

## Competition Rule M: Peter Palmer Junior Team Relay

Updated by Barry Elkington in June 2022 to add the Daybreak Bowl competition

**These Rules must be read in conjunction with the British Orienteering Rules of Orienteering and Appendices, Where these Rules vary or supplement British Orienteering Rules of Orienteering then these Competition Rules will take precedence.**

### 1. General information

1.1. The Peter Palmer Junior Team Relay is named after one of Britain's finest orienteering coaches. Peter Palmer helped to devise this event in order to give an opportunity for Juniors to experience competition similar to some Scandinavian events and the Harvester Relays, whilst also giving the chance for social interaction amongst Juniors from across the country.

### 2. Format

2.1. The Peter Palmer Junior Team Relay is for club teams comprising all standards of Junior orienteers from the M/W12 to M/W18 age classes. (Note: M/W10s are specifically not permitted to take part, even running up as M/W12s.)

2.2. The race is run over six laps. Each team must have at least two laps run by boys and two laps run by girls.

2.3. Lap 5 may have up to three runners per team. Each team's runners all start together when their lap 4 runner finishes. The first lap 5 runner to finish hands over to the lap 6 runner.

- If the first finisher on lap 5 is subsequently disqualified due to mis-punching then the second finisher's time will be used to calculate the final result.
- For lap 5 to count as a girls (boys) lap all three runners must be girls (boys).
- For the Joan George Trophy the British Orienteering age of the oldest runner on this lap will be used.

2.4. A competitor is not permitted to run more than once.

2.5. In addition to the original relay competition, the "Daybreak Bowl" offers an introduction to the event for a team of less experienced Juniors with little or no experience of night orienteering. The race is run over four laps, and each team must have at least one lap run by a boy and one lap by a girl. Lap 3 may have up to three runners per team, subject to the relevant restrictions in 2.3 above.

### 3. Administration

3.1. The competition is held annually, usually in September.

3.2. The date and location of the Peter Palmer Junior Team Relay is determined by Event Scheduling Group. Individual clubs may offer to host the Peter Palmer Junior Team Relay.

3.3. The Peter Palmer Junior Team Relay must be registered as a level B event.

### 4. Eligibility

4.1. Any club registered with British Orienteering may enter a team or teams in the Peter Palmer Junior Team Relay.

4.2. All competitors must be Juniors in the age range M/W12 to M/W18. (Note: M/W10s are specifically not permitted to take part, even running up as M/W12s.)

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- 4.3. Competitors must be either members of British Orienteering or attend a school, college or university which has a formal association with a club.
- 4.4. Juniors who are members of British Orienteering must meet the club representation eligibility requirements in the British Orienteering Rules of Orienteering.
- 4.5. Juniors who are not members of British Orienteering are permitted to compete in this competition provided that this is the only "Open" club that they compete for in any competition during the year.

### 5. Trophies

- 5.1. There are three Trophies to be presented For the Peter Palmer Junior Team Relay:
  - **Peter Palmer Trophy** - all team members from the same club.
  - **Joan George Trophy** - all team members from the same club, combined British Orienteering ages to total 90 or less.
  - **Norwich Orienteering Club Anniversary Trophy** - all team members either
    - i) from the same 'small club', or
    - ii) from two 'small clubs' forming a combined team
- 5.2. If a team is eligible for more than one Trophy, and wishes to compete for more than one Trophy, then they must declare this on the team declaration form.
- 5.3. In the event of a team winning more than one Trophy for which they have declared themselves eligible then they will only receive one Trophy according to the following order of precedence:
  - Peter Palmer Trophy.
  - Norwich Orienteering Club Anniversary Trophy.
  - Joan George Trophy.

with the next placed eligible team receiving the lower order Trophy.

- 5.4. The three first place trophies and prizes must be awarded first, then the second place prizes following the same sequence, and then the third place prizes. In order that the greatest number of teams should receive awards no team should receive more than one trophy or prize.

#### 5.5. The Daybreak Bowl is a separate race with its own trophy.

<i>In addition to the permanent trophies, medals or prizes for the top three teams in each category should also be provided.</i>
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### 6. Combined teams

- 6.1. Combined 'small club' teams can only be made up from two 'small clubs' that are either from the same association or are geographically adjacent.
- 6.2. Two 'small clubs' must not combine if either of them is able to enter a complete team from their own club. However, if the first club is able to enter a complete team and the second club cannot, they may then combine to form a second competitive 'small club' team.
- 6.3. Two clubs, large or small, may combine to enter additional teams provided that the large club or clubs have already entered a complete team or teams in the competition.
- 6.4. In circumstances where combined teams are formed it is assumed that clubs will pick their best runners for their own club team or teams before seeking to combine

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with a neighbouring club to give their 'spare' junior orienteers the opportunity to run in the competition. Any attempt by clubs to do otherwise will lead to their disqualification. The spirit of the competition is, therefore, that clubs form teams from their own members and are encouraged to develop their own club juniors. It is not the intention for Regional 'elite' teams to be formed.

6.5. Non-competitive teams are permitted at the discretion of the event organiser.

*6.5.1. Note that combined teams are only eligible for the Norwich Orienteering Club Anniversary Trophy.*

*6.5.2. A 'small club' is defined as one with 100 or fewer membership units of British Orienteering.*

### 7. Safety

7.1. Event Officials must refer to British Orienteering Rules of Orienteering and Appendix E: Event safety for detailed information on the required and recommended Safety and Risk management procedures.

### 8. Officials

8.1. The officials for the event must meet the requirements set out for a level B event in Appendix C: Event officials.

8.2. The Peter Palmer Junior Team Relay requires a Planner who is experienced at planning top quality Junior courses.

### 9. Organisational requirements

#### 9.1. Start time

9.1.1. The Peter Palmer Relay is to be started so that the second leg is run at dawn. The actual start time will depend on the date and location of the event, but should be approximately ninety minutes before sunrise.

**9.1.2. The Daybreak Bowl should start approximately thirty minutes before sunrise.**

#### 9.2. Event centre

9.2.1. This race requires an event centre with suitable sleeping accommodation for the teams in or adjacent to the competition area.

9.2.2. It is customary to hold a five-a-side football tournament on the Saturday evening if the facilities are available to do this.

### 10. Map and terrain

#### 10.1. Quality of terrain

10.1.1. The area must be suitable for planning a Yellow standard course in daylight and for Red standard courses for night legs.

*10.1.2. The preferred terrain is a forested or parkland/forested area with a good track and path network.*

*10.1.3. The terrain should not be too physical.*

### 11. Map, scale and printing

11.1. The map, scale and printing must comply with all the relevant requirements in the British Orienteering Rules of Orienteering and Appendix D: Mapping.

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### 12. Course details

12.1. The lap distances and technical difficulties for the Peter Palmer Relay are:

	Lap Distance	Technical Difficulty	Nearest equivalent in Colour Coded scheme, but relay lap may be longer
Lap 1	4.5 – 5.5 km	3	Red
Lap 2	4.5 – 5.5 km	3	Red
Lap 3	3.5 – 4.5 km	4	Light Green
Lap 4	3.0 – 3.5 km	3	Orange
Lap 5	2.0 – 2.5 km	2	Yellow
Lap 6	5.5 – 6.5 km	5	Green

- a) *Laps 1 & 2 are similar in distance and difficulty, but individual competitors on each lap may not be running the same course. Some controls are common to both courses, some are not. i.e. the legs are gaffled.*
- b) *Laps 3 & 6 should be planned so that approximately 2.5 to 3.5km are of Light Green difficulty, with legs gaffled between the two laps. The remainder of Lap 3 is then of Light Green difficulty (common to all Lap 3 runners) whilst the remainder of Lap 6 is of Green difficulty and will be common to all Lap 6 runners.*
- c) *The first lap should be run in darkness. Leading teams will start the second lap still needing a light to read the map, but most of this leg should be run at dawn.*
- d) *The Planner should aim to provide relay courses which test the top competitors but do not spread out inexperienced orienteers too much, especially those who haven't run at night before.*
- e) *Control sites should be kept well apart, with no grouping of control codes. The objective is not to have to disqualify any competitor for mispunching.*
- f) *Control flags should be easily seen once the competitor is in the correct location. The use of any sort of hidden control banner, even behind a tree, is not acceptable in a relay.*
- g) *A spectator control is not essential, but adds much to the atmosphere of the race*

12.2. The lap distances and technical difficulties for the Daybreak Bowl are:

	Lap Distance	Technical Difficulty	Nearest equivalent in Colour Coded scheme, but relay lap may be longer
Lap 1	4.5 – 5.5 km	3	Red
Lap 2	3.0 – 3.5 km	3	Orange
Lap 3	2.0 – 2.5 km	2	Yellow
Lap 4	4.5 – 5.5 km	3	Red

- h) *The courses used in the Daybreak Bowl are the same as used in the Peter Palmer Relay.*
- i) *Laps 1 & 4 are similar in distance and difficulty, but individual competitors on each lap may not be running the same course. Some controls are common to both courses, some are not. i.e. the legs are gaffled.*
- j) *All four laps should be run in daylight, although first leg runners may need a light to read the map in the woods.*