



## Regulations | Long-distance Canoe Courses & Male, Female and Mixed Speed Categories

1. Registration will take place on the Sport-Plus website until July 5, 2023 (see the registration and payment procedure at [masheuiatsh.ca](http://masheuiatsh.ca)), or on Sunday July 9, 2023 at the *Pavillon des Arts et des Traditions* Uashassihsh site (site for competitions) from 7:30 a.m. to 8:30 a.m.
2. Each two-person team must have their own personal floatation devices (PFD).
3. One of the participants must be 18 years old or more.
4. Each team is responsible for arriving 10 minutes before the activity start time at the Uashassihsh site (Baie des Boivin) to receive instructions.
5. Each competition will start from 9 a.m. to 12 p.m. on Sunday July 9, 2023.
6. The activity will be presented in the following sequence:
  - 1) 2-kilometer race: Men, women, mixed;
  - 2) 150-meter speed race, mixed;
  - 3) Tug-of-war - Recreational canoe
  - 4) Hand rowing - recreational canoe
7. The boat's length must vary between 16 and 20 feet, made of canvas and in the traditional Montagnais type. Each team can make the following modifications on their own boat:
  - Footrest;
  - Perpendicular to the main yoke.
8. Departures will be done according to the provisions set by the person in charge.
9. The participants' starting line-up is determined by a draw done on-site before the race.
10. The long distance race is over 2 kilometres and the speed race is over 150 meters for all categories.
11. Participants must go around the buoys located on the Pekuakami (Lac Saint-Jean) from the exterior.

12. It's prohibited to come into contact voluntarily or capsize the other contestant's canoes.
13. It's also prohibited to cut-off the adversaries on the inside while they're already passing the buoy. You must pass on the outside of this area.
14. If a team capsizes and wishes to continue the race, they must turn their canoe over themselves (in the water or on the shore).
15. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.