

## Victorian Sprint Championships Rules

1. A Victorian Sprint Orienteering Championships shall be staged each year, normally in the later part of the year. Responsibility for the event shall be allocated by Orienteering Victoria, to a club or other organizing group not later than 31 December in the year prior to the event.
2. Except where contradicted by these rules, the event shall be conducted under the OA Competition Rules.
3. The event may be staged on a weekend or on a weekday evening. In the latter case, the first start time should be sufficiently late to allow competitors to travel to the event.
4. The event may be staged in an urban, campus or park area, or a combination of these. Organisers are encouraged to set the event in such a way that it is attractive for spectators and the media. The terrain should be suitable for sprint orienteering. This is described as follows in IOF and OA guidelines:

“The Sprint profile is high speed. It tests the athlete’s ability to read and translate the map in complex environments, and to plan and carry out route choices at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge: rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athlete’s full concentration throughout the race. An environment which cannot provide this challenge is not appropriate for the Sprint.”

5. The map shall be prepared according to the International Standard for Sprint Orienteering Maps. The normal map scale for the event is 1:5000 or 1:4000. Particular care shall be taken in ensuring that areas which are permitted or prohibited for passage are clearly marked.
6. The following classes shall be offered: M/W -12, -14, -16, 17-20, 21, 35-44, 45-54, 55-64, 65-74, 75+. Other A classes can be offered. There are no AS or B classes due to the short distance and nature of Sprint orienteering. However, Junior courses should be of an appropriate standard (Easy/Moderate). The number of courses set may be determined by the organiser, but should be no fewer than four courses.
7. The winning time for all courses should be 12-15 minutes. Reasonable variations on this are permitted with the approval of the Controller if required, to limit the number of courses set.
8. Competitors are required to enter the event prior to a date set by the organizer, who may also require pre-payment of the entry fee.

9. Start times shall be pre-allocated. The order shall be randomly drawn except that, in M/W17-20 and 21, with the approval of the Controller, the start order may be determined in whole or part by rankings or previous performances.
10. The normal start interval is 1 minute, but longer intervals are permitted, particularly where the number of entries on a course is small.
11. Maps shall be pre-marked with courses and shall not be sighted by competitors prior to their start time.
12. At the discretion of the organizers and with the agreement of the Controller, the competition terrain may be embargoed for a period prior to the event. Such an embargo may preclude all entry to the terrain, or only specific orienteering training.
13. Features marked on the map as uncrossable (fences, rivers, walls, garden beds etc.) may not be crossed or reached over, even where it is physically possible to do so. It is critical that barriers preventing passage, and forbidden areas, be accurately mapped.
14. The Sportident electronic punching systems is to be used. The punching units are to be easily accessible, placed on top of control stands, trestle stands or similar, along with visible control flags hanging from the stand. Hanging punch units or units placed at ground level are not to be used. In areas with a risk of theft, punching units may be secured by using a thin cable through the unit, plus another cable securing the stand to a fixed object.
15. Variations to these rules may be authorized by the Chair of the Urban Orienteering sub-committee.