



Paddler's Rules

Board Classes

The '12' foot 6'' inch board class' is defined as any board equal to 12' feet 6'' inches.

The '14' foot board class' is defined as any board equal to 14' feet.

The 'surfboard class' is defined as any board that is 12'5 or less. Boards in the surfboard class may not have displacement or concave hulls.

A 'Paddle' is defined as a single bladed propulsion device with a handle on one end and blade on the other. Paddles that have more than one blade are not legal.

Age Groups

The UK SUP Race series comprises the following age groups:

16-17 Junior
18-40 Open
41-51 Masters
52+ Veterans

You will compete in the group that represents your age on 1st June 2015

Safety

All competitors in UK SUP events must wear a leash regardless of local marine laws.

A paddler who is distressed should wave their hands or paddle in a back-and-forth motion above their heads.

Competitors who see another paddler in distress should assist the paddler and help to gain the attention of the closest safety personnel.

Buoys

Defined as an object that requires a competitor to paddle by on a specified side

Race Start

Shall use a single horn blast or starter gun.

Shall start within 5 minutes of the published race start time.



Shall bring the competitors to the start line no greater than 10 minutes and no less than 5 minutes before the first start.

Any competitor who does not follow the instructions of the Starter or who is ahead of the start line once the starting sequence has begun shall be given a false start and a 2 minute penalty

Race start sequences shall be as follows:

14' Men
12'6 Men
14' Ladies
12'6 Ladies
Surf Shapes

There shall be no fewer than 3 minutes between each start and no more than 10 minutes.

Beach Start:

If flags are used for the line, competitors must align their body with the flags.

Any competitor with their body completely in front of any start flag will be given a false start by the Race Committee and a 2 minute time penalty

The Starter will record the name and number of the competitor and let them know they have a false start at the earliest possibility.

In the event of high winds or choppy seas, racers may be asked to sit on their boards behind the start buoys.

Water Start:

Competitors with their body in front of the buoys before the start horn sounds will be given a false start and a 2 minute time penalty

In the event of high winds or choppy seas, racers may be asked to sit on their boards behind the start buoys.

All Starts

If the Starter is not satisfied with the line once the competitors are called up, the command will be 'STOP' and competitors will begin the starting sequence again.

Competitors will receive a false start if they are not present on the start line once the start sequence has begun for their heat and a 2 minute time penalty

Starters shall not wait for any tardy paddlers. No start to be delayed to wait for a paddler



Alternative race starts may be made in the case of unique geography, race formats or conditions. All alternative starts must be approved by the race committee

False Starts:

The first false start will receive a 2 minute time penalty. The start procedure will recommence and the 2 minute time penalty will be added to the paddler's final timing once the start has been successful.

On the second false start infraction a competitor will be disqualified.

Competitors must only react to the starting signal and must not try to anticipate the sound.

Competitors must not make any forward racing strokes once called to the line and before the start.

Failure to Start:

If a competitor does not start in an assigned heat for any reason other than sickness or injury, the competitor shall be disqualified from all events scheduled that day.

Re-Start:

If there is outside interference or any other unforeseen circumstances, the Starter may recall all competitors with two long horn blasts. The Starter will begin a new starting sequence once all competitors are behind the start line.

The start sequence at all UK Sup events will be 3 minute warning and a starting horn

Finish

A competitor has finished a race when their bow has crossed the line on a Water Finish and when the first part of their body crosses the line on a Beach Finish.

Competitors must be on their boards for at least three seconds with paddle in hand in order to receive a complete Water Finish.

Competitors must have their paddle in hand and in control to be given a complete Beach Finish.

Competitors without a paddle or not in control must re-cross the finish correctly before receiving an official placing and time. If a paddler finishes incorrectly they will receive a 2 minute time penalty.

The timekeepers will notify any competitors of infractions as soon as they occur.

Competitors must clear the finish line area as soon as they cross the line.



Drafting

Not allowed out of board class or gender.

A paddler will be deemed drafting when within 1 meter of the tail, or sides of another competitor or any water craft on the racecourse for more than 10 seconds.

If the boundaries of a race course do not allow competitors to get outside of the drafting zone then no drafting rules will apply at that time.

A competitor must make an effort to exit the drafting zone immediately when boundaries allow. Examples of natural boundaries include rocks, canals, submerged objects, bridges and vessels.

Competitors will be disqualified for drafting any water craft on the racecourse that is not in the same class or gender. No drafting of boats at anytime

Paddling on the Course

A competitor will not be disqualified for touching a turn buoy, unless, in the opinion of the Race Director , an advantage has been gained. This may include picking up and moving the mark with hands or a paddle.

A competitor will have a 2 minute time penalty if they round a buoy or gate in the wrong direction. If a paddler misses a buoy or a lap completely they will be disqualified.

Competitors may deviate from the course, providing they make all of the marks and do not impede other competitors.

Competitors shall not pass through any bridges, docks, tunnels, piers or other landmarks that they are not explicitly required to pass through by the Race Director.

Competitors that take more than five consecutive paddle strokes from their knees will be disqualified

Stand up paddle boards shall be propelled only by means of human-powered, single-bladed paddles.

Paddles may not be fixed on the boards in any way.

After The Race

Competitors must leave the course and finish area immediately after they complete their race and must not impede any competitors.

Disqualifications

Any competitor who attempts to win a race by any other than appropriate means, or who does not follow racing regulations, may be disqualified from the event.



Any competitor who behaves in an excessively aggressive way through their conduct or speech towards the competition officials, other competitors, sponsors or spectators, may be disqualified from the event.

A competitor shall not receive external assistance during a race from another competitor or non-competitor. A competitor providing the external assistance may also be disqualified from the race. Any competitor that displays unsportsmanlike conduct before, during or after an event may be disqualified.

Unsportsmanlike conduct includes:

- (a) excessive physical harm using any part of the body, paddle or board;
- (b) using the board, paddle or body in order to block a competitor from forward progress, turning, drafting, starting or finishing;
- (c) yelling at the start in order to create a false start;
- (d) purposely impeding the ability of a competitor to paddle, turn, dismount, start, finish or run.

The Race Director shall immediately notify a disqualified competitor at the earliest possibility. The notice of disqualification shall be in writing and shall contain the reasons for the disqualification.

UK SUP has zero tolerance to bullying and unsporting behaviour on or off the water. If a paddler is found to bully or be unsporting to a fellow paddler, organizer or spectator they will risk disqualification from the race or UK SUP series.

Protest

A protest may be made only by a competitor in the event in question.

A protest must be filed with a member of the Competition Committee no later than 20 minutes after the competitor has finished a race or received a notice of disqualification.

When a protest is made against a competitor or Race Official, all parties in question shall be given the protest to read.

Protests will be decided on by the Competition Committee through first-hand accounts as well as any photographic and video evidence.

Prize Money

No Class prize money will be awarded for 4 or less paddlers in that class, half prize money will be awarded for 5 – 9 paddlers in that class and full prize money for 10 or more paddlers in that class. Full class points will be awarded regardless of how many paddlers compete in the class



Registration

Registration will close at 23:59 on the Wednesday prior to the race at the latest. Anyone registering on the day will be liable for increased entry fee and will receive no series points. Some Clubs may cap the entries for their race, therefore it is best to register early.

Entry to Board Class

Paddlers can only enter one race at any event. No paddler to enter both 12'6 and 14' board class