



New Zealand Maori Polynesian Canoe Sporting Federation

Nga Kaihoe o Aotearoa Inc.

New Zealand rules for waka ama racing

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Terms and definitions

Ama	outrigger or float to stabilise the canoe
Class	Category (W1, W2, W6 or WT12)
Crew	W2, W6 or WT12 entrant
Competitor(s)	Paddler(s) and crews taking part in the competition
Division	Age group
Flat water	Rivers or lakes where conditions are expected to be relatively calm.
Kiato	spars connecting the canoe with the outrigger
MSA	Maritime Safety Authority
Open water	Open ocean or any other place such as a large lake where there is a possibility of rough water conditions through surf, wind, waves, swell, tide, rips and adverse currents.
Race	Event in a particular class and division(s) over a specified distance
Regatta	Event or competition consisting of a series of coordinated races.
Taumanu	Struts placed crosswise in the canoe (for affixing the kiato to the waka)
Waka	canoe
W1	One person outrigger canoe
W2	Two person outrigger canoe
W6	Six person outrigger canoe
WT12	Double-hull 12 person canoe

I – GENERAL RULES

1 Introduction

- 1.1 The race rules (this document) of Nga Kaihoe o Aotearoa Inc. (hereafter referred to as NKOA) determine the operation of all races organised and controlled by or on behalf of NKOA. They apply to NKOA and affiliated regional organisations, clubs and their members.
- 1.2 All races organised and controlled by or on behalf of NKOA must be conducted based on these race rules. Races organised and controlled by or on behalf of affiliated regional organisations and clubs may diverge from the race rules only in cases where the safety and fairness of racing is not adversely affected.
- 1.3 Rules specific to sprint races are contained in Part II of this document. Rules specific to long distance races are contained in Part III of this document. Organisers of any regatta are required to apply all rulings deemed relevant.
- 1.4 The race rules may be amended at any NKOA Council meeting. However, substantial amendments may not be made within two (2) months of a National Championship.

2 Anti-Doping

- 2.1 In line with the constitution of NKOA the taking of specified drugs is banned from our sport. All participants in events sanctioned by NKOA and its member organisations are required to comply with the Sports Anti-Doping Rules made by Drug Free Sport New Zealand (DFS) under the provisions of the Sports Anti-Doping Act 2006 and as amended from time to time. Testing for such drugs shall occur at National Championships and can occur at club or regional events and/or informally, by random selection, throughout the year in line with the Sport Anti-Doping rules.
- 2.2 On confirmation of a positive test of a drug (as listed in published material available through DFS) the paddler concerned will appear before the NKOA Discipline Committee where the following penalties may be imposed:
 - a. Suspension of the paddler from all competitions in the sport in any nationally sanctioned event or international event for a minimum period of two years. Re-entry to the sport will only occur on a negative test administered by DFS.
 - b. Where such a paddler was competing in W6 or WT12 event/s at the competition where the positive test was taken, the team with whom he/she was paddling will lose their position/s in that/those event/s and any award/s they may have won during the competition whilst that paddler was a member of their team.

- 2.3 The same penalties (as in 2.2) shall apply if the competitor refuses to be tested or manipulates the testing in any way.
- 2.4 Appeals against this/these penalties will be made to the NKOA Drug Appeal Committee whose decision will be final.
- 2.5 The Discipline Committee shall be appointed by NKOA on a permanent basis or as may be required from time to time. The committee shall comprise of three (3) members. Any member shall be free of any conflict of interest in any particular matter that is discussed.
- 2.6 The Drug Appeal Committee shall be appointed by NKOA on a permanent basis or as may be required from time to time. The committee shall comprise of three (3) members. Any member shall be free of any conflict of interest in any particular matter that is discussed.

3 Sanctioning of regattas by NKOA

- 3.1 Regattas sanctioned by NKOA must be conducted by members or affiliated organisations of NKOA. Sanctioned regattas are those which are deemed to be so by NKOA.
- 3.2 Sanctioned regattas shall be included in the annual NKOA calendar. The following shall apply to all sanctioned regattas:
 - a. Copies of race information must be sent to NKOA on application for the event to be sanctioned
 - b. Applications must be approved and submitted by regions
 - c. The event must be an annual event that has been run at a regional level at least once.
- 3.3 Regattas must maintain an acceptable standard of safety
- 3.4 The organisation and administration of a National Championship may be put to tender by NKOA. The tender process shall be advertised by NKOA; regions shall be informed at least 12 months before the event and two months prior to the closing of bids.

4 Awards

- 4.1 The Organising Committee may award medals or prizes for the first three (3) placings in a race.
- 4.2 Medals or prizes shall not be awarded in races that have fewer than three (3) entrants.
- 4.3 To maintain the dignity and solemnity of the presentation ceremony, the competitors receiving medals or prizes must wear appropriate clothing.

II - SPRINT RACE RULES

Waka ama specifications

5 Waka components

- 5.1 W1, W2 and W6 consist of a hull, seats, kiato and ama. The ama shall be lashed on the left side.
- 5.2 WT12 consist of two W6 hulls, seats and kiato

6 Waka ama requirements

- 6.1 Any construction material may be used. However, design and construction must ensure seaworthiness; kiato and ama must be securely affixed to the waka.
- 6.2 All kiato and ama must be securely lashed on the left side of a W1 and W6 hull.
- 6.3 Any waka ama must have water tight compartments or other positive flotation sufficient to keep it afloat when swamped with water.
- 6.4 Except for paddles, any moving objects within or outside the canoe that help propel the canoe forward, are prohibited.
- 6.5 Paddling, including any stationary use of the paddle in the water, is to be carried out only in a seated position on the seat.
- 6.6 Race organisers will endeavour to have appropriate scales available at the regatta so that canoes can be weighed.
- 6.7 As the hull committee of NKOA issues a certification system for canoes, all race organisers are to ensure that only certified canoes are entered for any event.
- 6.8 The Organising Committee may withdraw any waka from competition which they deem to have an unfair advantage.

7 W1

- 7.1 The W1 requirements for a National Championship are
 - a. no rudder;
 - b. a minimum weight of 16kg.
 - c. a minimum length of 6.7m;
 - d. a maximum length of 8.5m;
 - e. a minimum beam of 25cm;
 - f. that the ama shall be lashed on the left side.

7.2 The W1 requirements may be checked before and/or after any race.

8 W6 and WT12

- 8.1 For National Sprint Championships, all waka in any one W6 or WT12 race are to be from the same design mould and within acceptable specifications to be set by the Organising Committee.
- 8.2 If the Organising Committee determines there is a need to measure W6 or WT12 waka to ensure uniformity, the waka shall be compared after taking the following measurements:
- a. overall hull length
 - b. overall water length
 - c. midpoint width 30cm from bottom
 - d. two widths midway between the midpoint and the ends 30cm from the bottom
 - e. two midway point widths between the points in d and the ends 30cm from the bottom
- 8.3 For National Sprint Championships, all rigging shall be standardised and carried out to the same measurements. The Organising Committee shall oversee the rigging and weighing. The rigging or weight may not be altered except by an Official.

Accessories

9 Paddles

- 9.1 Paddles must have one blade and may be of any shape or size.
- 9.2 Paddles may be constructed from any material.

10 Numbering

- 10.1 All outrigger canoes must have a number plate on which a clearly visible number must be placed.
- 10.2 Every plate must be positioned in the same place and be of the same type on every outrigger canoe. The number shall be black on a yellow or white background on both sides.
- 10.3 Number plate holders must be able to hold number plates with the following dimensions: Height: 25cm; Width: 20cm; Depth: 0.3cm.
- 10.4 All W1, W6 and WT12 used in competitions must have a number holder. The number holder shall be positioned on the decking midway between the front kiato or sprayguard and the bow of the canoe.
- 10.5 W1 competitors are responsible for ensuring that their canoe has a number holder.

- 10.6 Number holders and number plates for W6 and WT12 are the responsibility of the Organising Committee.

11 Club uniforms

- 11.1 Clubs and regions are required to register their club colours with NKOA at the time of registration at a regatta sanctioned by NKOA.
- 11.2 Any display of alcohol, drug or tobacco product advertising on racing uniforms is prohibited.
- 11.3 The colours black and white are registered by NKOA and may only be worn as the New Zealand colours for nationally selected crews and individuals.
- 11.4 Racing uniforms [in registered colours] must be worn in every race during the competition.
- 11.5 All paddlers in any one team shall wear the same uniforms in all but the following two race categories:
- a. In mixed W6 events any differences in uniform may only be between the male and female paddlers.
 - b. In WT12 events two sets of uniform may be used if the WT12 team represents a combination of two W6 teams.
- 11.6 Appropriate additional items of uniform may be worn in line with weather conditions.
- 11.7 To maintain the dignity and solemnity of the presentation ceremony, the competitors receiving medals shall wear their approved club uniform.
- 11.8 At a National Championship, W1 will wear a registered racing uniform.

Race course

12 Course lanes

- 12.1 The race course shall have lanes that are:
- a. 250 and/or 500m long;
 - b. at least 10 - 12.5m in width for races run in a straight line;
 - c. 30 - 35m in width for races involving turns;
 - d. at right angles to the start and finish line;
 - e. at least 2m deep;
 - f. not unduly influenced by currents.
- 12.2 Races with a length of 500m shall be run on a straight course. W6 races may involve turns at each 250m or 500m as set for that event.

- 12.3 Races with a length of 1000m and above shall be run on either a 250m or 500m course and involve turns at the 250m or 500m mark.
- 12.4 The race course shall have at least five (5) and no more than ten (10) lanes.
- 12.5 In straight races the lanes may be split in two. In this case outrigger canoes must finish with the turning flag to the side to which they started.
- 12.6 A lane or area shall be designated so that the competitors may proceed safely to the start line without interfering with the racecourse. When racing is in progress paddlers who are not racing are not permitted on the race course.
- 12.7 The Organising Committee shall assemble the W6 and WT12 Waka for races and draw lots to allocate numbers and lanes to canoes. Waka shall remain in that same allocated lane throughout the competition. Racing in a Waka with the wrong lane assignment without the Race Director's acknowledgment is a disqualifying offence.

13 Course markers

- 13.1 The length of the 500m lanes shall, at a minimum, be marked by three (3) buoys per lane. The three buoys shall be positioned at the start line, 250m line and finish line.
- 13.2 The width of lanes shall, at a minimum, be marked by two (2) markers per lane at the start line, 250m line and finish line.
- 13.3 The start line and finish line shall be aligned by the markers for the innermost and outermost lane. The official start and finish lines may be moved forward or backward of the flagged line to avoid flag interference.
- 13.4 Lanes shall be marked with a number appearing on a buoy on the right hand side of the lanes. The numbered buoy to the left-hand side shall be the start of the next lower numbered lane. The lane running closest to the finish line viewing area shall be Lane 1.
- 13.5 The lanes shall be set so a canoe will finish on the left of the buoy representing the number of its lane assignment.
- 13.6 A paddle break line, with a least one marker per lane, shall be positioned 15m behind the start line.
- 13.7 In races requiring turns there shall be a turning flag/buoy. Different coloured flags shall be attached to each turning buoy to help competitors identify their lanes. Turn flag buoys shall be positioned equidistant from the lane markers (in the centre of the lane) at each end of the specific course being used for the turn events.
- 13.8 A false start line, with a least one marker per lane, shall be positioned 10m in front of the start line and outside the race course.

Race phases

14 Start

- 14.1 Competitors must be present at the start line for their race as shown on the programme. Starting signals shall be given regardless of absentees.
- 14.2 Start helpers and holders may be used. They may be by mechanical means or pontoons (set back twenty metres from the start line) unless otherwise notified by the Organising Committee.
- 14.3 The start shall be controlled by the starter(s). There shall be an aligner, located on the side of the race course, and the flag holder, located in a boat in the middle of the course approximately 60 metres in front of the start line.
- 14.4 The order of the start is as follows:
 - a. Raising of the white flag indicates the race is in the aligner's control – when dropped it indicates to the starter that waka are in line.
 - b. Raising of the red flag by the starter indicates to paddlers that the race shall start at any time within two minutes.
 - c. Raising of the green flag by the starter indicates the start of the race.
- 14.5 If the bow of a waka is across the start line at the raising of the green flag this shall result in disqualification.
- 14.6 If conditions do not permit the starter to align on the marked start line, competitors shall be informed before each race.
- 14.7 Not following starter orders will result in disqualification.
- 14.8 Should any paddler accidentally break their paddle within 15 metres from the start before the bow of the respective outrigger canoe reaches the paddle break line, a paddle must be raised as a signal and the starter shall stop the race by raising the red flag. Competitors shall then be called back for a restart.
- 14.9 Should a re-start be called, competitors are to return to the false start line and follow the starter's instructions.
- 14.10 Broken paddles may be substituted before a re-start provided the respective crew carries a spare paddle or a spare paddle has been stored at the start line.

15 Turns

- 15.1 In any race involving turns the canoe must turn counter-clockwise around the flag but may start or finish with the flag on any side so long as they are within their designated lane.
- 15.2 Competitors may start or finish with the flag on any side so long as the outrigger canoe is within the designated lane.

15.3 A turn shall be completed within the designated lane.

16 Racing

16.1 Any outrigger canoe must complete the entire race distance within its designated lane.

16.2 In the case of overturns, the competitor or crew shall be disqualified from the race if it is not possible for them to resume their places in the outrigger canoe without help within three minutes.

16.3 Support paddlers in W1 may follow midget or intermediate crews or paddlers. Support paddlers following midget or intermediate crews or paddlers shall not cross the 15m buoyed line from the finish line before the end of the race, otherwise that lane shall be disqualified. The end of the race will be when the last crew or paddler crosses the finish line.

16.4 The Race Director, Head Course Judge or Head Starter may authorise the interruption of a race if an unforeseen problem occurs. A red flag and/or sound signal shall be used to halt the race.

17 Finish

17.1 Competitors complete the race once the bow of their outrigger canoe crosses the (official) finish line.

17.2 Any outrigger canoe crossing the finish line without its full crew or in a non-seated position shall be disqualified.

Entries

18 Invitations to events

18.1 Invitations to calendared events should be sent to each registered region or club at least one month before the regatta and include the following:

- a. date and venue of competition,
- b. map of course,
- c. categories and racing distance,
- d. starting time,
- e. order of race,
- f. cost of entry fees,
- g. address for registration,
- h. deadline for receipt of entry,
- i. safety aspects,
- j. contact person.

19 Forms

- 19.1 Forms to be supplied by the Organising Committee for a National Championship are:
 - a. Event Entry Forms
 - b. Protest / Appeal Forms
- 19.2 The following forms for a National Championship are to be returned to the Organising Committee by the specified deadline date:
 - a. Event Entry Forms
 - b. Club Roster Form
 - c. Fee Summary

20 Entries

- 20.1 The Organising Committee shall determine the number of entries allowed in each event.
- 20.1.a The Organising Committee may restrict the ability of paddlers to race in multiple divisions for any given race.
- 20.2 There must be a minimum of three (3) paid entries for a race to be run.
- 20.3 Each club or region which enters a competition must submit names of a club or regional representative to the Organising Committee. Only these persons shall handle all entry and competition enquires for the respective club or region.
- 20.4 An individual may be a member of more than one club but may only compete for one club in any one event. Exceptions may however apply; see section 21 for the relevant eligibility rules.

21 Eligibility

- 21.1 Residency: To be eligible to compete at a National Championship, competitors must be a New Zealand resident, or have been a continuous resident in New Zealand for a minimum of three (3) months prior to the event, or be from a country with Domestic Status; namely the Cook Islands, Niue and Tokelau.
- 21.2 Member of a club or region: Each competitor must be a member of a club or region affiliated to NKOA.
- 21.3 Entry to region or club regatta: Eligibility for entry to a regional or club regatta shall be at the discretion of the Organising Committee unless otherwise regulated by the respective region for such matters.
- 21.4 Age: Competitors must be of the qualifying age for eligibility.
- 21.5 Gender: Competitors must be of the gender specified for the race they wish to compete in.

- 21.6 Competing for one club: Competitors may only compete for one club unless paddling under conditions set by the Organising Committee for a specific event.
- 21.7 Crew composition: W6 crews shall be made up of competitors from one club. WT12 crews can be made up of competitors from one club unless specified by the Organising Committee for that specific event.
- 21.8 Flotation devices: All Midget and Intermediate competitors must wear Maritime Safety Authority (MSA) approved flotation devices regardless of swimming ability.
- 21.9 Swimming ability: It is the responsibility of clubs to ensure that individuals who are not able or confident to swim a distance of at least 50 meters wear a personal flotation device when competing.
- 21.10 Paddling ability: It is the responsibility of clubs to ensure that only competitors that can competently paddle may enter races. The incompetence of a competitor may therefore bring into question the eligibility of other competitors of that same club.
- 21.11 Steerers for midget crews:
 - a. For reasons of adverse weather conditions, an adult or competent steerer may rudder steer ONLY a midget crew as a sixth or seventh paddler, dependent on waka model, at the sole discretion of the Organising Committee or Race Director.
 - b. Rudder steering is defined as, paddle must be vertical with a slight twist, no forward motion is to be generated from the steerer.
- 21.12 Mixed crews: Crews in mixed races are to be of mixed gender. For W6 races there must be three (3) female paddlers and three (3) male paddlers. For WT12 races there must be six (6) female and six (6) male paddlers.
- 21.13 International teams or individuals: The organisation sanctioning the race may approve the Organising Committee to run races in which international paddlers may compete.

22 ID cards and birth verification

- 22.1 Identification (ID) cards are issued through NKOA. These cards have a life of five (5) years for those issued to paddlers under 20 years old or 10 years for those issued to paddlers over the age of 20 years. On expiry the card will be renewed with a new current photo. The ID card will be current once the club has confirmed membership and financial currency annually. This card may be used as entry to club, regional, national and international regattas sanctioned by either NKOA or the International Va'a Federation.
- 22.2 Each Club shall be responsible for submitting to the NKOA Secretary an updated list of registered club members' names with their corresponding ID card number at least annually. This must be updated by the date specified annually by NKOA.
- 22.3 Each competitor is responsible for handing in their ID card at a competition.

- 22.4 In the event of failing to produce an ID card as required, a competitor may be liable for an additional registration fee for that competition. The Organising Committee sets this fee.
- 22.5 At a National Championship, the Race Director may refuse competitors entry without their ID cards or verification.
- 22.6 Verification of birth dates and names of registered paddlers is set procedurally at the time of issue of the ID card.

23 Divisions

- 23.1 National Sprint Championships will include the following events with a minimum of two (2) events per class except in the following instances: where there are less than three (3) entries in an event or less races listed below, midget events will only race the 250m event, the maximum amount of races depending on time and the venue:
 - a. Midget: 250m W1 & W6 & WT12
 - b. Intermediate: 500m W1 & W6 & WT12, 1000m W6
 - c. Junior [16]: 500m W1 & W6 & WT12; 1000m W6
 - d. Junior [19]: 500m W1 & W6 & WT12; 1000m W6
 - e. Junior [23]: 500m W1 & W6 & WT12; 1000m W6
 - f. Open: 500m W1 & W6 & WT12; 1500m W6
 - g. Master: 500m W1 & W6 & WT12; 1000m W6
 - h. Senior Master: 500m W1 & W6 & WT12; 1000m W6
 - i. Golden Master: 500m W1 & W6 & WT12; 1000m W6
- 23.2 Mixed races may also be run in the respective divisions but only in the W6 and WT12 over 500m.
- 23.3 The Organising Committee may increase the distances of 1000m and 1500m races to 1500m and 2500m respectively.

24 Age requirements

- 24.1 Competitors compete in the following divisions based on their age. Age is taken as reaching the specified age in the year of competition. (Excluding the Masters, Senior Masters and Golden Masters divisions, the required ages are the same for both genders of the same division.)
 - a. Midget Men and Women (7 - 10 years)
 - b. Intermediate Men and Women (11 - 13 years)
 - c. Junior 16 Men and Women (14 - 16 years)
 - d. Junior 19 Men and Women (17 - 19 years)
 - e. Junior 23 Men and Women (20 - 23 years)

- f. Open Men and Women (24 years and over)
 - g. Master Women (35 years and over)
 - h. Master Men (40 years and over)
 - i. Senior Master Women (45 years and over)
 - j. Senior Master Men (50 years and over)
 - k. Golden Master Women (55 years and over)
 - l. Golden Master Men (60 years and over)
- 24.2 Paddlers may be eligible to compete in more than one division, but only in the following instances:
- a. Midgets may also compete in the Intermediate division.
 - b. Intermediates may also compete in the Junior [16] division.
 - c. Junior [16] may also compete in the Junior [19] division.
 - d. Junior [19] may also compete in the Junior [23] division.
 - e. Junior [23], Masters and Senior Masters may also compete in the Open division.
 - f. Senior Masters may also compete in the Open, Master and Senior Master divisions.
 - g. Golden Masters may also compete in the Open, Master, Senior Master and Golden Master divisions.
- 24.3 Competitors must be of the gender (born male/female) specified in the division they wish to enter.

25 Registration, replacements and withdrawals

- 25.1 The Organising Committee shall set registration fees and deadlines. Fees are non-refundable but may be transferable to replacement paddlers from that club.
- 25.2 The Organising Committee shall set the closing date for registrations. A penalty fee as set by the Organising Committee may be imposed if registration takes place after the closing date.
- 25.3 If sufficient notification is not given, the club concerned will be subject to a penalty fee as set by the Organising Committee. This fee must be paid or an arrangement made with the Race Secretary, before the club can proceed to participate in the event.
- 25.4 Only those competitors registered for the first heat of an event may progress throughout the competition with the following exceptions:
- a. Where a competitor is unable to paddle for any verified medical reason, any eligible paddler from within the same club roster list may replace him/her. In such an event, a certificate from a registered medical practitioner shall be presented certifying that he/she has examined the

- b. Competitors who have to withdraw from a race progression because of religious beliefs shall be replaced for races on that day by another eligible registered competitor from that club.
- 25.5 Competitors unable to continue racing as defined in rule 25.4 may only be replaced by eligible paddlers named on the club roster form.

Race schedule

26 Race schedule

- 26.1 At least 24 hours before the first qualifying race, printed information pertaining to the race schedule shall be available from the Organising Committee. Information pertaining to placings, times and lane allocation shall be posted visibly each day.
- 26.2 Each crew or W1 competitor must be informed of any changes to the race schedule affecting them after the start of that race day.
- 26.3 The Race Director may
- a. alter the race schedule should unforeseen circumstances require him/or her to do so.
 - b. run two races together if the total number of entries for both races does not exceed the number of lanes available;
 - c. eliminate heats and place competitors in other heats should there be any withdrawals;
 - d. allocate an additional lane if there is one more entry than available lanes for a heat, or in other special and unforeseen circumstances. However, this additional lane should only be used if that lane does not unduly disadvantage the competitor in that lane.
- 26.4 Races shall not be re-run.

27 Seeding of races

- 27.1 The Organising Committee shall be responsible for verifying the eligibility and approving the entries of all competitors and crews, as well as seeding competitors into races as appropriate.
- 27.2 For the seeding of W6 crews into heats, the Seeding Committee must firstly take into account any records of regatta results they have received

in regard to crew placings otherwise the allocation shall be 'random' but ensuring regions and clubs are spread across heats where possible.

- 27.3 Seeding of competitors for W1 heats will be based on their placing in the previous National Championship and/or previous regattas in that event and/or by regional seeding indicators.
- 27.4 Seeding of progressions will be on the basis of ensuring paddlers with 'like winning conditions' are fairly spread over progression races to ensure fastest times do not compete unnecessarily against each other in that event before the final. Lane allocations on progression shall be based strictly on times.

28 Progressions

- 28.1 In order to qualify for progression to semi-finals and finals, competitors shall
 - a. start only with those competitors on the entry form;
 - b. progress only with the starting competitors, unless otherwise permitted as per rules 25.4 and 25.5;
 - c. have sustained no faults or breaches to rules throughout the race.
- 28.2 Progression will depend on the number of entries in the event. There will be eight (8) lanes available for each race or nine (9) in the case of nine entries for a heat. In a progression the ninth lane may be allocated should the Race Director deem it necessary [usual progression races based on eight paddlers/teams]. The procedure for race progression will be:
 - a. 1 Heat - this becomes a straight final.
 - b. 2 Heats - first three placings plus other fastest two to a final.
 - c. 3 Heats - first two placings plus other fastest two to a final.
 - d. 4 Heats - first three placings plus other fastest four to semi finals - first three placings plus other fastest two to a final.
 - e. 5 Heats - first three placings plus other fastest one to semi-finals - first three placings plus other fastest two to a final.
 - f. 6 Heats - first two placings plus other fastest four to semi-finals - first three placings plus other fastest two to a final.
 - g. 7 Heats - first two placings plus other fastest two to semi-finals - first three placings plus other fastest two to a final.
 - h. 8 Heats - first in heats to semi-finals - next three placings plus fastest other eight to quarter finals - first two placings plus first in heats to semi-finals - first three placings plus other fastest two to a final.
 - i. 9 Heats - first in heats to semi-finals - next three placings plus fastest other five to quarter finals - first placing plus first in heats and fastest other three to semi-finals - first three placings plus fastest other two to finals.

- j. 10 Heats - first in heats to semi-finals - next three placings plus fastest other two to quarter finals - first place plus first in heats plus fastest other two to semi-finals - first three placings plus fastest other two to a final.
- k. 11 Heats – 1st two in heats directly to quarter finals – 3rd & 4th from heats plus fastest other 10 to four repechages. Fastest 10 from the repechages plus the first 2 from the heats to quarter finals [4]. First two from each quarter final plus fastest other eight to semi-finals [2]. First three placings plus fastest other two to the final.
- l. 12 Heats – 1st two in heats directly to the quarter finals. 3rd & 4th from heats plus fastest other 8 to four repechages. Fastest 8 from the repechages plus the first 2 from the heats to quarter finals [4]. 1st two from each quarter final plus fastest other eight to semi-finals [2]. 1st three placings plus fastest other two to the final.
- m. 13 Heats – 1st in heat directly to the quarter finals. 2nd, 3rd & 4th in each heat plus the fastest other 9 to six repechages. 1st place from repechages plus fastest other 13 plus 1st in heats to quarter finals [4]. 1st two from each quarter final plus fastest other eight to semi-finals [2]. 1st three placings plus fastest other two to the final.
- n. 14 Heats – 1st in heat directly to quarter finals. 2nd, 3rd & 4th in each heat plus fastest other 6 to six repechages. 1st place from repechages plus fastest other 12 plus first in heats to quarter finals [4]. 1st two from each quarter final plus fastest other eight to semi finals [2]. 1st three placings plus fastest other two to the final.
- o. 15 Heats – 1st in heat goes directly to the quarter final. 2nd, 3rd & 4th in each heat plus the fastest other 11 to seven repechages. 1st place from repechages plus fastest other 10 plus 1st in heats to quarter finals [4]. 1st two from each quarter final plus fastest other eight to semi finals [2]. 1st three placings plus fastest other two to the final.
- p. 16 Heats - 1st in heat goes directly to the quarter final. 2nd, 3rd, 4th in each heat plus fastest other 8 to seven repechages. 1st place from repechages plus fastest other 9 plus first in heats to quarter finals [4]. 1st two from each quarter final plus fastest other eight to semi finals [2]. 1st three placings plus fastest other two to the final.

Rules infractions

29 Disqualification

- 29.1 Disqualification shall occur for any fault that is made before, during or after any race. This includes any breach of the race rules.
- 29.2 The Organising Committee may approve the use of a black flag to be used by officials as an indicator of a disqualification at any point of the race.

- 29.3 Disqualifications shall be notified immediately to the Head Course Judge and once confirmed, disqualifications shall be publicly posted and/or announced.
- 29.4 Disqualifications may be called by any official at official stations including registration, loading bay, start, safety boats, and finish.
- 29.5 Disqualification may occur for any misconduct or bad behaviour at an event. This shall be at the total discretion of the Race Director.
- 29.6 The following provisions, as stated in these rules, are cause for automatic disqualification (DQ):
- a. Competing while not a member, affiliated or otherwise, of NKOA (section 21.2);
 - b. Competing for more than one club in the competition not allowed as an exception by the Organising Committee (section 21.6);
 - c. Not meeting the age requirements (section 24);
 - d. Non-compliance with the anti-doping provisions (section 2);
 - e. Paddling at any time during a race outside the designated lane and/or starting and finishing outside the designated lane (section 16.1);
 - f. Paddling in a non-seated position (section 6.5);
 - g. Not following the starting rules (section 14);
 - h. Crossing the start line at any time before the raising of the green flag (section 14.5);
 - i. Not rounding the flags with the entire outrigger canoe and in a counter-clockwise direction (section 15.1);
 - j. Failing to complete a turn within the designated lane (sections 16.1 and 15.3);
 - k. Paddling with an illegal paddle (section 9);
 - l. Paddling with non-registered or replacement paddlers other than those who paddled in the first heat of the event (section 25.4, 25.5 and 28.1);
 - m. An outrigger canoe crosses the finish line without its full crew (section 17.2);
 - n. Paddling without the correct uniform (section 11).

30 Protests

- 30.1 Protests made during the competition must be addressed to the Head Course Judge in writing no longer than fifteen (15) minutes after the particular race has finished or in the case of disqualification, no longer than fifteen (15) minutes after the official posting of the disqualification.
- 30.2 All protests shall be accompanied by a fee that will be set by the Organising Committee. The fee is only refundable if the protest is upheld.

- 30.3 The Head Course Judge shall immediately notify all parties directly involved in the protest.
- 30.4 Procedure on receiving a protest:
- a. If three [3] or more official stations call a disqualification, the protest shall be disallowed by the Head Course Judge.
 - b. If two [2] official stations call a disqualification, the Head Course Judge may consult with the Protest Committee. The Head Course Judge shall make the final decision.
 - c. If only one [1] official station calls a disqualification, the Head Course Judge shall call a meeting of the Protest committee. The Protest Committee shall make the final decision.
- 30.5 The Head Course Judge shall inform all involved parties of the final decision.

31 Appeals

- 31.1 The Organising Committee may allow appeals. If appeals are allowed, it shall define the process that is to be followed.
- 31.2 At a National Championship, an appeal against the decision of the Protest Committee must be addressed to the President of NKO A, in writing and be accompanied by a fee set by the Organising Committee. Appeals must be made no later than fifteen (15) minutes after receiving the protest decision. Deliberation shall take place with those NKO A Council members available at the time. If the appeal is upheld the fee for the protest plus the fee for the appeal will be refundable. The decision of the NKO A Council shall be final.

Officiating

32 Event committees

- 32.1 Organising Committee
- a. Competitions shall have an Organising Committee responsible for the complete organisation of the competition, including (but not limited to) the planning of pre-competition, race-day and post-competition logistics and activities.
 - b. The committee shall be accountable to the organisation sanctioning the competition. In case of races sanctioned by NKO A, the committee shall be accountable to the NKO A Council.
 - c. The committee shall liaise with relevant organisations, iwi and government authorities to ensure all necessary protocols are in place.
 - d. The committee shall appoint all head officials involved in the running of the competition.

- e. The committee shall, where required, monitor the performance of the Race Director and Event Manager according to their respective responsibilities.
- f. The committee shall have such other duties and responsibilities as defined in these rules.
- g. The Organising Committee will ensure there is a Registered Medical Practitioner available to competitors either on site or at a venue notified clearly to all clubs by the start of the first day of competition to ensure that competitors are able to abide by rule 25.4.

32.2 Protest Committee

- a. The Race Director or Organising Committee shall appoint a Protest Committee. In case of a National Championship this committee shall include regional representatives, which at least five [5] members shall sit on any one matter with any potential 'conflict of interest' being taken into account in any selection from the overall pool.
- b. Committee membership is to be confirmed and announced prior to the beginning of the competition.

33 Officials

- 33.1 Competitions are run under the direction of head officials whose roles are defined in sections 33.2 to 33.12.
- 33.2 If circumstances permit, one person may care for two or more of the defined roles.
- 33.3 Site Manager: The Site Manager shall be appointed by contract to NKOA and be responsible to the Organising Committee for successfully managing site organisation of the event, which exclude any matter relating to the competition/race. Such functions may include:
 - a. Managing the arrangement of all necessary resources leading up to and for the running of the event, including administration requirements and facilities, spectator facilities, accommodation for officials, vendors, media, entertainment, the concluding event social function(s) and any other task that may be determined by the Organising Committee.
 - b. Liaison with venue owners and government authorities to ensure all necessary approvals are in place.
 - c. Liaison with the Race Director to ensure the smooth running of the event.
 - d. In conjunction with the Organising Committee, assist appointment, as necessary, persons to conduct secretarial and support duties, marketing and promotion, sponsorship, on-site co-ordination, media liaison, finances, food vendors, health and safety (including Registered Medical Practitioner for rule 25.4 functions), venue security and entertainment and any other role deemed necessary by the Organising Committee.

- 33.4 Race Director: The Race Director shall be responsible to the Organising Committee for the successful organisation and running of the competition. He/she is responsible for supervising and training the head officials and for all other duties as called for in the race rules. He/she may appoint other officials in addition to the head officials to assist in the running of races. He/she may delegate his/her authority as needed.
- 33.5 Head Starter: The Head Starter's duties include aligning the canoes at the start line, starting of races and signalling a false start. He/she shall work together with the aligner.
- 33.6 Head Course Judge: The Head Course Judge shall supervise the following duties:
- a. that the course remains clearly marked throughout the entire event;
 - b. checking that all official stations are interpreting the race rules in a consistent manner;
 - c. checking that all official stations are recording and then reporting disqualifications;
 - d. ensuring the safety of competitors and support and safety boats on the course;
 - e. receiving and notifying all disqualifications;
 - f. receiving all protests;
 - g. convening protest committee meetings.
- 33.7 Head Turn Judge: The Head Turn Judge shall no infringements are made on turning buoys and no lane infringements occur.
- 33.8 Head Finish Line Judge: The Head Finish Line Judge shall supervise the following duties:
- a. recording the order in which competitors cross the finish line;
 - b. operating, where available, a finish line camera to record finishes;
 - c. the official in charge of the camera shall re-run the finish pictures to confirm and record the finish placings where necessary;
 - d. in the event that there is a discrepancy between the recorded placings and the placings recorded by the camera, the Head Course Judge shall make the decision based on their interpretation of the film.
- 33.9 Head Timer: The Head Timer shall:
- a. supervise the timing of races;
 - b. ensure that the timing device(s) are ready and in good working order;
 - c. ensure that the times, placings and notified disqualifications are recorded and dispatched to the Head Recorder.
- 33.10 Head Recorder: The Head Recorder shall:
- a. supervise the recording of results of each race;

- b. prepare any information necessary to the progression of events;
 - c. help the Secretary and Announcer to ensure that race information is made available to the public and officially posted in a designated public area to fulfil protest rulings.
- 33.11 Race Secretary: The Race Secretary shall have overall responsibility for all paperwork involved in the competition.
- 33.12 Head Announcer: The Head Announcer shall supervise:
- a. keeping both the competitors and the spectators informed;
 - b. calling events in progress where possible and giving any commentary which enhances the spectator interest in the sport;
 - c. announcing any official results.

III – LONG DISTANCE RACE RULES

Introduction

34 Introduction

- 34.1 These rules are applicable to any National event organised and controlled by, or on behalf of NKOA.
- 34.2 These rules are binding on any member region, club and/or organisation running any long distance race involving waka ama in New Zealand waters, whether sanctioned or otherwise by NKOA.

Canoe equipment

35 Waka ama components

- 35.1 Outrigger canoes (W1, W2 and W6) shall consist of the waka, seats, two kiatos and ama. The ama shall be lashed on the left side.

36 Waka ama requirements

- 36.1 Any construction material may be used. However, design and construction must ensure seaworthiness; kiatos and ama must be securely affixed to the waka.
- 36.2 Any outrigger canoe must have water tight compartments or other positive flotation sufficient to keep it afloat when swamped with water.
- 36.3 Except for paddles, any moving objects within or outside the boat that help propel the boat forward, are prohibited.
- 36.4 Paddling, including any stationary use of the paddle in the water, is to be carried out only in a seated position on the seat.
- 36.5 In addition to these requirements, outrigger canoes intended for use in open water and offshore conditions must be designed, built and maintained to withstand extreme conditions.

37 W1

- 37.1 W1 shall meet the requirements as set out in section 7.
- 37.2 The use of a rudder shall be optional for long distance races.
- 37.3 Cockpit-equipped W1 must either be fitted with a self-bailing system or be fitted with spray/deck skirts and carry an adequate bailer or bailing device (hand or foot pumps only).
- 37.4 Sit-on-top W1 must be fitted with one short leg leash.

- 37.5 All W1 must carry
- a. one (easily accessible) MSA approved flotation device per paddler;
 - b. one (easily accessible) spare paddle;
 - c. one (easily accessible) MSA approved flare.
- 37.6 The W1 requirements may be checked before and/or after any race.

38 W2

- 38.1 The use of a rudder shall be optional for long distance races.
- 38.2 Cockpit-equipped W2 must either be fitted with a self-bailing system or be fitted with spray/deck skirts and carry an adequate bailer or bailing device (hand or foot pumps only).
- 38.3 All W2 must carry
- a. one (easily accessible) MSA approved flotation device per paddler;
 - b. one (easily accessible) spare paddle;
 - c. one (easily accessible) MSA approved flare.
- 38.4 The W2 requirements may be checked before and/or after any race.

39 W6

- 39.1 There are generally no specific design requirements for W6 (except for the requirements set out in sections 35 and 36).
- 39.2 W6 must be fitted with spray/deck skirts and carry adequate bailing or pumping devices (hand or foot pumps only). Motorised pumps are prohibited.
- 39.3 W6 must carry
- a. one (easily accessible) MSA approved flotation device per paddler;
 - b. two (easily accessible) spare paddles;
 - c. one (easily accessible) MSA approved flare;
 - d. extra lashings in case repairs are necessary to kiato and ama;
 - e. an approved tow rope of 12mm x 25m minimum length. One end must be securely fitted to the front taumanu with the rest stored either in a bag or fastened to the front taumanu.

Accessories

40 Paddles

- 40.1 Paddles must have one blade and may be of any shape or size. It may be constructed from any material.

41 Numbering

- 41.1 All outrigger canoes or competitors shall display a clearly visible number.
- 41.2 Every number shall be positioned in the same place and be of the same type on every outrigger canoe or competitor.
- 41.3 Numbers (and the associated labels or number holders and plates) are the responsibility of the Organising Committee.

42 Club uniforms

- 42.1 For applicable rulings regarding club uniforms, refer to section 11 (Sprint Race Rules).

Race course

43 Course markers

- 43.1 The course of the race and the race distance is to be decided by the Organising Committee.
- 43.2 Course markers used to mark the race course may include (but is not limited to) buoys and natural features such as islands.

44 Support and safety boats

- 44.1 Safety boats shall be provided to provide for the overall race organisation and safety of the event. The number of safety boats shall be determined by the Organising Committee or Race Director dependent on race length, conditions and location, but there shall be no less than three (3) safety boats under any circumstances.
- 44.2 Support boats give support to individual W6. For all marathon races there must be one support boat for each crew.
- 44.3 Each safety and support boat must have sufficient power to travel faster than the W6 so that water changes and/or rescues can be made safely.
- 44.4 Each safety and support boat must carry sufficient fuel to finish the race in the worst conditions expected.
- 44.5 Each safety and support boat must meet all Coast Guard and Maritime Safety Authority requirements and carry compatible communication systems.
- 44.6 Each safety and support boat must be of appropriate design and size to operate in the race conditions and to carry safely the boat crew and, if required, provide assistance to any competitors.
- 44.7 It is recommended that each safety boat carries at least one person trained in First Aid.

- 44.8 Each support boat must be of sufficient size to carry safely the boat crew and the whole crew of the W6 it supports. It must also be able to tow the W6. It is recommended that the boat have a cabin or canopy.

45 Support boat operation.

- 45.1 Support boats for marathon races must stay clear of the start line and at least 200m from any waka for the first thirty (30) minutes of the race.
- 45.2 First paddler changes can take place only after the race has been in progress for thirty (30) minutes.
- 45.3 Support boats shall not unfairly interfere with or provide unfair assistance to any waka, including by boat wash or by getting too close to any waka.
- 45.4 Except when going ahead to drop off relief paddlers, or to render assistance, all support boats shall remain behind or to the side of the waka they are supporting.
- 45.5 The Race Director shall ensure that officials
- a. brief drivers of support boats regarding their responsibilities;
 - b. provide support boat drivers with all relevant race information, including maps of the race course;
 - c. make support boat drivers aware of the courtesies to observe so as not to unfairly interfere with any waka in the race.

Race phases

46 Start

- 46.1 Competitors must be present at the start line for their race as shown on the programme. Starting signals shall be given regardless of absentees.
- 46.2 The start shall be controlled by the starter located in a boat approximately 60 metres in front of the start line or on the side of the race course in line with the start line.
- 46.3 The order of the start is as follows:
- a. Raising of the white flag indicates the race is in the aligner's control – when dropped it indicates to the starter that waka are in line.
 - b. Raising of the red flag indicates that the race is ready to be started.
 - c. Raising of the green flag indicates the start of the race.
- 46.4 If the starter is aligning on a visible marked start line, crossing that start line at any time before the raising of the green flag shall result in a disqualification.
- 46.5 If conditions do not permit the starter to align on a marked start line, competitors shall be informed before each race.
- 46.6 Not following starter orders shall result in disqualification.

- 46.7 Should any paddler accidentally break their paddle during the start or racing, competitors may substitute the broken paddle with any spare paddle they carry.

47 Racing

- 47.1 Any outrigger canoe must complete the entire race distance on the course set by the Organising Committee.
- 47.2 In the case of overturns, the competitors or crew may resume their places in the outrigger canoe and continue racing.
- 47.3 The Race Director may authorise the interruption of a race if an unforeseen problem occurs. A red flag on the lead safety boat shall be used to halt the race. If a race is interrupted or stopped, crews are to follow the officials' instructions.

48 Finish

- 48.1 Competitors complete the race once the bow of their outrigger canoe crosses the (official) finish line.
- 48.2 Any outrigger canoe crossing the finish line without its full crew shall be disqualified.

Entries

49 Entries

- 49.1 For applicable rulings regarding entries, refer to section 20 (Sprint Race Rules).

50 Eligibility

- 50.1 The minimum age for participation of any paddler in a long distance event shall be 13 years. This age must be reached on or before the day of the competition.
- 50.2 The minimum age for participation of any paddler in an open water event shall be 17 years. This age must be reached on or before the day of the competition.
- 50.3 Any paddler competing in a long distance race must
- a. be capable of handling their outrigger canoe in any conditions;
 - b. be able to swim and be comfortable in any conditions;
 - c. be trained in and capable of self rescue techniques (e.g. righting a capsized outrigger canoe);
 - d. have an adequate degree of skill and fitness to enable them to finish the race in any conditions that might be expected;

- e. be dressed for the expected conditions;
 - f. carry (or have easy access to) adequate food and drink.
- 50.4 W1 paddlers may have the option of competing for another club in a W6 event, if the club for which they are registered in the W1 event does not have sufficient numbers to field a W6 crew.
- 50.5 The Organising Committee may impose further requirements it deems necessary to ensure the safe operation of the regatta or race.

51 Identification and birth verification

- 51.1 For applicable rulings regarding identification, refer to section 22 (Sprint Race Rules).

52 Divisions

- 52.1 For W1 and W2 races, the following distances may be used as a guide for both men and women events:
- a. Junior: 8-15 km
 - b. Open and above: 15km and more
- 52.2 For W6 races, the following distances may be used as a guide:
- a. Junior: 12-20 km
 - b. Open and above: 20km and more
- 52.3 Marathon races include changes and may include
- a. nine (9) persons per W6 entry in the men's division;
 - b. ten (10) persons per W6 entry in the women's division; and
 - c. two (2) or three (3) persons per W1 entry.
- 52.4 Iron-person races shall not include changes and may not exceed six (6) paddlers per W6 entry and one (1) person per W1 entry.

53 Age requirements

- 53.1 For age requirements, refer to section 50 above and section 24 (Sprint Race Rules).

54 Registrations

- 54.1 The Organising Committee shall set registration fees and deadlines. Fees are non-refundable but may be transferable to replacement paddlers from that club.
- 54.2 The Organising Committee shall set the closing date for registrations. A penalty fee as set by the Organising Committee may be imposed if registration takes place after the closing date.

Rules infractions

55 Disqualification

- 55.1 Disqualification shall occur for any fault that is made before, during or after any race. This includes any breach of the race rules.
- 55.2 The Organising Committee may approve the use of a black flag to be used by officials as an indicator of a disqualification at any point of the race.
- 55.3 Disqualifications shall be notified immediately to the Race Director. Once confirmed, disqualifications shall be publicly posted and/or announced.
- 55.4 Disqualifications may be called by any officials on official stations including registration, loading bay, start, safety boats, and finish.
- 55.5 Disqualification may occur for any misconduct or bad behaviour at an event. This shall be at the total discretion of the Race Director.

56 Protests

- 56.1 The Organising Committee may allow protests. If protests are allowed, it shall define the process that is to be followed.

57 Appeals

- 57.1 The Organising Committee may allow appeals. If appeals are allowed, it shall define the process that is to be followed.

Officiating

58 Committees

- 58.1 Organising Committee
 - a. Competitions shall have an Organising Committee responsible for the complete organisation of the competition, including (but not limited to) the planning of pre-competition, race-day and post-competition logistics and activities.
 - b. The committee shall be accountable to the organisation sanctioning the competition. In case of races sanctioned by NKOA, the committee shall be accountable to the NKOA Council.
 - c. The committee shall liaise with relevant organisations, iwi and government authorities to ensure all necessary protocols are in place.
 - d. The committee shall appoint all head officials involved in the running of the competition.

- e. The committee shall, where required, monitor the performance of the Race Director and Site Manager according to their respective responsibilities.
- f. The committee shall have such other duties and responsibilities as defined in these rules.

58.2 Protest Committee

- a. If the Organising Committee allows protests, the Race Director or Organising Committee shall appoint a Protest Committee. In case of a National Championship this committee shall be regionally representative from which at least five [5] members shall sit on any one matter with any potential 'conflict of interest' being taken into account in any selection from the overall pool.
- b. Committee membership is to be confirmed and announced prior to the beginning of the competition.

59 Officials

- 59.1 Competitions are run under the direction of head officials whose roles are defined in section 33 (Sprint Race Rules).