

YHOA Night League Rules (Version 9.2 Oct 26)

Age categories

There are 10 age group categories in the Yorkshire and Humberside Orienteering Association (YHOA) Night League:

- Junior Men (M10/12/14/16)
- Junior Women (W10/12/14/16)
- Senior Men (M18/20/21/35)
- Senior Women (W18/20/21/35)
- Veteran Men (M40/45/50)
- Veteran Women (W40/45/50)
- Super Veteran Men (M55/60)
- Super Veteran Women (W55/W60)
- Ultra Veteran Men (M65+)
- Ultra Veteran Women (W65+)

Courses

There are usually 4 courses provided at a YHOA Night League event, for guidance they are:

LONG	TD5
MEDIUM	TD4/5
SHORT	TD3
VERY SHORT	TD2

The LONG course should aim for a winning time of 35 minutes and be roughly equivalent to a GREEN course. The MEDIUM course should be approximately 0.7 of the length of the LONG course. The factors for the SHORT and VERY SHORT courses should be approximately 0.4 of the LONG. If Planners are in doubt, they should err on the side of caution and make the course easier. Technical difficulty is roughly increased by one level for night events so planners should take account of this. Running speed will be slower too. The idea is to encourage people to night orienteer.

Scoring

To score points in the YHOA Night League you must be a member of a YHOA club or CLOK.

The LONG course is only open to Senior Men and Women and Veteran Men and Women. Other age groups can run the Long course (run up) but will not score points in their own age group. These competitors need to agree with the league coordinator which age group they are 'running up' in before the event. The example is a Super Veteran Man running the Long course needs to agree whether competing in Senior Men or Veteran Men. If not agreed beforehand they will be placed in the Senior age group.

Any competitor may enter the MEDIUM, SHORT or VERY SHORT course and score points in their age group. League points will be allocated in your age group category as below:

LONG COURSE

First, second and third in each of the 4 classes score 100, 99, 98 points etc.

MEDIUM COURSE

First, second and third in each class score 90, 89, 88 points etc.

SHORT COURSE

First, second and third in each class score 80, 79, 78 points etc.

VERY SHORT COURSE

First, second and third in each class score 70, 69, 68 points etc.

If a competitor starts a race but does not finish or mis-punches they will score 20 points.

If you Plan, Organise or Control an event you will receive an average of your other scores as the score for the event you officiated at. As an organiser, if you run at the event you will score according to your position on the night.

If you do so much mapping in the 12 months prior, that you have to run non-competitively at a YHOA Night League event, you will receive an average of your scores.

The Night League Season runs from Autumn to Spring and if competitors change YHOA age group category in this time they will remain in the YHOA age group category they started in until the end of the series.

A YHOA Night League season usually consists of 7 events, one from each YHOA club and one from CLOK. The League Coordinator will publish the event fixtures at the start of the season.

If there are 7 events the best 4 results will count.

If there are 6 events the best 4 results will count.

If there are 5 events the best 3 scores will count.

In the event of a tie the winner will be the person with the most 1st places on countback then 2nd places, 3rd places etc. Then the person who won the last race where the two competitors were head to head will win. If that fails to define a winner the person who scored the highest at the most recent event wins.

Safety

Course closing time will be set in the event details and printed on the map. Any competitor recording a finish time after this will not score any league points. Any competitor out for more than 90 minutes on any course will not score any league points. We have done this for competitors safety.

The Organiser will review entries and can move a competitor to a course they think is more suitable to their ability, for safety reasons.

Steve Corrigan

YHOA Night League Coordinator