



RULES FOR THE SOUTH EAST EUROPEAN MASTER ORIENTEERING CHAMPIONSHIPS SEEMOC

The South East European Master Orienteering Championships, (SEEMOC) is the official event to find the south east Europe's best veteran orienteers. It is organised under the authority of the South East European Association (SEEOA), and the Federation of the organiser.

1. Principles for SEEMOC

The Championship shall be organised in accordance with the following principles:

- The participants shall be offered competitions of the highest technical quality.
- The organiser shall follow the design of a compact championship model in order to minimise transport time and cost and give competitors, leaders and other representatives of orienteering a possibility to meet outside the forest.
- The costs of participation shall be kept low and accommodation of different standard and prices (at least 3 choices) shall be offered.
- Start fee for SEEMOC in 2014 and 2015 will be 40€ per participant for all races. Start fee for SEEMOC in 2016 and 2017 will be 50€ per participant for all races.
- Organiser must pay to SEEOA, 10% service fee for each competitor who takes an official start in any one of the SEEMOC competitions. (Even if the organiser might decide to make a special discount for the runners of its own country, the full sanction fee of 10% for these runners shall also be paid to SEEOA.)

2. Event programme

The South East European Masters Orienteering Championships is an annual event.

The program shall be no longer than 4 days and shall include the following competitions: Sprint, Long, Middle and Relay.

There will be no qualification races, just finals.

The dates of the SEEMOC coincides with SEEOC. The organizers for SEEOC will by default be the organizers of SEEMOC as well.

The event shall follow the:

- IOF Competition Rules for Foot Orienteering.
- Guidelines for the World Masters Orienteering Championships (WMOC)
- SEEOC Rules will also be valid with the exception of parts comprised below:

3. Event Application and appointment of the organiser

Any South East European Federation which is a member of SEEOA and IOF may apply to organise SEEMOC.

Applications for organiser shall reach the SEEOA before February 20th two years prior to the event. Same IOF licensed adviser shall be responsible as for SEEOC.

4. Participation, Classes, winning times

Competitors representing member Federations of the SEEEOA, can compete in SEEMOC.

Participants from a country outside of the SEEEOA, can participate in SEEMOC, but will not be eligible for South East European titles and medals.

Entries for SEEMOC can be made by individuals, clubs, or National federation, and there is no restriction to the number of participants.

If the number of participants in each class is less than 5, then organizer has the right to combine the classes with max 10 years difference: ex. 35-45-55 etc or for Relay teams if less than 3 teams.

Runners may compete in a class below their age, but may not compete in a class above their age (e.g. a 47 year old runner may compete in class 35 or 40 but not in class 50).

Start of SEEMOC competitors will be organized together with other competitors from the same class who are entered to an open event.

The start interval shall be 2 minutes for Middle and Long distance and 1 minute for Sprint.

SEEMOC individual classes are: M35, W35, M40, W40, M45, W45, M50, W50, M55, W55, M60, W60, M65, W65, M70+, W70+.

SEEMOC relay classes are mixed teams of 3 competitors, where at least one women shall compete plus two more runners. Example in case just one women in Relay team then must be like: M-W-M. They are divided in next age classes: MIX 35, MIX 45, MIX 55 and older

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

Middle distance				Long distance				Relay, each leg	
W35	25 min	M35	25 min	W35	55 min	M35	65 min	MIX 35	30-40min
W40	25 min	M40	25 min	W40	50 min	M40	55 min		
W45	25 min	M45	25 min	W45	50 min	M45	55 min	MIX 45	25-30min
W50	25 min	M50	25 min	W50	45 min	M50	50 min		
W55	20 min	M55	20 min	W55	40 min	M55	45 min	MIX 55	20-25min
W60	20 min	M60	20 min	W60	40 min	M60	45 min		
W65	20 min	M65	20 min	W65	35 min	M65	40 min		
W70	20 min	M70	20 min	W70	35 min	M70	40 min		

The courses for all **Sprint races** shall be set to give winning times of 15 minutes.

5. Results

5.1. Announcement of the results

There is no restriction to the number of competitors to be entered for each class. However, only the two best runners from each country will obtain points for country standings in that class.

The same table for point's calculation as for SEEEOC, will be valid for SEEMOC as well.

Country scores/results shall be calculated according to the following table showing points calculation in each individual event/class. These points will be used to evaluate the country's standing at the end of the competition (see 5.2).

PLACE	POINTS	PLACE	POINTS	PLACE	POINTS
1.	45	12.	19	23.	8
2.	39	13.	18	24.	7
3.	34	14.	17	25.	6
4.	30	15.	16	26.	5
5.	27	16.	15	27.	4

6.	25	17.	14	28.	3
7.	24	18.	13	29.	2
8.	23	19.	12	30.	1
9.	22	20.	11	31.	0
10.	21	21.	10	32.	0
11.	20	22.	9	33.	0

For each race, two separate results lists shall be published for each class, one showing the results of the South East European Masters Championship (excluding any non-South East European competitors in that class) and the second showing the results of the race including both South East European competitors and non-South East European competitors in that class running in the OPEN competition.

5.2 Total Country Scores /Results

Country scores/results shall be calculated as sum of the total points won in all individual races and Relay in all master classes (only two best in each class from each country will obtain points in individual, and Relay according to the point table for relay).

If two or more countries obtain the same points, the country with more medals in all individual races will be ranked higher (first the country with more gold medals, then silver, then bronze) However, country team points for SEEOC and SEEMOC are independent and will be calculated separately.

EXAMPLE FOR INDIVIDUAL SCORING IN ONE CLASS:

In individual races (Sprint, Middle and Long) each country may be represented with an unlimited number of competitors, but only the best two runners will obtain points for country standings:

Place	Country member	Points
1	A	45
2	A	39
3	B	34
4	C	30
5	C	27
6	A	-
7	C	-
8	B	25
9	D	24
10	B	-
Etc	Etc	Etc

EXAMPLE FOR RELAY SCORING IN ONE CLASS:

In Relay race each country may be represented with an unlimited number of teams, but only the best one Relay team from each country will obtain points for country standings:

PLACE / POINTS

1-90, 2-78, 3-68, 4-60, 5-54, 6-50, 7-48, 8-46, 9-44, 10-42, 11-40, 12-38, 13-36, 14-34, 15-0.

EXAMPLE FOR TOTAL COUNTRY SCORING

According to scoring in the examples from above, total country score will be calculated as a sum of points won in all individual races and classes plus relay.

Note: For examples here we just use one class, but all official individual classes should be treated like this!

W55 Sprint:			W55 Middle:			W55 Long:		
Place	Country	Points	Place	Country	Points	Place	Country	Points
1	A	45	1	C	45	1	C	45
2	A	39	2	A	39	2	B	39
3	B	34	3	B	34	3	A	34
4	D	30	4	E	30	4	C	30
5	C	27	5	C	27	5	C	-
6	B	25	6	C	-	6	B	27
7	A	-	7	D	25	7	E	25
8	D	24	8	A	24	8	C	-
9	B	-	9	C	-	9	B	-
10	E	23	10	B	23	10	A	24
etc			etc			Etc		

According to the scores in the example above, total country scores in the class W55 will be:

Country A: $45 + 39 + 39 + 24 + 34 + 24 = 205$

Country B: $34 + 25 + 34 + 23 + 39 + 27 = 182$

Country C: $27 + 45 + 27 + 45 + 30 = 174$

Country E: $23 + 30 + 25 = 78$

In the same way, country scores for all classes (M/W35 to M/W70+) will be calculated.

The country standing is determined by the TOTAL scores obtained for all classes as given in the example below:

Country	M35	W35	M40	W40	M45	W45	etc	Total
A	145	139	210	178	0	35	Etc	707
B	163	0	28	257	310	120	Etc	878
etc								

To this scores from individual races and classes, at the end we are adding relay classes and points for total country standings.

6. Awards

SEEMOC medals shall be awarded to the first three competitors in each age class for each the individual event and relay

Cups will be awarded to the 1st, 2nd and 3rd place in total country points, and total country score will be calculated as a sum of points won in all individual races and relay in all master classes.

The organiser shall pay for specially designed medals (as decided by the South East European Association).

When the South East European Master Championship competition is combined with a separate competition open to all Federations, the organiser shall prepare separate prizes and pay for prizes for competitors who are in the first 3 places in open races.

6 . Equipment

Carrying watches with GPS facilities is forbidden for all competitors in SEEMOC according to IOF rules 21.4: Competitors may not use or carry telecommunication equipment between entering the pre-start area and reaching the finish in a race, unless the equipment is approved by the organiser. GPS data loggers with no display or audible feedback can be used.

7.Jury

The jury is appointed by SEEOA. It shall consist of 3 voting members from different Federations.

8. Other

There will be no team leaders meetings for SEEMOC.

Organizers have the right to set the price for open competition as they find necessary.

Some other specific requests are listed in the application entry form for organising SEEMOC and these are obligatory part of Rules (title, web site, application deadlines, service fee, permissions etc).

SEEOA

16th of March 2014

Valid from 1st of April 2014