USLRA Competition Rules
approved 2/18/2018

Divisions

Ages indicated are as of January 1st of the current competition year.

Amateur (ages 3-17)
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. In order to receive ranking or Super Series points, competitors must be paid members of the USLRA at the time of the event.

Amateur Divisions
- 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

  ◦ Rollers of all abilities will roll together; however, Tournament Directors can conduct a novice bracket within an age category if the number of novice rollers justifies it.
  ◦ If age class bracket is less than four, the Tournament Director has discretion to collapse the bracket into the next higher age group.
  ◦ If a roller chooses to roll up an age division when there are sufficient competitors (at least 4) in their age appropriate division, the roller must remain in the higher age division until the roller ages up to a higher division.
  ◦ U17 Athletes may only "roll up" at a level three tournament in which a Semi-Pro division is not offered and there are fewer than 3 athletes in combined U17 Boys/Girls. If prize money or elite prizes (excluding medals or trophies) are accepted the athlete will not be able to return to amateur status.

Adult Sport (ages 16 and up as of January 1st of that year)
Adult Sport rollers tend to be those that are either new to log rolling competition or have not acquired sufficient mastery to be competitive against Open or Elite levels of rollers. The majority of their matches end on a training or #1 log. They will roll on traction logs.

Semi-Pro (no age limit)
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. After two world championship wins, athlete must advance to the elite division by the following season.

Elites (ages 16 and up as of January 1st of that year)
Elite or Open category of adult log rollers refers to the premier level of competitors and competition. Typically, these rollers are at the highest level of competition and reflect the best

Elites (cont.)
the sport has to offer. Upon declaring Elite status in writing, a competitor may not compete in any division except Elite or Masters. They will roll on spikes when that type of equipment is available. If under 16, the roller must have won one ILRA World Championships in the Semi-Pro division. In order to receive ranking points, competitors must be paid members of the USLRA at the time if the event.

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.

Elite Boom Run
In order to compete in the elite boom run, athletes must have declared elite status in writing. Elite boom run is based on age alone. Athlete must have turned 16 on or before January 1st of the competition year. Elite boom run status is separate from Elite log rolling status.

Definitions

- **Open Tournament.** An *open tournament* is one in which any rollers may compete.
- **Main Draw.** The *main draw* is that part of a draw in which the remaining rollers have not yet lost a match.
- **Back Bracket.** This term is commonly used to describe the consolation part of a *double elimination* draw.
- **Double Elimination.** A form of consolation draw in which the losers from the *main draw* are fed back into the *back bracket*.
- **Round Robin.** A *round robin* is a format in which a roller competes against every other roller in the division.
- **Single Elimination.** Once a competitor loses in the first round s/he is out and does not roll in any additional matches.

Log Rolling Rules

Match Starting Procedure

Elite division
Elite competitors will use pole starts.

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
- 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 have equal control, s/he says, "Throw your poles."

Assisted start
- 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.
- 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.

Match Procedure

- The head judge starts each match.
- 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.
- 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 shall 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.
- Judges' decisions are final. When deciding a match, judges will not review or take into consideration any photos or video taken by a spectator.
- If a match is interrupted for any reason, such as weather, the match shall resume with the same score at which it was stopped.

Protesting

- A competitor may in writing protest other matters by appeal to a committee comprising the tourney director, head referee and chief of competition.

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 center-line (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 shall 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" before the log reaches a parallel distance from a barrier that is equal to the height of the taller roller, or if the log is within one (1) foot of a barrier in a perpendicular position. Tournaments held in tanks or in pools that do not meet this requirement may set a different safety standard, with USLRA approval, so long as the Tournament Director, Tournament Director's representative and judges receive additional safety training. Safety is of primary importance, and judges should call time before a situation becomes unsafe. (wording updated for 2016)

Time Limits and Log Sizes

Competitors in USLRA competitions will use the following log sizes:

Elite Men	Elite Women	Amateur
#1-15" diameter 12' long		#1-15" diameter 12' long
#2-14" diameter 12' long	#2-14" diameter 12' long	#2-14" diameter 12' long
#3-13" diameter 13' long*	#3-13" diameter 12' long*	#3-13" diameter 12' long
#4-12" diameter 13' long*	#4-12" diameter 12' long*	#4-12" diameter 12' long
		#5-11" diameter 12' long

*either 12' or 13' logs can be used if the recommended logs are not available.

If both competitors agree, a match can start on a log smaller than the designated starting log. The agreed upon first log will count as the first log for timing purposes. At the sanctioned World Championships, all amateur divisions except U7 coed and U17 boys are required to start on a #2 log.

Elite and Semi-Pro competitors will use the following time limits:

Men
#1 Log 1 minute
#2 Log 3 minutes
#3 Log 5 minutes
#4 Log until end of match

Women
#2 Log 1 minute
#3 Log 3 minutes
#4 Log until end of match
*New elite log time rules will be used for the 2017 season and re-evaluated in the off season.

Amateur, Adult Sport and Masters will use the following time limits:

#1 log 1 minute
#2 log 2 minutes
#3 log 3 minutes
#4 log 4 minutes
#5 log until end of match*
*Use of #5 log is optional. If #5 log is not used, use #4 log until end of match

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 a USLRA Board member of the situation and decision as soon as is practical.

Boom Running Rules

Equipment and Specifications

Logs
- Each log is 6 - 13 feet long.
- Each log should be between 13" - 25" in diameter.
- Logs must be circular in shape.

Construction Best Practices
- 6 to 12 logs.
- Each log should have one to one and a half (1' - 1.5') feet of space in-between it and the next log.
- The total distance of the boom should be 72 - 150 feet long.
- Logs should be attached together with ropes and swivels.
- Each log needs to be free spinning and floating.
- There should be a minimum depth of 3 feet of water.
- Start line should be between 5 - 10 feet back from the first log.
- Turn around stanchion should be between 5 - 10 feet past the last log.
- The stanchion needs to be in line with the boom (no offset stanchions).
- In the case that there are two (2) booms, both booms must be as identical as possible.

Safety
- Boom builders will keep safety as a primary concern.
- If docks are used, then proper padding must be in place to prevent injury.

Procedure

Athlete is positioned behind marked starting line with both feet in contact with ground until "go". On the starting cadence (recorded or live voice command of "3, 2, 1, GO"), time begins. The competitor runs across the boom, around the stanchion, back across the boom, and crosses the original starting line. Time stops as soon as the finish line is crossed, which is represented by the start line unless laser timing is in use. The competitor may fall off and remount twice. After falling in, a competitor may advance a single log one time per run. The third fall constitutes disqualification. Dock or land may not be used for remounting log.

A 30 second penalty will be assessed for each of the following:
- Illegal log advancement
- Not rounding the turn-around stanchion
- Interfering with the other competitor's lane
- False starting (crossing the start line prior to the "GO" signal)

Boom Run Formats

Single Boom (timed)
In the qualifying round, each competitor will run the boom twice.
- The top 6 or 8 times will move on to the finals.
- In the finals all preliminary times are cleared.
- Each competitor runs twice and his/her better time determines final placement.

Double Boom (timed)
In the qualifying round, each competitor runs each boom once.
- The top 6 or 8 times will move on to the finals.
- In the finals, all preliminary times are cleared.
- Competitors are ranked based on his/her better time from the preliminary rounds and are matched according to his/her better qualifying time (7 vs. 8, 5 vs. 6, 3 vs. 4, and 1 vs.2).

Options for the finals are:
1. Each competitor will run each boom once, with his/her better time determining final placement.
2. Each pair of competitors draws for the boom on which they will run.

Head to Head
Competitors are matched according to ranking and/or qualifying time (1 vs 8, 2 vs 7, 3 vs 6, 4 vs 5). Winners will advance to the next round. If a competitor loses before the semi-final round, s/he is eliminated from the tournament.
- The two losers in the semi-final round will run for third and fourth.
- The runner-up will have lost only to the winner.
- The winner will have lost no matches.
- There are no limits to number of falls per run, but log advancement is still limited to one.

Combined Time Boom
- Each competitor will run his/her first run.
- The run order of the second run will begin with the slowest first run-time through the fastest time.
- Both the first and second run-times will be added together to determine final placement.

Mixed Doubles Boom Run
- The first runner from each team runs down and back.
- Upon crossing the finish line the second runner of the team may begin his/her leg of the race.
- Time will stop as soon as the second runner crosses the finish line.
- Each team member is allowed two falls. A team member's third fall will disqualify the team.
- Each team member may advance a single log one time per run should s/he fall in the water.

Speed Roll Rules

Divisions

The same divisions as outlined in the log rolling rules document apply (see pages 1 and 2).

Procedure

Timed event

Speed Rolling will take place on a number 1 or number 2 log. The sizes of the logs will be the same as those defined in the USLRA Log Rolling Rules document. All speed rollers will use the same log. A 6 inch white line or distinctive mark will be painted or affixed on the end of the log. One contestant will go at a time. Speed rollers will pole out to the end of the pole. The timer will count "3,2,1 GO." On "GO" the rollers must let go of the pole and spin the log for thirty (30) seconds in a forward direction. If the roller falls into the water he/she may get back up. The roller with the most forward revolutions wins. The white marking must be clear enough so that the judges can count the number of spins that the contestant has completed and get an accurate timing of the event.

Rotation event

Same rules as timed event except time stops after 25 complete revolutions have been made.

Obstructions, Impediments, Waves

Obstructions are called the same as in the log rolling rules (see page 4).

Tournament Organization

Tournament Format

A Tournament Director shall post at the tournament the procedures defining the format before the start of competition, whether it is double elimination, single elimination, or round robin. If age class bracket is less than four, the Tournament Director has discretion to collapse the bracket into the next higher age group. If two age groups are run together, or if male and female competitors are combined in a co-ed division(other than U7), awards should be given separately.

Round Robin Tournament

Round robin draws may be used in any tournament for which the entry form states that the tournament shall be rolled using a round robin format. Additionally, a round robin draw may be used in any division in any tournament in which there are four or fewer rollers entered.

Procedure
Each roller in the round robin draw shall roll every other roller in the round robin draw. The roller who wins the most matches wins the tournament. It's recommended that tournament organizers use the USLRA round robin generator located on the USLRA website to organize a round robin tournament.

Split Round Robin
When there are six or more rollers entered in an age group, then the tournament director may divide the group into more than one round robin.

Preliminary Round
- Seeding shall be used to place the strongest rollers in different pools. See seeding regulations(p. 10).
- It is recommended that matches be alternated between each pool to allow for enough rest for the competitors.

Final Round
- The top two finishers from each pool will advance to the final round where another round robin will determine the order of finish.
- Matches that were run in the preliminary round will not be repeated in the final round.
- At the discretion of the tournament director, a round robin can be run for the 3rd and 4th place finishers for each pool using the same procedure described before.

Determining the Order of Finish
The roller who wins the most matches is the winner. If two rollers are tied, then the winner of their head-to-head match is the winner. If three or more rollers are tied, the Head Judge/Tournament Director shall use the following steps in the order listed to break all ties. The Referee shall break as many ties as possible using a given step before using the next step. If any step eliminates a roller(s) from consideration, the process should start over with the remaining rollers. If, at any point there become just two rollers left in a tie, then the head-to-head result between these two rollers takes immediate precedence and determines the winner. *Three way tie Example 1: Roller A-14 falls, B-13 falls, C-13 falls. Roller A gets first, B and C go to head to head result. Example 2 Roller A-14 falls, B-12 falls, C-13 falls. Roller A gets first, C gets 2nd and B gets 3rd.*

The tie breaking steps are:
1. the head-to-head win-loss record in matches involving just the tied rollers.
2. total falls won.
3. total falls lost.
4. the roller with the highest percentage of falls won of all falls rolled.
5. random drawing among remaining rollers.

Double Elimination Tournament

Double Elimination tournaments are bracketed tournaments which consist of a front and a back bracket. Competitors advance through the front bracket until they lose, then they proceed to the back bracket where they can only advance to third place. The winner will have not lost any matches. The runner up will have lost only to the winner. Third place will have only lost one match in the front bracket and proceeded through the back bracket with no more

losses. All double elimination tournaments for USLRA will use the official USLRA brackets, available on the USLRA website at www.USLogrolling.com. If a division has 4 or fewer competitors, a round robin format must be used.

Making the Draw

Public draw
The draw, electronic or manual, shall be made in public at the time and place specified by the Tournament Committee.

Draw made by Judge
A Judge, assisted by at least one Tournament Committee member and preferably by two members, shall make the draw.

Judges
Three judges shall be standard, one of which shall be USLRA certified.

Tournament Seeding

Elite Seeding
The top 8 ranked elite men and women will be seeded at all tournaments. If a competitor in the top 8 is not in attendance, lower ranked competitors will NOT be moved up into the 8 seeded competitors.

Amateur seeding
The number of seeded competitors will be half the number of competitors present, up to a maximum of 8 seeded competitors. A minimum of 3 competitors will be seeded at a tournament. If an odd number of competitors are present, the number of seeds will not be rounded up. Ex. 9 competitors would have 4 seeds.

World Ranking Tournaments and Tournament Levels

Tournaments considered for world rankings will use the following criteria:

Level 3: (Must meet the following criteria)
- Registration must be open to all rollers (Co-ed division is allowed).
- A minimum of 4 rollers must attend.
- Affiliation may be required: ALA, Can-log, or USLRA.
- ALA, Can-log, or USLRA log rolling rules apply. Logs must be lathe turned.
- No cash, prize, or award purse is required, but up to $4999.00(USD) is acceptable.
- Information must be sent out or posted on a website 30 days prior to the first day of the tournament.

Level 2: (Must meet the following criteria)
- Registration must be open to all rollers.
- Affiliation may be required: ALA, Can-log, or USLRA.

Level 2(cont.)
- A minimum of 4 rollers must attend.
- ALA, Can-log, or USLRA log rolling rules apply.
- Logs must be lathe turned.
- The cash, prize (50% of retail value on new, non-bulk items), and award purse must total a minimum of $5000(USD) per tournament or $2500(U.S. funds) if separate men's and women's divisions.
- Information must be sent out or posted on a website 30 days prior to first day of the tournament.

Level 1: (Must meet the following criteria)
- Registration must be open to all rollers **OR** if it is an invitational tournament, a minimum of 8 rollers must be invited in ranking order from 1 on down to the number of invited athletes.
- A minimum of 6 rollers must attend.
- ALA, Can-log, or USLRA log rolling rules apply.
- Logs must be lathe turned.
- Cash, prize (50% of retail value on new, non-bulk items), and award purse must total a minimum of $10,000 (USD) per tournament or $5,000(USD) if separate men's and women's divisions.
- The purse must pay out 8 places with 8th place earning a minimum of 5% of the total purse value.
- 5th/6th and 7th/8th place matches must be rolled off.
- Information must be sent out or posted on a website 60 days prior to first day of the tournament.
- The tournament awarded the ILRA sanctioned World Championships will always be a Level 1 tournament, regardless of purse or prizes.

POINTS TABLE

Roller Result	Level 1	Level 2	Level 3
	(3 x Level 3)	(2 x Level 3)	
1st Place (Champion)	45	30	15
2nd Place	33	22	11
3rd Place	27	18	9
4th Place	21	14	7
5th Place	17	10	5
6th Place	15	10	5
7th Place	13	8	4
8th Place	11	8	4
9th - 12th Places	9	6	3
13th - 16th Places	6	4	2
17th - 24th Places	0	0	0

Log Preparation and Specifications
- All logs shall be western red or white cedar.
- All logs shall be free of protruding knots and cracks greater than 1/4 inch.
- All logs shall be lathe-turned to the specific diameter within a ±1/2 inch tolerance.
  - Training 16" - 21" diameter, 12' long.
  - #1 Log 15" diameter, 12' long.
  - #2 Log 14" diameter, 12' long.
  - #3 Log 13" diameter, 12' or 13' long.
  - #4 Log 12" diameter, 12' or 13' long.
- All logs lengths shall be ± 2 inches.
- Logs should be painted in the following colors and specifications:
  - Training Hunter green with red or white stripes.
  - #1 Log Red with blue stripes.
  - #2 Log White with red stripes.
  - #3 Log Blue with red stripes.
  - #4 Log Gold with red stripes.
- A six (6) inch centerline and a six (6) inch warning stripe on each end.
- Spike logs shall have a four (4) foot unpainted zone beginning three (3) inches from center band.
- Traction logs shall have the carpet applied using high strength contact cement or construction adhesive. No nails are to be used to secure carpet.
- Traction logs shall have at least a four (4) foot wide carpeted rolling surfaces on each side centered on each half of the log.
- Since newer and better carpets are identified frequently, please contact the USLRA to determine the best carpet to use.

Standards for Log Buoyancy
- A #1, #2, or #3 log, while stationary shall float two (2) 180 pound adults so that the soles of their feet are out of the water and the top of the log is floating at least 2 inches out of the water.
- A #4 log, while stationary, shall float two (2) 160 pound adults.
- If the logs do not meet the buoyancy standards, the judge has the discretion to finish the match on a 13' log of the same diameter (if available), the next larger log or to finish the match on the smaller, less buoyant log, as long as the water does not rise above either of the two competitor's ankles.

Log Surface for Age Class and Ability Competition
- U7-U17 tournaments shall be on traction logs.
- Semi-Pro, Elite or Masters tournaments may be on traction logs or spike logs.
- Log surface type shall be specified in the individual tournament entry information.