



DC PERGAMENTAL

Rules and Regulations

MARCH 14, 2020

Registration and Refunds

- All racers must sign a NCAWPA waiver prior to competition.
- Any registration fees must be paid prior to participating.
- **Refunds:** Refunds may be granted to paddlers who cancel prior to the registration deadline. No refunds can be provided if a paddler cancels after the registration deadline or if the event is cancelled due to weather or circumstances outside of race organizers' control.

Events and Divisions

Races shall be divided by age, gender, and weight, provided there are enough entries in each division to do so. There may also be special divisions. Divisions will be ultimately determined by the chief race official and will be communicated to racers prior to the start of the regatta.

- Age:
 - Youth (18 and under)
 - Open (18 – 39)
 - Senior A (40+)
 - Senior B (50+)
 - Senior C (60+)
- Gender:
 - Male
 - Female
- Weight Class:
 - Class 1: Less than 160 lb (Men) / less than 130lb (Women)
 - Class 2: Between 160 lb and 180 lb (Men) / Between 130 lb and 170 lb (Women)
 - Class 3: Greater than 180 lb (Men) / Greater than 170 lb (Women)
- Special Division(s):
 - Breast Cancer Survivor (BCS)

Race Rules and Procedure

- There will be a warm-up period prior to racing. Race organizers will provide 2 paddle ergs to be used solely for warm-up or practice throughout the event.
- The 200 meter Individual event will be a "Best out of 2" format, where only the fastest of two rounds will count towards overall rankings.
- Some races will be conducted "single-sided" and some will be conducted "double-sided". These designations will be made clear to participants upon registration and not change between when registration opens and race day.



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- “Single-sided”: Racers paddle on one side only and may not switch sides. Improper side-switching will result in a 30 second penalty.
- “Double-sided”: Racers may paddle on both sides and may switch sides at their discretion.
- Minimum damper setting for all divisions is 2, maximum is 8.
- Paddlers must be sitting on the seat at all times. The paddler may be sitting on the edge of the seat, but at least 75% of the paddler’s weight must be on the seat at all times. Foot straps are not permitted.
- After the completion of a race, racers must hold on to the paddle and not let it fly out of their hands. Please remain seated until all racers have finished.
- Racers are *only* eligible for a re-race in the event of equipment or technology failure, as determined by the chief race official.
- All paddlers must maintain good sportsmanship at all times.
- All decisions made by the chief race official are final.

Safety

- Shoes are required at all times when competing.
- Paddlers will be held liable for damage to the paddling ergometers or other equipment caused by paddler misuse.
- No paddler may participate if they have consumed alcohol or other impairing substances.