

# Ottawa Indoor Championships 2020

## Rules & Regulations

*\* Each athlete must register individually and sign the waiver through the online registration system in order to participate*

### **Ergometre Settings:**

Women	=	65kg / 60 drag
Men	=	75kg / 60 drag
Relay	=	65kg / 60 drag

### **Categories:**

#### *Rookie:*

RLW	=	Rookie Lightweight Women (under 130lbs)
RW	=	Rookie Women (130lbs+)
RLM	=	Rookie Lightweight Men (under 170lbs)
RM	=	Rookie Men (170lbs+)

#### *Competitive:*

CLW	=	Competitive Lightweight Women (under 130lbs)
CW	=	Competitive Women (130lbs+)
CLM	=	Competitive Lightweight Men (under 170lbs)
CM	=	Competitive Men (170lbs+)

Athletes will be asked to register themselves for the appropriate categories on the honour system.

A scale will be available for any dispute resolution requirements.

Please note that racing categories may be further broke down by age and/or level of competitiveness, depending on the number of registrations.

### **Team Race:**

Teams must consist of 4 athletes featuring 2 men and 2 women to participate

Teams not fitting these parameters will still be permitted to compete but will not be eligible for team awards

## **Racing Rules:**

### *Individual Races:*

Rookie (Heats & Finals) = 200m

Competitive (Heats & Finals) = 500m

### *Team Races:*

*Relay* = 1000m total, 250m per athlete (cumulative time)

Athletes are not permitted to change paddle side during the race

Athletes are not permitted to use the floor for leverage during the race

During the first 150 metres the race can be restarted by the officials for any reason

Straps are not permitted

If a unique situation should occur all IDBF, DBC & Kayakpro existing regulations will apply

## **Race Progression:**

### *Individual Races:*

1 heat + 1 final

Heats are random draw and can comprise athletes from any race category

Finals should feature only athletes within a specific race category

### *Team Races:*

1 x Direct Final, winners are determined by overall time