



Kayak Cross Rules

It is expected that participants are comfortable to paddle on class 2/3 moving water in limited visibility conditions. The following conditions should be strongly considered before entering.

1. The start ramp requires paddlers to drop from a height of 1m on to the water.
2. The primary obstacles on the course are floodlit but some areas of the course will be dark. Paddlers will need to be comfortable negotiating the course in low light.
3. Paddlers are required to execute an eskimo roll in a predefined area as part of the course. Please ensure you are comfortable rolling unsupported.
4. Paddlers need to have the ability to self-rescue. Rescue cover is not provided.

Entries

- Entries will open at 5PM on Monday 26th February.
- Entries will remain open over the duration of the league, but you will only be able to enter a given week up to 48 hours before the event.
- Weekly heat lists will be published 24 hours before each event.
- Entries are non-transferrable.

Categories

Senior Men's	Senior Women's
U18 Men's	U18 Women's
U15 Men's	U15 Women's
Master's Men's (Over 40)	Master's Women's (Over 40)

- The minimum age for participation is 12 years old on 1st January 2024.
- The last year a paddler can compete in the under 15 or 18 category is the year of their 15th / 18th birthday respectively.
- A paddler can compete in the master's category in their 40th year.

Equipment

- Only production model, polyethylene kayaks of up to 2.85m in length may be used.
- Kayaks must be fitted with full plate footrests.
- A buoyancy aid, helmet and spray deck must be worn. Additional protection equipment, e.g., elbow pads may be worn.
- Paddles must not be fitted with metal tips.
- Paddlers must start and finish with a paddle.
- Equipment used may be inspected by the Equipment controller at any time either pre or post competition.



CANOE CENTRE

Start

- Four kayaks line up on the start ramp.
- Paddlers put one hand on the top of the ramp and the other on their paddle, held in a vertical position.
- The start command will be: "Ready- Go".
- Any paddler who starts before the starting command will be disqualified.

Gate Negotiation

- The paddlers head, shoulders, body, and part of the kayak should simultaneously cross the gate line in accordance with the correct side of the gate and the course plan.
- All gates must be negotiated in accordance with the direction established by the course map.
- Paddlers are permitted to touch gates with any part of their body or equipment but are not permitted to move gates for any unfair purposes.
- The paddler must make a 360 degree roll as part of the course. At one point the kayak must be upside down while in the roll zone.

Safety Rules

- Kayak to kayak contact is permitted.
- Paddlers are permitted to reach across another paddler but are not permitted to hold back or gain leverage from another paddler's body.
- Dangerous contact with other paddlers head or body that may result in injury will result in disqualification.

Faults

Paddlers will be disqualified for the following actions.

- False start, lunging down the start ramp before the "Go" command.
- Non-negotiated gate, unless re-negotiated.
- Kayak not upside down while passing under roll barrier.
- Capsizing anywhere outside the roll barrier.
- Crossing the finish line upside down

Force Majeure

- If an event is not completed for any reason, the results of the competition will be established on the last completed phase of the event.

Prizes

- Cash prizes will be presented to the winners of each category. A percentage of the entry fee will make up the cash prizes. The more entries in each category the more you stand to win!