

## **Rules**

### **BAOC COOL Rules • 2010-2011**

#### **BAOC COOL Varsity/Junior Varsity/Middle School/Elementary Orienteering**

There is currently no maximum number of entries. This may change in the future if we run out of starting slots.

An elementary or middle school participant can run at a higher class than the level for which they are competing, but the score will be based on the winning time of the higher class.

If a Varsity level student is not available for a meet, a coach may assign a Junior Varsity level participant to the Varsity level for that meet. For as long as that Varsity level student is not available, the same Junior Varsity level student will be assigned to that position.

Team scoring will be based on the top three finishers for each team.

Coaches must inform the Computer people of any change(s) in course level assignment for a meet before the participant(s) start running.

The initial start time for BAOB COOL participants will be 10:00 a.m.

#### **BAOC COOL Rules**

##### **1. Eligibility**

Any student currently enrolled in elementary, middle, junior, or senior high school, or home schooled in the state of California, is eligible to participate.

##### **2. Courses**

At each BAOB COOL meet, you may choose to participate on either a championship or a recreational course.

##### **3. Championship Category**

If you choose to do a championship course, you will receive points based on your order of finish. Your championship course is determined by your grade. Refer to the table below to determine your championship course.

##### **4. Ninth Graders and Sixth Graders**

If you are a 9th grader, you may run either the Middle School or high school course as your championship category. You can only score points for your high school team, however, if you run the high school course.

If you are a 6<sup>th</sup> grader, you may run either the Elementary or Middle School course as your championship category. You can only score points for your Middle School team, however, if you run the Middle School course.

#### 5. Recreational Category

If you do not wish to receive points, you may do any course you choose.

#### 6. Groups

You are free to participate as a group or pair at any meet. However, groups or pairs will receive only one set of points.

	<b>Course 1 Elementary</b>	<b>Course 2 Middle School</b>	<b>Course 3 High School JV</b>	<b>Course 4 High School Varsity</b>
<b>Grade</b>	Grades 1-6	Grades 7-9	Grades 9-12	
<b>Typical Length</b>	1 – 1.5 km	1.5 – 2.5 km	2.5-3.5 km	3.5 – 4.5 km
<b>Technical Level</b>	Beginner	Advanced Beginner	Intermediate	Advanced Intermediate
<b>Description</b>	Along trails with minimal route choice	Mostly on linear features, some route choice	Some cross-country travel required	

## Rules

- You must visit the controls in the specified order SportIdent disallows cheating / out-of-order punching.
- Do not follow. Do your own navigating.
- Try NOT to ask for help on the course. However, if you are lost, you may ask for help from another orienteer.
- You MUST help if an injured competitor asks for help. Three whistle blows signal an injured competitor.
- If you do not find all the controls, you will be recorded as DNF (Did Not Finish)
- You must report to the finish even if you do not complete the course.

## Mispunching

Always check the control code before you punch. If you do punch a wrong control, this information will be recorded on your electronic punch card, but you may correct your error by visiting the correct marker and finishing the course in the correct order.

## Protests

If you feel you have been unjustly disqualified, you may protest your disqualification. Simply inform the BAOC COOL Director or Meet Director that you wish to protest and explain why. A jury will be convened to evaluate your protest and arrive at a judgment. All decisions of the jury are final.

### Individual Scoring

Your score at each event is based on your time. In the high school division, boys and girls compete on separate (but similar) courses. In junior high and elementary divisions, boys and girls compete on the same course.

Individual results are separated by course and gender. Each person who completes a course in their championship category will receive points based on the following scale:

#### Individual Points

$(\text{Winner's time}) / (\text{your time}) * 100$

### Season Score

At the end of the season, your best 4 scores will be added and the result will be your final season score. Season awards will be given to the three highest-scoring boys and girls in each championship category. Any ties will be broken by comparing 5th best scores (or more, as needed).

### Team Scoring

Boys' and girls' teams at the high school level compete (and are scored) separately. At each regular season event, your school's best 3 individual boy's scores will be added to determine the boy's team score. The best 3 girl's scores will be added to determine the girl's team score. Each team's 4 best scores for the season will be added to give a season score.

Season awards will be given to the top 3 high school boy's and girl's teams, and the top 3 middle school teams. Any ties will be broken by comparing 5th best scores (or more, as needed).

All season awards will be given at the BAOC COOL Championship event.

### BAOC COOL Championship

Results from the Championship meet are not figured into the overall season results. Awards will be given to the top 3 boys and girls in each championship category for that event, as well as to the top 3 high school boy's and girl's teams, and the top middle school teams.