



# Orienteering



# COMPETITION MANUAL

Updated February 2026



## **GUIDING BODIES**

World Police and Fire Games Federation (WPFGF)  
7944 Convoy Court, San Diego, CA 92111 USA  
TELE: (858) 571-9919 E-MAIL: 4info@cpaf.org

International Orienteering Federation (IOF)  
Drottningatan 47, 3, 5 tr  
SE-65225 Karlstad  
Sweden  
Web-Site: [www.orienteeing.org](http://www.orienteeing.org)

Vulcan Orienteering Club (VOC)  
5430 Etta Drive  
Mount Olive, AL 35117  
USA  
Web-site: [vulcanorienteering.org](http://vulcanorienteering.org)

**Entry Deadline: 2/28/2027**

**Age as of Date: 12/31/2027**

## **EVENTS**

Age Categories in the Men's and Women's Individual events are:

18 +	50 +
30 +	55 +
35 +	60 +
40 +	65 +
45 +	

### **INDIVIDUAL SPRINT DISTANCE**

The sprint profile is high speed. The emphasis is on the athletes' ability to read and translate the map in complex environments and to plan and carry out route choices running at high speed. Sprint races are normally staged in a very runnable park or urban (streets/buildings) terrain.

The courses shall be set to give the winning times in minutes:

Men: 18+, 30+ & 35+	15 - 20 minutes
40+ & 45+	15 - 20 minutes
50+ & 55+	15 - 20 minutes
60+ & 65+	15 - 20 minutes



Women: 18+, 30+ & 35+	15 - 20 minutes
40+ & 45+	15 - 20 minutes
50+ & 55+	15 - 20 minutes
60+ & 65+	15 - 20 minutes

### INDIVIDUAL MIDDLE DISTANCE

The Middle Distance profile is technical. The emphasis is on the athletes' ability to navigate in detailed terrain where finding the controls constitutes a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering.

The courses shall be set to give the winning times in minutes:

Men: 18+, 30+ & 35+	60 minutes
40+ & 45+	50 minutes
50+ & 55+	40 minutes
60+ & 65+	40 minutes

Women: 18+, 30+ & 35+	50 minutes
40+ & 45+	40 minutes
50+ & 55+	35 minutes
60+ & 65+	35 minutes

There may be set maximum running times for each class:

The maximum running times shall be:

Sprint: 60 minutes for women and men.

Middle Distance: 90 minutes for women and men.

Long distance: 180 minutes for women and men

The course planner must keep the following principles in mind:

- The unique character of foot orienteering as running navigation.
- The fairness of the competition.
- Competitor enjoyment.
- The protection of wildlife and the environment.
- The needs of the spectators.



## **EQUIPMENT**

Maps, course markings and any additional overprintings (on maps) will be drawn and printed according to the IOF (or national/state affiliate) specifications for orienteering maps.

Communication system

Time-keeping equipment

## **SCHEDULING**

This is a 2 day event.

## **GENERAL RULES**

Each runner starts separately at equal, predetermined intervals.

The only aids a runner may use during the competition are the map and control descriptions (provided by the Host) and a compass (provided by the runner). E-punches may belong to the competitor or be borrowed.

Runners, who omit a control or visit controls in the wrong order will be disqualified, unless it can be established with certainty that the controls were visited in the correct order by E-punch or accurate pin punch back up in the event of malfunctioning E-punch unit. It is the responsibility of the competitor to listen for the audible beep.

Every participating agency shall designate one representative who will attend any officials meeting as scheduled by the organizer.

### **COMPETITORS EQUIPMENT:**

For the Middle Distance events competitors must wear long trousers and a shirt with long or short sleeves.

Competitors decide what kind of shoes they will use. Shoes with metal dobs or spikes are not allowed at the Sprint.

Competitors provide their own compass.

Unless authorized by the Host, telecommunication equipment may not be used in the competition area. Cell phones are not allowed on the course by competitors. They are allowed in the general start, finish, assembly areas.



## **AWARDS**

Medals are awarded First through Third Place (1<sup>st</sup> – 3<sup>rd</sup>). A maximum of 54 sets of medals will be needed. WPFGEF will advise you of the number of sets needed based on the total entries, plus a reasonable margin.

### **ATTENTION COORDINATORS**

**THE GENERAL SPORTS RULES APPLY TO ALL SPORTS.  
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS, ON FORMS PROVIDED, MUST BE FORWARDED  
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE  
CONCLUSION OF THIS SPORT**

The WPFGEF Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the WPFGEF shall be submitted in a timely manner to this WPFGEF Director.

The WPFGEF Directors want to work with you to make your sport a success.

**PLEASE USE THE WPFGEF DIRECTORS AS A RESOURCE.**