



# INTERNATIONAL VA'A FEDERATION

## Race Rules Marathon

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## GENERAL

### 1. Introduction:

The following rules apply to all marathon distance races that are sanctioned by the International Va'a Federation. A marathon distance is defined as 2 kilometers or more. All races shall be conducted with safety as the first priority.

### 2. Events

a. The events for the IVF Sanctioned Marathons are the following:

- V1
- V1R
- V2R
- V3
- V6

V refers to a Va'a and R refers to a va'a with a rudder.

b. Marathon Categories are:

- 1) Adaptive Women
- 2) Adaptive Men
- 3) Golden Master Women (55)
- 4) Golden Master Men (60)
- 5) Junior Women (16)
- 6) Junior Men (16)
- 7) Senior Master Women (45)
- 8) Senior Master Men (50)
- 9) Junior Women (19)
- 10) Junior Men (19)
- 11) Master Women (35)
- 12) Master Men (40)
- 13) Open Women
- 14) Open Men

### 3. Adaptive Paddler Races

- a. Adaptive paddler races will have additional rules as stated in the "Adaptive Paddler Rules and Classification System".
- b. An Adaptive Paddler Committee as stated in the above document will oversee races, coordinate with other race officials and advise the Race Director on all decisions as necessary.

### 4. Eligibility

- a. Each competitor must be entered by an area member of the IVF.
- b. A competitor may not paddle for more than one crew in an event.
- c. Each competitor may only participate with a team from the area of his citizenship or, in the case of a member 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 may represent that new or temporary area if he so chooses.



- d. Competitors in adaptive paddler races must have a disability recognized by the International Paralympics' Committee.
- e. Adaptive paddlers must have been assigned an IVF classification score and that score must be declared on their event entry forms. No competitor without an IVF classification score will be allowed to enter an adaptive event.

**5. Gender Verification**

- a. Any competitor may be asked to prove gender by any area member through the competition director.
- b. To authenticate gender, the competitor must produce both his/her passport and birth certificate.
- c. Once the documents are presented, either the competitor or the questioning party may challenge the documents and call for medical verification which is to be carried out at the expense of the challenging party.
- d. Medical verification will follow ICF or IOC procedures, with the medical committee and/or the Board setting the procedures on a case-by-case basis as directed by the President.

**6. Age Requirements**

- a. Junior (16) competitors must not reach the age of 17 before or during the calendar year in which the competition takes place.
- b. Junior (19) competitors must not reach the age of 20 before or during the calendar year in which the competition takes place.
- c. Masters competitors must have reached the ages of 40 for men or 35 for women by or during the calendar year in which the competition takes place.
- d. Senior Masters competitors must have reached the ages of 50 for men and 45 for women by or during the calendar year in which the competition takes place.
- e. Golden Masters competitors must have reached the ages of 60 for men and 55 for women by or during the calendar year in which the competition takes place.

**7. Doping**

- a. The IVF prohibits the use of performance enhancing or illegal drugs by athletes competing in and during preparation for IVF events.
- b. Refer to the current official IVF doping policy.

**EQUIPMENT**

**8. Va'a Specifications**

**a. Hull**

- 1. V1 - Minimum weight shall be 10kgs for the canoe without the ama or iako
- 2. V2 - Minimum weight shall be 15kgs for the canoe without the ama or iako
- 3. V3 - Minimum weight shall be 70kgs for the canoe without the ama or iako
- 4. V6 - Minimum weight shall be 150kgs for the canoe without the ama or iako

**b. Accessories**

- 1. 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.
- 2. Each va'a must have only one ama attached to both iako.



## 9. Safety

During the whole Race the following requirements need to be complied with by each Crew or Competitor:

- a. Airtight compartments – each va'a must have a built in flotation in the bow and stern of the va'a.
- b. Bailers - there must be a minimum of 2 bailers on board of the va'a, except for the V1 which requires only 1 bailer. Bailers must be attached to the va'a. No mechanical means of bailing are allowed.
- c. Spray Covers - each va'a must have provision for spray covers and, if required by the Race Committee, shall have spray covers appropriately fixed on the va'a. V.1R and V.2R are not required to have covers.
- d. Spare Paddles – each va'a must have a spare paddle on board of the va'a or on board of the escort boat relating to the relevant va'a (if any).
- e. Tow Ropes – except for V1 and V2, all va'a must have a tow rope on board which must be fitted to the va'a to a suitable fixing point to allow immediate towing by a rescue 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.
- f. Personal Flotation Devices (PFD) (life jackets) must be on board of the va'a for each Competitor. The type and obligation of each Competitor to wear PFD's must comply with the local maritime law regulations applicable and in force at the date of the Race. In any event, the Race Committee may direct the Competitors to wear PFD's depending on weather conditions.

## 10. Paddles

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

## 11. Numbering

- a. All va'a must be numbered on both sides of the va'a.
- b. The numbers shall be approximately 25cm high/10".

## COURSE

### 12. Race Briefing

- a. The course shall be published on the official website for the race at least 2 weeks prior to the race
- b. 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.
- c. Specific course diagrams will be displayed and instructions communicated at the Race Briefing

### 13. Starts

- a. The white flag shall signal the va'a to assemble behind the starting line or the pre-start line if provided.
- b. The red flag will be displayed 2 to 5 minutes prior to the start



- c. An air horn or other sound device and the raising of the green flag will signal the start of the race, or other method as described at the coaches meeting.
- d. Any canoe over the starting line at the start will be penalised ten (10) minutes or a predetermined penalty which be added to their official finish time.

#### **14. Turns**

a. Passing:

A va'a that is attempting to pass another va'a 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.

b. Overlap:

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

An overlap must occur at least 2 va'a lengths prior to reaching a buoy for the overlap to be considered established for purposes of rounding the mark.

c. Rounding Marks:

- 1) Correct mark rounding must be set before the start of the race.
- 2) If an overlap occurs when two va'a are approaching a marker to be rounded, the outer va'a shall give way to allow the va'a closest to the mark to round the mark. The leading va'a 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 va'a, in attempting to pass another va'a, does not impede that va'a progress or create a safety hazard to the other va'a.

#### **15. Finish**

- a. The finish line is crossed when the bow of the va'a passes the finish line.
- b. The finish line must be made clear at the Race Briefing
- c. Any va'a finishing without its entire crew will be disqualified.
- d. A va'a that has finished the race, must move away from the finish line area to allow other canoes to finish safely.

#### **16. Swamping or Overturning**

- a. If a va'a 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.
- b. Race Inspectors and relief paddlers on an escort boat may assist in righting or bailing out a canoe.
- c. Va'a 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.
- d. 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 next mark, buoy and or finish line.



## 17. Escort and Official Boats

- a. There shall be a Official Lead, Trail and Rover boat. Official boats will have one driver and one official aboard. Any additional passengers, must be approved by the Head Race Official. The local marine regulations will always take precedent on determining the numbers on board a Official Boat.
- b. The Lead Boat is responsible for showing the race course route to the va'a 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 va'a while remaining in sight of the lead va'a(s).
- c. 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.
- d. 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 a va'a.
- e. The Rover boat is responsible for monitoring the race pack to ensure the 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.
- f. Escort boats should be capable of carrying six (6) persons in addition to the boat crew and in a change race, the relief paddlers.
- g. In marathon races having crew changes, there must be 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.
- h. On all starts, escort boats will be prohibited on the race course for a minimum of ten (10) minutes or as specified at the Race Briefing. The race course will be defined as the area between the start line and the next mark or buoy on the race course.
- i. Each escort/auxiliary boat must follow no less than 15 metres behind its assigned va'a throughout the race, except for swamped and overturned va'a. It can at no time come along side or ahead of the canoe except for during the transfer of relief paddlers, supplies, or in the case of an emergency, and it must make way without deliberately blocking, or causing interference, or wake to any approaching va'a.
- j. Any qualified person may pass refreshments or paddles to a canoe from the water. This person need not be one of the team members but must wear an approved Personal Flotation Device.
- k. At no time will an escort boat deliberately cause a wake to assist their own va'a or interfere with another va'a.
- l. At all times, escort boats must maintain a safe distance from va'a and other boats.
- m. Va'a will always have the right-of way over escort or Official boats.
- n. Coaching and directing from the escort boat is permitted.
- o. 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.



## 18. Escort Boat Violations

- a. The penalty for and infringements of rules 17.h, 17.i, 17.k, 17.l, and 17.o shall be predetermined by the Head Race Official at the Race Briefing.
- b. After two warnings by a Race Official to an escort boat in relation to rules 17.h, 17.i, 17.k, or 17.l shall mean the disqualification of the crew the boat is escorting.

## ENTRIES

### 19. General

- a. The number of entries allowed each member in each event, the deadlines for entry submittals, and the possibility of late entries and fees will be determined by the host.
- b. 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 membership area.
- c. Competitors must enter under the name of a team. The Team shall be reported on all result postings under their IVF Area, crew ranking for the event and a team name. The team name for V1 shall be the paddler's registered name. For V2, V3, and V6 the team name is optional, and shall default to the IVF Area if left blank.
- d. A competitor may paddle for his area, sub-association and/or club.
- e. Paddlers must wear matching team uniform tops during the race. Headwear is optional, but must be matching. .

### 20. Forms

- a. Forms turned in by the team shall include:
  - 1) Competitor Entry Form shall be submitted to the host and include information on the va'a to be used
  - 2) Escort Boat Registration Form
- b. Additional sheets and forms to be used and posted as necessary (not necessarily inclusive):
  - 1) Start List – for each race a list of competitors and va'a number
  - 2) Order of Finish – including va'a number and time for each competitor
  - 3) Disqualification
  - 4) Anti-Doping Declaration
  - 5) Therapeutic Use Exemption
  - 6) Protest
  - 7) Appeals
  - 8) Intent to withdraw
  - 9) Waiver

### 21. Replacements and Withdrawals

- a. No substitutes from the start list may be made without the approval of the Competition Director. Where a paddler is deemed unable to paddle for any verified medical reason, any eligible paddler on the entry form may replace him.
- b. A contestant may withdraw by 8 a.m. the day before the first race of the competition without penalty.



## RULE INFRACTIONS

### 22. Disqualification

- a. The following provisions as stated in these rules are cause for automatic disqualification:
  - 1) Competing while not a member, affiliated or otherwise, of the IVF. (Section 4a)
  - 2) Competing for more than one crew in an event will disqualify both crews from the competition. (Section 4b)
  - 3) A competitor who is a citizen of or resides in an IVF member area competing in a team from another area. (Section 4c)
  - 4) Not meeting the age requirements. (Section 6)
  - 5) Using prohibited drugs. (Section 7)
  - 6) Starting incorrectly. (Section 13)
  - 7) Finishing without the entire crew in the va'a. (Section 15.c)
  - 8) Not following the course set by the Race Committee and communicated at the Race Briefing. (Section 12)
  - 9) Unsportsmanlike conduct. (Section 22b)
  - 10) Adaptive paddlers will be disqualified if they do not meet all the requirements contained in the separate "Adaptive Paddler Rules and Classification System" document.
- b. 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, does not respect the race rules, or who displays unsportsmanlike conduct, shall be disqualified.
- c. All disqualifications are to be confirmed with the Head Race Official and shall be immediately confirmed in writing with reasons given. The Team Captain of any disqualified competitor shall then be notified, given a copy of the disqualification form and acknowledge receipt thereof on a copy indicating the precise time, which is the start of the protest time. The disqualification shall then be publicly announced and posted.

### 23. Protests

- a. Protests must be filed by the Team Captain or his designate.
- b. A protest to any result or disqualification may be lodged by filling out the protest form and handing in not later than 20 minutes after: 1) the announcement and publication of the results of the race in question when there is no disqualification or 2) Team Captain is notified,
- c. Once a protest has been received, the protest committee must notify immediately all parties involved in the protest, allowing time for other or counter protests to be received. After 20 minutes, the protest committee closes the case and starts deliberating.
- d. 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 Team Captain, who must acknowledge receipt of it by signing the protest committee's copy.
- e. All protests shall be made in writing and be accompanied by a fee of US\$25.00. The fee will be refunded if the protest is upheld.
- f. The decision of the Protest Committee may not be appealed.



## 24. IVF Board

The IVF 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 who loses a medal must return it to the IVF.

## DEFINITIONS

Whenever a masculine pronoun is used, it is intended to indicate either male or female persons.

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

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

**Board:** The Board of Directors of IVF.

**Competitor:** A V1 paddler or a V2, V3 or V6 crew taking part in the marathon.

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

**Crew:** A V2, V3, or V6 team of competitors.

**Event:** As listed above in Section 1.a., there are 53 events defined by the number, sex, age and disability of the paddlers, and by the distance of the race.

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

**Iako:** The two pieces used to attach the ama to the va'a.

**Regatta:** A series of coordinated races

**Team:** The affiliation or name under which a contestant enters.

**Team Captain:** A person representing a Competitor or Crew