

CYPRUS SERVICES ORIENTEERING LEAGUE (CSOL) RULES

General

1. The aim of the Cyprus Services Orienteering League (CSOL) is to offer regular orienteering training and competitions to all Cyprus based personnel. Events can be used to further Land Navigation training satisfying MATT 5 requirements. These rules are based upon the British Orienteering Federation (BOF) rules with a specific CSOL point scoring system.
2. The League will operate from Sep until Apr. The season will culminate in the CSOL Team and Individual Championships in Apr. These competitions are to be held ahead of the Army Team Orienteering Championships which are usually held in May.
3. The format and rules of the League will remain unchanged throughout the season and are set out below. Units or individuals seeking clarification should in the first instance contact the CSOL Secretary or CSOL OIC. In the event of a dispute, the decision of the Chairman will be final.
4. **Course Types.** The BOF listed course types are listed below:

| Technical Difficulty (TD) | Colour | Description | Length of Course (km) |
|---------------------------|-------------|---|-----------------------|
| TD1 | White | Very easy all on paths, mostly used by 6-10 year olds and family groups | 1.0 to 2.0 |
| TD2 | Yellow | Uses simple linear features (paths, walls, streams etc), mainly under 12's and families | 1.5 to 2.5 |
| TD3 | Orange | Progressing to basic use of the compass and route choice, ideal for novice orienteers | 2.5 to 3.5 |
| TD3 | Red | Similar technically to an orange course but longer, used by beginners wanting a longer run | 3.5 to 5.0 |
| TD4 | Light Green | The technical ability requirements begin to increase, crossing terrain using simple contours and 'point' features. Ideal for improvers | 2.5 to 3.5 |
| TD5 | Green | Technically difficult using contour features, 'point' features. Used mostly by experienced under 18's and adults wanting short but challenging course | 3.5 to 5.0 |
| TD5 | Blue | Technically difficult but a longer and more physical course in comparison to green. The distances are more varied between controls | 5.0 to 7.5 |
| TD5 | Brown | Physically demanding and technically difficult. For experience adults only | 7.5 to 10.0 |

League Composition

5. **Quantity of Events.** It is hoped the League will consist of at least 12 League events. Individual and Team points will be based on the best 66% of events held as detailed below:

6 events out of 8
6 events out of 9
7 events out of 10
7 events out of 11
8 events out of 12
9 events out of 13
9 events out of 14

6. **Type and Standard of Events.** It is essential to ensure that all League events conform to the following parameters:

a. **Beginner's Course.** About 2.5km in length depending on terrain, climb and expected weather conditions. The course should be ideal for novice orienteers and enable the basic use of a compass and route choice, similar to BOF course type Orange. The expected completion time for most competitors will be between 30 and 40 minutes.

b. **Shorter/Easier Courses.** About 4km in length depending on terrain, climb and expected weather conditions. The course should have a physical difficulty score of 3 to 4 and technical difficulty score of 3 to 4; similar to BOF course type Red or Light Green. The expected completion time for most competitors will be between 35 and 45 minutes.

c. **Longer/Harder Courses.** About 6km in length depending on terrain, climb and expected weather conditions. The course should have a physical difficulty score of 4 to 5 and technical difficulty score of 5; similar to BOF course type Blue. The expected completion time for most competitors will be between 45 and 60 minutes.

d. **Score Event.** Normally the course is planned so that the optimum route is no greater than between 5 to 6km depending on terrain. With the aim that only the very best orienteers on the day may be close to completing the course. One point will be deducted per 6 seconds or part thereof over the target time of 60 mins. Controls should carry a value dependant on distance from the start/finish combined with their technical difficulty and should normally range between 5-40 points.

7. **Major and Minor Units.** Due to the number of BFC Units, there will be no differentiation between Major and Minor Units.

Timings

8. Planners are to stagger the start between runners (i.e. runner from **Team A** starts, then a runner from **Team B** starts, then a runner from **Team A** starts). In this scenario the time intervals between runners will be as follows:

a. **Beginner's Course.** 1 minute interval between each runner but 2 minutes between runners from the same team.

b. **Shorter/Easier Courses.** 2 minute interval between each runner but 4 minutes between runners from the same team.

c. **Longer/Harder Courses.** 5 minute interval between each runner but 10 minutes between runners from the same team.

d. **Score Event.** 5 minute interval between each runner but 10 minutes between runners from the same team.

e. **Excessive number of runners.** If a participating team arrival at an event with more than 10+ runners, then to reduce the time at the start, beginners are to be encouraged to run the beginner's course or the shorter/easier course and/or 'pair-off' and run in twos.

Scoring

9. **Individual.** The maximum points scored will be 1000 points for the winner on the longer/harder course, 750 points for the winner on the shorter/easier course and 500 points for the winner on the beginner's course. If a 60 minute Score event is used, the scoring is detailed at paragraph 13b. See paragraph 12 for details on how points are awarded to individuals when their team organises an event.

10. If individuals run as a pair (a pair is defined as 2 individuals who start at the same time) then the points awarded to each individual will be the calculated point score divided by 2. If individuals start separately but finish together due to errors, technical competence etc then both individuals will be awarded scores based on their own run time.

11. Any orienteer that is either disqualified (DSQ) or does-not-finish (DNF) on the shorter/easier course will be awarded 100 points for turning up and trying¹. These courtesy points are awarded to the individual only and cannot be used to contribute towards the overall team score in the event of this orienteer making up one of the team's top four orienteers. No such courtesy points are awarded to those runners either DSQ or DNF on the longer/harder course

12. **Team Points.** Team points will be awarded for the top 4 orienteers that have scored the highest within a team. Teams may enter as many personnel as they wish on each course.

13. When teams organise an event the Planner, Controller and Admin will be awarded 1000 points each. In addition to this, the points awarded to their fastest orienteer will make up the overall team score; this will occur for a maximum of **three** events. **However, no one individual is permitted to obtain more than 2000 organiser points throughout the season.**

14. **Scoring Calculations.** The scoring is calculated as follows. Note the score is always rounded down after calculation:

a. **Cross Country Events.**

(1) **Beginner's Course.** The winner's time divided by your own time x 500

| | | | |
|----------|---------------|-----------------------------------|-----------|
| Example: | Winner's time | 45 mins 30 secs | = 500 pts |
| | Your time | 55 mins 00 secs (45.5 / 55) x 500 | = 414 pts |

(2) **Shorter/Easier Course.** The winner's time divided by your own time x 750

| | | | |
|----------|---------------|-------------------------------------|-----------|
| Example: | Winner's time | 59 mins 30 secs | = 750 pts |
| | Your time | 65 mins 00 secs (59.5 / 65.0) x 750 | = 686 pts |

(3) **Longer/Harder Course.** The winner's time divided by your own time x 1000

| | | | |
|----------|---------------|--------------------------------------|------------|
| Example: | Winner's time | 62 mins 06 secs | = 1000 pts |
| | Your time | 70 mins 18 secs (62.1 / 70.3) x 1000 | = 883 pts |
| | | (Score rounded down) | |

b. **Score Events (where no Cross Country courses are run).**

The scores of the first 3 orienteers will be averaged. The league points are then calculated as follows:

Your score
----- x 1000
Average score

This may result in one or two of the top three receiving more than 1000 points.

15. **Rule Clarification**

a. **Extra-Punching.** If an orienteer punches a control from another course but completes his course in the correct order then he is not disqualified.

¹ The aim of this rule is to encourage beginners to try orienteering again

b. **Mis-Punching.** If an orienteer punches a control on his course out of sequence then he must return to the missed control and then continue the course in the correct order e.g. the orienteer punches control 3 when he should have punched control 2, he must return to control 2 and then back to control 3 before continuing the course in the correct order.

c. **Missed Control.** If an orienteer misses a control completely and punches the finish control he/she is not allowed back on to the course and is disqualified.

d. **Unserviceable EMIT Cards.** If it transpires that an orienteer has an unserviceable EMIT card, then that individual will be awarded the average of all the points that the individual has accumulated from league events to date. If an orienteer has an unserviceable EMIT card at the first event, points will be awarded retrospectively at the end of the season. These points will be the average of all the points that the individual has accumulated from league events throughout the season².

16. **Eligibility.** Individuals will qualify for prizes in the class in which they start the season. The start of the season is classified as the first event in September i.e. an orienteer who is 45 on 12 Feb will remain in the M40 class for the season and qualify for M40 prizes.

Prizes

17. **League.** Prizes will be awarded to the highest placed 2 individuals in the following categories U25, Men35 & Women35, Men40 & Women40, Men45 & Women45 and Men50+ & Women50+. Individuals winning one of the highest placed individual championship prizes can also be awarded one of the age category prizes. The prize categories maybe changed to reflect the competitive age groups within a season. Prizes will also be awarded to the winning and Runner-Up teams³.

18. Championships.

a. The following prizes will be awarded at the Individual Championships:

(1) Longer/Harder course – 1st Male and Female

(2) Shorter/Easier course - 1st Male and Female

b. The Team event will consist of a Harris Relay with 1st, 2nd and 3rd Team prizes.

19. All League prizes will be presented at the CSOL Team Championships.

² Points for organising an event are not included when the average is calculated.

³ 1 x Trophy per team.

Notes to Course Planner

Type and Standard of Events. It is essential to ensure that all League events conform to the following parameters:

- a. **Longer/Harder Courses.** About 6km in length depending on terrain, climb and expected weather conditions. The course should have a physical difficulty score of 4 to 5 and technical difficulty score of 5; similar to BOF course type Blue. The expected completion time for most competitors will be between 45 and 60 minutes.
- b. **Shorter/Easier Courses.** About 4km in length depending on terrain, climb and expected weather conditions. The course should have a physical difficulty score of 3 to 4 and technical difficulty score of 3 to 4; similar to BOF course type Red or Light Green. The expected completion time for most competitors will be between 35 and 45 minutes.

To plan a course properly 2 people are involved. A planner who selects the course routes using OCAD to produce the routes, and a controller who looks at it from the competitor perspective. The controller should walk the course to ensure its suitability. The controller then informs the planner which parts to change or improve.

The course can set out a few days in advance with pre-marked and numbered strips of mine tape tied to the respective control locations to allow those setting out the controls and kites on the day to confirm their sitting.

The aim is to hold an enjoyable event so those who participate will come back and try again and not go home whinging about the course and the course planner.

Water Stops. In the early part of the season (October, November) and later part of the season (March onwards) when temperatures are high, water stops should be provided at a least one check point or on an section of unavoidable route choice.

Crops. It is illegal in Cyprus to trespass i.e. run through young crops such as wheat and barley. In the spring courses should avoid entering these areas. If the direct line between two controls goes thorough a crop competitors will use it, so plan the course to prevent such route choices. Note that Episkopi Reservoir/Episkopi North and Ayios Nikolaos should only be used during the period Sep – Dec

Control Locations.

Control sites must be real features actually shown on the map. Controls set arbitrarily on the side of a long path with no discernable feature such as a junction, knoll, dry ditch or bend are not acceptable.

Controls should be on the feature describing it. If the control is a track junction the control should be on the junction, in a prominent position, not hung on a tree some 20 m away. This may mean building a stone cairn to hold the control and kite.

All controls should have a punch and a kite.

The final control must be obvious so that competitors don't run past it once they see the finish tent/line.

Control sites should not be near areas on the map which are badly depicted, i.e. a control which on the map appears to set next to a boundary stone in a corner of a field running alongside a track, however the control is actually next to a corner of a building on the side of the track. The map is therefore inaccurate and the competitor will assume that they are lost or mis-placed.

Controls should be visible from about 20m unless the feature actually naturally hides it. That is where route selection such as staying high allows early visibility. Hidden or 'Bingo controls' where it is pure luck if it is found hidden in dense scrub, hidden inside a culvert or down a small hole or ditch are not

acceptable. The aim of orienteering is the fast navigation between points, not the game of hunt the thimble once in the right location.

Route Selection. Not everyone runs down paths. If there is what appears to be faster straight line route along a crag or hill feature or down a gully and the map indicates it is an open and clear route, it should not be used if the route is actually overgrown and impassable.

Map corrections should be notified to competitors at the start and should be as accurate as possible. Updated maps should be sent to the CSOL Secretary for centralised control.

Safety

A risk assessment is to be produced for all CSOL events. It is the responsibility of the event planner to produce and disseminate this. A template for all generic BOF events is held by the CSOL Secretary and can easily be updated to suit individual events.

All event Planners should liaise with HQ BFC J7 regarding the use of military training areas. If necessary, deconfliction should be conducted with other Units using the same area.

If an event is being planned to take place within the SBAs, and on a Wednesday, between Aug – Mar, the planner should liaise with the SBAA Area Office and check if there is any scheduled hunting.

If an event is being organised for a location within the Republic of Cyprus (ie. Outside of SBAs), the event planner should contact SO2 J7 PAT, who will then liaise with the British High Commission (BHC), Nicosia. If necessary, BHC will inform the RoC Ministry of Foreign Affairs (MFA).