

**Competition Rule I: Area Orienteering Championships****CHANGE SHEET****TITLE: Competition Rule I: Area Orienteering Championships****DESCRIPTION OF CHANGE**

VERSION	DATE	SECTION	DESCRIPTION
2.5	5/2/2018	7.2 Class Combinations	Class combinations table has been revised and extended to include a range of Colour Classes. The basis for course length calculations has been clarified.

## Competition Rule I: Area Orienteering Championships

These Rules must be used in conjunction with the British Orienteering Rules of Orienteering and Appendices. 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 To find the area champions in each age class from M/W10 to M/W90.

- a) *To provide a high standard of domestic competition through a high quality event.*
- b) *These events may be used as part of other competitions.*

#### 1.2 Format

1.2.1 Single-day forest terrain competition held in daylight. Runners must compete as individuals in age classes.

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.

1.2.3 Pre-entry and entry on the day non-championship courses must be provided.

- a) *The IOF Rules are to be found on the IOF website at [www.orienteering.org](http://www.orienteering.org).*
- b) *Non-championship courses are not subject to all the requirements of a level A event or these Competition rules.*

#### 1.3 Administration

1.3.1 The Area Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.

1.3.2 The Organising Body must take financial responsibility.

1.3.3 The Area Orienteering Championships must be registered as a level A event subject to the exception detailed below. The Areas concerned are (in England): South, Midlands, North along with Northern Ireland, Scotland and Wales.

- a) *The National Associations of Northern Ireland, Scotland and Wales may opt to register their Area Orienteering Championships as level B events if they wish to do so, in which case this Competition Rule no longer applies to them, other Rules and Appendices should be followed. The Association may, however, still wish to apply some of the requirements in this document.*

1.3.4 Applications to request variation to the Competition Rules must be made to Events and Competitions Committee.

1.3.5 Constituent Associations are responsible for monitoring the progress of Area Championship Events held in their region.

- b) *The Organiser may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.*

## Competition Rule I: Area Orienteering Championships

### 2. Competition and eligibility

- 2.1.1 The competition is open to anyone who is a member of British Orienteering, or a member of an IOF affiliated Federation.
- 2.1.2 Eligibility for the English Area Orienteering Championship titles is defined by the Association they are a member of:
- Southern = SWOA, SCOA, SEOA
  - Midland = WMOA, EMOA, EAOA
  - Northern = NEOA, YHOA, NWOA
- 2.1.3 Eligibility criteria for the Scottish, Welsh and Northern Irish Orienteering Championships are as defined by the relevant National Association.

### 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 Area Championship Trophies are to be presented to the winners of the highest category (Elite, Long or A) in each age class. Area Championship medals if applicable will be awarded to the first, second and third placed competitors in these classes.
- 2.3.2 Competitors are only eligible for Area Championship medals and trophies in the age class they have entered and if they satisfy the Eligibility requirements above.

### 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 contained in a separate Competition Rule on the British Orienteering website.*
- b) For a World Ranking Event results for the Elite classes must also 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.

## Competition Rule I: Area Orienteering Championships

### 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 Organiser and Planner: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.2 Controller: Grade A controller to be appointed by Events and Competitions Committee
- 4.1.3 If the event is a WRE, a separate IOF Licensed Adviser must be appointed. They should usually be a different person from the British Orienteering controller, even if they are qualified for this role.

- 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) *Other Advisers should be appointed as appropriate. This may include Mapping, Elite, Environment. 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.

#### 5.2 Additional requirements

- 5.2.1 Seeding must be carried out as specified in Appendix A: Event systems.
- 5.2.2 A timed start must be used for all Championship course competitors.

### 6. Map and terrain

#### 6.1 Quality of terrain

- 6.1.1 The terrain for the Area Orienteering Championships must be generally runnable and of good technical quality.
- 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) *The Controller's report should confirm that all of the requirements of a level A event can be met.*
- b) *As a guide, an area for an Area Championships should meet the following requirements:*
- *The area should allow an M21E course with a winning time of 90 minutes without undue repetition (although either criterion might be reduced for an area of exceptional technical merit).*
  - *At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable, and at least 75% for the*

## Competition Rule I: Area Orienteering Championships

*shorter courses (i.e. the majority of the competition should avoid the need for long track runs).*

- *The area should not be so steep that the total climb on any course is more than 5% of the course length. (i.e. not more than an average of 50m climb per km of course length).*
  - *Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.*
- c) *The area should usually not have been used for an open orienteering competition in the 24 months preceding the event.*

### 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 latest IOF specification.

### 6.3 Map printing

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

6.3.2 The map must be printed by an approved printer.

### 6.4 Map scales

6.4.1 The required map scales stated below are subject to the provisions in Schedule 1, Appendix D Mapping.

6.4.2 The map scale for age classes M/W18 to M/W40 must be 1:15,000.

6.4.3 The map scale for age classes M/W45 and above, and for age classes M/W16 and below, must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

- a) *Note that it is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 age range when this is run on the same course as the Long class of an older age group.*

## 7. Course planning

### 7.1 Courses

7.1.1 Courses must be provided for the following range of age classes M/W 10 to M/W 85. (M/W90 if requested).

7.1.2 A and B courses must be offered for M/W10, M/W12, M/W14, and M/W16 classes. In each class the B course must be technically easier than the A course.

7.1.3 Long (L) and Short (S) courses must be offered for all M/W18 to M80 & W70 classes. Only a Long course is to be offered for M85/90 and W75/80/85/90. The Short course must be of the same technical difficulty as the Long course and about 2/3rds the length of the Long course.

7.1.4 The requirement for Elite classes for M/W18, M/W20 and M/W21 at each individual Area Championship event must be discussed with Events and Competitions Committee.

## Competition Rule I: Area Orienteering Championships

7.1.5 Non-championship courses must be provided. Appropriate colours may be White, Yellow, Orange, Long Orange and Light Green.

### 7.2 Class combinations

7.2.1 The combining of junior classes must take into account not only the course lengths but more importantly the Technical Difficulty. On this basis the combinations of junior classes overleaf give the minimum number of courses which can be provided.

- a) *The class/course combinations in the table below have been drawn up on the assumption that there are 1000 competitors starting within a three hour start span.*
- b) *At Area Championships with a very much larger entry it may be necessary to split some of the combinations into two parallel courses. This can be done by using the table in the British Long distance Championships Competition Rules (A) to determine an appropriate split and associated course lengths.*
- c) *Where the entries are much smaller, further combination of the courses may be possible.*
- d) *These notes should be read in conjunction with Appendix B: Course planning.*
- e) *Planners should note that course length ratios (CLR) refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).*
- f) *For the courses of TD1-3 it is more important that the course is of the correct TD than of the correct length – it will often be the case that the nature of the terrain forces the course length away from the precise course length ratio given above.*
- g) *The length of course 1 should be estimated on the basis of a 90-minute winning time by the top uk orienteer. Estimated Winning Times are provided as guidance only in order to give some indication to competitors of the time that the fastest competitor in each premier age class should be capable of achieving. Where several age classes run on a single course this will inevitably result in some variation from these.*
- h) *Courses for M/W90 have been included from January 2014. Note that course 13 need only be provided if there are entries for the classes concerned. The shortness of this course means that it may not be possible to plan it from the competition start(s), in which case an extra simple start should be planned, manned by one official, and lasting for a very short period of time. The compromise of laser printing this course is acceptable.*

Course	EWT/min	CLR	TD	Scale	Classes
1	90-100	1.00	5	15	M21E
2	65-75	0.67	5	15	M20E, M18E, M35L, M40L, M21L
	70-80		5	15	W21E
3	60-70	0.58	5	10	M45L, M50L
4	60-70	0.53	5	10	M55L, M18L, M20L, W21L, M21S
5	60-70	0.46	5	10	M60L
	45-55		5	10	M16A
6	55-65	0.44	5	15	W20E, W18E, W35L, W40L, M35S, M40S
7	55-65	0.40	5	10	M65L, M45S, W45L, W50L

## Competition Rule I: Area Orienteering Championships

8	55-65	0.36	5	10	M70L, M50S, M55S, M20S, M18S, W55L, W21S, W20L, W18L, Blue
	45-55		5	10	W16A
9	55-65	0.32	5	10	M75L, M60S, W60L, W35S, Short Blue
10	55-65	0.29	5	10	M65S, W65L, W70L, W40S, W45S, W50S, Green
11	55-65	0.24	5	10	M80, M70S, W75, W20S, W18S, W55S, W60S, Short Green
12	55-65	0.19	5	10	M85, M90, M75S, W80, W65S, W70S, Very Short Green
13	55-65	0.11	5	10	W85, W90
14	35-45	0.34	4	10	M14A, M16B
15	30-40	0.24	4	10	W14A, W16B, Light Green
16	25-35	4.5km*	3	10	M12A, M14B, W12A, W14B, Orange
17	20-25	3.5km*	2	10	M10A, M12B, W10A, W12B, Yellow
18		2.5km*	1	10	M10B, W10B, White