EMOA Championships Competition Rules

1 Purpose

1. To find the EMOA Champion in age classes from M/W10 to M/W95+.
2. To celebrate East Midlands Orienteering for all members.

2 Format

3. A forest long or middle distance orienteering event running a full range of colour coded courses with age classes mapped to courses according to these rules.

3 Eligibility

4. The Championships are contested by British Orienteering members who are members of open or closed clubs that are geographically in the East Midlands (DVO, LEI, LOG, NOC, universities or schools) and those members of the armed services (RAFO, BAOC or RNOC) who have regional affiliation to EMOA.

4 Planning

5. Courses are to be planned according to the Rules of British Orienteering, noting EWTs of 67 minutes and 30–35 minutes for Long and Middle Distance Black courses respectively.
6. Planners must consult the British Orienteering Rules to determine course length ratio. Currently Appendix B.

5 Classes

7. Trophies are awarded to all age trophy classes according to the table below.
8. The format, courses, classes and eligibility are all determined by this specific local competition Rules (as permitted by Table 14.6 of latest Rules of Foot Orienteering).
9. Competitors in championship classes must enter by the trophy age class they are competing in. Other competitors may enter any colour coded course. The B classes

accommodate juniors who do not want to or are not ready to run the championship course.

10. It is permissible for the Black course to be excluded with M21s running the Brown course.

11. B classes are for runners who are new orienteers or still improving – so they can take part without the pressure of a full championship course.

    Eligibility for a B class is self- regulated but typically the junior has started orienteering in the last few years, and they have not achieved two Colour Award run times on the course they plan to be entering. For example, a girl aged 11 or 12 years old in the current year, plans to enter the W12B course (Yellow) because she has not achieved two Yellow colour award times.

    Entering the novice B classes M/W18B to M/W12B, will allow the Organiser to identify the East Midland novice winners for each class, allowing their achievements to be announced at the prize giving and noted in the results. There will be no trophies for the novice B classes, just the recognition and applause.

Colour	**Trophy Classes**		**Girls & Boys B classes**
Black	M21		
Brown	M20, M35, M40		
Short Brown	M18, M45, M50	W21	
Blue	M16, M55, M60	W20, W35, W40	
Short Blue	M65	W18, W45, W50	
Green	M70	W16, W55, W60	
Short Green	M75, M80	W65, W70	
V. Short Green	M85, M90	W75, W80, W85, W90	
Light Green	M14	W14	M/W16B, M/W18B
Orange	M12	W12	M/W14B
Yellow	M10	W10	M/W12B
White			M/W10B