



## GREAT DOCK CANOE RACE RULES

### GENERAL RULES

You must submit a completed registration form online at [www.greatdockcanoerace.com](http://www.greatdockcanoerace.com).

You must be proficient in basic swimming skills.

You must not be under the influence of drugs or alcohol.

Have fun!!!

### CANOE RACE RULES

You must only use a recreational canoe, maximum length 18' and minimum width 34". Only two straight shaft, single blade paddles shall be allowed.

Event organizers shall reserve the right to disqualify any team or crew member attempting to use non-recreational canoe equipment, for example, racing, motorized, or electric canoes or non-approved paddles.

There shall be two canoe members per canoe.

You must carry at least two (2) U.S. Coast Guard approved life jackets in each canoe.

There shall be no alcohol in canoes.

Canoe teams shall only be eligible to win in one racing category

Handicaps shall be awarded to the following racing teams: male-female (2 minutes), and female-female (4 minutes).

Unless entered as a "Next Generation" team (12-17-year-old with his/her parent/guardian), all racers shall be 18 years of age or older.

No hindrance or interference shall be allowed between competitors involving either canoes or participants.



The finish shall be judged or determined by the order in which the bow tips of each canoe crosses the designated finish line.

It is the competitor's responsibility to act in a sportsmanlike fashion, avoid a collision at all times, and obey all rules.

### **PADDLEBOARD RACE RULES**

The paddleboard races are "open" races where paddleboarders can use a board of any dimension or weight.

The two-lap race is the "professional" race and the one-lap races is the "amateur" race.

All paddlers must have a leash, whistle or other sound producing device, and a U.S. Coast Guard approved personal flotation device.

All paddlers must be at least 16 years old unless expressly approved by event organizer.

A competitor must be standing while paddling once a race has started until crossing over the finish line. A competitor is allowed to sit, lay, or kneel to rest without making forward progress.

No hindrance or interference shall be allowed between competitors involving either boards or participants.

No drafting of any kind will be allowed by boat or paddler, to aid or hinder another paddler.

The finish shall be judged or determined by the order in which the bow tips of each paddler's board crosses the designated finish line.

It is the competitor's responsibility to act in a sportsmanlike fashion, avoid a collision at all times, and obey the rules.



### **PADDLEBOARD RACE ROUTE AND START PROCEDURE:**

The paddleboard race is run in two parts with a staggered start: first out will be the “Professional” race, then we will send off the “Amateur” race.

The race map is available at [www.greatdockcanoerace.com](http://www.greatdockcanoerace.com). The Professional race will complete the course **two times** (will be explained at briefing) and the Amateur Race will complete the course **once**.

### **CANOE RACE ROUTE AND START PROCEDURE:**

This year, all teams can choose to compete for the Overall Trophy by entering the Practically Professionals race, or if you prefer ... run just for the fun of it by entering the Ambitious Amateurs race.

The canoe race is run in two parts with a staggered start: first out will be the “Practically Professionals” (female-female, male-female and male-male teams), competing for the overall winner trophy, then we will send off the “Ambitious Amateurs” (female-female, male-female and male-male teams), competing for medals. The Truly Tenacious (both canoeists 65 or over), and Next General participants (parent-child age 12-17 teams), qualify to compete in the “Ambitious Amateur” race.

The race map is available at [www.greatdockcanoerace.com](http://www.greatdockcanoerace.com).

### **VIP SPRINT AND THEME CANOE PARADE:**

The Theme Canoe Parade and Tippycahoe VIP Sprint, staged before the main race, run on a shortened course in Crayton Cove.