



## MACEDONIAN MOUNTAIN SPORTS FEDERATION

### BMUMOC 2018

#### Balkan Mountaineering Union's Mountain Orienteering Competition

##### Rules of competition

The international mountain orienteering competition is a display of achievements, knowledge, skills, abilities and preparedness of the members of mountaineering federations which are members of the Balkan Mountaineering Union (BMU) for reading maps and using technical means for a safe moving in nature and a fast adaptation in an unknown terrain, especially in mountain areas.

Competitors are expected to demonstrate their skills and technical knowledge referring to orienteering and mountaineering in general.

Competition is performed in teams. It is divided into daytime and nighttime and also encompasses solving practical and theoretical tasks.

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

All competitors must provide relevant health insurance covering assistance in urgent (emergency) cases.

Competition shall be performed regardless of weather conditions.

English shall be the official language of the competition.

All competitors participate at their own risk.

##### Eligibility criteria

Members of national mountaineering federations which are members of the BMU are eligible to participate.

The national mountaineering federations apply their teams stating that all team members are federation members with paid fee for the actual year and that they have a relevant health insurance.

##### Categories

Teams composed of three, four or five members are eligible to participate in the competitions, divided into four categories regardless of gender:

- Pioneer: not older than 15 (born in 2003 or later)

- Junior: not older than 18 (born in 2000 or later)
- Senior: Older than 18 (born in 2000 or earlier)
- Veteran: Older than 45 (born not later than 1973)

Older competitors cannot compete in younger categories.

Each federation can apply two teams in each category.

In case the federation applies more than 2 teams in each category, only the two best results in a certain category will be considered relevant.

## **Trail length and ascent**

For a daytime orienteering competition, the trails should have the following lengths:

- |           |                                   |
|-----------|-----------------------------------|
| • Pioneer | not longer than 4km straight line |
| • Junior  | 6-8km straight line               |
| • Senior  | 10-12km straight line             |
| • Veteran | 6-8km straight line               |

For nighttime orienteering competitions, trails should be 40% shorter.

The ascent of the entire trails should not exceed 5% of the overall trail length along the shortest logical way.

## **Number of control points**

The number of control points (CPs) depends on competition categories, map scales, the concept of competition trails and should not exceed 30.

The total number of control points is comprised of all the points, both team and individual's, as well as the finish.

## **Moving on trail**

Competitors move on the trail as a team, or individually in certain sections.

Control points should be checked in a given order.

Sections which are passed individually could represent not more than 60% of the overall trail length.

Certain trail sections can be fast-paced or with a determined time for passing.

At sections where they move as a team, all members should move within a distance enabling a verbal contact, i.e. not more than 30 meters between two members.

While on the trail teams are not allowed any assistance, cooperation with whomsoever, nor to deliberately follow other team(s).

In case they notice that a competitor is at risk or hurt, each team should terminate the competition and provide help in any way. No team should be sanctioned for breaking the rules while helping someone or informing the organizer.

## **Respecting land and property**

Participants are obliged to respect public and private property.

- Competitors are not allowed to cross sown fields or any areas marked as prohibited by the organizer.
- Competitors should keep a reasonable distance from residential and auxiliary facilities.
- Competitors should pay attention while crossing fences, solid columns or passing between wires where possible. Each team should leave the gates in a condition they were found in.
- Competitors are not allowed to litter.
- Competitors are not allowed to light a fire at the competition field.
- Smoking is forbidden at the trail.
- Competitors should pay attention not to significantly damage or disturb plants and animals.

h) Dogs and weapons of any kind are not allowed at competition sites.

## Trail crossing time

Competing teams should cross the trail in a given time. Each minute past given time until the latest allowable time scores two negative points (-2).

Teams that overrun the latest allowable time, which should equal twice the ideal time, shall be disqualified.

## Start

Teams shall start within a 5-10 minutes interval.

Teams in different categories are allowed to have the same starting time.

The sequence of starting teams is determined by drawing start numbers.

The minimal distance between 2 teams of the same federation should be at least 20 minutes.

At the start, the teams shall be given information regarding timelines for trail crossing, disqualification rules, latest allowable time and the time past which negative points are scored.

The latest time shall be determined by the organizer and it should be twice the ideal time for crossing the trail.

## Equipment

Competitors shall adjust their equipment accordingly for moving in forested and mountain terrains, regardless of weather conditions, considering the climate, field competition conditions as well as organizers' recommendations.

Each team should have the following:

1. Backpack
2. Compass
3. Task solving kit<sup>1)</sup>
4. First aid basic kit<sup>2)</sup>
5. One meal and water
6. Each team member should wear hiking shoes

1) Task solving kit should contain the following: 1 pencil, 1 rubber, 1 set square (2 triangles and 1 ruler), 1 protractor and 1 compass (drawing tool)

2) First aid basic kit should contain the following: 2 triangular bandages, 4 dressings, 4 gauzes 10x10 cm, adhesive elastic roller bandages 2 to 4 cm wide, band aids, space blanket.

Should the team split, each member should have the above.

Geo-locating devices that display or have audio notifications regarding locations of users are not allowed.

Other navigational devices, such as GPS, mobile phones, computers and gadgets of any kinds, as well as pedometers and altimeters are neither allowed.

## Map

Topographical, mountaineering or specially made maps in the following scales are allowed at the competition: 1:20.000/E10m, 1:25.000/E10m, 1:40.000/E20m and 1:50.000/E20m.

Maps should display the scale, equidistance, coordinate system or magnetic north lines, magnetic north marking, time of last update, control points locations and numbers, refreshment points elsewhere than control points, as well as restricted areas and prohibited roads.

Identification numbers of control points should be given according to the order of appearance in a sequence: CP1, CP2, CP3 etc., by omitting those control points that ought to be plotted as a task.

Maps should have at least four colors, quality printed so they could be well read both in natural and artificial light.

Organizers are obliged to inform the competitors of the last map update, potential map flaws and the restricted areas and areas where moving is dangerous.

Each team member should be provided with a copy of the competition map, regardless of the number of team members.

In case the team splits, prior to it, competitors should provide separate maps with indicated CPs that should be checked by each of them.

## **Plotting CPs on a map**

Competitors in Pioneer category are provided with maps with all CPs plotted.

Competitors in all the other categories are provided maps with several CPs plotted and a task based on which they plot the remaining CPs. The location of a CP could be given as: an intersection of two azimuths or an intersection of the counter azimuth, azimuth and the distance, intersection of azimuth or counter azimuth with the X or Y axis etc.

The task could encompass maximum three such points that should not be sequential.

Maps should be protected from moisture and damage.

In case there are topographical and/or mountaineering maps of the competition terrain, the organizer shall provide links to such sources or relevant copies of such maps on the competition web site and on the informative board on the day of the competition.

Using maps with additional information not included in the competition maps is not allowed during competition.

## **Control points**

Control points (CPs) will be marked with 30x30cm orange-white cones, with reflecting surfaces for night competition.

Markings should be visible from at least 25 meters from most directions in daylight.

Markings should be 0.5 to 1.5 m above ground and easily accessible.

## **Punching system**

SportIdent (SI) electronic system or mechanical punching devices could be used during competition.

In case of use of SportIdent (SI), mechanical punching devices should be provided at the CPs as backup options.

With respect to SportIdent, if one unit is not working, or appears not to be working, a competitor must use the backup provided.

All team members should visit control points and punch within max. 30 seconds.

Competitors are not allowed to deliberately rest within 100 meters of the control point.

## **Competitors' task**

Competitors' task should be designed so that it demonstrates the skills, theoretical and practical knowledge referring to sport orientation, physical stamina as well as mountaineering in general.

The task could encompass solving practical and theoretical tests from the following topics:

- Orienteering – finding CPs in the field with a map and a compass
- Plotting given locations on a map based on given parameters and/or description
- First aid
  - Theory
  - Practical first aid
- Mountaineering
  - General acquaintance with mountains and mountaineering
  - Mountain dangers
  - Plants and wildlife
- Mountaineering skills
  - Tying knots...
  - Meteorology

## **Controllers**

Controllers are appointed by the organizer of the competition.

Controllers could be positioned at certain CPs or they could be in charge of recording the times of teams or individuals and to delegate new tasks or deliver maps for the forthcoming trail section.

In case a team should stay longer at a CP, the controller is in charge of the duration and records the time of the arrival and departure of the team at/from the CP.

Controllers are also in charge of verifying whether teams are complete at start, on the trails, while punching at the CPs and at the finish.

They ought to be quiet, to wear discreet apparel and are not to assist competitors in finding the control points.

A CP does not necessarily have to have a controller (a so-called 'dead CP'), in which case the team members punch themselves.

## Finish and time-keeping

All team members shall punch their control cards at the electronic station at the finish line.

Final time is considered at the moment when the last competitor from a team punches. Time is rounded to whole minutes for each minute started.

The time for crossing the trail shall be given in hours and minutes or minutes only.

In case a team/a competitor wish(es) to denounce from whatever reason, the entire team shall return to the starting point to inform the organizer.

## Scoring

	<b>Activity</b>	<b>Score</b>
<b>1</b>	Each fulfilled practical or theoretical task	<b>+5 or +10</b>
<b>2</b>	Additional points for each female member	<b>+5</b>
<b>3</b>	Additional points for multi-membered teams	
	Teams with four members	<b>+5</b>
	Teams with five members	<b>+10</b>
<b>4</b>	Negative points for equipment deficit	<b>-5</b> for each piece per team member
<b>5</b>	Team without a first aid kit	<b>-15</b>
<b>6</b>	Based on the number of CPs found at site, competitors get:	
	For each CP found	<b>+50</b>
<b>7</b>	Each minute spent on trail past the time determined for crossing	<b>-2</b>
<b>8</b>	Based on the time of crossing competition trail, teams are scored for the following:	
	- Best result (fastest crossing)	<b>+100</b>
	- Second best	<b>+70</b>
	- Third	<b>+50</b>
	- Fourth	<b>+20</b>
	- Fifth and beyond	<b>0</b>

## Results

Results are obtained as a sum of scored points, tasks fulfilled (equipment, crossing competition trail, practical tasks and test solving).

Provisional results are announced as soon as possible upon the arrival of all teams, not later than 30 to 60 minutes past the finish closure/past the latest time determined for crossing the trail.

The results will include: starting numbers and team name, names of all team members and their country, total number of points, duration of trail crossing, scored points as well as negative points for each task and the final score in the relevant category.

Besides the team results, the overall score of states should be published, based on the sum of points scored by teams of each state. The sum encompasses only the score of teams who were not disqualified.

Results are provisional until all potential appeals are dealt with.

## **Disqualification**

Competitors shall be disqualified in the following cases:

- If the latest time for crossing the trail has exceeded;
- If the team is not complete at any CP or at the finish;
- In case of infringement of rules stated herewith.

Disqualification is a subject of the competition jury decision.

Disqualified teams shall be announced in the final results.

## **Appeals**

Appeals regarding the competition organization or the infringement of the rules shall be submitted to the organizer in written (in English), not later than 30 minutes upon the arrival of team at the finish.

The appeal is made by the team leader or the leader of the federation of which the team is a member.

## **Jury**

Any report regarding infringement of competition rules by team members should be considered by a jury composed of three members prior to announcing the final competition results. The organizer shall appoint a jury of qualified and experienced competitors prior to the competition start.

Jury members appointed by the organizer should fulfill the following criteria:

- Jury members should be from various national federations
- Members of teams making an appeal, filing a report or to whom the appeal refers should not be considered as jury members.
- Organization team members should not be jury members.
- None of the jury members should be affected by the jury decision so that the disqualification of any team that is a subject of the jury decision, would cause advancement of his/her team to one of the first three places in each category.

Organizers who set the trail would in any case assist the jury in consideration of any report, appeal or protest. Decisions of the jury are final.

## **Doping**

Doping is forbidden.

It is referred to as one or more infringements of anti-doping rules stated in the World Anti-Doping Code as well as in the relevant international sport federations' rulebooks.

Skopje, 26.06.2018

For the Commission for Mountain Orienteering

Dushko Boshkovski, President

For the Macedonian Mountaineering Sports Federation

Jovica Ugrinovski, President