



EMOA Officials Conference

Saturday 20 September 2025

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

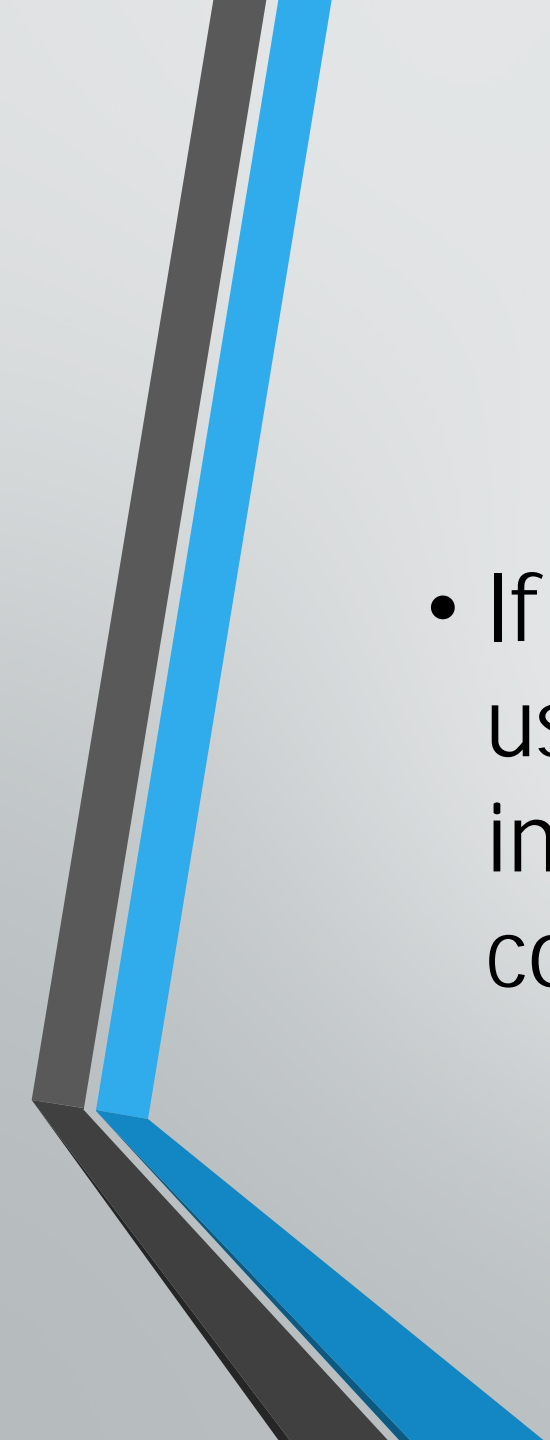
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New guidance on courses for older competitors B.2.6.3

- Planners need to remember that elderly and/or infirm orienteers have difficulties crossing rough ground – going up and down steep slopes; scrambling over boulder fields and rocky ground; getting into and out of steep sided hollows, gullies, streams, etc; pushing through dense vegetation with low branches; and climbing over fences and stiles.
- Some competitors use a stick for balance which can also make movement more awkward in the terrain. Hence, as far as possible, such obstacles should be avoided/minimised on their courses.

Separation of controls

- 30m and 60m limits can be waived when planning White or Yellow course (19.4)
- For sprint and urban map scales 1:5000 or larger, the minimum running distance between controls is 25m and the minimum straight-line distance is 15m and there is no requirement for adjacent controls to be on distinctly different features. (19.5)


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- If the IOF 'Special Item' symbols X and/or O are used, or any other non-standard symbol, then information about them should be supplied to competitors in the final event details. (22.3)


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- 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. (26.4)



Last Control and Finish arrangements

- The route to the Finish from the last control must be taped for the whole route unless the Finish or the Finish funnel is clearly visible to the competitor from their last control. (27.2)

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- Course Planning sections on Urban courses and Sprint courses have been combined (now in section B.10)
 - Recommended urban course lengths (table B.10.11.5) have finally been updated to allow for optimum feasible route distance (not straight line distance)

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- It is important that control sites take account of the sensibilities of the wider community. Thus, sites in cemeteries, on war memorials, on private fences and other sensitive sites should be avoided. (B.10.4.5)



Relays

- 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.
(2.5.4)