



Effective from January 2024

Competition Rule O: Junior Inter-Regional Championships

These Competition Rules are owned by the Junior Regional Orienteering Squads (JROS), which is the ruling body for this event.

These Rules must be read in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement the British Orienteering Rules of Orienteering then these Competition Rules will take precedence.

These rules should also be read in conjunction with the JIRCS Guidelines, which can be found at: <https://www.jros.org.uk/jirc-guidelines-nov-2021>

Any questions regarding these Rules should be emailed to: jrossecretary@gmail.com.

1. General Information

1.1 Purpose

1.1.1 The British Junior Inter-Regional Championships (JIRCS) is a competition between Regional Junior Squads.

- a) *The JIRCS were first organised in 1989 to encourage competition between Regional Junior Squads.*
- b) *The aims are:*
 - *To provide both high quality orienteering at an event specially organised for juniors by those who work closely with them.*
 - *To provide a high quality orienteering competition for the best juniors in each Region.*
 - *To provide a stepping stone between club and international representation.*
 - *To provide the juniors with experience of racing in limited entry fields.*
 - *To provide an event for juniors where they received the full focus of attention.*
 - *To encourage communication between Regional squad coaches.*
 - *To encourage social interaction between squad members.*

1.2 Format

1.2.1 The event consists of two days of competition between Regional junior teams. Saturday is an individual competition. Sunday is a relay competition for teams of three runners.

1.2.2 If the JIRCS is to be shared in any way with an Open Event then the following rules must apply in order to maintain the integrity of the competition;

a) If the Open event is before the JIRCS Saturday event:

- i) - No Open Event Competitor shall be in the competition area after the JIRCS competition has begun. In order to reduce the likelihood of an Open Event competitor being in the competition area once the JIRCS competition has begun, the last start for the Open Event should be at least 1 hour before the first JIRCS starter.
- ii) - Maps must be taken from Open Event competitors as they finish.
- iii) - No physical maps may be available in the Relay Arena before the last JIRCS competitor has completed their course.

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- iv)- Coaches, Parents etc associated with a Regional Squad may compete in the Open Event but under no circumstances discuss their course with a Junior Competitor until all JIRCS competitors have started.
- v) - Maps may be returned to Open Event competitors after the last JIRCS competitor has begun their course.
- b) An Open event may be provided after the JIRCS Relay Event.
- c) To allow Regional Squads to travel on Saturday morning and to leave early on Sunday no Open Event can be held on Saturday afternoon or Sunday morning.

1.3 Administration & Finance

- 1.3.1 The Championships are hosted by a different Region each year.
- 1.3.2 The JIRCS must be registered as a level B event (National event).
- 1.3.3 The British Orienteering levy must be paid at the junior rate.

- a) *The fees charged to Regions for the junior competitors should reflect the costs of the accommodation, food, social, and event entry fee.*
- b) *A charge is usually made for accompanying adults to cover the cost of their accommodation and food.*
- c) *There should be close liaison between the JIRCS organiser and the host Region's Regional Junior Squad management.*

1.4 Jury

- 1.4.1 The Jury must consist of: two qualified coaches representing Regions other than the host Region (preferably also Grade A or B controllers) and a Grade A or B controller from outside the host Region who chairs the Jury.

1.5 Team Managers' meeting

- 1.5.1 This meeting, held on the Saturday evening, is for the Team Managers and will review the Individual Event and answer any questions with regard to the Relay.

2. Competition

2.1 Eligibility

- 2.1.1 For the purposes of this Competition rule 'Region' refers to the nine English Regional Associations and the Northern Irish, Scottish and Welsh National Associations.
- 2.1.2 The competition is open to members of those Regional Junior Squads or those eligible to be members of those squads, as limited by section 2.4.
- 2.1.3 This is a closed event. No guest runners are permitted.

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2.2 Shadowing

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

2.3 Entries

2.3.1 Entries must only be accepted from Regional Junior Squads. If no such body exists, entries must be made by the Regional Committee.

2.3.2 All junior teams must be accompanied by at least one responsible adult of the same gender as the team members and mixed teams must be accompanied by adults of both genders. These adults must hold a current British Orienteering DBS/CRB (or PVG in Scotland) disclosure.

2.3.3 Entry forms must enable each Team Manager to stipulate how many competitive teams will be running in the Relays, and which age class courses any Ad-Hoc entries will need (for map printing purposes).

2.4 Teams

2.4.1 Teams must consist of a maximum of 4 nominated runners per age class – M/W 14, 16 & 18.

2.4.2 Juniors are permitted to run up a class in either (or both) the Individual and Relay competitions, and Women are permitted to run in the Men's class (but not vice-versa).

2.4.3 In addition to the four nominated runners a Regional Squad may enter non-scoring runners in the individual race provided that:

- The non-scoring runner(s) have obtained **one** championship standard time in their age class at one of the following events during the same calendar year as the JIRCs: British Long Distance Championships, JK day 2 (Saturday), JK day 3 (Sunday), Scottish Championships.
- The non-scoring runner(s) must be given start times before any Region's nominated runners and must not count towards their Region's score. Their results are to be listed separately at the end of each class list.
- The non-scoring runners are only permitted to run in the ad-hoc relay teams, even if one of the nominated runners is injured / ill / unable to run in the relays.

2.5 Relays

2.5.1 Each Region is permitted to enter a maximum of four competitive Men's and four competitive Women's teams.

2.5.2 If required, non-competitive ad-hoc teams should be accommodated. These may include additional runners from a Region; teams made up of athletes from different Regions; teams with members running their own age class legs.

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.

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4. Officials

- 4.1.1 The officials must meet the requirements set out for a Level B Event as per the British Orienteering Rules of Orienteering, Appendix C: Event Officials.

5. Organisation

5.1 Individual race

- 5.1.1 Start times must be no earlier than 12 noon on the Saturday to allow travelling on the morning of the event.

- 5.1.2 There must be three minutes between starters on the same course as shown in the schedule below.

00	M14	W18
01	M16	W14
02	M18	W16
03	M14	W18

- 5.1.3 The running order between Regions is to be decided by a draw conducted by the host Region. Within each class the Regions must run in the same order. Each class will require a separate draw.

- 5.1.4 The order of start times must be sent out in advance so that squad managers are able to choose who runs in each start slot.

- a) *Each Region should be given the choice of 4 start slots per age class for their nominated runners.*
- b) *There should be a minimum interval of six minutes between runners from the same Region in the same class.*

- 5.1.5 Names and chosen start times must be notified in writing to the Organiser at least a week before the event to facilitate computer input.

- 5.1.6 No alteration of start times will be allowed for any reason but an additional, new runner may be substituted for an absentee by agreement with the event/entry organiser.

- 5.1.7 Once all the start lists by class are returned by the Regional Coordinators the following steps are taken to create the final start lists:

- a. The returned lists for each class are merged into a single start list for each class, including vacant slots in the correct order.
- b. Each list is then compressed by removing the vacant slots with the last starter in a class using the last designated start time for that class. There must be no gaps in the final start list due to Regions not using all their allocated slots.

- 5.1.8 Start slots for all non-scoring runners must be at least 10 minutes before the first nominated runner slots.

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5.1.9 Results must be available by the evening of the individual competition, together with team scores. It is important that a speedy and accurate results service is provided.

5.1.10 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.

5.2 Relay

5.2.1 The relays must be started early enough to enable teams with a long journey to get away in reasonable time.

5.2.2 Two mass starts are best, spaced 10 minutes apart with women starting first. Non-competitive ad-hoc teams can be started in either mass start as appropriate.

5.2.3 Organisers and Planners of the Relays should make themselves aware of the contents of the following regarding seeding:

- Rule D – BOC relays – specifically paragraph 3.3.
- Rule H – JK relays – specifically paragraph 3.3.

6. Scoring

6.1 Individual race

6.1.1 Each Region scores up to two competitors in each class. Scoring is 24 for 1st, 23 for 2nd, 22 for 3rd etc.

6.1.2 Other finishers for Regions with more than two runners in a class will not be included in the scoring.

6.1.3 Only nominated runners are eligible to score.

6.2 Relay

6.2.1 Each Region scores up to two teams in the Men's class and two in the Women's class. Scoring is 72 for 1st, 69 for 2nd, 66 for 3rd etc.

6.2.2 Other teams for Regions with more than two teams in a class will not be included in the scoring.

6.2.3 Relay team declarations must be made after the individual race, normally at the Saturday evening Team Managers' meeting.

6.3 Overall

6.3.1 Each Region's individual and relay scores are added together for the overall score.

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7. Prize-giving and Trophies

7.1 Prize-giving

- 7.1.1 Prize-giving for the individual must be held on the Saturday evening. Prize-giving for the relay and the overall trophies must be as soon as possible after the end of the relays in recognition that there is a need for many teams to travel long distances home.
- 7.1.2 At the Saturday prize-giving, every team's total individual score should be read out before awarding the individual and runners up and winning trophies. At the Sunday prize-giving, every team's overall score should be read out before awarding the overall runners up and winning trophies.

7.2 Trophies

- 7.2.1 There are 9 perpetual trophies. These are awarded as follows:

Individual Trophy	Awarded on Saturday evening to the Region with the highest total from the combined Girls and Boys individual race scores
Individual runners-up	Awarded on Saturday evening to the Region with the second highest total from the combined Girls and Boys individual race scores
Relay Trophy	Awarded to the Region with the highest total from the combined Girls and Boys relay scores
Relay runners up	Awarded to the Region with the second highest total from the combined Girls and Boys relay scores
Men's Trophy	Awarded to the Region with the highest total from the combined Boys Individual and Relay scores
Women's Trophy	Awarded to the Region with the highest total from the combined Girls Individual and Relay scores
Women's Trophy Runners up	Awarded to the Region with the second highest total from the Girls individual and relay scores
Overall Trophy (Elsie Ward Trophy)	Awarded to the Region with the highest total from the combined Boys and Girls Individual and Relay scores
Overall Runners Up	Awarded to the Region with the second highest total from the combined Boys and Girls Individual and Relay scores
Best Performance in the Individual Event	<p>Awarded to the individual with the best performance in the Individual event as agreed by the Team Managers on Saturday evening</p> <p>The Best Performance is defined as;</p> <ul style="list-style-type: none"> - a class winner - it would 'normally' be the winner by the biggest margin - whether the individual was 'running up' should have no bearing on the award - it is not necessary to make an award each year - if there is any doubt then a majority of the Team Managers will decide.

- 7.2.2 If there is a tie for any of these trophies then the trophy must be shared between the Regions involved in the tie.

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- a) *In order to make the organiser's job easier, it is suggested that a spread-sheet is used to calculate the results and also which Trophy is awarded to which Region.*

8. Map and Terrain

- 8.1.1 The terrain must be chosen in consultation with the Regional Squad management. The key criteria for selection must be the quality of the terrain balanced with the accessibility for visiting teams.
- 8.1.2 The map scale must be 1:10,000 for all classes on both days. (See British Orienteering Rules Appendix D, Section 2 specifically 2.1.3).
- 8.1.3 Maps will be pre-marked and use IOF control descriptions. Laser printed maps are acceptable provided that the quality is consistent.
- 8.1.4 Previous maps of the competition areas must be sent to Regional teams in advance of the event. Providing a link to the Routegadget version is acceptable.
- 8.1.5 No maps (previous or current) of the competition area (s) are permitted at the individual day pre-start area or the relay assembly area. Disqualification of the whole team may occur if this is seen to happen.

9. Planning

9.1 Individual race

- 9.1.1 Courses must be provided for classes W14, W16, W18, M14, M16 & M18.
- 9.1.2 These must be planned to technical standards and expected winning times as follows:

M18	TD 5	EWT 50 minutes	W18	TD 5	EWT 50 minutes
M16	TD 5	EWT 40 minutes	W16	TD 5	EWT 40 minutes
M14	TD 4	EWT 30 minutes	W14	TD 4	EWT 30 minutes

There will be no common courses (e.g. W18 and M16 must **not** run the same course).
There are no B classes.

9.2 Relay

- 9.2.1 There are two classes: Men and Women. Each team must consist of one 14, one 16 and one 18.
- 9.2.2 Fastest lap times for each age group are to be in the ranges below. See individual race above for technical difficulty.
- W14 20-25 mins; W16 25-30 mins; W18 30-35 mins
M14 20-25 mins; M16 25-30 mins; M18 30-35 mins
- 9.2.3 The lap order for all teams must be 16s, 14s, 18s. All the laps must be gaffled.