

TVOC Schools Orienteering League



Starting in September 2011, Thames Valley Orienteering Club (TVOC) will be starting the second season of our schools league to promote junior and inter-school competition. Free to enter, the league will be based primarily alongside the existing TVOC Saturday Series events.

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Eligibility

The TVOC Schools League is open to any pupil from any school, scout, guide or other youth group who feel that they are near enough to benefit from membership. For the purposes of this document all references to "school" and "pupil" may be taken to apply equally to all youth groups and their members.

Events

There will be around 8-10 events in the League year which coincides with the school or academic year. These will normally be the TVOC Saturday series events unless stated otherwise. Some TVOC Sunday colour-coded events may also be included in the league. Dates and venues will be advertised on the TVOC club newsletter and web site: www.tvoc.org.uk

Age Classes

League classes are based on the individual competitor's school year with separate classes for Girls and Boys. Each age class will have a recommended colour-coded course appropriate to their school year and gender according to the following table:

School Year	Boys' Class	Girls' Class	Course
Year 5 and below	5B	5G	WHITE
Year 6	6B	6G	WHITE
Year 7	7B	7G	YELLOW
Year 8	8B	8G	YELLOW
Year 9	9B	9G	ORANGE
Year 10	10B	10G	ORANGE
Year 11	11B	11G	LIGHT GREEN
Year 12 and 13	12B	12G	LIGHT GREEN

If one or more of these classes are not available at an event, alternative courses may be nominated instead. If there is no white course available, pupils in years 5 & 6 may gain full points running as a pair on a yellow course (see 'pairs' and 'running a harder course' below).

Costs

Registration will be **free** for the 2011-2012 season of the League. (This may be reviewed in subsequent years). You just need to pay the event entry fee as normal.

Registration

There is no need to register in advance. Pupils may register for the league at any of the League events (e.g. Saturday series), this will automatically register them and their school for the remainder of the league year.

Pupils may be registered retrospectively but may only score points in the one event immediately prior to registration. In the event that a late-registered pupil beats a previously registered winner then both will be awarded 100 points and all other previously calculated scores will remain unchanged.

Courses

An indication of the level of difficulty for each of the colour-coded courses is given below.

Course	Length (km)	Notes	Route Choice	Controls
WHITE*	2.0	Technically very easy, all line features	None	On line feature
YELLOW*	2.5	Technically easy using line features	None	Near line feature
ORANGE	3-3.5	Fairly difficult, longer easy route	Simple	Include prominent feature or contour feature
Lt GREEN	3-4.0	Fairly technical, not too physical	Significant	Any feature, no complex contours

* on the White and Yellow courses pupils may see their map before entering the Start boxes

* a NO WHISTLE NO RUN policy is operated

Scoring

Individual points scores on an event are based on the overall position within League runners in each age class as follows:

Winner of each age class receives 100 points, 2nd receives 95 points, 3rd receives 90 points 4th, 5th, 6th (etc.) receive 85, 80, 75 (etc.) points. A minimum score of 10 points will be awarded, even if a course is not completed.

A School or Group score for one event will be the best 6 individual scores from that event. Individual scores for the season will be determined from the individual's best 5 performances.

School scores for the season will be determined from the school's best 5 scores.

A bonus of 5 points may be claimed at registration for each friend that a competitor introduces to the league!

Running an easier course

Pupils may run an easier course than the one nominated for their age group ('running down'), a handicap of 20 points will be subtracted for each course colour they are running down. For scoring purposes, pupils running down will count as the oldest age class nominated for that course. Pupils running **down** will be **ignored** when calculating scores for pupils who have run the normal course for their age class.

Running a harder course

While not encouraged for newcomers, experienced orienteers will be allowed to run a more difficult course ('running up') if they feel that the normal course for their age is inappropriate for them. A bonus of 20 points will be added for course colour they are running up. For scoring purposes, pupils running up will count as the youngest age class nominated for that course. Pupils running **up** will be **included** when calculating scores for pupils who run the normal course for their age class.

Pairs

Pupils running in pairs will be in the age class of the eldest of the pair, and will count as one runner for scoring purposes. Each will be given the score for the pair's position, less a 'pairing' handicap of 20 points. An exception is where pupils have to 'run up' a course because their normal course is not available – in this case full points will be awarded to each member of the

pair. However pairs will not gain the 20 point 'running up' bonus.

Shadowing

Shadowing is defined as the following of a runner within view where no communication about route finding takes place. It is necessary to indicate at registration that the runner will be shadowed with a "+1" on the entry. Shadowed runners will score full points for their run. If a shadow does have to help a runner then a handicap of 20 points will be subtracted from their score. Shadowed runners will not receive any 'running up' bonus.

Running a second course

Pupils may run a second course at an event if they wish, however they will only gain points from their first run. Subsequent runs will be non-competitive and not included in the calculation of any league points.

Awards

There will be a trophy for the winning school or group.

There will be individual medals for each class in proportion to the number of registered competitors – 1 medal for 1-4 competitors, 2 medals for 5-9 competitors and 3 medals for 10+ competitors. Certificates will be awarded to all competitors scoring in excess of 100 points over the course of the season.

The organiser may award additional trophies in any class if appropriate.

Responsibilities

Pupils are responsible for registering their details correctly at each event to enable points scores to be calculated. Individual details are registered by completing the Control Card for traditional events or at registration for events using Electronic Punching and must include:

Class:	School Year and Gender
Course:	White, Yellow, Orange, Light Green (etc)
Club:	Name or Abbreviation of School or Group
Name:	Surname and First name or at least one initial

Start Times

Pupils from one school running on the same course should have start times at least 3 minutes apart. Anyone starting within 3 minutes will be regarded as a pair and given half points.