



Competition Rule RS: Senior Home International

SENIOR HOME INTERNATIONAL RULES AND GUIDELINES

The four Home Nations have ownership of the Senior Home International and joint responsibility for these Rules and Guidelines. Rules are to be followed whereas Guidelines are descriptions of best practice to which it would be wise to adhere. Where these rules and British Orienteering rules appear in conflict, these rules take precedence. Any questions regarding these Rules should be emailed to: homeinternationalrules@britishorienteering.org.uk.

This document is based on the 2001 rules (Elite Competitions Steering Group - John Palmer – 21.08.2001) removing 35s from the team, and decisions made at the SHI Team Managers meeting in Oct 2003 and scoring changes agreed at the SHI Team Managers meeting in Oct 2009 and the trophy change agreed at the SHI Team Managers meeting in Oct 2011.

Oct 16 - Revision to effect amendment to eligibility rules agreed at the SHI Team Managers' meeting in Oct 2016 and include them in these rules, and other textual changes (particularly: introduction, timings, finance).

Dec 23 - Revision to sub-paragraphs 5.1 and 5.2 to implement equal target times for men and women and reduction of relay lap target time to 35 minutes, both as agreed at SHI 2023 SHI Team Managers' meeting. Revision (not in substance) to divide the Rules into separate Rules and Guidelines and add detail in the Guidelines for the benefit of organisers.

Dec 24 – M/W21 classes must include at least one M35+ and one W35+ as these age classes are no longer represented in the VHIs.

RULES

- 1. Introduction** The Senior Home International (SHI)¹ is the annual competition between teams from England, Ireland (drawn from all four provinces, team administered/governed by NIOA), Scotland and Wales (collectively the 'Home Nations')². British Orienteering's Rules of Orienteering apply though if there's a conflict, these rules take precedence.
- 2. Hosting and timing** The SHI is normally arranged in the autumn. The rota for hosting home internationals is separately promulgated and will be used as a guide by British Orienteering's Event Scheduling Group.

¹ The SHI is an important event in the Orienteering calendar particularly for the Celtic nations who use the event as a target for performance. It also acts as an important event for offering international competition opportunity and experience to many up and coming British and Irish elite athletes. The important characteristic of the individual event is running in a narrowly defined start block adjacent to competitors in rival teams as would be experienced in major international events. The event is an important focus for the Home Nations and offers individual performance targets for those who are short of GB teams.

² The four National flags are available to be displayed at the event by contacting homeinternationalrules@britishorienteering.org.uk (the Four Provinces flag is to be used for Ireland).



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3. **Teams** Each team is to consist of 3 M20s, 3 W20s, 6 senior men (including at least one M35+) and 6 senior women (including at least one W35+). Athletes of any age may run as seniors, and if 20 or under may run in the 20 class. Teams are to be declared before the first start on Day 1 and only those may run in the SHI (i.e. no reserves brought in for Day 2).
4. **Eligibility** To be eligible to represent a country in a SHI an athlete must be a current British Orienteering member (or for Ireland team members, alternatively a member of IOA) and be:
 - 4.1. **Eligible by Birth.** Be born in that country OR
 - 4.2. **Eligible by Parentage.** Have a parent who was born in that country OR
 - 4.3. **Eligible by Residence.** Have established permanent residence in that country for at least one year (see explanatory notes 1 and 2).

AND

 - 4.4. Has not represented any other home nation in a home international in the previous two years (see explanatory notes 3 and 4).

Notes:

1. Students can achieve eligibility by residence if they can prove a permanent home base in that country.
2. Established eligibility by residency is voided if another home nation is represented but otherwise endures.
3. Sub paragraph 4.4 means two fallow years i.e. 2 missed HIs.
4. Athletes currently competing for a nation other than GBR or Ireland are nevertheless eligible provided they meet one of the criteria 4.1 to 4.3, AND criterion 4.4.
5. **Racing format and courses** Individual Long on Saturday; Relay on Sunday.³ The courses are to be planned to Area Orienteering Championships standards: British Orienteering Competition Rule I applies, providing elite (20E/21E) courses. The embargo rule therein also applies. Versions of the competition map are not allowed in the pre-start area. Control descriptions are to be printed on or attached to the map and for the individual also issued loose in the start lanes, not before.

5.1. Individual

Long Distance 90 minute target time⁴ for senior men and women (M21 and W21)
Long Distance 70 minute target time for M20 and W20⁵

³ Although it reduces the quality of the SHI this format may be varied by agreement between the organizing Nation or English Region and the SHI team managers. Nevertheless it is highly desirable that the order should be: Long Saturday, Relay Sunday. It would be acceptable to combine the event with an Area Championships, but if so an SHI start block should be set aside for the individual race, normally at the beginning.

⁴ Defined as being the average of the best 3 runners (per IOF)..

⁵ Classes are not to share courses.

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5.2. Relay

Teams of three, for men and women separately. Each team is to include at least one athlete eligible to run in the 20 age class⁶ with courses planned to deliver a 35 minute target time per lap.

6. **Individual scoring** The individual scores of all the counters in each class are to be totalled, ranked and scored by class again to determine the outcome of the individual event⁷, as follows:

6.1. Individual runner scoring

- 6.1.1. Four M/W21 (of 6) to count, scoring 16, 15, 14 etc.
- 6.1.2. Two M/W20 (of 3) to count, scoring 8, 7, 6 etc.
- 6.1.3. If there is a tie in individual time the points are to be shared equally.
- 6.1.4. Non-counters do not score (nor are considered in places and therefore score allocation) but may have a tie-breaking effect (qv).

6.2. Team scoring

- 6.2.1. All four classes, M/W20, M/W21 are to score separately.
- 6.2.2. To derive the team score within a class all the individual scores for a team within that class are to be added up with the resulting totals for each nation determining rank.
- 6.2.3. For M/W21 the first ranked team will score 8 team points, the second 6pts, 3rd 4pts, and 4th 2pts.
- 6.2.4. For M/W20 the first ranked team will score 7 team points, the second 5pts, 3rd 3pts, and 4th 1pt.
- 6.2.5. If there is a tie in a class the team points are to be shared equally.
- 6.2.6. Even with no finishers, a team scores points (4th or 3rd=).

Total points available: 72; Maximum possible score: 30

6.3. **Nation scoring** A nation's score for the individual day is to be the total of its team scores across the 4 classes. The aggregate points thus gained are to be carried forward (if Day 1) or added to the relay score (if Day 2) for the combined SHI team scores.

⁶ So BOF age, not necessarily the class run in the individual.

⁷ The scoring of the individual races may seem convoluted but the premise behind it is to ensure not too great an advantage or disadvantage accrues when a class is comprehensively won or lost. The SHI is a team competition and results in one class should not dominate the outcome. This also means that there is often 'all to play for' after Day 1 which makes for a better Day 2 and a better competition all round.

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6.4. Tie In the event of a tie at Nation scoring, the relative placing of the tying nations' 5th / 3rd placed runners in each of the four classes in the individual race are to be used to separate the teams involved in the tie. If still tied then the relative placing of the tying nations' 6th M21 and 6th W21 are to be likewise used⁸.

7. Relay scoring. Men's and Women's relay races to be scored separately.

7.1. Team scoring

7.1.1. Two out of 3 relay teams to count. Third teams do not score (nor are considered in place and therefore score allocation) however they may have a tie-breaking effect (qv).

7.1.2. In both Men's and Women's the scoring will be 8 points for a win, 7 pts for 2nd, 6 pts for 3rd down to 1 pt for 8th. To score, relay teams must be eligible by composition and must finish successfully; otherwise 0 pts.

Total points available: 72 ; Maximum possible team score: 30

7.2. Nation scoring A nation's score for the relay day is to be the total of the Men's and Women's points.

7.3. Tie In the event of a tie at Nation scoring the relative placing of the 3rd placed relay teams of the tying nations in both classes are to be used to separate the nations involved in the tie⁹. If this does not break the tie the trophy is to be shared.

8. SHI Team Ranking

8.1. Ranking The winning team is the nation with the highest total points, calculated by adding the individual team points (6.3) and the relay team points (7.2), with the other nations ranked in order.

8.2. Tie In the event of a tie the nation with the most team 1st placings across the 6 classes (2 relay and 4 individual) is to be ranked ahead. If that is equal then the most individual 1st placings will be used. If that is equal then team 2nd placings across the 6 classes (2 relay and 4 individual) are to be used. If that is equal then individual 2nd placings. If that is equal then team 3rd placings across the 6 classes (2 relay and 4 individual) are to be used. If that is equal then individual thirds etc.

9. Trophies The trophies are¹⁰:

- The Silva Trophy - Awarded to the country with the highest total team points.
- The Dolgellau Bowl - Awarded to the country with the highest team points in the first day's racing (see Section 6.3 or 7.2 above).
- The Celtic Cup - Awarded to either Wales or Ireland, whichever gains the greater combined points total.

⁸ Tie splitting is only relevant for the first day's competition, to determine the prize recipient.

⁹ Tie splitting is only relevant for the first day's competition, to determine the trophy recipient.

¹⁰ Photographs can be found at <https://orienteeringengland.org.uk/event-organisers/trophies/>



Event Guidelines: Senior Home International

GUIDELINES

10. **Introduction** These guidelines are intended for the person who takes on the role of coordinator for the weekend of a Senior Home International competition. It is often better that this is a different person from the 'Organiser' of the events. The guidelines have been drawn up by team managers/previous organisers and are intended to be both prescriptive and helpful. If you, as event coordinator, are tempted to stray from these guidelines, you should consult with the team managers and seek their agreement to any significant changes. Team managers are invariably keen to offer advice. The coordinator of SHI is usually in the unenviable position of being the inexperienced one in a situation that is very familiar to the other protagonists. Some team managers have been in post for several years, and many of the athletes have taken part in numerous Home International competitions. Do not allow yourself to feel intimidated by this, but exploit the available experience and expertise.
11. **Racing** The SHI is an individual event and a relay combined. Having the individual first is much to be preferred. It is normal to combine the individual with an open or regional event. The courses are to be planned at Area Orienteering Championships standards: per BOF Competition Rule I, providing elite (20E/21E) courses. All four courses shall have water provision at least once (and if only once ideally between 50-70% of the course distance).
12. **Organising nation** The SHI is normally arranged during the period September to mid-November, though it could be scheduled in the spring. Home Internationals are hosted on a basis¹¹ which recognizes that nations' resources differ. There is an agreed rota for hosting all three HIs which is managed by the BOF Event Scheduling Group (ESG) (or functional successor). This shows which nation is due to host and, when the SHI is to be held in England, which region is due to host. The ESG will approach associations direct to host the SHI and set the date for competition in good time – at least 15 months ahead.
13. **Starts** 0930 is recommended for the first start on Sunday¹².
- 13.1. **Individual** Classes are not to share courses. If combined with an open event, the first block of starts should be allocated to the SHI. Starts should be at 3 minute intervals, but are not to be less than 2. Non-SHI athletes are not to be inserted between SHI competitors. Use a varied 'real' start order of teams: see Table 1 below. Orders are for the organiser to draw and allocate (one each for) M20, M21, W20, W21 for each of the classes with 2 protocols: first starters in each class split equally between the teams (the table does this), and, if some start slots are not occupied, the gap should not be left: fill the start list at the selected interval. Start time lists should be published by D – 5 days on the event webpage. An open event first start can follow no less than 5 minutes (prefer 10) after the last SHI starter.

¹¹ With 3 HIs per year (JHI, SHI and VHI), the differing hosting frequencies are: Ireland and Wales: 2 in 4 years, Scotland 3 in 4 years and England 5 in 4 years.

¹² The factors are: teams' long journeys/ferries/flights after prize-giving, need to start the 'open' racing, timings of breakfast (at least 2 hours before the start), travel time to the event centre/assembly area.

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1	2	3	4
E	I	S	W
I	E	W	S
S	W	E	I
W	S	I	E

Table 1: Order of starts in each class¹³

13.2. **Relay** Two mass starts are best spaced 10 minutes apart. Take care in planning and lap lengths to ensure that the relay starting first has the winning team finishing first. Relay runners should wear numbers. An open event first start should be scheduled no earlier than 90 minutes after the last SHI mass start.

14. **Entry form** Entry forms should include a mechanism to allow team managers to nominate their athletes' running order in each each class¹⁴. The form can include accommodation and feeding booking and special issues (e.g. dietary: vegetarian/nut/dairy/gluten allergies) information.

15. **Finance** SHIs should be self-financing. Normal BOF levy is payable. Any regional levy may be waived at the discretion of the organizing nation/region. Entry fee levels are at the discretion of the organising nation/region/club. Organizers should specify a fee covering events, accommodation and meals and communicate this to the team managers in very good time: 3 months is suggested. Ideally the main team payments, to include entry fees, accommodation and meal fees as applicable, can be achieved by bank transfer at the same time as detailed entries are made.

16. **Accommodation and food** Hostel or similar accommodation for the teams – together or separately, depending on what is available locally, should be arranged. Consider doing this a year ahead. If this cannot be achieved by the SHI Coordinator/organiser, provide details of accommodation which teams can book separately. A Saturday evening meal and Sunday breakfast should be provided/available. You should also aim to offer to supply a packed lunch. Allow for vegetarians etc. For planning: a full team comprises 18 members though an incomplete team might be sent. Teams will have leaders (up to 3, say) and may have reserves (up to 3, say). 'Others' will be able to run in an 'open' event which follows the SHI.

17. **Team Managers' meeting.** A team managers' meeting is to be held during the weekend, normally on the Saturday evening before the evening meal, which may be combined with a brief and last minute details for the following day, only if needed. The organising nation's team manager is to chair the meeting. Besides standing agenda items: hosting and date of next SHI, changes in points of contact; any additional agenda items should be notified to the organising nation and then shared with all the team managers, preferably beforehand. A suitable place e.g. a room in the event centre will need to be designated (about 8 people). If accommodation is spread out consider how the team managers can attend the meeting.

¹³ This order allocation is deliberately not random. It's designed to split the English and Scots athletes by 6 minutes, and the same for Wales and Ireland, reflecting the asymmetry of the home nations' strengths. Each nation has one class where they are 'first off'.

¹⁴ i.e. in each class which of their runners will be first, second, third etc to start. If a team is incomplete, (in a 20 class for example) the order specified by the team manager can be 'vacant', 2nd 3rd.



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18. Communications

- 18.1. **Point of contact** Each nation should designate a single point of contact. When this changes at least the next organising nation should be informed. A prudent organiser would check the accuracy of this list at the D-7 month point (ie before sending Bulletin 1).
- 18.2. **Bulletins** Bulletins should be sent to nation points of contact and posted on a website.
 - 18.2.1. Bulletin 1 should be issued at D-6 month point – contents: date confirmation, event location, organising club, outline accommodation and feeding arrangement, request for confirmation of participation.
 - 18.2.2. Bulletin 2 should be issued at D-2 month point – contents: more detail of venue, terrain (type and nature), map (including scale, vertical interval and revision year), electronic punching system, event officials, accommodation and feeding arrangement, call for entries and accommodation and feeding booking (with dates), entry fees, accommodation and meals costs, methods of payment. Full use can be made of the detail already on the event webpage.
 - 18.2.3. Bulletin 3 should be issued at D-3 week point – final details to include: any special map or control description symbols being used, fine detail of event and accommodation locations, date of start list publication and site, previous version of or link to the competition maps (e.g. Routegadget), arrangements for return of engraved trophies.
- 18.3. **Clarity** Be clear in the bulletins and other communications exactly what information is required from team managers and by when. Experienced team managers know what you'll need, but they are also human and have been known to forget things. Inexperienced team managers will appreciate your clear direction.