

East Anglian Orienteering Schools Orienteering League Rules

Events

The competition consists of regional events hosted by East Anglian orienteering clubs held during the school year (September to July) which are not already part of another competition.

Eligibility

EASOL events are open to all young people of school age in the catchment areas of SOS, SUFFOC, WAOC, HAVOC, NOR and SMOC clubs.

Start Times

Competitors from the same team on the same course must have start at least 4 minutes apart.

Registration

Competitors must include the following details when registering for an event -

Full Name

School Year (e.g. Year 6)

School Name.

Without this information competitors will not be entered into EASOL.

Courses

Competitors compete in the following classes and should normally enter the course appropriate to their age -

School Year Class	Colour Coded Course			
Years 3 & 4	White	Controls on paths with a control at every junction	no route choice	about 1.5 km.
Years 5 & 6	White	Controls on paths with a control at every junction	no route choice	about 1.5 km.
Years 7 & 8	Yellow	Controls on obvious line features	no route choice	about 2km.
Years 9 & 10	Orange	Controls on prominent point and contour features	route choice and cutting corners	about 3 km.
Years 11 & 12	Light Green	Controls on any feature	significant route choice with helping features nearby	about 3-4km.
Year 13	Green	Controls on any feature	significant route choice	about 4-5km.

Competitors and their teachers, leaders and parents are responsible for ensuring that the correct course is entered, but the scoring scheme adjusts for those who run a different course.

Competitors normally run as individuals, but those lacking experience may run as part of a pair. If running as a pair their score can only count on white and yellow courses.

Scoring

The winner of each class (boys and girls separately) is awarded 100 points.

Other competitors in the same class are awarded	<u>Winner's time (in seconds)</u>	x 100 points.
	Competitor's time (in seconds)	

Competitors running up one course (e.g. a Year 8 running the Orange course; a Year 13 running a blue course) will receive 110% of the points above.

Competitors running up two courses (e.g. a Year 6 running the Orange course; a Year 13 running a brown course) will receive 120% of the points above. Competitors may run blue or brown courses **They may run up more than two classes but would still only score a maximum of 120%.**

Competitors running down one course (e.g. a Year 11 running the Orange course) will receive 90% of the points above.

Competitors running as a pair will each receive 75% of the points above, based on the class of the older member of the team with a default to the lower time if a mixed pair.

Competitors running in groups of three or more or with adult (or other) help do not score.

A related adult or supervising person who wishes to run the same course as the competitor must leave at least 10 minutes after the competitor has started their run before setting off on their own run for white and yellow courses, and at least 15 minutes for other courses.

Competitors having a second run on the day must declare themselves non-competitive for the second course and will not receive points for the second run, and neither will any partner who runs with them.

Individual Awards

A trophy will be presented to each boy and girl in each school year group class (3/4, 5/6, 7/8, 9/10, 11/12/13) who has the highest cumulative points score from **his/her or their best 5 results**. This may be adjusted if the number of available fixtures changes.

Teams

There is no limit on the number of competitors from any school, youth group or club at any EASOL event.

The team points score for each EASOL event will normally be the sum of the **best 6 individuals** representing that team at that event.

Whole Team Trophy

A trophy will be presented to the team which has the highest cumulative points score from **their best 5 results**.

Junior Team award

An award will be presented to the team which has the highest cumulative points score in the Y3/4 & Y5/6 categories from **their best 5 team results**.

Senior Team award

An award will be presented to the team which has the highest cumulative points score in the Y7+ categories from their **best 5 team results**.

Disputes

Every effort is made to avoid mistakes or omissions but should any be found then please email the details to the EASOL co-ordinator.

The decision made by the EASOL co-ordinator is FINAL.