

## Annexe 5: Team Competitions

### Monk Competition

The team consists of two competitors. Within an unmarked competition area with natural and artificial obstacles, four orienteering points not visible above the water, and one starting buoy and one orienteering point which are visible above the water, are arranged. Clipping devices for marking the control cards are fastened at the top and bottom of the four not visible orienteering points. The competition course for this event consists of

- 1 starting buoy and
- 5 control points of which the last one represents the finish.

The complete length of the course to be covered under water amounts to about 650 meters while the distance between the consecutive points should be between 100 and 150 meters.

A compensation plate which is orientated due north according to the compass that was used to survey the course must be made available by the organisers at least 2 hours before the start of the competition.

The starting interval will be 10 minutes.

At the pre start the competitors will be given a marked control card (A6-format) which must be clipped when reaching an orienteering point. This clipping must be done in the designated space on the card. Clipping on other places or not readable clipping will not be considered.

With the starting signal, the team consisting of two competitors is given a map (format A4) with a scale of 1:2000. The map contains details concerning

- the edges of the shore,
- boundary of the competition area,
- exact position of start and finish, as well as
- the position of the control points indicated as A, B, C, D, E, F, G, H.

The long side of the map is parallel north. Obstacles in the competition area should be drawn in the map. This also applies to not use control points and rounding buoys, these points must be clearly identifiable.

The orienteering points are to be marked clearly and well recognisable with an accuracy of one meter. A North line is to be drawn through each point (parallel to edge of map). The thickness of the card must be 1 mm ( $\pm 20\%$ ), and the surface must be such that it can be written on. The pretended route to complete the course must be shown on the map in the form of a sequence of the orienteering points to be reached. This sequence must be followed and at each orienteering point the control card must be clearly clipped. The impression of the forceps must be in different quadrants. An overlap of the quadrant with the forceps impression is not permitted. If a clipping is not recognisable, all following clippings will be discarded and not used for scoring.

The team shall have left the starting zone (10-m radius around the starting buoy) within 3 minutes and shall not return to this area during the period of the competition.

All measurements and calculations of the course and the distances shall be carried out under water by the competitors. Following the start, it is allowed within a 10-meter zone to break the surface with the equipment or a part of the body (except the head). The team shall find the control points under water and mark in each case. When the orienteering point marked as the finish buoy is reached, it must be clearly pulled or spun. The team must then surface and leave the competition area.

At the end of the competition, the orienteering map and control card are to be handed over to the course judge immediately.

The team ranking results from adding the points obtained for:

- the provable reaching of the orienteering points, and
- speed

For each orienteering point that the team can prove to have reached they earn 400 points, as long as the prescribed order is followed. If all five orienteering points are reached in a time of less than 18 minutes, the team is awarded 4 points for each second below this. After 18 minutes have elapsed the team is pulled up. Teams who did not reach all 5 control points will be ranked according to the buoy points obtained (co-placed, if tied).

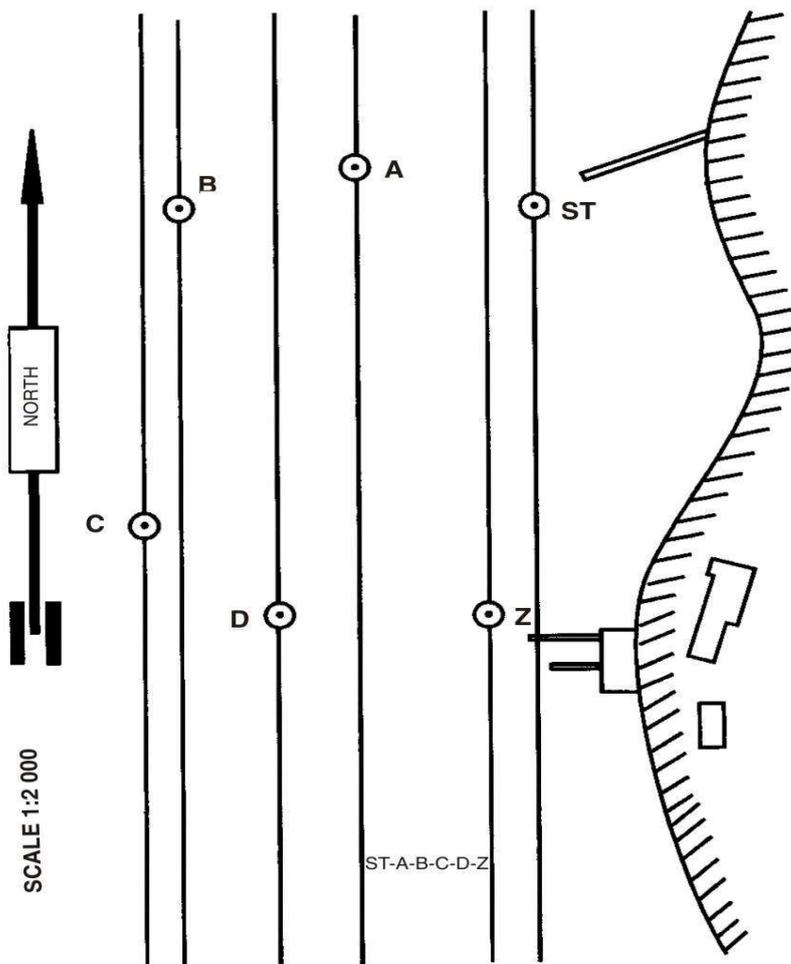
For CMAS - championships, the organiser must place 10 orientation points (= 2 start points and 8 control points) as possible points for the MONK competition. From these 10 points, the CMAS Chief Judge will select the start point and the 5 control orientation points to be used in this competition two hours before the start of the

competition. For important international competitions, the organiser should arrange at least 8 orientation points.

Procedure MONK:

- Build a course.
- Make the measuring.
- Draw the map – start-buoys and orientation points are included.
- Decide on the course, done by the International Judge two hours prior to the first start.
- Circle and letter the selected points, include the North line.
- Enter the order at the lower end of the map in the designated spaces.

### Example of a MONK map



## Team event Version A (Visibility less than 2 – 3 m)

The team event can be for 3 or 4 competitors. The course is composed of

- 3 or 4 starting buoys,
- the orienteering points A1 and A2,
- the orienteering point B and
- a finish line

The total length of the course is 550 m

The starting interval will be 5 - 20 minutes and will be determined by the organisers.

From the start, competitor 1 moves from starting buoy 1 and competitor 2 moves from starting buoy 2 under water to orienteering point A1. Competitors 3 and 4 do likewise to point A2. If the competition is for only 3 competitors, one start buoy is left out.

The time limit for reaching orienteering point A1 or A2 is 6 min.

The competitors may only meet each other at least 50 meters after the starting buoy. If these rules are not adhered to, the whole team will be disqualified.

From points A, the pairs move under water to point B. The time limit for reaching point B is 11 min. When the competitors have met at point B, they proceed together under water to the finish line. The time limit for reaching the finish line is 15 min 20 s.

Scoring results from adding the points obtained for:

- reaching the orienteering points (A1, A2 and B) and
- for speed and precision at the finish, multiplied by a factor determined by the number of competitors arriving at the finish.

For reaching point A1 and/or A2:  $4 \times 150 = 600$  points or

$3 \times 150 = 450$  points

For reaching point B

$4 \times 250 = 1000$  points or

$3 \times 250 = 750$  points

For reaching the finish line each competitor is awarded points according to:

- table I (precision) and
- table VI (speed).

These finish points (precision + speed) are multiplied by the following factors:

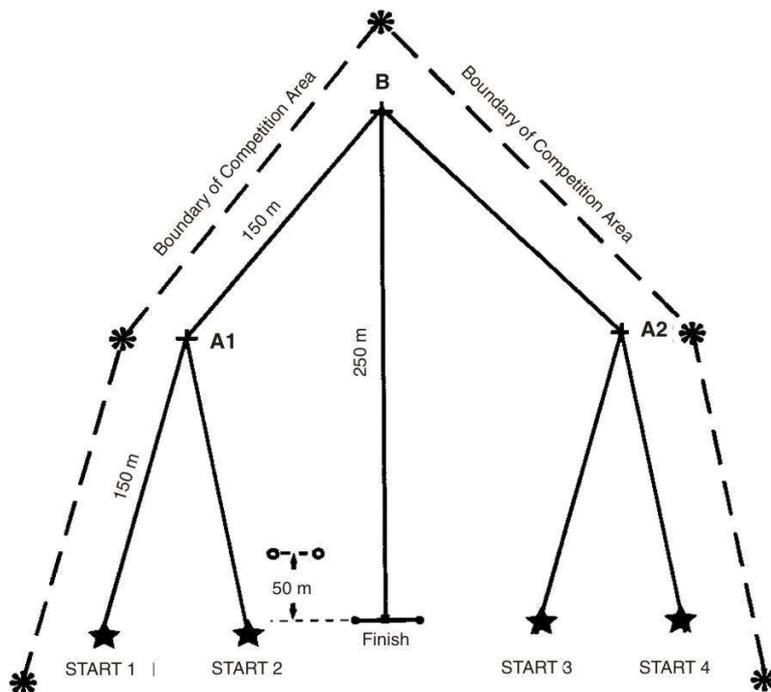
Competitors at the finish line	Event for 4 competitors according to announcement	Event for 3 competitors according to announcement
4	0,75	
3	0,30	0,75
2	0,15	0,30
1	0,05	0,15

If the course is not completed, the orienteering points correctly reached serve to determine the placing, and the time in case of a tie.

The time at point B is taken when the last competitor of the team has reached this point (pulling or spinning the orienteering point).

The time at point A1 and A2 is taken when the last of the two competitors has reached this point. If a team reaches only Point A1 and A2, the slower of the two times is used as a basis for ranking.

General diagram for the team event version A



## Team event Version B (Visibility more than 2 – 3 m)

The competition can be for 3 or 4 competitors. The course consists of:

- 2 starting buoys S1 and S2,
- the rounding buoys A1 to A4, (if the competition is for 3 competitors, one of these buoys is left out)
- as well as D and E,
- the orienteering points B1, B2 and C and
- the finish line.

The total length of the course is 680 m.

The starting interval is between 5 and 20 minutes and will be determined by the organisers. From the start, competitor 1 and 2 swim under water from starting buoy S1, competitor 3 and 4 from starting buoy S2 towards B<sub>1</sub> and B<sub>2</sub> respectively, while rounding buoys A<sub>1</sub> - A<sub>4</sub>.

The time limit for reaching the orienteering points B<sub>1</sub> or B<sub>2</sub> is **7 minutes**.

From the B-points the pairs swim under water to orienteering point C.

The time limit for reaching point C is 11 minutes.

When the competitors have met at point C they proceed together under water to the finish while rounding buoys D and E according to the diagram.

The time limit for reaching the finish line is 15 min 20 seconds.

### Adjudication

Scoring results from adding the points obtained for:

- Rounding buoys A1 - A4 and
- D, E according to Table V,
- Reaching the orienteering points B1, B2 and C (Table V) and
- speed and precision at the finish, multiplied by a factor resulting from the number of competitors arriving at the finish.

Rounding buoy A1, A2, A3 and A4:	$4 \times 50 = 200$ or $3 \times 50 = 150$
Reaching points B1 and/or B2	$4 \times 100 = 400$ or $3 \times 100 = 300$
Reaching point C	$4 \times 150 = 600$ or $3 \times 150 = 450$
Rounding buoy D	$4 \times 100 = 400$ or $3 \times 100 = 300$
Rounding buoy E	$4 \times 100 = 400$ or $3 \times 100 = 300$

For reaching the finish line each competitor is awarded points according to

- table I (precision) and
- table VI (speed).

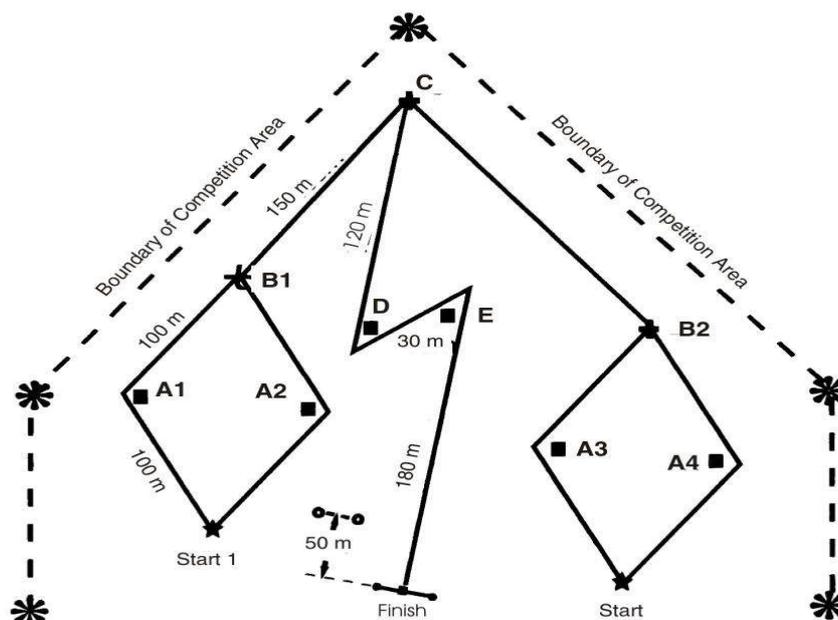
These finish points (precision + speed) are multiplied by the following factors:

Competitors at the finish line	Event for 4 competitors according to announcement	Event for 3 competitors according to announcement
4	0,75	
3	0,30	0,75
2	0,15	0,30
1	0,05	0,15

If the course is not completed the correctly rounded buoys and the reached orienteering points serve for determining the ranking. The intermediate time is used when scores are tied. The time at the points is taken when the last participant in the competition reached this point (rounding of buoys, pulling or spinning the orienteering point).

If a team rounds only A1, A2, A3, A4, D or E, respectively reaches only Point B1, B2 or C, the slower time is used as a basis for ranking.

General diagram for the team event version B



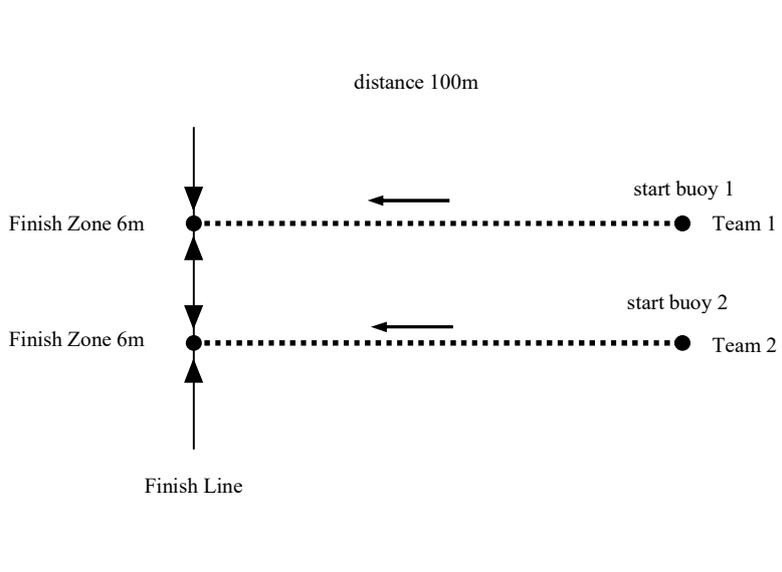
## Team event Version C

The competition is for minimum 2 teams with 4 competitors in one run.

The course consists of at least two parallel courses. Each course begins with a start buoy and ends in a finish line with a finish zone 6m wide. The distance between the start buoy and the finish zone is 100 m. The parallel courses must be at least 10m apart.

When the start signal is given, the competitors start at the start buoy and must swim through the finish line within the finish zone. The passage of the tip of the buoy through the finish line is indicated by a referee using a flag signal. This is the start signal for the next competitor of the respective team. Until then, he needs to keep his head above water.

The time from the start signal until the 4th starter's buoy passes through the finish line is counted as the total swimming time. The team with the fastest swimming time is the winner. If a competitor does not reach the finish zone of 6m, the entire team is disqualified.



## Relay orienteering event, Special Competitions

At national and international orienteering events, the organisers can provide relay events over various distances as well as special competitions. The rules of these events must be clearly defined in the announcement. These must comply with the current general rules and specifically with the safety regulations. At World Cup competitions, the CMAS Chief Judge has to check this at the team manager's briefing prior to the competition.