



Rules & Regulations – Canoe Race Category Mixed, Men and Women

1. Each team must have their own canoe
2. The registration period will be open on July 15, 2017 at the Uashassihstsh Site (place of race) from 7:30 to 9:00
3. Each team will be responsible to arrive 30 minutes prior to start of the race to receive the instructions
4. No registration will be accepted after the scheduled time for the start of the race
5. The start of each race will be between 9:30 and 11:00 and will be in the following order: mixed, men, women
6. The participants must be 2 per canoe
7. The length of the canoe must be 16 feet in canvas, Montagnais traditional type (must be approved by the organizers in charge)
8. There will be 3 paddles per canoe
9. The paddles must have a maximum width of 7 inches
10. It is mandatory that each paddler wears a life jacket
11. The departure will be made according to the dispositions made by the official
12. The starting line-up of the competitors will be determined by random draw on the site before the race
13. The distances for each category are: co-ed 2.9 kms (5 laps) – Women 4.2kms (8 laps) – Men 5.1kms (10 laps)
14. The competitors must turn on the outside of the 3 buoys that will be on the lake
15. Any team turning on the inside of the buoys will automatically be disqualified and will be advised by an official
16. It is forbidden to intentionally touch another team's canoe and/or intentionally capsize the other team. Immediate disqualification will be applied
17. It is forbidden to cut a team from the inside when they reach the buoy. The passing must be done from the outside at this location.
18. If a team flips and wishes to continue the race, they must return on their own to the shore to get back onto their canoe. A team who asks for help from the security will be disqualified.
19. The first team whose front tip of the canoe crosses the finish line will be awarded as the winning team

20. The organizers have the right to refuse anyone who does not look fit for the competition
21. The organizers will not take any responsibility in case of equipment breakdown
22. A woman will be allowed to enter in the Men's division
23. Each team may make the following modifications on its own canoe;
 - a. Foot support
 - b. Adding a perpendicular bar to the center of the canoe
24. In case of dispute and/or breach of rules, a Disciplinary Committee may be formed with a representative appointed by the Director of Heritage and Culture, a representative of the coordinating committee of the GRPN and a representative of the officials responsible for the competition. The decisions of this committee will be final and without appeal.