

Annexe 6: Rules for Cat A competitions in Underwater Orienteering

1. The championships will be organised according to the international orienteering rules and in compliance with the rules governing championships approved by the Sports Committee of CMAS.
2. CMAS will entrust the affiliated national federations (clubs) with the organisation of championships in accordance with the international sports calendar and the applications received. The principle of alternating the organiser must be observed.

3. The Federations shall submit the application to organise a CMAS Championship according to the deadlines defined in the CMAS Procedures and Obligations with the required documents.

It is mandatory that each nation completes the declaration in Appendix 1 when registering for the championship and confirms the accuracy of the information by signing it. The declaration must be sent to the CMAS HQ and Organizing Committee by e-mail before the start of the competition. An electronic version of the declaration is available on the CMAS portal for each event.

4. The championships programme should contain the following events for men and women:

Competition No. 1	M course
Competition No. 2	5-Point course
Competition No. 3	Star competition
Competition No. 4	Parallel course
Competition No. 5	MONK competition
Competition No. 6	Team event Version A or version B
Competition No. 7	Team event Version C

The competitions are carried out according to the rules and points tables of the international orienteering rules.

5. Each national federation will be represented by a team consisting of
 - 1 team manager,
 - 5 women,
 - 5 men,
 - 1 trainer
6. Three men and three women respectively can compete for each nation in the individual events.
7. During CAT A championships mixed teams (men and women) are not allowed to compete in the team event. A or B.

A team in the Senior category must include at least one athlete from the Senior category. It is not permitted for Juniors who start in the team event of the Senior category to also start in a team event of the Junior category.

During CAT A championships mixed teams (2 men and 2 women) are allowed only in the team event Version C.
7. The number of MONK teams per nation is not limited.
8. The competitions should be carried out in such way that one category of athletes (men or women) always starts in the morning. This rule should be applied alternately yearly.
9. One or two days should be allowed before the start of the competition that can be used for acclimatisation and training. It is the duty of the organisers to ensure that the training is done according to the rules.
10. The competitions are run as individual and team competitions. Ranking is done separately for men and women:
 - Individual ranking for competitions 1, 2, 3 and 4.
 - Team ranking for the competitions 5, 6 and 7.