

A recap on the British Orienteering Rules of Foot Orienteering and IOF International Specifications for Control Descriptions

These questions have two aims:

- i) to reinforce in your memory that the information exists
- ii) to give you a better grasp of where to find the information when you need it. It's not just the **BOF Rules of Foot** orienteering but others, including the **IOF Control Descriptions**.


I have tried to provide a mix of questions related to your official's role and for general orienteers. Spend 10 minutes by yourself answering the questions fairly quickly. Then spend 20 minutes in your teams discussing your answers.

We'll then go over most of them together.

Some are multiple choice, some True/False and other require some explanation. There are some trick questions!

Where possible, please indicate where you would find the 'answer'.

1.
 - a) What do the words 'must' and 'should' mean in the Rules?
 - b) What is the distinction between “uncrossable” or “impassable” symbols on an ISSprOm map compared to an ISOM map?
2. As a minimum, what should the Finish consist of at a Level C event?
3. On a TD 2 course each leg should involve at the most
 - A no route choice, no decision points
 - B no route choice, no more than two decision points
 - C simple route choice, no decision points
 - D no route choice, no more than one decision point
4. What additional safety requirements can an Organiser ask/tell competitors to carry?
5. A dangerous mineshaft close to a control is to be taped off. The colour of the tape has to be
 - A orange
 - B red and white
 - C white
 - D yellow or yellow and black

6. A road runs through the middle of an area. For safety reasons, competitors are forbidden to run along the road itself. One way in which competitors must be told this is by
- A indicating the road on a map in the start lane, labelling it as "Not to be run along"
 - B an explanation in the final details
 - C including a row of Xs over the road on the overprinted map
 - D a sign at the pre-start
7. On pictorial description sheets, the following:
- O 100m > 
- Means:
- A Navigate 100m to finish
 - B Follow tapes 100m to finish
 - C Navigate 100m to finish funnel, then follow tapes
 - D Follow taped route 100m away from control
8. A typical Level C event should offer at least the following courses
- A Yellow, Orange, Light Green, Green and Blue
 - B White, Yellow, Orange, Short Green, Green, Blue and Brown
 - C White, Yellow, Red, Light Green, Green and Blue
 - D White, Orange, Light Green, Blue and Brown
9. Competitors should not stay in accommodation in areas being used for Sprint or Urban races. True/False.
10. Description lists for cross-country courses must carry the following information:
- (i) total climb
 - (ii) start position
 - (iii) whether or not the route from the last control to the finish is taped
- A (i) only B (i) and (ii) C (i) and (iii) D (i), (ii) and (iii)
11. In control descriptions, the size of the feature should be given when
- A the feature is mapped symbolically rather than to scale
 - B the feature is smaller than 5m in any one direction
 - C knowledge of the size of the feature will help the competitor find it
 - D the feature is one of several, not all of which are shown on the map
12. A competitor wishes to complain about their course. Who should they approach and what should they do if they are not satisfied with the response?

13. The centre of the start triangle has to be
- A at the junction of two (or more) line features
 - B on a line feature
 - C on any mapped feature
 - D anywhere, so long as the centre of the triangle is marked on the ground by a control marker
14. What are the restrictions on shadowing Juniors?
15. What other information does British Orienteering require to be shown on the control descriptions and/or map?
16. Competitors must not cross agricultural land. True/False.
17. An event has a taped route from the last control to the finish. Who's job is it to make sure that the tapes go out?
- A controller
 - B finish team leader
 - C organiser
 - D planner
18. A competitor may only run one leg for one team in a relay. True/False?
19. If a problem in a race is identified (e.g. a misplaced control) it should be left in place so that it's the same for everyone. True/False? In all cases?
20. Who is responsible for completion of the risk assessment form?
- A controller
 - B planner
 - C organiser
 - D event safety officer
21. Course length is to be measured along
- A the straight lines between controls
 - B straight lines deviating around "impassable" obstacles such as lakes and marked routes
 - C as B, but with a correction for height climb added at the rate of 1km length for every 100m of climb
 - D the climb in metres along the shortest sensible route

22. An experienced orienteer arrives at the Start of a forest cross-country event wearing shorts. What should the Start Team do?
23. What should you do if you encounter an injured fellow competitor on your course?
24. Whose responsibility is it to check and wake up the controls?
25. What is the expected winning time for a 21 Elite/Black Course runner on a Long Distance, Middle Distance and Sprint Event?

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