

Competition Rules O: THE BRITISH JUNIOR INTER-REGIONAL CHAMPIONSHIPS

1. General Information

1.1 The British Junior Inter-Regional Championships were first organised in 1989 to encourage competition between Regional Junior Squads. The aim is to provide high quality orienteering in an event specially organised for juniors by those who work closely with them.

1.2 For the purposes of this Competition Rule 'Region' refers to the nine English Regional Associations and the Northern Irish, Scottish and Welsh national Associations.

1.3 The Championships are hosted by a different Region each year under the guidance of the British Orienteering Junior Competitions Group (JCG).

1.4 There should be close liaison between the Championship organiser and the host region's Regional Junior Squad management.

2. AIMS

2.1 To provide high quality orienteering competition for the best juniors in each region.

2.2 To provide a stepping stone between club and international representation.

2.3 To provide the juniors with experience of racing in limited entry fields.

2.4 To provide an event for juniors, where they receive the full focus of attention.

2.5 To encourage communication between regional squad coaches.

2.6 To encourage social interaction between squad members.

3. FORMAT

3.1 The event consists of two days of competition between regional junior teams. Saturday is an individual event, Sunday a relay competition.

4. VENUE

4.1 The two main criteria for the selection of terrain should be orienteering quality and accessibility for visiting teams.

5. TEAMS

5.1 To score a full team a minimum of two counters in each age class M & W 14, 16 & 18 is needed - i.e. 12 runners.

5.2 Teams will consist of a maximum of 4 nominated runners per age class.

5.3 In line with British Orienteering Rules, Juniors may run up a class in either (or both) the Individual and Relay competitions, and Women may run in the Men's class (but not vice-versa).

5.4 There shall be no non-competitive guest runs. However a regional squad may bring extra runners in any age class above the four nominated provided that:

5.4.1 the extra runner(s) have obtained **one** gold standard time (Refer to Appendix J of British Orienteering Rules; section 1.3) in their age class at one of the following events during the same calendar year as the JIRCs: British Long Distance Championships, JK day 2 (Saturday), JK day 3 (Sunday), Scottish Championships

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5.4.2 the extra runner(s) will be given start times before any region's nominated runners and will **not** count towards their region's score. Their results should be listed separately at the end of each class list.

5.4.3 **only** the nominated runners may take part in the competitive relay teams. The extra runners may only run in the ad-hoc relay teams, **even if** one of the nominated runners is injured / ill / unable to run in the relays.

6. ENTRIES

6.1 Entries will only be accepted from Regional Junior Squads. If no such body exists, entries must be made by the Regional Committee.

6.2 All junior teams must be accompanied by at least one responsible adult of the same gender as the team members and mixed teams must be accompanied by adults of both gender. These adults must hold a current CRB disclosure.

7. EVENT CENTRE/ACCOMMODATION

7.1 Ideally all teams should be accommodated together. It is important that a social venue be provided for the Saturday evening, preferably with entertainment (e.g. music, space for football, TV etc.)

7.2 In addition there should be a meeting room for the squad coaches.

7.3 Floor space for sleeping is acceptable. 'Lights out' should be no later than 10.30pm

7.4 The organiser is responsible for the provision of a cooked evening meal on the Sat. and a cold (continental) breakfast early on Sun. morning. The provision of packed lunches is not necessarily the responsibility of the organiser.

8. FEES

8.1 The fee charged to regions for their juniors should reflect the costs of the accommodation, food, social and event.

8.2 A charge is usually made for accompanying adults to cover their accommodation and food.

9. INDIVIDUAL RACE

9.1 Classes and courses: Courses will be provided for classes W14, W16, W18, M14, M16 & M18.

9.2 These will be planned to technical standards and winning times recommended for the JK and British Championships.

9.3 There will be no common courses (e.g. W16 and M14 do **not** run the same course). There will be no B classes.

9.4 Maps will be pre-marked and use IOF control descriptions. Laser printed maps are acceptable providing the quality is consistent.

9.5 Start times should be no earlier than 12 noon on the Saturday to allow travelling on the morning of the event. There will be three minutes between starters on the same course as illustrated below:

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- 00 M14 W18
- 01 M16 W14
- 02 M18 W16
- 03 M14 W18 .

9.6 The running order between Regions is decided by a draw conducted by the host region. Within each class, the Regions will run in the same order. Each class will require a separate draw.

9.7 The order of start times will be sent out in advance and squad managers may choose who runs in each designated start slot. Each region should be given the choice of 4 start slots per age class for their nominated runners. Names and chosen start times must be notified in writing at least a week before the event to facilitate computer input. No alteration of start times will be allowed for any reason but an additional, new runner may be substituted for an absentee by agreement with the event/ entry organiser.

9.8 There should be no gaps in each class start list due to regions not using all their allocated slots. Each list shall be consolidated so that the last starters on each class use the last designated start time on that class i.e. starters on the last minute will be M18 and W16.

9.9 There should be a minimum interval of six minutes between runners from the same region in the same class. This may result in gaps in the start times at the beginning of the start period.

9.10 Start slots for all non scoring runners will be before all the nominated runner slots. The start time of the last non scoring runner will be at least 10 minutes before the start time of the first scoring runner.

9.11 Results must be available by the evening of the competition, together with team scores.

10. RELAYS

10.1 Classes and courses: There will be two classes: Men and Women.

10.2 Each team will consist of one 14, one 16 and one 18.

10.3 Fastest lap times for each age group should be in the ranges below. See individual race above for technical difficulty.

W14 20-25 mins; W16 25-30 mins; W18 30-35 mins

M14 20-25 mins; M16 25-30 mins; M18 30-35 mins

10.4 Courses should be planned and terrain selected to encourage fast, racing style orienteering although the technical standards should not be compromised.

10.5 The lap order for all teams shall be 16s, 14s, 18s. All three laps shall be gaffled, at the same time ensuring that each individual leg is of the appropriate technical standard for the courses on which it is used.

10.6 Each region can only enter a maximum of 4 competitive Men's and 4 competitive Women's teams. Remaining runners shall run an Ad Hoc Class.

10.7 Other team members may compete in an Ad Hoc Class where teams of three will run their own age class course and will start a short time (10 minutes) after the main classes.

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10.8 Alternatively the Planner may wish to make the Ad Hoc Class more competitive by having gaffled, non age class laps. This is at the discretion of the planner. The Ad Hoc Class does not score for the competition.

10.9 The Championship entry form must enable each regional squad manager to stipulate how many competitive teams will be running and which age courses the Ad Hoc runners will need (to help the planners print the right number of maps).

10.10 Starts: The relays should be started early enough to enable teams with a long journey to get away in reasonable time.

10.11 Results: It is important that a speedy and accurate results service is provided.

11. OFFICIALS

11.1 Planners: It is strongly recommended that the planners should have experience of planning junior courses at a major event or are coaches with experience of top level juniors.

11.2 Controllers: This is a Level B event and officials should be chosen in accordance with British Orienteering Guidelines. See Appendix C Event Officials for more information

12. JURY

12.1 Because of the nature of the event it may not be possible to follow the letter of British Orienteering Rule 10.2. The Jury should therefore consist of: two regional or senior coaches representing regions other than the host region (preferably also Grade A or B controllers) and a Grade A or B controller from outside the host region who shall chair the Jury.

13. SCORING

13.1 Individual

Each region may score up to two competitors in each class. Scoring will be 24 for 1st, 23 for 2nd, 22 for 3rd etc. Extra finishers for regions with more than two runners in a class will not be included in the scoring. Scorers must be from the nominated team members if a squad enters more than 4 in an age class.

13.2 Relay

Each region can score up to two teams in the Men's class and two in the Women's class. Scoring is 72 for 1st, 69 for 2nd, 66 for 3rd etc. Extra teams for regions with more than two teams in a class will not be included in the scoring. Scoring teams need not be pre-declared. Team declarations will be made as soon as possible after the individual race and before the Saturday evening coaches meeting.

13.3 Overall

Each region's individual and relay scores are added for the overall score.

14. PRIZES

14.1 The emphasis of the event is on the team competition. A suggested format is for Individual prizes to go to class winners in the Individual and relays and to members of the first three teams in the overall competition, but this is at the event organiser's discretion (in previous years individual prizes have sometimes been given to the first three positions in the individual and the

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relays).

14.2 There are 9 perpetual trophies. These are awarded as follows:

Individual trophy	Awarded on Saturday evening to the region with the highest total from the combined Girls and Boys individual race scores
Individual runners-up	Awarded on Saturday evening to the region with the second highest total from the combined Girls and Boys individual race scores
Relay Trophy	Awarded to the Region with the highest total from the combined Girls and Boys relay scores
Relay runners up	Awarded to the Region with the second highest total from the combined Girls and Boys relay scores
Men's Trophy	Awarded to the Region with the highest total from the combined Boys Individual and Relay scores
Women's Trophy	Awarded to the Region with the highest total from the combined Girls Individual and Relay scores
Overall Trophy (Elsie Ward Trophy)	Awarded to the Region with the highest total from the combined Boys and Girls Individual and Relay scores
Overall Runners Up	Awarded to the Region with the second highest total from the combined Boys and Girls Individual and Relay scores
Best Performance in the Individual Event	Awarded to the individual with the best performance in the Individual event as agreed by the team managers and presented on Saturday evening

If there is a tie for any of these trophies then the trophy shall be shared between the Regions involved in the tie.

In order to make the organiser's job easier, it is suggested that a spreadsheet is used to calculate the results and also which Trophy is awarded to which Region.

14.3 The Prize-giving should bear in mind the need for many teams to travel long distances home. It is suggested that prizes for the individual event be presented on the Saturday evening and the relay and overall awards as soon as practicable at the end of the relay competition.

15. MAPS OF COMPETITION AREAS

15.1 Whilst previous maps of the competition areas may be sent to regional teams in advance of the event, maps of the competition area should not be taken to the individual day pre-start area or assembly area or the relay assembly area. Disqualification of the whole team could result if this is seen to be happening.

16. REGIONAL TEAM MANAGERS' MEETING

16.1 This meeting is held on the Saturday evening for the Regional Team Managers. It will review the Individual Event, answer any questions with regard to the Relay, and plan for future

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JIRCs.

17. SUMMER TOUR MEETINGS

17.1 This is a convenient date for Summer Tour managers to hold pre-tour meetings. It would be helpful if room(s) could be made available either before or after the evening meal.