

Special Rules for the 2008 World Cup in Orienteering

The World Cup in 2008 will consist of 13 competitions. The programme includes the World Orienteering Championships (WOC) in Czech Republic, the European Orienteering Championships (EOC) in Latvia and competitions held as part of already existing, high-quality events in Norway, Sweden and Switzerland.

The full programme is:

	Date	Type of competition	Event	Country
1)	Mon 26 May	Sprint	EOC	Latvia
2)	Wed 28 May	Long	EOC	Latvia
3)	Sat 31 May	Middle	EOC	Latvia
4)	Fri 20 June	Middle with Micr-O	O-Festivalen	Norway
5)	Sat 21 June	Long, chasing start	O-Festivalen	Norway
6)	Sun 13 July	Sprint	WOC	Czech Republic
7)	Thu 17 July	Middle	WOC	Czech Republic
8)	Sat 19 July	Long	WOC	Czech Republic
9)	Tue 22 July	Sprint	O-Ringen	Sweden
10)	Wed 23 July	Long, mass start	O-Ringen	Sweden
11)	Thu 24 July	Middle	O-Ringen	Sweden
12)	Sat 4 October	Middle	Post Finance	Switzerland
13)	Sun 5 October	Sprint	Post Finance	Switzerland

The **Competition Rules for IOF Foot Orienteering Events** (as published on the IOF website www.orienteering.org on 1st January 2007) apply to all 2008 World Cup events. For competition 4, the rules for Micr-O are the Preliminary Micr-O rules including the 'TV' rules, published as Appendix 1 to these Special Rules.

In the case of a tie for qualification in any of the following competitions, all the tied runners qualify.

Competition 1, 2, 3 European Championships, Latvia

European Championship Rules apply (see IOF Competition Rules Appendix 7) with the amendment that participation is open to all IOF full members. A federation may enter a maximum of 6 runners in each class. The current European Champion shall be given a wild card in addition to the ordinary entries from his/her federation. (IOF Rules appendix 7 section 4).

Competition 4, 5 Norway

4) Day one: Middle distance, individual interval start with Micr-O. There is no prior qualification. The start order is reverse World Cup current standings. Runners without World Cup points start first and their order is determined by a draw. The start interval is 1 minute.

5) Day two: Long distance chasing start. Qualification: athletes must have valid results in World Cup 4. Start order and time differences are according to the results in World Cup 4; winner starts first.

Competitions 6, 7, 8 WOC Czech Republic

WOC rules apply.

Competitions 9, 10, 11 Sweden

9) Day one: Sprint distance, individual interval start. There is no prior qualification. The start order is reverse World Cup current standings. Runners without World Cup points start first and their start order is determined by a draw. The start interval is 1 minute.

10) Day two: Long distance, mass start. There is no prior qualification.

11) Day three: Middle distance, individual interval start. The competition consists of A- and B-Finals. For the A-final, the qualification criteria are

- 1) The 40 best placed (out of those entered for Competition 11) in the World Cup current standings, and
- 2) Runners with the 10 best World Cup point scores (out of those entered for Competition 11) when adding events 9 and 10 together, not qualified according to 1.

The remaining entrants compete in the B-Final. The start order in the A-final is reverse World Cup current standings (leader starts last). The start order in the B-final is determined by a draw. The start interval is 2 minutes.

Competitions 12, 13 Switzerland

12) Day one: Middle distance, individual interval start. There is no prior qualification. The 40 runners with the highest World Cup standings start last in reverse order (leader starts last); the rest of field start earlier and their start order is determined by a draw. The start interval is 2 minutes.

13) Day two: Sprint distance, individual time trial. The competition consists of one Final only, with 40 competitors. These 40 competitors are the 40 highest placed competitors in the World Cup Standings (8 out of first 11 plus score from competition 12) out of those entered for competition 13. The start order is reverse World Cup current standings (leader starts last). The start interval is 1 minute.

World Cup standings are defined as

After 1 competition	1 out of 1
After 2 competitions	2 out of 2
After 3 competitions	3 out of 3
After 4 competitions	4 out of 4
After 5 competitions	5 out of 5
After 6 competitions	6 out of 6
After 7 competitions	7 out of 7
After 8 competitions	8 out of 8
After 9 competitions	8 out of 9
After 10 competitions	8 out of 10
After 11 competitions	8 out of 11
After 12 competitions	8 out of first 11 plus score from competition 12
After 13 competitions	8 out of first 11 plus scores from competitions 12 and 13

National runners quota for competitions 4, 9, 10, 11 and 12

There will be a maximum number of runners allowed for each Federation. This depends on the strength of each Federation as measured by performance in the IOF World Rankings list based on the total points of the leading 10 athletes from that Federation. The national quota will be based on the position of each Federation based on the ranking points of athletes as published on 1st January 2008 in the World Rankings section of the IOF website. Separate quotas will apply for men and women.

The allocations will be:

- Top 6 nations get 8 places
Women: FIN, SWE, SUI, NOR, CZE, GBR
Men: SUI, FIN, SWE, NOR, GBR, CZE
- All others get 6 places

A Federation may enter any runner irrespective of their position within the IOF World Rankings list.

All reigning Individual World Champions of 2007 (only event 4) and all reigning Individual World Champions of 2008 (events 9, 10, 11 and 12) shall be offered a free place in all of these competitions provided he/she is selected by his/her federation. This free place shall be additional to the national quota.

The organising nation ("home nation") shall have the right to enter an additional 4 athletes of each gender (4 men and 4 women).

Scoring System

In the **World Cup** competition the total score shall be counted by adding:

- a) 8 scores from events 1-11 (8/11)
- b) 2 scores from events 12,13 (2/2)

The scoring system gives 100 points to the winner, 80 points to second place, 60 points to third place and is given in full below:

1 st place	100 points
2 nd place	80 points
3 rd place	60 points
4 th place	50 points
5 th place	45 points
6 th place	40 points
7 th place	37 points
8 th place	35 points
9 th place	33 points
10 th place	31 points
11 th place	30 points
12 th place	29 points
.....	
40 th place	1 point

There are no points awarded for B-Finals.

Prize money

The seven World Cup races (excluding EOC and WOC) contribute 1000€ each making a total prize money "pot" of 7000€. This is divided as follows amongst the overall World Cup leaders as follows:

Place	Men	Women
1 st	1200€	1200€
2 nd	800€	800€
3 rd	600€	600€
4 th	400€	400€
5 th	300€	300€
6 th	200€	200€

Appendix 1

Preliminary IOF Rules for Micr-O

IOF Rules for international competitions and championships with Micr-O-section(s)

1. General

Micr-O is a novel form of orienteering developed initially for TV broadcast interest. Its main principle is that a conventional (correct) control site has a number of false (dummy) control sites placed nearby on similar looking features thereby forcing the competitor to navigate with increased precision in the vicinity of the control site. Punching a false control rather than the correct one results in a penalty and not in disqualification.

The Micr-O principle is not just suitable for races broadcast on TV however and may be incorporated into races at all levels. Where TV, media and spectator interest are paramount, extra Rules are needed and these appear below accompanied by "TV" in the left hand margin.

1.1 The race consists of:

approximately 10-90 minutes of traditional orienteering
one or more sections of Micr-O, lasting approximately 5 to 10 minutes each.

TV

a taped route to the penalty loop

TV

possible penalty loops (20-25 seconds per loop)

the penalty loop could be replaced by a time penalty (see 5.1)

a final section of traditional orienteering

1.2 A punch must be recorded at every control cluster in the Micr-O part.

If there is more than one punch at a cluster, the runner will be disqualified.

The punch must be registered in the e-card.

1.3 Micr-O controls and false controls shall be planned and placed to avoid chance. Distinctive features shall be used, and hair-splitting judgements of minimum size and control description shall be avoided.

TV

1.4 There should be at least two e-card-readers for each Micr-O course. Time lost if a reader does not work and the runner has to change reader, is not compensated.

2 The Micr-O part of the course

2.1 The Micr-O part should take place in a separate area from the rest of the course.

2.2 The expected best time for a Micr-O part shall be 5 to 10 minutes.

2.3 The controls shall be taken in the correct order.

2.4 The map for the Micr-O part should be handed out at the start of the Micr-O part, which is the last control of the first part of the course.

2.5 There are one or more normal controls between the Micr-O controls (description below). The Micr-O part ends with a normal control.

TV

2.6 The Micr-O part shall consist of 6 Micr-O controls (see 3). It ends with a normal control and a taped route to a check point where competitors' penalty loops are calculated

3 The controls

3.1 Normal controls may be included in the Micr-O part of the course. If a competitor fails to punch one of these controls, they will be disqualified. There shall be no false controls in connection with the normal controls. The Micr-O part of the course ends with a normal control. Normal controls are used in parts of the terrain where Micr-O controls are not suitable or in cases when the Micr-O course needs to be turned

- 3.1 A Micr-O control must be placed at a mapped feature.
- 3.3 If a Micr-O control is placed on a mapped linear feature, the control shall be no more than 20 metres from a clearly defined point on the map, and shall be placed behind this point (relative to the straight line between the previous control and this control).
- 3.4 For each Micr-O control there will be several false controls with the same equipment as the Micr-O control. The false controls are placed in increase the navigational skill needed to reach the correct control
- 3.5 A false control may be placed on another side of the same control feature, at a different point along a linear feature, on another mapped feature of the same type as the control feature, or on a mapped feature of a different type.
- 3.6 If a Micr-O control is placed on a line feature, the distance between the Micr-O control and any false control shall be at least 15 metres.
- 3.7 If a Micr-O control is placed at a non-linear control feature, the distance between the Micr-O control and any false control shall be at least 5 metres. It shall be easy to understand the difference between the two control positions based on the map and the control description.
- 3.8 For features mapped with a clearly defined boundary, the Micr-O control and false controls can be placed at any separation on different sides of the same feature. There shall then be at least a 90-degree angle between the false control and the Micr-O control, measured from the centre of the feature.
- 3.9 There is no maximum distance between a Micr-O control and its false controls.
- 3.10 Runners are not allowed to omit a Micr-O control cluster: they must punch the correct control or a false control in each Micr-O control cluster. If they do not, they shall be disqualified.
- 3.11 The clusters shall not overlap. The minimum distance between two Micr-O control clusters (a Micr-O control and its false controls) shall be as defined by Rule 19.4. The minimum distance between two Micr-O control clusters is defined to be the shortest distance between any two controls in the clusters.
- 3.12 All Micr-O controls and false controls shall be marked according to the following:
All Micr-O controls in the first cluster should be marked with an A. In addition they may be marked with a number. If there are five controls in Micr-O cluster one, they should be marked as A1, A2, A3, A4 and A5. The following cluster will accordingly be marked B1, B2, B3 and so on.

4. Control descriptions

- 4.1 The control descriptions for the Micr-O part of the course can either be a part of the control descriptions for the whole course, or only be printed on the Micr-O-map (for instance if the Micr-O is forked).
- 4.2 For the Micr-O controls, a control number shall be given in column A. In column B there should be a letter referring to each cluster of Micr-O controls. Micr-O control one has A, Micr-O control two has B and so on.
- 4.3 There shall be a complete control description in columns C-G.
- 4.4 For normal controls, control number, code number and a full control description shall be given in columns A-G.

5. Penalties

- TV 5.1 The penalty is a runnable taped route. Estimated running time for men shall be 20-25 seconds per penalty loop.
- 5.2 Alternatively, the penalty loop could be replaced by a time penalty of 20 seconds added to the competitor's race time at the end of the course; one time penalty would be equivalent to one penalty loop
- 5.3 The penalty is the same for all classes.

- 5.4 For each Micr-O control where the competitor lacks the correct punch, the competitor shall incur one penalty.
- 5.5 The maximum number of penalties equals the number of Micr-O controls in the course.
- TV 5.6 If a competitor fails to run the correct number of penalty loops, he or she will have a penalty of one minute added to their finish time for each missing penalty loop. If a competitor runs too many penalty loops, he or she will not get any time reduction to their overall time.

6. The map

The terrain that is used for the Micr-O part of the competition must be field-surveyed with the demands of Micr-O especially in mind. The greater scale implies a different level of generalisation for the fieldwork. For example smaller re-entrants, shorter cliffs, and smaller marshes will be shown on the map. In areas with many features one can show more features above the minimum size without compromising readability.

For the areas where Micr-O controls will be placed, the demands on accuracy between neighbouring features with respect to both distances and direction will be very high.

The ISOM map standard shall be used for Micr-O, with the following adjustments:

- 6.1 The scale shall be 1:5000.
- 6.2 The contour interval shall be 2.5 metres.
- 6.3 The symbols shall be scaled to 150% of the sizes specified in ISOM (for scale 1:15000). Normal screens where maximum resolution is required to optimise readability (colour shade), shall not be scaled. (This concerns symbols 212, 301 (fill), 304 (fill), 403, 404 (fill), 406, 408, 501 (fill), 502 (fill), 503 (fill), 527, and 529).
- 6.4 The graphic minimum sizes given in ISOM adjusted for the enlargement (150%) shall be maintained.
Example 1: For a cliff (symbol 201) or rock face (symbol 203) the ISOM minimum size is 0.6 mm. Adjusted for enlargement, the minimum size is $1.5 * 0.6 = 0.9$ mm. The minimum length of cliff that can be mapped is therefore $0.9 \text{ mm} * 5000 = 4.5$ m.
Example 2: For a distinct marsh (symbol 310) the ISOM minimum size is 0.5 mm. Adjusted for enlargement, the minimum size is $1.5 * 0.5 = 0.75$ mm. The minimum size of marsh that can be mapped is therefore $0.75 \text{ mm} * 5000 = 3.75$ m (x 3.75 m).
- 6.5 Where Micr-O controls are used in a Sprint course, the normal ISSOM standard map may be used for showing both the Micr-O controls and the normal controls.

7. Variations

- 7.1 To make an even more challenging orienteering, it is permitted to have individual controls based on the Micr-O principle in any type of individual race, (Sprint, Middle or Long), without having a sequence as described by 2.5. When such single challenging orienteering controls are used, there shall be no change in map scale.
- 7.2 Where such individual controls are used, they shall be planned according to 3 (The Controls) and 4 (Control Descriptions) above.

8. Course overprint

- 8.1 The ISOM overprint rules also apply for Micr-O. However, the option to scale the symbol dimensions is removed. i.e. ISOM symbol 702, control point, shall be 6 mm in diameter, with a line width of 0.35 mm.

- 8.2 The start for the Micr-O part is marked on the map with ISOM symbol 701. The centre of the triangle shows the precise position of the start point. The triangle points in the direction of the first control.
- 8.3 All controls shall have the control number marked on the map (ISOM symbol 703).
- 8.4 Normal controls shall be shown on the map as ISOM symbol 702.
- 8.5 The check point shall be marked on the map with ISOM symbol 706 if there is space available on the map. The taped route from the last control to the check point shall be marked on the map with ISOM symbol 705.
- 8.6 Micr-O controls placed on traditional control features shall be marked with ISOM symbol 702. The centre of the circle shows the precise position of the control point.
- 8.7 Micr-O controls placed on a linear feature shall be marked on the map with ISOM symbol 702, and a "-" in the colour used for the course printing. The centre of the circle shows the precise position along the feature. The "-" shall be placed perpendicular to the linear feature and the centre of the "-" symbol shall coincide with the precise position of the control on the linear feature. Dimensions: Length 1.5 mm, line width 0.18 mm. The "-" symbol shall not have rounded corners.

Exact course printing is essential for a fair Micr-O competition! It is also very important to cut parts of the control circles and the lines between the control, where these cover or obliterate important details on the map (see the ISOM description of symbols 702 and 704). When parts of circles or lines are broken it is important to allow enough space between the important mapped features and what is left of the circles / lines.