 **Duathl’O 2024 Rules - 16 juin 2024**

* Article 1 : Principle of the Duathl'O

Realization of 2 Orienteering races over one day, a MTBO race (Mass Start) followed by a FootO race (MD). These 2 races are not chained together.

* Article 2 : Calculation of points

In each race, a competitor scores a number of points based on his time on the circuit, points awarded by category.

• The number of points (N) for a runner is calculated as follows : N = 100 \* Tv / T

Tv = Best time in the category (runner registered for the 2 races of the duathl'O only)

T = Runner's Time

* A rider who has been MP in one of the races will not be classified.
* To be classified and score points, all runners must be FFCO licensed or have taken a competition license for the day (This is necessarily the case for foreigners).
* A rider must race on the circuit of his age category according to the rules of the LBFCO 2024 (see table below)
* Article 3 : Calculation of the Duathl'O ranking

The points scored on each race are added together.

The classification is carried out by categories of OC on mountain bikes (see table below) – Any rider wishing to participate in the final classification of the duathl'O must register for the races on the coloured circuits corresponding to his MTBO category (**D/H16 and D/H18 1st year enrol in D/H17, D/H18 2nd year enrol in D/H20**)

* Article 4 : Duathl'O Category/Circuit Assignment Table

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|  | MTBO Mass Start | FootO MD |
| D10 | DuO-H (Green) | DuO-H (Green) |
| D12 | DuO-G (Blue) | DuO-G (Blue) |
| D14 | DuO-F (Short Orange) | DuO-F (Jaune) |
| D17 | DuO-D (Long Orange) | DuO-D (Medium Orange) |
| D20 | DuO-C (Short Purple) | DuO-C (Short Purple) |
| D21 | DuO-B (Medium Purple) | DuO-B (Medium Purple) |
| D40 | DuO-D (Long Orange) | DuO-D (Medium Orange) |
| D50 | DuO-E (Medium Orange) | DuO-E (Short Orange) |
| D60 | DuO-F (Short Orange) | DuO-F (Jaune) |
| D70 | DuO-F (Short Orange) | DuO-F (Jaune) |
| H10 | DuO-H (Green) | DuO-H (Green) |
| H12 | DuO-G (Blue) | DuO-G (Blue) |
| H14 | DuO-E (Medium Orange) | DuO-E (Short Orange) |
| H17 | DuO-C (Short Purple) | DuO-C (Short Purple) |
| H20 | DuO-B (Medium Purple) | DuO-B (Medium Purple) |
| H21 | DuO-A (Long Purple) | DuO-A (Long Purple) |
| H40 | DuO-B (Medium Purple) | DuO-B (Medium Purple) |
| H50 | DuO-C (Short Purple) | DuO-C (Short Purple) |
| H60 | DuO-D (Long Orange) | DuO-D (Medium Orange) |
| H70 | DuO-E (Medium Orange) | DuO-E (Short Orange) |