

Appendix 3: Moves definitions

Name	Execution	Value	Definition
Stall	Front or Back	5	Boat held on bow or stern at a vertical angle between 60°-120° for a minimum of 2 seconds. <i>Clean: must be balanced without paddle or hand.</i>
Spin	Left or Right	5	360° flat rotation of the boat at a vertical angle of less than 60°. <i>Clean: one stroke only, either in the start or end of the move.</i>
Grind	Front or Back	10	An intentional sideways slide of at least 1 meter with a vertical angle of over 60°. <i>Clean: the slide must be done without paddle or hand.</i>
Cartwheel	Left or Right	10	360° rotation of the boat at a vertical angle between 60° and 120°. <i>Clean: one stroke only, either in the start or end of the move.</i>
Change of Direction	Left to Right or Right to Left	20	Two consecutive ends of opposite edges (left/right), but going in opposite direction and at a vertical angle between 60° and 120°. (Split Wheel without the linking rotation) <i>Clean: no paddle or hand during the change of direction.</i>
Bow Screw	Left or Right	20	Starting from any position, the boat must pass over-vertical (past 120° vertical) on the bow and include a minimum rotation of 90° around the long axis of the boat. <i>Clean: no paddle or hand for EITHER the initiation OR the recovery.</i>
Stern Screw	Left or Right	20	Starting from any position, the boat must pass over-vertical (past 120° vertical) on the stern and include a minimum rotation of 90° around the long axis of the boat. <i>Clean: no paddle or hand for EITHER the initiation OR the recovery.</i>
Washout	Left or Right	30	A Clean Bow Screw at a vertical angle over 140°, sweeping the water quickly with paddle or hand, head above water. <i>Clean: inapplicable. Super clean: no paddle or hand for the recovery.</i>
Outwash	Left or Right	30	A Clean Stern Screw at a vertical angle over 140°, sweeping the water quickly with paddle or hand, head above water. <i>Clean: inapplicable. Super clean: no paddle or hand for the recovery.</i>
Party Trick / Zero to Hero	Party Trick or Zero to Hero	30	From a flat, up-side down starting position unto an elevated end over 60° (elevated stern: Party Trick, elevated bow: Zero to Hero). The move is performed in one smooth motion and the elevated end must reach a balance point. <i>Clean: inapplicable</i>
One-Armed Bandit	Left or Right	30	Starting with the boat flat or with bow slightly submerged directly into a stern screw (horizontal roll pivoted on the stern). <i>Clean: paddle or hand is used only for recovery (unarmed bandit).</i>
Loop	Front or Back	40	Complete 360° front or back flip initiated and finished between a horizontal angle of -20° and 20°. <i>Clean: inapplicable.</i>
Split Wheel	Left to Right or Right to Left	40	Two consecutive ends of opposite edges (left/right) and at a vertical angle between 60° and 120° linked together by a 170° to 190° rotation on the long axis. <i>Clean: no paddle or hand during the 170° to 190° rotation on the</i>

			<i>long axis.</i>
Tricky-Woo	Left or Right	60	Three consecutive ends. It begins with a Split Wheel which is followed by a rotation on the stern at a vertical angle over 60° in the same direction as the first rotation of the splitwheel. The entire sequence is performed using one paddle blade only. <i>Clean: no paddle or hand during the 170° to 190° rotation on the long axis.</i>
Woo-Tricky	Left or Right	60	Reversed sequence of the Tricky-Woo and performed using one paddle blade only. <i>Clean: no paddle or hand during the 170° to 190° rotation on the long axis.</i>
Screwing Around	Left or Right	80	2 Bow Screws linked into 2 Stern Screws. <i>Clean: 2 of the screws done without the use of paddle or hand. Super Clean: entire move done without paddle or hand.</i>
Trophy 1	One way only	40	A move not listed in this Moves Definitions list and based on basic skills.
Trophy 2	One way only	70	A move not listed in this Moves Definitions list and based on average skills.
Trophy 3	One way only	100	A move not listed in this Moves Definitions list and based on advanced skills.
Mystery Exit 1	Left or Right / Back or Front	40	A move executed coming out of a sustained (minimum 2 seconds) waist under Mystery, based on basic skills.
Mystery Exit 2	Left or Right / Back or Front	70	A move executed coming out of a sustained (minimum 2 seconds) waist under Mystery, based on average skills.
Mystery Exit 3	Left or Right / Back or Front	100	A move executed coming out of a sustained (minimum 2 seconds) waist under Mystery, based on advanced skills.
Mystery Move	n/a	Number of seconds x 20	Complete up-right submersion of the boat and paddler calculated in seconds for the total time the paddler's head in under water. The paddle and arms can break the surface during the Mystery. A competitor may have many attempts, but only the highest scoring one will count. <i>All bonuses are inapplicable</i>

Appendix 4: Bonuses definitions

Name	Description	Value
Clean	The paddle or hand may be used to start the move but can not be used during the rotation part, or main part of the move and until completion of the move. <i>See specific variations for each move.</i>	Doubles the score of the move
Super Clean	Full move executed without being initiated by paddle or hand. Clean and Super Clean cannot both be given for one execution of the move; only the Super Clean bonus will then count.	Triplies the score of the move
Feature	The move is done inside the designated area, but on another feature than the eddy or eddy line (ex: wave/hole, rock). The Feature bonus can be combined with a Clean or Super Clean bonus and Bonus.	Doubles the score of the move
Artistic	The move is executed in a special, artistic way (ex: paddle spin/throw). The Bonus can be combined with a Clean or Super Clean and Feature bonus.	Doubles the score of the move

Appendix 5: Mystery multipliers

The deepest and sustained submersion of the boat and paddler during the run, measured after a minimum of 2 seconds of initiation.

1.0	no submersion/no Mystery
1.2	Full boat under
1.4	Waist under
1.6	Chest under
1.8	Shoulders under
2.0	Head under