

**INTERNATIONAL CANOE
FEDERATION**

**MARATHON
RACING COMPETITION RULES**



2005

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INTRODUCTION

The purpose of this document is to provide the rules that govern the way of running an International Canoe Federation Marathon Racing competition.

List of Abbreviations:

COMPETITOR	Male or female competitor
ICF	International Canoe Federation
MRC	Marathon Racing Committee
[GR]	General Rule <i>(to be changed only by the ICF Congress)</i>
[TR]	Technical Rule <i>(may be changed by the ICF Board of Directors)</i>
COMPETITIONS	World Championships, World Cups, and international competitions
CATEGORIES	Kayak Men, Kayak Women, Canadian Men
CLASSES	K1 Men, K2 Men, K1 Women, K2 Women, C1 Men, C2 Men etc.
EVENTS	Each class in each age groups

CHAPTER I - GENERAL REGULATIONS

1 DEFINITION OF MARATHON RACING

[GR]

In Marathon Racing the competitor races over a designated long distance course on water not subject to prescribed standards. The competitor must take the water as it is found and be prepared, if it is necessary, to carry his or her canoe around an impassable obstacle, or between two waterways.

2 INTERNATIONAL COMPETITIONS

[GR]

All competitions announced as international shall be held in accordance with the regulations of the ICF. Competitions arranged by the national federations or their clubs are considered international if competitors of a foreign country are invited to participate. These competitions must be controlled by at least one accredited official in possession of a valid international official card.

Canoeing competitions in Continental and Regional Multisport Games and Championships shall be organised under the ICF Rules and Regulations for World Championships for that discipline. The organisation and programme of the canoeing competitions in Multisport Games on global level must be approved by the ICF and for continental level by the Continental Canoeing Associations.

Only members of clubs or associations affiliated with an ICF Member Federation have the right to participate in an international competition. A competitor is always allowed to take part individually in an international competition, but must in each case obtain special permission from his/her National Federation.

A competitor may take part on behalf of the Federation in a foreign country in which he/she is domiciled, if he/she obtains the authorisation of his/her Federation of origin. This authorisation has to be sent before 30th November prior to the year concerned to the ICF Headquarters with a copy to the Chairman of the Marathon Racing Committee. The same procedure applies, should the competitor change back his/her starting right to the federation of origin.

If he/she has lived for 2 years or more in this foreign country, the approval of his/her Federation is no longer required.

This rule does not apply in the case of a competitor who leaves his/her country of origin to marry in another country. He/she can, in this case, compete for his/her new Federation without awaiting the delay of 2 years.

A competitor may not compete for more than one Federation in any one calendar year in the sport of canoeing.

The first year a junior competitor can compete is the year in which his/her 15th birthday falls, and the last year he/she may compete as a junior is the year in which his/her 18th birthday falls.

A Master competitor can compete in a Masters event in the year he or she reaches the lower limit of the age category, i.e. in the 35-39 age group in the year of his or her 35th birthday. In K2 or K4 events the age of the youngest competitor will control the category in which a crew can compete. Age group categories will commence from age 35-39 and increase upwards in 5-year age brackets.

4 CLASSES

[GR]

Marathon races may be run in the following Classes:

Men: K-1, K-2, K-4, C-1, C-2.

Women: K-1, K-2

Mixed: K-2, C-2

5 INTERNATIONAL COMPETITION CALENDAR

[GR]

Before the 1st of August of each year, all National Federations shall send to the ICF headquarters and to the Chairman of the Marathon Racing Committee, their proposed programme of international races for the following year, for publication in the ICF Calendar. Changes to the Calendar may be made to 30th September after which date the Calendar will be considered complete and be published.

CHAPTER II - CLASSES AND BUILDING RULES

6 LIMITATIONS

[TR]

K1	K2	K4	C1	C2	
520cm	650cm	1100cm	520cm	650cm	Max. length
8kg	12kg	30kg	10kg	14kg	Min. weight

Trademarks [GR]

The guidelines for any advertising material carried on the clothing and equipment of paddlers should be as follows:

- a. The advertising of tobacco smoking and strong spirit drinks will not be accepted.
- b. The ICF and National Federation organising an ICF event should not engage in any exclusive sponsorship advertisement.
- c. National Federations participating in the World and Continental Championships should have a uniform advertising design identifying sponsors.
- d. All advertising material should be placed in such a way that it does not interfere with competitors' identification and does not effect the outcome of the race.
- e. All advertising material used should be in accordance with the IOC Athletes Code and the ICF Eligibility Rule.

Any boat, accessory or article of clothing, which does not comply with the above mentioned conditions will be ineligible for use during the competition.

Teams are responsible for their own equipment.

a). Kayaks

All kind of building materials are permitted. Sections and longitudinal lines of the hull of the Kayak shall be convex and not interrupted. Steering rudders are allowed. The maximum thickness of the rudder blade must not exceed 10 mm in the case of K-1 and K-2 if the rudder blade forms an extension to the length of the kayak.

b). Canoes

All kind of building materials are permitted. Sections and longitudinal lines of the hull of the canoe shall be convex and not interrupted. The canoe must be built symmetrically upon the axis of its length.

Steering rudders or any guiding apparatus directing the course of the canoe are not allowed. A keel, if any, must be straight, shall extend over the whole length of the canoe and shall not project more than 30 mm, below the hull.

The C1 and C2 may be entirely open. The minimum length of the opening shall be 280cm and the edge of the side of the craft (gunwale) can extend maximum 5cm into the craft along the whole defined opening. The boat can have maximum three strengthening bars with a width of maximum 7 cm each. Removable spray decks may be used.

c). *Bailers*

Manually operated pumps may be fitted in both canoes and kayaks. Bailers which interrupt the line of the hull are not permitted. Electrically operated pumps may only be used when the race organisers require it on safety grounds. Automatic or pump bailers may be fitted in both kayaks and canoes.

- d). No foreign substance may be added to boats which give competitors an unfair advantage. The use of hull lubricants is not permitted

8 MEASURING

[TR]

The length of a kayak or canoe shall be measured between the extremes of the stem and stern. Stern bands or other protection of the stem or stern, if any, are to be included. Any rudder forming a continuation of the length of a kayak is not included in the measurement. The weight of a kayak or canoe shall be measured when the boat has been emptied of excess water and may include buoyancy, seats, footrests, steering gear and fixed pumps, but excluding paddles, spray decks and drink containers.

CHAPTER III - ORGANISATION OF THE COMPETITIONS

9 OFFICIALS

[GR]

International competitions shall be held under the supervision of the following officials:

Chief Official
Technical Director
Competition Secretary
Starter(s)
Aligner
Course Umpire
Finishing Line Judge(s)
Timekeeper(s)
Boat Scrutineer
Raft Marshall
Safety Officer
Announcer
Press Official

If circumstances permit, one person may function in two of the above positions. The top management of the Competition shall be in the hands of the Competition Committee which shall consist of:

Chief Official
Technical Director
Safety Officer

The *Competition Committee* shall:

- a) Organise the competition and supervise its arrangements;

- b) In the event of inclement weather or other unforeseen circumstances which make it impossible to carry out or finish the competition, postpone the competition and decide on another time when it may be held, or abandon the competition, or, if the competition has already begun, abandon or reschedule the competition;
- c) Hear any protests that may be made and settle any disputes that may arise;
- d) Decide on matters concerning disqualifications in cases where the regulations have been broken during the competition. The decision of the Committee shall be based on the ICF Marathon Racing Rules. Penalties in accordance with the ICF Statutes may also be imposed (i.e. disqualification for a longer period than the duration of the competition in question);
- e) Before any decision is made regarding an alleged infraction of the rules, hear the opinion of the officials who are in control of the race, if it is felt to be of importance in clearing up the alleged offence.

The *Competition Committee* may disqualify any competitor who behaves improperly or who by his or her conduct or speech shows contempt towards the officials, other competitors or onlookers.

A member of the Competition Committee may not participate in a judgment connected with the disqualification of a competitor from his or her own national federation.

The *Chief Official*, who is also the Chairman of the Competition Committee, shall decide all matters arising during the actual contest, which are not dealt with in these rules.

The *Technical Director* is responsible for the preparation and running of the competition.

The *Competition Secretary* is responsible for recording the results and preparing lists of prizewinners. He or she must keep the minutes of the proceedings of any protest meetings. He or she must provide the Press Official with all necessary information regarding the running of the event or the results.

The *Starter* decides all questions concerning the start of the races, and alone is responsible for decisions as to false starts. or she must see to it that the starting gun or pistol is in working order. The starter must order the competitors to their places and carry out the start in accordance with the Marathon Racing Rules. The language used shall be English. The starter's decision is final.

The *Aligner* is responsible for bringing the boats to the starting line with the least possible delay. The language used shall be English.

The *Course Umpire* shall ensure that during a race the rules are complied with. If the rules are broken, the Umpire shall report the infraction to the Chief Official, who, in turn, shall refer it to the Competition Committee. The Competition Committee shall then decide whether any of the competitors concerned shall be disqualified, or not. The Course Umpire shall appoint officers to supervise the control points along the course.

The *Finishing Line Judges* decide the order in which the competitors have crossed the finishing line. They shall be placed at the finishing line. If the judges differ regarding the placing of two or more of the competitors, the disagreement shall be decided by a simple majority. In the case of equal voting, the Chief Judge shall exercise a casting vote. The decision of the judges is final.

The *Timekeepers* are responsible for recording the times. Before each race the Chief Timekeeper shall establish that the watches or other time-keeping equipment are working satisfactorily.

The *Boat Scrutineer* shall ensure that the dimensions and weight of the boats, equipment, clothing and advertising conform to the ICF Marathon Rules, and shall mark them accordingly. Should any not fulfill the ICF requirement they shall be excluded from the competition.

The *Raft Marshall*

- a) Confirms that the boat and equipment have been approved by the Boat Scrutineer.
- b) Confirms that the boat, equipment and clothing of the competitor meet the requirements of the competition regulations.
- c) When satisfied dispatches the boats, in the appropriate order, to the Aligner.

The *Safety Officer* is responsible for advising the Competition Committee on the safety measures necessary, and for seeing that these are taken.

The *Announcer*, on the instructions of the Competition Organiser, announces the start of each race, the order of starting, and the placing of the competitors during the race. After the race is finished he or she will announce the results.

The *Press official* must supply all necessary information to the representatives of the press, radio and television, on the race and its progress. The Press Official is therefore authorised to seek this information from the various officials, who must provide, as quickly as possible, copies of the official results.

In World Championships all officials must be recognised International Marathon Racing Officials with valid certificate

11 INTERNATIONAL MARATHON RACING OFFICIALS

[GR]

Recognition as an international Official for Marathon Racing is given by the ICF to those persons who have passed an appropriate examination. Only national federations are entitled to nominate candidates for this examination, and the candidates names must be submitted to the ICF General Secretary at least two months before the date of the examination. The application shall be accompanied by a fee of 20 Euros, which is not refundable in the event of the candidate failing in the examination.

Applications shall not be younger than 25 years or older than 65 years, and must have served as officials at least five times, and possess appropriate experience. A copy of the application form shall also be sent to the Chairman of the Marathon Racing Committee. A sub-committee of the ICF will arrange the examination annually, in conjunction with a major marathon event. The examination will be conducted in one of the official languages of the ICF and will be based on the Statutes and Marathon Racing Rules of the ICF and practical experience of marathon racing.

If a national federation wishes to hold an examination at some other time, the federation must meet the living and travel expenses of the members of the examining committee.

Candidates who have failed one examination may enroll for another, but not earlier than the following year.

Successful candidates will be issued with a legitimating card as International Marathon Racing Officials. The cost incurred by a candidate in connection with the examination, shall be a charge on the national federation of that candidate.

12 INVITATIONS

[GR]

An invitation to an international competition shall contain the following information:

- a) Time and place of the competition.
- b) Situation and plan of the course.
- c) Classes and distance of races.
- d) Sequence and starting times of races.
- e) Nature of the course, water conditions and degree of difficulty.

- f) Amount of fees.
- g) Address to which entries should be sent.
- h) Last date for receiving entries. This date shall not be earlier than 14 days before the first day of the competition.

Invitations to the World Cups competitions shall be sent to all ICF members at least three (3) months prior to the respective event.

13 ENTRIES

[GR]

Entries for an international competition can be made only through the national federation and in accordance with the regulations given in the invitation.

An entry shall, however, always contain the following:

- a) The name of the club or federation to which the competitor/s belong.
- b) The events in which the team proposes to compete.
- c) First name and surname of each competitor, together with the date and year of birth and his or her citizenship.
- d) For competitions designated as the ICF Championships similar details regarding reserves if any. For other events on the ICF Calendar it is not necessary to specify the names of reserves on the written entry.

In addition to nominated crews, federations are allowed to enter substitutes in every race, as follows: K-1 and C-1 1 person, K-2 and C-2 2 persons. Substitutes may be placed in any of the boats entered in the race in question. In multi stages races, the composition of a crew may not be changed after the start of the race.

An entry may be telegraphed if it is dispatched before midnight on the last day for receiving entries. Entry by telegram must be confirmed immediately by letter and in the eventuality of conflicting information; the information by letter would take precedence.

When making their entries federations must give the colors of the clothing worn by the competitors, and these colors must not be changed during the competition.

14 ACCEPTANCE OF ENTRIES AND PROGRAMME

[TR]

Applications for entry must be acknowledged within 48 hours of receipt. For events other than Championships a team leaders meeting shall be held commencing not later than three (3) hours before the first event starts and not sooner than 30 hours before the first event starts, to determine amongst other things the final entry details. After the meeting the definitive programme shall be completed and made available at the course giving names and citizenship of competitors and the results of the draw if one has been required. For Championships a team leaders meeting shall be held commencing not later than 12 hours before the first race and not sooner than 36 hours before the first race. After the meeting the definitive programme shall be available at the course, giving names and citizenship of the competitors and the results of the draw if one has been required.

15 ALTERATIONS IN ENTRIES AND WITHDRAWALS

[TR]

For events designated as the ICF Championships only those substitutes named on the entry are allowed to replace the nominated competitors. Notification of such alterations must be given at the team leaders meeting.

The Chief Official may in exceptional circumstances accept written replacement of named competitors by named reserves up to one hour before the start of the first race.

The Chief Official's decision as to what constitutes an exceptional circumstance is final, and not subject to appeal. The withdrawal of an entry is considered final and no renewed entry of the same crew is allowed. Entry fees cannot be refunded.

16 ALTERATIONS IN THE SEQUENCE OF EVENTS

[TR]

The sequence of races given in the invitation, and the intervals between the races as given in the racing programme, are binding on the organisers. Alterations cannot be made unless the respective team managers or national representatives at the competition give their consent.

17 MARKING SIGNS

[TR]

Flags marking portage limits shall be diagonally divided with one half in red and the other in yellow. Both starting and finishing lines shall be marked with red flags at the points where these lines intersect the outer limits of the course.

- a) River courses without obstacles, or interruptions.
- b) River courses with obstacles such as weirs, rocks or shallows involving obligatory or optional portages.
- c) Open water courses on lakes, estuaries or the open sea.
- d) Any combination of the above.

Length of the courses:

Seniors - men	Min. 20 km and no upper limit.
Seniors - women	Min. 15 km and no upper limit.
Juniors	Min. 15 km and no upper limit.

Races may be run in one or several stages, over one or several days, the final result being based on total racing time. Turning points shall be negotiated as directed.

Courses for World Cups competitions should reflect the characteristics of Marathon Racing of the host federation.

All kayaks and canoes shall carry a number which shall be attached to the kayak or canoe as instructed by the race organiser.

The personal numbers provided by the organising national federation shall be placed on the back and if necessary on the front of the competitor as required by the organising federation. The title or main sponsors name may be shown on the front side with the personal numbers.

Each team leader shall receive printed or written instructions at least 5 hours before the beginning of the competition, containing the following information:

- a) Detailed information on the course and their markings.
- b) Starting time(s) and procedures.
- c) Starting line.
- d) Finishing line.
- e) Competitors' racing number.
- f) Obligatory safety equipment requirements.
- a) Transport arrangements for boats and competitor, if being provided by the organisers.

CHAPTER IV - RACING REGULATIONS

21 MEANS OF PROPULSION

[TR]

Kayaks shall be propelled solely by means of double-bladed paddles. Canadian canoes shall be propelled solely by means of single bladed paddles. The paddles may not be attached to the boats in any way.

22 START

[TR]

- 1) The starting line shall be marked by two red flags or two red buoys or a combination of both.
- 2) Competitors shall be at the start at the time specified in the racing programme. The start shall be given without reference to any absentees.
- 3) The classes shall start in descending order from fastest to slowest as determined by the competition committee.
- 4) The method of starting shall be one of the following and shall be decided by the organising committee and included in the information booklet distributed beforehand.

a) *Stationary Start*

The position of the boats at the start is such that the bows of the competing boats are on the starting line(s). The boats must be stationary. The craft may be held at the stern. Wherever possible all boats in a class shall line up at the starting line and use the stationary start. Where this is impossible or impracticable owing to lack of space, or water or weather conditions, the following alternative simultaneous starting procedures may be employed.

b) *Grid Start*

National teams equally represented in each rank of the grid with the positions being determined by the draw. National teams to take precedence over club teams.

c) *Le Mans Start*

The boats are lined up on the shore in an order determined by the draw.

d) *Rolling Start*

Where strong currents render a stationary start difficult, a rolling start may be used, the boats being allowed to drift towards the line with a view to crossing on the signal.

e) *Interval Start*

Where a simultaneous start is impracticable or undesirable, an interval start may be used, the order being determined by a draw. A list of competitors with their starting times shall be issued to the team leaders and pinned to a notice board at the start least three (3) hours before the start of competition. It is also possible to have an interval start in groups.

5) In all cases paddlers shall be called to the water at least ten minutes before the scheduled start, or in the case of a Le Mans Start given a ten minute warning.

6) The following procedures will then apply for the respective starts:

a) *Stationary start and*

b) *Grid start*

The starter shall ensure all craft are stationary on the starting line or grid line as appropriate.

When the starter is satisfied the line(s) are stationary he or she shall give the signal or "Ready" followed by a *shot, starting horn*, or the word "Go".

If a competitor commences paddling after the word "Ready" and before the shot has been fired, he or she has made a false start.

A competitor who attempts to start before any instruction is deemed to have made an unfair start.

A competitor who attempts a false or unfair start will be warned.

A second warning will result in the imposition of two minute penalty.

A third warning will result in the competitor's disqualification from the event.

A disqualified competitor must leave the water immediately.

c) *Le mans start*

Competitors shall stand stationary on a starting line. The starter, when satisfied the competitors are stationary, shall say "Ready" followed by a shot or the word "Go".

If a competitor or competitors commence running before the shot has been fired, the starter shall declare a false start and warn the offending competitors.

A competitor who attempts to start before any instruction is deemed to have made an unfair start.

A competitor who attempts an unfair start will be warned.

A *second warning* will result in the imposition of a two minute time penalty.

A *third warning* will result in the competitor's disqualification from the event.

In a Le Mans Start, no competitor shall tackle, block, hinder or obstruct another competitor running to his or her boat.

d) *Rolling Start*

The canoes shall form up well before the start line and drift towards the starter.

The starter shall ensure the line is as straight as possible and that no competitor will obtain any undue advantage as a result of the start.

When the starter is satisfied, he or she shall let the line drift to within 10 meters of the start line and give the signal "Ready" followed by a shot, a starting horn or the word "GO".

If a competitor commences paddling after the word "Ready" and before the shot is fired, he or she has made a false start.

An immediate time penalty of two minutes shall be imposed upon the competitor making a false start.

e) *Interval Start*

Competitors shall be called into their starting position in the predetermined order. Competitors must be advised five minutes, two minutes and one minute prior to their designated start time.

The starter shall ensure that each competitor or group of competitors is stationary and level. A competitor crossing the start line prior to the ten-second warning shall be recalled with the elapsed time taken from the designated starting time; a competitor commencing paddling between the ten-second warning and the shot or starting command shall incur an immediate two-minute time penalty.

- 7) Any penalty imposed under this rule shall be notified to the team manager of the offending competitor by the Technical Director. Whenever possible, advice of any time penalty shall also be given to the offending competitor(s) at the first available checkpoint.

8) *Multi-stage races:*

Where a race is divided into several stages, the starts of the second and subsequent stages on the same day shall be carried out individually, or in groups as determined by the organiser, and advised to the team leaders at the team leaders meeting.

If carried out individually the competitors will leave the stage start in the order of arrival from the previous stage, and at the same intervals of time.

If in groups, these should also take into account arrival from the previous stage, and time differences recorded.

Timing will be cumulative, and the winner being the competitor/crew having taken the shortest time over the whole course, making due allowance for any time penalties awarded by the organisers. The restart of the second or subsequent days may utilize any of the initial or stage start methods described in this rule.

23 TURNS

[TR]

When a race is run on a course with turning points these shall be passed to port (i.e. anti-clockwise) unless otherwise directed.

24 GROUP RACING AND OVERTAKING

[TR]

When a canoe or kayak is overtaking another canoe or kayak, it is the duty of the overtaking craft to keep clear of other competitors at all times.

When a canoe or kayak is racing in a group of competitors it is the duty of all the competitors in the group to keep clear of other competitors at all times. This rule applies to any maneuvering within the group.

25 COLLISION OR DAMAGE

[TR]

Any competitor who is considered by a course umpire or race official to have been responsible for a collision, or who damages the canoe or kayak or paddle of another competitor or unnecessarily deviates from their course may be disqualified.

Competitors may only portage at points designated by the race organisers.

- a) At official compulsory or optional portage points, the limits of the section of the river to be portaged must be clearly marked by flags showing the start and end of the disembarkation area and the start and end of the embarkation area. The flags marking the portage shall be diagonally divided in red and yellow.
- b) All competitors (and their designated helpers where approved) shall disembark in the defined area, carry their craft around the portage and embark in the defined area.
- c) Any water after the end of the disembarkation area and before the start of the embarkation area is out of bounds.
- d) Organisers must aim to provide enough bank space to allow at least four K2's to be portaged simultaneously.
- e) A competitor making a portage at a point other than the designated portage area along the course must not make any forward progress unless directed by the competition committee.
- g) Where shallow water is encountered it is always permitted to disembark in the river and drag or carry the boat into deep water.
- a) Under no circumstances may a portage be used with an effect of shortening the course of the race.

- 1) A competitor may not be accompanied along the course or assisted in any way by other canoes/kayaks not entered in the event or by any vessel (e.g. runabout).
- 2) At World Championships and World Cups competitions no competitor may wash hang a competitor in another class.
- 3) A competitor may receive assistance from bank support crews, as long as it does not impede other competitors, but may not be progressed in any way. All assistance must be given from the bank, except for safety reasons. Such assistance is limited to first aid services, provisions of food, drink and clothes, replacement of faulty equipment including paddles and help with repairs.
- 4) In the event of a capsize, a competitor may receive assistance with emptying his or her boat and regaining his or her paddling position, but may not be progressed in any way.
- 5) A competitor suffering from a lower-body handicap may, by prior agreement from the Competition Committee, receive assistance at a portage, from designated helpers, provided no advantage is received as a result of such assistance and provided the competitor leaves or is lifted from his or her canoe/kayak before the helpers carry the boat.
- 6) No exchange or substitution of boats is permitted, even with other competitors from the same team.

Each boat must carry sufficient buoyancy, either in the construction of the boat or fixed subsequently, to keep the boat floating level when filled with water. The scrutiners may float test the boat if buoyancy is not apparent after a visual inspection. If the organisers so decide for safety reasons, additional buoyancy must be fitted to each boat such that it will give support to the paddlers when in the water and/or every competitor shall wear a buoyancy aid and/or other specified equipment. Such requirements shall be named on the entry form.

Any competitor failing to observe such a direction shall be refused the right to start. If they have started he or she will be disqualified.

Competitors participate at their own risk. Neither the organisers nor the ICF can be held responsible for accidents or material damage which may occur during a race.

Every official is required to observe that the safety measures are being adhered to, and prevent boats or competitors from starting or continuing if they fail to meet the requirements laid down in the rules.

Marathon Racing may involve participants in dangerous situations. It is a requirement that any competitor seeing another in real danger shall render all assistance in his or her power. Failure to do so may involve disqualification.

The finishing line is reached when the bow of the canoe or kayak with the competitor/s in it has passed the line between the flags. If two or more boats reach the finishing line at the same time, they get the same classification.

Any Competitor who attempts to win a race by any other than honorable means, or who breaks the racing regulations, or who disregards the honorable nature of the racing regulations will be disqualified for the duration of the race concerned.

Should a competitor have completed a race in a kayak or canoe which is shown, upon inspection, not to fulfill the ICF classifications, he or she shall be disqualified from the race in question.

It is forbidden, during a race, to be accompanied by other boats along the course.

Such acts shall entail the disqualification of the competitor/s concerned. All disqualifications by the Competition Committee must be confirmed in writing immediately, giving the reasons. The team leader of the competitor must acknowledge receipt on a copy of the notice, with the exact time, which marks the start of the protest time.

A protest against the right of a crew to take part in a race shall be referred to the Chief Official not later than one hour before the start of the race. A protest made later, within 31 days from the date when the race in question was held, is only permitted if the officials of the association making the protest can prove that the facts on which the protest is based came to their knowledge later than one hour before the start of the race.

A later protest shall be referred to the ICF Marathon Racing Committee accompanied by the prescribed fee.

A protest made during a competition relating to an incident in the race must be addressed to the Competition Committee and handed to the Chief Official not later than one hour after the last of the competitors involved in the incident have completed the course, or if forced to retire one hour after the retirement has been reported to the organiser.

The organisers shall be permitted to commence issuing preliminary results and carry out reward ceremonies after one third, or the first three, whichever is the greater, of the competitors of the class have completed the course, or their retirements notified to the organiser.

All protests shall be made in writing and be accompanied by a fee of 25 Euros (or an equal sum in the local currency) the fee will be refunded if the protest is upheld.

32 APPEALS

[GR]

Competitors have the right to appeal to the ICF, through their national federations, against a decision of the Competition Committee, within 30 days from the date when the race was held. The appeal shall be accompanied by a fee of 25 Euros or its equivalent, which will be refunded if the appeal is upheld.

The ICF Board of Directors shall pronounce the final decision based on a recommendation by the Marathon Racing Committee.

33 ANTI-DOPING

[GR]

Doping as defined in the Olympic Movement Anti-Doping Code is strictly forbidden. Anti-Doping control shall be conducted in accordance with the ICF Anti-Doping control regulations under the supervision of the ICF Medical & Anti-Doping Committee.

34 INFORMATION

[GR]

After the ending of all international Marathon Competitions listed in the Competition Calendar of the ICF, two copies of the results must be air mailed to the ICF Secretary General, and one to the Chairman of the Marathon Racing Committee.

CHAPTER V - SPECIAL RULES FOR WORLD CHAMPIONSHIPS

35 ARRANGEMENTS

[GR]

World Championships may be arranged every year with the consent of the ICF Board of Directors, at a time and place approved by it, and in accordance with the ICF Marathon Racing Rules. The World Championships shall be open only to member federations of the ICF.

In the Olympic events, a valid World Championships is held only if at least six (6) federations from at least three (3) Continents start in the event. If during the event some federations drop out or do not finish, the validity of the Championships is not affected.

For the Non-Olympic events, a valid World Championships is held only if there are at least six (6) federations in each event and there must be at least three (3) Continents starting overall in the competition. If during the event some federations drop out or do not finish, the validity of the Championships is not affected.

Championships are restricted to the following classes:

Men	K1, K2, C1 and C2
Women	K1 and K2
Junior Men	K1, K2 and C1
Junior Women	K1 and K2

Entries shall be limited to two (2) boats per nation per class, World Championships shall be held over 2 days, and each race shall be completed in one stage, i.e. non-stop.

The order of the events shall be as follows:

1st day: K1 Men, K1 Women, C1 Men
Junior K1 Men, Junior K1 Women, Junior C1 Men

2nd day: K2 Men, C2 Men, K2 Women;
Junior K2 Men, Junior K2 Women;

The course for a World Championship shall be of a type within the normal and general experience of the federations organising Marathon Racing competitions. It should include a limited number of portages, normally at least two.

The recommended distance should be such that the winner of each class shall record a time of not less than two and a half hours and not more than three hours.

For juniors the distance shall be not less than 18 km and not more than 22 km.

Federations wishing to arrange a World Championship must have submitted the proposed course and technical arrangements for the inspection of the ICF Marathon Racing Committee and received its approval before submitting their application to the ICF Board of Directors.

Invitations to World Championships shall be issued by the organising national federation and shall be in accordance with the ICF Rules and regulations. Invitations shall be sent out at least (3) three months before the date of the Championships.

Entries from national federations shall state the number of competitors and this must be in the hands of the organising federation at least 45 days before the competition. This number shall include substitutes and team officials. The names of the competitors in each class must be received by the organising federation not later than 14 days before the competition.

Substitutes may be entered according to the rules given in paragraph 13 and 15. No entry received after the closing date shall be accepted.

At least 1 month before the competition, the federations shall receive a provisional programme with starting times and the number of entries from each participating federation in each class. The final programme shall be available 3 days before the competition and shall contain.

- a) Starting time of each race.
- b) Names and citizenship of all competitors in each class.
- c) Full instruction on the course and training arrangements.

The drawing of lots for the starting position in each class shall be carried out under the control of an ICF official and the supervision of the president of the organising federation or his or her delegate.

Final authority at the World Championships shall rest with a Jury composed of up to five persons appointed by the ICF Board of Directors.

One of these persons - either the President of the ICF or some prominent person in the ICF - shall be appointed chairman of the Jury. Subordinate to the Jury are the Chief Official and other officials according to paragraph 9 with the addition of a Chief Medical Officer.

1) Competitors have the right to appeal to the Jury against a decision of the Competition Committee. The appeal, in writing and with reasons, must be addressed to the Convener of the Jury and lodged, by the team manager with the Jury Convener not later than 20 minutes after the team manager has been informed, in writing, of the decision against the competitor or team, and has signed the receipt.

2) If the paddler involved in the disqualification is still completing the course, the time for lodging an appeal shall be extended until one hour after that paddler either completes the course or withdraws from the event.

3) An appeal must be accompanied by a fee of (or equivalent to) 25 Euros. The fee will be refunded if the appeal is upheld.

4) On receipt of the appeal, the Convener of the Jury shall advise the relevant team managers and indicate arrangements for hearing the appeal.

5) The appeal shall be heard as soon as possible. Witnesses may be called.

6) The decision of the Jury is final.

7) Final results shall be prepared and medals and trophies presented after the Jury's decision is announced, or the time limit for appeals to the Jury has expired (whichever is the latter)

42 CHECK-UP ON BOATS

[TR]

The boat controllers will check boats by means of the usual equipment. At the end of the race the first four boats will be checked again.

43 AWARDS

[GR]

The championships medals shall be given according to the Olympic protocol. The medals shall be given in three values, gilded, silvered and bronze and shall be furnished by the ICF at the expense of the organising national federation. The medals must on no account be presented to any other persons than those who have won the championship races.

Only medals, to the exclusion of other prizes, are to be presented at the official ceremony. Other prizes may be presented on an occasion other than this ceremony.

To maintain the dignity and solemnity of the presentation ceremony the competitor receiving medals must wear training suits or national uniform.

44 ANTI-DOPING

[GR]

Doping as defined in the Olympic Movement Anti-Doping Code is strictly forbidden. Anti-Doping control shall be conducted in accordance with the ICF Anti-Doping control regulations under the supervision of the ICF Medical & Anti-Doping Committee.

45 RESULTS AND REPORTS

[GR]

The results of World Championships, reports of any protests made, and other necessary documents concerning the races, must be sent to the ICF Secretary General by the organising national federation not later than 30 days after the end of the Championships.