



**RULES FOR THE
SOUTH EAST EUROPEAN ORIENTEERING
CHAMPIONSHIPS (SEEOC)
and
THE SOUTH EAST EUROPEAN MASTER
ORIENTEERING CHAMPIONSHIPS
(SEEMOC)**

The South East European Orienteering Championship (in short SEEOC) is the official event to award the titles of South East European Champion in Orienteering. **The South East European Master Orienteering Championships, (SEEMOC)** is the official event to find the south east Europe's best veteran orienteers. These two events are organised under the authority of the South East European Orienteering Association (SEEOA), the IOF and the Federation appointed as organizer of the events.

1. General Principles

The Championships shall be organised in accordance with the following principles:

- 1.1 The participants shall be offered competitions of the highest technical quality.
- 1.2 The organiser shall follow the design of a compact championship model in order to minimise transport time and cost and give competitors, leaders and other representatives of orienteering a possibility to meet outside the forest.
- 1.3 The costs of participation shall be kept low and accommodation of different standard and prices (at least 3 choices) shall be offered.
- 1.4 The start fee per participant for all races will be:
 - a. SEEOC: 30 € for a period of 2017-2020
 - b. SEEMOC: Start fee for SEEMOC participants is 40 Euros if registered for all 4 races (sprint, long, middle, relay), or 15 Euros per race for a period of 2017-2020.. Therefore a SEEMOC participant can register for a single competition in SEEMOC.
- 1.5 The Organiser must pay 10% service fee for each competitor who takes an official start in any one of the competitions. (Even if the organiser might decide to make a special discount for the runners of its own country, the full sanction fee of 10% for these runners shall also be paid to SEEOA.)

2. Event programme and Bulletins

- 2.1 SEEOC and SEEMOC events are organised every year. The programme shall be no longer than 4 days and include the competitions Sprint, Long, Middle and Relay. For the individual competitions (Sprint, Middle and Long) there will be no qualifications, only finals.
- 2.2 For SEEOC Elite classes, the individual competitions (Sprint, Middle and Long) shall be WRE events. The Organizer is responsible for the necessary applications to IOF for these WRE events (no sanction fee will be paid since this is a Regional Championship).
- 2.3 The event shall follow the:
 - a. IOF Competition Rules for Foot Orienteering.
 - b. For SEEMOC, Guidelines for the World Masters Orienteering Championships (WMOC)
 - c. SEEOA Special Rules stated below.
- 2.4 The dates of the event shall be co-ordinated with other international events and finally approved by SEEOA
- 2.5 Bulletin 1 shall be issued not later than 5 months after the organizer Federation is appointed by SEEOA.
- 2.6 Bulletin 2 shall be published not later than 12 months before the SEEOC start.
- 2.7 Bulletin 3 shall be published not later than 2 months before the first competition day of the event.

2.8 Bulletin 4 shall be published 7 days before the first competition day of the event.

3. Event application and appointment of organiser

Any South East European Federation which is a member SEEOA and IOF may apply to organise SEEOC and SEEMOC. Applications shall reach the SEEEOA before February 20th two years prior to the event year.

The Meeting of SEEEOA appoints the organiser. An IOF licensed adviser from another Federation shall be appointed by SEEEOA to control the event.

4. Entries, Participation and Classes

Competitors representing member Federations of the SEEEOA can compete in SEEOC and SEEMOC. Runners from a country outside SEEEOA can participate in the event, but will not be eligible for South East European Orienteering titles and medals.

SEEOC Entries:

A member Federation may enter a maximum 4 runners in each class for all individual competitions.

All 4 runners can participate in individual competitions but only the two best runners from each country can obtain points for the country standings.

SEEOC classes are:

M16, W16, M18, W18, M20, W20, M21E, W21E

A Federation may enter 3 runners with a 4th runner stated as a substitute for the Relay only. In this case no start fee will be charged for the substitute runner. However, this runner cannot participate in the individual competitions, but can only run in the Relay.

A Relay team consists of 3 runners in classes above. Incomplete teams and teams with runners from more than one Federation are not allowed.

Under no circumstances may persons other than entered competitors participate in the competition.

Except for WRE competitions where starts follow IOF Rules, the start for non-SEEEOA participants in the classes above, shall be organized as an open event, and the first start will be 15 minutes after last official competitor start in each class.

The start interval shall be 2 minutes for Middle and Long distance and 1 minute for Sprint.

SEEMOC Entries:

Entries for SEEMOC can be made by individuals, clubs, or federations, and there is no restriction to the number of participants.

SEEMOC competitors start together with SEEOC competitors. Other non-SEEEOA competitors from the same class who are registered for the open event will start 15 minutes after SEEOC and SEEMOC competitors.

The start interval shall be 2 minutes for Middle and Long distance and 1 minute for Sprint.

The start for SEEMOC Relay shall be 10 minutes after the last start of SEEOC Relay.

SEEMOC participant can take part in the SEEOC relay team, but only in case that participant's name was mentioned in the final entry form of SEEOC national team.

In that case he/she does not pay additional Money for the SEEOC Relay and it is included in 40€ SEEMOC fee. Runners whose names are not mentioned in final entry forms for SEEOC and SEEMOC are not allowed to run in official championships.

SEEMOC individual classes are:

M35, W35, M40, W40, M45, W45, M50, W50, M55, W55, M60, W60, M65, W65, M70+, W70+, M75+, W75+

A SEEMOC Relay team consists of 3 competitors, where at least one of the competitors is a woman. Relay classes are: MIX 35 (age 35 – 44), MIX 45 (age 45 – 54), MIX 55+ (55 and older).

There shall be no combining in master classes even if the number of participants in the class might be low. One runner (or one team in the relay) will be considered sufficient for that class to be opened.

Runners may compete in a class below their age, but may not compete in a class above their age (e.g. a 47 year old runner may compete in class 35 or 40 but not in class 50).

Entry deadlines:

For SEEOC

The quantitative entry form must be sent to the organisers 60 days before the competition starts using the SEEOC preliminary entry form.

The nominative entry form must be sent to the organisers 20 days before the competition starts using the SEEOC final entry form.

Latest confirmation of the team composition must be send to organisers 48 hours before the first start of the competition using the SEEOC final composition of the team entry form.

Then, final entries for each stage of SEEOC including start blocks (not valid for M-W Elite), must be done in accordance with SEEOC programme and timing, mostly 24h before the race.

For SEEMOC

Entries are made individually using the entry system and deadline described by the organizer.

5. Winning Times:

The courses shall be set to give the following winning times in minutes:

Class	Sprint	Long	Middle	Relay (each leg)
SEEOC				
W16	10-12min	35-40min	15-20min	20-25min
M16	10-12min	40-45min	20-25min	20-25min
W18	10-12min	40-45min	20-25min	25-30min
M18	10-12min	45-50min	20-25min	25-30min
W20	12-15min	50-55min	20-25min	25-30min
M20	12-15min	60-70min	20-25min	25-30min
W21E	12-15min	70-80min	30-35min	30-40min
M21E	12-15min	90-100min	30-35min	30-40min

SEEMOC	Sprint	Long	Middle		Sprint	Long	Middle	SEEMOC RELAY (each leg)
W35	15min	55 min	25 min	M35	15min	65 min	25 min	
W40	15min	50 min	25 min	M40	15min	55 min	25 min	MIX35
W45	15min	50 min	25 min	M45	15min	55 min	25 min	30-40min
W50	15min	45 min	25 min	M50	15min	50 min	25 min	MIX45
W55	15min	40 min	20 min	M55	15min	45 min	20 min	25-30min
W60	15min	40 min	20 min	M60	15min	45 min	20 min	MIX55+
W65	15min	35 min	20 min	M65	15min	40 min	20 min	20-25min
W70	15min	35 min	20 min	M70	15min	40 min	20 min	

6. Maximum running times

Sprint, 1 hour (60 minutes)

Middle distance, 2 hours (120 minutes)

Long distance, 3 hours (180 minutes)

Relay, 4.5 hours (270 minutes)

If the winner time has been surpassed for over 20% than maximum running times should also be raised accordingly.

7. Awards

The organiser shall prepare and pay for specially designed medals (as decided by the South East European Orienteering Association) for all the individual events (3 medals in each class / race) and relay (9 medals in each class). For the individual races in SEEOC, the places 1 – 6 shall also receive diplomas. In SEEOC Relay only first 3 teams shall get medals and Diplomas.

For SEEMOC competitions medals and diplomas are awarded only to the first 3 in individual races and the first 3 teams (9 medals in each class) in Relay competitions.

When the South East European Championship competition is combined with a separate competition open to all Federations, the organiser shall prepare and pay for separate prizes to competitors who are in the first 3 places in the open races (from result lists where are all competitors together).

For individual races, two separate results lists shall be published, one showing the results of the South East European Championships SEEOC (excluding any non-South East European National team runners), and a second showing the results of the Open competition where are all competitors together.

Cups will be awarded to the 1st, 2nd and 3rd place in total country points for SEEOC and SEEMOC separately. The total country score will be calculated as a sum of points won in all individual races plus the relay in all classes for the event.

8. Country Scores

The same table for points calculation given below is valid for SEEOC and SEEMOC. In each class, only the two best runners from each country will obtain points for country standings in that class.

For each class, the first 30 runners in that class obtain individual points as shown below:

TABLE FOR INDIVIDUAL POINTS CALCULATION

PLACE- POINTS

1.- 45

2.- 39

3.- 34

4.-	30	13.-	18	22.-	09
5.-	27	14.-	17	23.-	08
6.-	25	15.-	16	24.-	07
7.-	24	16.-	15	25.-	06
8.-	23	17.-	14	26.-	05
9.-	22	18.-	13	27.-	04
10.-	21	19.-	12	28.-	03
11.-	20	20.-	11	29.-	02
12.-	19	21.-	10	30.-	01

TABLE FOR RELAY POINTS CALCULATION

For SEEOC there can be only one team per country per class. For SEEMOC, each country may be represented with an unlimited number of teams in each class, but only the best one in the class will obtain points for country standings

PLACE- POINTS					
1.-	90	6.-	50	11.-	40
2.-	78	7.-	48	12.-	38
3.-	68	8.-	46	13.-	36
4.-	60	9.-	44	14.-	34
5.-	54	10.-	42	15.-	0

TOTAL COUNTRY POINTS

The total country points are calculated for SEEOC and SEEMOC separately. Total country score will be calculated as a sum of points won in all individual races and classes plus the relay.

If two or more countries obtain the same points, the country with more medals in all individual races will be ranked higher (first the country with more gold medals, then silver, then bronze)

9. Start draw

No official start draw is made for SEEMOC. Runners are allocated randomly, however, care is taken that two runners of the same class and same country do not start consequently.

For SEEOC, the following rules are followed:

9.1 Drawing procedure for classes M/W 16-18-20:

There are four start blocks (early, middle 1, middle 2, late). Team leaders must fill the form accordingly. If there are less than 4 runners to start, then the start block where no runner will appear shall be clearly marked with a cross on the form.

The deadline for submitting the start block choices shall be no later than 3 hours before the team leaders' meeting so that printed start lists can be distributed to all countries during the team leaders meeting.

After all teams have submitted the start block choices for all their runners, each start block shall undergo at random draw using a computer program approved by the IOF.

9.2 Drawing procedure for M/W21 classes:

Since the individual events for the elite classes in SEEOC are WRE events, IOF requirements must be taken into consideration when preparing the start list for WM21 classes.

According to the new IOF WRE scheme, two separate lists are available for World Rankings, separating Sprint from Middle & Long. Following this, the start lists for SEEOC Elite classes shall be prepared as follows:

Sprint race

Start lists must be in accordance with WRE sprint rankings, the best runner in IOF sprint ranking scheme starting last.

Middle & Long races

Whichever of these comes first in the event programme (let's say Middle comes first in the program), the start list for that race will be in accordance with IOF WRE middle & long rankings. For the second race (Long distance according to our example) the start list will be made according to the results of the previous race (in this example, according to the middle distance race) with the best runner of the previous race starting last in the next race.

In case, due to their IOF World Ranking Points, two runners of the same country are listed one after the other, then the closest runner from another country shall be placed between them (example BUL-BUL-ROU-SRB will be changed as BUL-ROU-BUL-SRB). In case it is technically not possible to separate runners by another country because of lack of runners, then vacant spaces shall be added between runners of the same country (example TUR-vacant-TUR).

The runners who did not take part in previous competition day, shall be placed at the beginning of the start list.

SEEOC WRE event runners will have a start together with other SEEOC categories and open WRE event will start 15 minutes after the last starter at SEEOC again follow first WRE points, then result of the previous day competition.

10. Equipment

Competitors shall not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS-enabled devices (watches etc.) can be carried provided that they have no map display and are not used for navigation purposes. However, the organiser has the right to specifically forbid the use of such equipment. The organiser may require competitors to carry a tracking device and/or a GPS data logger.

11. Jury

The jury is appointed by SEEOA. It shall consist of 3 voting members from different federations. They need to have licence of IOF Event Adviser.

12. Other

Some other specific requests are listed in the application entry form for organising SEEOC and SEEMOC and these are obligatory part of Rules (title, web site, application deadlines, sanction fee, permissions etc.)

There will be no team leaders meetings for SEEMOC.

Organizers have the right to set the price for open competition as they find necessary.

Appendix 1

Additional explanation: how to calculate National team results?

National team scores/results shall be calculated according to the next examples and formula

EXAMPLE FOR INDIVIDUAL SCORING IN ONE CLASS:

In individual races (Sprint, Middle and Long), each National team (A,B,C etc) could start with maximum 4 runners in each class for SEEOC, and an unlimited number of runners in each class for SEEMOC, but just best two runners in that class will obtain points for national team standings.

Place	Team member	Points
1	A	45
2	A	39
3	B	34
4	C	30
5	C	27
6	A	-
7	C	-
8	B	25
9	D	24
10	B	-
etc	etc	etc

EXAMPLE FOR RELAY SCORING IN ONE CLASS

In relay race, each National team (A, B, C etc) could start with only one team in each class so the points will be calculated directly according to the Rules. For SEEMOC, although many teams can start in one class, only the best team will receive country points. Therefore, this calculation is in a way, the same as for SEEOC.

PLACE	TEAM	Points
1	A	90
2	F	78
3	G	68
4	B	60
5	C	54
6	D	50
Etc	etc	Etc

EXAMPLE FOR TOTAL NATION SCORING

According to scoring in the examples from above, total National team score will be calculated as a sum of points won in all individual and relay races.

PLACE	National Team	Total points in individual races	Total points in relay	TOTAL POINTS
1	A	90	90	180

2	B	59	78	137
3	C	57	68	125
4	D	47	60	107
Etc	etc	Etc	etc	etc

Note: For examples we just use one class, but all official classes should be treated like this!

SEEOA
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