

## The Rules of Orienteering:

Taken from the Canadian NCCP Level 1 Coaching Manual pg. 7-8.

- Ø Competitors must take the controls in the specific order.
- Ø A participant who misses the assigned start time may start later, but the time will be calculated from the original start time.
- Ø Immediately after crossing the finish line the competitor must hand their map and control card to the official – this will eliminate concern and possible searches for orienteers presumed lost or injured when they neglect to report to the Finish.
- Ø If competitors give up before completing the course they must report back to the Finish officials and hand in their map and control card.
- Ø Orienteers should not follow other competitors in hopes of improving their time, they will be disqualified if do so.
- Ø Upon completing their course, competitors should not divulge information about the map, terrain or course to a competitor who has not yet started.
- Ø Competitors shall not enter the competition area prior to an event in order to obtain knowledge about the terrain, vegetation, etc...
- Ø Orienteers shall not damage any property eg. fences.

### **Safety Rules:**

- Ø Whistles must be carried during events
- Ø The international distress signal (3 blasts of the whistle) should be familiar to all orienteers.
- Ø Athletes must not attempt to cross areas marked uncrossable such as ponds and lakes.
- Ø Competitors must aid injured orienteers they encounter.
- Ø Information to aid a lost orienteer such as a safety bearing must be provided.

### **True or False:**

- 1)\_\_\_The orienteer may follow another competitor provided that he does not communicate verbally with him.
- 2)\_\_\_An orienteer shall be disqualified for not punching controls in correct order.
- 3)\_\_\_An international distress signal is three blasts on the whistle.
- 4)\_\_\_An orienteer may cross a pond marked uncrossable provided he or she feels that they can do so safely.
- 5)\_\_\_A competitor who has not yet started is forbidden to gain knowledge about a course from a participant.
- 6)\_\_\_If you come across an injured orienteer it is okay to continue on without assisting them.

### **Short Answer:**

- 1)Why is it important for a competitor to report to the Finish, even if they do not complete the course?