



Competition Rule RV: Veteran Home International

VETERAN HOME INTERNATIONAL RULES AND GUIDELINES

The four Home Nations have ownership of the Veteran 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.

REVISION HISTORY

This document takes account of the following revisions:

Changes to the individual scoring system (2009)

Introduction of one M65 and one W65 (replacing two 35s) in the VHI (2011)

Introduction of a new format and scoring system for the relay (linked to 35/65 change) (2011)

A change to the designated course for W35 (2014).

Insertion of revised eligibility criteria approved at the SHI meeting in Oct 2016

Classes to courses amendment to equalize M&W target times, and addition of a second M/W65 and one M/W70, and removal of M/W35s and an M/W40, plus relay age limit revised, in October 2023 as proposed at VHI meeting (Sep 2023)

RULES

1. **General** Normal British Orienteering event rules apply except as specified in these rules.

2. **Teams** The participating teams in the Veteran Home International (VHI) are England, Ireland (drawn from all four provinces, team administered/governed by NIOA), Scotland and Wales (collectively the 'Home Nations')¹. Each team comprises 2 men and 2 women in each age group 45, 50, 55, 60 and 65, and one man and one woman in the 40 and 70 age groups: 24 athletes per team. Teams might want to bring 'travelling' reserves, but must declare their full team before the event begins (ie before the first start of the first day's race). No reserves run² and no substitutes are allowed once the final declaration of names has been made. If someone has to withdraw from the event after the final declaration, the gap must remain in the team.

3. **Eligibility** To be eligible to represent a country in a HI an athlete must be a current British Orienteering member (or for Ireland team members, alternatively a member of IOA) and be:

- 3.1. Eligible by Birth. Be born in that country OR
- 3.2. Eligible by Parentage. Have a parent who was born in that country OR
- 3.3. Eligible by Residence. Have established permanent residence in that country for at least one year (see notes 1 and 2).

AND

¹ 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).

² It is likely that any reserves will be able to run starting outside the VHI start block, in an associated 'open' race or as guests.



Competition Rule RV: Veteran Home International

3.4. Has not represented any other home nation in a home international in the previous two years (see 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 3.4. means two fallow years e.g. 2 missed HIs.
4. Athletes currently competing for a nation other than GBR or Ireland are eligible provided they meet one of the criteria: 3.1. 3.2. 3.3.; AND criterion 3.4.

4. **Dates** The VHI comprises an individual event and a relay event, held over a weekend on consecutive days. It is highly preferable to arrange the individual event on the Saturday and the relay on Sunday³. The VHI is normally scheduled in the period September to mid-November. The rota for hosting the home internationals is separately promulgated and will be used as a guide by the Event Scheduling Group.

5. **Maps and Control Descriptions** Versions of the competition map are not allowed in the pre-start area. Loose control description sheets are to be printed on or attached to the map and for the individual also issued in the start lanes, not before.

6. **Individual** If the VHI is incorporated into a Level A or B Age Class event, VHI competitors should run the normal 'Long' course for their age class. Otherwise the class to course distribution is to be:

Class	Runners per	
	Nation	Course
M40	1	Brown
M45	2	Short Brown
M50	2	Short.Brown
M55	2	Blue
M60	2	Blue
M65	2	Short.Blue
M70	1	Short Blue

Class	Runners per	
	Nation	Course
W40	1	Blue
W45	2	Blue
W50	2	Short Blue
W55	2	Short Blue
W60	2	Green
W65	2	Green
W70	1	Short Green

Table 1

³ This format may be varied from year to year by agreement between the Organiser and the Event Scheduling Group. It would be acceptable to combine the event with an Area Championships. Nevertheless, ideally the order should be: Long Saturday, Relay Sunday. If combined, a VHI start block should be set aside for the individual, invariably at the beginning.

Competition Rule RV: Veteran Home International

7. **Relay** There are two relay classes: MWM = 2 Men + 1 Woman, and WMW = 2 Women + 1 Man. Nations may enter 4 teams in each class with their best 3 to score. The aggregate of each team's BOF ages (BOF age, not necessarily the class run in the individual) is to be 160 or greater⁴. The Lap 2 runner must be a 60 or younger. Relay runners are to wear numbered bibs.

Relay Classes - Mixed 3-person teams / 2 separate classes						
(1) Class MWM - 2 Men + 1 Woman					possible	
		course		relay	length	Approx
Lap 1	Man	Medium		course	ratio ⁵	Length
Lap 2	Woman	Medium		X	1.00 ⁶	6.0 km
Lap 3	Man	eXtra long		M	0.65	4.0 km
Sum of Age Classes >= 160 years			Courses X&M gaffled together			
Woman must be W60 or younger						
(2) Class WMW - 2 Women + 1 Man					possible	
		course		relay	length	Approx
Lap 1	Woman	Short		course	ratio	Length
Lap 2	Man	Long		L	0.80	4.8 km
Lap 3	Woman	Long		S	0.50	3.0 km
Sum of Age Classes >= 160 years			Courses L&S gaffled together			
Man must be M60 or younger						

Table 2

8. **Individual Scoring** Every finisher counts for points so in total, 424 points are available. Those who fail to finish or mispunch score 0. If there is a tie in individual time the points are to be shared equally. The nation with the highest aggregate points wins.

Individual Points

	40s	70s	other classes	
1st	7	7	8	
2nd	5	5	7	
3rd	3	3	6	
4th	1	1	5	
5th			4	
6th			3	
7th			2	
8th			1	
	-----	-----	-----	
Total available	16	16	36	Total
No of classes	2	2	10	14
Points awarded	32	32	360	424

Table 3

⁴ In a full team, the aggregate age is at least 1320 (so 8 x 165). Teams may have athletes 'running down' in the individual which offers an additional margin.

⁵ Climb adjusted.

⁶ The Extra Long lap (X) is to be planned for an (M40) target time of 35 minutes (average of first 3).



Competition Rule RV: Veteran Home International

9. Relay Scoring Points are allocated in each class to the first 3 teams from each nation in each class, with 24 points awarded to the winning team, reducing by 2 for each subsequent scoring team. 312 points are available, in total. All teams are "competitive" (provided they comply with the age class composition criteria). Nations' fourth finishing teams do not score (nor are considered in place and therefore score allocation). The winning team is the nation with the highest points total.

Relay Points

Each country counts best 3 placed teams in each class

1st	24
2nd	22
3rd	20
4th	18
5th	16
6th	14
7th	12
8th	10
9th	8
10th	6
11th	4
12th	2

Table 4

10. Combined Score

10.1. Points gained by a nation in the relays are to be added to the points gained by a nation in the 14 classes in the individual. The winning team is the nation with the highest combined points total, with the other nations ranked in order.

10.2. Tie In the event of a tie the nation with the most first places across the 16 classes (14 individual and 2 relay) is to be ranked ahead. If that is equal then the most second places etc.

11. Trophies

The trophies are⁷:

- the Micklegate Bar Trophy for the overall winning nation.
- the Quaich for the nation that wins the relays
- the Lagan Valley Rosebowl for the nation that wins the individual event
- the Stonewall Trophy presented to either Wales or Ireland, whichever gains the greater combined points total.

⁷ Photographs can be found at <https://orienteeringengland.org.uk/event-organisers/trophies/>

Event Guidelines: Veteran Home International

GUIDELINES

12. **Encouragement** The organiser of the VHI is usually in the unenviable position of being the inexperienced one in a situation that is very familiar to the other protagonists. Most team managers have been in post for several years and many of the athletes have taken part in numerous VHIs. Do not allow yourself to feel intimidated by this but exploit the available experience and expertise.

13. **General** These guidelines are intended for the person who takes on the role of coordinator for the weekend of a VHI competition. It is recommended that this is a different person from the 'Organiser' of one or both of the events. The guidelines have been drawn up by team managers and recent VHI organisers, and are intended to be helpful rather than prescriptive. 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 since they might have the effect of favouring one team over the others or introducing inappropriate elements of chance.

14. **Technical and scheduling** Do not compromise on quality of areas and the planner should be technically up to the job. You can usually combine them with events already in the calendar, if the areas are suitable. The individual event, on the Saturday, can be combined with a level C race and the relay has successfully been run first before a Level B event starts. Those waiting to start the 'open' race have the opportunity to spectate.

15. **Timings** Start the VHI individual race at 1000 or 0930 on the Sunday. An early start on the Sunday is particularly appreciated when teams have long journeys home. For the relay the two classes are best if started 5 or 10 minutes apart, but can share a mass start.

16. **Start List** Start times are to be allocated to the nations in rotation. The sequence of teams should be as varied as possible with an equal number of first, second, third and fourth starts: 14 'orders' are shown in the table below. The start interval is given in the second table below. The organizer draws the nation to letter allocation⁸ and this generates a start list complying with these criteria using a template (available as a spreadsheet).

A	B	C	B	A	C	C	D	A	D	B	B	A	D	C	D
D	C	D	D	B	A	B	A	C	B	A	C	D	A	B	C
C	D	A	C	D	B	D	C	D	A	C	A	B	B	A	B
B	A	B	A	C	D	A	B	B	C	D	D	C	C	D	A

Table 5

Course	Runners	Interval
Brown	4	5 min
Short.Brown	16	3 min
Blue	28	2 min
Short.Blue	28	2 min
Green	16	3 min
Short.Green	4	5 min

Table 6

⁸ Drawing at random the four nations as A, B, C and D (not random draws for each class, one at a time).



Event Guidelines: Veteran Home International

17. Accommodation and Meals

17.1. Each team is 24 athletes strong (though an incomplete team might be sent). Team managers usually also compete though expect others accompanying, even children. Total number to be accommodated is likely to be 60 on the Friday night and 90 on the Saturday night. Arrange hostel or similar accommodation for the teams – together or separately - depending on what is available locally. This is best started a year ahead e.g. once the event/weekend is designated the VHI. Most participants will arrive on the Friday night; some might arrive quite late. If hostel accommodation is not available, provide floor space in a school or hall, but this is less than satisfactory and most teams/participants will prefer to arrange their own accommodation. If you go down this route, as early as possible (at least 6 months ahead) provide a link for local B&Bs and details of hostels/bunkhouses, and let participants make their own arrangements.

17.2. Breakfasts should be provided on Saturday and Sunday mornings. You should also aim to supply packed lunches for both days. One of the ways this can be achieved is to allow people to make their own sandwiches (and this has been successful in the past). Provide bananas and another fruit as well as sandwich materials and suitable bag. Ask the team managers to declare vegetarians (or other dietary restrictions) when they send in their teams.

18. **Social** It is normal to arrange a semi-formal dinner on the Saturday evening – this allows the teams to get together. Again this is well worth planning/booking a venue early e.g. a year ahead. Some low-cost after dinner entertainment is always appreciated (but not expected), especially if it is particular to the location e.g. a ceilidh usually goes down well, though participants are likely to retire to bed fairly early!

19. **Prize-giving** One of the trophies can be presented at the dinner on Saturday evening. Aim to have the final prize-giving before 13:00 on the second day, when final points totals are known (or at least it will be clear who has won overall).

20. **Costs** Each team pays in full its own costs for entry fees, accommodation and meals (including the dinner). Get numbers (provisional early on, then finalised later) from team managers and charge them accordingly. Host clubs should not expect to make much profit from the event – remember that participants are already paying quite substantially for the weekend. British Orienteering's levy has to be paid in the normal way. Consult your national/regional association for advice on any levy that might be due to them: they may agree to waive it.

21. **Communications** Give team managers the information they need for planning in good time. In particular, tell them the venue as soon as it is known, so they can economise by making travel arrangements (e.g. flights) early. You will probably send out 2 or 3 bulletins to team managers and post them on a website. Their timing and contents are suggested below. Be clear in exactly what information you require from team managers and when you require it and give them reasonable timeframes. Experienced team managers know what you'll need, but they are also human and have been known to forget things.

21.1. Bulletin 1 should be issued at D-6 month point – contents: date confirmation, event location, outline accommodation and feeding arrangement, request for confirmation of participation, organising club.



Event Guidelines: Veteran Home International

21.2. Bulletin 2 should be issued at D-3 month point – contents: more detail of venue, terrain (type and nature), map (including scale, vertical interval and revision year), electronic punching system, event officials, basic event details, accommodation and feeding arrangement, including the venue of the Saturday night social/dinner, call for entries and accommodation and feeding booking, entry fees, accommodation and meals costs, methods of payment. Provide a form for entry details/data and set a reasonable date for its submission. Be prepared to accept amendments.

21.3. 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 locations including accommodation, date and site of start list publication, previous version of or link to the competition maps (e.g. Routegadget), arrangements for return of engraved trophies.

21.4. Relay teams must be declared at the time/location stated by the event organiser.