



Confederation of Mediterranean Orienteering Federations

Rules for Mediterranean Championships in Orienteering (MCO)

Valid from March 2025.

The Confederation for Mediterranean Orienteering Federations, referred to from now on as *COMOF*, in agreement with its statutes, Article 1 Point, decides to create the Mediterranean Championships in Orienteering, referred to from now on as *MCO* to be organized annually by one of its Member Federations and to be named

Mediterranean Championships in Orienteering - MCO

ARTICLE 1

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

A representative Delegation from those countries of the Mediterranean region with no Orienteering Federation or where there is no significant development in sports could be invited in order to promote and develop the sport of Orienteering in that country. This delegation/team will be also in official results.

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 Confederation;
- 2- to promote the spirit of friendship and co-operation among the sporting people in the Countries of the Confederation;

- 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 Confederation;
- 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 "Mediterranean Championship in Orienteering – MCO" 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 in connection 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 and CIJM
- 10- to encourage the policies of the IOF;
- 11- to promote the inclusion of the Sport of Orienteering in the Mediterranean Games as an important goal of our Strategic directions.

ARTICLE 3

The Mediterranean Championships in Orienteering may be held at the same time together/parallel with another competition of the organizing country.

Organizing period must be end of January/beginning of February. Exception to be outside of this period can be just climate conditions, meaning that in organizing country at that period of time is impossible to organized foot o event due to weather conditions (snow for example). Any deviation from this article must be approved by COMOF Council.

The competitions (sprint, knock out sprint, middle and long) within MCO must have WRE status.

ARTICLE 4

The competition programme will take place over four days (arrival with model event and 3 competition days).

COMPETITION FORMATS can be chosen by organizer during the application period, and must be one of the following types:

TYPE A

Sprint, middle and long distance

TYPE B

Sprint, Knock out sprint, Mixed sprint relay,

TYPE C

Sprint, Middle or Long distance, Mixed sprint relay

Winning times for every event type should be in accordance with IOF Rules.

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

During each meeting, the organizing country could also offer the participants cultural or tourism activities.

ARTICLE 5

Each country at MCO will be represented by a team composed of maximum four women and four men, but only one best result from each class will count for official MCO results

SENIOR (M/W 21 E) : 2 WOMEN and 2 MEN

JUNIOR (M/W 20) : 2 WOMEN and 2 MEN

Checking the athletes age and nationality is the responsibility of the organizing country, following COMOF criteria.

Participants must have citizenship of country they represent at MCO.

A country will be included in the classification when it has at least one runner in the event.

The start fees for the official COMOF national teams should be covered by the country organizing the MCO.

TEAM OFFICIALS PARTICIPATION

Free start fee in open events for COMOF National teams officials.

ARTICLE 6

Team classification will be calculated for all official National teams members of COMOF.

The points will be given according the following rules:

In each class for every distance, the points to be given will be 1 point for the 1st position, 3 points for the 2nd position, 5 points for the 3rd position, 6 points for the 4th position, 7 points for the 5th position, and so on.

A runner who is disqualified will receive points equal to the points of the last classified runner plus two. The country with no runners in this class will receive points equal to the points of the last classified runner plus four.

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

1°: 1 points	2°: 3 points	3°: 5 points	4°: 6 points
5°: 7 points	6°: 8 points	7°: 9 points	8°: 10 points
9°: 12 points (disqualified runner)	10°: 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 and WJ.

The winner team will get 10 points.

2nd place 15points
3rd place 20 points
4th place 25 points
5th place 30 points
6th place 35 points

Disqualified team will receive points equal to the points of the last classified team plus 10 points.
The country with no team in this class will receive points equal to the points of the last classified team plus 20 points.

In case of a 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

ARTICLE 7

There will be trophies for first, second and third classified COMOF National teams, provided by organizers.

COMOF will provide for organizers special designed MCO medals for the 1st to 3rd classified in every distance.

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

Diplomas are the same type, specially designed by COMOF, and they must be produced/printed by organizer. Prize-giving will be after every competition or at the following day. The ceremony will be according to the programme of the organizer. National teams are obligatory to be present at the ceremonies.

ARTICLE 8

The following will be decided at the Council meetings of COMOF:

- * The organizer country in three years' time.
- * The dates of the competition in two years' time.
- * The type of distances which will be in used latest one year before MCO.

ARTICLE 9

The countries taking part in the event are responsible for their accommodation, living expenses, as well as transport costs. The organizing country will provide information about different means of accommodation and they will be included in the informative bulletins.

ARTICLE 10

The official language in the Championships will be the one established in the Article 4 of the COMOF statutes (English).

ARTICLE 11

Before the competition, a Team Official's meeting may be held, in order to welcome the participants and to report any important technical details about the event.

ARTICLE 12

All aspects of the technical details of the event not covered in these rules, it will be carried out according to IOF regulations.

ARTICLE 13

YOUTH TRAINING ACADEMIES

We strongly believe that our idea to have 3 days Youth Training Academy before every MCO is good, and we would like to invite all MCO organizers to include this as an 3 days of trainings before official MCO programme.

For YTA maximum number of participants are 4 M20, 4W20, 4M21, 4W21 and 4 officials. Start fees will be covered by organizers as well.

Host country are allowed to enter more participants.

Organizing country should make decision about YTA during application period.

Rules approved at the COMOF Council online meeting, held on 26th February 2025.