



Scottish Orienteering Urban League (SOUL) guidelines 2022

(updated Nov 2021)

Urban guidelines

SOUL events should follow as closely as possible the comprehensive BOF Urban events guideline (Rules of Orienteering Appendix B, section 11, p.68), the updated version of which can be found here:

[British Orienteering](#)

This provides guidance on course lengths, combinations and specific advice regarding safety for juniors.

NB Urban sprint, middle distance or score events may all be included in the series to provide variety and increase geographic spread. In these events distances/ times will be relevant to the discipline / category.

Junior courses

In addition to the BOF guideline the following guidance is provided to SOUL series event organisers and planners regarding junior courses. They should also provide helpful information to parents.

All junior courses should comply with BOF guidance that under 16s should not cross roads with busy traffic (see BOF guidelines for alternative ways of dealing with this matter).

In line with BOF guidance on **shadowing**, juniors being shadowed on junior courses shall remain competitive for the series. **Note** It is possible that the guidance for any individual SOUL event may require shadowed juniors to declare themselves as non-competitive for the purposes of the event, but **that will not prevent them from gaining the appropriate SOUL points**. It is the responsibility of the competitor/parent to clarify with the event organiser if they are unsure. In general the person shadowing may, at the Organiser's discretion, do so before or after their own competitive run, provided that the 2 courses do not share a significant number of controls. Where the SOUL event is part of another event or series (eg Scottish Sprint Champs) then in order to remain competitive the shadower should run their own course prior to shadowing.

Course M/W 12- (M/WYJ) maps should where possible be provided to competitors at registration to allow parents to judge whether or not shadowing is appropriate.

Where possible the Technical difficulty (TD) and distance of the junior courses should be provided at the pre-entry stage. This is particularly important if the course for M/W 12- has controls above TD2 standard.

Whilst there are clear restrictions for Junior courses, planners should still aim to produce courses that provide appropriate technical navigational challenges to the participants.

Series events

Scottish Clubs will be invited to submit events for inclusion in the series. Once accepted they will be added to the event list. The expectation is that events would be level C or above, and should provide courses suitable for all 7 of the current age group categories (see below).

Normally there will be at least 5 events in a calendar year to form a league. The series coordinator will endeavour to include all events that apply and meet the designated criteria. However if there is considered to be an excessive number of potential events, the coordinator reserves the right to limit the number.

Normally events will not be added to the list after the first event of the series has been held.

Events are open to all SOA / BOF members.

The number of events counting towards the final league points is as follows:

Total number of events	Scores to "count"
5-7	4
8-9	5
10-11	6
12-13	7
14-15	8
16-17	9

Trophies will be awarded to the winners of each category. If resources permit prizes/ medals will be awarded to the first 3 in each category.

The names of the winners will be added to the SOUL Roll of Honour

Categories (as per above BOF guidelines)

M/W 12- (M/WYJ)

M/W16- (M/WJ)

M/W Open (M/WO)

M/W Vet (40+) (M/WV)

M/W Supervet (55+) M/WSV)

M/W Ultravet (65+) M/WUV)

M/W Hypervet (75+) (M/WHV)

Note: The BOF Guidelines referred to above make no mention of the Men's & Women's Hypet Vet classes (M/W75+). When these classes were introduced the intention was that they should share the same course as WUV i.e course 5 (below). This is considered best practice for the SOUL series

Whilst the number of courses and the allocation of categories to courses is at the discretion of the individual event Planner in conjunction with the Organiser, the following combination has proved successful in previous years:

Course 1	MO		
Course 2	MV	WO	
Course 3	MSV	WV	
Course 4	MUV	WSV	
Course 5	MHV	WUV	WHV
Course 6	MJ	WJ	
Course 7	MYJ	WYJ	

Points will be awarded to finishers on each category as follows: 100, 96, 93, 91, 90, 89...

At any given race, a competitor may score in only one category. Unless specified otherwise beforehand, he / she will score in the lowest category for which he is eligible; for example, if W Vet and W Supervet share a course, a W55 would score only as a W Supervet. A competitor who runs a course above that designated for his category will score in the lowest category for which he is eligible, e.g. an M55 running up on a course designated for M Open, W Open and M Veteran would score only as M Veteran.

In a competition with parallel heats and a set of graded finals, points will normally be awarded from the top of the A final downwards. Anybody not finishing both races will not be eligible to score points.

Coordinator reserves the right to amend the scoring system during the year, with the aim of promoting competition or improving fairness in unforeseen circumstances.

Tie-break

In the event of a tie in SOUL scores at the conclusion of the league, the outcome will be determined by the head to head scores between the relevant competitors. This will include any DNF, which will attract a nil score.

Roger Thetford who administers the UK Urban League scoring system has agreed to administer the league scoring software for this league. A BOF or SOA number will be required to be included in the series results.

Pre-entry

When setting up pre-entry it is sensible to ask people to enter by category rather than by course.

The correct abbreviated categories for uploading for results (to save time later) are (in order of ascending age:

MYJ, WYJ, MJ, WJ, MO, WO, MV, WV, MSV, WSV, MUV, WUV, MHV, WHV

You may also find it helpful to add additional open categories for each course (Course 1 open, Course 2 open etc) to allow people to run down without having to modify their age/gender.

Organisers please read Roger's comprehensive guidance on the scoring system (<http://www.oxfordfusion.com/NopeUL/OrganisersInstructions.pdf>) before opening up for pre-entry, as the guidance includes information about how best to set up the event to allow results to be exported for the league scores.

Event information

Event organisers should provide some information in the Preliminary / Final details as to the nature of the terrain to be expected and the appropriate form of footwear / leg cover that should be worn e.g. " terrain is 70% tarmac 30% forest with some brambles and steep slopes. Leg cover is recommended but road shoes will be suitable."

For events in which there is more than one race eg heats / final or simply 2 legs, there should be a clear explanation in the Final Event Information of the way in which SOUL league scores will be determined e.g one leg or the other or a combination of both.

Entry fees

Whilst the actual level of entry is at the discretion of the Organising Club, it is recommended that in the case of a SOUL event having 2 races, a single entry fee covers both of them.