

# State Orienteering League (SOL) Rules

## (Revised for 2020)

The State Orienteering league (SOL) is a series of orienteering events running throughout the season which is designed to permit comparison of performance within and between orienteers of different age classes.

One outcome will be the Orienteer of the Year (OY) for which there are four categories:

- Senior Men (M-16 upwards)
- Senior Women (W-16 upwards)
- Junior Men (M-10 to M-14)
- Junior Women (W-10 to W-14)

## Eligibility

The competition is open to Full Club OWA members only.

## SOL Events

Points for the competition may be gained at six nominated OY events each season. These events will be the WA Long State Championships, WA Middle Distance State Championships, the WA Sprint Championships, and the nominated non-championship State Orienteering League (SOL) events (one of each) over the same distances.

## Scoring for the OY

The winner of each Category (Senior Men, Senior Women, Junior Men and Junior Women) is the highest points scorer in the Category after the last SOL event of the season.

All events carry equal weighting, except that if there is a tie for winner, the points from the Long State Championships shall determine the outcome, followed if necessary by the points from the Middle Distance State Championships.

The best four events will be counted towards each competitor's total score, event scores being added together to give final scores.

Positions at each event are determined by rates per kilometre, multiplied by age class adjustment factors (see below). Competitors in each Category are then ranked according to their adjusted kilometre rates.

Points are allocated to competitors at each event within each Category according to position on the ranking table for their category; 100 for the highest.

If a competitor runs a course that does not qualify for OY points (see below) this will be shown by \* beside his or her name in the ranking table for the event.

# Age class adjustment factors:

## Age Groups and factors for OY Adjustments for SOL events

	Junior			Senior															
Age group	10	12	14	16	18	20	21	35	40	45	50	55	60	65	70	75	80	85	
Men	1.0	1.0	1.0	.75	.85	.90	1.0	.90	.85	.80	.75	.70	.65	.60	.55	.50	.45	.40	
Women	1.0	1.0	1.0	.75	.85	.90	1.0	.90	.85	.80	.75	.70	.65	.60	.55	.50	.45	.40	

## Eligible Classes

To be eligible to score OY points, competitors must run the courses shown below, or higher ones.

For the Non Championship Classic (Long) distance event you need to enter a minimum of the following courses according to your age group.

Men		Women		Minimum Course	Length % of H1
	19-39			H1	100
17-18	40-54		19-49	H2	60
15-16	55-64	17-18	50-54	H3	45
	65-74 Sledge	15-16	55-69 Sledge	H4	35 <i>Less physically challenging than H1 – H3</i>
	75+		70+	H5	25 <i>As for H4, avoid steep, rough terrain and thick vegetation.</i>
	13-14		13-14	M	25
	11-12		11-12	E	3km
	< or = 10		< or = 10	VE	2km

For the Non Championship Middle distance events you need to enter a minimum of the following courses according to you age group.

Men		Women		Minimum Course	Length % of H1
	19-39			H1	100
17-18	40-54		19-49	H2	70
15-16	55-74 Sledge	15-18	50-64 Sledge	H3	40 <i>Less physically challenging than H1 &amp; H2</i>
	75+		65+	H4	30 <i>As for H3, avoid steep, rough terrain and thick vegetation</i>
	13-14		13-14	M	25
	11-12		11-12	E	3km
	< or = 10		< or = 10	VE	2km

For the Non Championship Sprint Event

Men		Women		Minimum Course
17-20	21-44			Long
15-16	45-74, Sledge	15-20	21-64, Sledge	Medium
13-14	75+	13-14	65+	Short
< or = 12		< or = 12		Easy

As Championship events are run in age classes, for the three SOL Championship events you must enter the course for your age group as the minimum course.

You may enter a harder or longer course but you will still receive the same factor.

## Organiser's Allowance

People who cannot complete in an SOL event because they are involved in its setting or organisation will be given an organiser's allowance.

They will have added to their SOL score at the end of the season points to the value of the average of their best three scores from valid runs. This applies only to the Controller, Course Setter, and any Assistant Course Setter(s), and to the Organiser if they were unable to compete, at the event.

## Cancellation of Courses

If a course is cancelled, the competitors on that course will be allocated an average as for the organiser's allowance.

The results of competitors on other courses shall be treated as usual.

## Sledge Class

From Season 2020 a new Sledge class has been added to Championship and OY events. This means that competitors in the Sledge class at Championship and State League events can score SOL points in accordance with their Age Factor.

The Sledge competition will be monitored for so-called 'Badge Bandits', and any exceptionally fast kilometre rates may be adjusted by the Technical Committee, taking into account the competitor's previous orienteering experience. The adjustment will be based on the National Standard speed for M21AS relative to M21E of 0.75 (see Appendix 1, 4.1 of OA Competition Rules 2019).

**Last modified: May 2020**