



Regulations

Tug-of-War on Water

1. Registration is free and will take place on the Sport-Plus website until July 5, 2023 (*see the registration and payment procedure online at grpn.ca*), or on Sunday July 9, 2023 at the *Pavillon des Arts et des Traditions* (site for competitions) from 7 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 activity will begin at 9 a.m. on Sunday July 9, 2023.

The activity will be presented in the following sequence:

- 1) 2-km canoe: Men, women, mixed;
 - 2) 150-meter canoe speed race, mixed;
 - 3) Tug-of-war - Recreational canoe;
 - 4) Hand rowing - recreational canoe;
6. Two opposing teams row to try and get the opposing canoe to go past the designated buoy.
 7. Departures will be done according to the provisions set by the person in charge.
 8. The participants' starting line-up is determined by a draw done on-site before the race.
 9. The organizers reserve the right to refuse any person who does not appear apt to participate in the competition.
 10. A draw will be held from among the participants to award the prizes.