

USLRA Log Rolling Rules

Divisions

Juniors

This division of competitors compete in the same age bracket all year long based on his/her age as of January 1st of the current year. All matches are on traction logs.

- U7 (7 and under, Coed)
- U10 (ages 8-10) Boys and Girls
- U13 (ages 11-13) Boys and Girls
- U17 (ages 14-17) Boys and Girls

Semi-Pro (ages 14 and up)

This is the stepping stone to Elite. These are serious rollers who want to improve and compete at major tournaments. Will roll in spikes when such equipment is available.

Adult Sport (ages 16 and older)

For the recreational and/or new adult roller. All matches are on traction logs.

Elite (ages 16 and up)

This is the top level of log rolling competition. If under 16, the roller must have won two consecutive ILRA World Championships in the Semi-Pro division.

Masters (ages 45 and up)

Rollers of all abilities. Rollers are typically, though not limited to, former Elite rollers.

For purposes of this document, "Amateur" means all divisions except Elite.

Time Limits and Log Sizes

Log sizes are indicated with diameter first and length second.

Elite competitors at the World Championships or US Championships will use the following time limits:

Elite Men		Elite Women	
#1 (15" dia 12' long)	1 minute	#2 (14" dia 12' long)	1 minute
#2 (14" dia 12' long)	3 minutes	#3 (13" dia 12' long)	3 minutes
#3 (13" dia 13' long)*	5 minutes	#4 (12" dia 12' long)	until end of match
#4 (12" dia 13' long)*	until end of match		

*If 13' long logs are not available, 12' logs may be used.

Junior, Semi-Pro, Adult Sport and Masters will use the following time limits:

Amateur	
#1 (15" dia 12' long)	1 minute
#2 (14" dia 12' long)	2 minutes
#3 (13" dia 12' long)	3 minutes
#4 (12" dia 12' long)	4 minutes
#5 (11" dia 12' long)	until end of match*

*Use of #5 log is optional. If #5 log is not used, use #4 log until end of match

If a match is to begin on a larger than 15” diameter log the timing should be as follows:

first log	1 minute
second log	2 minutes
third log	until end of match

If two competitors agree to begin their match on a smaller log, then the timing progression will follow their division

Example: Juniors:

first log (#2)	1 minute
second log (#3)	2 minutes
third log (#4)	until end of match

Matches

Elite division

- The head judge starts each match.
- Competing rollers grasp pike poles after mounting the log and are pushed away from the platform.
- The judge cautions rollers to “steady the log.”
- When the judge is certain both rollers are steady, s/he says, “Throw your poles.”
- When the head judge has determined that both competitors are steady and have equal control, he/she will blow a whistle or call “Time in” and time will start.
- The match begins when the whistle is blown or “Time in” is called, and continues until a fall occurs or the time limit expires.
- The judge may recall a quick whistle if s/he feels that the rollers did not have equal control.
- If either roller falls before the match begins, s/he must get back on the log immediately without leaving the vicinity of the starting dock. A contestant may lose a fall or be disqualified for purposely jumping in the water before the time is started, or for unnecessarily delaying the start of a match or fall.
- The rollers have 30 seconds from the time the last roller reaches the dock or when there’s a stoppage in action to remount the log.
- Stoppage for a major injury at the discretion of a judge or medical personnel shall not exceed five (5) minutes after which time the affected competitor shall forfeit the match.
- A match will be decided by the best three out of five falls.
- If a match is interrupted for any reason, such as weather, the match shall resume with the same score at which it was stopped.

All amateur divisions

There are two permissible start procedures for amateur matches detailed below. Tournament directors may select which to use based on equipment available, experience level of competitors, or other factors. At the option of the tournament director, judges may be permitted discretion to use assisted starts in cases where one or both competitors do not have sufficient skill to perform a pole start.

Pole start

Pole start matches are conducted exactly as detailed above for Elite division

Assisted start

- The time-keeping judge starts each match.
- For assisted starts, the log must be oriented perpendicular to the dock or pool edge.
- The log is held steady at each end while the competitors position themselves.
- Once both competitors are steady, the judge will say “Ready, Steady, Letting Go”, at which time the log will be released.
- When the head judge has determined that both competitors have equal control, he/she will blow a whistle or call “Time in” and time will start.
- The match begins when the whistle is blown or “Time in” is called, and continues until a fall occurs or the time limit expires.

- If it is difficult to get a fair start, the head judge may, at his/her discretion, substitute "Ready, Steady, Letting Go" with "Ready, Steady, Time In" in order to start the match immediately upon release of the log. This is not the preferred method of starting a match.
- The judge may recall a quick whistle if s/he feels that the rollers did not have equal control.
- If either roller falls before the match begins, s/he must get back on the log immediately without leaving the vicinity of the starting dock. A contestant may lose a fall or be disqualified for purposely jumping in the water before the time is started, or for unnecessarily delaying the start of a match or fall.
- The rollers have 30 seconds from the time the last roller reaches the dock or when there's a stoppage in action to remount the log.
- Stoppage for a major injury at the discretion of a judge or medical personnel shall not exceed five (5) minutes after which time the affected competitor shall forfeit the match.
- A match will be decided by the best three out of five falls.
- If a match is interrupted for any reason, such as weather, the match shall resume with the same score at which it was stopped.

Choice of Ends/Coin Toss

- When the match is a "bucking" match and both contestants cannot come to an agreement on which end of the log they will start, then a coin toss will be used.
- The loser of each successive fall will then have his/her choice of ends.
- All "running" matches shall start with both rollers facing the starting dock. Running matches may *not* start with both rollers' backsides to the dock.

What Constitutes a Fall

- The first person to lose contact with the log with both feet *and* falls into the water loses the fall.
- Jumping up to prolong hitting the water, straddling, sitting, falling to both shins, and lying across the log are considered out of contact with both feet. The person who wins is the person with the last step on the log.
- Inappropriate contact (at the discretion of the judge) between two rollers on the log will result in the loss of a fall for the roller who initiated the contact.
- Deliberate contact results in the initiator losing a fall.
- A roller steps on or across the centerline (neutral zone).
- A roller purposely jumps in the water before time is started or delays the start of a match or fall.

What Constitutes A Draw

- A fall will be ruled a draw if the judges cannot see specific and noticeable differences in the fall. A judge must make a decision after a moment of recall. No discussion of the fall will take place between the judges except their response as to who won the fall or if the fall was a draw. If there is the slightest doubt in the mind of the judge, it should be ruled a draw. The decision from the judges may be split, in which case the majority rules. If there is no majority decision, then it is ruled a draw.

Obstructions, Impediments, Waves

- Judges are required to call "time out" when a match rolls within three (3) feet of any barrier, in a parallel position and one (1) foot in a perpendicular position. This barrier may include any obstruction, including a dock, boom run, or shallow water. They are also required to stop a match when waves of any size gather near a match, whether from boom run matches, boats, swimmers, or any other source.

Omissions In the Rules

- If a situation arises and the rules concerning it are unclear or nonexistent then the Tournament Director will create a fair rule to be used for the remainder of the tournament or until the Rules Committee or USLRA Board has made a decision clarifying the rules. The Tournament Director must notify the Rules Committee or an USLRA Board member of the situation and decision as soon as is practical.