



NELO

510 CUP

COMPETITION RULES

2025

Taking effect from 1 January 2025

INTRODUCTION

The purpose of this document is to provide the rules that govern:

- a) The organization of Nelo 510 Cup competitions.

LANGUAGE

British English is the recognized language for all communication relating to these competition rules and the conduct of all canoeing international competitions.

Any word which may imply the masculine gender also includes the feminine.

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GLOSSARY

Sport	The sport is kayaking.
National Federation	Member National Federation of the International Canoe Federation.
Discipline	A discipline is a branch of a sport comprising one (1) or several events (e.g., Canoe Sprint).
Competition	The competition runs from the start of the first event to the completion of the last event of a discipline, excluding the Opening and Closing Ceremonies.
Athlete or player	Male or female athlete
Gender	Men or Women
Boat	A boat is the watercraft used to practice canoeing (e.g. kayak): <ul style="list-style-type: none"> • A single boat: a boat with only one (1) place for an athlete (e.g. kayak single);
Age group	14 - 99 years
Category	A category is defined by a Age group and a gender (e.g., Men Master A).
Class	A class is defined by the number of places in a boat (e.g., SS2).
Event	An event is a stage with a set of runs with competition in different categories, with prizes for the top 3 finishers.
Run	The basic unit of an event phase (e.g., 1st run, 2 nd run).
Type of Runs	<p>Individual Run: A boat comprised of one (1) athlete competing against other boats.</p> <p>Group Run: A boat comprised of two (2) athlete competing against other boats.</p>

Competition programme	The list of events included in a competition.
Competition schedule	The complete list of events and their different runs with the time at which they will be held.
International Technical Official	Oversee the operation of the competition.
Host Organising Committee	The host organising committee can be a Nelo Staff or a subsidiary or a third party organisation specialising in competition management.
Definition of meaning	<ul style="list-style-type: none"> • may: optional • should: recommendation <p>must: mandatory / compulsory</p>

LIST OF ABBREVIATIONS

ICF	International Canoe Federation
NF	National Federation
ICF HQ	International Canoe Federation Headquarters
CR	Sport Governance Rules
PR	Principle Rules
SR	Sport Rules
HOC	Host Organising Committee
ITO	International Technical Official
DNS	Did Not Start
DSQ	Disqualified for the event
DNF	Did Not Finish
DQB	Disqualified for the whole competition for Unsportsmanlike Behaviour
LAP	Lapped
WADA	World Anti-Doping Agency

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1 CHAPTER 1 - SPORT GOVERNANCE

1.1 NELO COMPETITIONS [CR]

1.1.1 All competitions announced must be governed by the rules of the ICF.

1.1.2 Competitions organised by NELO, affiliated association Federação Portuguesa de Canoagem is regarded as international if foreign athletes / teams are invited.

1.1.3 The organisation and programme of canoeing in multi-sport games on a world level must be approved by the ICF and for continental level by the relevant continental association.

1.2 ATHLETE ELIGIBILITY FOR NELO COMPETITION

1.2.1 Only athletes who are members of clubs or associations affiliated with a National Federation have the right to participate in an NELO competition.

1.2.2 An athlete having satisfied 1.3.1. and having first obtained the (written) consent of the athlete's National Federation, is permitted to compete individually in an NELO competition.

1.2.3 Each National Federation must ensure that their athletes are in a good state of health and fitness which allows them to compete at a level commensurate with the level of the particular NELO competition.

1.2.4 Each National Federation must ensure that their athletes, team officials, as well as the National Federation itself, carry appropriate health, accident, and personal belongings insurance.

1.3 AGE GROUP

1.3.1 The first year an athlete can compete in an NELO competition is the year of their 14th birthday.

1.3.2 An athlete starting from the year of their 14th birthday can compete in an NELO competition in a specific age group event with a suitably adapted competition format / rules defined by NELO.

1.3.3 The last year an athlete can compete in the **Under 15** age group is the year of their 15th birthday.

1.3.4 The last year an athlete can compete in the **Junior** group is the year of their 18th birthday.

1.3.5 The last year an athlete can compete in the **Under 23** age group is the year of their 23th birthday.

1.3.6 The first year an athlete can compete in the **Open** age group is the year of their 19th birthday.

1.3.7 The first year an athlete can compete in the **Master A** age group is the year of their 35th birthday and the last year an athlete can compete in the **Master A** age group is the year of their 44th birthday.

1.3.8 The first year an athlete can compete in the **Master B** age group is the year of their 45th birthday and the last year an athlete can compete in the **Master B** age group is the year of their 54th birthday.

1.3.9 The first year an athlete can compete in the **Master C** age group is the year of

their 55th birthday and the last year an athlete can compete in the **Master C** age group is the year of their 64th birthday.

1.3.10 The first year an athlete can compete in the **Master D** age group is the year of their 65th birthday.

1.3.11 The first year an athlete can compete in the **SS2** is the year of their 14th birthday.

1.3.12 To enter in an event with a specified age group an athlete or the club must produce documentary proof such as passport or identity card or similar document with a photograph, confirming the age of the athlete.

1.4 ENTRIES PROCESS

1.4.1 NELO competitions.

1.4.2 Nominal entries for NELO competitions will only be accepted from athletes which are current members of National Federations;

1.4.3 An entry must contain:

- Name of the National Federation to which the athlete(s) belongs;
- First and last name for the athlete(s);
- The country of birth of the athlete(s);
- The gender of the athlete(s);
- Date of birth of the athlete(s);
- The NELO dorsal number of the athlete(s) (if known);

1.4.4 The events in which the athlete(s) wish to take part;

1.4.5 Nominal entries must be made on the NELO online entry system;

1.4.6 A receipt for the nominal entry will be available via the NELO online entry system;

1.4.7 Registration costs ten (10) euros per round and includes lunch, a Nelo 510 boat and a dorsal for the race.

1.5 ANTI-DOPING

1.5.1 Doping as defined in the World Anti-Doping Code and the ICF anti-doping rules is strictly forbidden.

1.5.2 The anti-doping programme must be conducted in accordance with the ICF anti-doping control regulations under the supervision of the ICF medical and anti-doping committee.

1.5.3 Athletes and support personnel, entered in any ICF competition or continental championships must complete the ICF's anti-doping education programme or equivalent before competing or risk being denied entry to the competition.

1.6 DISQUALIFICATION FOR SERIOUS UNSPORTSMANLIKE BEHAVIOUR

1.6.1 "Disqualified for Serious Unsportsmanlike Behaviour (DQB)" indicates a disqualification due to a serious breach of the applicable rules or regulations issued by the ICF or the governing body responsible for the competition, or a violation of the World Anti-Doping Code.

1.6.2 For DQB, the ICF has complete discretion regarding whether an Athlete/Team will be disqualified from one, several or all of the events entered at the competition, regardless of

whether they are scheduled, in progress or already completed.

1.6.3 For disqualification after competition caused by doping or ineligibility the following must be completed:

1.6.4 Deletion of all achieved results and rankings of boat(s) /board(s) (DQB);

1.6.5 Re-calculation of all results accordingly;

1.6.6 Production of the revised version of all affected outputs (results, summaries, medals).

1.7 RESULTS [CR]

1.7.1 For NELO competitions an electronic copy of the detailed official results must be provided to the NELO in a specified format within seven (7) days of the end of the competition. Electronic results must be kept online for historical purposes.

1.8 PRIZE [SR]

1.8.1 At each event, a symbolic prize is given to the top 3 finishers in each category.

1.8.2 At the end of all events, a monetary value to be defined is given to the 10 best male and female participants in the Open category;

1.9 TRADEMARKS AND ADVERTISING [CR]

1.9.1 The advertising of tobacco smoking and strong spirit drinks is not permitted.

1.9.2 Boats/boards, accessories and clothing may carry trademarks, advertising symbols and written text.

1.9.3 Images, symbols, slogans and written text unrelated to sport funding or any political messages are not permitted.

1.9.4 All advertising materials used should be placed in such a way that they do not interfere with athletes' identification and do not affect the outcome of the race.

2 CHAPTER - INTRODUCTION

2.1 OBJECTIVE [PR]

2.1.1 The aim of a Canoe Sprint competition is for competitors to race each other in kayaks and canoes over a clearly defined unobstructed course in the shortest possible time according to the rules.

2.1.2 Entries - 1 boat per athlete.

3 CHAPTER - ATHLETE EQUIPMENT

3.1 BOAT SPECIFICATION (MONOCLASS) [PR]

Boat	NELO 510
Maximum length (cm)	510
Minimum weight (kg)	22

3.2 CONSTRUCTION [PR]

- 3.2.1 No structural changes can be made to the boats.
- 3.2.2 Boats will always be supplied by organization.
- 3.2.3 The NELO STAFF has the authority to decide all matters under this rule.

3.3 KAYAKS [PR]

- 3.3.1 Boats may have maximum of one (1) rudder. The rudder must be placed under the hull of the boat.
- 3.3.2 Kayaks will be allowed weed deflectors in front of the rudder. Weed deflector can be maximum 20 cm long and cannot be deeper than the rudder.

3.4 SAFETY EQUIPMENT [SR]

- 3.4.1 The boats must be constructed so that they remain buoyant when filled with water.
- 3.4.2 No part of the athlete's body should be attached to the boat in anyway.

3.5 IDENTIFICATIONS AND ADVERTISING TRADEMARKS [PR]

- 3.5.1 Possible with no restrictions if they do not conflict with NELO 510 advertises.

4 CHAPTER - COMPETITION PROGRAMME

4.1 BOATS AND DISTANCES [PR]

4.1.1 The official boats are:

Boats	
NELO 510	Kayak single

4.1.2 The official distance recognized by NELO is +/- 5 Km (long race) and 500m (short race).

5 CHAPTER - COMPETITION FORMAT

5.1 EVENTS [SR]

5.1.1 The competition takes place over five (5) days/ five (5) events.

5.1.2 In each event, athletes will be divided into two runs:

- 1) Masters Men (VET's) and Senior/Under-23/Junior (Women) (color to be defined);
- 2) Senior/Under-23/Junior Men.

5.2 EQUIPMENT

5.2.1 It is mandatory to use the life jacket and life jacket provided by the organization;

5.2.2 All participating boats must be Nelo 510 (provided by the organization);

5.2.3 All athletes must carry their own paddle.

5.3 SYSTEM SCORING [SR]

5.3.1 Each event is worth 50 points for the winner, 48 for 2nd place, 47 for 3rd, 46 points for 4th and so on.

5.3.2 At the end of the 5 events, the 4 best rankings are added together to determine the final ranking of the Competition.

5.3.3 In the event of a tie, the criteria for breaking ties in the Final Ranking, by category, are:

- 1) Number of head-to-head victories between the tied athletes;
- 2) Ranking of the last stage between the tied athletes.

6 CHAPTER - FIELD OF PLAY

6.1 COURSE (+/- 5KM) [SR]

6.1.1 The course is defined by the organization depending on the sea conditions.

6.1.2 The course can be short (500m) or long (around 5 km).

- 1) The short race works by elimination rounds, back and forth style, one against one.
- 2) The long race works by runs, with a maximum of 45 athletes per run.

6.2 LAYOUT [SR]

6.2.1 Before the start of the races the racing course must be measured and marked by buoys and/or flags.

6.2.2 Both the start and finish lines must be marked with flags. The start and the finish lines must be at right angles to the course.

7 CHAPTER - PRE-COMPETITION

7.1 DUTIES OF THE HOST ORGANISING COMMITTEE [SR]

- 7.1.1 NELO STAFF is responsible for the preparation and running of the competition.
- 7.1.2 NELO STAFF must, in particular:
 - 7.1.2.1 Make available a suitable venue and technical equipment conforming to the present Competition Rules;
 - 7.1.2.2 Fix the date and the competition programme in agreement with the Portuguese National Federation;
 - 7.1.2.3 Draw up and distribute the competition programme including the date and time of the Team Leaders meeting. It must be distributed in advance of the competition.

7.2 MEETING [PR]

- 7.2.1 At least 1 hour before the first race of the competition, the Athletes Meeting is to be held.
- 7.2.2 At this meeting the names of Athletes should be advised.
- 7.2.3 The organisers will describe the racing course and all other arrangements which should be adhered to for the duration of the competition.
- 7.2.4 The Chief Official will describe the competition schedule and ask for any changes to the entries.

7.3 ALTERATION OF ENTRIES AND WITHDRAWALS [PR]

- 7.3.1 Notification of alterations of the entries must be given in written form to the Chief Official up to the Athletes meeting.
- 7.3.2 The Chief Official may in exceptional circumstances accept late alterations. Late alterations must be given in a written form to the Chief Official at least one (1) hour before the first race of the morning or afternoon session.
- 7.3.3 If an athlete is unable or prevented to compete (e.g., proven illness or injury) in a crew boat (SS2) the Competition Committee may allow the other eligible athlete(s) from that boat to be entered in other events.

7.4 ALTERATION AT THE ORDER OF EVENTS [PR]

- 7.4.1 The sequence of runs given in the invitation, and the intervals between the runs as given in the Competition Programme, are binding on the organisers.
- 7.4.2 Alterations cannot be made unless the respective Athletes at the Athletes Meeting give their consent.

7.5 PRE-RACE BOAT CONTROL [SR]

- 7.5.1 Pre-race boat control is a self-boat control.
- 7.5.2 The athletes are responsible to ensure the boats conform to the technical requirements for the competition as per Chapter 3.

7.5.3 Any attachments consisting of water absorbing material must be absolutely dry or they will be removed.

8 CHAPTER - COMPETITION

8.1 MEANS OF PROPULSION [SR]

- 8.1.1 Kayaks must be propelled solely by means of a double-bladed paddle.
- 8.1.2 Canoes must be propelled solely by means of a single-bladed paddle.
- 8.1.3 The paddles must not be attached to the boat in any way.

8.2 START [SR]

- 8.2.1 The Start Line must be marked by flags.
- 8.2.2 Athletes must be at the starting area, not less than five (5) minutes prior to the specified start time of their race. The starting area is defined as the area of the Start Line.
- 8.2.3 Five (5) minutes before the defined starting time the competing boats must be in line.
- 8.2.4 The start must commence without reference to any absentees.
- 8.2.5 When signalled by the Starter, the athlete/ crew will take the start position designated.
- 8.2.6 If the Starter is not satisfied with the line-up, he/she will call "STOP" and begin the start procedure again.
- 8.2.7 The Starter will start a race when he/she is satisfied that everything meets with his/her approval.
- 8.2.8 The starting command will be "Ready - Set - Go".
 - 8.2.8.1 At the "Ready" command the athletes begin their preparation to paddle;
 - 8.2.8.2 At the "Set" command the athletes must not paddle forward, or this action will be deemed to be a false start. The boat must not move forward at this point in the starting procedure;
 - 8.2.8.3 The Starter when satisfied with the athletes positioning and
 - 8.2.8.4 attention will say "Go" (or shot or loud sound).
- 8.2.9 The athletes must only react to the start command/signal "Go" and are not permitted to anticipate the start. The athletes can paddle only upon hearing the starting signal/command "Go".
- 8.2.10 In the case of a false start, the Starter must immediately give a loud buzzer sound signal. On hearing this signal all athletes must stop paddling and follow the Starter's instructions for a new start.
- 8.2.11 Before the new start, the Starter must identify the offending athlete(s) and boat(s) making the false start and give them a warning.
- 8.2.12 In the case of a second false start by the same athlete/crew, the boat will be disqualified (DSQ) from the race and must leave the starting area and the course immediately.
- 8.2.13 The Starter may also recall athletes for a new start in the case of any unforeseen circumstance (for example - a malfunction of the starting equipment). In such a case the same powerful sound signal as for a false start must be given.
- 8.2.14 If a malfunction of the starting equipment was caused through a boat making a false start, the athlete/crew must be given a warning, even though that boat may not have crossed the start line. If the malfunction was not the cause of any athlete making a false start, no penalty should be imposed.

8.2.15 If an athlete/crew does not start, and has no valid reason approved by the Competition Committee, they will be disqualified for the remaining races of the competition (DNS).

8.2.16 An athlete/crew, who arrives too late at the start, should be considered to have voluntarily withdrawn and will be disqualified for the remaining races of the competition (DNS).

8.2.17 The Starter will make a written report on any disqualification.

8.3 PADDLING ON THE COURSE [SR]

8.3.1 Athletes must keep the whole of their boat within the five-(5) metre wide central area of their lane from the start to the finish of the course. Upon any deviation, the boat must go back immediately to this central area of the lane.

8.3.2 If a boat fails to actively return and/or gains an advantage in the race, the boat may be disqualified from the event (DSQ).

8.3.3 A boat which leaves its allocated lane, must be disqualified (DSQ) from the event.

8.3.4 The Competition Committee must decide whether any of the athletes concerned may be disqualified or not.

8.3.5 The Competition Committee must make its decision known before the result of the race is announced in such a case.

8.3.6 If there is a capsize the athlete or crew is eliminated (DNF) from the race.

8.3.7 If a paddle is broken, the athlete cannot be provided with a new one.

8.3.8 The Starter has the right to interrupt a correctly started race if unforeseen hindrances arise by using a red flag and a strong sound signal. Athletes must immediately stop paddling and await further instructions.

8.3.9 If a race is declared null and void, no change of the composition of a crew is permitted for the new start.

8.4 PACING AND WASH RIDING

8.4.1 Taking pace or receiving assistance from boats not in the race or by any other means is not permitted.

8.4.2 When a race is in progress crews not taking part in the race are strictly forbidden to proceed over the whole or part of the course, even outside the marking buoys.

8.4.2.1 An athlete will not be disqualified for touching a turning point buoy, In making a turn, the boat may follow as closely as possible the course as marked by the buoys at the turning points;

8.4.2.2 If there is a capsize the athlete or the crew is eliminated (DNF) from the race if they are not able to get in the boat;

8.4.3 Group racing and overtaking

8.4.3.1 When a boat is overtaking another boat, it is the duty of the overtaking boat to keep clear of other boat at all times;

8.4.3.2 When athletes are racing in a group of boats it is the duty of all the athletes in the group to keep clear of other boats at all time avoiding collision. This rule applies to any manoeuvring within the group.

8.4.4 Failing to follow the correct course:

8.4.4.1 Should an athlete have failed to follow the correct course of the race (for example missed a turning buoy) the athlete has broken the racing rules and will be subject to a penalty;

8.4.4.2 If the organization believes the athlete has gained no positional advantage on other athletes: A time penalty of 10 seconds will be given to the offending athlete;

8.4.4.3 If the athlete has gained a major advantage and obtained positional places in the race by not following the course: A disqualification (DSQ) will be imposed;

8.4.4.4 Should a buoy be missed as a result of a collision in group racing during a turn this will be investigated and the boat that caused the collision will be penalised or disqualified (DSQ), The athlete who missed the buoy due to collision will not be penalised.

8.4.5 Collision or damage

8.4.5.1 A collision will be an event where an athlete or any part of their boat or paddle touches another athlete's boat or paddle in a way that disadvantages the athlete;

8.4.5.2 A collision can happen at any time within the group and is applicable for all parts of the course;

8.4.5.3 Any athlete who is considered by Nelo Staff to have been responsible for a collision, or who damages the boat or paddle of another athlete or unnecessarily deviates from the direct racing line or deliberately blocks or impedes the path of an athlete may be penalised or disqualified;

8.4.5.4 If it is considered that other paddlers have only had some minor disadvantages compare to other athletes as a result of the incident the responsible athlete will get a time penalty of 10 seconds;

8.4.5.5 If it is considered that the incident has caused other paddlers a major disadvantage the penalty will be disqualification (DSQ) of the offending athlete;

8.4.5.6 Time penalties as decided by the Chief Official are not subject to appeal.

8.4.6 Lapped boats (LAP)

8.4.6.1 Athletes who have been lapped will end their race before they have completed the full race distance. The point where they will end their race is when next time, they cross the finish line;

8.4.6.2 They must not interrupt or block boats that overtake them. They are not allowed to wash ride on the boats that overtake them;

8.4.6.3 Their current rank will be recorded and included in the results. No time will be taken (LAP);

8.4.6.4 If a lapped athlete does not stop at the next time he/she crosses the finish line and does not leave the course after that, he/she will be disqualified (DSQ).

8.5 FINISH [SR]

8.5.1 The boat ends the race when its athlete crosses the finish line.

8.5.2 The Finish Line Judges will determine the result of the competition based on the order of the athletes arriving.

8.5.3 If two (2) or more boats cross the finish line at the same time, they get the same classification in the final ranking.

8.5.4 If the Finish Line Judges confirms a dead heat of two (2) or more boats at the finish, the final ranking will be determined according to the best place achieved by those boats. E.g., two (2) or more may be recorded as first, second, third etc.

8.6 DISQUALIFICATIONS [PR]

8.6.1 An athlete who breaks the rules before, during, or after a race must be disqualified from that race and will not progress further in that event (DSQ). Should an athlete / crew complete a race in a boat which, upon post- race inspection, does not comply with the rules, that athlete or those athletes must be disqualified from that race and shall not progress further in that event (DSQ). It is forbidden to receive external assistance during a race.

8.6.2 No athlete/crew may be accompanied along and adjacent to the racecourse by other boats while the race is in progress.

8.6.3 No athlete/crew may receive assistance by using objects thrown into the course.

8.6.4 Any of the above infractions will result in the disqualification of the athletes concerned (DSQ).

8.6.5 All penalties or disqualifications must be confirmed by the Competition Committee in writing immediately, giving the reasons. The Team Leader of the athlete/team must acknowledge the receipt on the notice copy.

8.6.6 Failure to deliver the copy confirmation of the disqualification to the Team Leader does not invalidate the disqualification.

8.6.7 The Competition Committee may discipline any athlete or Official whose behaviour is detrimental to the good order and conduct of the competition. The Competition Committee may disqualify him/her for that competition.

9 CHAPTER - POST-COMPETITION

9.1 ATHLETES AFTER THE RACE [SR]

9.1.1 The athletes must leave the course after the finish of the race and cannot disturb the next race.

9.1.2 Before the awards ceremony the top three (3) athletes/crews the final, of each category, must be present at the location and time indicated.

9.2 PROTEST [PR]

9.2.1 A protest against the right of an athlete/crew to compete in a race, and handed to the Competition Committee, not later than one (1) hour before the start of the first race of the competition.

9.2.2 A protest made during a competition must be in a written form, addressed to the Chief Official and handed to the Competition Committee.

9.2.3 When a protest or a report is made against an athlete or a team, the Team Leader of the athlete/team in question should be presented the protest or report to read.