

Key Log Rolling Tournament Rules

Key Log Rolling® is dramatically expanding the numbers of people entering the sport of log rolling via the synthetic Key Log®. We are adapting rules to accommodate the numbers of rollers and the use of the resistance fins, known as the Key Log Trainers. Our goal is to create a dynamic and user-friendly competitive sport that is easy to implement and minimizes numerous log changes within a match. We welcome suggestions from athletes, volunteers, tournament directors that will enhance the experience for everyone while promoting the growth of the sport.

Age/Ability Divisions

- **Junior Division (ages 17 and younger).** Categories are U7, U10, U13, U17. Whenever possible, categories will be split between girls and boys. If the numbers are low, we will combine into coed groups.
- **Adult Sport Division (ages 18 and older)** For the beginning, recreational adult roller who has never competed at an Elite level tournament.

Key Log® Sizes

Key Log #1 is red and 15” in diameter.

Key Log #2 is yellow and 13” in diameter.

Athlete Log Ability Rating System

In the Key Log Rolling tournament format, all competitors will have a “Log Ability Rating”. (Note: this is not an athlete ranking.) This rating designates your ability to roll for one minute on specified log diameters, with or without Key Log Trainers, when rolling against some another competitor. The log rating of the competitor with the lesser ability will take precedence at the start of the match.

If no falls occur within 60 seconds of the start of the match, a Key Log Trainer will be removed or competitors will move to a smaller diameter log. Each competitor’s Log Ability Rating will be adjusted accordingly, moving forward in the tournament. This will be on the honor system, requiring competitors to inform the match judge that their rating has improved. The purpose of the Log Rating is to start and finish matches on the log size matched to the ability of the rollers, minimizing time spent on “warm-up” logs during competition. Our goal is to improve log rollers abilities, grow the fan base with excitement, and maximize our volunteer/staff effort.

Determine your “Log Ability Rating” with the following guide:

- **Key Log #1 (15” diameter, red) with 3 Trainers**
- **Key Log #1 (15” diameter, red) with 2 Trainers**
- **Key Log #1 (15” diameter, red) with 1 Trainers**
- **Key Log #1 (15” diameter, red) with 0 Trainers**
- **Key Log #2 (13” diameter, yellow)**

***New to this tournament! In the spirit of moving the sport forward, and making log rolling tournaments more accessible and easier to organize with fewer volunteers, we are testing out a format in which competitors will judge their own matches, with one referee to break the tie. By asking competitors to judge themselves on an honor system, we are promoting a culture of honest discernment and self-awareness amongst athletes. Each match will be assigned one judge/timer. Competitors will determine who won each fall, and if there is a discrepancy then the judge will break the tie.

- The head judge starts each match.
- Competing rollers mount the log together, either from a beach start, or with poles from a platform. The judge cautions rollers to “steady the log.”
- When the judge has determined that both competitors are steady and have equal control, he/she will blow a whistle or call “time in” and the match will start, as well as the timing clock. The match continues until a fall occurs or the time limit expires.
- The judge may recall a quick whistle if s/he feels that the rollers did not have equal control.
- If either roller falls before the match begins, s/he must get back on the log immediately without leaving the vicinity of the starting dock. A contestant may lose a fall or be disqualified for purposely jumping in the water before the time is started, or for unnecessarily delaying the start of a match or fall.
- The rollers have 30 seconds from the time the last roller reaches the dock or when there’s a stoppage in action to remount the log.

- Stoppage for a major injury at the discretion of a judge or medical personnel shall not exceed five (5) minutes after which time the affected competitor shall forfeit the match.
- A match will be decided by the best three out of five falls.
- If a match is interrupted for any reason, such as weather, the match shall resume with the same score at which it was stopped.
- If it is difficult to get a fair start, the head judge may, at his/her discretion, substitute "Ready, Steady, Letting Go" with "Ready, Steady, Time In" in order to start the match immediately upon release of the log. This is not the preferred method of starting a match.
- The judge may recall a quick whistle if s/he feels that the rollers did not have equal control.
- If either roller falls before the match begins, s/he must get back on the log immediately without leaving the vicinity of the starting dock. A contestant may lose a fall or be disqualified for purposely jumping in the water before the time is started, or for unnecessarily delaying the start of a match or fall.
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Choice of Ends/Coin Toss

- All "running" matches shall start with both rollers facing the starting dock.
- When the match is a "bucking" match and both contestants cannot come to an agreement on which end of the log they will start, then a coin toss will be used.

- The loser of each successive fall will then have his/her choice of ends.

What Constitutes a Fall

- The first person to lose contact with the log with both feet *and* falls into the water loses the fall.
- Jumping up to prolong hitting the water, straddling, sitting, falling to both shins, and lying across the log are considered out of contact with both feet.
- The person who wins is the person with the last step on the log.
- Inappropriate contact (at the discretion of the judge) between two rollers on the log will result in the loss of a fall for the roller who initiated the contact.
- Deliberate contact results in the initiator losing the match.
- A roller steps on or across the centerline (neutral zone).
- A roller purposely jumps in the water before time is started or delays the start of a match or fall.

What Constitutes A Draw

A fall will be ruled a draw if the athletes or judge cannot see specific and noticeable differences in the fall. A judge must make a decision after a moment of recall. No discussion of the fall will take place between the judge and athletes except their response as to who won the fall or if the fall was a draw. If there is the slightest doubt in the mind of the athletes or judge, it should be ruled a draw.

Management of Match Calls

The judge will write down his/her decision after each fall. He/she will then poll each athlete for their decision. The majority decision will rule. If each athlete and the judge has a different decision, the fall shall be declared a draw.

Obstructions, Impediments, Waves

Judges are required to call "time out" when a match rolls within three (3) feet of any barrier, in a parallel position and one (1) foot in a perpendicular position. This barrier may include any obstruction, including a dock, boom run, or shallow water. They are also

required to stop a match when waves of any size gather near a match, whether from boom run matches, boats, swimmers, or any other source.

Omissions In the Rules

If a situation arises and the rules concerning it are unclear or nonexistent then the Tournament Director will create a fair rule to be used for the remainder of the tournament.