

SUFFOC ORIENTEERING LEAGUE RULES

The club league awards points to all SUFFOC members who run a course as an individual at a Club League event

There will be at least 10 events each year and will include all of SUFFOC's Level C events as well as other Level C events and above from our neighbouring clubs. There will be a mixture of events which will include urban events. The Compass Sport Heat and Final (hopefully) will also be fixtures.

Points are calculated as follows:

1. The length of the course is adjusted for height climbed.
2. Your pace is calculated in km/min
3. Your pace is multiplied by your age factor/100 and your Technical Difficulty factor
4. Your adjusted pace is compared with the fastest SUFFOC runner and points awarded using the following formula

$$\text{Points} = \frac{\text{fastest adjusted pace}}{\text{your adjusted pace}} \times 100$$

5. Your total score is the sum of your best 5 events
6. Planners, organisers and controllers of an event receive a score of the average of their best 4 scores.
7. Only 2 urban events will count towards the 5 best scores.

The courses that should be run by each age group are as follows:-

Age Factor			Course		
Age Factor			Age Factor		
M10	74	Yellow	W10	73	Yellow
M12	70	Orange	W12	62	Orange
M14	80	Light Green	W14	65	Light Green
M16	84	Blue	W16	67	Light Green
M18	90	Blue	W18	70	Green
M20	92	Blue	W20	71	Green
M21	100	Brown	W21	82	Blue
M35	92	Brown	W35	71	Blue
M40	89	Brown	W40	69	Blue
M45	86	Blue	W45	67	Green
M50	82	Blue	W50	63	Green
M55	77	Blue	W55	58	Green
M60	70	Blue	W60	53	Green
M65	64	Green	W65	48	Short Green
M70	57	Green	W70	42	Short Green
M75	50	Short Green	W75	35	Short Green
M80	41	Short Green	W80	28	Short Green
M85	32	Short Green	W85	19	Short Green

If you run the correct course for your age then your Technical Difficulty Factor is 1

If you run an easier course for your age then you will be penalised but you will be rewarded if you run a harder technical difficulty.

Difficulty Factor

+4 TD	0.33
+3 TD	0.5

	+2	TD	0.67
	+1	TD	0.83
Correct	TD		0
	-1	TD	1.2
	-2	TD	1.5
	-3	TD	2
	-4	TD	3

At Urban Events all senior courses have the same technical difficulty. Competitors should run their designated courses.

The Captain reserves the right to amend these rules during the league if any unforeseen anomalies arise.

n.b. There are new fiddle factor age factors that are taken from the BOF guidelines.