

## Rules for the East Anglian Orienteering Championships

Last updated 7 December 2022

1. 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.
2. 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.
3. 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.
4. The event may be registered as Level B (National) or Level C (Regional).
5. 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 or a club represented on the EAOA Committee.  
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.
6. 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, where possible using the tables below as a guideline.
7. The M21 and W21 age classes are "Open" (There are no M21 or W21 categories separate from the corresponding Open categories).
8. 'Running up' is permissible by all male competitors to the M21/Open age class and by all female competitors to the W21/Open age class. However, to "run up" competitively, competitors must enter and run the course designated for their open category. If this course does not match the course designated for their actual age class, they will not be eligible for their age class trophy. (For example, if the course for the Mens Open category is Brown, and the course for the M60 class is Blue, then if an M60 competitor chooses to enter and run the Brown course they will be competitive in the Open class but not in their actual M60 class).
9. If the course designated for the Open competition is also designated for other age classes (eg Brown course designated for M21, M35, and M40 classes) then entrants in these age classes will be eligible to win both the open trophy and the trophy for their actual age class (but no other class). For example, if the fastest eligible finisher on Brown is an M40 age class runner, they will win the Open trophy and also the M40 trophy. The fastest eligible M35 would receive the M35 trophy. No M21 class entrant would receive any trophy. This applies equally and separately to Mens and Womens categories.
10. If entry is by course, then the course that the entrant chooses to enter will determine which class(es) if any they are eligible to win. If entry is by age class, the entry system must allow competitors of older age classes to enter either their actual age class or their open class. No additional declaration is required.

11. There will be no 'running up' or running down 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 age class in their British Orienteering membership profile. (For example an M60 competitor who enters the Blue course, which is the designated course for M60, M55, and M45 age classes, is only eligible for the M60 trophy irrespective of whether their result would be a winning time in other age categories).
12. Juniors who are competing in the Championships may not be shadowed or run in pairs, or in a group.
13. 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.
14. Champions are responsible for the safe keeping of trophies, for their engraving and for returning them in time for the following year's competition.
15. EAOA will reimburse trophy engraving costs if requested.
16. Designated courses for age classes shall normally be according to the following tables. Any exceptions to this should be made clear to entrants prior to their entering.

Men Age Class	Designated Course	
	If offered	Otherwise
M10	Yellow	Yellow
M12	Orange	Orange
M14	Light Green	Light Green
M16	Blue	Blue
M18	Short Brown	Blue
M20	Short Brown	Blue
M21 / Open	Black	Brown
M35	Brown	Brown
M40	Brown	Brown
M45	Short Brown	Blue
M50	Short Brown	Blue
M55	Blue	Blue
M60	Blue	Blue
M65	Short Blue	Green
M70	Green	Green
M75	Short Green	Short Green
M80	Very Short Green	Short Green
M85	Very Short Green	Short Green

Women Age Class	Designated Course	
	If offered	Otherwise
W10	Yellow	Yellow
W12	Orange	Orange
W14	Light Green	Light Green
W16	Green	Green
W18	Short Blue	Green
W20	Short Blue	Green
W21 / Open	Short Brown	Blue
W35	Blue	Blue
W40	Blue	Blue
W45	Short Blue	Green
W50	Short Blue	Green
W55	Green	Green
W60	Green	Green
W65	Short Green	Short Green
W70	Short Green	Short Green
W75	Very Short Green	Short Green
W80	Very Short Green	Short Green
W85	Very Short Green	Short Green