

AOCRA RULES

All administrators, coaches and paddlers are responsible for being fully aware of the current AOCRA rules.

EFFECTIVE APRIL 2024

To be reviewed by Australian Outrigger Canoe Racing Association Ltd



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1 **INTRODUCTION**

The Australian Outrigger Canoe Racing Association (AOCRA Ltd) is the national governing body of the sport of outrigger canoe racing in Australia. It is responsible for the management, coordination, and promotion of the sport. Managing all areas including but not limited to safety and risk, competition, athlete performance, rules and regulations, legalities and liaising with other sporting organisations and government bodies.

AOCRA Ltd is affiliated to the International Va'a Federation being the International Competition pathway for the rudderless outrigger canoe.

AOCRA Zones play a critical role in managing the day-to-day running of the sport. They oversee regattas, registration and the growth and continued success of the sport.

AOCRA Affiliated Clubs are the grassroots of our sport and established by groups of individuals in specific locations wishing to participate and foster the growth of the sport. These clubs affiliate with the governing body AOCRA Ltd, and then proceed to work within their Zone to plan and run regattas.

This document outlines the rules which outrigger must conduct canoe racing and training by AOCRA members and clubs.

2 **NATIONAL MEMBER PROTECTION POLICY**

The AOCRA Member Protection Policy located within AOCRA [By-Law 12](#), along with Sport Integrity Australia National Integrity Framework aims to assist AOCRA to uphold its core values and create a safe, fair and inclusive environment for everyone associated within our sport. The policy aims to maintain ethical and informed decision-making and responsible behaviours within our sport. It outlines our commitment to a person's right to be treated with respect and dignity and to be safe and protected from abuse. The policy informs everyone involved in our sport of his or her legal and ethical rights and responsibilities and the standards of behaviour that are required.

3 **VISION & VALUES**

The AOCRA Vision is to inspire more Australians to experience the joy of Paddling Outriggers. AOCRA's goal is to grow the membership of the association by making the sport more accessible to our diverse communities and by delivering a high quality, high value membership experience.

- Integrity – We're honest, transparent, and committed
- Respect – We treat all people with dignity in all our interactions
- Excellence – We have high standards and we set clear goals to which we measure performance
- Fairness – Our actions, processes, and consequences are equitable
- Safety – We care about our environment and everyone's safety of all

4 **GOVERNANCE**

(INCLUDING HOW RULES CAN BE CHANGED)

The Australian Outrigger Canoe Racing Association (AOCRA) Rules are one component of the governance framework of our sport. To participate in our sport individuals must be aware of important governance documents used to manage our sport including the AOCRA and Club constitutions, by laws and other policies and procedures such as National Member Protection and Risk Management Policy. These documents are all available on the AOCRA, Zone or club websites.

Zones also may have their own specific rules, and these must be followed by members in those zones (Zone rules cannot contradict a national rule or lower a safety standard set by AOCRA).

There will be an annual review of these rules. Any proposals from AOCRA members to change or modify these rules are to be presented to the AOCRA secretary by email (secretary@ocra.com.au) by 30 June of each year. Consideration of rule changes will be undertaken on an as needs basis but at a minimum annually through consultation by AOCRA with Zone presidents and Zone committees.

5 **CODE OF CONDUCT**

AOCRA Code of Conduct is a framework that outlines the standards of behaviours and ethical conduct expected of all members, to guide individual behaviour and decision-making.

- Adhere to the principles of fair play and always play by the rules, respecting the traditions of Outrigging and the spirit of competition
- Respect the rights and dignity of every person regardless of gender, race, ethnicity, or sexual orientation. Including teammates, opponents, coaches, and officials and never engage in behaviour that abuses, provokes, or harasses others, this includes but is not limited to social media.
- Respect the decision of coaches and officials and never argue with them
- Never engage in inappropriate conduct including the use of offensive language and gestures that are demeaning to others
- Always consider the safety and wellbeing of other participants before performance and results
- Never engage in inappropriate conduct including the use of offensive language, drinking, or smoking whilst in the presence of junior participants or spectators
- Be impartial, consistent, and transparent in your conduct and decision-making. Accept responsibility for your actions. Avoiding situations that may lead to or call into question conflict of interest
- Use of social media to bully, call out, or harass any other member or official is strictly banned

6 DEFINITIONS

AOCRA	- means the Management Committee of the Australian Outriggier Canoe Racing Association.
AOCRA Member	- means an individual who is a financial member of both AOCRA and an AOCRA affiliated club.
Approved Manufacturer	- means a manufacturer or importer approved by AOCRA.
Club Coach	- is a coach appointed by a club to be a coach or head coach.
Club	- means any club that is a financial affiliated member of AOCRA.
Club Regatta	- inviting teams and individuals to compete, paddlers that are registered to the same club. All AOCRA clubs are eligible to compete regardless of zone.
Coach	- means an AOCRA member who has satisfied all AOCRA requirements and has received their Outriggier Specific Coach authorisation and maintains all ongoing requirements.
Competitor	- means an individual who meets the requirements of eligibility to enter an AOCRA event. To be eligible for racing in an outrigger canoe you must be an AOCRA Member or International Competitor. If racing "other craft" you must be an AOCRA member or have signed an indemnity and release form and have purchased a day insurance.
Grand Prix Circuit	- is a series of club regattas held annually in a zone as part of their racing calendar.
Host Club	- is a club that has AOCRA or Zone approve to host a regatta.
International Competitor	- means any individual who is not an Australian resident, is not an AOCRA Member and wishes to compete at an AOCRA event. International competitors may race in all events but are not eligible for national or zone titles nor can they accrue points in AOCRA events.
National Combined Regatta	- team nominations can include AOCRA members registered to different clubs from all zones. All AOCRA members are eligible to compete. International paddlers and non AOCRA paddlers are eligible upon meeting specific requirements. Hosted by National AOCRA in partnership with AOCRA Zone or AOCRA clubs.

New Paddler	- an individual who is not, and has not been for the preceding 2 years, a member of AOCRA and is participating in a "come and try" 6 session program or promotional event.
Novice	- is a person in their first two years of being an AOCRA registered member (a paddler can only be a novice paddler once).
Novice Team	- novice Team comprised of two experienced paddlers (more than 2 years) one being the steerer, with the remaining 4 paddlers to be novice, for national events comprised of 1 experienced paddler (more than 2 years) being a competent steerer, with the remaining 5 paddlers to be novice.
Other Craft	- means any other craft than an outrigger canoe such as stand up paddleboard or ocean ski or prone paddleboard etc. that may be included in an AOCRA event.
Outrigger Canoe	- means any OC1, OC2, OC3, OC4, OC6, V1. V3 and V12 competing or training craft that meets the requirements set out in these rules.
Promotional Event	- means an event (for showcasing the sport and the recruitment of new members e.g., Corporate/Club Day) held by a Zone or Club and is open to participation by AOCRA members and new paddlers who abides by the requirements for new paddlers in these rules.
Racing Year	- for the purpose of determining age division means the Calendar year (1st January to 31st December).
Sailing Outrigger	- means any 3, 4 or 6 person sailing canoe. Sailing canoes may have an ama on both sides of the canoe.
Small Craft Specific Events	- is a club regatta or series of regattas (also known as Wai Puh) designed specifically for OC1/OC2/V1/V3 outrigger canoes as part of a racing calendar as is separate from the grand prix circuit.
State Centre	- means the Management Committee of any state centre formed in accordance with the constitution of AOCRA for administering the procurement of grant funding for the sport in a set geographical area as directed by AOCRA.
State Titles	- inviting teams and individuals to compete, paddlers that are registered to the same club. State champions must be from a

	club within the host state. All AOCRA clubs are eligible to compete regardless of zone.
Steerer	- is the person responsible for controlling the direction of the canoe.
Training	- means any training session (on an outrigger canoe) which has been documented and approved by a Club Coach.
Wind speed	- limits- http://www.bom.gov.au/marine/knowledge-centre/reference/wind.shtml
Zone	- means the Management Committee of any zone formed in accordance with the constitution of AOCRA for administering the sport in a set geographical area.
Zone Combined Regatta	- team nominations can include AOCRA members registered to different clubs within the same zone.

7 **GENERAL RULES**

7.1 **Member Protection and Risk Management**

All members must abide by all AOCRA's By-Laws, Rules and Policies and procedures. The member protection policies are contained specifically within [By-Law 12](#).

See full list of Integrity Policies – October 2022 [here](#).

7.2 **Drugs and Alcohol**

- 1 The AOCRA Anti-Doping Policy shall apply to all members and affiliated organisations.
- 2 The AOCRA Anti-Doping Policy is the Australian National Anti-Doping Policy, effective from 1 January 2021, and found on the Sport Integrity Australia website. All members, participants, and non-participants in the sport of AOCRA are bound by these rules.
- 3 AOCRA condemns the use of performance enhancing drugs and doping practices in sport.
- 4 The use of banned substances, by competitors, as described and listed by the International Olympic Committee and the Australian Institute of Sport is prohibited.
- 5 AOCRA is committed to conducting sporting and social events in a manner that promotes the responsible service and consumption of alcohol. We also recommend that Zones, State Centres, and affiliated clubs follow strict guidelines regarding the service and consumption of alcohol.

- 6 The consumption of alcohol at any event by competitors who are under 18 is forbidden.
- 7 It is strongly recommended that competitors at senior regattas do not consume alcohol whilst competing at a regatta.

See full list of Integrity Policies – October 2022 [here](#)

8 GENERAL SAFETY

(APPLIES TO CLUB TRAINING SESSIONS AND ALL REGATTA'S AND EVENTS)

8.1 Tests and Drills

AOCRA affiliated clubs must ensure all AOCRA members undertake annual swim/tread water/canoe huli (flip) tests and maintain a register of results. Refusal to undertake any test as directed by the club will be recorded as a 'Failure'.

If a Club Member “fails” the test to safely re-enter the canoe under their own strength, they are to be advised that they are not eligible to paddle. They should be given further opportunities to undertake the test, at the discretion of the Club Coach and Club Safety Officer.

The Member may be offered the opportunity to utilise a rope ladder or bungee cord (or similar) to assist them to re-enter the canoe. If this is successful, the paddler must have that apparatus with them every time they are in the canoe. (See Rule 8.1.2)

Clubs who have a paddler who refuses any of the above tests, which are minimum safety standards for the protection of all paddlers, can in turn refuse access to training and racing for that paddler until successful completion of the tests.

8.1.1 The Minimum Standard for the Swim/Tread Water Test

- Seniors - Swim 400m with no external aid, and tread water for 5 minutes.
- Juniors including Minnows - Swim 150m with no external aid, and tread water for 3 minutes.

Note1: Juniors competing in senior paddling events must complete the senior swim & tread water tests.

Note2: If an AOCRA member fails either the annual swim or tread water test. that member must wear a lifejacket/Personal Floatation Device (PFD) (as always described in these rules), at all times whilst training or competing in any form of outrigger canoe.

8.1.2 Canoe Huli 'flip' Test

All AOCRA members must demonstrate their ability to right an OC6 canoe in the event of capsize and to independently re-board the OC6 canoe after the capsize



whilst treading water. If the paddler can't independently re-board the canoe, the Club Coach can advise them they are ineligible to paddle until such time as they can re-board the canoe. (Aids can be used per below)

Note3 If an AOCRA member cannot re-board without the use of an aid (such as a rope ladder) then they must demonstrate in their annual test they can independently re-board using the aid and it must be always carried with them in the canoe, whilst training or competing.

Paddlers using V1, OC1, OC2 and V3 craft should also undertake huli drills to confirm their competency to right and re-board the canoe following a huli.

8.2 Weather Precautions

For information on marine wind conditions see <http://www.bom.gov.au/marine/knowledge-centre/reference/wind.shtml>.

Gale Force Wind Warning sourced through BOM meter data, specific to the area – NO paddling is permitted in a Gale Force (or stronger) wind warning (gale force wind warning averaging from 34 knots).

Pre-approved exemptions can be applied for and will be assessed through risk assessment and management plans submitted for approval. These must be submitted to the Zone safety officer for review and support. Upon support from the Zone, these are to be forwarded to the National AOCRA Safety Manager for approval.

In the event of the issuing of a Strong Wind Warning (Strong wind warning - Winds averaging from 26 knots and up to 33 knots) by local weather authorities, the following procedures must be put in place by Zones and Clubs for all paddling activities:

- a) A risk assessment must be completed and recorded by the club coach(s)/zone official(s) before each paddling session; and
- b) Paddling may only occur after all the risks are assessed, the zone and local maritime rules are considered, and the potential risks are deemed minimal.

Lightning - Do not go out onto the water if lightning conditions prevail. If on the water at the time of a lightning storm, head for shore immediately. Paddlers should avoid immersing their hands in the water. The Lightning Protection Standard AS1768-2007 suggests that 'In the absence of specific information from weather radar, a lightning location system, or a specialized warning device 'then' the 30/30 safety guideline should be used'.

30/30 Rule - Observing the conditions when on the water is the simplest form of warning device. Remember that lightning may be obscured by the clouds so it is assumed that if you can hear thunder then lightning is in the area. In all such cases a risk assessment must be conducted to determine if a risk exists. The first part of the 30/30 guide is the suspension or

postponement of activities. The accepted 'safest' distance from lightning is more than 10km. As the interval between seeing the flash and hearing the thunder approaches 30 seconds, all those in exposed areas should be seeking or already under shelter. The second part of the 30/30 rule provides criteria for restarting activities. It is recommended that people wait a minimum of 30 minutes after the last sighting of lightning or sound of thunder. The 30 minute window is based on the estimation that the average storm travels at 40km/hr. Thus, in waiting 30 minutes the storm should be about 20km away and outside the 10km 'threat zone'. Note: 60 minutes is the maximum delay time.

8.3 Incident Reporting Including Safety (near misses, injury, and equipment damage)

All incidents whether they are near misses (for example a near collision with another craft, boat or structure), injuries to people, assistance provided to return a canoe to shore or damage to equipment must be reported via the AOCRA incident reporting system on the AOCRA website.

An Incident report must be submitted within 7 days after the incident or otherwise, Insurance Claims may be affected.

All injuries sustained in training, competing or during travelling to or from training or organized regattas no matter how minor are required to be reported. Injury reporting includes paddlers participating in training and competing at all AOCRA sanctioned events. Injuries to volunteers also need to be reported immediately.

Insurance claims for equipment damage will not be processed by the AOCRA insurer unless an incident report detailing how the equipment was damaged is submitted to AOCRA via the incident reporting system.

All officials, committee members, race directors, paddlers, coaches, and administrators have a duty to report if they witness an incident.

In the case of injuries, damage or rescue, the steerer of the canoe and/or the person injured **MUST** submit a comprehensive Incident report as soon as practicable after the event.

Note: Multiple reports on an incident can be beneficial as it provides for a range of perspectives to be considered when the issue is assessed or investigated.

8.4 Safety Rules for 24/7 Insurance on Outrigger Small Craft

The following outlines the minimum requirements that paddlers must adhere to when paddling outrigger small craft, that is any craft other than a OC6, to be eligible for personal accident and liability insurance cover.

For Enclosed Waters

- Carry all safety equipment as per AO Rules and legislated in each State.
- Comply with all maritime rules when paddling including following all markers and signals to paddle outside of channel markers and give way to other vessels, fishermen, divers, and swimmers to avoid potential incidents.
- All paddlers are competent to huli, upright a canoe and continue paddling as assessed by a Club L1 Head Coach, (refer rule 8.1)
- If paddling solo, paddlers must carry their own mobile phone, have a leash attached to their person and have a life jacket per regulations of their state authority.
- Paddle after published Sunrise and return to shore before published Sunset.
- If paddling outside the hours of Sunrise to Sunset, must have lighting fitted to the canoe that meets maritime standards for vessels after dark and notify a suitable person of their departure and return times.
- All juniors between 8 – 18 years of age and para paddlers will paddle with an AOCRA adult paddler that can assist in the event of huli and or danger, unless approved by Club L1 Head Coach.
- Paddlers with known medical conditions must declare these to Club L1 Head Coach and have documented approval to paddle. Clubs can request a “medical clearance” from a paddler’s Doctor if they are returning from surgery and/or significant injury.
- Paddlers must not paddle after consuming alcohol or illegal drugs (drugs include those that may be prescribed and can cause drowsiness or impair judgement)

For Open waters, all rules for enclosed water apply plus the following is applicable;

- All paddlers must carry their own mobile phone, spare paddle, have a leash attached to their person and have a life jacket per regulations of their state authority. (if paddling solo ensure a land contact is aware of expected return time)
- It is recommended that paddlers do not paddle solo in open waters, if they choose to do so, experienced paddlers must stay within a reasonable distance to shore and have the aforementioned safety equipment. (If solo and undertaking ocean training a EPIRB is also recommended. Training plan must be logged with a responsible person on land citing planned session and estimated time of return)

- Check all weather conditions for intended duration of the session and only proceed if no weather warnings, actual and forecasted gale force winds and maritime warnings. Do not paddle off closed beaches.
- Paddle out in open ocean no further than 2 kms from shoreline. (See Point 2 above)
- Paddle after published Sunrise and return to shore before published Sunset from open ocean.
- Communicate your session plan including location, course, start and finish with local coast guard or land-based point of contact.
- Not paddle outside the hours of Sunrise to Sunset.

8.5 Personally Owned OC6 Craft

If an individual owns an OC6 canoe and if AOCRA members are paddling in that canoe the owner of the canoe must comply with all AOCRA rules and By-Laws to ensure the paddlers are covered by liability insurance.

Furthermore, if AOCRA members are using the canoe, but breaching AOCRA rules or By-laws, sanctions against their membership may be applied

8.6 Safety Equipment

All canoes (whether training or racing) must carry one (1) lifejacket, also known as personal flotation devices (PFDs) per paddler of the appropriate level as per the direction of the respective State or Territory maritime authority (see [APPENDIX 2](#) websites for PFD requirements for each jurisdiction).

The current Australian Standard (AS) 4758 specifies the requirements for buoyancy classifications with a guide for the categories being:

- Level 150 – similar to inflatable PFD Type 1 and suitable for offshore use
- Level 100 – similar to PFD Type 1 and the minimum requirement for offshore use
- Level 50 – similar to PFD Type 2
- Level 50S – Special Purpose - has replaced PFD Type 3

Note5: Inflatable lifejackets will be acceptable as a PFD when paddling, on the requirement that the gas cylinder has been checked and certified by the paddler's club of which they are a member. This should be undertaken in the first two weeks of every October and be an annual assessment, recorded and maintained by the club. This also applies to club inflatable PFD's. There have been multiple cases where clubs and individuals have allowed the canisters within inflatable PFD's to expire, rendering them inoperable, therefore annual assessment by the club should eliminate such occurrences.

Note6: .

PFDs must be easily accessible and in States or Territories where the Maritime regulations have additional requirements such as the wearing of the PFD, this becomes the minimum AOCRA standard in those Zones.

Zones may apply for exemption of carrying PFDs in contained sprint venues (such as Penrith International Regatta Centre or Lake Kawana. The application must be made to AOCRA, prior to the Regatta Invitation being issued.

OC6 canoes need a minimum of 2 buckets/bailers or similar pieces of equipment to be used to bail water out of a canoe. V1/V3 canoes must carry at least one bailing device.

If paddling in low light conditions canoes must carry an appropriate signalling device that meets the requirements of their state maritime authority.

OC1/OC2 canoes require a leg rope or leash (can be attached to the leg or around the waist), mobile phone and a PFD as mandatory safety requirements (Per Rule 8.4). The leg rope or leash must be attached to the canoe and paddler (Paddlers are allowed to be disconnected from the leash for beach entries and landings and when entering and exiting the water).

A PFD is required for every paddler with some states requiring the PFD to be worn with other states only requiring the PFD to be accessible on the craft (such as on the fore or aft deck). For AOCRA the safety of paddlers is paramount and therefore AOCRA is recommending that all paddlers wear the PFD. The Race Director will enforce the wearing of both the leg rope/leash and PFD at all races.

Note7: The leg rope or leash is not required to be worn during Sprint Events.

Minnows must always wear a correctly fitted lifejacket/PFD for training and racing.

8.7 Training in off shore and coastal waters

Any V3/OC3/V4/OC4/V6/OC6 that is going through surf conditions, or crossing a bar, must have appropriate storm covers in place at all times.

If paddling in Off Shore Waters, but within 2 kilometres of shore, these craft do not require covers, however, must have a Phone, as well as life jackets, spare paddle, ropes, bailers and if possible an EPIRB. A Risk assessment must be undertaken by the Club Coach, Safety Officer and President to determine if covers should be utilised. (Per rule 9.1).

Communicate your session plan including location, course, start and finish with local coast guard or land-based point of contact.

8.8 Sun Safety and Hydration

AOCRA has accepted a sun smart policy and acknowledges that the sport is conducted in an environment where sun safety is paramount. It is recognised that skin cancer is preventable by the application of preventative measures such as sun safe dress standards, wearing of hats, wearing of sunglasses and use of protective sunscreens during competition and training.

All paddlers must always have their upper torso covered with their applicable club race shirt. All National Events require the race shirts displayed from the same club to be eligible to compete.

Paddling presents risk in regards to both Hyperthermia and Hypothermia. Club coaches and paddlers should make themselves aware of the prevailing and forecast weather conditions and dress accordingly. In excessive heat or cold, coaches should undertake a risk assessment based on the conditions and assist paddlers in the appropriate hydration, nutrition, clothing and protection. Additional equipment should be considered given the prevailing weather conditions. (i.e. Space blankets, 1mm paddling clothing etc)

Paddlers, in conjunction with their Club Coach, should consider prevailing conditions and paddling distance to determine if hydration and food should be carried.

9 COACHING

Key requirements of being an AOCRA coach include holding a current Paddle Australia Certificate for level 1 Outrigger Specific Coach, a First Aid certificate including CPR, working with children's check and be an AOCRA member.

The full requirement's for becoming an AOCRA coach are listed in AOCRA's [How to become a Level One Outrigger Coach](#).

AOCRA requires a qualified outrigger coach to be appointed as a club's head coach.

AOCRA coaches are bound to:

- 1 Conduct a risk assessment before each session and consider the weather and water conditions, their paddlers' capabilities, and any other factors, which may positively or negatively affect the safety and enjoyment of those in their care.
- 2 Ensure a safe training and racing environment for all members, taking note of each member's skill level and abilities.

- 3 Provide appropriate training methods as to advance a member's skill level and enjoyment in the sport.
- 4 Ensure that all members are abiding by the AOCRA requirements while training and racing, providing education and guidance when required.
- 5 Provide training programs, which may run for a week, season or the entire year and make it available for all members to peruse. Each training session recorded (either in paper or digital form) detailing the following items -
 - a) time and date
 - b) attending paddlers
 - c) weather conditions
 - d) type and duration of the session
 - e) any incidents or injuries
- 6 Ensure that race crews are chosen using selection criteria that is fair, justifiable, unbiased, transparent, and consistent. This selection criterion is to be made available for all club members.
- 7 Ensure that appropriate coaching qualifications are maintained.
- 8 In circumstances where a club may lose their coach or not have a coach for a period, a qualified outrigger coach from the Zone, or another club may provide oversight in collaboration with experienced paddlers from the club of training sessions and safety requirements so training may continue.
- 9 AOCRA club coaches may conduct interclub training sessions following all the requirements of the club's head coach. These sessions are for developing coach and paddler skills, education and guidance and may include preparation for regatta events. Interclub training sessions are not events and do not attract fees.

10 PARA VA'A

AOCRA's supports participation in Para Va'a and seeks to build the skills and knowledge needed to assist people of all abilities to participate in outrigger activities as safely and as comfortably as possible, and with the same performance potential as all paddlers.

AOCRA adopts the International VA'A Federation Para Va'a rules and classification system for IVF events, and these can be found here: [International Va'a Federation - Home \(ivfiv.org\)](http://ivfiv.org)

AOCRA adopts the International Canoe Federation rules and classification system for ICF events, and these can be found here: [icf_classification_rules_regulations_for_paracanoe.pdf \(canoeicf.com\)](http://canoeicf.com/icf_classification_rules_regulations_for_paracanoe.pdf)

11 **ELIGIBILITY TO PADDLE**

To join an AOCRA affiliated club and become an AOCRA member paddlers must be Australian citizens or a current resident of Australia (documented evidence may be required).

Only AOCRA and affiliated club members, a new paddler undertaking a "Come and Try" program or an attendee of a promotional event are eligible to paddle.

Note: New paddlers cannot have been a member of AOCRA for the preceding 2 years.

Come and Try programs provides for new paddlers to paddle up to six sessions (within a 3 month time) before they are required to either become an AOCRA Member or cease paddling.

New paddlers and attendees of promotional events must have signed an AOCRA indemnity and release form and must guarantee swimming ability as defined in the Club's Risk Management Policy or wear the appropriate personal flotation device.

New paddlers and AOCRA members who have health conditions or injuries that may be adversely impacted by paddling must advise their club. The club may require an approval from a medical professional before an individual is allowed to paddle. New paddlers must be informed of this requirement by the coach at all come and try or promotional events.

AOCRA members must always abide by the Constitution and Risk Management Policy of both their club/s and AOCRA.

A paddler may choose to be a member of more than one outrigger club however can only be registered to a single club at any one time as part of their AOCRA Membership for racing purposes.

Note: AOCRA understands that in certain circumstances paddlers may wish to participate at more than one club but not wish to transfer or change the club they are a member of for their AOCRA membership. A paddler may join another club or enter arrangements with other clubs to attend training and to access equipment. These arrangements are at the discretion of clubs and may attract a fee. These arrangements can only be in place while a paddler is an AOCRA member.

11.1 **Transfers Between Clubs**

Should an AOCRA member wish to transfer clubs, they must action online under their member profile by following the prompts.

A club will not without good cause fail to action the online request to release, no transfer of an individual is to occur if there are outstanding fees, an investigation or disciplinary action occurring.

It remains at the discretion of clubs to accept members. Any refusals by clubs need to be communicated to the AOCRA member wishing to transfer in and reasons for rejection should be outlined against either the AO rules or Code of Conduct.

An AOCRA member may not paddle for a club unless the transfer is completed by both clubs prior to registration closing for a Regatta.

To be eligible to compete for National Marathon Championships you must have been a continuous member of the same club for the 12 months prior and raced a minimum of 3 regattas representing that club unless you have sought approval from AOCRA.

12 CANOES & EQUIPMENT

12.1 General Requirements

An outrigger canoe unless otherwise approved by AOCRA. Will comprise of one hull, two iakos and one ama (except for V12 which will comprise two hulls and two iakos).

The Outrigger assembly consisting of two iakos and the ama, of each canoe, must be deemed by AOCRA to be functional in its purpose as a counterbalance and in keeping with the spirit of the sport.

Canoes that do not meet the relevant specifications for that class of canoe, may void the personal insurance of all paddlers in that craft.

Upon repair or modification of any canoe, the owner is also responsible for ensuring that the repaired canoe complies with AOCRA standards.

AOCRA empowers respective Zones to regularly conduct spot checks on all canoes, to ensure on-going compliance with build and safety requirements.

All canoes (OC6, OC4, OC3, OC2, OC1, V3 and V1) must have positive floatation at the time of manufacture. Canoes from AOCRA approved manufacturers are required to have positive floatation and are deemed compliant unless modifications are made to the canoe post manufacture. Manufacturers must supply, at time of purchase, to the purchaser, written certification that positive floatation is in place according to AOCRA specifications and standards.

Only canoes with Positive Floatation may race and if concerns are raised by or to an AOCRA safety officer then the positive floatation test is to be undertaken.

Note 10: The Positive floatation test is defined as: when an operational canoe, is filled with water and can remain afloat in an upright position, while supporting its normal

operational equipment and the total number of persons (average weight of 90kg) it is designed to carry.

All canoes (OC6, OC4, OC3, OC2, OC1, V3 and V1) must comply with AOCRA Safety Standards as specified in these Rules. Canoes deemed noncompliant will not be covered by AOCRA insurance and may void paddlers' personal insurance.

12.2 Outrigger Specifications – OC 6 (including unlimited canoes less than 100kg)

An OC6 canoe meeting the specifications defined will be eligible to compete in all AOCRA events or such other canoes as may be approved by AOCRA.

Any alterations to the manufacturer's original design must be approved by AOCRA.

An OC6 Hull, ama and iakos may be constructed of any material.

A canoe must contain 6 seats.

A canoe may be any length or waterline length.

A canoe hull may be constructed in two or three pieces, provided that a watertight seal is accomplished to the same standard as a 1 piece hull.

A canoe must have two watertight bulkhead chambers located fore and aft.

Ama and iakos may be affixed to the canoe by any means.

OC6 front iako must be affixed between the 2nd and 3rd paddlers' position. OC6 rear iako must be affixed between the 4th and 5th paddlers' position.

All exposed nuts, bolts, studs, or objects of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

For weight determination, the word "canoe" shall include the hull and permanent fixtures such as seats, but shall not include the ama, iakos or canoe accessories.

There are two canoe weight categories, being 130kgs class and an unlimited class.

An OC6 canoe in the 130kg class shall have a minimum weight of 130 kg. The unlimited class is open with no weight restrictions and canoes in this class do not require their hulls to be weighed.

They are required to be issued with an easily identifiable numbering system. Regattas will have a separate division for unlimited canoes. Unlimited divisions provided for as part of a regatta program, will qualify those clubs for points and awards including AOCRA trophies or titles in the unlimited division.

It is the responsibility of each club to know the weights of their canoes. New canoe weights can be confirmed via the supplier.

12.3 OC1/V1 Design Specification and Requirements

Any alterations to the manufacturer's original design must be approved by AOCRA.

The hull, ama and iakos may be made of any material.

An iako must be positioned to the front and rear of the paddler's seated position.

The ama and iakos will be secured to the hull by any means.

A canoe may be fitted with a rudder and rudder controls.

All exposed nuts, bolts, studs, or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

No mechanical part of the rudder assembly in any form will be exposed above the top deck.

The rudder assembly must be completely and securely covered if it protrudes above the top deck. Recessed rudder assemblies do not need to be covered.

12.4 OC2 Design Specifications and Requirements

The hull, ama and iakos may be made of any material.

One of the iakos may be positioned between the paddlers.

The ama and iakos will be secured to the hull by any means.

A canoe may be fitted with a rudder and rudder controls.

All exposed nuts, bolts, studs, or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

AOCRA must approve any alterations to the manufacturers' original design.

No Mechanical part of the rudder assembly in any form will be exposed above the top deck.

The Rudder assembly must be completely and securely covered if it protrudes above the top deck. Recessed rudder assemblies do not need to be covered.

12.5 OC3/OC4/V3 Design Specifications and Requirements

Any alterations to the manufacturer's original design must be approved by AOCRA.

The hull, ama and iakos may be made of any material.

The ama and iakos will be secured to the hull by any means.

A canoe may be fitted with a rudder and rudder controls. A V3 cannot have a rudder.

All exposed nuts, bolts, studs or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

No mechanical part of the rudder assembly in any form will be exposed above the top deck.

The rudder assembly must be completely and securely covered if it protrudes above the top deck. Recessed rudder assemblies do not need to be covered.



12.6 Sailing Canoe Design Specifications and Requirements

The hull, ama and iakos may be made of any material.

The ama and iakos may be secured to the hull by any means.

A sailing canoe may have an ama on both sides.

A sailing OC3, OC4 may be fitted with a rudder and rudder controls, A sailing V3 or OC6 cannot have a rudder.

All exposed nuts, bolts, studs or object of a similar nature, on any part of the canoe must be recessed or covered with a suitable protective shield or covering. Includes all canoes irrespective of age.

12.7 Weighing & Inspection of Canoes

The purchaser/owner of a canoe is responsible for ensuring it is of correct weight, satisfies AOCRA rules and is of seaworthy condition.

Existing canoes may be weighed and inspected by the respective zone officials and must pass required safety standards before the canoe is eligible to participate in any AOCRA approved Regatta.

Compulsory weighing of OC6 canoes each season will not be necessary unless major work is carried out or a protest is received relating to the weight of a canoe.

The additional weights may be fibre glassed or bolted onto the hull or under the seat(s) in OC6 canoes, but not in a position that may alter any other specifications of the canoe or give a paddler an unfair advantage.

If the additional weights are bolted into the canoe, the bolts/brackets must be fibre glassed over to form a permanent seal.

If the seal is broken or tampered with in any way, the canoe will be unable to be raced until the seal is re-established, and the canoe has been scrutineered and weighed by an AOCRA Scrutineer.

If a weight discrepancy is detected before the start of, or during a regatta, the canoe cannot race.

A canoe will not be altered in any way after the canoe has been inspected, unless altered for safety reasons or at the direction of AOCRA or appointed representatives.

If the canoe is altered, AOCRA, the respective Committee or the Race Director must be informed immediately.

At the discretion of the respective Zone Committee, a canoe may be inspected and measured at any time.

If a safety discrepancy is detected before the start of, or during a regatta, the canoe cannot race.

12.8 Canoe Rigging and Accessories

Lashings may be of any means.

The ama is permitted to be rigged only on the left [port] side of canoe for sprint events, where a turn is required.

The ama may be rigged on either side of the canoe for marathon/short course/changeover events or sprint events without turns.

Storm Covers are permitted at any time or may be required by the Race Director.

Any accessory used in conjunction with a canoe must be approved either by a zone or national safety officer and/or approved by a marine safety expert and agreed to by AOCRA insurance providers.

*Note 11: **Required safety gear, hydration packs, small gel, or cushioned seats (1-2cm thickness) are considered low risk and don't require approval.***

12.9 Paddles

A Paddle will have 1 blade only and may be made from any material.

12.10 Adaptive Paddling (PARA) Equipment

Adaptive paddlers must supply their own adaptive equipment. Paddlers who use personal assistive devices, adaptations, prosthesis, seating support, are required to use these during the classification testing procedure and must use the same equipment when racing.

The ama is permitted to be rigged on either side of the canoe for sprint events if required.

13 RACING RULES

13.1 Age and Gender Divisions

The following age and gender racing divisions apply to all competitors. except for promotional events, which may have a mix of gender and age, with Club or Zone approval.

AOCRA or the Zone reserves the right to request proof of age of any competitor at any time.

A competitor's age for a Racing Year is determined by their age as of 31st December of the Racing Year.

Junior Competitors will not have reached the age of 20 years during the Racing Year.

Junior paddlers must turn at least 8 years of age in the calendar year (This includes AOCRA membership, a minnow may join at 7 years of age, providing they turn 8 in that calendar year). The following conditions will apply to paddlers under 10 years of age.

- a) A risk assessment must be conducted by a Level 1 sports specific outrigger coach prior to each training/ racing session.
- b) Correctly fitted life jackets must be worn by all paddlers under 10 years.

Minnows are not permitted to paddle up any age divisions. However other junior competitors may paddle up one division only within a regatta unless approved by the race director (i.e. U12 competitor may paddle up a division to U14, but not U16).

Junior competitors may not paddle in more than two junior age divisions at the same regatta unless approved by the race director.

Juniors may race in adult events if they meet the following requirements:

- c) U19 division paddler may compete in adult divisions (Open) without the need for parental or coach consent.
- d) A paddler aged 14 years and above who have written parental / guardian permission and written approval of qualified outrigger specific coach.

Note12: Juniors competing in senior paddling events must complete the senior swim & tread water tests.

Junior competitors U12, U14 and U16 may not paddle in senior Changeover events.

13.2 Division and Age – Adult

DIVISION	AGE
Open	20 years and above
Masters (Master 40)	40 years and above
Senior Masters (Master 50)	50 years and above
Golden Masters (Master 60)	60 years and above
Platinum (Master 70)	70 years and above

13.3 Division and Age – Junior

DIVISION	AGE
U19	19 years and under – Must not turn 20 in Calendar year of Competition.
U16	16 years and under – Must not turn 17 in Calendar year of Competition.
U14	14 years and under – Must not turn 15 in Calendar year of Competition.
U12	12 years and under – Must not turn 13 in Calendar year of Competition.
Minnow	8 years in racing year, no older than 9 years in racing year.

13.4 Adult Gender – Events

At National Championships Regattas/Zone Titles/Club/Combined Regattas, the teams entered in events defined by Gender, will have paddlers only of the same gender applicable for that event.

Mixed events at National Championships/Zone Titles/Club/Combined Regattas will be an equal number of male and female competitors.

Women can substitute into a Men's crew or for a man in a mixed crew in the appropriate Age Division. Approval must be sought from the Race Director prior to the regatta. If approval is granted, the crew is considered "official" and is eligible for points and medals.

In the case of Mixed V3 outrigger canoes a minimum of one female and one male competitor is required.

'Young Guns' teams must have a minimum three (3) juniors (U16 or U19) and a minimum of two (2) adults with gender being all male or all females.

The ratios and gender mix described above may be altered at the discretion of the Zone or AOCRA.

13.5 Junior Gender – Events

At National Championships events U12, U14, U16, U19 the teams entered in events defined by Gender, will have paddlers only of the same gender applicable for that event.

In mixed gender events at National Championships events U12, U14, U16, U19 there will be an equal number of male and female competitors.

The host club with approval from the Zone or AOCRA may alter the ratios and gender mix at Zone Titles/Club/Combined Regattas.

The Minnows division has no gender mix stipulations.

13.6 Aggregate Age (adult events only)

Host clubs and zones may approve mixed age events in regattas for adult divisions and junior divisions if all other junior age rules are applied. Zones will also need to decide on how the points system will be applied if these events are held or if points no points will awarded at all.

14 REGATTAS, EVENTS AND DISTANCES

14.1 Regattas

- 1 National Events and Championships are racing events allocated and supervised by AOCRA Ltd.
- 2 State and Zone Titles are racing events allocated and supervised by a zone and or by the number of zones within a state of Australia.
- 3 Club Regattas are allocated and supervised by a zone as part of an annual "Grand Prix Circuit"
- 4 Outrigger events hosted by AOCRA affiliated clubs and held in conjunction with a third party organiser must still abide by these rules and require approval as stated for combined regattas.

14.2 National and Zone Combined Regattas

- 1 Where only AOCRA members from the same zone are eligible to compete – these events are to be allocated and supervised by the Zone. Zone members must comply with their respective rules regarding eligibility.
- 2 Where both AOCRA members, non-members and/or International Competitors are eligible to complete – they are to be approved and allocated by AOCRA and supervised by AOCRA and or the Zone and host club
- 3 Promotional activities such as corporate and club days can be hosted by clubs or zones and are required to abide by all AOCRA rules and shouldn't conflict with sanctioned events within the zone or nationally.

14.3 Regatta Approval

- 1 Any outrigger event hosted by an AOCRA affiliated club must be held in compliance with these rules. All Regattas require national AOCRA approval for dates through submission of zone calendar, fees must be charged in line with AOCRA policies and rules.
- 2 AOCRA will provide a calendar that shows all black out dates to the zones by the 30th April each year for the next two years.
- 3 Zone Regatta Calendars are to be provided to AOCRA for date approval by the 31 August each year prior to the beginning of the race year being January to December. Zone Race Calendars should include all planned dates for the next two race years. (Refer to AOCRA By [Law 1](#) Race Calendar and National Championships as the minimum standard for timeline in submitting Regatta Calendars for AOCRA approval). Only AOCRA approved outrigger events on an approved Zone Regatta Calendar are deemed sanctioned events.
- 4 All requests for; additional events to be added and any date changes to an approved Zone Regatta Calendar must be provided to AOCRA for approval in a timeframe that does not compromise items: [6](#) and [7](#).
- 5 In conjunction with Zone submitting a Regatta Calendar, the Zone must submit their race fee proposal for the race year for AOCRA to approve the AOCRA and Zone portions. Refer to [AOCRA By Law 6](#) AOCRA Affiliation Fees and Other Charges, Section 5.
- 6 Host Clubs must submit a Draft Regatta Program to the event approver (Zone or AOCRA) at least 8 weeks prior to the regatta date. The Approved Regatta Program must be sent to Clubs and/or competitors at least 4 weeks prior to the regatta date.
- 7 For National Championships, State and Zone Titles, or where it is proposed that International Competitors may attend, the Draft Regatta Program must be submitted to the event approver (Zone or AOCRA) at least 24 weeks (approximately 6 months) prior to the regatta date. The Approved Regatta Program must be sent to Clubs and/or competitors at least 12 weeks (approximately 3 months) prior to the regatta date.

The Draft Program should contain the following information:

- a) AOCRA Regatta Information Checklist, including details of Regatta Officials
- b) Regatta Contract or National Championships Regatta Contract (note additional requirements exist for National Championships)
- c) Date and Place of competition including any Permit or authority to use the named location

- d) Schedule of Events
- e) Map of course, including special or dangerous areas, i.e. reefs, pipelines etc.
- f) An alternate course for all events
- g) Age and Gender Divisions, and race distances
- h) Club and Team Nomination Forms
- i) Indemnity and Release Forms (where required)
- j) Nomination Fees to be incurred
- k) Late Fees to be incurred
- l) Nomination/Registration contact person
- m) Closing date for Club and Team nominations
- n) Cancellation Policy
- o) Risk Management Plan and Support Boat Management Plan for the event
- p) Copy of Certificate of Currency - Current AOCRA insurance provider
- q) Copy of relevant Aquatic Permit from State Maritime Safety authority

14.4 Regatta Acquittal Process

Within 7 days after the completion of a regatta, the Host Club must supply the following Completed Documents to the Zone or AOCRA:

- 1 Team Nomination Forms
- 2 Indemnity and Release Forms
- 3 Electronic copy of all Results
- 4 Protest Forms
- 5 Incident Reports
- 6 Regatta Evaluation Form (where applicable)

Within 14 days after the receipt of Regatta Acquittal Documents, the Zone or AOCRA will advise and request from, or make payment to, the Host Club its share of Nomination Fees.

14.5 Events and Distances

- 1 Sprint Events must have a separate lane for each competitor.
- 2 Marathon Events must have an equal number of paddlers for the available seat in a canoe (i.e. OC6 x 6 Paddlers, OC2 x 2 Paddlers).
- 3 Short Course Events must not have separate lanes for each competitor.
- 4 Changeover Events must consist of the following ratios:

CHANGEOVER RATIOS			
CRAFT	GENDER	DIVISION	PADDLER QTY
OC6	Men	All Divisions	9
OC6	Women	All Divisions	10
OC6	Mixed	All Divisions	10
OC2	All Divisions		4
OC1	All Divisions		2

Note13: Mixed teams must comprise of five males and five female paddlers with a maximum of three males in the canoe at any time.

Note14: Men's Golden and Platinum divisions may use 10 Paddlers with approval from the Race Director.

- 5 Junior Changeover Events may be approved at the discretion of AOCRA.
- 6 Juniors racing in Senior Changeover teams must apply section 14.5 -7 and be 16 years of age and apply the distance rules for Juniors. If the Senior Changeover is a longer distance than allowed for Juniors again written permissions as per section 14.5 -7 apply to request an exemption.
- 7 Junior Mixed Changeover Racing must have:
 - Team must comprise of five(5) Males and five(5) Females
 - Maximum of three(3) Males in the canoe at one time
 - Must have Team Manager or Coach on Support Boat
 - Paddlers must be 16 years of age, must be turning 16 in that calendar year of the event
 - Parent Permission form to race for U16 only
 - Coaches Permission form to race for U16 only
 - Team Managers/Coaches must sign a responsibilities form.
- 8 Relay events may be held with the host of the regatta required to stipulate number and length of legs, craft types and number paddlers allowed for each division. If relay events have beach changes, then to calculate support boat requirements use rule 16.12 if deep water changes are used use rule 16.12 - 5.

14.6 Number of Entries to Constitute an Event

- 1 National Championship Regatta, a minimum of three(3) nominations are required for an event to take place.
- 2 Zone Titles/Club/Combined Regatta, a minimum of three(3) nominations are required for an event to take place, unless otherwise approved by the Zone.
- 3 No minimum requirement exists for promotional event such as corporate/club day regattas.



14.7 Sprint Event Distances

1 Adult Events

ADULT EVENTS		
EVENT	AGE/DIVISON	DISTANCE(Meters)
OC6/V12	All	From 500m to 3,000m
V1/OC1/OC2	All	From 250m to 500m

2 Junior Events

JUNIOR EVENTS		
EVENT	AGE/DIVISION	DISTANCE(Meters)
OC6/V12	19 & Under	Up to 2,000m
OC6/V12	16 & Under	Up to 1,000m
OC6/V12	14 & Under	Up to 500m
OC6/V12	12 & Under	Up to 500m
V1/OC1/OC2	19 & Under	Up to 500m
V1/OC1/OC2	16 & Under	Up to 500m
V1/OC1/OC2	14 & Under	Up to 250m
V1/OC1/OC2	12 & Under	Up to 250m

14.8 Marathon Event Distances

1 Adult Events

ADULT - MARATHON EVENTS		
EVENT	AGE/DIVISON	DISTANCE(kilometers)
OC6	All	Not less than 10 kms
V12/V3/V1/OC1/OC2	All	Determined by the host club and approved by AOCRA or the Zone.

2 Junior Events

JUNIOR - MARATHON EVENTS		
EVENT	AGE/DIVISON	DISTANCE(kilometers)
OC6	19 & Under	Up to 30km
OC6	16 & Under	Up to 20km
OC6	14 & Under	Up to 8km
OC6	12 & Under	Up to 4 km
OC6	Minnows	Up to 1km
V12/V3/V1/OC1/OC2	19 & Under	Up to 25km
V12/V3/V1/OC1/OC2	16 & Under	Up to 18km
V12/V3/V1/OC1/OC2	14 & Under	Up to 6km
V12/V3/V1/OC1/OC2	12 & Under	Up to 3km
V12/V3/V1/OC1/OC2	Minnows	Not allowed

14.9 Short Course Event Details

Zone titles/Club/Combined Regatta and National Championship OC6 short course race may be offered with the recommended distance being a minimum of 8km, or as determined by the Host club and approved by AOCRA or the Zone.

Distance for Junior competitors will be as per the junior distance rules.

Short course races may be offered where prevailing conditions prevent Sprint Events from being conducted.

14.10 Changeover Race Distances

The distance of changeover races shall be set by the Host Club and approved by the Zone and/or AOCRA. Changeover races should aim to be greater than 35 kilometers.

14.11 Minnows Division

Minnows must ALWAYS wear a correctly fitted life jacket/PFD for training and racing.

- 1 Sprints/Marathon events for Minnows to compete in, must be held in the following designated waterways as per State and Territory maritime regulations:
 - Queensland – Smooth Waters
 - New South Wales – Enclosed Waters
 - Victoria – Inland or Enclosed Waters
 - South Australia – Protected Waters and Semi-protected waters (tidal waterways only)
 - Western Australia – Protected Waters and Shore
 - Northern territory – Inland Waters and Intermediate Water (tidal waterways only)
 - Tasmania – Smooth Waters

Note 15: See **APPENDIX 1** for information on designated waterways definitions of State and Territory maritime authorities.

- 2 Distances for sprints is 250 meters V6, V12 (These races shall be straight line with no turns).
- 3 Distances for Marathon is 1 kilometer - The 1km Minnow race must be held only in the designated waterways described in rule 14.11 and APPENDIX 1 and run parallel to the beach or riverbank and as close to the shoreline as practical.
- 4 Support paddlers for Minnow crews may follow or paddle alongside (not lead) Minnow crews. Support paddlers following or paddling alongside Minnow crews shall not cross the finish line until the last minnows crew has crossed the finish line.

- 5 Steerers for Minnow crews: An Adult or competent steerer, male or female, (minimum 14 years of age) must steer a Minnow crew. In sprint events He / She may rudder steer only however in marathons the steerer may use their discretion with the objective of making the race an enjoyable experience for the minnow participants. A V12 must have two Adult or competent steerers, male or female (minimum age 14 years).

Note16: Rudder steering is defined as follows: The steering blade shall be in contact with the hull and no forward motion is to be generated by the steerer.

- 6 If a club cannot offer a protected waters 1km race for Minnows, then the club will not be approved to host a Minnows event.

15 COMPETITOR ELIGIBILITY

- 1 Competitors for AOCRA sanctioned outrigger canoe races must be an AOCRA member or an international competitor.
- 2 For competitors to be eligible for AOCRA National Championships, national selection, or International Va'a Federation (IVF) or International Canoe Federation (ICF) sanctioned events a paddler must be an AOCRA member and an Australian Citizen or a continuous resident of Australia for a minimum of 6 months (documented evidence, such as a stamped passport will be required as evidence). AOCRA Members must satisfy the selection criteria established for International Events by the AOCRA High Performance Team.

Note17: To be selected as an Australian representative a paddler must not have represented another IVF country for a period of at least 2 years before their selection.

- 3 International Competitor means any individual who is not an Australian resident and who is not an AOCRA Member and wishes to compete at an AOCRA event. International competitors may race in all events but are not eligible for national or zone titles nor can they accrue points in AOCRA events. International competitors must sign an indemnity and release form and have travel insurance that includes coverage for competing in watercraft sporting events.
- 4 "Other craft" competitors may be an AOCRA member or Paddle of Australia member or have signed an indemnity release form.
- 5 Teams/competitors must wear matching uniforms.
- 6 Junior, Golden Master and Platinum divisions may within their age division combine with different clubs to form competitive crews to race in Club/ Combined/National and Changeover AOCRA regattas and events.
- 7 Combining of Clubs at club regattas: Clubs with fewer than 12 gender specific senior members (over 18 years of age) are entitled to combine with other small clubs, within their zone to race at regattas for medals and points (points will be given to the club who makes

the nomination). Approval must be sought from the race organising committee prior to the small club nominating for the regatta. No other combining of clubs to form teams at club events is permitted, this only applies to zone regattas.

16 RACE SPECIFIC SAFETY RULES

16.1 General Rules

These rules are the minimum safety requirements that are to be adhered to by both the host and individual clubs at all regattas. Other precautions may be introduced by the Host Club under Supplementary Rules, which must accompany the Regatta Program for prior approval by the Zone or AOCRA.

- 1 It is the responsibility of both the Race Director and Race Committee that all aspects of the Safety Requirements are catered for at the Regatta both on, and off the water. The Race Director has overall control of all aspects of the Regatta.
- 2 The Race Director and an AOCRA or Zone Official is to be notified immediately of any contravention to any safety requirement. The Regatta will be stopped or may be cancelled by any AOCRA or Zone official, or the Race Director until the contravention is rectified.
- 3 No canoe is permitted on any course unless authorized by the Race Director.
- 4 The Steerer or captain of each team is responsible for the rigging and seaworthiness of the canoe and inspecting the same before each event.

16.2 Additional Safety Equipment for Racing

OC6/V12/V3

- 1 A minimum of 1 spare paddle
- 2 A towrope (of 25 metres minimum length by 12 mm diameter. SILVER ROPE, tied to the forward wa'a (spreader), secured outside the covers and available for immediate use) for all events other than sprint events. In States where the maritime regulations require a tow rope be affixed to the canoe at all times (whether training or racing), this becomes the minimum AOCRA standard.
- 3 2 bailers must be within the canoe.
- 4 Storm covers are permitted at any time.
- 5 A suitable PFD for all paddlers must be in the canoe. (Inflatable PFD's are acceptable, providing they have been inspected and approved by the Club per Rule 8.6)
- 6 In prevailing conditions, storm covers are to be fitted at the direction of the Race Director. If a decision is made that storm covers are to be fitted before racing all teams must fit covers or will not be permitted to compete.

- 7 If covers are compulsory for the entire event, this is to be included on the regatta invite.

OC1/OC2

- 1 Require 1 spare paddle.
- 2 Require a leash to be worn.
- 3 Must wear an approved Life Jacket. (Inflatable PFD's are acceptable for racing providing they have been inspected and approved by the Club, per Rule 8.6)
- 4 If required by the Race Director, have a mobile phone with any app deemed appropriate downloaded to the phone i.e. Safetrx.

V1

- 1 Require a spare paddle.
- 2 Bailer if no foot pump.
- 3 Life Jacket must be worn (Inflatable PFD's are acceptable for racing providing they have been inspected and approved by the Club, per Rule 8.6).
- 4 If required by the Race Director, have a mobile phone with any app deemed appropriate downloaded to the phone i.e. Safetrx.

16.3 Competitor Distress Signal

- 1 If during an event either a canoe or a competitor needs assistance, the remaining team members are to render assistance when required.
- 2 If further outside assistance is required, the team members are to raise their paddles and wave them from side to side until assistance is given.
- 3 If no paddles are available, the team members are to wave their arms from side to side.
- 4 If a team or competitor has indicated they need assistance, and it is obvious that no support boat has seen nor is responding to provide assistance, Maritime Law states that another craft, team, or person capable of doing must alter course and/or stop racing to provide necessary help.
- 5 In exigent circumstances where no outside assistance is forthcoming, 000 is to be called or an emergency beacon activated to alert authorities.

16.4 Swamping or Overturning of Canoes

- 1 If a canoe swamps or overturns after the start of an event, the canoe may be righted and bailed out using buckets or similar items, and then may continue in the event.

- 2 If a canoe swamps or overturns prior to the start of an event, the canoe may be righted and bailed out using buckets or similar items, and then may continue in the event. The decision to delay or continue with the race start will be at the discretion of the race director and starter.
- 3 If assistance is required, see rule [16.3](#)
- 4 Once a canoe has accepted assistance or a tow from a Safety Boat, it will be deemed to have officially withdrawn from the event and is not allowed to re-enter the event.
- 5 For Changeover Events only, relief paddlers only of that team on the Team Escort Boat may assist in righting and/or bailing out of a swamped or overturned canoe.

16.5 First Aid

- 1 National and State Titles Regattas MUST have 2 qualified first aid personnel at all times. These personnel are to be at the Regatta site and the other is to be on. "roaming" vessel during all races.
- 2 At Clubs Regattas the Host Club is to ensure adequate qualified first aid persons are always present at the venue during competition. The club is to have a First Aid officer available to be either on a roaming support vessel during any race, or as land based First Aid. (Stationed on a vessel is preferred) The officer on the vessel must have access to a DeFib and be appropriately trained in its use. (It is considered "Best Practice" to have two First Aid personnel at all Regatta's)
- 3 First aid personnel must have access to a "Redi Pen" at all regatta's.
- 4 If such persons or facilities are not available, the Regatta is to be stopped until those facilities are made available at the venue.
- 5 An Incident report must be submitted to the Zone and AOCRA Secretaries within 7 days after any injury was sustained at a Regatta, or otherwise Insurance Claims may be affected. It is the responsibility of the person injured and the steerer of the canoe to ensure the Incident report is submitted.

16.6 Safety Boats

- 1 All Safety Boats are to gain prior permission from the Race Director to be on the water during an event and are not to interfere with any canoe or competitor.
- 2 The Captain of a Safety Boat is responsible for the safety of both his or her crew and vessel. The captain oversees the vessel and his or her directions and commands are always adhered to.



- 3 Safety boats must have a minimum of two (2) persons on board at any time, being the driver and a spotter. This includes Jets Skis who must also have a sled attached to their vessel and a second person who acts as their spotter.
- 4 There must be a vessel within the Safety Boat fleet that is capable of retrieving multiple paddlers should a canoe sink or become inoperable.
- 5 Safety boats must adhere to the instructions of the Race Director unless Maritime Law overrides such instructions.

16.7 Equipment Required on Safety Boats

- 1 A suitable tow rope of 25 metres minimum length.
- 2 Communication equipment capable of transmitting to and receiving messages from the Race Director or local Authorities.
- 3 All equipment required by local Marine Safety Authorities.
- 4 Any contravention of the Regatta Rules, or assistance rendered to a canoe or competitor in distress, is to be reported immediately to the Race Director.
- 5 A Safety Boat will immediately render assistance to any canoe or competitor in distress during an event and will continue to render assistance until such assistance is no longer required, or the Safety Boat is relieved by another Safety Boat.
- 6 A Safety Boat, whilst towing a disabled canoe, will not impede the progress of any other canoe still officially racing.
- 7 All the following boats will be classed as 'Safety Boats'
 - 'OFFICIAL BOATS' - Boats used to start races, the Lead boat, the Chase Boat, and boats carrying media etc.
 - 'SUPPORT BOATS' - Rescue Boats used as support, rescue, and towing. E.g.: IRB's and Powerboats.
 - 'TEAM ESCORT BOATS' - Boats provided by competitors and used to support canoes predominately in Changeover Events.
- 8 Official Boats must have the safety of paddlers as a priority and if required, cease the race and provide whatever support is required.

16.8 Lead Boat

- 1 This boat is to always display a clearly VISIBLE flag whilst appointed the Lead Boat. If for whatever reason this boat abandons the role of Lead Boat it must, before departing the area, give its replacement boat the flag for the competitors to follow.
- 2 This boat is to remain at least 250 metres in front of the field and show the general direction to the next turning buoy and finish line.
- 3 This boat will carry an official appointed by the Race Director who will report on weather conditions if they start to deteriorate during the event. The Race Director

MUST ensure that Captain of the Lead Boat has a thorough knowledge of the race course and is aware of all forecast environmental conditions.

- 4 All competitors are to follow the Lead Boat irrespective of what was displayed on the course map or told at the regatta/race briefings. There may be a safety reason for the change of course. A black flag should be raised to signal a change of course, but regardless you must follow the lead boat.
- 5 If a significant change of course is required, the Lead Boat should broadcast this to all Support craft who should endeavour to inform racing canoes of the change.
- 6 Once this boat has reached the finish line it is to remain there until the last canoe has crossed the finish line or as directed otherwise to do so by the Race Director.
- 7 The crew will report to the Race Director confirming that all competitors have completed the event.
- 8 The crew is to report any infringement of the Regatta Rules to the Race Director.
- 9 The call sign of this boat is "Lead Boat".
- 10 This boat must be capable of direct communication with the Race Director and other officials.

16.9 Chase Boat

- 1 This boat is to remain at the rear of the field and will always keep sight of the last canoe.
- 2 This boat is not to pass the last canoe at any time unless in an emergency or as directed to do so by the Race Director. This will be a last resort and only done in exigent circumstances.
- 3 If the Chase Boat is removed to other duties, it must be replaced with another vessel unless exigent circumstances prohibit such replacement.
- 4 The crew is to report any infringement of the Regatta Rules to the Race Director.
- 5 The Call sign of this boat is "Chase Boat".
- 6 This boat must be capable of direct communication with the Race Director and other officials at all times.

16.10 Support Craft

- 1 Support craft will patrol between the Lead and Chase boats for the duration of the race.
- 2 Assist any competitor or canoe that may require assistance or as otherwise directed by the Race Director. At least one of these craft must be capable of taking on board

multiple paddlers should a canoe break up or become inoperable and the crew require rescuing.

- 3 Assist in monitoring the Field and Escort Boats (Changeover Event) to ensure all rules are adhered to and report any infringement of the Regatta Rules to the Race Director.
- 4 The call sign for this boat is "Support 1" and "Support 2" etc.
- 5 This boat must be capable of direct communication with the Race Director and other officials at all times.
- 6 First Aid personnel, if allocated to a vessel, must be on a Support Craft that is in a position to respond to any incidents.

16.11 Team Escort Boat – Changeover Events

- 1 Each competing team must have a Team Escort Boat which is in seaworthy condition, capable of towing a distressed canoe, and complies with all other relevant safety requirements.
- 2 Each team may have the use of 1 Team Escort Boat only to assist in the retrieving of paddlers.
- 3 A mother boat may be used where smaller boats may return the paddlers to after being retrieved from the water. This boat must remain well clear of all competing canoes, and if it causes any interference with any canoe, the team using the boat at the discretion of the Race Director may be disqualified.
- 4 At no time will a Team Escort Boat deliberately try to assist its own canoe or be detrimental to the progress of another canoe.
- 5 Except when changing or retrieving paddlers, all Team Escort Boats will remain at a distance from all competing teams and/or competitors so as not to interfere (a reasonable guide is 100 meters).
- 6 Where possible, Team Escort Boats must be in a position where they can safely monitor the progress of the canoe and its crew.
- 7 A Team Escort Boat (or any other craft) will not be used for the transport of any article directly to a canoe, except in an emergency. The article must be dropped off in the water and recovered by the team or competitor or given to them by a swimmer.
- 8 Coaching from outside the canoe by any person is strictly forbidden. If coaching from outside the canoe is detected, that team/competitor may be disqualified (encouragement from supporters is not classified as coaching and will not be cause for disqualification).
- 9 If a Team Escort Boat breaks down or is unable to complete the event the Race Director will conduct a risk assessment to determine the most suitable course of

action to ensure the safety of the paddlers. The team is to follow the course of action determined by the Race Director. (In many instances this may require the team to cease racing and be directed to shore).

16.12 Required Minimum Safety Craft

1 Safety Craft - OC6/V3 Marathon and Short Course Events

The following is a guide for safety boat allocation, however a detailed support boat management plan that examines the course, risks, and risk mitigation in relation to support boats **MUST** to be completed for all regattas. As a result of the approved Support Boat Management Plan Risk Assessment the number of support boats may vary to the standard ratio. If there is a request to vary the ratio, this must be submitted to either the Zone, or AOCRA (dependent upon the race) for approval by that respective oversight body. The standard required ratio is set out below:

- 1) LEAD BOAT
- 2) CHASE BOAT
- 3) SUPPORT CRAFT in ratio of 1 to 10 Canoes.

Note18: ALL Support craft must have a minimum of two persons on board, being a captain and a spotter and be in communication with the other craft and the Race Director.

Note19: Support Craft can be Boats or Jet Skis (Jet Ski MUST have an attached sled, radio communication, a driver and one crew), Jet skis can be NO more than 30% of Safety Craft.

Note20: There must be at least one vessel capable of retrieving multiple paddlers from the water should a canoe break up or become inoperable.

Example: A marathon or short course event with 15 canoes will require one LEAD BOAT, one CHASE BOAT, and two SUPPORT CRAFT (A maximum of one Jet Ski can be used, ensuring the Jet Ski has a sled, appropriate communications device and two persons on board. The other vessel must be capable of retrieving multiple paddlers should it be required).

Example: A marathon or short course event with 70 canoes will require one LEAD BOAT, one CHASE BOAT and seven SUPPORT CRAFT (A maximum of three Jet Ski can be used, ensuring the Jet Skis have a sled, appropriate communications device and two persons on board).

2 Safety Craft - OC6 Close to Shore Events – Senior Events ONLY

- 1) The course and competing canoes must always remain within 500m from the shoreline.
- 2) The distance between the two farthest turning buoys shall be no more than 3km apart ensuring a “loop” course is in effect.
- 3) The total number of SAFETY CRAFT required is three (no more than one Jet ski is allowed with the requirements as listed in 16.12) with each craft remaining in visual sight of one another and be evenly spaced around the race course.

Note21: If incidents occur and a SAFETY CRAFT needs to leave the course, then either the race must be halted, or the SAFETY CRAFT is replaced so as at all times there is three SAFETY CRAFT on the course. It would be prudent for a Race Committee to allocate additional craft to cover this contingency.

3 Safety Craft - V1/OC1/OC2/SUP Marathon and Short Course Events (Race Director may require additional support boats if race length, race conditions and expected spread of competitors warrant extra SUPPORT CRAFT) are:

- 1) LEAD BOAT
- 2) CHASE BOAT
- 3) SUPPORT CRAFT in a ratio of at least 1 to 20 canoes.

Note22: SAFETY CRAFT must consist of a minimum of three (3) boats, with the remaining craft able to be any combination of boats or jet skis (Jet skis must have an attached sled, radio communication, a driver and one crew). The Race Director may consider “staggered” starts to enable Safety Craft to monitor paddlers over a compressed area.

Example: A marathon V1/OC1/OC2/SUP event with 45 canoes; will require one LEAD BOAT, one CHASE BOAT, and three SUPPORT CRAFT (one of these must be a boat capable of retrieving multiple paddlers). To minimise the distance between paddlers, consideration should be given to staggering starts, i.e, Women, then Platinum and Golden male paddlers followed by Senior, Masters and Open mens paddlers, or similar groupings.

4 Safety Craft - Sprint Events

- 1) A minimum of two SAFETY CRAFT will be required for sprint events.
- 2) These boats must be located at either end of the sprint course and must not cause interference with the event.
- 3) These boats will not be used for any other purpose. E.g., Start Boat etc.

5 Safety Craft - Changeover Events



- 1) LEAD BOAT
- 2) CHASE BOAT
- 3) SUPPORT CRAFT One MUST be a boat, plus one Escort Boat for each competing Team.

6 **Safety Craft – V12 Events**

The minimum SAFETY CRAFT for V12 events will be as per the for OC6 events with a V12 canoe deemed to be one OC6 for the purpose of calculating the number of SUPPORT CRAFT.

Example: Six V12 canoes will be deemed to be six canoes for the purposes of SUPPORT CRAFT calculations.

7 **Safety Boats – Concurrent Events (Events held over different distances or courses)**

Where events are being conducted concurrently, Safety Boat requirements are determined by the number of entries in each separate event (not the combined number). There must be a separate lead boat for the differing events and sufficient craft to cover the expected Safety Boat ratio.

8 **Briefing Safety Boat Crews**

It will be the responsibility of the Race Director to ensure all safety boat crew members are briefed on their responsibilities and are conversant with these Regatta Rules.

9 **Replacement of Safety Boats**

When a Safety Boat is called away from the regatta for any reason, the Host Club is to ensure a replacement boat is made available. If minimum Safety Boat Ratios are not met at any time, the Regatta is to stop. Support vessels such as Maritime, or Ocean Rescue, are not be counted as Safety Vessels unless they are solely committed to the event and not in a position to respond to other matters outside of the Regatta.

10 **Communications to Emergency Services & Safety Craft**

These craft will be known as LEAD BOAT ALPHA, CHASE BOAT ALPHA and SUPPORT CRAFT ALPHA etc. and will be briefed on the duties and requirements detailed in these rules. The Race Director will be responsible to ensure that all Safety Craft personnel are fully briefed on their roles and responsibilities. These craft must be in communication with each other and the Race Director throughout the race. Emergency Service crews should be contactable via the designated radio frequency for that area.

11 **Beach Launches**

The decision to implement a beach launch at any regatta must be made/ confirmed by the Race Director no more than 1 hour prior to the scheduled race start.

If a beach launch is considered a safe option by the Race Director, the Race Director and host club must ensure that adequate support personnel are in place to assist paddlers if necessary to negotiate the conditions.

Beach launch officials must ensure that any paddler that return to the beach and not participate in the race are assisted from the water and noted as did not start (DNS).

COURSE RULES

16.13 General Requirements

- 1 There will be no more competitors in a canoe, than the number of seats in that canoe.
- 2 Paddling, including any stationary use of the paddle in the water is only allowed while the paddler is in a sitting position on a seat in the canoe. Paddlers must remain in a seated contact position in the canoe (no standing or kneeling).
- 3 A canoe must finish an event with all seats in a canoe occupied by nominated team members, i.e., OC6 canoe must finish with 6 nominated competitors, OC2 canoe must finish with 2 nominated competitors.
- 4 Coaching from outside the canoe by any person is strictly forbidden. If coaching from outside the canoe is detected, that team/competitor may be disqualified (encouragement from supporters is not classified as coaching and will not be cause for disqualification).
- 5 The Race Director, after considering the prevailing weather conditions, must update an AOCRA or Zone Official of any decision made in respect to alternative courses to be used during a strong wind warning.
- 6 The Race Director must undertake regular and ongoing assessments of the conditions including tides, wind, water depth, storms or any event which could affect the safety of paddlers, and all these factors should be considered before placing of marker buoys.
- 7 The Race Director may alter a course during the running of an event, and in a timely manner advise the appropriate authorities, AOCRA, the Zone, all clubs, and subsequently all competitors being advised.
- 8 The appropriate authorities, AOCRA, the Zone, all clubs, and subsequently all competitors must be contacted in the event of a Regatta being cancelled or changed in any way. Such changes will be provided to participants at least 30 minutes prior to the event start time and will be clearly outlined at the briefing.

- 9 The Race Director may change a course during the running of a race if safety concerns dictate such a change is the safest, most appropriate course of action given the conditions at the time.

16.14 Sprints

Course Markers & Lane Requirements

- 1 A sprint course will be either 250 metres or 500 metres in length, with lanes 25-30 metres wide and in a straight line.
- 2 Any event of a distance greater than the sprint course will involve turns.
- 3 A sprint course will be in water with a depth of at least 2 metres, or as approved by AOCRA or the Zone.
- 4 The course will be marked by clearly visible buoys.
- 5 Whenever turns are required, coloured turning buoys will be located in the centre of the lanes and will be numbered accordingly.
- 6 Smaller, white buoys will mark lane boundaries.
- 7 Lane boundary marker buoys may be position at the midway point of the straightaway.
- 8 The minimum number of lanes is five or as otherwise directed by AOCRA or the Zone.
- 9 The maximum number of lanes is 10.
- 10 Lanes will be numbered so that lane 1 is closest to the beach.

16.15 Heats, Semi-Finals, and Finals

- 1 A sprint event may be only one race, i.e., a final, or a sprint event may be a series of races (heats) which are used to determine the participants that qualify to race in a final.
- 2 If the number of crews warrant, and time permits, it is also possible to run heats to determine qualifiers for 2 semi-finals, and from the 2 semi-finals. qualifiers are determined for the final.
- 3 Rules to qualify from heats to semi-finals, then from semi-finals to finals, are the same in principle as qualifying from heats directly to a final.
- 4 The number of heats in an event is determined by the number of entries and the number of lanes available.
- 5 If the number of entries in an event is less than or equal to the number of available lanes, then the event will be run as a final.
- 6 If the number of entries is more than the number of available lanes, then heats will be held.



- 7 The difference between the number of teams in each heat will not be more than 1, e.g., 13 teams in 6 lanes, would require 3 heats total being 2 heats of 4 teams, and 1 heat of 5 teams (not 2 heats of 5 times and 1 heat of 3 teams).
- 8 Lane assignments for heats will be determined by ballot.
- 9 The number of finalists for each event is determined by the number of available lanes, so that only 1 final will be held.
- 10 Lane assignments of teams and competitors for National/Zone Titles/Club regatta finals will be determined by fastest times in heats or by ballot if heats are not required.
- 11 Teams or competitors placed first in each heat will gain an automatic placing in the final (or semi-finals) with the remaining lanes allocated to the teams or competitors with the next fastest times.
- 12 Lane assignments for finals (or semi-finals) are determined by the fastest team or competitor being allocated the centre lane, with the slowest teams being allocated the outside lanes in descending order.
- 13 If semi-finals are held. the fastest time from heats is allocated to the first semi-final. and the second fastest time from heats is allocated to the second semi-final, and similarly the remainder of the qualifiers are alternated between the 2 semi-final races in descending time sequence.
- 14 If teams or competitors fail to report for the start of a heat. or are withdrawn from the heats, which makes the elimination of an entire heat possible, the Race Director may restructure the event or cancel it at any time before the event starts.
- 15 All finals will be on the same day of the competition where possible.

16.16 Sprint Specific Race Rules

- 1 If any team or competitor's canoe is past the start line before the start of a race, they may be disqualified if they do not retreat behind the start line.
- 2 The paddlers that compete in a heat or semi-final of a sprint event are the only competitors eligible to paddle for that team in the finals of the same event unless approved otherwise at the discretion of the Race Director.
- 3 Competitors may not compete in more than one team for each division of a sprint event.
- 4 Any canoe outside its assigned lane during the race, including the finish will result in a crew disqualification.
- 5 Turns are to be made anti-clockwise around the assigned lane turn buoy and within the assigned lane marker buoys. Turning otherwise or without the entire canoe and ama rounding the turn buoy will be cause for disqualification.



- 6 Whilst an event is taking place, competitors/coaches who are not racing will not be permitted on or near the start line, the turning buoy of Lane one, Lane one boundary closest to the beach, and the beach. Teams or competitors found in this area may at the discretion of the Race Director, be disqualified from competing.

16.17 Marathon and Short Course Events

Course & Marker Requirements

- 1 The race map of the course will clearly show turning points, danger zones, i.e., reefs, and any other obstacles. These are to be marked on the course by large clearly visible buoys, unless otherwise determined and clearly detailed at race briefings.
- 2 Start buoys will be placed wide enough apart to accommodate all competitor canoes, side by side. In exceptional circumstances where there are a significant number of canoes, a Race Director can extend this rule, but must advise all competitors during the race briefing.
- 3 A beach start will be between two flags, wide enough apart to accommodate all canoes, side by side.
- 4 The first turning buoy of a marathon course (not less than 10km) should be a minimum of 2 kilometres from the start line (where conditions permit). If it is impractical to do so the Race Director shall set the buoy at a distance from the start line deemed safe after taking into consideration local conditions and numbers of canoes to avoid mass craft turning and potential collisions. The Race Director should also consider the use of staggered starts to minimise mass craft turning at the first turning buoy.
- 5 The first turning buoy of a short course (less than 10km) event should be a minimum of 1 kilometre from the start line. If it is impractical to do so the Race Director shall set the buoy at a distance from the start line deemed safe after taking into consideration local conditions and numbers of canoes to avoid mass craft turning and potential collisions. The Race Director should also consider the use of staggered starts to minimise mass craft turning at the first can.
- 6 The use of permanent marine markers such as a pylon as a turning point in a course is at the discretion of the Race Director after a risk assessment has determined it safe to do so. The fact that the turning point is a fixed marker must be clearly articulated to all paddlers at the race briefing.

16.18 Marathon & Short Course Specific Race Rules

- 7 If any team or competitor's canoe is past the start line before the start of a race, they will be penalised by up to 10 minutes being added to their finishing time, after official warning/s or at the Race Director's discretion.
- 8 A canoe will follow the instructions as provided by the Race Director at all times.
- 9 A canoe may follow its preferred course between designated markers.
- 10 A canoe overtaking another canoe will change direction and go around the slower canoe, and in a manner so as not to interfere with the slower canoe's progress.
- 11 A canoe being overtaken must not hinder the faster canoe overtaking it in the straightaway
- 12 Where a canoe changes course to affect an impact on another canoe (ramming) to alter that canoe's progress or course, it will be cause for disqualification.
- 13 Interference with another canoe during an event is cause for disqualification.
- 14 A turn without the entire canoe and ama rounding a turn buoy is cause for disqualification. A canoe may avoid such disqualification if it subsequently correctly rounds the turn buoy.

16.19 Drafting

- 1 The application of these drafting rules is to be at the discretion of the approving body, either the Zone or AOCRA with the decision to apply the rules needing to consider the race type, distance and the conditions expected in the event.
- 2 Drafting is not allowed where there is a different number of paddlers in a canoe or paddlers are of a different division and gender (e.g., OC1 cannot draft OC2, OC1 male cannot draft OC1 female)
- 3 Drafting is when a paddler is within 1 meter of the tail, or sides of another competitor or any other watercraft on the racecourse for more than 10 seconds.
- 4 A competitor must make an effort to exit the drafting zone immediately when boundaries allow. Examples of boundaries include any other craft, rocks, canals, submerged objects, bridges, and vessels.
- 5 If there is a combined craft and gender start, consideration should be given to using wave starts with a gap of 200 meters or a previously nominated time frame on the Regatta Invite between waves.
- 6 Competitors will be disqualified or be awarded a time penalty for drafting any watercraft on the racecourse that is not in the same division and gender.

16.20 Right of Way

Avoid contact between canoes

- 1 All contact must be avoided. When contact occurs, canoes must immediately stop paddling and separate the contact, ensuring the safety of all parties.
- 2 A canoe may follow its preferred course between designated markers.

16.20.1 Passing

- 1 A canoe that is attempting to pass shall keep clear at all times and in no way interfere while it is attempting to pass, nor shall the lead canoe attempt to prevent another canoe from passing.
- 2 A canoe being overtaken must not hinder the faster canoe overtaking it in the straightaway. Where a canoe changes course to affect an impact on another canoe (ramming) to alter that canoe's progress or course, it will be cause for disqualification.

16.20.2 Rounding Marks/Turning Buoys

- 1 Right of way at rounding marks and turning buoys will be given to the leading canoe.
- 2 In the case of the canoes being level or overlapping immediately prior to the turn buoy (when entering a circle within 2 canoe lengths from the turning point), right of way will be given to the INSIDE CANOE all outside canoes must not impede or cause interference to that canoe from making their turn. (Overlapping is defined as a condition that exists when no open water can be seen between the stern of one canoe and the bow of another, when canoes are viewed at right angles to their course).
- 3 Where there is no overlap at the 2 canoe length circle the trailing canoe must follow around the turn without impeding the lead canoe, overlap CAN NOT be established after the 2 canoe length circle.
- 4 If any CANOE contravenes these right of way rules, it is grounds for disqualification, time penalties or other penalties as decided by the Race Director).

Figure 1 Diagram depicting examples of "right of way" rules with the circle depicting two canoe lengths. (Note in the second example canoe **C** does not get right of way until they are within 2 canoe lengths of the turn).

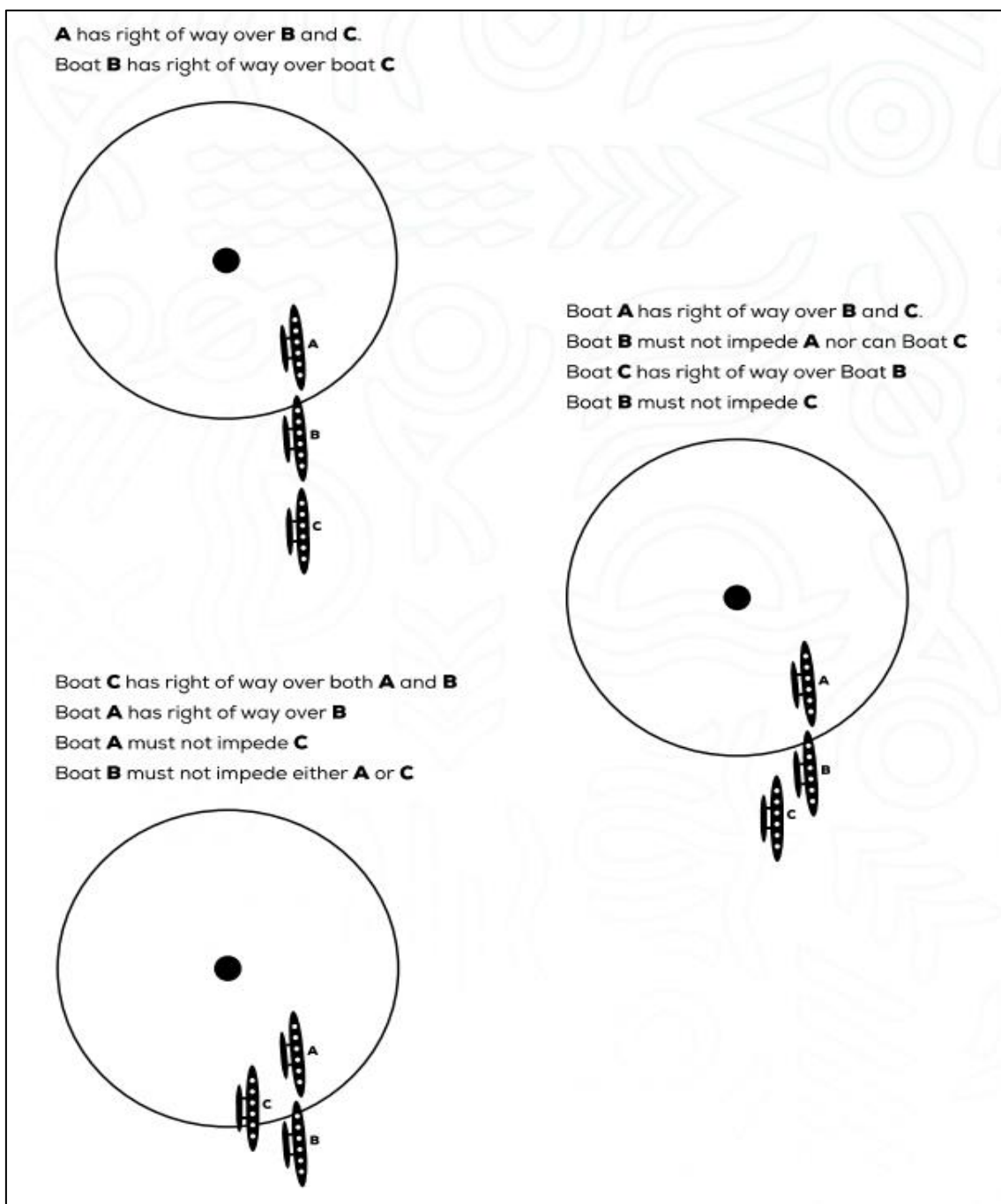


Figure 1 - Examples of "Right of Way"



16.21 Changeover Course Rules

- 1 Original and/or relief paddlers may be used at the discretion of the captain or coach, within the guidelines of the approved program.
- 2 The first change of paddlers will not take place for either 30 minutes from the start of the event, or a fixed point as defined in the course. The inspector on each Team Escort Boat will notify the team at what point the first change of paddlers can occur. A breach of this rule is cause for immediate disqualification.

16.22 Start Procedure

The start procedure will be:

- 1 Raise of White Flag - will indicate 2 minutes to race start, and that canoes must approach the "pre-start" start line approximately 10 metres behind the actual start line. This line may be an imaginary line or marked with buoys.
- 2 Simultaneous Drop of White Flag & Raise of Red Flag - will signal to move forward to the start line and to hold the canoe stationary at that point, i.e. not moving forward.
- 3 Raise of Black Flag - will indicate that during the start procedure, a canoe is over the start line. A verbal warning may be given to the offending canoe.
- 4 Simultaneous Drop of Red Flag & Raise of Green Flag - will signal the start of the event.
- 5 Depending on conditions and at the discretion of the Race Director, the time intervals between the flag sequence may be altered. This should be addressed at the Breifing where possible.
- 6 The Race Committee may formulate a detailed starting procedure for each regatta, with prior approval from AOCRA or the zone.
- 7 The start line is an imaginary line drawn between the 2 extreme lanes or turning buoys in sprint events, and between 2 fixed or anchored markers for all other events.
- 8 Competitors must be present at the starting line at the time shown on the program, or as otherwise directed by the Race Director.
- 9 Starting signals will be given regardless of absentees, overturned canoes or broken paddles. A race should not be delayed, however this will be at discretion of the Race Director and/or Starter.
- 10 All competitors are under the control of the Starter - 2 minutes prior to the posted event start time.
- 11 If a canoe overturns 2 minutes prior to the start of an event (under the White Flag), the team or competitor will be eliminated from the event if the competitor or team does not resume their position in the canoe within 3 minutes without any outside help.

- 12 The position of the canoe at the start of an event will be such that the bow of each competing canoe is lined up on, but not crossing, the start line.
- 13 A team or competitor will be disqualified if:
 - a) the bow of the canoe is over the start line: and
 - b) the team or competitor is not attempting to back-paddle behind the start line.
- 14 It is the responsibility of every team or competitor to conform to these rules and it is not mandatory that the Starter raise a black flag or give a verbal warning to the team or competitor for a disqualification to be upheld.
- 15 A team or canoe will be disqualified if it is moving or travelling in a forward motion immediately prior to the Green Flag being raised.

16.23 Interruption or Halting of a Race

The Race Director has the authority to interrupt a race if unforeseen problems arise.

- 1 A RED FLAG or a signal will be used to stop the race, and this will be identified at the race during the briefing.
- 2 If a race is declared null and void, no change in the structure of the team is allowed for a restart of that race.

16.24 Finish Procedure

- 1 The finish line is an imaginary line drawn between the two extreme lanes or turning buoys in sprint races, or between two fixed or anchored markers for all other races.
- 2 The finish of a race is when the bow of the canoe passes the finish line between the finish buoys/flags.
- 3 In a sprint race, a canoe must pass the finish line within the assigned lane (either side of turning buoy)
- 4 When a marker buoy is used as a finish buoy the marker buoy should be located or positioned a safe distance from shore break zone allowing for multiple canoes to pass unobstructed and safely between marker buoy and shore break.

16.25 Disqualification

- 1 A team or competitor must be notified as soon as possible after the commencement or completion of the event of any disqualification.
- 2 Only the Race Director or Assistant Race Director may disqualify a Club, Team, or Competitor from competing after consultation with the appropriate officials. The Club, Team or Competitor will be given the reasons for disqualification in writing at the time of notification by the Race Director/ Assistant Race Director.

- 3 Any team or competitor who attempts to win an event by means other than honestly or who does not comply with these race rules or, who by his or her conduct, clearly shows a lack of respect of these rules, or appointed officials will be disqualified.

Any breaches of the AOCRA Rules, the following are cause for automatic disqualification:

- a) Noncompliance with a direction given by the Race Directors or an AOCRA appointed official.
- b) Abusive language or threatening behaviour towards the Race Director, an appointed official or another competitor.
- c) Non-compliance with the starter's directions.
- d) A person holding a canoe on beach starts pushes a canoe in a direction that gives them an advantage.
- e) Persons interfering with another canoe so as to cause an unfair advantage.
- f) If the steerer/captain of a canoe fails to notify the Race Director or Race Secretary of the canoe number or identification markings prior to the start of any heat or final.
- g) A competitor administers a banned substance or consumes alcohol as provided by in these rules.
- h) A nominated club official (Coach, President or nominated official) fails to register and verify their crews (without reasonable cause) with the Race Registrar before racing commences.

16.26 Protest

- 1 An intention to protest will be lodged with the Race Director no later than 15 minutes after the completion of the event or disqualification by the Race Director. The Race Director will issue a protest form and designated time frame for lodgement.
- 2 A protest lodgement fee of \$50.00 will be delivered to the Race Director with the Protest Form, within the designated time frame. If the protest is upheld the lodgement fee will be refunded in full. If the protest is dismissed, the lodgement fee will be forfeited to AOCRA. or the Zone.
- 3 The Race Director will provide a receipt indicating receipt of the protest lodgement fee.
- 4 On receipt of a protest the Race Director will immediately notify all parties involved in the protest.
- 5 The Race Director will deliver the protest to the Protest Committee for deliberation.
- 6 The Protest Committee will hear, investigate, and rule on all protests and any other matter brought before it by the Race Director.

- 7 A disqualification pronounced by the Protest Committee will be confirmed in writing outlining the reasons for the decision and then given to the club official, team captain or competitor by the Race Director.
- 8 Any ruling made by the Protest Committee will be final.

16.27 Complaints and Incidents

A paddler who is a member of a registered club and AOCRA may make a complaint in relation to a regatta race. The complainant must make the complaint immediately or as soon practicable after the race that day to the Race Director. The Race Director should as soon as practicable relay the complaint to a current member of the AOCRA Zone committee or AOCRA committee for National events.

The Race Director and the AOCRA Zone committee member together should take the complaint to the offending party. The Race Director and the Zone committee member may in their absolute discretion discuss the issues of the complaint with any other party they think fit to assist them. If it is agreed or determined that the offending party was at fault the following options may be considered.

Options:

- 1 In circumstances where the issues of the complaint or incident are of a minor nature a reasonable time penalty may be applied in the absolute discretion of the Race Director and the Zone committee member.
- 2 In circumstances where the issues of the complaint or incident are of a serious nature the Race Director and the Zone member may determine in their absolute discretion to disqualify the offending party.
- 3 In circumstances where the issues of the complaint or incident involve significant and wilful disregard for the briefing instructions and rules and regulations of the sport the Race Director and the Zone committee member may in their absolute discretion disqualify the offending party and refer the matter to the AOCRA Committee for further consideration under the Constitution and Member Protection Policies including potential further sanctions.
- 4 In circumstances where the complaint or incident is found to be without merit and or vexatious the Race Director and Zone committee member must speak to all parties involved. The Race director and Zone committee member in their absolute discretion may award a time penalty against the complainant.

All parties must be notified of the outcome from the complaint or incident by the Race Director that day. A report of the complaint or incident must be made by the Zone committee

member and tabled at the next zone committee meeting. In circumstances where property damage or physical injury has resulted from the matter an incident report must be completed and forwarded to AOCRA committee within 7 working days.

Note 23: examples of issues of a serious nature would include total disregard for the briefing instructions, safety and welfare of any persons, damage to property and physical injury.

Note 24: examples of issues involving a significant and willful disregard for rules and regulations of the sport include but are not limited to serious issues relating to zone rules, National Constitutions, AOCRA Rules, MPP, and all associated by-laws.

17 HOSTING A REGATTA

17.1 Nominations

Nominations for National Championships/Zone Titles/Club and Combined Regattas.

17.1.1 Competitor/Team Nomination Process

- 1 A Club will lodge their CLUB NOMINATION together with TEAM/COMPETITOR FEES as directed on the Regatta Program. This shall occur not less than 14 days prior to the regatta date, or as may be amended by AOCRA or the Zone. A nomination is not to be accepted after this agreed date unless the LATE NOMINATION FEE is paid.
- 2 A Club will lodge a TEAM NOMINATION correctly endorsed with the Paddler ID Numbers, as directed on the Regatta Program. This shall occur not less than 7 days prior to the regatta, or as amended by AOCRA or the Zone. A nomination is not accepted after this time unless prior approval from AOCRA or the Zone is given, and a LATE NOMINATION FEE is paid.
- 3 International Competitors must list during the TEAM NOMINATION process in lieu of Paddler ID Number - full name, date of birth, address, contact phone number and next of kin, and complete "Indemnity 6 Release" form.
- 4 Only nominated competitors will be allowed to compete. Any team utilising a non-nominated paddler will be disqualified.
- 5 Any competitor or team wishing to withdraw from an event will notify the registration area prior to the scheduled event start time.

17.1.2 Promotional Events (Corporate/Club Days) Nomination Process

If the event requires a nomination process it will be determined by the Host Club and approved by the Zone. All non-AOCRA members must complete AOCRA Indemnity and Release form. All Corporate/Promotional/Come and Try days with a Nomination fee require the host club management committee, along with the Head Coach, to have appropriate risk management plans, aquatic and council permits (where applicable) in place and made available upon request if required.

Host clubs must notify their zone of all Corporate/Promotional/Come and Try days to ensure there is no conflict with Zone or National Calendar.

17.1.3 Inter Club Training

All Inter club training sessions should be planned by the relevant Host club management committee and Club Head coaches with appropriate record of their risk assessment and plan including paddler capability, as a minimum. This record must be available upon request if required.

Host clubs must notify their zone of all Inter club training days to ensure there is no conflict with Zone or National Calendar.

17.2 Nomination Fees

Nomination Fees for National Championships/Zone Titles/Club and Combined Regattas.

- 1 The portion of Competitor Fees due to the Host Club and the Zone will be determined by AOCRA from time to time. Refer to [AOCRA By Law 6](#) AOCRA Affiliation Fees and Other Charges, Section 5.

17.2.1 Competitor Fee

The amount of Competitor Fees for National Championships/State and Zone Titles and National Combined Regattas including non AOCRA members and international competitors will be determined by the Host Club and approved by AOCRA.

17.2.2 Promotional Events (Corporate/Club Days/Come and Try) Fee

The amount of Competitor Fees shall be determined by the Host Club and approved by AOCRA or the Zone. Refer to [AOCRA By Law 6](#) AOCRA Affiliation Fees and Other Charges, Section 5.

17.2.3 Cancellation Policy

- 1 The host club of each event should include the AOCRA Refund Policy in the approved Regatta Program confirming the circumstances for eligibility for requesting a refund. The direct cost of processing a refund of the Nomination Fee is a legitimate regatta expense and may be deducted from the Nomination Fee at time of an approved refund. It is always at the discretion of AOCRA and the Zone to refund their portions of the fee.
- 2 Regatta programs must include "should a regatta be cancelled refunds will be completed in line with AOCRA Refund policy". The direct cost of processing a refund of the Nomination Fee is a legitimate regatta expense and may be deducted from the Nomination Fee at time of an approved refund. It is always at the discretion of AOCRA and the Zone to refund their portions of the fee.

17.3 Regatta – Points System

- 1 Points may be awarded for National Championships/Zone Titles and Club Regattas, in accordance with these Rules, at the discretion of AOCRA or the Zone.
- 2 Clubs or AOCRA Members that compete in Club Regattas outside of their zone are ineligible to accrue points in that zone.
- 3 The categories for points are at the discretion of AOCRA and or Zones. Examples include Champion OC6 Club and Champion V1, OC1, OC2, and V3 Club.
- 4 Champion Club is the club which accumulates the greatest number of points for a Regatta or Grand Prix Series. If clubs are on equal points, the Champion Club will be the club with the most first place getters in events. If still even, the club with the most second place getters in events. If still even, the club with the most third place getters in events.
- 5 Point System - all craft for all Marathon, Short Course and Changeover Events - Points will be awarded up to tenth place:

PLACING	POINTS	PLACING	POINTS
1 st	14	6 th	6
2 nd	12	7 th	5
3 rd	10	8 th	4
4 th	8	9 th	3
5 th	7	10 th	2

Note 25: Plus 1 point will be awarded to all other teams completing a marathon event from and including 11th place.

17.4 Sprint Events – Points System

Points will be awarded as follows:

PLACING	POINTS
1 st	7
2 nd	5
3 rd	3

Note 26: Plus 1 point will be awarded for each finalist from 4th up to and including 10th

17.5 Awards and Prizes

At National Championships, Senior and Junior AOCRA approved medallions are to be awarded.

At all other regattas awards that are to be presented will be determined by the Host Club and approved by the Zone.

17.6 Regatta Officials & Duties

The following list of Regatta Officials are to be provided for by the Host Club where relevant for all regattas (some roles may be able to be held by more than one individual).

- Race Director
- Safety & Risk Officer
- Race Committee
- Protest Committee
- Course & Facilities Inspector
- Paddler Inspector
- Starter and Assistant Starter
- Course Judges
- Turn Judges
- Finish Line Judges
- Timekeepers
- Race Registrar
- Recorders
- Race Secretary
- Announcer
- First Aid

17.6.1 Race Director (Includes Assistant Race Director)

- 1 The primary focus of the Race Director, in conjunction with the Race Committee, will be the safety and wellbeing of competitors, volunteers and officials.
- 2 The Race Director will not be a competitor in any event for the regatta unless an assistant race director is appointed. The Assistant Race Director must accept all the responsibilities of the Race Director if the Race Director is racing/competing.
- 2 The Race Director and Assistant Race Director must be AOCRA members and must be approved by the Zone or AOCRA. They must fulfill the requirements of the Race Director as detailed in the attachment marked Appendix 3 - "Role of the Race Director".

- 3 The Race Director and Race Committee will ensure that all AOCRA Rules are adhered to by all competitors taking part in an event.
- 4 The Race Director will oversee all aspects of the regatta, including ensuring that all Safety Boats are briefed on their responsibilities and are conversant with these rules.
- 5 The Race Director will be responsible for notifying all disqualifications.
- 6 The Race Director must be capable of fulfilling, as a minimum, the standards as indicated in Appendix 3 - "The Role of the Race Director".
- 7 The Assistant Race Director must similarly be across all aspects of the regatta and place the welfare and safety of all involved as paramount.
- 8 If the Assistant Race Director performs the role of "On Water Director" or similar, they must maintain communications with the Race Director and should a significant incident take place during a race, they **MUST** provide Command and Control of that incident in conjunction with the Race Director.

See Appendix 3 for more detail.

17.6.2 Safety and Risk Officer

- 1 This position is responsible for monitoring and implementing safety and risk requirements at an event. They must monitor environmental conditions to ensure safety across all races at the regatta as well as the care and safety of all volunteers, paddlers and official who are not racing.
- 2 The Safety Officer will advise the Race Director and Race Committee on any identified or developing risks and provide risk mitigation strategies should it be necessary.
- 3 This role can be completed by the Race Director/Race Committee member or other officials nominated by the race director.

17.6.3 Race Committee

- 1 The Race Committee will consist of the Race Director and four members of the Host Club.
- 2 The Race Committee, under the direction of the Race Director, will co-ordinate the competition, supervise its progress, and amongst their duties will:
 - a) Ensure all licences and permits are granted prior to the final date for approval by the Zone/AOCRA.

- b) Assess weather conditions leading to the event and make appropriate amendments to ensure safety of paddlers, officials and volunteers.
- c) Undertake pre-race briefings with officials nominated to coordinate events on the day i.e. BBQ, Traffic, Registrar etc
- d) Brief all officials on their respective duties in accordance with the Regatta Rules.
- e) Ensure that all Regatta rules are adhered to, and the safety requirements are always adhered to.
- f) Ensure that the race course is accurate commensurate with the Regatta invitation sent to clubs. If the race course or length is changed this must be relayed to competitors at the briefing.
- g) Assign competitors to heats and lanes in accordance with these rules.
- h) Inspect any competitor's equipment as required by the AOCRA rules.

17.6.4 Protest Committee

- 1 Subject to sub-clause [3]. A Protest Committee will be appointed by the Host Club Race Committee, with Zone Officials empowered to call upon any other members from any club to officiate, providing that member is not a member of or associated with any club involved in the protest.
- 2 A quorum of a Protest Committee will be not less than 3 persons who will not be members of any club involved in the protest.
- 3 The Protest Committee for National Championships will consist of at least 1 appointed AOCRA Official and officials from Zones that are not subject of the Protest.

17.6.5 Course & Facilities Inspector

- 1 To be appointed by AOCRA, or the Zone.
- 2 Must ensure, in conjunction with the Race Director and Race Committee, that the distances and other features indicated on the course map from the approved program for the regatta are accurate. The official is also to ensure that all the required facilities are available.
- 3 If the course or facilities are not approved, the regatta is to be suspended or cancelled until the appropriate committee gives such approval.

17.6.6 Paddler Inspector (Scrutineer)

- 1 Inspector reserves the right to request proof of age and identity. Such as drivers' licence or another appropriate document approved by the Race Director.

- 2 Will ensure that Competitor Eligibility is satisfied.
- 3 Ensures that all canoes and equipment comply with Rule 12.
- 4 Ensures that no unapproved equipment is used in an event. If unapproved equipment is detected the owner must be informed immediately that they are ineligible to race.
- 5 Ensures an area termed the "Sign in Area" should be available where the competitors will check in and report to the Paddler Inspector when called.
- 6 Ensures an area termed the "Holding Area" should be available where the canoes are kept between events and where competitors are to go after they leave the "Sign in Area" before they enter the water.

17.6.7 Starter & Assistant Starter

- 1 There will be a starter who will have an Assistant Starter.
- 2 The Starter will decide on all matters concerning event starts and is solely responsible for decisions in the case where canoes are not lined evenly.
- 3 The Starter will ensure that the starter flags are on site.
- 4 The Starter will communicate with and be satisfied that all Regatta Officials are ready for the start of an event.
- 5 The Starter will be positioned near the start line with a clear view of all competitors and must be able to be seen by all competitors in all events.
- 6 The Starter will start an event in accordance with start procedure.
- 7 The Starter will immediately notify timekeepers and Race officials of the start of the race.
- 8 Where practical, the Assistant Starter may display the number of the heat in a sprint event prior to the start of that heat, and the competitors assigned to that heat would approach the start line in accordance with the start procedure.
- 9 The Assistant Starter will be positioned so as to be in alignment with the start line.
- 10 If a canoe crosses the start line prior to the start of the event, the Assistant Starter where possible will display a black flag and attempt to communicate with the canoe/s. The canoe will be given an opportunity to move behind the start line.
- 11 If unable to establish verbal contact with the offending canoe, or the canoe fails to attempt to move behind the start line, the Assistant Starter is to continue displaying the black flag, and the Starter will continue with the start sequence as described in the start procedure.

17.6.8 Course Judges

- 1 The Race Director will assign a Course Judge at any critical point or turn on the water that may become congested during a Marathon/Short Course/Changeover event if it is considered necessary.
- 2 A Course Judge must be positioned to give him/her a clear view of any turn buoy.
- 3 A Course Judge will look for violations of race rules and will immediately notify the Race Director of any such violation.
- 4 The Course Judge must be briefed on all Race Rules, particularly those rules around turns. (per Rule 17.8.2)

17.6.9 Turn Judges

- 1 In any Sprint event, there will be 4 Turn Judges who will be positioned to give them a clear view of the turning buoys.
- 2 The Turn Judges will ensure that competitors negotiate their turn buoy and the straightaway, in compliance with the rules and will immediately notify the Race Director of any non-compliance.

17.6.10 Finish Line Judges

- 1 There will be a minimum of 2 Finish Line Judges who will record the order in which the competitors cross the finish line.

17.6.11 Timekeepers

- 1 There will be 2 or more Timers who will be solely responsible for timing events and will ensure that times are recorded and rule on any time discrepancies.
- 2 The Race Director will ensure that the timekeepers are notified of the start of every race.
- 3 In sprint events timekeepers will be assigned as applicable to the sprint format.

17.6.12 Race Registrar

- 1 The Race Registrar will be responsible to the Zone or AOCRA for the returning of Acquittal material post the event.
- 2 The Zone Secretary will be responsible to AOCRA and the relevant Zone Committee for the keeping of all records of all events excluding the National Championships and produce the same on request of AOCRA.
- 3 All records of all regattas within the relevant Zone will be maintained for a period of 12 months from the end of the Race Year, or as otherwise required by another controlling statute body - whichever is the greater timeframe for retention.

17.6.13 Recorders

- 1 The Recorders will record the results of each event and prepare the necessary information under the supervision of the Senior Recorder.
- 2 The Senior Recorder will work closely with the Race Registrar and Announcer to ensure that race information is made available to the public.
- 3 The Registrar may also perform the role of Recorder and the allocated Recorders will operate under the guidance/direction of the Race Registrar.

17.6.14 Race Secretary

- 1 The Race Secretary will provide all information required to the media representatives regarding the progress of events and results. (The Race Director may fulfil this role if required or a nominated member for the Race Committee)
- 2 The Race Secretary will have overall responsibility for all documents involving the competition.
- 3 He or she will work closely with the Race Director.

17.6.15 Announcer

- 1 The Announcer will be responsible to keep the competitors and spectators informed of events and results.
- 2 He or she will call events in progress and give any information, which enhances the spectators' interest in the sport.
- 3 He or she will announce the official results of an event at the direction of the Race Director.

17.6.16 First Aid Officer

- 1 See section [16.5](#)
- 2 This person/s will hold a St Johns Ambulance qualification or similar to administer first aid as required to all competitors and any other person seeking first aid assistance. If multiple people are to hold this role during an event a clear roster showing the times and the individual fulfilling this role needs to be created. This person is not to be a competitor while fulfilling the role of First Aid Official.
- 3 At National and State Titles, it is mandatory to have two First Aid Officers and one of these will be allocated to the Safety Boat that is responsible for monitoring the progress of the race and additionally, they are allocated responsibility of managing any on water incidents. (With the "On Water"



Director per Rule 16.5) The other First Aid Officer will be stationed at the Regatta Site.

- 4 Club Regattas must have at least one First Aid Officer allocated per rule 16.5. (Best Practice indicates two First Aid personnel, one land based and one on the water)



APPENDIX 1 DESIGNATED WATERWAYS FOR MINNOWS RACING

STATE	TERMS	DEFINITION
Queensland	Smooth Waters	Smooth waters include rivers, creeks, streams and lakes, waters within breakwaters or revetments and within half a nautical mile from land within partially smooth water limits.
	Partially-Smooth Water	No specific definition - areas are marked on maps around all coastal ports in Queensland
	Maritime Safety Queensland https://www.msq.qld.gov.au/	
New South Wales	Enclosed Waters	It defines enclosed waters as navigable waters within the land mass of New South Wales such as inland and coastal rivers, inland and coastal lakes and similar waters, and enclosed coastal bays and harbours and includes the waters specified in Schedules 18 and 1C (these schedules list smooth and partially smooth waters).
	Roads and Maritime Services NSW https://www.nsw.gov.au/	
Victoria	Inland Waters	Rivers (inside the seaward entrance), creeks, canals, lakes, reservoirs, and any similar waters either naturally formed or man-made and which are either publicly or privately owned but does not include any navigable rivers, creeks, or streams within declared port waters.
	Enclosed Waters	1. The declared port waters inside the seaward entrance of the following local ports: 1. the Port of Apollo Bay 2. the Port of Anderson Inlet 3. the Port of Gippsland Lakes 4. the Port of Snowy River 5. the Port of Mallacoota 6. the Port of Port Fairy
	Maritime Safety Victoria Maritime safety Transport Safety Victoria	



STATE	TERMS	DEFINITION
South Australia	Protected Waters	These include all inland waters, excluding Lake Alexandrina, Lake Albert, and any other waters subject to tidal influence.
	Semi-Protected	These are waters up to two nautical miles from the low-water mark of the coast of mainland South Australia and Kangaroo Island and from the banks of Lake Alexandrina and Lake Albert (and also the Coorong).
	Boating and Marine SA Government SA.GOV.AU	
Western Australia	Protected Waters	Waters contained within any lake, river or estuary, or by any breakwater, but does not include the waters of Cambridge Gulf or Lake Argyle.
	Shore	Any shoreline of the mainland or island and includes a wharf/jetty or similar rigid structure attached to land.
	Department of Transport Western Australia – Marine Marine (transport.wa.gov.au)	
Northern Territory	Inland Waters	Inland waters include non-tidal rivers, lakes, dams, and billabongs.
	Intermediate Waters	Intermediate waters include all tidal rivers, sheltered waters areas and all other coastal waters up to two nautical miles from the coastline.
	NT Government – Maritime Safety https://nt.gov.au/marine/marine-safety	
Tasmania	Smooth Waters	The geographical limits of the waters defined as smooth waters are specified and shown via map MAST - Marine and Safety Tasmania
	Marine and Safety Tasmania https://mast.tas.gov.au/	



APPENDIX 2 LIFE JACKETS/PERSONAL FLOATION DEVICE

STATE	LIFE JACKET/PFD REQUIREMENTS
Queensland	Lifejackets (Maritime Safety Queensland) (msg.qld.gov.au)
New South Wales & A.C.T	Lifejackets and safety equipment NSW Government <i>Note: In the Australian Capital Territory legislation has been updated to align with maritime safety laws nationally, particularly those in NSW.</i>
Victoria	https://wearalifejacket.transportsafety.vic.gov.au/
South Australia	https://www.marinesafety.sa.gov.au/which_lifejacket_do_you_need
Western Australia	Lifejackets (transport.wa.gov.au)
Northern Territory	Indigenous maritime safety NT.GOV.AU
Tasmania	Paddle Craft - Marine and Safety Tasmania (mast.tas.gov.au)

APPENDIX 3 ROLE OF THE RACE DIRECTOR

To ensure AOCRA events/regattas are managed and conducted under the AOCRA rules and relevant Marine rules and regulations.

The role requires:

Capabilities:

Expertise / Skills

- Excellent understanding of the AOCRA rules, their interpretation and application.
- Places safety of competitors, officials and volunteers above all else.
- Willing to work outside for extended periods of time – sometimes in adverse weather conditions.
- Ability to work under stressful situations and maintain composure.
- Demonstrated leadership capabilities.
- Knowledge of all officiating equipment usage and requirements.
- Ability to assume any officials position during the event.
- Ability to delegate to key officials and have these positions be fully responsible for their areas including decision making ability.
- Ability to make decisions under pressure of time.
- Maintain confidentiality.
- Positive attitude.

Communication

- Excellent verbal communication skills.
- Conflict resolution skills.
- Positive and understanding.
- Constructive negotiation.

Experience

- Demonstrated previous experience as a Race Director, On Water Race Director or Assistant Race Director.
- Exceptional understanding of all key official positions and the ability to teach these roles to new officials.
- Exceptional skills assessing the environment in the locality where the race courses are, in conjunction with forecasted and actual weather conditions.
- Prepare and present appropriate briefings to support boat teams, officials and competitors.

Safety of all competitors and volunteers

- Ensure all safety measures are enforced and adhered to and are of the highest priority during all regattas.
- Take the lead and coordinate any critical/serious incidents that may occur during racing at a Regatta.
- Continually monitor safety and weather conditions and abandon or modify races as required.
- Work collaboratively with the “On Water Race Director” when coordinating incidents.
- Ensure safety/ support boat drivers are briefed both pre and during the event as required.
- All support boat drivers, spotters and officials understand the emergency response process and are capable of attending as first response.

Key Officials / Volunteers are managed / skilled in their respective roles



- Ensure key officials / volunteers have been given clear expectations and guidelines for their respective areas.
- Attend all briefings of these officials to ensure thorough knowledge of all aspects of the regatta are understood and ready to fulfill their roles.
- Addressing infringements / disqualification in a timely and discreet manner.
- Follow the AOCRA Rules and zone supplementary rules for infringements.
- Take a lead role in managing infringements/disqualifications to ensure a timely outcome.
- Take the lead in assessing matters relating to poor sportsmanship that led
- to canoe damage on the water, with practical advice applying the AOCRA Rules.

Regatta reports/ logs

- Provide detailed and thorough Incident reports covering near misses and
- incidents resulting in injury and or canoe damage arising in a regatta
- within 48 hours. Incident Report is on AOCRA website to complete.
- Supply additional information when requested from AOCRA
- Maintain a “running log” of significant/critical events, decisions made and
- any relevant actions taken.

Specific Duties

- Must be actively involved in the planning and preparation of a regatta
- from the beginning, including, but not limited to, the preparation of the
- Regatta invite, Maritime Aquatic Event Authority and or Licences and
- Council Permits.
- Present at all Race Briefings and ensure clear and concise directions are
- relayed to paddlers.
- Ensure Course Maps and diagrams are displayed and used in briefings,
- they must be current and clearly display the racecourse.
- All hazards or potential risks must be relayed to the paddlers at these
- briefings. (i.e. small bombora's, sailing races etc.)



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