

In alignment with the guidelines of the World Paddling Association:

The safety of the participants, spectators, staff and competitions is the number one priority and should be treated as such for all races. Race Directors will warn the competitors of any foreseeable dangers that could occur and where all safety personnel will be located on the course and venue as well as have a safety plan in place if adverse or dangerous conditions should occur during the race and communicating such during the pre-race competitors meeting. Race Directors will remind all competitors of the hand signals to be used if someone is injured, danger (paddle in the air, waiving or erect) or in need of help but not injured (hand in the air). All competitors should be mindful with any persons that may be in danger during the course of the race and should assist or help get safety staff attention.

The United States Coast Guard recommends and in many states requires wearing approved lifejackets and or PFD while operating personal watercraft (PWC) such as a Stand Up Paddle board while not in the surf zone. Kids ages 13 and under are required to wear lifejackets at all times on the water while on all watercraft not in the surf zone.

1. SUP Board Sizes Defined

a) SUP OPEN 14 Ft CLASS:

Length - 14 ft maximum

Board Weight - No Weight Restriction.

Board Design - No minimum dimensions.

b) SUP OPEN 12'6" CLASS:

Length – 12' 6" ft maximum

Board Weight - No Weight Restriction.

Board Design - No minimum dimensions.

c) SUP Recreational CLASS:

Length - 12 ft maximum

Board Weight - No Weight Restriction.

Board Design – Board must be a surfboard style in shape

3. Competitor Rules and Safety

a) A competitor must be standing while paddling once a race has started until crossing over the finish line. A competitor is allowed to sit, lay or kneel to rest without making forward progress. If a competitor takes more than five strokes while sitting, laying or kneeling once a race has started the competitor may be disqualified (DNF). The exception with this would be for safety reasons where a competitor needs to avoid or may be put into a potentially dangerous situation that would put them or others at risk of injury and or property damage.

b) A competitor shall only use the paddle, waves and wind to propel the board forward during a race. No outside assistance drafting a vessel not in the race, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed. Boat wakes are considered natural conditions unless a competitor is deemed as getting an unfair advantage over other competitors as with drafting (see drafting rule 4b).

c) The safety of all participants and competitions is the number one priority of the race director and the VLF. Participants shall attend all competitor meetings and race postings to keep themselves informed with the typical conditions for the race and also the day of conditions to be expected. Race Directors will warn the competitors of any dangers that could occur and where all safety personnel will be located on the course during the pre-race competitors meeting. Competitors shall be mindful of the hand signals to be used if someone is injured, danger (paddle in the air, waiving or erect) or in need of help but not injured (hand in the air). All competitors should be mindful with any persons that may be in danger during the course of the race and should assist or help get safety staff attention. The United States Coast Guard recommends and many states require wearing lifejackets while operating personal watercraft (PWC) such as a Stand Up Paddle board while not in the surf zone.

4) Course Definition:

All classes will be a beach start.

a) The Recreational class division will be 2.5 miles in distance. That's from the Rudee Inlet Jetty north to the 15th Street pier and back. This course is designed for the person that does not race on a regular basis or is just beginning to race in the sport.

b) The Open class division will be 5 miles in distance, or two laps of the recreational distance. This course is designed for the person that races frequently and maybe interested in competing at a higher level with better paddlers. This person can also manage and adapt to various water conditions like with waves, current and more difficult conditions on the open ocean. The course and distances are subject due to weather, high surf, or any safety reason, may be changed at the discretion of the contest directors.

c) Racers are required to have a personal flotation device on board at all times during the race. A leash is recommended. Competitors must maintain control of their equipment and must avoid injury or damage to other competitors, volunteers, officials and spectators.

5) Drafting

A racer may only draft off another competitor in the same board class and gender. In other words, if you are racing on a SUP 12'6" board and a female competitor you may only draft off another female competitor on a SUP 12'6" board. A racer may NOT draft off any other board class, vessel or opposite gender. A competitor is allowed time to pass another competitor without a rules infraction however a competitor must make an effort to pass or move out away from the draft of the other craft to not incur a penalty or disqualification. The maximum time allowed without making progress to pass another craft is one minute. Penalty should be time added for each infraction or disqualification for a rules breach of drafting.