



INTERNATIONAL ORIENTEERING FEDERATION



# **WORLD CUP 2025**

## **Round #3 SUI**

**Uster/Switzerland, 26-28 September 2025**

# **BULLETIN 4**

Event Director: Matthias Niggli  
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Jetzt Beratung  
anfordern

# Wenn du in der Natur deine Akkus lädst.

Komplementärmedizin ist Teil unserer DNA.





## WELCOME TO USTER

Dear athletes and teams

The city of Uster as well as the organizing team are looking forward to the EGK Orienteering World Cup and to seeing you all in the middle of Switzerland.

After the World Cup in Olten in May 2024 it is a pleasure to have you back in Switzerland for three thrilling sprint competitions.

Almost 250 athletes of 32 countries will be present, and we hope you will enjoy the incredible atmosphere at sprint races in Switzerland and be inspired by the urban atmosphere of Uster

You are warmly welcome to Switzerland!

Matthias Niggli

Event Director EGK Orienteering World Cup Final

## WORLD CUP 2025

The World Cup 2025 consists of the following 9 competitions.

<i>Comp.</i>	<i>Date</i>	<i>Format</i>	<i>Venue</i>
1	19 June	Long	Idre Fjäll / Sweden
2	21 June	Middle	
3	22 June	Relay	
4	27 August	Sprint Relay	Hasselt / Belgium
5	29 August	Knock-Out Sprint	
6	31 August	Sprint	
7	26 September	Sprint	Uster / Switzerland
8	27 September	Sprint Relay	
9	28 September	Knock-Out Sprint	

In the individual World Cup, athletes are awarded World Cup points as per 2025 World Cup special rules, where winners of individual races receive 100 points and top 40 are rewarded.

The Teams World Cup points are awarded according to 2025 World Cup special rules, where relays are most important and counted together with the sum of the scores in the individual races.

## 1. ORGANIZATION AND CONTACT

### 1.1 ORGANIZING COMMITTEE

Matthias Niggli	Event Director
Rachel Marxer	Secretary
Reto Pfister/Hansueli Steinmann	Security
Roland Ludwig/Joël Schmutz/Jürg Ehrler	Finish, Arena, Infrastructure
Daniel Leibundgut	Results, IT Services
Alex Wenger / François Borner	Live-Production (TV)
Brigitte Grüniger Huber	Finances
Event Advisors	
Flemming Jørgensen	IOF Senior Event Advisor, DEN
Urs Hofer	National Controller, SUI
Michael Eglin	National Controller, SUI

### 1.2 CONTACT ADDRESS

EGK Orienteering World Cup 2025  
Matthias Niggli  
Luchliweg 5A  
CH-3110 Münsingen

Mobile +41 79 222 13 87  
matthias.niggli@ol-weltcup.ch  
[www.ol-weltcup.ch](http://www.ol-weltcup.ch)

## 2. EVENT PROGRAMME

### WEDNESDAY, 24 SEPTEMBER 2025

Arrival of the teams		
Event Centre open	Stadthalle Uster	14:00-17:00
Free training	Niederuster	14:00-18:00

### THURSDAY, 25 SEPTEMBER 2025

Event Centre open	Stadthalle Uster	09:00-12:00
Free training / Model event	Niederuster	10:00-18:00
Event Centre open	Stadthalle Uster	17:00-19:00
Team Officials' Meeting (on place or online)	Turnhalle Pünt	17:30-18:30

### FRIDAY, 26 SEPTEMBER 2025

Quarantine Check-in opens		12:00
Quarantine closes		12:45
First start MEN, approx.		13:15
First start WOMEN, approx.		13:30
First start Top 40 MEN		14:50
First start Top 40 WOMEN		16:00
Price Giving Ceremony	Arena Pünt	17:40



## **SATURDAY, 27 SEPTEMBER 2025**

National Competition, Middle		09:00-15:00
Quarantine Check-in opens	Schulhaus Pünt	15:45
Quarantine closes	Schulhaus Pünt	16:30
Start Sprint Relay	Arena Pünt	17:15
Price Giving Ceremony	Arena Pünt	18:40
Heat selection for KO-Sprint finals	Arena Pünt	18:50

## **SUNDAY, 28 SEPTEMBER 2025**

National Competition, Sprint		08:00-11:15
Quarantine Check-in opens	Schulhaus Pünt	10:00
Quarantine closes	Schulhaus Pünt	10:30
First start ¼ Final WOMEN (every 5 minutes)		11:00
First start ¼ Final MEN (every 5 minutes)		11:30
Quarantine ½ Final closes		12:30
First start ½ Final WOMEN (every 12 minutes)		13:09
First start ½ Final MEN (every 12 minutes)		13:47
Quarantine Final closes		14:20
Start Final WOMEN		14:27
Start Final MEN		14:42
Price Giving Ceremony	Arena Pünt	15:10
World Cup Final party	Wetzikon	20:00-02:00

## **3. VENUES, ACCESS AND TRANSPORT**

### **3.1 TRANSPORT**

The competitions are held in Uster (20km from Zürich).

Uster is easily reachable by train or rental car from airports and train stations.

There will not be any official transport to the competitions, all sites are reachable by public transport.

### **3.2 COMPETITION ARENA**

[Arena Pünt](#), 47° 20'57.7"N 8° 42'49.9"E

### **3.3 WASTE MANAGEMENT**

Help us keep our arenas clean!

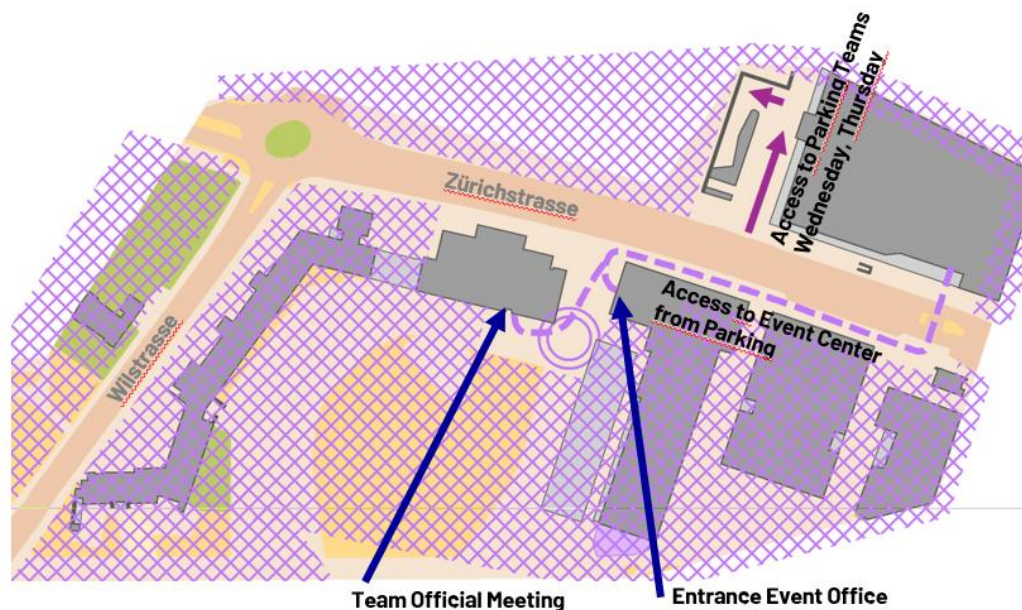
Please use our rubbish bins for your waste. PET-bottles are collected separately to be recycled, while the residual waste will be re-used for energy recovery.

Lanyards for the accreditation will be collected on Sunday and re-used.

## **4. EVENT CENTRE**

The Event Centre is located in Uster at the [Stadthalle Uster](#). Access only from the north from Zürichstrasse. Respect the embargoed areas!

Car parking is only allowed in the underground parking Illuster (subject to a fee) reachable only from Zürichstrasse, exit/entry by foot only through the southern exit to Zürichstrasse. Exit will be marked.



*Map Event Center and Team Officials' Meeting*

## 5. ENTRY

### 5.1 ENTRIES AND ENTRY DEADLINES

All entries are only to be made in IOF Eventor. The entry form is available on <https://eventor.orienteering.org/Events/Show/7954>

#### Late Entries, Changes of Team Size or Team Names

Late Entries and changes will be accepted, if possible, up to Event start date, 25 September 2025 at 12:00.

No late entries or changes will be accepted after this date. Late entries and changes must be communicated directly to the organiser [matthias.niggli@ol-weltcup.ch](mailto:matthias.niggli@ol-weltcup.ch).

The organiser makes the changes in IOF Eventor after deadlines.

#### Competition Entries

Names of the competitors shall be entered in IOF Eventor before the competitions:

- Sprint before 12 noon on 25 September 2025
- Sprin Relay before 19:00 on 26 September 2025

### 5.2 ENTRY FEES

Late entry fee for the individual competitions is CHF 120.- for competitors, CHF 150.- for a Sprint Relay team and CHF 75.- for team officials.

## 5.3 PAYMENT

The competition package must be paid for at the latest at arrival. No accreditation will be made without final payment. Credit card payment is possible at the Event Center.

































## 5.4 ACCREDITATION AT THE EVENT CENTER

To get accredited for the competitions, all payments need to be made beforehand.

An ID-card will be handed out with accreditation. All accredited persons must wear it at all relevant times and present it for access to authorized zones.

With accreditation, every team receives a bag with ID cards, bulletins (max 5 per team), SIAC-punching cards and model maps. Teams need to provide a telephone number so that the organizers can quickly contact key team officials or team members if necessary.

## 5.5 ENTRY SUMMARY (AS ON 15 SEPTEMBER 2025)

Federation	Women	Men	Official	Total
 Australia	1	6		7
 Austria	4	4	4	12
 Belgium	2	7		9
 Brazil		1		1
 Canada	1	1		2
 Colombia	1	1	1	3
 Czechia	6	6	4	16
 Denmark	7	8	3	18
 Egypt	2	2		4
 Estonia		3		3
 Finland	8	8	4	20
 France	8	8	3	19
 Germany	8	8	2	18
 Great Britain	8	8	3	19
 Hong Kong China	3	3	1	7
 Hungary	3	4	2	9
 Ireland		1	1	2
 Italy	3	4	1	8
 Japan	1	1		2
 Latvia	2	2	1	5
 Rep.of Moldova	2	2		4
 Netherlands	2	1	1	4
 New Zealand	2	3		5
 Norway	8	8	3	19
 Poland	2	2	1	5
 Romania		1		1
 Slovakia		2	1	3
 Spain	4	4	1	9
 Sweden	9	9	4	22
 Switzerland	8	8	4	20
 Ukraine	1	1		2
 United States		3		3
<b>Total</b>	<b>106</b>	<b>130</b>	<b>45</b>	<b>281</b>



## 6. ACCOMMODATION AND FOOD

There is no accommodation or food provided by the organizer.

No food or drinks will be offered in quarantines. At the arena in Uster, a large section of food stands will be ready for you.

Be aware that grocery stores will be closed on Sunday. Small shops at gas stations/railway stations will be open.

## 7. EMBARGOED AREAS

See the map of all [embargoed areas](#). For competitors, team officials and others who, through knowledge of the terrain or the competitions, may influence the results of the competitions, it is prohibited to enter the embargoed areas.

These embargoed areas are valid until the day prior to the competition. On competition day, new embargoes and special rules set by the organiser will apply covering access to the competition areas and to quarantines (see section 12).

Uster informed their inhabitants about closed roads and affected areas by the competitions. You can find the official documents on [IOF Eventor](#).

### 7.1 PREVIOUS ORIENTEERING MAPS

There is a previous orienteering map from Uster, it can be downloaded from Eventor as PDF or as an OCAD-File.



## 8. TRAINING/MODEL EVENT

### 8.1 TRAINING MAP NIEDERUSTER

Orienteering Map 2025, 1:4000, 2m contours. Mapmaker: Beat Imhof.

Official parking at [Parkplatz Seebadi Uster](#) (subject to a fee).

Public transport: Take bus 817 See from Uster Railway Station to the stop Seeweg.

Check that you access the map only on allowed roads. The area of the training map is removed from the embargoed areas.

Some controls, as well as a road passage, artificial barriers and a labyrinth will be printed on the map. Controls will be out in the terrain only on Thursday 10:00-18:00.

## 9. RULES AND GENERAL INFORMATIONS

### 9.1 COMPETITION RULES

The [Competition Rules](#) for IOF Foot Orienteering Events 2025, valid from 1 January 2025 and the [Special Rules](#) for the 2025 Orienteering World Cup apply.

#### **Knock-out sprint rules clarification and update**

The 2025 version of IOF competition Rules for Foot Orienteering do not fully cover all scenarios involving extra athletes in 12.24. The following amendments in red apply:

«In the event of a tie for any qualification place in any round, the tied competitors will all be promoted to the next round. **For the purposes of allocation to the next round, they must be ordered by a coin toss within each heat.**»

«One or more extra competitors may be promoted to the next round due to ties or where their failure to qualify was due to something outside of their control. **If automatic allocation is used, the extra competitors must be allocated randomly to the heats of the next round.**

**Qualified competitors choose their quarter-final heat, each heat will temporarily offer 7 starting spots instead of the usual 6. Once the number of extra spots taken equals the number of additional qualifiers, the remaining heats will revert to offering only 6 spots. If there is more than one extra competitor, they should be spread as evenly as possible across the heats of the next round.**»

By 4 June 2025 the Event Supervisory Board (ESB) unanimously accepted a request from IOF Foot Orienteering Commission to update the Heat Selection Order for Knock Out Sprint, valid for World Cup with European Orienteering Championships 2025 and World Cup Finals 2025. Changes related to our competition in red:

«The qualified competitors will be responsible for choosing their quarter-finals heat in the following order

**7th - 12th**, 6th - 1st and **13th** - 36th based on the qualification results.»

## **9.2 CLASSES AND PARTICIPATION RESTRICTIONS**

There are two classes, WOMEN and MEN.

Participation restrictions, classes and qualification system will follow the Competition Rules and the Special Rules for the 2025 World Cup in Orienteering.

## **9.3 ANTI-DOPING**

Doping is strictly forbidden, and the organisers of the World Cup are dedicated to supporting the Anti-Doping authorities in their work. Doping controls may be carried out at any time during the competitions in accordance with the procedures described in the WADA International Standard of Testing and Investigations. The IOF Anti-Doping rules and the World Anti-Doping Code 2025 apply as of 1st of January 2025. Athletes who are selected for doping control must bring an official identification (with photo) to the doping test area. The athlete should also bring along their therapeutic use exemption (TUE) if applicable. In general, it is advisable that athletes bring along their ID to all competitions and events. For more information, please consult: <https://orienteering.sport/iof/anti-doping/>.

## **9.4 INSURANCE**

The organisers decline any liability that might occur through participation in World Cup Events 7, 8 and 9 and trainings. Each person participates at her/his own risk and is responsible for her/his own insurance coverage (illness and accident).

All competitions take place in urban areas. Local traffic will be reduced but not completely forbidden. Vehicles by residents, or used for urgencies, public transportation, or taxis may drive in the streets. Competitors must pay attention at any time. The organizers and the host city of Uster decline any responsibility in case of accident.

## **9.5 CLIMATE**

Normal temperatures in Uster in September lies between 10 and 25° C in daytime.

## **9.6 VISA PERMITS**

The prerequisite for immigration into Switzerland is a valid passport. For travelers from certain countries a visa or further documents are required.

Please check with your embassy if you need visa permits.

<https://www.sem.admin.ch/sem/en/home/themen/einreise.html>.

## **9.7 ATHLETE'S LICENCE**

All athletes need to have an [IOF athlete's license](#) to participate at the World Cup races.

## **10. MEDIA SERVICES**

### **10.1 REGISTRATION**

We welcome all media representatives as our partners to broadcast the thrilling events of the EGK Orienteering World Cup 2025 to a broad public.

For media accreditation please contact [media@ol-weltcup.ch](mailto:media@ol-weltcup.ch).

### **10.2 LIVE PRODUCTION**

There will be live productions from the final races broadcasted in TV and on the Live Center of the International Orienteering Federation.

During the competitions, athletes may encounter camera crews in the terrain. Camera controls and intermediate time controls are not marked on the control description. Athletes may also be followed by a running camera or by camera- drones during the race. The drones will keep proper distance to the athletes.

### **10.3 PHOTO AND VIDEO DISCLAIMER**

Please note that photographs and footage will be taken throughout the EGK World Cup. These will be used by the event organization for marketing and publicity purpose in our publications, on our website and in social media or in any third party publication during and after the competition. Please contact the event director if you have any concerns or if you wish to be exempted from this activity.

## **11. COMPETITION INFORMATIONS**

### **11.1 PUNCHING SYSTEM**

Contactless SPORTident Air+ punching will be used. Participants will be provided with one SIAC-card by the organizer. No own/second SIAC may be used. Every athlete will receive their specific SIAC at accreditation. This SIAC's number will be used in timing software and for proper name assignment for TV graphics and online split times. For these reasons it is very important to check you have the SIAC assigned to you before leaving to go to quarantine. The SIAC-number will be checked at the pre-start. The number on the SIAC must be visible.

If the contactless SPORTident punching is not working (no feedback signal), the competitor must use one of the backup systems: either the classical SPORTident direct punching mode or the pin punching.

All SIAC-Cards must be handed in teamwise during/after Sunday's sprint competition at the event office tent in the arena. Missing SIAC-Cards will be charged with 90 CHF/card. The technical specification for maximum distance to record a punch is 30cm.

If a competitor at the call up (pre-start) presents a different SIAC number compared to the published start list, the presented SIAC will be taken away and replaced with a new SIAC-card. This new SIAC shall be used throughout all upcoming competitions of the event.

### **Start timing**

Sprint: A start gate will be used. The start beep and a visible start clock will indicate the countdown. The start beep starts at -5 seconds. The competitor is allowed to start between -3 seconds and +3 seconds according to the start time. It is the competitor's responsibility to start at the correct time. A start earlier than -3 seconds will result in disqualification. If the gate is activated after +3 seconds, the original start time will be used for time keeping. A red/green light on the start clock indicates when the competitors are allowed to start.

Sprint Relay and Knock-out Sprint Finals: Mass start. Listen to the commands of the start official. Start signal will be given through the start official. Early start leads to disqualification.

### **Finish timing**

In all races, the finish time will be taken when the athletes' SIAC crosses the finish line. In the event of a head- to-head run-in, a finish line camera will be used to determine the final positions based on the order in which the athletes' chest crosses the finish line. The running times will be rounded down to the nearest second, except for the Knock-Out sprint where 0.1 second resolution will be used.

## **11.2 GPS TRACKING**

GPS tracking services will be provided. GPS units will be given to some competitors in all races.

GPS units will be handed out at the prestart for the Sprint competition. For the Sprint Relay and the KO-finals GPS units will be handed out at the quarantine. Athletes keep the same unit for semifinals and finals.

It is mandatory for these runners to carry the GPS device. If a runner refuses to carry the device, the runner will be disqualified.

Please take your own GPS-vest with you (hygienic reasons). The organiser provides GPS-vests only in exceptional cases. They will be handed out to the competitor for the whole event in the quarantine of the Sprint race and must be handed in on Sunday together with the SIAC-Cards. Missing GPS-vests will be charged to the federations with CHF 40.-/vest.

GPS-enabled devices (watches etc.) can be carried provided that they are not used for communication or navigation.

## **11.3 MAPS**

All maps are according to ISSprOM 2019 – rev6. We would like to remind all competitors that according to competition rule 17.2 competitors must not enter, follow or cross areas, routes or features drawn with the following symbols:

- 301 Uncrossable body of water
- 411 Uncrossable vegetation
- 515 Uncrossable wall



- 518 Uncrossable fence or railing
- 520 Area that shall not be entered
- 521 Building
- 708 Out-of-bounds boundary
- 709 Out-of-bounds area
- 714 Temporary construction or closed area

## **11.4 CLOTHING**

There are no regulations on clothing, but spikes or dobb-spikes are not allowed in the competitions.

## **11.5 TEAM OFFICIALS' MEETING**

The team officials' meeting for all three competitions will be held on Thursday, 25 September 2025 at the [Turnhalle Pünt](#), starting at 17:30. Access only from Zürichstrasse. Respect the embargoed areas!

Car parking is only allowed in the underground parking Illuster (subject to a fee) reachable only from Zürichstrasse, exit/entry by foot only through the southern exit to Zürichstrasse. Exit will be marked.

It is possible to join [the meeting online via Teams](#) as well.

All information given during the meeting will be published on IOF Eventor afterwards. (e.g. presentation TOM, start lists, weather forecast, Q&A).

Questions for the team officials' meeting shall be sent by e-mail to [matthias.niggli@ol-weltcup.ch](mailto:matthias.niggli@ol-weltcup.ch) latest until Thursday, 25 September 2025, 15:00.

## **11.6 NEW COMPETITION MAPS**

The competitors may keep their map after the sprint race. At the sprintrelay and KO-Finals, maps can be picked up after the races in the arena at the teams' infopoint.

## **11.7 QUARANTINE**

Arriving at the quarantine, the competitors and team officials must check in by showing their accreditation card and sign the list before the quarantine closes. No-one will be allowed into the quarantine area after the deadline.

Competitors will get number bibs and warm-up maps when entering the quarantine. Competitors must wear the number bib on their chest. Please take your own safety pins with you and re-use them.

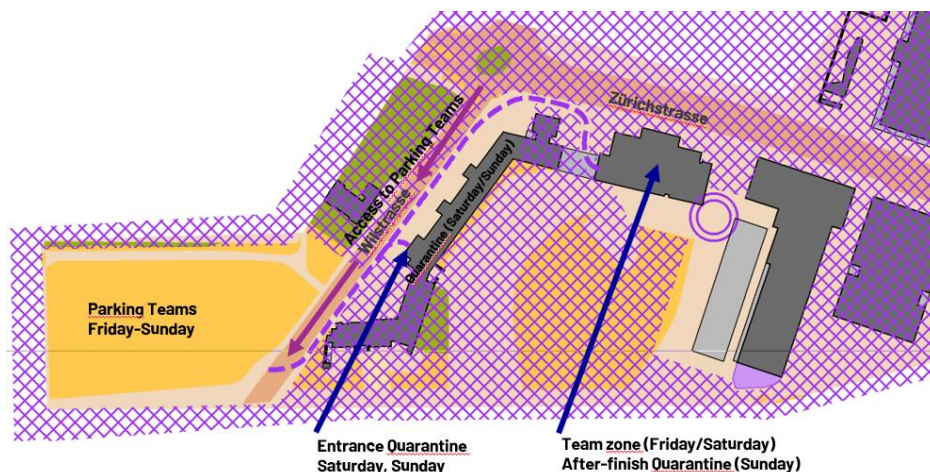
Warm-up maps are considered as part of quarantine. All competitors are strongly advised to perform the SIAC battery test and in case of low battery indication request an SIAC replacement at the quarantine check-in desk. All quarantines offer covered area/buildings. You may stay inside or outside within the borders of the quarantine (as shown on the warm-up maps and as taped or fenced in the terrain).

Toilets and water are available. No own team tents will be allowed at any of the quarantines.

Please respect the fairness rules in the quarantine (including the warm-up area). Coaches and competitors can leave quarantine at any time, but once they have left, they are not allowed to return.

Please be fair and remember the following important things:

- The use of mobile phones, computers or any communication device inside the quarantine is strictly forbidden
- It is not allowed to bring any maps into the quarantine zones



Map Arena Uster, way to quarantine (Fri/Sat) and team zone (Sat/Sun).

## 11.8 PRE-START AND START

Pre-start are marked on the warm-up map. There are toilets available at the pre-start of all competitions.

Only competitors registered for the race have access beyond the pre-start. Once the competitors pass the pre-start, they are not allowed to go back to the quarantine.

It is the competitor's responsibility to watch for her/his start time.

The time before start for the first call-up at the pre-start is different in every competition.

The start triangle is marked in the terrain by a control flag. The route to this flag is marked and it is compulsory for the competitors to follow all the way to the start point.

For specific details, see descriptions in each competition's section.

## 11.9 LATE START

Competitors who are late for their start will be starting according to competition rule 22.9.

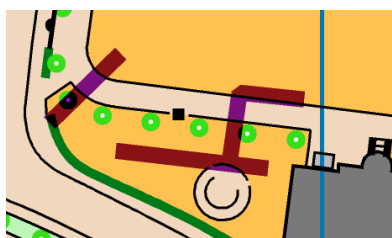
If the lateness is the fault of the competitor, they will be timed as if they had started at their allocated start time. Competitors who are late through the fault of the organizer will be timed with their real start time. For details see competition rule 22.10.

## 11.10 ARTIFICIAL BARRIERS

Artificial barriers will be used. They are marked on the map with the purple symbol 708 (out-of-bounds boundary) and sometimes with the out-of-bounds symbol behind to clarify the situation. In the terrain, there is a mobile fence or metal grids combined with IOF-tape to show these barriers.



## 11.11 LABYRINTH FENCES



In all races, labyrinth/maze fences can occur. To make the course through the labyrinth more visible and to make the map more readable, the labyrinth is drawn with a purple line with a width of 0.6mm instead of 1.0mm as used for an artificial barrier. The line has 30% black in the purple colour.

## 11.12 SPECIAL SYMBOLS

Single playground equipment is mapped with a black circle or black cross (symbol 530 and 531 prominent man-made feature).

Beachflags, flowerpots, garden furniture and/or merchandising objects are used at different control sites. They are mapped with a black cross (symbol 531 prominent man-made feature).

## 11.13 FORBIDDEN AREAS

To clarify some out of bound-areas, we will tape off **some** of these areas.

IOF-tape “no passage for Orienteering” will be used for that purpose.

In the arena, metal barriers and/or EGK-tape from our presenting partner will show the border to the arena.



It is forbidden to intentionally touch any of the installed equipment in the race area (artificial barriers, labyrinth fencing, IOF-tape, crossing points, etc.) and obstruct other runners.

## 11.14 COACHING ZONE

There are no coaching zones at the competitions. For non-competing team members (coaches, non-running athletes and athletes who finished their race), it is only allowed

to be in the arena/team zone during the race or leaving back to the accommodation on the official ways out of the embargoed area.

## 11.15 FINISH

Competitors must follow the marked route from the last control to the finish.

On the Sprint, the final leg of the Sprint Relay and the Knock-out Sprint Finals, the finish line will be at the beginning (bottom) of the stage-ramp.

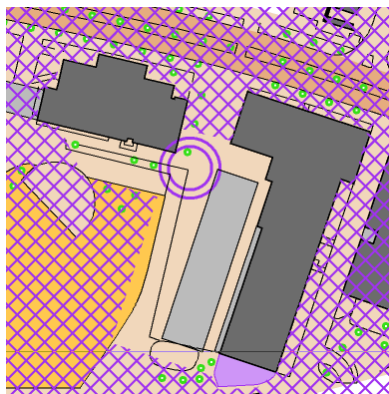
After the finish, the competitor will be guided through the finish zone.

- Download SIAC data. Should the punch check indicate a miss-punch the competitors are taken through a special procedure before continuing.
- Returning GPS unit and vest (if you had one, only on the last day).
- Can take official FOCUSWATER refreshment (contact with the team leader is possible).
- Occupies the leader chair on the podium if you are the current leader.
- You get a cool-down map.
- Go forward to the media zone where journalists may ask questions and make short interviews.
- Leave the finish zone at the designated exit.

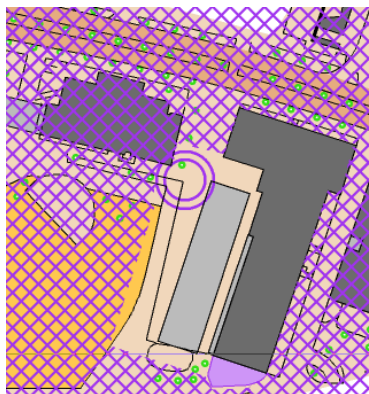
Only the officially accredited team coaches will have access to the finish zone to welcome incoming runners. At the KO quarter-final and semi-final only team coaches in the quarantine will have access.

Competitors may be asked for live interviews with the speaker or TV on the stage.

Competitors not competing may visit the arena as normal spectators (respecting the embargoes) or change their “role” and act as a team official and check-in at the quarantine. Spectators have no access to quarantines during the official quarantine times. Competitors outside the competition and team officials may only stay in the team zone (inside) and the arena, defined on the map below. They cannot go to the arena before the quarantine has closed.



*Team zone and arena Friday and Saturday*



*Arena area on Sunday (no team zone)*



## **11.16 QUITTING A RACE**

Competitors who abandon a race must immediately return to the arena and report to the finish staff and hand in their competition maps. A retiring competitor may not influence any other competitor.

## **11.17 MEDIA CONTROLS**

Competitors may meet TV staff or journalists/photographers near control points, not marked in the control description.

## **11.18 CEREMONIES**

### **Flower Ceremony**

Only a few minutes after the conclusion of the race, there will be a flower ceremony for the best 3 competitors on the stage with live broadcasting on TV. Please be ready for this award if you are on the podium.

### **Prize giving ceremonies**

Competitors ranked on positions 1 – 6 are kindly requested to line up behind the stage 10 minutes prior to the prize giving ceremonies. It's the competitors' responsibility to be there on time. Otherwise, a competitor will miss out on the prize money!

Competitors taking part in the prize giving should wear their national team uniform.

Prize giving ceremonies will take place on the podium at the arena.

## **11.19 SPRINT FAIR PLAY**

The IOF, organisers and referees have agreed to trial some additional principles when making decisions on race incidents at this event. Following the event, these principles will be reviewed to decide whether they should be formally adopted for 2026.

The overarching principle is that **a competitor must not take any action intended to obstruct another competitor.**

During each race, competitors must:

- Not intentionally block, impede, push, trip or shove another competitor.
- Not intentionally obstruct any competitor who is trying to overtake, including by abruptly or dramatically changing running line.
- When overtaking, do so without obstructing the competitor being overtaken, and not initiate an overtaking manoeuvre unless there is sufficient room to complete it without obstructing the competitor in front.
- When running in front of another competitor, indicate how they intend to approach and leave each control.
- When approaching a control behind another competitor, act according to any indication given by the leading competitor, and not obstruct the leading competitor when punching the control and then turning.

In making decisions, the referees will act in accordance with the following principles:

- It is each competitor's responsibility to be familiar with the IOF Fair Play Principles and the principles set out above, to act in accordance with them at all times and not to act in an unfair way.
- Subject to the restrictions set out in the Fair Play Principles and in the principles above, a competitor in front generally has the right to choose their running line.
- Only in exceptional circumstances should more competitors be advanced to the next round of a Knock-Out Sprint than the number specified in the rules for each round. If a competitor who finished in a qualifying position has breached the rules then they should be disqualified, and the next-placed finisher should advance to the next round instead.
- If, in exceptional circumstances, more competitors are advanced to the next round of a Knock-Out Sprint than the number specified in the rules, the referee should use their discretion in allocating the additional competitors to heats in the next round in a way that minimises the unfairness to other competitors.

## **11.20 COMPLAINTS AND PROTESTS**

In all competitions, the [IOF Referee System](#) will be used.

## **11.21 REFEREE**

David Rosen (GBR), Leho Haldna (EST).

# **12. EVENT INFORMATION**

## **12.1 EGK ORIENTEERING WORLD CUP SPRINT**

### **Format**

Sprint distance. The starting order is determined by the order of the Sprint World Ranking as of 24 September 2025.

The starting interval and sequence will be as follows:

- 1<sup>st</sup> block: those outside the 40 best-ranked competitors entered, interval 1 minute (mm:00 MEN and mm:30 WOMEN)
- 2<sup>nd</sup> block: Top 40 MEN, start interval 1.5 minutes
- 3<sup>rd</sup> block: Top 40 WOMEN, start interval 1.5 minutes

### **Terrain**

Urban terrain with smaller and bigger buildings and park areas.  
80% hard surface and 20% grass.

### **Forms**

Mostly flat to moderate climbs.

## Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

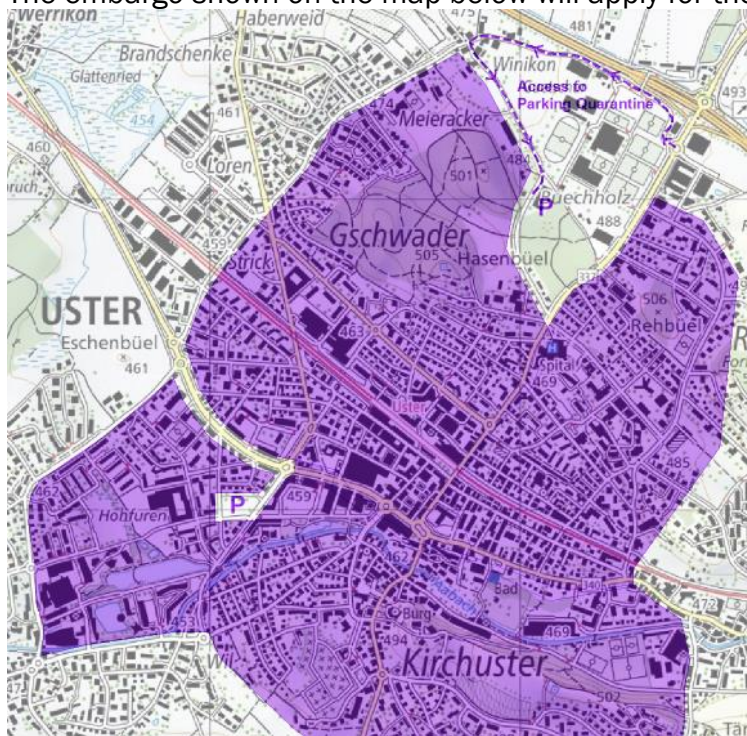
## Passage of main roads

There are several passages where the athletes must pass main roads which are out-of-bounds. The passages are marked on the map as crossing points (symbol 710.1) and are marked with red and white barrier boards arranged as shown in the picture. It is mandatory to pass between the barrier boards on both sides of the road crossing. It is not allowed to cross the out-of-bounds roads outside of these crossing points.



## Sprint embargo

The embargo shown on the map below will apply for the race day.



Map Uster with the embargo for the competition day (Friday, 26 September 2025)

## Team parking at arena

Car park [Püntwiese](#) (free of charge), 47°20'56.4"N 8°42'38.5"E.

Access only from north via Wilstrasse.

From parking follow the signposts to the arena (300m). It is not allowed to stay on the way between parking and arena. Competitors outside the competition and team officials may only stay in the team zone and the arena, defined on the map in section 11.15.

Public transportation: follow the signs from Uster railway station to the arena.

## Quarantine

Parking at [Winikerstrasse 20](#). Access is only allowed from the north (motorway exit Uster Nord, Gschwaderstrasse-Winikerstrasse). Follow signs to quarantine (Sporthalle Buchholz, 350m)

Cars from teams parking at the quarantine can be driven to the arena teams parking by team officials. Alternatively, transport will be organized from arena to quarantine after the last start by the organizer.

Public transportation: Bus stop Reithalle (only accessible by bus from the north/Pfäffikon!). Go to the Northwest to the carparking and from there to quarantine (totally 600m).

The quarantine is open from 12:00.

## Check-in

Sign in at the quarantine **by 12:45 at the latest**. There you will receive your number bib and the warm-up map.

## Clothes

Transport from the quarantine to the team zone. Please leave your bags at the marked zone in the quarantine. Warm-up clothes from pre-start will be transported to the team zone after the last start.

Please limit the volume of your bags.

To be sure to have your bag at the team zone when arriving in the finish, you have to leave it at the zone marked with your start time at least 30 minutes before your start.

## Warm-up map

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map. Remember that you are not allowed to communicate with anyone that are not in quarantine.

## Pre-start

The location is visible on the warm-up map. Distance from quarantine to pre-start: approx. 1500m, no markings indicating the way.

Coaches are not allowed to go directly from the pre-start to the arena. They have to return to the quarantine to check out and then from there leave for the arena. Use of communication devices is only allowed after coaches have left the quarantine (area of warm-up map).

## Detailed start procedure

-4'	Call up every 30'' → Check SIAC number → Check start number
-3'	→ Clear SIAC, → Check SIAC → GPS-tracking device is given to selected athletes
-2'	→ Pick up the control description → SIAC check to verify proper functioning of SIAC mode
-1'	



-30"	→ punch Start-check unit → proceed to starting line
START TIME	It's the competitor's responsibility to start at the correct time. The start beep and a visible start clock will show the countdown. Runner takes the map.
STARTING POINT	Distance 50m

### Map

Uster, 1:4'000, 2m, by Beat Imhof with ISSprOM 2019 – rev6.

Maps are in plastic bags (unsealed) with the class visible for the athletes at the start table. Runners are responsible to get the correct map.

Maximum running time 30 minutes.

### Course planner

Rachel Marxer

### Course lengths

WOMEN 3.6km, 16m climb, 20 controls, 14 minutes

MEN 4.1km, 20m climb, 21 controls, 14 minutes

### Control descriptions

Separate control descriptions will be handed out at the pre-start (-2'). They are also printed on the map.

### Finish/Arena

[Arena Pünt](#), 47° 20'57.7"N 8° 42'49.9"E

There is a gymnastic hall as team-zone after the mixed zone.

### Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish. You are allowed to leave the arena, but only on the marked route to the parking.

## 12.2 EGK ORIENTEERING WORLD CUP SPRINT RELAY

### Format

Sprint relay, mass start. 4 legs (WOMEN-MEN-MEN-WOMEN). A federation may enter up to 4 teams consisting of 4 competitors (at least 2 women). Incomplete teams and teams with runners from more than one Federation are allowed to enter as mixed-teams.

The start list will be set up according to the Team World Cup standings as of the end of the World Cup round 2 (best having the lowest start number).

Amongst the group of second, third and fourth teams, start numbers will be allocated alphabetically according to the [3-letter country abbreviation](#) (e.g. Spain = ESP).

### Terrain

Urban terrain with smaller and bigger buildings and park areas.  
60% hard surface and 40% grass.

### Forms

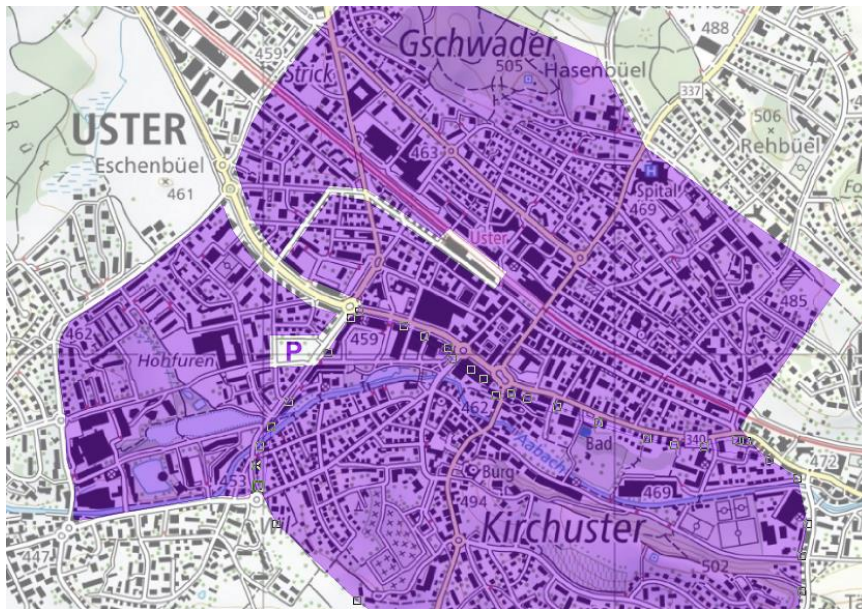
Mostly flat to moderate climbs.

### Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

### Sprint Relay embargo

The embargo shown on the map below will apply for the race day.



*Map Uster with the embargo for the competition day (Saturday, 27 September 2025)*

### Team parking at arena

Car park [Püntwiese](#) (free of charge), 47°20'56.4"N 8°42'38.5"E.

Access only from north via Wilstrasse. **Entry and exit to the parking are closed between 16:45 and 18:30!**

From there follow the signposts to the arena (300m). It is not allowed to stay on the way between parking and arena. Competitors outside the competition and team officials may only stay in the arena, defined on the map in section 11.15.

Public transportation: follow the allowed way to quarantine parking from Uster railway station and from there to the arena. **The way is closed between 16:45 and 18:30!**

### Quarantine

Access the quarantine through the entrance from Wilstrasse (see map in section 11.7). Athletes going to quarantine are not allowed to visit the arena before the race.

Public transportation: Railway station Uster. From there via Bankstrasse-Brandstrasse-Südstrasse-Zürichstrasse to quarantine. (900m).

The quarantine is open from 15:45.

### **Check-in**

Sign-in at the quarantine **by 16:30 at the latest**. There you will receive your number bib and the warm-up map.

### **Clothes**

Transport from the quarantine to the team zone. Please leave your bags at the marked zone in the quarantine.

Please limit the volume of your bags.

### **Warm-up map**

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

### **Assembly area for the runners**

The assembly area and call-up for runners before their leg is at the pre-start (northeastern end of the warm-up).

### **Mass start**

The start of the Sprint Relay will take place at 17:15. The assembly area opens -15min before the mass start and closes -10min before the mass start. The runner takes her rolled map from the map wall; it is not allowed to open the roll before the start signal.

Emergency toilet upon request to a staff member only (**without map!**).

The line-up at the start line will be marked with the number on the ground.

### **Change-over**

The entrance to the waiting zone is at the pre-start (northeastern end of the warm-up). The gate for all runners of the next leg opens right after the first change-over of the foregoing leg.

The runner takes his/her rolled map from the map wall; it is not allowed to open the roll before the hand-over.

Emergency toilet upon request to a staff member only (**without map!**).

It is the runner's responsibility to be in time in the waiting zone. From the waiting zone runners will see the previous runner passing at the arena passage and they can go then to the change-over area. From there one can see the foregoing runner coming towards the finish and may hear the speaker announcing the runners.

When your runner arrives, you may step to the change-over barrier. The change-over is done after crossing the finish line by hand touch across a separation barrier. The outgoing runner is allowed to open the map immediately after the change-over.

### Change-over/finish

Follow the marked route from the last control. For change-over, use the left lane to come to the change-over barrier.

4<sup>th</sup> leg runners run straight to the finish line.

Mass start for 4th leg runners approx. 10 min after the first change-over for the 4th leg.

### Map

Uster, 1:4'000, 2m, by Beat Imhof with ISSprOM 2019 – rev6.

Maps are in plastic bags (unsealed), rolled and closed with a rubber band. In the waiting zone it is the runner's responsibility to take the correct map from the map wall themselves.

You will keep the rolled map in your hand until you can start, but you may remove the rubber band. You are not allowed to open the map or to peek into the roll before you start.

The maps are marked with your number and the leg number (for example team 12: 12-1, 12-2, 12-3, 12-4).

### Reserve maps

Reserve maps are ready in the waiting area nearby the map wall. Please contact the staff as soon as you have noticed that your map is not on the map wall.

Maximum running time is 90 minutes per team.

### Course planner

Nico Brechbühl

### Course lengths

Leg 1 and 4 (WOMEN) 3.8km, 16m climb, 17 controls, 15 minutes

Leg 2 and 3 (MEN) 4.4km, 20m climb, 21 controls, 15 minutes

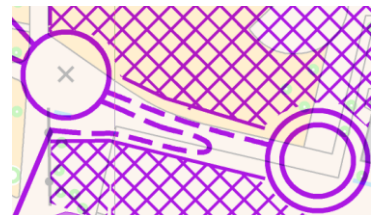
### Control descriptions

No separate control descriptions, only on the map. Control codes are printed on the map after the control number.

### Arena passage

There will be an arena passage on all legs. The arena control is the same as the last control. Keep to the right for the arena passage and to the left for change over (not shown on the map) and straight for the finish.

The passage will be clearly marked on the map and on the ground.



### Finish/Arena

[Arena Pünt](#), 47° 20'57.7"N 8° 42'49.9"E

There is a gymnastic hall as team-zone after the mixed zone.



### Cool-down zone

It is only allowed to run in the area indicated on the cool-down map available at the finish. All team members are not allowed to leave the arena before the winning team has arrived in the finish. After that you may leave the arena, but only on the marked route to the parking or to the railway station.

## 12.3 EGK ORIENTEERING WORLD CUP KNOCKOUT-SPRINT

### Format

As qualification for the Knockout-Sprint counts the sprint competition on Friday. The best 36 in each class will be qualified for the KO-finals. In a case of a tie on place 36, all tied runners will advance to KO-finals.

The elimination rounds consist of 6 quarter finals, 3 semi-finals and 1 final per class with 6 runners in each heat. The top 3 from each heat of the quarter final and the top 2 from each heat of the semi-final qualify for the next round.

For all rounds, the courses may incorporate forking/splitting systems:

- No forking.
- Forking.
- «Course Choice Model» where each competitor picks one of three options. The controls of the Course Choice may be run in different stages of the race compared to how the options appear on the three course choice maps.

There will be no announcement in advance about which method is used in which round.

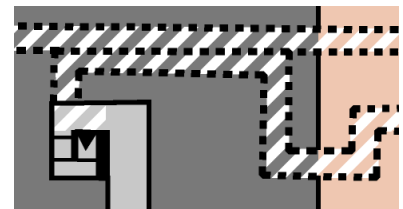
### Heat choice

The athletes will be able to select their heats for the quarter-finals. The heat choice event will take place on the arena stage right after the prize giving ceremony of the Sprint Relay (approx. 18:50).

### Terrain

Urban terrain with smaller and bigger buildings and park areas. Parts of the courses and controls may be inside of buildings, both on the ground floor and underground. There may be leading tape and guided passages indoor which are mapped, without the entire interior area being mapped. Such passages will be clearly taped to guide competitors through the area.

The underground passages are drawn as 512.2 Underpass on the map (see map example). It is not allowed to leave the marked corridors or to cross over from one corridor to another across the dotted line.



90% hard surface and 10% grass.

### Forms

Mostly flat to moderate climbs.

## Traffic

Traffic is reduced in most parts of the terrain, but there can be cars, bicycles and pedestrians passing through the terrain. Take care and follow the instructions of the officials.

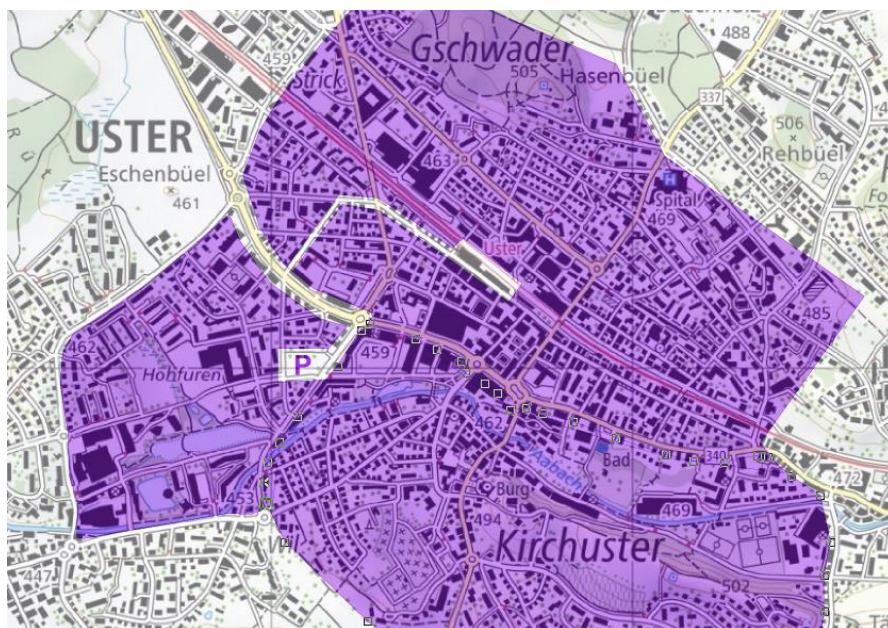
## Passage of main roads

In the quarter-final, there are several passages where the athletes have to pass main roads which are out-of-bounds. The passages are marked on the map as crossing points (symbol 710.1) and are marked with red and white barrier boards arranged as shown in the picture. It is mandatory to pass between the barrier boards on both sides of the road crossing. It is not allowed to cross the out-of-bounds roads outside of these crossing points.



## Knockout Sprint embargo

The embargo shown on the map below will apply for the race day. Exempted from this are non-competing team members participating in the public race (see Section 14). They are allowed to enter the embargo to run the courses. They can go the arena from 08:00 on the race day by following the marked route from parking to the arena. Runners have to stay in the arena after the race until the quarantine has closed at 10:30.



Map Uster with the embargo for the competition day (Sunday, 28 September 2025)

## Team parking at arena

Car park [Püntwiese](#) (free of charge), 47° 20'56.4"N 8° 42'38.5"E.

Access only from north via Wilstrasse.

From there follow the signposts to the arena (300m). It is not allowed to stay on the way between parking and arena. Competitors outside the competition and team officials may only stay in the arena, defined on the map on section 11.15. It is allowed to leave the arena at any time back to the parking or the railway station.

Team officials and athletes not qualified for the KO-finals may be as spectators in the arena. They are not allowed to communicate with the competing and quarantined athletes unless they have been “converted” into coaches in the quarantine.

### **Coaches access to quarantined athletes**

Only quarantined coaches will have access to athletes in the finish area, which is considered as a part of the after-finish quarantine.

### **Quarantine**

Access the quarantine through the entrance from Wilstrasse (see map in section 4). Athletes going to quarantine are not allowed to visit the arena before the race, respect the embargo.

Public transportation: Railway station Uster. From there via Bankstrasse-Brandstrasse-Südstrasse-Zürichstrasse to quarantine. (900m).

The quarantine is open from 10:00.

Quarantine for quarterfinal, semifinal and final are at the same place.

Team officials may move between the pre-start quarantine and the after-finish quarantine following the quarantine closing times for the athletes. Both parts belong to the quarantine. They may leave the quarantine and go to the arena at any time. But they are not allowed to go back to any of the two quarantine zones afterwards.

### **Check-in**

Sign-in at the quarantine **by 10:30 at the latest**. There you will receive your number bib (used for all rounds) and the warm-up map.

### **Clothes**

Transport from the pre-start quarantine to the after-finish quarantine. Please leave your bags at the marked zone in the pre-start quarantine. No transport of warm-up clothes from pre-starts.

### **GPS**

GPS unit will be given to all athletes at the quarantine. Athletes qualified for semifinal and final keep the same GPS unit for all races.

### **Warm-up map**

There is a warm-up map without controls. You are not allowed to leave the area marked on the warm-up map.

### **Pre-Start**

Call-up is at the entrance to the pre-start quarantine.

### **Start**

Call up at -8 min. (quarter final) and -6 min. (semi-final and final).

### Detailed start procedure of Knock-out Sprint quarter-final

-8'	Call up 6 runners → Check SIAC number → Check start number → Clear SIAC → Check SIAC
-7'	Escort to the start (700m)
-3'	→ SIAC check to verify proper functioning of SIAC mode
-2'	→ take up correct order for starting corridors (6 corridors)
-1'	In case of course choice: → 3 choices are shown for 20 seconds → the runner chooses a course (rolled maps, letters A/B/C on the table in front of the map) → the runner proceeds to the start line
START TIME	Mass start command announced by the start official Runner opens the map.
STARTING POINT	Distance 80m.

### Detailed start procedure of Knock-out Sprint semi-final and final

-6'	Call up 6 runners → Check SIAC number → Check start number → Clear SIAC, → Check SIAC
-5'	→ escort to the start (300m) → SIAC check to verify proper functioning of SIAC mode
-3'	→ take up correct order for starting corridors (6 corridors)
-2'	In case of course choice: → 3 choices are shown for 20 seconds → the runner chooses a course (rolled maps, letters A/B/C on the table in front of the map) → the runner proceeds to the start line
-1'30"	Runner's presentation for TV
START TIME	Mass start commands announced by the start official Runner opens the map.
STARTING POINT	Distance 120m.

On the marked routes to the start point, there are in all rounds turns up to 180°, so be careful there.

### Maps

Maps are in plastic bags (unsealed), they will be rolled.

In all finals, there are 2-3 maps on the inner side of the rolled map with consecutive sections of the course. Courses start on the map to the left, marked with 1 and continues to the right (sections marked with 2 and 3).

There is also a map flip during the race in the quarter-final. The first sections of the course facing the inside of the roll. After ending at a control in the last section on the front side, the course continues with a new start triangle on the back side. Numbering of controls is continuous.

In the KO-Final, one leg line is curved for readability reasons (see example).



Please be aware that forking and course choice can appear in all rounds. Controls can be very close to each other and course structure may be complex.

It is the athlete's responsibility and challenge to navigate to the correct controls, to check the control codes and to visit the controls in the right order.

### **Course planner**

Silvan Ullmann

### **Course lengths (same lengths for MEN and WOMEN)**

Quarter final: 1.9km, 40m climb, 13 controls, 7'00 (MEN), 7'50 (WOMEN)

Semi-final: 2.0km, 10m climb, 14 controls, 6'50 (MEN), 7'30 (WOMEN)

Final: 2.0km, 10m climb, 13 controls, 7'00 (MEN), 7'50 (WOMEN)

### **Control descriptions**

No separate control descriptions will be handed out for the Knock-out Finals. They are printed on the map.

### **Arena passage**

There will be an arena passage in the final during the race. The passage is mandatory and will be clearly marked on the map and in the terrain by V-boards and fences/banners.

The arena may also be passed on a route choice during the race.

Maximum running time 15 minutes.

### **Finish/Arena**

[Arena Pünt](#), 47° 20'57.7"N 8° 42'49.9"E

There is a gymnastic hall serving as after-finish quarantine after the mixed zone.

There is no team zone.

### **Cool-down zone**

It is only allowed to run in the area indicated on the cool-down map available at the finish. Cool-down zone is part of the after-finish quarantine.

All runners must stay in the after-finish quarantine until the results of **all heats** of the respective round and class are official. The runners qualified for the next round will then



be announced and they may proceed to the pre-start quarantine. Runners dropped out leave the after-finish quarantine and may go to the arena, parking or railway station along the same route as they arrived.

## 13. PRIZE MONEY

A total prize fund of EUR 12'900.- will be awarded from the event organiser to the best men, women and relay team in the 3 competitions:

EGK Orienteering World Cup Event 7 and 9 (individual races):

1st place:	EUR 1000.-
2nd place:	EUR 700.-
3rd place:	EUR 400.-
4th place:	EUR 200.-
5th place:	EUR 200.-
6th place:	EUR 200.-

EGK Orienteering World Cup Event 8 (sprint relay):

1st place:	EUR 1'000.-
2nd place:	EUR 700.-
3rd place:	EUR 400.-

A total prize fund of EUR 19'000.- will be awarded from the IOF, the Verein Swiss Cup and the other World Cup project partners to the best men and women in the World Cup overall ranking 2025:

1st place:	EUR 5'000.-
2nd place:	EUR 2'000.-
3rd place:	EUR 1'000.-
4th place:	EUR 600.-
5th place:	EUR 500.-
6th place:	EUR 400.-

## 14. PUBLIC RACES

On Saturday and Sunday, national races will be organised nearby at the same location (Middle distance on Saturday, Sprint distance on Sunday). Accredited persons are allowed to participate on Saturday.

For runners not qualified for the KO-sprint finals, participating at the public race on Sunday (Stadt-OL) is allowed, see further information in section 12.3. You may enter at the arena for open classes on the day of the competition (08:00-10:30). [Additional information.](#)



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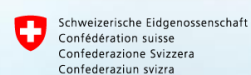
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