



## FROLICS Handicaps

Handicap adjustments (in minutes deducted from individual run times) are a combination of three factors:

- An experience rating
- Gender
- Age category

### Experience rating

Competitors should assess themselves, before each event, at one of four levels of experience and ability:

- A. An **experienced** orienteer: for example, someone who is competitive in national/regional events in their age class and quite often achieves gold standard when running in a badge event, and/or who would expect to finish in the top third at a Frolic event (before handicap).
- B. An **above average** orienteer: someone who is quite likely to travel regularly to events and would expect normally to be of silver standard in a badge event, and/or who would expect to finish in the middle third at a Frolic event (before handicap).
- C. A **recreational** orienteer: someone who (if they bother with the badge scheme) might be mainly in the bronze category and/or who would expect to finish in the bottom third at a Frolic event (before handicap).
- D. A **newcomer or relative beginner**: someone who has done perhaps no more than a handful of events previously.

This assessment system replaces the previous rigid application of badge rankings as determined by the national scheme. Handicap allowances are as follows [the same as previously]:

Level A	0 mins
Level B	4 mins
Level C	7 mins
Level D	10 mins

**Gender**

M	0 mins
W	7 mins

**Age category**

10	12 mins
12	10 mins
14	8 mins
16	6 mins
18	3 mins
20	1 mins
21	0 mins
35	1 mins
40	2 mins
45	3 mins
50	4 mins
55	6 mins
60	8 mins
65	10 mins
70	12 mins
75	14 mins

For example, a female 35 year old (W35), 'above average' orienteer (level B) would receive a handicap of  
 $7 + 1 + 4 = 12$  minutes  
deducted from her run time.



## FROLICS Clubs

These are the clubs which are automatically counted in the calculation of points for the Frolics Trophy. Runners from other clubs can also take part and be handicapped but they will not form part of the Frolics aggregate scoring.

BKO  
CHIG  
DFOK  
GO  
HAVOC  
HH  
LOK  
MV  
SAX  
SLOW  
SN  
SO  
TVOC