



COMPACT REGATTA RULES
BOOKLET
2008 RACING SEASON

Full Version of Rules available at www.aocra.com.au

Introduction

This booklet has been designed to give the basic rules that we all should be aware of to safely participate in the sport of outrigger canoeing. A full and concise version of the rules is available on the AOCRA website at www.aocra.com.au.

The governing body for the sport of outrigger canoe paddling in Australia is AOCRA – Australian Outrigger Canoe Racing Association. AOCRA oversees and organises racing throughout Australia, with rules based on those created by the Hawaiian Canoe Racing Association. AOCRA also nurtures respect for the heritage and cultures from which these craft originate.

Various racing zones have formed throughout Australia. In Queensland there are 2 zones; North Queensland (www.ngzoneaocra.com.au) and South Queensland. Each zone is responsible for administering the sport in their area by organising a racing calendar, and assisting in the formation of clubs and the running of regattas.

Membership & Insurance:

To participate at AOCRA and Zone Events, every paddler must be a member of an affiliated club, and registered with AOCRA. The annual fee for membership for AOCRA is \$60 for seniors, and \$35 for juniors. The membership fee also includes an insurance component, which covers the paddler for personal injury. Details of the policy can be obtained at www.aocra.com.au (under OAMPS Link).

Additionally, all affiliated clubs are covered under AOCRA's Products and Public Liability Insurance Policy with OAMPS – this covers AOCRA, the affiliated zones, affiliated clubs, registered members, coaches, officials, administrators and voluntary workers.

There are 2 types of regattas:

Club:

Include National Titles and most Zone Regattas (including OC1/OC2s regattas). These regattas are conducted by member clubs of AOCRA; must be attended by 3 or more affiliated clubs; and points are awarded to determine the champion club for the season.

Combined:

All other events that fall outside of the Club Regatta format. They enable teams to comprise of members from different clubs, including international competitors.

Some Combined Regattas include Hamilton Island, Coral Sea Challenge and club organised events such as Corporate Days that are approved by the relevant zone/AOCRA so that paddlers are covered by insurance.

Competitor Eligibility

For a competitor to be eligible to compete in a Club Event, they must be a financial member of an affiliated club, and can only race for that club.

Persons transferring between clubs must complete the required transfer documentation and ensure it is submitted to the Zone Registrar within 15 days of any event they wish to compete in.

To compete at Combined Regattas, the competitor again needs to be a financial member of an affiliated club, but can race with any team.

Competitors in Corporate Day events, or new paddlers coming to “try” the sport **need to have signed an Indemnity & Release Form. All of these completed forms must now be**

**ONFORWARDED TO THE ZONE REGISTRAR
WITHIN 7 DAYS OF BEING COMPLETED.**

This form ensures these paddlers are covered under AOCRA's Come and Try Insurance Policy for a period of 3 paddles. This insurance policy is paid for by AOCRA and there is no cost to the new paddler.

Age Divisions

A paddler's age is determined by the age they will be as at the 31st of December of that racing year. E.g. A paddler turning 40 on the 2nd of November 2008, will be able to race in the masters division for the entire season of 2008, even though he is only 39 for most of this time.

Adult Age Divisions	Women's Age	Men's age
21 and under	20 to 21 inclusive	
Open	Adult age is 20 years and above	
Master	35 years and above	40 years and above
Senior Master	45 years and above	50 years and above
Golden Master	55 years and above	60 years and above
Juniors eligibility to compete in adult events	14 years and above PLUS must also have: a) written parental / guardian permission b) compete at the discretion of Outrigger Specific coach	

Women may race in men's divisions but not visa versa. E.g. if you only have 5 master men and they wish to race masters, then you can paddle a female master in that crew (subject to approval from the NQ Zone Committee).

Mixed races are to be a minimum of 3 female paddlers in the canoe at all times.

Junior Age Divisions	Requirement
19 and under	must not turn 20 in the calendar year of competition
16 and under	must not turn 17 in the calendar year of competition
14 and under	must not turn 15 in the calendar year of competition
12 and under	must not turn 13 and be a minimum age of 10 years in the calendar year of competition

Junior divisions' race mixed and must be a minimum of 2 girls in a crew at all times.

Nominating for Events

Clubs must nominate using a club nomination form a minimum of 2 weeks prior to a regatta unless otherwise approved by the zone. This form

indicates the number of teams and divisions they will be racing in at the regatta and is used to calculate the fees payable. Some of the reasons this information is required 2 weeks before a regatta is so that clubs can purchase the correct number of medals and it also helps with organising of food and merchandise on the day.

The clubs must then submit a team nomination form which indicates the paddlers that will be racing in the event complete with their paddler ID number.

These forms are sent to both the host club, and the zone secretary.

All race fees for NQ Zone races are to be paid to the host club.

On race day, the team captain is to sign the team in at the appropriate time by highlighting the paddlers racing in that event, and nominating a canoe number for the canoe they are racing in. At the completion of the race they are to sign out. Failure to comply may result in disqualification.

Fees

Fees collected are shared between the host club, the zone and AOCRA.

Fees for Combined Regattas are set by the host club – for example there is no set fee for Hamilton Island Cup races, Coral Sea Challenge or Gold Coast Cup.

Fees for Club Regattas in the Northern Zone for the season of 2008 are as follows:

Event	Fees
Senior OC6	\$66 per team per race
Junior OC6	\$30 per team per race
Senior OC1	\$11 per person per race
Junior OC1	\$5 per person per race
Senior OC2	\$22 per team per race
Junior OC2	\$10 per team per race

Events and Distances

In order for an event at a Club Regatta to take place a minimum of three affiliated clubs must be entered unless otherwise approved by the Zone.

Race distances are generally determined using the following table:

Event	Age Group	Sprint Distance in metres	Marathon Distance in kilometres
Adult Events			
OC6	All	from 500m to 3000m	minimum of 10km
OC1	All	from 250m to 500m	minimum of 10km
Junior Events			
OC6	19 and under	up to 2000m	up to 15km
OC6	16 and under	up to 1000m	up to 10km
OC6	14 and under	up to 500m	up to 6km
OC6	12 and under	up to 500m	up to 3km
OC1	19 and under	up to 500m	up to 8km
OC1	16 and under	up to 500m	up to 6km
OC1	14 and under	up to 250m	up to 4km
OC1	12 and under	up to 250m	up to 2km

Short course marathons may be substituted in by the host club in lieu of either sprints or marathons as approved by the Zone. These events will range in distance between 3kms and 10kms.

Points / Champion Club

Points are awarded at Club Regattas to determine champion club for each regatta and the season. Champion Club Trophies are awarded for both senior and junior divisions in OC6 and OC1/2 events.

In 2008, only the best 4 Regattas for each club will count towards the overall points position. Points are awarded as shown in the table below:

Placing	OC1/2 Short Course or Marathons	OC6 Short Course or Marathons	Laned Sprints
1	9	14	7
2	7	12	5
3	5	10	3
4	3	8	1
5	2	7	1
6	1	6	1
7	0	5	1
8	0	4	1
9	0	3	1
10	0	2	1
others	0	1	0

Sprint Lane Allocations

Lanes for heats will be done by random ballot.
Lane assignments for finals will be allocated with the fastest times being given the middle lanes.

E.g.:

Lane Number	Canoes ranked on time 1 being fastest
1	7
2	5
3	3
4	1
5	2
6	4
7	6
8	8

Generally, the lane closest to the shore is lane 1.

Equipment

All canoes must meet stringent manufacturing guidelines as set by the governing body AOCRA.

Before racing, each canoe is to be inspected by a race official to determine if it is seaworthy and is carrying the required safety equipment.

The following safety equipment must be carried at all times, whether training or racing.

All canoes (OC1/OC2/OC6) must carry 1 x PFD (lifejacket) per competitor. The PFD's MUST be easily accessible.

OC1 & OC2 canoes must have a minimum of 1 leg rope attached to the craft.

All OC6 canoes are required to carry the following additional equipment: minimum of 1 spare paddle, 2 bailing buckets, positive buoyancy (in the bulk heads), and storm covers (if conditions dictate, or as directed by the race director/risk management policy).

All paddlers are advised to wear appropriate sun safe clothes and carry adequate hydration supplies.

Club / Team Support Boats

Except when retrieving paddlers, all support boats must remain 100m distance from all competing teams and competitors. In races other than change over events, coaching from the support boat is prohibited. Support boats shall not hinder other competitors with their wash, or provide wash for their team by motoring in front of them. A team may be disqualified if it receives

coaching from a support boat in an event other than a change-over event.

Course Rules

Starting Procedure all events:

A race will be started by an official starter using coloured flags.

A yellow flag held up vertically indicates that the race will start within a 2 minute period and that canoes should begin to line up behind/on the line.

A red flag raised vertically with a green flag raised horizontally indicates the race is about to be started in the next 10 seconds. Canoes should remain stationary in preparation for the start.

The race is started when the red flag is moved to the horizontal position and the green flag is raised vertically.

If a black flag is raised at any time this indicates that a canoe is over the line and that it is their responsibility to move back behind the line or risk disqualification or time penalty.

It is not a requirement for the starter to indicate which canoe is in front of the line – it is up to all

competitors to ensure they are behind the start line.

General Rules for Marathons:

1. Canoes must start behind the start line. Steerers need to factor in the start time, prevailing conditions, and race director briefings when entering the water to race.
2. If a canoe flips before the start of the race they have 3 minutes to resume before the start with no outside help.
3. There is no recall on false starts.
4. Canoes who start over the line may be disqualified or have a time penalty added at the discretion of the race director.
5. Canoes will follow instructions as given by the race director at race briefings.
6. If overtaking a canoe, you must go around it without interfering with its progress.
7. A canoe being overtaken can not change its direction in the straight away to hinder the progress of the canoe overtaking it.
8. Altering the direction of a canoe to deliberately impact on another is cause for disqualification.
9. Canoes must turn buoys completely with hull and ama rounding the buoy.
10. When 2 or more canoes are approaching a turning buoy the canoe clearly in front immediately before the turn has right of way. If

the canoes are overlapping, even if only by a few centimetres, then the inside canoe has right of way.

11. Race officials are positioned on the turning cans and on support boats and will be used to determine canoe positions in the event of a protest.

General Rules for Sprints:

Same as 1 to 5 above +

6. A canoe will be disqualified if it causes interference with another canoe outside their lane

7. Turns must be anti-clockwise with hull and ama rounding the turning can.

In the event of a canoe requiring assistance from a support boat, they will be deemed to have withdrawn from the race. Competitors requiring assistance need to raise their paddles in the air to attract attention of support craft.

Protests and Disqualifications

Teams have the right to protest if they feel they have been impeded by another canoe that has knowingly interfered with them to gain an advantage. An intention to protest must be lodged within 15 minutes of the event taking

place. A lodgement fee of \$50 will be paid to the Race Director and will only be refunded if the protest is upheld. The race director will then gather information from the teams involved and the race officials, and together with a protest committee make a decision. The teams involved will be notified before being announced on the PA.

Teams / Competitors may be disqualified for a number of reasons including:

1. Showing a lack of respect for rules and officials.
2. Non compliance with direction given by Race Director or AOCRA appointed official.
3. Abusive language.
4. Failing to adhere to race rules such as impeding another canoe, starting over the line, failing to round a turning buoy, etc...
5. Not being a paddler registered with AOCRA.

Drugs and Alcohol

The use of banned substances, by competitors, as described and listed by the International Olympic Committee and the Australian Institute of Sport is prohibited. The guidelines laid down by WADA and the Australian Sports Commission have been adopted by AOCRA and its respective committees.

The consumption of alcohol by junior competitors is forbidden regardless of age.

It is strongly recommended that competitors do not consume alcohol whilst competing at a regatta. No alcohol at any time is to be consumed whilst at The Strand in Townsville!!

For more information on rules please go to the AOCRA website www.aocra.com.au and download the most recent version.

If you have any questions please feel free to contact any one of the NQ Zone committee for clarification and or advice.

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