



Rules & Regulations – Heavy Load

Men and Women

1. The registration period will be held on July 15, 2018 at the Amishkuisht Center (place of the competition). Registrations will be open from 7:30am and end at 9:30am.
2. Each participant must be responsible to arrive 30 minutes prior to the competition
3. The first competition will begin at 10:00am. The following competition hours will be announced on place by each person in charge of the competitions.
4. Each participant must have their own loading team.
5. The following 2 participants must be in preparation on the platform.
6. The participant and the loading team will have **10 minutes** to start once advised by the official.
7. The starting portage weight will be **600lbs** for Men and **400lbs** for Women.
8. The goal is to portage the weight a distance of **20 meters**.
9. The course is completed once one of the feet touches the finishing line.
10. If the competitors do not reach the finish line, we will measure the distance reached to determine the positions.
11. If the sandbag collar detaches or if the sandbag falls to the ground, there will be no re-takes.

12. If the sandbag collar breaks, the participant will be granted a re-take.
13. Each participant must arrive prepared and must wear proper gear for their safety (ex. running shoes)
14. The organizers have the right to refuse anyone who does not look fit for the competition
15. The organizers will not take any responsibility in case of equipment breakdown
16. 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.