## RULES FOR SOUTH WEST ORIENTEERING CHAMPIONSHIPS HELD UNDER THE AUSPICES OF SWOA

- These rules apply to championships for Long Distance, Middle Distance, Sprint Distance and Night orienteering, as defined by British Orienteering (BOF).
- 2 Event Levels and Format:
- 2.1 Championship events shall be organised and planned according to BOF Rules and Guidelines. They should be Level B or C events; the Long Distance event shall normally be at Level B. The date, organising club and venue shall be agreed by the SWOA Executive Committee.
- 2.1 Sprint Distance Championships: there shall be two races, a Prologue and a Final, with the winner of each age class being determined by the total time taken. Those who mispunch in or do not finish the prologue shall be allowed to start in the Final but shall be non-competitive in the championship. For ranking point calculation total times shall be submitted to BOF.
- 3 Only members of SWOA are eligible for awards.
- Awards will be given to each junior class in two year intervals (M/W10 to 20 in two year steps) and each senior class (M/W21 and M/W35 to 85 in 5 year steps).
- 5 When Short classes for seniors and B classes for juniors are provided, championship awards will only be given for the Long classes for seniors, and the A classes for juniors.
- Entries shall be made by age class, and classes allocated to courses in accordance with BOF Rules and Guidelines. If a competitor chooses to "run up" for example an M16 to run M18, or a W35 to run W21 then they must enter the age class that they wish to be competitive in, not their actual age class. The pre-event publicity, entry system and final information must make this and the course/class allocations clear.
- The minimum award shall be a certificate to the age class winner. SWOA may choose to provide mementos or perpetual trophies for class winners. The organising club may choose, particularly for Middle and Sprint championships where each course may have several classes on it, to give mementos to the male and female course winners. The organising club may choose to give certificates to B and Short class winners but these will not be Championship certificates.

Version 1 of these Rules agreed at the SWOA Committee meeting of 8<sup>th</sup> December 2010. Version 2 includes the format for the Sprint Championships agreed at the SWOA Committee meeting of 28<sup>th</sup> February 2012.