

Alpe Adria Orienteering Cup 2023

Summary of the rules

This document is a summary of the rules for the AAOC'23 in Livigno (Lombardia, Italy), considering Rules and the Deviations from the rules, as decided in the Team Leaders' meeting in München, 2022-06-17.

Competitions

- Friday, 2023-06-02, Mixed Sprint Relay (first start at 15:00)
- Saturday, 2023-06-03, Middle Distance (first start at 10:00)
- Sunday, 2023-06-04, Long Distance (first start at 10:00)

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 W16, M16, W18, M18, WE, ME, W35, M35, W45 and M45 in individual competitions and MW-17 (Mixed), MW-Élite (Mixed) and MW-35 (Mixed) in relay competition.

The amount of starting places in the Alpe Adria categories is two for juniors and masters, and four for seniors, as follows:

- individual races:
W16: 2 places; M16: 2; W18: 2; M18: 2; WE: 4; ME: 4; W35: 2; M35: 2; W45: 2; M45: 2.
- relay: MW-17: 2; MW-Élite: 4; MW-35: 2.

Three runners form one relay team. The first runner of each relay team must be a female. Each relay team shall include at least one male.

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.

Entry fees

All members of the Alpe Adria Teams have to pay start fees of 5 EUR per race for the youth categories and of 10 EUR per race for the senior and masters categories. In case of late registration, an extra-fee of +50% applies.

AAOC Ranking and Ranking Scheme

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

Individual races

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

W16: 1; M16: 1; W18: 1; M18: 1; W21: 2; M21: 2; W35: 1; M35: 1; W45: 1; M45: 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 than the first, and so on. So the last counting runner gets one point. Counting runners who are disqualified get zero points without affecting the other counting runners' points.

Relay

In MW-17 and MW-35 classes of the relay competition **only the best placed relay team** of every region counts for the AAOC Ranking. The best counting relay team overall gets three times as many points as there are counting relay teams in this category. The second best counting relay team overall gets **three points less** than the first, and so on. So the last counting relay team gets three points.

In MW-Élite class of the relay competition **only the two best placed relay teams** of every region count for the AAOC Ranking. The best counting relay team overall gets twice as many points as there are counting relay teams in this category. The second best counting relay team overall gets **two points less** than the first, and so on. So the last counting relay team gets two points.

Counting relay teams who are disqualified get zero points without affecting the other relay teams' points.

Overall ranking

The AAOC Ranking is made by the sum of each region's points in the three competitions. The region with the most points overall is the winner. The final ranking has to be announced during the prize giving ceremony of the last competition. If two or more regions have the same points, they are ranked equally (no tie-breaking rules).