



AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

REGATTA & TRAINING RULES

**Responsibility remains with all coaches and competitors
to be aware of current rules.**



AUSTRALIAN OUTRIGGER CANOE RACING ASSOCIATION

VERSION CONTROL

These Rules were adopted by the Management Committee of AOCRA Inc. in December 1996 and amended in:

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PREAMBLE

These Regatta & Training Rules outline the procedures by which Outrigger Canoe Racing Regattas and training will be conducted by AOCRA Inc. members and clubs.

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DEFINITIONS

1. The term “AOCRA” in this document will be deemed to mean: the Management Committee of the Australian Outrigger Canoe Racing Association Incorporated.
2. The term “ZONE” in this document will be deemed to mean: the Management Committee of any zone formed in accordance with the constitution of AOCRA for the purpose of administering the sport in a set geographical area.
3. The term “CLUB” will be deemed to mean: a club that is a financial affiliated member of AOCRA.
4. The term “HOST CLUB” will be deemed to mean: a club that has AOCRA or Zone approval to host a regatta.
5. The term “AOCRA MEMBER” will be deemed to mean: an individual who is a financial affiliated member of AOCRA. An AOCRA Member may be a current and financial member of only one club at any one time, and must abide by the Constitution and Risk Management Policy of both their club and AOCRA.
6. The term “NON-AOCRA MEMBER” will be deemed to mean: an Australian Resident individual who is not, and has not been for the preceding 2 years, a financial member of AOCRA. Non-AOCRA Members will cease to be eligible for this status after 3 paddling sessions or 6 week program with a Club, and must then apply to become an AOCRA Member.
7. The term “INTERNATIONAL COMPETITOR” will be deemed to mean: any individual who is not an Australian resident, and who is not an AOCRA Member, and wishes to compete at a Combined Regatta, excluding National Titles
8. The term “COMPETITOR” will be deemed to mean either, or a combination of: an AOCRA Member, Non-AOCRA Member, or International Competitor. Club paddlers must be AOCRA members and Australian citizens or have been a continuous citizen of Australia for a minimum of 6 months prior to the event. Documented evidence, such as a stamped passport will be required as well as registered with the nominating club or participating in a Regatta, other than National Titles as an individual or a team
9. The term “CLUB COACH” will be deemed to mean, an AOCRA member who has satisfied all AOCRA requirements to be accepted as an Outrigger Specific Coach, and who has been appointed by the Club to be the Club Coach.
10. The term “TRAINING” will be deemed to mean a training session (whether on an outrigger canoe or other craft such as surf ski, bicycle etc), which has been documented, approved by the Club Coach, and approved by the Club Management Committee.
11. The term “RACING YEAR” will be deemed to mean: the Calendar year, i.e. 1st January to 31st December annually
12. The term “NATIONAL TITLES” will be deemed to mean: a regatta hosted by AOCRA and a Host Club, and open to participation by all AOCRA Clubs. Club paddlers must be AOCRA members and Australian citizens or have been a continuous citizen of Australia for a minimum of 6 months prior to the event. Documented evidence, such as a stamped passport will be required as well as registered with the nominating club.



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13. The term “ZONE TITLES” will be deemed to mean: a regatta hosted by a Zone and a Host Club, and open to participation by all AOCRA Clubs within that Zone. Competitors must be AOCRA members and registered with the nominating club.
14. The term “GRAND PRIX SERIES” will be deemed to mean: a collection of Club Regattas held over a Racing Year
15. The term “CLUB REGATTA” will be deemed to mean: a regatta hosted by a Zone and a Host Club, and open to participation by all AOCRA Clubs within that Zone, and forming part of the Grand Prix Series. Competitors must be AOCRA members and registered with the nominating club.
16. The term “COMBINED REGATTA” will be deemed to mean: a regatta hosted by a Zone/AOCRA and a Host Club, and open to participation by all AOCRA Clubs, and International Competitors. Competitors may paddle for any Club or Team. The Regatta does not form part of a Grand Prix Series.
17. The term “CORPORATE/CLUB DAY” will be deemed to mean: a regatta hosted by a Zone and a Host Club and open to participation by AOCRA members, and Non-AOCRA members. The purpose of the regatta shall be for the recruitment of new members for the club.
18. The term “EVENT” is further defined in Part C.
19. The term “MANUFACTURER” will be deemed to mean: the manufacturer or importer of any outrigger canoe
- 20** The term “POSITIVE (ADDED) FLOATATION” will be deemed to mean: as an attribute of a canoe, because of the way it is built or the materials from which it is constructed, or both, is able, when filled with water, to remain afloat to an upright position, while supporting its normal operational equipment and the total number of persons (average weight of 90kg) it is designed to carry.
20. The term “SUP” will be deemed to mean: Stand Up Paddle Board
22. The term “CANOE” will be deemed to mean: any OC1, OC2, OC6, V12, SUP or other competing or training craft.
23. All “STEERERS” of all types of canoes shall be deemed to be the “MASTER OF THE VESSEL”.
24. Classification of a “NOVICE” – person in their first year of being an AOCRA registered member.



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REGATTA TYPES & ELIGIBILITY:

B.1. REGATTA TYPES:

- National Titles
- State Titles
- Club Regattas
- Combined Regattas
- Corporate/Club Days

All regattas are to be run by the Host Club in strict adherence to these Regatta Rules.

B.1.1. National Titles-

- a) Are to be allocated and supervised by AOCRA

B.1.2. State Titles-

- a) Are to be allocated and supervised by the Zone.

B.1.3. Club Regattas-

- a) Are to be allocated and supervised by the Zone
- b) Form part of the Grand Prix Circuit for that Zone
- c) No prize money can be awarded

B.1.4. Combined Regattas

- a) Where only AOCRA members are eligible to compete - are to be allocated and supervised by the Zone
- b) Where both AOCRA members and International Competitors are eligible to complete - are to be allocated and supervised by AOCRA and/or the Zone
- c) Prize money may be awarded

B.1.5. Corporate / Club Days-

- a) Are to be allocated and supervised by the Zone
- b) Are to be for the purpose of new member recruitment

B.2. COMPETITOR ELIGIBILITY:

B.2.1. General Eligibility-

B.2.1.1. National Titles, Zone Titles, Club Regattas-

- a) Competitors must be AOCRA members, unless otherwise approved by AOCRA
- b) Each Club will register all AOCRA members with the Zone Registrar (including proof of age where required) at least 14 days prior to that said members' first Regatta
- c) Teams/competitors must wear matching (either long sleeve or short sleeve) coloured uniforms as registered with AOCRA as seen above the gunnels of the canoe. Hats are optional
- d) Golden Master men/women may combine with Platinum men/women from different clubs in order to form competitive *crews* to race in Club/ Combined/National *and* Changeover AOCRA events.

B.2.1.2. Combined Regattas-



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- a) Rules B.2.1.1 a) & b) apply for AOCRA members
- b) International Competitors must take out Travel Insurance and provide proof of such insurance which lists outrigger canoeing as an activity.
- c) International Competitors must sign an "Indemnity & Release" Form prior to participation

B.2.1.3. Training, Corporate, Club Days-

- a) Rules B.2.1.1. a) & b) apply for AOCRA members. AOCRA members whose membership has expired for less than 2 years, must not be allowed to participate, and may not participate under an "Indemnity & Release" Form.
- b) Non-AOCRA Members must sign an "Indemnity & Release" Form prior to participation.
- c) The normal 3 "Come and Try Outrigging" free paddles then either join or leave rule has now been replaced with clubs to run a free 6 week program for new paddlers then apply to become an AOCRA Member.
- d) AOCRA & Non-AOCRA Members must guarantee swimming ability as defined in the Club's Risk Management Policy

B.2.2. Transfers between Clubs-

- a) Should an AOCRA member resign from their club (losing club) and become a member of another club (gaining club), a Club Transfer Form must be completed by both losing and gaining club. A copy must be sent to the respective Zone Registrar of each Zone and to the AOCRA Registrar. A losing club will not without good cause fail to complete and send a Club Transfer Form.
- b) An AOCRA member may not paddle for such gaining club unless the transfer is completed by both losing and gaining clubs within 7 days of any Regatta.

B.3. AGE / GENDER DIVISIONS:

B.3.1. General Requirements-

- a) The following Adult Age/Gender Divisions and Junior Age/Gender Divisions apply to all competitors, except for Corporate/Club Day competitors
- b) Corporate/Club Day Regatta events may have a mix of gender and age, with Zone approval.
- c) AOCRA or the Zone reserves the right to request proof of age of a competitor at any time
- d) A competitor's age for a Racing Year is determined by their age as at 31st December of the Racing Year
- e) Junior competitors may not paddle in more than 2 junior age divisions at the same regatta
- f) Junior competitors may only paddle up one division within a regatta (i.e. 12U competitor may paddle up a division to 14U, but not 16U), except where Rule B.3.2. applies
- g) Junior competitors 12U, 14U and 16U may not paddle in senior Changeover events



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B.3.2. Adult Age/Gender Divisions-

	Adult Age Divisions	Women's Age	Men's Age
i.	21 and Under	20 to 21 Inclusive	
ii.	Open	Adult age i.e. 20 yrs and above	
iii.	Masters	40 yrs and above	40 yrs and above
iv.	Senior Masters	50 yrs and above	50 yrs and above
v	Golden Masters	60 yrs and above	60 yrs and above
vi	Platinum	70 years and above	70 years and above
vii	Juniors eligibility to compete in Adult events	a) 19U division may compete in adult divisions (21U and Open) without the need for parental or coach consent. b) Must be aged 14 yrs and above and have: i) written parental / guardian permission ii) written approval of qualified outrigger specific coach	

B.3.3. Adult Gender Events-

- a) At National Titles Regattas, the teams entered in events defined by Gender, will have paddlers only of the same gender applicable for that event.
- b) Mixed events at National Titles will be an equal number of male and female competitors. At all times, 50% of the competitors in a canoe must be female.
- c) "Young Guns" teams must have a minimum of 50% juniors (16U or 19U), the gender must be all male or all female
- d) At Zone Titles/Club/Combined Regattas, teams will be of the same gender applicable for that event.
- e) Mixed events at Zone Titles/Club/Combined Regattas will be an equal number of male and female competitors. At all times, 50% of the competitors in a canoe must be female.
- f) The ratios and gender mix described in B.3.3 a) to d) may be altered at the discretion of the Zone or AOCRA.

B.3.4. Junior Age/Gender Divisions-

B.3.4.1. Minimum and Maximum Junior Ages-

- a) Junior paddlers must turn at least 8 years of age in the calendar year. The following conditions will apply to paddlers under 10 years of age.
 - A risk assessment must be conducted by a Level 1 sports specific outrigger coach prior to each training / racing session
 - Correctly fitted life jackets must be worn by all paddlers under 10 years as assessed by a qualified coach.



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- b) Junior Competitors will not have reached the age of 20 years during the Racing Year

B.3.4.2. Junior Age Divisions-

Racing Division	Requirement
19 years and under	must not turn 20 in the Calendar Year of competition
16 years and under	must not turn 17 in the Calendar Year of competition
14 years and under	must not turn 15 in the Calendar Year of competition
12 years and under.	must not turn 13 in the Calendar Year of competition
Minnows:	8 years in racing year but no older than 9 years in racing year.

B.3.4.3. Gender Mix at Junior Regattas-

- a) At National Titles, all Junior division teams will consist of a maximum of four male competitors.
- b) Gender Mix at Zone Titles/Club/Combined Regattas will be subject to approval by the Zone or AOCRA.

B.3.4.4. 'Minnows' Age Category-

Must turn 8 years of age in the racing year, must not turn 10 years of age in the calendar year of competition

Included Events:

- a) Sprints/Marathon events

These events must be held in protected waters for Minnows to compete.

- b) Distances:

- Sprints - 250 mtrs V6, V12.

These races shall be straight line with no turns.

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- Marathons

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1 Kilometre - The 1km Minnows race must be held only in protected waters and run parallel to the beach or river bank and as close to the shore line as practical. As per Maritime Safety "Smooth and Partially Smooth waters" - are defined as: Smooth waters include rivers, creeks, streams and lakes, waters within breakwaters or revetments and within half a nautical mile from land within partially smooth water limits. (Note 0.5 Nautical Mile = .926kms.)

- c) Crews:



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Minnow crews will be mixed only with minimum number of 2 Girls (paddlers) per crew.

d) Support Paddlers:

Support paddlers may follow or paddle alongside (not lead) Minnow crews. Support paddlers following or paddling alongside Minnow crews shall not cross the finish line before the end of the race. The end of the race will be when the last crew has crossed the finish line.

e) Flotation devices:

All Minnows must wear Maritime Safety approved flotation devices regardless of swimming ability.

f) Steerers for Minnow crews:

An Adult or competent steerer, male or female, (minimum 14 years of age) must steer a Minnow crew. He/She may rudder steer only. A V12 must have two Adult or competent steerers, male or female, (minimum age 14 years)

g) Rudder steering is defined as follows- The steering blade shall be in contact with the hull and no forward motion is to be generated by the steerer.

h) All minnows to wear life jackets during the event.

i) Besides the current support boat ratio each OC6 containing Minnows must have an OC2 canoe paddle beside them for the 1km race with adult paddlers.

j) Minnows must have an experienced passive steerer no younger than 16U. Coaches to sign off that Minnows have had flip practice and swim test and form submitted to host club prior to the event.

k) Any club wishing to run a 1km Minnows event must have the race plan (as per standard practice) approved by the Zone

l) The 1km Minnows race must be held only in protected waters and run parallel to the beach or river bank and as close to the shore line as practical.

m) If a club cannot offer a protected waters 1km race for Minnows then the club will not be approved to host a Minnows event.

n) Minnows are **not** permitted to paddle up any **age** divisions.



Part C. EVENT TYPES

C.1. EVENT TYPES:

C.1.1. Event Definitions-

- a) Sprint Events must have a separate lane for each competitor and satisfy the distance requirements of C.2.1
- b) Marathon Events must have an equal number of paddlers for the available seats in a canoe (i.e. OC6 – 6 paddlers, OC2 – 2 paddlers) and satisfy the distance requirements of C.2.2.
- c) Short Course Events must not have separate lanes for each competitor and satisfy the distance requirements of C.2.3
- d) Changeover Events must satisfy the distance requirements of C.2.4. and consist of the following ratios:
 - (1) OC6 Men – All Divisions 9 paddlers
 - (2) OC6 Women – All Divisions 10 paddlers
 - (3) OC6 Mixed – All Divisions 10 paddlers
 - (4) OC2 All Divisions 4 paddlers
 - (5) OC1 All Divisions 2 paddlers
 - (6) SUP All Divisions 2 paddlers
- e) Junior Changeover Events may be approved at the discretion of AOCRA

C.1.2. Number of Entries to Constitute an Event-

- a) At a National Titles Regatta, a minimum of three clubs must be nominated for an event to take place.
- b) At a Zone Titles/Club/Combined Regatta, a minimum of three clubs must be nominated for an event to take place, unless otherwise approved by the Zone.
- c) No minimum requirement exists for Corporate/Club Day Regattas



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C.2. EVENT DISTANCES:

C.2.1. SPRINT EVENTS:

Event	Age Group	Distance (metres)
Adult Events		
OC6/V12	All	From 500m to 3,000m
OC1, OC2, SUP	All	From 250m to 500m
Junior Events		
OC6/V12	19 & Under	up to 2,000 metres
OC6/V12	16 & Under	up to 1,000 metres
OC6/V12	14 & Under	up to 500 metres
OC6/V12	12 & Under	up to 500 metres
OC1, OC2, SUP	19 & Under	Up to 500m
OC1, OC2, SUP	16 & Under	Up to 500m
OC1, OC2, SUP	14 & Under	Up to 250m
OC1, OC2, SUP	12 & Under	Up to 250m

- a) For all Regatta types except National Titles, if Sprint Events cannot be held due to prevailing conditions, Short Course Events may be substituted, refer Rule C.2.3.2. Points will be allocated as per Rules D.4.3.1 and D.4.3.2

C.2.2. MARATHON EVENTS:

C.2.2.1. Adult Marathon Events

- a) At National Titles, Zone Titles, Club & Combined Regattas all OC6 Adult Marathon events shall be held over a distance of not less than 10 kilometres as determined by the host club and approved by AOCRA or the Zone.
- b) At National Titles, Zone Titles, Club & Combined Regattas, all OC1, OC2 and SUP Marathon events shall be determined by the host club and approved by AOCRA or the Zone.
- c) At Corporate/Club Day Regattas, all marathon course distances shall be determined by the host club and approved by the Zone.



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C.2.2.2. Junior Marathon Events

Event	Age Group	Distance (Kilometres)
Junior Events		
OC6	19 & Under	up to 15 km
OC6	16 & Under	up to 10 km
OC6	14 & Under	up to 6 km
OC6	12 & Under	up to 3 km
OC1, OC2, SUP	19 & Under	Up to 8 km
OC1, OC2, SUP	16 & Under	Up to 6 km
OC1, OC2, SUP	14 & Under	Up to 4 km
OC1, OC2, SUP	12 & Under	Up to 2 km

C.2.3. SHORT COURSE EVENTS:

C.2.3.1. State & National Titles-

- a) OC6 Short Course races may be offered for both Open Men and Open Women.
- b) The recommended distance will be 8km, or as determined by the Host club and approved by AOCRA or the Zone.

C.2.3.2. Club & Combined Regattas-

- a) The maximum distance for Senior competitors will be 8km.
- b) Distances for Junior competitors will be as per Rule C.2.1.
- c) Races may be offered where prevailing conditions prevent Sprint Events from being conducted.

C.2.4. CHANGEOVER EVENTS:

- a) The distance of changeover events shall be set by the Host Club and approved by AOCRA or the Zone.

PART D. HOSTING A REGATTA

(forms available from www.aocra.com.au)



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D.1. APPROVAL PROCESS:

- a) Zone Regatta Calendars (which comprise Zone Titles/Club/Combined Regatta events for a Race Year) are subject to approval by AOCRA.
- b) Host Clubs must submit a Draft Regatta Program to the Zone or AOCRA at least 2 months prior to the regatta date. The Approved Regatta Program must be sent to Clubs and/or competitors at least 1 month prior to the regatta date.
- c) For National Titles, Zone Titles, or where it is proposed that International Competitors may attend, the Draft Regatta Program must be submitted at least 3 months prior to the regatta date. The Approved Regatta Program must be sent to Clubs and/or competitors at least 2 months prior to the regatta date.
- d) The Draft Program should contain at least the following information and attached completed schedules:
 - 1) F101 AOCRA Regatta Information Checklist, including details of Regatta Officials as per Rule D.6
 - 2) F102 Regatta Contract or F103 National Titles Regatta Contract (note additional requirements exist for National Titles)
 - 3) Date & Place of competition
 - 4) Schedule of Events
 - 5) Map of course, including special or dangerous areas, i.e. reefs, pipelines etc
 - 6) An alternate course for all events.
 - 7) Age & Gender Divisions, and race distances
 - 8) Club & Team Nomination Forms
 - 9) Indemnity & Release Forms (where required)
 - 10) Nomination Fees to be incurred
 - 11) Late Fees to be incurred
 - 12) Nomination/Registration contact person
 - 13) Closing date for Club and Team nominations
 - 14) Copy of Certificate of Currency – OAMPS Insurance
 - 15) Copy of relevant Aquatic Permit from State Maritime Safety authority

D.2. REGATTA ACQUITTAL PROCESS:

- a) Within 7 days after the completion of a regatta, the Host Club must supply the following Completed documents to the Zone or AOCRA:
 - 1) Team Nomination Forms
 - 2) Indemnity & Release Forms
 - 3) Electronic copy of all Results
 - 4) F115 Protest Forms
 - 5) F118 Injury Reports
 - 6) F120 Regatta Evaluation Form
- b) Within 14 days after the receipt of Regatta Acquittal Documents, the Zone or AOCRA will advise and request from, or make payment to, the Host Club its share of Nomination Fees.



D.3. COMPETITOR/TEAM NOMINATIONS AND FEES:

D.3.1. Competitor/Team Nomination Process-

D.3.1.1. National Titles / Zone Titles/Club & Combined Regattas-

- a) A Club will lodge a CLUB NOMINATION FORM together with TEAM/COMPETITOR FEES as directed on the Regatta Program, not less than 14 days prior to the regatta date, or as may be amended by AOCRA or the Zone. A nomination is not to be accepted after this time unless the nominated LATE NOMINATION FEE is paid.
- b) A Club will lodge a TEAM NOMINATION FORM correctly endorsed with the Paddler ID Numbers, as directed on the Regatta Program, not less than 7 days prior to the regatta, or as amended by AOCRA or the Zone. A nomination is not accepted after this time unless prior approval from AOCRA or the Zone is given, and a LATE NOMINATION FEE is paid.
- c) International Competitors must list on the TEAM NOMINATION FORM in lieu of Paddler ID Number – full name, date of birth, address, contact phone number and next of kin, and complete “Indemnity & Release” form.
- d) Only competitors listed on the TEAM NOMINATION FORM will be allowed to compete.
- e) Any competitor or team wishing to withdraw from an event will notify the registration area prior to the scheduled event start time.

D.3.1.2. Corporate/Club Days-

- a) NOMINATION FORMS will be determined by the Host Club, and approved by the Zone. All non-AOCRA members must complete “Indemnity & Release” form.

D.3.2. Nomination Fees-

D.3.2.1. National Titles / Zone Titles / Club & Combined Regattas-

- a) National Titles/Zone Titles/Club/Combined Regattas - The amount of Competitor Fees will be determined by the Host Club and approved by AOCRA or the Zone.
- b) The percentage of Competitor Fees due to the Host Club and the Zone will be determined by AOCRA from time to time.

D.3.2.2. Corporate / Club Days-

- a) The amount of Competitor Fees shall be determined by the Host Club.

D.4. REGATTA POINT SYSTEM:

D.4.1. General-



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- a) Points may be awarded for National Titles/Zone Titles and Club Regattas, in accordance with Rule D.4.3, at the discretion of AOCRA or the Zone.
- b) Clubs or AOCRA Members that compete in Club Regattas outside of their zone are ineligible to accrue points in that zone.
- c) Points may be awarded for Combined and Corporate/Club Day Regattas, at the discretion of the Host Club

D.4.2. Champion Club-

- a) A Champion Club is the club which accumulates the greatest number of points for a Regatta or Grand Prix Series
- b) Subject to D.4.1, there will be a Champion OC6 Club and Champion OC1/OC2/SUP Club for each individual Regatta, and Grand Prix Series
- c) If clubs are on equal points, the Champion Club will be the club with the most first place getters in events. If still even, the club with the most second place getters in events. If still even, the club with the most third place getters in events.

D.4.3. Point System-

D.4.3.1. OC1 / OC2 / SUP Marathon, Short Course & Changeover Events-

Points will be awarded to sixth place:

1 st place =	9 points	4 th place =	3 points
2 nd place =	7 points	5 th place =	2 points
3 rd place =	5 points	6 th place =	1 point

D.4.3.2. OC6 Marathon, Short Course & Changeover Events

Points will be awarded as follows to 10th place:

1st place=	14 points	6th place	=	6 points	
2nd place	=	12 points	7th place	=	5 points
3rd place	=	10 points	8th place	=	4 points
4th place	=	8 points	9th place	=	3 points
5th place	=	7 points	10th place	=	2 points

PLUS 1 point will be awarded to all other teams completing a marathon event from and including 11th place.

D.4.3.3. Sprint Events-

Points will be awarded as follows:

1st place=	7 points	
2nd place	=	5 points
3rd place	=	3 points

PLUS, 1 point will be awarded for each finalist from 4th up to and including 10th

If Sprint Events cannot be held due to prevailing conditions, Short Course Events may be substituted, refer Rule C.2.3.2. Points will be allocated as per



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Rules D.4.3.1 and D.4.3.2

D.5. AWARDS AND PRIZES:

- a) At National Titles, Senior and Junior AOCRA approved medallions are to be awarded.
- b) At all other regattas awards that are to be presented will be determined by the Host Club and approved by the Zone .

D.6. REGATTA OFFICIALS:

D.6.1. List of Regatta Officials-

The following list of Regatta Officials must be provided by the Host Club for all regattas.

- a) Race Director
- b) Race Committee
- c) Protest Committee
- d) Course and Facilities Inspector
- e) Paddler Inspector
- f) Starter and Assistant Starter
- g) Course Judges
- h) Turn Judges
- i) Finish Line Judges
- j) Time Keepers
- k) Race Registrar
- l) Recorders
- m) Race Secretary
- n) Announcer
- o) First Aid

D.6.2. Regatta Officials' Duties-

D.6.2.1. Race Director (Includes Assistant Race Director)

- a) The Race Director will not be a competitor in any event for that regatta unless an assistant race director is appointed.
- b) The Race Director and Assistant Race Director must be AOCRA members, and must be approved by the Zone or AOCRA.
- c) The Race Director will ensure that all Regatta Rules are adhered to by all competitors taking part in an event.
- d) The Race Director will ensure that the announcer provides the spectators with all necessary information in regard to events.
- e) The Race Director will ensure that all Safety Boats are briefed on their responsibilities and are conversant with these rules.
- f) The Race Director will be responsible for notifying all disqualifications.



D.6.2.2. Race Committee-

The Race Committee will consist of the Race Director and 4 members of the Host Club.

The Race Committee, under the direction of the Race Director, will co-ordinate the competition, supervise its progress, and amongst their duties will:

- Brief all officials on their respective duties in accordance with the Regatta Rules.
-
- Ensure that all Regatta rules are adhered to, and in particular, that the Safety Requirements as per Rule D.7 are adhered to at all times.
-
- Ensure that the race course is accurate.
-
- Assign competitors to heats and lanes in accordance with Rule B.8.2.2.
- Inspect any competitor's equipment when required.

D.6.2.3. Protest Committee-

- a) Subject to sub-clause [c], a Protest Committee will be appointed by the Host Club Race Committee, with Zone Officials empowered to call upon any other members from any club to officiate, providing that member is not a member of or associated with any club involved in the protest.
- b) A quorum of a Protest Committee will be not less than 3 persons who will not be members of any club involved in the protest.
- c) The Protest Committee for National Titles will consist of at least 1 appointed AOCRA Official.

D.6.2.4. Course & Facilities Inspector-

- a) To be appointed by AOCRA, or the Zone.
- b) Must ensure that the distances and other features indicated on the course map from the approved program for the regatta are accurate. The official is also to ensure that all the required facilities are available.
- c) If the course or facilities are not approved, the regatta is to be suspended or cancelled until the appropriate committee gives such approval.

D.6.2.5. Paddler Inspector-

- a) Will ensure that the competitors in an event are only those named on the Team Nomination Form. The Paddler Inspector reserves the right to request proof of age and identity, such as drivers licence or other appropriate document approved by the Race Director.
- b) That Competitor Eligibility as per Rule B.2.1 is satisfied
- c) That all canoes and equipment comply with Rule E and Rule D.7.5



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- d) That no illegal equipment is used in an event.
- e) An area termed the “Sign In Area” should be available where the competitors will check in and report to the Paddler Inspector when called.
- f) An area termed the “Holding Area” should be available where the canoes are kept between events and where competitors are to go after they leave the “Sign In Area” before they enter the water.

D.6.2.6. Starter & Assistant Starter-

- a) There will be a starter who will have an Assistant Starter
- b) The Starter will decide on all matters concerning event starts and is solely responsible for decisions in the case where canoes are not lined evenly.
- c) The Starter will ensure that the starter flags are on site
- d) The Starter will communicate with and be satisfied that all Regatta Officials are ready for the start of an event.
- e) The Starter will be positioned near the start line with a clear view of all competitors and must be able to be seen by all competitors in all events.
- f) The Starter will start an event in accordance with Rule D.8.5.
- g) Where practical, the Assistant Starter may display the number of the heat in a sprint event prior to the start of that heat, and the competitors assigned to that heat would approach the start line in accordance with Rule D.8.5
- h) The Starter will ensure the competitors are in their assigned lanes.
- i) The Assistant Starter will be positioned so as to be in alignment with the start line.
- j) If a canoe crosses the start line prior to the start of the event, the Assistant Starter where possible will display a black flag and attempt to communicate with the canoe/s.
- k) If unable to establish verbal contact with the offending canoe, or the canoe fails to attempt to move behind the start line, the Assistant Starter is to continue displaying the black flag, and the Starter will continue with the start sequence as described in Rule D.8.5.

D.6.2.7. Course Judges-

- a) The Race Director will assign a Course Judge at every critical point or turn on the water during a Marathon/Short Course/Changeover event.
- b) A Course Judge must be positioned to give him/her a clear view of any turn buoy.
- c) A Course Judge will look for violations of race rules and will immediately notify the Race Director of any such violation.



D.6.2.8. Turn Judges-

- a) In any Sprint event, there will be 4 Turn Judges who will be positioned to give them a clear view of the turning buoys.
- b) The Turn Judges will ensure that competitors negotiate their turn buoy and the straightaway, in compliance with the rules and will immediately notify the Race Director of any non-compliance.

D.6.2.9. Finish Line Judges-

- a) There will be 2 Finish Line Judges who will decide and record the order in which the competitors cross the finish line.

D.6.2.10. Time Keepers-

- a) There will be 2 or more Timers who will be solely responsible for timing events and will ensure that times are recorded and rule on any time discrepancies.
- b) In sprint events there is to be a timekeeper assigned to each lane.

D.6.2.11. Race Registrar-

- a) The Race Registrar will be responsible to the Zone or AOCRA for the returning of Acquittal Documents as per Rule D.2
- b) The Zone Secretary will be responsible to AOCRA and the relevant Zone Committee for the keeping of all records of all events excluding the National Titles and produce the same on request of AOCRA.
- c) All records of all regattas within the relevant Zone will be maintained for a period of 12 months from the end of the Race Year, or as otherwise required by another controlling statute body – whichever is the greater timeframe for retention.

D.6.2.12. Recorders-

- a) The Recorders will record the results of each event and prepare the necessary information under the supervision of the Senior Recorder.
- b) The Senior Recorder will work closely with the Race Registrar and Announcer to ensure that race information is made available to the public.

D.6.2.13. Race Secretary-

- a) The Race Secretary will provide all information required to the media representatives in regard to the progress of events and results.
- b) The Race Secretary will have overall responsibility for all documents involving the competition.
- c) He or she will work closely with the Race Director.



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D.6.2.14. Announcer-

- a) The Announcer will be responsible to keep the competitors and spectators informed of events and results.
- b) He or she will call events in progress and give any information, which enhances the spectators' interest in the sport.
- c) He or she will announce the official results of an event at the direction of the Race Director.

D.6.2.15. First Aid Officer-

- a) There will be at least one First Aid official appointed to each regatta.
- b) This person will hold a St Johns Ambulance qualification or similar to administer first aid as required to all competitors and any other person seeking first aid assistance. This person is not to be a competitor on the day.
- c) If the first aid officer for whatever reason has to leave the regatta site all events are to be stopped until a suitably qualified person is present to carry out the duties of the first aid officer.

D.7 SAFETY REQUIREMENTS:

D.7.1. General Requirements-

- a) Rule D.7 contains minimum safety requirements that are to be adhered to by both the host and individual clubs at all regattas. Other precautions may be introduced by the Host Club under Supplementary Rules, which must accompany the Regatta Program for prior approval by the Zone or AOCRA
- b) It is the responsibility of both the Race Director and Race Committee that all aspects of the Safety Requirements are catered for at the Regatta both on, and off the water.

D.7.2. Beach Launches-

- a) The decision to implement a beach launch at any regatta must be made / confirmed by the Race Director no more than 1 hour prior to the scheduled race start.
- b) If a beach launch is considered a safe option by the Race Director, the Race Director and host club must ensure that adequate support personnel are in place to assist paddlers if necessary to negotiate the conditions.
- c) Beach launch officials must ensure that any paddlers that return to the beach and not participate in the race are assisted from the water and noted as DNS.
- d) When marker buoy is used as a finish buoy the marker buoy should be located or positioned a safe distance from shore break zone allowing for multiple canoes to pass unobstructed and safely between marker buoy and shore break.
- e) Assessment of tides, wind, depth or any event which could affect the safety of paddlers should be considered before placing of marker buoy.



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- f) The Race Director and an AOCRA or Zone Official is to be notified immediately of any contravention of Rule D.7. The Regatta will be stopped or may be cancelled by any AOCRA or Zone official, or the Race Director until the error or discrepancy is rectified.
- g) Weather reports must be obtained daily in the week prior to the scheduled regatta date, to ensure weather conditions are favourable, and AOCRA and/or the Zone advised of any adverse forecast
- h) In the event of the issuing of a Strong Wind Warning by local weather authorities, the following procedures must be put in place by Zones and Clubs for all paddling activities including training:
 - i) A risk assessment must be completed and recorded by the club coach(s); zone official(s) before each paddling session;
 - j) Paddling may only occur after all the risks have been assessed, the zone and local maritime rules have been considered, and the potential risks are deemed to be minimal.
 - k) No paddling in any circumstance is allowed at any venue during a gale wind warning.
 - l) An AOCRA or Zone Official must be informed of any decision made in respect to alternative courses to be used during a strong wind warning.
 - m) The appropriate authorities, AOCRA, the Zone, all clubs, and subsequently all competitors must be contacted in the event of a Regatta being cancelled or changed in any way. Such changes will be posted on the Regatta Advise Board at least 30 minutes prior to the event start time, and will be clearly outlined at the captains and steerers briefing.
 - n) A course may be altered during the course of an event, subject to the appropriate authorities, AOCRA, the Zone, all clubs, and subsequently all competitors being advised.
 - o) The Captain of a canoe or a Safety Boat is responsible for the safety of both his or her crew and vessel. The Captain is in charge of the vessel and his or her directions and commands are to be strictly adhered to at all times.

D.7.3. Communications to Emergency Services & Safety Boats-

- a) The Host Club must have either telephone (mobile or land line) or radio communication with all emergency services before a regatta may commence.
- b) The Host Club must have either mobile telephone or radio communication with all Safety Boats before a regatta may commence.
- c) The Radio Call sign for the Host Club Race Committee / Race Director is “BEACH”

D.7.4. First Aid-

- a) The Host Club is to ensure adequate qualified first aid persons are present at all times at the venue during competition.



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- b) If such persons or facilities are not available, the Regatta is to be stopped until those facilities are made available at the venue.
- c) An Incident report must be submitted to the Zone and AOCRA Secretaries within 7 days after the injury was sustained, or otherwise Insurance Claims may be affected.

D.7.5. Safety Boats-

- a) All Safety Boats are to gain prior permission from the Race Director to be on the water during an event and are not to interfere with any canoe or competitor.
- b) Any contravention of the Regatta Rules, or assistance rendered to a canoe or competitor in distress, is to be reported immediately to the Race Director.
- c) A Safety Boat will immediately render assistance to any canoe or competitor in distress during an event, and will continue to render assistance until such assistance is no longer required, or the Safety Boat is relieved by another Safety Boat.
- d) A Safety Boat, whilst towing a disabled canoe, will not impede the progress of any other canoe still officially racing.

D.7.5.1. Vessel Terminology-

All the following boats will be classed as 'Safety Boats'

'OFFICIAL BOATS' - Boats used to start races, the Lead boat, the Chase Boat and boats carrying media etc.

'SUPPORT BOATS' - Rescue Boats used as support, rescue and towing.
Eg: IRB's and Powerboats.

'TEAM ESCORT BOATS' – Boats provided by competitors and used to support canoes predominately in Changeover Events

D.7.5.2. Lead Boat-

- a) *This boat is to display a clearly visible WHITE flag at all times whilst appointed the Lead Boat. If for whatever reason this boat abandons the role of Lead Boat it must, before departing the area, give its replacement boat the flag for the competitors to follow.*
- b) This boat is to remain at least 250 metres in front of the field and show the general direction to the next turning buoy and finish line.
- c) This boat will carry an official appointed by the Race Director who will report on weather conditions, if they start to deteriorate during the event.
- d) All competitors are to follow the Lead Boat irrespective of what was displayed on the course map or told at the Captain/Steers briefing. There may be a safety reason for the change of course.
- e) Once this boat has reached the finish line it is to remain there until the last canoe has crossed the finish line or as directed otherwise to do so by the Race Director.



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- f) The crew will report to the Race Director confirming that all competitors have completed the event.
- g) The crew is to report any infringement of the Regatta Rules to the Race Director.
- h) The call sign of this boat is “Lead Boat”.
- i) At the Race Director’s discretion (e.g. in a “downwind” race) the lead boat may be positioned throughout the field as an additional support boat. If this option is used, the overall support boat ratio is unchanged.

D.7.5.3. Chase Boat-

- a) This boat is to remain at the rear of the field and will keep sight of the last canoe at all times.
- b) This boat is not to pass the last canoe at any time unless in an emergency or as
- c) Directed to do so by the Race Director.
- d) The crew is to report any infringement of the Regatta Rules to the Race Director.
- e) The Call sign of this boat is “Chase Boat”.

D.7.5.4. Support Boats-

- a) Patrol between the Lead and Chase boats
- b) Assist any competitor or canoe that may require assistance or as otherwise directed by the Race Director.
- c) Assist in monitoring the Field and Escort Boats (Changeover Event) to ensure all rules are adhered to.
- d) The crew is to report any infringement of the Regatta Rules to the Race Director.
- e) The call sign for these boats are “Support 1” and “Support 2” etc.

D.7.5 .5. Team Escort Boats-

- a) It is recommended that each club provide its own Team Escort Boat which is in seaworthy condition, capable of towing a distressed canoe, and complies with all requirements of Rule D.7.4 where applicable.
- b) Coaching from outside the canoe by any person is strictly forbidden. If coaching from outside the canoe is detected, that team/competitor may be disqualified (encouragement from supporters is not classified as coaching and will not be cause for disqualification).

D.7.5.5.1. Additional Requirements – Changeover Events-

- a) Each competing team must provide a Team Escort Boat



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- b) Each team may have the use of 1 Team Escort Boat only to assist in the retrieving of paddlers
- c) A mother boat may be used where smaller boats may return the paddlers to after being retrieved from the water. This boat must remain well clear of all competing canoes, and if it causes any interference with any canoe, the team using the boat at the discretion of the Race Director may be disqualified.
- d) At no time will a Team Escort Boat deliberately try to assist its own canoe or be detrimental to the progress of another canoe.
- e) Except when changing or retrieving paddlers, all Team Escort Boats will remain at least 100 metres distance from all competing teams and/or competitors
- f) Where possible, Team Escort Boats must be downwind of competitors
- g) A Team Escort Boat (or any other craft) will not be used for the transport of any article directly to a canoe, except in an emergency. The article must be dropped off in the water and recovered by the team or competitor, or given to them by a swimmer
- h) Coaching from outside the canoe by any person is strictly forbidden. Positive encouragement is not deemed to be coaching.
- i) If a Team Escort Boat breaks down, or is unable to complete the event, the team is to cease racing. The Race Director will conduct a risk assessment to determine the most suitable course of action to ensure the safety of the paddlers. The team is to follow the course of action determined by the Race Director.

D.7.5.6. Safety Boats – Concurrent Events-

Where events are being conducted concurrently, Safety Boat requirements are determined by the number of entries in each separate event (not the combined number). Refer to Rule D.7.4.10 for acceptable ratios.

These boats will be known as LEAD BOAT ALPHA, CHASE BOAT ALPHA and SUPPORT BOAT ALPHA, with the duties and requirements as detailed in these rules.

D.7.5.7. Equipment on Safety Boats-

- a) A suitable tow rope of 25 metres minimum length.
- b) Communication equipment capable of transmitting to and receiving messages from the Race Director or local Authorities.
- c) All equipment required by local Marine Safety Authorities.

D.7.5.8. Briefing of Safety Boat Crews-

- a) It will be the responsibility of the Race Director to ensure all safety boat crew members are briefed on their responsibilities and are conversant with these Regatta Rules.



D.7.5.9. Replacement of Safety Boats-

- a) When a Safety Boat is called away from the regatta for any reason, the Host Club is to ensure a replacement boat is made available.
- b) If minimum Safety Boat Ratios are not met at any time, the Regatta is to be stopped.

D.7.5.10. Safety Boat Ratios-

- a) The following minimum Safety Boat to Canoe ratios apply for all Regattas.

A Safety Boat Calculator may be downloaded from
<http://www.aocra.com.au/index.php?page=regatta-hosting-documents>

- b) 1 Safety Boat is required per every 5 Ultra Lightweight Canoes

D.7.5.10.1. OC6 Marathon & Short Course Events-

LEAD BOAT

CHASE BOAT

Plus SUPPORT BOATS in a ratio of at least 1 to 7 canoes.

Note: Only One (1) Jet Ski with an attached sled may form part of the Support Boat numbers.

Example: a marathon or short course event with 15 canoes will require 1 LEAD BOAT, 1 CHASE BOAT and 3 SUPPORT BOATS

D.7.5.10.2. OC6 Close to Shore Events-

The following applies for senior events only.

- a) The race courses and competing canoes must remain within 400m from the shoreline.
- b) The distance between the 2 farthest turning buoys shall be no more than 3km apart.
- c) Should the race course be either a loop, rectangle or triangle, all sections of the course must be within 400m from the shoreline.
- d) The number of support boats is 1 less than the ratio as defined in D.7.4.10.1. For example 1-7 canoes = 3 support boats for OC6 Marathon and Short Course Events, whereas in a "Close to Shore Event", only 2 support boats are necessary. No jetskis are allowed as support craft whatsoever.
- e) Each support boat shall remain in visual sighting of another support boat and be evenly spaced along the race course.

D.7.5.10.3. OC1 / OC2 / SUP Marathon & Short Course Events-

LEAD BOAT

CHASE BOAT



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Plus SUPPORT BOATS in a ratio of at least 1 to 15 canoes for the 1st 30 canoes, plus 1 to 20 canoes, for canoe numbers greater than 30.

Note: Official and Support boats must consist of a minimum of three (3) boats, with the remaining craft to be made up of any combination of boats or jetskis (jetskis must have as a minimum an attached sled, radio communication, and a driver and 1 crew).

Example: A marathon OC1/OC2/SUP event with 45 canoes; will require 1 LEAD BOAT, 1 CHASE BOAT, and 3 SUPPORT BOATS.

D.7.5.10.4. Sprint Events-

- a) A minimum of 2 Support Boats will be required for sprint events.
- b) These boats must be located at either end of the sprint course and must not cause interference with the event.
- c) These boats will not be used for any other purpose. Eg. Start Boat etc.

D.7.5.10.5. Changeover Events-

LEAD BOAT

CHASE BOAT

1 x Support Boat

Plus 1 Escort Boat for each competing Team

D.7.5.10.6. V12 Events-

- a) The minimum support boat ratios for V12 events will be as per rules D.7.5.10.1 and D.7.5.10.3, however for the purposes of calculating the number of craft, a V12 canoe will be deemed to be 1 x OC6 canoes.

Example: 6 x V12 canoes will be deemed to be 6 canoes for the purposes of support boat calculations.

D.7.6. Safety Equipment on Canoes-

- a) All canoes (whether training or racing) must carry Nationally approved PFD'S types 1, 2, or 3, one (1) per paddler. They must be easily accessible. In States where the Maritime regulations require the wearing of the PFD, this becomes the minimum AOCRA standard.
- b) Zones may apply for exemption of carrying lifejackets in contained sprint venues (such as Penrith International Regatta Centre). The application must be made to AOCRA, prior to the Regatta Invitation being issued.

D.7.6.1 Additional Requirements – OC6 / V12 Canoes-



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- a) A minimum of 2 buckets or similar pieces of equipment to be used to bail out a canoe
- b) A minimum of 1 spare paddle
- c) A towrope (of 25 metres minimum length by 12 mm diameter, SILVER ROPE, tied to the forward wa'a (spreader), secured outside the covers and available for immediate use) for all events other than sprint events. In States where the Maritime regulations require a tow rope be affixed to the canoe at all times (whether training or racing), this becomes the minimum AOCRA standard.
- d) Storm covers are permitted at any time.
- e) In prevailing conditions, storm covers are to be fitted at the direction of the Race Director. If a decision is made that storm covers are to be fitted before racing all teams must fit covers or will not be permitted to compete.

D.7.6.2. Additional Requirements – OC1 / OC2 Canoes & SUP-

- a) In all events other than Sprint Events, a leg rope/leash is a mandatory safety feature and must be attached to OC1/OC2 canoes. It is recommended that paddlers use them to ensure their own personal safety especially when offshore and/ or in conditions where the paddler/s may become separated from their canoe.

D.7.7. Additional Safety Information – Canoes & Competitors-

- a) No canoe is permitted on any course unless authorized by the Race Director.
- b) The Captain of each team is responsible for the rigging of the canoe and inspecting the same for seaworthiness before each event.

D.7.7.1. Competitor Distress Signal-

- a) If during an event either a canoe or a competitor is in need of assistance, the remaining team members are to render assistance when required.
- b) If further outside assistance is required, the team members are to raise their paddles and wave them from side to side until assistance is given.
- c) If no paddles are available, the team members are to wave their arms from side to side.
- d) In the event that a team or competitor has indicated they are in need of assistance, and it is obvious that no support boat has seen nor is responding to provide assistance, that it is Maritime Law that any other craft, team or person capable of doing so would alter course and/or stop racing to provide necessary help.

D.7.7.2. Swamping or Overturning of Canoes-

- a) If a canoe swamps or overturns after the start of an event, the canoe may be righted and bailed out by the use of buckets or similar items, and then may continue in the event.
- b) If assistance is required, Rule D.7.7.1 applies.
- c) Once a canoe has accepted assistance or a tow from a Safety Boat (except where rule D.7.7.2 d) applies), it will be deemed to have officially withdrawn from the event, and is not allowed to re-enter the event.



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- d) For Changeover Events only, relief paddlers only of that team on the Team Escort Boat may assist in righting and/or bailing out of a swamped or overturned canoe.

D.8. COURSE RULES:

D.8.1. General Requirements-

- a) In all canoes, a competitor will sit on a seat. Kneeling is not permitted.
- b) Moving off the seat in a canoe, whilst turning a buoy or marker, is permitted.
- c) Coaching of a team or competitor from outside the canoe is forbidden, and if detected, disqualification of that team or competitor may occur.
- d) There will be no more competitors in a canoe, than the number of seats in that canoe
- e) A canoe must finish an event with all seats in a canoe occupied by nominated team members, i.e. OC6 canoe must finish with 6 nominated competitors, OC2 canoe must finish with 2 nominated competitors.
- f) For SUP craft, Rules D.8.1 a) b) & d) do not apply. A SUP competitor must be standing at all times whilst paddling. Only one person is permitted on a SUP craft at any one time.

D.8.2. Sprints-

D.8.2.1. Course Markers & Lane Requirements-

- a) A sprint course will be either 250 metres or 500 metres in length, with lanes 25-30 metres wide and in a straight line.
- b) Any event of a distance greater than the sprint course will involve turns.
- c) A sprint course will be in water with a depth of at least 2 metres, or as approved by AOCRA or the Zone.
- d) The course will be marked by clearly visible buoys.
- e) Whenever turns are required, coloured turning buoys will be located in the centre of the lanes and will be numbered accordingly.
- f) Smaller, white buoys will mark lane boundaries.
- g) Lane boundary marker buoys may be position at the midway point of the straightaway.
- h) The minimum number of lanes is 5 or as otherwise directed by AOCRA or the Zone.
- i) The maximum number of lanes is 10.
- j) Lanes will be numbered so that lane 1 is closest to the beach.



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D.8.2.2. Events and Races - Heats, Semi-Finals and Finals-

- a) A sprint event may be only one race, i.e. a final, or;
- b) A sprint event may be a series of races (heats) which are used to determine the participants that qualify to race in a final.
- c) In the event that the number of crews warrant and time permits, it is also possible to run heats to determine qualifiers for 2 semi-finals, and from the 2 semi-finals, qualifiers are determined for the final.
- d) Rules to qualify from heats to semi-finals, then from semi-finals to finals, are the same in principal as qualifying from heats directly to a final.
- e) The number of heats in an event is determined by the number of entries and the number of lanes available.
- f) If the number of entries in an event is less than or equal to the number of available lanes, then the event will be run as a final.
- g) If the number of entries is more than the number of available lanes, then heats will be held.
- h) The difference between the number of teams in each heat will not be more than 1, e.g. 13 teams in 6 lanes, would require 3 heats total being 2 heats of 4 teams, and 1 heat of 5 teams (not 2 heats of 5 teams and 1 heat of 3 teams).
- i) Lane assignments for heats will be determined by ballot.
- j) The number of finalists for each event is determined by the number of available lanes, so that only 1 final will be held.
- k) Lane assignments of teams and competitors for National/Zone Titles/Club regatta finals will be determined by fastest times in heats or by ballot if heats are not required.
- l) Teams or competitors placed first in each heat will gain an automatic placing in the final (or semi-finals) with the remaining lanes allocated to the teams or competitors with the next fastest times.
- m) Lane assignments for finals (or semi-finals) are determined by the fastest team or competitor being allocated the centre lane, with the slowest teams being allocated the outside lanes in descending order.
- n) If semi-finals are held, the fastest time from heats is allocated to the first semi-final, and the second fastest time from heats is allocated to the second semi-final, and similarly the remainder of the qualifiers are alternated between the 2 semi-final races in descending time sequence.
- o) If teams or competitors fail to report for the start of a heat, or are withdrawn from the heats, which makes the elimination of an entire heat possible, the Race Director may restructure the event or cancel it at any time before the event starts.
- p) All finals will be on the same day of the competition where possible.

D.8.2.3. Sprint Rules-



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- a) In all events other than OC1/OC2/SUP events, the paddlers that compete in an event of a sprint event are the only competitors eligible to paddle for that team in the finals of the same event, or at the discretion of the Race Director.
- b) Competitors may not compete in more than one team for each division of a sprint event.
- c) Competitors must start and finish in their own lanes. Paddlers can start and finish running over lane flags.
- d) A canoe will not cause interference to another canoe whilst outside the assigned lane. If interference does occur, the canoe that is deemed to be outside their lane will be disqualified by the Race Director.
- e) Turns are to be made anti-clockwise around the assigned lane turn buoy and within the assigned lane marker buoys. Turning otherwise or without the entire canoe and arounding the turn buoy will be cause for disqualification. A canoe may avoid disqualification if it subsequently correctly rounds that assigned turn buoy and within the assigned lane marker buoys.
- f) Whilst an event is taking place, competitors/coaches who are not racing will not be permitted on or near the start line, the turning buoy of Lane one, Lane one boundary closest to the beach, and the beach. Teams or competitors found in this area may at the discretion of the Race Director, be disqualified from competing.

D.8.3. Marathon and Short Course Events-

D.8.3.1. Course Markers & Requirements-

- a) The race map of the course will clearly show:- turning points, danger zones, i.e. reefs, and any other obstacles. These are to be marked on the course by large clearly visible buoys, unless otherwise determined and clearly detailed at race briefings.
- b) Start buoys will be placed wide enough apart to accommodate all competitor canoes, side by side. A beach start will be between two flags, wide enough apart to accommodate all canoes, side by side.
- c) The first turning buoy of a marathon course shall be a minimum of 2 kilometres from the start line.
- d) The first turning buoy of a short course event will be a minimum of 1 kilometre from the start line.

D.8.3.2. Marathon & Short Course Rules-

- a) If any team or competitor's canoe is past the start line before the start of a race, they will be penalized by having 10 minutes added to their finishing time, after official warning/s or at the Race Director's discretion.



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- b) A canoe will follow the instructions as provided by the Race Director from time to time.
- c) A canoe may follow its preferred course between designated markers.
- d) A canoe overtaking another canoe will change direction and go around the slower canoe, and in a manner so as not to interfere with the slower canoe's progress
- e) A canoe being overtaken must not hinder the faster canoe overtaking it in the straightaway
- f) Where a canoe changes course to effect an impact on another canoe (ramming) to alter that canoe's progress or course, it will be cause for disqualification.
- g) Interference with another canoe during an event is cause for disqualification.
- h) A turn without the entire canoe and ama rounding a turn buoy is cause for disqualification. A canoe may avoid such disqualification if it subsequently correctly rounds the turn buoy.
- i) Right of way at turning buoys will be given to:
 - 1) the leading canoe
 - 2) In the case of the canoes being level or overlapping, right of way will be given to the INSIDE CANOE, immediately prior to the turn buoy
 - 3) If the OUTSIDE or OVERTAKING CANOE causes interference, such said canoe will be disqualified.

D.8.4. Changeover Events-

D.8.4.1. Course Markers and Requirements-

Rules D.8.3.1 apply

D.8.4.2. Changeover Course Rules-

- a) Rules D.8.3.2. Apply.
- b) Original and/or relief paddlers may be used at the discretion of the captain or coach, within the guidelines of the approved program.
- c) The first change of paddlers will not take place for either 30 minutes from the start of the event, or a fixed point as defined in the course. The inspector on each Team Escort Boat will notify the team at what point the first change of paddlers can occur. A breach of this rule is cause for immediate disqualification.

D.8.5. Start Procedure-

- a) The start procedure will be:-
 - 1) Raise of Yellow Flag – will indicate 2 minutes to race start, and that canoes must approach the “pre-start” start line approximately 10 metres behind the actual start line. This line may be an imaginary line or marked with buoys.



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- 2) Simultaneous Drop of Yellow Flag & Raise of Red Flag - will signal to move forward to the start line and to hold the canoe stationary at that point, i.e. not moving forward.
 - 3) Simultaneous Drop of Red Flag & Raise of Green Flag – will signal the start of the event.
 - 4) Raise of Black Flag – will indicate that during the start procedure, a canoe is over the start line. A verbal warning may be given to the offending canoe.
- b) Depending on conditions and at the discretion of the Race Director, the time intervals between the flag sequence may be altered.
 - c) The Race Committee may formulate a detailed starting procedure for each regatta, with prior approval from AOCRA or the zone.
 - d) The start line is an imaginary line drawn between the 2 extreme lanes or turning buoys in sprint events, and between 2 fixed or anchored markers for all other events.
 - e) Competitors must be present at the starting line at the time shown on the program, or as otherwise directed by the Race Director
 - f) Starting signals will be given regardless of absentees, overturned canoes or broken paddles.
 - g) All competitors are under the control of the Starter - 2 minutes prior to the posted event start time.
 - h) If a canoe overturns 2 minutes prior to the start of an event (under the Yellow Flag), the team or competitor will be eliminated from the event if the competitor or team does not resume their position in the canoe within 3 minutes without any outside help.
 - i) The position of the canoe at the start of an event will be such that the bow of each competing canoe is lined up on, but not crossing, the start line.
 - j) A team or competitor will be disqualified if-
 - 1) the bow of the canoe is over the start line; and
 - 2) the team or competitor is not attempting to back-paddle behind the start line

It is the responsibility every team or competitor to conform to this rule.

- k) It is not mandatory that the Starter raise a black flag, or give a verbal warning to the team or competitor for a disqualification to be upheld.
- l) A team or canoe will be disqualified if it is moving or travelling in a forward motion immediately prior to the Green Flag being raised.

D.8.7. Interruption or Halting of a Race-

- a) The Race Director may authorize the interruption of a race if an unforeseen problem occurs.
- b) A BLACK FLAG or a signal will be used to stop the race.
- c) If a race is declared null and void, no change in the structure of the team is allowed for the restart of that race.



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D.8.8. Finish Procedure-

- a) The finish line is an imaginary line drawn between the 2 extreme lanes or turning buoys in sprint races, or between 2 fixed or anchored markers for all other races.
- b) The finish of a race is when the bow of the canoe passes the finish line between the finish buoys/flags.
- c) In a sprint race, a canoe must pass the finish line within the assigned lane (either side of turning buoy)

D.9. DISQUALIFICATION AND PROTESTS:

D.9.1 Disqualification-

- a) A team or competitor must be notified as soon as possible after the commencement or completion of the event of any disqualification.
- b) Only the Race Director or Assistant Race Director may disqualify a Club, Team or Competitor from competing after consultation with the appropriate officials. The Club, Team or Competitor will be given the reasons for disqualification in writing at the time of notification by the Race Director / Assistant Race Director
- c) Any team or competitor who attempts to win an event by means other than honest or who does not comply with these race rules or, who by his or her conduct, clearly shows a lack of respect of the said rules, or appointed officials will be disqualified.
- d) In ADDITION TO ANY BREACHES OF THE REGATTA RULES, the following are cause for automatic disqualification:
 - 1) Non compliance with a direction given by the Race Directors or an AOCRA appointed official.
 -
 - 2) Abusive language or threatening behaviour towards the Race Director, an appointed official or another competitor.
 -
 - 3) Non-compliance with the starter's directions.
 -
 - 4) A person holding a canoe on beach starts pushes a canoe in a direction that gives them an advantage.
 -
 - 5) Persons interfering with another canoe so as to cause an unfair advantage.
 -
 - 6) If the steerer/captain of a canoe fails to notify the Race Director or Race Secretary of the canoe number or identification markings prior to the start of any heat or final.
 -
 - 7) A competitor administers a banned substance or consumes alcohol as provided by in these rules.



D.9.2 Protest-

- a) An intention to protest will be lodged with the Race Director no later than 15 minutes after the completion of the heat/final and/or marathon event or disqualification by the Race Director. The Race director will issue a protest form and designated time frame for lodgement.
- b) A protest lodgement fee of \$50.00 will be delivered to the Race Director with the Protest Form, within the designated time frame. If the protest is upheld the lodgement fee will be refunded in full. If the protest is dismissed, the lodgement fee will be forfeited to AOCRA, or the Zone.
- c) On receipt of a protest the Race Director will immediately notify all parties involved in the protest.
- d) The Race Director will deliver the protest to the Protest Committee for deliberation.
- e) The Protest Committee will hear, investigate, and rule on all protests and any other matter brought before it by the Race Director.
- f) A disqualification pronounced by the Protest Committee will be confirmed in writing outlining the reasons for the decision and then given to the club official, team captain or competitor by the Race Director.
- g) Any ruling made by the Protest Committee will be final.

D 9.3. Protest / Complaint / Incident-

A paddler who is a member of a registered club and AOCRA may make a complaint or protest in relation to a regatta race. The complainant must make the protest or complaint immediately or as soon practicable after the race that day to the Race Director. The Race Director should as soon as practicable relay the complaint or protest to a current member of the AOCRA Zone committee.

The Race Director and the AOCRA Zone committee member together should take the complaint or protest to the offending party. The Race Director and the Zone committee member may in their absolute discretion discuss the issues of the complaint or protest with any other party they think fit to assist them. If it is agreed or determined that the offending party was at fault the following options may be considered taking into account all of the circumstances of the complaint, protest or incident.

Options:

1. In circumstances where the issues of the complaint, protest or incident are of a minor nature a reasonable time penalty may be applied in the absolute discretion of the Race Director and the Zone committee member.
2. In circumstances where the issues of the complaint, protest or incident are of a serious nature ¹ the Race Director and the Zone member may determine in their absolute discretion to disqualify the offending party.
3. In circumstances where the issues of the complaint, protest or incident involve significant and wilful disregard for the briefing instructions and rules and regulations of the sport ² the Race Director and the Zone committee member may in their absolute discretion disqualify the offending party and refer the matter to the AOCRA National Committee for further consideration under the Constitution and MPP³ and potential further sanctions.



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4. In circumstances where the complaint, protest or incident is found to be without merit and or vexatious the Race Director and Zone committee member must speak to all parties involved. The Race director and Zone committee member in their absolute discretion may award a time penalty against the complainant.

All parties must be notified of the outcome from the complaint, protest or incident by the Race Director that day. A complaint or protest forwarded after race day will not be entertained. A report of the complaint, protest or incident must be made by the Zone committee member and tabled at the next zone committee meeting. In circumstances where property damage or physical injury has resulted from the matter an incident report must be completed and forwarded to AOCRA National within 7 working days.

1. Issues of a serious nature would include total disregard for the briefing instructions, safety and welfare of any persons, damage to property and physical injury.
2. Rules and Regulations of the sport include but are not limited to the NSW and National Constitutions, Regatta Rules, MPP, and all by-laws therein.
3. Member Protection Policy.

PART E.

E1.0 - DRUGS AND ALCOHOL

For detailed information see www.aocra.com.au - WADA

- A) The use of banned substances, by competitors, as described and listed by the International Olympic Committee and the Australian Institute of Sport is prohibited.
- B) The guidelines laid down by the WADA and the Australian Sports Commission have been adopted by AOCRA and the respective committees.
- C) The consumption of alcohol by junior competitors at any junior event is forbidden regardless of age.
- D) It is strongly recommended that competitors at senior regattas do not consume alcohol whilst competing at a regatta.



PART F - CANOES & EQUIPMENT:

F.1. GENERAL REQUIREMENTS:

- a) SUP craft must comply with the current board specifications as outlined from time to time by the International Surfing Association – the world governing body for surfing (www.isasurf.org).
- b) An outrigger canoe unless otherwise approved by AOCRA, will comprise 1 hull, 2 iakos and 1 ama (except for V12 which will comprise 2 hulls and 2 iakos).
- c) The Outrigger assembly consisting of 2 iakos and the ama, of each canoe, must be deemed by AOCRA to be functional in its purpose as a counterpoise and in keeping with the spirit of the sport.
- d) Only canoes, that do not meet the relevant specifications for that class of canoe, may void the personal insurance of all paddlers in that craft.
- e) Upon repair or modification of any canoe, the owner is also responsible for ensuring that the repaired canoe complies with AOCRA standards.



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- f) AOCRA empowers respective Zones to regularly conduct spot checks on all canoes, to ensure on-going compliance with Build and Safety requirements.
- g) No canoes may race until such time as Positive Floatation has been fitted. This rule is retrospective, includes all canoes, regardless of manufacture.
- h) All canoes [OC6, OC2, OC1 and V1s] must comply with AOCRA Safety Standards as specified in these Rules.

F.2. CANOEBUILDING – SAFETY AND COMPLIANCE:

F.2.1. General – Positive (Added) Floatation Requirements-

- a) All OC6, OC2, OC1 and V1 canoes are required to include positive floatation in all canoes at the time of manufacture.
- b) Manufacturers will supply, at time of purchase, to the purchaser, written certification that the appropriate amount of positive (added) floatation is in place according to AOCRA specifications and standards.

F.2.2. OC6 Hull Specifications-

- a) An OC6 canoe meeting the specifications defined will be eligible to compete in all AOCRA events.
- b) Or such other canoes as may be approved by AOCRA.
- c) Any alterations to the manufacturer's original design must be approved by AOCRA.
- d) An OC6 Hull, ama and iakos may be constructed of any material, as approved by AOCRA.
- e) A canoe must contain 6 seats
- f) A canoe may be any length or waterline length.
- g) A canoe hull may be constructed in 2 or 3 pieces, provided that a watertight seal is accomplished to the same standard as a 1 piece hull.
- h) For the purpose of weight determination, the word "canoe" shall include the hull and permanent fixtures such as seats, but shall not include the ama, iakos or canoe accessories.
- i) Canoes shall have a minimum weight of 130 kg.
- j) A canoe must have 2 watertight bulkhead chambers located fore and aft, each must have an inspection hatch (minimum 6-inch diameter) with removable threaded cover.
- k) All canoes must have positive (added) floatation inserted in the fore and aft bulkhead chambers.
- l) Ama and iakos may be affixed to the canoe by any means, as approved by AOCRA.



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- m) OC6 front iako must be affixed between the 2nd and 3rd paddlers' position. OC6 rear iako must be affixed between the 4th and 5th paddlers' position.
- n) All exposed nuts, bolts, studs or objects of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

F.2.3. OC1 / V1 Hull Specifications-

An OC1 / V1 canoe design must comply with the following requirements and specifications;

- a) Any alterations to the manufacturer's original design must be approved by AOCRA.
- b) All new OC1's / V1s must have positive floatation.
- c) The hull, ama and iakos may be made of any material approved by AOCRA.
- d) An iako must be positioned to the front and rear of the paddler's seated position.
- e) The ama and iakos will be secured to the hull by any means approved by AOCRA.
- f) A canoe may be fitted with a rudder and rudder controls.
- g) Competitors are reminded that at certain events rudder and rudder controls cannot be used. It is the responsibility of each competitor to be familiar with these requirements before competing at each event, as penalties or disqualification may occur.
- h) All exposed nuts, bolts, studs or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age
- i) No mechanical part of the rudder assembly in any form will be exposed above the top deck. The rudder assembly must be completely and securely covered if it protrudes above the top deck. Recessed rudder assemblies do not need to be covered.

F.2.4. OC2 Hull Specifications-

An OC2 canoe design must comply with the following requirements and specifications:



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- a) The hull, ama and iakos may be made of any material approved by AOCRA.
- b) One of the iakos may be positioned between the paddlers.
- c) The ama and iakos will be secured to the hull by any means approved by AOCRA.
- d) A canoe may be fitted with a rudder and rudder controls
- e) All exposed nuts, bolts, studs or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.
- f) AOCRA must approve any alterations to the manufacturers' original design.
- g) All OC2 canoes manufactured or imported, must contain positive floatation.
- h) No Mechanical part of the rudder assembly in any form will be exposed above the top deck. The Rudder assembly must be completely and securely covered if it protrudes above the top deck. Recessed rudder assemblies do not need to be covered

F.2.5. Weighing & Inspection of Canoes-

- a) All new canoes will be weighed and certified at the point of manufacture and guaranteed to comply with AOCRA Inc. rules and specifications by the manufacturer.
- b) A compliance plate supplied by AOCRA Inc. will be affixed by the manufacturer and glassed into the hull in a position where it is readily available for inspection. (preferably behind the steerer on an OC6 canoe). The compliance plate must clearly state the date of manufacture, manufactured hull weight, and weight of any additional weights permanently affixed to meet AOCRA minimum weight specifications.
- c) Existing canoes may be weighed and inspected by the respective zone officials and must pass required safety standards before the canoe is eligible to participate in any AOCRA approved Regatta.
- d) Compulsory weighing of OC6 canoes each season will not be necessary unless major work is carried out or a protest is received relating to the weight of a canoe.
- e) The additional weights may be fibreglassed or bolted onto the hull or under the seat(s) in OC6 canoes, but not in a position that may alter any other specifications of the canoe or give a paddler an unfair advantage.
- f) If the additional weights are bolted into the canoe, the bolts/brackets must be fibreglassed over to form a permanent seal.
- g) If the seal is broken or tampered with in any way, the canoe will be unable to be raced until the seal is re-established, and the canoe has been scrutineered and weighed by an AOCRA Scrutineer.



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- h) If a weight discrepancy is detected before the start of, or during a regatta, the canoe cannot race.
- i) A canoe will not be altered in any way after the canoe has been inspected, unless altered for safety reasons or at the direction of AOCRA or appointed representatives.
- j) If the canoe is altered, AOCRA, the respective Committee or the Race Director must be informed immediately.
- k) At the discretion of the respective Zone Committee, a canoe may be inspected and measured at any time.
- l) If a safety discrepancy is detected before the start of, or during a regatta, the canoe cannot race.
- m) New division – Unlimited Class –

Unlimited craft to be issued with an easily identifiable numbering system. Open Class only and to have its own support boat in case of any issues. This class will not qualify for AOCRA trophies or Titles. Any canoe under 130 kilo is classed as Unlimited

F.2.6. Club and Paddler Compliance-

- a) All OC6 canoes registered to AOCRA affiliated clubs, must have positive floatation in both fore & aft sealed bulkhead chambers.
- b) Any canoe found not to comply with the respective AOCRA positive floatation rule will be ineligible to compete in AOCRA regattas.
- c) Canoes deemed noncompliant will not be covered by AOCRA insurance, and may void paddlers' personal insurance.

F.3. Canoe Rigging and Accessories-

- a) All canoe accessories will include lashings and may include storm covers.
- b) Lashings may be of any means as approved by AOCRA
- c) The ama is permitted to be rigged only on the left [port] side of canoe for sprint events, where a turn is required.



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- d) The ama may be rigged on either side of the canoe for marathon/short course/changeover events or sprint events without turns.
- e) Storm Covers are permitted at any time or may be required at the discretion of the Race Director. They may be made from any material which keeps water out of the canoe.
- f) Rules E.3 c)-d) do not apply for V12 craft.

F.4. Paddles-

- a) A Paddle will have 1 blade only and may be any shape or size.
 - b) A paddle may be made from any material.
- Note: At certain events only paddles made from wood may be used.
- It is the responsibility of each competitor to ensure that they know what material is acceptable at each event, as penalties and/or disqualification may occur.