



2024 Tournament Rules

TRIATHLON

1. GENERAL RULES

- 1.1. Registration can be done in two ways:
Online until July 4, 2024, at www.grpn.ca
On-site Saturday, July 6, from 7 a.m. to 8 a.m. at the Uashassihsh site (Baie des Boivin).
- 1.2. Each team must have their own canoe, the length must be between 16 and 20 feet long, be made of canvas and of the traditional Montagnais type (to be approved by the competition's people in charge). The competitors are only allowed a maximum of 3 oars.
- 1.3. Each team is allowed to make the following modifications to their own canoe: a footrest and a bar perpendicular to the yoke.
- 1.4. The women's competition starts at 9 a.m. and the men's competition starts at 9:30 a.m. on Saturday, July 6, 2024.
- 1.5. One delegate (minimum) from each team must attend a mandatory meeting to receive instructions on Saturday, July 6, 2024, from 7:30 a.m. to 8 a.m. at the registration location.
- 1.6. Each competitor must be dressed appropriately and in a safe manner.
- 1.7. Each rower must have their own personal floatation device (PFD).
- 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 best time for the triathlon, across all categories, will be highlighted.
- 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 Uashassihsh 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.
- 1.12. The course is completed when one of the feet of the last competitor (in the 3rd round) touches the finish line.



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2. First - 1st stage of the competition — PORTAGE

- 2.1. The portageur must have their own loading team (maximum 2 people).
- 2.2. If the sandbag falls, the participant can pick it up again, without assistance and continue the race.
- 2.3. The portageur must tag the hand of a competitor in the canoe for the race to continue.
- 2.4. Specifications according to the category:

Specific to the Men's category

- a) A 100-pound sandbag carried by a single competitor over a distance of 0.5 km.

Specific to the Women's category

- a) A 50-pound sandbag carried by a single competitor over a distance of 0.5 km.

3. Second - 2nd stage of the competition — CANOE RACE

- 3.1. Two-person canoe race on the Pekuakami (Lac Saint-Jean).
- 3.2. The canoe must go around both buoys on the lake on the outside and land at the designated beach area.
- 3.3. The team that does not go around the outside of the buoys will be automatically disqualified and informed by an official.
- 3.4. It is prohibited to intentionally come into contact with another participant's canoe or capsize other teams on purpose, under penalty of disqualification.
- 3.5. It is prohibited to cut off the adversaries on the inside while they're already passing the buoy. You must pass on the outside in this location.
- 3.6. If a team capsizes and wishes to continue the race, they must right their canoe themselves (in the water or on the shore).
- 3.7. If a team asks for help from security, they will be disqualified.
- 3.8. The participants in the canoe stage must get out of the canoe and then hand it over to the portageurs. The oars must also be handed over and remain with the canoe.



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4. Third - 3rd stage of the competition — CANOE PORTAGE

- 4.1. It is prohibited to do a canoe portage transfer around a cone.
- 4.2. The participant with the oars must go around the marked cones.
- 4.3. Specifications according to the category:

Specific to the Men's category

- a) Canoe portage on shoulders over a distance of 1.9 km.
- b) One teammate at a time carries the canoe and the other teammate carries the two oars.
- c) Each team must arrive at the finish line with both oars, or they will be disqualified.

Specific to the Women's category

- a) Canoe portage on shoulders over a distance of 1.1 km.
- b) Two participants can carry the canoe at the same time and the oars can be carried by another team member.

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