



**GETACTIVE!**  
**SINGAPORE**



**PESTA SUKAN**

**GetActive! Singapore**  
**Pesta Sukan 2019**  
**Canoe Sprint, SUP & Paracanoes Race**  
**Team Manager Information Kit**





# DETAILS

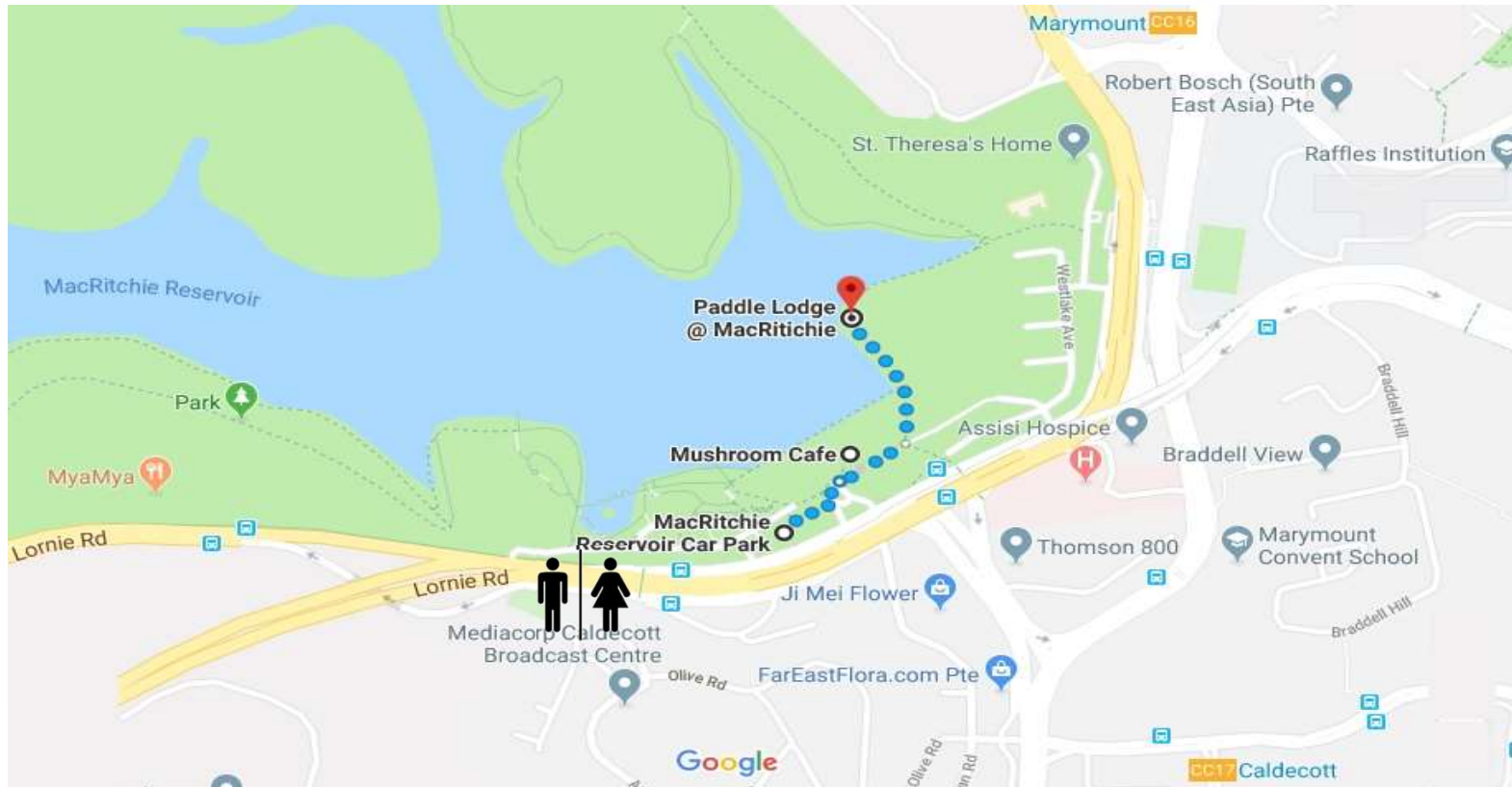
Date : 27 and 28 July 2019 (Sat – Sun)

Flag off : 9am

Venue : Paddle Lodge @ MacRitchie Reservoir  
7 min walk from MacRitchie Reservoir Carpark



# VENUE





# RACE SCHEDULE

<http://scf.org.sg/events/details/getactive-singapore-pesta-sukan-2019-canoe-sprint-sup--paracanoerace>

OR

<https://tinyurl.com/y2zw2s43>



# PADDLING ROUTE – 2000M



2 lap turns around 500m pontoon

1. Start at Finishing pontoon
2. 2 lap turn at 500m pontoon
3. Finish at Finishing pontoon

**\*finish within lane 1-6**

*\*not drawn to scale*



# PADDLING ROUTE – 200M

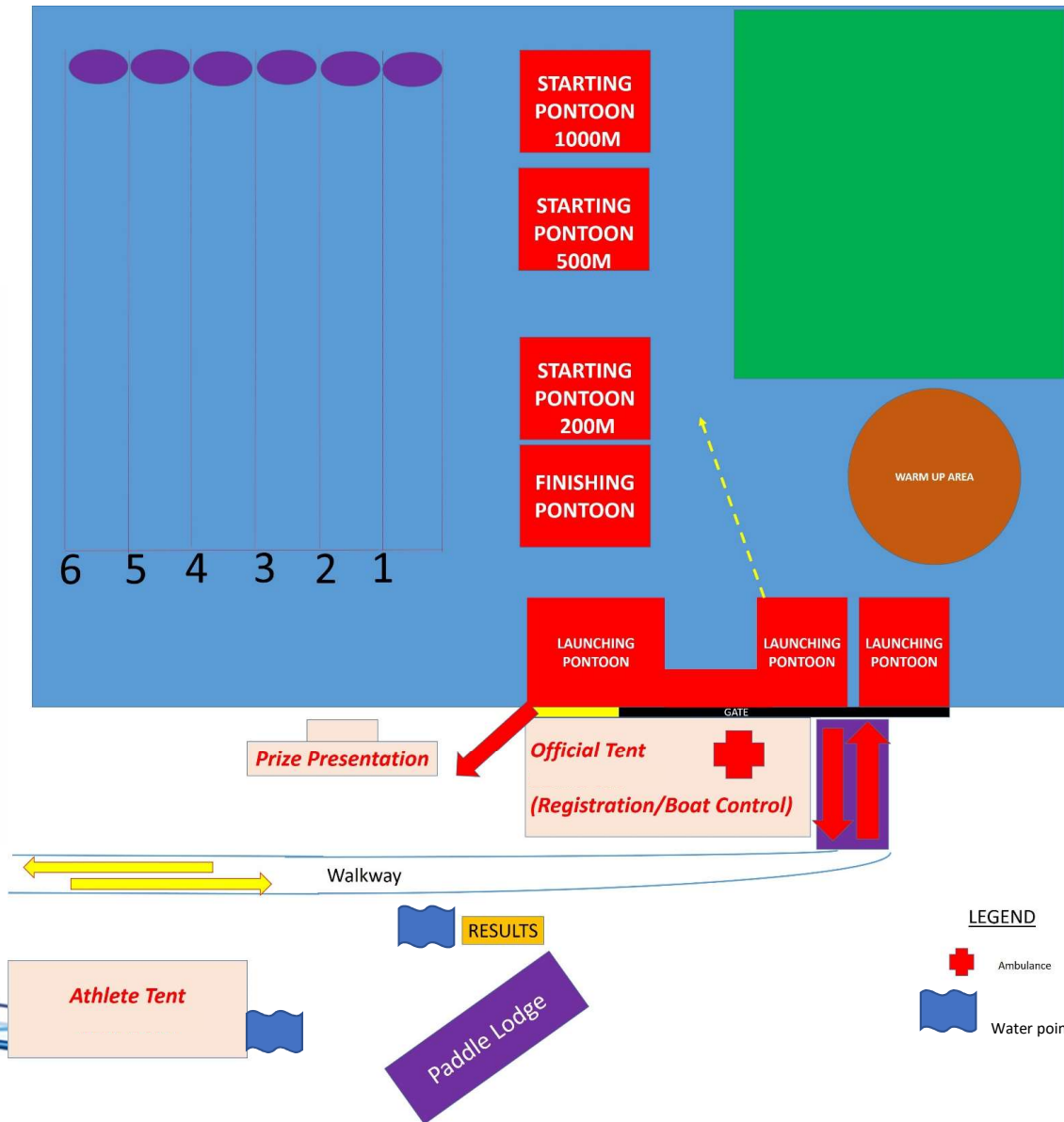


One straight line  
from Starting Pontoon  
to Finishing Pontoon

NO U-turn



# Layout





# SAFETY RULES

## Safe Use of PFD for Water Activities

To put on PFD prior to entry of Pontoon



- (1) Always ensure that PFD used is serviceable.
- (2) Ensure all straps ok, all buckles are secured.

For all PFDs



For Canoe Sprint PFDs

Always ensure two straps



Brought to you by the Singapore Canoe Federation  
Nov 2018

Always ensure the two straps  
go through all loops





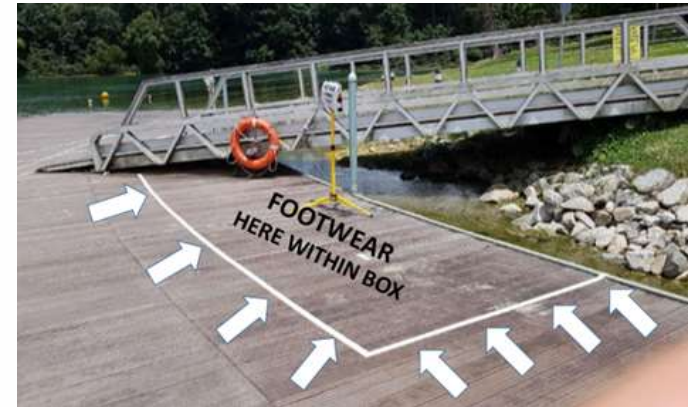
# SAFETY RULES





# SAFETY RULES

Keep footwear  
left of pontoon



Keep right of  
pontoon clear

plastic bottles  
can/packet drinks  
masking tape

Clear all rubbish !



Where are the paddlers?

Only use the pontoon for  
immediate Launch  
and Return

Always keep pontoon clear  
for others, please.



# TRAFFIC FLOW

## NOTICE

All paddlers are to use the path along the sheds only **indicated in yellow** for all movement of boats.

In consideration of the safety of Park Users, the park path section shown below **will NOT be used for any movement of boats until further notice.**

Thank you for your cooperation.

05 Oct 2018



Move with care in group and look out for other park users

\* Only applicable for K4s



# TRAFFIC FLOW



Move boats between the launch pontoon and Block A, B or C by using only the footpath near the hill unless obstructed by work or activities to reduce the possibility of contact of boats and other park users on land



# TRAFFIC FLOW

Towards the pontoon



For boats called out  
for boat control only

Entrance / Exit of crafts



# Familiarization Run

- Trial run/race familiarization for all organizations will be available on 25-26 July 2019 (Thurs-Fri) from 7am to 630pm (up from water), gate closes at 645pm
- Please respect all users and give way to one another
- Avoid crowding at the pontoon



# RULES AND REGULATION

## House Rules



To reduce plastic waste to save the environment, try to resist using disposal plastic bottles during the event.

Each participant will be given reusable water bottle at the registration booth when registering- only 1 for each participate and water points for refills will be set up at the event ground.



# RULES AND REGULATION

## Competition Rules

- The race shall be administered in accordance and governed by the Singapore National Games 2019 Rules and Regulations
- All races in GetActive! Singapore Pesta Sukan 2019 Canoe Sprint, SUP & Paracanoe Race shall be held in accordance with these Rules and Regulations, and the current version of International Canoe Federation (“ICF”) Canoe Sprint and Paracanoe Competition Rules. The SCF reserves the right to modify these Rules and Regulation without prior notice





# RULES AND REGULATION

## Competitors & Entries

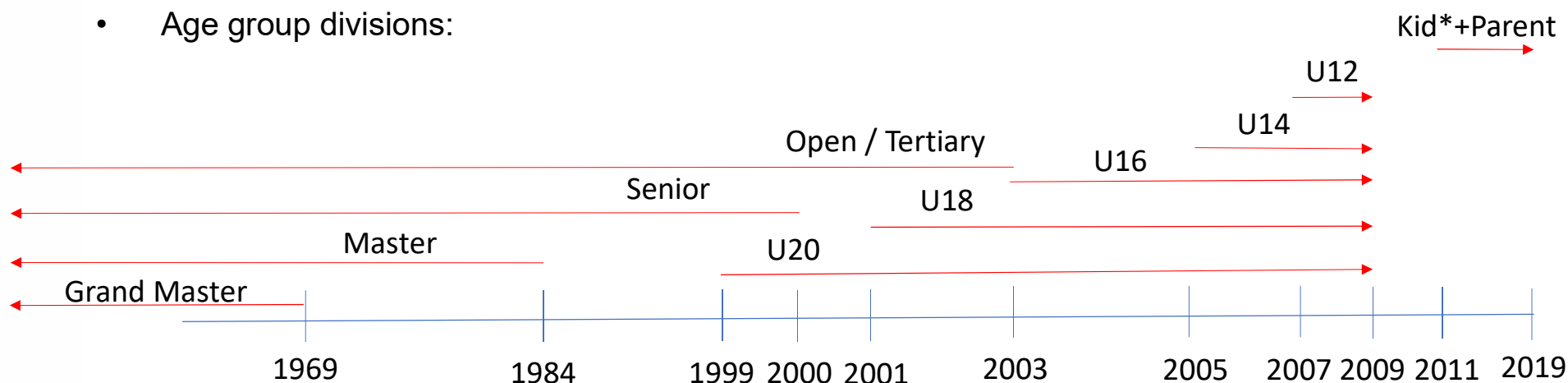
- All participants must be 1-star certified except for Sit-On-Tops (SOT), Stand-Up-Paddle (SUP), V1 and U12 races
- Basic paddling knowledge is compulsory
- Competency of SUP and V1 registrants will be verified by the organizing committee
- Racing in a slower craft is permitted
- Craft used must have valid vessel ID
- There will be no limit on the number of category that each athlete can participate, subjected to eligibility
- PFD must be worn at all times when paddling on water and before entering the launching pontoon



# RULES AND REGULATION

## Competitors & Entries

- Age group divisions:



- Entries are accepted on first-come, first-served basis
- Races will start as per start time and will not wait for any back to back races or equipment sharing on the part of the participant
- Participants to register 30 minutes before the start of their race when called upon
- Participants who failed to be present at the start line of their race is considered to have voluntarily withdrawn from the race



# Payment

Payment of Entry Fee may be made before closing date of entry via [www.myactivesg.com](http://www.myactivesg.com) using:

1. **E-wallet**
2. **Credit card**

**OR**

1. **E-invoice ( for manual entries)**

**Please DO NOT send cash via post**  
**ActiveSG credits is NOT allowed**



# Registration – 2000M

	U12 Men	U12 Women	U14 Men	U14 Women	U16 Men	U16 Women	Senior Men	Senior Women
JK1	16	9	-	-	-	-	-	-
K1	-	-	21	7	21	5	25	28
C1	-	-	4	-	8	-		-



# Registration – 200M

	U16 Men	U16 Women	U18 Men	U18 Women	U20 Men	U20 Women	Senior Men	Senior Women	Master Men	Master Women	Open Men	Open Women	Master Mixed	Paracanoe
Closed Deck	25	*	-	-	<sup>^3</sup>	*	8	*	-	-	-	-	-	-
C1	-	-	*	-	-	-	<sup>^3</sup>	<sup>^1</sup>	-	-	-	-	-	-
K1	-	-	10	9	-	-	14	14	4	<sup>^2</sup>	-	-	-	-
K2	-	-	-	-	-	-	-	-	-	-	-	-	4	-
Single SOT	-	-	-	-	-	-	-	-	<sup>^2</sup>	*	-	-	-	5
Double SOT	-	-	-	-	-	-	-	-	-	-	-	-	-	6
V1	-	-	-	-	-	-	-	-	-	-	6	10	-	-

<sup>^</sup> Race will be combined due to less than 4 entries

\* Race will be cancelled due to 0 entry



# Registration - SUP

	1 Design board	14 feet board
Tertiary Men	<sup>^</sup> 3	-
Tertiary Women	*	-
Open Men	16	9
Open Women	7	5
Grandmaster Men	4	-
Grandmaster Women	<sup>^</sup> 3	-
Kid+Parent Paracanoes	*	-
Kid+Parent	<sup>^</sup> 2	-

<sup>^</sup> Race will be combined due to less than 4 Kayaks

\* Race will be cancelled due to 0 entry



# RULES AND REGULATION

## Means of propulsion

- Kayak shall be propelled solely by means of double-bladed paddle
- Canadian canoe shall be propelled solely by means of single-bladed paddle
- The paddle may not be fixed on the boat in any way
- If a paddle is broken during the race, the competitor may not be provided with a new one by a supporter



# Registration Booth

- Registration: kindly provide your NRIC during registration for verification and collect your boat number plate # (100-550) (for 2000m races) & boat number plate # (1-6) (for 200m races) before the first race.
- \*Start List and trash bags can be collected from registration area
- Change of athlete – only applicable 1 hour before first race
- Equipment rental / collection:
  - ❖ Rental: 1Design SUP board
  - ❖ Collect: Closed deck / SOT / V1
- Protest / Appeal forms





# Equipment Collection

- Only applicable to Single Closed Deck , Sit-on-tops (SOT) and V1 events
- Collect 1 Kayak + 1 PFD per pax + 1 paddle + Number plate during registration
- Return after your race has ended
- NO personal equipment allowed (i.e. feather blade), with the exemption of V1 where participants are allowed to bring own paddle



# SUP - 1 Design rental

- Only applicable for 1 Design category
- Rental – liaise with Kah Soon directly @ 96796867
- 1Design SUP Board + 1 paddle = \$10 per pax per event category (i.e. 1heat+1semi-final+1final)
- PFD = \$8 per pax per event category
- Return all equipment after your race has ended



# RULES AND REGULATION

## Lane Identification Number

- All boats shall carry a vertical plate, indicating the lane, on the centerline of the boat
- The number must be visible to the Finish Judge at the finish line
- Boats that cross the finish line without Lane Identification Number plate may not receive a finish position in a race



# 2000M Progression

< 15 craft	≥ 15 craft
Direct Finals	2 Heats -> Finals

- Top 6 from each Heat to Finals
- Race format for Heats is turning at the 500m



# 200M Progression

Heats -> Semi-finals -> Finals

## 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-finals and rest out. From semi-finals 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
25 – 30 entries:	5 heats and 1 <sup>st</sup> to 3 <sup>rd</sup> from each heat + 4 <sup>th</sup> to 6 <sup>th</sup> best timings to three semi-finals. From the semi-finals, 1 <sup>st</sup> to 2 <sup>nd</sup> to A final, 3 <sup>rd</sup> to 4 <sup>th</sup> to B final and rest out

- Final A will be run for all events where permitted by weather
- If races cannot be run, the 6 top finishers by timing from the heats will gather for one final race

Withdrawal OR 'no-show' during the race	<p>Any withdrawal or 'no show' during the race, by any team, for any heat, will <b>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></p>
---	---



# RULES AND REGULATION

## **Heats and Finals**

- At least 4 canoes or kayaks must be entered before a race can be held ( in the event there are no at least 4 entries, participants from different event may be combined to start the race)
- When making the draw, the difference between the numbers of competitors in the heats of a race shall not exceed one. If the number of competitors in the heats varies, the earlier heats shall have the larger numbers
- Any participant that has not taken part in a heat (except for events with no heats) shall NOT be allowed to compete in the final



# RULES AND REGULATION

## Start

- Boat plate number will be randomly assigned to determine the station of the boats at the start. Number one shall be placed to the left most (in the direction facing the finishing line), then number 2 and so on.
- Competitors have to be at the starting area in water at least 2 event before the start of their race
- The start shall be given punctually without reference to any absentees
- Competitor who fails to report 2 events before their event shall be considered to have voluntarily withdrawn from the race
- Boat position at the start: bow of the competing boats is on the starting line. Boats must be stationary. Blades are allowed on the water surface to keep balance but must not propel forward
- The starting command will be “Ready – Set - Go” (“Go” can be a shot or strong sound signal). At the “Ready” command the competitors begin their preparation to paddle. At the “Set” command the competitors place their paddle in the catch position. The competitor must not paddle forward or this action will be deemed to be a false start. The boat must not move forward at this point in the starting procedure



# RULES AND REGULATION

## Start

- The starter when satisfied with the competitors positioning and attention will say “Go” (or shot or powerful sound). The competitors must only react to the start command/signal “Go” and are not permitted to anticipate it. The competitors can paddle only upon hearing the starting signal/command “Go”
- In the event of a false start, the Starter must immediately give a powerful sound signal. On hearing this signal all competitors must stop paddling and follow the Starter’s instructions for a new start. Before the new start, the Starter must identify the offending crew making the false start and give them a warning. In the event of a second false start by the same crew the boat will be disqualified from the race and must leave the starting area and the course immediately
- The Starter must immediately warn the offending competitor(s), and if 2 false starts are made by the same competitor(s), the competitor will be disqualified from the race
- Any competitor who disregards the second warning of the starter to take up the correct position at the start, and who keeps ahead of the other competitors, shall be disqualified from the race
- Should circumstances requires, the recall of a started race shall be made by means of a second long blast of the air horn made by the starter





# RULES AND REGULATION

## **Pacing and Wash Riding**

- The Umpire has the right to interrupt a correctly started race if unforeseen hindrances arise. Such an interruption may be effected by the course umpires with a red flag and sound signal. Competitors must immediately stop paddling and await further instruction
- Taking pace or receiving assistance from boats not in the race or by any other means is not permitted
- When a race is in progress, paddlers not taking part in the race are strictly forbidden to proceed over the whole or part of the course, even outside the marking buoys

## **Collision or Damages**

- Any competitor who is responsible for a collision or who damages the boat or paddle of another competitor will be disqualified, and will be responsible for the cost of repair



# RULES AND REGULATION

## Finish

- The boat will be considered to have finished the race when its bow crosses the finish line with all crew members in it
- If two or more boats reach the finishing line at the same time they are awarded the same classification in the final. In case of a dead heat finish for any position, which determines the advance to the next level of the competitions, the following rules will apply:
  - I. Whenever there are sufficient number of lanes available in the next level of the competitions, drawing of lots will determine to which race these boats will advance. If it is possible it may use also lane number 0 or 7
  - II. Wherever there are not enough lanes available there will be a re-race between the boats involved after the last race of the day, or half-day Programme
  - III. In case of a dead heat in a re-race, drawing of lots will determine the outcome
- If the photo finish confirms the simultaneous arrival of two boats at the finish, resultant placing will be determined according to the best places achieved. Thus two or more may be recorded as first, second, third etc.



# RULES AND REGULATION

## Results

- Results will be printed and posted on the results board after all the Heats from the same race categories are completed

<http://scf.org.sg/events/details/getactive-singapore-pesta-sukan-2019-canoe-sprint-sup--paracanoe-race>

OR

<https://tinyurl.com/y2zw2s43>



# RULES AND REGULATION

## Awards/Medals

- Medals are awarded to top three positions (Gold, Silver, Bronze) from the finals of each event at a victory ceremony for all event categories
- For event category > 4 entries, prize money are awarded to top three (Gold, Silver, Bronze) from the finals, where awardees are required to have a **Paynow account**
- For event category < 4 entries, only medal will be awarded.

(If there are only 3 entries for the event, using the minus 1 rule, Gold and Silver medals will be awarded)

- The winner or a representative from the winning team must be present at the victory ceremony when the medals are presented
- If the winner or representative of the winner is not present, the organising committee reserves the right to not release the medal to the winner



# RULES AND REGULATION

## Alterations in entries and withdrawals

- No alteration of entries will be allowed after the closing date
- Any team/ individuals 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
- The withdrawal of an entry is considered final and the same athlete/crew is not allowed to compete in any other events of the competition. Entry fees will not be refunded
- If an athlete is unable or prevented to compete (e.g. illness or injury) in a crew boat the Competition Committee at the Team Leaders Meeting may allow the other eligible athlete(s) from that boat to be entered in other events
- **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**



# RULES AND REGULATION

## Disqualification

- 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
- 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
- Should a competitor have completed a race in a canoe or kayak, which is shown upon inspection not to conform to the ICF classifications he/ she shall be disqualified from the race in question
- 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 Club/ Association/ School involved could be withdrawn from the event
- In the event of a capsize, the competitor or crew is eliminated from the race



# RULES AND REGULATION

## Disqualification

- No warm-up or practice is allowed along the racing lane during the course of the race. All such acts shall entail the disqualification of the competitor concerned
- 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
- Competitors moving to the start line must keep away from the race course in order not to affect the race and stop when the boats of race in progress are passing by in the race course
- Competitors must respect the space between the Finish Judge and the Finish line and must not pass between them at any time. Only competitors of race are to pass the finish line during active race hours



# RULES AND REGULATION

## **Protest and Appeal**

- A protest made during the competition must be handed to the Competition Committee not later than 20 minutes after publication of the results
- An appeal against the decision of the Competition Committee made during a competition must be addressed to the Appeal Committee not later than 20 minutes after the team leader has been informed on the decision against his/her competitor or team
- All protests or appeals shall be made in writing and be accompanied by a fee of S\$100
- When a protest or a report is made against an athlete or a team, the team manager of the athlete/team in question shall be presented the protest or report to read
- The fee will be refunded if the protest or appeal is upheld
- The decision made by the Appeal Committee is final





# RULES AND REGULATION

## Specifications for Canoes and Kayaks

Boats to be used shall comply with the following specifications:

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

- 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 are not to be included in the measurement
- All boats must have a lane identification number plate holder on the centreline of the deck
- All kayaks must have seats and rudder
- No foreign substance may be added to the boats, which give competitor unfair advantage
- 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)



# RULES AND REGULATION

- 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
- Watches, if carried by athletes, must be worn by the athletes at the wrist only and can only be set to tell 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
- 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
- All competitors are to provide their own kayaks and canoes in accordance to the above specifications
- Movement of the boats to MacRitchie Reservoir must be done on 25 July (Thursday), before 6pm
- All boats and equipment are stored at the race site at the owner's risk
- The Organising Committee is not responsible for any loss or damage of boats or equipment at the race site



# RULES AND REGULATION

## Boat Control

- The competition organiser reserves the right to select at random any boats for Boat Control
- Any accessories of canoe or kayak, and/or added weight, if drop out from boat at the Boat Control, will not be considered as part of the boat
- Any boat that does not meet the minimum weight requirement at the Boat Control will be deemed to have failed Boat Control and the competitors of the boats will be considered to have disqualified from the race



# RULES AND REGULATION

CAT 1 situation:

Please go under shelter-zone:

- Athletes' tent
- Mushroom café

**Avoid the Trees!**

**The Organisers reserve the right to delay the commencement of the Race in the event of inclement weather. Should the inclement weather persist after the delay, the organisers reserve the right to cancel the Race without any refund of registration fees**



# Violations & Penalties

- Any user (individual/organisation) found violating any of the rules and regulations stipulated by the SCF, PUB and other relevant authorities will either be given a warning or be suspended from using the facilities at the Reservoir
- Any user (individual/organisation) who willfully continues to violate the rules and regulations would be liable to disciplinary action taken against the user by SCF or/and PUB and other relevant authorities
- SCF reserve the right to suspend users from using the Reservoir if they continue to infringe on any of the rules and regulations



# RULES AND REGULATION

BOAT CONTROL: 25 JULY 9AM-11AM, 3PM-6PM



# RULES AND REGULATION

## Matters not covered in this set of Rules and Regulations

For any matter not explained in this set of Rules and regulations, the Organising Committee shall deliberate and make the final decision.

For enquires, please email : [event@scf.org.sg](mailto:event@scf.org.sg)



# END OF RACE

- Kindly RETURN boat plate and holders at the REGISTRATION booth after finishing your race  
Damaged / Un-returned boat plate = surcharge of \$**10**  
Damaged / Un-returned boat plate holder = surcharge of \$**10**





**PLEASE KEEP THE AREA CLEAN !!**

**MONKEYS IN THE AREA !!**

Bagged and dispose all rubbish into litter bins

**LITTERING WILL BE SUBJECTED TO FINE**





# START LIST

Kindly CHECK the start list by TODAY

No further changes will be allowed after this Team Managers' Meeting





Q & A

Start List

Good luck and Race Safe

For enquires, please email : **[event@scf.org.sg](mailto:event@scf.org.sg)**