



# Canoe Race Rules & Regulations

## Men and Women

1. Registrations can be done online at the following: [www.mashteuiatsh.ca](http://www.mashteuiatsh.ca).

See registration and payment information on [www.mashteuiatsh.ca](http://www.mashteuiatsh.ca) or July 13, 2019 at Uashassitsh site (place of competition) from 7:30am to 8:30am.

2. Each team must have their own canoe.
3. One of the participants must be 18 years or older.
4. Each competitor must have paid their day or weekend pass for the GRPN
5. The cost of inscription for the races of the following categories women, men, free will be 60 \$ and race for speed will be at 30 \$ per team for a maximum of eight (8) teams for each race.
6. Each team will be responsible to arrive at the Uashassitsh site (bay des Boivin) (see map plan) 30 minutes before the race to receive the instructions.
7. No registrations will be accepted 30 minutes before the start of the first race.
8. The start of each competition will take place between 9am and 12pm on Saturday, July 13, 2019 and will run in the following sequence: 5km free, 5km woman, 5km men, and free speed.
9. The women's category will be composed of two (2) women, the men category is composed by two (2) men, the categories 5km free and free speed are composed of either man-man, woman-woman, woman-man. In all the categories, one of the two competitors must be over 18 years old.
10. Competitors must be two (2) per canoe.
11. The length of the canoe can vary between 14 and 20 feet, being canvas, traditional Montagnais type (to be approved by the competition officials). Each team can make the following changes to their canoe:
  - Foot support;
  - Adding a perpendicular bar to the center of the canoe.



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12. There will be a maximum of three (3) paddles per canoe.
13. It is mandatory that each paddler wears a personal lifejacket and an identifier provided by the official.
14. The departure will be according to the provisions stated by the responsible official.
15. The starting line-up of the competitors will be determined by random draw on site before the start of the race.
16. The distances for the categories Men, Women & Free will be 5 km. The distance for the category Free Speed will be 150 m.
17. The competitors must turn on the outside of the 3 buoys that will be on the Pekuakami lake. (Lake Saint-Jean).
18. Any team turning on the inside of the buoys will be automatically disqualified and will be advised by an official.
19. It is forbidden to intentionally touch another team's canoe and/or intentionally capsize the other team. Immediate disqualification will be applied.
20. It is forbidden to cut a team from the inside when they reach the buoy. The passing must be done from the outside at this location.
21. If a team flips and wishes to continue the race, they must return on their own to the shore to get back onto their canoe. A team who asks for help from the security will be disqualified.
22. The first team whose front tip of the canoe crosses the finish line will be awarded the winning team. The best time on the distance of 5km will be highlighted in all categories combined
23. The organizers have the right to refuse anyone who does not look fit for the competition.
24. The organizers will not take any responsibility in case of equipment breakdown.



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25. In case of dispute and/or breach of rules, a Disciplinary Committee may be formed with a representative appointed by the Director of Heritage and Culture, a representative of the coordinating committee of the GRPN and a representative of the officials responsible for the competition. The decisions of this committee will be final and without appeal.