2022 USLRA Competition Rules

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Table of Contents

Divisions

Ages indicated are as of January 1st of the current competition year.

A roller must have an active membership at least 3 days prior to the tournament to be ranked at that tournament. Membership must be active day of the tournament to receive ranking or Super Series points. There must be a minimum of 4 rollers competing in a division to receive ranking points, no minimum of rollers for Super Series.

Amateur (ages 3-17)

This division of competitors compete in the same age bracket all year long based on his/her age as of January 1st of the current year. All matches are on traction logs.

Amateur Divisions

- U7 (7 and under, Coed)
- U10 (ages 8-10) Boys and Girls
- U13 (ages 11-13) Boys and Girls
- U17 (ages 14-17) Boys and Girls
- Sport (ages 18+) Men and Women

  - Rollers of all abilities will roll together; however, Tournament Directors can conduct a novice bracket within an age category if the number of novice rollers justifies it.
  - If age class bracket is less than four, the Tournament Director has discretion to collapse the bracket into the next higher age group, or create a coed bracket of the same age.
  - If a roller chooses to roll up an age division when there are sufficient competitors (at least 4) in their age appropriate division, the roller must remain in the higher age division until the roller ages up to a higher division.

Elites (ages 16 and up as of January 1st of that year)

Elite or Open category of adult log rollers refers to the premier level of competitors and competition. Typically, these rollers are at the highest level of competition and reflect the best the sport has to offer. Upon declaring Elite status in writing, a competitor may not compete in any division except Elite or Masters. They will roll on spikes when that type of equipment is available.

Masters (ages 45 and up)

Rollers of all abilities. Rollers are typically, though not limited to, former Elite rollers. For purposes of this document, "Amateur" means all divisions except Elite.

Elite Boom Run

In order to compete in the elite boom run, athletes must have declared elite status in writing. Elite boom run is based on age alone. Athlete must have turned 16 on or before January 1st of the competition year. Tournament director has the discretion to raise the minimum age for the elite boom run. Elite boom run status is separate from Elite log rolling status.

Amateur Boom Run

Amateur boom run to be offered at the discretion of the tournament director. Each tournament will create their own divisions. There is no ranking for amateur boom running.

Definitions

- **Open Tournament.** An *open tournament* is one in which any rollers may compete.
- **Main Draw.** The *main draw* is that part of a draw in which the remaining rollers have not yet lost a match.
- **Back Bracket.** This term is commonly used to describe the consolation part of a *double elimination* draw.
- **Double Elimination.** A form of consolation draw in which the losers from the *main draw* are fed back into the *back bracket*.
- **Round Robin.** A *round robin* is a format in which a roller competes against every other roller in the division.
- **Single Elimination.** Once a competitor loses in the first round s/he is out and does not roll in any additional matches.

Log Rolling Rules

Match Starting Procedure

Elite division

Elite competitors will use pole starts.

All amateur divisions

There are two permissible start procedures for amateur matches detailed below. Tournament directors may select which to use based on equipment available, experience level of competitors, or other factors. At the option of the tournament director, judges may be permitted discretion to use assisted starts in cases where one or both competitors do not have sufficient skill to perform a pole start.

Pole start

- Competing rollers grasp poles after mounting the log and push themselves away from the platform.
- When rollers are steady, they will release their poles.
- The judge cautions the rollers to 'steady the log'. When the judge is certain both rollers have equal control, calls 'time in'.

Assisted start

- For assisted starts, the log must be oriented perpendicular to the dock or pool edge.
- The log is held steady at each end while the competitors position themselves.

- Once both competitors are steady, the judge will say "Ready, Steady, Letting Go", at which time the log will be released.
- If it is difficult to get a fair start, the head judge may, at his/her discretion, substitute "Ready, Steady, Letting Go" with "Ready, Steady, Time In" in order to start the match immediately upon release of the log. This is not the preferred method of starting a match.

Match Procedure

- The head judge starts each match.
- Every log rolling match will consist of three judges, one head judge, 2 other judges. One timer, one bracket keeper. The same person can time and run brackets, but a judge cannot time.
- When the head judge has determined that both competitors have equal control, he/she will blow a whistle or call "Time in" and time will start.
- The match begins when the whistle is blown or "Time in" is called, and continues until a fall occurs or the time limit expires.
- The head judge may call a quick whistle if s/he feels equal control was not maintained through the starting process.
    - If the head judge does determine equal control was not maintained, s/he will allow the fall continue. If equal control is achieved, the quick whistle will not be called. This can lead to some falls taking less time than some quick whistles.
    - A quick whistle occurs if the rollers lose equal control between the time the judge decides to call time in and the audible start of the fall. This typically leads to a situation one roller runs in one direction until falling without being able to make a direction change.
    - If in doubt, a head judge should call a quick whistle to give opportunity to rollers to get a fair start. If rollers are having difficulty maintaining equal control, the head judge can use discretion to allow fall to stand after 1 or 2 quick whistles.
- If either roller falls before the match begins, s/he shall get back on the log immediately without leaving the vicinity of the starting dock.
- A contestant may lose a fall or be disqualified for purposely jumping in the water before the time is started or for unnecessarily delaying the start of a match or fall. Unnecessarily delaying includes, but is not limited to; not being on platform within 30 seconds of being called for start of match, not being on the log within 30 second time between fall / draw, taking excessive amount of time to return to the platform, or splashing / bobbing / kicking the log prior to time in.
- Head judge has the discretion to give a warning at the first violation, if it continues to happen the roller will lose a fall.
- When a fall or draw occurs, the rollers have 30 seconds from the time the last roller reaches the dock to remount the log. When a log change happens, there is no time allowed.
- Stoppage for a major injury at the discretion of a judge or medical personnel shall not exceed five (5) minutes after which time the affected competitor shall forfeit the match.
- A match will be decided by the best three out of five falls.
- Judges' decisions are final. When deciding a match, judges will not review or take into consideration any photos or video taken by a spectator.

- If a match is interrupted for any reason, such as weather, the match shall resume with the same score at which it was stopped.
- Equipment issues to be resolved during the 30 seconds between falls, no equipment timeouts to be allowed.
- When a fall is a close call, the head judge will ask of the call on the count of three. There will be no discussion between the judges prior to making the call. 'One, two, three, will be called out, on three, each judge will make a signal with the hand and thumb, pointing in the direction of the roller who won the fall. If a clear call cannot be made, a "draw" will be the call meaning, no fall is awarded. Each of the three judges will make their call, with the majority ruling. If no decision is made, a draw will be the call, no fall will be awarded, and the match will continue.

Protesting
- A competitor may in writing protest other matters by appeal to a committee comprising the tourney director, head referee and chief of competition.

Choice of Ends/Coin Toss
- When the match is a "bucking" match and both contestants cannot come to an agreement on which end of the log they will start, then a coin toss will be used.
- The loser of each successive fall will then have his/her choice of ends.
- All "running" matches shall start with both rollers facing the starting dock. Running matches may *not* start with both rollers' backsides to the dock.

What Constitutes a Fall
- The last person to have a step on the log before straddling, sitting, falling to both shins (falling to one shin is not considered a fall), lying across the log, or falling into the water wins the fall.
- A step is considered contacting the log with the sole of the foot.
- Inappropriate contact (at the discretion of the judge) between two rollers on the log will result in the loss of a fall for the roller who initiated the contact.
- Deliberate contact results in the initiator losing a fall.
- A roller steps on or across the center-line (neutral zone).
- A roller purposely jumps in the water before time is started or unnecessarily delays the start of a match or fall. Unnecessarily delaying includes, but is not limited to; not being on platform within 30 seconds of being called for start of match, not being on the log within 30 second time between fall / draw, taking excessive amount of time to return to the platform, or splashing / bobbing / kicking the log prior to time in.
- Judge's decisions on falls are final.

What Constitutes A Draw
A fall will be ruled a draw if the judges cannot see specific and noticeable differences in the fall. A judge shall make a decision after a moment of recall. No discussion of the fall will take place between the judges except their response as to who won the fall or if the fall was a draw. If there is the slightest doubt in the mind of the judge, it should be ruled a draw. The decision from the judges may be split, in which case the majority rules. If there is no majority decision, then it is ruled a draw.

Obstructions, Impediments, Waves

Judges are required to call "time out" before the log reaches a parallel distance from a barrier that is equal to the height of the taller roller, or if the log is within one (1) foot of a barrier in a perpendicular position. Tournaments held in tanks or in pools that do not meet this requirement may set a different safety standard, with USLRA approval, so long as the Tournament Director, Tournament Director's representative and judges receive additional safety training. Safety is of primary importance, and judges should call time before a situation becomes unsafe.

Competitor Conduct

Competitors are expected to participate with respect for other competitors and judges. Swearing, trash talking or intimidating other competitors or judges will not be tolerated. If a situation arises, the judge should calmly attempt to diffuse the situation, signal another judge to be a witness to the conflict, and notify the Tournament Director immediately.

Omissions In the Rules

If a situation arises and the rules concerning it are unclear or nonexistent then the Tournament Director will create a fair rule to be used for the remainder of the tournament or until the Rules Committee or USLRA Board has made a decision clarifying the rules. The Tournament Director must notify the Rules Committee or a USLRA Board member of the situation and decision as soon as is practical.

Time Limits and Log Sizes

Competitors in USLRA competitions will use the following log sizes:

Elite Men	Elite Women	Amateur
#1-15" diameter 12' long		#1-15" diameter 12' long
#2-14" diameter 12' long	#2-14" diameter 12' long	#2-14" diameter 12' long
#3-13" diameter 13' long*	#3-13" diameter 12' long*	#3-13" diameter 12' long
#4-12" diameter 13' long*	#4-12" diameter 12' long*	#4-12" diameter 12' long
		#5-11" diameter 12' long

*either 12' or 13' logs can be used if the recommended logs are not available.

If both competitors agree, a match can start on a log smaller than the designated starting log. At the sanctioned World Championships, all amateur divisions except U7 coed and U17 boys are required to start on a #2 log.

Elite and Semi-Pro competitors will use the following time limits:

Men
#1 Log 1 minute

#2 Log 3 minutes
#3 Log 5 minutes
#4 Log until end of match

Women

#2 Log 1 minute
#3 Log 3 minutes
#4 Log until end of match

Amateur and Masters

#1 log 1 minute
#2 log 2 minutes
#3 log 3 minutes
#4 log 4 minutes
#5 log until end of match*
*Use of #5 log is optional. If #5 log is not used, use #4 log until end of match

Speed Roll Rules

Divisions

The same divisions as outlined in the log rolling rules document apply (see pages 1 and 2).

Procedure

Timed event

Speed Rolling will take place on a number 1 or number 2 log. The sizes of the logs will be the same as those defined in the USLRA Log Rolling Rules document. All speed rollers will use the same log. A 6 inch white line or distinctive mark will be painted or affixed on the end of the log. One contestant will go at a time. Speed rollers will pole out to the end of the pole. The timer will count "3,2,1 GO." On "GO" the rollers must let go of the pole and spin the log for thirty (30) seconds in a forward direction. If the roller falls into the water he/she may get back up. The roller with the most forward revolutions wins. The white marking must be clear enough so that the judges can count the number of spins that the contestant has completed and get an accurate timing of the event.

Rotation event

Same rules as timed event except time stops after 25 complete revolutions have been made.

Obstructions, Impediments, Waves

Obstructions are called the same as in the log rolling rules (see page 4).

Boom Running Rules

Elite Boom Run

In order to compete in the elite boom run, athletes must have declared elite status in writing. Elite boom run is based on age alone. Athlete must have turned 16 on or before January 1st of the competition year. Tournament director has the discretion to raise the minimum age for the elite boom run. Elite boom run status is separate from Elite log rolling status.

Amateur Boom Run

Amateur boom run to be offered at the discretion of the tournament director. Each tournament will create their own divisions. There is no ranking for amateur boom running.

Equipment and Specifications

Logs

- Each log is 6 - 13 feet long.
- Each log should be between 13" - 25" in diameter.
- Logs must be circular in shape.

Construction Best Practices

- 6 to 12 logs.
- Each log should have one to one and a half (1' - 1.5') feet of space in-between it and the next log.
- The total distance of the boom should be 72 - 150 feet long.
- Logs should be attached together with ropes and swivels.
- Each log needs to be free spinning and floating.
- There should be a minimum depth of 3 feet of water.
- Start line should be between 5 - 10 feet back from the first log.
- Turn around stanchion should be between 5 - 10 feet past the last log.
- The stanchion needs to be in line with the boom (no offset stanchions).
- In the case that there are two (2) booms, both booms must be as identical as possible.
- Knots and other connections should be placed on the side of the log as it floats naturally in the water and out of the runners path.

Safety

- Boom builders will keep safety as a primary concern.
- If docks are used, then proper padding must be in place to prevent injury.

Procedure

Athlete is positioned behind marked starting line with both feet in contact with ground until "go". On the starting cadence (recorded or live voice command of "3, 2, 1, GO"), time begins. The competitor runs across the boom, around the stanchion, back across the boom, and crosses the original starting line. Time stops as soon as the finish line is crossed, which is represented by the start line unless laser timing is in use. The competitor may fall off and

remount twice. After falling in, a competitor may advance a single log one time per run. The third fall constitutes disqualification. Dock or land may not be used for remounting log.

A 30 second penalty will be assessed for each of the following:
- Illegal log advancement
- Not rounding the turn-around stanchion
- Interfering with the other competitor's lane
- False starting (crossing the start line prior to the "GO" signal)

Boom Run Formats

Single Boom (timed)

In the qualifying round, each competitor will run the boom twice.
- The top 6 or 8 times will move on to the finals.
- In the finals all preliminary times are cleared.
- Each competitor runs twice and his/her better time determines final placement.

Double Boom (timed)

In the qualifying round, each competitor runs each boom once.
- The top 6 or 8 times will move on to the finals.
- In the finals, all preliminary times are cleared.
- Competitors are ranked based on his/her better time from the preliminary rounds and are matched according to his/her better qualifying time (7 vs. 8, 5 vs. 6, 3 vs. 4, and 1 vs.2).

Options for the finals are:
1. Each competitor will run each boom once, with his/her better time determining final placement.
2. Each pair of competitors draws for the boom on which they will run.

Head to Head

Competitors are matched according to ranking and/or qualifying time (1 vs 8, 2 vs 7, 3 vs 6, 4 vs 5). Winners will advance to the next round. If a competitor loses before the semi-final round, s/he is eliminated from the tournament.
- The two losers in the semi-final round will run for third and fourth.
- The runner-up will have lost only to the winner.
- The winner will have lost no matches.
- There are no limits to number of falls per run, but log advancement is still limited to one.

Combined Time Boom

- Each competitor will run his/her first run.
- The run order of the second run will begin with the slowest first run-time through the fastest time.
- Both the first and second run-times will be added together to determine final placement.

Mixed Doubles Boom Run

- The first runner from each team runs down and back.
- Upon crossing the finish line the second runner of the team may begin his/her leg of the race.
- Time will stop as soon as the second runner crosses the finish line.
- Each team member is allowed two falls. A team member's third fall will disqualify the team.
- Each team member may advance a single log one time per run should s/he fall in the water.

Tournament Organization

Tournament Requirements

Information for sanctioned tournaments must be provided to USLRA and made public, by email or social media, no less than 30 or 60 days (based on level of competition) days prior to the event. Registration, tournament date and location, level of competition, and fees must be made public in this time frame.

Tournament results to be submitted to USLRA within 3 days after tournament.

Tournament Format

A Tournament Director shall post at the tournament the procedures defining the format before the start of competition, whether it is double elimination, single elimination, or round robin. If age class bracket is less than four, the Tournament Director has discretion to collapse the bracket into the next higher age group, or create coed bracket of same age. If two age groups are run together, or if male and female competitors are combined in a co-ed division(other than U7), awards should be given separately.

Round Robin Tournament

Round robin draws may be used in any tournament for which the entry form states that the tournament shall be rolled using a round robin format. Additionally, a round robin draw may be used in any division in any tournament in which there are four or fewer rollers entered.

Procedure

Each roller in the round robin draw shall roll every other roller in the round robin draw. The roller who wins the most matches wins the tournament. It's recommended that tournament organizers use the USLRA round robin generator located on the USLRA website to organize a round robin tournament.

Split Round Robin

When there are six or more rollers entered in an age group, then the tournament director may divide the group into more than one round robin.

Preliminary Round

- Seeding shall be used to place the strongest rollers in different pools. See seeding regulations(p. 10).
- It is recommended that matches be alternated between each pool to allow for enough rest for the competitors.

Final Round

- The top two finishers from each pool will advance to the final round where another round robin will determine the order of finish.
- Matches that were run in the preliminary round will not be repeated in the final round.
- At the discretion of the tournament director, a round robin can be run for the 3rd and 4th place finishers for each pool using the same procedure described before.

Determining the Order of Finish

The roller who wins the most matches is the winner. If two rollers are tied, then the winner of their head-to-head match is the winner. If three or more rollers are tied, the Head Judge/Tournament Director shall use the following steps in the order listed to break all ties. The Referee shall break as many ties as possible using a given step before using the next step. If any step eliminates a roller(s) from consideration, the process should start over with the remaining rollers. If, at any point there become just two rollers left in a tie, then the head-to-head result between these two rollers takes immediate precedence and determines the winner. *Three way tie Example 1: Roller A-14 falls, B-13 falls, C-13 falls. Roller A gets first, B and C go to head to head result. Example 2 Roller A-14 falls, B-12 falls, C-13 falls. Roller A gets first, C gets 2nd and B gets 3rd.*

The tie breaking steps are:
1. the head-to-head win-loss record in matches involving just the tied rollers.
2. total falls won in matches involving just the tied rollers.
3. total falls lost in matches involving just the tied rollers.
4. total falls won in all matches.
5. total falls lost in all matches.
6. the roller with the highest percentage of falls won of all falls rolled.
7. random drawing among remaining rollers.

Double Elimination Tournament

Double Elimination tournaments are bracketed tournaments which consist of a front and a back bracket. Competitors advance through the front bracket until they lose, then they proceed to the back bracket where they can only advance to third place. The winner will have not lost any matches. The runner up will have lost only to the winner. Third place will have only lost one match in the front bracket and proceeded through the back bracket with no more losses. All double elimination tournaments for USLRA will use the official USLRA brackets, available on the USLRA website at www.USLogrolling.com. If a division has 4 or fewer competitors, a round robin format must be used.

Making the Draw

Public draw

The draw, electronic or manual, shall be made in public at the time and place specified by the Tournament Committee.

Draw made by Judge

A Judge, assisted by at least one Tournament Committee member and preferably by two members, shall make the draw.

Judges

- Three judges shall be standard, one of which shall be USLRA certified.
- Judges need to remain focused on the entire match, A judge should ask to be replaced if the following occur: needing a break during heat or time spent judging, If a family member will be competing, if an athlete the judge directly coaches will be competing.
- Judges need to make the call as they see it, each judge will see the match from a different vantage point.
- No video recordings may be used in making the call at the time of the competition.

Tournament Seeding

Elite Seeding

Elite tournaments will have 8 seeded competitors. The highest ranked participant will be the #1 seed and will proceed down the rankings until 8 seeds are filled or there are no more competitors.

Amateur seeding

The number of seeded competitors will be half the number of competitors present, up to a maximum of 8 seeded competitors. A minimum of 3 competitors will be seeded at a tournament. If an odd number of competitors are present, the number of seeds will not be rounded up. Ex. 9 competitors would have 4 seeds.

Invitation Only Competition

The top ranked professional rollers as of January 1 of the year of competition will be invited to roll at invitation only competitions, however, if there are 16 or more spots to be filled then ⅛ of the allotted spots will be reserved for the previous year's top U-17 log rollers. The slots provided to U-17 rollers will round down.

World Ranking Tournaments and Tournament Levels

Tournaments considered for world rankings will use the following criteria:

Level 3: (Must meet the following criteria)

- Registration must be open to all rollers (Co-ed division is allowed).
- A minimum of 4 rollers must attend.
- Affiliation may be required: ALA, Can-log, or USLRA.
- ALA, Can-log, or USLRA log rolling rules apply. Logs must be lathe turned.
- No cash, prize, or award purse is required, but up to $4999.00(USD) is acceptable.
- Information must be sent out or posted on a website 30 days prior to the first day of the tournament.

Level 2: (Must meet the following criteria)

- Registration must be open to all rollers.
- Affiliation may be required: ALA, Can-log, or USLRA.
- A minimum of 4 rollers must attend.
- ALA, Can-log, or USLRA log rolling rules apply.
- Logs must be lathe turned.
- The cash, prize (50% of retail value on new, non-bulk items), and award purse must total a minimum of $5000(USD) per tournament or $2500(U.S. funds) if separate men's and women's divisions.
- Information must be sent out or posted on a website 30 days prior to first day of the tournament.

Level 1: (Must meet the following criteria)

- Registration must be open to all rollers **OR** if it is an invitational tournament, a minimum of 8 rollers must be invited in ranking order from 1 on down to the number of invited athletes.
- A minimum of 6 rollers must attend.
- ALA, Can-log, or USLRA log rolling rules apply.
- Logs must be lathe turned.
- Cash, prize (50% of retail value on new, non-bulk items), and award purse must total a minimum of $10,000 (USD) per tournament or $5,000(USD) if separate men's and women's divisions.
- The purse must pay out 8 places with 8th place earning a minimum of 5% of the total purse value.
- 5th/6th and 7th/8th place matches must be rolled off.
- Information must be sent out or posted on a website 60 days prior to first day of the tournament.
- The tournament awarded the ILRA sanctioned World Championships will always be a Level 1 tournament, regardless of purse or prizes.

Log Preparation and Specifications

- All logs shall be western red or white cedar.
- All logs shall be free of protruding knots and cracks greater than 1/4 inch.

- All logs shall be lathe-turned to the specific diameter within a ±1/2 inch tolerance.
  - Training 16" - 21" diameter, 12' long.
  - #1 Log 15" diameter, 12' long.
  - #2 Log 14" diameter, 12' long.
  - #3 Log 13" diameter, 12' or 13' long.
  - #4 Log 12" diameter, 12' or 13' long.
  - #5 Log 11" diameter, 12' or 13' long.
- All logs lengths shall be ± 2 inches.
- Logs should be painted in the following colors and specifications:
  - Training Hunter green with red or white stripes.
  - #1 Log Red with blue stripes.
  - #2 Log White with red stripes.
  - #3 Log Blue with red stripes.
  - #4 Log Gold with red stripes.
  - #5 Log Blue with gold stripes.
- A six (6) inch centerline and a six (6) inch warning stripe on each end.
- Spike logs shall have a four (4) foot unpainted zone beginning three (3) inches from center band.
- Traction logs shall have the carpet applied using high strength contact cement or construction adhesive. No nails are to be used to secure carpet.
- Traction logs shall have at least a four (4) foot wide carpeted rolling surfaces on each side centered on each half of the log.
- Since newer and better carpets are identified frequently, please contact the USLRA to determine the best carpet to use.

Standards for Log Buoyancy

- A log should float both competitors so that at rest the top of the log is one inch out of the water.
- If by the discretion of the judges this standard is not met, the judges may adjust the rollers positions as long as no roller is made to stand within one foot of the center-line. If after adjustment the standard is still not met the match must be finished on the previous log.
- In the event that two competitors are not floated by the largest log in their division the match must be run on that log. The judges should attempt to start the match with each competitor at equal height.

Log Surface for Age Class and Ability Competition

- Amateur tournaments shall be on traction logs.
- Elite or Masters tournaments may be on traction logs or spike logs.
- Log surface type shall be specified in the individual tournament entry information.

POINTS TABLE

Roller Result	Level 1	Level 2	Level 3
	(3 x Level 3)	(2 x Level 3)	
1st Place (Champion)	45	30	15
2nd Place	33	22	11
3rd Place	27	18	9
4th Place	21	14	7
5th Place	17	10	5
6th Place	15	10	5
7th Place	13	8	4
8th Place	11	8	4
9th - 12th Places	9	6	3
13th - 16th Places	6	4	2
17th - 24th Places	0	0	0