



Na Wahine O Ke Kai Race Rules 2009

Na Wahine O Ke Kai Molokai to Oahu Canoe Race is produced and administered by the Na Wahine O Ke Kai Race Committee. Na Wahine O Ke Kai is the property of Na Wahine O Ke Kai which hereby reserves all rights of any nature whatsoever. Any use of the race, its name, equipment or material associated herewith without the expressed written consent of Na Wahine O Ke Kai is prohibited.

I. ENTRY ELIGIBILITY

The race shall be open to all canoe clubs or organizations submitting an entry application and meeting the requirements of the Na Wahine Race Committee. OHCRA Race Rules will apply unless modified by the Na Wahine Race Committee. Merging of canoe clubs and/or organizations is allowed.

II. ENTRY APPLICATION

Each club or organization must submit a complete, official entry application provided by Na Wahine O Ke Kai. No entry will be accepted unless all requirements set forth are complied with. Na Wahine O Ke Kai reserves the right to accept or refuse any application.

A. Entry Requirements

1. Must submit all forms by deadline dates as specified in race packet and on website www.nawahineokekai.com
2. Must submit entry fee of \$550 per crew by deadline date.
3. Must comply with OHCRA Hawaiian design canoe specifications.

It is mandatory that the coach of each entry attend the coaches meeting the day before the race and sign a log acknowledging attendance, receipt of Race Rules and understanding of safety issues.

B. Classes of Canoes

Two classes of canoes: KOA CLASS and NON-KOA CLASS. All canoes must meet OHCRA's Hawaiian design canoe specifications.

C. Division of Paddlers

OPEN DIVISION - Shall consist of not less than and not more than 10 female paddlers who may not be younger than 18 years of age on race day. Proof of age is required.

JUNIOR MASTERS 40+ - Shall consist of not less than and not more than 10 female paddlers who must be at least 40 years of age on race day. Proof of age is required.

Senior Masters Division 50 + - Shall consist of not less than and not more than 12 female paddlers who must be at least 50 years of age on race day. Proof of age is required.

D. Paddlers Eligibility

1. The final selected race crew will consist of 10 female paddlers in Open and Junior Masters 40+, and 12 female paddlers in Senior Masters 50+. Minimum age must be not less than 18 years of age as of the day of the race. The final entry must be submitted no later than 12 noon on the Saturday the day before the race.
2. No paddler will be allowed to race if pregnant. If a pregnant paddler races without the knowledge of the Race Committee, or if a crew member knows of a paddler who is pregnant and races without the knowledge of the Race Committee, that crew will be disqualified and subject to sanctions that may include a \$1000 fine and no future participation in any Na Wahine O Ke Kai race.
3. It is the entrant's responsibility to see that their paddlers are physically fit and capable of participating in this event. If there is a question regarding a paddler's physical fitness, it shall be the entrant's responsibility to provide a medical form and obtain the Na Wahine O Ke Kai Race Committee's approval before that paddler enters the race.
4. All crew members must be able to swim.
5. All paddlers, coaches, escort/auxiliary boat operators, crew and passengers must sign liability waivers. In addition, all paddlers must sign publicity waivers.
6. The first, second and third place crews may participate in promotional activities and photos the day of the event and possibly for one month following the event. Any requests will be coordinated through the sponsor and their communications or public relations agent.
7. In the event of unforeseen circumstances or emergencies, entries will be allowed up to 5:00 a.m. on race day, with the approval of the Race Committee. Late entry paddlers must have fulfilled all the requirements as set forth by these Rules.
8. All protests will be referred to the Race Committee for a decision.
9. There will be no unofficial entries.

III. CANOE HULL, RIGGING AND EQUIPMENT

1. All canoes (including rigging, 'iako, ama, hull shape - above waterline, at waterline and below waterline) must meet current OH CRA Hawaiian design canoe specifications.
2. Full canvas or other covering on the canoe is mandatory.
3. No sails or other means of propulsion other than paddling are allowed.
4. No mechanical means of bailing water out of the canoe are allowed.
5. No Foot support or braces of any kind are permitted inside the canoe
6. The minimum racing weight of any canoe, excluding the ama 'iako, and tying cord is set at 400 lbs. Minimum weight of hulls constructed before Aug. 1, 1988 shall be no less than 350 lbs. The minimum weight of hulls built after Aug. 1, 1988 will be no less than 385 lbs. Adding weight to a canoe will be the responsibility of the coach and crew. Lead weights must be permanently affixed to the canoe to bring the weight to 400 lbs. The added weight(s) must be evenly distributed between seats 2 and 5 and be permanently affixed to the bottom of the seats to bring the hull to 400 lbs. Only certified lead weights may be used and must be permanently bolted or screwed to the seats of the canoe throughout the race. Weights must not be removed during the race and must remain secured until clearance is given by the Na Wahine Race Committee. Adding weights to a canoe will be the responsibility of the crew. All added lead weights must be certified by OH CRA.
7. During the race each canoe shall have its assigned identification symbol prominently displayed on the front manu. The number will be assigned by the Na Wahine Race Committee.
8. An inspection of all equipment used in the race will be conducted at Hale O Lono Harbor prior to the race.
9. At the discretion of the Na Wahine Race Committee, any equipment that substantially differs from the existing traditional Hawaiian design is subject to rejection.
10. The Na Wahine Race Committee shall have the final decision of approving or disapproving any entry, canoe or equipment.

PADDLES

Paddles must be single bladed and shaped of wood only. However, the paddle may have a protective or supportive (strengthening) covering which may be fibrous, Kevlar, carbon, fiber, etc. The paddle may have an edging or prosthesis for protection on the bottom or sides. The paddle may have laminated (horizontally or vertically) synthetic material (kevlar, etc.) for strength and support. Extra paddles may be carried in each canoe during the race.

IV. WATER SAFETY

1. Each entry must provide U.S. Coast Guard approved personal flotation devices (PFD's) for each person on the escort and auxiliary boat and each paddler.
2. Each entry is responsible for complying with all applicable State, Federal and US Coast Guard regulations and requirements.
3. Each entry is responsible for assuring that each paddler, coach, helper and/or guest or passenger is water safe.
4. Each entry is responsible for providing basic first-aid supplies.
5. Each entry is responsible for providing adequate nourishment and liquids for crew members on the canoe and each person on the escort/auxiliary boat.
6. The Na Wahine Race Committee reserves the right to place an official on any crew's escort boat.

V. COURSE RULES

A. Start of the Race.

Prior to the start of the race, all canoes must do a visual radio check with the designated official boat, per instructions given at the coaches meeting the day before the race.

All canoes shall be ready to start before the time set for the beginning of the race. Race start will be approximately 300 yards seaward of Hale O Lono Harbor entrance groin. The start will be conducted in the following manner:

All canoes will assemble behind the starting line. The race will begin at 7:30 a.m. The start of the race will be signaled by the consecutive raising of a yellow, red and green flag from the official boat, or other method as described at the coaches meeting. Any canoe over the line at the start will be penalized 20 (twenty) minutes added to their official finish time.

All canoes must do a visual radio check after the start of the race with the designated official boat, per instructions given at the coaches' meeting the day before the race.

B. Course

The course shall be from the starting line at Hale O Lono Harbor, Molokai, to the finish line in front of the beach at Hilton Hawaiian Village, Waikiki, Oahu. A crew may follow any course to the finish line, provided that it rounds the orange buoy at the channel entrance to the Hilton Hawaiian Village Hotel before crossing the finish line. Specific diagrams will be provided. Crews are urged to visit the finish line area before the race.

C. Paddlers and Relief Paddlers

1. The final crew selected shall be 10 female paddlers in the Open Division whose minimum age shall not be less than 18 years on race day. The final crew selected shall be 12 female paddlers in the Senior Masters Division whose minimum age shall not be less than 40 years on race day; and the final crew selected shall be 12 female paddlers in the Golden Masters Division whose minimum age shall not be less than 50 years on race day.
2. There must be no more than six (6) female paddlers in any canoe at any time during the race.
3. Starting and relief paddlers may be used at the discretion of the coach.
4. The first change of paddlers will take place no earlier than La'au Point or thirty (30) minutes after the start of the race. On signal from the official boat, the staff person on the escort boat will notify crews of the time by CB or VHF radio. A violation penalty of five (5) minutes will be added to the finishing time for changing paddlers before the 30-minute time or La'au Point designation. The penalty will be given each time the violation is committed.
5. The last change shall be before the channel marker off of the Hilton Hawaiian Village Hotel.
6. Each canoe must finish the race with six (6) female paddlers in the canoe to qualify for placement and awards.

D. Swamping or Overturning of Canoe

1. If a canoe swamps or overturns after the start of the race, the canoe may be righted and bailed out and will be allowed to continue in the race. No mechanical means of bailing water out of the canoe are permitted during the race.
2. Relief paddlers and additional qualified persons on an escort/auxiliary boat may assist in righting and/or bailing out a swamped canoe.
3. The escort and/or auxiliary boat will standby and render any assistance to the swamped canoe but must not tow a swamped canoe in the direction of the finish line while the canoe is still officially entered in the race. To do this will result in disqualification.

E. Escort and Auxiliary Boats

1. Each crew must have one escort powerboat to accompany them throughout the race. The escort boat must be no less than twenty-two (22) feet in length. If the boat is less than 22 feet long, than an auxiliary boat is required, and it is highly recommended that this auxiliary boat be at least 22 feet long. For safety purposes, all escort boats must have a combined U.S. Coast Guard approved carrying capacity to accommodate a minimum of 12 paddlers, a race official, and any additional passengers, along with all U.S. Coast Guard required equipment.
2. Each crew may have one (1) other auxiliary powerboat in addition to their escort boat to assist in retrieving paddlers. The auxiliary boat and escort boat may have a combined U.S. Coast Guard approved carrying capacity. It is recommended that every entry have an auxiliary boat. It is also recommended that all escort/auxiliary boats carry a minimum of \$300,000 liability insurance coverage.
3. Use of more than one escort boat and one auxiliary boat is not permitted.
4. All escort/auxiliary boats must meet U.S. Coast Guard requirements, including having a step ladder for boarding the escort boat.
5. At all times, escort/auxiliary boats must maintain a distance of 45 feet from the sides, back and front of any racing canoe or other boats. Canoes always have the right-of-way over escort/auxiliary boats. Escort/auxiliary boats cannot block or cause a wake to approaching canoes.
6. Coaching and directing from the escort/auxiliary boat is permitted.
7. Escort/auxiliary boats cannot be used to transport any articles to a canoe. However, any qualified person may pass refreshments or other articles to a canoe from the water; this person need not be one of the paddlers.
8. Unsafe conditions due to an escort/auxiliary boat being overcrowded, or not meeting U.S. Coast Guard requirements or Na Wahine O Ke Kai requirements, can be declared unfit or unseaworthy as an escort or auxiliary boat by the Na Wahine Race Committee. Said entries will not be allowed to participate.
9. All escort/auxiliary boats must be equipped with two-way radio communications. Only Citizen Band (CB) Radio or Marine Band (VHF) Radio communications are acceptable. It is recommended that entries have VHF radios. Any entry whose escort/auxiliary boat does not have a working two-way radio will not be eligible to participate. All escort/auxiliary boats must pass through the radio communications checkpoint at Hale O Lono Harbor on race day.
10. It is highly recommended that all escort/auxiliary boats be equipped with a GPS (Global Positioning System).
11. Form NAW-5, Escort Boat and/or Auxiliary Boat Waiver of Responsibility, must be completed by escort/auxiliary boat captains and given to the Race Committee by noon the day before the race.

VI. RACE CANCELLATION

The race is subject to postponement or cancellation by the U. S. Coast Guard and the Na Wahine O Ke Kai Race committee upon receipt of information of weather conditions of such nature which would, in their opinion, render the running of the race unsafe. If the race is postponed or cancelled, the crews are responsible for returning all paddlers, personnel and equipment to Oahu. All fees are non-refundable upon cancellation of any crew or cancellation or postponement of the race.

VII. FINISH LINE

All canoes must do a visual radio check after the start of the race with the designated official boat, per instructions given

at the coaches' meeting. A VHF radio must be attached to the escort boat. No handheld VHF's are allowed.

VIII. ALCOHOLIC BEVERAGES PROHIBITED

The consumption and possession of alcoholic beverages are prohibited on State of Hawaii property (beach and sand area at the finish line); City and County property (restroom and grass area at the finish line); Hilton Hawaiian Village property, and on Federal Government property (grounds of the Hale Koa Hotel). Hale Koa picnic area will not be utilized by Na Wahine O Ke Kai this year. Anyone using the area will be there as individual citizens and not as representatives, agents, coaches, paddlers, canoe club members or any other groups affiliated with Na Wahine O Ke Kai. Those using the Hale Koa grounds will be subject to security regarding drinking of alcoholic beverages or any other unacceptable behavior, as imposed by Hale Koa security personnel or any other law enforcement personnel.