

SOUTH AFRICAN ORIENTEERING FEDERATION (SAOF) COMPETITION RULES FOR MOUNTAIN BIKE ORIENTEERING (MTB-O) EVENTS

Sporting fairness shall be paramount in the interpretation of these rules. This version of the competition rules is valid from 1 JANUARY 2009. Subsequent amendments will be published on the official SAOF web site at www.orienteering.co.za

The un-abridged version of the International Orienteering Federation rules on Mountain Bike Orienteering can be found on www.orienteering.org that shows the Rules pertaining to World Championships (WOC), the Junior World Championships (JWOC) and to Mountain Bike Orienteering Relays.

Competitors are advised to familiarise themselves with the SAOF Rules of (Foot) Orienteering which can be found on the official SAOF website www.orienteering.co.za

COMPETITION RULES FOR SOUTH AFRICAN ORIENTEERING FEDERATION (SAOF) MOUNTAIN BIKE ORIENTEERING (MTB-O) EVENTS

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1. Definitions

1.1 MTB-O is a sport in which the competitors, using cycles, visit a number of control points marked on the ground, in the shortest possible time aided by map and compass. Mountain biking and navigational skills shall be tested in such a way that navigational skill is the decisive element. The course shall be completed by the cyclist riding, carrying or pushing his/ her mountain bike. Riding off the track or trail will normally be disallowed unless specifically agreed to by the Controller.

The term competitor means an individual of either sex or a team, as appropriate.

1.2 Types of MTB-O competitions may be distinguished by:

The nature of the competition:

- **Individual (the individual performs independently)**
- **Relay (two or more team members cycle 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.)**
- **Multi-race competition (the combined results of two or more races, held during one day or several days, form the final result)**

The order in which controls are to be visited:

- **Specific order: the sequence is prescribed**
- **Free Order: all controls must be visited but in no specific order (the competitor is free to choose the order)**
- **Score: controls are allocated values (the competitor is free to choose the order and which they visit, within a specified time limit)**

The length of the race:

- **Ultra long distance**
- **Long distance**
- **Middle distance**

- **Sprint**

1.3 The term Federation means a full member Federation of the IOF.

1.4 The term event embraces all aspects of an MTB-O meeting including organizational matters. An event may include more than one competition.

2. General provisions

2.1 These rules, together with the Appendices, shall be binding at all SAOF MTB-O Events.

2.2 If not otherwise mentioned these rules are valid for individual day orienteering competitions on any pedal-powered cycle – normally mountain bikes.

2.3 Additional regulations which do not conflict with these rules may be determined by the Controller. They need the approval of the SAOF.

2.4 These rules and any additional regulations shall be binding for all competitors and other persons connected with the organisation or in contact with the competitors.

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

3. Event application

3.1 Any Member affiliated to the SAOF may apply to organise an MTB-O event.

3.2 The SAOF may impose a levy on any SAOF event.

3.3 The SAOF can void the sanctioning of an event if the organiser fails to comply with the rules, the norms, or the information submitted in the application. The organiser cannot claim damages in this case.

4. Classes

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

5. Participation

Competitors participate at their own risk. Third party insurance and personal injury insurance is the prerogative of the competitor.

6. Entries

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

6.2 The Controller may exclude competitors or teams from starting if their entry fee is not paid.

7. Starting order

7.1 In an interval start, the competitors 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 cycling the first leg. In a chasing start, the competitors start singly at start times and intervals determined by their previous results.

8. Terrain and care of the environment

8.1 The terrain shall be suitable for setting competitive MTB-O courses. The competition area must contain a comprehensive network of tracks and paths of differing qualities.

The objectives of the Leibnitz convention shall be considered when choosing the terrain and event arena, and in designing the courses.

8.2 The competition terrain shall not have been used for either foot orienteering or MTB-O for as long as possible prior to the competition, so that no competitor has an unfair advantage.

8.3 The competition terrain shall normally be embargoed as soon as it is decided. If that is not possible, then arrangements for access to the terrain must be published as soon as possible.

8.4 Permission for access into embargoed terrain shall be requested from the Controller if needed.

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

8.6 It is the responsibility of the Planner to consult with landowners and environment agencies to ensure that the competition causes the minimum disturbance to plants and wildlife.

8.7 Competitors have a responsibility to avoid damage to plants, wildlife, fences, walls and archaeology, and must keep out of any out of bounds areas.

8.8 Riding off the track or trail or temporarily abandoning a cycle for a distance of more than 5 metres will normally be disallowed unless specifically agreed by the Controller. This information shall be given at the Registration.

A competitor found doing the above without permission from the Controller shall be disqualified. Observers may be deployed by the Controller to ensure compliance.

9. Maps

9.1 Maps, course markings and additional overprinting shall be drawn and printed according to the IOF International Specification for MTB Orienteering Maps.

9.2 The maps shall be drawn specifically for MTB-O at an appropriate scale which will normally be:

Sprint: 1:10000

Middle and Relay: 1:10000 or 1:15000

Long: 1:15000 or 1:20000.

9.3 Errors on the map and any changes which have occurred in the terrain since the map was printed shall be overprinted or displayed for correction by the competitors themselves on their map if these changes have a bearing on the event.

9.4 On the day of the competition, the use of any other map of the competition area by competitors is prohibited.

9.5. The competition map should ideally be of A4 size, but in any case must not be larger than required by a competitor to complete the course.

9.6 On small competition areas, second or third maps may be used to complete the course.

10. Courses

10.1 The valid technical specifications and standards for MTB-O published by the IOF shall be followed when setting the courses.

10.2 The standard of the courses shall be worthy of a national orienteering event. The navigational skill, concentration and cycling ability of the competitors shall be tested. All courses shall call upon a range of different orienteering techniques. Courses shall require a high level of concentration throughout the competition, involving detailed map reading and frequent decision making. All legs should be designed to provide a variety of route choices, and shall attempt to maximise competitor safety.

10.3 The course lengths shall be given as the shortest sensible route.

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

11. Restricted areas and routes

11.1 Rules set by the SAOF to protect the environment and any related instructions by the Controller shall be strictly observed by all persons connected with the event.

11.2 Out-of-bounds or dangerous areas, forbidden routes 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.

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

11.4 Riding off the track or trail or temporarily abandoning a cycle with a distance of more than 5 metres will normally be disallowed unless specifically agreed by the Controller. Any changes to this rule, such as the permitting of carrying or walking with the bike between paths, shall be clearly stated in the event instructions.

A Controller may be required by the SAOF to enforce this rule by the use of marshals or observers. Planners should design courses so as to minimise any benefit gained from infringement of this rule. The penalty for breaking this rule is disqualification from the event for the competitor.

11.5 Any crossing point over a vehicular road should be clearly signed to warn motorists and competitors, and should be marshalled if appropriate.

11.6 Any path crossings at which competitors could collide at high speed should carry a warning sign (!) on the map and/or on the ground.

12. Control descriptions

12.1 Control descriptions are not normally used in MTB-O except where off-path controls are used.

12.2 Control descriptions may be used to assist site identification if deemed desirable.

12.3 Any events using off-path controls must issue control descriptions.

13. Control set-up and equipment

13.1 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.

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

13.3 All controls must be situated on paths shown on the competition map unless specified otherwise in the event instructions.

13.4 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, preferably between 5 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).

13.5 The code number for each control shall be available to competitors, either by providing details before the start of the event for copying, or as an overprint on the map adjacent to the control number, at a reduced size and within brackets (..).

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

13.7 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.

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

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

14. Punching systems

14.1 Only IOF approved (electronic or other) punching systems may be used, as per Appendix 3.

14.3 Control cards or electronic punches should be connected to the person or cycle by a zip tie or other secure device. It is not permitted to remove the control card or electronic punch from the vicinity of the cycle during the event.

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

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

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

- Should a competitor punch too fast and fail 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)

14.7 The Controller has the right to have the control card checked by officials at any appointed controls.

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

15. Equipment

15.1 Protective headgear of a hard / soft shell construction conforming to a recognised standard shall be worn at all times when competing.

15.2 It is the responsibility of the competitors to ensure that cycles are roadworthy.

15.3 As long as the Rules do not specify otherwise, the choice of clothing and footwear shall be free.

15.4 Start numbers (if required) shall be clearly visible from the front and the back and fixed as prescribed by the Controller. The bibs shall not be larger than 25 cm × 25 cm with figures at least 10 cm high. The number bibs may not be folded or cut, or carry any advertising.

15.5 During the competition the only navigational aids that competitors may use are the map and control descriptions as provided, and a magnetic compass. A cycle computer may be used provided that it does not incorporate any satellite-based navigation aid.

15.6 Competitors shall ride, push or carry their cycles from the start via the controls to the finish.

15.7 Competitors may carry tools and spare parts during the competition, but shall not use spares or tools other than carried by themselves or another competitor.

15.8 Telecommunication equipment may only be used in the competition area with the permission of the Controller.

16. Start

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

16.2 At the start, a clock showing the competition time shall be displayed.

16.3 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.

16.4 In an interval start race, competitors take their map one minute before their start time. In a mass start or chasing start race competitors take their map at 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.

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

16.6 Competitors who are late for their start time through their own fault shall be permitted to start. The Start Official will determine at which time they may start, considering the possible influence on other competitors. They should be timed as if they had started at their original start time.

16.7 Competitors who are late for their start time through the fault of the organizing officials shall be given a new start time.

17. Finish and time - keeping

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

17.2 When a competitor has crossed the finish line, the competitor shall hand in the control card and the competition map.

17.3 When using hand - timing, the time is taken when the competitor's front tyre crosses the finish line. When using a punching finish, the finish time is when the competitor uses

an electronic punch at the finish line. When a light beam is used for finish timing, the time is taken when the contact is broken; the measuring point of the light or photo barrier should be at height of 15 cm above the ground.

17.4 Times shall be rounded down to whole seconds. So 89 minutes 13.98seconds becomes 89 minutes 13 seconds. Times shall be given in hours, minutes and seconds or in minutes and seconds only.

17.5 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.

17.6 The Controller may set maximum times for each class.

18. Results

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

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

18.2 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.

18.3 Competitors who exceed the maximum time, shall not be placed.

18.4 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.

19. Prizes

19.1 The Controller shall arrange a dignified prize-giving ceremony.

19.2 Prizes for men and women shall be equivalent.

19.3 If two or more competitors have the same placing, they shall each receive the appropriate prize.

20. Fair play

20.1 All persons taking part in a MTB-O 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 In an individual interval start race, competitors are expected to navigate and ride independently.

20.3 The provision of mechanical (spares or repairs) assistance between competitors during a competition is permitted but is not compulsory. No outside mechanical assistance is permitted. It is the duty of all competitors to help injured competitors.

20.4 Doping is forbidden. The Anti-Doping Rules apply to all SAOF events and the SAOF may require doping control procedures to be conducted.

20.5 All officials shall maintain strict secrecy about the competition area and terrain before they are published. Strict secrecy about the courses must be maintained.

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

20.7 The Controller 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 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,

20.10 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the Controller. 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 Controller must void a competition if at any point it becomes clear that circumstances have arisen which make the competition unfair or dangerous for the competitors.

21. Complaints

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

21.2 Complaints can be made only by Event Officials and by competitors.

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

21.4 There is no fee for a complaint.

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

22. Protests

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

22.2 A protest can only be made by Event Officials and by competitors.

22.3 Any protest shall be made in writing to a member of the jury no later than one hour after the Controller has announced the decision about the original 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 SAOF shall appoint the jury.

23.3 The jury shall consist of 3 voting Members of the SAOF. The Controller shall lead the jury but has no vote.

23.4 A representative of the Controller has the right to participate in the jury meetings but has no vote.

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

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

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

23.8 Arising from its ruling on a protest, the jury —in addition to instructing the Controller — may recommend that the SAOF exclude a person from some or all of the future SAOF events in the case of a major violation of the rules.

23.9 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 a voting Member of the SAOF.

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

24.4 There is no fee for an appeal.

24.5 Decisions about an appeal are final.

24.6 The SAOF shall deal with the appeal.

25. Event control

25.1 All events for which these Rules are binding shall be controlled by a Controller. The Controller shall ensure that rules are followed, mistakes are avoided and that fairness is paramount. The Controller has the authority to require adjustments to be made if he or she deems them necessary to satisfy the requirements of the event or the Rules.

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

- To approve the venue and the terrain for the event
- To look into the event organisation and assess the suitability of the proposed Event Officials.
- 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 time-keeping 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 sitings 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

26. Advertising and sponsorship

26.1 Advertising of tobacco and hard liquor is not permitted.

26.2 Advertising on track suits or other clothing which are worn by team members during the official ceremonies shall not exceed 300 cm². There is no restriction to the amount of advertising on the cyclists' competition clothing or equipment except for the start number bibs.

27. Media service

27.1 The Controller shall offer the media representatives attractive working conditions and reasonable opportunities to observe and report on the event.

27.2 The Controller shall make every effort to maximise media coverage as long as this does not jeopardize the fairness of the event.

28. Environmental Mandate

28.1 MTB-O events take place using tracks and trails. Riding off the track or trail will normally be disallowed unless specifically agreed by the Controller.

Event Controllers, in liaison with the SAOF, will:

- Will strive to apply the principles of sustainable use, to meet the needs of the present without compromising the needs of future generations.
- Will aim to achieve the highest environment standards in the organisation of events, through informing and educating both officials and competitors.
- Will aim to minimize both the use and the waste of materials, using renewable or recycled materials when appropriate.
- Will be committed to consulting with, and respect the wishes of the rural community in whose areas we hold events.
- Assess on a continuous basis, the environmental impact of MTB-O activities on the countryside, and adopt systems and techniques which will minimize or eliminate any unacceptable adverse impacts.
- Identify and avoid if possible sensitive habitats through discussion with landowners and environmental agencies.

Appendix 1: General competition classes

1. Age classes

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

1.2 Men and women's classes in each of the age classes of Junior, Senior and Masters should be available.

1.3 Juniors: Competitors aged 20 or younger up to the end of the calendar year in which they compete in the event. They are entitled to compete in senior classes.

1.4 Seniors: Competitors aged between 21 and 39 up to the end of the calendar year in which they compete in the event.

1.5 Masters: Competitors aged 40 or older up to the end of the calendar year in which they compete in the event. They are entitled to compete in senior classes.

1.6 Classes for younger and older competitors may be included at the discretion of the Controller. These could include Youth 15-17 and Veterans 50+.

Appendix 2: IOF resolution on good environmental practice

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

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

Appendix 3: Approved punching systems

[Competition Rule 20.1 states that 'Only IOF licensed electronic punching systems may be used'.]

- The only licensed control-punching systems (January 2007) are:
 - the Emit Electronic Punching and Timing system
 - the SportIdent system
- Details of the currently licensed versions are shown on the IOF web pages
- The use of any other control punching system requires prior approval of the IOF Rules Commission.

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

- The control card must clearly show that all controls have been visited. A competitor with a control punch missing or unidentifiable shall not be placed unless it can be established with certainty that the punch missing or unidentifiable is not the competitor's fault. 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.

- 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).

Appendix 4: The Leibnitz Convention

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

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

The main vehicles to achieve this are:

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

We shall aim to:

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

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

Appendix 5: The MTB-O Competitors Code

- 1. Slow right down when passing members of the public on foot or on horseback.**
- 2. Avoid damaging the path through aggressive riding such as skidding.**
- 3. When two riders converge:**
 - i. riders should normally pass with their RIGHT shoulders**
 - ii. any rider travelling downhill should be given priority**
 - iii. at an intersection, the rider on the smaller path should give way to any rider on the larger path.**
- 4. Riders should overtake on the RIGHT.**
- 5. Slower riders should give way to overtaking riders.**
- 6. When riding on public roads the traffic rules of the country must be observed!!!**
- 7. ALL tracks, paths and roads shown on a map may be used by a competitor. If a path or track or road is not shown on the map, you may not use it.**

