



Confederation of Mediterranean Orienteering Federations

Rules for Mediterranean Championships in Orienteering MCO

The Confederation for Mediterranean Orienteering Federations, referred to from now on as *COMOF*, in agreement with its statutes, Article 1 Point, decides to create the Mediterranean Championships in Orienteering, referred to from now on as *MCO* to be organized annually by one of its Member Federations and to be named Mediterranean Championships in Orienteering - MCO

ARTICLE 1

Any country of the Mediterranean Area can apply to take part in this event, submitted via its National Federation adhered to COMOF.

A representative Delegation from those countries of the Mediterranean region with no Orienteering Federation or where there is no significant development in sports could be invited in order to promote and develop the sport of Orienteering in that country.

ARTICLE 2

The objectives of these Championships are enclosed in the Article 1 of the COMOF Statutes:

- 1- to promote, organize and develop the sport of Orienteering in the Countries of the Confederation;
- 2- to promote the spirit of friendship and co-operation among the sporting people in the Countries of the Confederation;

- 3- to organize and promote new sporting events, apart from those already organized by the International Orienteering Federation (IOF), in order to establish friendly competitions among the countries of the Confederation;
- 4- to develop the principles of Orienteering with the patronage of the IOF, which is the only Organization entitled at international level to rule the Sport of Orienteering under the International Olympic Committee (IOC);
- 5- to organize, upon decision of the General Assembly, an event denominated "Mediterranean Championship in Orienteering – MCO" which will be assigned to an applicant belonging to the Associated Members by the Council according to the rules which will be issued by the Council itself;
- 6- to promote, introduce, update and improve the practice of Orienteering;
- 7- to promote scientific researches in connection with the sport in co-operation with Universities, Sporting Schools, the IOF and other National and International Institutions;
- 8- to work together to ban the use of doping in Sport;
- 9- to follow the policies of the IOC;
- 10- to encourage the policies of the IOF;
- 11- to promote the inclusion of the Sport of Orienteering in the Mediterranean Games.

ARTICLE 3

The Mediterranean Championships in Orienteering may be held at the same time together/parallel with another competition of the organizing country.

Due to the fact that the MCO are Regional Championships which rotate on an annual basis between different member federations Federations, the competitions within MCO may be granted WRE status without affecting the host Federation's normal allocation of three WREs. It is the organiser's responsibility to apply for WRE status for the competitions. The service fee may be waived for MCO WREs.

ARTICLE 4

The Mediterranean Championships in Orienteering will consist of a Middle Distance, Sprint Distance and Long Distance. In case if organizer does not have a suitable terrain for a Long distance, then Sprint Relay must be organized.

	Winning times			
	SENIOR		JUNIOR	
	Women	Men	Women	Men
Middle Distance	30-35'	30'-35'	20'-25'	20'-25'
Sprint Distance	12'-15'	12'-15'	12'-15'	12'-15'
Long Distance	70'-80'	90'-100'	55'	70'
or Sprint relay	12'-15' for each leg and 55'-60' sum of the fastest time of all legs			

The competition will take place over four days (arrival and 3 competition days)

During the competition, a meeting of the COMOF members will be held. The COMOF President will lead the meeting and will propose the schedule and agenda. It would be very suitable if organizers would offer one room for free for each country represented at the meeting.

During each meeting, the organizing country could also offer the participants cultural or tourism activities.

ARTICLE 5

Each country at MCO will be represented by a team composed of four women and four men.

SENIOR (M/W 21 E) : 2 WOMEN and 2 MEN
JUNIOR (M/W 20) : 2 WOMEN and 2 MEN (According to IOF annual rules)

Checking the athletes' age is the responsibility of the organizing country, following COMOF criteria.

Participants must have citizenship of country they represent at MCO.

A country will be included in the classification when it has at least one runner in the event.

The start fees for the official COMOF national teams should be covered by the country organizing the MCO.

ARTICLE 6

The classification will be done only with the National Countries inscribed in the Championships.

The points will be given according the following rules:

In each class for every distance, the points to be given will be 1 point for the 1st position, 3 points for the 2nd position, 5 points for the 3rd position, 6 points for the 4th position, 7 points for the 5th position, and so on.

A runner who is disqualified will receive points equal to the points of the last classified runner plus two. The country with no runners in this class will receive points equal to the points of the last classified runner plus four.

Example: 10 countries. The country «X» with a disqualified runner and the country «Y» without a runner:

1 ^o : 1 points	2 ^o : 3 points	3 ^o : 5 points	4 ^o : 6 points
5 ^o : 7 points	6 ^o : 8 points	7 ^o : 9 points	8 ^o : 10 points
9 ^o : 12 points (disqualified runner)	10 ^o : 14 points (no runners)		

The winner will be the country with fewer points in the general classification, adding the points of the four classes: MS, WS, MJ and WJ.

For Sprint Relay each country may have one 21 Elite Sprint Relay team and one junior team. Juniors may run in Elite team.

The winner team will get 10 points (with 2 teams country can score 10+10 points minimum).

2nd place 15points
3rd place 20 points
4th place 25 points
5th place 30 points
6th place 35 points

Disqualified team will receive points equal to the points of the last classified team plus 10 points. The country with no team in this class will receive points equal to the points of the last classified team plus 20 points.

In case of a draw, the classification will depend on the country that has obtained more:

- Number of winners among the four classes,
- Number of second positions or third positions, etc

There will be trophies for first, second and third classified COMOF country.

The organizer country will give medals for the 1st to 3rd classified in every distance (Middle, Long distance and Sprint when applicable).

The COMOF will give Diplomas for the 1st to the 5th classified, for each class and distance.

COMOF provide free medals for organisers. Diplomas are the same type and they must be produced by organizer.

Prize-giving will be after every competition or on the following day.

The ceremony will be according to the programme of the organizer.

ARTICLE 7

The following will be decided at the Council meetings of COMOF:

- * The organizer country in three years' time.
- * The dates of the competition in two years' time.
- * The type of distances which will be in used one year before MCO at the latest.

ARTICLE 8

The countries taking part in the event are responsible for their accommodation, living expenses, as well as transport costs. The organizing country will provide information about different means of accommodation and they will be included in the informative bulletins.

ARTICLE 9

The official language in the Championships will be the one established in the Article 4 of the COMOF statutes (English).

ARTICLE 10

Before the competition, a Team Official's meeting may be held, in order to welcome the participants and to report any important technical details about the event.

ARTICLE 11

All aspects of the technical details of the event not covered in these rules, it will be carried out according to IOF regulations.