

# Na Wahine O Ke Kai Race Rules

Revised 06/26/19



HAWAIIAN AIRLINES  
NA WAHINE O KE KAI

<b>A. Introduction</b>	<b>2</b>
<b>B. Entry Eligibility</b>	<b>2</b>
<b>C. Entry Requirements</b>	<b>2</b>
<b>D. Division of Paddlers</b>	<b>2</b>
<b>E. Paddlers Eligibility</b>	<b>3</b>
<b>F. Insurance</b>	<b>4</b>
<b>G. Canoe Hull, Rigging &amp; Equipment</b>	<b>4</b>
<b>H. Paddles</b>	<b>5</b>
<b>I. Water Safety</b>	<b>5</b>
<b>J. Sponsorship Signage</b>	<b>6</b>
<b>K. Course Rules</b>	<b>6</b>
<b>L. Race Cancellation</b>	<b>9</b>
<b>M. Finish Line</b>	<b>9</b>
<b>N. Alcoholic Beverages are Prohibited</b>	<b>9</b>

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

### A. Introduction

Rules subject to change without notice.

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 with the race, without the expressed written consent of Na Wahine O Ke Kai, is prohibited.

### B. 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.

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 reject any application.

### C. Entry Requirements

1. Crews must register on-line and submit all forms by the deadline dates as specified on the website at <http://www.nawahineokekai.com>
2. Must submit entry fee by deadline date. Late fee will be assessed to any entry that is received after the deadline date.
3. Must comply with OHCRA Hawaiian design canoe specifications (excluding unlimiteds).
4. It is mandatory that the coach of each entry attend the coaches meeting and sign a log acknowledging attendance, receipt of Race Rules, and understanding and acceptance of safety issues.
5. Each crew must fully comprehend and follow all safety requirements set forth by the Na Wahine O Ke Kai race committee.

### D. Division of Paddlers

1. OPEN – Shall consist of 10 female paddlers who may not be less than 18 years of age on race day. Proof of age is required. The crew may include up to two (2) Junior paddlers (ages 16-17) years old. Parents of Junior paddlers must sign HCRA Waiver and Promotional Rights Waiver.
2. MASTERS 40+ – Shall consist of 10 female paddlers who must be at least 40 years of age on race day. Proof of age is required.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

3. MASTERS 50+ – Shall consist of 12 female paddlers who must be at least 50 years of age on race day. Proof of age is required.
4. MASTERS 55+ – Shall consist of 12 female paddlers who must be at least 55 years of age on race day. Proof of age is required.
5. MASTERS 60+ – Shall consist of 12 female paddlers who must be at least 60 years of age on race day. Proof of age is required.
6. JUNIORS – Shall consist of 12 female paddlers who must be at least 16, 17, 18, or 19 years of age on race day. Proof of age is required. Parents of Junior paddlers must sign HCRA Waiver and Promotional Rights Waiver.
7. KOA – Shall consist of 10 female paddlers who may not be younger than 18 years of age on race day. Proof of age is required. The crew may include up to two (2) Junior paddlers (ages 16 – 17) years old. Parents of Junior paddlers must sign HCRA Waiver and Promotional Rights Waiver.
8. Unlimited - Shall consist of 10 female paddlers who may not be younger than 18 years of age on race day. Proof of age is required. The crew may include up to two (2) Junior paddlers (ages 16 – 17) years old. Parents of Junior paddlers must sign HCRA Waiver and Promotional Rights Waiver.

### **E. Paddlers Eligibility**

1. The final selected race crew will consist of 10 female paddlers in Open, Koa, Unlimited and Masters 40+, and 12 female paddlers in Juniors, Masters 50+, Masters 55+, and 60+ divisions. Minimum age must be not less than 18 years of age as of the day of the race unless they are on a Junior team or one of the two eligible for the Open team. The final crew list must be submitted no later than 12 noon on Saturday, the day before the race.
2. Paddlers are encouraged (not required) to complete one (1) qualifying race (in the current year) consisting of twenty-five (25) or more miles which must include water changes with an escort boat and a canoe canvas cover. The Na Wahine O Ke Kai race committee may accept or refuse any entry.
3. It is the responsibility of the paddler's, club, and coaches to make certain that their paddlers are physically fit and capable of participating in this event.
4. All crew members must be able to swim.
5. All paddlers, coaches, escort/auxiliary boat operators, crew and passengers must sign designated liability and publicity waivers.
6. In the event of unforeseen circumstances or emergencies, individual paddler changes 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.
7. All protests will be referred to the Race Committee for a decision.
8. There will be no unofficial entries.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

### F. Insurance

1. All participants who are not a member of an HCRA club will be charged an insurance assessment at registration unless they can provide a Certificate of Insurance (COI) for Commercial General Liability/Participants Liability from their affiliated association with minimum limits of \$1,000,000 for the race. The Certificate must name the following as additional insured: Na Wahine O Ke Kai and the Hawaiian Canoe Racing Association to include coverage for race day and the two days prior to the race.

### G. Canoe Hull, Rigging & Equipment

1. All canoes excluding Unlimiteds (including rigging, 'iako, ama, hull shape – above waterline, at waterline and below waterline) must meet current OHCRA Hawaiian design canoe specifications. The Na Wahine Race Committee shall have the final decision of approving or disapproving any entry, canoe or equipment.
  - a. The minimum racing weight of any canoe (excluding the Unlimited), 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 OHCRA.
  - b. At the discretion of the Na Wahine O Ke Kai Race Committee, any equipment that substantially differs from the existing traditional Hawaiian design is subject to rejection (excluding Unlimited canoes).
  - c. All canoes entered (excluding Unlimited canoes) must rig their ama to 'iako and 'iako to hull attached (rigged) with multiple cord lashings and no "quick straps".
2. Unlimited canoes
  - a. The canoe will be a single hull, rigged with a single ama and 'iako.
  - b. The hull of the canoe may be constructed from any or all types of material.
  - c. The canoe must have positive buoyancy with compartments located only at the bow and stern of the canoe.
  - d. Only single paddle blades must be used and there must be six paddlers in a canoe.
  - e. Not required to be lashed by cord.
  - f. Not required to be water lined or required to follow OHCRA Article XI.B – Modern Canoe Construction of Hawaiian Design requirements (currently listed on page 21).
  - g. No weight or length specification limits.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

- h. Ama and 'iako may be fashioned from any type of material.
- 3. Required for all Canoes
  - a. Full canvas or other covering on the canoe is mandatory.
  - b. No sails or other means of propulsion other than paddling are allowed.
  - c. No fins or keels will be allowed on the canoe ama.
  - d. No mechanical means of bailing water out of the canoe are allowed.
  - e. No foot support or braces of any kind are permitted inside the canoe.
  - f. 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.
  - g. An inspection of all equipment used in the race will be conducted at Hale O Lono Harbor prior to the race.
  - h. The Na Wahine O Ke Kai Race Committee shall have the final decision of approving or disapproving ANY entry, canoe or equipment.
  - i. All canoes may be outfitted with a GPS tracking device by Na Wahine for safety. The GPS devices are not to be removed until the canoe is on the beach. Once the race is over, the GPS devices will be removed and provided to a Na Wahine O Ke kai GPS device volunteer. Failure to return the GPS is a \$200 fine.
  - j. Submit HCRA Form 801 for all canoes including Unlimiteds.

### H. Paddles

Paddles must be single bladed and can be made from any material except that it must have visible wood in it which can be solid or veneer. Na Wahine O Ke Kai Race Committee will consider bamboo as a wood. The paddles can be made by any construction method and can be solid or hollow. Extra paddles may be carried in each canoe during a race.

### I. 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 and has been briefed on the method(s) by which water changes will be made.
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.
7. The Na Wahine Race Committee reserves the right to disqualify any crew if they determine that the crew is not capable of participating in or finishing the race within a reasonable time.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

### J. Sponsorship Signage

1. Any signage used by the entrant must be pre-approved by the Na Wahine O Ke Kai Committee. The Committee reserves the right to remove any signage which may not be in good taste or which sabotages the promotional rights of the title sponsors and the presenting sponsor. Use of Conflicting sponsorship signage on canoes, escort /auxiliary boats, and the athletes themselves, shall be left to the discretion of the Committee.
2. Signage on a canoe must be between the two (2) 'iako of each canoe. Signage on the escort/auxiliary boats (s) may be any place except the bow where the Board requires placement of the assigned identification for each entry.
3. Any flags used by the entrant must be pre-approved by the Board.
4. Race sponsor signage may be put on any canoe or escort/auxiliary boat used in the Race at the request of the Board.
5. Final determination for the use of sponsorship signage will be left to the discretion and judgement of the Board.

### K. Course Rules

#### A. Start of the Race

1. 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. If it is determined that a crew did not do a visual radio check, that crew may result in disqualification and/or \$500 fine at the discretion of the Na Wahine O Ke Kai Race Committee.
2. 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:
  - a. All canoes will assemble behind the buffer zone line until called by the officials to move up to the start line.
  - b. The race will begin at approximately 8:00 a.m.
  - c. 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.
  - d. Any canoe over the line at the start will be penalized and 10 (ten) minutes will be added to their official finish time.

#### B. Course

1. 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.
2. There must be no more than six (6) female paddlers in any canoe at any time during the race.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

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 forty-five (45) minutes after the start of the race. The Captain of the head official boat will notify the crews, by VHF, that it is time for the first change. A violation penalty of ten (10) minutes will be added to the finishing time for changing paddlers before the designated 45-minutes. The last change shall be before the channel marker off of the Hilton Hawaiian Village Hotel.
5. Each canoe must start and finish the race with six (6) female paddlers in the canoe to qualify for placement and awards.

### C. 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 boat may assist in righting and 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.
4. All escort boats must be equipped with bridle straps in the event that a canoe needs to be towed. Failure to have bridle straps aboard the escort boat may result in disqualification and/or \$500 fine at the discretion of the Na Wahine O Ke Kai Race Committee.

### D. Escort and Auxiliary Boats

1. The escort and auxiliary boats are the responsibility of the club/crew they are escorting.
2. 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 for 10 people or 24 feet for 12 paddlers. If the boat is less than 22 or 24 feet long, than an auxiliary boat, minimum 18 feet, is required. For safety purposes, all escort boats must have a combined U.S. Coast Guard approved carrying capacity to accommodate all the paddlers, coaches, drivers and helpers, along with all U.S. Coast Guard required equipment. Escort boats that do not adhere to the 22 (or 24) foot boat requirement may result in disqualification and/or \$500 fine at the discretion of the Na Wahine O Ke Kai Race Committee.
3. Escort Boat and/or Auxiliary Boat Waiver of Responsibility, must be completed by escort/auxiliary boat captains and given to the Race Committee at registration. No minors under the age of 16 years old are allowed on the race course, including on escort and auxiliary boats.
4. An HCRA Waiver and Release of Liability form must be signed in addition to the boat waiver.
5. All escort boat owners and/or operators must provide proof of insurance to race officials. This is the responsibility of each club/crew.
6. All boat drivers must provide a copy of their state boat driver's issued certificate to the Na Wahine O Ke Kai Race Committee no later than 12 noon on the Saturday before the race.

# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

7. All escort/auxiliary boats must have bridle straps to tow a canoe and a 3' x 5' red flag that can be flown from the escort boat in the event of an emergency.
8. All escort/auxiliary boats must meet U.S. Coast Guard requirements and have a safe step ladder or other equally safe means for boarding the escort boat.
9. Each escort/auxiliary boat must follow behind its assigned canoe throughout the race, except for swamped and overturned canoes. It can at no time come along side or ahead of the canoe except during the transfer of relief paddlers, supplies, or in the case of an emergency. The boat must make way without deliberately blocking, or causing interference, or wake to any approaching canoe.
10. At no time will an escort/auxiliary boat deliberately cause wake to assist their own canoe or interfere with another canoe.
11. At all times, escort/auxiliary boats must maintain a safe distance from canoes and other boats.
12. Canoes always have the right-of-way over escort/auxiliary boats.
13. Escort/auxiliary boats cannot block or cause wake to approaching canoes.
14. Coaching and directing from the escort/auxiliary boat is permitted.
15. 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.
16. Unsafe conditions due to an escort/auxiliary boat driver/operator; or an escort/auxiliary boat being overcrowded and not meeting U.S. Coast Guard requirements or Na Wahine O Ke Kai requirements, can be declared an unsafe escort/auxiliary boat driver/operator and unfit and un-seaworthy as an escort/auxiliary boat by the Na Wahine O Ke Kai Molokai race committee. Said entries will not be allowed to participate.
17. All escort/auxiliary boats must be equipped with two-way radio communications. Only Marine Band (VHF) Radio communication is acceptable. No handheld VHF is allowed. 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 a radio communications checkpoint at Hale O Lono Harbor on race day and do a visual radio check. If it is determined that a crew did NOT do a visual radio check, it may result in disqualification and/or \$500 fine at the discretion of the Na Wahine O Ke Kai Race Committee..
18. It is mandatory that all escort/auxiliary boats be equipped with a functioning GPS (Global Positioning System).
19. All crews will be responsible for their escort/auxiliary boats and escort/auxiliary boat drivers/operators. Na Wahine O Ke Kai reserves the right to disqualify any crew whose escort/auxiliary boat and escort boat drivers/operators are not in compliance with the safety rules set by Na Wahine O Ke Kai. No boat shall speed through the course at any time. Failure to follow safety rules may result in disqualification and/or \$500 fine at the discretion of the Na Wahine O Ke Kai Race Committee..
20. Any outside assistance (i.e. pushing) from any escort/auxiliary boat will result in the disqualification of that crew.
21. If your escort boat does not show up contact the Race Director immediately.



# Na Wahine O Ke Kai

## Race Rules

Revised 06/26/19

22. If your escort boat breaks down or anything goes wrong on the course during the race, or if you decide to withdraw from the race, make sure to contact the head official boat. Stay with your boat.
23. Escort boat drivers, boat crew and paddlers should discuss the details of how changes will be conducted, to include exiting the boat and boarding the boat from the water, to ensure all parties are aware of and perform those actions in the safest manner possible.
24. When making changes, escort boat drivers should drop the relief paddlers off a safe distance ahead of the canoe, ensuring that the boat is in neutral before the paddlers enter the water, and then maintain a safe distance from them until the change is made. When making changes paddlers cannot be helped in or out of the canoe from a non-participating paddler. When picking up paddlers, drivers and assistants must ensure that persons in the water are in sight at all times, and must confirm that the boat is in neutral at the safe and appropriate time on a case-by-case basis when close to paddlers and before allowing them to board.
25. Escort boats shall keep a record of all injuries and report injuries that require medical attention to the race officials immediately.
26. The Na Wahine O Ke Kai race committee reserves the right to refuse escort boat/auxiliary boat and escort/auxiliary boat drivers or operators to be on race course.

### **L. 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.

[\[click here for complete Cancellation of Race Policy\]](#)

### **M. Finish Line**

All escort boats must do a visual radio check with a designated official boat as their canoe approaches the finish line, per instructions given at the coaches meeting. No handheld VHF's are allowed. A crew/club that does not adhere to the radio (VHF) requirement will be fined \$500. All GPS devices on canoes will be removed and provided to a Na Wahine O Ke Kai GPS device volunteer.

### **N. Alcoholic Beverages are 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.