

2023 POL-ITE CANOE SPRINT CHAMPIONSHIPS

25 November 2023, Saturday | MacRitchie Reservoir

Rules and Regulations

1. Competition Rules

All races in the 2023 POL-ITE Canoe Sprint Championships shall be held in accordance with these Rules and Regulations, and the current version of the International Canoe Federation (“ICF”) Canoe Sprint Competition Rules, under the guidance from the Singapore Canoe Federation (SCF).

2. Competitors & Entries

- 2.1. All registered competitors must represent only one institution and must be full-time matriculated students of the represented institution.
- 2.2. Each institution is allowed to register up to 2 boats per event except K4 and C2 (only 1 boat is allowed for K4 & C2 event).
- 2.3. Each competitor is allowed to register up to 2 events. There will be no reserves in any of the events.
- 2.4. 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 competitor.
- 2.5. Entry fee (per person per event): **\$35/-**
- 2.6. The competition will be held on **25 November 2023, Saturday, 0800H – 1300H at MacRitchie Reservoir.**
- 2.7. Entry closing date: **15 November 2023 (Wednesday), 2359H**
- 2.8. Entries received after the closing date are subject to SCF approval. Late entry fee (per person per event): **\$70/-**
- 2.9. Each institution will be required to submit a registration form listing their participating competitors and their race events accordingly.
- 2.10. Completion of the registration form is an indication of the participants’ agreement to abide by the Rules & Regulations of the 2023 POL-ITE Canoe Sprint Championships.
- 2.11. Whilst every reasonable precaution will be taken by the Organisers to ensure the participants’ safety, participants agree to partake in this event at their own risk and the Organisers, their sponsors and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise, howsoever arising.
- 2.12. The Organisers reserve the right to delay the commencement of the Championships in the event of inclement weather. Should the inclement weather persist after the delay, the Organisers reserve the right to cancel the Championships without any refund of registration fees.
- 2.13. The Organisers reserve the right to use any photographs (including those of participants), motion pictures, recordings, or any other media records of the 2023 POL-ITE Canoe Sprint Championships for any legitimate purpose, including commercial advertising and publicity.

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Team Managers' Meeting via Zoom is on 22 November 2023 (Wednesday) at 2000H

- 2.14. Up to 2 appointed representatives from the institution or individuals are advised to attend the meeting via Zoom.

3. Fees and Payment

- 3.1. Payment of entry fee(s) is to be made only upon confirmation by the Organisers, which will be sent to the Team Manager by SCF post-event via the following:

- a. By e-invoice

For institutions on the platform of vendors.gov.sg, please complete the invoice request form.

- 3.2. **No entry fee will be refunded for any withdrawn entry after submission.**

4. Race Categories

1000M	Men	K1, K2, K4 C1, C2
1000M	Women	K1, K2, K4
500M	Men	K1, K2, K4 C1, C2
500M	Women	K1, K2, K4

- 4.1. The table above is the list of categories offered at the 2023 POL-ITE Canoe Sprint Championships.
- 4.2. At least 3 boats representing 3 different institutions must be entered before a race can be held.
- 4.3. Categories with less than 3 institution representation shall be cancelled.
- 4.4. There will be no semi-finals, just heats and finals.
- 4.5. For the finals, if it cannot be conducted or rescheduled due to inclement weather, timings from the heats will be used to award the Top 3 positions.
- 4.6. The division of the competitors into heats shall be determined by the drawing of lots. The system of heats and the 8-lane progression are as follows:

3 – 8 entries:	Direct Final.
9 – 16 entries:	2 heats and 1st from each heat to final. Next top 6 best timings to final. The rest out.
Withdrawal	Any withdrawal or 'no show' <u>during the Race</u> , by any team, for any heat, will not affect the other boats from the same institution in that heat. Should the withdrawal or 'no show' result in only two boats remaining in a particular heat, the remaining boats will be declared as Finalists by default.

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	No show at any registered race will render the competitor(s) concerned to be withdrawn from all registered races. Please exercise your discretion for the submission of race entries.
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For 3 - 8 entries - Direct Final

For 9 - 16 entries

No. of Entries	No. of Boats			Final	
	Heat 1	Heat 2	Placing	Lane (A)	Lane (B)
9	5	4	7 th BT	1	8
10	5	5	5 th BT	2	7
11	6	5	3 rd BT	3	6
12	6	6	1 st BT	4	5
13	7	6	2 nd BT	5	4
14	7	7	4 th BT	6	3
15	8	7	6 th BT	7	2
16	8	8	8 th BT	8	1
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5. Craft Specifications

- 5.1. All racing crafts, equipment and installation must comply with ICF specifications where applicable, unless otherwise stated, or approved and adopted by SCF.

	K1	K2	K4	C1	C2
Max. Length/ cm	520	650	1100	520	650
Min. Weight/ kg	12	18	30	14	20
Min. Beam/ cm	---	---	---	---	---

- 5.2. The length of a kayak or a canoe must be measured between the extremes of the bow and the stern.
- 5.3. All racing kayaks must have seats and a rudder control system, except for C-boats.
- 5.4. All boats should carry a boat number. It is a vertical plate, made of non-transparent material, marked with black numbers on a white background.
- 5.5. No foreign substance may be added to the surface of the boats which can give the competitor an unfair advantage. The use of hull lubricants is not permitted.

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- 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. No electronic devices are allowed to be used by competitors in races.
- 5.8. All institutions/competitors are to provide their own boats in accordance to the specifications.
 - a. All boats must have valid vessel ID label and is registered for use at the reservoirs.
- 5.9. All institutions/competitors are to provide their own buoyancy vests and paddles. Competitors are strongly advised to don PFDs that are ISO-certified, or US Coast Guard and they are to ensure that all buckles are always fastened.
- 5.10. Movement of the boats to MacRitchie Reservoir, if any, must be done on **24 November 2023, Friday, by 1630H.**
- 5.11. Weighing of boats pre-race may be done on **24 November 2023, Friday, 1000H – 1600H** at MacRitchie Reservoir.
- 5.12. All equipment stored at the race site is at the owner's risk. The Organisers are not responsible for any loss or damage of equipment at the race site.
- 5.13. The hosting institution and/or Organisers reserve the right to select at random any boats for Boat Control.
- 5.14. Any accessories of canoe or kayak, and/or added weight, if dropped from the boat at the Boat Control, will not be considered as part of the boat.
- 5.15. 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 will be disqualified from that race.

6. Alterations in Entries and Withdrawals

- 6.1. No alteration of entries will be allowed after the Team Managers' Meeting.
- 6.2. Any team who has withdrawn from one category may be allowed to enter any other category for which they have not registered during the initial submission, subject to the Organisers' (SCF) approval.

7. Protest and Appeal

- 7.1. A protest or appeal for infringement during the race must be lodged by only the Team Manager and/or authorised representative as stated in the registration form of the team, no later than **30 minutes** after the last of the competitors involved in the incident have completed the course.
- 7.2. All protests and appeals must be made in writing using the official protest/appeal form, clearly stating the exact issues of contention.
- 7.3. All appeals must be directed to the Convenor of the respective institution.
- 7.4. The Officials from the SCF shall provide technical details and advice on the appeal(s).

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- a. All protests will be deliberated by the Competition Committee, whose decision shall be subjected to appeal only in accordance with these Rules and Regulations. In the absence of any appeal in accordance with these Rules and Regulations, the decision of the Competition Committee shall be final.
- 7.5. If the appeal proves to be of a valid concern, all Convenors from the participating institution shall convene for a decision.
- 7.6. The decision from the convened session of the Convenors shall be final.

8. Bad Weather

- 8.1. In the event of bad weather, the Organisers reserve the right to delay the commencement or cancel the race, based on prolonged bad weather conditions, without refund.
- 8.2. The Championships will be based on the points of completed categories. Medals will not be awarded to the category that is cancelled.

9. Instructions for Competitors

- 9.1. All participants must have attained at least the One Star Award or based on verification of recent paddling ability (within last 3 months) by at least a National Registry of Coaches (NROC) Level One Canoe Sprint Coach (or equivalent for foreign competitors) to complete the race distance in a specified time without capsizing.
- 9.2. All competitors are to always abide by safety rules and instructions. Failure to do so may result in disqualification from the competition.
- 9.3. The onus will be on the Team Managers and/or Coaches to ensure that all their competitors meet the above prerequisite.
- 9.4. Buoyancy vests must always be worn when paddling on water, before entering the launch pontoon.
- 9.5. Before the start of the race, race instructions including the following information shall be disseminated to each Team Manager/Convenor:
 - a. Reporting time
 - b. Starting time
 - c. Starting lane (where applicable)

The lanes are marked with buoys or floats, competitors must pass in between the buoys corresponding to their lane. Boats that fail to keep to the central area of their lane may be disqualified. Paddling across other lanes can entail disqualification from the race.

- 9.6. Competitors moving to the start line must keep a minimum distance of 5 metres from the race course, and stop when the boats of race in progress are passing by in the race course. Competitors must keep to the right of all pontoons. Failure to do so may entail disqualification from the race.
- 9.7. 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 the race are to pass the finish line during active race hours.

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- 9.8. If a competitor does not start, and has no valid reason approved by the Competition Committee, they will be disqualified for the remaining races of the competition (DNS).

10. Disqualification from Race

- 10.1. 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.
- 10.2. 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, and the result attained from the race concerned will not be recognised.
- 10.3. 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 institution of the pacer.
- 10.4. The competitor would be eliminated immediately from the event that he/she is racing in at the point of a capsize.
- 10.5. No warm-up or practices are allowed along the racing lane during the Championships.
- 10.6. Any violations of the above-mentioned regulations shall entail the disqualification of the competitor concerned for the involved round of competition.

11. Means of Propulsion

- 11.1. All kayaks shall be propelled solely by means of double-bladed paddles with exceptions to C-boat events.
- 11.2. The paddles may not be fixed on the boats in any way.
- 11.3. If a paddle is broken during the conduct of a race, the competitor may not be provided with a new one by a supporter.

12. Start

- 12.1. Competitors are to report to the reporting area at the stated block timing for the race.
- 12.2. Competitor who fails to report shall be considered to have voluntarily withdrawn from the race.
- 12.3. The start shall be given punctually without reference to any absentees.
- 12.4. The position of the boats at the start shall be such that the bows of the competing boat are on the start line. Boats must be stationary. Blades are allowed on the water surface to stay balance and must not propel forward.
- 12.5. The starting command will be "Ready – Set – Go".
- a. At the "Ready" command the competitors begin their preparation to paddle.

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- b. 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.
 - c. The starter when satisfied with the competitors positioning and attention will say “Go” (or shot or loud sound).
- 12.6. 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”.
- 12.7. In the event of a false start, the Starter will immediately give a loud sound signal. On hearing this signal all competitors must stop paddling and follow the Starter’s instructions for a new start.
- 12.8. Before the new start, the offending competitor(s) and boat(s) making the false start will be given a warning by the Starter.
- 12.9. In the event of a second false start by the same competitor, the boat will be disqualified (DSQ) from the race and must leave the starting area and the course immediately.
- 12.10. 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.
- 12.11. 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.

13. Interruptions

The Hosting Institution and Race Umpire have the right to interrupt a correctly started short distance race if unforeseen hindrances or safety issues arise. Such an interruption may be effected by the use of a red flag and sound signal. Competitors must immediately stop paddling and await further instructions.

14. Collision or Damages

Any competitor who is responsible for a collision or who damages the boat or paddle of another during the race will be disqualified. He/she will also have to bear the responsibility of ensuring that the respective damages are rectified.

15. Finish

- 15.1. The boat has finished the race when its bow crosses the finish line with all crew members in it.
- 15.2. The finish line shall be monitored by a dedicated group of race officials, under the overall charge of the Race Umpire. Video recording shall be used to monitor and confirm the exact finishing positions of each race.
- 15.3. If two or more boats reach the finishing line at the same time during the heats, they are awarded the same classification for their respective final rounds. In the case of a dead heat finish for any position, which determines the advance to the next phase of the competitions, the following rules will apply:

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- a. Whenever there are enough 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 also use lane number 0 or 7;
- b. Where 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;
- c. In case of a dead heat in a re-race, drawing of lots will determine the outcome.

16. Medals

- 16.1. The Championships medals shall be awarded to the 1st, 2nd and 3rd position of each finals race category.
- 16.2. A victory ceremony will be held after the completion of all the races on event day.
- 16.3. Points will be awarded to the positions in finals as follows:

Position in Finals	Points
1st	9
2nd	7
3rd	6
4th	5
5th	4
6 th	3
7 th	2
8 th	1

- 16.4. An overall challenge trophy for the Overall Men and Women Champion Institution will be presented to the respective winning institution based on highest total accumulated points.
- 16.5. In the event of a tie in total accumulated points, the organiser shall refer to the medal tally to determine overall champion. The number of gold, silver and bronze medals will be compared.

17. Additional Matters

In the event of any questions or doubts which have not been provided for in this set of Rules and Regulations, the decision of the Convenors shall be final.