sex. "Individual results are for reference only."

3.5 Open Orienteering Competitions are orienteering competitions organised by the Association, or by clubs on behalf of the Association, or by any club appointed by the Association for members of the Association and/or open to all runners. Competitors are divided into classes according to their age and sex.

3.6 Long/Middle Distance Ranking League Competitions shall not be organised with less than 10 days in between. Sprint Distance Ranking League Competitions shall not be organised with less than 10 days in between.

4. Event Application

4.1 Any club may apply to the Association to organise an orienteering competition.

4.2 Applications shall be forwarded by the club to the Technical Secretary with the Association's Competition Application Form, and the applications shall contain all required information and guarantees.

4.3 The Association may impose a levy on an Orienteering Competition. The amount of the levy shall be announced at least one month before the closing date for applications for that event.

4.4 The Association can void the sanctioning of a competition if the organiser fails to comply with the rules, the norms, the event controller's directions or the information submitted in the application. The organiser cannot claim damages in these cases.

4.5 Applications to organise an orienteering competition shall be received before the orienteering competition season. The Technical Secretary may waive this requirement. The organising club shall be appointed by the Fixture Secretary before the orienteering competition season.

5. Classes

5.1 Competitors are divided into classes according to their sex and age. Women may compete in men's classes.

5.2 The main competition class for women is called W21 and M21 for men.

5.3 Additional competition classes may be opened for competitor of different age group and sex. For competitors younger than 21, the classes W20 and M20, W18 and M18 and so on with intervals of 2 years are used. For older competitors, the classes W35 and M35, W40 and M40 and so on with intervals of 5 years are used.

5.4 The age of a competitor in the competition season shall decide the class the competitor should register for the competition season.

5.4.1. Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age.

5.4.2. Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age.

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

5.6 Each class may be divided into subclasses according to the difficulty and/or length of the courses. Subclasses according to difficulty and course lengths are named E (elite), if applicable, A, B, C and N (novice). Subclasses according to course lengths only are named S (short) and L (long).

5.7 Competitors aged 20 or younger are entitled to compete in older classes up to and including 21.

5.8 Competitors aged 21 or older are entitled to compete in younger classes down to and including 21.

5.9 W21E and M21E (WE, ME) classes in the Ranking League Competitions are for elite runners selected by the Association.

6. Participation

6.1 A member shall register in one competition class in Long/Middle Distance Ranking League and one competition class in Sprint Distance Ranking League. He/she shall represent only one club during a competition season.

6.2 Competitors participate at their own risk. Insurance against accidents shall be the responsibility of themselves, the club or the organiser, according to regulations.

7. Costs

7.1 The costs of organising an event are the responsibility of the Organiser. The organiser may charge an entry fee for the competition. This fee shall be approved by the Fixture Secretary.

7.2 Individual competitor is responsible for paying the entry fee as specified. The time limit for paying the entry fee shall not be earlier than 6 weeks prior to the event. Late entries and changes shall be accepted by the organiser if possible, and may be charged an additional fee.

7.3 If the use of official transport to the competition sites is mandatory, the competitor shall be responsible for defraying these costs.

8. Starting Order

8.1 In an interval start, the competitors of the same class start singly at equal start intervals. In a mass start, all competitors in a class start simultaneously; in relays this applies only to the team members running the first leg. In a chasing start, the competitors start singly at start times and intervals determined by their previous results.

8.2 The normal start interval for the WE and ME classes should not be less than 3 minutes in Long Distance, 2 minutes in Middle Distance and one minute in Sprint Distance competitions. The normal state interval for all other classes should not be less than one minute.

8.3 The starting order shall be approved by the event controller. The start draw may by public or private. It may be made by hand or by a computer. The start list shall be published prior to the competition. The start list shall also be displayed at the Event Centre and the Start.

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

8.5 In qualification race competitions, the starting order of the finals (other than chasing start finals) shall be the reverse of the placings in the qualification race heats; the best competitors shall start last. Ties shall be decided by drawing lots. Eg. if two competitors tie for 6th place in heat 1, a coin shall be tossed to determine who has placing 6 and who has placing 7 in heat 1 for the purposes of this rule. Competitors with the same placing in the different parallel heats shall start in the sequence of the number of their heat, ie. 1, 2, 3...; the winner of the highest numbered heat therefore starts last.

8.6 In qualification race competitions, if two or more competitors tie for a place in a final, all of them shall qualify for that final.

9. Terrain

9.1 The terrain shall be suitable for setting competitive orienteering courses.

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

9.3 The competition terrain shall be embargoed as soon as it is announced by the Organiser. If that is not possible, then arrangements for access to the terrain must be published at the same time.

9.4 Embargoed competition area shall not be access for any orienteering activity or surveying activity without prior approval from the event organizer. From one day before the competition until the close of the competition, apart from the orienteering competition, competitors shall not enter the competition area to conduct any activity.

9.5 Any rights of nature conservation, forestry, hunting, etc in the area shall be respected.

10. Maps

10.1 Maps, course markings and additional overprinting shall be drawn and printed according to the International Orienteering Federation (IOF) International Specification for Orienteering Maps (2017 ed.) (ISOM) or the IOF International Specification for Sprint Orienteering Maps (2007 ed.) (ISSOM). Deviations need the approval of the Technical Secretary.

10.2 The map scale for long distance races shall be 1:15,000. The map scale for middle distance races and for relays shall be 1:10,000. The map scale for Sprint (including Sprint Relays) shall be 1:5000 or 1:4000.

10.3 Errors on the map and changes which have occurred in the terrain since the map was printed shall be overprinted on the map, or stated in the event information and display at the event centre on the event day if they have a bearing on the event.

10.4 Maps shall be protected against moisture and damage.

10.5 If a previous orienteering map of the competition area exists, colour copies of the most recent edition must be displayed for all competitors on the day prior to the competition.

10.6 On the day of the competition, the prohibition or the allowance to use any map of the competition area by competitors or team officials could be decided by the organizer and it should be stated in the event information.

10.7 The competition map should include only the competition area required.

10.8 The Association shall have the right to reproduce the event maps with courses in their official publications without having to pay a fee to the organiser.

11. Courses

11.1 The IOF *Principles for Course Planning* and the competition format descriptions (see Appendix B) shall be followed.

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

11.3 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, uncrossable thickets, etc.), prohibited areas and marked routes.

11.4 The total climb shall be given as the climb in metres along the shortest sensible route. Given the local terrain, under normal circumstances, the total climb should not exceed 6% of the course length.

11.5 In relay competitions, the controls shall be combined differently for the teams, but all teams shall run the same overall course. If the terrain and the concept of the courses limit it, the lengths of the legs may be significantly different. However, the sum of the winning times of the legs shall be kept as prescribed. All teams must run the different length legs in the same sequence.

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

11.7 In any event, the maximum running times shall not exceed:

- Sprint - 60 minutes
- Middle Distance – 120 minutes
- Long Distance – 150 minutes
- Relay - 4 hours

12. Restricted Areas

12.1 Rules set by the organiser to protect the environment and any related instructions from the organiser shall be strictly observed by all persons connected with the event.

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

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

13. Control Descriptions

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

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

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

13.4 For interval start competitions, separate control description lists for each course shall be available at the pre-start or in the start lanes, but shall not be available before that point. (for each competitor on the course).

14. Control Set-up

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

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

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

14.4 Controls (including the start control flag) shall not be sited within 30 metres of each other (25 metres for map scales 1:5000 or 1:4000). The distance between the controls is measured in a straight line. (Please also refer to the IOF Principles for Course Planning.)

14.5 Control shall be sited so that the presence of a person punching does not significantly help nearby competitors to find the control.

14.6 Each control shall be identified with a code number, which shall be fixed to the control so that a competitor using the marking device can clearly read the code. Numbers less than 31 may not be used. The figures shall be black on white, between 3 and 10 cm in height and have a line thickness of 5 to 10 mm. Horizontally displayed codes shall be underlined if they could be misinterpreted by being read upside down (e.g. 161).

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

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

14.9 At least pure water of suitable temperature shall be offered as refreshment.

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

15. Punching Systems

15.1 The SPORTident, Emit and Chinahealth Electronic Punching and Timing systems are the only approved punching systems to be used in orienteering competitions. The use of any other control punching system requires the approval of the Technical Secretary.

15.2 Competitors shall have the possibility of practising with the electronic punching system at the model event.

15.3 Competitors shall be responsible for punching their own card at each control using the punching device provided.

15.4 The control card must clearly show that all controls have been visited.

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

In the case of SPORTident, this rule means that:

- If one unit is not working, or appears not to be working, a competitor must use the backup provided and will be disqualified if no punch is recorded.

- If a competitor punches too fast and fails to receive the feedback signals, the card will not contain the punch and the competitor must be disqualified (even though the control unit may have recorded the competitor's card number as an error punch)

- It is permitted for the organizer to read the backup from any control. A competitor can require the organizer to read the backup from a control, subject to a payment of $100. If the control is found to contain a complete (non-error) punch; the competitor shall be recorded as having punched that control correctly and the fee will be returned; otherwise the fee shall be retained by the organizer.

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

15.6 The organiser has the right to have the control card checked by officials at appointed controls.

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

15.8 The label attached to the competitor's electronic control card for back-up must be such that it will survive the conditions likely to be encountered during a competition (including immersion in water). It is the competitor's responsibility to ensure that the back-up card is marked so that it can be used if the electronic punch is missing.

16. Equipment

16.1 As long as the rules of the organiser do not specify otherwise, the choice of clothing and footwear shall be free.

16.2 Start number bibs shall be worn on the chest and clearly visible at all times. The bibs shall not be larger than 25x25 cm with figures at least 10 cm high. The number bibs may not be folded or cut.

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

16.4 A whistle shall be carried by all competitors to be used in emergency. (unless indicated otherwise by event organizer)

16.5 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.

17. Start

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

17.2 A warm-up area shall be set up next to the start area. Only competitors who have not started and team officials shall be allowed into the warm-up area.

17.3 The start may be organised with a pre-start before the time start, situated at one edge of the warm-up area. If there is a pre-start, a clock showing the call up time to team officials and competitors shall be displayed there, and the competitors' numbers could be called or displayed. Beyond the pre-start, only starting competitors and media representatives guided by the organiser are allowed.

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

17.5 The start shall be organised so that later competitors and other persons cannot see the map, courses, route choices or the direction to the first control. If necessary, there shall be a marked route from the time start to the point where orienteering begins.

17.6 Competitors take their map at or after their start time. The competitor is responsible for taking the right map. The competitor's start number or name or course shall be indicated on or near the map so as to be visible to the competitor before he/she starts.

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

17.8 Competitors who are late for their start time shall be permitted to start. Their new start time must be recorded.

- In a mass or chasing start, the competitor shall be started as soon as possible.
- In an interval start, if the competitor is at the start line less than half the start interval after their start time, they shall start immediately.
- In an interval start, if the competitor is at the start line more than half the start interval after their start time, they shall start at the next available half start interval.

17.9 Competitors who are late for their start time through the fault of the organiser shall be timed from their new start time. Competitor who are late for their start time, not through the fault of the organiser shall be timed as if they had started at their original start time.

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

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

17.12 With the approval of the Event Controller the organiser may arrange mass starts for the later legs for relay teams that have not changed over.

17.13 Once a relay team has accepted its disqualification, no further members of that team shall be allowed to start.

18. Finish and Timekeeping

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

18.2 The run-in to the finish shall be bounded by tape or by rope. The last 10 meters shall be straight.

18.3 The finish line shall be at least 1.5 meters wide and shall be at right angles to the direction of the run-in. The exact position of the finish line shall be obvious to approaching competitors.

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

18.5 The finishing time shall be measured when the competitor's chest crosses the finish line or when the competitor punches at the finish line. Times shall be rounded down to whole seconds. Times shall be given in either hours, minutes and seconds or in minutes and seconds only.

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

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

18.8 The organiser may set maximum running times for each class with the approval of the Event Controller.

18.9 There shall be medical facilities and personnel at the finish, who are also equipped to work in the terrain.

19. Results

19.1 Provisional results shall be announced and displayed in the finish area or the assembly area during the competition.

19.2 The official results shall be published no more than 4 hours after the latest allowable finishing time of the last starter.

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

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

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

19.6 In relays where there are mass starts for later legs, the sum of the individual times of the team members shall determine the placing of the teams that have taken part in such mass starts. Teams taking part in mass starts for later legs are placed after all teams which have changed over and finished in the ordinary way.

19.7 Competitors or teams who exceed the maximum time, shall not be placed.

19.8 Copies of the results shall be published on the Internet within 15 days of the event.

19.9 The results must be based on competitors' times for the whole course. No changes may be made to these times on the basis of split times.

20. Fairplay

20.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

20.2 Except in the case of an accident, obtaining assistance from other runners or providing assistance to other competitors during a competition is forbidden. It is the duty of all competitors to help injured runners.

20.3 In an individual interval start race, competitors are expected to navigate and run through the terrain independently.

20.4 Doping is forbidden. The IOF Anti-Doping Rules apply to all competitions and the Technical Committee may require doping control procedures to be conducted.

20.5 The organiser, with the consent of the Event Controller, may decide to publish the venue of the competition in advance. If the venue is not made public, all officials shall maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.

20.6 Any attempt to survey or train in the competition terrain is forbidden. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.

20.7 The organiser shall bar from the competition any competitor who is so well acquainted with the terrain or the map, that the competitor would have a substantial advantage over other competitors. .

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

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

20.10 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.

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

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

20.13 The organizer must stop and postpone or cancel a race if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitor, officials or spectators.

20.14 The organiser must void a race if circumstances have arisen which make the race significantly unfair.

21. Complaints

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

21.2 Complaints may only be made by team officials or competitors.

21.3 Any complaint shall be made in writing to the organiser as soon as possible. A complaint is adjudicated by the organizer. The complainant shall be informed about the decision immediately.

21.4 There is no fee for a complaint.

21.5 The organiser may set a time limit for complaints and must publish it before the competition.

22. Protests

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

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

22.3 Any protest shall be made in writing to the organiser/a member of the jury no later than 15 minutes after the organiser's has announced the decision about the complaint.

22.4 There is no fee for a protest.

23. Jury

23.1 A jury shall be appointed to rule on protests.

23.2 The Technical Secretary shall appoint the Jury.

23.3 The jury shall consist of 3 voting members from different clubs and not being a member of the club organising the event. The Event Controller shall lead the jury but has no vote.

23.4 A representative of the organiser may participate in jury meetings but may be asked to leave before the jury makes its decision. The representative of the organiser has no vote.

23.5 At least one jury member shall be present at all major activities during the event.

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

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

23.8 If a jury member declares him- or herself prejudiced or if a jury member is unable to fulfill his or her task, the Event Controller shall nominate a substitute.

23.9 Arising from its ruling on a protest, the jury — in addition to instructing the organiser — may recommend that the Association excludes a person from some or all future Association events in the case of a major violation of the rules.

23.10 Decisions of the jury are final.

24. Appeals

24.1 An appeal may be made against infringements of these rules if a jury is not yet set up, or if the event is over and the jury has dispersed.

24.2 An appeal may only be made by clubs.

24.3 An appeal shall be made in writing to the Technical Secretary as soon as possible.

24.4 There is no fee for an appeal.

24.5 Decisions about an appeal are final.

24.6 The Technical Secretary shall deal with the Appeal.

25. Event Control

25.1 All orienteering competitions, for which these rules are binding, shall be controlled by an Event Controller. The Event Controller shall be appointed at the time of the appointment of an organiser.

25.2 The Technical Secretary shall appoint Event Controllers for Annual Orienteering Championships, Ranking League and Colour Coded Events Competitions. The Technical Secretary shall decide for which other orienteering competitions he will appoint the Event Controller.

25.3 If the Event Controller is appointed by the Technical Secretary, he or she is the official representative of the Association to the organiser. He or she is responsible to the Technical Secretary.

25.4 The club organising the competition shall always appoint an Event Organiser. This Event Organiser shall assist the Event Controller appointed. If the Association does not appoint an Event Controller for the event, the Event Organiser appointed by the club will be the Event Controller. The controller appointed by the club need not come from the same club.

25.5 All Controllers and Event Organisers shall hold the Association's controller licence. No Event Controller, Event Organiser or Event Controller's Assistant may have any responsibility for a participating team.

25.6 The Event Controller shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The Event Controller has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event.

25.7 The Event Controller shall work in close collaboration with the Event Organiser, and shall be given all relevant information. All official information sent by the organiser to clubs and/or competitors, such as bulletins, shall be approved by the Event Controller.

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

- to approve the venue and the terrain for the event
- to look into the event organisation and assess the suitability of the proposed accommodation, food, transport, programme, budget and training possibilities
- to assess any planned ceremonies
- to approve the organisation and layout of start, finish and changeover areas
- to assess the reliability and accuracy of the timekeeping and results producing systems
- to check that the map conforms with the IOF standards.
- to approve the courses after assessing their quality, including degree of difficulty, control sittings and equipment, chance factors and map correctness
- to check any course splitting method and course combinations
- to assess arrangements and facilities for the media
- to assess arrangements and facilities for doping tests
- to approve the official results

25.9 The Event Controller shall make as many controlling visits as he or she deems necessary. The Event Controller shall record his comments and suggestions made to the club-controller and include them in his final report to the Technical Secretary.

25.10 One or more assistants may be appointed by the Technical Secretary to help the Event Controller, particularly in the fields of mapping, courses, financing, sponsoring and media.

26. Event Reports

26.1 No more than 4 weeks after the event, the organiser shall submit the Competition Report to the Event Controller with the Association Competition Report Form.

26.2 No more than 2 weeks after receiving the Competition Report, the Event Controller shall complete the remaining sections of the Competition Report and submit the report to the Technical Secretary.

27. Advertising

27.1 Advertising of tobacco and hard liquor is not permitted.

27.2 The names 'Annual Orienteering Championship', 'Champions League', 'Colour Coded Events', 'Birney Memorial Competition' and 'Night Orienteering Championship' shall not be associated with advertising companies or other sponsors of the events.

27.3 Start and finish banners shall be designed to allow no more than 40% of the area for advertising.

27.4 Start number bibs shall be designed to allow no more than 30% of the area for advertising. The legibility of the start number shall not be disrupted by the design of the bib.

27.5 The Association may issue specific rules for advertising and Sponsorship.

28. Media Service

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

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

Appendix A Ranking League Competitions and Colour Coded Events

A.1 Ranking League Competitions

A.1.1 The following classes shall be offered in a Champions League Competition :

Classes (Sprint)	**Classes (Middle-Long Distance)**	**Age of Competitor**
W8 M8	---	Not older than 8
W10 M10	~~---W10 M10~~	Not older than 10
W12 M12	W12 M12	Not older than 12
W14 M14	W14 M14	Not older than 14
W16 M16	W16 M16	Not older than 16
W18 M18	W18 M18	Not older than 18
W20 M20	W20 M20	Not older than 20
W35 M35	W35 M35	Not younger than 35
W40 M40	W40 M40	Not younger than 40
W45 M45	W45 M45	Not younger than 45
M50 W50	M50 W50	Not younger than 50
M55 W55	M55 W55	Not younger than 55
M60	M60	Not younger than 60
W21 M21	W21 M21	No Limit
WE ME	WE ME	No Limit

A.1.2 The minimum are limit in Ranking League Event (Sprint Competition) is 6; the minimum age limit in Ranking League Event (Middle-Long Distance Competitions) is 10.~~The minimum age limit in Ranking League Event (Sprint Competiton) is 6; the minimum age limit in Ranking League Event (Middle-Long Distance Competiton) is 8~~

A.1.3 Competitors aged below 18 must get the approval of parents.

A.1.4 The following maximum course length and expected winning time shall be observed by the course planner. The **expected winning time** shall be the decisive factor in course planning.

Middle-Long Distance Competiton

Class	**Course**	**Expected winning time (Middle Distance – Long Distance)**
ME	A	30-90 min
WE, M21, M35, M40	B	30-80 min
M20, M45, W21, W35	C	25-70 min
M18, M50, W18, W20, W45, W40 W45, W50	D	25-65 min
W16, M16,W55, M60	E	25-50 min
W12, W14, M12, M14	F	20-40 min

Sprint Competition

Class	**Course**	**Expected winning time**
ME, M21, M35, M40, M20	A	12-15 min
WE, W21, W35, W20	B	12-15 min
M55, M50, M45, M18, M16	B	12-15 min
M60, W55, W50, W45, W40, W18, W16	C	12-15 min
M14, W14, M12, W12	C	12-15 min
M10, W10	D	12-15 min
M8, W8	E	12-15 min

A.1.5 Not more than 30 competitors shall be selected by the Technical Secretary (in consultation with the Training and Coaching Secretary and the Selection Secretary) to run in the WE or ME classes respectively in the Ranking League Competitions for a Competition Season. Overall Ranking League results of the WE, ME, W21 and M21 classes and other Championship results of the previous season shall be the main consideration but runners of other classes with comparable results shall also be considered.

A.1.6 Elite classes (M21E and W21E) competitors who attained 700 ranking points at the end of the years, and competitors of the M21A and W21A classes who attained a minimum of 800 points at the end of the year, shall be invited to compete the elite classes of the next ranking season (Middle and Long League, and Sprint League respectively)

Competitors of the M20 and W20 classes who had been ranked in the first three places of the Middle Distance, or the Sprint Distance ranking league at the end of the year shall also be invited to complete in the elite classes of the respective distance in the next season.

A.1.7 Ranking scores of a competitor in a ranking competition is calculated as follows:

Competitor's Ranking Score = 1000 x Fastest finish time in the class / Competitor's Finish time

A.1.8 The Long/Middle Distance and Sprint Distance ranking score of a competitor in a competition season is the average of his or her THREE highest ranking scores in respective Ranking League.

A.1.9 The overall ranking score of a competitor who has assisted in the organisation of a Ranking League competition, who is unable to participate in that competition, shall be the average of his or her THREE highest ranking scores. (The average of his or her THREE ranking scores shall be calculated even if he or she is unable to obtain three ranking scores).

$$\frac{A + B + \left(\frac{A + B + C}{3}\right)}{3}$$

A: Overall highest score in Ranking League Event
B: Second highest score in Ranking League Event
C: Third highest score in Ranking League Event

The name of the competitor must be registered by the Organiser with the Technical Secretary at least two weeks before the competition. Not more than ten officials can be registered by the Organiser.

A.1.10 A competitor's result in a Ranking League Competition shall be counted towards ranking if he or she has registered as a member of the Association three weeks before the competition.

A.1.11 A club shall not organise more than one competition each in Long/Middle Distance Ranking League and one Sprint Distance Ranking League in a competition season.

A.1.12 The organiser of a Ranking League competition shall provide the Association with a complete results list of all competitors in the specified format.

A.1.13 Clocks with digital display shall be put up at the Event Centre and the Start showing the official event time. The official time shall not be earlier than the time of the observatory.

A.2. Colour Coded Event

A.2.1 A maximum of seven courses shall be offered in a Colour Coded Event.

A.2.2 The following maximum course length and level of difficulty shall be observed by the organiser.

Level of Technical Difficulty (Course Length)	Target Competitor	Maximum Length	Course
Difficult (Long)	Expert Orienteer	6 km	Brown
Difficult (Short)	Expert Orienteer	4 km	Blue
Medium (Long)	Experienced Orienteer	5-6 km	Green
Medium (Short)	Experienced Orienteer	3-4 km	Red
Easy (Long)	Beginner	4-5 km	Orange
Easy (Short)	Beginner	3 km	Yellow
Very Easy	CATI	2 km	White

A.3 Guidelines on the organization of orienteering event for youngsters in League Events

A.3.1 The course must be set along distinctive handrail.

A.3.2 Control points must be placed at distinctive map features.

A.3.3 Leg distance should not exceed 500m.

A.3.4 Length and duration of course must adhere to course setting guideline (Item A.1.5).

A.3.5 May use a map of a larger scale.

A.3.6 The course must avoid the use of hazardous landscape.

A.3.7 Course marshals must be deployed on the course to render assistance and security.

A.3.8 Coach may be deployed at the event centre and start to assist the young competitors.

Appendix B Competition Formats

B.1. SPRINT

B.1.1 The profile

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

B.1.2 Course planning considerations

In Sprint spectators are allowed along the course. The course planning shall consider this, and all controls must be manned. It may also be necessary to have guards at critical passages alerting spectators of approaching competitors and making sure that competitors are not hindered. The start should be at the Arena and spectator sites may be arranged along the course. The spectator value could be enhanced by building temporary stands and by having an on-course announcer. Both spectator sites and sites for media/photographers shall be announced at the Arena. The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bound areas. If there is such a risk, a referee should be at such locations to prevent possible attempts. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. when there are complex three-dimensional structures).

B.1.3 The map

The ISSOM specification shall be followed. The map scale is 1:4000 or 1:5000. It is crucial that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering the passage must be correctly represented and drawn to size.

B.1.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 12 – 15 minutes, preferably in the lower part of the interval. The start interval is 30 seconds and a time-trial, individual format is used. Timing is normally to 1 second accuracy.

B.2 MIDDLE DISTANCE

B.2.1 The profile

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

B.2.2 Course planning considerations

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

B.2.3 The map

The standard ISOM specification shall be followed. The map scale is 1:10 000.

B.2.4 Winning time, start interval and timing

The winning time, for both women and men, shall be 30 – 35 minutes. The start interval is 1 minutes and a time-trial, individual format is used. The competitor shall have passed the start gate before having access to the map.

B.3 LONG DISTANCE

B.3.1 The profile

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

B.3.2 Course planning considerations

The course should be set to allow competitors to be seen by spectators during the course of the race as well as when finishing. Preferably, the start should be at the Arena and the course should make runners pass the Arena during the competition. A special element of the Long distance is the long legs, considerably longer than the average leg length. These longer legs may be from 1.5 to 3.5 km depending on the terrain type. Two or more such long legs should form part of the course (still requiring full concentration on map reading along the route chosen). Another important element of the Long distance is to use course- setting techniques to break up groups of runners. Butterfly loops are one such technique. The terrain itself should be used as a break-up method by putting the course through areas with limited visibility. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

B.3.3 The map

The standard ISOM specification shall be followed. The map scale is 1:10 000.

B.3.4 Winning time, start interval and timing

The winning time shall be 70 – 80 minutes for women and 90 – 100 minutes for men. The start interval is 1 minutes. A time-trial, individual format is used. The competitor shall have passed the start gate before having access to the map.

B.4 RELAY

B.4.1 The profile

The Relay profile is team competition. It takes place in a non-urban (mostly forested) environment. The format is built on a technically demanding concept, more similar to the concept of the Middle than the Long distance. Some elements characteristic of the Long distance, like longer, route-choice legs should occur, allowing competitors to pass each other without making contact. Good Relay terrain has characteristics that make runners lose eye contact with each other (such as denser vegetation, many hills/depressions etc.). Terrain with continuous good visibility is not suitable for the Relay.

B.4.2 Course planning considerations

The Relay is a spectator friendly event in offering a competition between teams, head-to- head, and with the first to finish being the winner. The Arena layout and the course setting must consider this (e.g. when forking is used, the time difference between alternatives should be small). The competitors should, on each leg, pass the Arena, and if possible runners should be visible from the Arena while approaching the last control. An appropriate number of intermediate times (possibly with in-forest commentators) should be provided (as well as TV-controls shown on screen in the Arena). The mass start format requires a course planning technique separating runners from each other (e.g. forking). The best teams should be carefully allocated to different forking combinations. For fairness reasons the very last part of the last leg shall be the same for all runners. Spectators are not allowed along the course except for parts passing the Arena (including controls at the Arena).

B.4.3 The map

The standard ISOM specification shall be followed. The map scale is 1:10 000. The decision on map scale shall be based on the complexity of the course design (e.g. short legs with controls close to each other may require the larger map scale). When 1:10 000 is used the terrain shall be mapped for 1:10 000 and strictly enlarged as specified by the ISOM.

B.4.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 90-105 minutes for both the women's relay and the men's relay. Within the total time, the time for different legs may vary. No leg should be longer than 40 minutes or shorter than 30 minutes. The Relay is a mass start format and consists of three legs for both women and men. At the finish line there shall be photo-finish equipment to assist in judging the correct placings.

B.5 SPRINT RELAY

B.5.1 The profile

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

B.5.2 Course planning considerations

A relatively small area is required for a competition (especially with the use of an arena passage). The event shall be easy to understand for the spectators. It should be possible to cover at least 70-80 % of the course with TV cameras. The competition should be based on a 75 minutes live broadcasting and arena production concept; 15 minutes should be allocated for broadcasting introductions, interviews and prize-giving ceremonies. An arena passage should be used, if possible without compromising course quality too much. When there is a comprehensive TV coverage on the course, the arena passage may not always be required. This also gives more flexibility for course planning and may enable better and more challenging courses. Two loops per leg should be used if there is an arena passage with one loop printed on each side of the map. Courses shall be forked. GPS tracking is required and touch-free punching should be considered. (For reference only in Hong Kong)

B.5.3 The map

See B.1.3 Sprint.

B.5.4 Winning time, start interval and timing

The winning time (the total time for the winning team) shall be 55-60 minutes. The time for each leg shall be 12-15 minutes so the first and last legs (which are run by women) should be a little shorter than the second and third legs. Timing shall preferably be made by electronic means, but manual systems may be used. At the finish line there shall be photo-finish equipment to assist in judging the placing.

Appendix C Code of Conduct

C.1. General Provisions

C.1.1 Sporting fairness is the guiding principle of the conduct of persons taking part in any orienteering competition.

C.1.2 Rules on Fairplay in the By-law shall be observed by all persons taking part in any orienteering competition.

C.1.3 Safety instructions given by the organiser shall be observed.

C.1.4 A competitor must carry a compass and a whistle in an orienteering competition.

C.1.5 A competitor shall observe the maximum running time allowed and must return to the finish before the closing time of the course.

C.1.6 A competitors must report back to the finish after starting, notwithstanding he or she may have been disqualified, has withdrawn or has exceeded the maximum running time.

C.1.7 A competitor who breaks any rule, or who benefits from the breaking of any rule, may be disqualified.

C.1.8 Non-competitors who break any rule are liable to disciplinary action.

C.2. Respect for the Environment

C.2.1 All persons taking part in an orienteering competition shall respect the environment, protect wildlife, flora and fauna.

C.2.2 All persons taking part in an orienteering competition shall observe local regulations, respect the right of local residents and other people in the competition area.

C.2.3 All persons taking part in an orienteering competition shall not litter, pollute the environment or start any fire.

C.3. Disqualification

C.3.1 A competitor shall be disqualified if he or she :

- assists or interferes other competitors,
- follows another competitor deliberately,
- uses a map not issued by the Organiser,
- fails to wear a number bib on the chest,
- falsifies a control card,
- fails to run the course and punch controls in the correct sequence in cross-country event,
- interferes with any course equipment,
- uses any form of technical equipment in his or her competition,
- after finishing a course, gives information regarding the event to those waiting to start ,
- after finishing, return into the competition area without the approval of event officials

C.4. Participation in International Orienteering Events

C.4.1 All persons taking part in an international orienteering event inside or outside the territory of Hong Kong representing Hong Kong or the Association or as a participant entering from Hong Kong shall behave in a manner bringing credit to the reputation of the Territory and the Association.

C.4.2 If an official team is organised by the Association and a Team Manager and/or Coach has been appointed by the Association, all official representation to the organiser shall be handled by the Manager or Coach. Official representation shall include official contacts, entries, enquiries, alterations, complaints and protests. In addition, all contacts with the media on behalf of the Association and the Team shall be handled by the Team Manager or Coach.

C.4.3 All participants shall follow the official itinerary, schedules and lodging arrangements of the official team.

C.4.4 Team uniform shall be worn by all participants at official functions of the events.

C.4.5 Without the expressed authority of the Association, no person shall solicit sponsorship or support, and enter into any form of travel, sponsorship arrangement with any party on behalf of the Association, its official team and any persons taking part in an international orienteering event.

C.4.6 Individual departures from these directives shall require the endorsement of the Association, the Team Manager or Coach.

C.4.7 Participants in an International Orienteering Event is advised to take out their own travel insurance.

Appendix D Event Safety

D.1. Competitors participate at their own risk. They should take into account their own ability to participate in the competition.

D.2. The Event Organiser has the responsibility to avoid putting competitors in hazardous competition environment. The safety of non-competitors who may be present in the area during the competition should also be considered.

D.3. The Event organizer shall conduct safety assessments for the competition. Safety precautions shall be installed whenever a risk has been identified.

D.4. The Event Controller shall conduct a safety audit on the Event organizer's safety assessment of the competition before the event. The Event controller shall examine and approve the safety precautions for the competition.

D.5. The safety assessment shall include the examination of :
a. the geographical environment,
b. man-made hazards,
c. road and traffic,
d. inclement weather,
e. course and event facilities.

D.6. The following measures may be considered to mitigate a risk, they are:
a. cordoning-off of hazardour area,
b. marked prescribed route or passage,
c. safety patrol,
d. guarded control,
e. traffic direction and control.

D.7. The Event Organiser must stop, and postpone or cancel a race if at any point it becomes clear that circumstances have arisen which make the race dangerous for the competitor, officials or spectators.

D.8. When the No. 3 tropical cyclone warning (or above), a red or black rainstorm warning, or a thunder storm warning for the vicinity of the competition has been issued by the Hong Kong Observatory, the organiser must stop, and postpone or cancel a race.

D.9. Dangerous area shall be marked on the map. If it is too late to make changes or overprint on the map, the information shall be published in the event information and displayed at a the event centre and the start area on the day of the competition. The dangerous area shall also be clearly marked on the ground and guarded.

D.10. If the estimated winning time is more than 30 minutes, refreshments shall be available at least every 25 minutes at the estimated speed of the winner. At least pure water shall be offered as refreshment.

D.11. There shall be medical facilities and personnel at the finish, who are also equipped to work in the terrain.

D.12. A whistle must be carried by all competitors in a competition.

D.13. It is the duty of all competitors to help injured runners.

Appendix E Orienteering Championship Competition

E1.1 Competition Disciplines and Classes

Competition Discipline	Classes
Long Distance Championship	Men Class and Women Class
Middle Distance Championship	Men Class and Women Class
Sprint Distance Championship	Men Class and Women Class

E1.2 Qualification and Quota

Competition Discipline	Qualification	Quota
Long Distance Championship	1. Overall ranking result in Long/Middle Distance Ranking League in previous competition year ● M/WE: Top 15 ● M/W21: Top 5 2. Designated Color-coded Event, Result of following classes: ● Men: Brown ● Women: Blue 3. Satisfied criteria 1 or 2 above. He/she shall be an OAHK Member and aged 15 or above	Men: 45 Women: 45
Middle Distance Championship	1. OAHK Member and aged 15 or above 2. OAHK Training Squad member aged under 15 with recommendation of squad coach	Unlimited
Sprint Distance Championship	OAHK Member and aged 10 or above	Unlimited

E1.3 Expected Winning Time

Competition Discipline	Class	Expected Winning Time (Minutes)
Long Distance Championship	Men	90
	Women	75
Middle Distance Championship	Men	35
	Women	35
Sprint Distance Championship	Men	15
	Women	15