

EMOA Officials Conference

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Re-cap on BOF Rules of Foot Orienteering and changes 2024-25

Ranald Macdonald

Grade A Controller, DVO

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?
- 3.2 Where there is the use of 'must' it is a specific requirement affecting Competitors or Event officials and they must comply with these requirements.
- 3.3 The use of 'should' is for matters regarded as minimum good practice, but where there is no specific requirement. These should be followed unless there is a good reason not to.
- 26.4 Boundaries described by “uncrossable” or “impassable” symbols on an ISSprOM map must not be crossed. Similar boundaries shown on an ISOM map should not be crossed.

2. As a minimum, what should the Finish consist of at a Level C event?

27.3 As a minimum, the Finish should consist of one or more punch units, each with a control flag, with a prominent Finish sign that is clearly visible to the competitor.

Sufficient punching units should be used to cope with the likely frequency at which competitors will finish.

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

TD2

Route all along obvious line features such as tracks, paths, fences, walls, rivers, large ditches and very distinct vegetation boundaries. No route choice, including at the start flag.

Controls fairly close together (350m maximum). Leg lengths should not vary greatly. A control is not needed at every Decision Point, but there should be at most two Decision Points per leg.

4. What additional safety requirements can an Organiser ask/tell competitors to carry?

The Organiser must give notice if additional safety measures are required, competitors must comply with these requirements. These may be notified to competitors in advance or during the event. Examples of measures that may be required by the Organiser are:

- The carrying of a lightweight waterproof hooded running jacket or similar waterproof clothing.
- The carrying of a whistle.
- The carrying of a spare torch at night events. (E4.5.2)

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

Dangerous features should be marked with yellow or yellow and black tape if they are likely to be visited by any competitors and are not already clearly marked on the ground as dangerous. (E.4.6.5)

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

B3.1.15 Forbidden routes e.g. busy roads, railways, must be shown by a chain of purple crosses.

7. On pictorial description sheets, the following:

○ ----- 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

B5.2 There should be a single, common last control, unless the requirements of the event dictate otherwise.

This will ensure that competitors all approach the Finish safely from the same direction and will improve the flow of competitors through the Finish system.

It will also ensure that competitors who have finished do not block access to the Finish for those coming from a different direction.

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

B8.5.1 The organising club will decide which courses are to be provided unless specified in any Competition Rule.

B8.5.3 The range of courses offered will depend on the size of the area, terrain, expected number of competitors, etc. Clubs should try to provide a range suitable for most abilities.

9. Competitors should not stay in accommodation in areas being used for Sprint or Urban races.

True/False?

JK Sprints 2025

You may be staying within the embargo; on the morning of the event, we would ask competitors in the spirit of fairness, not to wander around the competition area but to proceed straight to the Assembly area. The same applies to those arriving by public transport or parking close to the city centre. Having deposited bags and picked up your bib numbers, you should follow the taped route to your designated start.

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)

IOF: International Specification for Control descriptions

The control description sheet for an orienteering course contains the following information:

- Heading. Course length in kilometres to the nearest 0.1km, measured from the point at which the timing starts; Height climb in metres to the nearest 5m.
- Start Location, including details of the distance to the start triangle from the point of the timed start if these are not within a few metres of each other.
- Nature of route from the last control to the finish.

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

IOF: International Specification for Control descriptions

Column F - Dimensions / Combinations / Bend

Dimensions of the feature should be given where the size of the control feature on the map is symbolic rather than to scale.

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?

13.2 The Complaint must be made to the Organiser in writing and must be made as soon as possible on the day that the alleged contravention occurred.

13.4 A 'Protest' may be made against the decision made by the Organiser with regard to a Complaint, or if the Organiser fails to address the Complaint in a timely manner. A Protest must be made to the Controller/organising body, in writing, as soon as possible.

13.7 If either the Controller or the Organiser does not agree with the Protest, they must convene the Jury.

13.9 An 'appeal' is permitted to be made against the Jury's decision with regard to a Protest.

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

25.1 The position of the centre of the start triangle (including the start triangle on second and subsequent maps) shown on the map must be on a mapped feature and identified on the ground by a control flag.

25.2 For TD1 and TD2 courses this feature must be a path or similar feature; it must not be at a junction or intersection, as this would require a decision on which way to go without knowing where they have just come from.

14. What are the restrictions on shadowing Juniors?

- 7.14 The Organiser may permit the shadowing of one competitor by another person. Certain competition rules may prohibit shadowing on certain courses. The competition rules explain how the shadowed competitor's result is to be recorded.
- 7.15 If you are the 'shadower' then you must have completed your own race before undertaking any shadowing. There may be other restrictions imposed on the 'shadower' by the Organiser.

15. What additional information does British Orienteering require to be included on the control descriptions and/or map?

What other information should/could be included?

22.1 Control descriptions must be prepared for all courses in accordance with the “International Specification for Control Descriptions” (most recent edition).

22.2 In addition to the above the final box on the pictorial version or the final line on the written version should give details of the course closing time (if it is not given elsewhere on the map unit).

E5.1.1 It is a fundamental principle that all competitors who start a competition are required report to the finish. Competitors should be reminded in pre- event information and on control description sheets, of their obligation to report back. “Once started, you must report back to the finish.”

16. Competitors must not cross agricultural land.

True/False?

26.1 Any area for which permission for orienteering has not been obtained, or has been refused, must be marked as 'out of bounds' on the map, or must be clearly avoided by all courses.

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

12.6 The Planner is responsible, in accordance with the Rules, for planning aspects of an event, from when a competitor starts their race to when they finish their race.

18. A competitor may only run one leg for one team in a relay.

True/False?

2.5.4 Relay

Two or more team members run separate, usually consecutive, individual races (known as laps).

A competitor may run only one lap, and for only one team, unless otherwise stated in the rules for that event.

Subsequent runs for the same or a different team will render that team non-competitive.

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?

Should it become known that a control unit has failed, or been vandalised, the Planner should endeavour to replace the unit as soon as possible. (A7.6.3)

If a competitor encounters a problem with a control they should, however hard it may seem, endeavour to continue the race without pre-judging the outcome of any protest or ruling on the problem. (A7.10.1)

20. Who is responsible for completion of the risk assessment form

- A controller
- B planner
- C organiser
- D event safety officer

11.5 The Organiser must complete and regularly update the risk assessment, in consultation with the Planner, Controller and other key officials.

11.6 The Controller (or for level D events if not by a Controller, then either a licensed Organiser who has attended a British Orienteering event safety workshop or a licensed coach) must review the risk assessment and sign it to confirm it has been reviewed.

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

17.5 For all types of event format, including Sprint and Urban, the course length must be given as that of the straight-line route from the start via the controls to the finish deviating for, and only for, uncrossable features, 'out of bounds' areas and marked routes. This is the shortest route which a competitor could reasonably possibly take, irrespective of whether or not the competitor would be sensible to do so.

17.6 The total climb must be given as the climb in metres along the shortest sensible route. The latter may well be longer than the route used for measuring the course length.

22. An experienced orienteer arrives at the Start of a forest cross-country event wearing shorts.
What should the Start Team do?

The Organiser must state if shorts are permitted to be worn (this will depend on the terrain).

Otherwise, competitors must wear clothing that fully covers their torso and legs.

The Organiser may prevent competitors who do not comply with the full leg and torso cover requirements from taking part. (E4.5.1)

23. What should you do if you encounter an injured fellow competitor on your course?

7.10 Competitors are required to give help to an injured competitor even if this means giving up their own race

24. Whose responsibility is it to check and wake up the controls?

12.6 The Planner is responsible, in accordance with the Rules, for planning aspects of an event, from when a competitor starts their race to when they finish their race. These include the following:

- format and course planning
- setting out of and collection of controls and other course markers.

12.9 The Controller is responsible for ensuring that the Co-ordinator, Organiser and Planner stage the event fairly and safely, in accordance with the Rules.

25. What is the expected winning time for a 21 Elite/Black Course runner on a Long Distance, Middle Distance and Sprint Event?

- B8.5.6 The Black course, if planned, will have an expected elite winning time of 67 minutes.
- B9.5.1 The Black course equates to the M21E course at the British Middle-distance Championships with an expected elite winning time of 30-35 minutes.
- B10.10.1 The Target Winning Time for Sprint races for all classes is between 12 and 15 minutes.