

INTERLAND RULES AND GUIDELINES

Rules are to be followed. Guidelines are descriptions of best practice to which it would be wise to adhere. These Rules and Guidelines are dated November 2023 and incorporate hosting responsibility through till 2034.

RULES

1. **General.** Normal International Orienteering Federation rules are to apply except where the rules below give specific direction.
2. **Participating Federations.** The following federations are part of the Interland competition: the Nederlandse Oriënteringsloop Bond (NOLB), two Belgian federation teams (Orienteering Vlaanderen (OV) and Fédération Régionale des Sports d'Orienteering (FRSO)), the English Orienteering Council (ENG), the French Ligue des Hauts de France de Course d'Orienteering (LHFCO), and Luxembourg Orienteering (LuxO).
3. **Procedure to 'join'.** If a new federation wishes to participate in Interland they are to apply to the federation organising the next match. This request is to be shared with the current participating nations and if it can be agreed a decision made. If a decision cannot be reached the issue is to be discussed and decided at the next team leaders' meeting (at Interland). The federation organising the next match is responsible for communicating with the applying federation. The organising federation is allowed to invite another federation to participate 'hors concours' as a guest team.
4. **Team size/composition.** The competition is between teams of 42: 3 members in each of these 14 classes: M14, M17, M20, M Open, M40, M50, M60, W14, W17, W20, W Open, W40, W50 and W60. Orienteering age of competitor is year of competition minus year of birth. To run in a class, juniors must not be older in orienteering age than the designated class age and the veterans must not be younger. Competitors are to be members of the federation for which they compete.
5. **Race.** The Interland race is an individual cross-country event, held on a Sunday, normally in February or March.
6. **Start, Maps and Control Descriptions.** Recommended course/class combinations and a suggested start order table are in the guidelines. Only Interland team members are to appear on the start list, not reserves¹. Versions of the competition map are not allowed in the pre-start area. Loose control description sheets employing IOF symbols are to be issued in the start lanes, not before, and also printed or attached to the map, on the back if necessary².
7. **Scoring.** Each team may start 3 runners in each class. The two best runners from each team score and the third runner in a team does not affect the score of other teams' runners. The scores are computed by, in each of the 14 classes, assigning to the winner the number of points that can be scored equal to the number of runners who could potentially score in that class (two to score per nation, if entered/started, implies maximum of 12 (6 teams, two to score)). Note therefore that it is not a standard 12³. A spreadsheet is available, constructed to execute these protocols.
 - a. **Step 1.** Look at the individual results from each class and decide (with each team scoring only two) how many COULD score if all those STARTING finished. [Where all 6 teams have at least 2 people starting it equals 12, but often it is less.]

¹ Reserves may run in the open race which follows.

² See IOF Rule 18.

³ Rationale is to avoid penalising team(s) who do not start 2 runners in a class even more than just not scoring.

b. **Step 2.** In each class award that number of points to the winner, and one less for each place below, excluding teams' third finishers. Award no points to a runner who mispunches or fails to finish. If there is a tie then share the points. In each class calculate each team's points. The XL spreadsheet is constructed to do this.

c. **Step 3.** Add the 14 class totals together to give overall team scores. Rank the teams, with highest points winning the Interland Cup. Separately add all the (6) junior class totals together to give an overall junior team score. Rank the teams for the junior trophy.

8. **Prizes.** There are 2 trophies: the Interland Cup and the Interland Junior Trophy.

9. **Jury, complaints and appeals.** A jury of 3 shall be appointed by the organising federation, drawn from 3 different federations, not including the organising federation. Any complaints are to be made to the organiser only through a team leader. If a complaint cannot be resolved an appeal may be made only by a team leader and the jury is to be convened to hear it and adjudicate. Complaints are to be made within one hour of the affected competitor's result being posted. Appeals are to be made no later than 1230. Congratulations may be passed to the organiser by anyone.

10. **Rules and guidelines amendments.** A decision to amend these rules and guidelines is only to be made at the annual team leaders' meeting. Desirably proposals for change should be sent round to team leaders before Interland (say a month beforehand) so that federations can consider them but this does not preclude a proposal tabled on the day being considered.

GUIDELINES

11. **Introduction.** These guidelines are intended for the person who takes on the role of coordinator for the weekend of an Interland competition. It is often better that this is a different person from the 'Organiser' of the event. The guidelines have been drawn up by team leaders/previous organisers of Interland and are intended to be helpful rather than prescriptive. If you, as event coordinator, are tempted to stray from these guidelines, you should consult with the team leaders and seek their agreement to any significant changes. The coordinator of Interland is usually in the unenviable position of being the inexperienced one in a situation that is very familiar to the other protagonists. Some team leaders have been in post for decades, and many athletes have taken part in numerous Interland competitions. Do not allow yourself to feel intimidated by this, but exploit the available experience and expertise.

12. **Race.** The Interland race is an individual event, held on a Sunday, normally in February or March. It is normal to combine it with an open or regional event. The quality of terrain and mapping should be very good and the planner should be experienced and technically competent.

13. **Organising Federation.** The Interland match is organised on a rotational basis by the participating federations. The tables below show the history and future hosting responsibility⁴.

Organising Federation	Year	Year	Year	Year	Year	Year	Year	Year
VVO	1987	1989	1991	1993	1995	2000	2005	2010
WTB ⁵					1996	2001	2006	2011
FRSO				1994	1997	2002	2007	2012
NOLB		1988	1990	1992	1998	2003	2008	2013
LNPCCO								2014
ENG					1999	2004	2009	2015

Table 1

⁴ With Luxembourg Orienteering joining they have been invited to host Interland 2027.

⁵ WTB - Westfälischer Turnerbund (WTB)(Germany), competed in Interland from 1996 to 2013

Organising Federation	Year	Year	Year
OV	2016	2023	2029
FRSO	2017	2024	2030
NOLB	2018	2025	2031
LHFCO	2019	2026	2032
LUXO		2027	2033
ENG	2020	2028	2034

Table 2

Note: VVO re-identified as OV. LNPCCO re-identified as LHFCO. Interland was cancelled in 2021 and 2022.

14. Date. Fixing the date for Interland is the responsibility of the organising federation. Best practice is to suggest date options (eg in Feb or Mar) 24 months in advance and invite the other federations to indicate both preferences and dates they could not meet. This should be complete and the confirmed date (for year after next) announced by 15 May (approximately 21-22 months before the event). It is advantageous to place this date on federation fixtures calendars.

15. Course/class combinations/lengths and start order. Interland is best with a minimum of 10 courses: 4 of the adult courses being shared by 2 classes⁶ and 2 for the youngest '14' classes for whom the required technical difficulty is lower⁷ deliberately numbered #9 and #10. The recommended course/class combinations and length ratios⁸ are shown in Table 3.

Course	Class	% of M Open	Target time (mins) ⁹	1 ¹⁰	2	3	4	5	6
9	M14	48	36	B	A	E	C	D	F
4	M17	70	48	D	B	F	A	E	C
3	M20	82	53	E	C	F	D	A	B
1	M21	100	60	A	B	C	D	E	F
3	M40	82	55	C	A	D	F	B	E
4	M50	68	50	F	C	B	A	D	E
7	M60	53	45	B	E	A	F	C	D
10	W14	38	36	A	F	B	E	C	D
6	W17	52	48	F	D	A	B	C	E
5	W20	63	53	C	E	F	B	D	A
2	W21	82	60	E	D	C	F	B	A
5	W40	64	55	D	F	E	C	A	B
6	W50	53	50	B	C	D	A	F	E
8	W60	41	45	A	D	E	B	F	C

Table 3

⁶ Having **3 classes on the same course** extends the start window with adverse effect both on the following open event and the timely calculation of the overall results and **is not recommended**. So, for example, W Open should not be combined with the M20 and M40 shared course.

⁷ The two '14' classes should not be run on courses with an adult technical difficulty (TD). Nor should the 60s run on courses of a lower TD.

⁸ Recommended course lengths are based on the M Open course being designed to generate a target time of 60 minutes = 100%. The percentages shown in the table represent the ratio to the M Open adjusted length (eg length in km plus 0.1km per 10m of ascent) to achieve the target times shown.

⁹ Target time: defined as being the average of the best 3 competitors (per IOF).

¹⁰ A,B,C,D,E,F randomly represent the participating federations: NOLB, OV, FRSO, ENG, LHFCO and LuxO. 1, 2, 3 etc shows the first starter, second starter, third starter etc. A, B, C, D, E, F identities are drawn by lot (ie at random) by the organiser.

16. Start times.

- a. A suggested start order¹⁰ is in Table 3. Where classes share a course (a 'double class' course), classes are to start at 2 minute intervals¹¹ in blocks: all of one class start, then all of the other class¹². 'Single class' courses (eg W Open and M Open) can have 3 minute intervals. Use a varied 'real' start order of teams for each of the classes with 2 protocols: first starters in each class split as equally as possible between the teams¹³. Within class, if some start slots are not filled¹⁴, the gap should not be left. Fill the start list at the selected interval except between classes. Where two classes are running the same course, ensure that the first away in the second class is not from the same team as the last away in the first class¹⁵. If these adjustments result in two adjacent starts for the same team, the organiser is to arbitrarily amend the start order to eliminate the adjacency.
- b. 0930 is recommended for the first Interland start. The factors are: teams' long journeys/ferries after prize giving, need to start the 'open' race, timings of breakfast (at least 2 hours before the start), travel time to the event centre. The open event first start can follow 10 minutes after the last Interland starter. Start lists should be published at D – 5 days on the event webpage¹⁶.

17. **Entry form.** An entry form which has been successfully used in the past is available electronically. Its use significantly reduces the organiser's effort. There should be a mechanism to allow team leaders to nominate the running order in each class¹⁷. The form can include accommodation and feeding booking and special issues (eg dietary: vegetarian/nut/dairy/gluten allergies) information.

18. **Entry fee and payments.** Entry fee levels are at the discretion of the organising federation. Ideally the main team payments can be achieved by bank transfer at the same time as detailed entries are made. The organiser should provide team leaders with the event/club bank details to allow this.

19. **Saturday 'training' event.** Training on a mapped area or the option to compete in a local event should be provided noting that competitors would not wish to run a long course so provide a middle or short. This would allow competitors to have a training run before the match day and otherwise attract wider participation.

20. **Sunday event.** An open event following the Interland competition allows others, including team reserves, to race using the same courses¹⁸.

21. **Accommodation and Food.** Arrange hostel or similar accommodation for the teams – together or separately, depending on what is available locally. Consider doing this a year ahead. If this cannot be achieved by the organiser, provide details of accommodation which teams can book separately. A Saturday evening meal and Sunday breakfast should be provided/available. Plan to

¹¹ This replicates the experience of further internationals in which the juniors will go on to race, if/when they make that grade; and a 3 minute start interval for a 'double class' course extends the start window with 2 adverse effects: delays prizegiving and thus departure of teams who may have to catch ferries, and pushes back the time for the open race starts.

¹² It reduces the chances of a good runner in one class (being followed closely thus) affecting the result of the other class.

¹³ 3, 3, 2, 2, 2 ideally split 'evenly' between male and female classes. The suggested table achieves this.

¹⁴ Because one or more teams enter less than 3 competitors in that class.

¹⁵ As well as this, there is merit in leaving one start slot empty between the last away in the first class and the first away in the second class to effect 'separation'.

¹⁶ Ideally in a format which will allow extraction to a spreadsheet and filtering by team, by class, sorting alphabetically or chronologically or this format should be sent to team managers separately.

¹⁷ Teams can nominate in each class which of their 3 runners will start in the first, second, and third 'blocks' with the option if less than 3 athletes to leave a block void.

¹⁸ Useful if they are allocated the first starts, or given priority, in the open event, on the Interland course applicable to their age.

offer to supply a packed lunch. Allow for vegetarians and those with dietary issues. For planning: a full team comprises 42 members though an incomplete team might be sent. Teams will have leaders (up to 3, say) and may have reserves (up to 10, say).

22. Team Leaders' meeting. A team leaders' meeting is to be held during the weekend, normally on the Saturday evening. The organising federation is to chair the meeting. Besides standing agenda items: dates of next two Interlands, changes in points of contact; any additional agenda items should be notified to the organising federation and then shared with all team leaders, preferably beforehand. A suitable place eg a room in the event centre will need to be designated (about 12 people). If accommodation is spread out consider how the team leaders can attend the meeting.

23. Prizes. There are 2 trophies associated with the event: the Interland Cup and the Interland Junior Trophy (classes age 20 and below). Organisers may wish to give individual prizes. This is likely to allow each team to be able to celebrate success, if not collective (ie team trophy) then for one or more individuals. Such individual prizes need not be large – Interland is a team event. Trophies are to be passed to the organiser by the holders at the team leaders' meeting or otherwise on the Saturday.

24. Prizegiving. Aim to have the final prizegiving at about 1300 when points totals have been calculated (or at least it will be clear who has won each class and the team competition). It is important to bear in mind that some teams have to travel a long distance home.

25. Communications.

a. **Point of contact.** Each federation should designate a single point of contact. When this changes at least the next organising federation should be informed. A prudent organiser would check the accuracy of this list at the D-7 month point (ie before sending Bulletin 1).

b. **Bulletins.** Bulletins should be sent to federation points of contact and posted on a website.

i. Bulletin 1 should be issued at D-6 month point – contents: date confirmation, event location, outline accommodation and feeding arrangement, request for confirmation of participation, organising club. Ask for indicative team numbers.

ii. Bulletin 2 should be issued at D-3 month point – contents: more detail of venue, terrain (type and nature), map (including scale, vertical interval and revision year), electronic punching system, event officials, details of any Saturday event, accommodation and feeding arrangement, call for entries and accommodation and feeding booking (with dates), entry and accommodation fees, methods of payment.

iii. Bulletin 3 should be issued at D-3 week point – final details (to include any special map or control description symbols being used, fine detail of locations, date of start list publication and site, most recent previous version of the competition map, team leaders meeting arrangements).

c. **Clarity.** Be clear in the bulletins and other communications exactly what information you require from team leaders and when you require it. Experienced team leaders know what you'll need, but they are also human and have been known to forget things. Inexperienced team leaders will appreciate clear directions.