

Competition Rule F: JK Sprint Orienteering Championships

These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement British Orienteering Rules of Orienteering, then this Competition Rule will take precedence.

1. General information

1.1 Purpose

- 1.1.1 The JK weekend is a high quality event held each Easter in memory of Jan Kjellström who gave so much help in establishing the sport of orienteering in Great Britain.

1.2 Format

- 1.2.1 The JK Sprint Orienteering Championships are usually held on Good Friday to determine the JK Sprint Champions in age classes M/W10 – M/W90.
- 1.2.2 If the Championships are designated as a World Ranking Event (WRE) by the IOF, then IOF Rules must apply, but only to the elite classes involved.

- a) *The IOF Rules are to be found on the IOF website at www.orienteering.org.*
- b) *Additional non championship courses may be provided, these are not subject to all the requirements for a level A event or all the provisions in these Competition rules.*

1.3 Administration

- 1.3.1 The JK Sprint Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.
- 1.3.2 The JK Sprint Orienteering Championships must be registered as a level A event.
- 1.3.3 Applications to request variation to the Competition Rules must be made to Events and Competitions Committee.

- a) *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.*
- b) *The exact details of responsibility are set out in the Partnership Agreement.*
- c) *The Co-ordinator 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 All championship class competitors must be either a member of British Orienteering or a member of an IOF affiliated Federation.
- 2.1.2 There may be selection and/or seeding of runners in the Elite classes (M/W18, 20, 21).

- a) *Selection should usually provide:*
- *A majority of places allocated on the basis of performances in the current year.*

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- *A small number of places to be allocated to those not qualifying by the first method, based on a written application.*

2.2 Shadowing

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

2.3 Medals

- 2.3.1 JK Medals if applicable are to be awarded to the first, second and third placed competitors in each age class. Men's open course competitors are not eligible for medals. Competitors are only eligible for medals in the age class they have entered.

2.4 Badge Scheme

- 2.4.1 Championship Badge times must be calculated and included in the published results.

2.5 Ranking Scheme

- 2.5.1 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 British Orienteering Ranking Scheme are in a separate Competition Rule on the British Orienteering website.*
- b) *For a World Ranking Event results for the Elite classes are required to be submitted separately to the IOF. Full details can be found on the World Ranking page of the IOF web site. As these results will include IOF runner ID information, it is important that elite runners are asked for their IOF IDs beforehand, via the entry process if practicable.*

2.6 Embargo

- 2.6.1 For level A championship classes, competitors must declare themselves non-competitive if their acquaintance with the terrain would give them substantial advantage over other competitors. Nothing that occurred more than 24 months before the date of the event will be taken into account.

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.
- 3.1.2 Safety and fairness must be prime considerations, particularly with regard to road traffic.

- a) *The risk of accidents involving traffic should be reduced either by closing roads to traffic or by selecting enclosed areas such as parks or university campuses where there is no traffic or where occasional low speed traffic can be safely controlled.*

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- b) *Particular attention needs to be given to courses planned for competitors under 16 years of age. In the eyes of the law, the Organiser is acting in loco parentis for children under the age of 16 and is to be seen to take precautions over and above what a careful parent would take for the safety of their children.*
- c) *In practice this will mean that courses for M/W16 and below will not be able to cross roads with significant traffic. Roads with traffic management that induce low speeds are acceptable but busy public roads are not. It should be noted that disclaimers, signed by parents, are ineffective and would not absolve the Organiser of his/her responsibility in law.*

4. Officials

- 4.1.1 Co-ordinator: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.2 Organiser and Planner: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.3 Controller: Grade A controller to be appointed by Events and Competitions Committee
- 4.1.4 If the event is a WRE, a separate IOF Licensed Adviser must be appointed.

- a) *British Orienteering Rules of Orienteering and Appendix C: Event officials contain full details on the requirements for Event officials at level A events.*
- b) *The Planner and Controller should have experience of Sprint races.*
- c) *The IOF licensed Adviser should usually be a different person from the British Orienteering controller, even if they are qualified for this role.*
- d) *Other Advisers should be appointed as appropriate. This may include Mapping, Elite, Environmental. Appointment to be made by Events and Competitions Committee.*

5. Organisation

5.1 General

- 5.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Orienteering and the Partnership Agreement.

5.2 Additional requirements

- 5.2.1 Seeding and selection must be carried out as specified in Appendix A: Event systems.
- 5.2.2 The start time interval must be 1 minute
- 5.2.3 There must be a timed start for all competitors on the Championship courses.

6. Map and terrain

6.1 Quality of terrain

- 6.1.1 The terrain must be predominantly in very runnable park or urban (streets/buildings) areas. Some fast runnable forest may be included.

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6.1.2 A grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.

- a) *Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.*
- b) *The Controller's report should confirm that all of the requirements for a level A event can be met*

6.2 Map

6.2.1 The map must comply with all the relevant requirements in the British Orienteering Rules of Orienteering and Appendix D: Mapping.

6.2.2 The map must be drawn to the current IOF Specification for Sprint Orienteering Maps. (ISSOM)

6.3 Map scale

6.3.1 The map scale must be either 1:5,000 or 1:4,000, and a contour interval of either 2.0m or 2.5m.

- a) *In terrain with exceptionally fine detail, scales of 1:4,000 or 1:3,000 may be used for older classes after consultation with Events and Competitions Committee. In these circumstances a direct enlargement should be done of all aspects of the map.*

6.4 Map printing

6.4.1 The map must be printed by an accredited printer.

6.4.2 The British Orienteering JK map template must be used.

6.4.3 All maps must be offset litho. printed unless agreed otherwise.

7. Courses

7.1.1 Courses must be provided for the following range of age classes: M/W10 – M/W90.

The number of courses to be provided depends on the size of entry. The class combination given below is designed for a total entry of 1500.

Course	Ratio	TD	Classes	Winning time (mins)
1	1.00	3	M21E, M20E, M18E	12 - 15
2	0.90	3	W21E, W20E, W18E	12 - 15
3	0.87	3	M35, M40, Men Open	12 - 15
4	0.85	3	M45	12 - 15
5	0.82	3	M16, M14	12 - 15
6	0.80	3	M50	12 - 15

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7	0.77	3	M55, W35	12 - 15
8	0.75	3	W16, W14	12 - 15
9	0.70	3	M60, Women Open	12 - 15
10	0.65	3	W40, W45	12 - 15
11	0.62	3	M65, W50	12 - 15
12	0.60	3	M70, W55, W60	12 - 15
13	0.50	3	M75, M80, M85, M90, M12, W65, W70, W75, W80, W85, W90, W12	12 - 15
14	0.50	2	M10, W10	12 - 15

- a) *The table anticipates that course 1 is oversubscribed such that those not selected as M18/20/21E are seeded either into Men Open or into their usual age class course. For example, an M40 wishing to run course 1 may do so if he is either selected as an M21E or if the course is not oversubscribed. Otherwise he will be offered the chance to compete on course 3.*
- b) *M/W20E and M/W18E courses are paired with the corresponding M/W21E courses.*
- c) *The nature of Technical Difficulty in Sprint terrain means that it is quite natural for younger juniors to share the same course as older adults*
- d) *There should be an emphasis on very high speed running over a relatively short distance.*
- e) *The planning should emphasise map reading, map interpretation and route choice in environments which may appear complex at very high speed. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them.*
- f) *The nature of the terrain means that courses should only be of technical difficulty 3, but the high speed of decision making adds extra pressures which compensate for the lack of technical challenge.*
- g) *The possibility of the runners being influenced by spectators, dogs, general public, traffic, etc. should be minimised.*