

Washington Interscholastic Orienteering League (WIOL)

2009 League Rules

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 Categories:

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 9-11
4. High School Junior Varsity (JV) Boys—Grades 9-11
5. High School Varsity Girls—Grades 10-12
6. High School Varsity Boys—Grades 10-12

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

Under some circumstances, a participant may move up to a higher level of competition during the season, see below. But a participant may not participate on a lower course in the Championship Meet than was participated on for the *majority of the meets* during the season.

II. Specific Rules for Each Category:

- **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. Start times may be assigned.
- **Courses 3 and 4.** There will be a Boy's JV course and a Girl's JV course, of equal technical challenge. Starting at the JV level, start times are always pre-assigned due to limited space. Coaches will receive a block of time for all team members. Individuals will receive a specific start time. Always arrive early enough to get familiar with the start area and make your assigned start time. There will be separate JV Boys' and JV Girls' teams.
- **Courses 5 and 6.** There will be a Boy's Varsity course and a Girl's Varsity course, of equal technical challenge. Coaches will receive a block of time for all team members. Individuals will receive a specific start time. There will be a maximum of 60 starts for each of the two courses. It is strongly recommended that Varsity places be assigned to returning students based on their final standings of the previous season. Students who have competed and performed well in a minimum of three meets in the previous WIOL season or have verifiable experience on three intermediate level courses at regular orienteering meets are eligible for Varsity level.

Each high school will receive a minimum of 4 places for the Boy's team and 4 places for the Girl's team. Varsity level places are best assigned first to qualified students at the 11th or 12th grade level. If a school is not able to fill all 4 places at the beginning of the year the extra places will be returned to the WIOL Director for redistribution. The decision to return these places will be made at least two weeks before the first WIOL meet in order to facilitate redistribution.

There will be a small number of places available after subtracting the independent participants and the return of unused places. Coaches with larger teams can petition the WIOL Director for additional places on the Varsity teams.

III. Substitutions:

If a Varsity level student is not available for a meet, a coach may assign a Junior Varsity level participant to the Varsity level for that meet. For as long as that Varsity level student is not available, *the same Junior Varsity*

level student will be assigned to that position. At any subsequent meets that *any* Varsity level student cannot participate, the same JV participant must be assigned to take the Varsity level student's position.

IV. Moving up:

The WIOL Director will assign independent boy and girl participants to the appropriate level depending on their previous experience and standings of the previous season.

If, after the first two WIOL meets, a coach finds a new participant that is exceptionally talented, within the top 10 percent of participants at the JV level at both meets, and whom the coach feels should compete at the Varsity Level, the coach can petition the WIOL Director for permission to place that participant at the Varsity Level. If the WIOL Director finds an independent participant meeting the same requirements, that participant can be moved up at the WIOL Director's direction.

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. 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.

VII. 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.

VIII. Disqualification:

1. Mispunching or Not Punching a Control. 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. 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.

Cell phones may not be used while a participant is running his/her course, either voice or texting.

3. Protests. If a participant feels unjustly disqualified, 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.) A jury will be convened to evaluate your protest and arrive at a judgment. All decisions of the jury are final.

IX. Safety:

Despite the rule against on-course consulting, 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. 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.