



<http://www.ncoca.com>

2025-2026

## Sprint & Long Distance Race Rules

Owner: \_\_\_\_\_  
Club: \_\_\_\_\_



## Northern California Outrigger Canoe Association

355 Sheffield Court, San Jose, CA 95125-5664  
[www.ncoca.com](http://www.ncoca.com)  
(408) 318-5026

This Association is organized specifically for the following purposes:

- To unite all the Outrigger Canoe Clubs organized in Northern California;
- To encourage, maintain and perpetuate outrigger canoe racing;
- To teach, train, instruct and expose children, men and women in the ancient art, craft and history of Hawaiian canoeing;
- To provide means and facilities for Outrigger Canoe activities; and
- To foster the development and maintenance of strong and healthy minds and bodies among all people.

The 2025-2026 Race Rules and Race Schedules are in furtherance of these purposes.

The Northern California Outrigger Canoe Association was formed in 1978. Nineteen (19) Hawaiian Outrigger Canoe organizations in Northern California currently form this Association.

For the/ NORTHERN CALIFORNIA OUTRIGGER  
CANOE ASSOCIATION

Justin Beutel & Max La Rivière-Hedrick  
NCOCA Race Co-Chairmen

## TABLE OF CONTENTS

<b>CODE OF ETHICS .....</b>	<b>5</b>
<b>OFFICIAL RACE RULES</b>	
<b>I. EVENTS: .....</b>	<b>7</b>
<i>A. Official Order and Distance: .....</i>	7
<i>B. Scoring of Events:.....</i>	9
<i>C. Awards:.....</i>	10
<i>D. Multiple Entries:.....</i>	11
<i>E. Unofficial Entries:.....</i>	12
<i>F. Race Entries by Non-Association Members: .....</i>	12
<b>II. CLASSIFICATION OF PADDLERS:.....</b>	<b>12</b>
<i>A. Gender:.....</i>	12
<i>B. Age Group Division: .....</i>	12
<i>C. Novice Division: .....</i>	13
<i>D. Open Division: .....</i>	
<i>E. Master Division: .....</i>	13
<i>F. Coed Divisions: .....</i>	13
<i>G. V-1 Events: .....</i>	14
<i>H. General Rules:.....</i>	14
<b>III. ELIGIBILITY:.....</b>	<b>15</b>
<i>A. Clubs: .....</i>	15
<i>B. Paddlers: .....</i>	15
<i>C. Safety:.....</i>	16
<i>D. Waivers:.....</i>	16
<b>IV. REGISTRATION: .....</b>	<b>16</b>
<i>A. Registration Cards: .....</i>	16
<i>B. Verification of Age: .....</i>	17
<i>C. Race Check In: .....</i>	17
<i>D. Transfers and Releases: .....</i>	17
<b>V. EQUIPMENT:.....</b>	<b>18</b>
<i>A. V-6 Canoe Specifications: .....</i>	18
<i>B. V-1 Canoe Specification:.....</i>	19
<i>C. Paddle Specifications:.....</i>	20
<i>D. Miscellaneous:.....</i>	20
<b>VI. RACE COMMITTEE: .....</b>	<b>20</b>
<b>VII. OFFICIALS: .....</b>	<b>22</b>
<i>A. Race Officials: .....</i>	22
<i>B. Regatta Officials:.....</i>	23
<i>C. Official Equipment: .....</i>	23
<b>VIII. RECEIPT OF ENTRIES AND DRAWING OF LANES:.....</b>	<b>24</b>
<i>A. Receipt of Entries: .....</i>	24
<i>B. Drawing of Lanes: .....</i>	24
<i>C. Progression System:.....</i>	25
<i>D. Crew Seeding: .....</i>	26
<i>E. Advancing to Finals: .....</i>	26
<i>F. Cancellation of Finals: .....</i>	26
<b>IX. FLAT COURSE RULES: .....</b>	<b>27</b>
<i>A. Course: .....</i>	27

B. Marshaling for Sprint Regattas: .....	28
C. Starting and Starter's Duties: .....	28
D. Disqualification on Starting: .....	29
E. Finishing: .....	30
F. Disqualification at Finish: .....	30
G. Lanes: .....	30
H. Collisions: .....	30
I. Turns: .....	31
J. Swamping: .....	32
K. Chase Boat/ Official Boat: .....	32
L. Hosting Club Responsibilities: .....	32
 XI. PENALTIES: .....	33
A. Hosting Club Penalties: .....	33
B. Start Penalty: .....	33
C. Six (6) Second Penalties: .....	33
D. Steersperson Penalty: .....	34
E. Interference: .....	35
F. Disqualifications: .....	35
G. Club Penalties: .....	35
 XII. INELIGIBLE PADDLERS: .....	36

## ***Long Distance Rules (p 37 – 46)***

A. INTRODUCTION: .....	37
B. DEFINITIONS: .....	37
C. CANOE SAFETY REGULATIONS: .....	37
D. GENERAL INFORMATION: .....	38
E. AWARDS: .....	39
F. REGISTRATION AND ELIGIBILITY: .....	39
G. ENTRIES BY NON-ASSOCIATION CREWS OR PADDLERS: .....	40
H. RACE OFFICIALS: .....	40
I. EQUIPMENT: .....	41
J. START AND FINISH: .....	42
K. PASSING: .....	42
L. OVERLAP: .....	42
M. ROUNDING MARKS: .....	42
O. RACE INSPECTORS: .....	43
P. SWAMPING OR OVERTURNING OF CANOES: .....	43
Q. ESCORT AND OFFICIAL BOATS: .....	43
R. ESCORT BOAT VIOLATIONS: .....	44
S. RULES OF CONDUCT AND COURTESY: .....	44
T. SAFETY: .....	45
U. HOST CLUB RESPONSIBILITIES: .....	45
V. PENALTIES: .....	46

# ***NORTHERN CALIFORNIA***

## ***OUTRIGGER***

### ***CANOE ASSOCIATION***

#### **CODE OF ETHICS**

\* \* \* \*

Canoe clubs have the responsibility to promote good sportsmanship among their paddlers, coaches, and members, as a part of their program. Good sportsmanship includes observance of race rules as well as of the laws of the county, state and nation.

The personal conduct of all members of the canoe clubs belonging to this Association shall be above reproach at all times. Any member who by their personal conduct directly reflects discredit upon this Association shall be subject to such action as deemed appropriate by the Canoe Club to which said member belongs, and/or the Race Committee and/or the Board of Directors.

Every member, of every canoe club in the NCOCA, will be handed a copy of the Code of Ethics prior to payment of their membership to their respective clubs.

Violations of good sportsmanship include situations such as when a canoe is deliberately rammed; when a disqualified crew deliberately interferes with an event or race; when a paddler assaults another person or uses abusive language in connection with an event, regatta or race; or when a rule is knowingly violated in connection with a race or regatta.

Drugs and intoxicating beverages will not be tolerated nor permitted during racing competition. Any member observed acting under the influence of drugs or intoxicants shall be barred from further participation in the regatta schedule for that day. Those areas dominated by NCOCA paddlers in connection with Outrigger activities shall be defined as: areas of lodging, and any activity carrying the name of the NCOCA or an NCOCA member club. Beginning immediately, there will be no alcohol allowed during regattas or races and following awards ceremonies at any site, regarded as an Outrigger designated area (either formally or implied). If club members wish to indulge, they must do so in other areas such as private parties (outside of Outrigger dominated areas), or other establishments that are normally used for this purpose. Completion of the outrigger race or NCOCA sanctioned event is defined as when the award ceremony is completed and ALL water craft have been placed on the trailers and prepared for transport.

A warning be issued to a Club president regarding any infraction. If the infraction continues, a \$100 fine will be imposed on the Club by the NCOCA. A second infraction will result in the Club being barred from competing in the next regatta; a third infraction will result in the Club being barred from the remainder of the regatta season.

## SANCTIONED RACES

A SANCTIONED race or regatta is a legitimate regatta or race which has received the endorsement and acceptance of the Board of Directors of the Northern California Outrigger Canoe Association (NCOCA). A maximum of five (5) sprint regattas including the NCOCA Championship Regatta and mandatory number of six (6) long distance events must be held per racing season. Member clubs will host on a rotation basis with substitutions allowed. Clubs are able to co-sponsor regattas or long distance races. Regatta and long-distance race dates for the next year must be submitted by the last quarterly meeting of the current calendar year.

A legitimate race or regatta is one whose rules are in accordance with the rules of this Association, or as approved by the Board of Directors. Thus, a SANCTIONED regatta or race is one in which all race rules have been approved by this Association Board of Directors, including its governance by the NCOCA Race Committee. The Race Officials shall insure that the competition will be as fair as possible.

A SANCTIONED race or regatta does not prohibit invited guests from competing, provided the Association Board of Directors approves such invitation. Guest clubs and crews participating in a SANCTIONED race or regatta shall be subject to the Paddler's registration fee requirements of the Association.

Any Association member club sponsoring a SANCTIONED race or regatta shall do so in accordance with the Association policy goals and objectives.

An Association member club can hold a Long Distance Race during the regatta season provided that club has fulfilled its obligation of hosting a regatta as stated in paragraph one (1) above. Long distance races may be scheduled between SANCTIONED regattas only after all SANCTIONED regatta dates are filled. Long distance races are permissible before or after the regatta season (1st scheduled regatta through the championships) without penalty.

The Association SANCTIONED races shall take precedence over any other type of race and all Association member clubs shall participate in the Association SANCTIONED regattas before racing elsewhere.

Other than an Association member club or clubs may request to sponsor a SANCTIONED regatta or race, and may do so with the approval of the Association's Board of Directors. They are encouraged to make such requests. Sponsors should understand that the jurisdiction in a SANCTIONED regatta or race is wholly that of the Association and will be governed by the Race Rules of the Association and conducted by Association officials.

# OFFICIAL RACE RULES – 2025 & 2026

## EVENTS:

### A. Official Order and Distance:

This is the recommended order of events; additional consolidation of events may be approved by the coaches. In events requiring heats, a Final (noted by lettered events), will follow in the order shown.

<b>No.</b>	<b>EVENTS</b>	<b>METERS</b>	<b>MILES</b>	<b>TURNS</b>
1	V-1 Junior Girls (16)	250	0.156	No turn
2	Master 60 Coed	500	0.311	1 turn
3	V-1 Junior Boys (16)	250	0.156	No turn
4	Coed Junior (14)	500	0.311	1 turn
5	Girls 12 and Under	250	0.156	No turn
6	V-1 Master 60 Women	250	0.156	No turn
7	Novice Women	500	0.311	1 turn
8	Boys 12 and Under	250	0.156	No turn
9	V-1 Master 70 Men	250	0.156	No turn
10	V-1 Junior Women (19)	250	0.156	No turn
11	Novice Men	500	0.311	1 turn
12	V-1 Junior Men (19)	250	0.156	No turn
13	Girls 14 and Under	500	0.311	1 turn
14	V-1 Master 70 Women	250	0.156	No turn
15	Boys 14 and Under	500	0.311	1 turn
16	V-1 Master 60 Men	250	0.156	No turn
17	Girls 16 and Under	500	0.311	1 turn
18	V-1 Master 50 Women	250	0.156	No turn
19	Boys 16 and Under	500	0.311	1 turn
20	Coed Open	1000	0.622	3 turns
21	V-1 Master 50 Men	250	0.156	No turn
22	Master 60 Women	500	0.311	1 turn
23	V-1 Master 40 Women	250	0.156	No turn
24	Coed Junior (19)	500	0.311	1 turn
25	Coed Novice	500	0.311	1 turn
26	V-1 Master 40 Men	250	0.156	No turn
27	Master 60 Men	500	0.311	1 turn
28	Girls 19 and Under	1000	0.622	3 turns
29	Boys 19 and Under	1000	0.622	3 turns
30	V-1 Open Women	250	0.156	No turn
31	Master 50 Women	<b>500</b>	0.311	1 turn
32	V-1 Open Men	250	0.156	No turn
<b>A</b>	<b><i>Novice Women Final</i></b>	<b>500</b>	0.311	1 turn
<b>B</b>	<b><i>Novice Men Final</i></b>	<b>500</b>	0.311	1 turn

33	Master 50 Men	500	0.311	1 Turn
34	Open Women	1500	0.933	5 turns
35	Open Men	1500	0.933	5 turns
<b>C</b>	<b><i>Coed Novice Final</i></b>	<b>500</b>	<b>0.311</b>	<b>1 turn</b>
36	Master 40 Women	500	0.311	1 turn
37	Master 40 Men	500	0.311	1 turn
<b>D</b>	<b><i>Coed Open Final</i></b>	<b>1000</b>	<b>0.622</b>	<b>3 turns</b>
38	Coed Master 50	500	0.311	1 turn
39	Open Women	1000	0.622	3 turns
40	Open Men	1000	0.622	3 turns
41	Coed Master 40	500	0.311	1 turn
42	Open Women	500	0.311	1 turn
43	Open Men	500	0.311	1 turn
<b>E</b>	<b><i>Open Women Final</i></b>	<b>1000</b>	<b>0.622</b>	<b>3 turns</b>
<b>F</b>	<b><i>Open Men Final</i></b>	<b>1000</b>	<b>0.622</b>	<b>3 turns</b>
<b>G</b>	<b><i>Open Women Final</i></b>	<b>500</b>	<b>0.311</b>	<b>1 turn</b>
<b>H</b>	<b><i>Open Men Final</i></b>	<b>500</b>	<b>0.311</b>	<b>1 turn</b>

Awards for Junior Events will occur about Event 33 or as soon as results are available. (Last Junior event is 29). Awards for adult crews will be bundled and distributed to the club coach for distribution to paddlers should the day run too long for an award ceremony. Overall Club Trophies for the day will be presented at the end of the regatta day.

**Open Division Finals:** The race committee on race day may discuss the progression to finals or elimination of finals and rely on ‘best time’ in earlier heat races. The decision will be voted by the clubs representatives present at the regatta.

#### V-1 Events:

Championships for all V-1 events will take place at the last regular regatta of the regatta season.

#### Demonstration Events:

Demonstrations Events may be staged prior to the regular regatta start time at the discretion of the hosting club. These demonstration events must be completed 15 minutes prior to the regular schedule of events. Officials will be the responsibility of the hosting club. Awards but no points will be awarded to demonstration events. Registration and race fees for demonstration events will be handled at the regatta site at a time announced in the invitation letter from the hosting club. Lanes will NOT be drawn in the weekly Drawing of Lanes process.

Regatta Day Schedule:

7:45 a.m.	Coaches Meeting
8:00 a.m.	Registration Open for 1 <sup>st</sup> event check-in
8:15 a.m.	Opening Ceremony / Introductions by host
8:45 a.m.	Back to Club area for meeting
9:00 a.m.	First race of the Day Starts
Mid-Day	Distribution of Keiki Event Awards
End of the day	Overall Award Point Trophy Presentation for the day

Awards for adult crews will be bundled and distributed to the club coach for distribution to paddlers should the day run too long for an award ceremony. Should the host choose, they may distribute bundled awards throughout the race day.

**B. Scoring of Events:**

1. Age Group, Novice & Masters Division Events (V-6):

First Place	5 points
Second Place	3 points
Third Place	2 points
Fourth Place	1 point

2. V-1 Events:

	Junior OC-1	All V-1
First Place	3 points	3 points
Second Place	2 points	2 points
Third Place	1 point	1 point

V-1 awards are issued for each class (traditional & rudder) for Junior 16 & 19. Adults will only have V1 events and awards. A minimum of three (3) V-1 entries in either division constitutes a race. Paddlers are limited to one V-1 race entry per regatta day.

3. Open Division & Coed Open (V-6):

First Place	5 points
Second Place	3 points
Third Place	2 points
Fourth Place	1 point

a. Additional points for first place as follows:

1) 1000 meters	1 point
2) 1500 meters	2 points

b. Points are awarded after Finals only.

4. Single Entry:

In the event of only one entry in an event, that entry shall run the full course for time. In order to receive the first place points and award, the entry must be within 30 seconds of the time set for its classification at the last regatta where the event was run. Failure to equal this time will result in the entry automatically receiving second place points and award. The only exception will be the first regatta of the season which will establish the time.

**C. Awards:**

1. First, second and third place awards shall be given in all V-6 and V-1 events; fourth place shall be awarded at the NCOCA Championship Regatta.
2. Any club in penalty and not permitted to accumulate points will receive awards for those places they rightfully win and their award points will be discarded. No other club will be awarded these discarded points.
3. First, second and third place point trophies may be given by the hosting club at each regatta. The host may also provide Division trophies. V-6 event points shall be accumulated at each regatta to determine the awarding of trophies.
4. The club accumulating the most points including the Championship Regatta, will be presented the overall NCOCA season trophy. Season trophy will be provided at end of the season when a minimum of three regattas are held - with or without a Championship regatta.
5. V-1 event points will be accumulated separately throughout the regatta season and the NCOCA will award first, second, and third place trophies at the end of the Regatta Season.
6. First, second, third and fourth place Championship awards shall be provided by the NCOCA for the V-1 events
7. Long distance races may be scored.
8. Regatta Scoring & Awards System:
  - a. Divisions:

Double A (AA) -- consisting of clubs of 13 or more crews

Single A (A) -- consisting of clubs of 12 crews or less
  - b. Crew count will be determined by the published lane draw (Friday prior to the regatta)

9. Ties:

- a. In the event of a tie in any one event, the total points of the placing shall be equally divided and awarded to each team.

EXAMPLE 1: If two teams are tied for 2nd place, they would receive 2-1/2 points each (2nd place = 3 points and 3rd place = 2 points which totals 5 points, divided by 2 teams = 2-1/2 points per team). The next in line shall receive its just reward of 1 point for 4th place. (Age Group Events)

EXAMPLE 2: If two teams are tied for 1st place in the OPEN MEN's 1000 meter race where 7 crews were entered in the final, they would receive 8.5 points each. (6 canoes beaten for 1st place + 5 canoes beaten for 2nd place + 4 points for 1st place in 1000 meter event + 2 points (1 ea for racing) = 17 points divided by two). The next crew shall receive 3rd place points, 4.

- b. In the event of a tie for total points for the first place overall in any regatta, the team with the most first places will be the first place winner. If the number of the first places are tied, then the team with the most second places will be declared the overall winner. This rule shall also apply to third and fourth places.

#### 10. Standard Medal & Ribbon Colors:

<u>Place</u>	<u>Medal</u>	<u>Ribbon</u>
First	Gold	Blue
Second	Silver	Red
Third	Bronze	White
Fourth	Bronze	Yellow

#### 11. Award Requirements:

V-1 Events (10) X 1 divisions (traditional)	= 10
OC-1 Events (4) x 2 Juniors (trad & rudder)	= 8
V-6 Events (29) X 6 paddlers/crew	= <u>174</u>
Total Awards per Color (gold, silver, bronze)	= 192

\*Note 1: Championships require a 4<sup>th</sup> place medal, additional 192 pieces.

#### D. Multiple Entries:

1. Each member club shall be limited to two (2) entries per V-6 event except in the demonstration events where only one crew may be entered in each event (men and women) and where the V-1 events are limited to 3 entries for traditional plus 3 entries for rudder in Junior 16 and 19 events.
2. For clubs submitting more than one entry per classification, each crew will receive its just awards and points.
3. Where clubs have more than two (2) junior or novice crews for an event, they may draw a lane for any number of crews.
4. Where clubs have more than 2 entries in Open and Master divisions, they may draw a lane as an NCOCA crew. The club must have a minimum of 3 club paddlers in the crew. NCOCA should be included in the Team Name during registration.
5. Individual paddlers may enter in only one V-1 or Junior OC-1 event for which they qualify per regatta day.

**E. Unofficial Entries:**

There will be no unofficial entries by any club. If a crew is not legally entered in any race, that crew is not an official crew.

A crew racing in the wrong heat will be considered an unofficial entry and be disqualified.

**F. Race Entries by Non-Association Members:**

1. The following procedures will govern race entries from invited canoe clubs outside the Association.
  - a. Each paddler will be charged a \$6.00 registration fee, payable to the NCOCA on race day. However, the hosting club may charge additional race fees.
  - b. Any entry that places first, second, or third shall receive awards but shall not receive any points. Points shall be awarded to the Association member clubs and the rule for multiple entries shall apply (Article I.D.).
  - c. Proof of insurance or compliance with current NCOCA insurance is required.

**II. CLASSIFICATION OF PADDLERS:**

**A. Gender:**

1. Male, men or boys - all crew members must be male.
2. Female, women, or girls - all crew members must be female.
3. Coed - Half of the crew must be male and half must be female.

**B. Age Group Division: Age is determined by the age on December 31 of the current year.**

1. 12 and Under. Any paddler who has not reached their 13th birthday by December 31 of the current year.
2. 14 and Under. Any paddler who has not reached their 15th by December 31 of the current year.
3. 16 and Under. Any paddler who has not reached their 17th birthday by December 31 of the current year.
4. 19 and Under. Any paddler who has not reached their 20th birthday by December 31 of the current year.

The 19 & Under paddlers (minimum age 16) may participate in Open Division without penalty.

**Steersperson:** An Age Group crew of 5 qualified paddlers may utilize an open steersperson (18 years or older) who may steer by poking only and may not paddle.

Steersperson will wear an orange vest to identify the open steersperson. No gender requirement applies to the open steersperson supporting a age group crew.

V-1 Events are excluded from club restrictions for this division. V-1 lanes should be requested under the paddler's home club and within the limit set in I.D.1. and .5. above.

**C. Novice Division:**

Open to any paddler who has never paddled in Open Division or Age Groups in the NCOCA. A person may compete in this classification for two consecutive years. A Novice paddler may race in the demonstration, Coed or Long Distance events and remain Novice for two years. Novice must move up to the Open division in the third year in the NCOCA. Novice paddlers may paddle in three (3) events per regatta and include: Novice , Coed Novice and Coed Open

EXAMPLE: Paddler races Novice & Co-ed Novice in first season with NCOCA, the same paddler races long distance events in August of that year and may return for his/her second regatta season racing Novice the following year. However, if the paddler does not return in the following regatta season, he/she must paddle in the Open division if he/she returns in a future season.

Steersperson: A novice crew of 5 qualified novice paddlers may utilize an open steersperson (18 years or older) who may steer by poking only and may not paddle. Steersperson will wear an orange vest to identify the non-novice steersperson. The steersperson will not lose eligibility to race in their own classification during the regatta. No gender requirement applies to the open steersperson supporting a novice crew.

**D. Open Division:**

Open to any paddler not participating in Age Group or Novice Divisions. V-6 Paddlers may enter an unlimited number of events for which they qualify per regatta.

**E. Master Division:** Age is determined by the age on December 31 of the current year.

1. Master 40: Open to any paddler 40 years and older. Paddlers in this classification are also eligible to paddle in the Open and Coed Division events. V-6 Paddlers may enter an unlimited number of events for which they qualify per regatta:
2. Masters 50: Open to any paddler 50 years and older. Paddlers in this classification are also eligible to paddle in the Open Division and Demonstration events. V-6 Paddlers may an unlimited number of events for which they qualify per regatta:
3. Master 60: Open to any paddler 60 years and older. Paddlers in this classification are eligible to paddle in the Master, Open Division and Demonstration events.
4. Master 70: Open to any paddler 70 years and older. Paddlers in this classification are eligible to paddle in the Master, Open Division and Demonstration events.

**F. Coed Division:**

1. Junior (14): Open to any paddler 14 years and younger.

2. Junior (19): Open to any paddler 19 years and younger.
3. Novice: Open to any novice paddler.
4. Open: Open to Novice, 19 & Under (min. 16 years), Open and Master Division Paddlers.
5. Master 40: Open to any Master Division paddler. Novice paddlers are not eligible.
6. Master 50: Open to any Master Division paddler 50 and over. Novice paddlers are not eligible.
7. Master 60: Open to any Master Division paddler 60 and over. Novice paddlers are not eligible.
8. Master 70: Open to any Master Division paddler 70 and over. Novice paddlers are not eligible.

Coed 6-man events may share paddlers across clubs without penalty

**G. V-1 Events:**

1. V-1 Junior Girls (16): Open to any female paddler 16 years and younger.
2. V-1 Junior Boys (16): Open to any male paddler 16 years and younger.
3. V-1 Junior Women (19): Open to any female paddler 19 years and younger.
4. V-1 Junior Men (19): Open to any male paddler 19 years and younger.
5. V-1 Open Women: Open to any female paddler.
6. V-1 Open Men: Open to any male paddler.
7. V-1 Master 40 Women: Open to any female paddler 40 years and older.
8. V-1 Master 40 Men: Open to any male paddler 40 years and older.
9. V-1 Master 50 Women: Open to any female paddler 50 years and older.
10. V-1 Master 50 Men: Open to any male paddler 50 years and older.
11. V-1 Master 60 Women: Open to any female paddler 60 years and older.
12. V-1 Master 60 Men: Open to any male paddler 60 years and older.
13. V-1 Master 70 Women: Open to any female paddler 70 years and older.
14. V-1 Master 70 Men: Open to any male paddler 70 years and older.

Note: Novices may paddle in any V-1 event they otherwise qualify for.

**H. General Rules:**

1. NCOCA will impose a Paddler's fee of \$6.00 per paddler, per race at each sanctioned regatta. Paddlers' fees are payable to the NCOCA Treasurer following the drawing and verification of the lanes and before the first event of the regatta. These monies are non-refundable. For each crew on the water during a regatta, the hosting club will receive one half of the Paddler's fee collected by the NCOCA after insurance expense.
2. Two V-6 crews may be scratched without penalty at each regatta; fees for those crews will roll forward to the next scheduled regatta. The fees paid for the third and subsequent scratched crews will be credited to the NCOCA Sunshine Fund.
3. An NCOCA identification card will be required of all participating paddlers. It will consist of a photograph, date-of-birth, and ID-Number with bar code. It will be the responsibility of each club to register their paddlers on line, provide all verification documents and digital photo. It will be the responsibility of each club to request and retain the NCOCA ID card.
4. Open steersperson for Novice and Age Division crews are not considered part of the crew for races in which they perform this function.
5. Substitute Paddlers: Paddlers registered in the age group division (12 through 19 & Under) or Novice division may paddle as a substitute for ANY CLUB within the Association at any given regatta without penalty. The paddler is not to be transferred between clubs nor locked into the age classification for which they substitute.

The crew accepting substitute paddlers must have at least three (3) members from the same club and that club will be the one represented in the regatta. Maximum age rules of the crew will apply; it is the responsibility of the club soliciting (using) substitute paddlers to verify eligibility of the paddler with the parent club.

### **III. ELIGIBILITY:**

#### **A. Clubs:**

Any member club of the NCOCA who has complied with the registration and classification rules, paid their membership dues and has no outstanding debts owing the Association and has presented a copy of their Constitution, Bylaws and Articles of Incorporation shall be considered a member club in good standing and shall be eligible to compete in regattas and races sponsored by or sanctioned by the Association.

Clubs in arrears financially to the NCOCA will not be allowed to compete until such arrears are cleared up.

Regional Clubs who are not yet members of the NCOCA are allowed to participate in NCOCA events as invited guests for up to one calendar year.

#### **B. Paddlers:**

A male or female paddler who is a member of a recognized NCOCA club is eligible to participate, subject to the classification and registration rules (Articles II. and IV.).

C. Safety:

1. Safety on the water will be enforced at all times. For safety purposes, a paddler must be physically fit to race.
2. Paddlers with casts or other medical aids that would impede their safety on the water will be allowed to paddle only if they wear a life jacket and submit written permission from their doctor. (Name, address and phone number of physician must be printed on authorization.)
3. Failure for not having life jackets in a canoe participating in a Sanctioned Regatta or Distance Race will result in a disqualification of that crew. V-1 paddlers must wear a life jacket or have it secured to the canoe.
4. All non-swimmers and 12 and under paddlers must wear life jackets.
5. All 12 and under crews have the option to have an adult steersperson (18 years of age) in the canoe. The adult must be seated in seat 6 with 5 qualified paddlers in the canoe. 14 & 16 & 19 and Under crews have the option of having an adult steersperson. In such a case, the adult must sit in seat 6, eliminating one of the regular crew members. The adult will steer by poking only.
6. Each club is responsible to have sufficient first aid equipment for their club at any race site. Recommended supplies are: blankets, first aid kit, propane heater, ice chest with ice.

D. Waivers:

All paddlers must have a signed waiver on file with the NCOCA releasing the member club and the NCOCA of any liability. No paddler will be able to race until this waiver form is on file and must be signed each year. Every member club must have proof of insurance to participate in any NCOCA regatta or race.

New waivers are due to the Race Clerk by February 28 of each year on all paddlers. Registration of new paddlers includes a waiver and must be submitted by the 4 p.m. Thursday deadline to participate in a race or regatta on Saturday. NCOCA initiated an electronic waiver system in 2015 which is used to submit the waiver. A report of new waivers complete will be forwarded to the Race Clerk following the Thursday deadline to update the race registration system.

**IV. REGISTRATION:**

A. Registration Cards:

1. For each club member, the member club shall ensure completion of the electronic waiver prior to the first regatta date of the season and no later than 4 p.m. on Thursday before the first race the paddler participates. All paddlers will submit a copy of an age verification document (as listed in B. Below) by the same deadline in order to be eligible to race.

2. An Association I.D. Card, NCOCA ID, will be required of all paddlers. This card must be presented when checking in with the Race Clerk. I.D Cards are prepared after the club has registered the paddler, uploaded a digital photo to the registration site and provided waiver and age verification documents. NCOCA ID cards are issued by the NCOCA and retained by the club. A replacement fee may be charged by the NCOCA to replace a lost card.

B. Verification of Age:

All paddlers will submit a clear and easy to read **copy** of Certificate of Birth from the Health Department Bureau of Vital Statistics, Baptismal Certificate, or affidavit from his/her school principal, Driver's license, medical card, or passport to the Race Clerk. All photocopied or scanned documents must be legible. Member club will submit verification documents via email to the Race Clerk.

C. Race Check In:

Once the event is called to check in, the crew shall bring their NCOCA ID card and full crew to the check in desk. Check in staff will verify the paddler to the ID and add them to the crew roster in the system. (The Official Race Rosters (NCOCA 2 or 2a) will be used only in cases where the on-site check in system is unavailable. Race rosters must include the heat and lane assignment of the crew at the time of registration or the crew will be rejected by the sign in desk. ) No changes may be made after the crew has been signed in for the event.

Keiki V-6 crews and V-1 paddlers must be accompanied to the registration desk by their coach.

A crew who progresses forward from a heat race to semi and/or final must sign in/check in the same 6 paddlers for the semi and final race during that regatta with no exceptions. An incomplete crew must withdraw prior to the event semi or final race to allow the lane to be filled by the next qualified crew.

D. Transfers and Releases:

1. Transfer of Paddlers. A paddler may be transferred only once during the regatta season which is defined as the first scheduled regatta through the last regatta prior to the championship regatta with the exception of 19 and Under paddlers and Novice paddlers (II.H.5.). Novices must be released by the coach of their home club by completing the release on the crew roster form, NCOCA 2.
2. The penalty for an ineligible paddler shall be the suspension of that paddler from the next scheduled sanctioned regatta.
3. Submission of transfer. All transfers must be submitted to the Race Committee on an official Transfer Form, NCOCA 5. The form must be signed by the petitioning paddler and the club authorized to sign and approve said transfer.

4. Review of Transfer Request by the Race Committee. The Race Committee, upon receiving the transfer request form, shall record the date the form is received and expeditiously forward the form to the NCOCA race clerk. If the transfer request is disapproved by the member club, the Race Committee shall review the form and make the final decision on the matter. The petitioning paddler and the member club official shall be notified accordingly. A transfer form is required when a paddler decides to leave the club with whom he/she is registered and has paddled with during the regatta season.
5. Paddler in Debt Financially and/or Withholding Property. No paddler shall be eligible for transfer and release if he is in debt financially to and/or withholding property of the member club, in which case the club involved must be able to submit convincing evidence (documented proof) to the Race Committee, before the next scheduled regatta.
6. Paddler Declared "Free Agent". Any paddler who has paddled for a club and finished that regatta season or any paddler who paid his/her dues to the club and has not paddled for that club for an entire season shall, at his/her request, be declared a "free agent" even without approval of the proper club official, providing he is not in violation of Article IV.E.5., financial indebtedness.
7. Paddler may paddle for one club per regatta except as specified in II.H.5.

## **V. EQUIPMENT:**

### **A. V-6 Canoe Specifications:**

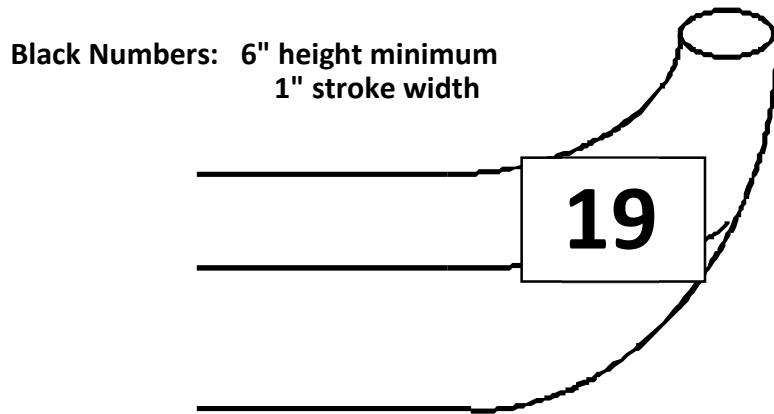
The hull of the canoe shall be made of solid wood or structural composite material (i.e. fiberglass). The NCOCA recognizes the Malia class canoes (39.5' or less) modeled from the Waikiki Surf Club's Koa 'Malia' canoe as the basis of the development of our association and continues to honor this canoe at Regattas by hosting an all Malia class regatta at times as proposed by the membership.

The canoes that came into being in the early 1980's were built under hull specifications provided by Hawaiian Canoe Racing Association (HCRA) and are being classified as 'SPEC' canoes in the NCOCA. These include but are not limited to Hawaiian Classic/Racer, Bradley, Stryker, Force 5, Mirage, Mirage2, and Bradley Lightening. (Additional builders outside of Hawaii followed the HCRA specifications to build locally.) Under the specifications, these canoe hulls were required to weigh 400 lbs. to race; this restriction is being removed and the SPEC canoes may be raced at any weight.

Newer canoe designs have emerged in the distance canoes especially and are design to be light weight and perform best in open ocean racing. This class of canoe has been classified as 'Unlimited', the primary reason is they have no weight restriction but also no required hull specification as enforced in the SPEC class.

1. Names, colors, numbers must be approved by the Association Board of Directors.
2. All NCOCA canoes to be utilized in sprint or long distance events must be registered with the NCOCA and assigned a canoe number. Malia canoes used for the Malia regatta need not have its number displayed. A Canoe Registration form must be submitted to

obtain a canoe number and be included in allowed NCOCA canoe equipment. Such form shall be on file with the Race Chairman.



*Diagram: Identification Placement*

Numbers will be assigned to each NCOCA member's canoe by the Race Chairman. The numbers are to be permanent and visible on each side of the front manu of each race canoe utilized for the long distance season. See diagram above for location. Future numbers will be assigned to new canoes when registered with NCOCA. Canoe Numbers must be visible from a distance for finish line purposes and should be ***black lettering on white background***. The size should be 6" x 1" or larger. NCOCA will provide new numbers in 2025 for distance canoes, a template will be provided for clubs to acquire proper number format for future canoes. Canoe numbers must be displayed on all canoes used for distance racing.

3. Clips and lane numbers for sprint events must be affixed to the forward manu between the spray skirt and the horn. Numbers shall be black on a white vertical background; 6" minimum height, 1" minimum stroke width. Clubs must provide their own set of lane numbers and holders.
4. No attachable fins, keel or other device shall be allowed.
5. No covering on the top of the canoe to prevent swamping shall be permitted except in distance open ocean races.
6. Any additional accessories shall be brought to the attention of the Race Committee for discussion and approval.
7. Six (6) Life jackets are required in all canoes.

**B. V-1 Canoe Specification:**

1. The canoe may be made of any material. The overall length of the canoe shall not exceed 27 feet and will have no minimum weight restrictions. The hull shall be of such a design that it is not self-supporting without the aid of iako and one ama. There must

be integral buoyancy capable of floating the canoe in a horizontal position when the canoe is full of water.

2. Clips for race lane numbers must be fixed to the forward manu (V.A.3 above). Number cards are issued during event registration.
3. V-1 Definition:
  - a. Traditional: Keels and rudders are not allowed. Fixed rudders used during practice must be removed prior to racing; kick up rudders may be locked up and clear of the water prior to racing.
  - b. Rudder: Attached keels and rudders are allowed.
4. V-1 Classes: Each class will be given points and awards. A traditional canoe may be used in all V-1 events, an OC-1 rudder canoe may be used in Junior 16 & 19 events; paddlers must draw lanes based on canoe type during the lane draw by the club.
5. Life jacket is required in each canoe or may be worn by the paddler
6. Leash must be worn by the paddler for long distance events, recommended for sprints.

**C. Paddle Specifications:**

1. Paddles will be of conforming size and may be fabricated (constructed) of wood, fiberglass, or other composite materials.
2. Extra paddles may be carried in each canoe during a race.

**D. Miscellaneous:**

1. Canoes, paddles, etc., not meeting the specifications herein, may not be used in NCOCA sanctioned races, and the ruling of the Race Committee on this matter shall be final.
2. Any crew using nonstandard equipment during a race shall be disqualified.
3. The Race Committee may conduct inspection of equipment at any time.
4. During a sanctioned race or regatta, each club is fully responsible for its own property damage.
5. Clubs hosting any race shall be insured as required by the State of California and the Association.

**VI. RACE COMMITTEE:**

- A. The Race Committee shall consist of a representative from each member club and will be presided over by a Race Committee Chairman appointed by the Executive Board of

Directors. The Chairman will be paid \$350 quarterly for running committee meetings and acting as head Race Official.

- B. A Race Secretary shall be appointed by the Race Committee. The Race Secretary shall maintain the race rules, meeting minutes, and race results. The Secretary will be paid \$500 quarterly for maintaining meeting minutes, race rules, preparing lane draw and race results for each regatta including long distance events.
- C. A Race Clerk shall be appointed by the Race Committee to handle all paddler registration and verification as described in these rules. The Race Clerk shall be paid \$500 quarterly for performing these duties.
- D. The Race Committee shall be responsible for the review and revision of the Official Race Rules every two (2) years coinciding with the election of the new Executive Officers of the NCOCA. If the race committee sees the need to revise rules prior to the close of the 2 year period, a special meeting to make specific modifications may be called with a two-thirds (2/3) majority vote of the Race Rules Committee Representatives. The Race Committee shall meet at the end of each regatta to critique and revise operations for the next scheduled regatta as needed. A 2/3 (67%) majority vote of the NCOCA Board is required to pass any rule change.
- E. Other duties and responsibilities of the Race Committee shall be:
  - 1. Give its governance to the Association Board of Directors pertaining to the approval of sanctioned regatta or race.
  - 2. Review all transfers and releases submitted on the official transfer form, NCOCA 5. Render decisions on those transfers disapproved by any member club.
  - 3. Inspect and approve canoes, paddles, equipment and any additional accessories, including the weighing of canoes, when required or at any time.
  - 4. Review and approve the race officials.
  - 5. Conduct one Race Clinic per year.
  - 6. Review and render a decision on a filed protest pertaining to the negligent performance of a race official.
  - 7. Assist in acting as officials, inspectors, etc. for regattas and open sea races.
  - 8. Assist in settling any unusual or un-clarified situations occurring at a race site or an open sea race.
  - 9. The Race Committee shall qualify all race site locations, re-qualify existing sites when major changes occur, and publish a yearly list at the July Quarterly General Membership Meeting of the NCOCA.
  - 10. Provide a coach's meeting prior to the start of each regatta regardless of the lane set-up or other activities at the race site. The meeting shall take place 30 min. to 1 hour prior to the scheduled race starting time as noted in I.a.

## **VII. OFFICIALS:**

### **A. Race Officials:**

1. The Race Officials shall consist of no more than six persons knowledgeable in the NCOCA Race Rules and who have been approved by the Race Committee.
2. The Race Officials shall:
  - a. Preside at all regattas or races of the Association.
  - b. Start the races at the published hour but no later than 0900 on regatta day. They shall insure that all equipment is functional and that all the race officials and assistants are ready.
  - c. Insure that all races are conducted in accordance with the Association Race Rules.
  - d. Give complete attention to the races at all times and not be intimidated by anyone when calling out violations, acting on protests lodged, recording violations on the Official Judgment Call Form, NCOCA 11, and turning in same to the Association Race Clerk.
  - e. Be stationed at each of the flag areas, on shore, and on the official's boat. The official on the boat will be equipped with a stopwatch for the purpose of timing interferences and obstructions.
  - f. Judge on interference by obstructions not part of the race course. They may order a race to be re-run or order the deduction of time from the canoe that is kept from advancing.
  - g. Upon receipt of a protest, immediately page the coach of the club being protested and notify him/her personally that the protest has been lodged against his/her crew.
  - h. Render a joint decision on all violations and protests as soon as possible and prior to the end of a regatta. If the last event is protested, the officials have 15 minutes to render a decision on that event. The decision of the Race Officials on matters under its cognizance shall be binding and final.
    - i. Shall have familiarized themselves with the race rules.
    - j. Attend and conduct one race clinic under the jurisdiction of the Race Committee. It is mandatory that head coaches for each club attend at least one of these clinics. For geographical purposes, the clinics will be held in different, equitable locations.
    - k. Be paid per regatta by the Association. The Board of Directors will set the fees annually and may rescind an official's fee if that official is found negligent in the performance of his/her duties. However, a protest must be filed against the individual and acted on by the Race Committee.

1. Paid Officials and Assistants:
  - Head Official
  - Head Timer
  - Assistant Timer
  - Starter (regatta starts)
  - Spotter
  - Recorder
  - Results Desk
  - Head Check-in
  - Assistant Check-in
  - Marshalling

B. Regatta Officials:

1. Club Responsibilities:
  - a. Each member club shall be assigned to fulfill duties as Regatta Officials at each sanctioned regatta. The Race Chairman will publish a schedule of officials at each regatta and will distribute the duties out equally among the NCOCA clubs. If an official is not supplied when assigned, the race representative for that club will serve for the day. A fine of \$25 for first offence of not furnishing required officials applies, \$50 for the second offense in the regatta season.
2. These officials shall be assigned one of the following duties:
  - a. One (1) assistant to the starter, if needed.
  - b. One (1) Runner: positioned with the finish line officials to transport timing (and penalty assessment) documents to results administration.
  - c. Inspectors (2) are to verify that the added weights are permanently affixed to canoes at specified locations, and that the life jackets are present in the canoes. Responsibility shall also include the verification paddlers in crews, at the official inspection area immediately before each race event. Any discrepancy shall be reported to the Race Officials as soon as possible.
  - d. Far Turn Judges (4) to be stationed at the turn flag area (Article VII.A.2.e.).
3. The Emcee/announcer shall be the responsibility of the hosting member club. There shall be an announcer attending the P.A. System and VHF radio announcing at all times.

C. Official Equipment:

1. NCOCA will contract for the start boat for regatta day to carry regatta officials conducting starts and the inspection of race conditions. If at least one power boat is not provided, the regatta will be canceled. NCOCA will contract start boat for regatta day.
2. Any additional boat provided by the host club shall be used in any emergency situation as circumstances may dictate. In this regard, the governing criteria used shall be to avoid the loss of life and the prevention of injury to a crew member.

3. NCOCA will contract for lane setting at Sprint Regattas. The contract holder is not responsible to provide any additional water support for the regatta. The Host club is responsible for coordinating with the lane setter for access to the park and arranging course setup prior to the regatta date.
4. Communications: All clubs are required to have a VHF radio on hand at all race sites to be utilized for event communications of regatta schedule, sign in, calling for coaches, etc. Event procedures will be created and will include a 'radio check' at the start of each event. NCOCA will provide radios for race officials.
5. Sound System: Amplifier and speaker system will be maintained by the NCOCA and be the responsibility of the host club for setup at the site. Such sound system will not be relied upon for official communication of race status, VHF radio communications is relied upon for official announcements.
6. Timing and Finish Line Equipment: NCOCA will provide timer(s), check in, results, finish line computers and finish line video camera/tripod.

## **VIII. RECEIPT OF ENTRIES AND DRAWING OF LANES:**

### **A. Receipt of Entries:**

1. Paddlers for each crew will be called up to register for their specific event any time after 0800 hours on race day. Upon checking in at the Race Clerk's station:
  - a. Each paddler will present his/her I.D.
  - c. I.D. Cards will be checked and verified for correctness.
2. Paddler I.D. Cards will be retained by the paddler and must be presented again if the crew progresses to the next stage in that event.

### **B. Drawing of Lanes:**

1. The drawing of lanes will take place on Wednesday (or 72 hours) prior to the regatta date by the Race Secretary or designated committee member and published to the NCOCA Clubs via email or web posting on Friday afternoon.

All clubs will submit on-line their entries for each event they intend to participate in, and a team name (v6) or paddler name (v1) no later than midnight on Wednesday. If modifications to the submitted list are known prior to 1300 hours on Thursday, they must be called in to the Race Secretary for inclusion in the lane drawing process. No additional crews will be accepted after drawing of lanes is completed.

2. It shall be the responsibility of the Race Committee to post lane assignments at 0800 on regatta day at the regatta site.
3. Crews may be scratched on regatta day:

Scratches can cause changes in the number of heats to be run in a particular event; therefore, if the remaining number of crews can be run in one heat, the heat with the fewest number of crews will move into the open lanes in the larger heat. If their lane assignment from their heat is open, they will retain that lane. The remaining crews will be assigned by redraw by the Race Chairman for the open lanes. Where multiple heats exist, see section VIII. C. Progression System for ruling.

4. Clubs will have to draw from all lanes available even if there is only one entry.

**C. Progression System:**

The progression system shall consist of FINALS and, if necessary, HEATS and SEMI-FINALS. Those crews advancing out of each heat are placed in the semi-finals or finals; all others in the heats are eliminated. In events having semi-finals, those crews advancing out of each semi-final heat are placed in the final; all others in the semi-finals are eliminated. Events requiring Finals are noted in the schedule by letter A to H.

Open Coed – will always have a final should there be 2 or more heat races. This event potentially includes juniors and novices and would be unfair to eliminate the final.

Novices - final will always be held when there are 2 or more heat races as this may be their only event.

Open Men/Women 1500 meter – will no longer be included in Progression to FINALS. 'Best Time' of heats will be used to award this event.

Random lots or a randomized computer program shall be used to determine the composition of heats and assignment of lanes. If possible, teams from the same club will be assigned separate heats so long as the seeding rules are not compromised. All other unseeded teams will be assigned at random.

The following shall form the progression for six (6), seven (7), and eight (8) lane race courses. If the number of entries exceeds the number contained in the rules, the Race Chairman will devise an appropriate progression. Once the form of the progression has been published according to the number of entries received and lanes available at the race site, it may be changed under the following circumstances:

- a) If the number of scratches changes the form of the progression;
- b) If the number of lanes changes due to some unforeseen circumstance.

**PROGRESSION CHART**

ENTRIES	HEATS	Advance from Each Heat	Semi-Final Advance to Finals
<b><u>6 LANES</u></b>			
1 - 6	Final Only		
7 - 12	2	3	Final
13 - 18	3	2	Final
19 - 24	4	3	2 3
25 - 36	6	2	2 3
37 - 42	7	3	3 2
<b><u>7 LANES</u></b>			

1 - 7	Final Only			
8 - 14	2	3*	Final	
15 - 21	3	2*	Final	
22 - 28	4	3*	2	3*
29 - 35	5	3*	3	2*
36 - 42	6	2*	3	2*
<b><u>8 LANES</u></b>				
1 - 8	Final Only			
9 - 16	2	4	Final	
17 - 24	3	2*	Final	
25 - 32	4	4	2	4
33 - 40	5	3*	2	4
41 - 48	6	4	3	2*

*\*Use next fastest times to fill in lanes as needed.*

#### **D. Crew Seeding:**

Seeding will be designed to assign teams to heats so that the most competitive teams will not race against each other. This allows the best teams the opportunity of advancing to the finals. Seeding of heats will be based on information supplied by each club if they have multiple entries in any one event and must be completed during drawing of lanes deadline, top seed = 1, 2<sup>nd</sup> seed = 2, new crews should be seeded 2 or 3 to not conflict with competitive top seeds.

#### **E. Advancing to Finals:**

When advancing teams from heats to the next stage of racing, teams will be assigned to a specific lane to ensure the fastest qualified crews are position in the middle of the course. This applies to finals, quarter finals, and semi-finals. The draw will be performed by the race officials. Lane assignments for the events will be posted as soon as possible after verification of results of all heats in an event.

1 <sup>st</sup> place, heat 1 – best time	Lane 3
1 <sup>st</sup> place, heat 2 – next 1 <sup>st</sup> place time	Lane 4
2 <sup>nd</sup> place, heat 2 -- best time 2 <sup>nd</sup> place	Lane 2
2 <sup>nd</sup> place, heat 1 – next 2 <sup>nd</sup> place	Lane 5
3 <sup>rd</sup> place, heat 2 – best 3 <sup>rd</sup> place time	Lane 6
3 <sup>rd</sup> place, heat 1 – next 3 <sup>rd</sup> place time	Lane 1

#### **F. Cancellation of Finals:**

Finals may be cancelled by the Head Regatta Official if the regatta day is expected to run too long were the Final Races to be held. Should the 1500 Meter Women's V6 race not be on the water within 15 minutes of the scheduled start time, finals for all V6 500 and 1000 Open Men & Women's events will be cancelled, coaches notified, and all heat races are awarded on 'Best Time'. This applies to 500, 1000 Open Men/Women events. When such a decision is made, events which require Heats or Semi-finals will use the finish times of those races to determine winning crews. No re-drawing of heat or lane assignments will be done. (also noted at page 7, Events noted as E. to H.)

## **IX. FLAT COURSE RULES:**

### **A. Course:**

1. The official Association race course shall be 250 meters in length and shall be laid out in equal lanes, preferably 80 feet wide, and not less than 50 feet wide. The lanes to be used shall be consecutive and commence with Lane 1. For courses running parallel to shore, Lane 1 shall be closest to shore. For courses running generally away from the shore, Lane 1 shall be the farthest left lane of the course looking seaward. For 250 meter courses, a lane will be designated by a flag of the same color at each end of the course.
2. Flags shall have a minimum dimension of 24 inches; shall be made of lightweight, quick drying cloth, and be of significantly different colors such that no two lanes shall have the same colored flag.
3. There shall be at least seven (7) lanes set at each sanctioned regatta.
4. Floats will be placed at the midpoint between the flags to indicate the division of each lane.
5. Single man (V-1) canoes will use half the lane width of the six man course. This is Lane 1 will be from the first float to the first lane flag, lane 2 will be from the first lane flag to the next float, and lane 3 will be from the float to the second flag, etc. allowing for 12 canoes per race on a 6 lane course. See diagram in Appendix.

### **B. Marshaling for Sprint Regattas**

1. Sprint Regattas will utilize a marshaling procedure as defined here:
  - a. Regatta lane setup shall include 7 lanes unless the venue space is limited
  - b. V6 canoes to be utilized will be one or two more than the number of lanes
  - c. Race Chair will determine which model(s) of canoe will be used for the event
  - d. Different clubs will provide the canoes to share the responsibility
2. Lane Numbers: Lane cards and holders must be available on all canoes. Two sets of numbers (1 to 7) are needed in event of loss or need to shuffle at any time
  3. All canoes will be rigged and shall remain so throughout the regatta.
  4. Lane numbers will be assigned to the canoe; crews will go directly to the canoe based on assigned lane number.

#### **Race Site Setup:**

#### **Crew Loading:**

Each site may have its differences. Loading of canoes from docks, ramps, beaches, floating platforms, etc. have all been utilized by NCOCA

- Different sites and conditions may require extra hands at marshaling.
- Tides and winds may change during the regatta. All of which may require additional help with the canoes, change the crew loading process, and require some additional equipment.
- Designation by lane on land for crews to line up is helpful in verifying which crews are present and ready to load for the next event.

**Marshal responsibilities:**

- a. NCOCA to provide a radio, clipboard/pen and event schedule. Marshaling needs to be aware of what events are on the water and on deck marshaling.
- b. Once the canoes are at the loading site, ensure numbers and holders are put on them. With an extra set of numbers kept in a handy location.
- c. Verify the canoes have PFDs and, bailers, check that the rigging is secure.

**Once the regatta has started:**

- a. Have paddlers load their canoe as soon as it is available and have them head for the buffer zone.
- b. When the last canoe is loaded for that event, radio to the starter that all the boats are on the water.
- c. Occasionally, a crew is waiting for a paddler or steersman from another race and all the other boats are in the buffer zone. Let the starter know.
- d. While the race is being run, verify that the crews for the next event are “on the beach”. If a crew is missing, radio the public address announcer have them get to marshaling area. You can also check the with timer’s desk if a crew has scratched.
- e. It is useful to have continuous announcements about what event is racing, what event should be at marshaling in the loading area and what event should be heading for the marshalling area.
- f. V1/OC1 events paddlers usually take care of themselves. Be prepared to let them know when they should be paddling out to the start line so as not to be late for their event.

**At the coaches meeting review:**

- Where the marshalling area is.
- How should the canoes approach and leave the loading area.
- Where the buffer zone marking is set.
- Wind direction and its effect on the start line approach.
- Conditions that alter the lane locations.
- Recruit some additional help with canoes if conditions change and warrant the help.
- Remind the paddlers that their promptness to the marshalling area is important to keep the regatta moving on time.
- Marshalling crews should know the event number they are in and the lane they are assigned.

**C. Starting and Starter's Duties:**

1. All starting procedures shall be in accordance with the instructions from the head official’s area to the officials’ boat. This boat will use flag signals only. *The integrity of the start is strictly the responsibility of the crews paddling.* All canoes must start from a standstill.
  - a. An **YELLOW** flag raised indicates that the officials are ready and crews racing in that event have **five (5) minutes** to check in with the inspectors at the official area, then proceed to their assigned lane *behind* the buffer zone as soon as possible.

- b. Once all canoes for the event are on the water, both Red and Green flags raised indicates crews will have up to 30 seconds to get their canoes inside the buffer zone and "pull up" to the start line
- c. The raising of the RED flag alone will indicate "paddles up". The OFFICIAL START will be signified by the raising of the GREEN flag. The GREEN flag will be kept raised for ten (10) seconds and then lowered, indicating an official race.

2. All entries must start and finish in their assigned lanes.
3. All 250 meter races shall start at the far end of the course to end at the officials' area. These races shall be started from the Officials' boat.
4. All 500 meter races shall start and finish near the officials area, where practical.
5. There will be a seventy (70) foot buffer zone behind the starting line flags. The five (5) minute period will start after the last canoe of the previous race has crossed the finish line.
  - a. A canoe is considered in the buffer zone as soon as the entire canoe is past the buffer zone flag, regardless of which way the canoe is facing.
6. Recall:
  - a. The Starter shall sound continuous blasts on the air horn, pistol, or other sounding device. Canoes unable to hear the recall will be stopped as soon as possible by the communications boat. Recall of a start will be for:
    - (1) An unfair start, in which case the recall must be instigated by the Starter himself and not by a canoe crew;
    - (2) Swamping of a canoe within the first ten (10) seconds of a race.
  - b. It shall be the duty of the Race Officials to check all recalls and to report their findings to the Head Official before a race shall be rerun.
  - c. Any crew causing an illegal recall will be automatically disqualified.
  - d. The ten (10) second period will be announced or signaled by the Starter.
7. Any canoe over the start line at the green flag signal, with all paddlers in the "paddles up" position, will have additional seconds added to its finish time. (See penalties.)
8. Stalling: The Starter shall not hold up the start for a canoe deliberately lagging behind after the Starter's command to get to the starting line. A lagging canoe shall have no right of protest on the grounds of an unfair start in the event the race is started.

#### **D. Disqualification on Starting:**

1. At the start of a race, any forward motion of a canoe caused by a paddler in that canoe will result in a disqualification of that crew.

2. Any forward motion of a canoe being held by an assistant will result in the disqualification of that crew.
3. A disqualified canoe may continue the race, unless for some specific reason the Race Officials decide otherwise. The coach of the canoe club which has been disqualified will be notified by the Race Officials before public announcement.
4. Each canoe must start with a full crew of six (6) paddlers.

**E. Finishing:**

1. Timing of the finish is recorded when the nose of the canoe crosses the finish line. A canoe is not considered finished until it has entirely crossed the finish line.
2. Upon crossing the finish line, all canoes will proceed beyond the buffer zone.
3. Canoes finishing without a lane number placard on the bow will have no time recorded nor order of finish listed (XI. F.6)

**F. Disqualification at Finish:**

1. Failure to finish the race with full crew of paddlers.
2. Causing a collision with a canoe that is finishing by not paddling through the buffer zone, will cause a disqualification of the canoe causing the interference.

**G. Lanes:**

All canoes must remain in their own lanes, which will always be to the right of the lane flags. Canoes shall remain in their respective lanes throughout the race and in no way interfere with other participating canoes. Where two (2) canoes approach each other from opposite directions within the same lane, each canoe should occupy, as nearly as possible, the one half (1/2) width of the lane nearest its own line of flags, so that the canoes will pass each other hull to hull. Lane width is defined as the full lateral distance between adjoining flags. If interference claims are made, the canoe not in its respective lane will be charged the infraction.

Single man (V-1) canoes shall remain in their half of the regular lane. Lane width is defined as the distance between the float and the flag to which the paddler was assigned. If interference claims are made, the canoe not in its respective lane will be charged the infraction.

**H. Collisions:**

1. Any canoe causing a collision by not being in its own lane will be disqualified.
2. A canoe that tries to avoid a collision and ends up in the wrong lane, or has its progress impeded, can lodge a protest for interference, and seconds will be deducted from its time in accordance with Article XI.D. of these rules.

3. All rulings shall be made by the Race Officials.

I. Turns:

All turns shall be left turns around the assigned lane flags and shall be negotiated without the flag coming between the ama and hull. Any canoe so doing will be penalized. Where canoes assigned to adjoining lanes occupy the same lane during a turning maneuver, each canoe will maneuver in such a way as to occupy as nearly as possible, the one half (1/2) width of lane nearest its own line of flags, so that the canoes will pass each other hull to hull.

If the center float cannot be seen to define fault, then the right-of-way will go to the first canoe into the turn, over the second canoe entering the turn.

J. Swamping:

1. Any canoe that swamps prior to the start of a race shall have five (5) minutes to bail out the canoe. Anyone can help the swamped canoe and crew.
2. Any canoe that swamps during a race shall have ten (10) minutes to bail out the canoe, by its crew only, and complete the race. Outside assistance will disqualify a crew.

K. Chase Boat/ Official Boat:

1. Chase and Official boats shall remain at the farthest lane of the course, outside of the flag, unless under the following conditions:
  - a. Emergencies;
  - b. Boys/Girls 12 and under races;
  - c. Clearing the course.
5. Escort canoes must advise the Head Official and Starter that they will be running outside the course during a race.

L. Hosting Club Responsibilities:

1. Pre-race Activities:

- a. Identification of race site and request approval of NCOCA
- b. Coordinate with the Race Chairman for all aspects of the event
- c. Identify appropriate Parking and Launch site facilities
- d. Coast Guard notification, permit and approvals, as needed – 135 days prior
- e. Map of race course with hazards and landmarks identified
- f. Provide information Packets to Clubs 30 days prior to event
- g. Event Insurance: requested through NCOCA and provide all required details
- h. Identify medical response team with Safety Committee
- i. Identify manpower to arrive for set up and tear down
- j. Ordering of event medals - at least 8 weeks in advance

- k. Ordering of Trophies for event - approximately 30 days in advance
  - l. Identify medical response team with Safety Committee
2. NCOCA Equipment – coordination with Race Chairman:
  - a. Arrange with prior host club to assist in loading trailer at their event
  - b. Provide towing vehicle to remove trailer from prior Regatta Site
  - c. Arrange with lane setter for park regulations and timing for access to the park.
  - d. Deliver NCOCA trailer to Regatta site for the event
  - e. Arrange with next host club to assist in loading trailer
  - f. Ensure next host club is able to remove trailer from your regatta site.
  - g. Host club is responsible to account for all equipment and notify the Race Chairman of any defective equipment for repair or replacement for the next event.
3. Race Day Activities:
  - a. Provide additional Portable bathrooms (as needed)
  - b. Provide parking staff, if needed
  - c. Identify manpower to arrive on site for setup and tear down
  - d. Set up of Registration desk, Canopy, Sound system
  - e. Set up of Start line table, Canopy, computer, and camera
  - f. Set up of turn judges Canopy at 250 meter turn line
  - g. Set up of Safety tent with first aid kit, cot, etc.
  - h. Set up First Aid tent, cots and safety kit from trailer
  - i. Set up of power cords and generator (provide gas for generator)
  - j. Area for officials and coaches meeting
  - k. Provide lunch for NCOCA officials
  - l. Emcee for the day
  - m. Meals for race officials (shore and water)

## **X. PROTESTS:**

- A. A billing of ten dollars (\$10.00) will accompany any protest filed. If the protest is upheld, the fee will be returned to the member club filing the protest. If the protest is not valid, the fee will go into the Association Treasury. The ten dollars (\$10.00) may be billed to the member club filing the protest but is payable at the end of the regatta.
- B. All protests or complaints of rule violations shall be made to the Race Officials within fifteen (15) minutes of the finish of that particular race. Protests shall be submitted by a coach or a representative of a member club on an official protest form (NCOCA 6). Protests filed on matters other than race infractions will be accompanied by the proper documentation. Coaches or crews involved in a protest shall be notified immediately. While the Race Officials are hearing and apprising themselves of the facts surrounding the protest, only one coach or a club representative, officials involved and/or others designated by the Race Officials shall be present. After the hearing is completed, the Race Officials shall immediately excuse all persons so the Officials may deliberate on the testimony and evidence presented and render a decision. Protests which have been acted upon shall become a part of the Association permanent records. Officials hearing the protest may not be from the club(s) identified in the protest.

- C. The Race Officials will settle all protests and announce its decision as soon as possible, but no later than the end of the regatta or race.
- D. All decisions as determined by the Race Officials on protests are final.
- E. Protests will be accepted if they pertain to a judgment made by a Race Official. Acceptance of protest forms will not be denied.
- F. All Sanctioned regattas or races will be final before awards are given, with the only exception being made with the question of an ineligible paddler.

## **XI. PENALTIES:**

### **A. Hosting Club Penalties:**

- 1. Any club canceling a scheduled Sanctioned regatta shall be penalized twenty five percent (25%) of that club's total points accrued during the entire regatta season.
- 2. Any club canceling a scheduled Sanctioned regatta after they have already hosted a Long Distance Race shall forfeit all their points for the entire year.
- 3. Fines may be imposed on the hosting club for not providing an acceptable regatta. A fine of \$100 will be imposed if the regatta is not started on time providing the lanes have been set. Other fines will be at the discretion of the race committee.

### **B. Start Penalty:**

A penalty of ten (10) seconds will be added to the finish time of a crew that is over the start line at the green flag, when all paddlers in the canoe are in "paddles up" position (IX.C.7).

### **C. Six (6) Second Penalties:**

A penalty of six (6) seconds will be added to the finishing time of a crew for the following infractions:

- 1. Incorrectly negotiating the turn (flag coming between ama and hull). (Refer to IX.I.)
- 2. Failure to start in the assigned lane. (IX.C.2)
- 3. Failure to start in the buffer zone. (IX.C.5)
- 4. Finishing in the wrong lane. (IX.C.2)
- 5. Each turning on the wrong flag. (IX.I.)

**D. Steersperson Penalty:**

A penalty of 30 seconds will be added to the finishing time of a crew where the adult or experienced steersperson is seen paddling during a novice or age division event.

**E. Interference:**

1. Causing a collision... Disqualification
2. By avoiding a collision and impeding progress... Five (5) seconds subtracted from the finishing time of the canoe whose progress was impeded but not to exceed the finishing times of those canoes not involved in the collision, of their rightful finishes.
3. By impeding the progress of a canoe, without threat of collision... Ten (10) seconds added to the finish time of the canoe causing the infraction.

**F. Disqualifications:**

1. Forward movement at the start (IX.D.1 & 2)
2. Causing a collision (IX.H.1 and IX.F.2)
3. Ineligible Paddler (II.G.3 and XII.B)
4. Assistance on the water (IX.J.2)
5. Failure to finish with a full crew (IX.F.1)
6. Use of non-standard equipment (V.D.2), (IX.E.3)
7. Failure to finish through the buffer zone (IX.F.2)
8. Unofficial Entry on the race course.
9. Missing PFD on 6 or 1 person canoe (1 per crew member (III.C.3)

**G. Club Penalties:**

A Club may be assessed a penalty for disregard of these rules as determined by the regatta officials. Loss of all points for the current regatta, the next regatta or the sprint season may be assessed.

Drug or intoxicant infraction (Code of Ethics) \$100.

Drug or intoxicant infraction – 2<sup>nd</sup> occurrence (Code of Ethics): Club is barred from next regatta.

Drug or intoxicant infraction – 3<sup>rd</sup> occurrence (Code of Ethics): Club is barred from the season.

A penalty of \$25 for not supplying Regatta Officials for the assigned duties. The fine is increased to \$50 for a 2nd offense.

A fine of \$50 applies for not providing proper trained staff to the Check In desk when assigned.

## **XII. INELIGIBLE PADDLERS:**

A. For the purpose of definition, the following will apply:

1. When the name submitted on the Paddler's I.D. Card, NCOCA 13, differs from the person paddling.
2. When a paddler who has not met the conditions specified in the Association Race Rules, paddles as a part of a crew. (Refer to Articles II. and IV.).

B. A crew using an ineligible paddler shall be disqualified. The regatta or race shall not be interrupted or stopped because of this infraction.



**Northern California Outrigger Canoe Association  
Long Distance Race Rules  
2023 - 2024**

**TABLE OF CONTENTS**

A. <i>INTRODUCTION:</i> .....	37
B. <i>DEFINITIONS:</i> .....	37
C. <i>CANOE SAFETY REGULATIONS:</i> .....	37
D. <i>GENERAL INFORMATION:</i> .....	38
E. <i>AWARDS:</i> .....	39
F. <i>REGISTRATION AND ELIGIBILITY:</i> .....	39
G. <i>ENTRIES BY NON-ASSOCIATION CREWS OR PADDLERS:</i> .....	40
H. <i>RACE OFFICIALS:</i> .....	40
I. <i>EQUIPMENT:</i> .....	41
J. <i>START AND FINISH:</i> .....	42
K. <i>PASSING:</i> .....	42
L. <i>OVERLAP:</i> .....	42
M. <i>ROUNDING MARKS:</i> .....	42
N. <i>PADDLERS AND RELIEF PADDLERS:</i> .....	42
O. <i>RACE INSPECTORS:</i> .....	43
P. <i>SWAMPING OR OVERTURNING OF CANOES:</i> .....	43
Q. <i>ESCORT AND OFFICIAL BOATS:</i> .....	43
R. <i>ESCORT BOAT VIOLATIONS:</i> .....	44
S. <i>RULES OF CONDUCT AND COURTESY:</i> .....	44
T. <i>SAFETY:</i> .....	45
U. <i>HOST CLUB RESPONSIBILITIES:</i> .....	45
V. <i>PENALTIES:</i> .....	46

# Long Distance Race Rules

The long distance race rules are considered part of the race rules for sprint events specifically in regard to the ‘Code of Ethics’, definition of a sanctioned race, classification of Paddlers, and definition of race officials.

## ***A. Introduction:***

The following rules apply to all long distance races which are sanctioned by the Northern California Outrigger Canoe Association. All races shall be conducted with safety as the first priority. These rules shall be reviewed and modified as required by the race committee.

## ***B. Definitions:***

1. **Sanctioned Races:** A SANCTIONED race is a legitimate race which has received the endorsement and acceptance of the Board of Directors of the Northern California Outrigger Canoe Association (NCOCA) and further as defined by the Sprint Race Rules.
2. **Long Distance:** Long distance races are considered to be any length race greater than four (4) miles for adults, one (1) mile for children in V-6 canoes. Lengths greater than three miles for V-1, V-2 events.
3. **Iron Man:** Any race which requires the crew to be six members, substitutes are allowable but must be substituted prior to the beginning of the race with no new changes to occur on the water during the race.
4. **Team Races:** Races that allow more than a 6 member crew during a race with substitutions occurring during the race. The size of the team is determined by the host organization.

## ***C. Canoe Safety Regulations:***

When races are held, the following rules shall apply to all NCOCA member clubs and invited guest crews:

1. Flotation tanks must be water-tight, tested and approved by inspectors prior to any long distance race. Drain plugs are optional on air tanks.
2. All canoes are required to have spray covers (seat 1 through 6) for all long distance races unless waived by Race Committee/Race Officials on race day.
3. All escort boats must be approved by the Race Officials (Section Q.)
4. Ship to shore communications is mandatory between official boats and shore officials.
5. Life jackets must be provided for each paddler and may be inspected prior to any race. V1 & V2 paddlers must wear their life jackets.

6. A lead boat will be provided by the hosting club to designate the course of the race.
7. For safety reasons, a crew that notices another crew in trouble must ask if assistance is required. If assistance is not provided, the crew passing and not giving assistance will be disqualified. Signal of distress will be a paddle up, waving in the air. The crew lending aid will have the approximate time assisting subtracted from their final time, not to displace the first, second or third place finishers not involved in the incident.
8. Bailing devices are mandatory. (Section I.4.)
9. V1 and V2 paddlers must wear a leash.
10. Steersperson: A novice or junior crew of 5 qualified paddlers may utilize an open steersperson (18 years or older) who may steer for the crew. The steersperson is allowed to paddle in long distance racing.
11. Safety Gear in each canoe: 100 ft tow line (minimum length) pre-attached, Safety bag (VHF radio, whistle and mirror) and one spare paddle (steering blade or paddle)

#### ***D. General Information:***

1. The proposed race course shall be test run either by power boat or canoe to determine layout of the course, turn points (buoys or marked stationary boats) and identify any obstacles or obstructions not obvious to the naked eye or marked on a course map (i.e., shallow areas, rocks, or coral not visible, kelp beds, strong currents, fishing party boats). This shall be included on the course map identifying such hazards and provided to all invited participants as part of the race package.
2. It shall be the responsibility of the sponsoring organization to obtain the approval of the U.S. Coast Guard and/or Harbor Division and the Race Chairman. Applications must be made 135 days or more prior to the event date.  
 USCG District 11, Yerba Buena Island, San Francisco, CA 94130-9309  
 Marine Event Permits: 415-399-7440  
 FAX: 415-399-3521  
 Main #: 415-399-7400  
 USCG Contact List: <https://homeport.uscg.mil/Pages/MarineEventFormSubmission.aspx>  
 Application are completed on line.  
 San Francisco Bay Coast Guard Emergency: 415-331-8247 or 9-1-1
3. An invitation shall be sent to each club containing a map of the proposed course and site. Course map shall include identification of any landmarks and hazards as described in 1 above and be distributed 45 to 60 days in advance of the event.
4. Clubs wishing to participate should respond to the hosting club no later than thirty (30) days prior to or in accordance with guidelines established by the hosting club. This time is needed to allow for administration and logistical preparation, i.e. change in course, weather conditions, t-shirt purchase, awards, housing, etc.
5. Provisions such as officials, inspectors, etc. may be established by the Race Chairman.

**E. Awards:**

1. The character and type of all awards shall be the responsibility of the hosting club.
2. Host clubs shall identify the classification of entries for awards. A classification is defined as a minimum of three (3) entries. Awards enforcement will be at the host clubs discretion. The following are offered as recommendations:

**A. Hull Shapes:**

1. SPEC as defined in Sprint rules V. Equipment (V-6 over 39' 6")
2. Unlimited V6 (no weight restriction)
3. Double Hull
4. One Person Outrigger (V-1)
5. Two Person Outrigger (V-2)

**B. Crew Classifications:**

1. Open
2. Master 40
3. Master 50
4. Coed (Minimum of 3 women)
5. Juniors (16 & under or 19 & under)
6. Novice (1<sup>st</sup> or 2<sup>nd</sup> year paddlers)
7. Master 60 \*\*

*\*\*Notification of intent to participate in the Master 60 division must be submitted to the host club two weeks prior to the event for inclusion as an award class.*

A special consideration for Coed Master Divisions: The average age of the 6 person crew making up a 40, 50 or 60 year old crew may be considered a legal crew if the average meets or exceeds the minimum age for the division. Age of each paddler is defined as the age at 12/31 of the current race season year. The crew must submit the crew age list and average at check-in to be considered for waiving one or more of the paddlers in the crew from meeting the prescribed age of the division.

**F. Registration and Eligibility:**

1. Participating clubs and paddlers must comply with Section III, Eligibility, and Section IV, Registration of the NCOCA Race Rules. The Master Division per E. 2. B. above will be the exception.
2. NCOCA has implemented electronic entry and check in using the same system as for Sprint Regatta events. NCOCA form 2b may be used for visiting crews along with appropriate waiver and age verification documents. Entry deadlines apply for entering crews, canoe number should be provided at that time also. Changes to divisions is not allowed on race day. Host clubs should provide NCOCA registration forms to the Race Secretary by the registration deadline for all visiting crews/clubs. Crews may be scratched on race day.

3. A current NCOCA Insurance Waiver must be on file for each participant to be eligible to race. NCOCA is using Smartwaiver online forms with paper documents only accepted for visiting paddlers.
4. A crew using an illegal or ineligible paddler (i.e., not on the roster, no waiver, wrong age or sex) shall be disqualified. The race shall not be interrupted or stopped because of this infraction.
5. Race fees for long distance events shall not exceed \$25 per paddler and collected by the host. \$10 per paddler will be paid to the NCOCA following the event.
6. Host club is responsible for providing information required to obtain special event insurance for the race. NCOCA will obtain insurance and make payment for event insurance.
7. The Race Chairman will be responsible to identify officials for the event as defined in Section VII.2.k. of the Sprint Regatta rules. Officials will be paid by NCOCA.
8. All waiver documents, registration forms and results are to be submitted to the NCOCA Race Clerk following the event.

***G. Entries by Non-Association Crews or Paddlers:***

The following procedures will govern race entries from canoe clubs or paddlers from outside of this Association:

1. Each paddler will be charged the same fee as all other participating clubs from NCOCA.
2. Hosting sponsor will make every effort to provide escort boats and canoes for visiting crews.
3. Visiting paddlers must provide individually signed waivers and crew registration form prior to race start. E-Waiver link and registration forms are available at the NCOCA Web site.

***H. Race Officials:***

1. No less than three (3) Race Officials shall preside in distance races. Refer to Section VII.A. of the NCOCA Race Rules for job descriptions and fee paid. All race officials must be knowledgeable of the NCOCA Race Rules. The following are the recommended complement of race officials:
  - a. Head Race Official – appointed by the Race Chairman
  - b. Registration desk – one or two persons familiar with check-in process
  - c. Timer(s) - familiar with Webscorer timing and/or Seiko hand timer

- d. Recorder - may be provided by host
- e. Safety Boats (\$500 / boat) up to three boats per event
- f. Safety Team (\$100/person) one per safety boat
- g. Starter(s) may be provided by host or lead boat
- h. Inspectors – as appointed by the Race Chair

2. There will be one Race Inspector per escort boat (Section O.1 and O.2) for change races.
3. In the event of small craft warnings, cancellation of the race shall be the responsibility of the head Race Official, Officials and the Host Club.
4. If any unusual or un-clarified situations occur at the race site, the Race Officials may, at their discretion, take a vote of all participating club coaches/delegates to arrive at a decision.

***I. Equipment:***

1. Canoe specifications will be in accordance with NCOCA Race Rules Section V. unless otherwise specified by the hosting club and approved by the Race Chairman.
2. No attachable fins or keels will be allowed on V-6 canoes.
3. Spray Skirts are required and may be waived based on the race conditions and at the recommendation of the Race Committee and Race Officials only.
4. Bailers are mandatory; mechanical means of bailing water out of the canoe is permitted but not a substitute for manual bailers. (Not required for V-1 and V-2 canoes.)
5. No sails or other artificial means of propulsion is permitted on canoes.
6. Paddles will be of conforming size and may be fabricated (constructed) of wood, fiberglass or other composite materials.
7. Extra paddles will be permitted on each canoe, one is required – and may be a steering or paddling blade. steering paddle and one regular blade.
8. Any crew using non-standard equipment during the race will be subject to disqualification. The Race Officials may conduct inspection of equipment at any time.
9. Personal Flotation Devices (PFD) (life jackets) must be on board for each person on the canoe. Race conditions may require that PFD's be worn especially in open ocean V-1 & V-2 races and will follow Coast Guard regulation.
10. Leashes are required to be worn in V1 and V2 craft.

**J. Start and Finish:**

1. The Head Race Official shall call a meeting of all inspectors, coaches, and/or captains prior to the start of the race for the purpose of final instructions on the race and other pertinent matters.
2. The type of start and the location of finish shall be as designated by the hosting club.
3. The finish line shall be so designated by markers or flags.
4. The race will be started by the Official Starter.
5. A canoe entry is free to follow any course during the race provided it starts, rounds buoys, and finishes at the designated location except where the course is exactly designated.

**K. Passing:**

In races that do not require the canoes to maintain their respective lanes, a canoe that is attempting to pass another canoe shall keep clear at all times and in no way interfere with the canoe it is attempting to pass, nor shall the canoe in the lead attempt to prevent another from passing.

**L. Overlap:**

An overlap is defined as a condition existing when no open water can be seen between the stern of one canoe and the bow of another when viewed at right angles to their course.

An overlap must occur at least 80 feet (2 canoe lengths) prior to reaching a buoy for the overlap to be considered established for purposes of rounding the mark (Section M.2)

**M. Rounding Marks:**

1. Rounding marks must be set before the start of the race.
2. If an overlap occurs when two canoes are approaching a marker to be rounded, the outer canoe shall give way to allow the canoe closest to the mark to round the mark. The leading canoe is under no obligation to give way before an overlap is established. In case of doubt, it will be presumed that the overlap was not established in proper time.
3. Passing around the mark is allowed providing the passing canoe, in attempting to pass another canoe, does not impede that canoe's progress or create a safety hazard to the other canoe.

**N. Paddlers and Relief Paddlers:**

1. There must be no more than six (6) paddlers to any one canoe at any one time during the race.
2. Number of relief paddlers to be allowed to race is determined by the hosting club for specific races.

3. Original and/or relief paddlers may be used at the discretion of the captain or coach. However, each coach must report to the assigned inspector before making substitution.
4. Each canoe must finish the race with six (6) paddlers in order to qualify for placement and awards.

***O. Race Inspectors:***

1. Each team shall provide one inspector to be assigned to an escort boat for team (change) races.
2. Race Inspectors shall assist with the various duties on the escort boat as required during the course of the race. It shall be the responsibility of everyone on board to keep escort boats neat and orderly at all times.

***P. Swamping or Overturning of Canoes:***

1. If a canoe swamps or overturns after the start of the race, the canoe may be righted or bailed out and will be allowed to continue the race.
2. Race Inspectors and relief paddlers on an escort boat may assist in righting or bailing out a canoe.
3. Canoes passing a swamped or overturned canoe shall STOP and verify safety of the crew prior to proceeding. If help is needed, it shall be rendered by the passing canoe until an escort boat is available.
4. The escort boat will stand by to render any assistance to the swamped canoe as long as assistance does not advance the canoe toward the designated finish line.

***Q. Escort and Official Boats:***

1. Official boats must be provided. The NCOCA will contract with Safety Boats (minimum of 3) and safety team members, paid by NCOCA. There shall be at least a lead and trail boat. Lead and trail boat will have one driver and one official aboard. If more riders are desired, they must be pre-approved by the Head Race Official. NCOCA is providing one official boat and up to three safety boats. The hosting club must provide minimum of one boat which may be assigned as lead or trail by the head water official.
  - a. Lead boat is responsible for showing the race course route to canoes but may be required to lend assistance in case of emergency in which case, the canoes must find their own way. The lead boat shall maintain sufficient lead distance to prevent interference with racing canoes while remaining in sight of the lead canoe(s).
  - b. The Head Official (on lead boat) will be given authority to change the course dependent on conditions. A red flag will be raised to signify a change in course and radio contact will be made to other officials, escorts, and shore.
  - c. Trail boat is responsible for the safety of canoes in the rear of the race. To offer encouragement and support, to assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on canoes.

- d. Rover boat is responsible for monitoring the race pack for ensure safety of the crews, escort boats do not impede progress of crews, and offer encouragement and support. To assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on canoes.
- e. NCOCA Safety boats will act as Rovers unless responding to safety issue(s). Safety boats provided by the NCOCA will be assigned an on-the-water Safety Committee.

2. Escort boats should be capable of carrying six (6) persons in addition to the vessel crew in accordance with U.S. Coast Guard requirements.
3. In distance races having crew changes, clubs are advised to provide one escort boat per crew entered. In races with no changes, the escort boat shall be optional. However, it is recommended that there be one escort boat for every three to four canoes on the race course. All maritime and U.S. Coast Guard rules will apply.
4. Race Officials may deem an escort boat unfit for escort due to overcrowding by spectators on board and inability to pick up a disabled crew. For safety purposes, all U.S. Coast Guard rules are applicable.
5. On all starts, escort boats will be prohibited in the field of racing canoes for a minimum of ten (10) minutes or as specified otherwise. The field will be defined as an imaginary square boundary from the lead canoe to the last canoe and the canoe on the farthest left to the farthest right.
6. Escort boats may be stationed no closer than forth (40) feet (one canoe length) from the stern of a canoe. When passing food or beverage, escort boats may move up to and not beyond the number six (6) seat. However, escort boats shall not stay longer than thirty (30) seconds and must inform Inspector for permission.
7. Safety Equipment: Blankets, drinking water, first aid kit, and flare kit as well as life jackets are required on each escort boat. Ship to shore communication is required.

**R. *Escort Boat Violations:***

1. The penalty for an escort boat jumping their ten (10) minute start will be the addition of another ten (10) minutes before being allowed to escort their canoe.
2. The penalty for an escort boat entering the field of racing canoes without permission of the Race Inspector shall be the adding of five (5) minutes to the canoe that the escort boat is escorting.
3. Two warnings by a Race Inspector to an escort boat to keep away from a canoe, or any other infraction shall be the disqualification of the crew the boat is escorting.

**S. *Rules of Conduct and Courtesy:***

Canoe clubs have the responsibility to promote good sportsmanship among their paddlers, coaches, and members at all times. The personal conduct of all members of participating canoe clubs shall be above reproach at all times. Any member who by their personal conduct directly

reflects discredit on the Association or the event shall be subject to such actions as deemed appropriate by their club president and the Race Chairman and/or Board of Directors.

Violations of good sportsmanship and safety include situations such as: a canoe is deliberately rammed; a disqualified crew deliberately interferes with the event; a paddler or member assaults another person or uses abusive language in connection with an event; or a rule is knowingly violated. These violations will cause a club to be disqualified from the event and a possible fine.

The use of drugs or intoxicating beverages will not be tolerated nor permitted during racing competition. Any member observed acting under the influence of drugs or intoxicants shall be barred from further participation in the day's events. Post-race events are the responsibility of the host club. The availability of intoxicants and control of intoxicants is the responsibility of the host club.

#### ***T. Safety:***

Safety has priority over all other aspects of a long distance racing event. Safety is the responsibility of all participants, officials and coaches.

1. Safety on the water will be enforced at all times. For safety purposes, a paddler must be physically fit to race.
2. Paddlers with casts or other medical aids that would impede his/her safety on the water will not be allowed to paddle.
3. Each club entry must provide life preservers (PFDs) (U.S. Coast Guard approved) for each person who boards an escort boat and for each paddler in the canoe.

#### ***U. Host Club Responsibilities:***

1. Pre-race activities:
  - a. Identification of race site.
  - b. Parking and launch site specification
  - c. Coast Guard notification, permit and approvals
  - d. Map of race course with hazards and landmarks identified
  - f. Request for Sanctioning from NCOCA
  - g. Final approval from Race Chairman
  - h. Packets to invited clubs (30-45 days prior to event)
  - i. Escort Boats (official boats and assistance to clubs for change races)
  - j. Docking facilities
  - k. Area for officials and coaches meeting
  - l. Event Insurance (requested through NCOCA)
  - m. Portable bathrooms (as needed)
  - n. Registration desk
2. During the Race Event:
  - a. Ship to shore communications (officials and escorts)
  - b. Statistics tracking
  - c. Facilities for shore officials
  - d. First aid station with qualified personnel (set up NCOCA First Aid tent)

- e. Set Finish line markers
- f. Race course buoys or markers -- set prior to start of event
- g. Hold a steerspersons meeting
- h. Setup sound system at the race site
- i. Provide meal for officials (land and water)

3. Post -race:

- a. Awards
- b. Dock facilities
- c. Race results

***V. Penalties:***

- 1. Causing a collision – disqualification
- 2. Ineligible paddler – disqualification
- 3. Escort Boat interference – 5 min. added to finish time of their crew
- 4. Equipment violation – disqualification
- 5. Escort entering pack before 10 min. – 10 min. period starts again for escort
- 6. Escort entering pack without Race Inspector approval – 5 min added to finish time
- 7. Escort boat warned twice by Race Inspector – disqualification of crew
- 8. Over the start line – 10 minute added to finish time.