

Competition Rule T: British Sprint Relay Orienteering Championships

CHANGE SHEET			
TITLE: Competition Rule T: British Sprint Relay Orienteering Championships			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
1.0	01/01/2020	All	Created new Competition Rule.
2.0	01/01/2024	Several	Minor clarifications following Controllers' report on 2023 event.
2.1	01/01/2025	Several	Text and layout improved for clarity.
2.2	01/01/2026	Several 2.1.7, 2.1.8, 2.1.9 6.2.1 added	Text and layout improved for clarity. Update to Elite Alliance criteria, and addition of Junior Alliances. Advice about control siting for first few legs on lap 1.

Competition Rule T: British Sprint Relay Orienteering Championships

These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement the British Orienteering Rules of Orienteering, then this Competition Rule will take precedence. Any questions regarding these Rules should be emailed to: rules@britishorienteering.org.uk

1. General information

1.1 Purpose

- 1.1.1 To find the British Sprint Relay Champions in each relevant class.
- 1.1.2 To provide a high standard of domestic relay competition for all members of British Orienteering.
- 1.1.3 For the Elite class, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.

1.2 Format

- 1.2.1 Single day relay race for teams of three (or four in the Elite class), run in age classes.

1.3 Administration

- 1.3.1 The British Sprint Relay Orienteering Championships are organised by constituent Associations or by Clubs (known as The Organising Body) on behalf of British Orienteering.
- 1.3.2 The British Sprint Relay Orienteering Championships must be registered as a level A event.
- 1.3.3 Applications to request variation to these Competition Rules must be made to Rules Group under delegation from Events and Competitions Committee
- 1.3.4 Full details of all the requirements of a level A event are contained in the British Orienteering Rules of Orienteering and supplemented by these rules.
- 1.3.5 The Sprint Relay Championships can be held over a weekend in conjunction with the British Sprint Distance Orienteering Championships.
- 1.3.6 The Coordinator/Organiser may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.

2. Competition and eligibility

2.1 Eligibility

- 2.1.1 The Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.
- 2.1.2 To be eligible to be British Sprint Relay Champions all members of a team (except for the Ad Hoc class) must meet the club representation eligibility requirements in the British Orienteering Rules of Orienteering and the individual eligibility requirements.

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- 2.1.3 Laps to be run by Men are open to all. Women's laps are restricted to female competitors - see British Orienteering Trans Competition policy.
- 2.1.4 To be eligible to be a British Champion an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and:
- either
- be a British citizen;
 - or
 - have been a member of British Orienteering in each of the three membership years preceding the year of the competition.

- 2.1.5 For Juniors who are not British citizens the membership criteria will be as specified below:

Age on 31st December in year of competition	British Orienteering membership criterion
10 or under	Member on day before the day of competition and in previous 6 months.
11	Member on day before the day of competition and in previous year
12	Member on day before the day of competition and in previous two years
13 and over	As in rule 2.1.4

- 2.1.6 To be eligible for British Sprint Relay Championship medals all the members of a relay team must be eligible under the criteria specified above and the team must be representing a club which, on the day immediately before the day of competition in question, is affiliated to British Orienteering
- 2.1.7 Elite Alliances: In the Elite class geographically adjacent clubs are permitted to form combined teams ("Alliances") for this event. Alliance teams are treated as competitive and are eligible to win trophies/medals. Two clubs that wish to form such an alliance must satisfy the following criteria:
- The two combining clubs must be geographically adjacent.
 - Neither club has fielded a team that finished in a top three position in the previous three calendar years in the British Sprint Relay Championships Elite class.
- 2.1.8 Junior Alliances: In the Young Juniors (12-) and Junior (16-) classes, clubs from the same Association and/or geographically adjacent clubs are permitted to form combined teams ("Alliances") for this event. Alliance teams are treated as competitive and are eligible to win trophies/medals. Clubs may only combine to enter "Alliance" teams if they have already entered as many complete teams as they are able to in each class. In circumstances where combined teams are formed, clubs must pick their best runners for their own club team or teams before seeking to form an alliance to give their additional junior orienteers the opportunity to run in the competition. Any attempt by clubs to do otherwise may lead to their alliance team being declared non-competitive. The spirit of this initiative is, therefore, that clubs form teams from their own members and are encouraged to develop their own club juniors; it is not the intention for 'elite' teams to be formed.

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2.1.9 Any clubs who wish to take advantage of an Alliance must notify the event organiser at least seven days before the closing date.

2.2 Shadowing

2.2.1 The shadowing of any competitor on a Championship course is not permitted.

2.3 Medals

2.3.1 British Championship medals will be awarded to the first, second and third placed team members in each class.

2.3.2 Competitors are only eligible for British Championship medals in the class they have entered and if all members of the team satisfy the Eligibility requirements above.

2.4 Badge Scheme

2.4.1 Does not apply.

2.5 Ranking Scheme

2.5.1 Does not apply.

3. Organisation

3.1 General

3.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Orienteering.

3.2 Additional requirements

3.2.1 Competitors must be reminded in the event details that any attempt to 'see' the map before they start renders their team liable to disqualification.

3.3 Seeding

3.3.1 Organisers should attempt to seed teams in order to prevent potential winners having identical gaffles.

3.3.2 Seeding may not be required if there are a sufficient number of different gaffles.

3.4 Starts

3.4.1 All classes running the same course should start at the same time, unless they are separated for safety reasons.

3.4.2 Start times are to be decided by the event organisers in order to maximise the number of spectators for the Elite race, and to consider entry numbers and safety considerations. Ideally, the Elite race should start one hour before the starts for other classes. Juniors and Young Juniors should have their own mass start.

3.5 Mini-mass starts

3.5.1 Arrangements for mini-mass starts must be publicised in the event details

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- 3.5.2 Competitors in mini-mass starts must have their team numbers recorded by an official. The start official must record the actual time of start manually as well as through their e-card.
- 3.5.3 Participation in a mini-mass start does not disqualify a team unless previous notice has been given that this will be the case.
- 3.5.4 The planning and organisation should be such as to minimise the number of competitors likely to be involved in a mini-mass start, however competitors awaiting previous lap runners who are long overdue should be started in a mini-mass start to avoid the competition going on too long.

3.6 Finish, timing and results

- 3.6.1 The results of each relay class are decided by the order in which the last lap runner passes the finishing line. (Subject to any disqualifications & mispunches).
- 3.6.2 The total aggregate time of the runners will decide the results of teams involved in 'mini-mass starts'.
- 3.6.3 Time must be allowed for appeals against disqualifications to be considered and resolved well before the prize-giving.
- 3.6.4 At least 'race time' should be displayed/put online along with team positions on the day.
- 3.6.5 As well as team times and positions, the final results should show individual times and details of the course variants.

3.7 Spectator interest

- 3.7.1 Run throughs, spectator controls, commentary or GPS tracking should be considered to enhance the spectating experience. However GPS tracking does bring with it the challenges of not giving away too much information to competitors yet to run.

4. Map and terrain

4.1 Quality of terrain

- 4.1.1 The terrain for the British Sprint Orienteering Championships must be predominantly very runnable park, urban, or a combination of these. Some fast, very-runnable, forest may be included.
- 4.1.2 The terrain is to be sufficiently complex to allow courses to be set which force competitors to make frequent rapid decisions and to concentrate throughout the race. However areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.
- 4.1.3 The terrain needs to be well-featured as the control density in certain places is likely to be unusually high.
- 4.1.4 The area should provide a Men's lap on the Elite course, with a winning time as specified below in 5.2.2, without undue repetition.
- 4.1.5 The terrain must be a safe environment for both the competitors and other people

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present (such as spectators and the general public). There are likely to be people racing head-to-head at full speed in an area which may contain occasional traffic and/or members of the public or other hazards. This will require strong risk management and both suitable terrain and planning.

4.2 Map scale

- 4.2.1 The map scale for the Elite class must be 1:4,000, with 1:3,000 recommended for all other classes. All relevant requirements of Rules of Orienteering, Appendix D (Mapping) must also be met.

5. Classes

5.1 Competition classes

- 5.1.1 **Elite** - Teams consisting of 4 people, of which at least two must be female. 4 laps, first and last laps (shorter than laps two and three) must be run by females. The four must all be members of the same club or an "Alliance team" (see 2.1.7 above).
- 5.1.2 **Veteran (40+)** - Teams consisting of 3 people in age classes M/W40 or older, of which at least one must be female. 3 laps, middle lap shorter, free running order. The three must all be members of the same club.
- 5.1.3 **Super Veteran (55+)** - Teams consisting of 3 people in age classes M/W55 or older, of which at least one must be female. 3 laps, middle lap shorter, free running order. The three must all be members of the same club.
- 5.1.4 **Ultra Veteran (65+)** - Teams consisting of 3 people in age classes M/W65 or older, of which at least one must be female. 3 laps, middle lap shorter, free running order. The three must all be members of the same club.
- 5.1.5 **Junior (16-)** - Teams consisting of 3 people in age classes M/W16 or younger, of which at least one must be female. 3 laps, middle lap shorter, free running order. The three must all be members of the same club or an "Alliance team" (see 2.1.8 above).
- 5.1.6 **Young Juniors (12-)** - Teams consisting of 3 people in age classes M/W12 or younger, of which at least one must be female. 3 laps, all laps same length, free running order. The three must all be members of the same club or an "Alliance team" (see 2.1.8 above).
- 5.1.7 **Ad Hoc (No age class restrictions)** - Teams consisting of 3 people, no age restrictions, of which at least one must be female. 3 laps, middle lap shorter, free running order. Not a BSRC Championship class. Members need not all be members of the same club.

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6. Courses and Planning

6.1 Courses

6.1.1 Classes may be combined onto courses as detailed below:

- Course 1. **Elite** - TD3.
- Course 2. **Veteran (40+)** / **Junior (16-)** / **Ad Hoc** - TD3. Middle lap shorter.
- Course 3. **Super Veteran (55+)** / **Ultra Veteran (65+)** - TD3. Middle lap shorter.
- Course 4. **Young Juniors (12-)** - TD2. Ungaffled.

6.1.2 Course 1 must be planned to provide leading times of between 12-15 minutes for a top M/W 21 on relevant laps, and an overall winning time of 55-60 mins.

6.1.3 Approximate ratios (of shortest possible route rather than straight line):

Course 1 – 1.00 (men) / 0.85 (women).

Course 2 – 0.90 / 0.70 (middle lap).

Course 3 – 0.75 / 0.60 (middle lap).

Course 4 – 0.60.

6.1.4 Courses with more than one class may be split into separate courses if the number of entries make this necessary for safety or logistical reasons.

6.2 Planning

6.2.1 The flow rate of competitors through the early controls on the first lap is likely to be very high. For safety reasons choose sites where runners leaving the control do not run back towards incoming ones. i.e. they should be "flow through" rather than "in and out".