



COMOF Cup Rules

PREAMBLE

The Confederation Mediterranean Orienteering Federations, from now on COMOF, in agreement with its statutes, article 1 Point, decides to create the COMOF Championships, that will be organized annually by one of its Federation Members and will be called

COMOF CUP

ARTICLE 1

Any country of the Mediterranean Area can apply to take part in this event, submitted via his National Federation adhered to COMOF.

A representative Delegation of those countries of the Mediterranean area without Orienteering Federation and where there is not implantation of this sports modality, could be invited in order to promote and develop the sport of Orienteering in the country.

ARTICLE 2

The objectives of these Championships are enclosed in the article 1 of the COMOF Statutes:

- 1- to promote, organize and develop the sport of Orienteering in the Countries of the Association;
- 2- to promote the spirit of friendship and co-operation among the sporting people in the Countries of the Association;
- 3- to organize and promote new sporting events, apart from those already organized by the International Orienteering Federation (IOF), in order to establish friendly competitions among the Countries of the Association;
- 4- to develop the principles of Orienteering with the patronage of the IOF, which is the only Organization entitled at international level to rule the Sport of Orienteering under the International Olympic Committee (IOC);
- 5- to organize, upon decision of the General Assembly, an event denominated "COMOF Cup" which will be assigned to an applicant belonging to the Associated Members by the Council according to the rules which will be issued by the Council itself;

- 6- to promote, introduce, update and improve the practice of Orienteering;
- 7- to promote scientific researches connected with the sport in co-operation with Universities, Sporting Schools, the IOF and other National and International Institutions;
- 8- to work together to ban the use of doping in Sport;
- 9- to follow the policies of the IOC;
- 10- to encourage the policies of the IOF;
- 11- to promote the inclusion of the Sport of Orienteering in the Mediterranean Games.

ARTICLE 3

The COMOF Cup could be held at the same time than another competition of the organizing country.

This Event should be recognized by the International Orienteering Federation (IOF). as a regional Event for the WRE (World Ranking Event).

ARTICLE 4

The Mediterranean Orienteering Championships will consist on two or three events:

	SENIOR		JUNIOR	
	Women	Men	Women	Men
1 Middle Distance	25'	30'	25'	30'
2 Long Distance	65'	90'	55'	70'
3 Sprint (optional)				

Sprint: Winner time 12' to 15'

The competition will take place in two or three days, depending on the organizing country.

Calendar:

- 1st day: 'Registration – Model Event – Opening Ceremony'
- 2nd day (or 3rd day): 'Middle or Long Distance' and 'Sprint' – Prize-Giving Ceremony
- 3rd day (or 4th day): 'Long or Middle Distance' Prize-Giving and Close Ceremony

During the competition, it will be held a meeting of the COMOF members. The COMOF President will lead the meeting and will propose the schedule.

In every meeting, the organizing country could propose to the participants cultural or tourist activities.

ARTICLE 5

Every country will be represented by a team composed of four women and four men.

SENIOR: 2 WOMEN and 2 MEN

JUNIOR: 2 WOMEN and 2 MEN

(According to IOF annual rules)

The checking of the athlete ages concerns to the organizing country, following COMOF criteria.

A country will be in the classification when it has a runner in the event.

ARTICLE 6

The classification will be done only with the National Countries inscribed in the Championships.

The points will be given according to the following rules:

In each class for every distance, it will be given 1 point for the 1st position, 3 points for the 2nd one, 5 points for the 3rd one, 6 points for the 4th one, point for the 5th one, and so on. The not qualified runner will receive the same points than the last classified plus two. The country without runners in any classes will receive the same points than the last one plus four.

Example: 10 countries. The country «X» with a disqualified runner and the country «Y» without runner:

1 ^o : 1 points	2 ^o : 3 points	3 ^o : 5 points	4 ^o : 6 points
5 ^o : 7 points	6 ^o : 8 points	7 ^o : 9 points	8 ^o : 10 points
9 ^o : 12 points (disqualified runner)	10 ^o : 14 points	(no runners)	

The winner will be the country with fewer points in the general classification, adding the points of the four classes: MS, WS, MJ y WJ.

In case of draw, the classification will depend on the country that has obtained more:

- Number of winners among the four classes,
- Number of second positions or third positions, etc

There will be trophies for first, second and third COMOF classified country.

The organizer country will give medals for the 1st to 3rd classified in every distance (Middle, long distance and Sprint when applicable).

The COMOF will give Diplomas for the 1st to the 5th classified, for each classes and distances.

Prize-given will be after every competition or the following day, this ceremony will be according to the organizer program.

ARTICLE 7

In the event or in the event year, it will be decided the following:

- * The organizer country in three years time.
- * The dates of the competition in two years time.
- * The distances in one year.

The diffusion procedure of the event will be regulated by the IOF rules.

The organizer countries will be in chronological order:

2012 - Spain 2013- 2014 2015

ARTICLE 8

The countries taking part in the event are responsible for accommodation and living expenses.

The organizing country will inform about different kind of accommodations and they will be included in the informative bulletins.

The National Team will be composed of a maximum of eight athletes and two officials.

ARTICLE 9

The official language in the Championships will be the one established in the article 4 of the COMOF statutes.

ARTICLE 10

The organizer country, once informed the COMOF President, will invite the IOF General Secretary.

ARTICLE 11

Before the competition, it will be held the team Official's meeting, in order to give the welcome and to report of interesting technical details about the event.

ARTICLE 12

Everything related to the technical part of the event and not considered in these rules, it will be ruled according to IOF regulations.

Belgrade, Serbia, on March 5th 2011