

Indoor Paddling Regatta Rules

Every paddler is allowed to compete in two individual distances of the three available (1000, 500, 250 Meters) and one team of four (Mixed, Open, Women, Men).

The rules are as follows: (red wording is updated clarification in 2017)

1. Machine setting for women is a minimum of 1 and the machine setting for men is a minimum of 2.
2. Must paddle on one side only. Penalty is 60 seconds for each switch during a 1000 meter race and 30 seconds for each switch during a 500 or 250 meter race.
3. Each paddler must be sitting on the seat **at all times. The paddler can be sitting on the edge of the seat but the paddler must have at least 75% of their weight on the seat. The paddler must make use of the foot rest/brace to push against with either one foot or both feet.**
4. Must use a paddling motion meaning no rowing motion
5. Paddler scheduled in the next race must spot the current racer in their assigned machine by holding down the seating section of the paddling adapter with your foot.
6. When you are scheduled for your heat/race no one is allowed to paddle. Practice is only done on the practice machines and between 9AM-10AM
7. Do not let the paddle fly off your hands after finishing. These are borrowed machines.
8. Machines are sensitive to false starting. Start after the countdown - "5 – 4 – 3 – 2 – 1 - PADDLE" and when the PM4 Monitor says "ROW" or "PADDLE"
9. Place garbage in the garbage receptacles.