

RULES AND GUIDELINES FOR THE VETERAN HOME INTERNATIONAL

NOTE

This document (July 14 v5) takes account of revisions to the individual scoring system (wef 2009), the 2011 decision to include 35s and 65s in the VHI and introduce a new format and scoring system for the relay, agreed and ratified by the Team Managers at VHI 2011. One minor change (to the designated course for W35) has been made and approved in mid 2014.

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. **Participation.** The participating teams in the Veteran Home International (VHI) are England, Scotland, Wales and Ireland (drawn from all four provinces, team administered/governed by NIOA). 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 it has started, the gap must remain in the team.
3. **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 relay on Sunday². The VHI is normally scheduled in the period mid-September to mid-November. The rota for hosting the home internationals is separately promulgated and will be used as a guide by the Fixtures Group.
4. **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

5. **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			runners per nation		
		course			course
M35	1	Brown	W35	1	Sh.Brown
M40	2	Brown	W40	2	Blue
M45	2	Sh.Brown	W45	2	Sh.Blue

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 .

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

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

6. **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 order should be as varied as possible. The start interval is given in the table below. The organizer draws the start sequence 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

7. **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 ages³ is to be 145 or greater. All participants in the relay event must have been declared in the team to run in the individual event (if the relay is on Day 2). Normal British Orienteering event rules apply for the relay with the two classes sharing a mass start.

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

Two relay classes:
MWM and WMW

(1) Class MWM - 2 Men + 1 Woman

		course	relay	possible	
			course	length	approx
				ratio*	length*
Leg 1	Man	Medium			
Leg 2	Woman	Medium			
		eXtra			
Leg 3	Man	long			
Sum of Age Classes >= 145 years			X	1.00	5.0 km
Woman must be W45 or older			M	0.65	3.25 km
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	Courses L&S gaffled together		

Sum of Age Classes >= 145 years
Man must be M45 or older

* climb
adjusted

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

³ BOF age, not the class run in the individual, necessarily.

SCORING

8. **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

9. **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 country counts best 3 placed teams (of 4) in each Class
i.e. 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

10. **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

11. 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 has 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

	Leg 1	Leg 2	Leg 3
	M	M	X
<i>Example 1</i>	M60	W45	M45
	M65	W50	M35
	M60	W50	M40
	M55	W55	M40
<i>Example 2</i>	M65	W45	M45
	M60	W50	M40
	M55	W50	M40
	M60	W55	M35

(1) 2 Women + 1 Man

	Leg 1	Leg 2	Leg 3	total ages
	S	L	L	
<i>Example 1</i>	W60	M45	W45	150
	W65	M50	W35	150
	W60	M50	W40	150
	W55	M55	W40	150
<i>Example 2</i>	W65	M45	W45	155
	W60	M50	W40	150
	W55	M50	W40	145
	W60	M55	W35	150

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 many participants will prefer to arrange their own B&B. If you go down this route, as early as possible (at least 6 months ahead) provide details of local B&Bs and 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 necessarily 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 does not have to be paid for VHI competitors, provided their entry fees are part of an all-in package. The VHI competitors must, however, be declared on the ER3 return. Consult your regional body for advice on any levy that might be due to them.

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 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, 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.