



Marathon Racing Rules of Competition

Canoeing and Kayaking is by its nature an unpredictable sport and therefore inherently involves an element of risk

1. General

- 1.1. All paddlers are required to render assistance to other competitors in distress.
- 1.2. All competitors must abide by the Rules of the Paddle Scotland (PS) Marathon Development Group and to any additional rules set by the race organiser. Failure to abide by the Rules will result in disqualification.

2. Eligibility

- 2.1. All competitors in PS marathon races must be members of Paddle Scotland, or another recognised National Governing Body.
- 2.2. Non-members must pay PS Day membership in addition to their entry fees and complete the appropriate form. Day members will not be eligible for PS trophies or medals but will be eligible for ranking and Hasler points.

3. Racing

- 3.1. Competitors shall race in a fair manner at all times. The only means of propulsion shall be by paddle. In the absence of specific PS rules, the ICF rules covering equipment and the conduct of competitors during a race will be observed.
- 3.2. Wash hanging on power craft, or other vessels not involved in the race, is not permitted.
- 3.3. All courses are as described by the race organiser. No alternative routes or portages, which shorten the course, are permitted.
- 3.4. In the event of a paddle breakage, a replacement may be used. The same craft must be used throughout the race.

4. Entries

- 4.1. The race organiser has the right to reject an entry from any competitor whose boat or equipment standard is not to the organiser's satisfaction.
- 4.2. The organiser may impose a minimum standard of competence for entries to the event and may reject an entry from any competitor who is not deemed competent for conditions on the day. Any competitor whose entry is rejected shall not paddle over the race course. The organiser's decision is final.

5. Safety

- 5.1. Competitors are expected to be able to swim adequately in the waters on which the race is being held.
- 5.2. All boats used in marathon racing must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsize. Inherent buoyancy in composite boats



is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted.

5.3. Personal Floatation Devices (PFD)

5.3.1. All personal floatation devices (PFD) i.e. buoyancy aids or life jackets, must be compliant with EN393, EN395, ISO12402-5 or ISO12402-6 and worn in accordance with manufacturer's instructions at all times on the water.

5.3.2. All paddlers who are ranked in divisions 7,8,9, paddlers without a marathon ranking and those in the Geoff Sanders Series must wear a PFD whilst on the water at a marathon event.

5.3.3. Team Leaders/Club coaches, or in the absence of these, the individual (or in the case of junior paddlers, their parent or guardian) shall determine if a paddler racing in the higher divisions must wear a PFD.

5.3.4. All paddlers competing in descent races must wear a PFD. In addition, paddlers competing in closed cockpit boats (e.g. Slalom or White Water Racing Boats) must also wear approved crash helmet. The use of approved crash helmets and protective footwear is recommended for all paddlers

5.3.5. Depending on conditions, the race organiser may require other competitors to wear a PFD. The organiser's decision is final. All competitors should come prepared to comply with this requirement.

5.4. Any competitors failing to comply with these rules will not be allowed to participate in the race.

6. Portages

6.1. Assistance may not be provided or accepted at any portages except on the specific instructions of the race organiser.

6.2. Competitors with physical disabilities or injuries that require assistance should make arrangements with the race organiser before the start of the race.

7. Numbers

7.1. Each competitor will be issued with a number bib, board or sticker that must always be clearly visible.

7.2. The number boards and bibs must be returned to the organiser at the end of the race.

8. Protests

8.1. Any competitor who wishes to protest any aspect of the conduct of a race, including the accuracy of the results, must do so in writing to the event organiser within 30 minutes of the end of the final race.

8.2. If necessary, the organiser will provide a protest committee of three persons, of whom one will be from the PS Marathon Development Group. At least two will not be members of the organising club, or the club(s) involved in the protest. The decision of the protest committee is final.



9. The Divisional System

- 9.1. All paddlers will be ranked in one of 9 divisions (or the Geoff Sanders Trophy series) according to their current age and ability, based on results achieved during the current or previous season. Throughout the season paddlers will be promoted or demoted between divisions in accordance with the procedures set out in the Paddle UK Marathon Racing Rules (available at <https://canoemarathon.org.uk>)
- 9.2. Any paddler previously ranked who does not compete for one or more seasons may apply to the PS Marathon Development Group for re-ranking before competing again.
- 9.3. Paddlers new to racing should consult the Marathon Development Group (marathondevelopmentgroup@paddlescotland.org.uk) if they are unsure of their entry point to the system.

10. Geoff Sanders Trophy Series

- 10.1. Racing in this series will be open to U14 paddlers not previously promoted to Div 9 or higher.
- 10.2. Paddlers MUST enter the division that is most appropriate for their ability.

	Age	Boat Type	Expected Speed
Div 9	U14		Faster than 7:00/km
GS-A	U14	Full size K1, Mini K1 or Lightning	7:00 to 7:30/km
GS-B	U14	Full size K1, Mini K1 or Lightning	7:30 to 8:15/km
GS-C	U12	Mini K1 or Lightning	Slower than 8:15/km

11. Scottish Marathon Series

- 11.1. The rules of the Scottish Marathon Series are published on the marathon page of the “paddlescotland” website.

12. Scottish Marathon Championships

- 12.1. The rules of the K1 and K2 Marathon Championships and the Descent Championship are published on the marathon page of the “paddlescotland” website.



Change History

Date	Details
Mar 2025	Reformatted, updated to Paddle Scotland, clarification of safety aspects.