

Competition Rule C: British Sprint Distance Orienteering Championships

CHANGE SHEET			
TITLE: Competition Rule C: British Sprint Orienteering Championships			
DESCRIPTION OF CHANGE			
ISSUE	DATE	SECTION	DESCRIPTION
2.7	01/01/2019	6.3.1	Bring map scale into line with IOF Rules and current practice for British Sprint Championships and JK Sprint Competition
		7.2.4	Paragraph changed to remove secret heats
2.8	01/01/2020	1.3 Administration	Deleted 1.3.3 (c) as a Partnership Agreement may not be in place.
		2.6 Embargo	Embargo requirements are covered in the Rules of Orienteering
		3 Safety	Safety requirements are covered in the Rules of Orienteering
		4 Officials	Officials' requirements are covered in the Rules of Orienteering
		6.2 Map	Deleted 6.2.2, which replicates requirements set out in Appendix D
		6.3 Map Scales	Deleted 6.3, which replicates requirements set out in Appendix D
		6.4 Map Printing	Deleted 6.4, which replicates requirements set out in Appendix D
2.9	01/01/2023	All	<p>Event format revised: There are normally three heats for each Open Class, including 18/20s with A and B finals for these classes. C finals have been removed as they are unnecessary.</p> <p>Other classes run a single race as a heat, and then either a single final or are split into an A and B final for larger classes. Results in the heat determine starting positions for the final: the fastest in the heat starting last. Guidance has been provided on the courses which would need to be planned for an entry of about 700.</p> <p>Rule extended to include minimum time gap between publication of the final start lists and first starter in the Finals.</p>
2.10	01/01/2024	All	Minor updates to improve wording and correct text.

Competition Rule C: British Sprint Distance 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. Any questions regarding these Rules should be emailed to: rules@britishorienteering.org.uk

1. General information

1.1 Purpose

- 1.1.1 To find the British Sprint Orienteering Champion in each age class from M/W10 to M/W20, M/W Open and M/W35 to M/W85 (also M/W90 and above when specifically requested).

- a) *To provide a high standard of competition for all members of British Orienteering through a high-quality event.*
- b) *For the Open classes, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.*

1.2 Format

- 1.2.1 Single-day Sprint format competition held in daylight. Runners must compete as individuals in age classes.
- 1.2.2 The competition consists of two phases: Race 1 (usually held in the morning) and Race 2 (usually held in the afternoon). Race 1 takes the form of Qualification heats used to determine the Race 2 Finals and their start order.
- 1.2.3 If the Championships are designated as a World Ranking Event (WRE) by the IOF, then IOF Rules will apply, but only to the Elite classes involved.
- 1.2.4 Pre-entry and entry on the day non-championship courses must be provided.

- a) *A list of suggested championship age classes/course combinations is set out in these Rules.*
- b) *Application for WRE status for the Championships is made by Events and Competitions Committee.*
- c) *IOF Rules are to be found on the IOF website at <https://orienteering.sport/iof/rules>.*
- d) *Appropriate courses may be String, off String, White, Yellow and Orange.*
- e) *The non-championship courses are not subject to all of the requirements for level A events or these Competition rules.*

1.3 Administration

- 1.3.1 The British 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 British 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 Rules Group.

- 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 Championships are usually held on the same weekend as the British Middle Distance Orienteering Championships.*
- 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.*

Competition Rule C: British Sprint Distance Orienteering Championships

2. Competition and eligibility

2.1 Eligibility

- 2.1.1 The Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.
- 2.1.2 To be eligible to be a British Champion, an individual competitor must on the day immediately preceding the day of competition in question be a member of British Orienteering and:
- either
- be a British citizen;
 - or
 - have been a member of British Orienteering in each of the three membership years preceding the year of the competition.
- 2.1.3 For Juniors who are not British citizens, the membership criteria will be as specified below:

Age on 31st December in year of competition	British Orienteering membership criterion
10 or under	Member on day before the day of competition and in previous 6 months.
11	Member on day before the day of competition and in previous year
12	Member on day before the day of competition and in previous two years
13 and over	As in rule 2.1.2

- 2.1.4 Open Race competitors who are not eligible to be British Champions, or who are non-competitive for other reasons, can run in the Qualification Races. If they qualify for the A Final, they must start before all competitive runners. They do not count in the number of runners allowed to run in the relevant final.

2.2 Shadowing

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

2.3 Trophies and/or medals

- 2.3.1 British Championship Trophies are presented to the winners of the Open classes. British Championship medals are awarded to the first, second and third placed competitors in each British Orienteering age class and the two Open classes, subject to there being successful finishers.
- 2.3.2 Competitors are only eligible for British Championship medals and trophies in the open/age class they have entered and if they satisfy the Eligibility requirement above.

2.4 Badge Scheme

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

Competition Rule C: British Sprint Distance Orienteering Championships

2.5 Ranking Scheme

- 2.5.1 Results must be submitted to the British Orienteering results database as soon as possible after the event, within one week of the event.
- 2.5.2 For a World Ranking Event, results for the Men's Open and Women's Open A and B Finals must also be submitted separately to the IOF.

- a) *Full details of the Ranking scheme are in a separate Competition Rule on the British Orienteering website.*
- b) *For ranking purposes the heats and finals are considered as separate events.*
- c) *Note that all competitors in the two Open classes will be entered for World Rankings points, irrespective of their actual age classes.*
- d) *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 all Open class competitors are asked for their IOF IDs beforehand, perhaps via the entry process.*

3. Organisation

3.1 General

- 3.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Orienteering.

3.2 Additional requirements

- 3.2.1 The start interval for all Sprint heats and finals must be one minute.
- 3.2.2 A timed start is to be used for all Championship course competitors.
- 3.2.3 Published start times for those running in the Open classes must only be changed under exceptional circumstances.

4. Map and terrain

4.1 Quality of terrain

- 4.1.1 The terrain for the British Sprint Orienteering Championships must be predominantly very runnable park or urban, or a combination of these. Some fast runnable forest may be included.
- 4.1.2 A Grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.

- a) *The terrain is to be sufficiently complex to allow courses to be set which force competitors to make frequent rapid decisions and to concentrate throughout the race.*
- b) *Environments that cannot provide this challenge are not appropriate for the two Sprint races concerned. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.*
- c) *The Controller's report should confirm that all of the requirements listed in the Terrain Assessment could be met.*
- d) *Each area should allow a Men's Open course with a winning time of 12 - 15 minutes without undue repetition within each race or across the two races.*

5. Competition programme

5.1 Structure

- 5.1.1 The competition consists of two phases, the Qualification Race and the Final. Both phases must be held on the same day.

Competition Rule C: British Sprint Distance Orienteering Championships

- 5.1.2 There should be a gap of at least two hours between the last finisher in the heats and the first starter in the Finals. Once the start lists for the Finals have been published, there should be a gap of at least 20 minutes before the first competitor in the finals starts.
- 5.1.3 Competitors in a given age class should start consecutively in their qualification and final races i.e. each age class starts in a single block.

5.2 Open Classes and M/W18/20: Qualification Races

- 5.2.1 For the Open Classes and M/W 18/20, the Qualification Race is used to decide who competes in the A Finals.
- 5.2.2 Those not qualifying for the A Final will be allocated to a B Final so that all competitors are able to take part in two races.
- 5.2.3 The Qualification phase for these classes normally consists of three parallel heats, with each heat having a similar but different course. The heats should run concurrently.
- 5.2.4 Each heat must, as far as possible, be equal in the number and quality of the competitors. Seeding is to be used to achieve this.
 - Competitors should be ranked in order of their BO ranking (IOF Ranking scheme if a WRE) at the time of compiling the start lists.
 - International competitors, including British Orienteering members based overseas, should be inserted at a point appropriate to their IOF ranking.
 - Any competitors supplying significant alternative information as to their competitive standard will be inserted at the discretion of the person doing the seeding.
 - For junior (18 & 20) elite classes, particularly in the case of 18s where no history is available, the views of the selectors will also be taken into account

Working down the ranked list, entrants are then allocated to heats in the order A, B, C, C, B, A, A, B, C, etc.

5.3 Open Classes and M/W 18/20: Finals

- 5.3.1 For the Open Classes, the best third of the entrants in each class will qualify for the A Final and the remainder, including any who failed to complete their heat or did not start, the B final. For the 18/20 classes, the best half of the entrants in the class will qualify for the A final. Equal numbers of runners will qualify from each qualification race. If one third or one half is not a whole number, it is rounded up so that a whole number of competitors qualify from each heat.
- 5.3.2 If two or more competitors tie for a place in a final, all of them will qualify for that final.
- 5.3.3 An entrant is defined as any competitor who appears on the entry list as published at a pre-announced time, usually the final closing date for entries.
- 5.3.4 The starting order of the Finals will be the reverse of the positions in the heats so that the best competitors start last. Competitors with the same position in the different parallel heats will start in the sequence of the number of their heat, i.e.

Competition Rule C: British Sprint Distance Orienteering Championships

third place in heat one starts before third place in heat 2, etc. Ties in a heat will be decided by the competitor's start time in the heat, with the earlier starter being placed later in the Final.

- 5.3.5 The Open A Finals should be held before or after all other finals to allow other competitors to spectate.

5.4 Other Classes

- 5.4.1 The Qualification phase for each age class except the Open Classes and the 18 and 20 age classes consists of a single heat. For these classes, the Qualification Race decides the starting order for the Final. Seeding is not required – there being only the one heat for each class, there is no need to distribute highly-ranked entrants evenly across heats; nor is there any need to seed to keep them apart in the start list, as the minimum start interval (1 minute) is the same as the minimum required separation between seeded runners in a sprint as specified in Appendix A 3.1.3.
- 5.4.2 Classes with 15 or more entrants are divided into an A and a B final. In this case, the faster half of the entrants (or half +1 if there is an odd number of entrants) will qualify for the A final, using relevant sections of 5.3.2-5.3.4 above as appropriate.
- 5.4.3 The fastest runners in the Qualification Race start last. Competitors who did not successfully complete the Qualification Race (for example did not start, retired or mispunched) will start before all other runners in the lowest ranked Final for their age class but they will not be placed in the Championships results. However they will be eligible for Ranking points as the Qualification Race and Final are treated as two separate races.
- 5.4.4 If a Final contains several age classes, competitors must start by age class in separate blocks.

6. Course planning

It is for the organiser to determine the number of courses to provide and the classes allocated to each course. The course length ratio for each class in both the heats and finals must however be as stated in the following tables (to within +/- 0.05). With an entry of 700, the following is recommended:

Competition Rule C: British Sprint Distance Orienteering Championships

6.1 Qualifier Courses

These are suggested courses as a guide to planning.

Courses with the same length ratio could be combined; they are separated here so that, with an entry of ~700, all the qualifier races can be run in under two hours from the first starter to course closure.

Course/s	Length Ratio	Men	Women	Entry (2022)
Q1A, Q1B, Q1C	1.00	Open 1, M18, M20		55
Q2A, Q2B, Q2C	0.90		Open 2, W18, W20	42
Q3†	0.90	M16, M35, M40		40
Q4	0.85	M45, M50	W16, W35	69
Q5	0.80	M14	W40	33
Q6	0.80	M55		45
Q7	0.75		W45, W50	51
Q8	0.75	M60		41
Q9	0.70	M12	W12, W14	45
Q10	0.65		W55	38
Q11	0.65	M65		43
Q12	0.60		W60, W65	46
Q13	0.60	M70		30
Q14	0.55	M75, M80+	W70, W75, W80+	60
Q15	0.50	M10	W10	12

† Can be combined with one or more of Q2A, Q2B or Q2C

Course 1 must be planned to provide winning times in the range 12-15 minutes for a top M 21.

6.2 Finals Courses

The table below assumes B finals are provided in classes with 15 or more entrants based on 2022 entries. Recommended B final courses for other classes are shown, if numbers justify them.

Course/s	Length Ratio	Men		Women		Entry 2022
		A Finals	B Finals	A Finals	B Finals	
F1	1.00	Open				15
F2	0.90	18, 20		Open		25
F3	0.90	16, 35, 40	Open			65
F4	0.85	45, 50		18, 20, 35		35
F5	0.80	14	18, 20	16, 40	Open	60
F6	0.80	55	16, 40		18, 20	50
F7	0.75	60	45, 50	45, 50	16	75
F8	0.70	12	14, 55	12, 14		55
F9	0.65	65	60	55	40, 45	75
F10	0.60	70		60, 65	14, 50	65
F11	0.55	75	65	70, 75	55	70
F12	0.50	80+	75	80+	60, 65, 70	55
F13	0.50	10		10		15

Competition Rule C: British Sprint Distance Orienteering Championships

6.3 Planners notes

- a) *All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. This should ensure winning times for other courses are close to the range 12-15 minutes.*
- b) *Because the terrain will often be of an urban nature, great care is needed in planning of courses for the youngest junior competitors. It is envisaged that most areas will have a suitable piece of completely traffic-free terrain where it is possible to plan Courses Q15 and F13.*
- c) *This table is recommended for an entry of 700 when up to 60 competitors on each qualification course can be expected. If the entry is higher or irregularly distributed, then splitting of heats should be considered.*
- d) *There should be an emphasis on very high speed running over a relatively short distance. The Sprint format should test the competitor's ability to read and translate the map in complex environments, and to plan and execute route choices whilst running at high speed.*
- e) *Courses should be planned so that the element of speed is maintained throughout the race. The courses may require climbing but steepness forcing competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out of a control should not necessarily be the most favourable one.*
- f) *Courses should be set to require the competitor's full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the sprint. The nature of the terrain means that the courses should only be of technical difficulty 3, but the high rate of decision making of the event adds extra pressures which compensate for the lack of technical challenge.*
- g) *Courses should be planned such that the possibility of competitors being influenced by spectators, dogs, general public, traffic, etc is minimised.*
- h) *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. 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 (15mph as on many campuses) 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.*