

# Ontario University Indoor Championships 2017

## Rules & Regulations

- Each athlete must sign a waiver of liability release in order to participate

### Ergometre Settings:

Women = 65kg / 60 drag

Men = 75kg / 60 drag

Relay = 65kg / 60 drag

### Categories:

#### Rookie:

There will be no weight classes in the rookie division. Just women's and men's categories.

RW = Rookie Women

RM = Rookie Men

#### Competitive:

There will be separate weight categories in the competitive division:

Lightweight Women = under 130lbs

Women = 130lbs or more

Lightweight Men = under 170lbs

Men = 170lbs or more

CLW = Competitive Lightweight Women

CW = Competitive Women

CLM = Competitive Lightweight Men

CM = Competitive Men

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

A scale will be available for any dispute resolution requirements.

Team:

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

In order to be eligible for awards the team must consist of:

2 Women & 2 Men all registered to the same university

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

#### Racing Rules:

Individual Races:

All Heats = 250m

Rookie Finals = 250m

Competitive Finals = 500m

Team Races = 250m per athlete (cumulative time)

Athletes are not permitted to change paddle side during the race

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

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

Straps are not permitted

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

#### Race Progression:

Individual Races:

1 heat + 1 final

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

Finals should feature only athletes within a specific race category

Team Races:

1 x Direct Final, winners are determined by overall time