Competition Rule B: British Middle distance 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 Middle distance Orienteering Champion in each age class from M/W 10 to M/W 85 (M/W90 when specifically requested).

> a) *For the M/W18, 20, 21 classes, the Championships are intended to provide an equivalent type of competition to that held at the World Orienteering Championships.*
> b) *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-day, middle distance, 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 will apply, but only to the two Open (M/W21) classes.

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

> a) *A list of suggested Championship age classes/course combinations is set out in these rules.*
> b) *Application for WRE status is made by Events and Competitions Committee*
> c) *The IOF Rules are to be found on the IOF website at www.orienteering.org.*
> d) *Appropriate courses may be string, off string, White, Yellow and Orange.*
> e) *The non-championship courses are not subject to all of the requirements of a level A event or these Competition rules.*

1.3 Administration

1.3.1   The British Middle distance 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 Middle distance 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*

Competition Rule B: British Middle distance Orienteering Championships

> *Orienteering Rules of Orienteering and are supplemented by these rules.*
> b) *The Championships are usually held on the same weekend as the British Sprint Orienteering Championships.*
> c) *The exact details of responsibility are set out in the Partnership Agreement.*
> d) *The Co-ordinator/Organisers may be required to make regular report 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.

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.

Competition Rule B: British Middle distance Orienteering Championships

2.3   Trophies and/or medals

2.3.1   British Championship medals if applicable are to be awarded to the first, second and third placed competitors in the Championship 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.

2.3.3   The awarding of M/W18/20/21 trophies and medals must treat these classes as though they were Open, Under 20, and Under 18 classes respectively, and in each class award trophies/medals to any eligible competitor regardless of their actual age class.

2.3.4   The winners on each M/W21 course must be awarded the Men's or Women's British Middle distance Orienteering Championship Trophies and medals are to be awarded to the first, second and third placed competitors.

2.3.5   The highest placed M/W20 or under must be awarded the Men's or Women's British Middle distance Orienteering Championship M/W20 Trophies and medals are to be awarded to the first, second and third placed competitors.

> *a)*   *The example below shows how the medals would be awarded in one particular scenario. If applicable, trophies are awarded along with each Gold medal.*
>
> | Position | Age Class | M21 Medal | M20 Medal | M18 Medal |
> | --- | --- | --- | --- | --- |
> | 1 | M20 | Gold | Gold | |
> | 2 | M21 | Silver | | |
> | 3 | M18 | Bronze | Silver | Gold |
> | 4 | M20 | | Bronze | |
> | 5 | M18 | | | Silver |
> | 6 | M18 | | | Bronze |

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*

Competition Rule B: British Middle distance Orienteering Championships

> *Orienteering website*
> b) *It should be noted that for a World Ranking Event results for the Elite classes must 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.

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, an 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) *British Orienteering Rules of Orienteering and Appendix C: Event officials contain full details of the requirements for Event Officials at level A events.*
> b) *Other Advisers are to be appointed as appropriate. This may include Mapping, Elite, 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   Start time allocation and seeding must be in accordance with Appendix A: Event systems.

5.2.2   A timed start must be used for all Championship course competitors.

5.2.3   Published start times for those running in M/W21, 20 & 18 must only be changed under exceptional circumstances.

6. Map and terrain

6.1   Quality of terrain

6.1.1   The terrain for the British Middle distance 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) *Technical merit is of major importance for the British Championships, especially so for Middle distance courses. Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area. Variations between different parts of the country are inevitable.*
> b) *As a guide, the area should meet the following requirements:*
>   - *The area should allow a Men's Open course with a winning time of 30 - 35 minutes without undue repetition*
>   - *The terrain should be technically complex, allowing small and medium route choice.*
> c) *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 (ISOM).

6.3   Map scales

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

Competition Rule B: British Middle distance Orienteering Championships

6.3.2   The map scale must be 1:10,000 and a contour interval of 5m.

> *a) For particularly detailed areas an enlarged scale map (1:7,500) may be necessary for competitors in classes M/W45 and above.*

6.4 Map printing

6.4.1   The map must be printed by an accredited printer.

6.4.2   The British Orienteering map template is to be used.

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

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.

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

> *a) See table below for suggested course/class combinations.*

Course number	Course length Ratio	Technical Difficulty	Men	Women
1	1.00	5	M18, M20, M21	
2	0.82	5		W18, W20, W21
3	0.92	5	M35, M40	
4	0.86	5	M45, M50	
5	0.77	5	M16, M55, M60	W35, W40
6	0.67	5	M65, M70	W16, W45, W50
7	0.53	5	M75, M80, M85	W55, W60, W65
8	0.40	5		W70, W75, W80, 85
9	0.45	4	M14	W14
10	0.35	3	M12	W12

Competition Rule B: British Middle distance Orienteering Championships

11	0.30	2	M10	W10

a) *Middle distance orienteering requires fast, accurate orienteering for a moderate period of time. TD5 courses should be planned to be as consistently technically difficult as possible. Very long legs should be avoided but small and medium scale route choice is encouraged. The emphasis should be on high speed running where competitors need to adjust their speed for the complexity of the terrain. There will be a higher density of controls than for an equivalent long distance race.*

b) *Course 1 should be planned such that a top elite-standard competitor would win it in 30-35 minutes. All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. This should ensure winning times for the TD5 courses are all in the range 30-35 minutes.*

c) *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).*

d) *For courses of TD2/3 (courses 9 and 10) it is more important that the course is of the correct TD than of the correct length.*

e) *Appropriate colour coded courses may be White, Yellow and Orange. However, the Championship courses are not be compromised by any colour coded courses so these are not the same as those used for the main event.*