



# INTERNATIONAL VA'A FEDERATION

## Race Rules Distance

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## GENERAL

These rules will govern the IVF World Distance Championships and may be adapted for use by other IVF member areas for regional, association, or club race events.

## DEFINITIONS

**Ama:** The piece used to balance the va'a, also known as the outrigger.

**Area or Membership Area:** The area which an IVF member represents.

**Area Coordinator:** Member area representative registering its paddlers, entries and supporting the crews at the event.

**Board:** The Board of Directors of IVF.

**Competitor:** A V1 paddler or a V2, V3 or V6 crew taking part in the distance.

**Controlling Authority:** The National Sport Organization representing va'a in an IVF member region.

**Crew:** A V2, V3, or V6 team of competitors registered to race in a specific event of the competition.

**Change Over race:** A race where paddlers rotate in and out of the canoe for the duration of the race.

**Escort Boat:** A boat or craft that is dedicated to follow or escort one team throughout the duration of a change over race.

**Event:** As listed above in Section 1.a., defined by the number, sex, age and disability of the paddlers, and by the distance of the race.

**Host:** The organizing group in the membership area where the Distance takes place.

**Iron Race :** A race where the same paddlers, start and finish the race.

**Iako or Iato:** The two pieces used to attach the ama to the va'a.

**Regatta:** A series of coordinated races

**Safety Boat:** A boat or craft that's purpose to ensure the safety and wellbeing of competitors.

**Sanctioned: An official approval by IVF of a planned competition through the IVF bid process.**

**Team:** The affiliation or name under which a contestant enters.

### 1. Introduction

The following rules apply to all distance races that are sanctioned by the International Va'a Federation. A distance race is defined as 5 kilometers or more and generally on an open course without lane assignments where competitors must round specified course marks to complete the race. All races shall be conducted with safety as the first priority.

### 2. Events

- a. The events for the IVF Sanctioned Distance race may include the following:
  - V1: Individual (one person) Va'a;
  - V1R: Individual Va'a With a Rudder;
  - V2R: Two Person Va'a With a Rudder;
  - V3: Three Person Va'a;
  - V6: Six Person Va'a.

V refers to a Va'a requiring an ama to remain upright;

R refers to a Va'a with a rudder.



- b. Categories may include:
  - 1) Para Va'a Women
  - 2) Para Va'a Men
  - 3) Junior 16 Women
  - 4) Junior 16 Men
  - 5) Junior 19 Women
  - 6) Junior 19 Men
  - 7) Open Women
  - 8) Open Men
  - 9) Master 40 Women
  - 10) Master 40 Men
  - 11) Master 50 Women
  - 12) Master 50 Men
  - 13) Master 60 Women
  - 14) Master 60 Men
  - 15) Master 70 Women
  - 16) Master 70 Men

### **3. Para Va'a Races**

- a. Para Va'a races will have additional rules as stated in the Para Va'a Rules and Classification System.
- b. The Para Va'a Committee as stated in the above document will oversee races, coordinate with other race officials and advise the Race Director on all decisions as necessary.

### **4. Eligibility**

- a. Each competitor must be entered by an area member of the IVF and may only paddle for that area at the event.
- b. A competitor may not paddle for more than one crew in an event.
- c. Each competitor may only participate with a team from the area of his citizenship or, in the case of a member area being only part of a nation, his residence. However, a competitor who has been a new or temporary resident in another area for at least six (6) months may represent that new or temporary area.
- d. Competitors in Para Va'a races must have a disability recognized by the IVF and or International Canoe Federation (ICF) para va'a classification system.

### **5. Gender Verification**

- a. Any competitor may be asked to prove gender by any area member through the competition director.
- b. To authenticate gender, the competitor must produce both his/her passport and birth certificate.
- c. Once the documents are presented, either the competitor or the questioning party may challenge the documents and call for medical verification, which is to be carried out at the expense of the challenging party.
- d. Medical verification will follow IOC procedures, with the Medical Committee and/or the Board setting the procedures on a case-by-case basis as directed by the President.

### **6. Age Requirements**



- a. Junior (16) competitors must not reach the age of 17 before or during the calendar year in which the competition takes place and must reach 11 before said calendar year.
- b. Junior (19) competitors must not reach the age of 20 before or during the calendar year in which the competition takes place and must reach 14 before said calendar year.
- c. Master 40 competitors must have reached the age of 40 by or during the calendar year in which the competition takes place.
- d. Master 50 competitors must have reached the age of 50 by or during the calendar year in which the competition takes place.
- e. Master 60 competitors must have reached the age of 60 by or during the calendar year in which the competition takes place.
- f. Master 70 competitors must have reached the age of 70 by or during the calendar year in which the competition takes place.
- g. Open competitors must have reached the age of 16 by or during the calendar year in which the competition takes place.

## **7. Anti-Doping Regulation**

- a. The IVF prohibits the use of performance enhancing or illegal drugs by athletes competing in and during preparation for IVF events.
- b. Refer to the current official IVF Anti-Doping Regulation.

## **8. Awards**

- a. The host, at its expense, shall award championship medals bearing the IVF name and logo in three values: gilded, silvered and bronzed. The medals must on no account be presented to any other persons than those who have won championship races.
- b. To maintain the dignity and solemnity of the presentation ceremony, the competitors receiving medals must wear appropriate clothing (team or area uniforms or traditional cultural attire).

## **EQUIPMENT**

### **9. Va'a Specifications**

#### **a. Hull**

For the IVF World Distance Championship, all va'a will be provided by the host and will be verified by the officials. The va'a to be used will be proposed and approved through the IVF bid process. In other non-championship events, the competitors must provide their va'a for weight inspection at registration; Race organizers may verify the weight of the va'a before race start.

Within one race only one design can be used per division. The weight shall be equal among all race va'a. Prior to a competition, officials will check the weight and assure that all va'a are the same weight, with tolerance set by the equipment and course committee (Equipment and Course Committee to be determined by the International Va'a Federation).

#### **b. Accessories**

1. Each va'a shall have a pair of iako attached to it in such a way that at least one Competitor is seated between the iako.



2. Each va'a must have only one ama which is attached to both iako.
3. No mechanical means of bailing are allowed with the exception of foot pumps being allowed for V1 if the foot plate is adjustable.
4. Competitors may use additional safety equipment such as : PFD and/or leash as long as they comply with host country maritime law and approved by the race director
5. Additional seat pads may be allowed but no adhesives that leave residue may be used.

## 10. Safety

During the entire Race the following requirements need to be complied by each Crew or Competitor:

- a. Airtight compartments – each va'a must have a built in flotation in the bow and stern of the va'a.
- b. Bailers - there must be a minimum of 2 bailers on board of the V6 and V3. The V1 requires only 1 bailer. Bailers must be attached to the va'a.
- c. V1R and V2R do not require bailers where self-bailing foot-wells are built in.
- d. Spray Covers - each va'a must have provision for spray covers and, if required by the Race Committee, shall have spray covers appropriately fixed on the va'a. V1R and V2R are not required to have covers, unless they have a cockpit design.
- e. Spare Paddles – each va'a must have a spare paddle on board of the va'a or on board of the escort boat relating to the relevant va'a.
- f. Tow Ropes – all V3 and V6 must have a tow rope onboard which must be fitted to the va'a to a suitable fixing point to allow immediate towing by a rescue boat should the va'a require towing assistance. The tow rope should be a minimum of 20 metres in length and have a safe working load (SWL) of more than 1000kg.
- g. Safety Equipment must comply with the local maritime law regulations applicable and in force at the date of the race.
- h. Race organizers shall guarantee the presence of qualified medical personnel for the duration of the race.

## 11. Paddles

A paddle shall have one blade and may be of any shape or size. It may be constructed from any material.

## 12. Numbering

- a. All va'a must be numbered on both sides of the va'a, displayed on the bow, above the waterline.
- b. The numbers shall be approximately A4 or 11" tall by 8.5" inches wide with the printed numbers being as large as possible. (Suggest 2.5 cm/1" stroke weight, 15cm/6" height and 10cm/4" width)
- c. Numbers should be affixed to the va'a such that water conditions during the race will not remove them. Adhesive sticker type numbers are recommended.

## COURSE

### 13. Race Briefing

- a. The course shall be published on the official website for the race at least 4 weeks prior to the race with a provision for an alternate course in case of bad weather. Course markings shall be placed prior to the race briefing and approximate distance verified.



- b. The Race Director shall call a meeting of all inspectors, coaches, and/or captains prior to the start of the race for the purpose of final instructions on the race and other pertinent matters.
- c. Specific course diagrams will be displayed and instructions communicated at the Race Briefing.

#### 14. Starts

- a. The white flag shall signal the va'a to assemble behind the starting line or the pre-start line, if provided.
- b. The red flag will be displayed indicating all va'a should be present for the start and the va'a should align behind the start line markers or if a pre-start line is used, move forward to the start line.
- c. An air horn or other sound device and the raising of the green flag will signal the start of the race, or other method as described at the coaches meeting. The green flag is the primary start indicator. The green flag will be raised at the race starter's discretion.
- d. Any va'a over the starting line, at the start, will be penalized by ten (10) minutes.
- e. All V6 must start with 6 paddlers.
- f. Where multiple divisions are starting in the same race the divisions starts shall be staggered

#### 15. Turns

- a. Passing:  
A va'a that is attempting to pass another va'a shall keep clear at all times and in no way interfere with the va'a it is attempting to pass, nor shall the va'a in the lead attempt to prevent another from passing.
- b. Rounding Marks:  
Right of way at turning buoys will be given to:
  - 1) the leading va'a
  - 2) In the case of the va'a being level or overlapping, right of way will be given to the inside va'a, immediately prior to the turn buoy
  - 3) If the outside or overtaking va'a causes interference, such said va'a will be penalized – The penalty shall be determined and notified to all participating crews prior to racing.

#### 16. Finish

- a. The finish line is crossed when the bow of the va'a passes the finish line.
- b. The finish line must be made clear at the Race Briefing with course markers set.
- c. A va'a that has finished the race must move away from the finish line.
- d. A Va'a must finish the race with 6 paddlers

#### 17. Swamping or Overturning

- a. If a va'a swamps or overturns after the start of the race, the va'a may be righted or bailed out and will be allowed to continue the race.
- b. Relief paddlers on an escort boat may assist in righting or bailing out their va'a.
- c. A va'a passing a swamped or overturned va'a who does not have an escort or safety boat assistance shall STOP and verify safety of the crew prior to proceeding. If help is needed, it shall be rendered by the passing va'a until an escort boat is available.



- d. The escort boat will stand by to render any assistance to the swamped va'a as long as assistance does not advance the va'a toward the next mark, buoy and or finish line.

## 18. Safety, Escort and Official Boats

- a. There shall be an Official Lead, a Trail and a Safety boat/s. Official boats will have one driver and one official aboard. The Race Director must approve any additional passengers. The local marine regulations will always take precedent on determining the numbers on board an Official Boat.
- b. The Lead Boat is responsible for showing the race course route to the va'a but may be required to lend assistance in case of emergency in which case, the va'a must find their own way. The lead boat shall maintain sufficient lead distance to prevent interference with racing va'a while remaining in sight of the lead va'a(s).
- c. An Official (on lead boat) will be given authority to change the course dependent on conditions. A red flag will be raised to signify a change in course and radio contact will be made to other officials, escorts, and shore.
- d. Trail boat is responsible for the safety of va'a in the rear of the race. To offer encouragement and support, to assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on a va'a.
- e. Safety boat/s are responsible for monitoring the race pack to ensure the safety of the crews, escort boats do not impede progress of crews, and offer encouragement and support. To assist (as needed) with swamped, over turned, structurally disabled, broken or loose equipment on va'a. For an event without an escort boat per va'a, there shall be a ratio of additional safety boats provided by the host. (One added per 7 va'a )
- f. Escort boats for change races should be capable of carrying six (6) persons in addition to the boat crew and in a change race, the relief paddlers.
- g. In distance races having crew changes, there must be one escort boat per crew entered. In races with no changes, the escort boat shall be optional. On all starts, escort boats will be prohibited on the racecourse for a minimum of ten (10) minutes or as specified at the Race Briefing. The race course will be defined as the area between the start line and the next mark or buoy on the race course.
- h. Each escort/auxiliary boat must follow no less than 15 meters behind its assigned va'a throughout the race, except for swamped and overturned va'a. It can at no time come along side or ahead of the va'a except for during the transfer of relief paddlers, supplies, or in the case of an emergency, and it must make way without deliberately blocking, or causing interference, or wake to any approaching va'a.
- i. A person may pass refreshments or paddles to a va'a from the water. This person need not be one of the team members but must wear an approved Personal Flotation Device.
- j. At no time will an escort boat deliberately cause a wake to assist their own va'a or interfere with another va'a.
- k. At all times, escort boats must maintain a safe distance from va'a and other boats.
- l. Va'a will always have the right-of way over escort or Official boats.
- m. Coaching and directing from an escort boat is permitted.
- n. Safety Equipment: Blankets, drinking water, first aid kit, and flare kit as well as life jackets are required on each escort boat. Ship to shore communication is required.

## 19. Escort Boat Violations

- a. The penalty for and infringements of rules 18.g, 18.h, 18.j., 18.k, 18.l, and 18.n shall be predetermined by the Head Race Official at the Race Briefing.





- b. After two warnings by a Race Official to an escort boat in relation to rules 118.g, 18.h, 18.j., 18.k, 18.l, and 18.n shall mean the disqualification of the crew the boat is escorting.

## **ENTRIES**

### **20. General**

- a. The number of entries allowed each member in each event, the deadlines for entry submittals, and the possibility of late entries and fees will be determined by the Board. For non-World Distance Championship events, the host and organizing committee may set the quota.
- b. Entries are to be submitted as directed by the Board or its designee only by the controlling authority of the membership area, except for teams or individuals that are not located in a membership area.
- c. Competitors must enter under the name of a team. The Team shall be reported on all result postings under their IVF Area, crew seeding for the event and a team name. The team name for V1 shall be the paddler's registered name. For V2R, V3, and V6 the team name is optional, and shall default to the IVF Area if left blank.
- d. A competitor may paddle for his area, sub-association and/or club.
- e. Paddlers must wear matching team uniform tops during the race.

### **21. Forms**

- a. Forms submitted by the controlling authority may be electronic and shall include:
  - 1) Crew Entry Form shall be submitted to the host;
  - 2) Where va'a is provided by the competitor, va'a registration form;
  - 3) Escort Boat Registration Form.
- b. Entry forms turned in by the controlling authority include:
  - 1) Intent to Participate = number of entries in each event.
  - 2) Roster = registration of eligible paddlers from an area with required verification documents and digital photo
  - 3) Anti-Doping Declaration
  - 4) Therapeutic Use Exemption Request (if applicable)
- c. Schedule for entry.
  - 7 months prior to event, Event Entry Registration closes
  - 3 months Prior to event, TUE's due
  - 2 months Prior to event, Paddler registration closes.
  - All deadlines and penalties shall be outlined in information available to member countries and also on the website.
- d. Additional sheets and forms to be used and posted as necessary:
  - 1) Start List – for each race a list of competitors and va'a number
  - 2) Order of Finish – including va'a number and time for each competitor
  - 3) Disqualification
  - 4) Anti-Doping Declaration
  - 5) Therapeutic Use Exemption
  - 6) Protest
  - 7) Intent to withdraw
  - 8) Waiver

### **22. Replacements and Withdrawals**

- a. Where a paddler is deemed unable to paddle for any verified medical reason, any eligible paddler on the entry form may replace him/her.



## **RULE INFRACTIONS**

### **23. Disqualification**

- a. The following provisions as stated in these rules are cause for automatic disqualification:
  - 1) Competing while not a member, affiliated or otherwise, of the IVF. (Section 4a)
  - 2) Competing for more than one crew in an event will disqualify both crews from the competition. (Section 4b)
  - 3) A competitor who is a citizen of or resides in an IVF member area competing in a team from another area. (Section 4c)
  - 4) Not meeting the age requirements. (Section 6)
  - 5) Violating anti-doping rules. (Section 7)
  - 6) Not following the course set by the Race Committee and communicated at the Race Briefing. (Section 12)
  - 7) Unsportsmanlike conduct. (23b)
  - 8) Para Va'a paddlers will be disqualified if they do not meet all the requirements contained in the separate Para Va'a Rules and Classification System document.
  
- b. Besides the reasons set out for disqualification in other parts of these rules, any individual who attempts to win an event by means other than those which are honest, does not respect the race rules and/or officials, shall be disqualified.
  
- c. All disqualifications are to be confirmed with the Race Director and shall be immediately confirmed in writing with reasons given. The Area Coordinator of any disqualified competitor shall then be notified, given a copy of the disqualification form and acknowledge receipt thereof on a copy indicating the precise time, which becomes the start of the protest time. The disqualification shall then be publicly announced and posted.

### **24. Protests**

- a. Protests must be filed by the Area Coordinator or his designee.
- b. A protest to any result or disqualification may be lodged by filling out the protest form and handing in not later than 20 minutes after: 1) the announcement and publication of the results of the race in question when there is no disqualification or 2) Area Coordinator is notified,
- c. Once a protest has been received, the protest committee must notify immediately all parties involved in the protest, allowing time for other or counter protests to be received. After 20 minutes, the protest committee closes the case and starts deliberating.
- d. The decision of the protest committee, on each protest, must be confirmed in writing, giving reasons for the decision. The decision must be handed to the affected Area Coordinator, who must acknowledge receipt of it by signing the protest committee's copy.
- e. All protests shall be made in writing and be accompanied by a fee of US\$100.00. The fee will be refunded if the protest is upheld.
- f. The decision of the Protest Committee may not be appealed.

### **25. IVF Board**

The IVF Board, by a majority of all votes, may disqualify or reinstate competitors if subsequent information, such as drug tests, warrants such change. If such change involves different medal winners, the contestant who loses a medal must return it to the IVF.