

## Competition Rule C: British Sprint 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 Sprint Orienteering Champion in each age class from M/W 10 to M/W 16 and M/W Open to M/W 85.

- a) *For the purposes of this Competition, the classes M/W18, 20 and 21 are combined into two classes, called Men's Open and Women's Open.*
- b) *To provide a high standard of competition for all members of British Orienteering through a high quality event.*
- c) *For the Open classes, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.*

#### 1.2 Format

- 1.2.1 Single-day Sprint format competition held in daylight. Runners must compete as individuals in age classes.
- 1.2.2 The competition consists of two phases: Race 1 (usually held in the morning) and Race 2 (usually held in the afternoon). Race 1 takes the form of Qualification heats used to determine the Race 2 Finals and their start order.
- 1.2.3 If the Championships are designated as a World Ranking Event (WRE) by the IOF, then IOF Rules will apply, but only to the Elite classes involved.
- 1.2.4 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 for the Championships is made by Events and Competitions Committee.*
- c) *The IOF Rules are to be found on the IOF website at [www.orienteering.org](http://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 for level A events or these Competition rules.*

#### 1.3 Administration

- 1.3.1 The British Sprint Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.

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- 1.3.2 The British Sprint 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 Championships are usually held on the same weekend as the British Middle Distance Orienteering Championships.*
- c) *The exact details of responsibility are set out in the Partnership Agreement.*
- d) *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.

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

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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 are to be presented to the winners of the Open classes. British Championship medals if applicable are to be awarded to the first, second and third placed competitors in the open and age classes.

2.3.2 Competitors are only eligible for British Championship medals and trophies in the open/age class they have entered and if they satisfy the Eligibility requirement above.

### 2.4 Badge Scheme

2.4.1 Championship Badge times for the A finals 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, within one week of the event.

2.5.2 For a World Ranking Event, results for the Men's Open and Women's Open A Finals must also be submitted separately to the IOF.

- a) *Full details of the Ranking scheme are in a separate Competition Rule on the British Orienteering website.*
- b) *For ranking purposes the heats and finals are considered as separate events.*
- c) *Note that all competitors in the two Open classes will be entered for World Rankings points, irrespective of their actual age classes.*
- d) *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 all Open class competitors are asked for their IOF IDs beforehand, perhaps via the entry process.*

### 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.

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3.1.2 Safety and fairness must be prime considerations, particularly with regard to road traffic.

- a) *The risk of accidents involving traffic should be reduced either by closing roads to traffic or by selecting enclosed areas such as parks or university campuses where there is no traffic or where occasional low speed traffic can be safely controlled.*

### 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) *The Planner and Controller should have experience of sprint orienteering.*
- c) *Other Advisers are to be appointed as appropriate. This may include Mapping, Elite, Environment: appointment is 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 Seeding and selection must be carried out as specified in Appendix A: Event systems.

5.2.2 The start interval for all Sprint heats and finals must be one minute.

5.2.3 A timed start is to be used for all Championship course competitors.

5.2.4 Published start times for those running in the Open classes must only be changed under exceptional circumstances.

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### 6. Map and terrain

#### 6.1 Quality of terrain

- 6.1.1 The terrain for the British Sprint Orienteering Championships must be predominantly very runnable park or urban, or a combination of these. Some fast runnable forest may be included.
- 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) The terrain is to be sufficiently complex to allow courses to be set which force competitors to make frequent rapid decisions and to concentrate throughout the race.*
- b) Environments that cannot provide this challenge are not appropriate for the two Sprint races concerned. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.*
- c) The Controller's report should confirm that all of the requirements listed in the Terrain Assessment could be met.*
- d) Each area should allow a Men's Open course with a winning time of 12 - 15 minutes without undue repetition within each race or across the two races.*

#### 6.2 Map

- 6.2.1 The map must comply with all of 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 (ISSOM)

#### 6.3 Map scales

- 6.3.1 The map scale must be either be 1:5,000 or 1:4,000, and a contour interval of either 2.0m or 2.5m.

- a) In terrain with exceptionally fine detail, scales of 1:4,000 or 1:3,000 may be used for older classes after consultation with Events and Competitions Committee.*
- b) In these circumstances a direct enlargement should be done of all aspects of the map.*

#### 6.4 Map printing

- 6.4.1 The map must be printed by an accredited printer.
- 6.4.2 The British Orienteering map template must be used.
- 6.4.3 All maps must be offset litho printed unless agreed otherwise.

### 7. Competition programme

- 7.1.1 The competition consists of two phases, the Qualification Race and the Final. Both phases must be held on the same day.

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### 7.2 Qualification Race

- 7.2.1 The Qualification Race is used to decide who competes in each A Final. Those not qualifying for the A Final in their class will be allocated to a B Final, C Final, etc. so that all competitors are able to take part in two races.
- 7.2.2 The Qualification phase for each age class consists of a number of parallel heats, each running a similar but different course.
- 7.2.3 For a particular age class each heat must as far as possible, be equal in the number and quality of the competitors. The Rankings scheme must be used to achieve this, except for the junior age classes when a seeded list will be provided by Events and Competitions Committee.
- 7.2.4 No age class heat is to contain fewer than 6 entrants unless there are fewer than 6 entrants in total for that age class. For age classes with lower numbers of entrants only a subset of the available parallel heats is to be used.

- a) *All Qualification heats should be run concurrently.*
- b) *The courses hosting the Men's and Women's Open classes should contain no more than 75 competitors. Other courses should contain no more than 60 competitors. These conditions then determine how many parallel courses are to be provided for each heat.*
- c) *If there are less than 12 entrants in a particular class then they will all run the same heat. If there are between 12 and 18 entrants then they will be split equally between two heats.*
- d) *To increase spectator interest the organiser may wish to have competitors starting in the reverse order of their ranking positions so that the best ranked in each heat starts last. The organiser may also wish to have a system in which individual competitors only know which of the parallel heat courses they are running once they enter the start system.*
- e) *A gap of at least one hour between the last finisher in the heats and the first starter in the corresponding Final is needed in order to draw up the start lists for the Finals, settle any issues resulting from the Qualification heats and make any logistical changes necessary.*

### 7.3 The Finals

- 7.3.1 If a Final contains several age classes, competitors must start by age class in separate blocks.

- a) *All B, C etc Finals should be started at the earliest opportunity and can run concurrently with the other finals.*
- b) *The two Open A Finals should be held before all other finals to allow other competitors to spectate before they run themselves. In order to achieve this, and also retain a 1 hour gap between the two phases, Competitors in the Qualification races for the Open classes should start at the beginning of the start window for their courses.*

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### 7.4 The A Final

- 7.4.1 The best competitors from each qualification race heat qualify for the A-final of their class. The next best competitors from each qualification race heat qualify for the B-final and so on.
- 7.4.2 If there are 36 or more entrants in a class, the number of qualifiers from each heat to the A-final will be equal and will be calculated so that the total number of qualifiers is 18, or the lowest possible number above 18 (it would be 20 if the need exists to have 4 or 5 heats instead of 3).
- 7.4.3 If there are from 6 to 35 entrants, the number of qualifiers from each heat to the A-final will be equal. They will be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.
- 7.4.4 If there are fewer than 6 entrants, then all who successfully complete the qualification race will compete in the A-final. Those who do not successfully complete the qualification race (for example do not start or mispunch) may compete as a first starter in the A final. They will not be placed in the Championships results however (although will be eligible for Ranking points).
- 7.4.5 If two or more competitors tie for a place in a final, all of them will qualify for that final. This will have the effect of reducing the number of qualifiers from that heat in the next ranked Final down.
- 7.4.6 An entrant is defined as any competitor who appears on the entry list as published at a pre-announced time, usually the final closing date for entries.
- 7.4.7 The starting order of the A Final will be the reverse of the positions in the heats so that the best competitors start last. Competitors with the same position in the different parallel heats will start in the sequence of the number of their heat, i.e. third place in heat one starts before third place in heat 2, etc. Ties in a heat will be decided by drawing lots, e.g. if two competitors tie for 4th place in heat 1, a coin could be tossed to determine who has position 4 and who has position 5 in heat 1 for the purposes of this rule.

### 7.5 B, C, etc Finals

- 7.5.1 There will be a B Final, C Final, etc. sufficient to provide each competitor with a second run, including those who retired or were disqualified in their heats.
- 7.5.2 The maximum number of competitors in the B Final, C Final, etc. will be determined by the Event Organiser.

- a) *It is suggested that no Final should have more than 75 competitors in total.*
- b) *Each B Final should have a course length approximately 90% of that of the equivalent A Final. C Finals should be approximately 90% of the length of the B Final, etc. It may not be feasible or sensible to plan a separate M/W10 B final and so the same course can be*

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*used for both A and B finals.*

- 7.5.3 Competitors in the B final will not be eligible for medals even if they beat the A final competitors.
- 7.5.4 Competitors who did not successfully complete their qualification heat (for example did not start or mispunched) will start first in the lowest ranked final for their age class. They will not be placed in the Championships results however (although will be eligible for Ranking points).
- 7.5.5 The process for determining the starting order for each Final will be the same as that used for the A Final.

- a) Suppose heat 1 (Men's Open/M16/M35/M40) attracts an entry of 154 competitors (73 + 35 + 21 + 28 for example); and there are three parallel heats in the Qualifying Races.*
- b) The competitors in each age class will be split as follows: Open 24:24:25; M16 11:12:12; M35 7:7:7; M40 9:9:10. Whilst maintaining this split the competitors will be allocated as to even out the numbers in each heat as much as possible. In the above example then it could be that Heat1A has 52 competitors (24+12+7+9), Heat1B has 53 competitors (24+12+7+10) and Heat1C 52 competitors (25+11+7+9). The BOF rankings are used to balance the strength of competitors in each age class.*
- c) Qualifiers for the A Final will be the first 6 Open competitors from each heat along with the first 6 M16s, the first 4 M35s and the first 5 M40s.*
- d) If there were a tie for the 6th place in Heat1B in the Open class then both competitors would go through to the A Final, which would therefore contain nineteen Men's Open competitors.*

### 8. Course planning

- 8.1.1 The table below is suitable for an entry of about 700 competitors with each course having three parallel heats.

Course	CLR	TD	Men	Women
1	1.00	3	Open, M16, M35, M40	
2	0.85	3	M45, M50	Open, W16, W35
3	0.75	3	M14, M55, M60	W40, W45, W50
4	0.60	3	M12, M65+	W12, W14, W55+
5	0.50	2	M10	W10

- 8.1.2 Course 1 must be planned to provide winning times in the range 12-15 minutes for a top M 21.

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### 8.2 Planners notes

- a) *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 other courses are close to the range 12-15 minutes.*
- b) *Because the terrain will often be of an urban nature, great care is needed in planning of courses for the youngest junior competitors. It is envisaged that most areas will have a suitable piece of completely traffic-free terrain where it is possible to plan Course 5.*
- c) *This table is recommended for an entry of 700 when up to 60 competitors on each qualification course can be expected. If the entry is higher or irregularly distributed then splitting of heats should be considered.*
- d) *No table is provided for the Finals courses as their structure depends very much on the number of entries.*
- e) *There should be an emphasis on very high speed running over a relatively short distance. The Sprint format should test the competitor's ability to read and translate the map in complex environments, and to plan and execute route choices whilst running at high speed.*
- f) *Courses should be planned so that the element of speed is maintained throughout the race. The courses may require climbing but steepness forcing competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out of a control should not necessarily be the most favourable one.*
- g) *Courses should be set to require the competitor's full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the sprint. The nature of the terrain means that the courses should only be of technical difficulty 3, but the high rate of decision making of the event adds extra pressures which compensate for the lack of technical challenge.*
- h) *Courses should be planned such that the possibility of competitors being influenced by spectators, dogs, general public, traffic, etc is minimised.*
- i) *Particular attention needs to be given to courses planned for competitors under 16 years of age. In the eyes of the law, the Organiser is acting in loco parentis for children under the age of 16 and is to be seen to take precautions over and above what a careful parent would take for the safety of their children. In practice this will mean that courses for M/W16 and below will not be able to cross roads with significant traffic. Roads with traffic management that induce low speeds (15mph as on many campuses) are acceptable but busy public roads are not. It should be noted that disclaimers, signed by parents, are ineffective and would not absolve the Organiser of his/her responsibility in law.*