



# 2024 Tournament Rules

## PORTAGE COMPETITIONS

### 1. GENERAL RULES

1.1. Registration can be done in two ways:

**Online** until July 4, 2024, at [www.grpn.ca](http://www.grpn.ca)

**On-site** Saturday, July 6, from 11 a.m. to 12 p.m. at the Centre Amishkuisht.

1.2. The participant must have duly completed and electronically signed the "Tournament Registration Form."

1.3. Each candidate must be dressed appropriately and in a safe manner to participate in the competition. (e.g., athletic shoes).

1.4. The competitions will take place between 12:30 p.m. and 6 p.m. on Saturday, July 6, 2024. The competition times will be communicated on-site by the competition manager.

1.5. The order of the competitions is as follows: portage for speed, endurance and heavyweight.

1.6. Each competitor must arrive **30 minutes before the competition start time** to prepare for loading.

1.7. Each competitor must have their own loading team.

1.8. The organizers reserve the right to refuse any person whose safety is likely to be compromised by their participation in the competition, in terms of either their physical condition, health or for inadequate clothing.

1.9. The committee is not responsible for any damage to equipment.

1.10. The winners will be announced the same day and the prizes will be awarded at 6:45 p.m. on the main stage at the Uashassitsh site.

1.11. In the event of a dispute or failure to comply with the rules, a disciplinary committee may be set up by the *Direction de Loisir, Sport et Vie Communautaire*. The decisions of this committee are final and cannot be appealed.



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#### 2. SPECIFIC RULES - SPEED

- 2.1. The event will take place over a distance of 100 meters with a load of: 200 lb for men and 100 lb for women.
- 2.2. If the sandbag falls, the participant can pick it up again, without assistance and continue the race.
- 2.3. The race is over as soon as one foot touches the finish line.

#### 3. SPECIFIC RULES - HEAVYWEIGHT

- 3.1. The next 2 competitors must be ready on the platform.
- 3.2. The competitor and their loading team have 10 minutes to start the race, on the official's signal.
- 3.3. The starting weight is: 600 lb for men and 400 lb for women.
- 3.4. The goal is to portage the proposed weight over a distance of 20 meters.
- 3.5. The race is over as soon as one foot touches the finish line.
- 3.6. If the competitors do not cover the full distance, the distance covered is measured to determine the positions.
- 3.7. If the strap comes off or a sandbag falls to the ground, there will be no restarts.
- 3.8. The competitor may redo the race if the strap breaks.

#### 4. SPECIFIC RULES - ENDURANCE

- 4.1. Each portageur must be accompanied by an official.
- 4.2. The goal is to carry a load for as long as possible: 300 lb for men and 200 lb for women.
- 4.3. The portageur must not stop moving, HOWEVER THEY CAN TAKE 5 SECONDS TO ADJUST THEIR LOAD ON ONE OCCASION ONLY.
- 4.4. The portage strap must always be on the head. The official can stop the timer if the strap could injure or become dangerous for the competitor.
- 4.5. A third party will be allowed to wipe the portageurs' faces and give them a drink through a straw.