

BOK Junior League Rules

The BOK Junior League is intended to encourage all junior orienteers to compete regularly at an appropriate level and develop their orienteering skills and fitness.

Any junior can compete in the League, provided they are members of British Orienteering (£5 p.a.) Newcomers can do this by joining their local club. To join Bristol Orienteering (BOK) please click here: [link](#)

Any school, scout, guide or other youth group can also compete in a separately calculated 'Junior Group League' by which individual Junior League scores are combined to give a team score.

Junior League Races

There are normally 8 races in the League season, which runs from September to July. Dates and venues are on the websites of Bristol Orienteering www.bristolorienteering.org.uk and British Orienteering www.britishorienteering.org.uk/event.

Juniors can compete on any course from White to Green, subject to the **Fair Play rule** below.

On White and Yellow courses pupils may see their map before entering the Start boxes

A NO WHISTLE NO RUN policy operates for Juniors at all BOK races

There is also a BOK Junior Relay competition each summer.

Junior League Scoring

1. The eligible winner of each course will receive 100 points. Those behind receive a score determined by their position, so 2nd Junior - 99 points, 3rd - 98 points etc.
2. Those failing to complete their course successfully receive no points.
3. Each Junior's best 4 scores on that course will count towards their League season total
4. Juniors are responsible for registering their details correctly at each race, to enable scores to be calculated

Junior Group League Scoring

1. The race score for a school or group will be the best 6 individual scores from that race
2. Only runners who are eligible (i.e. British Orienteering members) on the day will count.

Start Times

Junior League competitors must start at least 3 minutes apart from other adults or juniors known to them.

Fair Play

Orienteering, more than most sports, requires fair play by all competitors. There is no referee in the forest! The BOK Junior Committee will check Junior League results for Fair Play and have the right to remove runners from the League results. For example:

- A newcomer running an easier course than recommended and winning more than once
- Older juniors deliberately running a course below their recommended one, in order to gain more points
- Following, other than where this arises accidentally in the course of competition

Shadowing

Shadowing is following a runner within view, for safety or coaching reasons. All shadowed runners will be non-competitive, as shadowing (even with no communication about route-finding) gives confidence to the shadowed runner, gaining a performance advantage.

Running a second course

Juniors are welcome to run a second course, but must mark themselves as non-competitive (N/C) when they enter for that course.

Awards

1. There will be individual trophies for each course winner and additional trophies for other achievements determined by the BOK Junior committee.
2. Certificates will be awarded to all competitors scoring more than 100 points over the season

Pete Maliphant
BOK Junior Sub-Committee
10th July 2019

Guide to Orienteering Courses

Here's an indication of the level of difficulty for each of the colour-coded courses:

Course	Distance (km)	Notes	Route Choice	Controls
BLUE	5-6.0	Technically difficult	Significant	Any feature
GREEN	4-4.5	Technically difficult	Significant	Any feature
Lt GREEN	3-4.0	Fairly technical, not too physical	Significant	Any feature, no complex contours
ORANGE	3-3.5	Fairly difficult, longer easy route	Simple	Prominent feature or contour feature near paths
YELLOW*	2.5	Easy using only line features	None. Decisions needed on route	On line features
WHITE*	2.0	Very easy, all line features	None. Decisions only at each control	On line features

You can run any course but typically newcomers are best running:

Age	Course
10 and under	WHITE
Year 5	WHITE
11	WHITE or YELLOW
12	YELLOW
13-14	ORANGE
15	LIGHT GREEN
16 plus	GREEN