

RULES AND REGULATIONS ON RACING

a. Race/event rules

- The minimum distance for a Marathon Race (except for junior, Bantam and North Canoe races) sanctioned by OMCKRA and eligible for points shall be 10 kilometres.
- Commonly accepted rules of sportsmanship shall prevail. Intentionally capsizing or damaging a competitor's craft will mean disqualification.
- Prior to a race, a competitor may not touch or move any other contestant's craft or equipment without permission.
- No one shall touch or help convey a competitor or his equipment, although a contestant may be given food, liquids or extra paddles during a race.
- It is the responsibility of the race organizer to measure the canoes and kayaks entered in the race if so desired. If the race organizer wishes the OMCKRA to measure canoes, a request must be made in writing two weeks prior to the race.
- Any participant in a race who has a physical ailment must bring this fact to the attention of the race organizer before the race starts.
- Adult-Junior class has a minimum age difference of 15 years between paddlers. One paddler must be a Junior
- Age limitation for children eligible to compete in the Parent and Child class at the Provincials and Ontario sponsored Nationals is up to 15 years.
- Race organizers should specify and advertise the canoe class, e.g. C2 or Recreational, for Parent and Child races.

b. Canoes

- A single-bladed paddle, of any width, is the only means of propulsion each canoeist may use. The use of bent-shaft paddles will be allowed in all classes.
- In the case of a C2 class, only two paddlers are allowed in each canoe. They are required to continue as a team for the duration of the race in the same canoe in which they started. If one paddler drops out, the team is disqualified.

c. Kayaks

- A double-bladed paddle of any width is the only means of propulsion each contestant may use.