

Scottish Relay Championships Rules and Guidelines

Purpose

The Scottish Relay Championships is a high level relay competition providing head-to-head racing between large numbers of teams for junior, open and veteran relay teams.

Latest revisions to this document:

- June 2022
 - Reformatted for consistency with other Scottish Championships Rules documents;
 - Separated Women's Open from Age-Class 11+;
 - Clarified eligibility of junior teams entering Relays 3 to 8;
 - New age class introduced for 23+ points.
- 14-Apr-2014 - Introduced Junior Championship.

Rules

1. The Scottish Relay Championships will be run under the British Orienteering "Rules of Orienteering". Where the rules and guidelines defined here vary or supplement the British Orienteering Rules, then the rules and guidelines defined here will take precedence. Planners, Controllers, and Organisers should familiarise themselves with these rules.
2. The Scottish Relay Championships will typically be organised as a British Orienteering Level C event (Regional). The requirements set out in section 17 of the British Orienteering Rules for a Level C event must be met.
The Scottish Relays will be included in the UK Relay League (if this is held).
3. The area to be used must be approved by the Competitions Co-ordinator and then registered with the Fixtures Secretary. The main criterion is the availability of sufficient terrain at a suitable level of technical difficulty, and an appropriate assembly/changeover area.
4. The map must comply with ISOM2017-2 standards.
5. Other orienteering events are not permitted in Scotland on the same date.

6. There are six Scottish Relay Championships: Open, Women’s Open, Junior 36-, Junior 44-, Age-Class Championship, and Junior Championship. See below for entry classes.
7. To be eligible to be Scottish Champions, a team must comprise three members of the same Scottish club or a neighbouring club “alliance” (see below). They must all be SOA members. Teams including competitors of inappropriate age will not be eligible to become Scottish Champions. Competitors may run for more than one team, however only the team of the first run will be eligible to be Scottish Champions.
8. Teams from non-Scottish clubs are not eligible to become Scottish Champions.
9. Technical courses of appropriate length for all ages must be offered. In addition, low technical difficulty courses must be available for less experienced competitors, such as juniors.
10. The following trophies are available:

Relay	Trophy description
Open	Rose bowl
Women’s Open	Silver cup
Age-Class Championship	Quaich
Junior Championship	Atholl Orienteering Cup
Junior 44-	Quaich with wooden base
Junior 36-	Quaich with tall base

11. The Scottish Age-Class Champions will be the first eligible Age-Class team to finish from any of the Relays 3 to 8. The Scottish Junior Champions will be the first eligible team of three M/W10-20s to finish from any of the Relays 3 to 8. No team may win more than one trophy. If an all-junior team is the fastest in Relays 3 to 8, they will be awarded the Junior Championship trophy, and the fastest team including a senior will be awarded the Age-Class Championship trophy.
An all-junior team should be identified when entering, and the entry system should be set up to facilitate this.
12. Medals will be awarded to all team members in the 1st, 2nd and 3rd teams in all Relays (1 to 10 - see below), thus acknowledging other winners of Relays 3 to 8. Additional prizes may be awarded to them, and other highly-placed teams, at the organiser’s discretion.

Guidelines

1. The Scottish Relay Championships should normally take place the day after the Scottish Individual Championships (usually the last Sunday in May).

2. The philosophy is that any combination of genders and ages is allowed and catered for. The system is designed to make it easy for everyone to run an appropriate distance in a competitive team, while encouraging head-to-head racing.
3. All TD5 classes (Relays 1 to 8) start together.
4. Age-Class points are allocated as follows:

Class	Age-Class points	Class	Age-Class points
M12	8	W12	8
M14	6	W14	7
M16	4	W16	6
M18	2	W18	5
M20	1	W20	4
M21	0	W21	3
M35	1	W35	4
M40	2	W40	5
M45	3	W45	6
M50	4	W50	7
M55	5	W55	8
M60	6	W60	9
M65	7	W65	10
M70	9	W70	12
M75	11	W75	14
M80	13	W80	16

5. The Relay entry classes and course combinations are given in the following table. For Relays 3 to 8, the Age-Class points of the three team members should be totalled to determine which Relay to enter.

Relay		Courses to be run		
1	Open	A	A	A
2	Women's Open	B	C	C
3	8+ points	A	B	C
4	11+ points	B	C	C
5	14+ points	B	D	C
6	17+ points	C	D	C
7	20+ points	D	D	C
8	23+ points	E	D	C
9	Junior: Total BOF age 44-	LG	O	LG
10	Junior: Total BOF age 36-	Y	Y	O

6. Courses A, B, C, D and E are TD5 with an estimated winning time of 35 minutes for the fastest M21, W21, M60, W60 and W75 respectively; LG, O and Y correspond to the colour-coded system. The table below provides guidelines on course length ratios which may be used for course lengths instead of winning times.

Course	CLR
A	1.00
B	0.82
C	0.77
D	0.53
E	0.42
Light Green	0.45
Orange	0.35
Yellow	0.30

7. TD5 courses will be gaffled (forked) to inhibit following, although the final section of the final lap should not be. Junior courses may be gaffled at the planner's discretion, but care should be taken to minimise the danger of this leading to disqualification.
8. Team captains are encouraged to ensure club members run appropriate length courses, even if this means they are less likely to become Scottish Champions.
9. Alliances of neighbouring clubs may enter teams at the Competition Coordinator's discretion. The spirit of this is to allow as many people as possible to take part, not to encourage the formation of especially strong teams. Any combination team which appears much stronger than their likely competition should not be accepted. Typically, two neighbouring Scottish clubs may be allowed to compete as an "alliance" if one or both have insufficient competitors at the event to make a full team. The neighbouring clubs alliance at the Scottish Relays applies to all relays, not just the Open, and may include, for example, a club with many adults but only one or two juniors. The concept of "neighbouring" may be interpreted flexibly for particularly far-travelled clubs.
10. A string course relay should be considered for very young competitors.
11. To maintain head-to-head races, mini mass starts for legs 2 and 3 should be held. Teams participating in mass starts are fully competitive, and may be placed ahead of non-mini mass starters, with final positions determined by total running time of team. It is desirable that the Scottish Champions should not be caught by the mini mass start, so it should be at least 20 minutes after the leading teams have gone through. Generally a single mini mass start will suffice, but sometimes more than one mini-mass start may be required.
12. Electronic timing must be used, with touch-free punching enabled wherever possible.