

PROPOSED BFG LEAGUE FORMAT

GENERAL

1. The aim of the BFG Orienteering League is to offer regular orienteering competitions and training to all BFG personnel. Events can be used to further Land Navigation training and be used to conduct MATT 5.
2. The League will operate from Oct 09 – Mar 10. The League will culminate in the BFG Individual Orienteering Championships and the BFG Team Championships. These competitions are to be held ahead of the Army Team Orienteering Championships.
3. The format and rules of the League will remain unchanged throughout the Season as set out below. Units or individuals seeking clarification should in the first instance contact the BFG Secretary. In the event of a dispute, the decision of the Chairman will be final.

LEAGUE COMPOSITION

4. **Quantity of events.** It is hoped to have between 8 and 10 League events. Individual and Team points will be based on the best 50% of events held if an even number, or 50% minus one event if an odd number is held. Therefore, the following events will score:

6 events out of 12 (if we can achieve 12!)
5 events out of 11 (if we can achieve 11!)
5 events out of 10
4 events out of 9
4 events out of 8
3 events out of 7
3 events out of 6

5. **Type and standard of events.** It is essential to ensure that all League events conform to the following parameters:
 - a. **A Courses.** Normally between 5.5 – 8.5 km in length depending on terrain and climb. Physical Difficulty 4 - 5 and Technical Difficulty 4 - 5. Expected completion time for most competitors to be between 50 and 90 minutes.
 - b. **B Course.** Normally between 3 and 4.5 km in length depending on terrain and climb. Physical Difficulty 3 – 4 and Technical Difficulty 3. Some route choice but plenty of handrails with greater number of controls on line features initially and a few contour features close to line features and occasionally larger point features close to line features (no pits, boulder, etc).
 - c. **Score event.** Normally planned so that the optimum route is no greater than between 7 – 9 km depending on terrain. This should be that only the very best orienteers on the day may be close to completing the course. Ten points will be deducted per min or part thereof over the target time of 60 mins. Controls can be 10 points per control or a scale for more difficult controls or those further away from the start/finish.

6. **Individuals and Minor Detachments.** Where individuals or minor detachments cannot enter as a Major or Minor Unit team, they should seek clarification from the Secretary and be attached for BFG Orienteering League and BFG Competition purposes to their local admin unit.

7. **Maximum individual points scored.** The maximum points scored will be 100 points for the winner on the A Course and 50 points scored on the B Course. If a 60 minute Score event is used, the winner will receive 100 points. The format for awarding points is shown at paragraph 10.

8. **Team points.** Team points for a Major or Minor Unit will be awarded for the top 3 orienteers who have scored at each event. Teams may enter as many personnel as they wish on each course.

9. **Officials points scoring.** Organisers, Planners and Controllers will each be awarded 100 points for putting on an event. These points will go forward to the League Individual Points totals. The organising unit will receive a total of 300 points towards the League Team Points totals. Units and individuals can and are encouraged to organise, plan or control more than one event during the Season, however as it is anticipated that there will be a maximum of 10 events with the best 5 scores counting, points will only be allocated for one event.

10. **Scoring methods.**

a. **Cross Country events scoring method.**

(1) **A Course.**

The winner's time divided by your own time x 100

Example:	Winner's time	62 mins 06 secs (62.1)	= 100 pts
	Your time	70 mins 18 secs (70.3) x 100	= 88 pts
		(score rounded down)	

(2) **B Course.**

The winner's time divided by your own time x 50

Example:	Winner's time	58 mins 45 secs (58.75)	= 50 pts
	Your time	60 mins 03 secs (60.05) x 50	= 48 pts

(3) **Score events (where no A and B cross country Courses are run).**

The scores of the first 3 BFG personnel will be averaged. The League points are then calculated as follows:

Runner's Score	
-----	x 100
Average Score	

This may result in one or two of the top three receiving more than 100 points.

11. **Prizes.** Prizes will be awarded to the highest placed 3 individuals (both male and female). Prizes will also be awarded to the highest placed M17/W19, M19/W19, M40/W40, M45/W45 and M50/W50. Team prizes (one single trophy to each team) will be awarded to the top placed Major Unit and top placed Minor Unit.