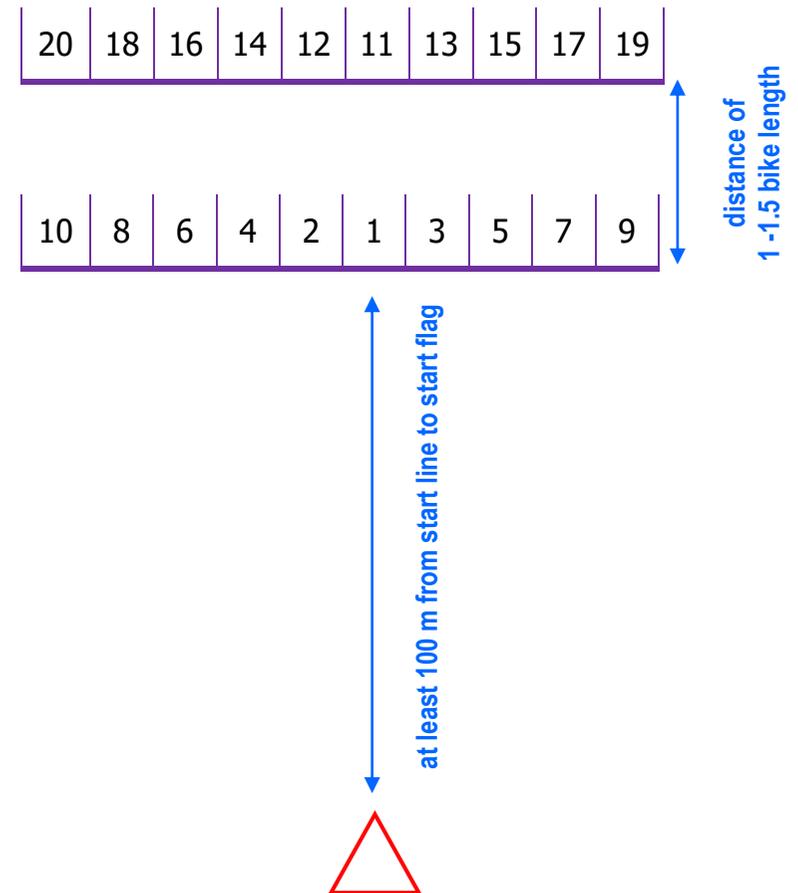


## Start Guidelines for MTBO Mass Start and Relay competitions

### Start procedure and layout

Rule 22.16 of the Competition Rules for IOF MTB Orienteering Events describes mass start races. These guidelines for organisers provide more information about mass start competitions (mass start and relay).

- 1) Before entering the start-pen, the competitors must activate their electronic punching card. This action is supervised by organisers.
- 2) *5 minutes to start:*  
Competitors in top 10 are called forward to the start line. There should be adequate space for 4-10 competitors (see note A) to stand over their bikes, side by side: approximately 10 metres, or 1 metre per bike.
- 3) *4 minutes to start:*  
Competitors ranked 11-20, 21-30, 31-40 etc. are called to their respective start lines.  
There must be a distance of 1-1.5 bike length between the start lines.
- 4) *2 minutes to start:* maps issued, face down, to all competitors
- 5) *1 minute to start:* 1 minute signal issued
- 6) *15 seconds to start:*  
'Maps' is called by loudspeaker and/or by marshals. Competitors turn their maps and place them into map boards.
- 7) A 5-second warning to the start may be given, otherwise a starting gun at the start moment.
- 8) The competitor's bike must be stationary and competitors shall keep at least one foot on the ground until the start signal.



## Important notes

- A If there is not sufficient space for 10 athletes across the first start line, this may be reduced to rows of 4 athletes.
- B The start straight must be a uniform surface with no obstacles such as holes, surface variations etc.
- C The start straight must be at least 100 m long before reaching the start flag or first corner.
- D The start straight must be flat or slightly uphill.
- E Corners sharper than 90° shall be avoided at the exit of the start straight.
- F The start straight must not narrow excessively, and shall preferably remain at least 6 m wide for as long as possible.
- G Competitors should be given enough distance on a reasonable quality of track for the field to spread out so as to avoid congestion at key junctions early in the course.
- H Maps should be no larger than 30 x 30 cm. At maximum, maps can be up to A3 size, but paper must be easy to fold, and have no long first leg that exceeds the 30 x 30 cm dimension.  
Maximum size of maps according to the rules (appendix 7): mass start = 30 x 42 cm (A3), relay = 30 x 30 cm
- I Once the maps are turned by the competitors at -15 seconds, the start CANNOT be stopped. In the event of a false start, the competitors cannot be recalled.  
Currently there is no rule about competitors starting before the start signal. It is possible to give such competitors a 1-minute time penalty. In this case, competitors must have been informed about this time penalty before the competition.