

Scottish Sprint Racing Rules

1. RACING RULES

All Sprint events appearing in the Paddle Scotland calendar must be run in accordance with the Paddle Scotland Sprint Racing Rules of Competition. The International Canoe Federation rules covering conduct during the event must be observed.

2. AGE CLASSES

For all events the classes are as follows:

Boys / Girls	Under 8 on 1 st January in year of competition
Boys / Girls	Under 10 on 1 st January in year of competition
Boys / Girls	Under 12 on 1 st January in year of competition
Boys / Girls	Under 14 on 1 st January in year of competition
Boys / Girls	Under 16 on 1 st January in year of competition
Junior Men / Women	Under 18 on 1 st January in year of competition
Senior Men / Women	18 or over on 1 st January in year of competition
Veteran Men / Women	34 or over on 1 st January in year of competition
Masters Men / Women	49 or over on 1 st January in year of competition

3. NUMBERS

Competitors will be issued with a personal number at the event and this should be clearly displayed in all races. The Committee will lend the race organisers Number Boards. For events at Strathclyde Park lane numbers will be used.

4. START AND FINISH

The Start and Finish lines must be clearly marked and an audible signal given to each competitor as they cross the finish line. The start signal will be "Ready – Set – Go" ("Go" can be a shot or strong signal).

5. ENTRY FEES

The suggested minimum entry fees are:

Juniors	£10.00
Seniors, Veterans, Masters	£15.00

6. PRIZES

Event organisers can award prizes for their events as they see fit and should not feel restricted by the Sprint League classes.

7. RACE LEVY

There is a race levy of £1.00 per person entered for the Sprint Development Group to support with the running of the Scottish Championships, buying medals and other related expenditure. If event entry fees are being collected via Justgo then Paddle Scotland will deduct the levy from the total entry fees received and pay the balance directly into the club bank account details provided on the Event Approval Form. If the club is collecting entry fees then the Sprint Development Group treasurer will send a request for the levies to be paid to Paddle Scotland after the event.

8. SAFETY

Personal Floatation Devices (buoyancy aids and life jackets)

- a) All personal floatation devices (buoyancy aids) must be EC approved (compliant with EN393, EN395, ISO12402-5 or ISO12402-6) and worn in accordance with manufacturer's instructions:
 - It must be the appropriate size for the wearer to ensure adequate buoyancy in the event of capsize.
 - It must be a snug fit to ensure it does not lift in the water in the event of capsize.
 - It must be fastened securely using all buckles, zips and fastenings whenever the wearer is on the water.

- b) Approved Buoyancy Aids (flotation devices) must be worn at all times on the water by paddlers who meet any of the criteria below:
- i. are aged U14
 - ii. are ranked in Sprint Division D, or lower (in any age group)
 - iii. have not met the minimum standards for racing at British National regattas as published by the British Sprint Racing Committee
- c) Organisers may require other competitors to also wear approved buoyancy aids if they feel that the conditions require it, so all competitors should come prepared to comply with this requirement.

Boat Buoyancy

- Buoyancy both fore and aft should be present and secured to the structure of the boat.
- Buoyancy should be sufficient for the boat to float in a horizontal plane when filled with water with sufficient reserve buoyancy to support the paddler. (Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted.)
- Bulkheads if fitted should be intact and sealed.

Regatta Safety

Races that are held on open water must have at least one safety boat in attendance and it is the responsibility of the race organiser to assess the appropriate level of safety cover required.