

Rules

24-Hour-Orienteering

12-Hour-Orienteering

and

6-Hour-Youth-Orienteering

24-Hour-Orienteering

1. General Information

The Thuringian 24-hour Orienteering relay is a cyclic relay competition that takes 24 hours. The members of a relay team (called runners below) run different courses one after another.

2. Team Constellation

Six runners (from W/M -16) form a team. They are not obliged to be in the same club. The following rules apply to the constellation: at least 2 women, but not more than 3 men starting in classes M19-34 form a team. Teams not fulfilling those requirements are allowed to start "out of competition".

3. Team Registration

The registration requires name, age and SI-numbers of all team members, the name of the team (no more than 24 characters) as well as the starting order of the participants. Changes of the team composition and SI-numbers are chargeable from 7 days after the last registration deadline and possible up to one hour before the start.

4. Running Order/ Start Numbers

The order of team members established in the first round must be observed for the entire duration of the competition. Otherwise the team will be disqualified.

The start number is bound to the runner and has to be worn well visible on the chest.

Runner	1. runner	2. runner	3. runner	4. runner	5. runner	6. runner
Start Number	*** A	*** B	*** C	*** D	*** E	*** F

*** stand for a team's start number that will be assigned by the host

5. Competition Schedule

5.1. Start

The mass start takes place on Saturday at 9.00 a.m. The first runner of each team lines up at the position indicated by the start number 5 minutes before the start. The map may only be uncovered with the start signal.

5.2. Changeover

The changeover between the members of each team must be carried out by touch like in a normal relay competition. The starting runner changes to the second, the latter to the third, and so on. The first runner is only allowed to run again after all other members of the team have completed the course.

The runners take their maps behind the start in a separate area. The competitor is responsible for taking the right map. After finishing a course, the map must be handed over at the finish. Failure of handing over the map will lead to disqualification of the team.

5.3. Courses

The exact number and details of courses indicated with a star (*) will be announced before the competition. The number of night courses (see 5.3.4.) can be changed by the competition management until 7 p.m. on the competition day, but at the latest one hour before changing to the twilight courses (see 5.3.3.).

5.3.1. Theme Courses

At the beginning each team has a pool of 6 Theme Courses (TH). Theme Course 1 (TH1) will be used as starting course for all teams. The remaining 5 courses of the theme courses can be run in any order.

	Category/Code	Number of Courses	Orienteering level	Approximate Time
Runner A	SF	1	difficult	30 minutes
Pool of Theme Courses, any desired order				
Runner B-F	TH1-5	5	medium	20-35 minutes

5.3.2. Daytime Courses

After completing the theme courses each team has its own pool of different daytime courses available.

Day Courses			
Category/Code	Number of Courses	Orienteering Level	Approximate Time
H (Hard)	6-10*	difficult	25-70 minutes
E (Easy)	6-10*	easy	25-65 minutes

5.3.3. Twilight Courses

At dusk, every team has to complete 2 twilight courses no matter if all daytime courses have been completed. The exact time of the switch to the twilight courses will be announced until 7 p.m. or at latest one hour beforehand. If a team has completed all day courses before this moment, it switches earlier to the twilight courses.

Twilight Courses			
Category/Code	Number of Courses	Orienteering Level	Approximate Time
LT (Long Twilight)	1	easy	35 minutes
ST (Short Twilight)	1	easy	25 minutes

5.3.4. Night Courses

After completing the twilight course every team has its own pool of different night courses available additionally to the remaining daytime courses.

Night Courses			
Category/Code	Number of Courses	Orienteering Level	Approximate Time
HN (Hard Night)	6-10*	difficult	25-70 minutes
EN (Easy Night)	6-10*	easy	25-65 minutes

5.3.5. Final Course

After completing all daytime and night courses a team will switch over to the final course.

Final course			
Category/Code	Number of Courses	Orienteering Level	Approximate Time
FF (Final Farsta)	1	difficult	25-35 minutes

6. Valuation of the different courses

If a course was not completed correctly (e.g. a missing punch, wrong order of the control stations) it will not count for a team's score. The runner is allowed to continue in the competition, the team remains in the ranking.

If the running time of a not correctly completed course is less than 30 minutes the team's total competition time will be reduced by 30 minutes minus running time.

7. Drop out of a runner

If all six team members have already completed at least one course, the competition can be continued with only 5 runners. For every further runner dropping out, the competition will end 30 minutes earlier for the respective team.

A team must notify the competition management about a drop out until the start of the previous runner. Runners who are registered as cancelled may not continue the competition later again.

8. Finish

The relay ends on Sunday at 9.00 a.m. (exceptions see 6. and 7.). Courses that are finished later will not count for a team's score.

9. Final Result

Winner is the team with the highest number of correctly completed courses. If several teams have the same score, the faster time wins.

10. Controls

The controls conform to IOF-standards, all controls have reflective stripes on each side (size: approx. 15 cm x 5 cm).

11. Protests

Protests can be submitted in written form to the competition management until Sunday 9:30 a.m.

12. Final provisions

Any changes to these regulations will be announced in the program booklet or posted on the information board until 2 hours before the relay start. All previous rules are hereby overruled.

12-Hour-Orienteeing

Rules of the 12-Hour-Orienteeing Relay that differ from the 24-Hour-Orienteeing are the following:

- Every team is allowed to have 2, 3, 4, 5 or 6 runners.
- Age and sex do not matter.
- The competition ends on Saturday 9.00 p.m.
- Runner A is starting and changes to runner B. After the first changeover the running order can be chosen freely.
- After completing all daytime courses the twilight courses are the final courses.

6-Hour-Orienteeing (Youth relay)

Rules of the 6-Hour-Orienteeing Relay that differ from the 24-Hour-Orienteeing are the following:

- Every team is allowed to have 3, 4, 5 or 6 runners.
- W/M14 is the maximum age class allowed of any team member.
- The starting sequence of runners is arbitrary, except that any changeover must take place between two runners.
- The competition ends on Saturday 3.00 p.m.
- Courses correspond to levels W/M10 to W/M14. The exact number and details of courses marked with a star (*) in the table below will be announced prior to the competition.

Youth Relay			
Category	Code	Number of Courses	Level of Performance
Starting course	SFY	1	W/M10
6-hour easy	EY	2-6*	W/M10
6-hour intermediate	MY	2-6*	W/M12
6-hour difficult	HY	2-6*	W/M14
Final course	FFY	1-2*	W/M10

Jena, 26.03.2026