



INTERNATIONAL VA'A FEDERATION

Race Rules

Distance

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INTRODUCTION	3
DEFINITIONS	4
GENERAL REQUIREMENTS.....	6
1 Events	6
2 Para Va’a Races.....	6
3 Eligibility	6
4 Sex verification	7
5 Age requirements	7
6 Anti-Doping.....	7
7 Awards.....	8
EQUIPMENT.....	8
8 Va’a specifications	8
9 Safety equipment and accessories	8
10 Paddles	2
11 Numbering.....	2
12 Uniforms	2
RACE COURSE	2
13 Race briefing.....	2
14 Course markers.....	3
15 Starts.....	3
16 Racing	3
17 Rounding markers	4
18 Swamping or overturning.....	4
19 Finish.....	4
20 Official and Safety Boats.....	4
21 Escort Boats	5
22 Spectator Boats	6
ENTRIES	6
23 General provisions.....	6
24 Forms.....	6
25 Replacements and withdrawals	7
RULE INFRACTIONS.....	7
26 Disqualification	7
27 Protests.....	8
28 Appeals	8

INTRODUCTION

These rules apply to all distance races that are sanctioned by the International Va'a Federation. They govern the IVF World Distance Championships and may be adapted for use by other IVF membership areas for regional, association, or club race events.

A distance race is defined as a race which is 5 kilometers or more and generally held on an open course without lane assignments where competitors must round specified course markers to complete the race. All races shall be conducted with safety as the first priority. Distances may vary for para, junior, and Master 70+ categories. Distances for V1 and V6 races may also vary.

Wherever possible, these rules should be interpreted consistently with each other. Where such interpretation is not possible, the more specific rule should prevail over the general rule, and rules regarding safety shall take precedence over any other rule.

In situations not covered by these rules, the Race Director is empowered to make such decisions and to give such instructions as are necessary to carry out their responsibilities, consistent with these rules.

DEFINITIONS

Ama: The float used to balance the va'a, also known as the outrigger.

Appeals Jury: The group that will receive and decide on an appeals received. The appeals Jury shall adhere to the terms of reference on how the committee is made up and functions.

Area or Membership Area: The area which an IVF member represents.

Area Coordinator: The representative of a membership area who is the liaison between the IVF and the membership area in matters regarding championship racing (eg registration of paddlers, entries, managing protests and supporting crews at the event).

Board: The Board of Directors of the IVF.

Competitor(s): Paddler(s) and crews taking part in the regatta.

Controlling Authority: The National Sport Organization representing va'a in an IVF member area.

Crew: A V2, V3, or V6 team of competitors registered to race in a specific event of the competition.

Escort Boat: A boat or craft that is officially designated to follow or escort one competitor or crew throughout the duration of a race.

Event: An event is defined by the craft, sex, age, and disability of the paddlers, and by the distance of the race.

Host: The organizing group in the membership area where the competition takes place.

Iako or Iato: The two spars used to attach the ama to the va'a.

Infractions Director: The individual who receives protests and co-ordinates Protest Committee and Appeals Jury

Man: A male who possesses XY chromosomes and (in the absence of medical intervention) testes and increased circulating testosterone

Race: A contest of speed between competitors in an event/event category. There are Iron Races and Change-Over races.

Race (Change-over): A race where paddlers rotate in and out of the va'a for the duration of the race.

Race (Iron): A race where the same paddlers start and finish the race.

Race Director: The individual responsible for carrying out or fulfilling the duties outlined in these race rules.

Regatta: A series of coordinated events, may also be referred to as a competition.

Official Boat: A boat that is officially designated by the Host to perform official duties on the water, to monitor and oversee the race. Some or all of the official boats may also be designed as safety boats.

Personal flotation device (PFD): A flotation device in the form of a vest that is worn by a person to prevent the wearer from drowning. A PFD differs from a lifejacket in that a life jacket is designed to keep an unconscious person's head above water when floating.

Protest Committee: The Protest Committee shall consist of at least 7 individuals who will be appointed prior to the event. The Protest committee shall deal exclusively with Protests and Disqualifications. The Protest Committee shall refer to the Protest committee terms of reference on how committee is made up and functions.

Safety Boat: A boat or craft that is officially designated by the Host to monitor the race and ensure the safety and wellbeing of competitors.

Sex: Refers to a competitors biological sex at birth

Spectator Boat: A boat or craft that is not officially part of the race, but used by spectators to observe the race.

Sanctioned: An official approval by IVF of a planned competition through the IVF bid process.

Team: The designated name under which a crew or competitor enters.

Woman: A female who possess XX chromosomes and (in the absence of medical intervention) ovaries and increased circulating oestrogen and progesterone

GENERAL REQUIREMENTS

1 Events

1.1 The events for IVF Sanctioned Distance races may include the following:

V1: Individual (one person) Va'a

V1R: Individual Va'a With a Rudder

V2R: Two Person Va'a With a Rudder

V3: Three Person Va'a

V6: Six Person Va'a

where

V refers to a Va'a requiring an ama to remain upright

R refers to a Va'a with a rudder

1.2 The categories for IVF Sanctioned Distance races may include the following:

Para Women & Men

Junior 16 Women & Men

Junior 19 Women & Men

Open Women & Men

Master 40 Women & Men

Master 50 Women & Men

Master 60 Women & Men

Master 70 Women & Men

Master 75 Women & Men

Master 80 Women & Men

Para Mixed (V6 only)

2 Para va'a races

2.1 Para va'a races shall have additional rules as stated in the Para Va'a Rules and Classification System.

2.2 As stated in the Para Va'a Rules and Classification System, the Para Va'a Committee shall oversee races, coordinate with other race officials, and advise the Race Director on all decisions affecting para va'a races as necessary.

3 Eligibility

3.1 Each competitor must be entered by an area member of the IVF and may only paddle for that area at the event.

3.2 A competitor may not paddle for more than one crew in an event category.

3.3 Each competitor may only participate with a team from the area of his citizenship or, in the case of a membership area being only part of a nation, his residence. However, a competitor who has been

a new or temporary resident in another area for at least six (6) months immediately prior to the start of the competition may represent that new or temporary area if they so choose. Citizenship or residency documents as per the Member country's laws must be supplied if necessary.

- 3.4 Competitors in para va'a races must have a disability recognized by the IVF and/or International Canoe Federation (ICF) Para Va'a Classification System.

4 Sex verification

- 4.1 Any competitor may be asked to prove sex by any membership area coordinator through the race director via the IVF event protest process.
- 4.2 To authenticate sex, the competitor must produce both his/her passport and original birth certificate.
- 4.3 The chair of the IVF Medical Committee or their delegate shall oversee any protest regarding authentication of sex.

5 Age requirements

- 5.1 Junior (16) competitors must not reach the age of 17 before or during the calendar year in which the competition takes place and must reach 11 before said calendar year.
- 5.2 Junior (19) competitors must not reach the age of 20 before or during the calendar year in which the competition takes place and must reach 14 before said calendar year.
- 5.3 Open competitors must have reached the age of 16 by or during the calendar year in which the competition takes place.
- 5.4 Master 40 competitors must have reached the age of 40 by or during the calendar year in which the competition takes place.
- 5.5 Master 50 competitors must have reached the age of 50 by or during the calendar year in which the competition takes place.
- 5.6 Master 60 competitors must have reached the age of 60 by or during the calendar year in which the competition takes place.
- 5.7 Master 70 competitors must have reached the age of 70 by or during the calendar year in which the competition takes place.
- 5.8 Master 75 competitors must have reached the age of 75 by or during the calendar year in which the competition takes place.
- 5.9 Master 80 competitors must have reached the age of 80 by or during the calendar year in which the competition takes place.

6 Anti-doping

- 6.1 The IVF prohibits the use of performance enhancing or illegal drugs by athletes competing in and during preparation for IVF events. Detailed restrictions and requirements are available in the official IVF Anti-Doping Regulations.

7 Awards

- 7.1 The host, at its expense, shall award championship medals bearing the IVF name and logo in three values: gilded, silvered, and bronzed. The medals must on no account be presented to any other persons than those who have won championship races.
- 7.2 To maintain the dignity and solemnity of the presentation ceremony, the competitors receiving medals must wear appropriate clothing (team or area uniforms or traditional cultural attire).
- 7.3 There must be at least two teams confirmed (no later than one week prior to the competitor roster closing date) to constitute a race. If one of the two teams withdraws after that time, the remaining team will be awarded a medal should they choose to complete the race.

EQUIPMENT

8 Va'a specifications

- 8.1 Each va'a shall consist of the hull, seats, iako, and one ama. The ama shall be lashed on the left side (albeit the ama may be lashed on the right side if required by para va'a paddlers).
- 8.2 Any construction material may be used. However, design and construction must ensure seaworthiness; the iako and the ama must be securely affixed.
- 8.3 The vaa'a must have watertight compartments or other positive flotation sufficient to keep it afloat when swamped with water.
- 8.4 Except for paddles, any moving objects within or outside the va'a that help propel the va'a forward, are prohibited. Foils and foiling devices are also not permitted.
- 8.5 Each va'a shall have a pair of iako attached to it in such a way that at least one competitor is seated between the iako. Each va'a must have only one ama that is attached to both iako.
- 8.6 Unless otherwise notified, all va'a are to be of the same design and weight, and they are to be provided by the Host. The va'a to be used shall be proposed and approved through the IVF bid process. The Organising Committee may verify the design and weight of the va'a before each event.

9 Safety equipment and accessories

- 9.1 Bailers: There must be a minimum of two bailers onboard a V6 and V3. A V1 requires only one bailer. Bailers must be attached to the va'a. A V1R and V2R do not require bailers where self-bailing foot-wells are built in. No mechanical means of bailing are allowed with the exception of foot pumps being allowed for V1 if the foot plate is adjustable.
- 9.2 Spray Covers: Each va'a must have provision for spray covers and, if required by the Events and Technical Committee, shall have spray covers appropriately fixed on the va'a. V1R and V2R are not required to have covers unless they have a cockpit design.
- 9.3 Spare Paddles: V1 and V1R must have a spare paddle. All other va'a must have two spare paddles. In the case of change-over races, the spare paddle(s) may be carried onboard the crew's Escort Boat.
- 9.4 Tow Ropes: V3 and V6 must have a tow rope onboard. The tow rope must be fitted to a suitable fixing point on the va'a to allow immediate towing by a safety boat should the va'a require towing

assistance. The tow rope should be a minimum of 20 metres in length and have a safe working load (SWL) of more than 1000kg.

- 9.5 All safety equipment must comply with the local maritime law regulations applicable and in force at the date of the race.
- 9.6 Race organizers shall ensure the presence of qualified medical personnel for the duration of the race.
- 9.7 Competitors may be required to carry or use additional safety equipment, such as a PFD and/or leg leashes, in accordance with the host country's maritime laws and requirements.
- 9.8 Competitors must not affix anything to the va'a that could damage or leave a residue on the va'a, or that cannot be easily removed from the va'a.
- 9.9 Removable seat pads are permitted.

10 Paddles

- 10.1 A paddle shall have one blade and may be of any shape or size. It may be constructed from any material.

11 Numbering

- 11.1 All va'a must be numbered on both sides of the va'a, with numbers displayed on the bow, above the waterline.
- 11.2 Each va'a shall be identified by a number of the same type, positioned in the same place.
- 11.3 Printed numbers must be easily readable from a far distance. As a guide, numbers should fit the maximum printable space possible on an A4 (210 x 297 millimetres) or letter size (11 x 8.5 inches) page. Each single numerical digit should be at minimum 150mm (6 in) high and 100mm (4 in) wide.
- 11.4 Numbers should be affixed to the va'a such that water conditions during the race will not remove them. Adhesive sticker type numbers are recommended.
- 11.5 Numbers are the responsibility of the Host.

12 Uniforms

- 12.1 Competitors must wear matching team uniform tops in competition. Uniform design must be consistent for all team members, i.e. short sleeve, tank top (singlet), or long sleeve must match.
- 12.2 Underlayers may be worn by one or more of the crew and are not part of the uniform. Clothing worn below the waist need not be uniform. Headwear is optional, and may be worn by only those needing or wanting to wear them.
- 12.3 Any display of alcohol, drug, or tobacco product advertising on racing uniforms is prohibited.

RACE COURSE

13 Race briefing

- 13.1 The race course shall be published on the official website for the competition at least 4 weeks prior to the competition with a provision for an alternate course in case of bad weather.

- 13.2 The Race Director shall call a meeting of all inspectors, coaches, and/or captains prior to the start of the race for the purpose of presenting specific course diagrams and final instructions on the race and other pertinent matters.
- 13.3 Prior to the race briefing all course markers shall be in place, and all distances verified.

14 Course markers

- 14.1 The race course and the race distance is to be decided by the host, in consultation with the Events and Technical Committee.
- 14.2 Course markers used to mark the race course may include (but are not limited to) buoys, maritime markers, and natural features such as islands.

15 Starts

- 15.1 Competitors must be present at the start line for their race as shown on the schedule or as advised by the Host. Starting signals shall be given regardless of absentees.
- 15.2 The start shall be controlled by the starter located in a boat approximately 60 metres in front of the start line or on the side of the race course in line with the start line.
- 15.3 The white flag shall signal the va'a to assemble behind the starting line or the pre-start line, if provided.
- 15.4 The red flag shall signal the va'a to align behind the start line markers or if a pre-start line is used, to move forward to the start line.

If the starter raises a black flag while the red flag is raised, this indicates that an infraction exists and the bow of at least one va'a is across the start line. Competitors will be given the opportunity to line up correctly. If, after a reasonable time, the infraction has not been corrected (in which case the black flag will still be raised), the race will be started.

- 15.5 The green flag shall signal the start of the race. In addition to the green flag, a supporting signal may be used, such as an air horn or sound device.
- 15.6 Any va'a that crosses the start line prior to the green flag being raised shall be penalized by ten (10) minutes.
- 15.7 All V6 must start with six (6) paddlers.
- 15.8 Where multiple divisions are starting in the same race, starts shall be staggered.

16 Racing

- 16.1 Paddling, including any stationary use of the paddle in the water, is to be carried out only in a seated position on the seat of the va'a.
- 16.2 Each va'a must complete the entire race distance on the course to be considered to have completed the race.
- 16.3 The Race Director may authorize a change in course, or the interruption of a race if an unforeseen problem occurs. A red flag on the lead official or safety boat shall be used to signify a change in course, or to halt the race. If a race is interrupted or stopped, competitors are to follow the officials' instructions.

17 Rounding markers

17.1 The right of way at turning markers or buoys shall be given to:

- a. the leading va'a
- b. in the case of the va'a being level or overlapping, right of way shall be given to the inside va'a, immediately prior to the turn

17.2 Any va'a that is attempting to pass another va'a at turn markers or buoys shall keep clear at all times and in no way interfere with the va'a it is attempting to pass, nor shall the va'a in the lead attempt to prevent another from passing. If the outside or overtaking va'a causes interference, such said va'a shall be penalized by a minimum of one (1) minute.

18 Swamping or overturning

18.1 In the case of overturns, the competitors may resume their places in the va'a and continue racing.

18.2 Relief paddlers on an Escort Boat may assist in righting or bailing out their va'a.

18.3 A competitor or crew passing a swamped or overturned va'a that does not have escort or safety boat assistance and signals for emergency assistance, shall stop and render assistance.

18.4 Safety boats shall stand by to render any assistance to any swamped va'a as long as assistance does not advance the va'a toward the next mark, buoy, and/or finish line.

19 Finish

19.1 Competitors complete the race once the bow of their va'a crosses the finish line.

19.2 The finish line must be made clear at the race briefing with course markers set.

19.3 Any va'a that has finished the race must move away from the finish line.

19.4 Any va'a crossing the finish line without its full crew shall be disqualified.

20 Official and safety boats

20.1 Officials shall be in place to perform official duties, and to monitor and oversee the conduct of the race on board official and/or safety boats. Official duties may include (but not be limited to) conducting the start procedure, monitoring the conduct of teams during racing, and rendering safety assistance if required.

20.2 Safety boats shall be provided to ensure the safety of the event. The number of safety boats shall be determined by race length, conditions, and location. There shall be no fewer than three (3) safety boats under any circumstances.

20.3 Safety boats monitor the race and provide support to competitors if required. They shall assist (as needed) with swamped, over-turned, structurally disabled, broken, or loose equipment on va'a.

20.4 Each official and safety boat must be of appropriate design and size to operate in race conditions and to carry safely the official or safety boat crew and, if required, provide assistance to any competitors. Each official and safety boat must be able to travel faster than any va'a, and carry sufficient fuel/energy to finish the race in the worst conditions expected.

20.5 Official and safety boats shall have one driver and one support person on board. The Race Director must approve any additional passengers.

- 20.6 A lead official or safety boat may be assigned to drive ahead of competitors to show the correct course, but may be required to render assistance in case of emergencies, in which case the competitors must find their own way. The lead boat shall maintain sufficient lead distance to prevent interference with racing va'a while remaining in sight of the lead competitor(s).
- 20.7 The lead official or safety boat may be given authority to change the course if the conditions warrant it. A red flag shall be raised to signify a change in course and any such change shall be notified to all other competitors and officials.
- 20.8 A trailing official or safety boat may be assigned to follow in the rear of the race, to assist (as needed) with swamped, over-turned, structurally disabled, broken, or loose equipment on a va'a.
- 20.9 Coaching and directing from an official or safety boat is not permitted.
- 20.10 All official and safety boats shall carry two means of two-way communication, blankets, drinking water, a first aid kit, a flare kit, as well as PFDs sufficient for the number of people on board.
- 20.11 Jet skis and similar craft cannot be used as official or safety boats, but may be used as additional event and safety support.

21 Escort boats

- 21.1 Change-over races, in addition to having sufficient safety boats, shall also have one escort boat per va'a.
- 21.2 Escort boats for change-over races must be capable of carrying the escort boat crew, the relief paddler(s), and the competitor(s) that the escort boat is officially designated to follow or escort.
- 21.3 At the start of a race, escort boats must remain outside of the race course for a minimum of ten (10) minutes or as specified at the race briefing.
- 21.4 Each escort boat must follow at a minimum distance of 15 meters behind or to the side of its assigned va'a throughout the race, except for swamped and overturned va'a. It shall not come along side or ahead of the va'a except for, or during, the transfer of relief paddlers, supplies, or in the case of an emergency.
- 21.5 Escort boats may drop off individuals in the water so they may pass refreshments or paddles to a va'a from the water. Unless these individuals are paddlers racing in the crew, they shall wear an approved PFD.
- 21.6 Escort boats must not deliberately block, cause interference, or cause a wake to interfere with another va'a or assist their own va'a. Each escort boat must maintain a safe distance to other official boats, safety boats and escort boats, and any other vessels that may be on the water.
- 21.7 Va'a have the right-of way over escort boats.
- 21.8 Coaching and directing from an escort boat is permitted.
- 21.9 All escort boats shall carry two means of two-way communication, blankets, drinking water, first aid kit, a flare kit, as well as PFDs sufficient for the number of people on board.
- 21.10 There may be two warnings by an official regarding an escort boat breaching rules 21.3, 21.4, 21.6, 21.7, and 21.9. At the third warning, the crew that the escort boat is assigned to shall be disqualified.

22 Spectator boats

- 22.1 Spectator boats are not part of the regatta or race. Any Spectator boat must be kept clear of competitors. They must not deliberately block, cause interference, or cause a wake to assist any va'a. They must also maintain a safe distance to any official, safety and/or escort Boats, and any other vessels that may be on the water.
- 22.2 Coaching and directing from a spectator boat is not permitted.

ENTRIES

23 General provisions

- 23.1 The number of entries allowed for each member in each event, the deadlines for entry submissions, and the possibility of late entries and fees will be determined by the Board. For non-World Distance Championship events, the Host may determine these.
- 23.2 Entries are to be submitted as directed by the Board or its designee only by the controlling authority of the membership area, except for teams or individuals that are not located in a member area.
- 23.3 Competitors must enter under the name of a team. The team shall be reported on all result postings under their IVF Member Area. The team name for V1 and V1R shall be the paddler's registered name. For V2R, V3, and V6 the team name is optional, and shall default to the IVF Membership Area if left blank.
- 23.4 A competitor may paddle for his area, sub-association and/or club.

24 Forms

- 24.1 Forms submitted by the Controlling Authority may be electronic and shall include:
- a. Entries
 - b. Va'a Registration (where va'a are provided by the competitor)
 - c. Escort Boat Registration
 - d. Roster (the registration of eligible paddlers from an area with required verification documents and digital photo)
 - e. Waiver of Indemnity
 - f. Anti-Doping Declaration
 - g. Therapeutic Use Exemption Request (if applicable)
- 24.2 The schedule for entry is determined by the IVF Events and Technical Committee and the Organising Committee.
- 24.3 All deadlines and penalties shall be outlined in information available to all IVF Member Federations, and also on the public website.
- 24.4 Additional sheets and forms to be used and posted as necessary are as follows:
- a. Start List – for each race a list of competitors/crews and va'a number
 - b. Order of Finish – including va'a number and time for each crew/competitor

- c. Disqualification
- d. Protest and Appeals
- e. Scratch / Withdrawal

25 Replacements and withdrawals

25.1 Where a paddler is deemed unable to paddle for any verified medical reason, any eligible paddler on the entry form may replace him/her.

RULE INFRACTIONS

26 Disqualification

26.1 The following provisions as stated in these rules are cause for automatic disqualification:

- a. Competing while not a member, affiliated or otherwise, of the IVF (refer to rule 3.1)
- b. Competing for more than one crew in an event will disqualify both crews from the competition (refer to rule 3.2)
- c. A competitor who is a citizen of, or resides in, an IVF Membership Area but competes in a team from another area (refer to rule 3.3)
- d. Not meeting the age requirements (refer to rules 5.1 to 5.9)
- e. Violating anti-doping rules (refer to rule 6.1)
- f. Va'a not meeting requirements (refer to rule 8.4)
- g. Crews not wearing matching uniforms (refer to rule 12.1)
- h. Not following the correct race course (refer to rules 13.1 and 16.2)
- i. Crossing the finish line without full crew (refer to rule 19.4)
- j. An escort boat breaching rules 21.3, 21.4, 21.6, 21.7, and 21.9 more than two times (refer to rule 21.10)
- k. Dishonest conduct or disrespect of the race rules and/or officials (refer to rule 26.2)
- l. Para va'a paddlers not meeting all the requirements contained in the separate Para Va'a Rules and Classification System document (refer rule 2.1).

26.2 Besides the reasons set out for disqualification in other parts of these rules, any individual who attempts to win an event by means other than those which are honest, or does not respect the race rules and/or officials, shall be disqualified.

26.3 All infractions need to be confirmed by the Race Director, who will issue any disqualifications in writing with reasons given. The Area Coordinator of any disqualified competitor shall then be notified and be provided with a copy of the disqualification form, and acknowledge receipt thereof on a copy indicating the precise time, which becomes the start of the protest time. The disqualification shall then be publicly announced and posted.

26.4 The Board, by a majority of all votes, may disqualify or reinstate competitors if subsequent information, such as drug tests, warrants such change. If such change involves different medal winners, the contestant competitor who loses a medal must return it to the IVF.

27 Protests

- 27.1 Protests must be filed by Area Coordinators or their designee. Prior to filing a protest, area coordinators may seek information through the infractions' director. Any Area Coordinator who is considering a protest dependent on information from the infractions' director must inform the infractions' director, who shall then have the Area Coordinator sign a disqualification inquiry form showing both the start and finish time of the inquiry with the infractions' director.
- 27.2 A protest to any result or disqualification may be lodged by filling out the protest form and handing it in at the information and protest booth not later than 30 minutes after:
- a. The announcement and publication of the results of the race in question when there is no disqualification,
 - b. the Area Coordinator signs a receipt of the disqualification form, or
 - c. Discussion with Infractions Officer to occur within 30 minutes protest lodgement timeframe of a) or b) above.
- 27.3 Once a protest has been received, the Protest Committee must notify immediately all parties involved in the race, allowing time for other or counter protests to be received. After 20 minutes have passed since notification, the Protest Committee closes the case and starts deliberating.
- 27.4 The decision of the Protest Committee, on each protest, must be confirmed in writing, giving reasons for the decision. The decision must be handed to the affected Area Coordinators, who must acknowledge receipt of it by signing the Protest Committee's copy and recording the time in case of any further appeal. Counter protest by others affected by this result have 15 minutes to submit their protest after time recorded.
- 27.5 All protests shall be made in writing and accompanied by a fee of US\$100 or the approximate equivalent in the currency of the host country. The host country's currency amount for protests shall be confirmed to all area coordinators by the IVF prior to racing commencing. The fee cannot be paid by cheque. The fee shall be refunded if the protest is upheld
- 27.6 If a protest or an official decision results in a rerun, no change in the competitors is allowed.

28 Appeals

- 28.1 An appeal against a decision of the Protest Committee must be addressed to the chairperson of the appeals jury in writing on the appeals form and be accompanied by a fee of US\$150.00 or the approximate equivalent in the currency of the host country. The host country's currency amount for appeals shall be confirmed to all area coordinators by the IVF prior to racing commencing. The fee cannot be paid by cheque. The fee shall be refunded if the protest is upheld.
- 28.2 The appeal must be handed in at the information and protest booth not later than 20 minutes after the Area Coordinator has been informed with a written communication of the decision against the competitor or team and has signed the receipt given. The fee shall be refunded if the appeal is upheld.
- 28.3 The decision of the jury may not be appealed.