



Regulations | Endurance Portage Men and women

1. Registration can be done in two ways:
 - Online on the Sport-Plus website until July 6, 2022 (see the registration and payment procedure online at mashteuiatsh.ca in the *Grand Rassemblement des Premières Nations* section);
 - On-site Saturday, July 9, 2022 behind the *Centre Amishkuisht* from 7:30 to 8:30 a.m., at the competition site.
2. The order of the competitions is as follows: Speed, heavyweight and endurance.
3. Each team is responsible for arriving 15 minutes before the competition start time to prepare for loading.
4. The competitions will take place between 9 a.m. and 4 p.m. on Saturday July 9, 2022.
5. Each candidate must have their own loading team.
6. Each porter must be accompanied by an official.
7. The goal is to portage 300 lb by the men and 200 lb by the women for as long as possible.
8. The porter must not stop moving, **HOWEVER THEY CAN TAKE 5 SECONDS TO ADJUST THEIR LOAD ON ONLY ONE OCCASION**
9. The portage strap must always be on the head. If the strap could injure or be dangerous for the competitor, the official can stop their participation.
10. Each candidate must be dressed appropriately and in a safe manner to participate in the competition (e.g., wearing sneakers).
11. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.
12. A third party will be allowed to wipe the porters' faces if required.