



<http://www.ncoca.com>

2011 - 2012

Sprint & Long Distance
Race Rules

Owner: _____

Club: _____



Northern California Outrigger Canoe Association

355 Sheffield Court, San Jose, CA 95125-5664

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This Association is organized specifically for the following purposes:

- To unite all the Outrigger Canoe Clubs organized in Northern California;
- To encourage, maintain and perpetuate outrigger canoe racing;
- To teach, train, instruct and expose children, men and women in the ancient art, craft and history of Hawaiian canoeing;
- To provide means and facilities for Outrigger Canoe activities; and
- To foster the development and maintenance of strong and healthy minds and bodies among all people.

The 2011-2012 Race Rules and Race Schedules are in furtherance of these purposes.

The Northern California Outrigger Canoe Association was formed in 1978. Nineteen (19) Hawaiian Outrigger Canoe Clubs in Northern California currently form this Association.

For the/ NORTHERN CALIFORNIA OUTRIGGER
CANOE ASSOCIATION

Brad Saguindel
NCOCA Race Chairman

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NORTHERN CALIFORNIA

OUTRIGGER

CANOE ASSOCIATION

CODE OF ETHICS

* * * *

Canoe clubs have the responsibility to promote good sportsmanship among their paddlers, coaches, and members, as a part of their program. Good sportsmanship includes observance of race rules as well as of the laws of the county, state and nation.

The personal conduct of all members of the canoe clubs belonging to this Association shall be above reproach at all times. Any member who by their personal conduct directly reflects discredit upon this Association shall be subject to such action as deemed appropriate by the Canoe Club to which said member belongs, and/or the Race Committee and/or the Board of Directors.

Every member, of every canoe club in the NCOCA, will be handed a copy of the Code of Ethics prior to payment of their membership to their respective clubs.

Violations of good sportsmanship include situations such as when a canoe is deliberately rammed; when a disqualified crew deliberately interferes with an event or race; when a paddler assaults another person or uses abusive language in connection with an event, regatta or race; or when a rule is knowingly violated in connection with a race or regatta.

Drugs and intoxicating beverages will not be tolerated nor permitted during racing competition. Any member observed acting under the influence of drugs or intoxicants shall be barred from further participation in the regatta schedule for that day. Those areas dominated by NCOCA paddlers in connection with Outrigger activities shall be defined as: areas of lodging, and any activity carrying the name of the NCOCA or an NCOCA member club. No alcohol is allowed during regattas or races and following awards ceremonies at any site, regarded as an Outrigger-designated area (either formally or implied). If club members wish to indulge, they must do so in other areas such as private parties (outside of Outrigger-dominated areas), or other establishments that are normally used for this purpose. Completion of the outrigger race or NCOCA sanctioned event is defined as when the award ceremony is completed and ALL water craft have been placed on the trailers and prepared for transport.

A warning will be issued to a Club president regarding any infraction. If the infraction continues, a \$100 fine will be imposed on the Club by the NCOCA. A second infraction will result in the Club being barred from competing in the next regatta; a third infraction will result in the Club being barred from the remainder of the regatta season.

SANCTIONED RACES

A SANCTIONED race or regatta is a legitimate regatta or race which has received the endorsement and acceptance of the Board of Directors of the Northern California Outrigger Canoe Association (NCOCA). A maximum of five (5) sprint regattas including the NCOCA Championship Regatta and a maximum of six (6) long distance events must be held per racing season. Member clubs will host on a rotation basis with substitutions allowed. Clubs are able to co-sponsor regattas. Regatta dates for the next year must be submitted by the last quarterly meeting of the current calendar year. If five regatta dates are not picked, the remaining regattas will be chosen by lottery by the last quarterly meeting of the calendar year.

The penalty for failing to host a regatta when selected by lottery will be NON-PARTICIPATION in the following season by the violating club and the club in violation must host a regatta the following year.

A legitimate race or regatta is one whose rules are in accordance with the rules of this Association, or as approved by the Board of Directors. Thus, a SANCTIONED regatta or race is one in which all race rules have been approved by this Association's Board of Directors, including its governance by the NCOCA Race Committee. The Race Officials shall insure that the competition will be as fair as possible.

A SANCTIONED race or regatta does not prohibit invited guests from competing, provided the Association Board of Directors approves such invitation. Guest clubs and crews participating in a SANCTIONED race or regatta shall be subject to the Paddler's registration fee requirements of the Association.

Any Association member club sponsoring a SANCTIONED race or regatta shall do so in accordance with the Association policy goals and objectives.

An Association member club can hold a Long Distance Race during the regatta season provided that club has fulfilled its obligation of hosting a regatta as stated in paragraph one (1) above. The penalty for not fulfilling this obligation will be the loss of all regatta points for that year. Long distance races may be scheduled between SANCTIONED regattas only after all SANCTIONED regatta dates are filled. Long distance races are permissible before or after the regatta season (first scheduled regatta through the championships) without penalty.

The Association SANCTIONED races shall take precedence over any other type of race and all Association member clubs shall participate in the Association SANCTIONED regattas before racing elsewhere.

Other than an Association member club or clubs may request to sponsor a SANCTIONED regatta or race, and may do so with the approval of the Association's Board of Directors. They are encouraged to make such requests. Sponsors should understand that the jurisdiction in a SANCTIONED regatta or race is wholly that of the Association and will be governed by the Race Rules of the Association and conducted by Association officials.

OFFICIAL RACE RULES – 2011 & 2012

I. EVENTS:

A. Official Order and Distance:

No variation in order of events shall be made except for consolidation of events approved by the coaches. In events requiring heats, a Final (noted by lettered events), will follow in the order shown.

#	<i>EVENTS</i>	<i>METERS</i>	<i>MILES</i>	<i># OF TURNS</i>
1	V-1 Junior Girls (16)	250	.156	No turn
2	Novice Women	500	.311	1 turn
3	V-1 Junior Boys (16)	250	.156	No turn
4	Girls 12 and Under	250	.156	No turn
5	Coed Junior (19)	500	.311	1 turn
6	V-1 Master Women	250	.156	No turn
7	Boys 12 and Under	250	.156	No turn
8	Novice Men	500	.311	1 turn
9	V-1 Junior Women (19)	250	.156	No turn
10	V-1 Junior Men (19)	250	.156	No turn
11	Girls 14 and Under	500	.311	1 turn
12	Boys 14 and Under	500	.311	1 turn
13	V-1 Master Men	250	.156	No turn
14	Coed Open	1000	.622	3 turns
15	Girls 16 and Under	500	.311	1 turn
16	Boys 16 and Under	500	.311	1 turn
17	V-1 Sr. Mast. Women	250	.156	No turn
18	Coed Novice	500	.311	1 turn
19	V-1 Kupuna Women (55)	250	.156	No turn
20	Coed Junior (14)	500	.311	1 turn
21	V-1 Open Women	250	.156	No turn
22	Girls 19 and Under	1000	.622	3 turns
23	Boys 19 and Under	1000	.622	3 turns
24	V-1 Open Men	250	.156	No turn
<i>A</i>	<i>Novice Women Final</i>	<i>500</i>	<i>.311</i>	<i>1 turn</i>
25	V-1 Sr. Mast. Men	250	.156	No turn
26	Open Women	2000	1.244	7 turns
27	Open Men	2000	1.244	7 turns
28	V-1 Kupuna Men. (55)	250	.156	No turn
29	Master Women (35)	500	.311	1 turn
30	Master Men (35)	500	.311	1 turn
<i>B</i>	<i>Novice Men Final</i>	<i>500</i>	<i>.311</i>	<i>1 turn</i>
<i>C</i>	<i>Coed Open Final</i>	<i>1000</i>	<i>.622</i>	<i>3 turns</i>
31	Sr. Master Women (45)	500	.311	1 turn
32	Sr. Master Men (45)	500	.311	1 turn
33	Open Women	1000	.622	3 turns

#	<i>EVENTS</i>	<i>METERS</i>	<i>MILES</i>	<i># OF TURNS</i>
34	Coed Master	500	.311	1 turn
35	Open Men	1000	.622	3 turns
D	<i>Coed Novice Final</i>	<i>500</i>	<i>.311</i>	<i>1 turn</i>
36	Coed Sr. Master	500	.311	1 turn
37	Open Women	500	.311	1 turn
38	Open Men	500	.311	1 turn
E	<i>Open Women Final</i>	<i>2000</i>	<i>1.244</i>	<i>7 turns</i>
F	<i>Open Men Final</i>	<i>2000</i>	<i>1.244</i>	<i>7 turns</i>
G	<i>Open Women Final</i>	<i>1000</i>	<i>.622</i>	<i>3 turns</i>
H	<i>Open Men Final</i>	<i>1000</i>	<i>.622</i>	<i>3 turns</i>
I	<i>Open Women Final</i>	<i>500</i>	<i>.311</i>	<i>1 turn</i>
J	<i>Open Men Final</i>	<i>500</i>	<i>.311</i>	<i>1 turn</i>

Awards for Junior Events will occur before Event 26 or as soon as results are available. (Last Junior event is #23). Awards for adult crews will be bundled and distributed to the club coach for distribution to paddlers should the day run too long for an award ceremony. Overall Club Trophies for the day will be presented at the end of the regatta day.

V-1 Events:

Championships for all V-1 events will take place at the last regular regatta of the regatta season. There will be no V-1 events held at the NCOCA Championship Regatta.

Demonstration Events:

Demonstrations Events may be staged prior to the regular regatta start time at the discretion of the hosting club. These demonstration events must be completed 15 minutes prior to the regular schedule of events. Officials will be the responsibility of the hosting club. Awards but no points will be awarded to demonstration events. Registration and race fees for demonstration events will be handled at the regatta site at a time announced in the invitation letter from the hosting club. Lanes will NOT be drawn in the weekly Drawing of Lanes process.

Regatta Day Schedule

7:30 a.m.	Registration opens for first event check in
8:00 a.m.	Coaches' Meeting
8:45 a.m.	Opening Ceremony / Introductions by host
9:10 a.m.	Back to Club area for meeting
9:15 a.m.	First race of the Day Starts
Mid-Day	Distribution of Keiki Event Awards
2:00 p.m.	Last Call for sign in of events
End of the day	Overall Award Point Trophy Presentation for the day

B. Scoring of Events:

1. Age Group, Novice & Masters Division Events (V-6):

Place	Points
First	5
Second	3
Third	2
Fourth	1

2. V-1 Events:

Place	Points
First	3
Second	2
Third	1

V-1 awards are issued for each class (traditional & rudder divisions).

3. Open Division & Coed Open (V-6):

Place	Points
First	5
Second	3
Third	2
Fourth	1

a. Additional points for first place as follows:

- 1) 1000 meters 1 point
- 2) 2000 meters 2 points

b. Points are awarded after Finals only.

4. Single Entry:

In the event of only one entry in an event, that entry shall run the full course for time. In order to receive the first place points and award, the entry must be within 30 seconds of the time set for its classification at the last regatta where the event was run. Failure to equal this time will result in the entry automatically receiving second place points and award. The only exception will be the first regatta of the season which will establish the time.

C. Awards:

1. First, second and third place awards shall be given in all V-6 and V-1 events; fourth place shall be awarded at the NCOCA Championship Regatta.

2. Any club in penalty and not permitted to accumulate points will receive awards for those places they rightfully win and their award points will be discarded. No other club will be awarded these discarded points.
3. First, second and third place point trophies shall be given by the hosting club at each regatta. V-6 event points shall be accumulated at each regatta to determine the awarding of trophies.
4. The club accumulating the most points up to, but not including the Championship Regatta, will be presented the overall season trophy. Second and third place overall trophies will also be awarded.
5. V-1 event points will be accumulated separately throughout the regatta season and the NCOCA will award first, second, and third place trophies at the last regular sprint regatta prior to the Championship Regatta.
6. First, second, third and fourth place Championship awards shall be provided by the NCOCA for the V-1 events at the last regular regatta of the regatta season. These awards will be distributed by the Host Club of the last regatta.
7. Long distance races will not be scored.
8. Championship Regatta Scoring & Awards System:

- a. Championship Divisions:

Double A (AA) -- consisting of clubs of 10 or more crews

Single A (A) -- consisting of clubs of 9 crews or less

The division assignment of each club will be determined by the average number of V-6 events a club raced during the regular regatta season. The assignments will be published after the last regular regatta of the season. Single A clubs may compete as AA by drawing lanes for ten or more events; AA may not be reclassified to A. There will be no changes made to the division assignments regardless of race day scratches.

EXAMPLE 1:

Club A enters 9, 10, 8, 8, 9 (events) in 5 regattas prior to the Championships. The total events of 44 are divided by 5 regattas which equals 8.8 average events. Club A is classified as Single A division for the Championships and may enter up to 9 events. Club A will automatically be reclassified to Double A if 10 or more lanes are drawn for the Championship Regatta.

EXAMPLE 2:

Club B enters 10,11,9,10,9 (events) in 5 regattas. Total events of 49 is divided by 5 regattas which equal 9.8 events. Club B is classified as Double A and must compete in the Double A division.

- b. Scoring will be the same as regular season scoring in each division, (A) and (AA).

- c. Three (3) trophies will be awarded in each division, except when a tie is absolute in third place. When a tie in third place cannot be broken, two (2) third place trophies will be awarded.
- d. Regatta Season Divisions: Should a club wish to provide overall trophies for A and AA divisions, the following procedure will be utilized to assign each club to a division for the regatta:

Division assignments will follow the A & AA crew counts as in a. above.
Crew count will be determined by the published lane draw (Friday prior to the regatta)

9. Ties:

- a. In the event of a tie in any one event, the total points of the placing shall be equally divided and awarded to each team.

EXAMPLE 1:

If two teams are tied for 2nd place, they would receive 2-1/2 points each (2nd place = 3 points and 3rd place = 2 points which totals 5 points, divided by 2 teams = 2-1/2 points per team). The next in line shall receive its just reward of 1 point for 4th place. (Age Group Events)

EXAMPLE 2:

If two teams are tied for 1st place in the OPEN MEN's 1000 meter race where 7 crews were entered in the final, they would receive 8.5 points each. (6 canoes beaten for 1st place + 5 canoes beaten for 2nd place + 4 points for 1st place in 1000 meter event + 2 points (1 ea for racing) = 17 points divided by two). The next crew shall receive 3rd place points, 4.

- b. In the event of a tie for total points for the first place overall in any regatta, the team with the most first places will be the first place winner. If the number of the first places are tied, then the team with the most second places will be declared the overall winner. This rule shall also apply to third and fourth places.

10. Standard Medal & Ribbon Colors:

Place	Medal	Ribbon
First	Gold	Blue
Second	Silver	Red
Third	Bronze	White
Fourth	Bronze	Yellow

11. Award Requirements:

V-1 Events (12) X 2 divisions (trad & rudder) = 24
 V-6 Events (26) X 6 paddlers/crew = 156
 Total Awards per Color (gold, silver, bronze) = 180

*Note 1: Championships require a 4th place medal, additional 180 pieces.

**Note 2: Host of the last regular regatta does NOT need to purchase V-1 awards as that regatta is the Championship for V-1 Events. The NCOCA will provide awards (24 of each color) to be awarded at the last regular regatta of the season. For that event, only 156 awards are needed.

D. Multiple Entries:

1. Each member club shall be limited to two (2) entries per V-6 event except in the demonstration events where only one crew may be entered in each event (men and women) and where the V-1 events are limited to 3 entries per event.
2. For clubs submitting more than one entry per classification, each crew will receive its just awards and points.
3. Where clubs have more than two (2) junior crews for an event, they may draw a lane for any number of crews.

E. Unofficial Entries:

There will be no unofficial entries by any club. If a crew is not legally entered in any race, that crew is not an official crew.

A crew racing in the wrong heat will be considered an unofficial entry and be disqualified.

F. Race Entries by Non-Association Members:

1. The following procedures will govern race entries from invited canoe clubs outside the Association.
 - a. Each paddler will be charged a \$5.00 registration fee, payable to the NCOCA on race day. However, the hosting club may charge additional race fees.
 - b. Any entry that places first, second, or third shall receive awards but shall not receive any points. Points shall be awarded to the Association member clubs and the rule for multiple entries shall apply (Article I.D.).
 - c. Proof of insurance or compliance with current NCOCA insurance is required.

II. CLASSIFICATION OF PADDLERS:

A. Age Group Division:

1. 12 and Under. Any paddler who has not reached their 13th birthday by the first scheduled regatta of the calendar year.
2. 14 and Under. Any paddler who has not reached their 15th birthday by the first scheduled regatta of the calendar year.

3. 16 and Under. Any paddler who has not reached their 17th birthday by the first scheduled regatta of the calendar year.
4. 19 and Under. Any paddler who has not reached their 20th birthday by the first scheduled regatta of the calendar year.

Age group paddlers may not return to the age group division once they have paddled in an Open Division event. Paddlers in this division may race one age group event and one coed event for which they qualify per regatta:

- a) 14 & under, coed junior (14);
- b) 19 & under, coed junior (19)

12 or 14 & under may paddle for 2 clubs per regatta; 16 or 19 & under may paddle for one club per regatta. V-1 Events are excluded from the 2 club restriction for this division.

B. Novice Division:

Open to any paddler who has never paddled in Open Division or Age Groups in the NCOCA. A person may compete in this classification for two consecutive years. A Novice paddler may race in the demonstration, Coed or Long Distance events and remain Novice for two years. Novice must move up to the Open division in the third year in the NCOCA. Novice paddlers may paddle in two events for which they qualify per regatta:

- 1) Novice, and coed novice; or
- 2) Novice, and coed open; or
- 3) Coed novice and coed open

EXAMPLE:

Paddler races Novice & Co-ed Novice in first season with NCOCA, the same paddler races long distance events in August of that year and may return for his/her second regatta season racing Novice the following year. However, if the paddler does not return in the following regatta season, he/she must paddle in the Open division if he/she returns in a future season.

Steersperson: A novice crew of 5 qualified novice paddlers may utilize an open steersperson (18 years or older) who may steer by poking only and may not paddle. Steersperson will wear an orange vest to identify the non-novice steersperson. The steersperson will not lose eligibility to race in their own classification during the regatta.

C. Open Division:

Open to any paddler not participating in Age Group or Novice Divisions. V-6 Paddlers may enter three events for which they qualify per regatta:

- 1) Three open division events; or
- 2) Combination of open master or senior master event; or
- 3) Two open, master, or senior master and one coed event.

4) One open and two coed events.

No limitations have been placed on V-1 entries at this time.

D. Masters Division:

1. Masters: Open to any paddler 35 years and older. Paddlers in this classification are also eligible to paddle in the Open and Coed Division events. V-6 Paddlers may enter three events for which they qualify per regatta:
 - a) Up to two open division and one master event; or
 - b) Coed open, coed master and one master event; or
 - c) Combination of open, master and coed open or coed master event;
2. Senior Masters: Open to any paddler 45 years and older. Paddlers in this classification are also eligible to paddle in the Open Division and Demonstration events. V-6 Paddlers may enter three events per regatta:
 - a) Up to two open, master and one sr. master event; or
 - b) Combination of open, master and sr. master coed with master and sr. master event;
3. Kupuna: Open to any paddler 55 years and older. Paddlers in this classification are eligible to paddle in the Master, Open Division and Demonstration events. Only V-1 events are currently classified as Kupuna.

E. Coed Division:

1. Junior (14): Open to any paddler 14 years and younger. Crew is to be made up of 3 females and 3 males. Paddlers may paddle in one additional V-6 Age Division event.
2. Junior (19): Open to any paddler 19 years and younger. Crew is to be made up of 3 females and 3 males. Paddlers may paddle in one additional V-6 Age Division event.
3. Novice: Open to any novice paddler. Crew is to be made up of 3 females and 3 males. Paddlers may paddle in one additional Novice Division V-6 event.
4. Open: Open to Open Division and Master Division Paddlers. Crew to be made up of 3 females and 3 male paddlers. Paddlers in this classification may paddle in one additional V-6 open or masters event or an additional coed event for which they qualify. Novice paddlers are eligible to paddle in this classification of this division.
5. Master: Open to any Masters Division paddler. Crew to be made up of 3 female and 3 male paddlers. Novice paddlers are not eligible.
6. Sr. Master: Open to any Senior Master Division paddler. Crew to be made up of 3 female and 3 male paddlers. Novice paddlers are not eligible.

F. V-1 Events:

1. V-1 Junior Girls (16): Open to any female paddler 16 years and younger.
2. V-1 Junior Boys (16): Open to any male paddler 16 years and younger.
3. V-1 Junior Women (19): Open to any female paddler 19 years and younger.
4. V-1 Junior Men (19): Open to any male paddler 19 years and younger.
5. V-1 Open Women: Open to any female paddler.
6. V-1 Open Men: Open to any male paddler.
7. V-1 Master Women: Open to any female paddler 35 years and older.
8. V-1 Master Men: Open to any male paddler 35 years and older.
9. V-1 Sr. Master Women: Open to any female paddler 45 years and older.
10. V-1 Sr. Master Men: Open to any male paddler 45 years and older.
11. V-1 Kupuna Women: Open to any female paddler 55 years and older.
12. V-1 Kupuna Men: Open to any male paddler 55 years and older.

Note: Novices may paddle in any V-1 event they otherwise qualify for.

G. General Rules:

1. NCOCA will impose a Paddler's fee of \$5.00 per paddler, per race at each sanctioned regatta. Paddlers' fees are payable to the NCOCA Treasurer following the drawing and verification of the lanes and before the first event of the regatta. These monies are non-refundable. For each crew on the water during a regatta, the hosting club will receive one half of the Paddler's fee collected by the NCOCA after insurance expense.
2. Two V-6 crews may be scratched without penalty at each regatta; fees for those crews will roll forward to the next scheduled regatta. The fees paid for the third and subsequent scratched crews will be credited to the NCOCA Sunshine Fund.
3. An NCOCA identification card will be required of all participating paddlers (NCOCA 13). It will consist of a photograph, signature, date-of-birth, member club, and ID-Number. It will be the responsibility of each club to provide NCOCA with photo and signed I.D. Card form.
4. Novice and Junior paddlers may enter two events for which they qualify; Open paddlers may enter no more than three events for which he is qualified in one day, with the exception of the V-1 and Demonstration events. Open steersperson for novice and

age division crews are not considered part of the crew for races in which they perform this function.

5. Substitute Paddlers: Paddlers registered in the age group division (12 through 19 & Under) may paddle as a substitute for ANY CLUB within the Association at any given regatta without penalty. The paddler is not to be transferred between clubs nor locked into the age classification for which they substitute. 12 or 14 & Under paddlers may paddle for two clubs per regatta day. Paddlers ages 15 through 19 may only paddle for one club per regatta day.

The crew accepting substitute paddlers must have at least three (3) members from the same club and that club will be the one represented in the regatta. Maximum age rules of the crew will apply; it is the responsibility of the club soliciting (using) substitute paddlers to verify eligibility of the paddler with the parent club. Novice paddlers require coaches' release on the Crew Roster for the event.

III. ELIGIBILITY:

A. Clubs:

Any member club of the NCOCA who has complied with the registration and classification rules, paid their membership dues and has no outstanding debts owing the Association and has presented a copy of their Constitution, Bylaws and Articles of Incorporation shall be considered a member club in good standing and shall be eligible to compete in regattas and races sponsored by or sanctioned by the Association.

Clubs in arrears financially to the NCOCA will not be allowed to compete until such arrears are cleared up.

Regional Clubs who are not yet members of the NCOCA are allowed to participate in NCOCA events as invited guests for up to one calendar year.

B. Paddlers:

A male or female paddler who is a member of a recognized NCOCA club is eligible to participate, subject to the classification and registration rules (Articles II. and IV.).

C. Safety:

1. Safety on the water will be enforced at all times. For safety purposes, a paddler must be physically fit to race.
2. Paddlers with casts or other medical aids that would impede their safety on the water will be allowed to paddle only if they wear a life jacket and submit written permission from their doctor. (Name, address and phone number of physician must be printed on authorization.)
3. Failure for not having life jackets in a canoe participating in a Sanctioned Regatta or Distance Race will result in a disqualification of that crew. V-1 paddlers must wear a life jacket or have it secured to the canoe.

4. All non-swimmers and 12 and under paddlers must wear life jackets.
5. All 12 and under crews must have an adult steersperson (18 years of age) in the canoe. The adult must be seated in seat 6 with 5 qualified paddlers in the canoe. 14 & 16 and Under crews have the option of having an adult steersperson. In such a case, the adult must sit in seat 6, eliminating one of the regular crew members. The adult will steer by poking only.

The gender of the adult steersperson must be appropriate to the crew it is assisting.

6. Each club is responsible to have sufficient first aid equipment for their club at any race site. Recommended supplies are: blankets, first aid kit, propane heater, ice chest with ice.

D. Waivers:

All paddlers must have a signed waiver on file with the NCOCA releasing the member club and the NCOCA of any liability. No paddler will be able to race until this waiver form is on file and must be signed each year. Every member club must have proof of insurance to participate in any NCOCA regatta or race.

New waivers are due to the Race Clerk by March 31st of each year on all paddlers.

IV. REGISTRATION:

A. Registration Cards:

1. For each club member, the member club shall file with the NCOCA Race Clerk a signed waiver prior to the first regatta date of the season and no later than 5 p.m. on Thursday before the first race the paddler participates. New paddlers and/or paddlers participating in age groups events will submit a copy of an age verification document (as listed in B. Below) attached to the waiver.
2. An Association I.D. Card, NCOCA 13, will be required of all paddlers. This card must be presented when checking in with the Race Clerk and upon signing NCOCA 2. I.D Cards are prepared and laminated by the member club. The following card colors must be used:

Age Group (12 - 19)	Light Blue
Novice	Pink
Open	Yellow
Masters	White

B. Verification of Age:

All paddlers will submit a clear and easy to read **copy** of Certificate of Birth from the Health Department Bureau of Vital Statistics, Baptismal Certificate, or affidavit from

his/her school principal, Driver's license, medical card, or passport to the Race Clerk. All photocopied documents must be legible.

C. Race Rosters:

The Official Race Rosters (NCOCA 2 or 2a) will be submitted to the NCOCA Race Clerk at the time of check-in. No changes may be made after the crew has been signed in and stamped for the event.

Race rosters must include the heat and lane assignment of the crew at the time of registration or the crew will be rejected by the sign in desk. Keiki V-6 crews and V-1 paddlers must be accompanied to the registration desk by their coach.

A crew who progresses forward from a heat race to semi and/or final must sign in the same 6 paddlers for the semi and final race during that regatta with no exceptions. An incomplete crew must withdraw prior to the event semi or final race to allow the lane to be filled by the next qualified crew.

D. Confirmation of Paddlers:

All crews must check in with the Race Inspector prior to advancing to the starting line. If for any reason an inspected canoe returns to the beach prior to the race, the crew must be re-verified by an inspector or Race Official. Failure to do so will result in a disqualification of that crew.

E. Transfers and Releases:

1. Transfer of Paddlers. A paddler may be transferred only once during the regatta season which is defined as the first scheduled regatta through the last regatta prior to the championship regatta with the exception of 19 and Under paddlers and Novice paddlers (II.G.5.). Novices must be released by the coach of their home club by completing the release on the crew roster form, NCOCA 2.
2. The penalty for an ineligible paddler shall be the suspension of that paddler from the next scheduled sanctioned regatta.
3. Submission of transfer. All transfers must be submitted to the Race Committee on an official Transfer Form, NCOCA 5. The form must be signed by the petitioning paddler and the club authorized to sign and approve said transfer.
4. Review of Transfer Request by the Race Committee. The Race Committee, upon receiving the transfer request form, shall record the date the form is received and expeditiously forward the form to the NCOCA race clerk. If the transfer request is disapproved by the member club, the Race Committee shall review the form and make the final decision on the matter. The petitioning paddler and the member club official shall be notified accordingly. A transfer form is required when a paddler decides to leave the club with whom he/she is registered and has paddled with during the regatta season.

5. Paddler in Debt Financially and/or Withholding Property. No paddler shall be eligible for transfer and release if he is in debt financially to and/or withholding property of the member club, in which case the club involved must be able to submit convincing evidence (documented proof) to the Race Committee, before the next scheduled regatta.
6. Paddler Declared "Free Agent". Any paddler who has paddled for a club and finished that regatta season or any paddler who paid his/her dues to the club and has not paddled for that club for an entire season shall, at his/her request, be declared a "free agent" even without approval of the proper club official, providing he is not in violation of Article IV.E.5., financial indebtedness.
7. Paddler may paddle for one club per regatta.

V. EQUIPMENT:

A. V-6 Canoe Specifications:

1. The hull of the canoe shall be made of solid wood or structural composite material (i.e. fiberglass). Each canoe, including manu, gunwales, wae, seats, and any structural addition such as ribs, patches, fiberglass, etc., but not including the ama and iako, shall weigh not less than 400 pounds. If weights are needed to bring the hull weight to 400 pounds, such weights shall be permanently affixed to the canoe at such location(s), to allow for ease of inspection by the Race Officials at any time during a regatta. Permanently affixed is defined as: Bolted down by metal fasteners or encased in structural composite material.
2. Names, colors, numbers must be approved by the Association Board of Directors. Canoe weight certification and inspection form, NCOCA 9, shall be on file with the Association Race Clerk prior to the first regatta. At any time during the year, at the discretion of the Race Committee and/or under protest, canoes may be weighed.

**Black Numbers: 5" height minimum
1" stroke width**

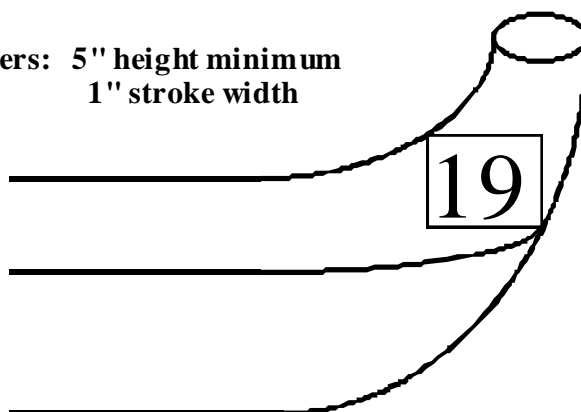


Diagram: Identification Placement

Numbers will be assigned to each NCOCA member's canoe by the Race Chairman.

The numbers are to be permanent and visible on each side of the front manu of each race canoe. See diagram above for location. Future numbers will be assigned to new canoes at weigh in. Canoe Numbers must be visible from a distance for finish line purposes and should be ***black or a contrasting color to the manu color*** of the canoe. Canoe numbers must be displayed on all canoes used for distance racing.

3. Clips and lane numbers for sprint events must be affixed to the forward manu between the spray skirt and the horn. Numbers shall be black on a white vertical background; 6” minimum height, 1” minimum stroke width. Clubs must provide their own set of lane numbers and holders.
4. No attachable fins, keel or other device shall be allowed.
5. No covering on the top of the canoe to prevent swamping shall be permitted except in distance open ocean races.
6. Any additional accessories shall be brought to the attention of the Race Committee for discussion and approval.
7. Six (6) Life jackets are required in all canoes.

B. V-1 Canoe Specification:

1. The canoe may be made of any material. The overall length of the canoe shall not exceed 27 feet and will have no minimum weight restrictions. The hull shall be of such a design that it is not self-supporting without the aid of iakos and one ama. There must be integral buoyancy capable of floating the canoe in a horizontal position when the canoe is full of water.
2. Clips for race lane numbers must be fixed to the forward manu (V.A.3 above). Number cards are issued during event registration.
3. V-1 Definition:
 - a. Traditional: Keels and rudders are not allowed. Fixed rudders used during practice must be removed prior to racing; kick up rudders may be locked up and clear of the water prior to racing.
 - b. Rudder: Attached keels and rudders are allowed.
4. V-1 Classes: Each class will be given points and awards. A traditional or rudder canoe may be used in all V-1 events; paddlers must indicate their class on the sign-in roster (NCOCA 2a).
5. A minimum of three (3) V-1 entries in either division constitutes a race.
6. Life jacket is required in each canoe or may be worn by the paddler

C. Paddle Specifications:

1. Paddles will be of conforming size and may be fabricated (constructed) of wood, fiberglass, or other composite materials.
2. Extra paddles may be carried in each canoe during a race.

D. Miscellaneous:

1. Canoes, paddles, etc., not meeting the specifications herein, may not be used in NCOCA sanctioned races, and the ruling of the Race Committee on this matter shall be final.
2. Any crew using nonstandard equipment during a race shall be disqualified.
3. The Race Committee may conduct inspection of equipment at any time.
4. During a sanctioned race or regatta, each club is fully responsible for its own property damage.
5. Clubs hosting any race shall be insured as required by the State of California and the Association.

VI. RACE COMMITTEE:

- A. The Race Committee shall consist of a representative from each member club and will be presided over by a Race Committee Chairman as specified in the Association Constitution and Bylaws. The Chairman will be paid \$100 per regatta as the head Race Official.
- B. A Race Secretary shall be appointed to the Race Rules Chairman by the Race Committee. The Race Secretary shall maintain the race rules, meeting minutes and race results. The Secretary will be paid \$150 per regatta for preparing race results at each regatta.
- C. A Race Clerk shall be appointed by the Race Committee to handle all paddler registration and verification as described in these rules. The Race Clerk shall be paid \$150 per regatta for performing these duties.
- D. The Race Committee shall be responsible for the review and revision of the Official Race Rules every two (2) years coinciding with the election of the new Executive Officers of the NCOCA. If the race committee sees the need to revise rules prior to the close of the 2 year period, a special meeting to make specific modifications may be called with a two-thirds (2/3) majority vote of the Race Rules Committee Representatives. The Race Committee shall meet at the end of each regatta to critique and revise operations for the next scheduled regatta as needed.
- E. Other duties and responsibilities of the Race Committee shall be:
 1. Give its governance to the Association Board of Directors pertaining to the approval of sanctioned regatta or race.

2. Review all transfers and releases submitted on the official transfer form, NCOCA 5. Render decisions on those transfers disapproved by any member club.
3. Inspect and approve canoes, paddles, equipment and any additional accessories, including the weighing of canoes, when required or at any time.
4. Review and approve the race officials.
5. Conduct one Race Clinic per year.
6. Review and render a decision on a filed protest pertaining to the negligent performance of a race official.
7. Assist in acting as officials, inspectors, etc. for regattas and open sea races.
8. Assist in settling any unusual or un-clarified situations occurring at a race site or an open sea race.
9. The Race Committee shall qualify all race site locations, re-qualify existing sites when major changes occur, and publish a yearly list at the July Quarterly General Membership Meeting of the NCOCA.
10. Provide a coach's meeting prior to the start of each regatta regardless of the lane set-up or other activities at the race site. The meeting shall take place 30 min. to 1 hour prior to the schedule race starting time.

VII. OFFICIALS:

A. Race Officials:

1. The Race Officials shall consist of no more than six persons knowledgeable in the NCOCA Race Rules and who have been approved by the Race Committee.
2. The Race Officials shall:
 - a. Preside at all regattas or races of the Association.
 - b. Start the races at the published hour but no later than 0900 on regatta day. They shall insure that all equipment is functional and that all the race officials and assistants are ready.
 - c. Insure that all races are conducted in accordance with the Association Race Rules.
 - d. Give complete attention to the races at all times and not be intimidated by anyone when calling out violations, acting on protests lodged, recording violations on the Official Judgment Call Form, NCOCA 11, and turning in same to the Association Race Clerk.

- e. Be stationed at each of the flag areas, on shore, and on the official's boat. The official on the boat will be equipped with a stopwatch for the purpose of timing interferences and obstructions.
- f. Judge on interference by obstructions not part of the race course. They may order a race to be re-run or order the deduction of time from the canoe that is kept from advancing.
- g. Upon receipt of a protest, immediately page the coach of the club being protested and notify him/her personally that the protest has been lodged against his/her crew.
- h. Render a joint decision on all violations and protests as soon as possible and prior to the end of a regatta. If the last event is protested, the officials have 15 minutes to render a decision on that event. The decision of the Race Officials on matters under its cognizance shall be binding and final.
- i. Shall have familiarized themselves with the race rules.
- j. Attend and conduct one race clinic under the jurisdiction of the Race Committee. It is mandatory that head coaches for each club attend at least one of these clinics. For geographical purposes, the clinics will be held in different, equitable locations.
- k. Be paid per regatta, by the Association. The Board of Directors will rescind an official's fee if that official is found negligent in the performance of his/her duties. However, a protest must be filed against the individual and acted on by the Race Committee.

1. Paid Officials:

Head Timer	\$75
Head Starter	\$50
Head Spotter	\$50
Recorder	\$50
Assistants (2)	\$25

B. Regatta Officials:

1. Club Responsibilities:

- a. Each member club shall be assigned to fulfill duties as Regatta Officials at each sanctioned regatta. The Race Chairman will publish a schedule of officials at each regatta and will distribute the duties out equally among the NCOCA clubs. If an official is not supplied when assigned, the race representative for that club will serve for the day. A fine of \$25 for first offence of not furnishing required officials applies, \$50 for the second offense in the regatta season.
- b. Check In Desk Staff: Each club will provide 2 members to be trained in regatta registration duties. Resulting trained staff will be selected to work at two or more regattas during the regatta season. Approximately 6 members will make up the staff for each regatta and will be determined by the Race Clerk. Those scheduled to

work will be notified prior to the regatta of the time to report and length of their shift. A lead person will be selected and up to 6 staff will receive compensation of \$25 for their service. The fine for not providing staff when assigned is \$50. The backup person for each club will be the Club's President. A club not attending a regatta is not sufficient reason to be released from this NCOCA obligation.

2. These officials shall be assigned one of the following duties:
 - a. Staff of up to 6 to perform Check In duties reporting to the Race Clerk, as described in 1.b, above.
 - b. One (1) assistant to the starter, if needed.
 - c. One (1) assistant to the race recorder.
 - d. At least one (1) assistant to the Head Timer to perform back up timing.
 - e. One (1) assistant to the Race Secretary to assist in updating the race results throughout the race day.
 - f. Race Officials and Inspectors (2) are to verify that the added weights are permanently affixed to canoes at specified locations, and that the life jackets are present in the canoes. Responsibility shall also include the verification of NCOCA Form 13, at the official inspection area immediately before each race event. Any discrepancy shall be reported to the Race Officials as soon as possible.
 - g. Not less than five (5) judges to be stationed: one at the starting area and not less than four (4) at the turn flag area (Article VII.A.2.e.).
 - h. Runner(s) for the officials use.
3. The announcer shall be the responsibility of the hosting member club. There shall be an announcer attending the P.A. System and VHF radio announcing at all times.

C. Official Equipment:

1. At least two (2) power boats will be furnished by the hosting club to carry regatta officials conducting starts and the inspection of race conditions. If at least one power boat is not provided, the regatta will be canceled and the hosting club will be fined \$150. First support boat must be on the water and available at 7:00 a.m. to assist in lane setting if required.
2. The boats shall be used in any emergency situation as circumstances may dictate. In this regard, the governing criteria used shall be to avoid the loss of life and the prevention of injury to a crew member.
3. NCOCA will contract for lane setting at Sprint Regattas. The contract holder is not responsible to provide any additional water support for the regatta. The Host club is

responsible for coordinating with the lane setter for access to the park and arranging course setup prior to the regatta date.

4. Communications: All clubs are required to have a VHF radio on hand at all race sites to be utilized for event communications of regatta schedule, sign in, calling for coaches, etc. Event procedures will be created and will include a 'radio check' at the start of each event. NCOCA will provide radios for race officials.
5. Sound System: Amplifier and speaker system will be maintained by the NCOCA and be the responsibility of the host club for setup at the site. Such sound system will not be relied upon for official communication of race status, VHF radio communications is relied upon for official announcements.
6. Timing and Finish Line Equipment: NCOCA will provide hand held timer(s), finish line computer and finish line video camera/tripod.

VIII. RECEIPT OF ENTRIES AND DRAWING OF LANES:

A. Receipt of Entries:

1. Paddlers for each crew will be called up to register for their specific event any time after 0730 hours on race day. Upon checking in at the Race Clerk's station:
 - a. The coach or crew captain will present the race roster, NCOCA 2, with necessary waivers and age verification copies attached.
 - b. Each paddler will present his/her I.D. Card, NCOCA 13, and will be required to sign the Official Race Roster, NCOCA 2.
 - c. I.D. Cards will be checked and verified for correctness.
 - d. Each paddler will be marked on his/her arm with the correct event number. No paddler will be marked until his/her I.D. Card is checked and verified for correctness.
 - e. Heat and lane assignments are to be added to the race roster, NCOCA 13, by the coach following the coaches meeting and prior to event sign in.
2. Paddler I.D. Cards will be retained by the paddler and must be presented again if the crew progresses to the next stage in that event.

B. Drawing of Lanes:

1. The drawing of lanes will take place on Wednesday (or 72 hours) prior to the regatta date by the Race Committee Chairman or designated committee member and published to the NCOCA Clubs via email or web posting on Friday afternoon.

All clubs will submit on a Drawing of Lanes form, NCOCA 4, the names of events they intend to participate in, the number of entries in those events. If modifications to

the submitted list are known prior to 2100 hours on Wednesday, they must be called in to the Race Committee Chairman for inclusion in the lane drawing process. No additional crews will be accepted after drawing of lanes is completed.

2. It shall be the responsibility of the Race Committee to post lane assignments at 0800 on regatta day at the regatta site.
3. Crews may be scratched on regatta day:

Scratches can cause changes in the number of heats to be run in a particular event; therefore, if the remaining number of crews can be run in one heat, the heat with the fewest number of crews will move into the open lanes in the larger heat. If their lane assignment from their heat is open, they will retain that lane. The remaining crews will be assigned by redraw by the Race Chairman for the open lanes. Where multiple heats exist, see section VIII. C. Progression System for ruling.

4. Clubs will have to draw from all lanes available even if there is only one entry.
5. A club must have raced a minimum of 2 regattas in a specific event to be eligible to draw a lane for that event at the Championship Regatta.

C. Progression System:

The progression system shall consist of FINALS and, if necessary, HEATS and SEMI-FINALS. Those crews advancing out of each heat are placed in the semi-finals or finals; all others in the heats are eliminated. In events having semi-finals, those crews advancing out of each semi-final heat are placed in the final; all others in the semi-finals are eliminated.

Random lots or a randomized computer program shall be used to determine the composition of heats and assignment of lanes. If possible, teams from the same club will be assigned separate heats so long as the seeding rules are not compromised. All other unseeded teams will be assigned at random.

The following shall form the progression for six (6), seven (7), and eight (8) lane race courses. If the number of entries exceeds the number contained in the rules, the Race Chairman will devise an appropriate progression. Once the form of the progression has been published according to the number of entries received and lanes available at the race site, it may be changed under the following circumstances:

- a) If the number of scratches changes the form of the progression;
- b) If the number of lanes changes due to some unforeseen circumstance.

PROGRESSION CHART

ENTRIES	HEATS	Advance from Each Heat	Semi-Final Advance to Finals
<u>6 LANES</u>			
1 - 6	Final Only		
7 - 12	2	3	Final
13 - 18	3	2	Final
19 - 24	4	3	2 3
25 - 36	6	2	2 3
37 - 42	7	3	3 2
<u>7 LANES</u>			
1 - 7	Final Only		
8 - 14	2	3*	Final
15 - 21	3	2*	Final
22 - 28	4	3*	2 3*
29 - 35	5	3*	3 2*
36 - 42	6	2*	3 2*
<u>8 LANES</u>			
1 - 8	Final Only		
9 - 16	2	4	Final
17 - 24	3	2*	Final
25 - 32	4	4	2 4
33 - 40	5	3*	2 4
41 - 48	6	4	3 2*

**Use next fastest times to fill in lanes as needed.*

D. Crew Seeding:

Seeding will be designed to assign teams to heats so that the most competitive teams will not race against each other. This allows the best teams the opportunity of advancing to the finals. Seeding of heats will be based on information supplied by each club if they have multiple entries in any one event. Seeding will also be based on the results from the previous regatta finals, an example follows.

Example: Six Lane Site, Two Heat & Three Heat Races

<u>Heat</u>	<u>Finish from Previous Final</u>
1	1, 3, & 5 place, remainder random
2	2, 4, & 6 place, remainder random
1	1 & 4 place, remainder random
2	2 & 5 place, remainder random
3	3 & 6 place, remainder random

E. Advancing to Finals:

When advancing teams from heats to the next stage of racing, teams will be assigned to a specific lane to ensure the fastest qualified crews are position in the middle of the course. This applies to finals, quarter finals, and semi-finals. The draw will be performed by the

race officials. Lane assignments for the events will be posted as soon as possible after verification of results of all heats in an event.

1 st place, heat 1 – best time	Lane 3
1 st place, heat 2 – next 1 st place time	Lane 4
2 nd place, heat 2 -- best time 2 nd place	Lane 2
2 nd place, heat 1 – next 2 nd place	Lane 5
3 rd place, heat 2 – best 3 rd place time	Lane 6
3 rd place, heat 1 – next 3 rd place time	Lane 1

F. Cancellation of Finals:

Finals may be cancelled by the Head Regatta Official (Race Chairman) if the regatta day is expected to run too long were the Final Races to be held. The Head Official may take a poll of the Race Committee, Club Coaches, or Club Presidents prior to making such a determination. When such a decision is made, events which required Heats or Semi-finals will use the finish times of those races to determine winning crews. No re-drawing of heat or lane assignments will be done.

IX. FLAT COURSE RULES:

A. Course:

1. The official Association race course shall be 250 meters in length and shall be laid out in equal lanes, preferably 80 feet wide, and not less than 50 feet wide. The lanes to be used shall be consecutive and commence with Lane 1. For courses running parallel to shore, Lane 1 shall be closest to shore. For courses running generally away from the shore, Lane 1 shall be the farthest left lane of the course looking seaward. For 250 meter courses, a lane will be designated by a flag of the same color at each end of the course.
2. Flags shall have a minimum dimension of 24 inches; shall be made of lightweight, quick drying cloth, and be of significantly different colors such that no two lanes shall have the same colored flag.
3. There shall be at least seven (7) lanes set at each sanctioned regatta.
4. Floats will be placed at the midpoint between the flags to indicate the division of each lane.
5. Single man (V-1) canoes will use half the lane width of the six man course. This is Lane 1 will be from the first float to the first lane flag, lane 2 will be from the first lane flag to the next float, and lane 3 will be from the float to the second flag, etc. allowing for 12 canoes per race on a 6 lane course.

B. Starting and Starter's Duties:

1. All starting procedures shall be in accordance with the instructions from the head official's area to the officials' boat. This boat will use flag signals only. . *The integrity*

of the start is strictly the responsibility of the crews paddling. All canoes must start from a standstill.

- a. An **ORANGE** flag raised indicates that the officials are ready and crews racing in that event have **five (5) minutes** to check in with the inspectors at the official area, then proceed to their assigned lane *behind* the buffer zone as soon as possible. .
 - b. Once all canoes for the event are on the water, a horizontal green & white flag indicates crews will have up to 30 seconds to get their canoes inside the buffer zone and “pull up” to the start line
 - c. The raising of the WHITE flag will indicate "paddles up". The OFFICIAL START will be signified by the raising of the GREEN flag. There will be five (5) seconds between the waving of the WHITE flag and the raising of the GREEN flag. The GREEN flag will be kept raised for ten (10) seconds and then lowered, indicating an official race.
 - d. If a canoe is being assisted by being held at the starting line, that assistant must release his/her hold at the raising of the WHITE flag, and by no means initiate a forward motion to the canoe. Failure to release the canoe in time and/or cause a forward motion of the canoe will result in the disqualification of that crew.
2. All entries must start and finish in their assigned lanes.
 3. All 250 meter races shall start at the far end of the course to end at the officials' area. These races shall be started from the Officials' boat.
 4. All 500 meter races shall start and finish near the officials area, where practical.
 5. There will be a seventy (70) foot buffer zone behind the starting line flags. The five (5) minute period will start after the last canoe of the previous race has crossed the finish line.
 - a. A canoe is considered in the buffer zone as soon as the entire canoe is past the buffer zone flag, regardless of which way the canoe is facing.
6. Recall:
 - a. The Starter shall sound continuous blasts on the air horn, pistol, or other sounding device. Canoes unable to hear the recall will be stopped as soon as possible by the communications boat. Recall of a start will be for:
 - (1) An unfair start, in which case the recall must be instigated by the Starter himself and not by a canoe crew;
 - (2) Swamping of a canoe within the first ten (10) seconds of a race.
 - b. It shall be the duty of the Race Officials to check all recalls and to report their findings to the Head Official before a race shall be rerun.

- c. Any crew causing an illegal recall will be automatically disqualified.
 - d. The ten (10) second period will be announced or signaled by the Starter.
7. Any canoe over the start line at the green flag signal, with all paddlers in the "paddles up" position, will have additional seconds added to its finish time. (See penalties.)
 8. Stalling: The Starter shall not hold up the start for a canoe deliberately lagging behind after the Starter's command to get to the starting line. A lagging canoe shall have no right of protest on the grounds of an unfair start in the event the race is started.

C. Disqualification on Starting:

1. At the start of a race, any forward motion of a canoe caused by a paddler in that canoe will result in a disqualification of that crew.
2. Any forward motion of a canoe being held by an assistant will result in the disqualification of that crew.
3. A disqualified canoe may continue the race, unless for some specific reason the Race Officials decide otherwise. The coach of the canoe club which has been disqualified will be notified by the Race Officials before public announcement.
4. Each canoe must start with a full crew of six (6) paddlers.

D. Finishing:

1. Timing of the finish is recorded when the nose of the canoe crosses the finish line. A canoe is not considered finished until it has entirely crossed the finish line.
2. Upon crossing the finish line, all canoes will proceed beyond the buffer zone.
3. Canoes finishing without a lane number placard on the bow will have no time recorded nor order of finish listed (XI. F.6)

E. Disqualification at Finish:

1. Failure to finish the race with full crew of paddlers.
2. Causing a collision with a canoe that is finishing by not paddling through the buffer zone, will cause a disqualification of the canoe causing the interference.

F. Lanes:

All canoes must remain in their own lanes, which will always be to the right of the lane flags. Canoes shall remain in their respective lanes throughout the race and in no way interfere with other participating canoes. Where two (2) canoes approach each other from opposite directions within the same lane, each canoe should occupy, as nearly as possible, the one half (1/2) width of the lane nearest its own line of flags, so that the canoes will pass

each other hull to hull. Lane width is defined as the full lateral distance between adjoining flags. If interference claims are made, the canoe not in its respective lane will be charged the infraction.

Single man (V-1) canoes shall remain in their half of the regular lane. Lane width is defined as the distance between the float and the flag to which the paddler was assigned. If interference claims are made, the canoe not in its respective lane will be charged the infraction.

G. Collisions:

1. Any canoe causing a collision by not being in its own lane will be disqualified.
2. A canoe that tries to avoid a collision and ends up in the wrong lane, or has its progress impeded, can lodge a protest for interference, and seconds will be deducted from its time in accordance with Article XI.D. of these rules.
3. All rulings shall be made by the Race Officials.

H. Turns:

All turns shall be left turns around the assigned lane flags and shall be negotiated without any part of the canoe hitting the flag or float. Hitting is defined as running over the flag, or float which holds the flag. Any canoe so doing will be penalized. Where canoes assigned to adjoining lanes occupy the same lane during a turning maneuver, each canoe will maneuver in such a way as to occupy as nearly as possible, the one half (1/2) width of lane nearest its own line of flags, so that the canoes will pass each other hull to hull.

If the center float cannot be seen to define fault, then the right-of-way will go to the first canoe into the turn, over the second canoe entering the turn.

I. Swamping:

1. Any canoe that swamps prior to the start of a race shall have five (5) minutes to bail out the canoe. Anyone can help the swamped canoe and crew.
2. Any canoe that swamps during a race shall have ten (10) minutes to bail out the canoe, by its crew only, and complete the race. Outside assistance will disqualify a crew.

J. Chase Boat/ Official Boat:

1. Chase and Official boats shall remain at the farthest lane of the course, outside of the flag, unless under the following conditions:
 - a. Emergencies;
 - b. Boys/Girls 12 and under races;
 - c. Clearing the course.

2. Escort canoes must advise the Head Official and Starter that they will be running outside the course during a race.

K. Hosting Club Responsibilities:

1. Pre-race Activities:
 - a. Identification of race site and request approval of NCOCA;
 - b. Identify appropriate Parking and Launch site facilities
 - c. Coast Guard notification, permit and approvals, as needed
 - d. Map of race course with hazards and landmarks identified
 - e. Provide information Packets to Clubs 30 days prior to event
 - f. Event Insurance: requested through NCOCA and provide all required details
 - g. Ordering of event medals - at least 8 weeks in advance
 - h. Ordering of Trophies for event - approximately 30 days in advance
2. NCOCA Equipment coordination:
 - a. Arrange with prior host club to assist in loading trailer
 - b. Provide towing vehicle to remove trailer from prior Regatta Site
 - c. Arrange with lane setter for park regulations and timing for access to the park.
 - d. Deliver NCOCA trailer to Regatta site for the event
 - e. Arrange with next host club to assist in loading trailer
 - f. Ensure next host club is able to remove trailer from your regatta site.
 - g. Host club is responsible to account for all equipment and notify the Race Chairman of any defective equipment for repair or replacement for the next event.
3. Race Day Activities:
 - a. Provide additional Portable bathrooms (as needed)
 - b. Provide parking staff if needed
 - c. Set up of Registration desk, Canopy, Sound system
 - d. Set up of Start line table, Canopy, computer, and camera
 - e. Set up of turn judges Canopy at 250 meter turn line
 - f. Set up of power cords and generator (provide gas for generator)
 - g. Provide Escort Boats per section VII. C.
 - h. Area for officials and coaches meeting

X. PROTESTS:

- A. A billing of ten dollars (\$10.00) will accompany any protest filed. If the protest is upheld, the fee will be returned to the member club filing the protest. If the protest is not valid, the fee will go into the Association Treasury. The ten dollars (\$10.00) may be billed to the member club filing the protest but is payable at the end of the regatta.
- B. All protests or complaints of rule violations shall be made to the Race Officials within fifteen (15) minutes of the finish of that particular race. Protests shall be submitted by a coach or a representative of a member club on an official protest form (NCOCA 6). Protests filed on matters other than race infractions will be accompanied by the proper documentation. Coaches or crews involved in a protest shall be notified immediately. While the Race Officials are hearing and apprising themselves of the facts surrounding the protest, only one coach or a club representative, officials involved and/or others designated by the Race Officials shall be present. After the hearing is completed, the Race Officials shall immediately excuse all persons so the Officials may deliberate on the testimony and evidence presented and render a decision. Protests which have been acted upon shall become a part of the Association permanent records.
- C. The Race Officials will settle all protests and announce its decision as soon as possible, but no later than the end of the regatta or race.
- D. All decisions as determined by the Race Officials on protests are final.
- E. Protests will be accepted if they pertain to a judgment made by a Race Official. Acceptance of protest forms will not be denied.
- F. All Sanctioned regattas or races will be final before awards are given, with the only exception being made with the question of an ineligible paddler.

XI. PENALTIES:

A. Hosting Club Penalties:

1. Any club canceling a scheduled Sanctioned regatta shall be penalized twenty five percent (25%) of that club's total points accrued during the entire regatta season.
2. Any club canceling a scheduled Sanctioned regatta after they have already hosted a Long Distance Race shall forfeit all their points for the entire year.
3. Fines may be imposed on the hosting club for not providing an acceptable regatta. A fine of \$100 will be imposed if the regatta is not started on time providing the lanes have been set. Other fines will be at the discretion of the race committee.

B. Start Penalty:

A penalty of ten (10) seconds will be added to the finish time of a crew that is over the start line at the green flag, when all paddlers in the canoe are in "paddles up" position (IX.B.7).

C. Six (6) Second Penalties:

A penalty of six (6) seconds will be added to the finishing time of a crew for the following infractions:

1. Each hitting of the flag. (Refer to IX.H.)
2. Failure to start in the assigned lane. (IX.B.2)
3. Failure to start in the buffer zone. (IX.B.5)
4. Finishing in the wrong lane. (IX.B.2)
5. Each turning on the wrong flag. (IX.H.)

D. Steersperson Penalty:

A penalty of 30 seconds will be added to the finishing time of a crew where the adult or experienced steersperson is seen paddling during a novice or age division event.

E. Interference:

1. Causing a collision... Disqualification
2. By avoiding a collision and impeding progress... Five (5) seconds subtracted from the finishing time of the canoe whose progress was impeded but not to exceed the finishing times of those canoes not involved in the collision, of their rightful finishes.
3. By impeding the progress of a canoe, without threat of collision... Ten (10) seconds added to the finish time of the canoe causing the infraction.

F. Disqualifications:

1. Forward movement at the start (IX.C.1 & 2)
2. Causing a collision (IX.G.1 and IX.E.2)
3. Ineligible Paddler (II.G.3 and XII.B)
4. Assistance on the water (IX.B.1.c)
5. Failure to finish with a full crew (IX.E.1)
6. Use of non-standard equipment (V.D.2), (IX.D.3)
7. Failure to check-in with a Race Inspector (IV.D)
8. Failure to finish through the buffer zone (IX.E.2)

9. Unofficial Entry on the race course.

G. Club Penalties:

A Club may be assessed a penalty for disregard of these rules as determined by the regatta officials. Loss of all points for the current regatta, the next regatta or the sprint season may be assessed.

Drug or intoxicant infraction (Code of Ethics) \$100.

Drug or intoxicant infraction – 2nd occurrence (Code of Ethics): Club is barred from next regatta.

Drug or intoxicant infraction – 3rd occurrence (Code of Ethics): Club is barred from the season.

A penalty of \$25 for not supplying Regatta Officials for the assigned duties. The fine is increased to \$50 for a 2nd offense.

A fine of \$50 applies for not providing proper trained staff to the Check In desk when assigned.

XII. INELIGIBLE PADDLERS:

A. For the purpose of definition, the following will apply:

1. When the name submitted on the Paddler's I.D. Card, NCOCA 13, differs from the person paddling.
2. When a paddler who has not met the conditions specified in the Association Race Rules, paddles as a part of a crew. (Refer to Articles II. and IV.).

B. A crew using an ineligible paddler shall be disqualified. The regatta or race shall not be interrupted or stopped because of this infraction.

C. Confirmation of Paddlers:

Prior to the start of each event, the Race Inspector shall check the Paddler's arm marking of all crews against the signed race roster, NCOCA 2. If it is found that an illegal paddler is present in the canoe, that person shall be disqualified for the remainder of the racing season for this infraction.



**Northern California Outrigger Canoe Association
Long Distance Race Rules
2011 - 2012**

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Long Distance Race Rules

The long distance race rules are considered part of the race rules for sprint events specifically in regard to the 'Code of Ethics', definition of a sanctioned race, classification of Paddlers, and definition of race officials.

A. Introduction:

The following rules apply to all long distance races which are sanctioned by the Northern California Outrigger Canoe Association. All races shall be conducted with safety as the first priority. These rules shall be reviewed and modified as required by the race committee.

B Definitions:

1. Sanctioned Races: A SANCTIONED race is a legitimate race which has received the endorsement and acceptance of the Board of Directors of the Northern California Outrigger Canoe Association (NCOCA) and further as defined by the Sprint Race Rules.
2. Long Distance: Long distance races are considered to be any length race greater than six (6) miles for adults, one (1) mile for children in V-6 canoes. Lengths greater than three miles for V-2, V-2 events.
3. Iron Man: Any race which requires the crew to be size members, substitutes are allowable but must be substituted prior to the beginning of the race with no new changes to occur on the water during the race.
4. Team Races: Races that allow more than a 6 member crew during a race with substitutions occurring during the race. The size of the team is determined by the host organization.

C. Canoe Safety Regulations:

When races are held, the following rules shall apply to all NCOCA member clubs and invited guest crews:

1. Flotation tanks must be water-tight, tested and approved by inspectors prior to any long distance race. Drain plugs are optional on air tanks.
2. All canoes must have splash guards.
3. Mandatory use of spray covers will be determined by the Race Officials, depending on weather and water conditions.
4. All escort boats must be approved by the Race Officials (Section Q.)
5. Ship to shore communications is mandatory between official boats and shore officials.

6. Life jackets must be provided for each paddler and may be inspected prior to any race. V1 & V2 paddlers must wear their life jackets.
7. A lead boat will be provided by the hosting club to designate the course of the race.
8. For safety reasons, a crew that notices another crew in trouble must ask if assistance is required. If assistance is not provided, the crew passing and not giving assistance will be disqualified. Signal of distress will be a paddle up, waving in the air. The crew lending aid will have the approximate time assisting subtracted from their final time, not to displace the first, second or third place finishers not involved in the incident.
9. Bailing devices are mandatory. (Section I.4.)
10. V1 and V2 paddlers must wear a leash.

D. General Information:

1. The proposed race course shall be test run either by power boat or canoe to determine layout of the course, turn points (buoys or marked stationary boats) and identify any obstacles or obstructions not obvious to the naked eye or marked on a course map (i.e., shallow areas, rocks, or coral not visible, kelp beds, strong currents, fishing party boats). This shall be included on the course map identifying such hazards and provided to all invited participants as part of the race package.
2. It shall be the responsibility of the sponsoring organization to obtain the approval of the U.S. Coast Guard and/or Harbor Division and the Race Chairman.

USCG District 11, Yerba Buena Island, San Francisco, CA 94130-9309

Marine Event Permits: 415-399-7440

FAX: 415-399-3521

Main #: 415-399-7400

USCG Contact List: <http://www.uscg.mil/D11/vtssf/contact.asp>

Application form: http://www.uscg.mil/forms/cg/CG_4423.pdf

San Francisco Bay Coast Guard Emergency: 415-331-8247 or 9-1-1

3. An invitation shall be sent to each club containing a map of the proposed course and site. Course map shall include identification of any landmarks and hazards as described in 1 above and be distributed 45 to 60 days in advance of the event.
4. Clubs wishing to participate should respond to the hosting club no later than thirty (30) days prior to or in accordance with guidelines established by the hosting club. This time is needed to allow for administration and logistical preparation, i.e. change in course, weather conditions, t-shirt purchase, awards, housing, etc.
5. Provisions such as officials, inspectors, etc. may be established by the Race Chairman.

E. Awards:

1. The character and type of all awards shall be the responsibility of the hosting club.
2. Host clubs shall identify the classification of entries for awards. A classification is defined as a minimum of three (3) entries. The following are offered as recommendations:

F. Hull Shapes:

- | | |
|----------------|--------------------------------|
| 1. Malia (V-6) | 2. Long Boat (V-6 over 39' 6") |
| 3. IPCF (V-6) | 4. One Person Outrigger (V-1) |
| 5. Double Hull | 6. Two Person Outrigger (V-2) |

G. Crew Classifications:

1. Open
2. Master (35 and Over)
3. Senior Master (45 and Over)
4. Coed (3 men, 3 women)
5. Juniors (16 & under or 19 & under)
6. Novice (1st or 2nd year paddlers)
7. Kupuna (55 and over)

***Notification of intent to participate in the Kupuna division must be submitted to the host club two weeks prior to the event for inclusion as an award class.*

H. Registration and Eligibility:

1. Participating clubs and paddlers must comply with Section III, Eligibility, and Section IV, Registration of the NCOCA Race Rules.
2. Rosters (NCCOA 2b) or roster form provided by host club, must be submitted one hour prior to the race. All paddlers must have their names appearing on this form.
3. A current NCOCA Insurance Waiver must be submitted to be eligible to race.
4. The host club is required to provide an authorization line on the application for participation form. An officer of the club entering must sign this authorization.
5. Authorized officers are those listed on the NCOCA official telephone/ mailing list.
6. Crews made up of paddlers from two or more NCOCA clubs will declare on the entry form which club they will represent. Paddler transfer forms are not required.

7. A crew using an illegal or ineligible paddler (i.e., not on the roster, no waiver, wrong age or sex) shall be disqualified. The race shall not be interrupted or stopped because of this infraction.
8. Race fees for long distance events shall not exceed \$20 per paddler, \$5 per paddler will be paid to the NCOCA following the event.
9. Host club is responsible for providing information required to obtain special event insurance for the race. NCOCA will obtain insurance and make payment for event insurance.
10. The host club will be responsible for official fees of \$25 per official as defined in Section VII.2.k. of the Sprint Regatta rules.
11. All waiver documents, registration forms and results are to be submitted to the NCOCA Race Clerk following the event.

I. Entries by Non-Association Crews or Paddlers:

The following procedures will govern race entries from canoe clubs or paddlers from outside of this Association:

1. Each paddler will be charged the same fee as all other participating clubs from NCOCA.
2. Hosting sponsor will make every effort to provide escort boats and canoes for visiting crews.
3. Visiting paddlers must provide individually signed waivers and crew registration form prior to race start. Waiver and registration forms are available at the NCOCA Web site.

J. Race Officials:

1. No less than three (3) Race Officials shall preside in distance races. Refer to Section VII.A. of the NCOCA Race Rules for job descriptions. All race officials must be knowledgeable of the NCOCA Race Rules. The following are the recommended complement of race officials:
 - a. Head Race Official – appointed by the Race Chairman
 - b. Registrar – provided by host club and approved by Race Chairman
 - c. Timer(s)
 - d. Recorder
 - e. Starter(s)
 - f. Inspectors

2. There will be one Race Inspector per escort boat (Section O.1 and O.2) for change races.
3. In the event of small craft warnings, cancellation of the race shall be the responsibility of the head Race Official, Officials and the Host Club.
4. If any unusual or un-clarified situations occur at the race site, the Race Officials may, at their discretion, take a vote of all participating club coaches/delegates to arrive at a decision.

K. Equipment:

1. Canoe specifications will be in accordance with NCOCA Race Rules Section V. unless otherwise specified by the hosting club and approved by the Race Chairman.
2. No attachable fins or keels will be allowed on V-6 canoes.
3. Canvas or other coverings on the canoe is dependent on the race conditions and at the recommendation of the Race Committee.
4. Bailers are mandatory; mechanical means of bailing water out of the canoe is permitted but not a substitute for manual bailers. (Not required for V-1 and V-2 canoes.)
5. No sails or other artificial means of propulsion is permitted on canoes.
6. Paddles will be of conforming size and may be fabricated (constructed) of wood, fiberglass or other composite materials.
7. Extra paddles will be permitted on each canoe.
8. Any crew using non-standard equipment during the race will be subject to disqualification. The Race Officials may conduct inspection of equipment at any time.
9. Personal Flotation Devices (PFD) (life jackets) must be on board for each person on the canoe. Race conditions may require that PFD's be worn especially in open ocean V-1 & V-2 races.

L. Start and Finish:

1. The Head Race Official shall call a meeting of all inspectors, coaches, and/or captains prior to the start of the race for the purpose of final instructions on the race and other pertinent matters.
2. The type of start and the location of finish shall be as designated by the hosting club.
3. The finish line shall be so designated by markers or flags.
4. The race will be started by the Official Starter.

5. A canoe entry is free to follow any course during the race provided it starts, rounds buoys, and finishes at the designated location except where the course is exactly designated.

M. Passing:

In races that do not require the canoes to maintain their respective lanes, a canoe that is attempting to pass another canoe shall keep clear at all times and in no way interfere with the canoe it is attempting to pass, nor shall the canoe in the lead attempt to prevent another from passing.

N. Overlap:

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

An overlap must occur at least 80 feet (2 canoe lengths) prior to reaching a buoy for the overlap to be considered established for purposes of rounding the mark (Section M.2)

O. Rounding Marks:

1. Rounding marks must be set before the start of the race.
2. If an overlap occurs when two canoes are approaching a marker to be rounded, the outer canoe shall give way to allow the canoe closest to the mark to round the mark. The leading canoe is under no obligation to give way before an overlap is established. In case of doubt, it will be presumed that the overlap was not established in proper time.
3. Passing around the mark is allowed providing the passing canoe, in attempting to pass another canoe, does not impede that canoe's progress or create a safety hazard to the other canoe.

P. Paddlers and Relief Paddlers:

1. There must be no more than six (6) paddlers to any one canoe at any one time during the race.
2. Number of relief paddlers to be allowed to race is determined by the hosting club for specific races.
3. Original and/or relief paddlers may be used at the discretion of the captain or coach. However, each coach must report to the assigned inspector before making substitution.
4. Each canoe must finish the race with six (6) paddlers in order to qualify for placement and awards.

Q. Race Inspectors:

1. Each team shall provide one inspector to be assigned to an escort boat for team (change) races.
2. Race Inspectors shall assist with the various duties on the escort boat as required during the course of the race. It shall be the responsibility of everyone on board to keep escort boats neat and orderly at all times.

R. Swamping or Overturning of Canoes:

1. If a canoe swamps or overturns after the start of the race, the canoe may be righted or bailed out and will be allowed to continue the race.
2. Race Inspectors and relief paddlers on an escort boat may assist in righting or bailing out a canoe.
3. Canoes passing a swamped or overturned canoe shall STOP and verify safety of the crew prior to proceeding. If help is needed, it shall be rendered by the passing canoe until an escort boat is available.
4. The escort boat will stand by to render any assistance to the swamped canoe as long as assistance does not advance the canoe toward the designated finish line.

S. Escort and Official Boats:

1. Official boats must be provided. There shall be at least a lead and trail boat. Lead and trail boat will have one driver and one official aboard. If more riders are desired, they must be pre-approved by the Head Race Official.
 - a. Lead boat is responsible for showing the race course route to canoes but may be required to lend assistance in case of emergency in which case, the canoes must find their own way. The lead boat shall maintain sufficient lead distance to prevent interference with racing canoes while remaining in sight of the lead canoe(s).
 - b. The Head Official (on lead boat) will be given authority to change the course dependent on conditions. A red flag will be raised to signify a change in course and radio contact will be made to other officials, escorts, and shore.
 - c. Trail boat is responsible for the safety of canoes in the rear of the race. To offer encouragement and support, to assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on canoes.
 - d. Rover boat is responsible for monitoring the race pack for ensure safety of the crews, escort boats do not impede progress f crews, and offer encouragement and support. To assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on canoes.
2. Escort boats should be capable of carrying six (6) persons in addition to the vessel crew in accordance with U.S. Coast Guard requirements.

3. In distance races having crew changes, clubs are advised to provide one escort boat per crew entered. In races with no changes, the escort boat shall be optional. However, it is recommended that there be one escort boat for every three to four canoes on the race course. All maritime and U.S. Coast Guard rules will apply.
4. Race Officials may deem an escort boat unfit for escort due to overcrowding by spectators on board and inability to pick up a disabled crew. For safety purposes, all U.S. Coast Guard rules are applicable.
5. On all starts, escort boats will be prohibited in the field of racing canoes for a minimum of ten (10) minutes or as specified otherwise. The field will be defined as an imaginary square boundary from the lead canoe to the last canoe and the canoe on the farthest left to the farthest right.
6. Escort boats may be stationed no closer than forty (40) feet (one canoe length) from the stern of a canoe. When passing food or beverage, escort boats may move up to and not beyond the number six (6) seat. However, escort boats shall not stay longer than thirty (30) seconds and must inform Inspector for permission.
7. Safety Equipment: Blankets, drinking water, first aid kit, and flare kit as well as life jackets are required on each escort boat. Ship to shore communication is required.

T. Escort Boat Violations:

1. The penalty for an escort boat jumping their ten (10) minute start will be the addition of another ten (10) minutes before being allowed to escort their canoe.
2. The penalty for an escort boat entering the field of racing canoes without permission of the Race Inspector shall be the adding of five (5) minutes to the canoe that the escort boat is escorting.
3. Two warnings by a Race Inspector to an escort boat to keep away from a canoe, or any other infraction shall be the disqualification of the crew the boat is escorting.

U. Rules of Conduct and Courtesy:

Canoe clubs have the responsibility to promote good sportsmanship among their paddlers, coaches, and members at all times. The personal conduct of all members of participating canoe clubs shall be above reproach at all times. Any member who by their personal conduct directly reflects discredit on the Association or the event shall be subject to such actions as deemed appropriate by their club president and the Race Chairman and/or Board of Directors.

Violations of good sportsmanship and safety include situations such as: a canoe is deliberately rammed; a disqualified crew deliberately interferes with the event; a paddler or member assaults another person or uses abusive language in connection with an event; or a rule is knowingly violated. These violations will cause a club to be disqualified from the event and a possible fine.

The use of drugs or intoxicating beverages will not be tolerated nor permitted during racing competition. Any member observed acting under the influence of drugs or intoxicants shall be barred from further participation in the days events. Post race events are the responsibility of the host club. The availability of intoxicants and control of intoxicants is the responsibility of the host club.

V. Safety:

Safety has priority over all other aspects of a long distance racing event. Safety is the responsibility of all participants, officials and coaches.

1. Safety on the water will be enforced at all times. For safety purposes, a paddler must be physically fit to race.
2. Paddlers with casts or other medical aids that would impede his/her safety on the water will not be allowed to paddle.
3. Each club entry must provide life preservers (PFDs) (U.S. Coast Guard approved) for each person who boards an escort boat and for each paddler in the canoe.

W. Host Club Responsibilities:

1. Pre-race activities:

- a. Identification of race site.
- b. Parking and launch site specification
- c. Coast Guard notification, permit and approvals
- d. Map of race course with hazards and landmarks identified
- e. Request for Sanctioning from NCOCA
- f. Final approval from Race Chairman
- g. Packets to invited clubs (30-45 days prior to event)
- h. Escort Boats (official boats and assistance to clubs for change races)
- i. Docking facilities
- j. Area for officials and coaches meeting
- k. Event Insurance (requested through NCOCA)
- l. Portable bathrooms (as needed)
- m. Registration desk

2. During the Race Event:

- a. Ship to shore communications (officials and escorts)
- b. Statistics tracking
- c. Facilities for shore officials
- d. First aid station with qualified personnel
- e. Set Finish line markers

- f. Race course buoys or markers -- set prior to start of event
 - g. Hold a steerspersons meeting
 - h. Setup sound system at the race site
3. Post –race:
- a. Awards
 - b. Dock facilities
 - c. Race results

X.Penalties:

- 1. Causing a collision – disqualification
- 2. Ineligible paddler – disqualification
- 3. Escort Boat interference – 5 min. added to finish time
- 4. Equipment violation – disqualification
- 5. Escort entering pack before 10 min. – 10 min. period starts again
- 6. Escort entering pack without Race Inspector approval – 5 min added to finish time
- 7. Escort boat warned twice by Race Inspector – disqualification of crew