



Rules & Regulations – Endurance Portage 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 8:00am to 9:30am.
2. The order of competitions will be as followed: Portage Race, Heavy Load and Portage Endurance.
3. Each participant must be responsible to arrive 15 minutes prior to the competition and fix their own sandbag.
4. The competition hours will be announced on place by each person in charge of the competitions but competitions will take place between 9:30am and 4:00pm on July 15, 2018.
5. Each participant must have their own loading team.
6. Each participant must be accompanied by an official.
7. The goal is to portage, as long as you can, a total of 300lbs for the Men and 200lbs for the Women.
8. The participant must never stop moving, HOWEVER, ON ONE SINGLE OCCASION, THE PARTICIPANT MAY BENEFIT FROM A MAXIMUM OF 5 SECONDS TO ADJUST ITS LOAD.
9. The portage collar must always be on the head. If in any case the collar could cause harm for the competitor, the official may terminate his participation.
- 10.
11. Each participant must arrive prepared and must wear proper equipment for their safety (ex. running shoes).
- 12.
13. The organizers have the right to refuse anyone who does not look fit for the competition.

14. The organizers will not take any responsibility in case of equipment breakdown.
15. A third person will be allowed to wipe of the face of a participant, if needed.
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.