



# Kayaking



## SOMI-Specific Information

**Sport Season:**

June-September

**Culminating State Event:**

State Fall Games

**Events Offered:**

Singles Tourist Kayak (KT): KT1 - 200m, 500m

Doubles Tourist Kayak (KT): KT2 - 200m, 500m

Unified Sports Doubles Tourist Kayak (KT): KT2 - 200m, 500m

Singles Professional Kayak (K): K1 - 200m, 500m

Doubles Professional Kayak (K) - 200m, 500m

Unified Sports Double Professional Kayak (K) - 200m, 500m

\*Professional kayak events offered locally

Athletes can enter up to three races (ex. 2 single and 1 tandem race or 1 single and 2 tandem races)

Athletes must choose to participate in either Traditional races or Unified races, they may not switch between the two.

**National Governing Body:**

International Canoe Federation (ICF)

## **Uniform Guidelines & Equipment**

1. Athletes will be required to wear shirt and shorts during all practice and competition.
2. Coaches should insure that all athletes bring a change of clothes when attending kayaking practice and competition.
3. Swim Suit, Swim hat and aqua shoes will be required for the water test.
4. It is also suggested that athletes bring a set of warm clothing and rainwear.

## **Equipment**

1. Helmets can be worn if an athlete trains with one or if the waters are especially rough.
2. A life vest must be worn at all times.
3. Depending on the event, one or more athlete will be in a boat and have a paddle.
4. Standardized *Touring Kayaks* and paddles are to be provided by games organizing committees for each athlete.
5. Kayaks are to be designed as a sit-in and not as a sit-on type and to offer high stability level to the athletes.
6. Kayaks shall be propelled solely by means of double-bladed paddles.
7. There is no other specific rule for boat construction (material, length, weight, etc.) but they must be safe and environmentally sound.

## **General Rules**

1. At the start line, kayaks will be stabilized by personal holding on their stern or pontoon. However, athletes should be able to control the kayak point of the proper direction towards the finish line and keep the kayak stationary until the start of the race.
2. The start of all races begins with the starting signal by a shot or a short, powerful sound. A drop with a White Flag from the shoreline will indicate the start of the race along with the starting signal.
3. If a competitor starts to paddle away before the start signal has been given, he/she is charged with a "false start".
4. Athletes must stay in their assigned lane otherwise they will be disqualified.
5. If an athlete crosses the lane barrier and impedes the other athlete, this will be justification for a disqualification through the protest procedure and the athlete that was impeded has the option of starting the race at a later time for a proper score.
6. The coach must report to the shoreline once the athlete is in the kayak. No coaching is permitted from the shoreline. Encouragement to the athletes is always allowed.
7. Coaches will not be allowed to have a kayak in the water while the competition is being conducted.
8. The maximum number of athletes per division in kayaking is six.

## **Protests and Appeals**

1. Any protest involving the judgement of the referee or judge will not be given consideration
2. The protest must be in written form, using the Protest form available from the Sport Information Desk (SID)
3. Only the Head of Delegation or designated Head Coach may protest and must do so no later than 30 minutes after the conclusion of the event
4. All decisions made by the Game Rules Committee will be final

## **Safety/Safety Equipment**

1. There will be an umpire/safety boat on the water during practice and competition. The number of umpire/safety boats will depend upon weather and the ability levels of the athletes.
2. Athletes must remain in the kayak at all times while on the water. Legs must be in the kayak at all times.
3. Horseplay on the water may lead to the athlete being removed from competition or a similar penalty.
4. Athletes must be seizure-free for 1 year prior to competing.
5. While on the water, also remember to bring the following:
  - I. First Aid Kit
  - II. Quick release tow rope
  - III. Hand bilge pump
  - IV. Extra portable paddle that can be stored
  - V. Drinking water

## **Essential Eligibility Criteria for All Kayakers**

Participants must:

1. Be 18 years or older, or accompanied by an adult.
2. Be able to manage all personal care and mobility independently or with the assistance of a companion who accompanies the participant.
3. Be able to get in and out of a kayak independently or with the assistance of a companion, following instruction.
4. Be comfortable in the water including: floating on back independently with a properly fitted PFD, turning from face down to face up independently while wearing a properly fitted PFD, and holding breath while under water.
5. Be able to maintain a balanced, upright position when seated in a kayak, with adaptations if needed.