



CORA LONG DISTANCE RACE RULES

(amended March 2018)

General Notes: The following rules have been amended from the previous version and include the following main changes:

Sprint Rules are now located in a separate document.

Class designations have been updated in order to be more closely aligned with standard IVF (International V`a Federation) classifications.

The turn rule graphic has been included in the body of this document.

Wording and use of terms has been updated for reasons of clarity and consistency while maintaining the original intent of rules in this document.

Special Safety Notice

For the sole purpose of ensuring paddler safety the following rule will be observed:

All individuals participating in a CORA sanctioned small boat race between November 1 and March 31 must wear on their person while on the water a Personal Flotation Device (PFD) approved by Transport Canada or an equivalent foreign governmental authority. Each participant is responsible for complying with the foregoing requirements.

**Individuals opting for an Inflatable Belt Pack PFD may wish to consider the risks associated with losing consciousness before fully activating and donning the Inflatable Belt Pack PFD.*

Terminology: In these Rules:

“**canoe**” will be used as a general term in most situations to identify the various types of outrigger canoes or the paddler or crew racing a canoe, as the context requires;

“**Change**” refers to a crew with additional relief paddlers (typically three (3)) that may change into the canoe throughout the Race, from a shore change or escort boat change situation, with additional details specified by the Race Director for each Event;

“**Event**” refers to the entire gathering for purposes of competition;

“Heat” refers to a single running of a course for the purposes of seeding or placement;

“Iron” refers to a set crew (6 paddlers for OC6) for the Heat with no change of paddlers allowed;

“OC1” refers to a ruddered one (1) person outrigger canoe;

“OC2” refers to a ruddered two (2) person outrigger canoe;

“OC6” refers to any six (6) person outrigger canoe;

“OC12/V12” refers to any 12 person double-hull outrigger canoe;

“Race” refers to the running of all competitors in any given class or division and may be run in a single Heat or multiple Heats;

“Race Director”, in respect of a CORA-sanctioned event, refers to the official designated by the Event’s host club or persons organizing the Event as the Event’s “race director”; and

“V1” (va’a) refers to a non-ruddered one (1) person outrigger canoe.

1. EVENTS

The Race categories for a CORA-sanctioned distance Event will be confirmed by the Race Director and may include the following categories.

1.1 General Classes (Iron & Change)

All class designations apply equally to paddlers and crews racing OC1, V1, OC2 and Spec Class OC6 (as defined in Section 5.1.2(a)) and OC12 canoes.

- 1.1.1 Juniors – Women (19 and under)
- 1.1.2 Juniors – Men (19 and under)
- 1.1.3 Juniors – Mixed (19 and under)
- 1.1.4 Novice – Women (1 to 2 year competitors)
- 1.1.5 Novice – Men (1 to 2 year competitors)
- 1.1.6 Novice – Mixed (1 to 2 year 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 40+ – Women
- 1.1.11 Masters 40+ – Men
- 1.1.12 Masters 40+ – Mixed

- 1.1.13 Masters 50+ – Women
- 1.1.14 Masters 50+ – Men
- 1.1.15 Masters 50+ – Mixed
- 1.1.16 Masters 60+ – Women
- 1.1.17 Masters 60+ – Men
- 1.1.18 Masters 60+ – Mixed
- 1.1.19 Masters 70+ - Women
- 1.1.20 Masters 70+ - Men
- 1.1.21 Masters 70+ - Mixed

1.2 Unlimited Class OC6 Classes (Iron & Change)

Only three (3) class designations apply to crews racing Unlimited Class OC6 (as defined in Section 5.1.2(b)) canoes:

- 1.2.1 Open – Women (any age)
- 1.2.2 Open – Men (any age)
- 1.2.3 Open - Mixed (any age)

There are no additional class designations for Unlimited Class OC6 canoes.

1.3 Awards will be issued for the following finish positions for all Races

- 1.3.1 1st, 2nd and 3rd place for each class recognized at an Event will be acknowledged with suitable awards for each paddler or crew.

1.4 Race Fees

- 1.4.1 Clubs hosting an Event shall be entitled to the total Race fees for the Event, unless otherwise agreed in advance with CORA.

2. PADDLER CLASSIFICATION AND ELIGIBILITY

2.1 Age Group Divisions

- 2.1.1 “**Juniors**” shall be those paddlers who are under the age of 20 at the time of the event and who will not turn 20 within that calendar year.
- 2.1.2 “**Open**” shall be those paddlers who are of any age.
- 2.1.3 “**Masters 40+**” shall be those paddlers who are over the age of 40 at the time of the event or who will turn 40 within that calendar year.
- 2.1.4 “**Masters 50+**” shall be those paddlers who are over the age of 50 at the time of the event or who will turn 50 within that calendar year.
- 2.1.5 “**Masters 60+**” shall be those paddlers who are over the age of 60 at the time of the event or who will turn 60 within that calendar year.

2.1.6 “**Masters 70+**” shall be those paddlers who are over the age of 70 at the time of the event or who will turn 70 within that calendar year.

2.2 Other Group Divisions

2.2.1 “**Novice**” shall be those paddlers who have not competed in any CORA sanctioned event (or any equivalent outrigger association event) during any calendar year prior to two (2) years before the calendar year in which the event is held.

2.2.2 “**Mixed**” or “**Co-ed**” crews shall be those paddlers who are of an age group division taking part in a team event of which:

- (a) in the case of OC2, the crew consists of one (1) male and one (1) female paddler in the canoe;
- (b) in the case of an OC6 Iron crew, the crew consists of no less than one (1) and no more than three (3) male paddlers in the canoe;
- (c) in the case of an OC6 Change crew, the crew consists of no less than one (1) male paddler and no more than 50% of the crew comprising male paddlers; and
- (d) in the case of an OC12 Iron crew, the crew consists of no less than one (1) and no more than six (6) male paddlers in the canoe.

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 (3) CORA member clubs support the petition. Final approval of any new division is by a majority vote of the CORA Board.

3. COMPETITOR ELIGIBILITY

3.1 Restrictions and Requirements

3.1.1 All participants in any CORA-sanctioned Event must be current members of CORA in good standing. A paddler wishing to participate in a CORA-sanctioned Event who is not a member of CORA must purchase CORA day insurance through the Race Director.

3.1.2 A participant may not paddle for more than one (1) crew in a Race, unless approved by the Race Director (i.e. a paddler may race on two (2) crews in different divisions, but racing on two (2) crews in the same division requires Race Director approval).

- 3.1.3 CORA prohibits the use of performance enhancing drugs by athletes participating in and during preparation for CORA Events.
- 3.1.4 All paddlers on a crew must meet the requirements of the age group division or other group division for which the crew has registered to race, unless otherwise determined by the Race Director (i.e. if age averaging is applied).
- 3.1.5 If a paddler or crew meets the requirements of more than one age group division, the paddler or crew may register to race in any of the age group divisions for which it meets the requirements.

4. REGISTRATION

4.1 General Requirements

- 4.1.1 All participants, whether solo or crew, must register in a timely manner which is at the discretion of the Race Director. Any participants failing to register prior to that time may be prevented from participating in a Race.
- 4.1.2 All participants must sign any "Release of Liability" waiver required by an Event's host club before being allowed to participate in any CORA-sanctioned Event. The participants' signed waivers must be maintained on site for the duration of the Event at which the participants are taking part and retained by the host club for a period of three (3) years thereafter. The waivers shall be presented for inspection or submitted to any member of the CORA Executive or the CORA Board as soon as is practicable upon demand being made therefor.
- 4.1.3 Registration of all paddlers participating in age limit events shall, if required, 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/her crew to disqualification or reclassification at the discretion of the Race Director.
- 4.1.4 Any paddler or crew racing in violation of the registration rules will be disqualified from the Event, and may be monetarily penalized or determined to be ineligible to take part in any future Event, or both, at the discretion of the CORA Board.
- 4.1.5 If there are insufficient numbers (less than three (3)) to establish a class designation at an Event, the Race Director may, in his/her discretion:
 - (a) combine class designations, provided that all paddlers or crews meet the requirements of the combined class designation; or
 - (b) if combining classes is not feasible, to allow the crew to race as "unofficial" or "demonstration" and not be included in the Race awards.
- 4.1.6 The Race Director may, in his/her discretion, award Race awards to "unofficial" or "demonstration" crews.

- 4.1.7 Notwithstanding the combination of class designations or a crew's designation at an event as "unofficial" or "demonstration", CORA Cup points will be awarded in accordance with the CORA Cup Race Series Rules at all CORA Cup races.
- 4.1.8 Awards will be withheld from any paddler pending payment of Race fees, fines and other penalties.

4.2 Unlimited Class OC6 Requirements

- 4.2.1 Crews proposing to race in an Unlimited Class OC6 (as defined in Section 5.1.2(b)) shall notify the Race Director in advance of the Event that they will be participating in an Unlimited Class OC6 to determine if there is a sufficient number of canoes represented for that class, and to allow for all racing options and decisions to be communicated in advance, at the discretion of the Race Director.
- 4.2.2 If an Unlimited Class OC6 is not declared by the crew and is raced as a Spec Class OC6, that crew will be disqualified.
- 4.2.3 If there are insufficient numbers (less than three (3)) to recognize an Unlimited Class OC6 designation at an Event, and the crew does not wish to bring their hull weight up to Spec Class OC6 weight, the Race Director may, in his/her discretion, allow the crew to race as "unofficial" or "demonstration" and not be included in the Race awards.

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
 - (a) "**Spec Class OC6**" means an OC6 hull that weighs a minimum of 400 pounds.
 - (b) "**Unlimited**" **Class OC6**" means an OC6 hull that weighs less than 400 pounds.
 - (c) A "**hull**" means the structural body of a canoe inclusive of seats, wais, seat pads and other items permanently affixed to the canoe, but excluding rigging, iakos, ama and spray covers.
 - (d) If an OC6 hull weighs less than 400 pounds, the canoe will be classed as an Unlimited Class OC6 unless weight is added to the hull to bring it up to the Spec Class OC6 minimum weight of 400 pounds for the duration of the Heat and thereafter as required for weight inspection.
- 5.1.3 Where possible, a canoe hull control station will be available at each CORA-sanctioned Event during rigging and prior to all Heats to allow new hulls to be weighed and to provide guidance for required weight.

Neither CORA nor the host club are responsible for supplying weights, although the Race Director may elect to have weights on hand.

- 5.1.4 Where a canoe hull control station is available at a CORA-sanctioned Event, upon request of the Race Director or any member of the CORA Executive or the CORA Board present at the Event, all crews so requested must immediately report to the canoe hull control station with their canoe (within 15 minutes of finishing the Heat) for weight inspection. Failure to pass post-Heat canoe inspection will be grounds for disqualification.
- 5.1.5 Names, weight, colors and other distinguishing markings of all OC6s must be submitted in writing to CORA by the owner upon acquisition of the canoe and thereafter from time to time to reflect any changes to the canoe. Upon receipt of the information required, CORA will enter the information in the CORA Canoe Registry and issue an OC6 hull registry number which must be applied to both sides of the canoe and used to identify the canoe at all Races. Each owner shall notify CORA in writing upon the sale, disposition or decommissioning of any OC6.
- 5.1.6 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.
- 5.1.7 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 Director in advance of an event for consideration and approval.
- 5.1.8 Spray covers may be required to be used on OC6s and OC12s during Races at the discretion of the Race Director.
- 5.1.9 Paddles shall be of a single blade design and may be constructed of any material. At the discretion of the Race Director, para paddlers may utilize an adaptive paddle device, which may include a double-bladed paddle.
- 5.1.10 All canoes taking part in a Race must have at least one (1) personal flotation device approved by Transport Canada or an equivalent foreign governmental authority in the canoe for each person on board the canoe.
- 5.1.11 Each OC6 or OC12 taking part in a Race must have at least two (2) bailers or bailing buckets on board each hull, each of which must have a minimum volume of two (2) litres.
- 5.1.12 Canoes (including hull, ama and iakos), paddles, rigging and safety equipment of any sort carried in a canoe taking part in a Race may be subject to a safety inspection by the Race Director or his/her designate at least 30 minutes prior to the commencement of the Heats 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 shall lie with the Race Director or his/her designate and that ruling will be final except that an appeal may lie with an Adjudication Committee under

Section 8, provided the appeal does not unduly delay the commencement of the Heat.

- 5.1.13 Any paddler or crew, who uses a canoe which does not meet the minimum safety standards as set out herein, or utilizes equipment which is in breach of these Rules, will be subject to disqualification.
- 5.1.14 There is no requirement for crews to wear the same colour or design of jerseys or uniforms.

6. OFFICIALS

- 6.1.1 All Event officials shall be designated by the Event's host club or persons organizing the Event at their discretion.
- 6.1.2 A CORA Race Committee may be appointed from time to time from the members of the CORA Executive and the CORA Board and shall be made up of no less than three (3) members. The Race Committee will 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, any three (3) of the President, Vice President, Secretary and Treasurer shall make up the Race Committee.

7. RULES OF RACING

7.1 Starting Races and Recalling Starts

- 7.1.1 A "**start**" shall refer to the start of a single Heat, and where a Race comprises a single Heat, shall also refer to the start of a Race.
- 7.1.2 All starts shall be in accordance with the instructions of the Race Director or his/her designate.
- 7.1.3 Start styles shall be at the discretion of the Race Director and may include:
 - (a) mass starts (paddlers in or out of water) with an auditory or visual signal;
 - (b) "LeMans" style start, which involves crew members running to a waiting canoe at the signal and launching the canoe; or
 - (c) any other manner as designated by the Race Director as a fair and impartial start.
- 7.1.4 While the actual signals for a start may be as designated by the Race Director, the recommended procedure is the use of a series of flags in the following fashion:
 - (a) white or yellow flag raised indicating approximately five (5) minutes to start;
 - (b) white or yellow flag lowered and red flag raised indicating the start will occur at any time thereafter; and

- (c) red flag lowered and green flag raised indicating the start (the green flag may be accompanied by a call, whistle or horn).

7.1.5 The Race Director or his/her designate, in his or her discretion, may recall a start for the following reasons or for any other reason which he or she considers may affect the fairness of the start:

- (a) breakage of canoe or paddler equipment within the first 10 seconds after the start and clearly signaled by the affected crew raising and waving a paddle;
- (b) swamping of a canoe within the first 10 seconds after start and clearly signaled by the affected crew raising and waving a paddle;
or
- (c) faulty start whereby one or more canoes have crossed the start line and gained an unfair advantage.

7.1.6 A canoe which has lagged, failed to react to the start signals of the Race Director or his/her designate or otherwise failed to position itself on the start line shall have no right of protest on the grounds of an unfair start, provided that the foregoing shall not fetter the discretion of the Race Director or his/her designate under Section 7.1.5 to recall a start in the event the lagging canoe encounters equipment breakage, swamping or other reason affecting the fairness of the event.

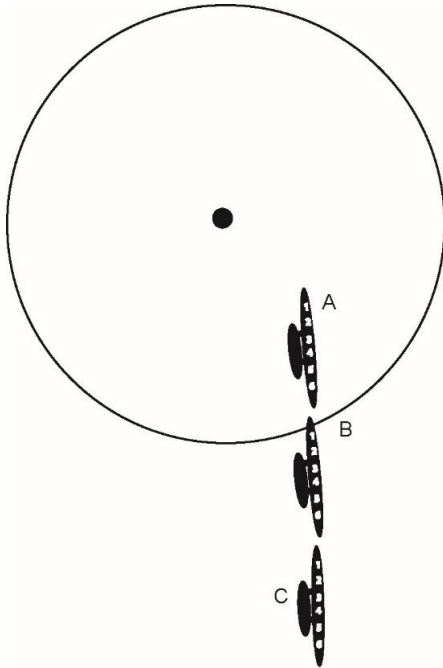
7.2 Race Rules for All Categories

- 7.2.1 All canoes shall proceed directly to the start line and position themselves on the start line in a timely manner. Race officials are not responsible for calling canoes to the start line.
- 7.2.2 Individual paddlers and crews are responsible for familiarizing themselves with the designated race course, including the locations of the start and finish line and required turns, laps and course markers.

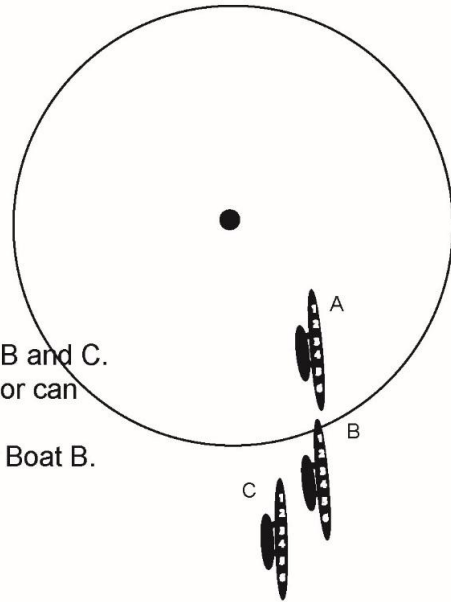
7.3 Open Ocean Rules

- 7.3.1 Prior to the commencement of each Heat and after all canoes (and escort drivers) have registered, the Race Director shall call and hold a meeting of all coaches, individual paddlers, steerspersons and crew captains for the purposes of providing final instructions regarding the Race and other pertinent matters.
- 7.3.2 Subject to compliance with the other Rules set out herein, a canoe is free to follow any path or line during the Race, provided it starts and finishes and complies with all officially designated turns, laps and course markers, thereby completing the full course. 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 or block an overtaking canoe. At no time shall the overtaking canoe deliberately make contact with the lead canoe or its crew or intentionally force the lead canoe into rocks or other obstacles in order to gain an advantage. Any canoe found to have blocked or contacted another canoe in violation of this Rule shall be subject to protest under Section 8 and may be disqualified or time penalized, at the discretion of the Adjudication Committee.
- 7.3.3 Where two or more canoes approach an obstacle (including rocks, islands or solid structures), float or marker to be rounded, upon *entering* the Turning Circle, should the inside canoe have any Overlap with the outside canoe, the inside canoe will have right-of-way and the outside canoe must move off and cannot impede the inside canoe's turn at any point in the Turning Circle or at any point upon exiting the Turning Circle. If Overlap is not established, the outside canoe is not obligated to give way but steerspersons shall take precautions to avoid collisions at all times.
- (a) **"Turning Circle"** is defined as an area encircling an obstacle, float or marker with a radius of two (2) boat lengths with the obstacle, float or marker at the center.
 - (b) **"Overlap"** is defined as a condition that exists when no open water can be seen between the stern of one canoe and the bow of another, when canoes are viewed at right angles to their course.

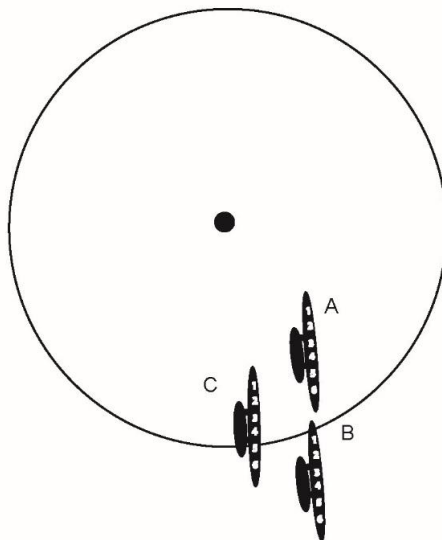
The following graphic is a visual representation of the turning rule:



A has right of way over B and C. Boat B has right of way over boat C



Boat A has right of way over B and C.
Boat B must not impede A, nor can boat C.
Boat C has right of way over Boat B.
Boat B can not impede C.



Boat C has right of way over both A and B.
Boat A has right of way over boat B. Boat A can not impede C, Boat B can not impede either A or C.

- 7.3.4 There must be no more than six (6) paddlers in any OC6, nor more than 12 paddlers in an OC12, at any time during a Race, except momentarily during a transfer of relief paddlers in a Change race.
- 7.3.5 For Change races, original and/or relief paddlers may be used at the discretion of a crew's captain or coach, provided that any Mixed or Co-ed Change crew shall have no less than one (1) male paddler and no more than three (3) male paddlers in the canoe at any time, unless otherwise specified by the Race Director.
- 7.3.6 For Change races, the number of relief paddlers to be permitted in any given Event will be as specified by the Race Director.
- 7.3.7 If a canoe swamps or overturns after the start of a Heat, the canoe may be righted and/or bailed out and will be permitted to continue the Heat provided the canoe is unassisted and underway within 20 minutes of the swamping or overturning. For Change races, relief paddlers may assist in righting and/or bailing out an overturned or swamped canoe.

7.4 Escort/Support Boats

- 7.4.1 No motorized support vessels (escort boats and safety boats) shall provide an unfair advantage to any canoe in a Race. This includes, but is not limited to:
 - (a) wash riding;
 - (b) towing;
 - (c) blocking other canoes; or
 - (d) other forms of specific or unspecific assistance to any number of canoes or hindrance to other canoes.
- 7.4.2 Escort boats must comply with all Canadian Coast Guard and Transport Canada requirements and applicable legislation.
- 7.4.3 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) of the canoe except during a transfer of relief paddlers or in case of an emergency.
- 7.4.4 On all Race starts, escort boats will be prohibited from entering the field of racing canoes for a minimum of 10 minutes or as otherwise specified by the Race Director. The "**field of racing canoes**" will be defined as an imaginary diamond 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 assigned canoes, but must not impede or provide any advantage to any other canoe except as necessarily incidental to proceeding to their canoes.

- 7.4.5 For the purpose of safety during a Heat where escort boats are not utilized, one or more safety boats must be on the water during the entire Heat and until the final canoe is on shore.
- 7.4.6 Safety boats must be capable, in the aggregate, of transporting a minimum of six (6) persons not including the captain of the boat and comply with Canadian Coast Guard and Transport Canada requirements and applicable legislation.

8. PROTESTS

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 paddler or any member of the crew shall present a written protest to the Race Director, no later than 30 minutes after the Heat concludes. Other protest procedures for an Event may be established by the Race Director, as long as they are fair, transparent and communicated to paddlers and crews in advance of the Event.
- 8.1.2 No protest will be considered if it pertains to a decision of the Race Director or any other race official.
- 8.1.3 Unless otherwise specified by the Race Director, the written protest shall include the names of the Club, paddlers or crew protesting, the names of the Club, paddlers or crews protested against, the basis for the protest including specific reference to these Rules where applicable and the evidence in support of the protest.
- 8.1.4 Immediately after the protest is presented to the Race Director, the Race Director will use reasonable efforts to notify the paddlers or crews protested against of the information provided in the written protest.

8.2 Adjudication of Protest

- 8.2.1 Any two (2) members of the CORA Executive or the CORA Board (as available) in conjunction with the Race Director will constitute a committee (the “**Adjudication Committee**”) to adjudicate protests at the Event. The adjudication will take place within one (1) hour of the protest having been presented to the Race Director. The Race Director will endeavour to have all affected parties present at the adjudication, but the absence of a party shall not prevent the Adjudication Committee from rendering a decision. 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 The protesting party shall have the responsibility to prove the allegation which gives rise to the protest on the balance of probabilities. The onus of proof shall rest with the protesting party at all times.

- 8.2.3 The decision of the Adjudication Committee shall be determined by way of a simple majority.
- 8.2.4 No Race results shall be posted until all protests for the Race have been adjudicated, unless the Adjudication Committee directs they be posted.
- 8.2.5 If a protest or an official decision results in the rerun of a Heat, no change in the paddlers or crew shall be allowed.