



Sprint Racing Rules

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INTRODUCTION

American Canoe Association, in accordance with its bylaws, hereby promulgates the following Racing Rules to govern competitions in the discipline of sprint canoe and kayak.

I SANCTIONS 1. Sanctions

- 1.1. All sprint canoe and kayak competitions held within the limits of the United States shall be held under sanction from the American Canoe Association (“ACA”) if they wish to be recognized as official.
- 1.2. ACA may require the payment of a sanctioning fee. The ACA Board of Directors (“the Board”), or a person or persons designated by the Board, shall determine and publish the amount of the sanctioning fee by January 1 in each year.
- 1.3. Sanctioning fees may be refunded when the competition organizers, with the agreement of ACA, cancel the proposed competition.

II AUTHORITIES 2. Authorities

- 2.1. The annual Sprint Canoe Kayak National Championships (“National Championships”), the annual Sprint Canoe Kayak National Team Selection Trials (“Trials”) the US Masters Sprint National Championships (“USMAS”), and all International Sprint Canoe Kayak Regattas (“International Regatta”) held in the United States shall be held only under direct assignment and sanction from ACA.
- 2.2. Special rule sections for National Championships, National Team Trials and US MAS govern those particular events and override the general rules.
- 2.3. Any person wishing to compete in an International Regatta must have his or her entry sanctioned by ACA.
- 2.4. Regional Sprint Canoe Kayak Championships (“Regional Championships”) and State Sprint Canoe Kayak Championships (“State Championships”) shall be held only under direct sanction from ACA.
- 2.5. Local sprint canoe kayak competitions, in which more than two clubs affiliated to ACA participate, shall be held only under sanction from ACA.

III ELIGIBILITY 3. Eligibility

- 3.1. Competitions sanctioned by ACA shall be open to ACA members and to international competitors (“International Competitors”).
- 3.2. ACA may declare a sanctioned competition to be a closed competition. Entry to a closed competition may be limited to either (1) AMERICAN CANOE ASSOCIATION members who are United States citizens or (2) AMERICAN CANOE ASSOCIATION members who are United States citizens or United States permanent residents. Entry eligibility to a closed competition will be defined in the eligibility criteria for that competition.
- 3.3. Competitors in both open and closed competitions must be in good standing with their national federation.

4. Eligibility Classes

- 4.1. A Bantam is one who has not reached his / her 14th birthday as of January 1st of the current year.
- 4.2. A Juvenile is one who has not reached his / her 16th birthday as of January 1st of the current year.
- 4.3. A Junior is one who has not reached his /her 18th birthday as of January 1st of the current year.
- 4.4. Any change in classification will be effective after the end of the current year.
- 4.5. A Senior is anyone who does not meet the requirements of any other class. Seniors may paddle only in senior events.
- 4.6. A Master may compete in a Masters event in the year that he or she reaches the lower limit of each age group (e.g. in the 30-34 age group, in the year of his/her 30th birthday). In crew events the age of the youngest competitor will control the category in which the crew can compete. Masters age groups will commence at 30-34 and increase upward in 5 year increments.

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4.7 In addition to their own classes:

- 4.7a Bantam may paddle in the Juvenile and Junior classes;
- 4.7b Juvenile may paddle in the Junior and Senior classes;
- 4.7c Junior may paddle in the Senior class;
- 4.7d Master may paddle in the Senior class.

IV INTERNATIONAL COMPETITORS 5. International Competitors

5.1. International Competitors must be sanctioned by their national federations.

5.2. The following rules apply for International Competitors:

- 5.2.a. they shall meet registration deadlines and pay entry fees to participate in the competition;
- 5.2.b. they are not be eligible for membership of a AMERICAN CANOE ASSOCIATION team;
- 5.2.c. they are not eligible to race for a club affiliated to AMERICAN CANOE ASSOCIATION; and
- 5.2.d. they are not eligible to receive points, medals, or prizes awarded by AMERICAN CANOE ASSOCIATION.

V CLASSES AND BUILDING RULES 6. Limitations & Trademarks

6.1. The maximum length and minimum weight for sprint canoes and kayaks are as follows:

	Max Length	Min Weight
	Cm	Kilos
K1	520	12
K2	650	18
K4	1100	30
C1	520	14
C2	650	20
C4	900	30

6.2. Boats, accessories and clothing may carry trademarks, advertising symbols and words.

6.3. Any advertising material carried on the clothing and equipment of a competitor shall be placed in such a way that it does not interfere with a competitor's identification and does not affect the outcome of the race.

6.4. The advertising of tobacco products and strong alcoholic spirit drinks is not permitted.

6.5. Any boat, accessory or article of clothing that does not comply with these conditions shall not be used during a competition. Competitors and clubs are responsible for their own equipment.

7. Construction

7.1. The Hull: Section and longitudinal lines of the hull of the kayak and canoe shall not be concave (only horizontal and vertical).

7.2. The Deck: The deck construction may not be higher on any horizontal point than the highest point of the front edge of the first cockpit.

7.3. No foreign substance may be added to boats that give competitors an unfair advantage.

7.4. It is forbidden for the boat or the competitor to be equipped with any device which would give the competitor any advantage in any way during competition.

- 7.4.a. A boat or competitor may be equipped with a device which provides real time feedback on performance for use by television or event presentation. The same device may be used by the competitor for analysis following a race but in no circumstances may the device be used to provide real time feedback to a competitor during a race.

7.5. The competitors are responsible for ensuring that their equipment conforms to the technical

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requirements of these rules.

7.6. Kayaks

- 7.6.a. Boats may have one rudder. The rudder has to be placed under the hull of the boat.
- 7.6.b. Boats are to be designed as a sit-in (kayak type) not a sit-on (surf ski type).
- 7.6.c. Seat designs that allow the seat to rotate are permitted.

7.7. Canoes:

- 7.7.a. The canoe must be built symmetrically upon the axis of its length.
- 7.7.b. Steering rudders or any guiding apparatus directing the course of the canoe are not allowed.
- 7.7.c. C1 and C2 canoes may be entirely open. The minimum length if the opening shall be 280 cm and the edge of the side of the craft (gunwale) can extend a maximum 5 cm into the craft along the whole defined opening. The boat can have a maximum of three strengthening bars with a maximum width of 7 cm each.
- 7.7.d. C4 canoes may be entirely open, the minimum length of the opening shall be 390

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cm and the edge of the side of the craft (gunwale) can extend a maximum 6 cm into the craft along the defined opening. The boat can have a maximum four strengthening bars with a maximum width of 7 cm each.

8. Boat Control

- 8.1. The length of a kayak or a canoe shall be measured between the extremes of the stem and the stern. Stem-bands or other projection of the stem or stern, if any, are to be included.
- 8.2. Any alteration in canoes and kayaks after the measuring and weighing and before the competition has taken place, must still conform to technical requirements.
- 8.3. All loose fittings shall be removed.
- 8.4. Permanent knee rests attached in a definitive way to the floorboard and any attachments consisting of water absorbing material must be absolutely dry or they will be removed at the first weighing prior to the race
- 8.5. Two or more boats according to the decision of the Competition Committee and on a random system may be re-controlled immediately after the race.

VI ORGANIZATION OF THE COMPETITIONS

9. Competition Officials

- 9.1. Competitions are to be supervised by:
 - 9.1.a. Chief Official*
 - 9.1.b. Chief Judge*
 - 9.1.c. Deputy Chief Judge*
 - 9.1.d. Competition Manager*
 - 9.1.e. Boat Controllers*
 - 9.1.f. Starter*
 - 9.1.g. Aligner*
 - 9.1.h. Course Umpires* / Turning Point Umpires*
 - 9.1.i. Finish Line Judges* / Timekeepers*
 - 9.1.j. Technical Organizer
 - 9.1.k. Announcer
 - 9.1.l. Press Officer
- 9.2. At Trials and National Championships an AMERICAN CANOE ASSOCIATION SPRINT OFFICIAL ASSOCIATION – SOA - certified official with current certification must fill the above positions with asterisks. All other AMERICAN CANOE ASSOCIATION sanctioned events must be controlled by at least one AMERICAN CANOE ASSOCIATION SOA certified official with current certification.
- 9.3. If circumstances permit, one person may function in two of the above positions.
- 9.4. No unauthorized person may enter any official area unless the Competition Committee has requested his or her presence.

10. Competition Committee

- 10.1. Competitions are to be managed by a Competition Committee consisting of:
 - 10.1.a. Chief Official;
 - 10.1.b. Chief Judge; and
 - 10.1.c. Deputy Chief Judge.
- 10.2. The Competition Committee:
 - 10.2.a. shall organize and supervise the competition;
 - 10.2.b. may postpone the competition and decide on another time when it may be held in the event of inclement weather or other unforeseen circumstances which make it impossible to carry out the competition;
 - 10.2.c. shall hear and decide the outcome of any protests and settle any disputes that may arise;
 - 10.2.d. Shall provide to AMERICAN CANOE ASSOCIATION Director of High Performance and Competition within one week after the conclusion of the competition a report including a list of the officials participating at the competition; the results of the events contested; and a record of any protest lodged and the decision made thereon.
- 10.3. Before any decision is made regarding a protest, the Competition Committee:

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- 10.3.a. shall obtain a complete report from the official reporting the infraction;
 - 10.3.b. may seek the opinion of the officials who controlled the race in which the infraction is said to have occurred;
 - 10.3.c. may seek the opinions of other AMERICAN CANOE ASSOCIATION SOA certified Sprint Officials who are officiating at the competition;
 - 10.3.d. review any video or photographic evidence that may be available to establish the veracity of the claim; and
 - 10.3.e. shall base their decision on these rules.
- 10.4. A member of the Competition Committee who is affiliated by relationship or club with a competitor whom the Competition Committee may be called upon to disqualify, shall recuse themselves from the decision making process in that case. The Chief Official shall appoint a temporary substitute for the recused member of the Competition Committee from among the other AMERICAN CANOE ASSOCIATION SOA certified officials at the competition.

VII DUTIES OF THE OFFICIALS 11. The Chief Official

- 11.1. The Chief Official is also the Chair of the Competition Committee and:
- 11.1.a. shall decide all matters during the actual contest which are not dealt with in these rules;
 - 11.1.b. shall decide matters concerning disqualification in cases where the regulations are broken during a competition;
 - 11.1.c. shall notify the person disqualified immediately and before the result of the race is announced; and
 - 11.1.d. shall ensure that all officials take their positions at least 15 minutes before the start of the first race of the day and before the resumption of racing after any break in the program.

12. The Chief Judge

- 12.1. The Chief Judge shall assist the Chief Official and substitute for him/her as necessary.

13. Deputy Chief Judge

- 13.1. The Deputy Chief Judge shall be responsible for the administrative tasks of the competitions including:
- 13.1.a. receiving entries, entry fees; and
 - 13.1.b. notifying AMERICAN CANOE ASSOCIATION of any doubt concerning the eligibility of an entry. AMERICAN CANOE ASSOCIATION shall immediately investigate the same and, if the circumstances justify, empower the Competition Committee to refuse the entry;
 - 13.1.c. preparing the heat, semifinal, and final sheets;
 - 13.1.d. recording and posting results;
 - 13.1.e. preparing the list of winners;
 - 13.1.f. provide printed information for competitors at least 1 hour before the competition; and
 - 13.1.g. provide the Announcer and Press Official with all necessary information regarding the races, the results, and other information regarding the events.

14. Competition Manager

- 14.1. The Competition Manager shall:
- 14.1.a. supervise the races and is responsible for ensuring that the program is followed without unnecessary delay.
 - 14.1.b. supervise the efficient functioning of the finishing line and shall inform the officials concerned before each new race starts.
 - 14.1.c. Shall ensure that the Announcer has all necessary information concerning the lane assignments, the name of any competitor failing to start, and the results.

15. Boat Controller

- 15.1. The Boat Controllers shall:

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- 15.1.a. measure, weigh and certify all boats prior to the start of the competition. Should any of the boats not fulfill the requirements concerning Rule 6, 7 and 8 they shall be excluded from the competition;
- 15.1.b. check certification and weigh all boats reporting to Boat Control after a race; and
- 15.1.c. make an oral report and submit a written report to the Chief Official of any limitation or construction infraction that arises from post-race boat control.

16. Starter

- 16.1. The Starter shall:
 - 16.1.a. decide all questions concerning the start of the races;
 - 16.1.b. alone be responsible for decisions as to false starts and the Starter's decision is final;
 - 16.1.c. see that the starting equipment is in good working order;
 - 16.1.d. communicate via a signal to the officials at the finish line and after having received a response that all is ready to start, shall order the competitors to take their places and carry out the start according to the racing rules; and
 - 16.1.e. as required, perform the duties of the Aligner by calling the competitors to the start line; and
 - 16.1.f. be satisfied that the circumstances of the start are free from hindrance.

17. Aligner

- 17.1. The Aligner receives the competitors as they check-in before the race and checks the:
 - 17.1.a. competitor's clothing; and
 - 17.1.b. boat number.
- 17.2. The Aligner may bring the boats to the starting line and when all boats are even notify the Starter.

18. Course Umpire

- 18.1. For 1000m races the Course Umpire shall follow the race in a motor boat. Races with five (5) or less boats may be followed by one (1) Course Umpire. Races with six (6) or more boats shall be followed by two (2) Course Umpires.
- 18.2. For 200m races the Course Umpires shall not follow the race. Two (2) Course Umpires shall be positioned behind the start line and two (2) Course Umpires shall be positioned beyond the finish line, so as to observe all lanes between them.
- 18.3. For 500m races either the 1000m system or the 200m system may be used in the discretion of the Chief Official and depending upon his/her opinion of the course features.
- 18.4. The Course Umpire:
 - 18.4.a. shall see to it that during a race the rules are complied with;
 - 18.4.b. may give directions to the competitors during Bantam races only;
 - 18.4.c. shall show a white flag after the race if there is no infraction to report;
 - 18.4.d. shall show a red flag after the race if there is an infraction to report. For races that the Course Umpire follows he/she shall make a written report to the Chief Official immediately after the race. For races in which the Course Umpire is static, he/she shall make an oral report to the Chief Official immediately after the race and a written report to the Chief Official at the next convenient break in the program.
 - 18.4.e. in case of hindrances, must stop the competition by passing all boats in the race and waving the red flag or using a sound signal until all boats have stopped paddling. After this all boats shall return to the start. The Course Umpire shall immediately report the infraction to the Chief Official.
 - 18.4.f. shall be completely unhampered during the race, with nobody except the Course Umpire and the driver admitted to the motor boat.

19. Turning Point Umpire

- 19.1. When a race is run along a course with one (1) or more turning points:
 - 19.1.a. at least one (1) Turning Point Umpire and one (1) scribe must be stationed at every turning point where they gain the best view of the turn;

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19.1.b. the Turning Point Umpire shall see that the competitors turn according to the rules and report any infraction immediately after the race; and

19.1.c. the scribe shall make a list of all who pass the turning point.

19.2. The authority and duties of the Turning Point Umpire correspond with those of the Course Umpire.

20. Chief Finish Line Judge & Finish Line Judges

20.1. All Finish Line Judges shall be placed at the finishing post as near to the finish line as possible and in a position that allows all lanes at the finish line to be clearly seen.

20.2. Finish Line Judges shall be responsible for determining the order in which the boats pass the finish line.

20.3. When a photo finish system is used, the result determined by the finish line judges is compared to it. The photo finish system is decisive. A video is NOT a substitute for a photo finish system.

20.4. The Competition Manager shall be the Chief Finish Line Judge.

20.5. **The Chief Finish Line Judge:**

20.5.a. shall assign duties to other Finish Line Judges;

20.5.b. shall call all necessary boats to Boat Control;

20.5.c. shall acknowledge the Course Umpire with a flag of the same color;

20.5.d. shall consult and compile the manual results of the finish line judges;

20.5.e. shall consult the photo/video finish system to make the final decision on the order of finish in each race;

20.5.f. shall decide the order of finish in each race in the absence of a photo\video finish system; and

20.5.g. shall make the final decision in cases where the finish order is in dispute between the finish line judges.

21. Chief Timer & Timers

21.1. Timers are responsible for recording the times. The Competition Manager shall be the Chief Timer.

21.2. The Chief Timer shall be the primary Timer and may appoint at least one other Timer.

21.3. The Chief Timer:

21.3.a. shall see that at least two (2) digital printing stopwatches are in working order.

The stopwatches are to be started at the agreed upon signal from the start;

21.3.b. shall compare the official times with the other Timekeepers. When the stop watches have not recorded the same time the longest (worst) time shall be taken as correct; and

21.3.c. immediately inform the Deputy Chief Judge of official finish times.

22. The Technical Organizer 22.1.

22.1.a. shall make available, supervise and maintain all the technical, electronic, and physical equipment of the regatta venue; and

22.1.b. Assist Boat Control before the first day of racing to ensure that the weight and measurement regulations are compliant

23. The Announcer

23.1. The Announcer must have all announcements approved by the Deputy Chief Judge and Shall announce:

23.1.a. The start time of each race;

23.1.b. Lane assignments;

23.1.c. Position of the competitors during the race;

23.1.d. The official results; and

23.1.e. Other announcements pertaining to the event

24. Press Officer

24.1. The Press Officer:

24.1.a. is authorized to ask for information from the Deputy Chief Judge; and

24.1.b. must supply all necessary information to the representatives of the media about the event and its progress.

24.2. If the Press Officer is not AMERICAN CANOE ASSOCIATION staff, the Press Officer should work with the AMERICAN CANOE ASSOCIATION to provide adequate pre-race publicity.

25. Certification of Officials

25.1. A candidate for the AMERICAN CANOE ASSOCIATION Sprint Officials Association

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- (“SOA”) examination must have reached his/her 18th birthday.
- 25.2. An official candidate or SOA certified official must be a member in good standing of AMERICAN CANOE ASSOCIATION prior to the event in which h/she is serving as an official.
 - 25.3. Certification as an AMERICAN CANOE ASSOCIATION SOA official is based upon examination and assessment.
 - 25.4. The examination is based on these rules and practical regatta experience.
 - 25.5. The examination shall only be given by a certified AMERICAN CANOE ASSOCIATION sprint official authorized to do so by the SOA.
 - 25.6. An examination fee may be charged to cover the cost of materials and course presentation. This fee is to be set by SOA in consultation with the AMERICAN CANOE ASSOCIATION Director of High Performance and Competition.

VIII INVITATIONS & ENTRY FORMS

- 26. Invitations**
- 26.1. An invitation to a competition shall contain the following information:
 - 26.1.a. AMERICAN CANOE ASSOCIATION as the sanctioning body;
 - 26.1.b. name of sponsor(s);
 - 26.1.c. time and place of the competition and directions thereto;
 - 26.1.d. declaration of an "Open" or "Closed" event;
 - 26.1.e. a list of local accommodations and contact numbers;
 - 26.1.f. schedule of events which includes classes and distances of races;
 - 26.1.g. type of body of water and minimum depth of water;
 - 26.1.h. direction of the current, if any, in relation to the direction of the course;
 - 26.1.i. amount of entrance fee and other fees that may be charged;
 - 26.1.j. address to which entries should be sent;
 - 26.1.k. last date for receiving entries, which shall not be earlier than 21 days prior to the first day of the competition; and 26.1.l. late entries will not be accepted.

27. Entry Forms

- 27.1. An entry shall contain the following:
 - 27.1.a. the name of the club or federation to which the competitor(s) belongs or designation as unattached;
 - 27.1.b. the classes and distances in which the competitor(s) proposes to compete; and
 - 27.1.c. the first and last name of each competitor, together with the date and year of his or her birth, eligibility classification, and AMERICAN CANOE ASSOCIATION membership number.
- 27.2. In order for an entry to be accepted, it must be emailed, faxed, or mailed, with a date & time stamp of before midnight on the last day for receiving entries in the time zone of the venue hosting the event.
- 27.3. In the eventuality of conflicting information, the information from the participant's club will take precedence.

28. Entry Fees

- 28.1. When entry fees are a condition for participation in a regatta, no competitor may start in any race unless his or her entry fee has been paid.
- 28.2. Entry fees will not be refunded due to any alteration or withdrawal from an event.

29. Team Leaders/Scratch Meeting

- 29.1. Neither more than 24 nor less than 12 hours before the start of the first race of the competition, a Team Leaders/Scratch Meeting shall be held.
- 29.2. The Chief Official shall describe the regatta course and all other arrangements to which competitors must adhere for the duration of the competition; and
- 29.3. The Chief Official shall describe the regatta program and ask for any changes to the entries.

30. Alterations in Entries and Withdrawals

- 30.1. At the Team Leaders/Scratch Meeting prior to the start of the event, only eligible competitors entered in the competition can be substituted for the named competitor(s).
- 30.2. At the Team Leaders/Scratch Meeting, and only if a lane is available, eligible competitors entered in the competition may form a boat, but only after all changes for that event have been made.
- 30.3. If changes at the Team Leaders/Scratch Meeting result in the actual number of competitors

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- being too small for the plan used, there shall be a new drawing for heats.
- 30.4. The composition of a crew cannot change after the first race in an event.
- 30.5. The withdrawal of an entry at the scratch meeting or 1 hour before the first race of the day is considered final, and no renewed entry of the same competitor or crew is allowed.

31. Alteration in the Sequence of Events

- 31.1. The sequence of races given in the invitation is binding on the Competition Committee.
- 31.2. Alterations cannot be made unless all of the team leaders at the competition give their consent.

32. Instructions for Competitors

- 32.1. At least five (5) hours before the beginning of the regatta, the Deputy Chief Judge shall make available to all team leaders the following information:
- 32.1.a. revisions made at the Team Leaders/Scratch Meeting;
 - 32.1.b. starting times;
 - 32.1.c. location of the start and finish line for all scheduled distances;
 - 32.1.d. location of the warm up area;
 - 32.1.e. traffic patterns on the water and launching areas;
 - 32.1.f. place where competition information may be obtained and posted; and
 - 32.1.g. location of boat control.
 - 32.1.h. location of awards podium.

IX COURSE CONSTRUCTION 33. Layout

- 33.1. The standard AMERICAN CANOE ASSOCIATION Sprint course shall provide fair and equal racing conditions for nine boats racing in separate parallel lanes over the official 1000m, 500m, and 200m racing distances.
- 33.2. A professional surveyor shall certify the length and intermediate distances of the course.
- 33.3. The water over the entire course shall be uniform and at least two (2) meters deep.
- 33.4. At least five (5) hours before the start of the event, the course shall be marked by means of clearly visible buoys.
- 33.5. The course at the start and finish line shall permit a minimum of nine (9) lanes. Lane number one (1) shall be the far left lane then number two (2) and so on.
- 33.6. The width of each lane shall be at least nine (9) meters wide and not more than 13.5 meters wide.
- 33.7. The lanes shall be marked with buoys along the length of the course. The distance between the buoys shall not be more than 25 meters. The last line of buoys must be numbered from left to right from zero (0) to nine (9) so that the competitors' lane number is on the right side of the lane. These buoys must be big enough for the numbers to be clearly visible by the Finish Line Judges. These buoys should be fixed not less than one (1) meter and not more than two (2) meters behind the finish line
- 33.8. The start and finish lines shall lie at right angles to the course.
- 33.9. The start and finish line must be marked on the side furthest away from the start and finish line with an easily visible site line.
- 33.10. The start line shall be marked by two (2) red buoys on the outer limits of each side of the course.
- 33.11. The finish line shall be marked by two (2) red buoys on the outer limits of each side of the course. No other buoys shall be installed on the finish line.

34. Turning Points

- 34.1. For races of more than 1000m turning points are permitted. The radius of each turn shall be at least 31.5 meters (turn with the width of seven (7) lanes).
- 34.2. The turning points shall be marked by at least six (6) identifiable turn buoys.
- 34.3. Both the start and finish line shall be clearly identifiable to the competitor and take place in front of the finish tower.

35. Starting Facilities

- 35.1. The start platform shall:
- 35.1.a. be located as close to the starting line as possible and securely fixed;
 - 35.1.b. provide protection from the elements; and
 - 35.1.c. be elevated above the surface of the water.
- 35.2. The start platform shall contain:

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- 35.2.a. a starting device and back-up device;
- 35.2.b. a megaphone;
- 35.2.c. a stopwatch;
- 35.2.d. a clock; and
- 35.2.e. technical means of communicating with the finish line.

36. Finish Line Facilities

- 36.1. The finish line area shall:
 - 36.1.a. provide an elevated, unobstructed view of the finish line for the Finish Line Judges;
 - 36.1.b. provide adequate protection from the elements; and
 - 36.1.c. have a fixed steady sight line coinciding with the site line on the opposite side of the course.
- 36.2. The photo/video finish system area within the finish line area shall contain:
 - 36.2.a. a photo finish system and / or video camera to record all boats finishing in every race;
 - 36.2.b. a site line coinciding with the site line on the opposite side of the course that shows in the picture recorded by the photo/video finish system;
 - 36.2.c. only the Chief Finish Line Judge and the Competition Committee may review the photo finish/video system to aid in any decision making process; and
 - 36.2.d. no person shall have access to the results image, unless authorized by the Chief Official.
- 36.3. Access to the finish line area shall be limited exclusively to people authorized by the Chief Official.

37. Course Safety

- 37.1. The course shall be patrolled by at least two safety boats with responsibility for keeping the course clear of boats and other obstructions. The safety boats shall also act as rescue boats in the event of a boat capsizing during a race.

X PROGRAM OF EVENTS 38. Program of Events

- 38.1. The following table includes all eligible events that can be contested at a sanctioned AMERICAN CANOE ASSOCIATION Sprint competition:

MEN & WOMEN – K1 / K2 / K4 / C1 / C2 / C4				
BANTAM	200M	500M	1000M	1000M +
JUVENILE	200M	500M	1000M	1000M +
JUNIOR	200M	500M	1000M	1000M +
SENIOR	200M	500M	1000M	1000M +
MASTERS	200M	500M	1000M	1000M +
PARACANOE	200M	500M	1000M	1000M+

XI RACING REGULATIONS 39. Heats, Semi Finals and Finals

- 39.1. Heats, Semi-Finals (“Semis”), and Finals shall be run on the same stretch of water.
- 39.2. One boat entry constitutes a race and may be run alone or with another race comparable in speed as a direct final.
- 39.3. A competitor or crew that has not taken part in a heat or semi shall not compete in the final.
- 39.4. If the number of entries in races up to and including 1,000 meters is so great that heats and/or semis are necessary, the number of boats in each heat and semi may not exceed nine (9).
- 39.5. The division of the competitors into heats and the assignment of their lane numbers shall be determined by drawing lots or by seeding or by both.
- 39.6. When making the draw or seeding, the difference between the number of competitors in each heats shall not exceed one (1). If the number of competitors in each heat varies, the earlier heats shall have the larger number of competitors.
- 39.7. The Competition Committee has the authority to run an event with only 10 boats entered as a direct final.
- 39.8. In 1,000 meter races the interval between heats, semis, and finals shall not be less than one

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(1) hour; for 500 meter races not less than 45 minutes, and for 200 meter not less than 30 minutes.

- 39.9. For races of more than 1,000 meters, heats shall not be held, and all competitors or crews taking part shall start simultaneously. Should the width of water not permit a simultaneous start, starts at regular intervals are permitted.

40. Progressions & Plans

40.1.a. See Appendix A

41. Start

- 41.1. Competitors shall:
- 41.1.a. check in with the Aligner not less than five (5) minutes prior to the time set for their race;
 - 41.1.b. remain in the start area (within 200 meters before the start line);
 - 41.1.c. move up to the start line in their lane two (2) minutes before the time set for their race.
- 41.2. The start shall commence without reference to any absentees. A competitor who arrives late at the start shall be considered to have voluntarily withdrawn and shall not be allowed to start the race.
- 41.3. The position of the boats at the start shall be such that the bows of the competing boats are on the starting line.
- 41.4. Boats must remain stationary.
- 41.5. If the Starter is not satisfied with the lineup, the command will be "STOP" and the Starter or Aligner will reposition the boats. 41.6. The starting command will be "Ready-Set-Go" ("Go" can be a shot or strong sound signal).
- 41.6. At the "Ready" command the competitors begin their preparation to paddle. At the "Set" command the competitors place their paddle in the catch position. The starter when satisfied with the competitors positioning and attention will say "Go" (or shot or powerful sound).
- 41.7. In long distance races, the Starter shall announce to the competitors the time remaining to the start by saying "START WITHIN ONE MINUTE." When the Starter is satisfied, he / she will give the starting signal by a shot, a short powerful sound, or the word "GO."
- 41.8. Any competitor who disregards the instructions from the Starter or the Aligner to take up the correct position at the start or who keeps ahead of the other competitors shall be considered to have voluntarily withdrawn and shall not be allowed to start the race.
- 41.9. The Starter may recall a race by means of a second shot, signal or by calling back the competitors.

42. False Starts

- 42.1. Between the commands "Ready" and "Set" and between the commands "Set" and "Go" (or shot or powerful sound) the competitors must not paddle forward or this action will be deemed a false start. The boat must not move forward at these points in the starting procedure. The competitors must only react to the start command/signal "Go" and are not permitted to anticipate it. The competitors can paddle only upon hearing the starting signal/command "Go".
- 42.2. In the event of a false start, the Starter must immediately give a powerful sound signal. On hearing this signal all competitors must stop paddling and follow the Starter's instructions for a new start. Before the new start the Starter must identify the offending competitor or crew making the false start and give a warning. In the event of a second false start by the same competitor or crew, the competitor or crew is disqualified from the race and must leave the start area and the course immediately.
- 42.3. The Starter may also recall competitors for a new start in the event of unforeseen circumstances unrelated to the actions of the competitors. In such a case the same powerful sound signal must be given.
- 42.4. The Starter shall start the race when he / she is satisfied that everything meets with his / her approval.
- 42.5. The Starter shall make a written report of false starts and disqualifications to the Chief Official.

43. Failure To Start

- 43.1. If a competitor racing in a Juvenile, Junior or Senior event does not start an assigned heat, semi or final, the competitor shall be disqualified from all his / her events scheduled to be held that day.

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- 43.2. If a competitor racing in a Bantam or Master event does not start an assigned heat, semi or final, the competitor shall be disqualified from that event only.

44. Means of Propulsion

- 44.1. Kayaks shall be propelled solely by means of double-bladed paddles.
44.2. Canadian canoes shall be propelled solely by means of single-bladed paddles.
44.3. The paddles may not be fixed on the boats in any way.
44.4. If a paddle is broken a competitor may not be provided with a new one by a supporter.

45. Interruptions

- 45.1. The Umpire has the right to interrupt a correctly started race if unforeseen hindrances arise. The competitors must immediately stop paddling and await further instructions.
45.2. If a race is declared null and void, no change of the composition of a crew is permitted at the new start.
45.3. If a competitor or crew capsizes, the competitor or crew is eliminated from the race and the event.

46. Finish

- 46.1. A boat has finished a race when its bow crosses the finish line with all paddlers in it.
46.2. When two (2) or more boats finish in a dead heat (exactly the same result in a race) and when there are a sufficient number of lanes available for all boats to progress to a semi or final, the drawing of lots will determine to which race and/or lane the boats will advance.
46.3. The Chief Official may allow the use of lane 10 in the event of a dead heat for the last qualifying place in a semi or final.
46.4. When two or more boats finish in a dead heat (exactly the same result in a race) and when there are an insufficient number of lanes available for all boats to progress to a semi or final, there will be a re-race between the boats involved prior to the next stage of that event.
46.5. In the event of another dead heat (exactly the same result in a re-race) then a random draw of lots will determine which boat progresses to the next stage of that event.

47. Clothing

- 47.1. No competitor shall be allowed to start in a race unless he /she is properly clad in the racing uniform of (1) his or her national federation or club or (2) his / her personal racing uniform shown to the Deputy Chief Judge prior to the start of the competition.

48. Boat Numbers

- 48.1. All kayaks and canoes shall carry a vertical plate made of non-transparent material marked with black numbers on a white background indicating the lane. The numbers on the plate must measure 15 cm in height and 25 mm in thickness.
48.2. The plates shall be placed on the centerline of the boat on the afterdeck or rear thwart.
48.3. The size of the number plate shall be 18 x 20 cm.
48.4. Each boat must have a lane number holder firmly attached to the boat.
48.5. All numbers must be displayed without obstruction by mountings.
48.6. An individual competitor or a club must provide its own sufficient sets of lane number plates one (1) through nine (9).

49. Paddling on the Course

- 49.1. Taking pace or receiving assistance from another boat not in the race or by any other means is not permitted.
49.2. In races up to 1000 meters:
49.2.a. Competitors must keep the whole of their boat within the four (4) meters wide central area of their lane from the start to the finish of the course. Upon any deviation, the boat must go back immediately to this central area of the lane. If a boat leaves the center of the lane and does not return to it, the boat may be disqualified from the event. A boat which leaves its allocated lane must be disqualified from the event.
49.2.b. No boat may come nearer than five (5) meters in any direction to the boat of another competitor.
49.3. In races of more than 1000 meters:
49.3.a. Competitors may deviate from their lane, providing they do not impede other competitors.
49.3.b. When a race is run on a course with turning points, these shall be passed to port (i.e., in a counter clock-wise direction).
49.3.c. A competitor will not be disqualified for touching a turning point buoy, unless, in

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the opinion of the Turning Point Umpires, an advantage has been gained thereby. In making a turn the boat shall follow as closely as possible the course as marked by the buoys at the turning points.

49.3.d. Any competitor who is responsible for a collision or who damages the boat or paddle of another competitor may be disqualified and may be required to pay for the damage.

50. Tasks Of Competitors After The Race

- 50.1. Competitors must leave the course immediately after the finish of each race and must not impede the next race.
- 50.2. Boats selected by the Competition Committee for boat control must immediately proceed to post-race boat control. A competitor must not leave the line of sight of the Boat Controllers prior to reporting.

51. Disqualifications

- 51.1. Any competitor who attempts to win a race by any other than honorable means, or who breaks the racing regulations, or who disregards the honorable nature of the racing regulations, may be disqualified from the event in which the infraction occurs.
- 51.2. Any competitor who behaves improperly or who by his / her conduct or speech shows contempt towards the competition officials, other competitors, coaches or spectators, may be disqualified from the event in which the infraction occurs.
- 51.3. A competitor shall not receive external assistance during a race from another competitor in the competition. The competitor in the race may be disqualified from that event. The competitor providing the external assistance may be disqualified from his / her next event.
- 51.4. A competitor shall not receive external assistance during a race from a non-competitor at the competition. The competitor in the race may be disqualified from that event. The person providing the external assistance is subject to the disciplinary provisions of Rule 56.
- 51.5. When a race is in progress, competitors or crews not taking part in the race and positioned adjacent to the racecourse, must stop paddling until all boats in the race have gone past. If a competitor or crew fails to stop paddling while a race is in progress, the competitor or crew may be disqualified from their next event.
- 51.6. When boats in a race are crossing the finish line, no boat of any kind shall stop on the finish line or pass through the extended finish line on either side of the course. If the boat stopped on or passing through the finish line contains competitors in the competition, they may be disqualified from their next event. If the boat stopped on or passing through the finish line contains non-competitors, they are subject to the disciplinary provisions of Rule 56.
- 51.7. The Chief Official shall immediately notify the disqualified competitor, or his or her team leader or coach. The notice of disqualification shall be in writing and shall contain the reasons for the disqualification. The competitor, or his or her team leader or coach, shall sign a receipt for the notice of disqualification, which shall note the time at which the notice of disqualification was received by the competitor. Time for the filing of a protest against the disqualification starts to run at the time the receipt for the notice of disqualification is signed. If a competitor is unable to attend the Chief Official for the purposes of this rule, his / her team leader or coach may act in his / her place.
- 51.8. The Competition Committee may discipline any competitor, team leader, coach or official whose behavior is detrimental to the good order and conduct of the competition. After repeated behavior by a competitor, team leader, coach or official who has already been disciplined, the Competition Committee may exclude him /her from the competition.

XII PROTESTS & APPEALS 52. Protest

- 52.1. A protest against the right of a crew to take part in a race shall be referred to the Competition Committee not later than one hour before the start of the race. A protest may be made within 30 days from the date when the race in question was held, if the person filing the protest can prove that the facts on which the protest is based were discovered less than one hour before the start of the race in question.
- 52.2. A protest filed during a competition shall be addressed to the Competition Committee and handed to the Chief Official no later than 20 minutes after the competitor or his / her team leader or coach has been informed of the disqualification and has signed a receipt.
- 52.3. A fee of twenty-five (\$25) dollars shall be paid to AMERICAN CANOE ASSOCIATION with every protest filed. The fee shall be refunded if the protest is upheld.

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- 52.4. At Regional Championships, State Championships and local competitions all protests shall be made in writing.
- 52.5. At Trials and National Championships all protests shall be made in writing on AMERICAN CANOE ASSOCIATION protest forms. The Competition Committee will not hear protests in cases where the form is incomplete or the fee is missing.
- 52.6. When a protest or a report is made against a competitor or crew, the competitor or crew or their team leader or coach shall be given the protest or report to read.

XIII DISCIPLINARY MEASURES

53. Disciplinary Measures

- 53.1. Disciplinary measures for breaches of these rules may be taken against competitors, coaches, team leaders and other AMERICAN CANOE ASSOCIATION members at a competition. These AMERICAN CANOE ASSOCIATION disciplinary measures are:
 - 53.1.1. Caution: a verbal warning.
 - 53.1.2. Reprimand: a verbal reprimand of a person previously cautioned.
 - 53.1.3. Exclusion: the exclusion of a person previously reprimanded from the remainder of a competition.
- 53.2. Disciplinary measures for breaches of these rules or other AMERICAN CANOE ASSOCIATION bylaws can be taken by AMERICAN CANOE ASSOCIATION against competitors, coaches, team leaders and other AMERICAN CANOE ASSOCIATION members after the conclusion of a competition. These AMERICAN CANOE ASSOCIATION disciplinary measures are:
 - 53.2.1. Suspension: a suspension bans a person from participating in any capacity in AMERICAN CANOE ASSOCIATION sanctioned competitions or AMERICAN CANOE ASSOCIATION national teams, until the suspension is lifted.
 - 53.2.2. Expulsion: a person's membership in AMERICAN CANOE ASSOCIATION ceases.

54. Disciplinary Action

- 54.1. The Chief Official may issue a caution during a competition. A written report must be filed with the Deputy Chief Judge and included in the report to AMERICAN CANOE ASSOCIATION Director of High Performance and Competition.
- 54.2. The Competition Committee may issue a reprimand during a competition. A written report must be filed with the Deputy Chief Judge and included in the report to AMERICAN CANOE ASSOCIATION Director of High Performance and Competition.
- 54.3. The Competition Committee, Director of High Performance and Competition, High Performance Committee (HPC) athlete representative, may exclude a person from the remainder of a competition. The Competition Committee will appoint a senior athlete attending the event to act as an athlete representative, if the HPC athlete representative is unavailable. A written report must be filed with the Deputy Chief Judge and included in the report to AMERICAN CANOE ASSOCIATION Director of High Performance and Competition.
- 54.4. Suspension and Expulsion are governed by and determined according to AMERICAN CANOE ASSOCIATION bylaws.

XIV AMENDMENTS 55. Amendments

- 55.1. The AMERICAN CANOE ASSOCIATION Sprint Officials Association ("SOA") shall review the International Canoe Federation ("ICF") canoe sprint rules annually. The SOA may make recommendations to the Director of High Performance and Competition for amendments to the American Canoe Association Rules and Regulations when a new ICF rule has been instituted. The Director of High Performance and Competition will present these proposals to the HPC for discussion and to be voted on as the final step in the approval process.
- 55.2. The AMERICAN CANOE ASSOCIATION Rules and Regulations will be reviewed every two years by the SOA, Sprint Coaches Association ("SCA") and Sprint Events Committee ("SEC"). Proposed amendments are to be presented to the AMERICAN CANOE ASSOCIATION Director of High Performance and Competition by December 1st in a rule change year – even years. The proposed amendments will be discussed and

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- voted on by the HPC before December 31st for final step in the approval process.
- 55.3. Any amendments to these rules shall be published 30 days prior to their effective date.

XV SPECIAL RULES FOR TRIALS

56. Trials Sanction and Authorities

- 56.1. Trials to determine the United States Team for an Olympic or Pan American Games shall be held under the additional sanction and authority of the United State Olympic Committee (“USOC”).
- 56.2. A local organizing committee (“LOC”) that has been assigned Trials by AMERICAN CANOE ASSOCIATION is responsible for carrying out all things necessary and essential to ensure the safe and proper conduct of Trials.

57. Trials Eligibility

- 57.1. In the first and second years after an Olympic Games, Trials for seniors are closed to all but AMERICAN CANOE ASSOCIATION members in good standing who are United States citizens or holders of a valid permanent resident card and are eligible for selection to a AMERICAN CANOE ASSOCIATION national team under both ICF canoe sprint rules and the published AMERICAN CANOE ASSOCIATION selection criteria for that year.
- 57.2. In the years of a Pan American Games or Olympic Games, Trials for seniors are closed to all but AMERICAN CANOE ASSOCIATION members in good standing who are United States citizens and who are eligible for selection to a AMERICAN CANOE ASSOCIATION/USOC national team under both ICF canoe sprint rules and the published AMERICAN CANOE ASSOCIATION/USOC selection criteria for that year.
- 57.3. Trials for juniors are closed to all but AMERICAN CANOE ASSOCIATION members in good standing who are United States citizens or holders of a valid permanent resident card and who are eligible for selection to an AMERICAN CANOE ASSOCIATION national team under both ICF canoe sprint rules and the published AMERICAN CANOE ASSOCIATION selection criteria for that year.
- 57.4. A competitor shall present proof of age and eligibility upon registration at Trials.
- 57.5. A competitor must have a valid passport upon registration at Trials. This passport must not have an expiration date earlier than six months following completion of the International Regattas for which the competitor seeks selection.

58. Trials Invitations and Entry Forms

- 58.1. Invitations to participate at Trials shall be published sixty (60) days in advance of the competition.
- 58.2. The criteria for selection to AMERICAN CANOE ASSOCIATION teams shall be attached to the Invitation.
- 58.3. The selection criteria and program shall be determined yearly by the AMERICAN CANOE ASSOCIATION Sprint Selection Committee (“SSC”).
- 58.4. Entries fees for Trials shall be set by AMERICAN CANOE ASSOCIATION Chief Executive Officer in consultation with the LOC.

59. Trials Racing Regulations

- 59.1. The distribution of competitors into heats shall be determined either by seeding, or by random draw, or by a combination of seeding and random draw.
- 59.2. The distribution of seeded competitors into lanes for heats shall normally occur by allocating the highest seeded competitors to the lanes in the middle of the course. If weather conditions are such that competitors in the lanes in the middle and one side of the course would be at a disadvantage compared to competitors in the lanes on the other side of the course, the distribution of competitors into lanes may occur by allocating the highest seeded competitors to the most advantageous lanes.
- 59.3. The distribution of unseeded competitors into heats shall be determined by a random draw.
- 59.4. The system of progression from EITHER the heats to semis and from semis to finals OR from heats directly to finals shall be determined by the SSC by April 1st of the year of Trials. If no new system of progression is announced by the SSC by April 1st of the year of the Trials, the system of progression of the previous year shall be used.

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- 59.5. The distribution of lanes for semis and finals is automatically determined by the results of the previous heats or semis. The distribution of competitors into lanes from heats to finals, from heats to semis, and from semis to finals shall normally occur by allocating the highest placed competitors to the lanes in the middle of the course. If weather conditions are such that competitors in the lanes in the middle and on one side of the course would be at a disadvantage compared to the competitors in the lanes on the other side of the course, the distribution of competitors into lanes may occur by allocating the highest placed competitors to the advantageous lanes.
- 59.6. In the event of a dead heat (exactly the same result in a race) Rule 46 applies.
- 59.7. A semi will not be held if all competitors or crews would advance to the final. The distribution of competitors into lanes from such a semi to a final shall be by a random draw.
- 59.8. Once a crew has qualified for a semi or final, the composition of that crew may not be changed.
- 59.9. Finals "B" for places 10-18, Finals "C" for places 19-27, etc. may be held at Trials if requested by SSC.

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60. National Championships Authorities

- 60.1. National Championships shall be held only under direct assignment and sanction from AMERICAN CANOE ASSOCIATION.
- 60.2. A LOC that has been assigned National Championships by ACA is responsible for carrying out all things necessary and essential to ensure the safe and proper conduct of National Championships.

61. National Championships Arrangements

- 61.1. National Championships shall be held each year as directed by SEC. The venue and location shall be set two years in advance by a recommendation of the SEC to ACA Chief Executive Officer.
- 61.2. The National Championships shall move on a regional rotational basis from one year to the next. The rotation is west to central to east and back to the west region.

62. National Championships Eligibility

- 62.1. National Championships are an open competition for ACA members who are United States citizens, United States permanent residents or holders of current United States work visas.
- 62.2. International Competitors may enter but shall be subject to the progression rules for International Competitors.
- 62.3. For the purposes of eligibility to enter ACA Sprint National Championships, ACA membership shall be determined as of July 1st of the year of National Championships and must remain current through the conclusion of National Championships.
- 62.4. ACA membership director shall make available to the clubs upon request a list of current members and the date of expiration of their membership by June 15th of the year of National Championships.

63. National Championships Invitation, Entries and Draft Order of Events

- 63.1. The invitation to National Championships shall be approved by ACA SEC and issued by the LOC in accordance with these rules. The invitation and entry forms shall be published by May 1st of the year of National Championships.
- 63.2. Entries for National Championships shall be made using the online system approved by ACA in consultation with the LOC.
- 63.3. Nominal entries containing the names of the competitors entered in each event must be received by the Deputy Chief Judge not later than 21 days before the first day of National Championships. Only entries submitted online and paid in full by the entry deadline are valid.
- 63.4. A draft order of events publishing the names of the competitors in each event distributed into heats or a direct final, shall be sent to each team leader or coach of each participating club at least 14 days before the first day of National Championships.
- 63.5. No later than 7 days prior to the first day of National Championships a virtual/ remote web based pre-scratch meeting will be held with member of the Competition Committee to resolve all entry issues and to complete any unresolved team boats.
- 63.6. Entries for National Championships may only be made in accordance with special rules for

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National Championships.

- 63.7. Late entries or entries that are not made in accordance with the special rules for national championships shall not be accepted.
- 63.8. At the Team Leaders/Scratch Meeting, only scratches and competitor substitutions will be allowed.
- 63.9. Competitors are allowed to enter (8) eight events and (1) one long distance event. If a competitor competes in more than the allowed number of events, the competitor, and any crew in which he / she participates, shall be disqualified from all events in which he / she competes in excess of the limit.
- 63.10. Entries fees for the National Championships shall be set by ACA Chief Executive Officer in consultation with the LOC. A reduced fee of 50% of the overall entry fee will be charged for athletes racing in only 1 to 3 races.
- 63.11. A draft order of events publishing the names of the competitors in each event distributed into heats or direct final, shall be sent to each team leader or coach of each participating club at least seven (7) days before the first day of National Championships.

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64. National Championships Program and Order of Events

64.1. National Championships shall be held on three (3) consecutive days. If the ACA Masters National Championships (“USMAS”) is being held at the same location and with the same LOC as National Championships, it shall be held on the fourth day as a separate event. The long distance races of USMAS may be held on the third day of National Championships. The program for National Championships shall be the following events:

BANTAM CATEGORY

200m	K1 MW	K2 MW	
	C1 MW	C2 MW	
500m	K1 W	K2 W	K4 W
	C1 W	C2 W	C4 W
1000m	K1 M	K2 M	K4 M
	C1 M	C2 M	C4 M
3000m *	K2 M/W	C2 M/W	

NOTE: If there is only one entry in a 3000m Bantam C2 event after the virtual scratch meeting conference call per rule 66.5, the race will proceed as a C1 event open to any Bantam already entered in Bantam 1000m or 500m C1 events.

JUVENILE CATEGORY

200m	K1M/W	K2 M/W	
	C1 M/W	C2 M/W	
500m	K1 W	K2 W	K4 W
	C1 W	C2 W	C4 W
1000m	K1 M	K2 M	K4 M
	C1 M	C2 M	C4 M
5000m *	K1 M/W	K2 M/W	
5000m *	C1 M/W	C2 M/W	

JUNIOR CATEGORY

200m	K1M/W	K2 M/W	
	C1 M/W	C2 M/W	
500m	K1 W	K2 W	K4 W
	C1 W	C2 W	C4 W
1000m	K1 M	K2 M	K4 M
	C1 M	C2 M	C4 M
5000m *	K1 M/W	K2 M/W	
5000m *	K2 M/W	C2 M/W	

SENIOR CATEGORY

200m	K1M/W	K2 M/W	
	C1 M/W	C2 M/W	
500m	K1W	K2 W	K4 W
	C1 W	C2 W	C4 W
1000m	K1 M	K2 M	K4 M
	C1 M	C2 M	C4 M
5000m *	K1 M/W		
5000m *	C1 M/W		

**Only one long distance race may be entered by a competitor in the National Championships.*

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- 64.1.1. The program for National Championships shall be determined by the SCA in consultation with the SOA by December 1st in a rule change year. If no new program is proposed by December 1st, the program of the previous year shall be used.
- 64.1.2. The order of events at National Championships shall be determined by the SCA in consultation with the SOA by December 1st in a rule change year. If no new order of events is proposed by December 1st in a rule change year, the order of events of the previous year shall be used.
- 64.1.3. The schedule of events can only be changed prior to a National Championships for extenuating circumstances and only then with the approval of the National Championships Chief Official and the SCA.

65. National Championships Racing Regulations

- 65.1. There must be at least three (3) entries in a kayak event and at least two (2) entries in a canoe event for an event to be contested. The number of entries is determined as at the nominal entry deadline.
- 65.2. Competitors who enter an event that will not be contested may enter an alternative event. The Deputy Chief Judge shall coordinate these changes.
- 65.3. If a competitor or crew withdraws from an event after the nominal entry deadline, the event may be held with less than the required number of entries.

66. National Championships System of Division into Heats

- 66.1. Competitors will be seeded into heats based on ranking. The ACA Director of High Performance and Competition will rank the bantam, juvenile and junior events. The Senior National Team Coach/s will rank the senior events. If a complete ranking of an event is not received the distribution of competitors into heats shall be determined by a random draw.
 - 66.1.1. The Deputy Chief Judge will send a list of nominal entries in each event to the Director of High Performance and Competition the entry deadline. The Director of High Performance and Competition and the Senior National Team Coach/s will return the seeded list of competitors to the Deputy Chief Judge within 24 hours.
 - 66.1.2. The distribution of seeded competitors into lanes for heats shall normally occur by allocating the highest seeded competitors to the lanes in the middle of the course. If weather conditions are such that competitors in the lanes in the middle and one side of the course would be at a disadvantage compared to competitors in the lanes on the other side of the course, the distribution of competitors into lanes may occur by allocating the highest seeded competitors to the most advantageous lanes.
 - 66.1.3. The distribution of unseeded competitors into heats shall be determined by a random draw.
- 66.2. International Competitors shall be seeded evenly between the heats.

67. National Championships Progression

- 67.1. Competitors who are not International Competitors will advance as follows:
 - 2 heats: top 2 places from each heat to Final A, next best 5 times to Final A, next best 9 to FB, rest out.
 - 3 heats: top 1 place from each heat to Final A, next best 6 times to Final A, next best 9 to FB, rest out.
 - 4 heats: top 1 place from each heat to Final A, next best 5 times to Final A, next best 9 to FB, rest out.
 - 5 heats: top 1 place from each heat to Final A; next 4 fastest times to FA; Next best 9 to FB.
- 67.1.1 Singles events in Senior have FA & FB - all other events have Final A only.

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67.2. National Championships Progression Plan – NOTE: Singles events in Senior have FA & FB
- all other events have Final A only.

Competitor	Plan	Heats	Semis	Finals
1 to 9				A: 1 x 9
10 to 18	A1a 2 x 9	1-2 plus next 5 best times to Final A next best 9 to FB Rest Out	N/A	A: 1 x 9
19 to 27	B1b 3 x 9	1st plus next 6 best times to Final A next best 9 to FB Rest Out	N/A	A: 1 x 9
28 to 36	C1c 4 x 9	1st plus next 5 best times to Final A next best 9 to FB Rest Out	N/A	A: 1 x 9
37 to 45	D1d 5 x 9	1st to Final A Next 4 fastest to FA Next 9 fastest to FB Rest Out	NA	A: 1 x 9

- 67.3. The distribution of competitors into lanes from heats to finals, from heats to semis, and from semis to finals shall normally occur by allocating the highest placed competitors to the lanes in the middle of the course. If weather conditions are such that competitors in the lanes in the middle and on one side of the course would be at a disadvantage compared to the competitors in the lanes on the other side of the course, the distribution of competitors into lanes may occur by allocating the highest placed competitors to the advantageous lanes.
- 67.4. International Competitors shall only progress to a final or semi if they qualify by place or time according to National Championships progression plans.
- 67.5. Only two International Competitors may qualify for a final. If more than two international competitors qualify for a final, priority will be given to the qualifiers by time.
- 67.6. International Competitors shall compete in Lanes 0 and 10 in a final.
- 67.7. If less than nine (9) ACA competitors or crews enter an event, the vacant lanes in a final may be filled with International Competitors. If there are more International Competitors entered in an event than the number of vacant lanes in a final, a heat limited to those International Competitors shall be held to determine which of them shall progress to the final.

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68. National Championships Competition Committee

- 68.1. The Competition Committee shall announce a time and location of an open meeting to follow the last event of the first day of National Championships. This meeting will allow team leaders, coaches and officials to comment concerning the conduct of the regatta. The Competition Committee may make and announce any changes that are permissible within these rules that result from the meeting.
- 68.2. The Competition Committee shall do everything within its power to ensure that the results of National Championships are published on ACA web site within four (4) hours of the close of each day of National Championships.

69. National Championships Medals

- 69.1. National Championships medals and special awards associated with an event shall be presented immediately following the event at a podium adjacent to Boat Control. Team awards will be presented at a ceremony during the banquet on the last night of the competition.
- 69.2. National Championships medals shall be awarded in each event for first place - gold, second place - silver and third place - bronze.
- 69.3. ACA Chief Executive Officer in consultation with the SEC shall design the medal for National Championships.
- 69.4. ACA Chief Executive Officer in consultation with the SEC shall approve the design of the medal for National Championships.
- 69.6. The medal shall be 1 1/2 inches in diameter and shall have a gold, silver and bronze finish with neck ribbons.
- 69.7. If an International Competitor finishes in first, second or third place in the final of an event, he or she shall be awarded a special medal based on his or her finish in the final.
- 69.8. Any competitor may display a club or national flag during a medal ceremony. No other pennant is allowed.

70 National Championships Club Trophies and Individual Awards

- 70.1. Only the SEC in consultation with the Trophy and Awards Committee may approve club trophies and individual awards for performances at National Championships.
- 70.2. National Championships team awards / club trophies shall be presented at an awards ceremony during a banquet held on the last night of the competition. Banquet must include at least one hour with no on stage activity to allow socializing for athletes, coaches and parents to foster an atmosphere of "friendship through paddling".
- 70.3. Medals presented for the individual awards shall be distinct from National Championships medals presented to the medalists in each event and shall be presented at the podium ceremony follow the event.
- 70.4. Club Trophies at National Championships shall be based on points scored in the following classifications:
 - 70.4.1 Senior - Washington Canoe Club Trophy: points scored in Senior events.
 - 70.4.2 Junior - Black Anvil Trophy: points scored in Junior events.
 - 70.4.3 Juvenile - Thomas Horton Trophy: points scored in Juvenile events.
 - 70.4.4 Bantam - Columbia-Murphy: points scored in Bantam events.
 - 70.4.5 Over all combined C-4 Events - Bill Bragg Trophy: sum of all points scored in every classification in C4 events (except Masters): and
 - 70.4.6 Overall combined events - Yonkers Trophy: sum of all points scored in every classification during the National Championships (except Masters).
- 70.5. Individual Awards at National Championships shall be made to the following competitors:
 - 70.5.1 Winner of the K1 500 Juvenile Women - Francine Fox Award
 - 70.5.2 Winner of the K1 500 Jr. Women - Mimi Le Beau Memorial.
 - 70.5.3 Winner of the C1 1000 Jr. Men - Andy Toro Award.
 - 70.5.4 Winner of the K1 1000 Jr. Men - Greg Barton Award.
 - 70.5.5 Winner of the K1 1000 Sr. Men - Donald Dodge Memorial.
 - 70.5.6 Winner of the K2 200 Sr. Men - Eugene Krawczyk Trophy.
 - 70.5.7 Winner of the K2 1000 Sr. Men - Beachem & Van Dyke Trophy.
 - 70.5.8 Winner of the K4 1000 Sr. Men - Eric Feicht Memorial.
 - 70.5.9 Winner of the K4 500 Sr. Women - Marcia Smoke Award
 - 70.5.10 Winner of the K4 1000m Jr. Men - Chris Barlow Award
 - 70.5.11 Winner of the K4 500m Jr. Women - Alan Anderson Award

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70.6 Canoe Burgee Awards at National Championships shall be made to the following competitors;

- 70.6.1 Winner of the C1 500M Bantam Women.
- 70.6.2 Winner of the C1 1000M Bantam Men.
- 70.6.3 Winner of the C1 500M Juvenile Women.
- 70.6.4 Winner of the C1 1000M Juvenile Men.
- 70.6.5 Winner of the C1 500M Junior Women - Debby Smith Page Award
- 70.6.6 Winner of the C1 1000M Junior Men - Frank Havens Award.
- 70.6.7 Winner of the C1 500M Senior Women.
- 70.6.8 Winner of the C1 200m Senior Men - Jim Terrell Award.

71 National Championships Point Scoring

71.1 To score points for a club at National Championships a competitor shall:

- 71.1.1 be a ACA Member.
- 71.1.2 be registered with ACA as a member of that club by July first of the year of National Championships.
- 71.1.3 be a current member of the club through the conclusion of National Championships.

71.2 Points will be awarded as follows:

- 71.2.1 the top six (6) finishers in each 200, 500 and 1000m events; and
- 71.2.2 the top nine (9) positions in the long distance events.
- 71.2.3 No International Competitor may earn points for a club towards a National Championships Award. No crew containing an International Competitor may earn points for a club towards a National Championships Award.
- 71.2.4 If ties occur, points shall be assigned equally and duplicate awards will be given.
- 71.2.5 Points won by crews shall be divided equally among the members of the crew and credited to the clubs that they represent.

71.3 Points in each 200, 500 and 1000m events are awarded as follows:

- First (1st) Place equals nine (9) points;
- Second (2nd) Place equals seven (7) points;
- Third (3rd) Place equals (5) points;
- Fourth (4th) Place equals three (3) points;
- Fifth (5th) Place equals two (2) points; and
- Sixth (6th) Place equals one (1) point.

71.4 Points in each 1000m+ distance event are awarded as follows:

- First (1st) Place equals twelve (12) points;
- Second (2nd) Place equals ten (10) points;
- Third (3rd) Place equals eight (8) points;
- Fourth (4th) Place equals six (6) points;
- Fifth (5th) Place equals five (5) points;
- Sixth (6th) Place equals four (4) points;
- Seventh (7th) Place equals three (3) points;
- Eighth (8th) Place equals two (2) points; and
- Ninth (9th) Place equals one (1) point.

ACA SPECIAL RULES FOR MASTERS NATIONAL CHAMPIONSHIPS

XVII SPECIAL RULES FOR MASTERS SPRINT NATIONAL CHAMPIONSHIPS (USMAS)

72 USMAS Sanction and Authorities

- 72.1 USMAS shall be held only under direct assignment and sanction from ACA.
- 72.2 An LOC that has been assigned USMAS by ACA is responsible for carrying out all things necessary and essential to ensure the safe and proper conduct of USMAS.

73 USMAS Eligibility

- 73.1 USMAS is an open competition for ACA members who are United States citizens, United States permanent residents and holders of United States work visas.
- 73.2 International Competitors may enter and shall be subject to the same rules as ACA members. International Competitors are not eligible to receive points, medals, or prizes awarded by the ACA.
- 73.3 A Master may compete in a Masters event in the year that he or she reaches the lower limit of each age group (e.g. in the 30-34 age group, in the year of his or her 30th birthday). In crew events the age of the youngest member of the crew shall control the age group in which the crew may compete. Masters age groups commence at 30-34 and increase upwards in five (5) year brackets.
- 73.4 Masters competitors shall present proof of age upon registration and before competing at USMAS.

73.5 To compete in a Novice K1 Event at USMAS, a competitor must be a ACA Member and in his / her first calendar year of competition at ACA sanctioned competitions. A competitor who has competed in a ACA Competition in any year prior to the year of USMAS is not a novice. **74 USMAS Age Groups**

74.1 The following table governs age groups for USMAS K1, K2, C1, and C2 events: **Age Groups K1, K2, C1, C2.**

	A	B	C	D	E	F	G	H	I	J
Men	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Women	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
Mixed	30-34	35-44	45-54	55-64	65+					

74.2 The following table governs age groups for USMAS Novice K1 events:

Age Groups Novice K1

	A	B	C			
Men	30-34	35-44	45+			
Women	30-34	35-44	45+			

ACA SPECIAL RULES FOR MASTERS NATIONAL CHAMPIONSHIPS

74.3 The following table governs age groups for USMAS K4 and C4 events:

Age Groups K4 and C4

	A	B	C	D	E	
Men	30-34	35-44	45-54	55-64	65+	
Women	30-34	35-44	45-54	55-64	65+	
Mixed Crews	30-34	35-44	45-54	55-64	65+	

75 USMAS Invitation, Entries and Draft Program

- 75.1 The invitation to USMAS shall be approved by ACA and issued by the LOC and shall be made in accordance with these rules. The invitation and entry forms shall be published by May 1st of the year of USMAS.
- 75.2 USMAS may be held in conjunction with Nationals, but as a separate competition after Nationals ends, or it may be held as a separate competition on a different date.
- 75.3 The Entry form for the USMAS shall be a part of the entire ACA Sprint National Championship Packet as a separate section.
- 75.4 Nominal entries for USMAS shall be made using an online system approved by ACA in consultation with LOC.
- 75.5 Nominal entries containing the names of competitors entered in each event must be received by the Deputy Chief Judge not later than 14 days before the first day of USMAS (if USMAS is being held in conjunction with Nationals – 14 days before the first day of Nationals). Only entries submitted online and paid in full by the entry deadline are valid.
- 75.6 Late entries or entries that are not made in accordance with the rules set out in the invitation shall not be accepted.
- 75.7 Competitors are allowed to enter eight (8) events plus one long distance event at USMAS.
- 75.8 Mixed crew entries must consist of equal number of males and females.
- 75.9 Women may compete as a member of a crew in K2, C2, K4, or C4 events for men.
- 75.10 Back-to-Back entries are not allowed. Competitors must ensure enough time between races to make it to the starting line on time.
- 75.11 Entry fees for USMAS shall be set by ACA Chief Executive Officer in consultation with the LOC.
- 75.12 When USMAS is being held in conjunction with Nationals, ACA Chief Executive Officer in consultation with the LOC may set a combined fee for competitors entering both USMAS and Nationals.
- 75.13 A draft program giving order of events and the names of the competitors will be published at least seven (7) days before the first day of the USMAS.

76 USMAS Program and Order of Events

- 76.1 The program for men, women, and mixed crews in each age group specified in Rule 77 shall be over a racing distance of 500 meters for K1, K2, K4, C1, C2, C4 (except that Novice events shall be K1 only).
- 76.2 There will be a long distance race of 1000 meters+ held in the late afternoon or early evening of the day before the first day of USMAS for men and women in each age group specified in Rule 77 in K1 and C1 only.
- 76.3 The program for USMAS shall be determined by the Masters Committee in consultation with the SOA by December 1st of a rule change year – even years. If no new program is announced by December 1st, the program of the previous year shall be used.
- 76.4 The order of events at USMAS shall be determined by the Masters Committee in consultation with the SOA by December 1st of a rule change year – even years. If no new order of events is proposed by December 1st, the order of events of the previous year shall be used.

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77 USMAS Racing Regulations

- 77.1 There must be at least three entries in a kayak event and at least two entries in a canoe event for an event to be contested. The number of entries is determined as at the nominal entry deadline
- 77.2 Competitors who enter an event that will not be contested may enter an alternative event. The Deputy Chief Judge will coordinate these changes.
- 77.3 If a competitor or crew withdraws from an event after the nominal entry deadline, the event may be held with less than the required number of entries.
- 77.4 All races are finals.
- 77.5 An event with ten entries may be held as one final.
- 77.6 An event with more than nine entries may be divided into two or more finals, depending on the number of entries. The numbers of competitors or crews in each final shall be as even as possible.
- 77.7 The finals of an event with more than nine entries shall be held consecutively in the order of events. For example: a race #40, and #40a etc.
- 77.8 In an event with more than one final, order of finish shall be determined by the times recorded for the competitors or crews in that event. Medalists are determined by the three fastest times.
- 77.9 Races by Age Group may be combined (run simultaneously) if there are insufficient entries to fill a nine (9) boat race. These will be treated as separate races even though run simultaneously.

78 USMAS Medals and Club Trophy

- 78.1 USMAS medals shall be presented at a medals ceremony held at the end of the competition.
- 78.2 USMAS medals shall be awarded in each event for first place – gold, second place – silver, and third place – bronze.
- 78.3 ACA Chief Executive Officer in consultation with the SEC shall design the medal for USMAS.
- 78.4 ACA Chief Executive Officer in consultation with the SEC shall approve the design of the medal for USMAS.
- 78.5 The medal shall be 1.5 inches in diameter and shall have a gold, silver, or bronze finish with neck ribbons.
- 78.6 If an International Competitor finishes in first, second or third place in the final of an event, he or she shall be awarded a special medal based on his or her finish in the final.
- 78.7 Any competitor may display a club or national flag during a medal ceremony. No other pennant is allowed.
- 78.8 USMAS Champion Club Trophy
 - 78.8.1 Only the SEC in consultation with the Trophy and Awards Committee may approve a club trophy at USMAS;
 - 78.8.2 a USMAS Champion Club Trophy shall be presented at an awards ceremony held at the end of the competition;
 - 78.8.3 the USMAS Champion Club Trophy shall be awarded to the club that scores the most points in every event at USMAS.
 - 78.8.4 points won by crews shall be divided equally among the members of the crew and credited to the clubs they represent.

79 USMAS Point Scoring

- 79.1 To score points for a club at a USMAS a competitor must:
 - 79.1.1 be a ACA Member;
 - 79.1.2 be a current member of the club; and
 - 79.1.3 must be registered with ACA as a member of that club by July first of the current year.

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79.2 Points will be awarded as follows:

79.2.1 The top six (6) finishers in 500 meter events.

79.2.2 The top nine (9) positions in the long distance events.

79.2.3 No international competitor may earn points for a club towards a USMAS award.
No crew containing an international competitor may earn points for a club towards a USMAS award.

79.3 If ties occur, points shall be assigned equally and duplicate awards will be given.

79.4 Points won by team boats shall be divided equally among the team members and credited to the club that they represent.

79.5 Points in each 500m events are awarded as follows: First

(1st) Place equals nine (9) points;

Second (2nd) Place equals seven (7) points;

Third (3rd) Place equals (5) points;

Fourth (4th) Place equals three (3) points;

Fifth (5th) Place equals two (2) points; and

Sixth (6th) Place equals one (1) point.

79.6 Points in each 1000m+ distance event are awarded as follows:

First (1st) Place equals twelve (12) points;

Second (2nd) Place equals ten (10) points;

Third (3rd) Place equals eight (8) points;

Fourth (4th) Place equals six (6) points;

Fifth (5th) Place equals five (5) points;

Sixth (6th) Place equals four (4) points;

Seventh (7th) Place equals three (3) points;

Eighth (8th) Place equals two (2) points; and

Ninth (9th) Place equals one (1) point.

APPENDIX A PROGRESSION PLANS

APPENDIX A: PROGRESSION PLANS

I. ACA PROGRESSION FOR TEAM TRIALS

For 10-18 competitors/teams see plan Aa.
 For 19-27 competitors/teams see plan Bb/1 and Bb/2.
 For 28-36 competitors/teams see plan Cc/1 and Cc/2.

For Trials with greater than 36 competitors the progression plan changes to the ICF progression

For 37-45 competitors/teams see plan D/1 and D/2
 For 46-54 competitors/teams see plan E/1 and E/2
 For 55-63 competitors/teams see plan F/1 and F/2
 For 64-72 competitors/teams see plan G/1 and G/2

SUMMARY OF ACA PROGRESSION PLAN

Competitor Plan	Heats	Semi-finals	Finals
1 to 9			A: 1 x 9
10 to 18	Aa 2 x 9	2 x 7	A: 1 x 9
	1-2 to Final A	1-2 plus 3rd best time to Final A	B: 1 x 9
	Rest to Semi Final	Rest to Final B	
19 to 27	Bb 3 x 9	2 x 9	A: 1 x 9
	1st to Final A	1/3 to Final A	B: 1 x 9
	2-7 to Semi Final	4-7 plus 8th best time to Final B	C: 1 x 9
	Rest to Final C	Rest to Final C	
28 to 36	Cc 4 x 9	3 x 9	A: 1 x 9
	1-6 plus 3 next best	1-3 to Final A	B: 1 x 9
	by time to Semi Final	4-6 to Final B	C: 1 x 9
	Rest out	7-9 to Final C	

APPENDIX A PROGRESSION PLANS

	Rest to FINAL B	6/1 SF	8
		7/1 SF	1
		4/2 SF	4

APPENDIX A PROGRESSION PLANS

						5/2 SF	7
						6/2 SF	2
						7/2 SF	9

PLAN Bb
COMPETITORS 19 THROUGH 27

NUMBER OF COMPETITORS	HEATS			SEMI-FINALS				FINALS	
	H1	H2	H3	Bb/1 SF 1		Bb/2 SF 1		FINAL A	
			6						
19	7	6	6	2/1 H	5	3/1 H	6	1/1 H	5
20	7	7	7	4/1 H	7	5/1 H	2	1/2 H	4
21	7	7	7	6/1 H	1	6/1 H	9	1/3 H	6
22	8	7	7					1/1 SF	3
23	8	8	8	3/2 H	4	3/2 H	4	2/1 SF	8
24	8	8	8	5/2 H	2	4/2 H	7	3/1 SF	1
25	9	8	8	7/2 H	9	6/2 H	8	1/2 SF	7
26	9	9	9	3/3 H	6	2/3 H	5	2/2 SF	2
27	9	9		4/3 H	3	4/3 H	3	3/2 SF	9
				6/3 H	8	7/3 H	1		
								FINAL B	
				Bb/1 SF 2		Bb/2 SF 2		4/1 SF	5
				3/1 H	6	2/1 H	5	5/1 SF	3
				5/1 H	7	4/1 H	3	6/1 SF	7
				7/1 H	1	7/1 H	9	7/1 SF	1
				2/2 H	5	2/2 H	4	4/2 SF	4
				4/2 H	3	5/2 H	7	5/2 SF	6
				6/2 H	8	7/2 H	1	6/2 SF	2
				2/3 H	4	3/3 H	6	7/2 SF	8
				5/3 H	2	5/3 H	2	8th BT	9
				7/3 H	9	6/3 H	8		
								FINAL C	
								1/3 to FINAL A	
								4/7 plus 8th BT	8/1 H
								to FINAL B	9/1 H
									9

APPENDIX A PROGRESSION PLANS

			Rest to FINAL C	8/2 H	4
				9/2 H	8
				8/3 H	6
				9/3 H	1
				8th SF 2nd BT	5
				9/1 SF	7
				9/2 SF	3

**PLAN Cc COMPETITORS 28
THROUGH 36**

NUMBER OF COMPETITORS	HEATS				SEMI-FINALS				FINALS
	H1	H2	H3	H4	Cc/1 SF 1		Cc/2 SF 1		FINAL A
28	7	7	7	7	1/1 H	5	2/1 H	4	1/1 SF
29	8	7	7	7	5/1 H	8	6/1 H	8	2/1 SF
30	8	8	7	7	2/2 H	4	1/2 H	6	3/1 SF
31	8	8	8	7	6/2 H	1	6/2 H	1	1/2SF
32	8	8	8	8	2/3 H	6	3/3 H	3	2/2 SF
33	9	8	8	8	5/3 H	2	4/3 H	7	3/2 SF
34	9	9	8	8	3/4 H	3	1/4 H	5	1/3 SF
35	9	9	9	8	4/4 H	7	5/4 H	2	2/3 SF
36	9	9	9	9	1st BT H	9	1st BT H	9	3/3 SF
					Cc/1 SF 2		Cc/2 SF 2		FINAL B
					3/1 H	6	3/1 H	6	4/1 SF
					4/1 H	2	5/1 H	8	5/1 SF

APPENDIX A PROGRESSION PLANS

	1/2 H	5	3/2 H	3	6/1 SF
	5/2 H	8	4/2 H	7	4/2 SF
	3/3 H	3	1/3 H	5	5/2 SF
	4/3 H	7	6/3 H	9	6/2 SF
	2/4 H	4	2/4 H	4	4/3 SF
	6/4 H	9	4/4 H	2	5/3 SF
	2nd BT H	1	2nd BT H	1	6/3 SF
	Cc/1 SF 3		Cc/2 SF 3		FINAL C
	2/1 H	6	1/1 H	5	7/1 SF
	6/1 H	1	4/1 H	7	8/1 SF
	3/2 H	3	2/2 H	6	9/1 SF
	4/2 H	7	5/2 H	2	7/2 SF
	1/3 H	4	2/3 H	4	8/2 SF
	6/3 H	8	5/3 H	8	9/2 SF
	1/4 H	5	3/4 H	3	7/3 SF
	5/4 H	2	6/4 H	9	8/3 SF
	3rd BT H	9	3rd BT H	1	9/3 SF

APPENDIX A PROGRESSION PLANS

	1/6 plus 3 next BTs to SF		1/3 to FINAL A 4/6 to FINAL B	
	Rest Out		7/9 to FINAL C	

II. ICF PROGRESSIONS

- For 10-18 competitors/teams see plan "A"
- For 19-27 competitors/teams see plan "B/1" and "B/2"
- For 28-36 competitors/teams see plan "C/1" and "C/2"
- For 37-45 competitors/teams see plan "D/1" and "D/2"
- For 46-54 competitors/teams see plan "E/1" and "E/2"
- For 55-63 competitors/teams see plan "F/1" and "F/2"
- For 64-72 competitors/teams see plan "G/1" and "G/2"

APPENDIX A PROGRESSION PLANS

SUMMARY OF ICF PROGRESSION PLAN

Competitor	Plan	Heats	Semi-finals	Finals
1 to 9				A: 1 x 9
10 to 18	A	2 x 9 1-3 to Final 4-7 plus 8th best time Semi Final Rest Out	1 x 9 1-3 to Final Rest Out	A: 1 x 9
19 to 27	B	3 x 9 1st to Final A 2-7 to Semi Final Rest Out	2 x 9 1-3 to Final A 4-7 plus 8th best time to Final B Rest Out	A: 1 x 9 B: 1 x 9
28 to 36	C	4 x 9 1-6 plus 3 next best by time to Semi Final Rest out	3 x 9 1-3 to Final A 4-6 to Final B Rest Out	A: 1 x 9 B: 1 x 9
37 to 45	D	5 x 9 1-7 plus 8th best time to Semi Final Rest Out	4 x 9 1-2 plus 3rd best time to Final A 3rd place next 3 best times plus 4th place 4 best times plus 5th place 2 best times to Final B 5th place next 2 best times plus 6th place 4 best times plus 7th place 3 best times to Final C Rest Out	A: 1 x 9 B: 1 x 9 C: 1 x 9
46 to 54	E	6 x 9 1-6 to Semi Final Rest Out	4 x 9 1-2 plus 3rd best time to Final A 3rd place 3 best times plus 4th place 4 best times plus 5th place 2 best times to Final B 5th place next 2 best times plus 6th place 4 best times plus 7th place 3 best times to Final C Rest Out	A: 1 x 9 B: 1 x 9 C: 1 x 9

APPENDIX A PROGRESSION PLANS

SUMMARY OF ICF PROGRESSION PLAN

Competitor	Plan	Heats	Semi-finals	Finals
55 to 63	F	7 x 9	4 x 9	A: 1 x 9
		1-5 plus 6th best time	1-2 plus 3rd best time to Final A	B: 1 x 9
		to Semi Final	3rd place 3 best times plus	C: 1 x 9
		Rest Out	4th place 4 best times plus	
			5th place 2 best times to Final B	
			5th place next 2 best times plus	
			6th place 4 best times plus	
		7th place 3 best times to Final C		
		Rest Out		
64 to 72	G	8 x 9	4 x 9	A: 1 x 9
		1-4 plus next 4	1-2 plus 3rd best time to Final A	B: 1 x 9
		best times to Semi Final	3rd place 3 best times plus	C: 1 x 9
		Rest Out	4th place 4 best times plus	
			5th place 2 best times to Final B	
			5th place next 2 best times plus	
			6th place 4 best times plus	
		7th place 3 best times to Final C		
		Rest Out		

DETAIL OF ICF PROGRESSION PLAN

PLAN A

COMPETITORS 10 THROUGH 18

NUMBER OF COMPETITORS	HEATS		SEMI-FINALS		FINALS	
	H1	H2	A/1 SF 1		FINAL A	
10	5	5	4/1 H		1/1 H	5
				5		
11	6	5	5/1 H	6	2/1 H	3
12	6	6	6/1 H	2	3/2 H	7
13	7	6	7/1 H	8	1/2 H	4
14	7	7	4/2 H	4	2/2 H	6

APPENDIX A PROGRESSION PLANS

15	8	7	5/2 H	3	3/2 H	2
16	8	8	6/2 H	7	1/1 SF	8
17	9	8	7/2 H	1	2/1 SF	1
18	9	9	8th BT	9	3/2 SF	9
	1/3 to FINAL 4/7 + 8th BT to SF		1/3 to FINAL			
	Rest Out		Rest Out			

**PLAN B
COMPETITORS 19 THROUGH 27**

NUMBER OF COMPETITORS	HEATS			SEMI-FINALS				FINALS	
	H1	H2	H3	B/1 SF 1		B/2 SF 1		FINAL A	
19	7	6	6	2/1 H	5	3/1 H	6	1/1 H	5
20	7	7	6	4/1 H	7	5/1 H	2	1/2 H	4
21	7	7	7	6/1 H	1	6/1 H	9	1/3 H	6
22	8	7	7	3/2 H	4	3/2 H	4	1/1 SF	3
23	8	8	7	5/2 H	2	4/2 H	7	2/1 SF	8
24	8	8	8	7/2 H	9	6/2 H	8	3/1 SF	1
25	9	8	8	3/3 H	6	2/3 H	5	1/2 SF	7
26	9	9	8	4/3 H	3	4/3 H	3	2/2 SF	2
27	9	9	9	6/3 H	8	7/3 H	1	3/2 SF	9
				B/1 SF 2		B/2 SF 2		FINAL B	
				3/1 H	6	2/1 H	5	4/1 SF	5
				5/1 H	7	4/1 H	3	5/1 SF	3
				7/1 H	1	7/1 H	9	6/1 SF	7
				2/2 H	5	2/2 H	4	7/1 SF	1
				4/2 H	3	5/2 H	7	4/2 SF	4
				6/2 H	8	7/2 H	1	5/2 SF	6

APPENDIX A PROGRESSION PLANS

		2/3 H 4	3/3 H 6	6/2 SF 2
		5/3 H 2	5/3 H 2	7/2 SF 8
		7/3 H 9	6/3 H 8	8th BT 9
	1st to FINAL A 2/7 to SF Rest Out	1/3 to FINAL A 4/7 + 8th BT to FINAL B Rest Out		

PLAN C COMPETITORS 28 THROUGH 36

NUMBER OF COMPETITORS	HEATS				SEMI-FINALS				FINALS
	H1	H2	H3	H4	C/1 SF 1		C/2 SF 1		FINAL A
28	7	7	7	7	1/1 H 5		2/1 H 4		1/1 SF
29	8	7	7	7	5/1 H 8		6/1 H 8		2/1 SF
30	8	8	7	7	2/2 H 4		1/2 H 6		3/1 SF
31	8	8	8	7	6/2 H 1		6/2 H 1		1/2SF
32	8	8	8	8	2/3 H 6		3/3 H 3		2/2 SF
33	9	8	8	8	5/3 H 2		4/3 H 7		3/2 SF
34	9	9	8	8	3/4 H 3		1/4 H 5		1/3 SF
35	9	9	9	8	4/4 H 7		5/4 H 2		2/3 SF
36	9	9	9	9	1st BT H 9		1st BT H 9		3/3 SF
					C/1 SF 2		C/2 SF 2		FINAL B
					3/1 H 6		3/1 H 6		4/1 SF 5
					4/1 H 2		5/1 H 8		5/1 SF 7
					1/2 H 5		3/2 H 3		6/1 SF 2

APPENDIX A PROGRESSION PLANS

	5/2 H	8	4/2 H	7	4/2 SF	6
	3/3 H	3	1/3 H	5	5/2 SF	3
	4/3 H	7	6/3 H	9	6/2 SF	1
	2/4 H	4	2/4 H	4	4/3 SF	4
	6/4 H	9	4/4 H	2	5/3 SF	8
	2nd BT H	1	2nd BT H	1	6/3 SF	9
	C/1 SF 3		C/2 SF 3			
	2/1 H	6	1/1 H	5		
	6/1 H	1	4/1 H	7		
	3/2 H	3	2/2 H	6		
	4/2 H	7	5/2 H	2		
	1/3 H	4	2/3H	4		
	6/3 H	8	5/3 H	8		
	1/4 H	5	3/4 H	3		
	5/4 H	2	6/4 H	9		
	3rd BT H	9	3rd BT H	1		

APPENDIX A PROGRESSION PLANS

	1/6 plus next 3 BTs to SF		1/3 to FINAL A 4/6 to FINAL B
	Rest Out		Rest Out

**PLAN D
COMPETITORS 37 THROUGH 45**

NUMBER OF COMPETITORS	HEATS					SEMI-FINALS				FINALS	
	H1	H2	H3	H4	H5	D/1 SF 1		D/2 SF 1		FINAL A	
37	8	8	7	7	7	1/1 H	5	2/1 H	6	1/1 SF	5
38	8	8	8	7	7	5/1 H	2	5/1 H	2	2/1 SF	8
39	8	8	8	8	7	4/2 H	7	1/2 H	5	1/2 SF	4
40	8	8	8	8	8	7/2 H	1	4/3 H	7	2/2 SF	7
41	9	8	8	8	8	6/3 H	8	7/3 H	1	1/3 SF	6
42	9	9	8	8	8	2/4 H	6	4/4 H	3	2/3 SF	2
43	9	9	9	8	8	4/4 H	3	5/4 H	8	1/4 SF	3
44	9	9	9	9	8	1/5 H	4	1/5 H	4	2/4 SF	9
45	9	9	9	9	9	7/5 H	9	8th BT H	9	3rd BT SF	1
						D/1 SF 2		D/2 SF 2		FINAL B	
						2/1 H	6	1/1 H	5	3rd 2nd BT SF 5	
						1/2 H	5	4/2 H	7	3rd 3rd BT SF 6	
						5/2 H	2	6/2 H	2	3rd 4th BT SF 4	
						4/3 H	7	3/3 H	4	4/1 SF	3
						7/3 H	1	6/3 H	9	4/2 SF	2
						3/4 H	3	2/4 H	6	4/3 SF	7
						7/4 H	9	7/4 H	1	4/4 SF	8
						2/5 H	4	3/5 H	3	5th BT SF	1
						6/5 H	8	5/5 H	8	5th 2nd BT SF 9	
						D/1 SF 3		D/2 SF 3		FINAL C	

APPENDIX A PROGRESSION PLANS

		3/1 H	6	4/1 H	7	5th 3rd BT SF	5
		7/1 H	9	6/1 H	1	5th 4th BT SF	6
		2/2 H	4	3/2 H	6	6/1 SF	4
		6/2 H	8	5/2 H	2	6/2 SF	3
		1/3 H	5	1/3 H	5	6/3 SF	2
		3/3 H	3	3/4 H	3	6/4 SF	7
		6/4 H	1	6/4 H	8	7th BT SF	8
		4/5 H	7	2/5 H	4	7th 2nd BT SF	1
		5/5 H	2	7/5 H	9	7th 3rd BT SF	9

PLAN D (Continued) COMPETITORS 37 THROUGH 45

	SEMI-FINALS		FINALS	
	D/1 SF 4		D/2 SF 4	
	4/1 H	7	2/1 H	3
	6/1 H	1	7/1 H	9
	3/2 H	6	2/2 H	6
	2/3 H	4	7/2 H	1
	5/3 H	8	2/3 H	4
	1/4 H	5	5/3 H	8
	5/4 H	2	1/4 H	5
	3/5 H	3	4/5 H	7
	8th BT H	9	6/5 H	2
1/7 plus 8th place BT to SF	1/2 + 3rd place BT to FINAL A			
Rest Out	3rd place next 3 BTs plus			
	4th place 4 BTs plus			
	5th place 2 BTs to FINAL B			
	5th place next 2 BTs plus			
	6th place 4 BTs plus			
	7th place 3 BTs to Final C			
	Rest Out			

PLAN E COMPETITORS 46 THROUGH 54

APPENDIX A PROGRESSION PLANS

NUMBER OF COMPETITORS	HEATS					SEMI-FINALS			FINALS FINAL A			
	H1	H2	H3	H4	H5	H6	E/1 SF 1	E/2 SF		1		
46							1/1 H	5	2/1 H	6	1/1 SF	5
	8	8	8	8	7	7						
47							5/1 H	8	1/2 H	4	2/1 SF	8
	8	8	8	8	8	7						
48							4/2 H	7	3/3 H	3	1/2 SF	4
	8	8	8	8	8	8						
49							4/3 H	2	4/3 H	7	2/2 SF	7
	9	8	8	8	8	8						
50							6/3 H	9	4/4 H	2	1/3 SF	6
	9	9	8	8	8	8						
51							2/4 H	6	5/4 H	8	2/3 SF	2
	9	9	9	8	8	8						
52							1/5 H	4	1/5 H	5	1/4 SF	3
	9	9	9	9	8	8						
53							3/6H	3	5/5 H	1	2/4 SF	9
	9	9	9	9	9	8						
54							6/6 H	1	6/6 H	9	3rd BT SF	1
	9	9	9	9	9	9						
							E/1 SF 2		E/2 SF 2		FINAL B	
							2/1 H	4	3/1 H	3	3rd 2nd BT SF	5
							1/2 H	5	5/1 H	8	3rd 3rd BT SF	6
							5/2 H	9	4/2 H	2	3rd 4th BT SF	4
							3/3 H	7	6/2 H	9	4/1 SF	3
							3/4 H	3	2/3 H	6	4/2 SF	2
							2/5 H	6	6/3 H	1	4/3 SF	7
							6/5 H	1	2/4 H	4	4/4 SF	8
							4/6 H	8	3/5 H	7	5th BT SF	1

APPENDIX A PROGRESSION PLANS

		5/6 H	2	1/6 H	5	5th 2nd BT SF	9
		E/1 SF 3		E/2 SF 3		FINAL C	
		3/1 H	3	1/1 H	5	5th 3rd BT SF	5
		2/2 H	6	4/1 H	7	5th 4th BT SF	6
		6/2 H	9	3/2 H	3	6/1 SF	4
		1/3 H	5	1/3 H	4	6/2 SF	3
		4/4 H	7	6/4 H	1	6/3 SF	2
		6/4 H	1	2/5 H	6	6/4 SF	7
		4/5 H	2	6/5 H	9	7th BT SF	8
		5/5 H	8	4/6 H	2	7th 2nd BT SF	1
		1/6 H	4	5/6 H	8	7th 3rd BT SF	9

PLAN E (Continued) COMPETITORS 46 THROUGH 54

		SEMI-FINALS		FINALS	
		E/1 SF 4		E/2 SF 4	
		4/1 H	2	6/1 H	9
		6/1 H	9	2/2 H	4

APPENDIX A PROGRESSION PLANS

		3/2 H	7	5/2 H	8
		2/3 H	4	5/3 H	1
		5/3 H	8	1/4 H	5
		1/4 H	5	3/4 H	7
		5/4 H	1	4/5 H	2
		3/5 H	3	2/6 H	6
		2/6 H	6	3/6 H	3
1/6 to SF		1/2 + 3rd place BT to FINAL A			
Rest Out		3rd place next 3 BTs plus			
		4th place 4 BTs plus			
		5th place 2 BTs to FINAL B			
		5th place next 2 BTs plus			
		6th place 4 BTs plus			
		7th place 3 BTs to Final C			
		Rest Out			

PLAN F COMPETITORS 55 THROUGH 63

NUMBER OF COMPETITORS	HEATS							SEMI-FINALS			FINALS	
	H1	H2	H3	H4	H5	H6	H7	F/1 SF 1	F/2 SF 1	FINAL A		
55								1/1 H	5 3/1 H	7	1/1 SF	5
	8	8	8		8	8	7					
56	8	8	8	8	8	8	8	5/1 H	1 1/2 H	5	2/1 SF	8
57	9	8	8	8	8	8	8	4/2 H	8 5/2 H	1	1/2 SF	4
58	9	9	8	8	8	8	8	4/3 H	2 4/3 H	2	2/2 SF	7
59	9	9	9	8	8	8	8	2/4 H	6 2/4 H	4	1/3 SF	6
60	9	9	9	9	8	8	8	1/5 H	4 1/5 H	6	2/3 SF	2
61	9	9	9	9	9	8	8	3/6 H	7 5/5 H	9	1/4 SF	3
62	9	9	9	9	9	9	8	2/7 H	3 4/6 H	8	2/4 SF	9
63	9	9	9	9	9	9	9	6th BT H	9 3/7 H	3	3rd BT SF	1

APPENDIX A PROGRESSION PLANS

F/1 SF 2		F/2 SF 2		FINAL B	
2/1 H	4	4/1 H	8	3rd 2nd BT SF	5
1/2 H	5	2/2 H	4	3rd 3rd BT SF	6
5/2 H	9	1/3 H	6	3rd 4th BT SF	4
3/3 H	7	5/3 H	9	4/1 SF	3
3/4 H	3	3/4 H	3	4/2 SF	2
2/5 H	6	2/5 H	7	4/3 SF	7
4/6 H	8	1/6 H	5	4/4 SF	8
5/6 H	1	5/6 H	1	5th BT SF	1
3/7 H	2	4/7 H	2	5th 2nd BT SF	9
F/1 SF 3		F/2 SF 3		FINAL C	
3/1 H	3	1/1 H	5	5th 3rd BT SF	5
3/2 H	7	5/1 H	1	5th 4th BT SF	6
1/3 H	5	3/2 H	7	6/1 SF	4
2/3 H	6	2/3 H	4	6/2 SF	3
4/4 H	8	4/4 H	2	6/3 SF	2
4/5 H	2	3/5 H	8	6/4 SF	7
5/5 H	9	2/6 H	3	7th BT SF	8
1/6 H	4	1/7 H	6	7th 2nd BT SF	1
5/7 H	1	5/7 H	9	7th 3rd BT SF	9

APPENDIX A PROGRESSION PLANS

PLAN F (Continued) COMPETITORS 55 THROUGH 63

NUMBER OF COMPETITORS	HEATS H1 H2 H3 H4 H5 H6 H7	SEMI-FINALS		FINALS FINAL A
		F/1 SF 1	F/2 SF 1	
		F/1 SF 4	F/2 SF 4	
		4/1 H 2	2/1 H 4	
		2/2 H 3	4/2 H 2	
		5/3 H 1	3/3 H 7	
		1/4 H 5	1/4 H 5	
		5/4 H 9	5/4 H 1	
		3/5 H 7	4/5 H 8	
		2/6 H 6	3/6 H 3	
		1/7 H 4	2/7 H 6	
		4/7 H 8	6th BT H 9	
		1/2 + 3rd place BT to FINAL A		
	1/5 + 6th place BT to SF	3rd place next 3 BTs plus		
	Rest Out	4th place 4 BTs plus		
		5th place 2 BTs to FINAL B		
		5th place next 2 BTs plus		
		6th place 4 BTs plus		
		7th place 3 BTs to Final C		
		Rest Out		

APPENDIX A PROGRESSION PLANS

PLAN G COMPETITORS 64 THROUGH 72

I.1 NUMBER OF COMPETITORS	HEATS								SEMI-FINALS				FINALS	
	H1	H2	H3	H4	H5	H6	H7	H8	G/1 SF 1		G/2 SF 1		FINAL A	
64	8	8	8	8	8	8	8	8	1/1 H	5	4/1 H	8	1/1 SF	5
65	9	8	8	8	8	8	8	8	4/2 H	2	1/2 H	5	2/1 SF	8
66	9	9	8	8	8	8	8	8	3/3 H	7	2/3 H	6	1/2 SF	4
67	9	9	9	8	8	8	8	8	2/4 H	4	3/4 H	7	2/2 SF	7
68	9	9	9	9	8	8	8	8	1/5 H	6	1/5 H	4	1/3 SF	6
69	9	9	9	9	9	8	8	8	4/6 H	9	2/6 H	3	2/3 SF	2
70	9	9	9	9	9	9	8	8	3/7 H	8	3/7 H	2	1/4 SF	3
71	9	9	9	9	9	9	9	8	2/8 H	3	4/8 H	1	2/4 SF	9
72	9	9	9	9	9	9	9	9	1st BT H	1	1st BT H	9	3rd BT SF	1
									G/1 SF 2		G/2 SF 2		FINAL B	
									2/1 H	4	1/1 H	5	3rd 2nd BT SF	5
									1/2 H	5	2/2 H	6	3rd 3rd BT SF	6
									4/3 H	2	3/3 H	7	3rd 4th BT SF	4
									3/4 H	7	4/4 H	8	4/1 SF	3
									2/5 H	3	2/5 H	3	4/2 SF	2
									1/6 H	6	3/6 H	2	4/3 SF	7
									4/7 H	1	4/7 H	9	4/4 SF	8
									3/8 H	8	1/8 H	4	5th BT SF	1
									2nd BT H	9	2nd BT H	1	5th 2nd BT SF	9
									G/1 SF 3		G/2 SF 3		FINAL C	
									3/1 H	7	2/1 H	6	5th 3rd BT SF	5

APPENDIX A PROGRESSION PLANS

				2/2 H	4	3/2 H	7	5th 4th BT SF	6
				1/3 H	5	4/3 H	8	6/1 SF	4
				4/4 H	2	1/4 H	5	6/2 SF	3
				3/5 H	8	3/5 H	2	6/3 SF	2
				2/6 H	3	4/6 H	1	6/4 SF	7
				1/7 H	6	1/7 H	4	7th BT SF	8
				4/8 H	9	2/8 H	3	7th 2nd BT SF	1
				3rd BT H	1	3rd BT H	9	7th 3rd BT SF	9

PLAN G (Continued) COMPETITORS 64 THROUGH 72

1.2 NUMBER OF COMPETITORS	HEATS								SEMI-FINALS				FINALS FINAL A
	H1	H2	H3	H4	H5	H6	H7	H8	G/1 SF 1		G/2 SF 1		
									G/1 SF 4		G/2 SF 4		
									4/1 H	8	3/1 H	7	
									3/2 H	7	4/2 H	8	
									2/3 H	3	1/3 H	5	
									1/4 H	5	2/4 H	6	
									4/5 H	1	4/5 H	9	
									3/6 H	2	1/6 H	4	

APPENDIX A PROGRESSION PLANS

		2/7 H	4	2/7 H	3
		1/8 H	6	3/8 H	2
		4th BT H	9	4th BT H	1
	1/4 + next 4 BT to SF Rest Out			1/2 + 3rd place BT to FINAL A 3rd place next 3 BTs plus 4th place 4 BTs plus 5th place 2 BTs to FINAL B 5th place next 2 BTs plus 6th place 4 BTs plus 7th place 3 BTs to Final C Rest Out	

III. ACA PROGRESSION FOR SPRINT NATIONAL CHAMPIONSHIPS

- For 10-18 competitors/teams see plan A1a.
- For 19-27 competitors/teams see plan B1b/1.
- For 28-36 competitors/teams see plan C1c/1.
- For 37-45 competitors/teams see plan D1d/1.

SUMMARY OF ACA SPRINT NATIONAL CHAMPIONSHIPS PROGRESSION PLAN

See Rule 67.1 & 67.2 for Progression to be used for Singles to create Final A and Final B.

APPENDIX A PROGRESSION PLANS

Competitor	Plan	Heats	Semi-finals	Finals
1 to 9				A: 1 x 9
10 to 18	A1a 2 x 9	1-2 plus next 5 best times to Final Rest Out	N/A	A: 1 x 9
19 to 27	B1b 3 x 9	1st plus next 6 best times to Final Rest Out	N/A	A: 1 x 9
28 to 36	C1c 4 x 9	1st plus next 5 best times to Final Rest Out	N/A	A: 1 x 9
37 to 45	D1d 5 x 9	1st to Final next 9 best times to Semi Final Rest Out	1-4 to Final Rest Out	A: 1 x 9

DETAIL OF ACA SPRINT NATIONAL CHAMPIONSHIPS PROGRESSION PLAN PLAN A1a

COMPETITORS 10 THROUGH 18

NUMBER OF COMPETITORS	HEATS		FINAL A	
	H1	H2		
10	5	5	1/1 H	5
11	6	5	2/1 H	7
12	6	6	1/2 H	6
13	7	6	2/2 H	4
14	7	7	1st BT H	3
15	8	7	3rd BT H	2
16	8	8	2nd BT H	8
17	9	8	4th BT H	1

APPENDIX A PROGRESSION PLANS

18	9	9	5th BT H	9
	1/2 plus next 5 best times to FINAL			

PLAN B1b COMPETITORS 19 THROUGH 27

NUMBER OF COMPETITORS	HEATS			FINALS	
	H1	H2	H3	FINAL A	
19	7	6	6	1/1 H	5
20	7	7	6	1/2 H	4
21	7	7	7	1/3 H	6
22	8	7	7	2nd BT H	3
23	8	8	7	4th BT H	8
24	8	8	8	6th BT H	1
25	9	8	8	1st BT H	7
26	9	9	8	3rd BT H	2
27	9	9	9	5th BT H	9
	1st plus next 6 best times to FINAL Rest Out				

PLAN C1c COMPETITORS 28 THROUGH 36

NUMBER OF COMPETITORS	HEATS				FINALS	
	H1	H2	H3	H4	FINAL A	
28	7	7	7	7	1/1 H	5
29	8	7	7	7	1st BT H	3
30	8	8	7	7	2nd BT H	8
31	8	8	8	7	1/4 H	4
32	8	8	8	8	1/3 H	7

APPENDIX A PROGRESSION PLANS

33	9	8	8	8	5th BT H	1
34	9	9	8	8	1/2 H	6
35	9	9	9	8	3rd BT H	2
36	9	9	9	9	4th BT H	9
1st plus next 5 best times to FINAL						
Rest Out						

PLAN D1d COMPETITORS 37 THROUGH 45

NUMBER OF COMPETITORS	HEATS					SEMI-FINALS		FINALS	
	H1	H2	H3	H4	H5	D1d/1 SF 1		FINAL A	
37	8	8	7	7	7	1st BT H			5
							5	1/1 H	
38	8	8	8	7	7	4th BT H	7	1/3 H	7
39	8	8	8	8	7	8th BT H	1	1/2 H	6
40	8	8	8	8	8	3rd BT H	4	1/4 H	4
41	9	8	8	8	8	6th BT H	2	1/5 H	3
42	9	9	8	8	8	9th BT H	9	2/1 SF	2
43	9	9	9	8	8	2nd BT H	6	1/1 SF	8
44	9	9	9	9	8	5th BT H	3	4/1 SF	1
45	9	9	9	9	9	7th BT H		3/1 SF	9
							8		
1st to FINAL next 9 best times to Semi Final Rest Out					1-4 to Final Rest Out				

Appendix B – Guidelines for Competitions

I Guidelines for Local Organizing Committees

Racing happens at many levels on a daily basis. This appendix is designed to help determine what facilities are expected at different levels. What is needed as someone says GO during a friendly paddle is dramatically different from the facilities needed to determine who is the best in the world at the Olympic Games. When some sort of selection is on the line, an effort should be made to assure a fair field of play appropriate to the significance of the selection. When the stakes get high, a race becomes an event and there is a significant investment in a quality field of play, results systems, spectator facilities, merchandising, housing, media and hospitality facilities.

The following venue descriptions are appropriate for the ACA National Championships or National Team Trials. The ACA National Office, Sprint National Team Manager, Director of High Performance and Competition, SCA, SOA and SEC can help the Local Organizing Committee and Officials determine what technical facilities are appropriate for any National event depending on the budget, demands of the selection criteria, the importance of the competition and significance of the result. The Local Organizing Committee should work closely with the above groups and meet regularly starting several months prior to the competition to assure a successful and pleasant competition.

ROLES

International Olympic Committee (“IOC”) – Oversees all International Governing Bodies.

International Canoe Federation (“ICF”) – is the International Governing Body for Canoe Sports.

United States Olympic Committee (“USOC”) – Oversees all United States National Governing Bodies – Approves / provides High Performance Budgets, High Performance Plans and National Team Selection Criteria for each NGB **ACA** (American Canoe Association) – National Governing Body (NGB) for Sprint Canoe in the United States.

Staff - Responsible for - marketing; communication; administration; budgets; events bid packages; sponsor recruiting and services; contracts; supervision of programs by staff; liaison with standing Committees; coordination of the Sports and their events; recruiting volunteers. The ACA Staff administers the sport as directed by the ACA Board of Directors.

ACA Board of Directors – Responsible for the vision and direction of the Sport; adherence to the bylaws; the hiring and performance evaluations of the Chief Executive Officer.

- **Sprint Events Committee** “SEC” – Responsible for - accepting the event bid request package; making recommendations of event venues and event concepts to the ACA; administering the volunteer responsibilities of event contracts; setting and publishing event dates; assisting the LOC at National Championships and Trials. The staff liaison is the ACA Director of High Performance and Competition.
- **Sprint Officials Association** “SOA” – Responsible for – developing, recommending and implementing the ACA rules to support the objectives of the sport; reviews and make recommendations regarding ICF and ACA rules; conducts Sprint Officials Levels 1, 2 and 3 training and certification courses; recommends officials for Nationals, Trials as well as ICF international events; The staff liaison is the ACA Director of High Performance and Competition
- **Sprint Coaches Association** “SCA” – Responsible for – assisting with the draft process of selection criteria; selecting athletes for National Teams and Camps; recommending amendments for ACA rules; designing programs and standards to achieve performance goals; The staff liaison is the ACA Sprint Development Director.
- **Sprint Selection Committee** “SSC” – Responsible for – the development and approval of selection criteria to achieve the sport’s High Performance Plan; the coordination of the High Performance Plan and its associated selection criteria with the “USOC”; management of the international Team USA final selections.
- **Local Organizing Committee** (“LOC”) – Responsible for - hosting an event once awarded the contract by ACA; provides the site; volunteers; technical facilities, supplies and equipment as per ACA rules; provides information to all participants regarding the Venue and Hospitality; works with the “SEC” to provide all participants with the approved sport specific information.
- **High Performance Committee** (“HPC”) – Responsible for - the evaluation of ACA annual program performance plan; final approval for recommended rule amendments to AMERICAN CANOE

APPENDIX B GUIDELINES

Association rules; annually evaluates and recommends strategies and benchmarks; specific tasks to achieve sustained international competitive success. The staff liaison is the ACA Sprint National Team Manager.

VENUE and COURSE SPECIFICATIONS

The following specifications are the minimum requirements necessary to qualify an aquatic site as an appropriate venue for the ACA Sprint National Championships or National Team Trials. As part of the bid process, the “LOC” shall provide a certified survey of the field of play assuring that the course is square, distances are accurate and marked with stable survey markers, and the depth of water is consistent and appropriate. The survey should describe any water current and expected wind conditions.

- The body of water for a sprint racing event shall accommodate a course 1000 meters in length with a minimum additional 50 meters run-out beyond the finish line. Ideally, the dimensions of the course are a minimum of 1,600 meters x 140 meters.
- The depth of the water must be a minimum of two (2) meters over the entire course, and must be current, tide and wave-free. The course must be free from motorboat and leisure watercraft activity during the competition.
- The course must be installed at least twenty (24) hours prior to the race start.
- The course must accommodate nine (9) lanes of equal width with an additional lane marked on each side, (lanes 0 and 10) for international athletes in the final (National Championships).
- The width of the lanes must be at least nine (9) meters wide and not more than 13.5 meters wide. Courses must also accommodate an additional two lanes (18 meters wide) outside of the course for warm-up and traffic to the start area.
- The venue shall have a finish line tower to accommodate finish line officials, announcer, and results processing. This structure must seat five (5) officials in a direct line with the finish line, each with a clear view of the finish area.
- The Finish tower must be stable enough to support and protect a photo finish system.
- The maximum distance from the nearest finish line judge to the nearest lane is 40 meters.
- A Finish Line Target with a vertical sight line on the far side of the course (marked with at least a 4ft x 6ft target with a wide black line on a yellow background shall be provided.
- Sight line targets must be clearly visible opposite the starter at each start and opposite the finish line officials at the finish).
- A sight line string or cable shall be fitted to the finish tower in line with the finish line target on the surveyed finish line. Many host venues are able to construct an appropriate finish tower with scaffolding.
- Large 4 x 6 ft signs painted yellow with black lettering mark the course distance at 250 M intervals.
- The Finish Tower shall also be fitted with a sound system and power for computers, photo finish and results production.
- The course must be constructed so that each lane has a line of marker buoys on either side extending the entire length of the course. These marker buoys must be white, green, yellow or red or another easily seen color, and must not exceed 25 meters between each buoy for each lane. (10 meters between buoys is the international standard.)
- Between one (1) and two (2) meters beyond the finish line, each lane must be marked zero (0) through ten (10) with the number clearly visible from the finish line tower and the competitor. The numbered buoy is to be on the corresponding competitor's right hand side as they traverse the course.
- Lanes must also be numbered at each of the start lines. The lanes are numbers from left to right on the start line. Lane number one (1) shall be the far left lane then number two (2) and so on.
- Colored buoys are required to mark the 250 meter line (red), 500 meter start line (red), 1,000 meter start line (red) and the finish line (red). The last 50 meters must also be marked with red buoys.
- Finish line marker buoys are not actually on the finish line, but are just beyond it. They must be in a line across the course, perpendicular to the course no closer than one (1) meter and not farther than two (2) meters from such lines.
- There are no buoys actually on the finish line other than those marking the outside of the course.

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SAFETY BOAT REQUIREMENT

- Each Venue is required to have a minimum of two (2) safety boats appropriately sized for canoe kayak rescue on the water at all times during the competition.
- The boats must be positioned so that they can quickly react to a capsized boat at each end of the course.
- The drivers must be well trained in sprint canoe kayak rescue and must be familiar with the first aid needs of sprint athletes.

START

- It is preferred that all starts are to be held by a boat holder on a boat holder platform positioned in the center of each lane. If there is a problem with the boat holders or platforms, either ALL or NONE of the boats will be held.
- The start will be equipped with a sound system sufficient to clearly project the starter's commands to all athletes simultaneously. There should be speakers on both sides of the course at a minimum.
- The starter's platform must provide protection from the elements for the starter and aligner, and provide a quality sound system that projects across the entire finish line and up and down the course.
- The start can be positioned on either side of the course and should be elevated to a position where the starter can clearly see all athletes in all lanes.
- It is preferred that the results system in the finish tower is started by the same sound or motion of the starter that starts the athletes.
- Radios should be provided to the start to communicate with the Chief Official and back up timers on a clear channel.
- The starter will provide an audible start to the backup finish line through this dedicated radio channel.

Secured areas in close proximity to the finish line must be available to accommodate the following:

BOAT CONTROL

- The boat control area is used to ensure that all boats fulfill sprint rule requirements concerning classification.
- This covered area must be at least 20 meters x 30 meters to accommodate an electronic scale, at least one 40 ft boat (at any one time), a recording table with chairs, and several boat control representatives.
- The LOC must provide an electronic scale accurate to 0.1g and fitted with a boat cradle.
- The LOC must also provide a set of weights to calibrate the scale, a set of numbers to call boats to boat control, boat stands, sand and bags or other weights, a jig to measure boat length and straight edges to check concavity.
- An area sheltered from wind, sun and rain (picnic area, tent, etc.) is mandatory.

DRUG TESTING

- The drug testing facility will NOT be needed in all competitions. When needed, however, this facility should be indoors and consist of (2) two separate rooms, a waiting area, a testing area and a private restroom.
- A cooler or refrigerator with sealed water and sports drinks will be needed to help hydrate athletes.
- Further specifications will be provided if drug testing is anticipated.
- The LOC will supply whatever is required by the Drug testing organization.

MEDIA CENTER

- The media center is used to service and provide information to the media. Depending on the type of event and expected turnout, this area must consist of at least one (1) 10' x 10' covered area, with additional adjacent space available.
- This area must be set-up with adequate tables and chairs, phone, electricity, refreshments, regular posting of schedules and results and internet access.
- A knowledgeable, personable representative should be available to guide the media to results, athletes, coaches and stories of interest.

OFFICIALS / VOLUNTEERS HOSPITALITY

- The officials/volunteers area is used to service and provide information to volunteers for the event.
- In most cases, at least one meal (typically lunch) is provided to volunteers. Coffee / Tea and some small food item should be provided in the morning.

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- A small tent is suggested for those working within the hospitality area if there is no existing concession stand. Both areas must be set-up with adequate tables and chairs.
- An appropriate space is provided for 20 officials to meet each day and to store equipment as well as paperwork.
- The LOC should also arrange a location for the scratch meeting which should accommodate at least two representatives from each team.
- The scratch meeting should have tables, chairs, and a projection system available.

INFORMATION CENTER / DEPUTY CHIEF JUDGE AREA

- The Deputy Chief Judge area is used to process all of the paperwork and administrative tasks of the competition.
- The LOC should provide areas for computer processing, printing, copying, and sorting paperwork.
- The area should be set-up with electricity, internet access and adequate tables and chairs.
- In addition a mailbox area should be provided for team leaders and officials to receive paperwork.
- A working area for being able to receive scratches, protests or concerns should be considered.

AWARDS / BANQUET AREA

- The awards area is used for the awarding of medals at the end of the event.
- Either a floating or three-tier platform is normally used for the awards if they are given on the course.
- The awards area is to be set up adjacent to the boat control.
- The awards stage for the National Championships should accommodate all of the team award recipients.
- The LOC should see that proper provisions are made for the presentation of the Awards to the competitors at the Awards Banquet on the final day of the National Championships or in a manner agreed to by the LOC and SEC.
- The Officials / Results team will provide the results. The SEC will provide the list of awards to be presented.

PARKING

- An area for parking at least one trailer for each registered club team, and at least 80 vehicles is needed for competitors and race officials. Spectator parking can be in a separate area.

LAUNCH AND RECOVERY DOCKS

- Adequate launch and recovery docks must be provided for athlete and motorboat use. Because most boats are fragile and very expensive, a beach or floating dock must be used.
- If using a beach, the water must remain deep enough and clear of obstructions so boats are not damaged.
- Floating docks must be stable enough that entry may be safely executed. The dock must also be nearly at water level to facilitate entry into boats.
- There must be a dock or beach should be in close proximity to the boat control area.

TEAM AREA

- An area must be designated for team tents.
- This area should view the field of play and should be provided with a sound system for announcements and should allow competitors to easily access boats, results, start lists and the field of play.
- Restroom facilities, first aid, free water and food should be available at the venue.

RESULTS SYSTEM PROVIDER

ACA events shall be conducted exclusively with a Results and Photo Finish Timing system provider approved by ACA. The final results format must comply with the ACA Archives.

The Results system supplies the following information:

Requirements:

- Rapid updates to the competition program.
- Updates from team leaders / scratch meeting.
- Race operations including automatic classification of boats.
- Medal tables.
- Point rankings.
- Statistics (eg. number of races, athletes, best times)
- Web based Interface that can be used for teams, media / spectators.

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- On-line system (on-line entries, accreditation, starting lists, results on website) The system shall be tested and validated prior to use at any event.

PHOTO-FINISH / TIMEKEEPING

- The LOC shall provide a photo-finish system accepted by the ACA, SEC and the SOA.
- The time must be recorded and published in 1/1000 of a second.
- There shall be a backup video system with camera/VCR with slow motion at the finish line. (Video films are not a substitute for photo finish). The photo finish must show all participants in a race. The system should have the capability to post the photo finish image on the internet after each race. In case of close arrival of two or more boats one copy of the photo finish shall be placed on the official notice board. The official notice board can be electronic.
- If the photo finish system fails the judges at the finish will supply the results by printed stopwatch with a video camera to back up order of finish.

PROGRAM

- The LOC will provide a printed program for the National Championships that may be sold or distributed free. This program should also be available online. The program will include and not be limited to:
 - ! schedule and time of events;
 - ! name of clubs and competitors competing, and ! name and position of officials.

“LOC”

The LOC shall provide the following in consultation with the SEC and SOA:

- Computers
- Printers
- office supplies, high speed collating photo copier and staff for printing, posting and distribution.
- score board; (Can be electronic or hard copy)
- radios/communication equipment for officials, a public address system;
- the installation of the race course;
- umpire and safety boats;
- motor boat traffic control before and during the races;
- covered finish tower; video camera, 2 printing stop watches;
- a large bulletin board to post results and messages;
- red flags, white flags for course umpires and chief finish line judge; (one set for each course umpire boat and one set on the finish line)
- megaphones; One for each course umpire, one on the start and finish
- toilet facilities;
- shelter from sun and rain should be available;
- drinking water;
- a boat storage area where the possibility of damage to the equipment will be minimized;
- a designated location where meetings can take place, announcements posted, and other pertinent event activities can take place;
- event and equipment security day and night;
- a first aid center and emergency action plan should be established.

II Guidelines for Race Courses exceeding 1000 meters

Turning Points

- The turning points shall be marked by at least six buoys.
- The distance between the starting line and the first turning point buoy (1st open leg) shall be straight and a maximum of 1,859.25 meters.
- The distance between the last buoy of the first turning point and the first buoy of the second turning point (2nd leg) shall be straight and a maximum of 1,759.25 meters.

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- The distance between the last buoy of the second turning point and the first buoy of the third turning point (3rd leg) shall be a maximum of 500 meters.
- The specifications for all other stretches shall be in accordance with (c).
- The radius of each turn shall be at least 31.5 meters.

III Guidelines for Knockout Format

The knockout progression is as follows:

- Progression to the final shall be according to National Championships progression plans.
- Competitors shall be assigned a lane for the final and keep it throughout the final.
- After each race of the final, competitors shall immediately return to the start in the same lane.
- The Competition Manager shall announce the last placed competitor or crew of the previous race. That competitor or crew is “knocked out” and shall not start in the next race of the final as follows:

Race 1 9 competitors – knock out 1

Race 2 8 competitors – knock out 1

Race 3 7 competitors – knock out 1

Race 4 6 competitors – knock out 1 Race

5 5 competitors – FINAL

- No false starts shall be allowed. If a competitor or crew false starts, that competitor or crew shall be disqualified from the event. Disqualified competitors or crews shall be notified at the conclusion of their heat or final race.

IV Special Rules for Bantam Events at the National Championships

1. In all Bantam events, the competitors are not called to Boat Control.
2. Officials following a Bantam event in a motor boat are to “coach” a competitor; for example, “lane 4 move to your right” OR “lane 5 move back into your lane”.
3. A Bantam competitor is to try and stay in the center of the lane as per the rules of racing. In a circumstance, where a Bantam paddler in a Bantam event leaves their lane and does not impede or collide with another competitor the principle of “no harm, not foul” will be in effect – the Official will not disqualify but rather “coach” the athlete back to their lane.
4. In a circumstance where a Bantam paddler in a Bantam event leaves their lane and does impede or collide with another competitor the Official will red flag the event.
5. The red flagged race will be reviewed by the Chief Official for possible disqualification.
6. At the Start line the starter is to be mindful of wind or no wind and use discretion in the aligning of the competitors – perfect alignment is not always possible.
7. If a Bantam competitor in a Bantam event arrives at the Start line the starter will contact the finish line tower to indicate for example, lane 5 will start without a number. If a pattern develops – more than one occasion, the club coach is called to the Finish Line tower.