

How to plan a Wife Carrying event in your area.

If you are looking to plan a wife carrying event in your area, it's quite simple. Below you will find key information including required rules and regulations to ensure that your event will be considered a sanctioned event by the North American Wife Carrying Championship.

- About Us:
 - Sunday River Resort is located in Newry, Maine. Only 20 miles from the New Hampshire border. The events team here has been running the NAWCC for over 17 years. It's always held the Saturday of Columbus Day Weekend, as part of our Fall Festival. The festival also includes live bands, craft fair, kid's games and activities, the New England Cornhole Championship and plenty of amazing food, seasonal beer and other spirits.
- What is Wife Carrying?
 - Wife carrying is based on husband-and-wife teams racing with the husband carrying the wife through a regulation length obstacle course featuring log hurdles, sand traps, and the always popular "widow maker" water hazard. The fastest two teams from the qualifying round then compete head-to-head in a final heat. Competing couples do not have to be married, though they must be comprised of a man and a woman and both must be at least 21 years old to enter. How the wife is carried is the competitors' choice, though most use the "Estonian carry" where the female participant holds the male around the waist and tightens her legs around his neck, thereby freeing his hands.
 - What do they win? This is entirely up to you. For our event, we give away the wife's weight in beer and 5 times her weight in cash. Plus the top three teams get medals. We also give medals away to the winners of the fastest couple collectively weighing over 350 pounds and for the fastest couple whose combined age is over 80.
- North American Rules & Regulations
 - The North American rules and regulations for wife carrying vary slightly from the World Championship rules on several points. The list below is the official set of rules and regulations for the North American Championship and are followed by most state and regional qualifying events.
 - Competitors
 - 1) Teammates are not required to be legally married.
 - 2) Helmets are not required for the carried competitor. (The Worlds requires a helmet.)
 - 3) The only special equipment allowed to be worn by the carrier is a belt, which is optional.
 - 4) There is no minimum weight limit for the female competitor. (The Worlds set a weight limit of 49 kilograms / 108 pounds, and weight belts are used to make up any difference in weight.)
 - Competition
 - 1) Competitors run the course two at a time in initial heats, with each team being timed. The two fastest teams qualify for a final heat, which may be timed or untimed, with the winner of the final heat being the winner of the event. Because the final heat is determined by time,

qualifying teams do not necessarily have to win their initial heat. Additional heats may be run for third place, and on.

2) If a competitor drops his teammate, the team will be penalized with five seconds added to their time.

3) Teams may not advance on the course without the wife being carried, and will be disqualified if they do so.

4) There is no restriction on how the female teammate is carried.

Several types of carry are commonly used including the Piggyback and Fireman's Carry (over the shoulder), but the most popular is the Estonian Carry (the wife hangs upside-down with her legs around the husband's shoulders, holding onto his waist).

- Course

1) Length of course is 254 meters / 278 yards. North American courses are typically run on uneven ground with some level of elevation change (The Worlds are run on a flat track).

2) Course design consists of two dry obstacles and one water obstacle. Specific obstacle designs may vary by course and by year.

- History of Wife Carrying

- Wife Carrying originated in Finland, and its history is based around the 19th century legend of Herkko Rosvo-Ronkainen, or "Ronkainen the Robber." There are three stories as to how the sport was created. First, Ronkainen and his thieves were accused of stealing food and women from villages in the area he lived in; then carried these women on their backs as they ran away. Second, it has been said the men would go to villages near their own to steal other men's wives, and then have the woman become their own wife. Third is the story that Ronkainen trained his thieves by carrying big, heavy sacks on their backs, which could have eventually evolved to a sport.
- The first modern day wife carrying event was held in Finland in 1992 and foreign contestants were admitted in 1995. This event is now held annually in Sonkajärvi, Finland as the World Championship. A North American Championship was started in 1999.

- Sanctioning Your Event

- Purpose Of Sanctioning
 - Ensures a commitment by the event organizer that the event will be conducted in accordance with North American Wife Carrying sanctioning guidelines.
 - Ensures that the event will be conducted in a fair and safe manner.
 - Ensures that the event meets a standard of quality required for sanctioning by North American Wife Carrying.
- Benefits of Sanctioning Your Event
 - Technical Assistance: Advice for the event where needed. In addition, we connect people who request events around the world relative to their area.
 - Increased Prestige: For many events, when North American Wife Carrying sanctions an event, it improves the event's public perception. A sanction lets the participants know that the event will be run in accordance with the applicable rules and guidelines.

- Recognition Of Event: Every sanctioned event is listed and promoted on www.sundayriver.com.
- How to be sanctioned
 - Simple, fill out the sanctioned event application, and fax to 207-824-5023 or scan and email to events@sundayriver.com.