

RULES AND GUIDELINES FOR THE VETERAN HOME INTERNATIONAL

NOTE

This document (November 2016) takes account of the following revisions:
Changes to the individual scoring system (2009)
Introduction of one M65 and one W 65 (replacing two 35s) in the VHI (2011)
Introduction of a new format and scoring system for the relay (linked to 35/65 change) (2011)
A change to the designated course for W35 (2014).
Insertion of revised eligibility criteria approved at the SHI meeting in Oct 2016.

This document is split into rules, which are to be followed, and guidelines, which are just that.

RULES

1. **General.** Normal British Orienteering event rules apply.
2. **Teams.** The participating teams in the Veteran Home International (VHI) are England, Ireland (drawn from all four provinces, team administered/governed by NIOA), Scotland and Wales – the 'home nations'. Each team comprises 2 men and 2 women in each age group 40, 45, 50, 55 and 60, and one man and one woman in age groups 35 and 65: 24 people per team. Teams might want to bring 'travelling' reserves, but must declare their full team before the event begins (ie before the first start of the first day's race). No reserves run¹ and no substitutes are allowed once the final declaration of names has been made. If someone has to withdraw from the event after the final declaration, the gap must remain in the team.
3. **Eligibility.** To be eligible to represent a country in a HI an athlete must be a current British Orienteering member (or for Ireland team members, alternatively a member of IOA) and be:
 - a. Eligible by Birth. Be born in that country OR
 - b. Eligible by Parentage. Have a parent who was born in that country OR
 - c. Eligible by Residence. Have established permanent residence in that country for at least one year (see notes 1 and 2).AND
 - d. Has not represented any other home nation in a home international in the previous two years (see notes 3 and 4).

Notes:

1. Students can achieve eligibility by residence if they can prove a permanent home base in that country.
 2. Established eligibility by residency is voided if another home nation is represented, but otherwise endures.
 3. Sub-paragraph 3.d. means two fallow years eg 2 missed HIs.
 4. Athletes currently competing for a nation other than GBR or Ireland(Eire) are eligible provided they meet one of the criteria 3.a. 3.b. 3.c.; AND criterion 3.d.
4. **Dates.** The VHI comprises an individual event and a relay event, held over a weekend on consecutive days. It is highly preferable to arrange the individual event on the Saturday and the

¹ It is likely that any reserves will be able to run starting outside the VHI start block, in an associated 'open' race or otherwise.

relay on Sunday². The VHI is normally scheduled in the period September to mid-November. The rota for hosting the home internationals is separately promulgated and will be used as a guide by the Event Scheduling Group.

5. **Maps and Control Descriptions.** Versions of the competition map are not allowed in the pre-start area. Loose control description sheets are to be printed on or attached to the map and for the individual also issued in the start lanes, not before.

RACES

6. **Individual Courses.** If the VHI is incorporated into a Level A event, VHI competitors should run the normal 'Long' course for their age class. Otherwise the class to course distribution is to be:

Individual Classes

	runners per nation	course		runners per nation	course
M35	1	Brown	W35	1	Sh.Brown ³
M40	2	Brown	W40	2	Blue
M45	2	Sh.Brown	W45	2	Sh.Blue
M50	2	Sh.Brown	W50	2	Sh.Blue
M55	2	Blue	W55	2	Green
M60	2	Blue	W60	2	Green
M65	1	Sh.Blue	W65	1	Sh.Green

7. **Start Lists.** Start times are to be allocated to countries in rotation, so the two runners from a nation in the same age group are at least 8 minutes apart. The sequence of teams should be as varied as possible with as close to equal number of first starts as possible. The start interval is given in the table below. The organizer draws the start sequence⁴ and this generates a start list complying with these criteria using a template available as a MS XL spreadsheet.

Course	Runners	Interval
Brown	12	5 min
Sh.Brown	20	3 min
Blue	24	2 min
Sh.Blue	20	3 min
Green	16	3 min
Sh.Green	4	5+ min

8. **Relay.** There are two relay classes: MWM = 2 Men + 1 Woman, and WMW = 2 Women + 1 Man. Nations may enter 4 teams in each class with their best 3 to score. The aggregate of each team's BOF ages⁵ is to be 145 or greater. Normal British Orienteering event rules apply for the

² This format may be varied from year to year by agreement between the organiser and the Event Scheduling Group. It would be acceptable to combine the event with an Area Championships. Nevertheless, ideally the order should be: Long Saturday, Relay Sunday. If combined, a VHI start block should be set aside for the individual, invariably at the beginning.

³ The rationale for W35 being run on Short Brown, the only variance with the detail in the table in paragraph 8.6 of Appendix B to the BOF Rules, is because the W35s will be the best in GB and entirely capable of a longer course, and because the Blue course would otherwise have 4 classes on it, with adverse effect on the start window required.

⁴ Drawing at random the four nations as A, B, C and D (not random draws for each class, one at a time).

⁵ BOF age, not the class run in the individual, necessarily.

relay. The two classes could share a mass start or be started 10 minutes apart. Relay runners are to wear numbered bibs.

Relay Classes - Mixed 3-person teams / 2 separate classes

Two relay classes:
MWM and WMW

(1) Class MWM - 2 Men + 1 Woman

		course	relay course	possible length ratio ⁶	approx length
Leg 1	Man	Medium			
Leg 2	Woman	Medium			
		eXtra			
Leg 3	Man	long	X	1.00 ⁷	5.0 km
Sum of Age Classes >= 145 years			M	0.65	3.5km
Woman must be W45 or older					

Courses X&M gaffled together

(2) Class WMW - 2 Women + 1 Man

		course			
Leg 1	Woman	Short	L	0.80	4.0 km
Leg 2	Man	Long	S	0.50	2.5 km
Leg 3	Woman	Long			
Sum of Age Classes >= 145 years					
Man must be M45 or older					

Courses L&S gaffled together

SCORING

9. **Individual Scoring.** Every finisher counts for points. Those who fail to finish or mispunch score 0. If there is a tie in individual time the points are to be shared equally. The nation with the highest aggregate points wins.

Individual Points

	35s	65s	other classes	
1st	7	7	8	
2nd	5	5	7	
3rd	3	3	6	
4th	1	1	5	
5th			4	
6th			3	
7th			2	
8th			1	
	-----	-----	-----	
Total available	16	16	36	
No of classes	2	2	10	Total 14
Points awarded	32	32	360	422

⁶ Climb adjusted.

⁷ The Extra Long Leg (X) is to be planned for an (M35) estimated winning time of 35 minutes.

10. **Relay Scoring.** Points are allocated in each class to the first 3 teams from each nation in each class, with 24 points awarded to the winning team, reducing by 2 for each subsequent scoring team. All teams are "competitive" (provided they comply with the age class composition criteria). Nations' fourth finishing teams do not score (nor are considered in place and therefore score allocation). The winning team is the nation with the highest points total.

Relay Points

Each nation counts best 3 placed teams (of 4) in each class

Percentage of competitors counting = $18/24 = 75\%$

	MWM	WMW	
1st	24	24	
2nd	22	22	
3rd	20	20	
4th	18	18	
5th	16	16	
6th	14	14	
7th	12	12	
8th	10	10	
9th	8	8	
10th	6	6	
11th	4	4	
12th	2	2	
	-----	-----	
Points awarded	156	156	Total 312

11. **Combined Score.**

a. Points gained by a nation in the relays are to be added to the points gained by a nation in the 14 classes in the individual. The winning team is the nation with the one with the highest combined points total, with the other nations ranked in order.

b. **Tie.** In the event of a tie the nation with the most wins across the 16 classes (2 relay and 14 individual) is to be ranked ahead. If that is equal then seconds etc.

PRIZES

12. There are 4 trophies:
- a. the Mickelgate Bar Trophy for the overall winning nation.
 - b. the Quaich for the nation that wins the relays
 - c. the Lagan Valley Rosebowl for the nation that wins the individual event
 - d. the "Stonewall Trophy" presented to either Wales or Ireland, whichever gains the greater combined points total.

GUIDELINES

1. **Encouragement.** The organiser of the VHI is usually in the unenviable position of being the inexperienced one in a situation that is very familiar to the other protagonists. Most team managers have been in post for several years, and many of the runners have taken part in numerous VHIs. Do not allow yourself to feel intimidated by this but exploit the available experience and expertise.

2. **General.** These guidelines are intended for the person who takes on the role of coordinator for the weekend of a VHI competition. This is normally a different person from the 'Organiser' of one of the events. The guidelines have been drawn up by team managers and recent weekend organisers and are intended to be helpful rather than prescriptive. If you, as event coordinator, are tempted to stray from these guidelines, you should consult with the team managers and seek their agreement to any significant changes, since they might have the effect of favouring one team over the others, or introducing inappropriate elements of chance.

3. **Technical and scheduling.** Do not compromise on quality of areas and the planner should be technically up to the job. You can usually combine them with events already in the calendar, if the areas are suitable. The individual event, on the Saturday, can be combined with a level C race and the relay has successfully been run first before a Level B event starts. Those waiting to start the 'open' race have the opportunity to spectate.

4. Relay - example team combinations.

Example age class team combinations:

(1) 2 Men + 1 Woman

	<i>Leg 1</i>	<i>Leg 2</i>	<i>Leg 3</i>
	<i>M</i>	<i>M</i>	<i>X</i>

<i>Example 1</i>	<i>M60</i>	<i>W45</i>	<i>M45</i>
	<i>M65</i>	<i>W50</i>	<i>M35</i>
	<i>M60</i>	<i>W50</i>	<i>M40</i>
	<i>M55</i>	<i>W55</i>	<i>M40</i>

<i>Example 2</i>	<i>M65</i>	<i>W45</i>	<i>M45</i>
	<i>M60</i>	<i>W50</i>	<i>M40</i>
	<i>M55</i>	<i>W50</i>	<i>M40</i>
	<i>M60</i>	<i>W55</i>	<i>M35</i>

(1) 2 Women + 1 Man

	<i>Leg 1</i>	<i>Leg 2</i>	<i>Leg 3</i>	
	<i>S</i>	<i>L</i>	<i>L</i>	<i>total ages</i>

<i>Example 1</i>	<i>W60</i>	<i>M45</i>	<i>W45</i>	<i>150</i>
	<i>W65</i>	<i>M50</i>	<i>W35</i>	<i>150</i>
	<i>W60</i>	<i>M50</i>	<i>W40</i>	<i>150</i>
	<i>W55</i>	<i>M55</i>	<i>W40</i>	<i>150</i>

<i>Example 2</i>	<i>W65</i>	<i>M45</i>	<i>W45</i>	<i>155</i>
	<i>W60</i>	<i>M50</i>	<i>W40</i>	<i>150</i>
	<i>W55</i>	<i>M50</i>	<i>W40</i>	<i>145</i>
	<i>W60</i>	<i>M55</i>	<i>W35</i>	<i>150</i>

5. **Timings.** Start the VHI participants at 1000 or perhaps 0930 on the Sunday. An early start on the Sunday is particularly appreciated when teams have long journeys home.

6. **Accommodation.** Each team has 2 each (men and women) in each age group 40, 45, 50, 55 and 60, and one each (man and woman) in age groups 35 and 65; 24 people per team (though an incomplete team might be sent). Team managers usually also compete and expect some children and other accompanying participants. Total number to be accommodated is likely to be approximately 100. Arrange hostel or similar accommodation for the teams – together or separately - depending on what is available locally. This is best started a year ahead eg once the event/weekend is designated the VHI. Breakfasts should be provided on Saturday and Sunday mornings. You should also aim to supply packed lunches for both days. One of the ways this can be achieved is to allow people to make their own sandwiches (and this has often been successful in the past). Provide bananas and apples as well as sandwich materials and suitable packaging.

Ask the team managers to declare vegetarians (or other dietary restrictions) when they send in their teams. Most participants will arrive on the Friday night; some might arrive quite late. If hostel accommodation is not available, provide floor space in a school or hall, but this is less than satisfactory and some teams/participants will prefer to arrange their own accommodation. If you go down this route, as early as possible (at least 6 months ahead) provide a link for local B&Bs and details of hostels/bunkhouses, and let participants make their own arrangements.

7. **Social.** It is normal to arrange a semi-formal dinner on the Saturday evening – this allows the teams to get together. Again this is well worth planning/booking a venue early eg a year ahead. Some low-cost after dinner entertainment is always appreciated (but not expected), especially if it is particular to the location eg a ceilidh usually goes down well, though participants are likely to retire to bed fairly early!

8. **Prizegiving.** You can present one of the trophies after the dinner on the Saturday evening. Aim to have the final prize giving at about 13:00 on the second day, when final points totals are known (or at least it will be clear who has won overall).

9. **Costs.** Each team pays in full its own costs for entry fees, accommodation and meals (including the dinner). Get numbers (provisional early on, then finalised later) from team managers and charge them accordingly. Host clubs should not expect to make much profit from the event – remember that participants are already paying quite substantially for the weekend. British Orienteering levy has to be paid in the normal way. Consult your regional body for advice on any levy that might be due to them: they may agree to waive it.

10. **Communications.** Give team managers the information they need for planning in good time. In particular, tell them the venue as soon as it is known, so they can save money by making travel arrangements (eg flights) early. You will probably send out 2 or 3 bulletins to team managers and post them on a website. Their timing and contents are suggested below. Be clear in exactly what information you require from team managers and when you require it and give them reasonable timeframes. Experienced team managers know what you'll need, but they are also human and have been known to forget things.

a. Bulletin 1 should be issued at D-6 month point – contents: date confirmation, event location, outline accommodation and feeding arrangement, request for confirmation of participation, organising club.

b. Bulletin 2 should be issued at D-3 month point – contents: more detail of venue, terrain (type and nature), map (including scale, vertical interval and revision year), electronic punching system, event officials, basic event details, accommodation and feeding arrangement, including the venue of the Saturday night social/dinner, call for entries and accommodation and feeding booking, entry and accommodation fees, methods of payment. Set a reasonable date for submission of entry details/data and be prepared to accept team amendments.

c. Bulletin 3 should be issued at D-3 week point – final details (to include any special map or control description symbols being used), fine detail of locations including accommodation, date of start list publication, previous version of the competition maps.