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UNITED STATES CANOE ASSOCIATION, INC

2005



COMPETITION RULES

CANOE AND KAYAK SPECIFICATIONS

SANCTIONED RACE SPONSOR REQUIREMENTS

as of April 15, 2005

NOTE: *There is a one year waiting period for changing canoe or kayak specifications only. Rules can be modified or changed at either the Annual Meeting or the Semi-annual Meeting by a majority vote of the Delegates of the Association in attendance.*

2005

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UNITED STATES CANOE ASSOCIATION ® (USCA ®)

COMPETITION RULES AND INFORMATION

I. USCA SANCTIONED RACE SPONSOR REQUIREMENTS

A. USCA Race Sponsor (Other than Nationals)

1. **Membership:** To become a sanctioned race sponsor, one must first hold a Race Sponsor or Club Affiliated membership in USCA. Membership Chairman shall supply a USCA race sanctioning form to non-nationals race sponsors or club affiliates conducting a race.
2. **Sanctioning:** The USCA Race Sponsor or Club Affiliate must submit the above sanctioning form to the USCA Competition Chairman or the appropriate State Division Competition Chairperson for approval.
3. **Course:** Race course not to exceed Class II (The International Scale of River Difficulty) water conditions.
4. **Classes:** A Sanctioned race sponsor must offer as many USCA Championship classes as possible, but at least ONE, in order to qualify for sanctioning.
5. **Rules:** Current delegate approved USCA canoe and kayak competition rules must be used in all USCA Classes.
6. **Insurance:** All USCA sanctioned races must be insured. If a race sponsor chooses to become insured through another program other than USCA's, the USCA needs a proof of insurance from the insurance company and the limits should be at least equal to the USCA. Must follow sanctioning guidelines: Pre-event meeting for all participants, a system to assure all participants are off the course, and must have an emergency plan if rescue is needed or injuries occur and able to document safety procedures. No alcohol or mind-altering drug is permitted prior to or during the event. All race sponsors must adhere to the U.S. Coast Guard inland waterway rules. When USCA insurance is used, the Waiver and Release of Liability form must be signed by all athletic participants.
7. **Race Changes:** Race sponsors *cannot* change a rule after a race has started. Race sponsors *cannot* change the race course after a race has started unless all the competitors can be notified.
8. **Race Management:** Information under National Race Management (Section VI. C. 1-5) is the basis for conducting any race.

B. USCA National Championship Race Sponsor

1. Must follow items 1, 3, 5, 6, 7, and 8 from above section.
2. Must have conducted USCA sanctioned races for two years prior to placing a bid to host the Nationals. Special exceptions may be given by National Competition Chairman.
3. Applications to host the Nationals are available from the USCA Nationals Coordinator and should be returned to the USCA Nationals Coordinator and the USCA Competition Chairman by September 1. Bids are approved at USCA Annual meetings only. (A separate bid is required for the USCA National Stock Aluminum Canoe Championships.)
4. Must offer all National championship classes listed in Section III. D. Other unofficial race classes may be added at the discretion of the race sponsor.
5. Must adhere to the requirements listed in the "Hosting the USCA National Championships" available

from the USCA Nationals Coordinator.

6. Shall work with the USCA Nationals Coordinator as soon as bid is approved by the Delegates.

II. GENERAL RULES FOR ALL USCA SANCTIONED RACES **(including the USCA Nationals)**

A. Competitor Information

1. Paddlers are expected to conduct themselves in a sportsmanlike manner at all times.
2. Competitors waive all rights and claims against the USCA and its representatives.
3. Advertising in USCA races:

Sponsorship shall be allowed and their advertising on boats shall be allowed in USCA races.
4. Amateur Rules: There is no distinction in the USCA between amateurs and professionals, and either person by any organizations standard may compete in and win a USCA National Championship.
5. Did Not Finish (DNF): All competitors who quit a race for any reason before the finish line must report to the race sponsor or his representatives as soon as possible.

B. Equipment and Assistance

1. Personal Flotation Devices (PFD): Each competitor must have in his or her possession during the entire race and easily accessible, a PFD approved by either the U.S. Coast Guard or the state in which the race is being held, if said state has specific rules. All youth paddlers 14 years of age and younger are required to wear a U.S. Coast Guard approved PFD at all times during any race. If water conditions warrant, the race sponsor may require PFD's to be worn by all competitors or to be readily and easily accessible. When PFD's are required to be worn, they must be worn as the manufacturer designed them to be worn. New 2003: All competitors in juvenile and younger events must wear life jackets regardless of age. Local/state regulations that are stricter than USCA will continue to prevail.

The rules regarding PFD's apply to all events at the USCA races including Downriver and ICF Marathon kayaks.

2. Paddles: Any number of single blade paddles of any material and size may be in the canoes. A competitor may use only one paddle at a time. Any number of double bladed paddles may be used in kayaks only. In the event that a double bladed paddle is broken, a competitor may finish with the broken paddle.
3. Water Removal: The competitors will be allowed to turn their canoe or kayak upside down to remove water from it. Non-mechanical bailers (i.e. scoop bailers or sponges) or any type of person-powered (passive) bailer, pump, or siphon may be used in all USCA canoes and kayaks.
4. Weights and Flotation may be added to canoes or kayaks in order to meet requirements of minimum weight and buoyancy. The materials used may be at the discretion of the competitor. All weights and flotation must be securely fastened or permanently built into the canoe or kayak.

Securely Fastened: When a canoe or kayak is turned upside down or submerged, the weight or flotation must stay in place.

5. Outside Assistance: Food, drink, clothing, paddles, and equipment other than canoes may be given to the competitors by spectators (or other competitors) as long as there is no physical help (in the way of

forward motion) or interference with the other paddlers. Medical help, in case of sickness or injury, may be given to the competitors but interference with other paddlers should be kept to a minimum.

6. One whistle must be carried in each boat, either securely affixed to a life vest or the boat in a manner which allows quick access in a personal emergency.

C. Classifications of Competitors:

1. Fledgling I: Any paddler 5 to 7 years of age as of January 1 of the current year.
2. Fledgling II: Any paddler 8 to 10 years of age as of January 1 of the current year.
3. Bantam: Any paddler 11 or 12 years old as of January 1 of the current year.
4. Juvenile: Any paddler 13 or 14 years old as of January 1 of the current year.
5. Junior: Any paddler who has not reached age 18 before January 1 of the current year. Recommend a shorter course for this class.
6. Master: Man or Woman at least 40 years of age as of race day.
7. Senior: Man or Woman at least 50 years of age as of race day.
8. Veteran: Man or Woman at least 60 years of age as of race day.
9. Grand Veteran: Man or Woman at least 70 years of age as of race day.
10. Novice: A paddler who has never finished first, second, or third in a race of over 5 miles in which five places have been contended.
11. Adult/Youth: (Starting in 2004, this class will be offered for Man/Youth and Woman/Youth.)
 - a. One paddler is at least 29 years old as of race date.
 - b. One paddler at least 5 years old who has not reached age 15 before January 1 of the current year.
 - c. This class will be a shorter distance than the regular course.
12. Adult/Junior: (Starting in 2004, this class will be offered for Man/Junior and Woman/Junior.)
 - a. One person at least 29 years old as of race date.
 - b. One paddler who qualifies as a junior and is 14 years younger than the adult partner.
 - c. The C-2 Man/Junior or C-2 Woman/Junior class will be the same length as the men's open class.
13. Foreign National Competitors: Persons who are not citizens of the United States and have not resided in the United States for the two years immediately prior to the National Championships.
14. Other: Juniors may race in men's events, women may race in men's or mixed events, if they wish. Mixed teams may race in men's events. For Masters, Seniors or Veteran events, paddlers must meet or exceed age requirements. In youth events, age classification is determined by age of the older youth.

III. USCA NATIONAL MARATHON CHAMPIONSHIP EVENTS

- A. Sanctioned race sponsors, other than the Nationals, should select as many events as possible, but at least one from the Championship Events listed below.
- B. A National race sponsor must include all of the events listed below at the USCA National Marathon Canoe and Kayak Championships. Other unofficial race classes may be added at the discretion of the race sponsor.
- C. Official abbreviations of the race event will be as they appear following the listed event.
- D. USCA National Marathon Canoe and Kayak Championship Events. Schedule rotated annually. (Day 1 to day 3, day 2 to day 1, and day 3 to day 2.)
- E. The 3x27 Pro Boat may compete in all C2 Competition Cruiser events at Nationals.
- F. Beginning at the 2006 Marathon Nationals, C2 Competition Cruisers (4X32 specs) may compete in the C2 Standard events as long as they meet the 50 pound minimum weight limit.
- G. Order of events as well as the list of Awards at Nationals are as follows: USCA Championship medals to top ten positions in each championship event.

Recommended naming convention: Craft Type/ # of Paddlers/Boat Type/Governing Spec (**if not USCA**)/Gender/Age Class

DAY 1

C2 Standard Men (C2 MStd)
C2 Standard Men Master (C2 MMaStd)
C2 Men (C2M)*
C2 Men Master (C2MMa)
C2 Men Senior (C2MSr)
C2 Men Veteran (C2MVet)
C2 Men Grand Veteran (C2MGrVet)
C1 Woman (C1W)*
C1 Woman Master (C1WMa)
C1 Woman Senior (C1WSr)
C1 Woman Veteran (C1WVet)
C1 Woman Grand Veteran (C1WGrVet)
K1 ICF Woman (K1W ICF)
K1 ICF Woman Master (K1WMa ICF)
K1 ICF Man (K1MICF)
K1 ICF Man Master (K1MMaICF)
-Short course:
C1 Man Junior (C1 MJr)(also Barton Cup)
C1 Woman Junior (C1WJr)(also Baton Cup)

DAY 2

C2 Women (C2W)*
C2 Women Master (C2WMa)
C2 Women Senior (C2WSr)
C2 Women Veteran (C2WVet)
C2 Women Grand Veteran (C2WGrVet)
C2 Standard Women (C2WStd)
C2 Standard Women Master (C2WMaStd)
C1 Man Cruiser (C1M)*
C1 Man Master (C1 MMa)
C1 Man Senior (C1MSr)
C1 Man Veteran (C1 MVet)
C1 Man Grand Veteran (C1 MGVet)
K1 Unlimited Man (K1UM)
K1 Unlimited Woman (K1UW)
K1 Touring Man (K1TM)
K1 Touring Woman (K1TW)
K1 Sea Kayak Man (K1 SeKM)
K1 Sea Kayak Woman (K1SeKW)

-Short course:
C2 Men Junior (C2 MJr)
C2 Women Junior (C2 WJr)

DAY 3

C2 Mixed (C2 Mx Cr)*
C2 Mixed Master (C2 MxMa)*
C2 Man/Junior (C2 M/J)*
C2 Woman/Junior (C2 W/J)
C2 Standard Mixed (C2 MxStd)
K1 Downriver Man (K1MDr)
K1 Downriver Woman (K1WDr)
K2 ICF Men (Special USACK class)
K2 ICF Women (Special USACK class)

-Short course:
C2 Man/Youth (C2 M/Y)*
C2 Woman/Youth (C2 W/Y)*
C2 Mixed Junior (C2 MxJr)
K1 ICF Junior Man (Barton Cup, if held, non champ)
K1 ICF Junior Woman (Barton Cup, if held, non-champ)

-Outrigger:
Outrigger (OC6)

+C2 Stock Aluminum (C2SAI)

* Special Age Recognition Awards. See Appendix 3

** Trial classes 2004. See Appendix 3

*** Manufacturer's Showcase Class: Rules in Appendix 1 (not in use)

+ Separate Nationals Site for this event as of 1998, see Appendix 7

IV. USCA NATIONAL SPRINT CHAMPIONSHIPS

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is required to offer the Sprint Championships and the Youth Sprint Races. There will be no day of race registration for adult sprints to insure adequate time to process registration forms and build sprint heats.
- B. Membership: All competitors in the Sprint championship, trial events or youth races must be USCA members, either as an individual or family member.
- C. Equipment: Only competition cruisers may be used in C-1 events. C-2 events may use Competition Cruiser canoes or 3 x 27 Pro-Boats. Paddles will be single bladed of any material or size. Kayak events will use the appropriate kayak and will use double bladed paddles.
- D. Rules: All events are governed by the same rules as the Marathon Championships. Additional Rules and Regulations governing Canoe/Kayak Nationals are in Appendix 4. The National chair will assist in the management of the sprints, set-up of the 500-meter (or 250 m) course and timing. Competitors select from one age category of C-1 or C-2. May race all Man or Woman/youth classes.
- E. Awards: Championship Medals to top five adults and all youth in adult/youth classes.
- F. Adult Events: A Sprint Schedule is listed in Appendix 4.

C1 Man (C-1M)
C1 Man Master (C-1MMa)
C1 Man Senior (C-1MSr)
C1 Man Veteran (C-1MVet)***
C1 Woman (C-1W)
C1 Woman Master (C-1WMa)
C1 Woman Senior (C-1WSr)
C1 Woman Veteran (C-1WVet)***

C2 Men (C-2M)
 C2 Men Master (C-2MMa)
 C2 Men Senior (C-2MSr)
 C2 Men Veteran (C-2Mvet)***
 C2 Mixed (C-2Mx)
 C2 Mixed Master (C-2 MxMa)*, ***
 C2 Women (C-2W)
 C2 Women Master (C-2WMa)
 C2 Women Senior (C-2WSr)
 C2 Women Veteran (C-2WVet)***
 K1 Downriver Man (K-1MDr)
 K1 Downriver Woman (K-1WDr)
 K1 Unlimited Man ** (K-1MU)
 K1 Unlimited Woman ** (K-1WU)
 K1 Touring Woman (K-1 WT)
 K1 Touring Man (K-1 MT)
 C2 Adult/Youth, Youth separated into five age groups in 1996: In 2004, Adult became Man or Woman in each group.
 C2 Man/Fledgling I (C-2 M/FlgI)
 C2 Woman/Fledgling I (C-2W/FlgI)
 C2 Man/Fledgling II (C-2M/FlgII)
 C2 Woman/Fledgling II (C-2W/FlgII)
 C2 Man/Bantam (C-2M/Ban)
 C2 Woman/Bantam (C-2W/Ban)
 C2 Man/Juvenile (C-2M/Juv)
 C2 Woman/Juvenile (C-2W/Juv)
 C2 Man/Junior (C-2M/Jr)
 C2 Woman/Junior (C-2W/Jr)

* Special Age Recognition to 1st 50+

** Trial (Non-Championship) classes – 2004

*** Award to 1st Grand Veteran team 70+, **and** in all other classes where there is a team or individual 70+.

- F. **Youth Sprint Race Events:** A separate day (Thursday) began in 1995
 Age determined by oldest paddler if both not in same age group. May enter 1 each of C-1, C-2, C-2 Mixed and 1 K-1 event for a total of 4. Youth Sprint Schedule and Rules in Appendix 5. Awards to all. Check Nationals Hosting manual.

250 meter course

C-2 Bantam (11-12)
 C-2 Fledgling II (8-10)
 C-2 Fledgling I (5-7)
 C-1 Bantam
 C-1 Fledgling II
 C-1 Fledgling I

500 meter course

C-2 Men Junior (15-17)
 C-2 Women Junior (15-17)
 C-2 Boy Juvenile (13-14)
 C-2 Girl Juvenile (13-14)
 C-2 Mixed Open
 C-1 Man Junior
 C-1 Woman Junior
 C-1 Boy Juvenile
 C-1 Girl Juvenile
 K-1 Downriver Man Junior
 K-1 Downriver Woman Junior

V. CANOE SPECIFICATIONS AND METHOD OF MEASUREMENT

- A. **Competition Cruiser (4X32 Spec):** C-2M, C-2MMa, C-2MSr, C-2 MVet, C-2 MGrVet, C-2MJr, C-2WJr, C-2W, C-2WMa, C-2 WSr, C-2WVet, C-2WGrVet, C-1M, C-1MMa, C-1MSr, C-1MVet, C-1MGVet, C-1W, C-1WMa, C-1WSr, C-1WVet, C-1WGrVet, C-1MJr, C-1 WJr,

1. Maximum length is 18 feet 6 inches (18'6"). Minimum width shall be 14 3/8% of the length (.14375 times the length) at the 4 inch water line, measured within 12 inches fore and aft of the center of the canoe.

** Method of Measurement (MOM) The length shall be measured between the plumb of the bow and the plumb of the stern and shall include bang plates. The length measurement shall not include seats

extending beyond the stern end of the canoe.

Canoe Stem: The overall length of the boat is taken from a projected perpendicular, imaginary line. This method accommodates unusual stems. The stem or stern may come back toward the bow 1/2 the height of the stern. Example: Shock wave layout for old Sawyer Champion.

** MOM - The width shall be measured horizontally on the exterior of the hull. It shall also be measured perpendicularly thwartship on the exterior of the hull. No sponson, keel, bilge keel, fin, end cap or other attachment shall be included in any measurement whether built in or added to the hull.

2. The exterior surface of the transverse cross section below the 7-inch water line shall be convex, not concave, except at transitions to built in keels.
3. The minimum height at the bow shall be 15 1/2 inches. The minimum depth for the rest of the canoe shall be 11 1/2 inches.

** MOM - The bow height will be measured from the bottom of the canoe and shall not include any projection of any stem or gunwale beyond the hull. The minimum depth shall be measured from the bottom of the canoe.

4. The sheer of the gunwale shall have a minimum radius of 30 inches and shall be an integral part of the boat with a continuous curve.
5. Decks and Float Tanks (shoe, cowl, enclosed dam) may not be more than 1 1/2 inches above the gunwale at any point. The maximum length of decks or float tanks shall be 36 inches. (Full decking is not permitted unless specifically stated in the written rules for a given race or as stated below.)

** MOM - Deck height shall be measured from any point on the deck thwartship to the gunwale. Seats will not be restricted in placement above the gunwale line. Deck length shall be measured from the plumb of the stem at its furthestmost fore or stern at its furthestmost aft point along the longitudinal axis of the boat.

- a. C-1 - In addition to the maximum 36" decking allowance at bow and stern, an additional maximum of 18" combined thwart plus lunch counter depth (measured along the keel) is allowed. A maximum radius of 3" is allowed to tie in any thwart/lunch counter to the gunwales.
- b. C-2 - Identical to C-1, but increase the maximum combined allowable thwart/lunch counter from 18" to 29" to accommodate an additional thwart/lunch counter.
- c. Allow full decking on all C-2 canoes in all adult cruiser classes (men, women, mixed) starting with the 2003 Nationals and only at Nationals.

6. Outwales: Any additions to outwales must be made on the gunwales and cannot extend more than 1 1/2 inches outward and downward from the hull.

** MOM - Seats shall not be included in measurements of outwales.

7. Flotation: Canoes must have securely fastened or permanently built in flotation to provide 25 pounds of buoyancy when filled with water. Float or air bags can be used in kayaks only.

Securely Fastened: When a canoe is turned upside down or submerged, the flotation stays in place.

** MOM - 25 pounds of solid metal weight will be placed in the boat amidships. The boat will be filled with water. The boat must float horizontally in this condition.

8. Water Removal: Any type of person-powered (or passive) bailer, pump or siphon may be used in any USCA boat. (Canoe or kayak.)

9. Rudders: There shall be no mechanical steering devices in any USCA canoe classes. Rudders will be allowed in all kayak classes except the K-1 Downriver class. This does not include fixed keel or skegs as deemed allowable under present keel and concavity rules.
10. Materials: Canoes may be made of any material or combination of materials.
11. Reverse Rocker Specification: The limit of negative rocker (hog) at the 4 inch water line jig point shall be limited to 1/8 inch at the center of a six (6) foot straight line along the longitudinal center of the canoe.

** MOM - A six foot straight edge shall be placed on the hull longitudinally in the midline with a 1/8 inch projection at its center. The projection shall be placed at the intersection of the 4 inch water line jig point. If the projection touches the canoe, the canoe will pass inspection.

12. Beginning at the 2006 Marathon Nationals, C-2 Competition Cruisers (4X32 specs) may compete in the C-2 Standard events as long as they meet the 50 pound minimum weight limit

B. Standard: (C-2MStd, C-2MMaStd, C-2WStd, C-2WMaStd, C-2MxStd)

All rules for the Competition Cruiser Class will apply except for the below:

1. The minimum depth amidships shall be 12 inches.
2. The minimum bow and stern height shall be 16 1/2".
3. The minimum width at the 4 inch water line shall be 15% of the length (length x 0.15).
4. Standard canoes have a 50 pound minimum weight limit. Weight may be added to light canoes that is securely fastened.
5. Standard canoes may be made of any material or combination of materials.
6. Starting in 2006 Competition Cruisers (4X32 specs) may complete in the Standard class events with the 50 pound minimum weight limit.
7. Aluminum canoes: (formerly a separate class)
 - a. All rules and specifications listed under Competition Cruiser shall apply to all Aluminum canoes (with the exception of materials of construction).
 - b. Aluminum canoes shall be the product of a regular manufacturer who has produced at least 50 canoes of the model in question. The canoe may be either standard or light-weight. Canoes shall not be modified except as follows: The canoe may be painted but no fiberglass, body putty, or material other than paint may be used on the outside except for the repair of holes. Seats may be moved and seats of other materials may be substituted. Foot braces and stiffening may be installed. Decks may be modified and bulkheads removed. Keels may be modified. Canoes must have sufficient permanently installed flotation. See Section V. A. 7.
 - c. Only Aluminum canoes built before 1/1/90, will be permitted to compete in the standard class.

C. Stock Aluminum: (C-2MSkAl, C-2MMaSkAl, C-2WSkAl, C-2WMaSkAl)

1. Standard type aluminum canoes only. Up to and including the 2001 Aluminum Nationals, maximum length is 18 feet 6 inches. After the 2001 Aluminum Nationals, maximum length is 17 feet 4 inches.
2. The intention of the stock aluminum class is to have a National Championship class for *stock* factory aluminum canoes.

The specifications of a stock canoe have been purposely left off and the canoes will be judged "stock"

by the Competition Chairman and the Technical Director of Inspection. Most common manufacturers of aluminum boats will meet this requirement. Approval may be obtained for a specific model at the Nationals jiggling.

3. No modifications can be made to the canoe except seat type, placement changes and interior modifications to interior bulkheads and end caps. To facilitate a change of seat type and placement, original factory seats may be removed. Adequate flotation must be permanently attached to the canoe.

D. Downriver Kayak: (K-1MDR, K-1WDR)

International Canoe Federation rules for wild water K-1 will prevail with the exception that the minimum boat weight shall not apply. For reference the following is supplied:

1. Maximum Length: 4.5 meters (14 feet 9 3/16 inches).
2. No rudders permitted.
3. Kayaks can be completely decked and spray skirts used.
4. There must be adequate buoyancy to float the kayak horizontally when filled with water. Type of buoyancy that is securely fastened or permanently built-in shall be at the discretion of the paddler.
5. Grab loops or toggles must be affixed to both bow and stern ends of the kayak, but may be taped down.
6. Wearing of helmets may be required by race sponsors if water conditions warrant.
7. Kayaks may be made of any material or combination of materials.

E. International Long Distance Kayak: (K-1MICF, K-1MMAICF, K-1WICF, K-1WMAICF)

International Canoe Federation (ICF) specifications for marathon K-1 will prevail with the exception that the rule regarding the width and minimum boat weight shall not apply. For reference only, previous specifications are provided. (K-2 deleted from USCA Nationals list in 1990). Note: The K-2 ICF is offered currently at USCA Nationals under an agreement with USACK. Specifications and rules for ICF marathon may be found at the following web site: <http://www.canoeicf.com/docs/pdf/marrules2005.pdf> The general link to access the ICF Marathon rules can be found at: <http://www.canoeicf.com>

[As of 2005 USCA delegates explicitly approved to allow overstern rudders, pedals, and swivel seats in ICF marathon kayaks. These are not restrictions in the 2005 version of the ICF Marathon rules.]

1. Maximum length K-1: 520 cm (204.72 inches)
Maximum length K-2: 650 cm (255.90 inches)
2. Sections and longitudinal lines of the hull of the kayak shall be convex and not interrupted.
3. Steering rudders are allowed. The maximum thickness of the rudder must not exceed 10 mm (0.39 in.) in cases where the rudder forms an extension to the length of the kayak. Any rudder forming a continuation of the length of a kayak is not to be included in the measurement of length.
4. There must be adequate buoyancy to float the kayak horizontally when filled with water. The type of buoyancy securely fastened or permanently built-in shall be at the discretion of the paddler.
5. Kayaks may be completely decked and spray skirts used.
6. Paddles must be double bladed.

7. Kayaks may be made of any material or combination of materials.

F. International Long Distance Canoe: (C-1M ICF, C-2MICF)

International Canoe Federation (ICF) specifications for marathon C-1 and C-2 will prevail. {Both events were deleted from USCA National Championship list in 1990 and 1992 respectively.} Specifications and rules are at the web site listed above.

1. Maximum length C-1: 520 cm (204.72 inches)
Maximum length C-2: 650 cm (255.90 inches)
2. 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.
3. Steering rudders or any guiding apparatus directing the course of the canoe are not allowed.
4. A keel, if any, must be straight, shall extend over the whole length the canoe and not project more than 30 mm (1.18 in) below the hull.
5. There must be adequate buoyancy to float the canoe horizontally when filled with water. The type of buoyancy shall be at the discretion of the paddler.
6. ICF canoes shall have no restrictions on decking.
7. Canoes may be made of any material or combination of materials.

G. Expert Canoe Specifications (3x27): Approved 1/10/93 for USCA events.

{Class deleted from Nationals Championship list 1/11/98. In 2002, boats with this specification were permitted to run in Marathon events at the USCA Nationals with the C-2 Cruiser events. Beginning in 2004, it was approved that this canoe could be used to in all events where C-2 Cruiser events were offered and for all age groups.}

1. Maximum length of the hull shall be 18'6" (18 ft 6 in.)
2. Minimum heights, measured from the 0" waterline:
* 15" Bow
* 10" Center
* 10" Stern
The minimum-height gunwale line shall form a continuous, smooth arch-curve.
3. Minimum Width:
* 33" on the top, at the gunwale line
* 27" wide at the 3" waterline or 3" of draft
4. The points at which the 33" minimum top-width measurement and the 27" minimum waterline-width measurement are taken may be divided up to 14" maximum.
5. The 33" minimum top-width and the 27" minimum waterline-width, may be measured a maximum of 14" fore or aft of the center of the canoe.
6. The cross-section(s) of the hull at the location(s) of the 33" minimum top-width and the 27" minimum waterline-width shall have no more than 1/4" (one-quarter inch) concavity between the 3" waterline and the gunwale line of the hull.
7. No concave curve(s) are allowed under the 3" waterline. The imperfections from repairs will be tolerated but will have to be *very* minimal to conform to the regulations.
8. All of the measurements will be verified on the exterior of the hull. Gunwales, sponsons and keels

shall not be included in the measurement whether added to the hull or built into the hull.

H. Single Kayak, Sit-on-top or Surf ski

1. Recreational: any single kayak, sit-on-top or surf ski with a maximum overall length of 16' and a 4" waterline beam of at least 22".*
2. Sea Kayak: any single kayak, sit-on-top or surf ski with a maximum overall length of 18' and a 4" waterline beam of at least 8.5% of length, and an overall beam of at least 10% of the length, 40 pound minimum weight, bulkheads plus hatches fore and aft with the exception of pre-year 2000 models, in which case they may have airbags in lieu of hatches and bulkheads.*
3. Touring: any single kayak, sit-on-top, surf ski with a maximum overall length of 20' and a 4" waterline beam of at least 18".*
4. Unlimited: any single kayak, sit-on-top, or surf ski except ICF.* (This class is to run with K-1 ICF at Nationals.)

I. Double Kayak, Sit-on-Top, Surf Ski: any double kayak, sit-on-top, or surf ski except ICF.

* Additional rules for both Single and Double Kayaks

1. Flip up rudders not included in length.
2. No hull modifications.
3. Must have sufficient flotation to support a 25 pound weight in a boat full of water.
4. **No ICF, Downriver or Olympic trainer kayaks.**

J. Outrigger Canoe

The specifications for the OC6 outriggers that are used by ECORA are the Hawaiian specifications and will prevail for this canoe as approved by the delegates January 11, 2004. Hull weight is 400 pounds with an overall length of 45 feet. Additional specifications will be presented at a later date.

VI. NATIONAL MARATHON CHAMPIONSHIP RACE RULES

A. Race Eligibility for Competitors

1. All competitors in USCA canoeing and kayaking events must be USCA members before they enter a USCA National Championship, trial or "special USACK ICF" events.
2. All general competitor requirements are applicable as listed in Section II A.
3. Foreign Competitors: Any foreign competitor as defined in Section II. C. 13. may participate in and place in any event in the USCA National Championships and receive the appropriate medal award in the place that they finish. They MAY NOT be considered the USCA National Champion nor receive or be recorded on a National trophy nor receive the National Championship shirt, should they place first.
4. The recipient/s of the USCA National Champion status, traveling trophy and USCA National Champion shirt shall be awarded to the first all U.S. citizen or foreign resident team or individual to finish in that event **regardless** of position of win. (A Foreign resident is one who has lived in the U.S. for at least two (2) years immediately prior to a Championship event.)
5. Points for the State award cannot be scored by a foreign competitor, however, the U.S. partner will be awarded state points of their win.

B. National Race Course Requirements:

1. On the Nationals course, after the start, there must be approximately one mile (minimum) of paddling before any turn around.

2. On the Nationals course, there shall not be any water conditions exceeding Class II of the International Scale of River Difficulty.
3. On the Nationals course, there shall be no upstream starts against any detectable flow of current when possible and feasible to have it downstream.
4. On the Nationals course, there must be one mile (minimum) of paddling to the finish which is not upstream against a detectable flow of current when possible and feasible to do otherwise.
5. Recommendation: There shall be no heat starts or at least a minimum width of 300 feet of water having a minimum depth of two feet, at the starting line.

C. Nationals Race Management and Conduct

1. Race Starts: All starting, whether mass or heats will be by a reaction start. There will be no count down given prior to the start. To start a race the starter will say to the competitors, "Paddlers be ready." Sometime following this command, when the starter is satisfied that no competitor has an unfair advantage, he will signal the start by using a prearranged device. This device could use sight, sound or both to signal the start. At the Nationals, the USCA will designate an official to oversee the starting line and report any infractions that may occur to the USCA Arbitration Committee for further action.
2. Heat Starts: In the event that heats are deemed necessary, the competitor's position in the various heats will be determined by the order the entry form is received by the race sponsor. No switching of entry numbers between participants will be permitted. Equal numbers of boats shall be run in each heat if at all possible. There will be a minimum of five minutes between each heat.
3. Portages and Routes: Only officially designated portages and routes can be used. Emergency obstacle situations may occur, in which event the boat can be moved over or around said obstacle, returning to the water immediately after clearing this obstruction safely. Other than emergency situations, boats should remain in the water.
4. Canoe and Kayak Impoundment Area: It will be the responsibility of the race sponsor to set aside an area for the measuring of award winning canoes or kayaks after they cross the finish line. This impoundment area should be set up so that the Race Sponsor can control access. An award winning team may stay with their boat until it is measured. They may not return unless they're involved in an official protest. The only other people allowed in the Impoundment Area are the race sponsor and the USCA Officials.
5. Jigging: All competitors should have their canoes or kayaks measured before the races start. If the craft passes inspection, the competitor will be given an official sticker to be affixed to his or her boat. If the boat fails the inspection, the competitor will be given time to make the necessary repairs or alterations so that the boat will pass inspection. The first five canoe and kayaks are to be measured immediately after the race at the USCA Marathon Nationals to ensure compliance with USCA Competition Rules and Canoe Specifications. In case of heats, the top five boats in each heat will be measured until the top five boats in the race are determined. In order to be declared a top five finisher, a boat must be jigged immediately upon finishing. The competition chairperson has the authority to disqualify any paddlers that do not comply.

If a stickered boat is found to have problems in passing inspection after the race is over, the matter will be referred to the Arbitration Committee. The Arbitration Committee will then make a judgment decision, and this decision will be final. If a competitor does not have the boat inspected and stickered before the race and his or her boat is found to be illegal, the boat and the competitor will be disqualified immediately. The problem will not be referred to the Arbitration Committee for any action.

D. Settling Disputes:

1. Protests:

- a. All protests must be in writing and filed no later than 30 minutes after the finish of the race in question. The written protest must be made by a competitor in the contested event and be accompanied by a \$10 fee. If the protest is disallowed, the fee becomes the property of the general fund of the USCA. If the protest is allowed, the fee is returned to the protestor, and the proper action will be taken against the violator. Protests can be lodged against irregularities in canoes or kayaks in reference to USCA Competition Rules and Canoe Specifications. Protests can also be lodged against instances of unsportsmanlike conduct.
 - b. Protests made on canoes that have passed the jigging prior to the race and bear an approved sticker may be made only if there is a question of change or alterations to the hull.
 - c. Boats of questionable design or in possible violation of specifications may have jigging postponed until other committee members are consulted.
 - d. Protests on non-championship events will be decided by the Race Sponsor (with advice from the Arbitration Committee if it is requested.)
2. Arbitration Committee:
- a. The arbitration committee is composed of ten (10) members: President, Vice President, Secretary, Treasurer, Membership Chairman, Competition Chairman, Sprint Chairman, International Competition Chairman, Safety Chairman and Technical Inspection Director. There shall be at least six (6) members present and together to handle an arbitration. Only official designated officers, committee chairmen, race sponsor, and Arbitration Committee specified parties are allowed in the impoundment area. The race sponsor is not allowed to vote or arbitrate on USCA matters. The award winning team may stay with their boat until it is measured. The award winning team may not return to the impoundment area unless they are involved in an official protest and are requested to appear by one of the members of the Arbitration Committee.
 - b. The Competition Chairman shall serve as the Chairman of the Arbitration Committee. In the absence of this Chairman, the Vice President shall act as Chairman. The Chair shall serve as facilitator in coordinating the meetings of the committee.
 - c. The Competition Chairman votes only in case of a tie.
 - d. This committee shall function during the entirety of the Association's National Championships.
 - e. In emergencies, a vacancy may be filled by a committee chairman by Executive Committee approval.
 - f. The committee oversees the measurements of hulls and any other specifications relating to the craft used in national sanctioned events.
 - g. The committee rules on the acceptability and required use of safety devices for boats and paddlers.
 - h. The committee determines the acceptability of the competitor's equipment.
 - i. All protests for National sanctioned events must be filed with the Competition Chairman of the Association.
 - j. The committee shall provide final ruling for all competition matters relating to National Championship events.
 - k. The committee shall permit any principal in a dispute the right to attend Arbitration Committee meetings to present his/her views. The final decision may be made in a private meeting of the committee.

- l. A committee member may not participate in an arbitration of a protest in which they are one of the principals in the dispute.
- m. All arbitration meetings must submit a meeting report to the USCA CANOE NEWS.
- n. In cases of un-sportsmanlike conduct or paddlers not following the prescribed course, the arbitration committee may impose a time penalty, place penalty, or disqualification. No penalty may be enforced if no significant infraction has occurred in the judgment of the Arbitration Committee.
- o. Arbitration Committee will use the following guidelines in evaluating protests/infractions: Determine the paddler's intent when possible. Consider the effect of an infraction on the outcome of the race. Based on the above considerations, education will be the preference where appropriate, followed by reasonable time/place penalties, and disqualification as a last resort.

E. Competition Between the States:

1. States shall be awarded points in all USCA National **Marathon** Championship events as follows: 50 points for each paddler in first; 45 points for each paddler in second; and on down through tenth place in each Championship class. (No points for trial events or "Special USACK ICF" events.) Aluminum Marathon points will be added only when this Nationals occurs prior to the regular National Marathon event.
2. The points will be awarded to the state in which the paddler lives.
3. The state with the greatest number of points accumulated during the marathon championships shall be awarded the Top State Award, having their state's name engraved on the trophy and keeping possession for one year until the next Nationals. At that time, the trophy will be brought to the site of the Nationals and presented to the new winning state.

F. Race Class Additions and Deletions:

1. Race Class Additions:
 Note: There shall be an equivalent Women/Girls class where there is a Men/Boys class effective 2004. If the class is a trial class, the gender equivalent shall be a trial class as well. This applies to additions and deletions of classes.
 - a. Either at the Annual or Semi-Annual Meetings, a race class can be suggested to be included as a National Championship event by a positive vote of at least 40% of the delegates present.
 - b. At the following Nationals, this new race class is to be presented on a trial (non-championship) basis.
 - c. If 7 or more boats compete, then it will be added to the following Nationals as a Championship class.
 - d. If less than 7 boats compete in a trial class in both men and women, then the race class is dropped from consideration.
 - e. At any given time, there cannot be more than two new race classes in the process of approval.
2. Race Class Deletions:
 - a. Minimum number of boats, which was 7, required to **maintain** any championship event at Nationals was eliminated in 2002.
 - b. If the Competition Committee recommends that an event be deleted from the Championship list and the Delegates approve, the class will be deleted immediately effective with the next National Championship.

APPENDIX 1

Manufacturer's Showcase Classes:

1. The USCA will allow manufacturers to promote their canoes and or kayaks through a manufacturer's showcase class designation.
2. These classes will be treated as subclasses within the classes we have already.
3. Each manufacturer may pick up to two (2) model lines that they wish to promote at the National Championships.
4. Each manufacturer will be responsible for the awards in those canoe classes and is recommended to send a representative to give out the awards.
5. The awards will read as follows:
Example:
 1. We-no-nah USCA National Championships
 2. Marinette, WI 1991
 3. 1st place, 2nd place, 3rd place, etc.

APPENDIX 2

Amateur Rule

Note: In 1992, the ICF/Olympic committee determined that there is no longer any distinction between amateur and professional athlete and may receive prize award payments directly. This following pre-1992 rule is published for only for your information. (USCA remains committed to the Amateur Athlete in USCA.)

- A. ICF Amateur Rule: An amateur is a sportsman who, having a basic occupation designed to ensure his present and future livelihood, devotes himself to sport as an avocation for his own pleasure and for his own moral and physical well-being without deriving there from, directly or indirectly, any material gain.
1. **A Competitor *may not*:**
 - a. be or have been a professional athlete in any sport or contracted to be so before the official closing of the Olympic Games or International Competition.
 - b. have allowed his person, name, picture or sport performance to be used for advertising, except when his or her International Federation, National Olympic Committee, or National Federation enters into a contract for sponsorship of equipment. All payments must be made to the International Federation, National Olympic Committee, or National Federation concerned, and not to the individual.
 - c. carry advertising material on his person or clothing in the Olympic Games, World or Continental Championships and Games under patronage of the IOC other than trademarks on technical equipment or clothing as agreed by the IOC within International Federations.
 - d. have acted as a professional coach or trainer in any sport.
 2. **A Competitor *may*:**
 - a. be a physical education or sports teacher who gives elementary instruction.
 - b. accept, during the period of preparation and actual competition which shall be limited by the rules of the ICF:

1. Assistance administered through his or her National Olympic Committee or National Federation for: food and lodging; cost of transport; pocket money to cover incidental expenses; insurance coverage in respect to accidents, illness, personal property and disability; personal sports equipment and clothing; cost of medical treatment, physiotherapy and authorized coaches.
 2. Compensation, authorized by his or her National Olympic Committee or National Federation, in case of necessity to cover financial loss resulting from his or her absence from work or basic occupation in the Olympic Games and International sports competitions. In no circumstances shall payment made under this provision exceed the sum which the competitor would have earned in the same time periods. The compensation may be paid with the approval of the National Olympic Committees at their discretion.
- c. accept prizes won in competition within the limits of the rule established by the ICF.
- d. accept academic and technical scholarships.

In all cases which are not covered by the above regulations, the corresponding rules of the International Olympic Committee shall apply.

- B. ICF Amateur Advertising Standard: Boats, accessories, or clothing may carry trademark symbols and words. In all cases, these symbols should not exceed 20 cm x 5 cm (7.87" x 1.97") on boats and 10 cm x 3 cm (3.94" x 1.18") on paddles and, in the latter case, only once on each face. Any boat or accessory which does not comply with the above mentioned conditions will not be acceptable. Advertising symbols are to be in order with the amateur regulations.

APPENDIX 3

SPECIAL AGE GROUP RECOGNITION AWARDS AND TRIAL EVENTS AT THE NATIONALS

In order to recognize certain age groups within a major championship event (mostly the Marathon), a special USCA medal is awarded. The age groups are listed below within the specific championship event. Both members in a C-2 event must meet the age requirement.

- A. USCA National **Marathon** Canoe and Kayak Championship events which include a Special Age Recognition Awards as of 2004.
1. To be awarded to the *first* in the following:
 - a. C-2 Women, 18-24 teams
 - b. C-1 Woman, 18-24
 - c. C-2 Mixed, 18-24 teams
 - d. C-2 Mixed Master, 50-59 and 60+ teams
 - e. C-2 Men, 18-24 teams
 - f. C-1 Man, 18-24
 - g. Award to first 70+ team or individual in any event without a grand veteran class.
 2. To be awarded to the *first three* and partner in the following
 - a. C-2 Man/Youth & C-2 Woman/Youth: 5-7, 8-10, 11-12, 13-14 (Age Groups)
 - b. C-2 Man/Junior & C-2 Woman/Junior: award to first three junior women.
- B. Special Recognition will be given at the USCA National Canoe/Kayak **Sprint** Championships to the following:
1. C-2 Mixed Master, 1st 50+
 2. 1st Place Grand Veteran individual or team, unless recognized as a regular class

C. **Trial Events** at the Nationals.

Prior to the establishment of a Championship event, an event is normally offered as a trial in order to determine the interest or need to include this event in the list of championships. Due to the gender equivalent rule that was approved in 2004, many classes were added to the Nationals schedule without going through the trial process. In 2004, the following are the only events offered in both the Sprint and Marathon Championships. Awards are to the top three positions. It requires seven boats in the trial event to establish it as championship event for the following year.

- A. Sprint Trial Events
 - K1 Unlimited Man
 - K1 Unlimited Woman

- B. Marathon Trial Events
 - OC-6 Women
 - OC-6 Mixed
 - OC-6 Men

APPENDIX 4

Rules and Regulations Governing USCA National Adult Canoe & Kayak Sprint Nationals

In order to maintain continuity and efficiency, the designated schedule of class order should be adhered to.

All adult competitors may only race in one age category per class. They may race any or all of the Man or Woman/Youth events as follows: Man or Woman/Fledgling I, Man or Woman/Fledgling II, Man or Woman/Bantam, Man or Woman/Juvenile and Man or Woman/Junior.

The order of registrant entry will determine heat designation and lane assignment, (where applicable).

There is no day of race registration for the adult sprint competition.

Quantities of 12 or fewer boats per class will automatically determine that class as a final.

Any event in excess of 12 boats will be broken down into heats of equal quantities. In the event of an odd number of boats, the greater number will constitute the first heat. i.e. 17 boats - heat 1 with 9 boats, heat 2 with 8 boats.

Advancement to finals procedures as follows:

Winner from each heat is guaranteed to advance to the final round. Balance of remaining positions in the final round will be based upon fastest heat times of remaining boats, with a maximum of 12 boats in the final round.

i.e. 2 heats - 2 winners advance, plus next 10 fastest times.

Any blatant obstruction of other competitors may result in disqualification of the offending boat.

In the event of severe, inclement weather or circumstances beyond the control of the Event Organizer, the decision to cancel, postpone or delay will be decided by the following committee: Event Organizer, Sprint Chairman, Competition Chairman, Safety Chairman and USCA President.

If the decision is made to cancel the event, awards will be given on fastest heat times to all completed classes.

USCA CANOE/KAYAK SPRINT SCHEDULE as of 4/12/2004

Held on Tuesday of the week of the Nationals

- | | |
|--|---|
| 1. C-2 Man/Fledgling I and C-2 Woman Fledgling I | 17. C-2 Mixed |
| 2. K-1 Downriver Man | 18. C-1 Woman Master |
| 3. C-1 Man Senior | 19. C-2 Man/Juvenile and C-2 Woman/Juv |
| 4. C-2 Women | 20. C-1 Man Veteran |
| 5. C-1 Man Master | 21. C-2 Women Senior |
| 6. C-2 Man/Fledgling II and C-2 Woman/Fledgling II | 22. K-1 Touring Man |
| 7. C-2 Women Master | 23. C-2 Man/Junior and C-2 Woman/Junior |
| 8. K-1 Sea Kayak Man | 24. K-1 Touring Woman |
| 9. C-2 Man/Bantam or C-2 Woman/Bantam | 25. C-2 Men Veteran |
| 10. C-1 Woman Senior | 26. C-1 Man |
| 11. C-2 Men Master | 27. K-1 Unlimited Woman (Trial) |
| 12. K-1 Sea Kayak Man | 28. C-1 Woman Veteran |
| 13. C-2 Men | 29. C-2 Mixed Master (50+) |
| 14. C-1 Woman | 30. K-1 Downriver Woman |
| 15. C-2 Men Senior | 31. C-2 Women Veteran |
| 16. K-1 Unlimited Man (Trial) | |

If there are any changes to the above schedule, they will be announced on site at the Nationals.

APPENDIX 5

USCA NATIONAL YOUTH CANOE and KAYAK SPRINT CHAMPIONSHIPS

Held on Thursday of week of the Nationals

In 1995, a separate day for Youth Sprint races began for ages 5-17. In 1996, all events became Championship events. In 1997, a traveling trophy was donated by the U.S. Canoe and Kayak Team (now known as USACK) in order to recognize the youth paddlers in a "Division" which accumulates the most points during the USCA National Youth Sprint Championships. See Items I to K below for details.

Rules and Regulations Governing USCA Youth Sprints

- A. Age is determined by older paddler if both not in the same group. (Younger paddler may race in older age category. Older cannot race in younger category.) USCA rule to determine age is as of January 1 of current year.
- B. Equipment – Competition cruisers in C-1 and C-2 events. Downriver Kayaks in K-1 events. USCA Rule: PFD's must be worn by youth 14 years old or younger or comply with Sprint Host state boating rule. 3X27 canoes are allowed in all C-2 competition cruiser (4X32) classes.
- C. Paddler may enter one (1) of each: C-1, C-2, C-2 Mixed and K-1 events for a total of four (4) events.
- D. Sprint events for ages 5-12 will be on a 250 meter course. The classes and ages are as follows: C-1 and C-2 Fledgling I (5-7), C-1 and C-2 Fledgling II (8-10) and C-1 and C-2 Bantam (11-12).
- E. Sprint events for ages 13-17 will be on a 500 meter course. The classes and ages are as follows: C-1 and C-2 Juvenile Female (13-14) , C-1 and C-2 Juvenile Male (13-14) , C-1 and C-2 Junior Female and C-1 and C-2 Junior Man (15-17).
- F. Sprint events for any age 5-17 include the following and will be run on the 500 meter course. C-2 Mixed, K-1 Downriver Junior Female and Male.
- G. Youth Sprint Schedule of Events are as follows:

250 Meter Events

- | | |
|---------------------|---------------------|
| 1. C-1 Fledgling I | 4. C-2 Fledgling I |
| 2. C-2 Bantam | 5. C-1 Bantam |
| 3. C-1 Fledgling II | 6. C-2 Fledgling II |

500 Meter Events

- | | |
|------------------------------|-----------------------|
| 1. C-1 Girl Juvenile | 7. C-1 Women Junior |
| 2. K-1 Downriver Man Junior | 8. C-2 Boy Juvenile |
| 3. C-2 Junior Female | 9. C-1 Man Junior |
| 4. C-1 Juvenile Male | 10. C-2 Girl Juvenile |
| 5. K-1 Downriver Girl Junior | 11. C-2 Mixed Open |
| 6. C-2 Junior Male | |

- H. Awards: USCA Medals to first five places with all other paddlers receiving USCA participant medals.
- I. Points for the Revolving Trophy – awarded as follows: 50 points for each paddler in first place, 45 points for second and so forth to tenth place. Paddlers earn points for the division in which their state has been grouped.
- J. Top Division Award – Division (see grouping below) with greatest number of points accumulated during these Sprint races shall be awarded the USCKT Revolving trophy at the Sunday awards ceremony. The Chairperson of the Youth Activity Committee shall be responsible for monitoring, coordination and facilitation of this event. Duties include the following: to select a responsible person to (a) have the appropriate engraving completed on the trophy plate; (b) take the award home, and have it displayed in an appropriate manner; (c) make provisions for its return to the next USCA Marathon Nationals.
- K. Grouping of the USCA Divisions used since 1998 are the following:
1. South Atlantic - DE, DC, MD, VA, WV, NC, SC, GA, FL, PR, VI
East South Central - KY, TN, AL, MS
West South Central – AR, OK, TX, LA
 2. Mountain – ID, WY, UT, CO, NV, NM, AZ, MT
Pacific – WA, OR, CA, AK, HI, GU, AS
West North Central – MN, IA, MO, ND, SD, NE, KS
 3. East North Central – MI, IL, WI
 4. New York Organized Division
 5. New England - ME, VT, NH, MA, CT, RI
 6. Combined Organized Divisions of Indiana, Ohio and Penn-Jersey
- This grouping may vary from year to year.

APPENDIX 6

USCA NATIONAL CANOE & KAYAK ORIENTEERING CHAMPIONSHIPS

Although orienteering has been offered at the USCA National Championships since 1992, it was not recognized as a championship event until 1996. The competitors are awarded the USCA National Championship medal to the first three places.

Orienteering Championships are held on the Wednesday of Nationals week. The course is set up by the Orienteering chairman and the special materials (maps and punches) are provided. This is an event that pits the skills of map reading as well as paddling. The competition is a race for both accuracy and time.

The classes offered include the following:

C-1 Man

C-2 Man/Youth

C-1 Woman
C-2 Men
C-2 Women
C-2 Mixed
C-2 Junior Men
C-2 Junior Women

C-2 Woman/Youth
K-1 Man Downriver
K-1 Woman Downriver
K-1 Man Sea Kayak or Touring
K-1 Woman Sea Kayak or Touring

APPENDIX 7

USCA NATIONAL STOCK ALUMINUM CANOE CHAMPIONSHIPS

In 1998, the Delegates approved that the Aluminum National Championships could be separated from the USCA National Marathon Canoe and Kayak Championship schedule. If at any time no bid is received for these championships, the event would return to Day 3 of the USCA National Marathon schedule of events.

- A. The sanctioned race sponsors that bid on this championship will follow the same USCA rules and requirements that have been established for the USCA National Marathon Championships.
- B. The accepted bid will become the host for the USCA National Stock Aluminum Canoe Championships for the date in question.
- C. The National race sponsor host must include all of the events listed below. Other unofficial race classes may be added at the discretion of the race sponsor.
- D. USCA membership is required in all championship and trial events.
- E. USCA National Stock Aluminum Canoe Championships events as of 2004.
 - C-2 Men Stock Aluminum
 - C-2 Men Master Stock Aluminum (40+)
 - C-2 Women Stock Aluminum
 - C-2 Women Master Stock Aluminum (40+)

APPENDIX 8

USCA NATIONAL OUTRIGGER SPRINT CHAMPIONSHIPS

(Starting 2004 - To be held with the Youth Sprints on Thursdays)

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is required to offer this championship in the Schedule of Events. The course should be 1000 meters in length with a 500 meter counterclockwise turn. The spacing between the turn buoys should be around 25-30 feet.
Note: The sprint course for the regular sprints will work fine. Instead of starting at the 500 meter mark and heading towards the finish line, the outriggers will start at the finish line, circle a buoy, then head back to the finish line.
- B. The race sponsor will be assisted by the Outrigger Canoe Chairman in the administration of this event.
- C. USCA membership is required for all participants in all Championship events. Demonstration event participants are exempt from USCA membership.
- D. Six (6) person outriggers will be used. They must meet the acceptable Hawaiian measurements for outriggers including but not limited to the 400lbs. weight minimum for the hull. Carbon fiber paddles may be used. No footbraces will be allowed. Six (6) life jackets must be carried and worn by those who cannot swim.

- E. The boats will circle counterclockwise around the 500 meter turnaround buoy. A 10 second penalty will be assessed if the “front of the ama” does not clear the buoy to the outside. The boat will be disqualified if the outrigger bow does not clear the buoy to the outside. The placement will be determined by the timed finish of each boat. Starter will attempt to make sure the same conditions are occurring when starting similar classes.
- F. Awards: USCA Championship medals awarded to the *first three* positions in each class and division
- G. Classes:
 - Adult Championships – 1000 meter events – Men, Women and Mixed (at least 3 women)
 - Youth Championship – 500 meter events – 5 youth paddlers ages 5-17 as of 1/1 current year and an adult steersman which is provided.
 - Adaptive Outrigger Sprint Championships – 500 or 1000 meter (depends on venue) Mixed (three Men, at least 2 women) with one volunteer steersperson.
 - Demonstration Sprints for integrated Teams of Paddlers with and without Physical Disabilities. Novice and at least 2 adaptive paddlers will make up the 5 member team. A steersman will be provided. This is a non-championship 500 meter event. USCA membership is not required.

APPENDIX 9

USCA NATIONAL OUTRIGGER MARATHON EVENT

(Trial starting in 2004)

- A. The race sponsor hosting the USCA National Marathon Canoe and Kayak Championships is asked to offer this championship in the Schedule of Events. The course will be approximately the same total distance as the regular marathon event, but the course can be modified to accommodate the larger draft boats.
- B. The Marathon Outrigger event will be run on the same day as the C-2 Mixed events (Day 3).
- C. The race sponsor will be assisted by the Outrigger Canoe Chairman in the administration of this event.
- D. USCA membership is required for all participants in all trial or Championship events.
- E. OC6 Canoes will be used using Hawaiian measurements.
- F. Starts to be determined.
- G. Classes: Men, Women and Mixed
- H. Awards: USCA medals will be awarded to each team member in the first three positions in each class.
- I. Rules: To be determined.

APPENDIX 10

USCA NATIONAL CANOE TRIATHLON CHAMPIONSHIPS

(Note: The **requirement** to offer the National Canoe Triathlon Championship as a part of the USCA Nationals Schedule of Events became optional in January, 1996. This information is retained as a source of reference should this event be offered in the Nationals schedule again.)

In 1985, the USCA approved the following canoe triathlon rules to help make canoe triathlons fair for all competitors. Distances are well thought out and at least the percentages to each other should be followed. Suggested distance is 38 miles: 8 mile paddle, 25 mile bike, and 5 mile run. Rules for USCA Triathlons are the following:

A. SAFETY

1. U.S. Coast Guard PFD's are required in each canoe for each competitor.
2. Helmets on the bicycle leg are required.
3. The safety regulations of Tri-Fed USCA should be observed.
4. No drafting in the bicycle leg.

B. EQUIPMENT RECOMMENDATIONS

1. Only canoes can be used, kayaks are not permitted. USCA competition cruiser specifications are used.
2. Only single bladed paddles of any type may be used.

C. EVENTS OFFERED

1. Solo - Iron Man Open, Iron Man Masters, Iron Man Senior, and Iron Woman Open. (One competitor canoes, bikes and runs.)
2. Tandem - Open Men, Open Masters, Mixed {any age.}(Two competitors - one runs, one bikes, both canoe.)
3. Relay teams - Team Men Open, Teams Mixed Open {2 male and 2 female}. (Four person teams - two canoes, one biker, one runner.)

D. AGE REQUIREMENTS

1. Open - event open to any age or sex as long as participant upgrades. (Juniors and women may run in Open Men events. Masters Men or women may run in Open Masters event.)
2. A Master will have reached his/her 40th birthday, but not his/her 50th birthday by race date except in the tandem event. In tandem, the age requirement is to have reached 40th birthday by race day.
3. A Senior will have reached his/her 50th birthday by race date.

E. MEMBERSHIP

USCA Membership is required for all canoeists in a triathlon championship.

H. AWARDS

Awards to top three position teams or individuals.

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