

NOC Summer League Guide & Rules



Summer League

A series of about eight 'O' events held on Thursday evenings in high summer.

The informal nature of these events demands tolerance of planning errors, a sense of humour and presumed honesty by the runners. These rules try to cope with the problems small events may have.

Co-Ordinator

There is one Co-ordinator appointed by the club committee.

Pre-event tasks:

- select venues and dates,
- liaise with Fixture Secretary to obtain permissions
- arrange planners
- liaise with Mapping Officer to obtain maps
- ensure planners have assistance to obtain equipment
- discuss suitable types of courses with planners
- publicise events by article in *Black & Green* and by flyers

Post-event tasks

- final arbitrator on any disputes
- process results
- produce summary results article in *Black & Green*

- The Co-ordinator may change the rules to suit unexpected situations, but this will only be by consultation with and agreement by the club committee.

Events Details

- Registration is from 18:15 to 19:15.
- Starts from 18:30 to 19:30
- Courses close 20:30.
- There may be a charge for maps, if there is one!
- No provision for toilets will be made at any event.
- Competitors take part at their own risk.
- **Whistles are compulsory at every event.**

Courses

Each event will have three courses, one a standard Yellow course and two longer courses which, whilst they use 'O' skills, will not be straightforward colour-coded either!

Long 40-50 mins for the best competitors about 6k

Medium 35-45 mins about 4k

Yellow 30 mins for newcomers 2k or under

The longer courses may be Score or Timed events, use map memory, Norwegian, pace and bearing, corridor or windows, no map or partial maps or any combination of these!

The Long course will be more technically demanding; for instance a line course without controls, whereas the Medium will have a line with controls marked

At an event, runners may do both long courses if they wish, but will only be considered as competitive on their first run. The Yellow course will not interfere with the long courses, but other runners may regard it as unfair to prospect the area by running Yellow first.

Planners

Each event will have two or more planners.

Pre-event tasks:

- visit the venue to select control sites
- discuss type of courses to be planned with co-ordinator
- produce any control descriptions, master maps and instructions needed
- obtain blank maps from Mapping Officer or Co-Ordinator
- checking and double checking each others work for accuracy and clarity

Day of event tasks

- hanging controls and taping control sites
- display master maps
- display a sample control
- erecting any signs leading from grid ref. to parking if needed

During event task

- registering runners

- explaining any special instructions
- issuing maps
- checking runners are carrying whistles
- starting and timing runners
- checking all runners have returned by course close time
- organising search if missing runners

Post-event tasks

- collecting controls, and removing tapes (everybody should help)
- supplying raw-timings and correct control answers to co-ordinator
- supply any results SAEs to the co-ordinator

Controls

Controls will be made from paper plates, hardboard or plastic bottles. No punches are used, instead the runner has to write down the answer letters which are found on the control itself.

All controls:

- placed no higher than is necessary
- visible from at least 270° of approach, except when nature of control site prevents this, in which case the control description must state which side of the feature the control is placed e.g. North East side. In no case will the visibility be less than 180°
- visible when standing 10m away
- also marked by 1 inch of red or white labelled tape at ground level
- red or orange triangle or marking on each face.

Vandalism is sometimes a problem at the in-town events. This is why control sites are to be taped, and why special rules have been devised (see below)

The tape will show the answer letters if possible.

Age-Sex Weighting Factor

To enable everybody to compete on the same scale, the BOF standard step of 7% increase in times per age class away from M/W21 is adopted. It has been calculated that women take 4 minutes for every 3 minutes a man would take. This gives a table of Sex/Age Weighting Factors:

Age	10	11	13	15	17	19	21	35	40	45	50	55	60	65	70
Men	1.50	1.40	1.31	1.23	1.14	1.04	1.00	1.07	1.14	1.23	1.31	1.40	1.50	1.61	1.72
Women	2.00	1.87	1.75	1.63	1.53	1.43	1.33	1.43	1.53	1.63	1.75	1.87	2.00	2.14	2.29

For example a W40 taking 40:00 would gave a factored time of 26:09
and a M15 taking 35:00 would have a factored time of 28:27
and a M35 taking 30:00 would have a factored time of 28:02

Special Considerations for Timed Events:

There is no disqualification for a runner missing out controls.

Each un-visited control penalised at 5 mins each. (or at a rate notified by the planners on the control descriptions)

4 or more missed controls, that were actually present, is considered as a retiral.

If control proved to be destroyed, and runner marked card "XX" to indicate they had tried to find it then credit 3 minutes (or amount runner says if it took less time to decide)

Divide runner's time by age-sex factor to give weighted time.

Special Considerations for Score Events:

If control proved to be destroyed, and runner marked card "XX" to indicate they had tried to find it then credit score value of control and 3 minutes worth of their adjusted score. (i.e. 3/40ths or 3/60ths)

If destroyed control was also a bonus, no system can be devised to decide if the runner would have been able to reach the bonus control, so the early return rule (below) will at least compensate. (If early in race, runner wouldn't know it was a bonus control, if late in race, runner probably wouldn't be able to backtrack anyway)

If returned before time allowed expired, and collected max. score allowing for destroyed controls, extrapolate score as though more controls were available.

Length for Age Factor

Recognising that adults can run further than juniors (and seniors), it is assumed 15 to 45 age classes inclusive will run Long, and everybody else will run Medium. To compensate for this, if you run up, your time or score will be credited by 10%, if you run down, debited by 10%.

Calculating the Results for an event

The Long and Medium courses are combined into one set of results by applying a scaling up factor which is for *score events* the ratio of allowed time and for *timed events* the ratio of effective lengths (i.e. adding 10m per m of climb)

The winning time or score from the combined results is worth 1000 points. Other runners will score pro rata.

Results

Sufficient printed results (one set per family) will be made available at the next event. Runners may supply their own SAE to the Planners or Co-ordinator if they don't expect to attend any following events, or if it is the last event.

Calculating the Result for the Summer League

Competing Planners/Organisers will have 1.25 times their average score for the season added at the end of the season for each event they assisted at. This applies however many planners there are for the event.

Winner is best total for any 5 events.

A small trophy will be presented to the winner at the next NOC event, and mementos to the two runners-up.

Examples:

Score Event

			Late Penalty or Early		Net	Destroyed	Adjusted	Sex-	Length	Length	Weighted	
Class	Time	Score	Bonus	Score	Credit	Score	Factor	Age	for	Ratio	Score	Points
Age												
Long (50 mins)												
A	M40	49.30	510	+5	515	+20 +31	566	1.14			645	1000
B	M13	46.30	430		430		430	1.31	+10%		620	961
C	M35	48.52	460		460		460	1.07			492	763
D	M40	49.50	430		430		430	1.14			490	760

E	M40	50.00	380		380	+20 +23	423	1.14		482	747
F	M45	51.45	420	-40	380		380	1.23		467	720
G	M40	52.12	380	-60	390		390	1.14		445	690
H	M45	48.36	310		310		310	1.23		381	591
I	M21	44.25	300		300		300	1.00		300	465
Medium (40 mins)											
J	M11	39.45	280		280		280	1.40		1.25	760
K	W40	41.15	320	-40	280		280	1.53	-10%	1.25	747
L	M13	36.58	190		190	+20 +14	224	1.31		1.25	569
M	M45	38.40	240		240		240	1.23	-10%	1.25	516
N	W35	37.22	190		190		190	1.43	-10%	1.25	474
O	W13	36.56	100		100		100	1.75		1.25	340
P	M13	31.48	40		40		40	1.31		1.25	101

Timed Event with 1 vandalised control on the Long

		Sex Length		Destroyed Adjusted		Age for Length		Weighted	
Class	Errors	Time	Penalties	Credit	Time	Factor	Age	Ratio	Time Points
Long (5k +125m: effective length=6.25k)									
A	M35		79.52	1.30	78.22	1.07		73.14	998
B	M45	miss 2, 3,7	88.39	15.00	3.00	100.39	1.23	81.50	894
C	M40		96.57	3.00	93.57	1.14		82.25	887
D	M40	miss 3,7	87.30	10.00	3.00	94.30	1.14	82.54	882
E	M40		113.53	3.00	110.53	1.14		97.16	752
F	M40	miss 2, wrong 18	79.27	disqualified					0
G	M45	miss 2, 3,25,28	84.25	retired					0
H	M40	miss 7,	92.19	retired					0

8,13,28

I M40 retired 0

Medium (3k + 90m : effective length=3.9k

J	M13	miss 8	55.09	5.00	60.09	1.31		1.6	73.08	1000
K	W40		81.09		81.09	1.53	-10%	1.6	93.21	783
L	W15		100.54		100.54	1.75	-10%	1.6	101.29	721
M	M40		71.17		71.17	1.14	-10%	1.6	110.03	665
N	M11		105.22		105.22	1.40		1.6	120.25	607
O	M13		110.27		110.27	1.31		1.6	134.54	542