

Washington Interscholastic Orienteering League (WIOL)

2011/2012 League Rules

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 may be pre-assigned.

I. Competition Courses:

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

1. Elementary School (boys and girls mixed)—Through Grade 6
2. Middle School (boys and girls mixed)—Grades 7-9
3. High School Junior Varsity (JV) Girls—Grades 9-12
4. High School Junior Varsity (JV) Boys—Grades 9-12
5. High School Varsity Girls—Grades 10-12
6. High School Varsity Boys—Grades 10-12

II. Choosing the Right Competition Course:

Participants may run up from their school level, but may not run down within WIOL. (For example, a 6th grader can run at Middle School, but a 10th grader cannot).

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

- a. Three scores of 85 or above in a season
- b. A missing spot on a Varsity school team that needs filling for a complete team
- c. Special permission of the WIOL Director

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 misspunches 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 Director. 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.

III. Specific Rules for Each Competition Course:

- **Course 1.** Elementary School participants may be shadowed by a parent or youth to provide additional safety. If the person shadowing is 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 Course 1 participant. There is no team competition for Elementary School.

- **Course 2.** Middle School 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.
- **Courses 3 and 4.** There will be a Boy's JV course and a Girl's JV course, of equal technical challenge. There will be separate Boys' JV and Girls' JV teams.
- **Courses 5 and 6.** There will be a Boy's Varsity course and a Girl's Varsity course, of equal technical challenge. There will be separate Boy's Varsity and Girl's Varsity teams.

IV. Start Times:

Several courses fill up at each meet. It is the duty of each coach or independent parent to provide estimated numbers of Middle School, JV, and Varsity participants 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.

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 WIOL standings for that particular meet. Coaches must inform the Computer people 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. 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.
2. 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.
3. 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.
4. 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.
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.

VI. 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 control code/number 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 epunch stick. This is a responsibility of every orienteer. Not getting the control information on the epunch 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.

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 and or vandalizing any control marker will result in disqualification.
6. Interference. Interfering with another competitor will result in disqualification.
7. Mandatory crossings. If there is a mandatory crossing on your course you must use it. Failure to do so results in disqualification.
8. 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.
9. 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 participants 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.

VII. Teams

A team is two or more members from the same school, competing on the same course. 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 post-finish with others who have already finished is allowed and encouraged for learning purposes.

VIII. 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. 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.
2. Team. A team will consist of a minimum of two participants. Team scoring will be based on the top three finishers for each team in a meet; these scores are added together. To be eligible for a team award, a team with a minimum of two participants must participate in a minimum of four meets.