



Rules and Regulations – Heavy Load Men & Women

1. The registration period will be held on July 17, 2017 at the Amishkuisht Center (place of the competition). Registrations will be open from 7:30am to 9:00am.
2. Each participant must be responsible to arrive 15 minutes prior to the competition
3. The first competition will begin at 9:30am. The competition hours will be announced on place by each person in charge of the competitions.
4. Each participant must have their own loading team
5. The following 2 participants must be in preparation on the platform
6. The participant and loading team have 10 minutes to take the start, once notified by the official.
7. The starting weight will be 600lbs for Men and 400lbs for the Women
8. The goal is to portage the weight a distance of 20 meters.
9. The competition is finished once one of the feet touches the finish line
10. If the participants are unable to reach the finish line, the destination reached will be measured to determine the positions
11. In case of a detached collar or a sandbag falls on the ground, there will be no retry allowed.
12. In case of a broken collar, the participant could benefit from a retry.
13. Each participant must arrive prepared and must wear proper equipment for their safety (ex. running shoes)
14. The organizers have the right to refuse anyone who does not look fit for the competition
15. The organizers will not take any responsibility in case of equipment breakdown
16. 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.