



**Association des coureurs en
rabaska du Québec (ACRQ)**
(Québec Rabaska Racers Association)

COMPETITION RULE BOOK

Revised within the
Teams Directors Comity Assembly
On February 16, 2020

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This rulebook what translated from the original French language document of the ACRQ. The French version should be considered as the official one, if any disparity may occur between the two documents.

1. DEFINITIONS

In the present statement, unless a contradictory notice is indicated, the following terms refer to:

- **A.C.R.A.:** Official name given to the *Association des coureurs en rabaska 2000 (ACRA 2000)*, founded on June 14 2000. The contraction is always valid in legal documentation provided by the association.
- **A.C.R.Q.:** *Association des coureurs en rabaska du Québec*. New appellation given to the association since January 25th, 2015, in accordance with its new mission to support Rabaska all around Québec.
- **Stern paddler:** Member of a Rabaska team who is responsible for steering the canoe. The stern paddler is seated at the back of the Rabaska canoe.
- **Cart (« Buggy »):** Non-motorized rolling device with a maximum of two wheels, used for the transport of the Rabaska canoe.
- **Protest Comity:** Comity which is compliantly convened following a protest demand, composed in accordance to the present regulations.
- **Sanction Comity:** Comity which is compliantly convened following a sanction demand, composed in accordance to the present regulations.
- **Competitor:** Member of the ACRQ who a part of a Rabaska team which participates in a competition and whose name is enlisted on the registration form of this given team for the competition.
- **Race:** Sprint and/or long distance event. The long distance events can be divided in many stages, and these stages can be spread over several days.
- **ACRQ Sanctioned Competitions:** Race that has been previously approved by the ACRQ Administrative Board
- **Wednesday Race:** Timed training organized by the ACRQ, happening on a week evening.
- **Team Director:** Representative designated by each team.
- **Team:** Rabaska team that registered as member of the ACRQ, made up of a maximum of fifteen (15) members.

- **Women's Team:** A team which is exclusively composed of female members. Two members of the masculine sex can however be included in such a team, as stern paddler only.
- **Masculine Team:** A team that does not comprise any minimum in terms of members of the feminine sex.
- **Mixed Team:** A team in which at least three (3) members are of the feminine sex.
- **Member:** A person who paid the membership fees to be an annual member of the ACRQ.
- **Official:** A person mandated by the ACRQ Administrative Board to be replaced in his functions during a wide-ranging competition.
- **Paddle:** Paddle that only has one palm and is completed on the other hand by a handle.
- **Rabaska:** Rabaska canoe that respects the weight standards and expected dimensions in the present regulation.
- **Feeding:** During a race, change of one or many competitors and/or provision of beverages and food to the competitors;
- **P.F.D.:** Personal flotation device approved by Transport Canada.
- **Teams Directors Comity (Direction Comity):** Comity that is formed of one representative of each good standing member team of the ACRQ. Each director gets one vote regarding the current rules.
- **Administrative Board:** ACRQ administrators who are elected, following the General Rules of the ACRQ;

2. GENERAL PROVISIONS

2.1 Application of the Regulations

The present regulation applies to all competitions sanctioned by the ACRQ, as the latter is under the responsibility of the Direction Comity. During a competition sanctioned by the Association, the competition's regulations cannot, under no circumstances, modify the present statement unless it seeks to complete it, as in the case of a specific situation related to the given competition.

2.2 Competitor Status

The amateur status is given to all competitors and to all team that participate in a competition sanctioned by the ACRQ.

2.3 ACRQ Teams Membership

Teams who pay their membership to the ACRQ benefit from certain advantages, such as:

- To collect points in the ranking of the provincial circuit.
- Civil responsibility insurance coverage for members during their training sessions and races.
- Civil responsibility insurance coverage for all administrators and executives.
- A vote on the Direction Comity (Teams Directors Comity) that regulates the present regulation.

2.4 ACRQ Competitors Membership

All competitors participating in a competition sanctioned by the ACRQ must be a member of the ACRQ. There are two types of memberships: the daily membership and the annual membership.

- The annual membership provides the member status to the official members, also providing the following advantages:
 - The right to vote in assembly.
 - The civil responsibility insurance's protection.
 - The right to participate to all races from the provincial circuit or other sanctioned events.

- Discounts from some partners of the Association.
- Discounts to participate in some events organized by the Association.
- The daily membership allows members to participate to only one given competition and to be protected by the civil responsibility insurance on this specific day, without being given any other rights or form of power.

Anyone under the age of 18 years old, when becoming a member, must get his membership approved by the signature of a parent or tutor. This responsibility is a matter for the team's director and can be verified by the ACRQ at any given moment. The application form provided for this purpose is available on the ACRQ website. The violation of this arrangement can result in sanctions.

2.5 Anti-Marauding Policies

Unless with the given team's director's express authorisation, it is prohibited to directly or indirectly approach a registered member of another team to participate in a competition for your team or to join the team in question. Only the "free agents" can be solicited.

The directors and members of the teams must ensure they are showed in the right team on the ACRQ website. A person could become a free agent after receiving the authorisation from his/her team's director or after being released by that same director.

In case of a complaint for non-compliance of this arrangement, the wrongdoer could receive the following sanctions:

- 1st infraction: Formal warning.
- 2nd infraction: Suspension for the rest of the current season and for the *Classique Internationale de Canots de la Mauricie*

Please note that all complaints done in virtue of this article must be supported by testimonies or concrete and tangible proofs.

3. CATEGORIES, EQUIPEMENT ET ACCESSORIES

3.1 Categories and Classes

3.1.1 Categories

Only one category is currently active during the ACRQ competitions:

- The **mixed** category: Mixed teams can include a maximum of fourteen (14) members while participating in one same competition. The team must always include a minimum of three (3) women in their canoe. Rabaska teams can have a maximum of nine (9) members total in the canoe.

Rookie member: Notwithstanding the last paragraph, a team can add a fifteenth (15th) member if at least one member of the team has **never** participated in the *Classique Internationale de Canots de la Mauricie* (C-1, C-2, C-4 or R-9 – Except the Recreational Class), the *AuSable River Canoe Marathon* (C-2) or the *General Clinton Canoe Regatta* (C-1, C-2, C-4).

3.1.2 Classes

A) Competitive Class

The competitive class is the principal class throughout the ACRQ competitions and during the *Classique internationale de canots de la Mauricie*.

B) Recreational Class

This class allows to race according to a more accessible scale than the competitive class, including shorter circuits that have been adapted. This class primarily aims for a leisure purpose and initiation to the sport.

The rabaska canoes used in the recreational class have higher minimum weight to allow less expensive canoes to be used and to ensure fairness between teams that participate in this category.

3.2 Dimensions et Specifications for Rabaska Canoes and Verification Procedures

(__ = Specifications to be completed in late 2021 or beginning of 2022)

3.2.1 Dimensions, Weight and Specifications

By regulating the dimensions and the weight of the rabaska canoes, the ACRQ aims for equity amongst the teams, stability in the sport's growth by limiting the differences between canoes, and to minimise the manufacturing price's increase.

Approved Molds

As of February 16th 2020, only two rabaska canoes' molds are recognized by the ACRQ. These molds cannot, under no circumstances, be modified without the ACRQ's authorisation. If need be, these canoes could be unauthorized to participate in ACRQ competitions:

- 1) The first belongs to *Mr. Érick Lynch*.
- 2) The Second belongs to *Rabaska Sorel, partnered with Mr. Pascal Gagné*

Anyone who desires to introduce a new mold to manufacture Rabaska canoes to be used during ACRQ competitions must submit a formal written request that demonstrates the shapes and precise dimensions of his/her mold. This request will be examined and analyzed by an expert comity selected by the ACRQ Administrative Board. The request will either be accepted (with or without conditions) or rejected.

Please note that this arrangement will come to an end when the dimensions will have been settled on paper over the course of the 2019 season (*Note from August 24th, 2021: Not done yet*).

Shape and Design of the Hull

The shape of a competition rabaska canoe must mandatorily resemble in all particulars to a traditionally known rabaska canoe. The bow and the stern (the parts that are out of water) can however be shortened.

The shape of the hull for a rabaska must be a curved convex, continuous, and regular line. A “V” shape is not considered a convex and regular **curved** shape.

The rabaska canoe’s hull cannot include **any concave line or shape**, no matter in which axis. On the other hand, the gunwale line can soar upwards at the front and at the back (bow and stern), like the traditional shape of a rabaska canoe.

The hull must not possess any wing or external skate (as an outrigger), any rudder, or any hull modification or any other external equipment.

Example: Most types of professional C-2 canoes comprise concave lines, and therefore are not in a convex, continuous, and regular shape. In this vein, a rabaska canoe could not have this appearance.

Keel

A rabaska canoe can be equipped with one keel on the total or on a part of its length, at the center. This is the only equipment that can be added on the exterior of the hull.

- Maximum width of the keel:
- Maximum height of the keel:

Imperfections

Minimal flaws caused by regular deterioration are tolerated.

Protective canvas Cover

A waterproof canvas cover can be added to the superior part of a rabaska canoe, on desired locations.

Bench Number

A rabaska canoe is equipped with five (5) or six (6) benches, including the back box for the stern paddler. Each bench can be supplied with footrests, water-bottle holders, food holders and/or PFD holding devices.

Manufacturing Standards

Each rabaska canoe must respect the manufacturing and buoyancy and floatability standards established by *Transports Canada*.

Rabaska Dimensions (To Be Completed)

All measurements are taken at the exterior of the hull.

- Maximal length:
- Minimal length:

- Minimal width at X meters from the bow:
- Minimal width at the center:
- Minimal width at X meters from the stern:

- Minimal width at X meters of the bow, at X centimeters from the bottom
- Minimal width at the center, at X centimeters from the bottom
- Minimal width at X meters from the stern, at X centimeters from the bottom

- Minimal height (depth) at the front:
- Minimal height (depth) at the center:
- Minimal height (depth) at the back:

- The widest point in the rabaska canoe must be between _____ centimeters and _____ centimeters from the front (or from the back).

Minimum Weight of a Rabaska Canoe

The weight of a rabaska canoe is calculated considering all following equipment fixed permanently on the canoe: benches, footrests, bottle holders, storage compartments, PFD holding devices, pumps, and attached accessories – excluding the batteries.

- Minimum weight – competitive class: 200 pounds (lbs)
- Minimum weight – recreational class: 300 pounds (lbs)

3.2.2 Dimension and Weight Verification Protocol for Rabaska Canoes

The ACRQ or the Classique Internationale de Canots can proceed to the measuring and the weighing of the rabaska canoes before or after all competitions. The person in charge of the verification will verbally notify the team's director at least 30 minutes before said verification. The team is responsible to bring its rabaska canoe at the intended location and **to remove all non-fix equipment from the rabaska canoe.**

- A team whose rabaska canoe does not respect the dimensions, weight, and provided specifications will not be authorised to participate in the start or will be disqualified (if witnessed after the start of a race).
- A team whose rabaska canoe does not respect the minimum weight will mandatorily have to add the weight that has to be placed in only one particular spot. It will be attached with a seal approved by the ACRQ, to ensure it remains at all times in the canoe. The added weight must not be an object usually present in the rabaska canoe and must be provided by the team.

3.3 Personal Flotation Devices

The personal flotation devices (PFD) used by all competitors must be easily accessible at all time, respect the Transport Canada norms, be in good condition, and be adapted to each competitor's weight.

During a rapid descent preliminary designated by the ACRQ, all competitors must wear on and properly secure their personal flotation device.

Note: Inflatable and self-inflating PFDs as well as waist PFDs which are worn like a belt are not certified by Transport Canada to be used in white waters situations (such as: Des Hêtres rapids, Des Forges rapids). These PFDs therefore cannot be worn in such situations because they have to be made of unsinkable material.

*If wearing the PFD is required by the ACRQ or a race promoter in a situation where the watercourse is **not** considered like rapids or white water, the inflatable PFDs can still be used. In case of doubt, verify with the Administrative Board or the race's promoter.*

- *A team who does not respect the current clause will face a two (2) minute penalty for each competitor committing an infraction.*

3.4 Security Material

The ACRQ can verify a team's material before and after a competition. All teams must respect the *Canada Shipping Act* (CSA, L.R.C., 1985, c. S-9) and its regulations, in particular the *Small Vessel Regulations* (CRC, Vol.XVII, c. 1487) and have in his or her possession, at all times during a competition, the following material:

- One (1) additional spare paddle.
- Nine (9) personal flotation devices, easily accessible.
- A whistle.
- A bailer.
- A floating rope with a minimal length of 15 meters.
- A functional waterproof flashlight, in the case where the competition is being held before sunrise or after sundown.

- A team who will be lacking any of the previously mentioned articles before a competition will not be authorised to take part in the start.
- If witnessed after the start, a team will be imposed with a one (1) minute penalty for each missing article.

4. RACE REGULATIONS

4.1 Subscriptions

A team will have up until one (1) hour fifteen (15) minutes before the beginning of a competition to hand in to the ACRQ their assiduously completed subscription sheet as well as the subscription relative cost, unless a different deadline is demanded by the race's promoter. In the following case, the deadline will be indicated on the race's quotation, which will be available at least 48 hours before the race start.

For all ACRQ sanctioned competitions, the following information must be provided on the subscription form: all names of the participating team members, their status (annual members or daily members), as well as the team's name. Each team will also have to designate in advance and write down on the subscription form the name of its team director or the designated person to substitute for this competition.

- *A team that does not respect the subscription deadline could be refused entry to participate in the start of the race, or a monetary sanction of 50\$ can be awarded for a team that does not respect the present dispositions.*

4.2 Pre-Competition Information Meeting

At least one (1) hour thirty (30) minutes before the beginning of a race or a competition, the ACRQ or the race's promoter will notify all registered team directors of the location and time of the pre-competition information meeting. The director and the stern paddler of each registered team must be present.

The meeting will be held sixty (60) minutes before the start of a competition and must be over at least thirty (30) minutes before the start scheduled time to allow directors and stern paddlers to share the provided information to their team members.

During this meeting, the promoter will provide the following information:

- A plan or a sketch of the itinerary of the race, identifying amongst others: the starting line, the finish line, the buoys, the identified rapids or not, the obstacles, the portages, the docks, and the supply points or mandatory stops, if there are any.
 - All pertinent information regarding the competitors' security.
 - The approximate total distance of the race in kilometers.
 - The starting time and the procedures of the start.
 - The security measures put into place through the itinerary.
 - All distinctive rules regarding this race or this competition.
- All teams who are not represented at the pre-competition information meeting by its director and its stern paddler will not be authorised to participate in the race.

4.3 Competitors Identification

All competitors must wear, at all times, a decent outfit during all ACRQ sanctioned competitions. During a high calibre competition such as the *Classique internationale de canots de la Mauricie*, it can be required that all competitors wear apparel which identify his or her team's colours, or any other additional identification item given by the competition's organizing committee.

- A team that does not respect the present disposition will be imposed a one (1) minute penalty for each infraction.

4.4 Feedings

Rabaska teams are allowed to plan in-race feedings and member's replacement during the race.

- a)** A maximum of five (5) feeders are authorized to provide the needed supplies for a given team.
- b)** No feeding is permitted directly on the water or using another canoe. The feeding must be executed on the shore of the body of water and/or during a portage, if there are any.

- c) During a feeding, the feeders and the team members cannot impair other teams.
- d) Only the fifteen (15) team members and the five (5) feeders are authorised to touch the rabaska canoe during a feeding. However, the five (5) feeders cannot, at any given moment, help the team carry or move the rabaska canoe forward during portages, while coming out of the water or getting into the water, during the race. Nevertheless, it is allowed for them to push or touch the rabaska canoe during a feeding, which happens directly in the water (on the shore).
- e) While using a transportation buggy, only one member of the team can hold the buggy while waiting at the designated exit point.
- f) There are no maximum or minimum number of feedings determined per competition, except in the case of an opposite notice in the race quotation.

➤ *A team that does not respect the present disposition will be imposed a penalty of two (2) minutes for each infraction.*

4.5 Buoy Turns and Bypasses

All teams must go around all buoys located on the itinerary of a competition, completely through its exterior side. A team that does not cross a buoy completely through the exterior side must immediately resume passing this buoy to get around it completely and come back in the right circuit.

To retake the buoy turn, the team can brake and move backwards if there are no other teams behind which could be hindered by this manoeuvre. In the case where braking would hinder another team, the team must make a complete loop of more than 360 degrees “in the direction of the buoy” to come back in the right circuit and go around the buoy completely, through its exterior.

➤ *A team which hinders another team by starting over their going around a buoy can be given a penalty of two (2) minutes for obstruction.*

- A team that does not go around a buoy completely through the exterior or that does not respect the itinerary will receive a penalty in time of at least 5 minutes. In case of a significant misconduct, this penalty could be adapted upwards or the team could be disqualified. This decision will fall in the hands of the judgement of the officials or the sanction comity. The disqualification of a team takes away its rights to receive its grant and its classification points for the race, and there are no refunds for the subscription cost.

4.6 Priority, Contacts, Obstructions, Violent or Disrespectful Gestures

4.6.1 General Priority

At all times during a competition, a rabaska canoe of a team which is situated in front of another team has the priority. When a race situation makes the space insufficient for many rabaska canoes, the one at the front has the priority. Without being limited to the following examples, here are some situations where the front runner has the priority: a disembarkation which is done perpendicularly to the shore (in a straight line), narrow passage, obstacle to avoid.

- A team that does not respect the present disposition and that causes harm to another team will be imposed a penalty of two (2) minutes for each infraction.

4.6.2 Buoy Priority and Docks Priority

The present article's goal is to specify at which moment a rabaska canoe is considered having priority during a buoy's turn or when passing any other object considered as a buoy. The same principle also applies while stopping or disembarking at dock which is parallel to the race line.

Principle

The *fair play* and sportsmanship are at the center of all rabaska canoe competitions. If a team is faster than another, it will end up passing in front sooner or later, given the length of competitions.

Communication

Stern paddlers and row-1 paddlers of each rabaska should communicate amongst themselves to evaluate the situation to turn around a buoy properly or to stop at the docks in the most “*fair play*” way possible.

Definition of an Overlap

An overlap occurs when the front (bow) of a rabaska which is on the inside, is ahead of at least the “half length” from the rabaska located on the outside. This reference occurs at 3 full lengths of a rabaska canoe, before a buoy or dock. The distance of 3 full-length is the one between the bow of the front canoe and the buoy or the beginning of the docks.

Overlap Presence

When an overlap occurs, the inside team does not have the duty to stop to let the other team pass through outside. The team who is inside has the priority.

Buoy: The inside team must go around the buoy as tightly as possible, to allow the team on the outside to also turn the buoy properly. A team that is on the outside and that ends up with an overlapped rabaska by the inside must keep its trajectory and let the water free for the team who is inside, so they can also turn simultaneously.

Absence of Overlap

Buoy : When a team ends up with an absence of overlap, the team cannot come in contact with a team whose position is considered in priority for the buoy. The team must therefore fully let the priority to this other team.

Docks: The team that does not have the priority must slow down and/or stop and let the space to the team which has priority. When the docks are sufficiently big/long to host more than one team at the same time, the team that has priority will have to move forward as much as possible to let space behind for another team.

Protect the Inside

When a buoy or dock is coming, a team that is completely at the front should protect the inside to avoid all ambiguity and to let the water free on the inside for another team to sneak in.

Note

The distance of “3 full-length rabaksa canoes” is used to prevent that a team sneaks on the inside at the last second. When arrived at a three full-length rabaska distance before a buoy or dock, a team must take its decision. If the overlap is **not already clearly established at that point**, the team will have to let the other team turn or stop at the dock. The team cannot try to create an overlap anymore, from that moment on, and must avoid causing contact.

➤ *All non-prioritised team that enters in contact with another team that was in a priority position in a buoy or when stopping at the docks will be imposed a penalty of two (2) minutes for each infraction that causes harm to another team.*

4.6.3 Contacts and Obstructions

It is prohibited to:

- a) Harm another team, namely during a feeding or during a portage.
- b) Enter in contact with another team’s rabaska canoe intentionally, to harm this team or to give advantage to one’s own team.
- c) Touch the rabaska canoe, the paddle, or a member of another team in order to harm this team or this member, or in order to advantage one’s own team.

- A team or competitor that does not respect a disposition from the present article will be imposed a penalty of two (2) minutes to his or her team for each infraction.

4.6.4 Violent or Disrespectful Gestures

All member of a team, all competitor of the same or different category, all official, volunteer, feeding helpers, member of the ACRQ board or member of the organisation of a race has the right to see his or her physical and psychological integrity respected by all competitors.

- Every competitor that acts in an disrespectful manner towards one of the people previously mentioned is eligible to see a minimum penalty of 2 minutes given to his or her team. The penalty can be inflated by the sanction comity depending on the severity of the infraction.
- Every competitor that made a violent gesture towards one of the people previously mentioned is eligible to see his or her team immediately disqualified from the competition.
 - In case of recidivism, the wrongful competitor is eligible to be excluded from all ACRQ sanctioned competitions

4.7 Portages

- a) During all portages, a team can use one trolley (cart, buggy) with two (2) wheels for the rabaska canoe's transportation.
- b) Only one (1) member of the team is authorised to hold the trolley while waiting for his or her team at a designated spot.
- c) Only the team's members are allowed to help propelling the rabaska canoe during portages, getting out of the water, or getting in the water.

- A team that does not respect the present disposition will be imposed a two (2) minutes penalty for the infraction.

d) Every team must respect in its entirety the intended portage itinerary during a competition.

- A team that does not respect the present disposition will be imposed a minimal penalty of five (5) minutes for the infraction. The penalty could be inflated upwards, proportionally, by the officials of the sanction comity in case of a severe misconduct.

4.8 Number of Competitors in the Canoe

a) A team can count a maximum of 9 members in its canoe.

- A team that participates with more than 9 members in the canoe will not be authorised to participate in the start or will be disqualified if the infraction happens during the race.

b) At all time, a mixed team must count a minimum of 3 women in the canoe.

- A mixed team that participates with less than 3 women at any given moment will receive a penalty of five (5) minutes by missing female paddler, for each completed hour in that competition or stage of this competition, no matter how long the infraction lasted (time of the last team to cross the finish line).

c) **Non-valid for the Classique de la Mauricie.** During regular races, a team is allowed to participate with less than nine (9) members in its canoe if the condition mentioned in article 4.8) b) – a minimum of 3 women – is respected.

- During the Classique internationale de canots de la Mauricie, a team that participates with less than 9 members will receive a penalty of five (5) minutes per missing member, by hour completed for the given step, no matter how long the infraction lasted (time of the last team to cross the finish line).

4.9 Infractions Leading to Disqualification

A competitor or a team that commits one of the following infractions will lead to the team being disqualified from the race:

- a) Making two (2) false starts at the beginning of the same race.
- b) Having your canoe preceded by a motorised boat.

4.10 Finish Line

A rabaska canoe is considered to have crossed the finish line when its bow touches the imaginary line between the two (2) buoys that delineate the finish line. No object or obstacle can be placed between the two (2) buoys of the finish line.

4.11 Help to the Competitors

At any given moment, if a competitor drops a paddle or any other object, anyone can retrieve it and hand it to him or her immediately.

4.12 Propulsion of the Canoe

Only the members of a team can, with human physical strength exclusively and with the help of one paddle per member (with one palm), make the rabaska canoe move forward on the water.

A team cannot receive any help, except in case of capsizing.

- *A team that does not respect the present disposition will be disqualified.*

4.13 Abandonment

A team that abandon the itinerary before the end will be disqualified and will have to notify the ACRQ as fast as possible.

4.14 Rabaska Canoe Breakage

Only in the case of a major breakage that does not allow a team to repair and use their rabaska canoe in a competition, a team is authorised to participate in the next start with a new canoe, if this one respects the norms (only for a new start). The notion of major breakage is to be evaluated by the judgement of the director of the competition or by the ACRQ Administrative Board. The

goal of this rule is to prevent teams from using intentionally 2 types of rabaskas during the same race that offers different conditions.

4.15 Score System for Regional and Provincial Circuits

In an official race sanctioned by the ACRQ, the teams collect points depending on their classification in order to establish, through the season, the final ranking and determine the circuit champions.

4.15.1 Scores

When a race is considered complete, the points are attributed based on the following grid:

Position	Points
1	100
2	80
3	60
4	50
5	40
6	30
7	25
8	20
9	15
10	13

Position	Points
11	11
12	9
13	8
14	7
15	6
16	5
17	4
18	3
19	2
20	1

4.15.2 In Case of Equality in the Ranking

A tie-breaker will be determined in order by:

- 1) Point average by race.
- 2) Number of victories.
- 3) A team's results compared to another (number of times a team crossed the finish line before the other).
- 4) Best classification during the last race of the season.

4.15.3 Stopped Race Procedures

In case of uncontrollable situations, the organisers or the ACRQ Administrative Board can take the decision to stop a race to ensure the participants' security.

- 1) During a race interruption, the organisers wait for a maximum 45-minute time period before deciding if the race can be completed or not.
- 2) If the race cannot be completed and that the first team has completed at least 50% of the itinerary of the race, the race is deemed valid. The classification points would then be allotted in totality, based on the last time of passage that has been completed by all teams.
 - i. In a situation where no passage time could have been noted due to the configuration of the itinerary or for any other reason, the points would be allotted based on the ranking of the race at the moment of the interruption if the first team has completed more than 50% of the distance, without giving official times for the race.
- 3) In the case where the race can be resumed, the teams will start in order, based on the advance they had at the last passage time that had been completed by all teams.
 - ii. In a situation where no passage time could have been noted due to the configuration of the itinerary or for any other reason, the teams would start in order with a 10 seconds delay between each position.

4.16 Discretionary Penalty

A team that does not respect one of the dispositions from the present regulation or a specific rule at a competition for which no penalty was provided, will be imposed a two (2) minutes penalty for each infraction.

If such a penalty is enlisted under this article, it will be the direction comity's duty to examine the element of misconduct and to proceed to a rectification of the present regulations in order to delineate all grey areas.

5. **SANCTIONS AND PROTESTS**

5.1 Sanctions and Sanction Procedures

Three (3) types of infractions can be penalised during a race or a competition sanctioned by the ACRQ:

- 1) An infraction related to the admissibility of a competitor.
- 2) An infraction related to the application or interpretation of the present regulation.
- 3) An infraction related to the particular regulations of a race or a competition.

5.1.1 Infraction Sanction Procedures

1) Sanction by an Official

A duly designated official chosen by the ACRQ or by the race's promoter can, if he or she judges that the proofs are obvious, make the decision to discern a penalty to a team for an infraction to the present regulation or for a specific rule at this given competition.

2) Sanction Demand by a Director

A sanction can also be emitted through a formal demand by a team's director.

- a) Only a team's director participating in a competition can file a sanction demand in the name of his or her team.
- b) All sanction demands must be filed in the thirty (30) minutes following the arrival of the last team at the finish line.
- c) A sanction demand must be written and handed to an official, or a member of the ACRQ Administrative Board if no official is present during this competition.
- d) It is the filing team's duty to provide proofs at the moment of filing the sanction demand (video, photo, and so on).

5.1.2 Decisional Procedures of the Sanction Comity

i - Sanction Comity Convocation

- a) The official or the member of the ACRQ Administrative Board who received the sanction demand is responsible to convoke the sanction comity.
- b) The sanction comity is reunited as soon as it is convoked.

ii – Sanction Comity Composition

- a) The sanction comity is composed of the ACRQ Administrative Board and of the officials duly designated for this competition.
- b) All members of the ACRQ Administrative Board who are a part of a team targeted by the sanction demand is automatically excluded from the sanction comity.

iii - Decision

- a) The team that has been targeted by the sanction demand as well as the one who filed the sanction demand, through their respective directors, can take part in the sanction comity's discussions. Those teams must therefore have been duly convoked by the official or the ACRQ Administrative Board member who received the sanction demand. However, these teams do not have the right to vote.
- b) The sanction comity votes on the sanction demand: It is either accepted or declined.
- c) In the situation where the members who form the sanction comity come to an impasse, the president's vote (or his substitute) is decisive.

iv – Sanction Comity's Response

All decisions made by the sanction comity will be given verbally to the team's director who filed the demand and to the targeted team's director. This decision will be given in the best deadlines possible.

5.2 Protests and Protest Procedures

Four (4) types of protests can be filed during a competition sanctioned by the ACRQ:

- 1) A protest related to the admissibility of a competitor.
- 2) A protest related to the application or interpretation of the present regulation.
- 3) A protest related to the particular rules of a race or competition.
- 4) A protest related to the results of a competition.

5.2.1 Protest Filing Procedures

- a) A protest must be filed in the sixty (60) minutes following a decision of the sanctioning committee or the attribution of a penalty by an official.
- b) In the case where the protest is related to the result of the race, the deadline is thirty (30) minutes after the announcement of the results.
- c) The cost to file a protest is 150\$.
- d) In the case of a protest related to the admissibility of a competitor, it is the filing team's duty to provide proofs.
- e) Direct evidence (photos, videos) are accepted, but must be given by the protest author at the same moment the demand is being filed, with the required sum.
- f) Only a participating team's director can file a protest in the name of this team. He or she hands in a written demand, on the form provided for this purpose, as well as the exact amount of money to an official, or an ACRQ administrative board member if there is no official for this competition.

5.2.2 Protest Committee Decisional Procedures

i – Protest Committee Convocation

- a) The official or the ACRQ Administrative Board member who received the protest has the duty to convene the protest committee.
- b) The protest committee meets as soon as it is convened.
- c) The protest committee is composed based on the following grid:

Filing team's Category	Protest Comity Members
Women's team	A director from all masculine and mixed teams.
Men's team	A director from all feminine and mixed teams.
Mixed team	A director from all masculine and feminine teams.

If only one category is represented during a competition, a director from each team, except from the disputed teams, will be members of the protest comity.

ii - Decision

- a) All directors who are a part of a team in the same category as the one who filed a protest is excluded from the protest comity, unless if only one category is represented in the competition.
- b) The ACRQ Administrative Board member who received the protest is responsible of the management of the protest comity.
- c) The ACRQ Administrative Board member who received the protest cannot take part in the protest comity's discussions. He or she has to ensure supervision and moderation.
- d) The team which files the protest, through its director, can take part in the discussions of the protest comity. The team has to be duly convoked by the official or the ACRQ administrative board member who received the protest. However, this team does not have the right to vote. Same goes for the team targeted by the protest demand.
- e) The ACRQ Administrative Board member who received the protest ensures that each member of the protest comity has the possibility to share his or her opinion.
- f) When ACRQ Administrative Board member who received the protest ends the discussions related to the protest, he asks the comity members to vote regarding the approval or rejection of the protest. Each director has a vote. A director can choose to abstain from voting.

- g) In the case where the members of the protest comity are composed of an even number and that there is a tie at the moment of voting, the ACRQ Administrative Board member who received the protest will make the final decision.

iii – Protest Comity's Response

- a) All decisions of the protest comity will be given in a written notice and shall be final. This decision will be provided as fast as possible, within the same day of the race.
- b) If the team who filed the protest is successful, the team will retrieve 100\$ of its deposit. In the case where the filing team does not win its cause, the amount of money accompanying the protest will be kept by the ACRQ.

6. DIVERSE DISPOSITIONS

6.1 Responsibility

The ACRQ will not be held accountable for any prejudice that can occur during all competitions, including:

- Material breakage of a property owned by a competitor and/or by a team, or the loss of this property.
- Physical or moral injuries.

7. ENTRY INTO FORCE, APPLICATION AND REVISION

The present regulation enters into force at the moment of its approval in the Direction Comity (Teams Directors Comity). The ACRQ president and the ACRQ Competition Vice-President are responsible for its application.

The Direction Comity is responsible for the revision and the adoption of the present regulation, a deposit for information must be done throughout all general assemblies, if there were any modification to the regulation.