

Leinster Leagues, 2003/2004 - RULES

Autumn Series & Spring Cup

For the 2003/2004 season there will be two Leinster leagues. The first, the *Autumn Series*, finishes before Christmas. The second league, the *Spring Cup*, begins after Christmas ends before the Leinster Championships.

League Objectives:

- Increase both the numbers participating in Leinster orienteering and to increase repeat participation.
- Provide events of appropriate challenge for new as well as existing orienteers.
- Offer stimulating training and competition for experienced and high-performance orienteers.
- Offer rapid-fire league competition to maintain interest, momentum and competitive spirit.
- Stimulate inter-club rivalry.
- Capture and maintain a spirit of fun and adventure.

Main League Features:

- The courses on offer are BROWN, BLUE, GREEN, LIGHT-GREEN, ORANGE and YELLOW.
- The League is open to all. The competition is not confined to Leinster orienteers. Prizes can be won by anyone from anywhere.
- All League events are standard length foot-orienteering. Alternative event formats such as street-O and sprint are not included in the league; however they may be run by clubs as local events.

Course Selection:

- In a given league, a competitor must stick with the course they choose at the first event they compete in. That is, if they run Blue at event 1 in the Spring Cup, then in order to remain competitive in the Spring Cup they must continue to run in Blue in subsequent events. Any score that they get subsequently in any other colour will not be counted in the league. A competitor can however run a different colour in the Autumn Series and the Spring Cup.

Scoring:

Autumn Series: best 3 of 5 to count (3 of 4 if one event cancelled or course voided, 2 of 3 if two).
Spring Cup: best 4 of 6 to count (4 of 5 if one event cancelled or course voided, 3 of 4 if two).

Points: 1st - 50 points, 2nd - 46 points, 3rd - 43 points, 4th - 40 points, 5th - 38 points, 6th - 36 points, 7th - 34 points, 8th - 33 points, and minus one point per placing thereafter. Finishers in 40th position or lower get 1 point.

In the event of a tie the following count-back system will be used: the competitor with most 50 point scores wins, then most 46 point scores, then most 43 point scores and so on until a winner is found.

Non-individual results will be ignored. For example "Lisa & Sarah", "The McCool Family" etc will be deleted *before* the league points are allocated. Non-competitive and disqualified competitors are also deleted before points are allocated.

In order not to penalise a person who Organises, Plans or Controls (OPC) an event, the following system will apply. The organiser, planner and controller of an event are awarded their best score in the league that they OPC in, plus 1 point. For example if your best score in the Autumn Series was 38 points then your score for the Autumn Series event that you OPCed will be 39 points. You can only be awarded OPC points once across all 11 Autumn/Spring events. You do not get double points if you combine two of the OPC jobs.

Inter-Club League:

Running across all 11 League events is a Leinster Inter-Club league. This is described here <insert a link to the IC league rules page>