

1. EVENTS

1.1. Sprint, Iron and Long Distance (Change) Races:

All Class Designations Apply Equally to OC1, OC2 and OC6 Canoes.

- 1.1.1 Juniors – Men (19 and under)
- 1.1.2 Juniors – Women (19 and under)
- 1.1.3 Juniors – Mixed (19 and under)
- 1.1.4 Novice – Women (1 to 2 years competitors)
- 1.1.5 Novice – Men (1 to 2 years competitors)
- 1.1.6 Novice – Mixed (1 to 2 years competitors)
- 1.1.7 Open Women – any age
- 1.1.8 Open Men – any age
- 1.1.9 Open Mixed – any age
- 1.1.10 Masters – Women (35+)
- 1.1.11 Masters – Men (35+)
- 1.1.12 Masters – Mixed (35+)
- 1.1.13 Senior Masters – Women (45+)
- 1.1.14 Senior Masters – Men (45+)
- 1.1.15 Senior Masters – Mixed (45+)
- 1.1.16 Golden Master – Women (55+)
- 1.1.17 Golden Master – Men (55+)
- 1.1.18 Golden Master – Mixed (55+)
- 1.1.19 Kupuna – Women (65+)
- 1.1.20 Kupuna – Men (65+)
- 1.1.21 Kupuna – Mixed (65+)

1.2. Sprint Races Distances:

- 1.2.1 500m or longer races can be over a 500 m course, sprint races will have turns in 1000 & 1500m events at either 250m or 500m points.
- 1.2.2 500 meter races for V1 and V12 are straight. V6 500 meter races will include a turn at 250 meters. Longer races will involve turns at each 250 meters.
- 1.2.3 The host association may select one extra event to be approved by the CORA Board of Directors (Board) to be included in the regatta. Competition is to be by membership area or club not located in a membership area with one entry per area allowed.
- 1.2.4 Any event, which has fewer than three (3) entrants, from three (3) different areas, is considered an unofficial event, and although the entrants may paddle as an exhibition, there will be no medals awarded.

1.3. Awards Will Be Issued for the Following Finish Positions for All Events

- 1.3.1 1st through 3rd place for each class recognized at an event will be acknowledged with suitable awards for each team/paddler
- 1.3.2 To maintain the dignity and solemnity of the presentation ceremony, the competitors receiving awards must wear appropriate clothing (team or area uniforms).

1.4. Race Fees:

- 1.4.1. Clubs hosting an event shall be entitled to the total race fees for the event

2. PADDLER CLASSIFICATION AND ELIGIBILITY:

2.1. Age Group Divisions:

- 2.1.1 Juniors shall be those paddlers who are under the age of 19 at the time of the event and who will not turn 19 within that calendar year
 - 2.1.2 Masters shall be those paddlers who are over the age of 35 at the time of the event or who will turn 35 within that calendar year
 - 2.1.3 Senior Masters shall be those paddlers who are over the age of 45 at the time of the event or who will turn 45 within that calendar year
 - 2.1.4 Golden Masters shall be those paddlers who are over the age of 55 at the time of the event or who will turn 55 within that calendar year
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2.2. Other Group Divisions:

- 2.2.1 Novices shall be those paddlers who have not competed in any CORA sanctioned event (or any equivalent outrigger association event) in any of the two (2) years prior to the calendar year in which the event is held
- 2.2.2 Open Class paddlers shall be those paddlers who are of any age and are entered in that category in either solo or team events
- 2.2.3 Mixed (Co-ed) paddlers shall be those paddlers who are of any age taking part in a team event of which the crew consists of no less than one and no more than three male paddlers in the canoe at any time

2.3. Non - CORA Members:

- 2.3.1 Paddlers who are members of any association other than CORA taking part in any CORA sanctioned event will be classified in the division according to CORA standards

2.4. Formation of New Divisions:

- 2.4.1 Before the commencement of the racing season in any calendar year, a petition may be made to amend and/or add a new division provided that no less than three CORA member clubs support the petition. Final approval of any new division is by a majority vote of the CORA executive.

3. COMPETITOR ELIGIBILITY:

- 3.1.1 All entries to any CORA-sanctioned event must be current members of CORA in good standing, except that a paddler wishing to enter a CORA sanctioned event who is not a member of CORA may enter provided he or she is a member of a recognized outrigger association and can supply proof of insurance.
- 3.1.2 Each competitor must be a member, associate or affiliate, of the IVF.
- 3.1.3 A competitor may not paddle for more than one crew in an event.
- 3.1.4 Each competitor may only participate with a team from the area of his citizenship or, in the case of a member area being only part of a nation, his residence. However a competitor who has been a new or temporary resident in another area for at least six (6) months may represent that new or temporary area if he so chooses.
- 3.1.5 CORA prohibits the use of performance enhancing drugs by athletes competing in and during preparation for CORA events.

4. REGISTRATION:

- 4.1.1 All participants, whether solo or team, must register at least one hour prior to the scheduled start of the day's first race. Any participants failing to register prior to that time may be prevented from participating in the day's events.
 - 4.2.1 All paddlers must sign a CORA approved "Release of Liability" waiver before being allowed to participate in any CORA sanctioned event. The paddlers signed waivers shall be present at the event at which the paddler is taking part. The waivers shall be presented for inspection or submitted to the CORA executive, or both, as soon as is practicable upon demand being made by any member of the CORA executive.
 - 4.3.1 Registration of all paddlers participating in age limit events shall be verified by their club representative and proof of age must be available to be shown at the time of registration. Failure to provide proof of age may subject that participant or his or her team to disqualification at the discretion of the Race Organizer.
 - 4.4.1 Any paddler or team racing in violation of the registration rules will be disqualified from the day's events, and may be monetarily penalized or determined to be ineligible to take part in a future event, or both, at the discretion of the Race Committee.
 - 4.5.1 Awards will be withheld from any paddler pending payment of race fee(s), fine(s) and other penalties
 - 4.6.1 Paddlers need not be members of a club to participate in CORA sanctioned events, but paddlers who are members of a club that is not in compliance with the CORA membership requirements will not be permitted to compete, unless special arrangements have previously been made with CORA
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5. EQUIPMENT

5.1. All Categories Canoe Specifications:

- 5.1.1 Hulls made of any materials are eligible to be used in CORA sanctioned races.
- 5.1.2 All OC6 hulls must weigh a minimum of 400 pounds. The hull is defined as inclusive of seats, wais, seat pads and other items permanently affixed to the canoe. Rigging, iakos, ama and spray covers do not form part of the hull weight. In the event a canoe hull is less than 400 pounds, certified weight (in the form of factory stamped diving weights or weight lifting plates) must be permanently affixed to the hull to bring it up the minimum specified weight.
 - 5.1.2.1 If available, at national championship races all canoe must report to the Canoe Hull Control officials immediately (within 15 minutes of finishing the race) with the complete race crew, for weight inspection. All canoe weights must be in compliance with section 5.1.2. Failure to pass post race canoe inspection is grounds for disqualification. The Canoe Hull Control station is located on land in a convenient and easily accessible location relative to the main boat launch closest to the finish line. If the start and finish lines are in different locations, a Canoe Hull Control station must be set up at each site.
 - 5.1.2.2 A Canoe Hull Control station will be available prior to all races and during rigging to allow new hulls to be inspected as well as provide guidance for required weight. The Canoe Hull Control officials are not responsible for supplying weights, although the race committee may elect to have some on hand.
- 5.1.3 Names, weight, colours and other distinguishing markings must be submitted in writing to CORA. Upon receipt of the information required, CORA will issue a hull registry number and tag which shall be permanently affixed to the corresponding hull. The identification of each canoe shall be in accordance with the CORA List of Certified Canoes.
- 5.1.4 No attachments including fins and keels which alter the shape of the hull and no devices which facilitate the removal of water from the canoe by mechanical means shall be permitted. Use of any such attachment or device will disqualify the paddler or crew from the event.
- 5.1.5 Any additional accessories that do not form an essential part of the canoe hull, iakos or ama shall be brought to the attention of the Race Organizer in advance of an event for consideration and approval.
- 5.1.6 Manu to manu spray covers may be required to be utilized for an event at the discretion of the Race Organizer.
- 5.1.7 Paddles shall be of a single blade design and may be constructed of any material.
- 5.1.8 Canoes taking part in an event must have at least one DOT approved personal flotation device in the canoe for every person on board the canoe
- 5.1.9 In any event there shall not be less than 2 such buckets aboard any OC6 canoe of which each must have a minimum volume of 2 liters.
- 5.1.10 Canoes (including hull, ama and iakos), paddles, rigging and safety equipment of any sort carried in a canoe taking part in an event shall be subject to a safety inspection conducted by the users of that canoe or his/her designate at least 30 minutes prior to the commencement of the event in which the canoe is taking part. Any ruling as to whether the canoe and/or its equipment meets the minimum safety standards for the event lies with the Race Organizer or his/her designate and that ruling is final except that an appeal may lie to any two members of the CORA executive present at the event, provided the appeal does not unduly delay the commencement of the event.
- 5.1.11 Any paddler or crew utilizing a canoe which does not meet the minimum safety standards as set out here, or utilizing equipment which is in breach of these rules, will be subject to disqualification.

5.2. Sprint Races Hulls Specifications (additional to above)

- 5.2.1 All canoes are to be made from the same mould, using the same materials, with weight and dimensions to be the same. Shortly prior to a competition, officials will check the weight and make alterations as needed so that all canoes are of the same weight, with tolerance levels set by the hull and equipment committee.
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- 5.2.2 If the organizing committee or competition committee determines there is a need to measure the canoe to ensure uniformity, the canoes shall be compared after taking the following measurements (with allowed differences in parentheses):
- (1) overall hull length (2");
 - (2) midpoint width 12" from bottom (1/8");
 - (3) two widths midway between the midpoint and ends 12" from bottom (1/8");
 - (4) two widths midway between the points of (3) above and the ends 12" from the bottom (1/8").

6. **OFFICIALS:**

- 6.1.1 All event officials shall be designated by the Race Host at his/her discretion, subject to minimum standards set at the beginning of each calendar year by the CORA Race Committee. In any event, the start, finish and course must be officiated by a designated person(s). Officiating may become the responsibility of CORA
- 6.2.1 The CORA Race Committee shall be appointed from the members of the CORA Executive and Board of Directors and shall be made up of no less than three members. It is the responsibility of the Race Committee to interpret these rules and to assist in the adjudication of disputes regarding application of the rules as the Race Committee deems necessary. In the absence of a designated Race Committee, the President, Vice President and one of the Secretary or Treasurer shall make up the Race Committee. The protest and appeal committees may be comprised solely of CORA board members and a non CORA board member associated with the race may sit on the protest or appeal committees.

7. **RULES OF RACING:**

7.1 **Starting Races and Recalling Starts:**

- 7.1.1 All starts shall be in accordance with the instructions of the Start Official.
- 7.1.2 Race starts may be in any one of the following manners decided by the host club:
- ◆ Paddles of any number of paddlers across the gunwales followed by a signal to start.
 - ◆ "LeMans" style start, which involves crew members running to a waiting canoe at the signal and launching the canoe.
 - ◆ Paddles of any number of paddlers in the water followed by a signal to start
 - ◆ Any other manner as designated by the Race Organizer as a fair and impartial start for the race.
- 7.1.3 While the actual signal to start a race may be as designated by the Race Organizer, the recommended procedure is the use of a series of flags in the following fashion:
- 1) White or Yellow Flag Shown: Approximately five minutes to start
 - 2) Red Flag Shown: Start at any time there after
 - 3) Red Flag Dropped/ Green Flag Raised: Start (the green flag may be accompanied by a call, whistle or horn)
- 7.1.4 The Start Official or his/her designate may recall the race start for the following reasons, or for any other reason which it is considered may affect the fairness of the event:
- 1) Breakage of canoe or paddler equipment in first 10 seconds of race start. Any such breakage must be clearly signaled by the afflicted crew by raising and waving a paddle.
 - 2) Swamping of a canoe in the first 10 seconds and clearly signaled by the afflicted crew by raising and waving a paddle.
 - 3) Faulty race start whereby a canoe(s) has deliberately crossed the start line and gained an unfair advantage.
- 7.1.5 A canoe which has lagged or otherwise failed to react to the Start Official's directions shall have no right of protest on the ground of an unfair start in the event the race is started before the canoe has positioned itself on the start line. However, a lagging canoe shall not be deprived of a recall in the event of equipment breakage, swamping or other reason, which may affect the fairness of the event, all of which is at the discretion of the Start Official.
- 7.1.6 The position at the start should be such that the bow of each competing canoe is lined up without movement on the starting line. The canoe must be in their assigned lanes, and may be allowed to be held in some way by a person(s) chosen by the contestant.
- 7.1.7 The competition director may order all or certain races to have a holder for each canoe.

- 7.1.8 The start will be controlled by the aligner, located at the side of the course, and the flag person, located in a boat in the middle of the course approximately sixty meters in front of the starting line.
- 7.1.9 Starting procedures must be as follows:
- 1) Immediately prior to race start time, the flag person will raise a white flag signaling canoes to come to the start line.
 - 2) As soon as the canoes are lined up evenly, the aligner must communicate quietly to the flag person by radio to start the race.
 - 3) Instantaneously upon radio communication, the flag person will simultaneously lower the red flag and raise a green flag and an assistant will sound an air horn, signaling the start of the race.
 - 4) If the aligner is unable to line up the canoe evenly within one minute, he may choose to continue to try to line up the canoe or he may order the white flag to be raised and begin the process again.
 - 5) At the start of a race, no canoe shall have an illegal advantage. All canoes that are lined up illegally must be given a warning to line up correctly and the opportunity to do so. If, after an official warning, a canoe persists in lining up so that an illegal advantage is gained, the aligner may start the race, signaling this infraction by raising a black flag. If the aligner, after communicating to the flag person to start the race, sees an unfair situation not previously noticed, a rerun must be immediately called.
 - 6) If the aligner sees any reason to immediately halt the race for a rerun, he will communicate such to the course boats by radio and the waving of a red flag.

7.2 Race Rules for All Categories:

- 7.2.1 All boats should proceed directly to the start line and position themselves on the line. Race referees are not responsible for calling boats to the line, they know they have to race and they know where the start line is.
- 7.2.2 Boats will line up to the right of their lane marker and finish to the right of their lane marker as well.
- 7.2.3 Race referee / line judge(s) aligns boat at or on start line then indicates that the start is fairly lined up by raising a white or yellow flag. The Starter upon this signal can then raise the red flag (1 minute or less to go) and green flag (start) at any time thereafter. Prior to the red flag being raised, any boat crossing the line will result in a black flag being raised by the race referee and repositioning all boats behind the line. Any boat crossing the start line prior to the green flag being raised once the red flag is up is considered a false start.
- 7.2.4 The starter boat will raise a black flag if there is a problem with the race and the race is to stop immediately.
- 7.2.5 The air horn start signal is not mandatory.

7.3 Sprint Race Rules:

- 7.3.1 The course shall be 500 meters in length and shall be laid out in equal parallel lanes, which are to be between 80 feet and 100 feet wide. Lane width is defined as the full distance between adjacent flags. A colored flag at each end of the same colour shall identify each lane.
- 7.3.2 All OC6 races will start and finish at the same side of the course and shall involve one turn. All canoes must remain within their designated lane while passing the lane flag. No canoe shall interfere with any other and when two canoes are approaching each other from opposite directions, each shall occupy the one half lane on the left side of the lane relative to the canoes direction of travel.
- 7.3.3 All turns shall be to the left around the lane flag designating the lane. All parts of the canoe must cross over the turn line and no part of the canoe shall touch the lane flag. Any part of a canoe touching a lane flag will result in a penalty of three seconds being added.
- 7.3.4 The Race Organizer shall receive entries and assign lanes to canoes. Any entry for an OC6 crew will include six paddlers and alternates not to exceed three. Clubs will be required to submit a roster of crews to be raced during the event to the Race Organizer no later than the date and time determined by the Race Organizer which date and time will be announced no later than one week in advance of the date of the event. No rosters will be accepted after that time. Names will not be changed after the rosters have been turned in except with the permission of the Race Organizer. Names not on
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the roster may not be allowed to compete alone or as a member of a crew as official entries.

- 7.3.5 Minimum 6 lanes and maximum 14 lanes
- 7.3.6 Course depth 2m minimum and no unequal currents or tides during any given heat or any series of heats where times are important.
- 7.3.7 A canoe may leave its lane during the race so long as it does not interfere with other canoes.
- 7.3.8 On the turn a flag touching the water will result in a DQ.
- 7.3.9 Any event when the ama and hull of the canoe pass on different sides of the flag, irregardless of the flag touching the water, will be a DQ.
- 7.3.10 Each lane will have line judges watching for lane violations.
- 7.3.11 Each lane will have a turn judge watching for turn violations.
- 7.3.12 Flags shall be 45 x 45 cm (70 x 70 cm will result in many Des on turning for "bumps")
- 7.3.13 Lane assignment shall be random for heats.
- 7.3.14 Lane assignment for all races after heats will be according to the pre-determined race grid presented by the race organizers.
- 7.3.15 There will be no motorized boat traffic on or adjacent to the race course during any race from lining up through last finisher)
- 7.3.16 On water referees in boats must remain behind the last boat in a heat.

7.4 **Open Ocean Rules:**

- 7.4.1 Prior to the commencement of the race and after all canoes and escort boats have registered, the Race Organizer shall call and hold a meeting of all inspectors, coaches, and/or crew captains for the purposes of the final instructions on the race and other pertinent matters.
- 7.4.2 A canoe entry is free to follow any course during the race, provided it starts and finishes and complies with all officially designated turn and course markers, thereby completing the full course.
- 7.4.3 In races that do not require the canoes to remain within designated lanes, a canoe that is attempting to overtake another canoe shall keep clear at all times and in no way interfere with the lead canoe, nor shall the lead canoe intentionally impede an overtaking canoe. At no time shall the overtaking canoe deliberately make contact with the other canoe or its crew or intentionally force the opponents' canoe into rocks, or other objects in order to gain the advantage. To do so would end in disqualification on the offending canoe.
- 7.4.4 In races that do not require canoes to remain within designated lanes and where a float or marker is to be rounded, once an overlap of 50% or more of the total length of two or more canoes occurs, the outer canoe shall give way to allow the overlapping canoe(s) closer to the marker to round the marker unimpeded. The lead canoe, wherever it may be relative to the other canoes, shall be under no obligation to give way before an overlap of 50% is established. If a lead canoe is impeded in an unsportsmanlike manner, the offending canoe will be disqualified.
- 7.4.5 There must be no more than six (6) paddlers in any canoe at any time during a race.
- 7.4.6 Original and/or relief paddlers may be used at the discretion of the captain or coach or as specified by the Race Organizer of any given event.
- 7.4.7 The number of relief paddlers to be permitted in any given event will be as specified by the Race Organizer.
- 7.4.8 If a canoe swamps or overturns after the start of a race, the canoe may be righted and/or bailed out and will be permitted to continue the race provided the canoe is unassisted and underway within twenty (20) minutes of the swamping or overturning. Relief paddlers may assist in righting and/or bailing out an overturned or swamped canoe.

7.5 **Escort/Support Boats:**

- 7.5.1. An element common to all Motorized Support Vessels is that no Motorized Support Vessels shall provide an unfair advantage to a canoe in the race. This includes, but is not limited to;
 - i. wash riding,
 - ii. towing,
 - iii. blocking other canoes,
 - iv. other forms of specific or unspecific assistance to any number of canoes or hindrance to other canoes
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- 7.5.2 Escort boats must comply with all Coast Guard requirements and applicable legislation.
- 7.5.3 Each escort boat must follow behind its assigned canoe and if overlap occurs, the bow of the escort boat must not be ahead of seat five (5) except during a transfer of relief paddlers or in case of an emergency.
- 7.5.4 On all race starts, escort boats will be prohibited from entering the field of racing canoes for a minimum of ten (10) minutes or as otherwise specified by the Race Organizer. The field of racing canoes will be defined as an imaginary square boundary from the lead canoe to the last canoe and the first canoe on the farthest left of the field to the farthest canoe on the right of the field. Upon the signal to proceed being given, escort boats may proceed to their canoes, but must not impede any other canoe except as necessarily incidental to proceeding to their canoe.

7.6 Safety Boats:

- 7.6.1 For the purpose of safety during a race where an escort boat is not utilized, a safety boat must be on the water during the entire race and until the final canoe is on shore.
- 7.6.2 This safety boat must be capable of transporting a minimum of 6 persons not including the captain of the boat and comply with Coast Guard requirement and applicable legislation.

8. PROTEST

8.1 Manner of Registration of Protest, Notice and Fees

- 8.1.1 If a paddler or crew wish to protest any aspect of a race, the CORA club representative or his/her designate upon the conclusion of the race shall present the protest in writing to the Race Organizer, and in any event, not later than 30 minutes after the race concludes.
- 8.1.2 No protest will be considered if it pertains to a judgment call of the Race Organizer or any Race Official.
- 8.1.3 A fee of \$25.00 shall accompany any protest filed. If the protest is found to be valid, the fee will be refunded to the protesting party. If the protest is unsuccessful, the fee will be forfeited to CORA.
- 8.1.4 The protest shall include the name(s) of the paddler(s) or crew protesting, the name(s) of the paddler(s) or crew(s) protested against, the basis for the protest including specific reference to the rules where applicable, and the evidence in support of the protest.
- 8.1.5 Notice in the form of a copy of the written protest shall be provided to the paddler(s) or crew(s) protested against immediately after the protest is presented to the Race Organizer.

8.2 Adjudication of Protests

- 8.2.1 Any two members of the CORA Board in conjunction with the Race Organizer will constitute the Adjudication Committee and will adjudicate protests. The adjudication will take place within 1 hour of the protest having been presented to the Race Organizer. All affected parties must be present at the adjudication. The Adjudication Committee shall have the right to interview witnesses and to consider any other evidence considered necessary and reliable prior to rendering a decision. The Adjudication Committee shall have the authority to adjourn the hearing if it is determined to be necessary.
 - 8.2.2 Protest committee should be made up of 3-5 CORA members, one from each club/division. An appeal committee should also be named consisting of different senior CORA members, each from different clubs regions.
 - 8.2.2 It shall be the responsibility of the protesting party to prove the allegation, which gives rise to the protest on the balance of probabilities. The onus of proof rests with the protesting party at all times. The decision of the Adjudication Committee shall be determined by way of simple majority.
 - 8.2.3 No race results shall be posted until all protests have been adjudicated, unless the Adjudication Committee directs they be posted.
 - 8.2.4 If a protest or an official decision results in a rerun, no change in the competitors is allowed.
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