



## RULES

# ALPE ADRIA ORIENTEERING CUP

### 1. Alpe Adria Orienteering Group

#### 1.1 The Alpe Adria Orienteering Group

The Alpe Adria Orienteering Group (AAOG) was founded in 2006 and now is the coordinator of the annual event called Alpe Adria Orienteering Cup.

#### 1.2 Members of the Alpe Adria Orienteering Group

The Alpe Adria Orienteering Group consists of all current and former (year 2005) members of the Alpe Adria Community.

The member regions are:

- Baranya (HUN)
- Bayern (GER)
- Burgenland (AUT)
- Friuli Venezia Giulia (ITA)
- Győr-Moson-Sopron (HUN)
- Hrvatska (CRO)
- Kärnten (AUT)
- Lombardia (ITA)
- Oberösterreich (AUT)
- Slovenija (SLO)
- Somogy (HUN)
- Steiermark (AUT)
- Ticino (SUI)
- Trentino-Südtirol (ITA)
- Vas (HUN)
- Veneto (ITA)
- Zala (HUN)

The member regions are named in their home language.

New member regions can be taken into the group by decision of the regions' representatives at the annual meeting (1.3) with a majority of two thirds of the present members. Only regions with a connection to the Alps or the Adria can become AAOG members. Regions have to send an application to the AAOG coordinator (1.4) until 1st of March in the year before they want to become a member. The membership starts with the beginning of the next year (1st of January).

#### 1.3 AAOG Meetings

The Alpe Adria Orienteering group comes together in a meeting every year. The meeting usually takes place at the Alpe Adria Orienteering Cup competition days. It shall be in the evening after the first Cup competition.

Each member region can send one or two representatives to the meeting. Exceptions can be decided by the meeting itself. In polls or elections, every member region has one vote.

The official language in the AAOG meetings is English.

During the year the AAOG communication will be done by e-mail.

## 1.4 AAOG Coordinators

The Alpe Adria Orienteering group elects one coordinator and one vice-coordinator. The coordinator is responsible for the necessary communication with the International Orienteering Federation (IOF) and is leading the annual meetings. The vice-coordinator supports the coordinator in his work and is responsible for the calculation of the Alpe Adria Orienteering Cup results.

The coordinator and vice-coordinator are elected by the member regions' representatives in the AAOG meetings. They are elected for a period of two years.

## 2. Alpe Adria Orienteering Cup

### 2.1 The Alpe Adria Orienteering Cup

The Alpe Adria Orienteering Cup (AAOC) is held every year and contains three competitions. It is hosted by one of the member regions and usually organized by the regional orienteering federation, one of the region's orienteering clubs or the region itself.

The annual AAOG meeting decides the host region for the AAOC in the second year in the future. The AAOC should be organized by all AAOG member regions in cyclic periods.

### 2.2 Competitions

The Alpe Adria Orienteering Cup consists of two individual competitions and one relay competition. One of the individual competitions must be a long distance event. The other individual competition should be a middle distance competition, but can also be a sprint distance competition. A relay team consists of three runners.

The date and the schedule of the three competitions are free. The relay competition can be staged on 1<sup>st</sup> or on 3<sup>rd</sup> day. Additional competitions (e.g. a sprint prologue) can be organized but do not count for the regions ranking (2.4).

The AAOC should be organized in May or July but can also take place in other months.

The competitions are also open for non-AAOG-members and clubs. The AAOC may also contain national ranking events, national championships or even IOF World Ranking events.

The course lengths of the Alpe Adria races should be according to the AAOC guidelines for course lengths (appendix to these competition rules).

### 2.3 Alpe Adria Teams & Categories

An Alpe Adria Team is formed by a maximum of 24 competitors in each of the individual competitions. The Alpe Adria Team in the relay is formed by a maximum of eight relay teams. The team members can differ within the three competition days. Two coaches are suggested.

Members of an Alpe Adria Team can be all runners, who are registered by the national orienteering federation as an active runner for a foot orienteering club of that region. If runners are active for foot orienteering clubs from different AAOG member regions, they are only allowed to run for the Alpe Adria Team of the region where they have their domicile. In other cases there has to be a decision by the AAOG Meeting.

The Alpe Adria Categories are W 16, M 16, W 18, M 18, W 21, M 21, W 35, M 35, W 45 and M 45 in individual competitions and MW 18 (Mixed), W 21, M 21 and MW 35 (Mixed) in relay competition.

The amount of starting places in the Alpe Adria Categories is as follows:

W 16: 2 M 16: 2 W 18: 2 M 18: 2 W 21: 4 M 21: 4 W 35: 2 M 35: 2 W 45: 2 M 45: 2

The maximal amount of relay teams is as follows: MW 18: 2 W 21: 2 M 21: 2 MW 35: 2

Three runners form one relay team. In the mixed youth category (MW 18) and the mixed masters category (MW 35) each relay team has to contain at minimum one female runner and one male runner. Female runners of all age are allowed to start in M 21 relay teams.

All members of the Alpe Adria Teams have to pay start fees of at maximum 5 EUR per race for the youth categories and of at maximum 10 EUR per race for the elite and masters categories.

All team members shall be offered simple accommodation (e.g. sport hall) for a discounted fee of at maximum 2 EUR per night from the day before the first competition until the last competition day. The maximum amount of discounted accommodation places for one team is 30.

The names of the team members in the individual competitions have to be announced in advance together with the entry to the competition. Changes because of maladies or injuries can be made until two hours before the first start of the competition. The relay teams have to be announced until two hours before the first mass start of the relay competition.

An official dinner for the Alpe Adria Team members should be organized after the second competition day.

## **2.4 AAOC Ranking and Ranking Scheme**

Each of the three AAOC competitions counts for the AAOC Ranking of the regions.

The amount of counting runners in the individual competitions is as follows:

W 16: 1 M 16: 1 W 18: 1 M 18: 1 W 21: 2 M 21: 2 W 35: 1 M 35: 1 W 45: 1, M 45: 1

In every competition, the best among the team members are the counting runners in the category. So a full AA-Team with 24 competitors can have one runner not counting in each youth and masters category, and two runners not counting in each elite category.

The winner (best placed counting runner) gets as much points as there are counting runners in this category. The second best counting runner gets one point less and so on. So the last counting runner gets one point. Counting runners who are disqualified get 0 points without affecting the other counting runners' points.

In all four categories of the relay competition only the best placed relay team of every region counts for the AAOC Ranking. The best counting relay team gets three times as many points as there are counting relay teams in this category. The second best counting relay team gets three points less and so on. So the last counting relay team gets three points. Counting relay teams who are disqualified get 0 points without affecting the other counting relay teams' points.

The AAOC Ranking is formed of the region's points in the three competitions. The winner is the region which gets the most points overall. The final ranking has to be announced during the prize giving ceremony of the last competition. If two regions have the same amount of points, they are placed equally.

*These rules have been decided by the AAOG meeting at AAOC 2008 in Kumberg (Steiermark).*

*Kumberg, 2008-05-02*

*Changes have been decided by the AAOG meetings at AAOC 2010 in Brallo di Pregola (Lombardia), at AAOC 2014 in Cansiglio (Veneto), at AAOC 2015 in Bad Waltersdorf (Steiermark) and at AAOC 2016 in Trieste (Friuli Venezia Giulia).*

*Gradisca d'Isonzo, 2016-09-23*