



## White Water Slalom Rules & Information

### Rules

**Slalom events:** Touching a gate will result in a 5 second penalty (only one penalty no matter how many touches); missing a gate will result in a 50 second penalty (supersedes a touch penalty for that gate). Gates must be traversed in the indicated order and indicated direction (downstream through green and white gates and upstream through red and white gates) and the paddler's head must pass through the plane of the gates above water to consider the gate successfully run. Contact with or running of a gate farther along in the numeric sequence constitutes missing any prior gates that were not run in the correct orientation. A paddler may take 2 runs in any slalom event. The fastest run (including penalty time) will be used for paddler placements in each slalom event. A paddler may self-rescue and continue.

**Downriver sprint:** A paddler may paddle any course from the start through the finish and may contact or run or skip all gates without time penalties. A paddler may take 2 runs in any downriver event. A paddler may self-rescue and continue.

**Slalom and downriver:** If a paddler is caught from behind by the next racer, he/she will be signaled to move out of the way and will be expected to do so before continuing after the faster racer has past. If a paddler needs to give assistance to someone during a run, the assisting paddler will have the option of re-doing that run. Paddlers, paddles, and craft must all cross the finish line together. Self-rescue will not disqualify a run (rolling, wet exit with re-entry, etc.). Rescue assistance before crossing the finish line will disqualify a run (accepted throw rope, accepted rescue boater help). Each paddler will remain in his/her craft on the water at the finish for rescue duty until the next 2 upright craft containing paddlers have finished or the paddler has made an arrangement with a finished participant to exit earlier or the paddler has been officially relieved of course finish rescue duty.

**Equipment:** Any style of kayak or canoe or stand up paddle board is permissible. Air bags are recommended for kayaks and canoes but not required. Grab loops or painter lines are required on both ends of all kayaks and canoes. Leashes are not required on stand up paddle boards. Participants must wear helmets and life jackets. The life jackets must be US Coast Guard approved. The helmets should be specifically designed for whitewater paddling (recommended) but alternately may be designed for hockey or bicycling or skateboarding. Helmets should provide good head coverage with impact protection and should fit well. Footwear is recommended but not required.

**PADDLER'S INFORMATIONAL MEETING WILL TAKE PLACE AT 8:30 AM AT REGISTRATION.**