

ICF Ocean Racing Rules 2006

INTERNATIONAL
CANOE
FEDERATION

OCEAN RACING
COMPETITION RULES

DRAFT

Provisional Rules until the Congress 2008

Version 2006.01

ICF Ocean Racing Rules 2006

TABLE OF CONTENTS

Page

INTRODUCTION	4
DEFINITIONS	4
I. GENERAL REGULATIONS	
1. Definition of Ocean Racing /GR	4
2. International competitions / GR	4
3. Competitors / GR	5
4. Classes / GR	6
5. International Competition Calendar / GR	6
II. CLASSES AND BUILDING RULES	
6. Limitations / TR	6
Trademarks / GR	6
7. Construction / TR	7
8. Measuring / TR	9
III. ORGANIZATION OF THE COMPETITIONS	
9. Officials / GR	9
10. Duties of officials / TR	11
11. International Ocean Racing Officials / GR	13
12. Invitations / GR	14
13. Entries / GR	14
14. Acceptance of entries and programme / TR	14
15. Alterations in entries and withdrawals / TR	15
16. Alterations in sequence of events / TR	15
17. Marking signs / TR	15
18. Courses / TR	16
19. Canoe Numbers / TR	16
20. Instructions for competitors / TR	17
IV. RACING REGULATIONS	
21. Means of propulsion / TR	17
22. Start / TR	17
23. Turns / TR	22
24. Group Racing and Overtaking / TR	22

ICF Ocean Racing Rules 2006

25.	Collision or damage / TR	22
26.	Portaging / TR	22
27.	Assistance / TR	22
28.	Safety Measures / TR	23
29.	Finish / TR	24
30.	Disqualifications / GR	25
31.	Protests / GR	25
32.	Appeals / GR	26
33.	Doping / GR	26
34.	Information / GR	26
V	WARNING SIGNALS	
35.	Warning Signals / TR	26
36.	Description of Flags / TR	26

ICF Ocean Racing Rules 2006

INTRODUCTION

The purpose of this document is to provide the rules that governs the way of running an International Canoe Federation Ocean Racing competition.

DEFINITIONS

<u>ICF</u>	International Canoe Federation
<u>MRC</u>	Marathon Racing Committee
<u>ORWG</u>	Ocean Racing Working Group
<u>GR</u>	General rule (to be changed only by the ICF Congress)
<u>TR</u>	Technical rule (may be changed by the ICF Board of Directors)
<u>Categories</u>	Sea Kayak Men, Sea Kayak Women, Outrigger Men, etc.
<u>Classes</u>	S1 Men, S2 Men, S1 Women, S2 Women, V1 Men etc.
<u>Events</u>	Each class in each age group

I GENERAL REGULATIONS

1. *Definition of Ocean Racing*

In Ocean Racing the competitor races over a designated long distance course on the open ocean. The Events are reserved for kayaks and outrigger canoes (Va'a) as defined in Chapter II. The competitor must take the water as it is found.

2. *International competitions*

All competitions announced as international shall be held in accordance with the regulations of the ICF. Competitions arranged by the National Federations or their clubs are considered international if competitors of a foreign country are invited to participate. These competitions must be controlled by at least once accredited official in possession of a valid international official card.

Canoeing competitions in Continental and Regional Multisport Games and Championships shall be organised

ICF Ocean Racing Rules 2006

under the ICF Rules and Regulations for World Championships for that discipline. The organisation and programme of the canoeing competitions in Multisport Games on global level must be approved by the ICF and for continental level by the Continental Canoeing Associations.

3. *Competitors*

Only members of clubs or associations affiliated with an ICF National Federation have the right to participate in an international competition. A competitor is always allowed to take part individually in an international competition, but must in each case obtain special permission from his/her National Federation.

A competitor may take part on behalf of the Federation in a foreign country in which he/she is domiciled, if he/she obtains the authorization of his/her Federation of origin. This authorization has to be sent before 30th November prior to the year concerned to the ICF Headquarters with a copy to the Chair of the Marathon Racing Committee. The same procedure applies, should the competitor change back his/her starting right to the federation of origin.

If he/she has lived for 2 years or more in this foreign country, the approval of his/her Federation is no longer required.

This rule does not apply in the case of a competitor who leaves his/her country of origin to marry in another country. He/she can, in this case, compete for his/her new Federation without awaiting the delay of 2 years.

A competitor may not compete for more than one Federation in any one calendar year in the sport of canoeing.

The first year a junior competitor can compete is the year in which his/her 15th birthday falls, and the last year he/she may compete as a junior is the year in which his/her 18th birthday falls.

A Master competitor can compete in a Masters event in the

ICF Ocean Racing Rules 2006

year he or she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his or her 35th birthday. In K2 or K4 events the age of the youngest competitor will control the category in which a crew can compete. Age group categories will commence from age 35-39 and increase upwards in 5-year age brackets.

4. *Classes*

Ocean races may be run in the following Classes:

Men: S-1, S-2, V1, V6

Women: S-1, S-2, V1, V6

Mixed: S-2, V6

5. *International Competition Calendar*

Before the 1st August of each year, all national federations shall send to the ICF headquarters and to the Chairman of the Ocean Racing Working Group (ORWG), their proposed programme of international races for the following year, for publication in the ICF Calendar. Changes to the Calendar may be made to 30th September after which date the Calendar will be considered complete and be published.

II CLASSES AND BUILDING RULES

6. *Limitations*

S-1	S-2	V1	V6	
400	400			Min.length (cms)
13	21	15	150	Min. weight (kgs)

Trademarks

The guidelines for any advertising material carried on the clothing and equipment of paddlers should be as follows:

- a. The advertising of tobacco smoking and strong spirit drinks will not be accepted.
- b. The ICF and National Federation organizing an ICF event should not engage in any exclusive sponsorship advertisement.
- c. National Federations participating in the World and Continental Championships should have a uniform advertising design identifying sponsors.

ICF Ocean Racing Rules 2006

- d. All advertising material should be placed in such a way that it does not interfere with competitors identification and does not effect the outcome of the race.
- e. All advertising material used should be in accordance with the IOC Athletes Code and the ICF Eligibility Rule.

Any boat, accessory or article of clothing, which does not comply with the above mentioned conditions will be ineligible for use during the competition.

Teams are responsible for their own equipment.

7. *Construction*

a) *Sea Kayaks and Surf Skis*

Sea Kayaks and Surf Skis which can be included in Marathons are:

- Boats in which competitors are seated.

- Boats powered using one or several double-wing paddles (kites and sails are forbidden); these paddles must not be attached to the boats (leash ok).

- A minimum 4 meters long.

- Weighing a minimum of 13 kg for a K1 and 21 kg for a K2. If weight must be added, it must be attached in a way so that it can only be removed with the help of tools.

- All kind of building materials are permitted. Steering rudders are allowed.

- Outfitted with devices which prevent paddlers from sliding in their seats (foot straps or other similar means).

- Equipped with lifelines on each side of the deck with at least six connecting points, of a diameter greater than or equal to 5 mm so that boats can be towed, even fully swamped.

- Built with reinforced front and rear handles (with a strap/handle so that an 8x8x2.5cm shim can be passed through).

- Rigged with a buoyant towing rope of a diameter greater than or equal to 5 mm which must be within reach during the whole race, at the front, or by any other suitable mean. The end of which must remain near the paddler while seated in his/her boat so that it can be thrown to

ICF Ocean Racing Rules 2006

the escort boat. It must have a loop or snap hook so that it can be linked quickly to a snap shackle on the escort boat.

-Built with water tight front and rear compartments with removable covers to allow draining if swamped. These covers must be tied to the tank so as not to lose them. As for self-bailing boats, they must be outfitted with a stopper or trap.

-Provided with a compass ready for use.

-Fitted with mandatory spray deck covers with the exception of self-bailing boats/surfskis.

b) Outrigger Canoes (Va'a) which can be included in Marathons are:

-Boats in which competitors are seated

-Crafts propelled using one or several single blade paddles (kites and sails are prohibited); paddles must not be attached to the boats (except spare paddles). The hull, ama (floater) and iatos (arms) excluded, a one-man va'a or OC1 (V1) must weigh 15kg minimum, a six-man or OC6 (V6) 150kg minimum. In 2008, the weight of an OC6 may be reduced to 130kg Contrary to the International regulation, which does not allow the use of a weight greater than 30kg, the National regulation does not mention anything on this subject. Attaching extra weight must require the use of a tool for disassembly. The aim is to authorise the use of OC6s built prior to this rule. However, the National Commission advises competitors to conform to the International guidelines.

The arms (iatos) connecting the floater to the hull of the OC6 (V6) must be made of wood, and for the OC1s (V1), no material restrictions are imposed. Lashing gear and methods are without restrictions either.

-Boats without any kind of appendages (rudder, centreboard). Under the recommendation of the International Va'a Federation rudders may be authorized on OC1s (V1) in long distance races by 2008. Foot blocks/straps of any type are prohibited. Currently, this rule is being debated and may be cancelled until the front hatch cover acting as a foot block can be differentiated from a standard foot block.

-OC6s having two water tight partitions with tied

ICF Ocean Racing Rules 2006

removable covers or plugs.

-Equipped with a towing rope 10mm thick(1/2inch) for V6s (OC6s), and 5 mm(1/4inch) for V1s (OC1s) with a length at least equal to that of the craft, and it must be attached to the front with a cleat or loop. However, the rope is allowed to be attached to the iatos (arms). It must be handy and quickly accessible to the crew, and equipped with a loop or snap-lock to allow it to be quickly tied to an escort boat.

-Supplied with compasses, spray deck covers, bailers, and a spare paddle on board.

c) *Bailers*

Manually or electrically operated pumps may be fitted to sea kayaks.

d) No foreign substance may be added to boats which give competitors an unfair advantage. The use of hull lubricants is not permitted.

8. *Measuring*

The length of a kayak or canoe shall be measured between the extremes of the stem and stern. Any additions to the stem or stern other than a rudder forming a continuation of the length of a kayak are to be included in the measurement. The weight of a Surf Ski or Sea Kayak shall be measured when the boat has been emptied of excess water and may include buoyancy, seats, footrests, steering gear and fixed pumps, but excluding paddles, spray decks and drink containers.

III ORGANIZATION OF THE COMPETITIONS

9. *Officials*

International competitions shall be held under the supervision of the following officials:

Chief Official

Technical Director

Competition Secretary

Starter(s)

Aligner

ICF Ocean Racing Rules 2006

Course Umpire
Finishing Line Judge(s)
Timekeeper(s)
Boat Scrutineer
Embarcation Marshall
Safety Officer
Announcer
Press Official

If circumstances permit, one person may function in two of the above positions. The top management of the Competition shall be in the hands of the Competition Committee which shall consist of:

Chief Official
Technical Director
Safety Officer

The *Competition Committee* shall:

- a) Organise the competition and supervise its arrangements;
- b) In the event of inclement weather or other unforeseen circumstances which make it impossible to carry out or finish the competition, postpone the competition and decide on another time when it may be held, or abandon the competition, or, if the competition has already begun, abandon or reschedule the competition;
- c) Hear any protests that may be made and settle any disputes that may arise;
- d) Decide on matters concerning disqualifications in cases where the regulations have been broken during the competition. The decision of the Committee shall be based on the ICF Ocean Racing Rules. Penalties in accordance with the ICF Statutes may also be imposed (i.e. disqualification for a longer period than the duration of the competition in question);
- e) Before any decision is made regarding an alleged infraction of the rules, hear the opinion of the officials who are in control of the race, if it is felt to be of importance in clearing up the alleged offence.

ICF Ocean Racing Rules 2006

The *Competition Committee* may disqualify any competitor who behaves improperly or who by his or her conduct or speech shows contempt towards the officials, other competitors or onlookers.

A member of the Competition Committee may not participate in a judgement connected with the disqualification of a competitor from his or her own national federation.

10. *Duties of Officials*

The *Chief Official*, who is also the Chairman of the Competition Committee, shall decide all matters arising during the actual contest, which are not dealt with in these rules.

The *Technical Director* is responsible for the preparation and running of the competition.

The *Competition Secretary* is responsible for recording the results and preparing lists of prizewinners. He or she must keep the minutes of the proceedings of any protest meetings. He or she must provide the Press Official with all necessary information regarding the running of the event or the results.

The *Starter* decides all questions concerning the start of the races, and alone is responsible for decisions as to false starts. or she must see to it that the starting gun or pistol is in working order. The starter must order the competitors to their places and carry out the start in accordance with the Ocean Racing Rules. The language used shall be English. The starter's decision is final.

The *Aligner* is responsible for bringing the boats to the starting line with the least possible delay. The language used shall be English.

The *Course Umpire* shall ensure that during a race the rules are complied with. If the rules are broken, the Umpire shall report the infraction to the Chief Official, who, in turn, shall refer it to the Competition Committee. The Competition Committee shall then decide whether any of the competitors concerned shall be disqualified, or not. The

ICF Ocean Racing Rules 2006

Course Umpire shall appoint officers to supervise the control points along the course.

The *Finishing Line Judges* decide the order in which the competitors have crossed the finishing line. They shall be placed at the finishing line. If the judges differ regarding the placing of two or more of the competitors, the disagreement shall be decided by a simple majority. In the case of equal voting, the Chief Judge shall exercise a casting vote. The decision of the judges is final.

The *Timekeepers* are responsible for recording the times. Before each race the Chief Timekeeper shall establish that the watches or other time-keeping equipment are working satisfactorily.

The *Boat Scrutineer* shall ensure that the dimensions and weight of the boats, equipment, clothing and advertising conform to the ICF Ocean Racing Rules, and shall mark them accordingly. Should any not fulfil the ICF requirement they shall be excluded from the competition.

The *Embarcation Marshall*

- a) Confirms that the boat and equipment have been approved by the Boat Scrutineer.
- b) Confirms that the boat, equipment and clothing of the competitor meet the requirements of the competition regulations.
- c) When satisfied dispatches the boats, in the appropriate order, to the Aligner.

The *Safety Officer* is responsible for advising the Competition Committee on the safety measures necessary, and for seeing that these are taken.

The *Announcer*, on the instructions of the Competition Organizer, announces the start of each race, the order of starting, and the placing of the competitors during the race. After the race is finished he or she will announce the results.

The *Press official* must supply all necessary information to the representatives of the press, radio and television, on the

ICF Ocean Racing Rules 2006

race and its progress. The Press Official is therefore authorised to seek this information from the various officials, who must provide, as quickly as possible, copies of the official results.

11. *International Ocean Racing Officials*

Recognition as an international Official for Ocean Racing is given by the ICF to those persons who have passed an appropriate examination. Only national federations are entitled to nominate candidates for this examination, and the candidates names must be submitted to the ICF General Secretary at least two months before the date of the examination. The application shall be accompanied by a fee of 20 US dollars, which is not refundable in the event of the candidate failing in the examination.

Applications shall not be younger than 25 years or older than 65 years, and must have served as officials at least five times, and possess appropriate experience.

A copy of the application form shall also be sent to the Chairman of the Ocean Racing Working Group. A sub-committee of the ICF will arrange the examination annually, in conjunction with a major Ocean Racing event.

The examination will be conducted in one of the official languages of the ICF and will be based on the Statutes and Ocean Racing Rules of the ICF and practical experience of Ocean Racing.

If a National Federation wishes to hold an examination at some other time, the federation must meet the living and travel expenses of the members of the examining committee.

Candidates who have failed one examination may enrol for another, but not earlier than the following year.

Successful candidates will be issued with a legitimization card as International Ocean Racing Officials. The cost incurred by a candidate in connection with the examination, shall be a charge on the national federation of that candidate.

12. *Invitations*

An invitation to an international competition shall contain the following information:

ICF Ocean Racing Rules 2006

- a) Time and place of the competition.
- b) Situation and plan of the course.
- c) Classes and distance of races.
- d) Sequence and starting times of races.
- e) Nature of the course, water conditions and degree of difficulty.
- f) Amount of fees.
- g) Address to which entries should be sent.
- h) Last date for receiving entries. This date shall not be earlier than 14 days before the first day of the competition.
Invitations to the World Cups competitions shall be sent to all ICF members at least three (3) months prior to the respective event.

13. *Entries*

Entries for an international competition can be made only through the national federation and in accordance with the regulations given in the invitation.

An entry shall, however, always contain the following:

- a) The name of the club or federation to which the competitor/s belong.
- b) The events in which the team proposes to compete.
- c) First name and surname of each competitor, together with the date and year of birth and his or her citizenship.

An entry may be telegraphed or emailed if it is dispatched before midnight on the last day for receiving entries. Entry by telegram must be confirmed immediately by letter and in the eventuality of conflicting information, the information by letter would take precedence.

When making their entries federations must give the colours of the clothing worn by the competitors, and these colours must not be changed during the competition.

14. *Acceptance of entries and programme*

Applications for entry must be acknowledged within 48 hours of receipt. A team leaders meeting shall be held commencing not later than three (3) hours before the first event starts and not sooner than 30 hours before the first event starts, to determine amongst other things the final

ICF Ocean Racing Rules 2006

entry details. After the meeting the definitive programme shall be completed and made available at the course giving names and citizenship of competitors and the results of the draw if one has been required.

15. *Alterations in entries and withdrawals*

Notification of alterations must be given at the team leaders meeting.

The Chief Official may in exceptional circumstances accept written replacement of named competitors by named reserves up to one hour before the start of the first race.

The Chief Official's decision as to what constitutes an exceptional circumstance is final, and not subject to appeal. The withdrawal of an entry is considered final and no renewed entry of the same crew is allowed. Entry fees cannot be refunded.

16. *Alterations in the sequence of events*

The sequence of races given in the invitation, and the intervals between the races as given in the racing programme, are binding on the organizers. Alterations cannot be made unless the respective team managers or national representatives at the competition, give their consent.

17. *Marking signs and signals*

Both starting and finishing lines shall be marked with red flags or buoys at the points where these lines intersect the outer limits of the course. Where necessary flags may be used to give information to the competitors about the start and changes to the course. See Chapter V.

Race markers (starting and finishing line) will be explained in the race instructions. It is advised to use the lighthouses' buoys/beacons or markers set up for the race, easily visible or recognizable (dimensions, form, colour).

18. *Courses*

- a) Marathons may be held on the ocean in a variety of formats and conditions.

ICF Ocean Racing Rules 2006

- b) Courses may be changed at short notice to suit the conditions on the day of the race.
- c) Length of courses:

Seniors - men	Min. 20 kms and no upper limit.
Seniors - women	Min. 15 kms and no upper limit.
Juniors	Min. 15 kms and no upper limit.
- d) Races may be run in one or several stages, over one or several days, the final result being based on total racing time. Turning points shall be negotiated as directed.

19. *Canoe and personal numbers*

All kayaks and canoes shall carry a number which shall be attached to the kayak or canoe as instructed by the race organizer.

Boat identification must be set up in order to recognize the boats on the starting line and along the course markers. This procedure is for the safety and identification of the boats.

This classification is located on the both sides. It is composed of a figure indicating the type of boat specified in the race instructions followed by a number. The color is free but must be contrasted compared to the colour of the boat. The minimal height of each letter or each figure is of 10 cm and a width of 5 cm (except for the 1 and I). For V6, it is advised to increase the size of this classification with a minimal height of 15 cm. The whole of this number must be visible on the first 50 cm of the boats except for V6 for which, the distance is increased to 80 cm.

The personal numbers provided by the organising National Federation shall if required be placed on the back and if necessary on the front of the competitor as required by the organising federation. The title or main sponsors name may be shown on the front side with the personal numbers.

20. *Instructions for competitors*

ICF Ocean Racing Rules 2006

Each team leader shall receive printed or written instructions at least 5 hours before the beginning of the competition, containing the following information:

- a) Detailed information on the course and their markings.
- b) Starting time(s) and procedures.
- c) Starting line.
- d) Finishing line.
- e) Competitors's racing number.
- f) Obligatory safety equipment requirements.
- g) Transport arrangements for boats and competitor, if being provided by the organizers.

IV RACING REGULATIONS

21. *Means of propulsion*

Sea Kayaks shall be propelled solely by means of double-bladed paddles. The paddles may not be attached to the boats in any way (*except spare paddles*).

Outrigger Canoes (Va'a) shall be propelled using one or several single blade paddles (kites and sails are prohibited); paddles must not be attached to the boats (*except spare paddles*).

22. *Start*

- 1) The starting line shall be marked by two red flags or two red buoys or a combination of both.
- 2) Competitors shall be at the start at the time specified in the racing programme. The start shall be given without reference to any absentees.
- 3) The classes shall start in descending order from fastest to slowest as determined by the competition committee.
- 4) The method of starting shall be one of the following and shall be decided by the organising committee and included in the information booklet distributed beforehand.

a) *Stationary Start*

The position of the boats at the start is such

ICF Ocean Racing Rules 2006

that the bows of the competing boats are on the starting line(s). The boats must be stationary. The craft may be held at the stern. Wherever possible all boats in a class shall line up at the starting line and use the stationary start. Where this is impossible or impracticable owing to lack of space, or water or weather conditions, the following alternative simultaneous starting procedures may be employed.

- b) *Grid Start*
National teams equally represented in each rank of the grid with the positions being determined by the draw. National teams to take precedence over club teams.
 - c) *Le Mans Start*
The boats are lined up on the shore in an order determined by the draw.
 - d) *Rolling Start*
Where strong currents render a stationary start difficult, a rolling start may be used, the boats being allowed to drift towards the line with a view to crossing on the signal.
 - e) *Interval Start*
Where a simultaneous start is impracticable or undesirable, an interval start may be used, the order being determined by a draw. A list of competitors with their starting times shall be issued to the team leaders and pinned to a notice board at the start a least three (3) hours before the start of competition. It is also possible to have an interval start in groups.
- 5) In all cases paddlers shall be called to the water at least ten minutes before the scheduled start, or in the case of a Le mans Start given a ten minute warning.
- 6) The following procedures will then apply for the

ICF Ocean Racing Rules 2006

respective starts:

- a) *Stationary start and*
- b) *Grid start*

The starter shall ensure all craft are stationary on the starting line or grid line as appropriate.

When the starter is satisfied the line(s) are stationary he or she shall give the signal or "Ready" followed by a *shot, starting horn*, or the word "Go".

If a competitor commences paddling after the word "Ready" and before the shot has been fired, he or she has made a false start.

A competitor who attempts to start before any instruction is deemed to have made an unfair start.

A competitor who attempts a false or unfair start will be warned.

A second warning will result in the imposition of two minute penalty.

A third warning will result in the competitor's disqualification from the event.

A disqualified competitor must leave the water immediately.

- c) *Le Mans start*

Competitors shall stand stationary on a starting line. The starter, when satisfied the competitors are stationary, shall say "Ready" followed by a shot or the word "Go".

If a competitor or competitors commence running before the shot has been fired, the starter shall declare a false start and warn the offending competitors.

A competitor who attempts to start before any instruction is deemed to have made an unfair start.

ICF Ocean Racing Rules 2006

A competitor who attempts an unfair start will be warned.

A *second warning* will result in the imposition of a two minute time penalty.

A *third warning* will result in the competitor's disqualification from the event.

In a Le Mans Start, no competitor shall tackle, block, hinder or obstruct another competitor running to his or her boat.

d) *Rolling Start*

The canoes shall form up well before the start line and drift towards the starter.

The starter shall ensure the line is as straight as possible and that no competitor will obtain any undue advantage as a result of the start.

When the starter is satisfied, he or she shall let the line drift to within 10 metres of the start line and give the signal "Ready" followed by a shot, a starting horn or the word "GO".

If a competitor commences paddling after the word "Ready" and before the shot is fired, he or she has made a false start.

An immediate time penalty of two minutes shall be imposed upon the competitor making a false start.

e) *Interval Start*

Competitors shall be called into their starting position in the predetermined order. Competitors must be advised five minutes, two minutes and one minute prior to their designated start time.

The starter shall ensure that each competitor, or group of competitors is stationary and level. A competitor crossing the start line prior to the ten-second warning shall be recalled with the elapsed time taken from the designated

ICF Ocean Racing Rules 2006

starting time; a competitor commencing paddling between the ten-second warning and the shot or starting command shall incur an immediate two-minute time penalty.

7. Any penalty imposed under this rule shall be notified to the team manager of the offending competitor by the Technical Director. Whenever possible, advice of any time penalty shall also be given to the offending competitor(s) at the first available checkpoint.

8. *Multi-stage races:*

Where a race is divided into several stages, the starts of the second and subsequent stages on the same day shall be carried out individually, or in groups as determined by the organiser, and advised to the team leaders at the team leaders meeting.

If carried out individually the competitors will leave the stage start in the order of arrival from the previous stage, and at the same intervals of time.

If in groups, these should also take into account arrival from the previous stage, and time differences recorded.

Timing will be cumulative, and the winner being the competitor/crew having taken the shortest time over the whole course, making due allowance for any time penalties awarded by the organisers. The restart of the second or subsequent days may utilize any of the initial or stage start methods described in this rule.

23. *Turns*

When a race is run on a course with turning points these shall be passed to port (i.e. anti-clockwise) unless otherwise directed.

24. *Group Racing and Overtaking*

When a craft is overtaking another craft, it is the duty of the overtaking craft to keep clear of other competitors at all times.

When a craft is racing in a group of competitors it is the

ICF Ocean Racing Rules 2006

duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any manouvering within the group.

25. *Collision or damage*

Any competitor who is considered by a course umpire or race official to have been responsible for a collision, or who damages the canoe or kayak or paddle of another competitor may be disqualified.

26. *Check Points*

Competitors may be required to paddle the shore and pass through check points for safety reasons at points designated by the race organisers.

27. *Assistance*

- 1) A competitor may not be accompanied along the course or assisted in any way by other craft not entered in the event or by any vessel (e.g. motor boat).
- 2) Competitors may not wash hang a competitor in another class.
- 3) Any outside help (food, coaching, and orientation) is prohibited during the competition other than at designated check points. Assistance from a boat outside of the competition (motorboat, sailboat, rowing boat or kayak) may lead to the disqualification of the competitor. Private boats must not obstruct (course, waves, etc....) candidates during a race. If an obstruction between a competitor and an unofficial boat related to a competitor can be established, the competitor will be disqualified.
- 4) In the event of capsizing during the race, a competitor may be helped by another contestant. A competitor will be disqualified only if he/she uses the safety devices set up by the organisation of the race or the assistance of another boat outside the racing committee.

ICF Ocean Racing Rules 2006

- 5) A competitor suffering from a lower-body handicap may, by prior agreement from the Competition Committee, receive assistance at a check point or during a le mans start, from designated helpers, provided no advantage is received as a result of such assistance and provided the competitor leaves or is lifted from his or her canoe/kayak before the helpers carry the boat.
- 6) No exchange or substitution of boats is permitted, even with other competitors from the same team.

28. *Safety measures*

- 1) All federations will ensure that their team members have completed a 400m ocean swim not more than 3 months prior to the event. If any team member has not or can not complete the swim, they must wear a type 3 PFD for the duration of the event.
- 2) Each competitor will carry at least 1.5 liters of water attached to their person or craft at the start of the race.
Each competitor (only one in the case of a double) will be attached to their craft with a sturdy leash the safety officer deems it necessary.
- 3) Each Competitor should carry a whistle.
- 4) Each competitor will be equipped with at least one of the following:
 - a) Type III PFD worn or attached by a leash to the competitor.
 - b) Orally inflatable PFD worn or attached by a leash to the competitor.
 - c) Leash attaching the competitor to a secure anchoring point on their craft.
- 5) If required by the Safety Officer each competitor will carry either:
 - a) One orange smoke flare with burn time at least 1 minute.
 - b) Three mini aerial flares with launcher
- 6) All craft with an opening or openings (cockpit, storage etc.) that open into the hull will be fitted

ICF Ocean Racing Rules 2006

with suitable buoyancy material that will keep the craft and competitor afloat and mobile if swamped. A buoyancy test will be carried out if, applicable, at craft inspection.

- 7) Any competitor failing to observe the safety requirements shall be refused the right to start. If they have started he or she will be disqualified.
- 8) Competitors participate at their own risk. Neither the organizers nor the ICF can be held responsible for accidents or material damage which may occur during a race.
- 9) Every official is required to observe that the safety measures are being adhered to, and prevent boats or competitors from starting or continuing if they fail to meet the requirements laid down in the rules.
- 10) Ocean Racing may involve participants in dangerous situations. It is a requirement that any competitor seeing another in real danger shall render all assistance in his or her power. Failure to do so may involve disqualification.

29. *Finish*

The finishing line is reached when the bow of the craft has passed the line between the flags. If two or more boats reach the finishing line at the same time, they get the same classification.

30. *Disqualifications*

Any Competitor who attempts to win a race by any other than honourable means, or who breaks the racing regulations, or who disregards the honourable nature of the racing regulations will be disqualified for the duration of the race concerned.

Should a competitor have completed a race in a kayak which is shown, upon inspection, not to fulfil the ICF classifications, he or she shall be disqualified from the race in question.

It is forbidden, during a race, to be accompanied by other boats along the course.

Such acts shall entail the disqualification of the

ICF Ocean Racing Rules 2006

competitor/s concerned. All disqualifications by the Competition Committee must be confirmed in writing immediately, giving the reasons. The team leader of the competitor must acknowledge receipt on a copy of the notice, with the exact time, which marks the start of the protest time.

31. *Protests*

A protest against the right of a crew to take part in a race shall be referred to the Chief Official not later than one hour before the start of the race. A protest made later, within 31 days from the date when the race in question was held, is only permitted if the officials of the association making the protest can prove that the facts on which the protest is based came to their knowledge later than one hour before the start of the race.

A later protest shall be referred to the ICF Ocean Racing Committee accompanied by the prescribed fee.

A protest made during a competition relating to an incident in the race must be addressed to the Competition Committee and handed to the Chief Official not later than one hour after the last of the competitors involved in the incident have completed the course, or if forced to retire one hour after the retirement has been reported to the organiser.

The organisers shall be permitted to commence issuing preliminary results and carry out reward ceremonies after one third, or the first three, whichever is the greater, of the competitors of the class have completed the course, or their retirements notified to the organiser.

All protests shall be made in writing and be accompanied by a fee of 25 US dollars (or an equal sum in the local currency) the fee will be refunded if the protest is upheld.

32. *Appeals*

Competitors have the right to appeal to the ICF, through their national federations, against a decision of the Competition Committee, within 30 days from the date when the race was held. The appeal shall be accompanied by a fee of 25 US dollars or its equivalent, which will be refunded if the appeal is upheld.

ICF Ocean Racing Rules 2006

The ICF Board of Directors shall pronounce the final decision based on a recommendation by the Ocean Racing Working Group.

33. *Doping*

Doping as defined in the Olympic Movement Anti-Doping Code is strictly

Forbidden. Doping control shall be conducted in accordance with the ICF Doping control regulations under the supervision of the ICF Medical and Anti-Doping Committee.

34. *Information*

After the ending of all international Ocean Racing Competitions listed in the Competition Calendar of the ICF, two copies of the results must be air mailed to the ICF Secretary General, and one to the Chair of the Ocean Racing Working Group.

V WARNING SIGNALS

Art 35: Warning signals may be used and if necessary will be indicated either on the mast(s) of the officials' boat, on land, or by other means and will be explained in the race instructions.

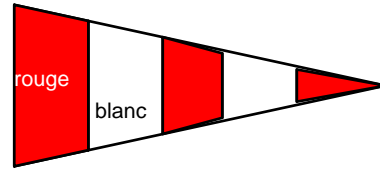
Art 36: Description of flags

If flags are used they must be defined by the organizer and explained during the race meeting. examples of flags and their use follow below:

ICF Ocean Racing Rules 2006

Warning Flag

The flag (see picture) followed by an audible signal (long blow) means: "Get ready to be within starting line". The warning signal states that the first start will be given within 20 minutes, except in a specific delay. This first flag will be lowered with the rise of the flag for the first start.

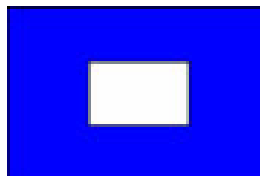


Hoisted/waving flag

Time	Signals	Start Procedure	Description
T - 3'	<i>Flag of choice selected by organizers followed by one audible signal</i>		<i>Warning</i>
T - 1'	<i>'P' Flag with one audible signal</i>		<i>Last minute before start Forbidden to cross the starting line</i>
T	<i>Selected flag and "P" flag lowered with audible signal (louder or different from previous ones)</i>		START OF RACE



*Flag selected by organizers
(Colored or other)*



'P' flag (blue and white)

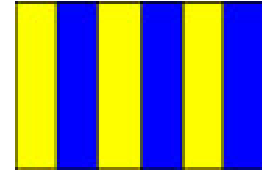


*Recall Flag
1 substitute (blue and yellow)*

*In the event of a false start, the "recall flag" will be hoisted on the officials' boat.
If another starting procedure is chosen, it is described by the organizer in the race instructions.*

ICF Ocean Racing Rules 2006

The 'g' flag (running start flag) allows a launch between two moving motor boats with "g" flags, allowing the alignment of competitors along a fictitious line between the two boats. The start is given at the lowering of the two flags once candidates seem aligned.

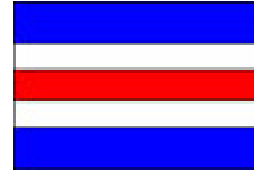


G flag (yellow and blue)

Change of race course after the start On race officials boat

In the event of a change of itinerary. The "C" flag (Change of Course) is displayed with the heading of the new marker.

(Blue, white, red, white, blue)

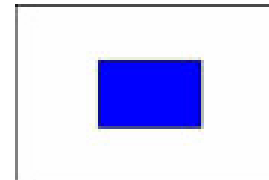


Cancellation: 'N' flag (blue and white) followed by a long distinct audible signal: RETURN TO SHORE IMMEDIATELY



Course Reduced

Unless stated otherwise in race instructions, the course can be reduced according to the following procedure:



S " flag over blue flag indicates that the arrival takes place between the course marker and the officials boat