Competition Rule O: Junior Inter-Regional Championships

These Competition Rules are owned by the Junior Regional Orienteering Squads (JROS), which is the ruling body for this event.

These Rules must be read in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement the British Orienteering Rules of Orienteering then these Competition Rules will take precedence.

General Event Guidelines are given at the end of the document – these cover issues and additional requirements that are specific to the JIRCs competition.

Any questions regarding these Rules should be emailed to: jrossecretary@gmail.com.

1. General Information

1.1 Purpose

1.1.1 The British Junior Inter-Regional Championships (JIRCs) is a competition between Regional Junior Squads.

> *The JIRCs were first organised in 1989 to encourage competition between Regional Junior Squads.*
>
> *The aims are:*
> - *To provide high quality orienteering at an event specially organised for juniors by those who work closely with them.*
> - *To provide a high quality orienteering competition for the best juniors in each Region.*
> - *To provide a stepping stone between club and international representation.*
> - *To provide the juniors with experience of racing in limited entry fields.*
> - *To provide an event for juniors where they receive the full focus of attention.*
> - *To encourage communication between Regional squad coaches.*
> - *To encourage social interaction between squad members.*

1.2 Format

1.2.1 The event consists of two days of competition between Regional junior teams. Saturday is an individual competition. Sunday is a relay competition for teams of three runners.

1.2.2 The JIRCs may be shared with an Open Event on Saturday morning and/or Sunday afternoon. The following rules must apply in order to maintain the integrity of the JIRCs and to allow for the Regional Squads travel arrangements:

1.2.3 If the Open event is before the JIRCs Saturday event:

    a) To reduce the likelihood of an Open Event competitor affecting JIRCs competitors / courses once the JIRCs competition has begun, the last start for the Open Event should be at least 30 minutes before the first JIRCs starter.

b) Maps must be taken from Open Event competitors as they finish and returned after the last JIRCs competitor has started.

c) Coaches, Parents etc associated with a Regional Squad may compete in the Open Event but under no circumstances discuss their course with a Junior Competitor until all JIRCs competitors have started.

1.2.4 If the Open event is after the JIRCs Relay Event:

a) The event should start after the JIRCs relay is expected to finish.

b) No physical maps may be available in the Relay Arena before the last JIRCs competitor has started their course.

1.3 Administration & Finance

1.3.1 The Championships are hosted by a different Region each year.

1.3.2 The JIRCs must be registered as a level B event (National event).

1.3.3 The British Orienteering levy must be paid at the junior rate.

> a) *The fees charged to Regions for the junior competitors should reflect the costs of the accommodation, food, social, and event entry fee.*
> b) *A charge is usually made for accompanying adults to cover the cost of their accommodation and food.*
> c) *There should be close liaison between the JIRCs organiser and the host Region's Regional Junior Squad management.*

1.4 Jury

1.4.1 The Jury must consist of two qualified 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 chairs the Jury.

1.5 Team Managers' meeting

1.5.1 This meeting, held on the Saturday evening, is for the Team Managers and will review the Individual Event, answer any questions with regard to the Relay, and provide initial details from the next year's JIRCs organisers.

2. Competition

2.1 Eligibility

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

2.1.2 The competition is open to members of those Regional Junior Squads, or those eligible to be members of those squads, as limited by section 2.4.

2.1.3 This is a closed event. No guest runners are permitted.

2.2 Shadowing

2.2.1 The Shadowing of any competitor on a JIRCs course is not permitted.

2.3 Entries

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

2.3.2 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 genders. These adults must hold a current British Orienteering DBS/CRB (or PVG in Scotland) disclosure.

2.3.3 Entry forms must enable each Team Manager to stipulate how many competitive teams will be running in the Relays, and which age class courses any Ad-hoc entries will need (for map printing purposes).

2.4 Teams

2.4.1 Teams must consist of a maximum of 4 nominated runners per age class – M/W 14, 16 & 18.

2.4.2 Juniors are permitted to run up a class in either, or both, of the Individual and Relay competitions. Men's classes are open to all genders. Women's classes are restricted to females or trans women who have provided evidence to British Orienteering that they meet the requirements of the IOF Transgender Policy - see British Orienteering Trans Competition policy.

2.4.3 In addition to the 4 nominated runners a Regional Squad may enter non-scoring runners in the individual race provided that:

- The non-scoring runner(s) have obtained **one** championship standard time 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.
- The non-scoring runners are only permitted to run in the Ad-hoc relay teams, even if one of the nominated runners is injured / ill / unable to run in the relays.

2.5 Relays

2.5.1 Each Region is permitted to enter a maximum of four competitive Men's and four competitive Women's teams.

2.5.2 Any athlete who is not in a competitive team will be offered a run in an Ad-hoc team. They will run the course for their gender age class but can be in any combination of Regions and age classes (see guidelines for more details)

3. Organisation

3.1 Individual race

3.1.1 Start times must be no earlier than 12 noon on the Saturday to allow travelling on the morning of the event.

3.1.2 There must be three minutes between starters on the same course as shown in the schedule below.

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

3.1.3 The running order between Regions is to be decided by a draw conducted by the host Region. Within each class the Regions must run in the same order. Each class will require a separate draw.

3.1.4 The order of start times must be sent out in advance so that squad managers are able to choose who runs in each start slot.

3.1.5 Each Region will be given the choice of 4 start slots per age class for their nominated runners. Any extra invited runners will start in start slots before the nominated runners.

3.1.6 Names and chosen start slots must be notified to the Organiser at least a week before the event to facilitate computer input.

3.1.7 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.

3.1.8 Once all the entry forms are returned by the Team Managers the following steps are taken to create the final start lists:

    a) The returned lists for each class are merged into a single start list for each class, retaining all the vacant slots in the correct order.

    b) Each list is then compressed by removing the vacant slots with the last starter in a class using the last designated start time for that class.

    c) There must be no gaps in the final start list due to Regions not using all their allocated slots.

d) If this results in a non-scoring runner starting less than 6 minutes before a competitive runner from their Region and on the same course, then vacant slot(s) will be added to ensure the 6 minute gap. These gaps will be added after the latest non-competitive start for that course.

3.1.9 Results must be available by the evening of the individual competition, together with team scores. It is important that a speedy and accurate results service is provided.

3.1.10 Results must be submitted to the British Orienteering results database as soon as possible after the event and at most within one week of the event.

3.2 Relay

3.2.1 Provisional Relay team declarations should be made via the entry form and final declarations after the individual race, normally at the Saturday evening Team Managers' meeting.

3.2.2 The Relays must be started early enough to enable teams with a long journey to get away in reasonable time.

3.2.3 Two mass starts are best, spaced 10 minutes apart with women starting first. Noncompetitive Ad-hoc teams can be started in either mass start as appropriate.

4. Scoring

4.1 Individual race

4.1.1 Each Region scores up to two competitors in each class. Scoring is 24 for 1st, 23 for 2nd, 22 for 3rd etc.

4.1.2 For Regions with more than two runners in a class the additional runners are not included in the results for calculating the scores.

4.1.3 Only the four nominated runners are eligible to score.

4.2 Relay

4.2.1 Each Region scores 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.

4.2.2 For Regions with more than two teams in a class the additional teams are not included in the results for calculating the scores.

4.2.3 Ad-hoc teams are not eligible to score, even if they are made up of the correct age classes

4.3 Overall

4.3.1 Each Region's individual and relay scores are added together for the overall score.

5. Prize-giving and Trophies

5.1.1 Prize-giving for the Individual race must be held on the Saturday evening. Prize-giving for the Relay and the overall trophies must be as soon as possible after the end of the Relays in recognition that there is a need for many teams to travel long distances home.

5.1.2 At the Saturday prize-giving, every team's total Individual score should be read out before awarding the Individual and runners-up and winning trophies. At the Sunday prize-giving, every team's overall score should be read out before awarding the overall runners-up and winning trophies.

5.1.3 Trophies and awards should recognise the performance of as many different regions as is realistic and practical. All trophies and awards are listed in the JIRCs Guidelines.

6. Map and Terrain

6.1.1 The terrain must be chosen in consultation with the Team Managers. The key criteria for selection must be the quality of the terrain balanced with the accessibility for visiting teams.

6.1.2 All classes will use the same map scale. Usually this will be 1:10,000 but 1:7,500 is acceptable if the area has been mapped at that scale.

6.1.3 Maps will be pre-marked and use IOF control descriptions.

6.1.4 Previous maps of the competition areas must be sent to the Team Managers in advance of the event. Providing a link to the Routegadget version is acceptable.

6.1.5 No maps (previous or current) of the competition area (s) are permitted at the individual day pre-start area or the relay assembly area. Disqualification of the whole team may occur if this is seen to happen.

7. Planning

7.1 Individual race

7.1.1 Courses must be provided for classes W14, W16, W18, M14, M16 & M18.

7.1.2 These must be planned to technical standards (TD) and expected winning times (EWT) as follows:

Class	TD	EWT
M18, W18	5	50 minutes
M16, W16	5	40 minutes
M14, W14	4	30 minutes

There will be no common courses (e.g. W18 and M16 must **not** run the same course). There are no B classes.

7.1.3 Public event courses should be different to those used by the Individual race.

7.2   Relay

7.2.1   There are two classes: Men and Women. Each team must consist of one 14, one 16 and one 18.

7.2.2   Fastest lap times for each age group are to be in the ranges below.

Class	TD	Lap time
M18, W18	5	30 - 35 minutes
M16, W16	5	25 - 30 minutes
M14, W14	4	20 - 25 minutes

There will be no common courses (e.g. W18 and M16 must **not** run the same course).

7.2.3   The lap order for all competitive teams must be 16s, 14s, 18s. All the laps must be gaffled - see Guidelines.

These Guidelines must be read in conjunction with the Competition Rules and are provided to assist the Event Organiser.

8. General Information

These Guidelines have been compiled through the experience of Organisers and others who have over the years been involved in the organisation of the JIRCs. They are not rules but rather advice based on experience.

In addition the JROS web site contains:

- Sample Entry Form.
- Sample Individual Start List
- Sample Relay Declaration Form
- Sample Relay Race Number
- Spreadsheet to calculate overall team results
- Photographs of the trophies as listed below.

If you have any suggestions for inclusion in this document please contact the Secretary of JROS (jrossecretary@gmail.com).

9. Accommodation and catering

9.1.1   Accommodation is required for Saturday night for approximately 200 juniors and 40 adults. This is often the limiting factor for the whole event and should be considered before the orienteering areas are finalised.

9.1.2   Ideally all teams should be accommodated together. Floor space for sleeping is acceptable. 'Lights out' should be no later than 10.30pm.

9.1.3   A social venue should be provided for the Saturday evening, preferably with entertainment (e.g. music, space for football, TV, quiz, games or, if you are feeling ambitious, a ceilidh or twmpath).

9.1.4   There should be a meeting space for the Team Managers.

9.1.5   The Organiser is responsible for the provision of a cooked evening meal on the Saturday and an early cold (continental) breakfast and a packed lunch on Sunday.

9.1.6   Once the accommodation arrangements for the overnight stay have been made clear to the Regional Coordinators it is the responsibility of the Regional Coordinators to make the Event Coordinator aware of any specific requests that the Region has.

10.   Start

10.1.1 A punching start is acceptable for the Individual event.

10.1.2 The Individual start list will have no empty spaces to accommodate late starters and therefore follows the rule for a level A event. Anyone who misses their start by less than 90 seconds (half the start interval between competitors on the same course) after their correct start time should start immediately. Anyone who is more than 90 seconds late should start 90 seconds after the next competitor on their course. They should be given a punching start so that their start time can be adjusted if they were late due to the fault of the Organiser or for any reason that is accepted by all the Team Managers.

10.1.3 A mini-mass start will probably be required for the relay.

11.   Planning

11.1.1 Wherever possible good spectator views of the competitors running builds an even better event atmosphere, so Planners may look to have spectator controls part way through the courses (intermediate timing point) or long views coming down to the finish (particularly good on the head-to-head Relay finishes).

11.1.2 If permitted by landowners, a commentary would be enhanced by the feedback of intermediate split times part way round all courses.

11.1.3 Planners should endeavour to gaffle all the relay courses for sections at technical difficulty 4 and, for the 16s and 18s only, sections at technical difficulty 5. The diagram is an example of how this can be achieved. More gaffled sections can be added so long as the 14s only run TD4 sections.
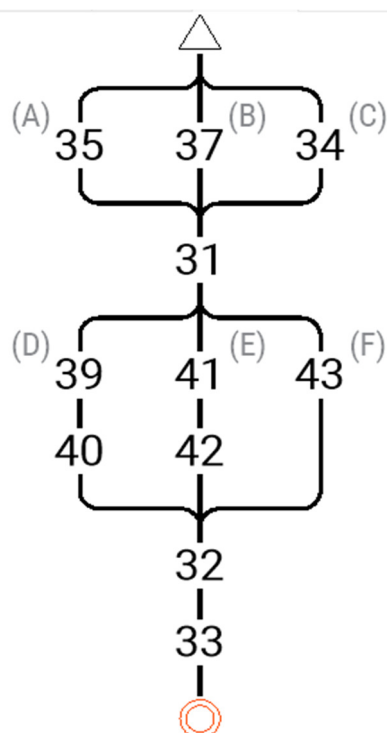
TD4 - all classes gaffled

Sections D and E - TD5, 16s and 18s gaffled together

Section F - TD4 - all 14s run this section

11.1.4 Separate courses do not have to be planned for the Ad-hoc teams. The Ad-hoc runners will run their correct gender age group course but a team can be made of any 3 runners running in any order.

e.g. Ad-hoc team 1 - W16 EAOA, M14 SOA, M16 WOA

Ad-hoc team 2 – W18 SWOA, W18 SWOA, M14 EMOA

These teams will not have their map variations assigned by the planning software and will not be correctly gaffled. You need to ensure that there are sufficient extra maps printed out of the correct courses and assign them manually.

12. Data Entry and Results Processing

12.1.1 Speedy and correct data handling is critical to a successful JIRCs. The Saturday evening is particularly challenging, getting all the Relay team changes entered and creating the Ad-hoc teams. Getting all relay details handed in to the Organiser by 18.00 is essential.

The 2024 GoogleSheet entry form was a great success for organisers and squad managers. If you want to use this entry form, please contact the Secretary of JROS (secretary@JROS.org.uk).

12.1.2 The 2024 entry form requires Team Managers to enter their probable Relay teams in advance of the event. This means that the Organisers only have to deal with changes on the Saturday evening rather than starting from scratch.

12.1.3 It does pay to have a couple of experienced computing people involved for the Relays. They are very time-constrained and are not run often enough for people to be familiar with all the details as a matter of course. Consider the mini-mass start: some teams involved in the mini-mass start will be scoring teams for their Region and affect the final overall scores.

12.1.4 Having a punch check at map issue at the Relays is a big plus. This prevents rogue data from someone running out of order, or a wrong SI Card, getting into the system.

12.1.5 The overall scoring spreadsheet is a huge help in getting the results out quickly after the relays. A sample copy is on the JROS website. The tab for the Individual results gets populated on the Saturday, leaving just the Relay results to be amalgamated on the Sunday. Just type in the finishing order of the teams within each class and the Excel functions do the rest.

12.1.6 Results being visible to the Team Managers is important, so if possible choose areas with good signal at download, or a satellite phone, or have a monitor displaying the results.

12.1.7 Sample Entry Form, Sample Individual Start List, Sample Relay Declaration Form and Sample Relay Race Number can be found on the JIRCs page of the JROS website

13. Medals, Trophies & Awards

13.1 Medals

13.1.1 Medals should be awarded to the first three in each Individual class and to the first three teams in the Relay competition.

13.1.2 Medals should be awarded to the first three teams in the overall competition.

13.2 Trophies

There are 14 perpetual trophies. These are awarded as follows. If there is a tie for any of these trophies then the trophy must be shared between the tied Regions:

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 2nd highest total from the combined Girls and Boys individual race scores
Individual Third place	Awarded on Saturday evening to the Region with the 3rd highest total from the combined Girls and Boys individual race scores
Best Performance in the Individual Event	Awarded on Saturday evening to the individual with the best performance in the Individual event as agreed by the majority of Team Managers on Saturday evening. It is not necessary to make an award each year The Best Performance is defined as a class winner: • 'normally' the winner by the biggest margin • 'running up' should have no bearing on the award
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 2nd highest total from the combined Girls and Boys relay scores
Relay Third Place	Awarded to the Region with the 3rd 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
Men's Trophy Runners-up **	Awarded to the Region with the second 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
Women's Trophy Runners-up	Awarded to the Region with the second 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 2nd highest total from the combined Boys and Girls Individual and Relay scores
Overall Third place	Awarded to the Region with the 3rd highest total from the combined Boys and Girls Individual and Relay scores

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** To be purchased in 2025 – check whether it exists before looking for a "lost trophy"

13.3 Other Awards

13.3.1 To increase the number of Regions recognised in the prizegiving other awards can be made at the Organiser's discretion.

13.3.2 Best Small Region - for Regions with less than two-thirds of a full squad of 24 runners. (Introduced in 2024)

13.3.3 No Mispunch award - Regions with no mispunches throughout the weekend, or no mispunches in the Relay. (Discussed in 2024)

13.4 Mementoes

13.4.1 Consider whether you want to give a memento to each of the competitors – in the past these have been buffs, key rings, pens, sticks of rock but can be whatever takes your fancy and meets the event budget. Don't feel obliged to do this – memories and photos work just as well.