

Competition Rules for the Colorado Scholastic Orienteering League (CSOL)

In orienteering, participants use a map and compass to locate a series of checkpoints shown on a specialized, highly detailed topographic map. Runners choose the route, either on or off trail, that will help them find all the checkpoints and get to the finish line in the shortest amount of time. Each checkpoint, or "control," is a distinct mapped feature such as a trail junction, a boulder, a hilltop, etc. The controls are marked with red circles on the map and with orange-and-white flags in the field.

The sport of orienteering requires map reading, problem solving, and quick decision-making skills in addition to athletic ability and general physical fitness. It's an individual sport that builds decision-making, fitness, self-confidence, and leadership skills.

The annual CSOL series for middle school and high school students consists of three meets plus a final championship event, for a total of four events.

A. Website & Schedule

The CSOL page on the RMOC web site is: <http://www.rmoc.org/index.php/csol>

The CSOL meets and locations for each season are posted on the CSOL page as well as on the "Event Schedule" page on the RMOC web site: <http://www.rmoc.org/index.php/event-schedule>.

For additional training, school groups and individuals are encouraged to attend other RMOC events prior to and/or after the CSOL series.

B. Competition Categories

At each meet, there are three competition categories. Select the appropriate course based on grade and ability level.

1. Middle School (grade 8 and under) — Yellow beginner course.
2. High School Junior Varsity (grades 9-12) — Yellow beginner course.
3. High School Varsity (grades 9-12) — Orange intermediate course.

For the Middle School division, both boys and girls will compete in the same category.

For the High School divisions, there will be separate categories for boys and girls.

Participants may run up a level from their school level, but may not run down a level. (For example, a 5th grader can run in the Middle School category, but a 10th grader cannot). Under some circumstances, a participant may move up to a higher level of competition during the season; however, a participant may not compete on a lower course in the championship meet than was participated on for the majority of the meets during the season.

Beginners who would like to complete a course together or with their coach (for training purposes) may enter as a non-competitive group. Participants who complete a course as a non-competitive group are not eligible for scoring or awards.

C. Registration & Fees

Pre-registration is required to ensure that we have enough maps for all participants. To pre-register, email all participant names to the RMOC secretary (brooke@rmoc.org) in this format:

| Student Name | Gender (M or F) | Course (Orange or Yellow) | E-Punch # (if applicable) |
|--------------|--------------------|------------------------------|------------------------------|
| Mary Jones | F | Yellow | -- |
| Joe Smith | M | Orange | 123456 |

Entry fees are \$10 per person. The \$10 entry fee includes one map and one e-punch rental for each participant. The entry fee is discounted to \$8 per person for participants who have their own e-punches; the discounted \$8 entry fee includes one map.

RMOC accepts payment at meets via cash, check, or money order. Checks and money orders should be made payable to “RMOC”.

School groups may request to be billed *after* each meet, for payment by check or credit card. To be billed after a meet, complete the “Request for Invoice” form at this link and leave it with the registration volunteer at the meet: <http://www.rmoc.org/index.php/club-administration/document-repository/finish/1-club-administration-documents/6-template-request-for-invoice>.

D. Scoring

1. **Individual Scoring.** All competitors who finish are ranked by finish time on their course and then scored according to the table shown below. Competitors who start a course but do not finish are assigned 50 points — i.e., mispunch (MSP), did not finish (DNF), or overtime (OVT). In the event that two individuals within a class are tied by time, the competitor with the earlier start time will be assigned the higher Place and Score.
 - Middle School: Male and female participants are ranked and scored together in one combined category.
 - High School Junior Varsity and Varsity: Male and female participants are ranked and scored separately.

| Place | Score | Place | Score | Place | Score | Place | Score | Place | Score |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| 1 | 100 | 11 | 85 | 21 | 75 | 31 | 65 | 41 | 55 |
| 2 | 95 | 12 | 84 | 22 | 74 | 32 | 64 | 42 | 54 |
| 3 | 93 | 13 | 83 | 23 | 73 | 33 | 63 | 43 | 53 |
| 4 | 92 | 14 | 82 | 24 | 72 | 34 | 62 | 44 | 52 |
| 5 | 91 | 15 | 81 | 25 | 71 | 35 | 61 | 45 | 51 |
| 6 | 90 | 16 | 80 | 26 | 70 | 36 | 60 | 46+ | 50 |
| 7 | 89 | 17 | 79 | 27 | 69 | 37 | 59 | MSP | 50 |
| 8 | 88 | 18 | 78 | 28 | 68 | 38 | 58 | DNF | 50 |
| 9 | 87 | 19 | 77 | 29 | 67 | 39 | 57 | OVT | 50 |
| 10 | 86 | 20 | 76 | 30 | 66 | 40 | 56 | | |

- Team Scoring.** The team competition at each meet is based on the total of the top three individual scores from each school. Each team will consist of exactly three participants from the same school, competing on the same course, in the same category (male or female). The team members do not have to be specified before the meet; instead, the individual scores from the top three finishers from each school will be totaled to generate that school's "Team 1" score; the scores from the next three finishers from that same school will be totaled to generate the "Team 2" score; etc.

In the event that two teams are tied at a meet based on their point totals, the shortest combined finish time of the team members will serve as the tiebreaker for awards.

Reminder: Even though there is a CSOL team competition, every participant must run the course individually. No CSOL competitors are allowed to start the course with other participants from their same school, or be assisted by anyone on the course.

- Season Scoring for Individuals & Teams.** The top three scores from the season, including the championship meet, will be totaled to determine the individual and team season champions.
 - For an individual to be eligible for a season award, he/she must participate in a minimum of three meets in the same category.
 - For a school to be eligible for a season team award, at least three students from that school must participate in a minimum of three meets.

In the event that two or more runners or teams are tied at the end of the season based on their three-meet point totals, the shortest combined time of the top three individuals or teams will serve as the tiebreaker.

E. Awards

- Meet Awards.** Each meet will have awards for the top three individuals in each category and the top three High School Varsity teams.

| | | |
|---------------------------------------------------|--------------|---------------|
| Middle School (Yellow course) | All | |
| Individual – 1 st place | Gold Medal | |
| Individual – 2 nd place | Silver Medal | |
| Individual – 3 rd place | Bronze Medal | |
| High School Junior Varsity (Yellow course) | Male | Female |
| Individual – 1 st place | Blue Ribbon | Blue Ribbon |
| Individual – 2 nd place | Red Ribbon | Red Ribbon |
| Individual – 3 rd place | White Ribbon | White Ribbon |
| High School Varsity (Orange course) | Male | Female |
| Individual – 1 st place | Gold Medal | Gold Medal |
| Individual – 2 nd place | Silver Medal | Silver Medal |
| Individual – 3 rd place | Bronze Medal | Bronze Medal |
| Team – 1 st place | Trophy | Trophy |
| Team – 2 nd place | Trophy | Trophy |
| Team – 3 rd place | Trophy | Trophy |

2. **Season Awards.** End-of-season awards will be provided to the top five individuals and top three teams in the Middle School and High School Varsity categories, based on the season scoring process described in Section D-3.

- For an individual to be eligible for a season award, he/she must participate in a minimum of three meets in the same category.
- For a school to be eligible for a season team award, at least three students from that school must participate in a minimum of three meets.

| Middle School (Yellow course) | All | |
|-------------------------------------|--------|--------|
| Individual – 1 st place | Trophy | |
| Individual – 2 nd place | Trophy | |
| Individual – 3 rd place | Trophy | |
| Individual – 4 th place | Trophy | |
| Individual – 5 th place | Trophy | |
| High School Varsity (Orange course) | Male | Female |
| Individual – 1 st place | Trophy | Trophy |
| Individual – 2 nd place | Trophy | Trophy |
| Individual – 3 rd place | Trophy | Trophy |
| Individual – 4 th place | Trophy | Trophy |
| Individual – 5 th place | Trophy | Trophy |
| Team – 1 st place | Trophy | Trophy |
| Team – 2 nd place | Trophy | Trophy |
| Team – 3 rd place | Trophy | Trophy |

F. 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 going back to the correct control marker and finishing the course in the correct order. If you do not correct your error, you will receive a mispunch (MSP) and will be disqualified for that meet. Be sure that the control beeps and the light flashes to register your visit to the control on the e-punch stick. This is a responsibility of every orienteer. Not getting the control information on the e-punch 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. Comparing your route *post-finish* with others who have already finished is allowed and encouraged!
3. Navigating the Right Course. All participants are responsible for picking up the correct map and running the correct course. Any participant who picks up the wrong map and runs that course will receive no points in the season standings for that particular meet.

4. Acceptable Tools. A compass, watch, and map are the only authorized navigation tools. Cell phones or GPS may not be used to navigate while a participant is competing on his/her course.
5. Protests. If a participant feels unjustly disqualified, that participant may protest the disqualification. Inform the CSOL Director or RMOC Club President that you wish to protest and explain why. (Team participants should tell their coach, and the coach will contact the CSOL Director or RMOC Club President. Individual participants should tell his/her parent and the parent should contact the CSOL Director or RMOC Club President.) A jury will be convened to evaluate the protest and arrive at a judgment. All decisions of the jury are final.

G. Safety

Despite the rule against on-course consulting, getting completely lost or injured is certainly cause to seek help.

1. Disoriented. If you are lost, you may ask another orienteer where you are on the map. If you are asked for help, you should help the lost orienteer; the previously lost individual is then responsible for any subsequent navigation.
2. Injury. If an injured competitor asks for help, you MUST stop to help. The assisting orienteer 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. Safety Bearing. Know the safety bearing before starting the course. If lost, you can walk in this direction to safety.
4. Time Limit. There is a maximum of three hours to complete the course, and all competitors must return before the course closure time. All competitors must check out at the download table, even if they did not complete their course.
5. Signaling. ALWAYS run with a safety whistle in case you are injured on the course.



These rules are largely based on rules used by the Washington Interscholastic Orienteering League, supported by the Cascade Orienteering Club. Rules and categories are subject to change upon request as voted by the participating members of the series and the club board.

Appendix I: Award Announcement Sheet

Individual Meets

1. Results for Individual Runners

a. Middle School

| Place | Name | School | Time |
|-----------------|------|--------|------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

b. High School Junior Varsity Female

| Place | Name | School | Time |
|-----------------|------|--------|------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

c. High School Junior Varsity Male

| Place | Name | School | Time |
|-----------------|------|--------|------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

d. High School Varsity Female

| Place | Name | School | Time |
|-----------------|------|--------|------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

e. High School Varsity Male

| Place | Name | School | Time |
|-----------------|------|--------|------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

Individual Meets (continued)

2. Results for Teams (read runner names; no team awards for HS Junior Varsity)

a. Middle School

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |

b. High School Varsity Female

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |

c. High School Varsity Male

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |

Final Season Standings

1. Results for Individual Runners (no season awards for HS Junior Varsity)

a. Middle School

| Place | Name | School | Points |
|-----------------|------|--------|--------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

b. High School Varsity Female

| Place | Name | School | Points |
|-----------------|------|--------|--------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

c. High School Varsity Male

| Place | Name | School | Points |
|-----------------|------|--------|--------|
| 3 rd | | | |
| 2 nd | | | |
| 1 st | | | |

Final Season Standings (continued)

2. Results for Teams

- For each team, read runner names from entire season if possible.
- No team awards for HS Junior Varsity.

a. Middle School

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |

b. High School Varsity Female

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |

c. High School Varsity Male

| Place | Team Name | Runner Names | Points |
|-----------------|-----------|----------------|--------|
| 3 rd | | 1. 2. 3. | |
| 2 nd | | 1. 2. 3. | |
| 1 st | | 1. 2. 3. | |