

## Competition Rule O: The British Junior Inter-Regional Championships

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

### 1. General Information

#### 1.1 Purpose

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

- a) The JIRCS were first organised in 1989 to encourage competition between Regional Junior Squads.*
- b) The aims are:*
- To provide both 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 received 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.

#### 1.3 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.

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 Championship organiser and the host region's Regional Junior Squad management.*

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### 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 and answer any questions with regard to the Relay.

## 2. 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 Championship 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 gender. 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 and which age courses the Ad Hoc 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) the Individual and Relay competition, and Women are permitted to run in the Men's class (but not vice-versa).

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2.4.3 A regional squad may enter non-scoring runners in any age class in addition to the four nominated 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 runner(s) must be given start times before any region's nominated runners and must not count towards their region's score. Their results are to be listed separately at the end of each class list
- 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. The remaining runners must run an Ad Hoc Class.

2.5.2 Other team members are permitted to compete in an Ad Hoc Class where teams of three must run their own age class course and must start a short time (10 minutes) after the main start.

### 3. Safety

3.1.1 Event Officials must refer to British Orienteering Rules of Orienteering and Appendix E: Event Safety for detailed information on the required and recommended Safety and Risk management procedures.

### 4. Officials

4.1.1 The officials must meet the requirements set out for a Level B Event as per the British Orienteering Rules of Orienteering, Appendix C: Event Officials.

### 5. Organisation

#### 5.1 Individual race

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

5.1.2 There must be three minutes between starters on the same course as the schedule below.

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

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5.1.2 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.

5.1.3 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.

- a) *Each region should be given the choice of 4 start slots per age class for their nominated runners.*
- b) *There should be a minimum interval of six minutes between runners from the same region in the same class.*

5.1.4 Names and chosen start times must be notified in writing to the Organiser at least a week before the event to facilitate computer input.

5.1.5 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.

5.1.6 Once all the start lists by class are returned by the Regional Coordinators 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, including 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. There must be no gaps in the final start list due to regions not using all their allocated slots.

5.1.7 Start slots for all non-scoring runners must be at least 10 minutes before the first nominated runner slots.

5.1.8 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.

5.1.9 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.

- a) *Full details of the ranking scheme are in a separate Competition Rule on the British Orienteering website.*

## 5.2 Relays

5.2.1 The relays must be started early enough to enable teams with a long journey to get away in reasonable time

## 5.3 Organisation Notes

- a) *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.)*

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- b) *In addition there should be a meeting room for the squad coaches. Floor space for sleeping is acceptable. 'Lights out' should be no later than 10.30pm*
- c) *The organiser is responsible for the provision of a cooked evening meal on the Saturday and a cold (continental) breakfast early on Sunday morning. The provision of packed lunches for the Sunday is not necessarily the responsibility of the organiser.*

### 6. Scoring

#### 6.1 Individual

- 6.1.1 Each region scores up to two competitors in each class. Scoring is 24 for 1<sup>st</sup>, 23 for 2<sup>nd</sup>, 22 for 3<sup>rd</sup> etc.
- 6.1.2 Other finishers for regions with more than two runners in a class will not be included in the scoring.
- 6.1.3 Only nominated runners are eligible to score.

#### 6.2 Relay

- 6.2.1 Each region scores up to two teams in the Men's class and two in the Women's class. Scoring is 72 for 1<sup>st</sup>, 69 for 2<sup>nd</sup>, 66 for 3<sup>rd</sup> etc.
- 6.2.2 Other teams for regions with more than two teams in a class will not be included in the scoring.
- 6.2.3 Relay team declarations must be made after the individual race, normally at the Saturday evening Team Managers meeting.

#### 6.3 Overall

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

### 7. Prizes and Prize Giving

- 7.1.1 Prize giving for the individual 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.

#### 7.2 Individual

- 7.2.1 Medals should be awarded to the first 3 in each class.

#### 7.3 Relay

- 7.3.1 Medals should be awarded to the first 3 in each class and to the first three teams in the overall competition.

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### 7.4 Trophies

7.4.1 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 | <p>Awarded to the individual with the best performance in the Individual event as agreed by the Team Managers on Saturday evening</p> <p>The Best Performance is defined as;</p> <ul style="list-style-type: none"> <li>- a class winner</li> <li>- it would 'normally' be the winner by the biggest margin</li> <li>- whether the individual was 'running up' should have no bearing on the award</li> <li>- it is not necessary to make an award each year</li> <li>- if there is any doubt then a majority of the Team Managers will decide.</li> </ul> |

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

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

### 8. Map and Terrain

8.1.1 The terrain must be chosen in consultation with the Regional Squad management. The key criteria for selection must be the quality of the terrain balanced with the accessibility for visiting teams.

8.1.2 The map scale must be 1:10,000 for all classes on both days.

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- 8.1.3 Maps must be pre-marked and use IOF control descriptions. Laser printed maps are acceptable provided that the quality is consistent.
- 8.1.4 Previous maps of the competition areas must be sent to regional teams in advance of the event.
- 8.1.5 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.

## 9. Planning

### 9.1 Individual race

- 9.1.1 Courses must be provided for classes W14, W16, W18, M14, M16 & M18.
- 9.1.2 These must be planned to technical standards and expected winning times as follows;

|     |      |                |     |      |                |
|-----|------|----------------|-----|------|----------------|
| M18 | TD 5 | EWT 60-70 mins | W18 | TD 5 | EWT 50-60 mins |
| M16 | TD 5 | EWT 45-55 mins | W16 | TD 5 | EWT 45-55 mins |
| M14 | TD 4 | EWT 35-45 mins | W14 | TD 4 | EWT 30-40 mins |

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

### 9.2 Relay

- 9.2.1 There are two classes: Men and Women. Each team must consist of one 14, one 16 and one 18.
- 9.2.2 Fastest lap times for each age group are to 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
- 9.2.3 The lap order for all teams must be 16s, 14s, 18s. All the laps must be gaffled.

a) *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.*