



INTERNATIONAL CANOE FEDERATION

# STAND UP PADDLE

COMPETITION RULES

**2022**

Taking effect from 1 January 2022



# INTRODUCTION

The purpose of this document is to provide the rules that govern:

- a) Stand Up Paddle (SUP)
- b) The organisation of Stand Up Paddle Racing competitions

## LANGUAGE

In case of doubt, British English written language is the recognised language for all communication relating to these competition rules and the conduct of all canoeing international competitions.

Any word which may imply the masculine gender also includes the feminine.

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The original version of this rule book can be found on the ICF website [www.canoeicf.com](http://www.canoeicf.com).

## RULES STRUCTURE

<b>ICF Sport Governance Rules</b> <ul style="list-style-type: none"><li>• Common Rules applicable to all disciplines</li><li>• Exactly the same wording contained in the first chapter of each rule book</li></ul>	[CR]
<b>ICF Principle Rules</b> <ul style="list-style-type: none"><li>• The principle is applicable to all disciplines</li><li>• Rules tailor made for each discipline</li><li>• The principle affects all NFs to a high extent</li></ul>	[PR]
<b>ICF Sport Rules</b> <ul style="list-style-type: none"><li>• Competition and Field of Play rules</li><li>• All technical aspects specific to the disciplines</li></ul>	[SR]

# RULES DECISION PROCESS

## ICF Sport Governance Rules [CR]

	Congress	Board of Directors	Technical Committee	National Federations
Proposal		X	X	X
Drafting Wording		X		
Discussion	X			
Vote	X			

## ICF Principle Rules [PR]

	Congress	Board of Directors	Technical Committee	National Federations
Proposal		X	X	X
Drafting Wording		X		
Discussion	X			
Vote	X Overall policy and direction	X Final wording after congress		

## ICF Sport Rules [SR]

	Congress	Board of Directors	Technical Committee	National Federations
Proposal			X	X
Drafting Wording			X	
Discussion		X		
Vote		X		

# PROCEDURE FOR REVIEW OF ICF RULES

The year prior to the Congress	<i>May to November</i>	Consultation with all stakeholders (e.g. athletes, coaches, officials) about rule changes needed.
	<i>December to 1<sup>st</sup> March</i>	Rule proposals by National Federations and ICF Technical Committees.
The year of the Congress	<i>March</i>	Analysis of all proposals by ICF Technical Committees.
	1 <sup>st</sup> ICF Board of Directors meeting <i>End of March / April</i>	Vote of the sport rules [SR].  Assessment of sport governance rules [CR] and principle rules [PR].
	At least three (3) months prior to the Congress	Publication of the approved sport rules [SR] by the ICF Board of Directors.  Publication of the assessed sport governance rules [CR] and principle rules [PR].
	ICF Congress <i>November / December</i>	Vote of the sport governance rules [CR].  Vote of the main policies and directions concerning the principle rules [PR].
	Board of Directors meeting after the Congress  <i>November / December</i>	Vote of the principle rules [PR].
	1 <sup>st</sup> January After the Congress	Publication and application of the approved rule changes.

# GLOSSARY

<b>Sport</b>	The sport is canoeing, kayaking and all paddling activities.
<b>National Federation</b>	Member National Federation of the International Canoe Federation.
<b>Discipline</b>	A discipline is a branch of a sport comprising one (1) or several events (e.g. Canoe Sprint, Canoe Slalom, SUP...).
<b>Competition</b>	The competition runs from the start of the first event to the completion of the last event of a discipline, excluding the Opening and Closing Ceremonies.
<b>Athlete or player</b>	Male or female athlete In Canoe Polo refer to player
<b>Gender</b>	Men or Women
<b>Boat/board</b>	A boat/board is the watercraft used to practice canoeing (e.g. canoe, kayak, SUP board): <ul style="list-style-type: none"> <li>• A single boat/board: a boat/board with only one (1) place for an athlete (e.g. kayak single);</li> <li>• A crew boat: a boat with more than one (1) place for an athlete (e.g. canoe four).</li> </ul>
<b>Age group</b>	e.g. junior, under 21, under 23, masters depending on each discipline
<b>Category</b>	A category is defined by a boat/board and a gender (e.g. Men Kayak, Mixed Canoe).
<b>Class</b>	A class is defined by a category and the number of places in a boat/board (e.g. men kayak double; women canoe four).

<b>Event</b>	<p>An event is a contest in one (1) discipline resulting in the award of medals.</p> <p>An event is defined by at least a class and depending on the competition and the discipline with the additional optional information: a distance and / or an age group (e.g. junior men's kayak double 500m, under 23 women's kayak single, men's canoe double classic).</p>
<b>Type of event</b>	<ul style="list-style-type: none"> <li>• <b>Individual events:</b> A boat/board comprised of one (1) or more athletes competing against other boats/boards.</li> <li>• <b>Team events:</b> two (2) or more boats/boards competing together against other teams.</li> </ul>
<b>Event Phase</b>	A stage of competition (e.g. heats, semi-final, final).
<b>Run or race or match</b>	The basic unit of an event phase (e.g. heats 1 <sup>st</sup> run, semi-final, final).
<b>Competition programme</b>	The list of events included in a competition.
<b>Competition schedule</b>	The complete list of events and their different phases with the time at which they will be held.
<b>International Technical Official</b>	Oversee the operation of the competition.
<b>Host Organising Committee</b>	The host organising committee can be a National Federation or a subsidiary or a third party organisation specialising in competition management.
<b>Definition of meaning</b>	<ul style="list-style-type: none"> <li>• may: optional</li> <li>• should: recommendation</li> <li>• must: mandatory / compulsory</li> </ul>

# LIST OF ABBREVIATIONS

<b>ICF</b>	International Canoe Federation
<b>NF</b>	National Federation
<b>SUPC</b>	Stand Up Paddle Commission
<b>CR</b>	Sport Governance Rules
<b>PR</b>	Principle Rules
<b>SR</b>	Sport Rules
<b>HOC</b>	Host Organising Committee
<b>ITO</b>	International Technical Official
<b>NTO</b>	National Technical Official
<b>WRP</b>	World Ranking Points
<b>DNS</b>	Did Not Start
<b>DSQ</b>	Disqualified
<b>DNF</b>	Did Not Finish
<b>DQB</b>	Disqualified for unsportsmanlike behaviour

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# CHAPTER 1 - SPORT GOVERNANCE

## 1.1 - INTERNATIONAL COMPETITIONS

[CR]

1.1.1 - All competitions announced as international must be governed by the rules of the ICF.

1.1.2 - Competitions organised by a National Federation or its affiliated associations are regarded as international if foreign athletes are invited.

1.1.3 - Canoe/Paddling competitions in regional, continental and multi-sport Games must be organised under the ICF rules for World Championships for that discipline.

1.1.4 - The Olympic events should be used as a base for the competition programme in continental games.

1.1.5 - The organisation and programme of canoeing/paddling in multi-sport games on a world level must be approved by the ICF and for continental level by the relevant continental association.

## 1.2 - INTERNATIONAL COMPETITION CALENDAR [CR]

1.2.1 - The international competition calendar of each discipline is organised in four (4) levels:

	Type of competition	Competition
Level 1	ICF competition	ICF World Championships
Level 2		ICF World Cups
Level 3		ICF World Ranking competitions
Level 4	<ul style="list-style-type: none"><li>• International competitions</li><li>• Masters or open competitions</li><li>• Invitational competitions</li></ul>	

1.2.2 - Only a National Federation, associate member or a continental association of the ICF may apply for a competition to be entered into the ICF calendar.

1.2.3 - A calendar application for an international competition level 1 and level 2 is outlined in the ICF statutes.

1.2.4 - A calendar application for an international competition level 3 (if applicable) and level 4 can be made by the following process:

1.2.4.a A calendar application is made directly into the ICF database;

1.2.4.b The deadline for calendar applications for international competition level 3 is 1<sup>st</sup> September the year before the competition;

1.2.4.c The deadline for calendar applications for international competition level 4 is three (3) months before the competition.

1.2.5 - Calendar publication

1.2.5.a The calendar of ICF competitions level 1 and level 2 will be published by 1<sup>st</sup> January the year before the competitions;

1.2.5.b The calendar of ICF competitions level 3 will be published by 1<sup>st</sup> October the year before the competitions;

1.2.5.c The calendar of international competitions (level 4) will be published immediately after approval by the ICF.

### **1.3 - ATHLETE ELIGIBILITY FOR ICF COMPETITION (LEVEL 1 TO 3) [CR]**

1.3.1 - Only athletes who are members of clubs or associations affiliated with a National Federation have the right to participate in an ICF competition.

1.3.2 - An athlete having satisfied 1.3.1 and also having first obtained the (written) consent of the athlete's National Federation, is permitted to compete individually in an ICF competition.

1.3.3 - Each National Federation must ensure that their athletes are in a good state of health and fitness which allows them to compete at a level commensurate with the level of the particular ICF competition.

1.3.4 - Each National Federation must ensure that their athletes, team officials, as well as the National Federation itself, carry appropriate health, accident and personal belongings insurance.

## **1.4 - AGE GROUP**

**[CR]**

1.4.1 - The first year an athlete can compete in an ICF or international competition is the year of their 15<sup>th</sup> birthday.

1.4.2 - The last year an athlete can compete in the junior age group is the year of their 18<sup>th</sup> birthday.

1.4.3 - The last year an athlete can compete in the under 21 age group is the year of their 21<sup>st</sup> birthday.

1.4.4 - The last year an athlete can compete in the under 23 age group is the year of their 23<sup>rd</sup> birthday.

1.4.5 - An athlete can compete in a masters event in the year that they reach the lower limit of the age group. The masters' age groups are defined by each discipline with a minimum age of 35 years.

1.4.6 - To enter in an event with a specified age group an athlete or the National Federation must produce documentary proof such as passport, identity card or similar document with a photograph, confirming the age of the athlete.

## **1.5 - ATHLETE SPORTING NATIONALITY CHANGE [CR]**

1.5.1 - An athlete who has competed internationally at any level in the last three (3) years requires authorisation from the ICF with the approval of the two (2) National Federations involved in order to change sporting nationality.

1.5.2 - For an athlete to be eligible for a change of sporting nationality he/she must have lived in that country for the last two (2) years or hold the nationality of the new country.

1.5.3 - An athlete who is aged 18 or under can change sporting nationality with the approval of the two (2) National Federations involved. He/she is not required to fulfil the two (2) year residency rule.

1.5.4 - The request for the change of sporting nationality must be made to the ICF by the new National Federation no later than 30 November the year before the athlete wants to compete.

1.5.5 - For the Olympic and Paralympic Games the Olympic and Paralympic Charter rules will be applied for nationality issues.

1.5.6 - For an athlete to gain an Olympic or Paralympic quota place in canoeing/paddling they must hold citizenship/nationality of the National Federation they represent.

1.5.7 - An athlete cannot compete for more than one (1) National Federation in any calendar year in canoeing.

1.5.8 - ICF Refugee status. An athlete that has no recognised country of sporting nationality and has official UN Refugee Status can compete in ICF competitions.

1.5.9 - The request to compete in ICF Competitions must be sent to the ICF Headquarters who will decide if the entry can be accepted in conjunction with the Technical Chair of the discipline.

1.5.10 - The Refugee athlete will hold the same status as a national team member from other countries in the ICF competition and abide by ICF Statutes and Competition Rules. The Refugee must be allowed to compete in the National Championships in the country where he/she obtained refugee status.

1.5.11 - Changes to the athletes refugee status or that the athlete obtains a sporting nationality will activate the ICF rules for sporting nationality

## **1.6 - ENTRIES PROCESS**

**[CR]**

1.6.1 - ICF competitions (level 1 to level 3)

1.6.1.a Nominal entries for ICF competitions will only be accepted from National Federations which are current members of the ICF;

1.6.1.b An entry must contain:

- Name of the National Federation to which the athlete(s) belongs;
- First and last name for the athlete(s);
- The country of birth of the athlete(s);
- The gender of the athlete(s);
- Date of birth of the athlete(s);
- The ICF number of the athlete(s) (if known);

- The events in which the athlete(s) or team(s) wish to take part;
- The first, last name(s) and the e-mail address of the Team Leader;

1.6.1.c Nominal entries must be made on the ICF online entry system;

1.6.1.d A receipt for the nominal entry will be available via the ICF online entry system;

1.6.1.e The deadline for nominal entries is 10 days before the first day of competition or classification for paracanoe;

1.6.1.f In extraordinary circumstances, an application can be made to the Technical Chair for the acceptance of late nominal entries from National Federations. It is the Technical Chair's discretion to accept or decline a late entry. Late entries will incur a fee of 20 euros per athlete;

1.6.1.g In crew boats the names of the athletes must be in the order that they compete in the boat. The first name must be the athlete at the front of the boat.

## 1.6.2 - International competition (level 4)

1.6.2.a Nominal entries for international competitions (level 4) will be accepted from individuals or National Federations;

1.6.2.b Entries must be in writing or online in accordance with the regulations given by the HOC.

1.6.2.c An entry must contain:

- The sporting nationality of the athlete;
- First and last name(s) for the athlete;
- The gender of the athlete;
- Date of birth of the athlete;
- The events in which the athlete(s) or teams wish to take part.

1.6.2.d The HOC must acknowledge in writing or electronically the receipt of each entry within two (2) days.

## 1.7 - VALIDITY OF A COMPETITION

[CR]

### 1.7.1 - World Championships (ICF competition level 1)

1.7.1.a In the Olympic and Paralympic events, a valid World Championship is held only if at least six (6) National Federations from at least three (3) continents start in the event. If during the competition some National Federations drop out or do not finish, the validity of the Championships is not affected;

1.7.1.b For the non-Olympic and non-Paralympic events, a valid World Championship is held only if at least six (6) National Federations in each event and at least three (3) continents start OVERALL in the competition. If during the competition some National Federations drop out or do not finish, the validity of the Championships is not affected.

1.7.2 - World Cup (ICF competition level 2) and ICF competition level 3:

1.7.2.a A valid World Cup is held only when there is a minimum of five (5) National Federations from at least two (2) continents start in the competition;

1.7.2.b To be recognised as a valid event at least three (3) boats or three (3) teams from two (2) different National Federations start in that event;

1.7.2.c For the validity of the event it is not necessary for all three (3) boats or all three (3) teams finish.

1.7.3 - To be recognised as an international competition (level 4) at least an invitation must be distributed to National Federations or to foreign athletes.

## **1.8 - ICF WORLD CHAMPIONSHIPS (LEVEL 1) [CR]**

1.8.1 - World Championships are only organised upon the authority of the ICF Board of Directors and only in the events given in the competition programme.

1.8.2 - Changes to the organisation of the World Championships may only be made by the process documented in the contract between the ICF and the HOC.

1.8.3 - The competition programme is decided by the ICF Board of Directors.

1.8.4 - The competition schedule is the responsibility of the ICF. The ICF will consider the broadcasting needs and / or other external factors affecting the schedule.

#### 1.8.5 - Jury

1.8.5.a During the World Championships, the supreme authority rests with the Jury;

1.8.5.b The Jury consists of three (3) persons;

1.8.5.c The ICF Board of Directors appoints the members of the Jury;

1.8.5.d One of these members is named Chair of the Jury.

#### 1.8.6 - Awards

1.8.6.a The awards are given according to the ICF protocol guidelines;

1.8.6.b The medals are awarded as follows:

- 1<sup>st</sup> place: a gold medal
- 2<sup>nd</sup> place: a silver medal
- 3<sup>rd</sup> place: a bronze medal

1.8.6.c In the crew boat events or team events, each athlete will receive the appropriate medal;

1.8.6.d To maintain the formality of the ceremony the athletes receiving medals must wear their national team uniforms.

#### 1.8.7 - Nations Cup

1.8.7.a The Nations Cup will be awarded to the National Federation at the World Championships with the best overall performance;

1.8.7.b The ranking list will be produced according to the system defined for each discipline.

### 1.9 - MASTERS WORLD CHAMPIONSHIPS (LEVEL 4)

[CR]

1.9.1 - Masters World Championships can be organised in each discipline.

1.9.2 - The ICF Board of Directors determine the events based on recommendation of the concerned Technical Committee.

1.9.3 - Individual and National Federations entries will be accepted.

## **1.10 - ANTI-DOPING**

**[CR]**

1.10.1 - Doping as defined in the World Anti-Doping Code and the ICF anti-doping rules is strictly forbidden.

1.10.2 - The anti-doping programme must be conducted in accordance with the ICF anti-doping control regulations under the supervision of the ICF medical and anti-doping committee.

1.10.3 - Athletes entered in any ICF competition or continental championships must complete the ICF's anti-doping education programme or equivalent before competing or risk being denied entry to the competition.

## **1.11 - APPEAL TO THE ICF BOARD OF DIRECTORS**

**[CR]**

1.11.1 - A participating National Federation can appeal to the ICF Board of Directors if, after the end of the competition, new facts become known that would substantially affect a decision made at the competition.

1.11.2 - Matters of fact during the competition cannot be contested in an appeal.

1.11.3 - An appeal to the ICF Board of Directors must be submitted within 30 days following the end of the competition accompanied by a fee of 75 Euros. The fee will be refunded if the appeal is upheld.

1.11.4 - The ICF Board of Directors makes its decision and addresses it in writing to the National Federation.

## **1.12 - DISQUALIFICATION FOR UNSPORTSMANLIKE BEHAVIOUR**

**[CR]**

1.12.1 - An athlete who attempts to win a competition by irregular means, wilfully breaks the rules, or who contests their validity, as deemed by the officials, may be disqualified for the competition (DQB).

1.12.2 - For disqualification after competition caused by doping or ineligibility the following must be completed:

- Deletion of all achieved results and rankings of boat(s) (DQB);
- Re-calculation of all results accordingly;

- Production of the revised version of all affected outputs (results, summaries, medals).

## **1.13 - RESULTS**

**[CR]**

1.13.1 - For ICF competitions (level 1 to 3) an electronic copy of the detailed official results must be provided to the ICF in a specified format within seven (7) days of the end of the competition. Electronic results must be kept online for historical purposes.

1.13.2 - For international competitions (level 4) an electronic copy of the detailed official results should be sent to the ICF in pdf format for publication on the ICF website within seven (7) days of the end of the competition.

## **1.14 - TRADEMARKS AND ADVERTISING**

**[CR]**

1.14.1 - The advertising of tobacco smoking and strong spirit drinks is not permitted.

1.14.2 - Boats/boards, accessories and clothing may carry trademarks, advertising symbols and written text.

1.14.3 - Images, symbols, slogans and written text unrelated to sport funding or any political messages are not permitted.

1.14.4 - All advertising materials used should be placed in such a way that they do not interfere with athletes' identification and do not affect the outcome of the race.

## **1.15 - INTERNATIONAL TECHNICAL OFFICIAL (ITO) - EXAMINATION**

**[CR]**

### **1.15.1 - Examination calendar**

1.15.1.a Each year the calendar of official examinations is published for each discipline following proposal from each Technical Chair;

1.15.1.b Continental associations or National Federations are entitled to apply to hold an examination to the concerned Technical Chair. In this case, this organising entity has to cover the examination organisation costs including the full board and travelling expenses of the examiners.

### **1.15.2 - Candidates application**

1.15.2.a Only National Federations are entitled to nominate candidates for examination at least 30 days before the examination;

1.15.2.b The applications must be sent to the ICF headquarters on the form designed by the ICF and published on the ICF website;

1.15.2.c The ICF headquarters will forward the list of candidates to the concerned Technical Chair;

1.15.2.d For every candidate applying for the examination, the National Federation will be charged 20 euros;

1.15.2.e The final invoice will be sent to the National Federation in the period between 30 October and 30 November;

1.15.2.f National Federations are financially responsible for their Officials (before and after the examination).

### 1.15.3 - Conduct of the examination

1.15.3.a A sub-committee, appointed by the concerned Technical Chair, will administer the examination;

1.15.3.b The examination will be carried out in English for officials who wish to be considered as officials for ICF competitions and will be based on their knowledge of the ICF statutes and the ICF rules. Each discipline may add a practical assessment or minimum experience requirement;

1.15.3.c If candidates take the examination in any other official language, they may not be considered for officiating at ICF competitions.

### 1.15.4 - Officials card

1.15.4.a After completion of the examination the concerned Technical Chair completes the ICF official examination report and sends it to the ICF headquarters, where the officials' cards for those who passed the exam are issued and sent to the National Federations;

1.15.4.b The officials' cards expire after four (4) years;

1.15.4.c If an official's card is expired, lost or destroyed a 20 euro fee for renewal will be charged.

## **1.16 - ITO - NOMINATION FOR ICF COMPETITIONS**

**[CR]**

1.16.1 - Only National Federations are entitled to nominate ITOs for ICF competitions level 1 and level 2.

1.16.2 - The deadline for submitting ITO proposals for each discipline is the 31<sup>st</sup> December the year prior to the competition.

1.16.3 - The nominations are submitted to the respective Technical Chair (with a copy to the ICF headquarters).

1.16.4 - The Technical Chair will present a list of Officials to the ICF Board of Directors for their approval at the latest by 1<sup>st</sup> March.

## CHAPTER 2 - INTRODUCTION

### 2.1 - OBJECTIVE

[PR]

2.1.1 - The aim of a SUP competition is for people to race each other over a designated course on open water or at sea.

2.1.2 - Conditions prevailing on the day of the competition must be accepted. The emphasis will be on testing the athletes' abilities to use challenging conditions to their advantage to be the fastest over the course.

### 2.2 - INTERNATIONAL COMPETITIONS

[PR]

2.2.1 - There are no limitations to the number of entries for ICF competitions. For Level 4 International Competitions the number of entries per event is determined by the organiser.

2.2.2 - All International competitions must be supervised or managed by at least one (1) accredited official in possession of a valid ICF SUP Official card.

## CHAPTER 3 - ATHLETE EQUIPMENT

### 3.1 - BOARD SPECIFICATIONS

[PR]

Boards	
HB	Hard Boards
SB	Soft Boards
IB	Inflatable Boards

(Subject for confirmation at the end of 2021)

Boards (HB/SB)	14ft	12.6ft	11ft
Maximum length (cm)	427cm	384cm	335cm
Minimum Weight (kg)	9.5kg	TBD	TBD

### 3.2 - CONSTRUCTION

[PR]

3.2.1 - The shape, construction method, materials used are without restrictions.

3.2.2 - All boards must be built symmetrically upon the axis of their length.

3.2.3 - No part of the board may have moving parts which can be used to help propel the board in a way which would give athletes an unfair advantage.

3.2.4 - The length of the board must be measured from the extremes of the nose to the tail.

3.2.5 - Rudders are not permitted. A rudder is a fin or foil that is able to rotate and contribute to steering the board.

3.2.6 - Fins may only be attached to the rear third of the board. Fins may be of any length, form and width as long as they do not in any way enhance the hydrodynamics giving the competitor an unfair advantage. The fin must be secured tightly and may not be moved or adjustable/adjusted in any way that would enable it to be used as a rudder.

3.2.7 - The board must have only one hull

3.2.7.a Multi-hull and Catamaran styles are not allowed. A catamaran is defined where a board has more than one (1) hull or having a concave shell with its deepest point in the middle being deeper than five (5) cm between the peaks.

3.2.8 - All boards should have at least one (1) strengthened point provided for attaching a leash.

3.2.9 - Foils are not permitted (unless it is a specific Hydrofoil event). Foils are fins of a particular shape or positioned at a particular angle that creates hydrodynamic lift and an unfair advantage.

### **3.3 - SAFETY EQUIPMENT**

**[SR]**

3.3.1 - Personal flotation device (PFD) are required by all athletes in Technical, Long Distance, and Inflatable races. HOC may require specific regulations of PFD to meet the local standards for a competition. HOC may also require the PFD's to be manufactured out of bright coloured material.

3.3.2 - Organisers can make compulsory some or all of the following equipment:

3.3.2.a A leash (approved by the organisers) attaching the athlete to their board;

3.3.2.b A whistle and a signalling mirror;

3.3.2.c Pyrotechnic devices such as hand or aerial flares;

3.3.2.d A communication device such as a cell phone or vhf radio;

3.3.2.e Navigation aids such as a compass or a GPS;

3.3.2.f All around white light if the race is expected to start before sunrise or continue after sunset;

3.3.2.g A cable on the bow for towing.

## **3.4 - TRADEMARKS**

**[PR]**

3.4.1 - Requirements for advertising on equipment and clothing for ICF SUP competitions are detailed in the ICF Guidelines for Advertising Trademark Identification on Equipment Manual.

3.4.2 - Any board, accessory or article of clothing which does not comply with the above-mentioned conditions will be ineligible for use during the competition.

3.4.3 - Athletes and teams are responsible for their own equipment.

## CHAPTER 4 - COMPETITION PROGRAMME

### DISTANCES

[PR]

#### 4.1.1 - Distances

There will be no limit of the length of course for National and International Competitions. For Continental Championships, World Ranking Competitions, World Cups and World Championships, the recommended distances are:

4.1.1.a Sprint - up to 250m

4.1.1.b Long Distance - between 5km and 35km

4.1.1.c Technical Race - between 800m and 5km

### 4.2 - EVENTS

MSUP (Men SUP)	Sprint
	Long Distance
	Technical Race
	Inflatable Race
WSUP (Women SUP)	Sprint
	Long Distance
	Technical Race
	Inflatable Race

## CHAPTER 5 - COMPETITION FORMAT

### 5.1 - FORMATS

[SR]

5.1.1 - Race events should be held on different days where possible so to avoid fatigue of athletes.

5.1.2 - At least three (3) athletes from two countries must be entered before the race can be held.

5.1.3 - Races may be run:

5.1.3.a In one (1) stage

or

5.1.3.b Several stages over one (1) or several days. The final result being based on total racing time.

5.1.4 - Where shallow water is encountered it is permitted to disembark in the water and drag or carry the board into deeper water.

5.1.5 - Turning points must be negotiated as directed.

5.1.6 - The competition event is run according to the respective competition format either with heat eliminations or fastest times.

### 5.2 - SPRINT EVENTS

5.2.1 - If the number of entries in a race is higher than the number of lanes, heats are necessary.

5.2.2 - The division of the boards into heats should be determined by drawing lots, time trials or by ICF World Ranking. The system of heats and the progressions are defined in Appendix 1.

5.2.3 - When making the draw, the heats should have the same number of athletes or a maximum of one (1) additional athlete in each heat (e.g. heat 1 - 8 athletes, heat 2 - 7 athletes).

### 5.3 - LONG DISTANCE EVENTS

5.3.1 - A Long distance race is a mass start with all athletes taking part, starting simultaneously.

5.3.2 - Should the width of water or other conditions not permit a simultaneous start, a Grid Start or starts at regular intervals should be permitted.

## 5.4 - TECHNICAL EVENTS

5.4.1 - If the number of entries in a race is higher than the suitable number of athletes to compete on the field of play, heats are necessary.

5.4.2 - The division of the boards into heats should be determined by drawing lots, time trials or by ICF World Ranking. The system of heats and the progressions are defined in Appendix 1.

5.4.3 - When making the draw, the heats should have the same number of athletes or a maximum of one (1) additional athlete in a heat (e.g. heat 1 - 8 athletes, heat 2 - 7 athletes).

5.4.3.a Technical races may have portages.

5.4.4 - All athletes must disembark in the defined area, carry their board and paddle around the portage and embark in the defined area;

5.4.5 - Athletes may only portage at points designated by the race organisers or will be disqualified.

## CHAPTER 6 - INVITATIONS AND ENTRIES

### 6.1 - INVITATION

[PR]

6.1.1 - Invitations should be sent minimum two (2) months before the competition.

6.1.2 - Invitations to an international competition must contain the following information:

6.1.2.a Date and place of the competition;

6.1.2.b Full race instructions, including layout and map of the competition venue;

6.1.2.c Proposed events;

6.1.2.d Competition programme;

6.1.2.e Conditions/terms of participation;

6.1.2.f Nature of the course, water conditions and degree of difficulty;

6.1.2.g Address to which entries should be sent;

6.1.2.h Entries deadline.

### 6.2 - ENTRIES

[PR]

6.2.1 - Details of the entries process and forms are described in article 1.6.2

6.2.2 - Similar details should be provided for the reserves, if any for team events.

6.2.3 - When making the team entries restricted to NFs, the participating NFs must give the colours of the clothing worn by the athletes and these colours must not be changed during the competition.

6.2.4 - The HOC will accept the entries in conformity with the conditions/terms of participation. Therefore, the HOC can reject or delete the entry of the participant/s who fail to observe the conditions/terms of participation.

## CHAPTER 7 - COMPETITION OFFICIALS

### 7.1 - COMPETITION OFFICIALS

[SR]

7.1.1 - International competitions are to be supervised by Technical Officials (ITOs and NTOs) for the following roles:

- Race Director
- Competition Manager
- Competition Secretary
- Starter(s)
- Aligner(s)
- Course Umpire(s)
- Turning Point Umpire(s)
- Finish Line Judge(s)
- Chief Finish Line Judge
- Timekeeper(s)
- Board Scrutineer(s)
- Safety Officer
- Announcer
- Press Officer
- Sports Presentation Officer
- Athletes Communication Officer

7.1.2 - It is likely that one (1) person may function in two (2) or more of the above positions.

7.1.3 - The number of judges can be reduced or changed depending on technological systems available at the time of competition. The duties and procedures listed in article 7.3 may be adjusted accordingly.

7.1.4 - Officials' obligations:

7.1.4.a To perform their tasks in conformity with the ICF rules.

7.1.4.b Every judge will have the obligation to check their equipment necessary to perform their tasks is in working order. In the case any shortcoming is found, it is reported to the Race Director or Competition Manager;

7.1.4.c Unauthorised persons must not enter any Officials area, unless are called for by either the Competition Committee or the Jury;

7.1.5 - All communications between the Competition Officials, athletes and the Team Leaders must be in the English language. In the case of a translator being needed, this must be provided by the team/athlete.

## **7.2 - COMPETITION COMMITTEE**

**[SR]**

7.2.1 - The competition will be managed by a Competition Committee, made up of:

7.2.1.a Race Director

7.2.1.b Competition Manager

7.2.1.c Safety Officer

7.2.2 - Minimum two (2) members of the Competition Committee must be in possession of a valid International SUP Official card.

7.2.3 - The **Competition Committee** will:

7.2.3.a Direct and supervise the competition;

7.2.3.b Postpone the competition and decide on another time when it may be held, or abandon the competition, or, if the competition has already begun, abandon or reschedule the competition, in the event of inclement weather or other unforeseen circumstances which make it impossible to carry out or finish the competition;

7.2.3.c Decide on matters concerning disqualifications in cases where the rules have been broken during the competition;

7.2.3.d Hear any protests that may be made and settle any disputes that may arise;

7.2.3.e Make decisions based on the ICF SUP Competition Rules;

7.2.3.f Penalties in accordance with the ICF Statutes may also be imposed;

7.2.3.g May disqualify any athlete who behaves improperly or who by his/her conduct or speech shows contempt to the sport, towards the officials, other athletes or onlookers;

7.2.3.h Hear the opinion of the Official(s) who controlled the race in which the infraction was said to have occurred, before any decision is made regarding an alleged infraction of the rules.

7.2.4 - A member of the Competition Committee may not participate in a judgment connected with the disqualification of an athlete from his/her own NF/Country.

## 7.3 - DUTIES OF THE OFFICIALS

[SR]

7.3.1 - The **Race Director**, who is also the Chair of the Competition Committee, will decide on all matters arising during the actual competition, which are not dealt with in these rules.

7.3.2 - The **Competition Manager** is responsible for the preparation and running of the competition.

7.3.3 - The **Competition Secretary** will:

7.3.3.a Cooperate closely with the Race Director and the Competition Manager and handle the administrative tasks of the competition;

7.3.3.b Check the personal identification documents of the athletes and their age if necessary;

7.3.3.c Keep in contact with the responsible IT person in case of computer data processing;

7.3.3.d Check the results race by race during the competition and prepare the list of athletes qualified in the next phase of the competition;

7.3.3.e Collect the forms necessary for the administration of the competition;

7.3.3.f Maintain a written record of the decisions of the Competition Committee passed in relating to any protests and is responsible to have them recorded.

7.3.3.g Provide the Press Officer with all necessary information regarding the running of the competition or the results.

7.3.4 - The **Starter(s)** will:

7.3.4.a Decide all matters concerning the start of the races;

7.3.4.b Be solely responsible for false start decisions;

7.3.4.c Ensure that the starting signal equipment is in working order;

7.3.4.d Utilise English in all communications with athletes;

7.3.4.e Order the athletes to their places and carry out the start in accordance with the SUP Competition Rules.

All decisions of the Starter are final.

**7.3.5 - The Aligner(s) will:**

7.3.5.a Bring the boards to the starting line with the least possible delay;

7.3.5.b Utilise English in all communications with athletes.

**7.3.6 - The Course Umpire(s) will:**

7.3.6.a Ensure that during a race the rules are complied with;

7.3.6.b Appoint officials to supervise the control points along the course and maintain contact with all such officials throughout the competition;

7.3.6.c Decide, in discussion with relevant officials, any penalties that are appropriate in response to minor infractions and communicate these to the officials responsible for managing the penalties;

7.3.6.d Report any major infractions to the Race Director, if the rules are broken in a way which may lead to a disqualification, who, in turn, should refer it to the Competition Committee;

7.3.6.e The Competition Committee should then decide whether any of the athletes concerned should be disqualified or not.

**7.3.7 - Turning Point Umpire(s) will:**

7.3.7.a Be stationed at every turning point. One (1) or more Umpires are used when a race is run along a course with one (1) or more turning points. They should be positioned where they gain the best view of the turn;

7.3.7.b See the athletes turn according to the rules. At each turn the Umpire will make a list of all who pass the turning point;

7.3.7.c Report to the Competition Committee which board has turned and if any infraction of the rules had taken place.

**7.3.8 - The Finish Line Judge(s) will:**

7.3.8.a Be placed in a position where the full length of the finish line can be clearly seen;

7.3.8.b Decide the order in which the boards have crossed the finish line when there is no Photo Finish System;

7.3.8.c Use a simple majority to decide a dispute in the absence of a Photo Finish System and where the Finish Line Judges differ regarding determining the places of two (2) or more boards. In the case of equal voting, the Chief Finish Line Judge has the casting vote. The decisions of the Finish Line Judges are final;

**7.3.9 - Chief Finish Line Judge will:**

7.3.9.a Divide the work amongst the Finish Line Judges;

7.3.9.b Compare the official times with the other Finish Line Judges at the end of each race and immediately inform the Competition Secretary on them.

**7.3.10 - The Timekeeper(s) will:**

7.3.10.a Be responsible for recording the times. Before each race the Chief Timekeeper should establish that the stopwatches or other time-keeping equipment are working satisfactorily;

7.3.10.b Time each race with at least two (2) stopwatches. When the stopwatches have not recorded the same time, the slowest time will be taken as correct. The stopwatches are to be started when the electronic or optical signal from the start is received.

7.3.11 - The **Board Scrutineer(s)** is responsible after the race to check the boards to ensure they comply with the ICF SUP Competition Rules. Should any board not comply then the athlete will be referred to the Competition Committee for disqualification.

7.3.12 - The **Safety Officer** is responsible for advising the Competition Committee of the safety measures required and for seeing that these are implemented.

7.3.13 - The **Announcer** will:

7.3.13.a Announce the start of each race, the order of starting and the placing of the athletes during the race on the instructions of the Competition Manager;

7.3.13.b Announce the results after the race is completed.

7.3.14 - The **Press officer** must supply all necessary information to the representatives of the press, radio and television, on the race and its progress. The Press Officer is therefore authorised to seek this information from the various officials who must provide as quickly as possible copies of the official results.

7.3.15 - The **Sports Presentation Officer** is responsible for ensuring the following when appropriate:

- Commentary;
- Sound facilities;
- TV and streaming;
- Web and social media service;
- Public announcement and website publication of results in co-ordination with the results team;
- Spectator facilities;
- Marketing of the competition;
- Media facilities;
- Information provision to the ICF Office prior to, during and after the event.

7.3.16 - The **Athletes Communication Officer** will:

7.3.16.a Be the athletes' main point of contact with the Competition Committee before, during and after the competition.

7.3.16.b Deliver information and messages from the Race Director and the Competition Committee to the athletes.

7.3.16.c Deliver messages, questions, suggestions and other from the athletes to the Race Director and the Competition committee.

## CHAPTER 8 - FIELD OF PLAY

### 8.1 - COURSE

[SR]

8.1.1 - Courses may be held on any open water or open sea, in a variety of formats and conditions. Courses should be selected to test the ability of the athletes and use the conditions to their advantage.

8.1.2 - Competition courses must be decided in advance where possible and published at least one (1) week before the competition.

8.1.3 - Courses may be changed at short notice to suit the conditions on the day of the race.

8.1.4 - Sprint courses must be in a straight line.

8.1.5 - Technical courses must contain turns.

8.1.6 - Long Distance courses can be a variety of formats and conditions.

### 8.2 - RACE MARKERS

[SR]

8.2.1 - There should be race markers (start line, finishing line, turns and other course markers) which will be explained in the race instructions.

8.2.2 - It is advised that markers are easily visible and recognisable. They should be red or white in colour and be no smaller than 46cm in diameter. Both starting and finishing lines must be marked with red flags/buoys at the points where these lines intersect the outer limits of the course;

8.2.3 - For the marking of the course for turns and other directional changes, two (2) distinct coloured buoys must be used no smaller than 46cm in diameter.

8.2.3.a Colour one (1) must be red, orange, or pink and must be passed by the athlete in an anti-clockwise direction.

8.2.3.b Colour two (2) must be yellow, white, or green and must be passed by the athlete in a clockwise direction.

8.2.4 - Compulsory portage points must be clearly marked by flags (Diagonally red and yellow colour).



## CHAPTER 9 - PRE-COMPETITION

### 9.1 - DUTIES OF THE HOST ORGANISING COMMITTEE [SR]

9.1.1 - The HOC is responsible for the preparation and running of the competition.

9.1.2 - The HOC must, in particular:

9.1.2.a Make available a suitable venue and technical equipment conforming to the present SUP Competition Rules;

9.1.2.b Agree with the ICF the date and the competition programme;

9.1.2.c Distribute the competition programme including the date and time of the Athletes Briefing. It must be distributed in advance of the competition.

### 9.2 - INSTRUCTIONS FOR TEAM LEADERS AND ATHLETES [PR]

9.2.1 - The preliminary draw should be available at the competition venue, at the latest 48 hours before the first race of the competition, giving the names and sporting nationality of the athletes and the draw.

9.2.2 - The following information must be posted or distributed to the athletes at least five (5) hours before the Athletes Briefing including:

- Detailed information on the course(s) and their markings;
- Starting time(s) and procedures;
- Starting line;
- Finishing line;
- Athletes personal competition numbers;
- Obligatory safety equipment requirements;
- Transport arrangements for boards and athletes, if being provided by the organisers;
- Specific competition rules information.

### 9.3 - ATHLETES BRIEFING [PR]

9.3.1 - The Athletes Briefing must be held between three (3) and 30 hours before the first start. The meeting determines, amongst other things, the final entry details, safety instructions, competition rules and confirm the details of the course and the time schedule.

9.3.2 - In special circumstances (e.g. in the case of sudden weather warnings) the competition management is permitted to call an Athletes Briefing at short notice.

## **9.4 - ALTERATION OF ENTRIES AND WITHDRAWS [PR]**

9.4.1 - Notification of alterations must be given before or at the Athletes Briefing.

9.4.2 - The Race Director may in exceptional circumstances accept written replacement of named athletes by named reserves up to one (1) hour before the start of the first race of the day.

9.4.3 - The Race Director's decision as to what constitutes an exceptional circumstance is final and is not subject to appeal.

9.4.4 - The withdrawal of an entry is considered final and no renewed entry of the same athlete is allowed. Entry fees will not be refunded.

## **9.5 - BOARDS AND PERSONAL COMPETITION NUMBERS [SR]**

9.5.1 - All boards should carry a board number, which should be attached to them as instructed by the race organiser.

9.5.2 - Markings must be set up in order to recognise the boards on the starting line and on the course. This procedure is for the safety and identification of the craft.

9.5.3 - Boards should be marked on both sides with numbers, letters or a combination of the two (2), which are at least 10cm high and printed in an easily readable typeface. The markings should be in a contrasting colour to that of the board or be printed on a contrasting background.

9.5.4 - The whole number must be visible.

9.5.5 - The personal competition numbers (bib) may be provided by the HOC and should be placed on the back and/or on the front of the athlete as required by the HOC. The title or main sponsors name may be shown on the personal numbers.

## CHAPTER 10 - COMPETITION

### 10.1 - MEANS OF PROPULSION

[SR]

10.1.1 - The boards used for SUP competitions must be propelled solely by means of single-bladed paddle. Paddles with adjustable lengths are permitted.

10.1.2 - The use of kites and sails are prohibited.

10.1.3 - The athlete must be standing on the board for the entire duration of the race. Exceptions will be made for moments of exhaustion or the orientation phase in which case the athlete may execute up to five (5) paddle strokes kneeling or sitting on the board without gaining an advantage and/or position.

10.1.4 - Active kneeling (knee contact with board) is not allowed. In case of infringement, the Race Director will decide whether to penalise the competitor or not.

### 10.2 - START

[SR]

10.2.1 - The Start Line must be clearly marked, with the marks described to the athletes in the race instructions.

10.2.2 - The Start Line should be long enough to allow all athletes to line up alongside each other. When this is not possible, athletes will be organised according to the ICF SUP World ranking with the best-ranked athletes win the best place to start the race.

10.2.3 - The start signal must be described in the race instructions.

10.2.4 - Athletes should be at the start at the time specified in the competition programme. The start will be given without reference to any absentees.

10.2.5 - The start must be as fair as possible, allowing all athletes an equal chance. Should this not be the case a restart can be ordered.

### 10.3 - START METHODS

[SR]

10.3.1 - The method of starting should be one of the following and should be decided by the HOC and included in the information booklet distributed beforehand:

**10.3.1.a Beach Start (Long Distance, Technical, and Inflatable)**

- Athletes will line up at the water's edge.
- All athletes will hold their crafts, in ankle to thigh deep water as instructed by the Starter or Aligners.
- When all athletes are aligned and the conditions are favourable, the start signal will be given.

#### **10.3.1.b Bank Start (Long distance, Technical, and Inflatable)**

- The boards are lined up on the bank.
- The boards must be on the ground next to the athletes. Athletes can hold the boards, but they must not be lifted off the ground.

#### **10.3.1.c Stationary Water Start (Long Distance, Sprint, Technical, and Inflatable)**

- The position of the boards at the start is such that the noses of the competing boards are on the starting line.
- The boards must be stationary.
- The boards may be held at the tail by board holders, or blocked at the front by an automatic start system;
- Athletes start from standing, kneeling or sitting (on board) positions. The position must be described beforehand.
- This starting line must be perpendicular to the first turn buoy.

#### **10.3.1.d Rolling Water Start (Long Distance and Inflatable)**

- Where strong wind or current render a stationary start difficult, a rolling start may be used. The boards are allowed to drift or paddle slowly towards the start line with a view to crossing at the time of the signal.
- The start line may be fixed or be between two (2) boards that are moving.

Wherever is possible all boards in an event should line up at the starting line. Where this is impossible or impracticable owing to lack of space, or water or weather conditions, the following alternative simultaneous starting procedures may be employed:

#### **10.3.1.e Grid Start (Long Distance, Technical , and Inflatable)**

- Where a simultaneous start in one line for all athletes is impracticable or undesirable, a Grid Start for Bank start, Stationary Water Start or Rolling Water Start (in groups) may be used.
- The athletes are separated in groups. The groups are lined up behind each other and determined by ICF World ranking or random draw.

#### 10.3.1.f Interval Start (Long Distance, Technical, and Inflatable)

- Where a simultaneous start is impracticable or undesirable, an Interval Start for Beach Start, Bank Start or Stationary Water Start (either in groups or individually) may be used. Starting order will be determined by ICF World ranking or random draw.
- Athletes or group of athletes should start from the same start line at equal intervals.

10.3.2 - In all cases athletes must be called to the Starting Area at least three (3) minutes before the scheduled start.

### 10.4 - START PROCEDURE

[SR]

10.4.1 - For all starts, the start signal must be audible to all racers. The audio may be a blast of a whistle or horn, a shot from a start gun or a shouted word “go”. A flag signal must be used along with the audio signal to be sure that all athletes hear and can see the start instructions.

10.4.2 - The following procedures will then apply for the respective starts:

#### 10.4.2.a Beach Start, Bank Start, Stationary Water Start, and Grid Start

- The Starter must ensure all boards are stationary behind the starting line.
- When the Starter is satisfied that the boards are aligned correctly and are stationary, he/she will call “Ready” followed by the start signal.

#### 10.4.2.b Interval Start

- A list of athletes with their starting times must be displayed on a notice board and/or issued to the athletes at least one (1) hour before the start of competition.

- The Starter must count down for each athlete with a loud and clear voice from 5 to zero (0). Instead zero he/she must say “Go” *along with the waving of a flag.*

#### 10.4.2.c Rolling Water Start

- The athletes should move towards the start line slowly, aligned with each other as best as possible.
- When the athletes are approximately 10 metres from the start line, the command “Ready” will be called. When the Starter is satisfied that the boards are correctly aligned and that no athlete will obtain any undue advantage as a result of the start, he/she will give the start signal.

#### 10.4.3 - False start (Beach Start, Bank Start, or Stationary Water Start)

- If an athlete attempts to start before the start signal he/she has made a false start.
- Before the new start, the Starter must identify the offending athlete(s) making the false start and give everybody in the race a warning.
- In the case of a second false start by an athlete, he/she will be disqualified (DSQ) from the race and must leave the starting area and the course immediately. This process will then continue with each offending athlete disqualified (DSQ) until a fair start is achieved.
- The Starter will make a written report on any disqualification and forward it to the Race Director.

#### 10.4.4 - False start (Rolling Start or Interval Start)

- If an athlete commences paddling after the word "Ready" and before the start signal is given, he/she has made a false start.
- An immediate time penalty of 10 seconds must be imposed upon the athlete making a false start.
- After a false start, the Starter, at their discretion, can call a restart if they feel the start was not largely fair or can let the race continue. The Starter will make a written report on any given penalties and forward it to the Race Director.
- Whenever possible, advice of any time penalty may be given to the offending athlete(s) at the first available opportunity.

## 10.5 - GROUP RACING AND DRAFTING

[SR]

10.5.1 - When athletes are racing in a group it is duty of all the athletes in the group to keep clear of each other at all times. This rule applies to any manoeuvring within the group and whilst drafting. Inadvertent contact between boards should be avoided.

10.5.2 - When a board is overtaking another board, it is the duty of the overtaking board to keep clear of other board at all times until the other board is overtaken (overtaken is defined by being completely clear of the other board). Refer to 10.8 in the case of a collision.

10.5.3 - The organisers may prohibit drafting between athletes in different categories. Notice of any restrictions to drafting should be published in the race instructions.

10.5.4 - An athlete is declared drafting when he/she is a half (1/2) board length or more behind another athlete and within three (3) meters from him/her without making an effort to pass for more than 10 seconds.

## **10.6 - PORTAGES**

**[SR]**

10.6.1 - Long distance, technical, and inflatable races may include portages. Athletes may only portage at official points designated by the race organisers.

10.6.2 - At official compulsory portage points, the layout of the section of the bank/beach to be portaged must be clearly marked by flags (Diagonally red and yellow colour, minimum size 40/60cm) showing the start and end of the disembarkation area and the start and end of the embarkation area.

10.6.3 - Athletes must carry/drag their boards and paddles through the whole length of the portage.

10.6.4 - Any water after the end of the disembarkation area and before the start of the embarkation area is out of bounds.

10.6.5 - Organisers must aim to provide enough bank space to allow at least four (4) boards to be portaged simultaneously.

10.6.6 - An athlete making a portage at a point other than the designated portage area along the course must not gain any advantage unless directed by the Competition Committee.

10.6.7 - Obstruction of an athlete or their equipment by another athlete can lead to a time penalty or disqualification. If the Course Umpire believes the obstruction to be intentional, the offending athlete will be disqualified. If the Course Umpire believes the obstruction was not intentional then the athlete will receive a time penalty.

## **10.7 - TURNS**

**[SR]**

10.7.1 - Turns are acceptable for Long Distance, Technical, and Inflatable races.

10.7.2 - An athlete will not be disqualified for touching a turning point buoy, in making a turn, the board may follow as closely as possible the course as marked by the buoys at the turning points;

10.7.3 - Should an athlete have failed to follow the correct course of the race (for example missed a turning buoy) the athlete has broken the racing rules and will be a subject to a penalty:

10.7.3.a If the Course Umpire believes the athlete has gained a small advantage on other athletes, a time penalty of 10 seconds will be given;

10.7.3.b If the athlete has gained a major advantage and obtained positional advantage in the race by not following the course, a disqualification (DSQ) will be imposed;

10.7.3.c Should a buoy be missed as a result of a collision in group racing during a turn this will be investigated and the board that caused the collision will be penalised or disqualified (DSQ). The athlete who missed the buoy due to collision may not be penalised.

## **10.8 - COLLISION OR DAMAGE**

**[SR]**

10.8.1 - For all races, a collision will be an event where an athlete or any part of their board or paddle touches another athlete's board or paddle in a way that disadvantages the athlete.

10.8.2 - A collision can happen at any time within the group and is applicable for all parts of the course.

10.8.3 - Any athlete who is considered by a Course Umpire(s) or Race Director to have been responsible for a collision, or who damages the board or paddle of another athlete or unnecessarily deviates from the direct racing line or deliberately blocks or impedes the path of another athlete(s) may be penalised or disqualified.

10.8.4 - If it is considered that the athlete(s) have only had some minor disadvantage compare to other athletes as a result of the incident the responsible athlete will receive a time penalty of 10 seconds.

10.8.5 - If it is considered that the incident has caused other paddlers a major disadvantage the penalty will be disqualification (DSQ) of the offending athlete.

10.8.6 - The penalties as decided by the Race Director are not subject to appeal.

## **10.9 - LAPPED BOARDS**

**[SR]**

10.9.1 - For circuit courses, athletes who have been lapped will end their race when next time they cross the finish line.

10.9.2 - They must not interrupt or block boards that overtake them. They are not allowed to draft on the boards that overtake them.

10.9.3 - Their current rank will be recorder and included in the results. No time will be taken.

10.9.4 - If a lapped athlete does not stop at the next time he/she crosses the finish line and does not leave the course after that, he/she will be disqualified (DSQ).

## **10.10 - CHECK POINTS**

**[SR]**

Athletes may be required to pass through designated check points by the race organisers for safety or other reasons.

## **10.11 - MULTI-STAGE RACES**

**[SR]**

10.11.1 - For Long Distance race where a race is divided into several stages, the starts of the second and subsequent stages may be carried out individually or in groups as determined by the organiser and advised to the Team Leaders and/or athletes as appropriate.

10.11.2 - If carried out individually the athletes will leave the stage start in the order of arrival from the previous stage and at the same intervals of time.

10.11.3 - Athletes not completing a stage, for whatever reason, will not be allowed to start the following stage.

10.11.4 - Timing will be cumulative and the winner being the athlete having taken the shortest time over the whole course making due allowance for any time penalties awarded by the organisers.

10.11.5 - The restart of the second or subsequent days may utilise any of the initial or stage start methods described in article 10.3.

## **10.12 - ASSISTANCE**

**[SR]**

10.12.1 - An athlete may not be accompanied along the course or assisted in any way by any vessel not entered in the competition unless the vessel is an authorised seconding vessel as per the individual race rules. (e.g. motor boat).

10.12.2 - Any outside help (food, coaching, and navigation) is prohibited during the competition unless by an official seconding vessel as per the individual race rules.

10.12.3 - Assistance from a vessel outside of the competition (motorboat, sailboat, rowing boat etc.) may lead to the disqualification of the athlete.

10.12.4 - Private boats must not obstruct athletes during a race. If a relationship can be established between an athlete and an unofficial boat which obstructs an opponent the athlete may be disqualified.

10.12.5 - In case of capsizing during the race an athlete may be helped by another athlete. An athlete may be disqualified or given a time penalty if he/she receives assistance from a boat outside the racing committee. An athlete may receive assistance from an official safety boat, on condition that there is no forward movement of the safety boat during the entire time of the assistance.

10.12.6 - An athlete suffering from a lower-body disability may, by prior agreement from the Competition Committee, receive assistance at a beach start or at a portage from designated helpers. Provided no advantage is gained from the assistance and provided the athlete leaves or is lifted from his/her board before the helpers carry the board.

10.12.7 - An athlete who breaks/damaged their board or paddle can be given a substitute during a race as long as it conforms with the specifications of the equipment rule for the competition.

## **10.13 - SAFETY MEASURES**

**[SR]**

10.13.1 - Depending on the duration of the race, the course, weather and sea conditions, the organisers can make compulsory the equipment described in article 3.3 any athlete failing to observe the safety requirements will be refused the right to start. If they have started, he/she will be disqualified.

10.13.2 - Every official is required to observe that the safety measures are being adhered to and to prevent athletes from starting or continuing if they fail to meet the requirements laid down in the race instructions.

10.13.3 - SUP is an extreme sport. It is a requirement that any athlete, seeing another in a real danger should render all assistance in his/her power. Failure to do so may lead to disqualification and further sanctions.

10.13.4 - Time bonuses based on actual delays can be awarded to any athlete providing assistance to a fellow participant.

10.13.5 - Every athlete participates at his or her own risk and must ensure that they are healthy and fit enough to meet the demands of the competition. The ICF advises all competing participants to have themselves checked annually by a doctor.

10.13.6 - Neither the organiser nor the ICF can be held responsible for any injury incurred by persons or damage to property.

10.13.7 - By registering and participating in the competition/event the participants assure at the same time their ability to swim at least 200m without assistance and are comfortable paddling in open water.

10.13.8 - The Course Umpire has the right to interrupt a correctly started race if unforeseen hindrances (bad weather, etc.) arise by using a red flag and a strong sound signal. Athletes must immediately stop paddling and await further instructions.

## 10.14 - FINISH

[SR]

10.14.1 - The finish line will be between two (2) points (e.g. buoys, flags) described in the race instructions either afloat, on the shore, or combination of both.

10.14.2 - The athlete has finished the race when:

10.14.2.a The board nose crosses the finish line with the athlete on it (with the two (2) feet in contact with the board);

or

10.14.2.b The upper body of the athlete crosses the finish line with their paddle in a hand if the finish line is on shore.

10.14.3 - If two (2) or more boards cross the finish line at the same time they receive the same rank.

## CHAPTER 11 - POST-COMPETITION

### 11.1 - DISQUALIFICATION

[PR]

11.1.1 - Any athlete who attempts to compete in a race by any other than honourable means or who breaks the racing rules, or who disregards the honourable nature of the racing rules will be disqualified from the race concerned (DSQ).

11.1.2 - Should an athlete have completed a race in a board which is shown upon inspection does not conform with the ICF rules or other requirements as described by the organisers will be disqualified (DSQ) from the race.

11.1.3 - Any athlete who has failed to follow the correct course of the race (for example missed a turning buoy) the athlete has broken the racing rules will be subject to a penalty described at 10.7.

11.1.4 - Any athlete who is considered by a Course Umpire or Race Director to have been responsible for a collision or damages will be subject to a penalty described at 10.8.

11.1.5 - Any athlete who is accompanied along the course by other vessel which are not in the race will be subject to a penalty described at 10.12.

11.1.6 - Handling of penalties:

11.1.6.a Time penalties as decided by the Chief Course Umpire or by the Race Director are not subject to appeal;

11.1.6.b Disqualifications are decided by the Competition Committee and are subject to an appeal.

11.1.7 - All penalties or disqualifications must be confirmed by the Competition Committee in writing immediately, giving the reasons. The athlete or the Team Leader of the athlete in question must acknowledge the receipt on the notice copy.

11.1.8 - Failure to deliver the copy confirmation of the disqualification to the athlete or the Team Leader of the athlete in question does not invalidate the disqualification.

11.1.9 - The Competition Committee may discipline any athlete or Official whose behaviour is detrimental to the good order and conduct of the competition. The Competition Committee may disqualify him/her for that competition.

## **11.2 - PROTEST**

**[PR]**

11.2.1 - A protest against the right of an athlete to compete in a race must be addressed to the Race Director and handed to the Competition Committee not later than one (1) hour before the start of the first race of the competition.

11.2.2 - A protest made during a competition relating to an incident in the race must be in written form, addressed to the Race Director and handed to the Competition Committee not later than one (1) hour after the last of the athletes involved in the incident have completed the course or if forced to retire, one (1) hour after the retirement has been reported to the organiser.

11.2.3 - All protests must be accompanied by a fee of 75 Euros (or an equal sum in the local currency). The fee will be refunded if the protest is upheld.

11.2.4 - The decision of the Competition Committee is final, except in World Championships.

## **11.3 - RESULTS AND REPORTS**

**[PR]**

11.3.1 - The organisers should be permitted to commence issuing preliminary results and carry out award ceremonies after one third (1/3), or the first three (3), whichever is the greater, of the athletes of the event have completed the course or their retirements notified to the organiser.

11.3.2 - After the ending of all International SUP competitions, listed in the ICF Competition Calendar, the results, protests and appeals must be sent by the HOC to ICF Headquarters (ICF HQ) and one (1) copy to the Technical Chair, as well as displayed electronically on official websites.

## CHAPTER 12 - WORLD CHAMPIONSHIPS

Refer to the International Competition Rules except as amended in this Chapter.

### 12.1 - ORGANISATION

[PR]

12.1.1 - World Championships may be arranged every year with the consent of the ICF Board of Directors at a place and time approved by it, and in accordance with the ICF SUP Competition Rules.

12.1.2 - Validity of World Championships are described at article 1.7.1.b

12.1.3 - Individual entries will be accepted for all events. National Federation entries are accepted for the team events in Long Distance and Technical races.

### 12.2 - COMPETITION PROGRAMME

[PR]

12.2.1 - The program of events should be arranged by the Stand Up Paddle Commission (SUPC) in a schedule which will allow for the separation of the events.

12.2.2 - World Championships should be held over a minimum of three (3) days period.

12.2.3 - Championships are restricted to the following events:

Sprint	
Men and Women	SUP Hard Board 14'
Long Distance/Technical	
Men and Women	SUP Hard Board 14'
Men and Women Team Event	
Inflatable Race	
Men	SUP Inflatable 12'6"
Women	

12.2.4 - Team events for the Long distance will be restricted to National Federation's entries only. Each NF can enter up to four (4) athletes. The top three (3) athletes scores will count towards team results.

12.2.5 - Team events for the Technical race will be restricted to NF entries only. Each NF can enter up to three (3) athletes. All three (3) athletes scores will count towards the team results.

12.2.6 - The program of events should be arranged by the SUPC in a schedule which will allow for the separation of the events when necessary to facilitate fair racing and reduce athlete fatigue.

12.2.7 - The exact order and time schedule may vary at different World Championships.

## **12.3 - INVITATIONS, ENTRIES AND COMPETITION SCHEDULE [PR]**

12.3.1 - Invitations for World Championships will be issued by the organising NF (or HOC) and must be in accordance with the ICF Rules. Invitations should be sent out at least nine (9) months before the first day of the Championships.

12.3.2 - Entry process is described in article 1.6.2

12.3.3 - The final Competition schedule must be available at least three (3) days before the Championships and must contain the following details:

12.3.3.a The starting time of each race;

12.3.3.b The names and NF of the athletes in each race;

12.3.3.c The names of the nominated athletes by their NF for the team races with the name of the country;

12.3.3.d Full instruction on the course and training arrangements.

## **12.4 - DRAWING OF LOTS [SR]**

12.4.1 - Should the drawing of lots for the starting position be needed for an event, this must be carried out under the control of an ICF Official.

12.4.1.a For direct finals athletes will be in order using the ICF SUP World ranking, the best-ranked athletes will be in the best place to start. Non-ranked athletes will be in an order determined by a random draw.

12.4.1.b The division into heats will be based on the ICF SUP World Ranking. Athletes which are ranked will be automatically ordered. Non-ranked athletes will be put in order into the heats by a random draw.

## **12.5 - BOARDS INSPECTION**

**[SR]**

At the end of each race the first four (4) boards and other at random will be checked by the board controllers using regulated equipment.

## **12.6 - THE COURSE**

**[SR]**

12.6.1 - Sprint race - up to 250m straight line with lanes to show the direction. Dedicated lanes per athlete are not required but buoys and lines can be used to indicate the direction of the course.

12.6.2 - Long Distance race - length is a minimum of 10,000m. It can be a racing course from point to point or can be a lap circuit course.

12.6.3 - Technical Race - maximum distance 3,000m. Technical course must contain at least two (2) right turns and two (2) left turns. The difference between the number of left and right turns can not be more than one (1).

12.6.4 - For Sprint and Technical races, B and C finals may be held to aid final rankings. B finals will only be held when there are more than 32 athletes in that particular event and C finals will only be held when there are more than 64 athletes in that particular event.

## **12.7 - START AND EQUIPMENT**

**[SR]**

12.7.1 - An automatic start system accepted / approved by the ICF and equipped with loudspeakers at each start position or starting pontoon is compulsory for Sprint races.

12.7.2 - If necessary, assistants hold the tail of the boards and release them on the start signal.

12.7.3 - The HOC must provide a loudspeaker, to be at the disposal of the Starter.

12.7.4 - There must be a video system with camera/VCR with slow replay at each start line position to control the start of the athletes. The video will be only at the disposal of the Starter.

12.8.1 - At World Championships the order of the boats arriving at the finishing line will be decided with a Photo Finish System.

12.8.2 - The HOC must provide minimum two (2) sets of Photo Finish equipment accepted by the ICF. The time must be recorded and published in 1/100's of a second.

12.8.3 - There must be a video system with camera/VCR with slow motion that must show:

12.8.3.a The athlete relative position on their board at the finish line (water finish);

12.8.3.b Athlete holding a paddle in a hand for on shore finish.

12.8.4 - An Official must see that a photo finish is taken for each race (heats, semi-finals and finals).

12.8.5 - The Photo Finish System must record the finish of all participating boards.

12.8.6 - The photo finish must be at the disposal of the Chief Finish Line Judge, the Competition Committee and the Jury.

12.8.7 - The Chief Finish Line Judge and the Competition Committee must compare their decisions with the results of the photo finish, with the latter being decisive. The results of each race are to be approved by the Competition Committee.

12.8.8 - During World Championships no separate timekeepers will be used. If the electronic time keeping fails, the Finish Line Judges should take the time by stopwatch.

12.8.9 - Timing, Scoring and Results System Providers at ICF competitions can be conducted exclusively with ICF approved Timing, Scoring and Results System Providers.

12.8.10 - The Timing, Scoring and Results System have the task to supply information as defined below:

- Instant updates to the competition programme;
- Updates from Athletes Briefing;
- Athlete start lists for events
- Results and Progression;

- Race operations including instant classification of the athletes;
- Medal tables;
- Point rankings;
- Statistics (eg. number of races, athletes, best times);
- Interface that can be used for media / spectators;
- On-line system (on-line entries, accreditation, starting lists, results on website).

12.8.11 - The systems must be tested at least one (1) year prior to the start of the competition.

## **12.9 - APPEAL**

**[PR]**

12.9.1 - Team Leaders on behalf of their athletes or participating athletes have the right to appeal to the Jury against a decision of the Competition Committee.

12.9.2 - The appeal must be handed to the Chair of the Jury in writing with reasons, not later than 20 minutes after they have been informed with a written communication of the decision against the athlete and has signed the receipt given.

12.9.3 - An appeal must be accompanied by a fee of 75 Euros (or an equal sum in the local currency). The fee will be refunded if the appeal is upheld.

12.9.4 - On receipt of the appeal, the Chair of the Jury must advise the relevant Team Leader or athlete and indicate arrangements for hearing the appeal.

12.9.5 - The appeal must be heard as soon as possible. Witnesses may be called.

12.9.6 - If the athlete involved in the disqualification is still completing the course the time for lodging an appeal could be extended until one (1) hour after that athlete either completes the course or withdraws from the event.

12.9.7 - The decision of the Jury is final.

12.9.8 - Final results should be prepared, medals and trophies presented after the Jury's decision is announced or the time limit for appeals to the Jury has expired (whichever is the latter).

## **12.10 - AWARDS**

**[PR]**

12.10.1 - The medals will be awarded in accordance with article 1.8.6 and must on no account be presented to any other persons than those who have won the championship races.

12.10.2 - Only medals, to the exclusion of all other prizes, are to be presented at the official ceremony.

12.10.3 - Other prizes may be presented on an occasion other than this ceremony.

## **12.11 - PRIZE MONEY**

**[SR]**

12.11.1 - The organisers of ICF SUP World Championship must provide a minimum amount of 30.000 Euros prize money to athletes in Open age group races.

12.11.2 - Tax deductions are not to be included in the announced prize money.

12.11.3 - The prize money must be split between men and women 50:50.

12.11.4 - The host organising committee will transfer all prize money to the relevant athlete's bank accounts, unless otherwise agreed. The prize money will be awarded only to open category Men and Women, respecting gender equity.

12.11.5 - Extra prize money can be awarded.

## **12.12 - NATIONS CUP AND TEAM RANKING**

**[PR]**

12.12.1 - The Nations Cup will be awarded in accordance with article 1.8.7 using the cumulative results of the open and junior (if applicable) results in both the men and the women.

12.12.2 - In case of a tie the National Federation with the highest individual position will win the cup in that event. Only a National Federation can enter and/or nominate an athlete to the team events.

12.12.3 - National Team Events are simultaneously held at the same time as the individual competitions in the Junior and open categories for Long Distance, and Technical races at the World Championships.

12.12.4 - For National Team competitions, each athlete will be given points for the position they finish in the individual race that will be counted towards the National Team Event. The winner will get one (1) point, second two (2) points etc. as seen in the table below.

12.12.5 - The winner of the National Team Event will be the cumulative points scored from the top three (3) nominated athletes from that nation. Each nominated athlete for a medalling team will receive a medal regardless of their individual result.

12.12.6 - For the Long Distance Team Event, each National Federation can have up to four (4) athletes for the team event (men and women). The top three (3) of the nominated athletes' results will count to the Team Event result.

12.12.7 - For the Technical Team Event (men and women) each National Federation can have up to three (3) athletes for their team. All three (3) of the nominated athletes' results will count to the Team Event result.

12.12.7.a Where the Technical race entry numbers can be restricted, exception for entries by National Federations to add team members should be allowed.

12.12.7.b Athletes that do not make it to the finals will be ranked and scored according to their timed result.

12.12.8 - Should a National Federation have less than three (3) athletes for Team Events, the result score for the missing athletes will be the same as the last person ranked in the race. Athletes that do not finish the race will also receive the same score as the last person ranked in the race.

Team Event Points Table

Place	Points
1st	1
2nd	2
3rd	3
4th	4
5th	5
etc,	etc,

## 12.13 - MASTER WORLD CHAMPIONSHIPS

[PR]

12.13.1 - The Master's World Championships are individual entries only. There will be no limit for entries per country.

12.13.2 - Prize money is not a requirement.

12.13.3 - The ICF Masters SUP World Championships are restricted to the following events:

Long Distance/Sprint/Technical	
40+ Men	SUP Hard Board 14'
40+ Women	
50+ Men	
50+ Women	

12.13.1 - The Masters World Championships will be held in accordance with a Master guidelines document published by the SUPC.

## CHAPTER 13 - JUNIOR WORLD CHAMPIONSHIPS

Refer to the International Competition Rules and Special Rules for World Championships except as amended in this Chapter.

### 13.1 - ORGANISATION

[PR]

13.1.1 - Championships are restricted to the following events:

Sprint	
Junior Men & Women	SUP Inflatable Board 12'6
Long Distance/Technical	
Junior Men & Women	SUP Inflatable Board 12'6
Junior Men & Women Team Event	

### 13.2 - THE COURSE

[SR]

Long Distance for junior age group - minimum 5,000m.

Sprint and Technical courses will be the same as for the open category

## CHAPTER 14 - WORLD CUP

Refer to the International Competition Rules and Special Rules for World Championships except as amended in this Chapter.

### 14.1 - ORGANISATION

[PR]

14.1.1 - The ICF SUP World Cup competitions must be arranged under the auspices of the ICF.

14.1.2 - The SUP World Cup competitions are held in accordance with the ICF SUP Competition Rules.

14.1.3 - There will be a maximum of three (3) World Cup competitions per year. Points will be awarded to the athlete per competition according to the point system.

14.1.4 - Every National Federation can enter as many athletes in each event as they wish.

14.1.5 - Entries to World Cup races must be done through the NFs or directly by the athletes with an authorisation of their NF.

### 14.2 - COMPETITION PROGRAMME

[PR]

14.2.1 - The World Cup programme must include at least two (2) out of the three (3) courses: Sprint, Long distance or Technical race.

14.2.2 - Other races (such as SUP double or SUP four (4) events) may be added as demonstration races once approved by SUPC.

### 14.3 - COMPETITION COMMITTEE AND OFFICIALS [PR]

14.3.1 - The SUP World Cup competitions must be conducted under the authority of a member of the SUPC.

14.3.2 - The HOC must bear the travel, accommodation, and meals expenses of the member of the SUPC.

### 14.4 - BIDDING PROCEDURE

[PR]

14.4.1 - Upon a proposal submitted by the ICF SUPC, the ICF Board of Directors may approve SUP World Cup and World Ranking Points (WRP) international competitions for the upcoming years.

14.4.2 - In order to receive an ICF World Cup competition a minimum prize money of 6.000 Euros must be provided.

14.4.3 - If the SUPC considers a technical visit necessary after the bid and before the competition, the costs of travel and stay will be charged to the HOC.

## CHAPTER 15 - ICF SUP WORLD RANKING

### 15.1 - WORLD RANKING POINTS INTERNATIONAL COMPETITIONS [SR]

The World Cup Rules will apply to the WRP competitions except the prize money will be reduced to a preferred amount of 1.000,00 Euros per distance (Sprint, Long distance, Technical race).

### 15.2 - WORLD RANKING COMPETITIONS [SR]

15.2.1 - The following competitions will be eligible for the World Ranking:

15.2.1.a World Championships;

15.2.1.b World Cups;

15.2.1.c International competitions in the ICF calendar that the ICF Board of Directors agree as competitions eligible for WRP.

### 15.3 - ICF'S SUP DELEGATE [SR]

15.3.1 - Duty of the ICF's SUP delegate:

15.3.1.a The delegate of the ICF will supervise the WRP competition;

15.3.1.b The delegate of the ICF must demand the complete programme and all updated information from the organiser 14 days prior to the invitation in order to check if the rules and ICF policies are being followed;

15.3.1.c The delegate has the right to attend and vote at all meetings regarding the competition;

15.3.1.d The delegate must, in co-operation with the organisers, establish the World ranking of all the athletes and oversee the production of the current SUP competition results;

15.3.1.e After each competition the delegate must submit a report to the Technical Chair concerning the sporting nature of the competition.

15.3.2 - After the completion of each competition, the organising committee must calculate the classification of the athletes on points in accordance with the adopted system of ranking.

15.3.3 - The results must be forwarded to the Technical Chair and to the ICF HQ immediately at the end of the competition.

15.3.4 - The ICF SUPC is responsible for the final results on points separately for each event:

- Men Sprint
- Women Sprint
- Men Long Distance
- Women Long Distance
- Men Technical
- Women Technical

## 15.4 - ICF WORLD RANKING POINTS

[SR]

15.4.1 - Only the best five (5) results from on athlete in World Raking point competitions will be eligible.

15.4.2 - Races eligible for individual World ranking points must not be held during three (3) weeks before the World Championships.

15.4.3 - The World Ranking Points system will be from 1<sup>st</sup> to 100<sup>th</sup>, according to point's table below.

15.4.4 - The World Ranking Points table is considered for the World Cup competitions.

15.4.4.a The points awarded to athletes for World Championships and World Cups will be 100%;

15.4.4.b The points awarded for WRP International competitions to athletes will be 75%.

## 15.5 - POINTS TABLE

[SR]

15.5.1 - The ranking will be calculated as follow:

FINISH POSITION	POINTS		FINISH POSITION	POINTS
1	1100		31	700
2	1050		32	690
3	1000		33	680
4	970		34	670
5	960		35	660
6	950		36	650

7	940		37	640
8	930		38	630
9	920		39	620
10	910		40	610
11	900		41	600
12	890		42	590
13	880		43	580
14	870		44	570
15	860		45	560
16	850		46	550
17	840		47	540
18	830		48	530
19	820		49	520
20	810		50	510
21	800		51	500
22	790		52	490
23	780		53	480
24	770		54	470
25	760		55	460
26	750		56	450
27	740		57	440
28	730		58	430
29	720		59	420
30	710		60	410
<b>FINISH POSITION</b>	<b>POINTS</b>		<b>FINISH POSITION</b>	<b>POINTS</b>
61	400		81	200
62	390		82	190
63	380		83	180
64	370		84	170
65	360		85	160
66	350		86	150
67	340		87	140
68	330		88	130
69	320		89	120
70	310		90	110
71	300		91	100
72	290		92	90
73	280		93	80
74	270		94	70
75	260		95	60
76	250		96	50
77	240		97	40
78	230		98	30
79	220		99	20
80	210		100	10

## CHAPTER 16 - ITO - TRAINING PATHWAY

Procedure for becoming an ICF SUP International Technical Official

### 16.1 - EXAMINATION

[PR]

16.1.1 - The examination will be performed as per article 1.15.

16.1.2 - Run an ICF Official Seminar containing theory and practise sessions at an international level competition;

16.1.3 - Candidates who have failed one (1) examination may enrol for another examination, but not earlier than the following year.