

Competition Rule E: British Night Orienteering Championships

CHANGE SHEET			
TITLE: Competition Rule E: British Night Orienteering Championships			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
2.6	01/01/2020	1.3 Administration 2.6 Embargo 3 Safety 3 Officials 6.2 Map 6.3 Map Scales 6.4 Map Printing	Deleted 1.3.3 (b) as a Partnership Agreement may not be in place. Embargo requirements are covered in the Rules of Orienteering Safety requirements are covered in the Rules of Orienteering Officials requirements are covered in the Rules of Orienteering Deleted 6.2.2, which replicates requirements set out in Appendix D Deleted 6.3, which replicates requirements set out in Appendix D Deleted 6.4, which replicates requirements set out in Appendix D
2.9	01/01/2024	2.1 Eligibility 3.2 Additional Requirements 5.1 Courses	2.1.3 regarding eligibility of non-British Juniors removed – not relevant 3.2.2 confirms the start interval 5.1.1 table has been completely replaced by an updated version which reflects equalisation of Men's and Women's winning times; all CLRs have been recalculated too. 5.1.3 new table showing target CLRs for each class added
2.10	01/01/2025	1.1.1 Purpose 5.1 Courses	Classes extended up to M/W95+. Updated table for M/W95+.

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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 Night Orienteering Champion in each age class from M/W 16 to M/W 95(+).

To provide the highest standard of competition for all members of British Orienteering through a high quality event.

1.2 Format

- 1.2.1 Single-race, cross-country competition held in the dark. Runners must compete as individuals in age classes.

*Pre entry and entry on the day non championship courses may be provided.
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 Night 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 Night 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.

*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.
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 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.

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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 will be presented to the winners of the highest category (Long or A) in each age class. British 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 British Championship medals and trophies in the age class they have entered and if they satisfy the Eligibility requirement 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.

Full details of the Ranking scheme are in a separate Competition Rule (S) on the British Orienteering website

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 and the Partnership Agreement.

3.2 Additional requirements

- 3.2.1 A timed start must be used for all Championship course competitors.
- 3.2.2 The normal start interval is 1 minute.
- 3.2.3 Competitors on Championship courses must start no earlier than the end of evening nautical twilight for the date and location of the event. Appendix A 8.1 gives more detail about nautical twilight.
- 3.2.4 Seeding must be carried out as specified in Appendix A 3.8.
- 3.2.5 The Organiser has the right to refuse an entry from any competitor who is M/W14 and under. They may be permitted to compete if appropriate evidence of competence at night orienteering is produced.

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Compared to day events, night events present a greater risk of exposure, particularly if using open terrain. Competitors should be advised that they carry additional protection and a whistle as a standard precaution; Organisers should consider whether to make this mandatory.

Unless there are compelling reasons, high moorland should not be used for night events in winter as there is unacceptable risk of a casualty or of the event having to be cancelled. If such terrain is used, effective rescue and first aid services will be needed on standby.

The Organiser should ensure that the local police are notified of the event in case they receive reports about suspicious lights. It is also good practice to inform residents in or close to the event area.

Although the same procedures of organisation apply to night events as to day events, extra attention must be given to signs and route marking. These may be obvious by day but be missed by night. All movements of competitors outside the competition area need to be covered; road signs to car park, location of Registration, route to the Start and back from the Finish, detours to toilets etc. Continuous or frequent tapes or lights are appropriate.

The start and finish teams need protection and lighting.

It is important to make sure that tapes into the finish are prominent and that the run-in is 'clean' underfoot.

A sheltered area, such as a building or marquee / tent, is useful for event facilities and results display.

Particular care is needed in finding a suitable car park and arena. This should be close to both the Start and the Finish. An alternative to having the arena close to Start/Finish is to have a lit route between them.

4. Map and terrain

4.1 Quality of terrain:

- 4.1.1 The terrain must be complex but fair, so that competitors can navigate successfully within the limited visibility of their lights.
- 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.

Generally night conditions add one level of Technical Difficulty to the terrain. The best terrain is runnable undulating woodland with bold line and point features and with little undergrowth; however, open areas, particularly if undulating and well featured, can offer better competition at night than they do in the day. Areas with dense undergrowth should be avoided. Denser broad-leaved vegetation at eye level, such as holly, can be impossible to see through and progress through it becomes a lottery. Denser ground vegetation, such as bracken, can cast shadows which conceal sunken hazards. Dangerous features, such as rock faces, should not prevent an area being used, but may demand special care in planning or require taping.

The officials selecting the area, and the Controller, should satisfy themselves that the terrain is suitable for the competition. It may be possible to assess an area satisfactorily by daylight. If not, visits to the area at night will be necessary.

The Controller's report should confirm that all of the requirements for a level A event can be met.

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4.2 Map

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

5. Course planning

5.1 Courses

- 5.1.1 The British Night Orienteering Championships courses must be planned to test the orienteering ability of the leading competitors in each class.
- 5.1.2 The table below shows a possible class/course combination for a BNOC with 300 competitors and a start window of approximately 60 minutes. Although classes may be combined onto the courses as shown, this is not mandatory, particularly if it leads to overloading (course 6 being a possible case).

Course	EWT	CLR	Men's classes	Women's classes
1	75	1.00	M21L	
2	60/75	0.75	M20L M35L M40L	W21L
3	55	0.61	M18L M45L M50L M21S	
4	55/60	0.52	M55L M20S M35S	W20L W35L W40L W21S
5	45/55	0.45	M16 M60L M18S M40S M45S	W18L W45L W50L
6	45/50/55	0.36	M65L M70L M50S M55S	W16 W55L W60L W20S W35S W40S
7	50	0.26	M75L M80 M60S M65S	W65L W70L W18S W45S W50S W55S
8	50	0.15	M85+ M70S M75S	W75 W80 W85+ W60S W65S W70S

Course lengths are based on the M21L course being planned such that a top elite- standard competitor would win it in 75 minutes.

Men's and women's winning times are the same for a given age class.

The course combinations shown are suggested and not mandatory. Planners needing to adjust the combinations may use the table below (5.1.3) to assist the process.

Estimated winning times (EWT) are shown for each premier class above. Blue and red fonts match classes on a course to their EWTs where they differ.

Course lengths ratios (CLRs) have been adapted from those used for day competitions and recognise that running speeds of older competitors are reduced by up to 15% compared with their day speeds. Values in the "CLR" column take this into account.

Planners should note that course length ratios refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).

All courses have a Technical Difficulty of 5.

Selection of suitable control features should be confirmed by inspection at night. In general, small features, especially sunken ones, should be avoided. This is particularly important in lower visibility terrain.

In high visibility terrain competitors on different courses approaching a common control from different directions can reveal the location of the control more readily than in daylight. In such cases multiple controls, but on clearly different features, are to be preferred.

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5.1.3 Table showing target course lengths ratios for every class at a BNOC

M21L	1.00		W40L	0.50		W55L	0.38		W65L	0.27
W21L	0.78		M20S	0.48		W16	0.37		M65S	0.26
M20L	0.72		M35S	0.48		M55S	0.35		W55S	0.25
M35L	0.72		M16	0.48		W20S	0.35		W70L	0.23
M40L	0.69		M60L	0.47		W35S	0.35		M80	0.23
M21S	0.67		W18L	0.47		W40S	0.34		W60S	0.23
M18L	0.64		M40S	0.46		W60L	0.34		M70S	0.22
M45L	0.61		W45L	0.45		M70L	0.33		M75S	0.19
M50L	0.57		M18S	0.43		M60S	0.32		W75	0.19
M55L	0.53		W50L	0.41		W18S	0.32		W65S	0.18
W20L	0.52		M45S	0.41		W45S	0.30		M85+	0.17
W35L	0.52		M65L	0.38		M75L	0.29		W70S	0.16
W21S	0.52		M50S	0.38		W50S	0.28		W80	0.15
									W85+	0.10