

# Washington Interscholastic Orienteering League (WIOL)

## 2015-2016 League Rules (updated)

[Revision Date: 2015 May 12]

The main purpose of WIOL is to *provide an environment where students can build navigational skills and confidence through solo navigation, combined with team support and camaraderie.*

Even when you are on a team, *orienteering is an individual sport.* The goal is to complete your assigned course on your own, doing your own navigating, without following others or asking for assistance. Your completion order, compared to others on your course, determines your score for that meet. There are seven meets in the season, plus a championship event.

Unless otherwise posted, all meets start at 10:00 AM. Your start time will be pre-assigned.

**CHANGES SINCE LAST YEAR:** *Course numbers have gone away, and all varsity students run on the same course.*

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### **I. Choosing the Right Competition Course:**

At each league meet, there are six WIOL competition courses:

1. Elementary School (boys and girls mixed)—Through Grade 6
2. Middle School (boys and girls mixed)—Grades 6-9
3. High School Junior Varsity (JV) Girls—Grades 9-12
4. High School Junior Varsity (JV) Boys North—Grades 9-12
5. High School Junior Varsity (JV) Boys South—Grades 9-12
6. High School Varsity (boys and girls on same course, but results separate)—Grades 9-12

Participants will compete for the school he/she attends (including JROTC), OR can compete on his/her “home” school (neighborhood school) if the student attends a different school.

Participants may run up from their school level, but may not run down within WIOL. (For example, a 6<sup>th</sup> grader can run at Middle School, but a 10<sup>th</sup> grader cannot). A student may run on a team for a higher level school if it is his/her home school but the student must run up a level (with permission from Registrar).

In JV Boys, a school will be assigned to either North or South division for the duration of the season, and preferably over years.

Varsity courses are designed for participants who have demonstrated exceptional navigational ability on JV courses. There are two conditions under which an orienteer can move up from JV to Varsity:

- a. A score of 320 over four meets on JV the previous year
- b. Special permission of the WIOL Registrar

Restrictions on course selection are intended to limit cases in which students move up beyond their skill level. In some cases, this situation can happen anyway as a result of school levels, and a student experiencing the frustration of repeated mispunches may need time on courses that are below grade level or assisted navigation on courses at grade level. In this case, the student should sign up for a Public course at the needed ability level, either solo or with another student, until skills are improved enough to return to WIOL solo courses at grade level.

Any intended moves from one course to another should first be shared with the WIOL Registrar. If the student has a Season registration, the same e-punch should be used.

A participant may not compete on a *lower course* in the Championship Meet than was competed on for the *majority of the meets* during the season.

## II. Specific Rules for Each Competition Course:

- **Elementary School.** These participants may be shadowed by a parent or youth to provide additional safety. If the person doing the shadowing is also competing in WIOL or Winter O (adult competition), that person must have completed his/her course prior to shadowing. The person shadowing cannot provide any assistance unless there is a safety issue for the Elementary participant. There is no team competition for Elementary School.
- **Middle School.** This is the only course in which boys' and girls' scores both count toward the same team competition. Boys and girls run on the same course.
- **Junior Varsity (JV).** There will be two Boy's JV courses (N, S) and a Girl's JV course, of equal technical challenge. There will be separate Boys' JV and Girls' JV teams.
- **Varsity.** Boys and girls run the same course, but the individual and team points are counted separately.

## III. Start Times:

Several courses fill up at each meet. It is the duty of each coach or independent parent to provide estimated numbers of participants on all courses so start times can be assigned. In many cases, times will be assigned by block. You may request an early or late start time block, but there are no guarantees unless that request is related to scheduling meet volunteers.

## IV. Embargoed Areas:

Each venue on the WIOL calendar is embargoed for the two weeks prior to competition. It is expected that all competitors will avoid use of that venue to ensure that nobody gets a preview of the upcoming courses. In all but the most unusual circumstances—such as physically attending school at the venue—violating the embargo will disqualify those participants; they can still race, but only the public course for no WIOL points. If there are any concerns about complications with upcoming meets, coaches should notify the WIOL Director ASAP.

## V. Running on the right course:

All participants are responsible for picking up the right map and running the right course. Any participant who picks up the wrong map and runs that course will receive no points in the WIOOL standings for that particular meet. Coaches must inform the WIOOL Registrar of any change(s) in course level assignment for a meet before the participant(s) start running.

## VI. Safety:

Despite the rule against on-course consulting (See Disqualifications), getting lost or injured is a safety issue:

1. **Always check in at the Finish and Download Station, even if you do not complete a course.** Checking in will avoid a long and extensive search. Courses usually close at 1:30 pm. If you are still out on the course at 1:30 pm, you should return to the Finish area as soon as possible.
2. Be aware of your time on course. If you are out more than two hours, you need to head straight for the Finish to avoid an extensive search for you.
3. If you are lost, *you may ask another orienteer where you are on the map*. If you are asked for help from a lost individual, you should identify his/her location on the map; the individual is then responsible for any subsequent navigation.
4. If an injured competitor asks for help, you **MUST** stop to help to the best of your ability or go to summon help. Report injured competitors or hazardous conditions to officials at the Finish or Start. You will still get points for completing the course, even if the deadline for course closure needs to be extended to allow you to finish.
5. Whistles are used **ONLY** to summon help in a serious or life threatening emergency. The emergency signal is three long blasts.
6. Always yield to cars and walk well off the road surfaces.

## VII. Teams

A team is two or more members from the same school, competing on the same course. In middle school, boys and girls are on the same team. At the high school, boy's and girl's teams are scored separately. Individual scores from the top three finishers on each team will be added for each meet. Assisting other members of your team on-course is **NOT** allowed, but comparing your route after you finish with others who have also already finished is allowed and encouraged for learning purposes.

## VIII. Scoring

Scoring is based on the order in which you finish within your course, sorted by time. Every participant who successfully completes the course earns individual points.

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:

### Place Points

- 1 – 100
- 2 – 95
- 3 – 92
- 4 – 90
- 5 – 89

Scores decrease by one point thereafter.

### Season Individual 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 season category.

### Team Scoring

Team scoring will be based on the top three finishers for each team in a meet; these scores are added together. For middle school teams, the team score at each meet is a combination of the top three individual boy AND girl scores. For high school teams, the score is the combination of the top three boy OR girl scores—separate teams.

### Season Team Score

Each team's four best scores for the season will be added to give a season score.

### Scoring Ties

Ties can happen at a meet or for a season, at the individual and team level. Here is how WIOL will handle ties, with a distinction between ties and true ties:

- Individuals in a meet: Individuals with the same exact time in a meet will receive the same placement and same points, with the next individual to finish receiving a skipped place. For example: 1 (tied), 3, 4. If the meet is a championship, this is how the awards will be presented. (NOTE: In the rare example of ties at both 1<sup>st</sup> and 2<sup>nd</sup> or 3<sup>rd</sup> place simultaneously, there may be a total of four participants receiving awards in a category.)
- Teams in a meet: Ties from teams with the same score in a meet will be broken by comparing the top-placing participants. If the top placement is identical, such as in middle school, then the second placement breaks the tie. If all placements are identical, a true tie is awarded, with the next team down dropping a place. For example, 1 (tied), 3, 4.
- Individuals in a season: Ties from individuals with the same score at the end of a season will be broken by comparing the top score for the season, then the next highest, until the tie is broken, through all 7 meets if necessary. True ties, with individuals scoring identically on all events, will be awarded as ties.
- Teams in a season: Ties from teams with the same score at the end of a season will be broken by comparing the top score for the season, then the next highest, until the tie is broken, through 87 meets if necessary. True ties, with teams scoring identically on all events, will be awarded as ties.

## **IX. Awards**

1. Individual. All participants who have received a score in at least four meets are eligible for an individual season award given to the top three finishers in each competition category.
2. Team. A team will consist of a minimum of two participants. To be eligible for a team award, a team with a minimum of two participants must participate in a minimum of four meets. Season awards will be given to the top three JV and Varsity boy's and girl's teams, and the top three middle school teams (mixed).

All season awards will be given at the WIOL Championship event.

## X. Disqualification:

1. Mispunching or Not Punching a Control. Visiting the controls in order is required by the rules. Don't try to "fool" the E-punch system by punching the controls out of order. Always check the number on the control 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. If you do not correct your error, you will receive a mispunch and be disqualified for that meet.

*Be sure that the control beeps and the light flashes to register your visit to the control on the e-punch stick. This is a responsibility of every orienteer. Not getting the control information on the e-punch stick means that you will receive a mispunch and be disqualified for that meet.*

2. Consulting and following. Giving on-course advice, helping others to complete their course faster than their own navigation would allow, is unfair to other competitors working independently and is grounds for disqualification. If one instance of this cheating on a team occurs at a meet, *both individuals* will be disqualified. If two or more instances occur on the same team at the same meet, *the entire team* will be disqualified for that meet.

Do not shout or make excessive noise in the woods. Shouting "It's over here" for instance, helps your competitors as much as your friends and it is disturbing to people on other courses. Move away from a control after punching. You will be disqualified for showing a control to another competitor.

This rule about not consulting applies to shadowers on the Elementary course as well; consulting here introduces the unfairness of children competing against adults. Anyone observed consulting with a child about his or her map during competition may result in the child's disqualification.

Make your own decisions out on the course. Don't just follow another competitor. If you are sure they are on your same course, try to figure a way to out-smart them by taking a faster or easier route choice.

Cell phones may not be used while a participant is running his/her course, either voice or texting. Anyone seen using a cell phone will immediately be disqualified.

3. Off-Limits/Out-of-Bounds. Off-limits and out-of-bounds areas are marked with magenta (purplish-pink) slashes on your maps. You may not go in or through these areas, or you will be disqualified.
4. Warmups. Warm up running will occur only in the Start/Finish area or associated parking lot(s). Participants will not run in the meet area.
5. Tampering with controls. If a control has fallen, return the control to the original height if possible. Tampering with, moving, or vandalizing any control marker will result in disqualification.
6. Mandatory crossings. If there is a mandatory crossing on your course you must use it. Failure to do so results in disqualification.

7. Proper use of bib numbers. **Bib numbers must be worn on the chest and be visible at all times.** Wearing bibs in an improper manner can cause you to be disqualified.
  
8. Protests. If a participant feels unjustly disqualified, that participant may protest the disqualification. If a participant feels that a situation occurred during the meet that influenced that participant's outcome, that participant may protest the disqualification. Inform the WIOL Director that you wish to protest and explain why. (Team participants should tell their coach, and the coach will contact the WIOL Director. Individual participants should tell his/her parent and the parent should contact the WIOL Director.) The protest must occur before the end of the meet. The WIOL Director will investigate the situation of the protest and make a decision. If the coach or parent is not satisfied with the decision the WIOL Director will convene a jury to evaluate further evaluate the protest and arrive at a judgment. All decisions of the jury are final.

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