

## Competition Rule E: British Night 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 To find the British Night Orienteering Champion in each age class from M/W 16 to M/W 85.

- a) To provide a high standard of night orienteering competition 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.

- a) Pre entry and entry on the day non championship courses may be provided.*  
*b) 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.

- 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 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:

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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

## 2.2 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 (Elite, 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.

*a) Full details of the Ranking scheme are in a separate Competition Rule on the British*

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*Orienteering website.*

### 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.

### 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. They will usually be a different person from the British Orienteering controller, even if they are qualified for this role.

- a) See British Orienteering Rules of Orienteering and Appendix C: Event officials for full details on the requirements for Event Officials at level A events.*
- b) Other Advisers to 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 A timed start must be used for all Championship course competitors.
- 5.2.2 Competitors on Championship courses must start no earlier than the end of evening nautical twilight for the date and location of the event.

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- a) *For details of how to calculate the time of the end of evening nautical twilight, see Appendix A: Event Systems.*

5.2.3 Seeding must be carried out as specified in Appendix A: Event systems.

5.2.4 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.

- a) *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.*
- b) *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.*
- c) *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.*
- d) *Although the same procedures of organisation apply to night events as to day events, extra attention has to 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.*
- e) *The start and finish teams need protection and lighting.*
- f) *It is important to make sure that tapes into the finish are prominent and that the run-in is 'clean' underfoot.*
- g) *A sheltered area, such as a building or marquee / tent, is useful for event facilities and results display.*
- h) *Particular care is needed in finding a suitable car park and assembly area. This should be close to both the start and the finish. An alternative to having the assembly close to start/finish is to have a lit route between them.*

## 6. Map and terrain

### 6.1 Quality of terrain

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

6.1.2 A Grade A controller appointed by Event and Competitions Committee must assess the suitability of the venue before the event is confirmed.

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- a) *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.*
- b) *Dangerous features, such as rock faces, should not prevent an area being used, but may demand special care in planning, or require taping.*
- c) *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.*
- d) *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 latest IOF specification.

### 6.3 Map scale

- 6.3.1 Subject to the provisions in Schedule 1, Appendix D Mapping 2014.
- 6.3.2 The map scale for all age classes must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

### 6.4 Map printing

- 6.4.1 The map must be printed by an approved printer.
- 6.4.2 The British Orienteering map template must be used.

## 7. Course planning

### 7.1 Courses

- 7.1.1 The British Night Orienteering Championships courses must be planned to test the orienteering ability of the leading competitors in each class.

- a) *The table below shows a possible class/course combination. Although classes may be combined onto the courses as shown this is not mandatory, particularly if it leads to overloading. (The M18L/M45L/M50L/M21S/W21L combination being a possible case).*

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Course number	Course Length Ratio	Technical Difficulty	Men long	Men short	Women Long	Women Short
1	1.00	5	M21L			
2	0.85	5	M20L M35L M40L			
3	0.69	5	M18L M45L M50L	M21S	W21L	
4	0.56	5	M16 M55L M60L	M20S M35S M40S	W20L W35L W40L	
5	0.45	5	M65L	M18S M45S M50S	W18L W45L W50L	W21S
6	0.39	5	M70L	M55S M60S	W55L W60L W16	W20S W35S W40S
7	0.33	5	M75L	M65S	W65L W70L	W18S W45S W50S
8	0.28	5	M80 M85	M70S M75S	W75 W80 W85	W55S W60S W65S W70S

- a) Course lengths are based on the M21L course being planned such that a top elite-standard competitor would win it in 75 minutes.
- b) Where no previous night event results are available for comparison, Planners should assume that the running speeds of leading competitors will be 10% to 15% slower than daytime speeds. (The difference in speed between routes using a path and those through even runnable terrain is greater at night than in the day, and this should be

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- taken into account when designing the courses.)*
- c) All other course lengths will be scaled to the length required for M21L, which has been allocated a course length ratio of 1.00.*
  - d) 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).*
  - e) 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.*
  - f) 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.*