

## Special Rules for New Zealand Secondary Schools Orienteering Championships

These rules define the specific regulations pertaining to the New Zealand Secondary Schools Orienteering Championships (NZSSOC), where they deviate from the New Zealand Foot-O competition rules.

(<http://www.orienteering.org.nz/wp-content/uploads/2013/12/ONZ-FootO-Competition-Rules-as-at-2014.pdf>)

These rules are binding on the New Zealand Secondary Schools Championships, and it is strongly recommended that they are also adopted by the organisers of the South Island and North Island Secondary Schools Championships, and other regional Schools Championships. Requests for rules deviations should be made to both the Junior Development Committee and the Technical Committee at least six months before the event. There is no guarantee that these requests will be granted.

### Definitions

- 1) NZSSOC is officially sanctioned as the schools orienteering championship by the New Zealand Secondary Schools Sport Council (NZSSSC). It shall be the organiser's responsibility, working with the ONZ Event Liaison, to ensure the requisite sanctioning forms are completed.
- 2) NZSSOC should be run to the equivalent standard as a A-level event (as defined in the Foot-O rules)
- 3) The NZSSOC will include three separate races, Individual Sprint, Individual Long Distance and School Team Relay.
- 4) The NZSSOC will be held on the last weekend of the July/August school holidays, either Thurs-Sat or Fri-Sun.

### Organisers

- 1) The NZSSOC will rotate between the four defined regions, Auckland, Central Districts, Wellington and South Island. Within these regions it is up to the area association to determine which club will run the event.
- 2) If the assigned region cannot organise the event for whatever reason (e.g. clash with other major event) then they must let both the Junior Development Committee and the Event Liaison Officer know by June of the preceding year.
- 3) The organising club for the event must be nominated by the end of September in the preceding year.

### Eligibility

Eligibility: A student eligible to compete in the NZSSOC must:

- 1) Be enrolled as a bona fide (Year 9 or above) student at the school of representation and studying at least 80% of a programme that is part of the timetable provided by the school for at least four weeks immediately prior to the event.
- 2) Have a satisfactory attendance record at the school. The final decision will be at the principal's discretion.
- 3) Be under 19 years of age at the first of January in the year of the competition. Year 7 & 8 students must meet equivalent criteria as bona fide students in Year 7 or 8. Younger children are not eligible to enter any of the events.

## Individual Classes

- 1) Competitors are divided into classes based on their gender and current year level at school.
- 2) Competitors are divided into four separate grades based on their current year level at school, Yr 7&8, Junior (Yr 9), Intermediate (Yr 10&11), Senior (Yr 12&13).
- 3) There are also maximum ages for each grades as follows:
  - a) Senior (Yr 12-13) must be under 19 years of age at the first of January in the year of the competition.
  - b) Intermediate (Yr 10-11) must be under 16 years of age at the first of January in the year of the competition.
  - c) Junior (Yr 9) must be under 14 years of age at the first of January in the year of the competition.

If someone is over the maximum age for their grade they must run up a grade regardless of what year they are in at school.

- 4) Determining year at school:
  - a) Regardless of what level they are studying at, year at school should be determined by how many years the student has been at school. For example, if someone is in Year 11 but studying a mixture of NCEA Level 1 and 2 papers then they still compete as a Year 11.
  - b) If someone has skipped a whole year then they compete at their new year level. For example if someone skips straight from Year 9 to Year 11 (missing year 10) then they compete as a second year Intermediate grade.
- 5) Classes for the individual Long Distance event are further subdivided on skill into Championship, Standard and (depending on grade) Novice categories.
- 6) The practice of competitors "running up" a grade is not endorsed by Orienteering NZ, however it is recognised that in some cases this may be the best approach for a small number of top competitors with significant past experience. It is recommended that only those who have a chance of obtaining a podium place in the grade above consider running up.

Note: See Appendix 2: Definition of Grades and Difficulty Colours for a description of the differences between the grades that can be used as part of the event information.

## Sprint

- 1) The following classes are competed in the individual sprint event: Senior Boys, Senior Girls, Intermediate Boys, Intermediate Girls, Junior Boys, Junior Girls, Yr7/8 Boys, and Yr7/8 Girls.
- 2) All classes should adhere to the estimated winning time of 12-15mins.
- 3) The sprint must be a predominantly urban event.

Recommended course/class combinations:

<b>Sprint</b>		
<b>Course</b>	<b>Classes</b>	<b>Estimated winning time (mins)</b>
Course 1	Senior Boys	12-15mins
Course 2	Senior Girls	12-15mins
Course 3	Intermediate Boys	12-15mins
Course 4	Intermediate Girls	12-15mins
Course 5	Junior Boys	12-15mins
Course 6	Junior Girls	12-15mins
Course 7	Yr7/8 Boys	12-15mins
Course 8	Yr7/8 Girls	12-15mins

## Long

1. The following classes are competed in the individual long distance event:
  - Senior Boys & Senior Girls Championship (Red), Standard (Orange) and Novice (Yellow)
  - Intermediate Boys & Intermediate Girls Championship (Orange) and Standard (Yellow)
  - Junior Boys & Junior Girls Championship (Yellow) and Standard (White)
  - Yr7/8 Boys & Yr7/8 Girls Championship (Yellow) and Standard (White)
2. All classes should adhere to their respective estimated winning times.
3. The long distance event must be a non-urban event (e.g. forest or farmland terrain)
4. The terrain should be complex enough to plan suitably challenging red courses.
5. Courses must be planned to a challenging level within the stated rules for each course (Foot-O rules section 16). In particular, runners on the Yellow course should be able to gain a significant advantage by being able to cut cross-country, while the orange course should provide similar opportunities to take a more direct and/or technically challenging route.

Recommended course/class combinations:

Long			
Course	Classes	Estimated winning time (mins)	Difficulty
Course 1	Senior Boys Championship	45-50mins	Red
Course 2	Senior Girls Championship	45-50mins	Red
Course 3	Intermediate Boys Championship	35-40mins	Orange
Course 4	Intermediate Girls Championship	35-40mins	Orange
Course 5	Senior Boys Standard	35-40mins	Orange
Course 6	Senior Girls Standard	35-40mins	Orange
Course 7	Junior Boys Championship, Intermediate Boys Standard	25-30mins	Yellow
Course 8	Junior Girls Championship, Intermediate Girls Standard	25-30mins	Yellow
Course 9	Year 7&8 Boys Championship, Senior Novice Boys	25-30mins	Yellow**
Course 10	Year 7&8 Girls Championship, Senior Novice Girls	25-30mins	Yellow
Course 11	Junior Boys Standard, Yr 7/8 Boys Standard	20-25mins	White
Course 12	Junior Girls Standard, Yr 7/8 Girls Standard	20-25mins	White

\*\* comment 1: *Is there a need for both senior novice boys and girls or just combine both due to possible lack of numbers*

comment 2: *They might run on the same course but, if they are worth points, they will have to have their own status.*

comment 3: *Added Senior Novice Girls running course 10*

## Relay

The rules for official teams in the Relay event, as per NZSSSC, are:

- 1) The students must be from the same school.
- 2) Yr7/8 students cannot run up in the secondary school grades (this would disadvantage Yr9-13 schools).
- 3) Girls cannot run in the boys team and vice versa (this would disadvantage single gender schools).
- 4) Within the secondary school competition, students of the same gender from the same school may run up a grade.
- 5) All other combinations will constitute a non-competitive (NC) entry with regard to points contributing to the Top School competition.

The rules for non-competitive teams from the same school are:

- 1) Girls can run equivalent boys grade or higher.
- 2) Boys cannot run any girl's courses.
- 3) Mixed boys and girls teams will run the 'boys version' of the highest grade runner in the team. Eg: JB, IG, SG will run the SB relay – must be 'boys'; and 'senior' is the highest grade runner.

- 4) These teams should be entered as a 'Full Team' when completing the initial entry forms. Individual students that have selected to run in a composite team will be placed in teams of the same grade and gender.

The following classes are competed in the relay event:

- Senior Boys & Senior Girls (Orange)
- Intermediate Boys & Intermediate Girls Championship (Yellow)
- Junior Boys & Junior Girls Championship (White)
- Yr7/8 Boys & Yr7/8 Girls Championship (White)

- 1) All classes should adhere to their respective estimated winning times.
- 2) The relay event must be non-urban events (eg forest or farmland terrain)
- 3) Courses must be planned to a challenging level within the stated rules for each course (Foot-O rules section 16). In particular, runners on the Yellow course should be able to gain a significant advantage by being able to cut cross-country, while the orange course should provide similar opportunities to take a more direct and/or technically challenging route.

<b>Relay</b>			
<b>Course</b>	<b>Classes</b>	<b>Estimated winning time (for each leg)</b>	<b>Difficulty</b>
Course 1	Senior Boys	30mins	Orange
Course 2	Senior Girls	30mins	Orange
Course 3	Intermediate Boys	25mins	Yellow
Course 4	Intermediate Girls	25mins	Yellow
Course 5	Junior Boys	20mins	White
Course 6	Junior Girls	20mins	White
Course 7	Yr7/8 Boys	20mins	White
Course 8	Yr7/8 Girls	20mins	White

### **Costs**

- 1) The entry fee for the event should be kept as low as reasonably possibly.

### **Information about the event**

- 1) The event (including organising club) must be placed on the official ONZ calendar by the end of September in the year preceding the event.
- 2) Event information including dates, start block times, maps being used and any accommodation options must be published by the end of March.
- 3) Detailed event information as per Foot-O rules 8.2 must be published by the end of May. This includes:
  - Date of event and general locality.
  - Nature of terrain.
  - Map scale and contour interval

- Approximate length of courses and classes on each.
- Specific range of start times.
- Method of entry for the event.
- Entry fee and details of any late entry penalties.
- Name, email and telephone number for enquiries.
- Name of Planner, Controller and Coordinator.
- Information on any team competition.
- Embargoed areas.

4) Final information as per Foot-O rules 8.3 must be published at least one week before the beginning of the event.

This includes:

- Administrative information, e.g. directions to the event centre, parking, distance to starting areas, registration procedures.
- A timetable, including course closure times.
- Nature of terrain and further map details, e.g. special symbols or interpretation.
- Course lengths, amount of climb.
- Special conditions, e.g. landowner's requirements, hazards, out of bounds.
- Controller, Course Planner, Protest Jury and their Clubs.
- Start times of all competitors.
- Colour of streamers marking dangerous areas or marked routes.
- Special rules, e.g. wearing numbers, carrying whistles.
- Any unusual aspects of start or finish procedures, particularly for relays.
- Details of classes combined.
- Safety bearing.

### **Results/Prizegiving**

- 1) Provisional results shall be announced and displayed in the finish area, or assembly area, during the competition.
- 2) Final results shall be made public upon completion of the event, and given there are no outstanding complaints or protests.
- 3) A prizegiving will be held for the presentation of trophies, including the schools points results.
- 4) It is the organising club's responsibility to ensure a volunteer is appointed prior to the event to calculate the schools points for all the events. (See Appendix 1 for the points system, and note that Dwayne Smith has developed a program that may be able to be used)

### **Event Report**

- 1) An event report should be completed by the overall organiser and the relevant controller for each of the days, and sent to the Technical Committee and the Junior Development Committee.

## **Appendix 1: Points competitions**

### ***Top Secondary School Competition***

This is the longest running competition and caters for the broadest spread of students. It is intended that the trophies go to the schools that display the greatest depth of orienteering talent at all levels. There are separate trophies for boys and girls.

- 1) Only 3 competitors in each age grade will contribute to the school's points for any one race, although different team members may score on different days. Therefore a maximum of 9 competitors (3 at each age group) will be able to earn points for their school for any one race for either the boys or girls trophies.
- 2) In the individual Sprint competition, the best three results at each age grade will be counted. Only one level is offered.
- 3) In the individual Long competition, the best three results at each age grade, whether in the Championship, Standard or Novice event, will be counted. At least one of these results must be from the Championship level (ie. A school entering all its competitors in the Standard level will be able to count only two results).
- 4) In the relay, only the highest positioned team from any school in each age grade will count.  
(Runners in composite teams do not count).

Points for this competition are as follows:

Individual Sprint:	1st = 25 pts, 2nd = 24 pts, 3rd = 23 pts, down to 25th = 1 pt
Individual Long Championship:	1st = 25 pts, 2nd = 24 pts, 3rd = 23 pts, down to 25th = 1 pt
Individual Long Standard:	1st = 15 pts, 2nd = 14 pts, 3rd = 13 pts, down to 15th = 1 pt
Individual Long Novice:	1st = 10pts, 2nd = 9pts, 3rd = 8pts, down to 10th = 1 pt
Relays:	1st team = 60 pts, 2nd = 54, 3rd = 48, down to 10th = 6 pts

### ***Premier School Competition***

This competition is for Boys and Girls with a Trophy for each. It is aimed at encouraging schools to support their top performing competitors at national level. The winners are the schools that have the best performance by their top competitors at Championship level only. The results of one competitor from each school in each Championship age grade count, with points from 10 for 1st to 1 for 10th.

### ***Small Teams Competition***

This competition is to cater for schools who have insufficient numbers or an inadequate spread of students to compete seriously in the Top School Competition. It is restricted to schools that have entered 5 or fewer competitors. There are separate boys' and girls' Competitions. Mixed schools with more than 5 competitors in total but whose boys, girls, or both teams number fewer than 5 competitors are eligible for the Small Teams Competition. Certificates are awarded to the winning school and the place getters. This competition will be based on results in the Top School Competition.

### **Points Calculation Note**

For all of the school competitions the 'No Blocking' rule applies. This means that once a school has scored its best competitors then any further competitors from the same school do not interfere with points. Eg in the top school competition, if a school has runners at 2, 4, 6 and 7, the school will score 24, 22 and 20. The 7th place getter is then removed from the equation so the runner who is 8th will score 19 points (as though he/she were 7th).

## Appendix 2: Definition of Grades and Difficulty Colours

The following is provided to guide team managers in which course to enter individual athletes for the long event. Orienteering courses are colour coded by difficulty. The skills required for each difficulty level are indicated below. We expect that many athletes will not securely have the requisite skills for the championship course at their age grade. We strongly encourage these less experienced athletes to enter the standard course for their grade. Competing on the right course will improve an athlete's enjoyment and confidence in the sport.

RED: Red courses are set to make the navigation as difficult as possible. They require competitors to be very competent at reading contour detail, using bearings and handling the full complexity of an orienteering map. Frequently fences are left off maps used for red courses, requiring greater dependence on terrain recognition for navigation. Control sites on red courses can be on small features with no catching or collecting features. Competitors should be experienced at running red courses and have good route planning skills. Inexperienced runners can find it difficult to relocate if they do not navigate successfully to a control.

ORANGE: Orange courses competitors must be competent at reading distinct contour features, very competent at reading vegetation patterns, watercourse, rock, track types and building features, and be able to set and follow a basic compass bearing and have some ability to judge distances in event terrain. The best route between controls will often be away from simple navigation features like fences and tracks. Competitors should have extensive experience in running yellow courses and have some experience at the orange level of difficulty prior to entering the championship. Orange courses are set so that there is a catching feature (e.g. a distinct track, fence or stream) some distance after the control. This means that inexperienced runners should be able to relocate if they overrun a control.

YELLOW: Yellow courses follow linear features (e.g. tracks, fences, vegetation boundaries and streams), however controls are frequently sited off the route being followed. Competitors need to be able to orient their map using a compass in order to choose their direction to go in and be able to recognise features that will lead them from their linear feature and into the control. The fastest route between controls may be away from the network of linear features. Competitors should be confident running white courses and have run yellow courses successfully before entering the championships. The structuring of courses around linear features means that an athlete with good recognition of these features on the map and the ground should be able to relocate easily.

WHITE: White course competitors need to be able to read basic map features, follow linear features (e.g. tracks, fences, vegetation boundaries and streams) to control points and use a compass to orient their map to north. There will be controls at each significant decision point around the course. The white course is designed to minimise the chance that a competitor will become lost and need to relocate.