

## WOA Competition Rules and Guidelines: Long Distance Championships

This version of the rules comes into force for the 2021 Long Distance Championships.

This version has been developed by Robert Griffiths, MWOC on behalf of the Welsh Orienteering Association (WOA) and is based on the previous version which was effective from January 2011 until the adoption of this version on 3<sup>rd</sup> February 2020.

Next review date is due April 2023.

**Text in bold has mandatory status. This must be followed by event officials and competitors unless a variation has been obtained from the British Orienteering Events and Competitions committee via the Welsh Orienteering Association.**

**These WOA Rules must be used in conjunction with the British Orienteering Rules of Orienteering and Appendices. Where the WOA Rules vary or supplement British Orienteering Rules of Orienteering, then these Competition Rules will take precedence.**

### **1. General information**

- 1.1 The championships are to be a single-day foot orienteering competition run in day light.
- 1.2 The championships are a long length (classic) event with runners competing as individuals in age classes.
- 1.3 The long distance championships are to be registered at Level B (National Level) with British Orienteering. WOA may optionally register the championships at Level A (Major Level), in which case British Orienteering's Competition Rule I: Area Orienteering Championships (version 2.5 updated February 2018 or any version superseding this) applies.
- 1.4 The shadowing of any competitor on a Championship course is NOT permitted.

### **2. Responsibility**

- 2.1 The championships are organised by WOA, or by one or more clubs on behalf of WOA. If a club is appointed as the organising body then it shall take financial responsibility for the championships.
- 2.2 The date of the championships is scheduled by British Orienteering's Event Scheduling Group and can only be varied with their agreement. The WOA fixtures secretary should be consulted in the first instance should a variance be required.

**2.3 The organising club will receive £100 from WOA to enhance the championships.**

**2.4 The organising club will receive at least £250 from WOA to provide permanent championship mementoes for first, second and third in each junior championship class and first place in each senior class provided a budget is supplied to the WOA treasurer in advance of the event.**

**2.5 The organising club must use an on-line entry system for championship entries with a closing date no later than one week before the date of the championships.** In addition the club may choose to accept entries for non-championship classes (short and B classes for seniors and juniors respectively) up to the date of the championship, or as entry-on-the day. Non-championship classes should run separate courses from any championship class, or may be run on championship courses but preferable after the championship runners have started.

**2.6 The organising club is responsible for identifying a controller for the event if the championships are at Level B (National Level). WOA is responsible for appointing the controller identified by the club.** If the Championships are to be at Level A (Major Level) then British Orienteering will be responsible for appointing the controller. The controller should be appointed at least one year in advance of the event.

2.7 The championships are permitted to be combined within another event subject to the approval of British Orienteering's Event Scheduling Group, if both the events are registered at least at Level B/ National Level, or WOA if the other event is registered at Level C/Regional Level. An orienteer's single run may be permitted to count towards both events provided their run is in the correct class for both events. **Where the event class combinations do not allow the run to count towards both events it is the responsibility of the orienteer to inform the organising club in advance as to which class they are running in.**

**2.8 The competition area is embargoed as soon as its location is added to the British Orienteering fixtures database. The terrain must not have been used for orienteering for a minimum of 12 months before the date of the championships without permission being obtained from WOA for an alteration in this rule.**

**2.9 Start times for championship courses shall be separated by 2 minutes.** Potential class winners shall start a minimum of 4 minutes apart. These can be identified from the British Orienteering rankings list.

2.10 The organising club is responsible for ensuring that regularly updated results are displayed during the event, that the results are published on the event specific, or organising club's website within 24 hours of the event and on British Orienteering's website within 7 days.

### **3. Eligibility**

**3.1 An orienteer must be a member of WOA at the date of closure of normal entry to the championships and also on the date that the championships are held in order to be eligible for trophies and mementoes and comply with at least one of the following criteria:**

- **Birth-** either self or one parent born in Wales
- **Residence-** at least one year's current permanent residence in Wales.

The responsibility of proving eligibility lies with the competitor if there is any doubt and must be confirmed with the WOA membership secretary by the date of entry closure of normal entry in order that correct lists can be provided to the organising club.

**3.2 Any other person may take part in the event and may be eligible for British Orienteering ranking points but will not be eligible for a championship trophy or memento.**

**3.3 W courses are only open to women and those allowed by National Sporting Bodies such as Sports Wales to compete on women’s courses. M courses are open to any person to compete on but see 3.4.** For further details contact British Orienteering’s Chief Executive and WOA’s Equality and Inclusion Policy.

**3.4 Championship entrants are only allowed to enter one class irrespective of any classes combined onto one colour course provided by the organising club. It is the responsibility of the competitor to make it clear to the organising club which class they are competing in to avoid any confusion and if this is not done then they will only be eligible for the class appropriate to their age and gender. If prior to the championship event taking place the class combinations change eg where the number of courses are reduced resulting in more classes being combined, and this might result in confusion over class eligibility, it will be the responsibility of the organising club to clarify this with competitors involved.** Online entry systems allow communication with competitors prior to the event when required.

## 4. Course planning

**4.1 The Organising Club shall offer a range of courses suitable for size of the area, terrain and expected number of competitors.** The organising club may reallocate classes to an alternative appropriate colour course if an increase or reduction of courses is planned to reflect the expected numbers entering. **Any change must be communicated to all entrants who have already entered the event before the championship entry closing date.** See 2.5 above.

**4.2 Courses are to be provided for age classes M10 to M80 and W10 to W80. All these classes must be provided and the pre event details must state the course that each class competes on.** The courses and classes should follow the suggestions of Appendix B Section 8 Long Distance course planning including Table 8.6 in British Orienteering’s Rules of Orienteering. Classes M85, W85, M90 and W90 are not currently included in the championships but can be offered if there is demand.

**4.3 A table must be shown in the event details to enable entrants to enter any championship age class for which they are qualified. The completed entry form must state which class the entrant will compete in. The Entrant will not be considered for the championship in any other class, even if both the classes are run on the same course colour.**

4.4 An example of a suitable table is given below:

Course colour	Course length ratio	Suggested Min-Max length (Km)	Technical difficulty level	Open Championship Classes	Women Championship Classes
Black	1.00	10.0-14.0	5	M21,	
Brown	0.85	8.5-12.0	5	M35, M40	
Short Brown	0.69	7.0-10.0	5	M18,M20, M45, M50	W21, W35
Blue	0.56	5.5-7.5	5	M16, M55, M60	W40

Short Blue	0.45	4.5-6.5	5	M65	W18, W20, W45, W50
Green	0.39	3.5-5.0	5	M70	W16, W55, W60,
Short Green	0.33	3.0-4.0	5	M75, M80	W65, W70, W75, W80
Light Green	0.30	3.0-4.0	4	M14	W14
Orange	0.25	2.5-3.5	3	M12	W12
Yellow	0.22	2.0-2.5	2	M10	W10

4.5 B and Short classes are not championship classes. The organising club may choose whether they wish to offer these classes or not. See 2.5 above. If offered then there is no requirement to offer courses for all short/B age classes. Non championship competitors may enter any colour coded course, even though this is not mapped against their age class in the colour/class table. British Orienteering ranking points can still be gained by running on a colour coded courses at the Welsh Championships.

4.6 The Championships may be combined with another competition at the same event. The classes for both competitions should if possible be run on the same course colour. This will allow the entrant to be considered in both competitions as **the competitor must only run one course at the event**. An example of this would be an M40 running Brown course M40 class in the championships whilst also running up as in M35 class in the V.H.I. on the same Brown course. The suggested table above would accommodate this. See 2.7 above.

## 5. Map

5.1 **The map must comply with all the relevant requirements in the British Orienteering Rules of Orienteering Section 18 and Appendix D: Mapping and must be printed by an approved professional printer or approved club printer provided that the printer is approved by British Orienteering's Map Advisory Group.**

5.2 The map scale for all age classes should be 1:10,000. Any alteration to this scale e.g. to enhance clarity on a particularly detailed area, should be approved by WOA committee in advance of the event.

## 6. Safety

6.1 **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.**

## 7. Trophies and Prize Giving

7.1 **WOA will provide the perpetual trophies**

7.2 The trophies will be presented to the eligible winner as soon as possible after the winners of all age classes have been identified. Where a trophy cannot be presented at the championship the WOA trophy officer will find a suitable means of delivering the trophy to the winner. Trophies will not be given to a winner's club member to pass on. **The winner of each trophy must ensure that the organiser or WOA trophy officer (currently Alan Jones, email contact: [alun.orienteeing@gmail.com](mailto:alun.orienteeing@gmail.com)) has their full contact details prior to leaving the event.**

**7.3** The organising club is responsible for the presentation of the trophies and mementoes in a suitable area. Prior to the presentation commencing, all trophies are to be displayed on a table(s) draped with a Welsh flag. The organising club shall provide one person to announce the 3<sup>rd</sup>, 2<sup>nd</sup> and 1<sup>st</sup> places for each age class in that order. The mementoes and trophy awards will be presented by the WOA Chairman or a suitable deputy.

**7.4** The mementoes must be engraved with the words **Welsh Championships and the year of the competition**. If medals are presented they will be gold colour for 1<sup>st</sup>, silver colour for 2<sup>nd</sup> and bronze colour for 3<sup>rd</sup>. They may also be engraved with the relevant competition class.

**7.5** Class winners are responsible for having the trophy engraved with the winners name and year. The cost of engraving is permitted to be reclaimed from the WOA treasurer who can be contacted at [treasurer@woa.org.uk](mailto:treasurer@woa.org.uk) providing an official receipt is submitted. Winners of perpetual trophies are responsible for returning the trophy in time for the following year's championship. This should be done through the WOA trophy officer. Mementoes are not required to be returned.