

SPECIAL NOTE TO Extreme Racers: For your safety, any racer not reaching the Red Fox check-point (50 mile mark) by 3:00 PM on Day 1 may not continue beyond this point. If the race is delayed for any reason, racers will be pulled out and given their average speed to finish of day 1 and may continue on day 2.

Second Cut off time: If the 3:00 PM time is met, racers must pass the 38 mm before 6:30 or they must pull out at Bear Bottom 38 mm.

- 1) Extreme 2DDUL and 2DDL participants, racers and support crew, must attend the Safety Meeting the evening before the race! Sweet 16 and "Anything Goes" entries must attend the safety meeting immediately preceding the event.
- 2) **All paddlers in all races** must wear a CG approved PFD while on the water, carry a cell phone in a waterproof container, must have a whistle attached to their vest or somewhere within immediate reach to warn an oncoming vessel of your presence.
- 3) Extreme racers must have in addition to items above, a white stern light, red/green navigation lights for bow and a flashlight/spotlight. It is recommended that you have at least 6" of reflective tape on both sides of hull, bow and stern.
- 4) All boats must have race numbers prominently displayed on both sides of the hull. Extreme racers must have their own 4 digit race number displayed on both sides of the hull of their boat. Sweet 16 and Anything Goes paddlers will be provided numbers for their boats. If you already have a number on your boat, we will supply removable stickers to place in front of your number designating that you are in the Sweet 16 or Anything Goes.
- 4) No sail or fixed oars. Single and double blade paddles only.
- 5) No trash of any kind will be intentionally thrown overboard. Teams or individuals caught trashing the lake will be disqualified.
- 6) All paddlers will properly stow loose items during the race.
- 7) Racers must maintain self-sufficiency and may not receive outside assistance of any kind. Racers must carry their own materials for fixing leaks or problems with their vessel or be able to acquire such at a checkpoint from their support crew. Outside assistance is any action by someone other than the support crew of a specific racing vessel or a 2DD race volunteer with the exception of Rule 16 which aids in forward progress. There is no penalty for accepting help from an official safety boat and also from other paddlers in case of an emergency such as a flip, or running out of fluid or medical emergency. Support crews are permitted and may be shared by multiple teams, but may only provide allowable assistance with their race craft while it is stopped at a Check Point. Races may stop for the use of public restrooms in places of business, and Public Access areas, but any race team/individual that receives support at any location other than a Check Point area will receive penalty and/or be disqualified. No private property may be accessed unless specified by race officials. (You may stop at public areas to use restroom facilities but not receive any other support from your support team at these area.)
- 8) Alcohol will not be consumed by racers or their support vehicle operators during the race.
- 9) No portaging is allowed during the race.
- 10) Each race craft will check in and out with race volunteers at each designated Check Point. Racers do not have to exit their craft, but must be close enough to the Race Official at the Check Point to be properly identified and to sign in or be signed in by a support team member or designate such as a race volunteer. Check Points will be staffed by race volunteers until the Cut-Off Time for that Check Point has elapsed. If you decide to quit the race at a Check Point notify the race official managing the roster. If you quit the race between Check Points, you must make an immediate effort to contact a race official and notify them of your decision. If you will not make it to a Check Point before the Cut-off Time has elapsed, you must contact race officials by phone prior to the Cut-Off deadline. You may also flag a safety boat having a green flag. They will be able to assist you in letting officials know that you are quitting and help you get to safety if needed.
- 11) All racers agree to sign the USCA Waiver and Release of Liability prior to the start of the race
- 12) This event is being held to improve water quality in the Lake of the Ozarks and its tributaries. No matter how small the impact may be, the fact is that adding a bunch of people to the lake and allowing them to dump urine overboard contradicts our objective. Participants are prohibited from dumping human waste into the lake. If you are unable to make it to the next available facility, stow your spent

fluids in a water tight container and take it to the next Check Point where it can be deposited.

13) All participants agree to appear in event related media coverage without compensation.

14) All aquatic activity is dangerous to humans. Our body requires that the oxygen it uses be in gas form. Since you can't breathe under water it is important that you carefully evaluate your ability to handle such a danger. Lake of the Ozarks can be extremely rough. Heavy volume, large boat traffic produces tall wakes. Much of the shoreline is comprised of near vertical rock or concrete sea walls that perpetuate the rough conditions. Your participation in this event is evidence that you understand the risk associated and accept sole responsibility for the consequences of your actions.

15) Unsportsmanlike conduct is grounds for disqualification. All participants in this event are representatives of the paddling community and are expected to behave accordingly.

16) In the event of an immediate racer/team emergency, fellow participants within close proximity are expected to render aid. No penalty will be assessed for the team/individual providing assistance, the honor system, as well as eyewitness accounts, will be relied upon for compensation of the time spent rendering aid.

17) Any dispute must be formally stated with the race director within two hours of the finish of each stage. The dispute will be subject to review by the race director and two appointed senior race officials. The final decision and any action regarding a dispute will be reserved by the race director and two appointed senior race officials. All decisions are final, no appeal process will be granted.

18) Racers in the 2DDUL and 2DDL must remain in same class (ie, example: the 2DDL Men Solo could change from a K1 to a sit-on-top Surfski on day 2).

b. Can change only on separate days (ie, must keep same boat on day 1 but can change on day 2.

Exception: can change if boat is damaged.

c. Must keep same boat number.

d. Must inform race officials well in advance of start of that day's race.

These rules are valid as of this date and are anticipated as remaining so up to the start and end of the 2DamDays Paddle Marathon but are subject to modification up to the start of the race.

18) If race has to be cancelled due to stormy unsafe weather conditions, vouchers will be given for 2015 year's race