

Rules for the East Anglian Orienteering Championships

The East Anglian Orienteering Championships will be held each year at an event designated by the East Anglian Orienteering Association (EAOA) Committee and staged by a club within the EAOA Region.

The EA Championships will be a Long or Classic distance race. Separate Sprint or Middle Distance Championships may also be staged if the EAOA Committee so decides.

The event will be registered with British Orienteering and held in accordance with British Orienteering's Rules of Orienteering applicable at the date of the competition. The event may be registered as Grade B or Grade C.

To be eligible for the EA Championships competitors must be registered with British Orienteering at the date of the competition as a member of a club affiliated to EAOA. Clubs may be Open or Closed.

Orienteers from other Regions and non members may participate in the event but are not eligible for the Championships.

EA Championships classes are age-based regardless of whether the event has age or colour coded courses. The event Organiser will clearly state in the event details which course must be run by each age group, using previous EA Championships as a guideline.

The M21 and W21 age classes are "Open" so 'running up' is permissible by all male competitors to the M21 age class and by all female competitors to the W21 age class. Competitors who are running up to the M21 or W21 age classes must register their intention when entering the Championships.

There will be no 'running up' permitted to any other age classes. If more than one age class is competing on the same course, competitors are only eligible for the class appropriate for the year of their birth (their "BOF age class").

Juniors who are competing in the Championships may not be shadowed or run in pairs or a group.

Results will be displayed throughout the event as they become available. A ceremony to award trophies should be held at the event as early as possible to encourage participants and all champions to attend.

Champions are responsible for the safe keeping of trophies, for their engraving and for returning them in time for the following year's competition. EAOA will reimburse trophy engraving costs if required.

Rules effective from 6th July 2014