

USLRA Boom Running Rules

Approved 3/14/2011

Equipment & 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

- 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 which has, at this point, become the finish line. Time stops as soon as the finish line is crossed. 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.
- A 30 second penalty will be assessed for each of the following:
 - o Illegal log advancement
 - o Not rounding the turn-around stanchion
 - o Interfering with the other competitor's lane
 - o 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).

Option 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.