



**SINGAPORE CANOE FEDERATION**

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**GETACTIVE! SINGAPORE  
PESTA SUKAN 2022  
CANOE SPRINT & PARACANOE RACE  
COMPETITION RULES & REGULATIONS  
30 – 31 July 2022 (Sat - Sun)  
MacRitchie Reservoir**

## **1. Competition Rules**

- 1.1 All races in the 2022 Pesta Sukan Canoe Sprint & Paracanoe Races shall be held in accordance with these Rules and Regulations, and the current version of the International Canoe Federation (“ICF”) Canoe Sprint Competition Rules. SCF reserves the right to modify these Rules and Regulations without prior notice.
- 1.2 All participants must have verification of recent paddling ability (within last 3 months) by at least a National Registry of Coaches (NROC) Level One Canoe Sprint Coach (or equivalent for foreign competitors) to complete the race distance in a specified time (2000M <18 mins and 200m <1 min 30 sec) without capsizing.

## **2. Race Categories**

- 2.1 The table below is the list of 41 events offered at the 2022 Pesta Sukan Canoe Sprint & Paracanoe races.

S/N	Categories	Distance	Gender	Boat Type
1	Masters (50+)	2000M	Men	K1
2	Masters (50+)	2000M	Women	K1
3	Masters (35+)	2000M	Men	K1
4	Masters (35+)	2000M	Women	K1
5	Senior	2000M	Men	K1
6	Senior	2000M	Women	K1
7	Senior	2000M	Men	C1
8	Senior	2000M	Women	C1
9	Junior	2000M	Men	K1
10	Junior	2000M	Women	K1
11	Junior	2000M	Men	C1
12	U16	2000M	Men	K1
13	U16	2000M	Women	K1
14	U16	2000M	Men	C1
15	U14	2000M	Men	K1
16	U14	2000M	Women	K1
17	U14	2000M	Men	C1
18	Junior	2000M	Men	JK1/T1
19	Junior	2000M	Women	JK1/T1
20	U16	2000M	Men	JK1/T1
21	U16	2000M	Women	JK1/T1
22	U14	2000M	Men	JK1
23	U14	2000M	Women	JK1
24	U12	2000M	Men	JK1
25	U12	2000M	Women	JK1



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26	Masters (50+)	200M	Men	K1
27	Masters (50+)	200M	Women	K1
28	Masters (35+)	200M	Men	K1
29	Masters (35+)	200M	Women	K1
30	Senior	200M	Men	K1
31	Senior	200M	Women	K1
32	Senior	200M	Men	C1
33	Senior	200M	Women	C1
34	Junior	200M	Men	K1
35	Junior	200M	Women	K1
36	Junior	200M	Men	C1
37	Open	200M	Mixed	K2
38	Open	200M	Mixed	K4
39	Masters (35+)	200M	Mixed	K2
40	Open	200M	Paracanoe	Single
41	Open	200M	Paracanoe	Double

2.2 All participants must race in their respective age categories.

Masters (50+) – 50 years old and above; born in or before 1972.

Masters (35+) – 35 years old and above; born in 1987 to 1973.

Senior – 19 years old and above; born in or before 2003.

Junior – 17 to 18 years old; born in 2005 or 2004.

U16 – 15 to 16 years old; born in 2007 or 2006.

U14 – 13 to 14 years old; born in 2009 or 2008.

U12 – 12 years old and below; born in or after 2010.

2.3 Categories with 3 or less entries may be combined, or cancelled and refunded.

2.4 In the event that semis/finals cannot be conducted or rescheduled due to inclement weather, timings from the heats will be used to award the Top 3 positions.

2.5 Participants who are lapped in the 2000m event will be asked to leave the race course.

2.6 Races will start as per start time and will not wait for any back-to-back races or equipment sharing on the part of the participant.

### 3. Registration

3.1. Individual registration may only be done on the ActiveSG website or app.

3.2. For group registration requiring e-invoicing, please contact [event@scf.org.sg](mailto:event@scf.org.sg).

3.3. Entry fees are based on a 'per paddler per event' basis, e.g. a master mixed K2 entry will be 2 paddlers x \$15 = \$30, based on \$15 / pax / event).

Masters/Senior: \$15/pax/event

Junior/U18/16/14/12: \$10/pax/event

Paracanoe: \$5/pax/event



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### 4. Entry Rules

- 4.1 Whilst every reasonable precaution will be taken by the Organisers to ensure the participants' safety, participants agree to partake in this event at their own risk and the Organisers, their sponsors and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise, howsoever arising.
- 4.2 Completion of the registration form is an indication of the participants' agreement to abide by the Rules & Regulations of the 2022 Pesta Sukan Canoe Sprint & Paracanoe Races.
- 4.3 The Organisers reserve the right to delay the commencement of the Championships in the event of inclement weather. Should the inclement weather persist after the delay, the Organisers reserve the right to cancel the Championships without any refund of registration fees.
- 4.4 The Organisers reserve the right to use any photographs (including those of participants), motion pictures, recordings, or any other media records of the Pesta Sukan Canoe Sprint & Paracanoe Races for any legitimate purpose, including commercial advertising and publicity.
- 4.5 The Organisers reserve the right to amend the Rules and Regulations without giving prior notification or any reasons thereof.

**Team Managers' Meeting via Zoom will be announced at a later date.**

### 5. Equipment

- 5.1 All equipment must comply with ICF rules and specifications where applicable, unless otherwise stated. "JK" boats must conform to the mini kayak design.

Boats	JK1/T1	K1	K2	K4	C1
Max. Length (cm)	430	520	650	1100	520
Min. Weight (kg)	11	12	18	30	14

- 5.2 The length of a kayak or a canoe must be measured between the extremes of the bow and the stern.
- 5.3 All boats should carry a boat number. It is a vertical plate, made of non-transparent material, marked with black numbers on a white background.
- 5.4 No foreign substance may be added to the surface of the boats which can give the athlete an unfair advantage. The use of hull lubricants is not permitted.



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- 5.5 No part of the boat (including the seat and the footrest) may have moving parts which can be used to help propel the boat in a way which would give competitors an unfair advantage (existing moving seat systems already in use are accepted).
- 5.6 A boat or an athlete may be equipped with a device which provides real time feedback on performance for use by television or sport presentation. The device may be used by the athlete for analysis following a race but in no circumstances may the device be used to provide real time feedback to the athlete during a race.
- 5.7 Competitors are strongly advised to don PFDs that are ISO-certified or US Coast Guard and they are to ensure that all buckles are always fastened.
- 5.8 Movement of equipment to MacRitchie Reservoir must be done on **29 July 2022 (Friday)**.
- 5.9 All equipment are stored at the race site at the owner's risk. The Organisers are not responsible for any loss or damage of equipment at the race site.
- 5.10 The Organisers reserve the right to select at random any boats for Boat Control.
- 5.11 Any accessories of canoe or kayak, and/or added weight, if dropped from the boat at the Boat Control, will not be considered as part of the boat.
- 5.12 Any boat that does not meet the minimum weight requirement at the Boat Control will be deemed to have failed Boat Control and the competitors will be disqualified from that race.

## 6. Alterations in entries and withdrawals

- 6.1 No alteration of entries will be allowed after the Team Managers' Meeting.
- 6.2 Any team who has withdrawn from one event may be allowed to enter any other event for which they have not registered during the initial submission, subject to the Organisers' approval.

## 7. Protest and Appeal

- 7.1 A protest for infringement during the race must be lodged by only the Team Manager or authorised representative as stated in the entry form of the Team, no later than **20 minutes** after the last of the competitors involved in the incident have completed the course.



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- 7.2 All protests will be deliberated by the Competition Committee, whose decision shall be subjected to appeal only in accordance with these Rules and Regulations. In the absence of any appeal in accordance with these Rules and Regulations, the decision of the Competition Committee shall be final.
- 7.3 An appeal against the protest outcome for a race must be lodged by only the Team Manager within 60 minutes after the release of the protest result of the event.
- 7.4 For all protests or appeals, Team Managers shall submit the protest form via email to [event@scf.org.sg](mailto:event@scf.org.sg) or to the Official Tent with a bank transfer fee of S\$100.
- 7.5 All appeals will be deliberated by the Appeal Committee, whose decision shall be final.
- 7.6 The appeal / protest fee will be refunded only if the appeal or protest is upheld.

## 8. Bad Weather

- 8.1 In the event of bad weather, the Organisers reserve the right to delay the commencement or cancel the race, on the basis of prolonged bad weather conditions, without refund.
- 8.2 Competitors are to refer to the online race schedule for the latest updates.

## 9. Instructions for Competitors

- 9.1 All competitors are to abide by safety rules and instructions at all times. Failure to do so may result in disqualification from the competition.
- 9.2 Buoyancy vests must be worn at all times when paddling on water, before entering the launch pontoon.
- 9.3 Before the start of the race, race instructions including the following information shall be disseminated:
  - a. Reporting time
  - b. Starting time
  - c. Starting lane (where applicable)

The lanes are marked with buoys or floats, competitors must pass in between the buoys corresponding to their lane. Boats that fail to keep to the central area of their lane may be disqualified. Paddling across other lanes can entail disqualification from the race.

- 9.4 Competitors moving to the start line must keep a minimum distance of 5 metres from the race course, and stop when the boats of the race in progress are



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passing by in the race course. Competitors must keep to the right of all pontoons. Failure to do so may entail disqualification from the race.

- 9.5 Competitors must respect the space between the Finish Judge and the Finish line and must not pass between them at any time. Only competitors of the race are to pass the finish line during active race hours.
- 9.6 If an athlete/crew does not start, and has no valid reason approved by the Competition Committee, they will be disqualified for the remaining races of the competition (DNS).
- 9.7 An athlete/crew, who arrives too late at the start, should be considered to have voluntarily withdrawn and will be disqualified for the remaining races of the competition (DNS).
- 9.8 Any athlete who attempts to compete in a race by any other than honourable means or who breaks the racing rules, or who disregards the honourable nature of the racing rules will be penalised or disqualified from the race concerned (DSQ).

## 10. Medals

- 10.1 Medals will be awarded to the top three (3) winners (teams) of each events with at least four (4) entries.
- 10.2 Results will be posted online.

## 11. Additional Matters

The Organisers shall deliberate and make the final decision for any matters not covered in this set of rules and regulations.

For enquiries, please email: [event@scf.org.sg](mailto:event@scf.org.sg)