

Rules for the East Anglian Orienteering Championships

The East Anglian Orienteering Championships shall be held each year at an event designated by the Regional Committee staged by a club within the Region.

The competition shall be a 'Long' or 'Classic' distance race, although separate Sprint or Middle Distance Championships may also be staged if the Regional Committee so decides.

All events shall be registered with British Orienteering and held in accordance with the Rules & Guidelines applicable at the date of competition. Events may be registered at Level 2 or Level 3.

Competition classes shall be age-based regardless of whether the event has age or colour designated courses. The event organiser shall clearly state in event details which course must be run by each age group.

To be eligible for the regional championship, at the date of the competition, competitors must be registered by British Orienteering as a member of a club affiliated to EAOA. Clubs may be Open or Closed and members may be Local or National. Members who have not renewed for any reason shall not be eligible.

Eligible competitors shall be entitled to compete in their designated age class based upon the year of their birth.

Competitors aged 20 or younger and those aged 35 or older, may run 'up' by stating their intention when entering the appropriate course for their chosen age class. In doing so, they cease to be eligible based upon the year of their birth.

If more than one age class is competing on the same course, competitors shall only be eligible for the class appropriate for the year of their birth unless they have declared otherwise.

Juniors may not be 'shadowed' or run in pairs.

Champions shall be responsible for the safe keeping of trophies that may be awarded and shall return them in time for the following year's competition.

15 May 2009