



**GETACTIVE! SINGAPORE  
PESTA SUKAN 2019  
CANOE SPRINT, SUP & PARACANOE RACE  
COMPETITION RULES & REGULATION**

**1. Rules**

- 1.1 The race shall be administered in accordance and governed by the Singapore National Games 2019 Rules and Regulations.
- 1.2 All races in the GetActive! Singapore Pesta Sukan 2019 Canoe Sprint, SUP & Paracanoes Race shall be held in accordance with these Rules and Regulations, and the current version of the International Canoe Federation (“ICF”) Canoe Sprint Competition Rules. The SCF reserves the right to modify these Rules and Regulations without prior notice.
- 1.3 All participants must be 1 star certified except for Sit-On-Tops (SOT), SUP, V1 and U12 races. Competency of Stand-Up-Paddle (SUP) and V1 registrants will be verified by the race organizers. However, basic paddling knowledge is compulsory.

**2. Race Categories**

S/N	Category	Age Range	Clarification
1	U12 Men*	12 years old and below	Born on or after year 2007
2	U12 Women*	12 years old and below	Born on or after year 2007
3	U14 Men*	14 years old and below	Born on or after year 2005
4	U14 Women*	14 years old and below	Born on or after year 2005
5	U16 Men*	16 years old and below	Born on or after year 2003
6	U16 Women*	16 years old and below	Born on or after year 2003
7	U18 Men*	18 years old and below	Born on or after year 2001
8	U18 Women*	18 years old and below	Born on or after year 2001
9	U20 Men*	20 years old and below	Born on or after year 1999
10	U20 Women*	20 years old and below	Born on or after year 1999
11	Senior Men	19 years old and above	Born on or before year 2000



12	Senior Women	19 years old and above	Born on or before year 2000
13	Master Men	35 years old and above	Born on or before year 1984
14	Master Women	35 years old and above	Born on or before year 1984
15	Paracanoe	Open	Can be accompanied by a trained volunteer.
16	Tertiary Men	16 years old and above	Born on or before year 2003
17	Tertiary Women	16 years old and above	Born on or before year 2003
18	Open Men	16 years old and above	Born on or before year 2003
19	Open Women	16 years old and above	Born on or before year 2003
20	Grand Master Men	50 years old and above	Born on or before year 1969
21	Grand Master Women	50 years old and above	Born on or before year 1969
22	Kids&Parents ^	Minimum 8 years old	

\*Minimum participating age for kayak/canoe event is 10 years old, born on or before 2009. Age based on 1<sup>st</sup> Jan of prevailing year.

^Kids must be accompanied by parents or grandparents. No siblings pairing is allowed.

- 2.1 For S/N 15, Paracanoe double SOT race, team must register two (2) participants, of which, one (1) must be a trained volunteer.
- 2.2 For Paracanoe race, racing in a slower craft is permitted.
- 2.3 Tertiary Men and Women is open to all students who are currently seeking education in the local Secondary Schools, Polytechnics and Universities.
- 2.4 Equipment for Closed Deck Recreational K1\* and SOT Rec single races will be provided by the organiser. This includes the kayak, personal flotation device (PFD), and paddle. No personal equipment(s) will be allowed.
- 2.5 Participants will have to arrange for personal equipment for all races except Closed Deck Recreational K1 and SOT races.



\*Closed decked used for Recreation K1



Picture of boat type for reference only. Actual units used may vary.

### 3. Race Venue & Schedule

Races will be held at MacRitchie Reservoir.

Day, Date	Timing*	Competition Stage
Thur, 25 July	9am to 6pm	Pre Boat Control
Sat, 27 July	8am to 6pm	Heats, Finals
Sun, 28 July	8am to 6pm	Heats, Semi Finals, Finals

*\*Note: The above may change once the entries are finalized.*

Please refer to ANNEX B as the provisional race schedule, subjected to changes by the organizing committee.



## 4. Format of Play

4.1 The list of events shall be as follows:

### 2000M – Canoe/Kayaking

U12	Men	JK1
U12	Women	JK1
U14	Men	K1
U14	Men	C1
U14	Women	K1
U16	Men	K1
U16	Men	C1
U16	Women	K1
Senior	Men	K1
Senior	Women	K1
Opens	Men	SUP – 14ft
Opens	Women	SUP – 14ft

### 200M – Canoe/Kayaking

U16	Men	Closed deck (Rec K1)
U16	Women	Closed deck (Rec K1)
U18	Men	K1
U18	Men	C1
U18	Women	K1
U20	Men	Closed deck (Rec K1)
U20	Women	Closed deck (Rec K1)
Senior	Men	K1
Senior	Men	C1
Senior	Women	K1
Senior	Women	C1
Senior	Men	Closed deck (Rec K1)
Senior	Women	Closed deck (Rec K1)
Master	Men	K1
Master	Women	K1
Master	Mixed	K2
Open	Paracanoe*	Single SOT
Open	Paracanoe	Double SOT
Master	Men	K1 SOT
Master	Women	K1 SOT
Open	Men	V1
Open	Women	V1

### 200M – SUP – 1 Design

Tertiary	Men	SUP
Tertiary	Women	SUP
Open	Men	SUP
Open	Women	SUP
Grand Master	Men	SUP
Grand Master	Women	SUP
Kid & parent	Paracanoe	SUP
Kid & parent		SUP

*\*Single SOT (Paracanoe) are only open to the participants of paracanoe programme only*

4.2 The above are the list of events offered at the GetActive! Singapore Pesta Sukan 2019 Canoe Sprint, SUP & Paracanoe Race.

4.3 Final A will be run for all events where permitted by weather.



- 4.4 If races cannot be run, the 6 top finishers by timing from the heats will gather for one final race.
- 4.5 Each participant is allowed to take part in more than one (1) category which they are eligible for. Participants are to exercise their discretion on physical health condition and not to exhaust themselves with too many events.
- 4.6 Any event/s, with less than 4 entries, may be cancelled.
- 4.7 The race will be conducted in the following methods.
  - Heats
  - Semi- Finals
  - Finals

Please refer to ANNEX C for 6 Lanes Progression System.

*Note: Entries will be accepted on a 'first-come, first-served basis'.*

## 5. Equipment

### 5.1 Specifications for Canoes and Kayaks:

	JK1	K1	K2	C1
Max. Length/ cm	430	520	650	520
Min. Weight/ kg	11	12	18	14

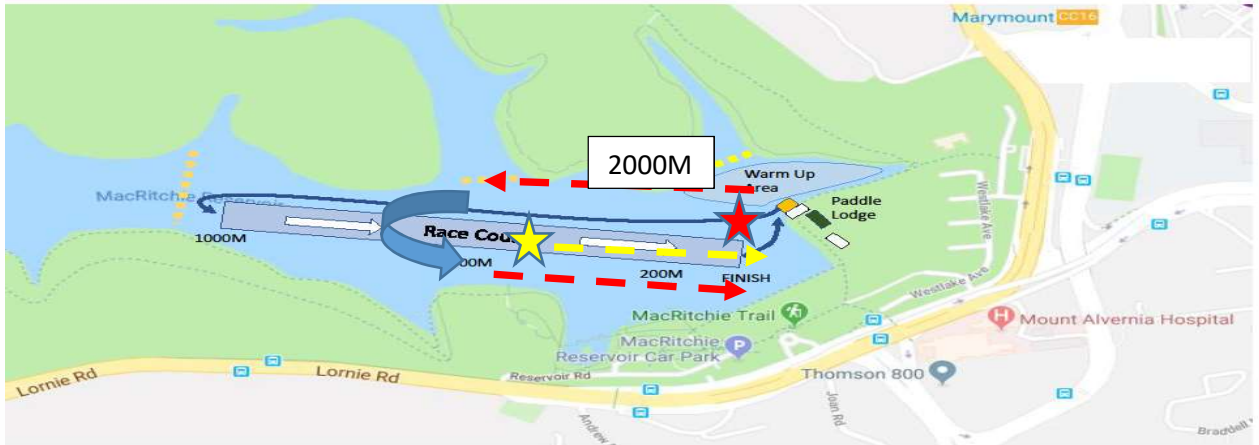
- 5.2 The length of a canoe or kayak shall be measured between the extremes of the bow and stern. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement.
- 5.3 All boats must have a lane identification number plate holder on the centerline of the deck.
- 5.4 All kayaks must have seats and rudder.
- 5.5 No foreign substance may be added to the boats, which give competitor unfair advantage.



- 5.6 No part of the boat (including the seat and the footrest) may have moving parts which can be used to help propel the boat in a way which would give competitors an unfair advantage (existing moving seat systems already in use are accepted).
- 5.7 A boat or competitor may be equipped with a device which provides real time feedback on performance for use by television or event presentation. The device may be used by the competitor for analysis following a race but in no circumstances may the device be used to provide real time feedback to a competitor during a race.
- 5.8 Watches, if carried by athletes, must be worn by the athletes at the wrist only.
- 5.9 Watches are to be set to tell only the date and time of the day only and must not be attached to the boat or athlete in anyway (e.g. PFD etc.) that will allow reference of time during race.
- 5.10 Watches must not emit sound or signal or beeps or be set to stopwatch / countdown or any other mode that will provide real time feedback to the competitor during race on performance.
- 5.11 All competitors are to provide their own kayaks and canoes in accordance to the above specifications.
- 5.12 The Organising Committee reserves the right to select at random any boats for Boat Control.
- 5.13 Movement of the boats to MacRitchie Reservoir must be done on **25 July (Thursday)**, before 1800 hrs.
- 5.14 All boats and equipment are stored at the race site at the owner's risk.
- 5.15 The Organising Committee is not responsible for any loss or damage of boats or equipment at the race site.



## 6. Race Concept



- 6.1 For 2000M events (in red), each participant will start at the finish pontoon, make a round turn at 500M x2 and complete the race at the finish line.
- 6.2 For 200M events (in yellow), each participant will start at the 200M start pontoon and complete the race at the finish line.

## 7. Prize and Medals

- 7.1 Medals will be awarded to the top three (3) winners (teams) of each events with at least four (4) entries.
- 7.2 Events with less than 4 entries will be cancelled.

## 8. Registration Eligibility

- 8.1 Each participant is allowed to take part in more than one (1) category which they are eligible for. Participants are to exercise their discretion on physical health condition and not to exhaust themselves with too many events.
- 8.2 All participants shall be Singapore Citizens, Singapore Permanent Residents (PRs) and foreigners residing in Singapore with the passes as stated in the General Rules & Regulations.

## 9. Bad Weather

In the event of bad weather, the organizing committee reserves the right to delay the commencement, or cancel the race, on the basis of prolonged bad weather conditions, without refund.



**10. Alternations in Entries and Withdrawals**

10.1 Registration will be open on Monday, 3<sup>rd</sup> June 2019.

10.2 Entry fees are based on a 'paddler per event' basis in accordance with the fees in the table below (e.g. a master mixed K2 entry will be 2 paddlers x \$15 = \$30, based on \$15 / pax / event):

<b>Category</b>	<b>Fee</b>
U12 Men/Women	\$10/pax/event
U14 Men/Women	\$10/pax/event
U16 Men/Women	\$10/pax/event
U18 Men/Women	\$10/pax/event
U20 Men/Women	\$10/pax/event
Senior Men/Women	\$15/pax/event
Master Men/Women	\$15/pax/event
Paracanoe	\$5/event
14ft Open Men/Women	\$15/pax/event
V1 Men/Women	\$15/pax/event
Tertiary Men/Women	\$15/pax/event
Opens Men/Women	\$15/pax/event
Grand Master Men/Women	\$15/pax/event
Kid & Parent (Paracanoe)	\$10/event
Kid & Parent	\$25/event

10.3 **Closing date for entry will be on 8 July 2019. Registration must be completed via myactivesg.com no later than 8 July (Mon) 2359 hrs.**

10.4 **Entry fees are strictly non-refundable.**

10.5 **Payment of the entry fees may only be made via myactivesg.com**

- i. E-wallet
- ii. Credit Card





- 10.6 **ActiveSG credits cannot be used for registration.**
- 10.7 **A Team Managers' Meeting will be conducted on Monday, 22 July 2019 at 1930hrs at Team Nila Room.** Only the Team Manager or one appointed representative from each Organisation is permitted to attend the meeting. **Team Managers / representatives must retain and bring along proof of payment at the Team Manager Meeting.**
- 10.8 Participants to register 30 minutes before the start of their race when called upon.
- 10.9 Participants who failed to be present at the start line of their race shall be considered to have voluntarily withdrawn from the race.
- 10.10 No alteration of entries will be allowed after the closing date of registration.
- 10.11 Any team who has withdrawn from one event will not be allowed to enter any other event for which they have not registered during the initial submission.
- 10.12 Entry fees are not refundable except where an application is refused.
- 10.13 Withdrawal of entries after the processing of entries is permitted. No entry fee will be refunded for any withdrawn entry.

## **11. Safety Measures**

Every participants must wear a PFD and failing to do so will be disqualified and be removed from the race.



## 12. Disqualification

- 12.1 Any competitor who attempts to win a race by other than honourable means, or who breaks the racing regulations, or who disregards the honourable nature of the racing regulations shall be disqualified from the race.
- 12.2 Any accessories, including but not limited to added weight, that drop out from the boat at Boat Control will not be considered as part of the boat.
- 12.3 Any boat that does not meet the minimum weight requirement at the Boat Control will be deemed to have failed Boat Control and competitors using the boats will be considered to be disqualified from the race.
- 12.4 Should a competitor have completed a race in a canoe or kayak that is shown upon inspection not to conform to the ICF classifications, he/ she shall be disqualified from the race in question.
- 12.5 It is forbidden to receive, during a race, outside help, or to be accompanied by other boats along the course – even outside the lanes – or by throwing objects into the course. The minimum penalty imposed could be that of the withdrawal of an event from the Clubs/ Associations/ Schools of the pacer.
- 12.6 In the event of capsize, the competitor or crew is eliminated from the race.
- 12.7 No warm-up or practice is allowed along the racing lane during the course of the race. All such acts shall result in the disqualification of the competitor concerned from all events, whether completed or otherwise.
- 12.8 The lanes are marked with buoys or floats, competitors must pass in between the buoys corresponding to their lane. Paddling across other lanes can be disqualified from the race.
- 12.9 Competitors moving to the start line must keep clear from the race course, and stop when the boats of race in progress are passing by in the race course.
- 12.10 **Competitors must report to the start line and compete in all registered events, from heats to final. No show at the start line is considered as withdrawal of entry without reason. Competitors concerned will be deemed to have withdrawn completely from all events.**



### **13. Matters not covered in Rules and Regulations**

For matters not covered in the rules and regulations will be decided by the organizing committee and decision is final.

The organizing committee reserves the right to amend the Rules and Regulations without giving prior notification or any reasons thereof.

The organizing committee reserves the right to amend the competition schedule without giving prior notification or any reasons thereof.

#### **Contact**

If you have any questions about the information contained in this bulletin, please drop us an email at [event@scf.org.sg](mailto:event@scf.org.sg) for clarification.

#### **ANNEX B**

#### **Provisional Race Schedule Day 1 - 27 July 2019 and Day 2 – 28 July 2019**



## ANNEX C

### 6 Lanes Progression System

3 – 6 entries:	Direct final.
7 – 12 entries:	2 heats and 1 <sup>st</sup> & 2 <sup>nd</sup> from each heat to final. 3 <sup>rd</sup> to 5 <sup>th</sup> to semi-final and rest out. From semi-final 1 <sup>st</sup> & 2 <sup>nd</sup> to final.
13 – 18 entries:	3 heats and 1 <sup>st</sup> from each heat to final. 2 <sup>nd</sup> and 3 <sup>rd</sup> from each heat to semi-final and rest out. From the semi-final, first 3 to the final.
19 – 24 entries:	4 heats and 1 <sup>st</sup> to 3 <sup>rd</sup> from each heat to two semi-finals and rest out. From the semi-finals, 1 <sup>st</sup> to 3 <sup>rd</sup> to final and rest out.
Withdrawal OR 'no-show' during the Championships	<b>Any withdrawal or 'no show' during the Championships, by any team, for any heat, will not affect the other boats in that heat. Should the withdrawal or 'no show' result in only one boat remaining in a particular heat, that remaining boat will automatically proceed to the next round by default.</b>