

UNITED STATES CANOE ASSOCIATION, INC



COMPETITION RULES

CANOE AND KAYAK SPECIFICATIONS

SANCTIONED RACE SPONSOR REQUIREMENTS

As of January 12, 2014

NOTE: *There is a one year waiting period for changing canoe or kayak specifications only. Rules can be modified or changed at either the Annual Meeting or the Semi-annual Meeting by a majority vote of the Delegates of the Association in attendance.*

Last Revised 8/3/14

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UNITED STATES CANOE ASSOCIATION ® (USCA ®)

COMPETITION RULES AND INFORMATION

I. USCA SANCTIONED RACE SPONSOR REQUIREMENTS

A. **USCA Race Sponsor (Other than Nationals)**

1. Membership: To become a sanctioned (approved) race sponsor, one must first hold a Race Sponsor or Affiliated Club membership in USCA. The Membership Chair shall supply USCA race sanctioning information to non-Nationals race sponsors or affiliated clubs who want to conduct a race.
2. Sanctioning: Only the USCA Competition Chairman or the appropriate Organized State or Regional Division Competition Chair has the authority to approve a USCA Race Sponsor or Affiliated Club a race as a USCA Sanctioned Race. Sanctioning guidelines are listed on the USCA website, see #6 below. The application for insurance is available. A copy of all applications for insurance and the information provided regarding the event must be reviewed by the Competition Chairmen before insurance is provided. If insurance is not through the USCA program, the same sanctioning guidelines application and approval are required. In this case, the application is sent directly to the appropriate Competition Chair. Assistance about how to run a race is available from the Competition Chairman or the appropriate State Division Competition Chairmen. See last page for contact information.
3. Course: Race course not to exceed Class II (The International Scale of River Difficulty) water conditions.
4. Classes: A sanctioned race sponsor must offer as many USCA championship classes as possible, but at least ONE, in order to qualify for sanctioning. See III on pages 4-5.
5. Rules: Current delegate approved USCA canoe and kayak competition rules must be used in all USCA Classes.
6. Insurance: All USCA sanctioned races must be insured. If a race sponsor chooses to become insured through another program other than USCA's, the USCA requires proof of insurance from that insurance company, and the limits must be at least equal to the USCA's and includes athletic participant coverage. The USCA shall be named as "Additional Insured" on the insurance policy if so held. A copy of the policy must be sent to the Insurance Coordinator. All race sponsors must follow the sanctioning guidelines listed on the USCA website, <http://www.uscanoe.com> - Click on the 'Event Sanctioning and Insurance' tab. All race sponsors must adhere to the U.S. Coast Guard inland waterway rules. When USCA insurance is used, the Waiver and Release of Liability form must be signed by all athletic participants. If the sanctioning guidelines are not adhered to, then the USCA coverage is null and void.
7. Race Changes: Race sponsors *cannot* change a rule after a race has started. Race sponsors *cannot* change the race course after a race has started unless all the competitors can be notified.
8. Race Management: Information under National Race Management (Section VI. C. 1-3) is the basis for conducting any race.

B. **USCA National Championship Race Sponsor**

1. Must follow items 1, 3, 5, 6, 7 and 8 from above section plus Section VI. C. 4 and 5.
2. Must have conducted USCA sanctioned races for two years prior to placing a bid to host the Nationals. Special exceptions may be given only by National Competition Chairman.
3. Applications to host the Nationals are available from the USCA Nationals Coordinator or download the bid and Hosting information from the USCA website. Bid application should be returned to the USCA Nationals Coordinator and others as directed in the bid by September 1 or as directed. Bids are approved at USCA Annual meetings only. (A separate bid is required for the USCA National Stock Aluminum Canoe Championships.)
4. Must offer all National championship classes listed in Section III. D. Other unofficial race classes may be added at the discretion of the race sponsor.

5. Must adhere to the requirements listed in the "Hosting the USCA National Championships" which is included with the Nationals bid available from the USCA Nationals Coordinator or on the USCA website.
6. Shall work with the USCA Nationals Coordinator and/or the USCA Executive Director as soon as bid is approved by the delegates.

II. GENERAL RULES FOR ALL USCA SANCTIONED RACES **(including the USCA Nationals)**

A. Competitor Information

1. Paddlers are expected to conduct themselves in a sportsmanlike manner at all times.
2. Competitors waive all rights and claims against the USCA and its representatives.
3. Advertising in USCA races:
Sponsorship shall be allowed and their advertising on boats shall be allowed in USCA races.
4. Amateur Rules: There is no distinction in the USCA between amateurs and professionals, and either person by any organizations standard may compete in and win a USCA National Championship.
5. Did Not Finish (DNF): All competitors who quit a race for any reason before the finish line must report to the race sponsor or his representatives as soon as possible.
6. Must comply with the following pertaining to lightning safety:
 - a. Before a race has started: If thunder is heard and/or lightning seen, or a lightning detector indicates an approaching thunderstorm, the racers, paddlers, helpers, and spectators shall take proper shelter on shore and wait at least 30 minutes after hearing the last thunder.
 - b. Once a race has started: If lightning is seen, count the time until you hear thunder. If this time is 30 seconds (6 miles) or less, or if you do not see the lightning but hear loud thunder; get off the water immediately and seek proper shelter. The race is considered officially stopped at that moment in time, and the order of the paddlers on the race course at that instance will be considered their placement in the finishing order, based upon discussion with the racers and race officials at the finishing area. Thirty minutes after hearing the last thunder, the racers may proceed down the race course, and safety boaters may retake their posts.

B. Equipment and Assistance

1. Personal Flotation Devices (PFD):
 - a. Each competitor must have in his or her possession during the entire race an easily accessible and immediately available Type I, II, III, or V Personal Flotation Device (PFD) which is marked on the PFD as being approved by the United States Coast Guard.
 - b. PFDs secured to a vessel (e.g. bungee cords or straps) must be able to be released quickly with one hand (securing by duct tape is prohibited).
 - c. When the water temperature is below 50°F, each competitor shall wear a U.S. Coast Guard approved PFD.
 - d. All youth competitors 14 years of age and younger are required to wear a Type I, II, III, or V USCG approved PFD at all times during any race.
 - e. A race sponsor/organizer may require PFDs to be worn by all competitors if the Race Sponsor/Organizer feels the conditions warrant. PFDs must be adjusted to a snug-fit and worn as the manufacturer designed them to be worn.
 - f. Federal/State/Local regulations on PFDs that are stricter than USCA rules will prevail. Some States require wearing a U.S. Coast Guard approved PFD during certain times of the year.
 - g. PFDs must be in serviceable condition and the appropriate size and fit for the intended user, and legibly marked with its USCG approval number. A PFD is NOT considered to be in serviceable condition if the PFD exhibit deteriorations that could diminish the performance of the PFD including:
 - (1) Rips, tears, or open seams in fabric or coatings, that are large enough to allow the loss of buoyant material;

- (2) Buoyant material that has become hardened, non-resilient, permanently compressed, waterlogged, oil-soaked, or which shows evidence of fungus or mildew; or
 - (3) Loss of buoyant material or buoyant material that is not securely held in position.
- h. Rules specific to inflatable PFDs:
- (1) Must be U.S. Coast Guard approved.
 - (2) Must actually be worn to meet the U.S. Coast Guard requirement for having one PFD onboard per person.
 - (3) Only may be used by youth under the age of 16 if the U.S. Coast Guard approves that specific model for use by youth under the age of 16 (currently none are USCG approved).
 - (4) Shall not be worn by non-swimmers, nor worn in Class II (The International Scale of River Difficulty) water conditions.
 - (5) An inflatable belt pack PFD shall be worn in the front at the waist.
 - (6) Must be inspected by the user prior to wearing including assuring that it is equipped with a properly armed inflation mechanism, complete with a full inflation medium cartridge and status indicators showing that the inflation mechanism is properly armed (green indicator).”

The rules regarding PFDs apply to all events at the USCA races including Downriver and ICF Marathon kayaks.

- 2. Paddles: Any number of single blade paddles of any material and size may be in the canoes. A competitor may use only one paddle at a time. Any number of double bladed paddles may be used in kayaks only. In the event that a double bladed paddle is broken, a competitor may finish with the broken paddle.
- 3. Water Removal: The competitors will be allowed to turn their canoe or kayak upside down to remove water from it. Non-mechanical bailers (i.e. scoop bailers or sponges) or any type of person-powered (passive) bailer, pump, or siphon may be used in all USCA canoes and kayaks.
- 4. Weights and Flotation may be added to canoes or kayaks in order to meet requirements of minimum weight and buoyancy. The materials used may be at the discretion of the competitor. All weights and flotation must be securely fastened or permanently built into the canoe or kayak.

Securely Fastened: When a canoe or kayak is turned upside down or submerged, the weight or flotation must stay in place.

- 5. Outside Assistance: Food, drink, clothing, paddles, and equipment other than canoes may be given to the competitors by spectators (or other competitors) as long as there is no physical help (in the way of forward motion) or interference with the other paddlers. Medical help, in case of sickness or injury, may be given to the competitors but interference with other paddlers should be kept to a minimum.
- 6. One whistle must be carried in each boat, either securely affixed to a life vest or the boat in a manner which allows quick access in a personal emergency.
- 7. In the event of existing or forecast bad weather in the form of dense fog, high winds, heavy rains, unexpected cold, storms with lightning and highly fast water, etc, the race promoter/organizer or the race committee has the right to change the route, delay the start, cancel the event, or move to an alternate day for the safety of the racers and spectators.
- 8. Racers are expected to monitor race conditions and seek shelter when in danger.
- 9. Racers are expected to help other racers who are endangered

C. Classifications of Competitors:

Names of the Youth Classifications; Fledgling I (5-7), Fledgling II (8-10), Bantam (11-12) and Juvenile (13-14) were removed in 2014. Now designated as ‘Youth’ and the age group.

- 1. Youth (5-7): Any paddler 5 to 7 years of age on January 1 of the current calendar year.
- 2. Youth (8-10): Any paddler 8 to 10 years of age on January 1 of the current calendar year.
- 3. Youth (11-12): Any paddler 11 or 12 years of age on January 1 of the current calendar year.
- 4. Youth (13-14): Any paddler 13 or 14 years of age on January 1 of the current calendar year.

5. Junior: Any paddler who has not reached age 18 on January 1 of the current calendar year. Recommend a shorter course for this class.
6. Master: Man or woman at least 40 years of age as of race day.
7. Senior: Man or woman at least 50 years of age as of race day.
8. Veteran 1: Man or woman at least 60 years of age and under 65 as of race day.
9. Veteran 2: Man or woman at least 65 years of age and under 70 as of race day.
10. Grand Veteran 1: Man or woman at least 70 years of age and under 75 as of race day.
11. Grand Veteran 2: Man or woman at least 75 years of age as of race day.
12. Grandmaster Veteran: Man or woman at least 80 years of age as of race day.
13. Novice: A paddler who has never finished first, second, or third in a race of over 5 miles in which five places have been contended.
14. Adult/Youth: (Starting in 2004, this class will be offered for Man/Youth and Woman/Youth; in 2010, the adult age and other rules changed.)
 - a. One paddler is at least 18 years old as of race date.
 - b. One paddler at least 5 years old who has not reached 15 years on January 1 of the current calendar year.
 - c. This class will be a shorter distance than the regular course.
15. Adult/Junior: (Starting in 2004, this class will be offered for Man/Junior and Woman/Junior.)
 - a. One paddler is at least 18 years old as of race date.
 - b. One paddler who qualifies as a junior on January 1 of the current calendar year.
 - c. The C2 Man/Junior or C2 Woman/Junior class will be the same length as the men's open class.
16. Foreign National Competitors: Persons who are not citizens of the United States and have not resided in the United States for the two years immediately prior to the National Championships.
17. Other: Juniors may race in men's events in Marathon races, but not as an Adult in the Adult Sprint Championships. Women may race in men's or mixed events, if they wish. Mixed teams may race in men's events. For masters, seniors, veteran or grand veteran events, paddlers must meet or exceed age requirements. In youth events, age classification is determined by age of the older youth. In events for ages over 18 the younger paddler determines the classification.

III. USCA NATIONAL MARATHON CHAMPIONSHIP EVENTS

- A. Sanctioned race sponsors, other than the Nationals, should select as many events as possible, but at least one from the Championship Events listed below.
- B. A National Race Sponsor must include all of the events listed below at the USCA National Marathon Canoe and Kayak Championships. Other unofficial race classes may be added at the discretion of the race sponsor. USCA Stock Aluminum National Championships are held at a separate location and date.
- C. Official abbreviations of the race event will be as they appear following the listed event.
- D. USCA National Marathon Canoe and Kayak Championship Events. Schedule rotated annually. (Day 1 to day 3, day 2 to day 1, and day 3 to day 2.) List of events below as of January 12, 2014.
- E. The 3x27 Pro Boat may compete in all C2 Competition Cruiser events at Nationals.

- F. Beginning at the 2006 Marathon Nationals, C2 Competition Cruisers (4X32 specs) may compete in the C2 Standard events with no minimum weight limit for competition Cruisers or Standard boats.
- G. List of events for each day of the Marathon as well as the of number of awards are as follows: USCA Championship medals to the top three (3) positions in each adult Championship event Medals for all youth, junior adult/youth and adult/junior events will be awarded to the top six (6) positions.
- H. In 2013 and 2014, the Delegates approved that USCA Marathon Championship titles, trophies and championship apparel would go all the National Marathon Championship events.

Recommended naming convention:

Craft Type (e.g. C, K, OC)/ # of Paddlers/Boat Type/Governing Spec (if not USCA) /Gender/Age Class
(Classes are listed below, but are not run in this order.)

Below is the 2014 list of events. The 2015 list of events will be prepared separately.

Day 1

C2 Standard Men Open *** (C2 Std M)
C2 Standard Men Master (C2 Std MMA)
C1 Woman Open* (C1 W)
C1 Woman Master (C1 WMa)
C1 Woman Senior (C1 WSr)
C1 Woman Veteran 1 (C1 WV1)
C1 Woman Veteran 2 (C1 WV2)
C1 Woman Grand Veteran 1 (C1 WGV1)
C1 Woman Grand Veteran 2(C1 WGV 2)
C1 Stock Woman (C1 SW)
C2 Men Open* (C2 M)
C2 Men Master (C2 MMA)
C2 Men Senior (C2 MSr)
C2 Men Veteran 1 (C2 MV1)
C2 Men Veteran 2 (C2 MV2)
C2 Men Grand Veteran 1 (C2 MGV1)
C2 Men Grand Veteran 2 (C2 MGV2)
K1 ICF Woman Open (K1 ICF W)
K1 ICF Woman Master* (K1 ICF WMa)
K1 ICF Man Open (K1 ICF M)
K1 ICF Man Master * (K1 ICF MMA)
K1 Sea Kayak Woman (18+) (K1SeK W)
K1 Sea Kayak Woman Master (40+) (K1 SeK WMa)
K1 Sea Kayak Woman Senior (50+) (K1 SeK WSr)
K1 Sea Kayak Woman Veteran 1(60+)(K1 SeK WV1)
K1 Sea Kayak Woman Veteran 2(65+) (K1SeK WV2)
K1 Sea Kayak Woman Grand Vet 1(70+) K1SeKGV1)
K1 Sea Kayak Woman Grand Vet 2 (75+)K1SeKGV2)
K1 Sea Kayak Man (18+) (K1 SeK M)
K1 Sea Kayak Man Master (40+) (K1 SeK MMA)
K1 Sea Kayak Man Senior (50+) (K1 SeK MSr)
K1 Sea Kayak Man Veteran 1 (60+)(K1 SeK MV1)
K1 Sea Kayak Man Veteran 2 (65+)(K1 SeK MV2)
K1 Sea Kayak Man Grand Vet 1(70+) (K1SeKMGV1)
K1 Sea Kayak Man Grand Vet 2 (75+)(K1SeKMGV2)
K2 Unlimited Men* (K2 U M)
C2 Woman/Junior* (C2W/Jr)
C4 Unlimited (trial)
OC-1 Man (trial)
OC-1 Woman (trial)
(Short course)
C1 Man Junior (C1MJr) Championship/ Barton Cup
K1 Woman Junior (K1WJr) Championship/Barton Cup
C2 Woman/Youth* (5-14) (C2 W/Y)

Day 2

C2 Standard Women Open (C-2 Std W)
C2 Standard Women Master (C-2 Std W Ma)
K1 Touring Woman (18+) (K1T W)
K1 Touring Woman Master (40+) (K1T WMa)
K1 Touring Woman Senior (50+) (K1T WSr)
K1 Touring Woman Veteran 1 (60+) (K1T WV1)
K1 Touring Woman Veteran 2 (65+) (K1T WV2)
K1 Touring Woman Grand Vet 1 (70+) (K1T WGV1)
K1 Touring Woman Grand Vet 2 (75+) (K1T WGV2)
K1 Touring Man (18+) (K1T M)
K1 Touring Man Master (40+) (K1T MMA)
K1 Touring Man Senior (50+) (K1T MSr)
K1 Touring Man Veteran 1 (60+) (K1T MV1)
K1 Touring Man Veteran 2 (65+) (K1T MV2)
K1 Touring Man Grand Vet 1 (70+) (K1T MGV1)
K1 Touring Man Grand Vet 2 (75+) (K1T MGV2)
C2 Women Open * (18+) (C2 W)
C2 Women Master (40+) (C2 WMa)
C2 Women Senior (50+) (C2 W Sr)
C2 Women Veteran 1(60+) (C2 WV1)
C2 Women Veteran 2 (65+) (C2 WV2)
C2 Women Grand Vet 1 (70+) (C2 WGV1)
C2 Women Grand Vet 2 (75+) (C2 WGV2)
C1 Man Open *(18+) (C1 M)
C1 Man Master (40+) (C1 MMA)
C1 Man Senior (50+) (C-1 MSr)
C1 Man Veteran 1 (60+) (C1 MV1)
C1 Man Veteran 2 (65+) (C1 MV2)
C1 Man Grand Vet 1 (70+) (C1GV1)
C1 Man Grand Vet 2 (75+) (C1GV2)
C1 Man Stock Open (18+)
K2 Unlimited Women* (K2 UW)
(Short course)
K1 Man Junior (K1 MJr) Championship/Barton Cup
C1 Woman Junior (C1 WJr) Championship/Barton Cup
C2 Mixed Junior (C2 MxJr)

Day 3

K1 Unlimited Woman (18+) (K1 U W)
K1 Unlimited Woman Master (40+)(K1U WMa)
K1 Unlimited Woman Senior (50+)(K1U WSr)
K1 Unlimited Woman Veteran 1(60+) (K1U WV1)
K1 Unlimited Woman Veteran 2 (65+) (K1U WV2)

Day 3 (Continued)

K1 Unlimited Woman Grand Vet 1 (70+)(K1U WGV1)
K1 Unlimited Woman Grand Vet 2 (75+)(K1U WGV2)
K1 Unlimited Man (18+)(K1U M)
K1 Unlimited Man Master (40+)(K1U MMa)
K1 Unlimited Man Senior (50+)(K1U MSr)
K1 Unlimited Man Veteran 1(60+)(K1U MV1)
K1 Unlimited Man Veteran 2 (65+)(K1U MV2)
K1 Unlimited Man Grand Vet 1 (70+)(K1U MGV1)
K1 Unlimited Man Grand Vet 2 (75+)(K1U MGV2)
C2 Standard Mixed (C2 Std Mx)
C2 Mixed Open* (C2 Mx)
C2 Mixed Master* (C2 MxMa)
C2 Man/Junior * (C2 M/Jr)
K2 Unlimited Mixed (Trial) (K2 UMx)
(Short course)
C2 Man/Youth*(C2 M/Y)
C2 Men Junior (C2 MJr)
C2 Women Junior (C2WJr)

C2 Stock Aluminum + (C2SAI)
K1Downriver M (K1DrM)++
K1 Downriver W (K1DrW) ++

Sunday Only events

SUP Unlimited Man ** (SUP-UM)
SUP Unlimited Woman ** (SUP-UW)

Exempt from Day rotation

To be offered Only on Sunday of the Schedule of Events as of 2013
SUP Unlimited Man and SUP Unlimited Woman

* Special Age Recognition Awards. See Appendix 3

** Trial classes. See Appendix 3

*** Manufacturer's Showcase Class: Rules in Appendix 1 (not in use)

+ The day in the schedule if the C2 Aluminum Championship is returned to the Marathon schedule of events. Separate Nationals site for this event as of 1998. See Appendix 7.

++ Moved to run with the Aluminum Nationals, 2014.

Note: In 2014, K1 M Downriver and K1 W Downriver events were moved to run at the site of the C2 Stock Aluminum National Championships. In 2015, the K1 Touring Man and K1 Touring Woman events will be moved to run at the C2 Stock Aluminum / K1 Downriver Championships.

At the 2014 Annual Meeting, the Delegates approved that beginning at the 2015 Nationals, the Kayak Schedule of Events will be changed to the following schedule to mirror the C1 events with K1 events of the same gender:

K1 Unlimited Woman & K2 Unlimited Men will be moved to **Day 1** of the Schedule

K1 Unlimited Man & K2 Unlimited Women will be moved to **Day 2** of the Schedule

K1 Sea Kayak Man & K1 Sea Kayak Woman will be moved to **Day 3**. K2 Unlimited Mixed (trial) remains on Day 3

Effective in 2015, there will be only two (2) kayak one person classes, unlimited and Sea Kayaks. Sea Kayaks would alter their specifications to permit touring kayaks to race with sea Kayaks. See Rule. I. Page 11.

IV. USCA NATIONAL SPRINT CHAMPIONSHIPS

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is required to offer the Sprint Championships and the Youth Sprint Races. There will be no day of race registration for adult sprints to insure adequate time to process registration forms and build sprint heats. (Youth sprints permit day of race registration, however, pre-registration is preferred.)
- B. Membership: All competitors in the Sprint championships, trial events or youth races must be USCA members, either as an individual or as a family member.
- C. Age: To be eligible to race in adult events in the Adult Championship Sprints, the adult must be at least eighteen (18) years of age as of race day, effective 2009.

- D. **Equipment:** Only competition cruisers may be used in C1 events. C2 events may use Competition Cruiser (4x32) canoes or 3 x 27 Pro-Boats. Paddles will be single bladed of any material or size. Kayak events will use the appropriate kayak and will use double bladed paddles.
- E. **Rules:** All events are governed by the same rules as the Marathon Championships. Additional Rules and Regulations governing Canoe/Kayak Nationals are in Appendix 4. The National Sprint chair will assist in the management of the sprints, set-up of the 500-meter (or 250 m) course and timing. Competitors select from one age category per class of C1 or C2 and C2 Mixed, Kayak and SUP for a total of five (5) events. Adults may also race any or all Man or Woman/Youth and Man or Woman/Junior classes.
- F. **Awards:** USCA Championship Medals to top three positions for adults. Youth, Junior, Adult/Youth, and Adult/ Junior classes will be awarded to five positions.
- G. **Adult Events:** The Adult Sprint Schedule and suggested sequence order is listed in **Appendix 4**.
- H. **Youth Sprint Race Events:** A separate day (Thursday) began in 1995. Age determined by oldest paddler if both not in same age group. May enter one each of C1, C2, C2 Mixed, K1 and SUP event for a total of five (5). Youth Sprint Schedule and Rules listed in **Appendix 5**. Awards: USCA Championship medals to the top five (5) positions.

250 meter course

C2 Youth (11-12)
 C2 Youth (8-10)
 C2 Youth (5-7)
 C1 Youth (11-12)
 C1 Youth ((8-10
 C1 Youth (5-7)
 K1 Youth (5-7)
 K1 Youth (8-10)
 K1 Youth (11-12)

500 meter course

C2 Men Junior (15-17)	C1 Man Junior (15-17)
C2 Women Junior (15-17)	C1 Woman Junior (15-17)
C2 Boy Youth (13-14)	C1 Boy Youth (13-14)
C2 Girl Youth (13-14)	C1 Girl Youth (13-14)
C2 Mixed Open	K1 Man Junior (any kayak)
SUP Unlimited Man Junior	K1 Woman Junior (any kayak)
SUP Unlimited Woman Junior	

V. CANOE SPECIFICATIONS AND METHOD OF MEASUREMENT

- A. **Competition Cruiser (4X32 Spec):** These specifications qualify a boat for competition in all C1 events and all C2 events. *Note 1:* C-2 Competition Cruisers may race in the C2 Standard or C2 Pro Boat events.

1. Maximum length is 18 feet 6 inches (18'6"). Minimum width shall be 14 3/8% of the length (.14375 times the length) at the 4 inch water line, measured within 12 inches fore and aft of the center of the canoe.

**** Method of Measurement (MOM)** The length shall be measured between the plumb of the bow and the plumb of the stern and shall include bang plates. The length measurement shall not include seats extending beyond the stern end of the canoe.

Canoe Stem: The overall length of the boat is taken from a projected perpendicular, imaginary line. This method accommodates unusual stems. The stem or stern may come back toward the bow 1/2 the height of the stern. Example: Shock wave layout for old Sawyer Champion.

* MOM - The width shall be measured horizontally on the exterior of the hull. It shall also be measured perpendicularly thwartship on the exterior of the hull. No sponson, keel, bilge keel, fin, end cap or other attachment shall be included in any measurement whether built in or added to the hull.

2. The exterior surface of the transverse cross section below the 7-inch water line shall be convex, not concave, except at transitions to built-in keels.
3. The minimum height at the bow shall be 15 1/2 inches. The minimum depth for the rest of the canoe shall be 11 1/2 inches.

**** MOM -** The bow height will be measured from the bottom of the canoe and shall not include any projection of any stem or gunwale beyond the hull. The minimum depth shall be measured from the bottom of the canoe.

4. The sheer of the gunwale shall have a minimum radius of 30 inches and shall be an integral part of the boat with a continuous curve.
5. Decks and Float Tanks (shoe, cowl, and enclosed dam) may not be more than 1 1/2 inches above the gunwale at any point. The maximum length of decks or float tanks shall be 36 inches. (Full decking is not permitted unless specifically stated in the written rules for a given race or as stated below.)

** MOM - Deck height shall be measured from any point on the deck thwartship to the gunwale. Seats will not be restricted in placement above the gunwale line. Deck length shall be measured from the plumb of the stem at its furthestmost fore or stern at its furthestmost aft point along the longitudinal axis of the boat.

- a. C1 - In addition to the maximum 36" decking allowance at bow and stern, an additional maximum of 18" combined thwart plus lunch counter depth (measured along the keel) is allowed. A maximum radius of 3" is allowed to tie in any thwart/lunch counter to the gunwales.
 - b. C2 - Identical to C1, but increase the maximum combined allowable thwart/lunch counter from 18" to 29" to accommodate an additional thwart/lunch counter.
 - c. Allow full decking on all C2 canoes in all adult cruiser classes (men, women, mixed) starting with the 2003 Nationals and only at Nationals.
6. Outwales: Any additions to outwales must be made on the gunwales and cannot extend more than 1 1/2 inches outward and downward from the hull.

** MOM - Seats shall not be included in measurements of outwales.

7. Flotation: Canoes must have securely fastened or permanently built in flotation to provide 25 pounds of buoyancy when filled with water. Float or air bags can be used in kayaks only.

Securely Fastened: When a canoe is turned upside down or submerged, the flotation stays in place.

** MOM - 25 pounds of solid metal weight will be placed in the boat amidships. The boat will be filled with water. The boat must float horizontally in this condition.

8. Water Removal: Any type of person-powered (or passive) bailer, pump or siphon may be used in any USCA boat. (Canoe or kayak)
9. Rudders: There shall be no mechanical steering devices in any USCA canoe classes. Rudders will be allowed in all kayak classes except the K1 Downriver class. This does not include fixed keel or skegs as deemed allowable under present keel and concavity rules.
10. Materials: Canoes may be made of any material or combination of materials.
11. Reverse Rocker Specification: The limit of negative rocker (hog) at the 4 inch water line jig point shall be limited to 1/8 inch at the center of a six (6) foot straight line along the longitudinal center of the canoe.

** MOM - A six foot straight edge shall be placed on the hull longitudinally in the midline with a 1/8 inch projection at its center. The projection shall be placed at the intersection of the 4 inch water line jig point. If the projection touches the canoe, the canoe will pass inspection.

12. Beginning at the 2006 Marathon Nationals, C2 Competition Cruisers (4X32 specs) may compete in the C2 Standard events as long as they meet the 50 pound minimum weight limit. In 2009, all weight minimums were eliminated.

B. **Standard:** (C2Std M, C2Std MMa, C2 Std W, C2 Std WMa, C2Std Mx)

All rules for the Competition Cruiser class will apply except for the below:

1. The minimum depth amidships shall be 12 inches.

2. The minimum bow and stern height shall be 16 1/2".
3. The minimum width at the 4 inch water line shall be 15% of the length (length x 0.15).
4. Standard canoes may be made of any material or combination of materials with no weight minimum.
5. Competition Cruisers (4X32 specs) may compete in the Standard class events.
6. "Super" Aluminum canoes: (formerly a separate class)
 - a. All rules and specifications listed under Competition Cruiser shall apply to all Aluminum canoes (with the exception of materials of construction).
 - b. Aluminum canoes shall be the product of a regular manufacturer who has produced at least 50 canoes of the model in question. The canoe may be either standard or light-weight. Canoes shall not be modified except as follows: The canoe may be painted but no fiberglass, body putty, or material other than paint may be used on the outside except for the repair of holes. Seats may be moved and seats of other materials may be substituted. Foot braces and stiffening may be installed. Decks may be modified and bulkheads removed. Keels may be modified. Canoes must have sufficient permanently installed flotation. See Section V. A. 7.
 - c. Only Aluminum canoes built before 1/1/90, will be permitted to compete in the standard class.

C. **Stock Aluminum:** (C2SkAl M, C2SkAl MMa, C2SkAl W, C2SkAl WMa, C2SkAlMJr, C2SkAlWJr), C2 SkAl Mixed.

1. Standard type aluminum canoes only. Up to and including the 2001 Aluminum Nationals, maximum length is 18 feet 6 inches. After the 2001 Aluminum Nationals, maximum length is 17 feet 4 inches.
2. The intention of the stock aluminum class is to have a National Championship class for *stock* factory aluminum canoes.

The specifications of a stock canoe have been purposely left off and the canoes will be judged "stock" by the Competition Chairman and the Technical Director of Inspection. Most common manufacturers of aluminum boats will meet this requirement. Approval may be obtained for a specific model at the Nationals jiggling.

3. No modifications can be made to the canoe except seat type, placement changes and interior modifications to interior bulkheads and end caps. To facilitate a change of seat type and placement, original factory seats may be removed. Adequate flotation must be permanently attached to the canoe.

D. **Stock Canoe:** (C1S M, C1S W, C2S M*, C2S W*) * Did not meet Championship requirements.

All rules for the Competition Cruiser class apply except for the below: (Refer to applicable boat specifications at www.nymcra.org/boat_specifications/2008)

1. C-1 & C-2 Bow height will be at least 17" high. The Stern must be at least 16"
2. C-1 & C-2 must be built symmetrically. No hard line transitions in the hull of the boat. Curve of chine must be equal to at least the radius of a softball.
3. C-1 & C-2 width must be at least 15% of the length at the 4" waterline. Minimum at the 4" waterline and 18" fore and aft of the widest point of the boat is 14% of the length
4. C-1 & C-2 minimum depth amidships shall be 12.5"
5. Maximum allowable tumblehome for the C-2 is 1", for the C-1 it is 3.5"
6. Maximum length of the Stock C-1 is 18'6". The Max length of the Stock C-1 is 17'0"
7. Only boats in the current C-2 or C-1 Stock list are allowed in the appropriate class.

E. **Downriver Kayak:** (K1Dr M, K1Dr W)

International Canoe Federation rules for wild water K1 will prevail with the exception that the minimum boat weight shall not apply. For reference the following is supplied:

1. Maximum Length: 4.5 meters (14 feet 9 3/16 inches).
2. No rudders permitted.
3. Kayaks can be completely decked and spray skirts used.
4. There must be adequate buoyancy to float the kayak horizontally when filled with water. Type of buoyancy that is securely fastened or permanently built-in shall be at the discretion of the paddler.
5. Grab loops or toggles must be affixed to both bow and stern ends of the kayak, but may be taped down.
6. Wearing of helmets may be required by race sponsors if water conditions warrant.
7. Kayaks may be made of any material or combination of materials.

F. **International Long Distance Kayak:** (K1-ICF M, K1-ICF MMa, K1-ICF W, K1-ICF WMa)

International Canoe Federation (ICF) specifications for marathon K1 will prevail with the exception that the rule regarding the width and minimum boat weight shall not apply. For reference only, previous specifications are provided. (K2 ICF deleted from USCA Nationals list in 1990.) Note: The K2 ICF is offered currently at USCA Nationals under an agreement with USA CK. Specifications and rules for ICF marathon may be found at the following web site: <http://www.canoeicf.com/docs/pdf/marrules2005.pdf>
The general link to access the ICF Marathon rules can be found at: <http://www.canoeicf.com>
[As of 2005 USCA delegates explicitly approved to allow overstem rudders, pedals, and swivel seats in ICF marathon kayaks. These are not restrictions in the 2005 version of the ICF Marathon rules.]

1. Maximum length K1: 520 cm (204.72 inches)
Maximum length K2: 650 cm (255.90 inches)
2. Sections and longitudinal lines of the hull of the kayak shall be convex and not interrupted.
3. Steering rudders are allowed. The maximum thickness of the rudder must not exceed 10 mm (0.39 in.) in cases where the rudder forms an extension to the length of the kayak. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement of length.
4. There must be adequate buoyancy to float the kayak horizontally when filled with water. The type of buoyancy securely fastened or permanently built-in shall be at the discretion of the paddler.
5. Kayaks may be completely decked and spray skirts used.
6. Paddles must be double bladed.
7. Kayaks may be made of any material or combination of materials.

G. **International Long Distance Canoe:** (C1-ICF M, C2-ICF M)

International Canoe Federation (ICF) specifications for marathon C1 and C2 will prevail. {Both events were deleted from USCA National Championship list in 1990 and 1992 respectively.} Specifications and rules are at the web site listed above.

1. Maximum length C1: 520 cm (204.72 inches)
Maximum length C2: 650 cm (255.90 inches)
2. Sections and longitudinal lines of the hull of the canoe shall be convex and not interrupted. The canoe must be built symmetrically upon the axis of its length.

3. Steering rudders or any guiding apparatus directing the course of the canoe are not allowed.
4. A keel, if any, must be straight, shall extend over the whole length the canoe and not project more than 30 mm (1.18 in) below the hull.
5. There must be adequate buoyancy to float the canoe horizontally when filled with water. The type of buoyancy shall be at the discretion of the paddler.
6. ICF canoes shall have no restrictions on decking.
7. Canoes may be made of any material or combination of materials.

H. Pro Boat (3x27):

1. Maximum length of the hull shall be 18'6" (18 ft 6 in.)
2. Minimum heights, measured from the 0" waterline:
 - * 15" Bow
 - * 10" Center
 - * 10" Stern
 The minimum-height gunwale line shall form a continuous, smooth arch-curve.
3. Minimum Width:
 - * 33" on the top, at the gunwale line
 - * 27" wide at the 3" waterline or 3" of draft
4. The points at which the 33" minimum top-width measurement and the 27" minimum waterline-width measurement are taken may be divided up to 14" maximum.
5. The 33" minimum top-width and the 27" minimum waterline-width, may be measured a maximum of 14" fore or aft of the center of the canoe.
6. The cross-section(s) of the hull at the location(s) of the 33" minimum top-width and the 27" minimum waterline-width shall have no more than 1/4" (one-quarter inch) concavity between the 3" waterline and the gunwale line of the hull.
7. No concave curve(s) are allowed under the 3" waterline. The imperfections from repairs will be tolerated but will have to be *very* minimal to conform to the regulations.
8. All of the measurements will be verified on the exterior of the hull. Gunwales, sponsons and keels shall not be included in the measurement whether added to the hull or built into the hull.

I. Single Kayak, Sit-on-top or Surf ski

1. Recreational: any single kayak, sit-on-top or surf ski with a maximum overall length of 16' and a 4" waterline beam of at least 22".*
2. Sea Kayak: any single kayak, sit-on-top or surf ski with a maximum overall length of 18' and a 4" waterline beam of at least 8.5% of length, 40 pound minimum weight, bulkheads plus hatches fore and aft with the exception of pre-year 2000 models, in which case they may have airbags in lieu of hatches and bulkheads. As of 1/15/11, surf skis do not required hatches or bulkheads.*
Effective Nationals 2015, remove 40 pound minimum weight, eliminate bulkheads and hatches, but must have sufficient flotation when filled with water.
3. Touring: any single kayak, sit-on-top, surf ski with a maximum overall length of 20' and a 4" waterline beam of at least 18". *
4. Unlimited: any single kayak, sit-on-top, or surf ski

*** Additional rules for the above K-1's**

- a. Flip up rudders not included in length.
- b. No hull modifications.
- c. Must have sufficient flotation to support a 25 pound weight in a boat full of water.

- J. **K2, Double Kayak, Sit-on-Top, Surf Ski:** any double kayak, sit-on-top, or surf ski**

**** Additional rules for Double Kayak**

- a. Must have sufficient flotation to support a 25 pound weight in a boat full of water.

- K. **Solo Outrigger & Kayaks for Adaptive Paddling (Sprint) Events at USCA National Championships**

At the 2010 Annual Meeting, the USCA Delegates approved to use the same standards/regulations as those that will be required for competition in the 2016 Paralympics for Adaptive Solo Outriggers and Kayaks in Rio de Janeiro. **(See Appendix 8)**

Also to be noted: that flexibility is to be maintained in regards to OC-1's being rudder or rudderless, hull or weight specifications to be established, and that stabilizing floats may be added to OC-1 and K-1, to be effective in 2010. More specifications and rules will be provided as they are developed.

- L. **Stand-Up-Paddleboard**

At the 2010 Annual Meeting, the USCA Delegates approved to accept and utilize the standardized rules and specifications for Stand-Up-Paddleboard. January 16, 2011, the rules were revised and approved as follows:

Rules:

1. All boards must be paddled standing up with a single blade paddle.
2. Skags or rudders may be used on the bottom or stern unless they are designed to extend the waterline of the hull shape.
3. Special SUP Safety Rules regarding PFD use:
Any race that includes rapids, SUP paddlers must wear a U.S. Coast Guard approved PFD. Throwable devices or any that are belt or fanny pack type PFDs do not satisfy this requirement. Any SUP paddler or a paddler who attempts to use either a fanny pack, belt or throwable device in the absence of appropriate PFDs will be disqualified. No questions asked. No protests entertained for arbitration in this regard. In flat water conditions, SUP paddlers must follow the same PFD rules as canoe and kayak paddlers. PFDs and whistles may be fastened to the board.

Class types and Specifications:

1. Stock (SUP-S M, SUP-S W)
 - a. Maximum length of twelve (12) feet six (6) inches. (12'6")
 - b. A paddler is only allowed to win the National Marathon Championship in this stock class once in a lifetime.
2. Mid
Maximum length of fourteen (14) feet.
3. Unlimited (SUP-U M, SUP-U W)
No hull restrictions of any kind.

- M. **C4 Open Unlimited (Trial - 2014) Was C4 Stock Class** in 2013.

For USCA purposes, unlimited specifications below are not to be exceeded.

- a. Maximum length of 25' 11", minimum weight 50 pounds
- b. Boat must be built to accommodate four (4) paddlers.
- c. Minimum width at the widest point from the gunwale to gunwale is 32".
- d. No concavity along the length of the gunwale from bow to stern.
- e. Minimum depth: Bow = 17", Center = 12 1/2", Stern = 13 1/2".
- f. Paddlers must use canoe paddles.
- g. One of a kind boat is permitted.

- O. **OC-1** Outrigger Canoe for one man or one woman. (Trial – 2014)

VI. NATIONAL MARATHON CHAMPIONSHIP RACE RULES

A. Race Eligibility for Competitors

1. All competitors in USCA canoeing and kayaking events must be USCA members before they enter a USCA National Championship or trial events.
2. All general competitor requirements are applicable as listed in Section II A.

3. Foreign Competitors: Any foreign competitor as defined in Section II. C. 16. may participate in and place in any event in the USCA National Championships and receive the appropriate medal award in the place that they finish. They will be considered the USCA National Champion and will be recorded on a National trophy (if available) and will receive the National Championship shirt, should they place first. (The trophy will be awarded to a non-US citizen at the discretion of the Awards Chairperson.)
4. The recipient/s of the USCA National Champion status, traveling trophy and USCA National Champion shirt shall be awarded to the first team or individual to finish in that event.
5. Points for the State award will not be scored by a foreign competitor; however, the U.S. partner will be awarded state points of their win.

B. National Race Course Requirements:

1. On the Nationals course, after the start, there must be approximately one mile (minimum) of paddling before any turn around.
2. On the Nationals course, there shall not be any water conditions exceeding Class II of the International Scale of River Difficulty.
3. On the Nationals course, there shall be no upstream starts against any detectable flow of current when possible and feasible to have it downstream.
4. On the Nationals course, there must be one mile (minimum) of paddling to the finish which is not upstream against a detectable flow of current when possible and feasible to do otherwise.
5. Recommendation: There shall be no heat starts or at least a minimum width of 300 feet of water having a minimum depth of two feet, at the starting line.

C. Nationals Race Management and Conduct

1. Race Starts: All starting, whether mass or heats will be by a reaction start. There will be no count down given prior to the start. To start a race the starter will say to the competitors, "Paddlers be ready." Sometime following this command, when the starter is satisfied that no competitor has an unfair advantage, he will signal the start by using a prearranged device. This device could use sight, sound or both to signal the start. At the Nationals, the USCA will designate an official to oversee the starting line and report any infractions that may occur to the USCA Arbitration Committee for further action.
2. Heat Starts: In the event that heats are deemed necessary, the competitor's position in the various heats will be determined by the order the entry form is received by the race sponsor. No switching of entry numbers between participants will be permitted. Equal numbers of boats shall be run in each heat, if at all possible. There will be a minimum of five minutes between each heat.
3. Portages and Routes: Only officially designated portages and routes can be used. Emergency obstacle situations may occur, in which event the boat can be moved over or around said obstacle, returning to the water immediately after clearing this obstruction safely. Other than emergency situations, boats should remain in the water.
4. Canoe and Kayak Impoundment Area: It will be the responsibility of the race sponsor to set aside an area for the measuring of award winning canoes or kayaks after they cross the finish line. This impoundment area should be set up so that the Race Sponsor can control access. An award winning team may stay with their boat until it is measured. They may not return unless they're involved in an official protest. The only other people allowed in the Impoundment Area are the race sponsor and the USCA Officials.
5. Jigging: 2013 rule: All competitors who plan to compete in the marathon events must have their canoes or kayaks measured (jigged) prior to their marathon event. If the craft passes inspection, the competitor will be given an official sticker to be affixed to his or her boat. If the boat fails the inspection, the competitor will be given time to make the necessary repairs or alterations so that the boat will pass inspection. All canoes and kayaks are to be measured and inspected at the finish immediately after the race at the USCA Marathon Nationals to ensure compliance with the USCA

Competition Rules and Canoe Specifications. Failure to comply will result in disqualification. Any boat that fails inspection and was not measured prior to the event will be disqualified immediately. In the case of heats, the top five boats in each heat will be measured until the top five boats in each heat or age group is determined.

If a stickered boat is found to have problems in passing inspection after the race is over, the matter will be referred to the Arbitration Committee. The Arbitration Committee will then make a judgment decision and this decision will be final. If a competitor did not have the boat inspected and stickered before the race and his or her boat is found to be illegal, the boat and the competitor will be disqualified immediately. The problem will not be referred to the Arbitration Committee for any action.

D. Settling Disputes:

1. Protests:

- a. All protests must be in writing and filed no later than 30 minutes after the finish of the race in question. The written protest must be made by a competitor in the contested event and be accompanied by a \$10 fee. If the protest is disallowed, the fee becomes the property of the general fund of the USCA. If the protest is allowed, the fee is returned to the protestor, and the proper action will be taken against the violator. Protests can be lodged against irregularities in canoes or kayaks in reference to USCA Competition Rules and Canoe Specifications. Protests can also be lodged against instances of unsportsmanlike conduct by any competitor.
- b. Protests made on canoes that have passed the jiggging prior to the race and bear an approved sticker may be made only if there is a question of change or alterations to the hull.
- c. Boats of questionable design or in possible violation of specifications may have jiggging postponed until other committee members are consulted.
- d. Protests on non-championship events will be decided by the Race Sponsor (with advice from the Arbitration Committee if it is requested.)

2. Arbitration Committee:

- a. The Arbitration Committee is composed of eleven (11) members: President, Vice President, Secretary, Treasurer, Membership Chairman, Competition Chairman, Kayak Chairman, Sprint Chairman, International Competition Chairman, Safety Chairman and Technical Inspection Director. There shall be at least six (6) members present and together to handle the arbitration. Only official designated officers, committee chairmen, race sponsor, and Arbitration Committee specified parties are allowed in the impoundment area. The race sponsor is not allowed to vote or arbitrate on USCA matters. The award winning team may stay with their boat until it is measured. The award winning team may not return to the impoundment area unless they are involved in an official protest and are requested to appear by one of the members of the Arbitration Committee.
- b. The Competition Chairman shall serve as the Chairman of the Arbitration Committee. In the absence of this Chairman, the Vice President shall act as Chairman. The Chair shall serve as facilitator in coordinating the meetings of the committee.
- c. The Competition Chairman votes only in case of a tie.
- d. This committee shall function during the entirety of the Association's National Championships.
- e. In emergencies, a vacancy may be filled by a committee chairman by Executive Committee approval.
- f. The committee oversees the measurements of hulls and any other specifications relating to the craft used in national sanctioned events.
- g. The committee rules on the acceptability and required use of safety devices for boats and paddlers.
- h. The committee determines the acceptability of the competitor's equipment.
- i. All protests for National sanctioned events must be filed with the Competition Chairman of the Association.

- j. The Committee shall provide final ruling for all competition matters relating to National Championship events.
- k. The committee shall permit any principal in a dispute the right to attend Arbitration Committee meetings to present his/her views. The final decision may be made in a private meeting of the committee.
- l. A committee member may not participate in an arbitration of a protest in which they are one of the principals in the dispute.
- m. All arbitration meetings must submit a meeting report to the USCA's magazine, *CANOE NEWS*.
- n. In cases of un-sportsmanlike conduct or paddlers not following the prescribed course, the arbitration committee may impose a time penalty, place penalty, or disqualification. No penalty may be enforced if no significant infraction has occurred in the judgment of the Arbitration Committee.
- o. Arbitration Committee will use the following guidelines in evaluating protests/infractions: Determine the paddlers' intent when possible. Consider the effect of an infraction on the outcome of the race. Based on the above considerations, education will be the preference where appropriate, followed by reasonable time/place penalties, and disqualification as a last resort.

E. Competition between the States:

- 1. States shall be awarded points in all USCA National **Marathon** Championship events as follows: 50 points for each paddler in first; 45 points for each paddler in second; and on down through tenth place in each Championship class. (No points for demo classes or trial events.) National Stock Aluminum Marathon points will be added only when this Nationals occurs prior to the regular National Marathon event.
- 2. The points will be awarded to the state in which the paddler has residence.
- 3. The state with the greatest number of points accumulated during the marathon championships shall be awarded the Top State Award, having their state's name engraved on the trophy and keeping possession for one year until the next Nationals. At that time, the trophy will be brought to the site of the Nationals and presented to the new winning state.

F. Race Class Additions and Deletions:

1. Race Class Additions:

There shall be an equivalent Women/Girls class where there is a Men/Boys class effective 2004. If the class is a trial class, the gender equivalent shall be a trial class as well. This applies to additions and deletions of classes.

- a. Either at the Annual or Semi-Annual Meetings, a race class can be suggested to be included as a National Championship event by a positive vote of at least 40% of the delegates present.
- b. At the following Nationals, this new race class is to be presented on a trial (non-championship) basis.
- c. If seven (7) or more boats compete, then it will be added to the following Nationals as a Championship class.
- d. If less than 7 boats compete in a trial class in both men and women, then the race class is dropped from consideration.
- e. At any given time, there cannot be more than two new race classes in the process of approval.

2. Race Class Deletions:

- a. Minimum number of boats, which was 7, required to **maintain** any championship event at Nationals was eliminated in 2002.
- b. If the Competition Committee recommends that an event be deleted from the Championship list and the Delegates approve, the class will be deleted immediately effective with the next National Championship.

APPENDIX 1

Manufacturer's Showcase Classes:

1. The USCA will allow manufacturers to promote their canoes and or kayaks through a manufacturer's showcase class designation.
2. These classes will be treated as subclasses within the classes we have already.
3. Each manufacturer may pick up to two (2) model lines that they wish to promote at the National Championships.
4. Each manufacturer will be responsible for the awards in those canoe classes and is recommended to send a representative to give out the awards.
5. The awards will read as follows:
Example:
 1. We-no-nah USCA National Championships
 2. Marinette, WI 1991
 3. 1st place, 2nd place, 3rd place, etc.

APPENDIX 2

Amateur Rule

Note: In 1992, the ICF/Olympic committee determined that there is no longer any distinction between amateur and professional athlete and may receive prize award payments directly. This following pre-1992 rule is published for only for your information. (USCA remains committed to the Amateur Athlete in USCA.)

A. ICF Amateur Rule: An amateur is a sportsman who, having a basic occupation designed to ensure his present and future livelihood, devotes himself to sport as an avocation for his own pleasure and for his own moral and physical well-being without deriving there from, directly or indirectly, any material gain.

1. A Competitor *may not*:

- a. be or have been a professional athlete in any sport or contracted to be so before the official closing of the Olympic Games or International Competition.
- b. have allowed his person, name, picture or sport performance to be used for advertising, except when his or her International Federation, National Olympic Committee, or National Federation enters into a contract for sponsorship of equipment. All payments must be made to the International Federation, National Olympic Committee, or National Federation concerned, and not to the individual.
- c. carry advertising material on his person or clothing in the Olympic Games, World or Continental Championships and Games under patronage of the IOC other than trademarks on technical equipment or clothing as agreed by the IOC within International Federations.
- d. have acted as a professional coach or trainer in any sport.

2. A Competitor *may*:

- a. be a physical education or sports teacher who gives elementary instruction.
- b. accept, during the period of preparation and actual competition which shall be limited by the rules of the ICF:
 1. Assistance administered through his or her National Olympic Committee or National Federation for: food and lodging; cost of transport; pocket money to cover incidental expenses; insurance coverage in respect to accidents, illness, personal property and disability; personal sports equipment and clothing; cost of medical treatment, physiotherapy and authorized coaches.
 2. Compensation, authorized by his or her National Olympic Committee or National Federation, in case of necessity to cover financial loss resulting from his or her absence from work or basic occupation in the Olympic Games and International sports competitions. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same time periods. The compensation may be paid with the approval of the National Olympic Committees at their discretion.
- c. accept prizes won in competition within the limits of the rule established by the ICF.
- d. accept academic and technical scholarships.

In all cases which are not covered by the above regulations, the corresponding rules of the International Olympic Committee shall apply.

B. ICF Amateur Advertising Standard: Boats, accessories, or clothing may carry trademark symbols and words. In all cases, these symbols should not exceed 20 cm x 5 cm (7.87" x 1.97") on boats and 10 cm x 3 cm (3.94" x 1.18") on paddles and, in the latter case, only once on each face. Any boat or accessory which does not comply with the above mentioned conditions will not be acceptable. Advertising symbols are to be in order with the amateur regulations.

APPENDIX 3

SPECIAL AGE GROUP RECOGNITION AWARDS AND TRIAL EVENTS AT THE 2013 NATIONALS

In order to recognize certain age groups within a major championship event (mostly the Marathon), a special USCA medal is awarded. The age groups are listed below within the specific championship event. Both members in a C2 event must meet the age requirement.

- A. USCA National **Marathon** Canoe and Kayak Championship events which include a Special Age Recognition Award.
1. To be awarded to the *first* in the following:
 - a. C2 Women, 24 and under teams
 - b. C1 Woman, 24 and under
 - c. C2 Mixed, 24 and under teams
 - d. C2 Men, 24 and under teams
 - e. C1 Man, 24 and under
 - f. K1 Downriver Man and Woman, 40-49, 50-59, 60-69 (Moved to Aluminum Nationals as of 2014)
 - g. K2 Unlimited Men and Women, 40-49, 50-59, 60-69 teams
 - h. K1 ICF Master Man and Woman, 50-59, 60-69
 - i. Award to first 70+ team or individual in any event without a grand veteran class.
 - j. Awards to first 80+ team or individual in any event without grand master veteran (octogenarian) class
 2. To be awarded to the *first three* and their partner in the following events:
 - a. C2 Man/Youth & C2 Woman/Youth: 5-7, 8-10, 11-12, 13-14 (Age Groups)
 - b. C2 Man/Junior & C2 Woman/Junior: award to first three junior women.
- B. Special Recognition will be given at the USCA National Canoe/Kayak **Sprint** Championships to the following:
1. C2 Mixed Master, 1st 50+
 2. 1st Place Grand Veteran individual or team (men and women), unless recognized as a Grand Veteran class
- C. **Trial Events** at the Nationals.
- Prior to the establishment of a Championship event, an event is normally offered as a trial in order to determine the interest or need to include this event in the list of championships. Due to the gender equivalent rule that was approved in 2004, many classes were added to the Nationals schedule without going through the trial process.

In 2014, the following are the only events offered in either the Sprint or the Marathon Championships.
Awards: The top three positions will receive medals.
It requires seven boats in the trial event to establish it as a championship event for the following year.

A. Sprint Trial Events
Adult - None

B. Marathon Trial Events
K2 Unlimited Mixed
OC-1 Man
OC-1 Woman
C4 Open Unlimited

C. Youth Marathon Trial Events
C1 for ages 5-7, 8-10, 11-12
K1 for ages 5-7, 8-10, 11-12.

APPENDIX 4

Rules and Regulations Governing USCA National Adult Canoe & Kayak Sprint Championships

In order to maintain continuity and efficiency, the designated sequence schedule of events should be adhered to.

All adult competitors may only race in one age category in C1 and C2 class, C2 Mixed, Kayak and SUP. They may race any or all of the Man or Woman/ Youth events as follows: Man or Woman/Fledgling I, Man or Woman/Fledgling II, Man or Woman/Bantam, Man or Woman/Juvenile and Man or Woman/Junior.

The order of registrant entry will determine heat designation and lane assignment, (where applicable).

There is no day of race registration for this championship event. To race in an adult event, the adult must be 18 years of age or older on race day. The course is 500 meters for all events that is set up by the National Sprint Chair.

Quantities of 12 or fewer boats per class will automatically determine that class as a final.

Any event in excess of 12 boats will be broken down into heats of equal quantities. In the event of an odd number of boats, the greater number will constitute the first heat. i.e. 17 boats - heat 1 with 9 boats, heat 2 with 8 boats.

Advancement to finals procedures as follows:

Winner from each heat is guaranteed to advance to the final round. Balance of remaining positions in the final round will be based upon fastest heat times of remaining boats, with a maximum of 12 boats in the final round. i.e. 2 heats - 2 winners advance, plus next 10 fastest times.

Any blatant obstruction of other competitors may result in disqualification of the offending boat.

In the event of severe, inclement weather or circumstances beyond the control of the Event Organizer, the decision to cancel, postpone or delay will be decided by the following committee: Event Organizer (host), Sprint Chairman, Competition Chairman, Safety Chairman and USCA President.

If the decision is made to cancel the event, awards will be given on fastest heat times to all completed classes.

USCA CANOE/KAYAK SPRINT SEQUENCE SCHEDULE as of 5/20/2013

K1= any kayak

Held on Tuesday of the week of the Nationals

1-4	C1 Woman	(C1 W)
	C1 Woman Master	(C1 WMa)
	C1 Woman Senior	(C1 WSr)
	C1 Woman Veteran ***	(C1 WV)
5-8	K1 Man	(K1M)
	K1 Man Master	(K1MMa)
	K1 Man Senior	(K1MSr)
	K1 Man Veteran***	(K1 MV)
9-10	C2 Man/Youth (5-7)	(C2 M/Y(5-7))
	C2 Woman /Youth (5-7)	(C2 W/Y(5-7))
11-12	PK1 Paddler w/a Physical Disability Woman (PK1 W)	
	PV1 Paddler w/a Physical Disability Man (PV1 M)	
13-14	C2 Man/Youth (8-10)	(C2/Y (8-10))
	C2 Woman/Youth (8-10)	(C2 W/Y (8-10))
15-17	C1 Man	(C1M)
	C1 Man Master	(C1MMa)
	C1 Man Senior	(C1MSr)
18	C1 Man Veteran***	(C1MV)

Canoe/Kayak Sprint Sequence Schedule (Continued)

19-20	C2 Woman/Youth (11-12) C2 Man/Youth (11-12)	(C2 W/Y (11-12)) (C2 M/Y (11-12))
21 Stand Up Paddleboard Unlimited Woman (SUP-U W)		
22-23	C2 Mixed C2 Mixed Master*	(C2Mx) (C2MxMa)
24-27	K1 Woman K1 Woman Master K1 Woman Senior K1 Woman Veteran***	(K1W) (K1WMa) (K1WSr) (K1WV)
28-31	C2 Men C2 Men Master C2 Men Senior C2 Man Veteran ***	(C2 M) (C2 MMa) (C2 MSr) (C2 MV)
32-35	C2 Women C2 Women Master C2 Women Senior C2 Women Veteran***	(C2 W) (C2 WMa) (C2 WSr) (C2 WV)
36-37	PK1 Paddler w/a Physical Disability Man (PK1 M) PV1 Paddler w/a Physical Disability Woman (PV1 W)	
38-39	C2 Man/Youth (13-14) C2 Woman/Youth (13-14)	(C2 M/Y (13-14)) (C2 W/Y (13-14))
40 Stand Up Paddleboard Unlimited Man (SUP-U M)		
41-42	C2 Man/Junior C2 Woman/Junior	(C2 MJr) (C2 WJr)

* Special Age Recognition to 1st 50+

** Trial (Non-Championship) classes – (none in 2014)

*** Award to 1st Grand Veteran team 70+, **and** in **all** other classes where there is a team or individual 70+.

APPENDIX 5

USCA NATIONAL YOUTH CANOE and KAYAK SPRINT CHAMPIONSHIPS

Held on Thursday of week of the Nationals

In 1995, a separate day for Youth Sprint races began for ages 5-17. In 1996, all events became Championship events. In 1997, a traveling trophy was donated by the U.S. Canoe and Kayak Team (now known as USA CK) in order to recognize the youth paddlers in a "Division" which accumulates the most points during the USCA National Youth Sprint Championships. See Items (J) to (L) below for details.

Rules and Regulations Governing USCA Youth Sprints

- A. Age is determined by older paddler if both not in the same group. (Younger paddler may race in older age category. Older cannot race in younger category.) USCA rule to determine age is by midnight of December 31 of the prior year.
- B. Equipment – Competition cruisers in C1 and C2 events. Any kayak may be used in K1 events. USCA Rule: PFDs must be worn by youth 14 years old or younger or comply with Sprint Host state boating rule. 3X27 canoes are allowed in all C2 competition cruiser (4X32) classes.
Effective in 2010: In events with Youth ages 5-7, 8-10, and 11-12, any boat may be used. The sole requirement is that the boat is propelled by a USCA – legal canoe paddle in canoe events and a USCA – legal kayak paddle in kayak events. Rudders, outriggers and multi-hull designs are allowed.
- C. A paddler may enter one (1) of each: C1, C2, C2 Mixed, K1 and stand up paddleboard events for a total of five (5) events.
- D. Sprint events for ages 5-12 will be on a 250 meter course. The classes and ages are as follows: C1, C2, and K1 Youth (5-7); C1, C2 and K1 Youth (8-10); C1, C2 and K1 Youth (11-12).
- E. Sprint events for ages 13-17 will be on a 500 meter course. The classes and ages are as follows: C1 and C2 Girl Youth (13-14), C1 and C2 Boy Youth (13-14), C1 and C2 Women Junior and C1 and C2 Men Junior (15-17).
- F. Sprint events for any age 5-17 include the following and will be run on the 500 meter course. C2 Mixed, K1 Junior Female, K1 Junior Male, SUP Unlimited Junior Female and SUP Unlimited Male.
- G. Safety: USCA requires that a safety boat or boats of some description be provided by the Nationals host and be on the water during the entire Youth Sprint event.
- H. Youth Sprint Sequence of Events is as follows:

250 Meter Events

- | | | |
|---------------------|---------------------|---------------------|
| 1. C1 Youth (5-7) | 4. K1 Youth (11-12) | 7. C1 Youth (11-12) |
| 2. C2 Youth (11-12) | 5. C2 Youth (5-7) | 8. C2 Youth (8-10) |
| 3. C1 Youth (8-10) | 6. K1 Youth (8-10) | 9. K1 Youth (5-7) |

500 Meter Events

- | | |
|--------------------------------|--------------------------------|
| 1. C1 Girl Youth (13-14) | 7. C1 Woman Junior |
| 2. K1 Man Junior (any kayak) | 8. C2 Boy Youth (13-14) |
| 3. C2 Junior Women | 9. C1 Man Junior |
| 4. C1 Boy Youth (13-14) | 10. C2 Girls Youth (13-14) |
| 5. K1 Woman Junior (any kayak) | 11. C2 Mixed Open |
| 6. C2 Men Junior | 12. SUP Unlimited Man Junior |
| | 13. SUP Unlimited Woman Junior |

- I. Awards: USCA Medals to first five places.
- J. Points for the Revolving Trophy – awarded as follows: 50 points for each paddler in first place, 45 points for second and so forth to tenth place. Paddlers earn points for the division in which their state has been grouped.

- K. **Top Division Award** – Division or group of divisions (see groupings below) with greatest number of points accumulated during these Sprint races shall be awarded the Revolving trophy at the Sunday awards ceremony. The Chairperson of the Youth Activity Committee shall be responsible for monitoring, coordination and facilitation of this event.

Duties include the following:

- a. To calculate or designate the calculation of the state points in order to determine which group will be awarded the Revolving Trophy. Calculation method is listed in (J above) and the Groups of the USCA Divisions are listed in (L).
- b. To select a responsible person from the winning division to
 - (1) have the appropriate engraving completed on the trophy plate;
 - (2) take the award home, and have it displayed in an appropriate manner;
 - (3) make provisions for its return to the next USCA Marathon Nationals.

- L. Grouping of the USCA Divisions used since 1998 are the following: See NOTE below.

1. South Atlantic - DE, DC, MD, VA, WV, NC, SC, GA, PR, VI
East South Central - KY, TN, AL, MS
West South Central – AR, OK, TX, LA
2. Mountain – ID, WY, UT, CO, NV, NM, AZ, MT
Pacific – WA, OR, CA, AK, HI, GU, AS
West North Central – MN, IA, MO, ND, SD, NE, KS
3. East North Central – MI, IL, WI
4. New York Organized Division
5. New England - ME, VT, NH, MA, CT, RI
6. Combined Organized Divisions of Florida, Indiana, Ohio and Penn-Jersey

NOTE: The above Division groupings may vary from year to year in order to make the participant numbers in each group more equal. This is a decision that is to be made by the Youth Activities Committee/Chair after the participant list is established.

Note:

Effective in 2013: Youth Marathon (trial) event was available for 5-12 year olds in C1 and K1 (3-4 miles). C1 and K1 Youth (5-7); C1 and K1 Youth (8-10), C1 and K1 Youth 11-12. Event is run on the 500 meter sprint course after the sprints are concluded.

APPENDIX 6

USCA NATIONAL CANOE & KAYAK ORIENTEERING CHAMPIONSHIPS

Although orienteering has been offered at the USCA National Championships since 1992, it was not recognized as a championship event until 1996. The competitors are awarded the USCA National Championship medal to the first three places.

Orienteering Championships are held on the Wednesday of Nationals week. The course is set up by the Orienteering Chairman and the special materials (maps and punches) are provided. This is an event that pits the skills of map reading as well as paddling. The competition is a race for both accuracy and time.

The classes offered include the following:

C1 Man	C2 Women
C1 Woman	C2 Men
K1 Man (any kayak)	C2 Mixed
K1 Woman (any kayak)	C2 Mixed Master
	C2 Woman/Youth (5-14)
	C2 Man/Youth (5-14)
SUP Unlimited Woman (Demo)	C2 Woman/Junior (15-17)
SUP Unlimited Man (Demo)	C2 Man/Junior (15-17)

APPENDIX 7

USCA NATIONAL STOCK ALUMINUM CANOE /K1 DOWNRIVER MARATHON CHAMPIONSHIPS

In 1998, the Delegates approved that the Aluminum National Championships could be separated from the USCA National Marathon Canoe and Kayak Championship schedule. If at any time no bid is received for these championships, the event would return to Day 3 of the USCA National Marathon schedule of events.

- A. The sanctioned race sponsors who bid on this championship will follow the same USCA rules and requirements that have been established for the USCA National Marathon Championships.
- B. The accepted bid will become the host for the USCA National Stock Aluminum Canoe Championships for the date in question.
- C. The National race sponsor host must include all of the events listed below. Other unofficial race classes may be added at the discretion of the race sponsor.
- D. USCA membership is required in all championship and trial events.
- E. USCA National Stock Aluminum Canoe Marathon Championships events as of 2015

C2 Stock Aluminum Men Open	C2 Stock Aluminum Men Master (40+)
C2 Stock Aluminum Women Open	C2 Stock Aluminum Women Master (40+)
C2 Stock Aluminum Men Junior (Added 2010)	C2 Stock Aluminum Women Junior (Added 2010)
C2 Stock Aluminum Mixed (Added 2014)	K1 Downriver Woman
K1 Downriver Man (Moved from marathon Schedule of Events in 2014)	

USCA Medals to first three (3) places in adult open and all age groups; Juniors are awarded to six (6) places.

Special Age Recognition Award: 1st place medals to be awarded to the following:

1. C2 Men, 24 and under team
2. C2 Women, 24 and under team
3. C2 Men Master, 50-59, 60-69, 70+ teams
4. C2 Women Master, 50-59, 60-69, 70+ teams
5. C2 Mixed, 24 and under team, 40-49, 50-59, 60-69, 70+ teams
6. K1 Downriver, 40-49, 50-59, 60-69, 70+

APPENDIX 8

USCA SPRINT CHAMPIONSHIPS FOR PADDLERS WITH PHYSICAL DISABILITIES

(Approved in 2010 – To be held on Tuesday with the USCA National Canoe/Kayak Adult Sprint Championships)

- A. The Adaptive Paddling Chair/Committee will be in charge of this event at Nationals and will be available to assist in establishing the course distance and any other requirements needed for the safety of this event.
 - B. USCA Membership is required for all participants in all Championship events.
 - C. Events for Adaptive solo outriggers (V) and adaptive kayaks.
In 2013 the following information was added:
Any kayak/surfski propelled with a kayak paddle (may have stabilizing floats and may have a rudder)
Any Va'a/outrigger canoe propelled with a canoe paddle (may have stabilizing floats, may have a rudder.)
 - D. Awards: USCA Championship medals awarded to the first three positions in each class
 - E. Classes for the following:
 - 1. K1 Paddler with Physical Disability Woman
 - 2. K1 Paddler with Physical Disability Man
 - 3. V1 Paddler with Physical Disability Woman
 - 4. V1 Paddler with Physical Disability Man
-

USCA NATIONAL OUTRIGGER SPRINT CHAMPIONSHIPS

(Starting 2004 - To be held with the Youth Sprints on Thursdays)

(Note: The USCA National Outrigger O-6 Sprints Championships were removed from the National Schedule of Events in 2007 and replaced by the OC-4x2 for Youth only. With no entries in 2008 and 2009, this championship event was deleted. The information below is retained as a source of reference should this event be offered in the Nationals schedule again.)

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is required to offer this championship in the Schedule of Events. The course should be 1000 meters in length with a 500 meter counterclockwise turn. The spacing between the turn buoys should be around 25-30 feet.
Note: The sprint course for the regular sprints will work fine. Instead of starting at the 500 meter mark and heading towards the finish line, the outriggers will start at the finish line, circle a buoy, then head back to the finish line.
- B. The race sponsor will be assisted by the Outrigger Canoe Chairman in the administration of this event.
- C. USCA membership is required for all participants in all Championship events. Demonstration event participants are exempt from USCA membership.
- D. 4 or 6 person outriggers may be used. They must meet the acceptable Hawaiian measurements for either of those two types of outriggers. Carbon fiber paddles may be used. No foot braces will be allowed. Life jackets for each paddler must be in the boat and or worn by those who cannot swim.
- E. The boats will circle counterclockwise around the 500 meter turnaround buoy. A 10 second penalty will be assessed if the "front of the ama" does not clear the buoy to the outside. The boat will be disqualified if the outrigger bow does not clear the buoy to the outside. The placement will be determined by the timed finish of each boat. Starter will attempt to make sure the same conditions are occurring when starting similar classes.
- F. Awards: USCA Championship medals awarded to the *first three* positions in each class and division.
- G. Classes: Adult Championships – 500 meter events for Men, Women and Mixed (at least 3 women)
Youth Championships - 500 meter events – 5 youth paddlers ages 5-17 as of December 31 of the previous year and an adult steersman which is provided.
Championship for Paddlers with Physical Disabilities - last offered in 2007.

APPENDIX 9

USCA NATIONAL OUTRIGGER MARATHON EVENT

(Trial started in 2004 and was offered through 2006)

The information below is retained as a source of reference should this event be offered in the Nationals schedule again.)

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is asked to offer this championship in the Schedule of Events. The course will be approximately the same total distance as the regular marathon event, but the course can be modified to accommodate the larger draft boats.
- B. The Marathon Outrigger event will be run on the same day as the C2 Mixed events (Day 3).
- C. The race sponsor will be assisted by the Outrigger Canoe Chairman in the administration of this event.
- D. USCA membership is required for all participants in all trial or Championship events.
- E. OC6 Canoes will be used using Hawaiian measurements.
- F. Starts to be determined.
- G. Classes: Men, Women and Mixed
- H. Awards: USCA medals will be awarded to each team member in the first three positions in each class.
- I. Rules: To be determined.

APPENDIX 10

Greg Barton Cup Challenge for C1 and K1 Junior Marathon

Junior paddlers from the ages of 9-17 on January 1 of the year of the USCA National Canoe & Kayak Championship the paddlers will be competing are encouraged to qualify at various “Barton Cup Qualifying Races” throughout the country in any K1 or USCA C1 marathon events. Such races may take place at any time after one year’s USCA National Canoe & Kayak Championships and before the next

The Barton Cup Challenge was initially approved by the USCA delegates in January, 2000 and again in 2001 to promote junior paddling opportunities in the ICF Kayak and USCA C1 cruiser throughout the paddling season. Greg Barton is an Olympic K1 Champion who got his start paddling in the USCA. USCA would like to develop more paddlers to follow in the paddle strokes of Greg Barton. In 2006, the delegates modified the rules so that juniors may qualify at sites throughout the USA in any kayak not just the ICF K1 and the USCA C1. Paddlers can choose any regional qualifier to compete in regardless of where they live or compete at the preceding years Nationals to qualify.

In 2006, the USCA Delegates approved that the Barton Cup Qualifying Races will have a **minimum** distance of three miles depending on the site. All races will offer C1 and K1 events for each of the following age groups: (All Junior/Youth whose ages are as of January 1 of the current year that precedes the USCA National Marathon Canoe & Kayak Championships). Age groups were modified in 2013 to the following:

Girls: 9-10, 11-12, 13-14, 15-17
Boys 9-10, 11-12, 13-14, 15-17

Awards will be given to participants of the Barton Cup Qualifying Races as developed from time to time by the Barton Cup Committee. These might be, for example, regional medals awarded to the top three in each class, and patches, and/or t-shirts, and/or certificates awarded to all participants.

The finals for the Barton Cup Challenge will be held at the USCA National Marathon Canoe and Kayak Championships in the K1 Junior and C1 Junior events. The Greg Barton Cup will be awarded to the overall fastest “qualified” girl and overall fastest “qualified” boy in K1 and C1. First through third place medals will be awarded in all classes at the finals. Each participant at the Nationals will receive a T-shirt.

“Qualified” – any junior who has participated in at least one Barton Cup Qualifying Race in the twelve months preceding the current USCA National Canoe and Kayak Championships. Youth who competed at the prior USCA National Championships are eligible to compete at this year’s finals as long as their age is still consistent with the rules. In order to qualify to race for a Barton Cup at Nationals in C1, the contender must have participated in a Barton Cup Qualifying Race in a C1. In order to qualify to race for a Barton Cup at Nationals in K1, the contender must have participated in a Barton Cup Qualifying Race in a K1. Paddlers may compete at Nationals for the Barton Cup in both C1 and K1 only if they have raced in both C1 and K1 at one or more Barton Cup Qualifying Races. As of August 10, 2012, USCA membership is not required at the time of a Qualifying Race, but USCA membership (either as a Family or Junior Membership) is required to participate in the finals at the USCA National Marathon Canoe & Kayak Championships.

Barton Cup winners in K1 and C1 for both boys and girls will be recorded in the USCA Historian’s Report

The Barton Cup program is administered by the USCA Youth Activities Committee through its subcommittee, the Barton Cup Committee.

Any USCA Sanctioned Race Sponsor or Affiliated Club may hold a Barton Cup Qualifying Race in their schedule of events. USCA insurance or equivalent is required. The Race Director must notify the Youth Activity Chair or the Barton Cup chair of their intention to hold this event so that the race can be posted on the USCA Barton Cup Page on the website. The Barton Cup Chair will provide information and assistance to the Race Director. Race results and the complete names of participants are to be reported to these Chairs within a week after the event, but no later than the Monday prior to Nationals.

Refer to the USCA website www.USCANoe.com for additional information and qualifying race sites.

APPENDIX 11

USCA NATIONAL CANOE TRIATHLON CHAMPIONSHIPS

(Note: The **requirement** to offer the National Canoe Triathlon Championship as a part of the USCA Nationals Schedule of Events became optional in January, 1996. This information is retained as a source of reference should this event be offered in the Nationals schedule again.)

In 1985, the USCA approved the following canoe triathlon rules to help make canoe triathlons fair for all competitors. Distances are well thought out and at least the percentages to each other should be followed. Suggested distance is 38 miles: 8 mile paddle, 25 mile bike, and 5 mile run. Rules for USCA Triathlons are the following:

A. SAFETY

1. U.S. Coast Guard PFD's are required in each canoe for each competitor.
2. Helmets on the bicycle leg are required.
3. The safety regulations of Tri-Fed USCA should be observed.
4. No drafting in the bicycle leg.

B. EQUIPMENT RECOMMENDATIONS

1. Only canoes can be used, kayaks are not permitted. USCA competition cruiser specifications are used.
2. Only single bladed paddles of any type may be used.

C. EVENTS OFFERED

1. Solo - Iron Man Open, Iron Man Masters, Iron Man Senior, and Iron Woman Open. (One competitor canoes, bikes and runs.)
2. Tandem - Open Men, Open Masters, Mixed {any age.}(Two competitors - one runs, one bikes, both canoe.)
3. Relay teams - Team Men Open, Teams Mixed Open {2 male and 2 female}. (Four person teams - two canoes, one biker, one runner.)

D. AGE REQUIREMENTS

1. Open - event open to any age or sex as long as participant upgrades. (Juniors and women may run in Open Men events. Masters Men or women may run in Open Masters event.)
2. A Master will have reached his/her 40th birthday, but not his/her 50th birthday by race date except in the tandem event. In tandem, the age requirement is to have reached 40th birthday by race day.
3. A Senior will have reached his/her 50th birthday by race date.

E. MEMBERSHIP

USCA Membership is required for all canoeists in a triathlon championship.

F. AWARDS - Awards to top three position teams or individuals.

USCA Competition Chairman

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USCA Insurance Chairman

None at this time

**Organized State or Regional Division Competition Chairmen for the states of
Florida, Indiana, New York, Ohio and Penn-Jersey.**

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