# Scottish Night Championships Rules and Guidelines

## Purpose

The Scottish Night Championships provides a high level of technical night orienteering competition in Scotland. Its purpose is to determine Scottish Night Champions in each of the defined classes.

## Latest revisions to this document:

- June 2022
    - Updated championship classes following vote at 2022 SOA AGM;
    - Details of medals, trophies and eligibility updated.
- December 2021
    - Reformatted for consistency with other Scottish Championships Rules documents;
    - Notes added about competitors under M/W16;
    - Course length ratios included;
    - M65 and M70 moved from course 5 to course 4;
    - Hypervet trophies, M/W80 and M/W85 included.
- April 2019 – Document formatting updated.
- December 2018
    - Grouped age classes into categories Junior, Intermediate, Open, Vet, Supervet, Ultravet, Hypervet (if demand);
    - W50 moved from course 4 to course 3; W60 moved from course 5 to course 4;
    - Clarified the use of the open classes;
    - Edits and corrections for improved clarity.

## Rules

1. The Scottish Night Championships will be run under the British Orienteering "Rules of Orienteering" and British Orienteering "Competition Rule E: British Night Orienteering Championships". Where the rules and guidelines defined here vary or supplement the British Orienteering Rules, then the rules and guidelines defined here will take precedence. Planners, Controllers, and Organisers should familiarise themselves with these rules.

2. The Scottish Night Championships will take the form of cross-country orienteering at night and will be a British Orienteering Level C event (Regional). The requirements set out in section 17 of the British Orienteering Rules for a Level C event must be met.

3. The area to be used must be approved by the Competitions Co-ordinator and then registered with the Fixtures Secretary. The main criterion is the availability of sufficient terrain at a suitable level of technical difficulty.
The selection of the area is vital to the success of this event. Areas with potential for injury or with dense undergrowth, e.g. bracken, brashings, or nettles, should be avoided. The challenge of Night Orienteering, no matter how simple it may look on paper, should not be underestimated.

4. The map must comply with ISOM2017 standards.

5. Other night orienteering events are not permitted in Scotland on the date of the Scottish Night Orienteering Championships.

6. The rules of orienteering apply to night events in the same way as they do to events held in daylight: e.g. TD2 means all controls on paths or very obvious line features. However, the conditions of darkness and reduced visibility need to be taken into account in the planning and organising, to ensure that they provide safe, fair and enjoyable competition.

7. First Aid cover must be available on the night.

8. M/W14 competitors will be allowed to run the M/W Junior courses (M/W16-), but only if the organiser is satisfied that they are competent and their parent or guardian provides formal signoff. Similarly, any junior under M/W16 may run on the Novice course, but the organiser must be satisfied with their competence and their parent or guardian must sign this off.

9. Competent juniors in M/W16 or over may enter an older class (up to M/W Open), and a senior may enter a younger class (down to M/W Open). Women may enter men's classes.
The entry system should be set up so that competitors enter by class and not by course, to avoid ambiguity. They will only be eligible to become champion in the class in which they have chosen to run.

10. A competitor who runs a shorter course than that for their own age will be non-competitive.

11. Scottish Night Champions will be declared (assuming there are eligible winners) in the following classes:
M14, M16, M18, M20
M Open, M Vet (40+), M Supervet (55+), M Ultravet (65+), M Hypervet (75+),
W14, W16, W18, W20
W Open, W Vet (40+), W Supervet (55+), W Ultravet (65+), W Hypervet (75+).
Eligibility is described in the document "Scottish Championships Eligibility".

12. Medals will be awarded to 1st, 2nd and 3rd in all the above classes, regardless of whether or not the competitor is eligible to be Scottish Champion (potentially 54

medals in total).

13. The following trophies are available.

| Class | Description |
|---|---|
| M Open (MO) | CLYDE quaich |
| W Open (WO) | Silver tray |
| M Vet (MV) | Wooden shield |
| W Vet (WV) | Deer antler |
| M Supervet (MSV) | Wooden owl |
| W Supervet (WSV) | Wooden owl |
| M Ultravet (MUV) | Picture |
| W Ultravet (WUV) | Picture |
| M Hypervet (MHV) | Picture |
| W Hypervet(WHV) | Picture |
| M20 | |
| W20 | |
| M18 | Carved trophy |
| W18 | Pottery house |
| M16 | Deer antler |
| W16 | Silver salver |

# Guidelines

1. The Scottish Night Championships should be held in the early part of the year.

2. It is worth considering staging another event earlier the same day, or on the next day, to make travelling to the Scottish Night Championships a more attractive proposition.

3. Controls should not be hidden - reflective controls may be used at the planner's discretion.

4. Competitors should be encouraged for safety reasons to carry a spare torch and a mobile phone. Where possible, the organiser's or designated safety official's mobile phone number should be printed on the maps for use in emergency.

5. Course 1 should be planned such that the expected winning time for an elite-standard competitor is 60 minutes. All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. Course

length ratios refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb). The expected winning times should be around 50 minutes for courses 2-5, and 15 minutes for course 6.

6. The course/class combinations in the following table should be used.

| Course | Course Length Ratio | Class | |
|--------|---------------------|-------|-------|
| | | **Men** | **Women** |
| 1 | 1.00 | M20, M Open | |
| 2 | 0.69 | M Vet (40+) | W20, W Open |
| 3 | 0.56 | M18, M Supervet (55+) | W Vet (40+) |
| 4 | 0.45 | M Junior (16-) M Ultravet (65+) | W18, W Supervet (55+) |
| 5 | 0.33 | M Hypervet (75+) | W Junior (16-) W Ultravet (65+) W Hypervet (75+) |
| 6 | Novice | | |

Courses 1 to 5 should be TD5; course 6 should be TD2.

7. If there are many entries, courses may be split.

8. Electronic timing must be used, with touch-free punching enabled wherever possible. As this is a championship event, all controls should be woken up ahead of the first start time.

9. The Planner should be aware of the limits on the number of controls which can be recorded, for competitors using older timing chips, and the Organiser should make appropriate arrangements for providing alternatives if necessary.