

VERSION 1 – FOR USE FOR 2011/12 SEASON
MILITARY LEAGUE NORTH ORIENTEERING
COMPETITION RULES AND GUIDELINES 2011/12 SEASON

References:

- A. Orienteering, A Military Training Guide, Army Code No 71341.
- B. Army Orienteering Association (AOA) Handbook.
- C. British Orienteering (BO) Rules and Guidelines.

GENERAL

1. **Introduction.** These rules are in accordance with the general principles and guidelines outlined at References A, B and C and also incorporate decisions reached at various AGMs. Additional rules or interpretations may be required from time to time, specific to a given event. In such cases, these additional rules or interpretations are to be published to all participating units, at least one week prior to the event to which they apply.
2. **Aim.** The aim of the MLN is to offer regular orienteering to all military personnel in the 2 Div (N) area and the opportunity for civilian competitors to participate if available.
3. **The Season.** The MLN will operate throughout the orienteering season from September through to May. Events will normally be held on Wednesday afternoons on a 2-weekly basis, but the dates and frequency may vary depending on circumstances. Wherever possible, MLN events will be de-conflicted from the 2 Div League XC schedule, which also operates on a 2-weekly cycle.
4. **Competitions.** The MLN will comprise 2 separate elements:
 - a. Individual Competition – sub-divided by orienteering age class categories. To simplify age groupings¹, a competitor's age category for the MLN will be based on his/her age category at the end of the season.
 - b. Team Competition – sub-divided into Major and Minor Units, TA Units and Guest Teams.

Note that, for the 2011/12, there will be no league registration fee charged. This is to ensure that those units who can only make it to a couple of events are not discouraged from attending nor disadvantaged financially. Instead, the entry fee has been set at £3 per person per event – £2 to cover costs of the event and £1 to go to the League (EMIT upkeep etc.). Any individual or unit/team will be eligible for an individual or team prize regardless of how many events they attend.

5. **Individual Competition.** This is open to all members of the Regular Army, TA (including UOTC), Navy and RAF Units situated in the area, together with retired and civilian personnel on the strength of such units, and other civilian personnel.
6. **Team Competition.**
 - a. Personnel may not represent more than one unit/team in the season unless formally posted between units. A similar restriction is to apply to retired and civilian personnel.
 - b. There is no restriction on the number of personnel who may compete in any team. However, if unusually large numbers of competitors are to attend any event, the unit representative is to liaise with the organiser at least one week in advance in order that suitable arrangements can be made. It should also be noted that the number of competitors to count is restricted as defined later in these rules.

1. Age groupings under British Orienteering rules are based on age as at 31 December, effective from the preceding 1 January.

VERSION 1 – FOR USE FOR 2011/12 SEASON

- c. Team members from the unit organising an event, who have not been involved in the planning of the event and who have no knowledge of the location of controls, may compete. MLN points will accrue as defined later in these rules.
- d. For the purpose of the MLN, a TA Team can be made up of any individual on the strength of that unit.

7. Finance.

- a. Orienteering in the Army is classified as normal military training and can be used as a component of Military Annual Training Test (MATT) 5. It is funded the same as all other training, subject to the provisions of 2010DIN07-065 (Authority for Army Orienteering 2010).
- b. At the start of each season, a league registration fee is charged to cover the cost of trophies/medals for that season's presentations.
- c. Units hosting events are to charge a competitor or team fee to cover the organising costs including maps and refreshments; events must be self funding.
- d. Any profits from league registration or events will be retained by the MLN Secretary for future use, including in particular the maintenance and upkeep of EMIT equipment.

ORGANISATION, INSURANCE AND SAFETY

8. **General.** Events may be sponsored by any one unit or combination of units. Participating teams are strongly encouraged to assist in the promotion of the sport by organising at least one event per season. All events are to be arranged through the MLN Secretary who is responsible for notification of events and publication of the flyer on the website.

9. Event Officials.

- a. A minimum of 3 officials is recommended:
 - Organiser.
 - Planner.
 - Controller.

The duties and responsibilities of these officials are laid down in References A, B and C. Where necessary, one individual can fulfil the duties of more than one official, provided the mandatory safety and technical checks/assurance are complied with. The details of the officials must be published in advance of the event on the event flyer.

b. All organising units are to advise the MLN Secretary of the qualifications and/or experience of their officials so that technical assistance with planning and organisation or support to ensure compliance with mandatory guidelines can be provided if required.

c. The qualifications and experience of event officials is now of particular importance because, in order to gain BO registration (as a BO Level D event) and hence BO insurance (see below), the event must be signed off by: a qualified Controller; a person who has BO Event Safety Accreditation; or a Licensed Coach. Where one of the actual nominated event officials is not appropriately qualified, the event will be signed off centrally by a suitably qualified individual who has reviewed the planning of the event and the (BO) risk assessment².

2. Note: BO have agreed to the use of the military EASP document and appendices to substitute for the BO risk assessment so organisers only have one set of documentation to complete. Discussion Colin Holcombe (MLS)/Mike Hamilton (BO) refers.

VERSION 1 – FOR USE FOR 2011/12 SEASON

10. **MOD, BO and Personal Insurance.**

- a. Military personnel competing are on duty and will be covered for personal injury/third party liability under normal MOD Rules subject to publication in advance of the event on Unit P1Os. MOD responsibility and liability may not adequately meet the insurance needs of any one individual. Accordingly, all participants in the sport are strongly encouraged to take out personal cover against personal injury and third party liabilities.
- b. Retired personnel and civilians will not be covered by MOD insurance but these individuals are catered for by registering the event with BO for insurance purposes.
- c. The MLN Secretary is to register all events with BO, via BAOC. This will ensure all events are covered under the BO Insurance Scheme and open for civilians to participate.

11. **Retired Personnel and Civilian Participation.** Participation by retired personnel and civilians is permitted, indeed encouraged, provided that the necessary BO registration and insurance cover is in-place. In addition to writing a (BO) risk assessment, organisers must also:

- Obtain the addresses of any non-BO civilians who participate (SEF or equivalent to be completed on the day).
- Make a list of helpers who do not run (Organiser to complete on the day).
- Retain a full set of results (Organiser and League/Results Secretary on the day).

If the relevant BO registration/insurance can not be completed for whatever reason, the event must be declared “military only” and notified as such at least a week in advance.

12. **Safety and Medical.** The organising unit is to be entirely responsible for the safe conduct of the event and medical support in the event of an injury. Guidance is to be found in References A, B and C. In planning the event, consideration must be given to a worst case safety/medical incident requiring access by civilian emergency services to all parts of the event area (keys to gates, safe access, alternative routes into the area, mobile phone coverage etc.). The minimum level of safety cover is a nominated person, normally the organiser, who does not leave the event centre and is available to co-ordinate safety/medical support. The minimum level of medical cover is a qualified first aider, usually from the organising unit’s medical staff; on occasions, it may be appropriate to ask St John’s Ambulance to provide first-aid cover for an event.

13. **Clothing and Equipment.** Full leg cover is to be worn at all events and all competitors are to carry a whistle; short sleeve tops are permissible. Event organisers are to disqualify any competitor considered to be in breach of these requirements before they start.

14. **Notification of Event Details.** Organising units are to circulate event details, by means of a flyer via the MLN Secretary not less than 21 days before the event date. Notification is to include as a minimum: day/date/time; location of event with 6 figure grid and directions; the type of event and courses on offer (see paragraphs 15 – 19 below); details of the event officials (plus their BO numbers where appropriate and contact telephone numbers); and any special conditions e.g. limited parking, no changing facilities etc.

Key points on event planning, management/conduct and post-events actions have been summarised at Annex A.

TYPES AND STANDARDS OF EVENTS

15. **General.** The types of events that may be included as part of the MLN are outlined below. All of the event formats can take place by day or night. One event will be nominated as the Day Champs (at the end of the season) and, if possible, one as the Night Champs (midway through).

VERSION 1 – FOR USE FOR 2011/12 SEASON

16. **Cross-Country Events.** As a minimum, 3 courses are to be provided:

Course	Civilian Course (Colour)	Technical Difficulty (TD)	Time for Most Competitors	Normal Length	Remarks
A	Brown	5	65-105 mins	7.5-10 kms	Maximum 100 points See notes below
	Blue	5	55-90 mins	5-7.5 kms	
B	Light Green	4	35-60 mins	2.5-5.5 kms	Maximum 70 points See notes below
C	Red	3	45-75 mins	3.5-6 kms	Maximum 50 points See notes below

When planning the time for most competitors, 100m of climb broadly equates to approximately 1 km in length

In routinely laying on only 3 courses, it is accepted that there will always be a compromise between the small range of available courses and the wide spread of likely competitor abilities. Consequently, some explanatory notes are useful:

a. **General.** In designing this construct, a number of principles have been adopted. From a military perspective and to retain the key link to military training, the C Course must be suitable for novices (to encourage participation). In parallel with this, there must be a progression through TD3 to TD5 (to promote further development thereafter, linked to encouraging attendance on skills and planning courses). The link to the civilian colour structure has also been retained, in accordance with the AOA handbook and given the number of civilian participants at MLN events. In order to assist understanding, event flyers should include some extra explanatory detail, an example of which is shown below:

A Course	Blue	6.5kms	TD5	Technically difficult, experienced orienteers only.
B Course	Light Green	4.5kms	TD4	Medium difficulty, not suitable for novices.
C Course	Red	5 kms	TD3	Straightforward, suitable for novices.

(2) **A Course.** The A Course is designed for experienced orienteers and for those progressing up from the B Course. In principle, it should be as technically and physically challenging as the event area allows. Early in the season, or perhaps where the event area dictates, course lengths can be at the lower end of the guidelines (i.e. Blue), increasing as the season progresses and/or when the event area permits (i.e. Brown). The course map does not need to include a legend. Control descriptions must be printed on the map and should be IOF symbols.

(3) **B Course.** The B Course is designed for orienteers with some experience, those progressing up from the C Course and for older, more experienced orienteers. It should be technically challenging but not as physical as the A Course. Again, early in the season, or perhaps where the event area dictates, course lengths can be at the lower end of the guidelines, increasing as the season progresses and/or when the event area permits. Throughout, the course should be planned as Light Green (TD4), although it should be noted that the normal course length shown in the table above spans both the Light Green and the Green guidelines. The course map should include a legend. Control descriptions must be printed on the map and should be IOF symbols. Given the software available, it is acceptable for the control descriptions to be shown as IOF symbols and written (side-by-side), as this will also assist with the progression through TD3 to TD5.

(4) **C Course.** The C Course is to be adult novice standard. It is aimed at new recruits and novices, both military and civilian. The course map should include a legend. Control descriptions must be printed on the map and should be written.

VERSION 1 – FOR USE FOR 2011/12 SEASON

(5) **Additional Course.** If a fourth course is planned, then the structure is shown below and the explanatory notes above apply as appropriate:

Course	Civilian Course (Colour)	Technical Difficulty (TD)	Time for Most Competitors	Normal Length	Remarks
A	Brown	5	65-105 mins	7.5-10 kms	Maximum 100 points
B	Blue	5	55-90 mins	5-7.5 kms	Maximum 70 points
C	Light Green	4	35-60 mins	2.5-5.5 kms	Maximum 50 points
D	Red	3	45-75 mins	3.5-6 kms	Maximum 25 points
When planning the time for most competitors, 100m of climb broadly equates to approximately 1 km in length					

On all the above courses, competitors are to visit controls in numerical sequence given on the control description list. Evidence of failure to comply with this rule will result in disqualification.

17. **Score Events.** Score courses are simple, resource efficient events. Normally only one course is laid on for all competitors using one set of controls, although variations of this can be adopted. Of particular note, planners should ensure that it should be difficult (only just possible) for a competitor to get all the controls in the allocated time. A time limit of 60 minutes usually applies but this should be reduced where the area requires – with 45 minutes being the default minimum time limit; alternatively, the format of the event could be altered accordingly. Ideally, controls should be of differing scores dependent upon their technical and physical degree of difficulty. The standard penalty for exceeding the allocated time is 10 points deducted per min, at a rate of 1 point for every 6 seconds, or part thereof, over the allocated time.

18. **Other Events.** Alternative event formats (e.g. contour, corridor, window, map memory etc.) can be considered using a mixture of control sites to encourage competition, particularly if the event area is small or of low technical difficulty. However, to count as a scoring MLN event, rather than just a training event, alternative event formats must still be intrinsically “fair” i.e. all competitors must be able to make decisions based on common knowledge of the course format and intricacies – and not simply rely on or benefit from luck or bing-‘O’. If in doubt, seek advice from the MLN Secretary.

19. **Team Events.** Team events may be organised using the Harris Team or Relay formats. Exact details will be provided in advance in the supporting instruction or flyer so that that team selection can be properly decided.

20. **Start and Finish Procedures.**

- a. Start times for competitors from the same unit on the same course are to be at least 4 minutes apart. The event organiser is responsible for ensuring this.
- b. Maps should normally be issued after a competitor has punched the start control. Where this can not be achieved and maps have to be given out at registration (rolled up/sealed), competitors are not to look at the course before they have started their EMIT control card at the start.
- c. All competitors starting a course must report to the finish/download and return their EMIT card, if hired, even if they are retiring and regardless of whether the course has been completed. There are NO exceptions to this.

21. **Results.** When EMIT is used, the Results Secretary will publish results by course (both simple and split times) on the website as soon as possible after the event. Where EMIT is not used, the results of an event are to be sent by the organiser to the Results Secretary (preferably by email) to reach him within 7 days of the event, for publication on the website.

SCORING SYSTEM

22. Individual Scores – Cross-Country and Non-Score Courses.

- a. For all individual scoring events, the timings of the top 3 military runners per course will be averaged; this will be the target time. The target time will be used to calculate points based on the maximum allocation shown in the tables in paragraph 16 above.
- b. For each full minute that a competitor is over the target time, a point will be subtracted from the maximum allowed for that course. Negative points will not be given.
- c. For the A Course only, for each full minute that a competitor is under the target time, a bonus point will be added to the maximum allowed for that course.
- d. For the C Course (or D Course where 4 courses are planned), 10 points minimum will be awarded subject to correct course completion, even if over time.

23. Individual Scores – For Score Events. The points calculation depends on whether more than 2 military runners achieved the maximum score at the event.

a. MAXIMUM SCORE NOT ACHIEVED BY MORE THAN 2 MILITARY RUNNERS

The scores of the top 3 military runners will be averaged. MLN points are then calculated as follows:

$$\frac{\text{Runner's Score}}{\text{Average Score}} \times 100$$

b. MAXIMUM SCORE ACHIEVED BY MORE THAN 2 MILITARY RUNNERS

(1) All those achieving the maximum score will have their MLN points calculated by the same method used for the A Course as described in paragraph 22 above. This will result in reducing points awarded to those who achieved the maximum score for every minute over the average of the first 3 military runners' times. The lowest points value awarded using this method is the Base Points Value for those who do not achieve the maximum score.

(2) All those below the maximum score will have their points calculated as:

$$\frac{\text{Runner's Score}}{\text{Maximum Score}} \times \text{Base Points Value}$$

24. Individual Scores – Officials. For each event, 100 points are awarded to the organiser, planner and controller. This is available up to a maximum of 2 events, per official, per season, although they may of course assist in more than this. Subject to paragraph 6c, an organiser can run in their own event.

25. Individual Scores – Team Events. For Harris Team and Relay events, individual scores will not be allocated. However, organising units will be awarded their maximum allowable points as shown in paragraph 26c, to count towards the team competition.

26. Team Scores.

- a. At individual events, team scores will be calculated as follows:-

VERSION 1 – FOR USE FOR 2011/12 SEASON

(1) **Major Units.** The top 6 scoring runners per event will count towards the team's MLN score. Any number of runners may compete.

(2) **Minor Units.** The top 4 scoring runners per event will count towards the team's MLN score. Any number of runners may compete.

Should any unit or club be unable to field a full team, then the maximum points gained will be that obtained from the runners attending.

b. For Harris Team and Relay events, team times will count as the last runner of that group (of 4 or 3) to cross the line (or as advertised by the organiser). In deriving team scores, 600 points is the maximum available for a Major Unit and 400 points for a Minor Unit.

c. The organising unit is awarded the following points per event up to a maximum of 2 events:

(1) 600 points for a Major Unit.

(2) 400 points for a Minor Unit.

27. **Champs.** Events nominated as the Day and Night Champs do not normally count towards MLN scores, unless stated otherwise.

28. **Rolling Results.** The Results Secretary is to publish a consolidated list of rolling individual and team results at suitable intervals during the season.

29. **Final Results.** The final individual and team positions will be calculated by aggregating the best "50% rounded up plus one" scores of the total declared MLN events in the season.

30. **Appeals Committee.**

a. **Standing Committee.** The Standing Committee will comprise the Chairman, the MLN Secretary and the Results Secretary.

b. **Event Matters.** An ad-hoc Committee is to comprise:

(1) The event controller.

(2) A unit representative of any Major Unit participating, other than the organiser's and that of any complainant.

(3) A unit representative of an Minor Unit or TA Unit participating, other than the organiser's and that of any complainant.

(4) Where available, a member of the Standing Committee.

In such cases, adjudication should take place at the event.

Matters not resolved at an event or matters relating to these rules are to be referred to the Standing Committee. Adjudication will not necessarily take place at the event but should occur before publication of the results.

VERSION 1 – FOR USE FOR 2011/12 SEASON

ANNEX A TO
MLN RULES
2011/12 SEASON

EVENT CHECK LIST

This guide is not exhaustive but outlines some of the key actions to ensure the event runs smoothly.

EVENT PLANNING
<p><i>8 weeks before</i></p> <ul style="list-style-type: none">- Confirm date with MLN Chairman and Secretary and that no changes or special instructions apply.- Ensure area booked, land clearance and local de-confliction in place as necessary.
<p><i>4 weeks before</i></p> <ul style="list-style-type: none">- Conduct and write MOD Risk Assessment.<ul style="list-style-type: none">- If not a qualified Controller, a person who has BO Event Safety Accreditation, or a Licensed Coach, submit Risk Assessment for sign off.- MLN Secretary confirms BO Registration.- Advice on medical cover is available from Maj A Lewis, 5 Med Regt.- Plan and design courses.<ul style="list-style-type: none">- If not a qualified Controller, advice available from/submit courses to Mr Phill Batts, CLOK.
<p><i>3 weeks before</i></p> <ul style="list-style-type: none">- Draft event flyer and submit to MLN Chairman and Secretary for final confirmation and advertisement on the website and at the preceding event.
<p><i>2 weeks before</i></p> <ul style="list-style-type: none">- Confirm courses, arrange printing of maps and collection/delivery of controls.
<p><i>1 week before</i></p> <ul style="list-style-type: none">- Final checks and preparation of event noticeboard with instructions, map corrections, flyers etc.
ON THE DAY
<ul style="list-style-type: none">- Lay out course, set up registration, event noticeboard and parking area, and brief support team.- At registration:<ul style="list-style-type: none">- Obtain the addresses of any non-BO civilians who run (SEF or equivalent on the day).- Make a list of helpers who do not run (on the day).- Ensure the start runs properly (EMIT card activation, map handout and competitors dressed appropriately).
POST EVENT
<ul style="list-style-type: none">- Clear up, take down and retrieve controls.- Collate:<ul style="list-style-type: none">- The addresses of any non-BO civilians who run (SEF or equivalent on the day).- The list of helpers who do not run (on the day).- Copy of the results. <p>Staple these 3 documents together with a copy of the event flyer and MOD Risk Assessment and pass to MLN League Secretary for archiving for 5 years.</p> <ul style="list-style-type: none">- Confirm financial payment (minimum £1 per competitor) to MLN Secretary.