

## Boater Cross rules

- teams consist of 4 people each going in turn in a relay format
- the course will consist of
  - the starting area / line
    - each competitor must do 20 push-ups in the starting area
    - Boats must be dragged along from the start line. All competitors' boats are located there. Teams can use 1-4 boats.
    - Girl pushup are allowed for girls only except for Scott Young
  - tire obstacle
    - 2 lanes
  - put-in area
  - section of river starting above Black Bear to the right hand eddy next to the A-hole
  - several slalom gates will be placed on the course
    - left eddy above Black Bear (upstream gate)
    - rightt eddy below/in Black Bear hole (upstream gate)
    - right eddy below Black Bear (either upstream or downstream)
    - left eddy directly above A Hole
      - the competitor must toss paddle over the horizontal bar on the gate
  - the right hand eddy below the A-hole will be the transition area
    - competitors must make it into the eddy with all of their gear (i.e. boat & paddle)
  - the lip of the A-hole will be the finish line
- each person must carry their boat from the starting area through the tires touching the ground inside of each tire
- when a person is done with their lap they must physically touch hand to hand the next competitor before the next competitor leaves

### penalties:

Team is assessed penalties for the following missed obstacles and gates

Missing a slalom gate: DQ

Missing the paddle throw: DQ

### contact:

Since a number of competitors will be on the course at the same time vying for lanes through gates boat / body contact will be expected. Competitors are allowed to remove their hands from their paddle to contact another competitor and but not allowed to fend off another competitor with their paddle (**disqualification**).