



Regulations

Hand rowing in canoe

1. Registration is free and must be done on the Sport-Plus website at grpn.ca, or on-site on Sunday, July 9, 2023 at the *Pavillon des Arts et des Traditions* on the Uashassihsh site 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 competition 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.

The activity will be presented in the following sequence:

- 1) 2-kilometer canoe: Men, women, mixed;
 - 2) 150-meter canoe speed race, mixed;
 - 3) Tug-of-war - Recreational canoes;
 - 4) Hand rowing - recreational canoes.
6. Participants must row with their hands.
 7. Departures will be done according to the provisions set by the person in charge.
 8. The candidates' starting line-up will be determined by a random draw on-site before the race.
 9. The winning team will be the one who crosses the finish line first.
 10. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.
 11. A draw will be held from among the participants to award the prizes.

Version: May 23,,
2023