

## MARATHON CANOE RACING COUNCIL RULES of COMPETITION

### MARATHON CANOE RACING

In marathon racing, the competitor races over a designated long-distance course on water not subject to prescribed standards. He/she must take the water as he finds it and be prepared, if it is necessary, to carry his/her boat around an impassable obstacle or between two waterways. The course may be a river, lake, sea or any combination of these.

The purpose of this document is to support marathon canoe races in Canada.

### APPLICATION

These rules should be used in conjunction with relevant MCRC policies. Provinces are encouraged to apply these rules to marathon canoe competitions within their province.

In situations not covered by these rules, or other relevant MCRC or CKC policies, the decisions of the Competition Committee at the event shall be final subject to appeal to the competition jury.

### DEFINITIONS

CKC – Canoe Kayak Canada

MCRC – Marathon Canoe Racing Council

### GENERAL REGULATIONS

#### I. Competitors

- a. Competitors should be active members of a provincial marathon association or an active member of CKC.
- b. International competitors may compete at national/provincial competitions. They may be required to join a provincial association to be covered under race insurance.

#### II. Age Categories – age is as of January 1<sup>st</sup>, the year of competition

- a. U14 years
- b. U17 years
- c. U20 years
- d. Open - 20 years or older
- e. Master I - 40 years or older
- f. Master II - 50 years or older
- g. Master III - 60 years or older

Master will continue in 10-year increments.

All paddlers in one boat must comply with the age criteria.

## CANOES/KAYAKS CLASSES & SPECS

### I. Classes\*

- i. Open
  - ii. Women – exception is U14 where all paddlers will race together
  - iii. Mixed in accordance with boat specs
- b. \*To be considered a class there must be four or more boats registered.

### II. Specifications

#### a. Racing Canoe Specs:

- Length: 18' 6"
- Width: 33" (overall width of the boat) with 27" @ 3" Waterline (have to occur within 1' of the center of the canoe)
- No concave curves below the water line
- Height (bow, center, stern) - 15"/11"/11"

#### b. Stock Canoe Specs:

- Length:
- Width:
- Gunnel Width:

#### c. ICF Marathon K1, K2, C1, C2

	K1	K2	C1	C2
Max length	520cm	650cm	520cm	650cm
Min weight	8kg	12kg	10kg	14kg

#### d. OMCRA

	Waterline length	Waterline length:waterline width
High Performance Kayak		>10.99:1
Fast Kayak		9.25:1 to 10.99:1
Long Recreational kayaks	> 4.27m (14ft)	< 9.25:1
Short Recreational kayaks	=< 4.27m (14ft)	< 9.25:1

L and W are based on 150lb weight in the boat

#### e. Rabaska (Coming)

#### f. North Canoe (coming)

#### g. Voyageur (coming)

### **III. Measuring**

- a. The length of the canoe shall be measured between the extremes of the stem and stern. Stem-bands or other protection of stem and stern, if any, are to be included.
- b. All measurements will be verified on the exterior of the hull.
- c. The length of an ICF kayak or ICF canoe shall be measured between the extremes of the stem and stern. Stern bands or other protection of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not included in the measurement. The weight of a kayak or canoe shall be measured when the boat has been emptied of excess water and may include buoyancy, seats, footrests, steering gear and fixed pumps, but excluding paddles, spray decks and drink containers.

## **ORGANIZATION OF THE COMPETITION**

### **I. MCRC Officials**

- a. Levels of officials
  - i. Level 1 - entry level, necessary to officiate in most positions at Nationals
  - ii. Level 2 – To be developed

### **II. Level 1 Requirements:**

- a. Introductory level officiating general principles through the following online courses:
  - NCCP Making Ethical Decisions
  - Conflict management
- b. Understanding of the MCRC Safety Policy
- c. Review the MCRC Rules of Competition; OR mentor with an existing MCRC board member to gain the knowledge, understanding and application of the MCRC Rules of Competition
- d. Complete an online evaluation

### **III. Maintaining Certification**

- a. Officials need to reaccredit their qualifications after 4 years of gaining accreditation. To reaccredit an official needs to present to the MCRC a list of events they officiated and the roles they performed.

### **IV. Course Information**

- a. The items to be included in a race package include:
  - Time of race and dates
  - Map of race course
  - Race distance
  - Water conditions ie lake, river, creek, current etc
  - Classes to be contested

- Entry fees
- Registration time and place
- Any other relevant information about the competition

## **V. Competition And Race Courses**

Marathon canoe races within Canada can be variable in format (can be held over part of a day, a day, over several consecutive days), in length (one hour to several hours, or days) and on different water types and conditions. Races may or may not contain a portage or several portages over artificial or natural obstacles.

### **a. Course**

- i. River courses without obstacles or interruptions
- ii. River courses with obstacles such as weirs, rocks or shallows involving obligatory or optional portages
- iii. Open watercourses on lakes, rivers, or the open sea
- iv. Any combination of the above
- v. The course shall be marked with similar flags
- vi. Portages shall be marked with similar flags - where to put in and out and along the path
- vii. There shall be a checkpoint at the portage
- viii. Race officials shall be placed at various points along the course.
- ix. Obstructions shall be marked
- x. Turning points shall be negotiated as directed

### **b. Portages**

- i. Portages shall be marked with similar flags - where to put in an out and along the path.
- ii. There shall be a checkpoint at the portages.
- iii. Where shallow water is encountered it is always permitted to disembark in the river and drag the boat into deep water.
- iv. Under no circumstances may a portage be used with an effect of shortening the course of the race.

### **c. Numbers**

- i. All canoes and kayaks shall carry a number at least 8" high which shall be attached to the canoe and kayak as instructed by the race organizers.

## **VI. Safety**

- a. All competitors, officials, and volunteers must follow the most current MCRC Safety Policy.

## RACING REGULATIONS

### I. Withdrawals

- a. After the start of a race a competitor may withdraw from the competition. The competitor must advise an MCRC official upon their withdrawal from the race.

### II. Assistance

- a. It is forbidden during a race to be accompanied by other boats along the course. Such acts shall entail the disqualification of the competitor(s) concerned. Furthermore, taking pace or receiving assistance from boats not in the race is not permitted.
- b. A competitor may receive assistance from bank support crews, but such assistance is limited to first aid services, provisions of food, drink, clothing and replacement of faulty equipment.
- c. Support crew may provide replacement of damaged or lost paddles, help with repairs but not replacement of the craft itself.
- d. In the event of a capsize, a competitor may receive assistance with emptying his craft and regaining his paddling position but may not be progressed in any way.
- e. Overtaking - Where a canoe or kayak is overtaking another canoe or kayak in a race, it is the duty of the overtaking craft to keep clear always of the craft being overtaken.
- f. Portage - No competitor shall be assisted in any way in carrying his/her equipment over a portage.

### III. Disqualifications

- a. Any competitor who attempts to win a race by any other than honourable means, or who breaks the racing regulations, or who disregards the honourable nature of the racing regulations will be disqualified for the race concerned.
- b. Should a competitor have completed a race in a kayak or canoe which is shown upon inspection not to conform to the specifications set out by the Marathon Canoe Racing Council he shall be disqualified from the race in question.
- c. It shall be considered a foul when, after the race has commenced, any competitor by his/her paddle, canoe, or person deliberately hits the paddle, canoe, or person of another competitor, or who deliberately steers into another crew, unless, in the opinion of the officials, such contact is so slight as not to influence the race.

## SPECIAL REGULATIONS FOR the CANADIAN MARATHON CANOE CHAMPIONSHIPS

### IV. Bids To Host The MCRC National Championships

The bid to host the MCRC National Championships should address the following:

- Proposed race date
- Detailed description of proposed course and location
- Maps of the proposed course indicating race start and finish, portages and hazards
- Description of the water conditions
- Detailed description of the proposed portages

- Detailed description of venue facilities including parking, boat storage (security if necessary)
- Availability of accommodation and proximity to the venue
- Contact person details for future communication
- Endorsement of the community
- Any other relevant information

Successful bids to host the MCRC National Championships will be subject to a host agreement between the MCRC and the host organization.

#### **V. Application Process**

- a. Bids to be received by May 1<sup>st</sup> of the year preceding the event.
- b. Decision to be made by June 1<sup>st</sup>.
- c. Decisions to be announced at Nationals.
- d. The host province is encouraged to send a representative to the MCRC Nationals.

#### **VI. Course Length**

- Open Classes - minimum 20 km with no upper limit
- U17 and U20 Classes - minimum 15 km with no upper limit
- U14 Classes - minimum 5.0 km
- Master Races – at the discretion of the host committee
- Races may run in one or several stages, over one or several days; the result being based on the sum of the total racing time.

#### **VII. Entries**

- a. The National Championships are an open event (no limit on provincial competitors) unless otherwise specified by the MCRC.
- b. Paddlers intending to compete in national competition must be in good standing with the applicable marathon provincial or territorial paddling association.
- c. International competitors may compete at Nationals. They may be required to join a provincial association to be covered under race insurance.
- d. Entry forms shall always contain the following;
  1. Name, address and provincial affiliation
  2. Date and year of birth (proof of age may be required)
  3. Name and address of next of kin
  4. Events available
- e. The entry form shall be written in both official languages.
- f. Host communities are encouraged to set up an event web site linking to the MCRC page.
- g. Host communities are encouraged to liaise with the CKC communications director who will help advertise the event through CKC social media sites.
- h. A preliminary list of entries will be posted on the Nationals' web site.
- i. Results are to be submitted to the MCRC chair after the event.
- j. The host province is to remit to the treasurer of the MCRC a fee of \$15.00 per registered Nationals' participant. This fee must be remitted within 60 days of the competition.

- k. Host communities are encouraged to apply for funding through the MCRC Nationals Hosting Grant.

### **VIII. The Competition Committee shall**

The Competition Committee provides oversight of race days and made up of:

- The Chief Official
- The Competition Organizer
- A member from the Marathon Canoe Racing Council

The Competition Committee shall:

- a. Organize the competition and supervise its arrangements
- b. In the case of inclement weather or other unforeseen circumstances that make it impossible to carry out the competition, postpone the competition and decide on another time when it may be held.
- c. Settle any dispute that may arise outside the competition
- d. Disqualify any competitor who behaves improperly or who by his conduct or speech shows contempt towards the officials, other competitors, or on-lookers.
- e. Set up a GRIEVANCE COMMITTEE to decide matters concerning disqualifications, penalties, and final standings. Any issue where the Rules of Competition, or the Regulations that govern the event, are deemed to have been broken, during the competition, may lead to the submission of a “Grievance”.

### **IX. Grievance Committee**

- a. The grievance committee is set up to:
  - Hear and resolve any protest (grievance) that may be made by a competitor, a coach, or a Provincial team representative.
  - Decide matters concerning disqualifications, or penalties, where the competition rules or regulations have been broken.
- b. The Grievance Committee and its chair are to be selected prior to the start of the competition. The committee is to be made up of five senior racers, or officials. One alternate committee member is to be identified prior to the start of the competition. One committee member must be from the host province; the other four members should be selected from different provinces. The Provincial Organizing Committee is to approve the selection of the members of this committee. The Chair of the Organizing Committee, and the Chair of MCRC, may be selected for this committee.
- c. The committee is to adjudicate disputes in the manner outlined in the MCRC Grievance Policy and Procedure.
- d. It is the responsibility of the Organizing Committee to inform all competitors, coaches and team officials, that there is a “Grievance Policy and Procedure”. This must be announced and posted prior to the start of races on each day of the competition (at the Race Briefing).

## **X. Race Officials**

The MCRC National Championships shall be held under the supervision of the following officials (one person may hold up to two positions):

- a. Chief Official – responsible for all matters arising during the event, which are not dealt within the MCRC Rules of Competition.
- b. Competition organizer – responsible for all of the preparations and running of the competition.
- c. Competition secretary – responsible for creating and posting the entry lists, recording and disseminating results, preparing a list of award winners, and sharing event information with the media liaison.
- d. Starter – responsible for starting the races, including lining racers up. They are also responsible for determining false starts and sanctioning those who false start.
- e. Finishing line judge(s)/Timekeeper(s) – responsible for time keeping, recording times and placings and identifying the finishing order of competitors. Disagreements amongst finishing judges will be by majority vote.
- f. Boat scrutineer – responsible for jiggging boats prior to the races (boats meeting the specs will be provided an official sticker to be affixed to the boat) based on the specifications mentioned in the section intitled canoe/kayaks classes and specs.
- g. Announcer – announces each race start and commentates the races as they proceed.

## **XI. Race Headquarters**

- a. The race headquarters shall be set up and operated at least two days prior to the beginning of the competition
- b. The race headquarters shall provide:
  1. Information on all activities
  2. A race schedule outlining all canoeing events
  3. The information shall be available in both official languages
  4. Course maps and descriptions for all race classes

## **XII. Race Start**

- a. The starting line shall be clearly marked and wide enough to accommodate all paddlers.
- b. Classes can be started separately or as mass starts within boat types at the discretion of the organizers.
- c. Competitors shall be at the start at the time specified in the racing programme. The start shall be given without reference to any absentees.
- d. The starter shall communicate the countdown as follows:
  - "Five minutes to start."
  - "Three minutes to start."
  - "One minute to start."
  - "30 second warning."
- e. The Start shall be commenced with a gun, or air horn at any time following the 30-second warning deemed suitable by the starter.



- f. A competitor who attempts an unfair start will thereby be rendered liable to disqualification after offending twice following a warning, or the immediate imposition of a time penalty of two minutes. Any penalty imposed under this rule must be notified immediately to the provincial team leader and the competitors as soon as possible by the race organizers.
- g. Where strong currents render a stationary line-up impossible, a "rolling start" may be used, the boats being allowed to drift towards the line and starting on the starters signal.
- h. The Official(s) may interrupt the starting procedure or recall a race after it has started, if the alignment and/or spacing of a competitor's boat jeopardizes a fair start.
- i. There shall be a back-up system to recall the competitors in the case of a false start.
- j. A false start shall be called within 30 seconds of the starts by two quick blasts of the starting gun or horn. A failure to return to the starting line after a false start is a disqualification.
- k. A competitor attempting to gain an unfair advantage at the Start may be penalized or disqualified by the Officials.

### **XIII. Race Finish**

- a. The finish line shall be clearly marked.
- b. There shall be no obstructions in front of the finish line.
- c. The finish line has been reached when the bow of the watercraft has passed the finish line.
- d. There shall be a clear area behind the finish line for paddlers to cool down.
- e. There shall be two judges/timekeepers and a video camera, or three judges. A video camera is recommended.

### **XIV. Provincial Points**

Provincial points shall be based on the top six finishers in each official class and allocated as follows:

1st Place - 6 points	4th Place - 3 points
2nd Place - 5 points	5th Place - 2 points
3rd Place - 4 points	6th Place - 1 point

Where a tandem team is made up of paddlers from different provinces, one half of the applicable points shall apply to each province. The provincial championship will go to the province with the highest accumulation of points. In the event of a tie, the championship will go to the province that has the most 1st place finishes.

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