

## Yorkshire Superleague 2010 - Rules

The YOS is a new competition **open to all full members of British Orienteering**. It will be hosted at Yorkshire's best regional events.

The 2010 League will be held at:

Event	Date	Club	Venue
YOS1	28 Feb 2010	AIRE	<u>Ilkley Moor</u>
YOS2	28 Mar 2010	EBOR	<u>Pickering</u>
YOS3	28 Aug 2010	EBOR	<u>White Rose Day 1</u>
YOS4	29 Aug 2010	EBOR	<u>White Rose Day 2</u>
YOS5	19 Sept 2010	AIRE	<u>Dales Trophy, Conistone</u>
YOS6	24 Oct 2010	EPOC	<u>Stoodley Pike</u>
YOS7	21 Nov 2010	SYO	<u>Ecclesall Woods</u>

The competition will be held in age classes, with classes allocated to specific courses (see table below). On the rare occasion that a variation from this might be necessary, details will be included in the individual event information, and announced on the Superleague's home website.

### Scoring

In each class, points will be scored 100-96-93-91-90-89 etc, with 4 races to count.

Course	Colour	Men Long	Men Short	Women Long	Women Short	Junior Men	Junior Women
1	Black	M21L					
2	Brown	M35L					
3	Short Brown	M45L	M21S	W21L		M20-	
4	Blue	M55L	M35S	W35L		M16-	
5	Short Blue		M45S	W45L	W21S		W20-
6	Green	M65L*	M55S	W55L	W35S	M20-S	W16-
7	Short Green	M75	M65S	W65L	W45S		W20-S
8**	Very Short Green			W75	W55S, W65S		
9	Light Green					M14-	W14-
10	Long Orange						
11	Orange					M12-	W12-
12	Yellow					M10-	W10-
13	White						

\*For 2010, any M65L who wishes to run Short Blue (the BOF recommended colour for M65-69) will still count for the YOS, their points in the YOS being based on their minutes per kilometre (adjusted for height gain).

\*\*In some terrain, where technical difficulty is not greater than Level 4, this may be combined with course 9. Over-35s are in 10-year age bands. M and W18 are combined with M and W20 respectively.