



SUPAA RULE BOOK 2014

Last Updated 12 December 2013

The Stand Up Paddle Athletes Association
327 55th Avenue
Saint Pete Beach, FL 33706

Phone: 727-481-3637

Email: info@supathletes.com
www.supathletes.com

No part of this Rule Book may be reproduced in any form without permission from The Stand Up Paddle Athletes Association.



CHAPTER 1: EQUIPMENT

Article 1: Application of this Chapter

Article 2: Board Restrictions

Article 3: Board Classes Defined

Article 4: Board Control

CHAPTER 2: SUPAA EVENTS

Article 5: Organization of Competition

Article 6: Race Committee

Article 7: Duties of Officials

Article 8: Certification of Officials

Article 9: Entry Fees

Article 10: Prize Money

Article 11: Scheduling

Article 12: Safety

Article 13: Event Website

Article 14: Race Meeting

Article 15: Race Courses

Article 16: Buoys

CHAPTER 3: RACING REGULATIONS

Article 17: Race Start

Article 18: Finish

Article 19: Drafting

Article 20: Paddling the Course

Article 21: After the Race

Article 22: Disqualifications

Article 23: Protest

Article 24: Competitor Classification

Appendix A: SUPAA RACE KIT

Appendix B: PRIZE MONEY BREAKDOWNS

Appendix C: AGE GROUP CLASS BREAKDOWNS

Chapter 1: Equipment

Article 1: Application of this chapter.

This chapter applies to all surfboard shape, 12'6 and 14' foot and unlimited boards.

Article 2: Board Restrictions

- 2.01 No 12'6 board shall be less than 23.5" inches wide and 14' board less than 23" inches wide, as measured at the 3" inch rail mark at the midway point of the board.
- 2.02 No recessed decks greater than 10 cm (3.94 inches) as measured from the standing area to the top of the rail.
- 2.03 'Standing area' is defined as anywhere on the top of the board.
- 2.04 12'6 boards shall weigh no less than 8 kg (17.64 lbs) and 14' boards no less than 9 kg (19.84 lbs).
- 2.05 Rudders are only allowed on unlimited class boards.
- 2.06 All boards, except unlimited and surfboard class, must have only one fin.
- 2.07 All boards that are currently in production or that have already been made will remain legal until 2016.

Article 3: Board Classes Defined

- 3.01 The '12' foot 6" inch board class' is defined as any board equal to or less than 12' feet 6" inches.
- 3.02 The '14' foot board class' is defined as any board equal to or less than 14' feet.
- 3.03 The 'unlimited board class' has no restrictions other than it must be human powered.
- 3.04 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.
- 3.05 Multi-hulls are allowed only in the unlimited board class.
- 3.06 Rudders are allowed only in the unlimited board class.
- 3.07 Foils are allowed only in the unlimited board class.
- 3.08 'Multi-hulls' are defined as any board with more than one hull. A concave measured at any one point of greater than 3 inches (7.62 cm) will classify a board as multi-hull.
- 3.09 'Fins' are defined as any external attachment or protrusion on the underwater surface area of a board that is 6 cm (2.4 inch) or greater in length.
- 3.10 'Foils' are defined as any external attachment that creates hydrodynamic lift.
- 3.11 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.
- 3.12 A 'Rudder' is defined as any fin or foil that is able to rotate from a fixed position.
- 3.13 An 'Attachment' is any component added to the surface of the board hull, such as but not limited to: fins, handles, foils, etc.

Article 4: Board Control

- 4.01 The length of a board shall be measured between the two extremes of the tail and the nose.
- 4.02 Boards that weigh less than the restricted weight may attach weight until they pass control. Any such weight attachments must be sufficiently secure to remain attached

- throughout the competition.
- 4.03 Any alteration in boards after board control and before the competition has taken place, must still conform to board class requirements.
 - 4.04 Boards must receive a SUPAA sticker and stamp once they have passed board control. SUPAA board certification is valid for one year as long as the sticker and stamp remain in place.
 - 4.05 SUPAA certified tools must be used for board control.
 - 4.06 Boards must go through control again if there is removal of SUPAA certification sticker.
 - 4.07 Boards may be re-inspected anytime within one hour of a competitors race finish.
 - 4.08 Any mechanical device, attachment or added improvement which would give the competitor an unfair advantage is prohibited. Speedometers, GPS devices or other apparatus that provides real time feedback are excluded from prohibited devices and may be used.

Chapter 2: SUPAA Events

The following chapter applies to all SUPAA events, competitors and personnel.

Article 5: Organization of Competition

- 5.01 Competitions are to be supervised by:

- Head Race Director
- Deputy Race Director
- Competition Manager
- Athlete Representative(s)
- Board Controllers
- Starter
- Aligner
- Course Umpires
- Chief Safety Director
- Finish Line Judges/Timekeepers
- Announcer
- Media Officer

- 5.02 All SUPAA sanctioned events must have at least one SUPAA certified official with current certification holding a supervisory position. (effective 2015)
- 5.03 If circumstances allow, one person may function in more than one of the above positions except for Race Committee positions.

Article 6: Race Committee

- 6.01 Competitions are to be managed by a Race Committee consisting of:
- (a) Head Race Director
 - (b) Deputy Race Director
 - (c) Competition Manager
 - (d) Athlete Representative(s)

- 6.02 The Race Committee:
- (a) shall organize and supervise the competition;
 - (b) may postpone the competition and decide on another time to be held in the event of inclement weather or other circumstances which make it impossible to hold the competition;
 - (c) shall monitor the start and finish of the race to record any infractions;
 - (d) shall hear and decide the outcome of any protests and settle any dispute;
 - (e) shall consult with the Athlete Representative(s) before, during and after the event;
 - (f) shall provide a report to SUPAA headquarters including the results of the events, a record of any protest and the subsequent decision made, and a list of the officials participating at the competition.
- 6.03 Before any decision is made regarding a protest, the Race Committee:
- (a) shall obtain a complete report from the official or athlete reporting the infraction;
 - (b) may seek the opinion of any official or designated SUPAA Athlete Representatives who saw the incident;
 - (c) may seek the opinion of other SUPAA Officials;
 - (d) review any video or photographic evidence that may be available to establish the veracity of the claim;
 - (e) shall base their decision on these rules.
- 6.04 Any member of the Race Committee who is affiliated by relationship or sponsors with a competitor whom the Race Committee may be called on to disqualify, shall remove themselves from the committee in that case. The Head Race Director shall appoint a temporary substitute for the exempted member of the Race Committee from among the other designated SUPAA Officials at the competition.

Article 7: Duties of Officials

- 7.01 The Head Race Director is also the head of the Race Committee and shall:
- (a) decide all matters during the competition which are not in these rules;
 - (b) decide matters concerning disqualification in cases where regulations are broken during the competition;
 - (c) notify any individual that is disqualified immediately and before the results are announced;
 - (d) ensure that all officials are informed and prepared for competition;
 - (e) ensure that all courses are planned in accordance with SUPAA standards.
- 7.02 The Deputy Race Director shall assist the Head Race Director and substitute for him/her as necessary.
- 7.03 The Competition Manager shall be in charge of the administrative tasks of the competition including:
- (a) ensuring all course maps are available at least 3 months before the event as well as on race day;
 - (b) completing the SUPAA race kit to be made available to competitors when

- the event is announced. See Appendix A for a copy of the Race Kit.
- (c) preparing the start and finish lines according to SUPAA regulations;
 - (d) working with timekeepers to record and post results;
 - (e) preparing the list of winners in each category;
 - (f) providing the announcer and race director with all necessary information regarding the races, results and other information about the event;
 - (g) supervise the races and is responsible for ensuring that the program is followed according to schedule;
 - (h) shall ensure all courses are set up according to SUPAA regulations.
- 7.04 The Board Controller shall:
- (a) measure, weigh and certify all boards prior to the start of competition;
 - (b) disqualify or help correct any boards that do not fulfill the requirements concerning Article 2;
 - (c) classify boards into a category as defined in Article 3;
 - (d) confirm certifications of all boards reporting to Board Control after a race;
 - (e) record and report any infractions to the Head Race Director.
- 7.05 The Starter shall:
- (a) determine the safest way to start a race in conjunction with the Head Race Director;
 - (b) ensure the Competition Manager is fully informed on the starting procedure;
 - (c) be responsible for decisions as to false starts in conjunction with the Race Committee;
 - (d) confirm that the starting equipment is in good working order;
 - (e) communicate to the other race officials on the start line that all is ready to start;
 - (f) order the competitors to take their places and carry out the start according to the racing rules;
 - (g) as required, perform the duties of the Aligner by calling the competitors to to the start line;
 - (h) start the race according to the race rules when satisfied that the circumstances of the start are fair and safe.
- 7.06 The Aligner shall enforce the race start line rules including:
- (a) make sure competitors have sufficient room on the start line;
 - (b) correct unsafe and/or unfair starting conditions;
 - (c) ensure competitors line up according to seeding if this format is in place;
 - (d) bring competitors to the start line and notify the starter when the start line is ready.
- 7.07 The Athlete Representative(s) shall:
- (a) be nominated into the position by SUPAA committee and/or the Head Race Director;
 - (b) be composed of at least one and no more than three current SUPAA members;

- (c) have competed in a SUPAA sanctioned event within the last two years;
- (d) consult with the Race Committee before, during and after an event;
- (e) assist in any decisions regarding changes in the event;
- (f) provide to SUPAA headquarters one week after the conclusion of the competition a report including their experience at the event and suggestions for improvement.

7.08 The Course Umpire(s):

- (a) shall ensure that before and during a race the rules are complied with;
- (b) shall ensure that all race vessels are operating according to SUPAA regulations;
- (c) may give directions to the competitors during only Junior races;
- (d) shall cancel the race in the event of inclement or unsafe weather;
- (e) shall report to the Chief Official immediately after the race to report any infractions;
- (f) in the case of any unforeseeable circumstances, must work to control any external interferences.

7.09 The Chief Safety Director shall:

- (a) approve all race courses with local coast guard and law enforcement agencies;
- (b) consult with the Race Committee to approve all race courses or changes to race courses;
- (c) ensure all race support vessels operate according to SUPAA and Coast Guard safety regulations;
- (d) ensure all race officials and competitors are made aware of local tides, currents, obstacles and weather conditions;
- (e) release a specific race day forecast within 24 hours of an event start time;
- (f) update the race day forecast as necessary until the official race start time;
- (g) ensure that the SUPAA approved safety protocol is in place at least 72 hours prior to an event;
- (h) ensure all race officials and competitors are made aware of the safety protocol as written in the race rules;
- (i) facilitate in the execution and implementation of safety protocol.

7.10 Finish Line Judges/Timekeepers:

- (a) shall position themselves at the finishing post as near to the finish line as possible and in a position that allows the entire finish line to be clearly seen;
- (b) shall be responsible for recording the order in which the competitors pass the finish line;
- (c) shall consult photo/video finish line media to determine a tiebreaker;
- (d) shall ensure the finish line is set up according to SUPAA regulations;
- (e) position shall be held by the Competition Manager;
- (f) shall consult and organize all results;
- (g) timers are responsible for recording the times either digitally or manually;

- (h) shall immediately inform the Head Race Director of official results.
- 7.11 The Announcer must have all announcements approved by the Deputy Race Director and shall announce:
- (a) the start time of each race;
 - (b) important updates from any race official;
 - (c) position of the competitors during the race;
 - (d) the official results;
 - (e) other announcements pertaining to the event.
- 7.12 The Media Officer:
- (a) must supply information to representatives of the media before, during and after an event;
 - (b) is authorized to ask for information from the Deputy Race Director;
 - (c) should work with SUPAA to provide pre and post race media publicity.

Article 8: Certification of Officials

- 8.01 All SUPAA officials must be at least 18 years of age.
- 8.02 An official candidate or official must be a member in good standing of SUPAA.
- 8.03 Certification as a SUPAA official is based upon examination and interview.
- 8.04 SUPAA examinations are based on these rules and practical race experience.
- 8.05 A certification fee will be charged to the SUPAA certified individual upon successful completion of the certification.

Article 9: Entry Fees

- 9.01 Entry fees must be paid in order to receive an official SUPAA finish time.
- 9.02 Entry fees should not be more than \$200 per competitor, per race.
- 9.03 Entry fees will not be refunded due to disqualification or withdrawal from the event.

Article 10: Prize Money

- 10.01 Final minimum prize money amount must be posted at least 3 months prior to an event.
- 10.02 Prize money minimum breakdowns must be followed as per Appendix B.
- 10.03 All prize money must be paid onsite upon completion of the event.
- 10.04 Shall be paid to only one professional class as designated by the Head Race Director.
- 10.05 The advertised prize money shall be the gross amount minus legally prescribed taxes of the event country if event organizers handle tax payments.
- 10.06 If paying by bank transfer the event has 7 days to complete payments for all competitors who have provided banking details. Prize money is forfeit if a competitor has not provided banking details by two months after the event is completed.
- 10.07 Should an event fail to pay a competitor within 7 days of the event finish date or from the date the correct bank details are provided, the event will lose SUPAA sanctioning in the subsequent year for any event in which the Head Race Director in question is involved. (effective 2015)
- 10.08 Failure to comply with prize money rules will result in a loss of SUPAA sanctioning in the subsequent year for any event in which the Head Race Director in question is

involved as well as the existing infracting event. (effective 2015)

Article 11: Scheduling

- 11.01 SUPAA events must work in a best effort to schedule non-conflicting dates worldwide but especially regionally.
- 11.02 Events with \$10K or more in prize money will coordinate with other events, within 1,000 miles and with \$10K or more in prize money, to operate within 2-weeks of each other and with the same Pro board class size.
- 11.03 Event dates must be announced at least 3 months in advance.
- 11.04 Event dates must not change within 3 months of scheduled date.

Article 12: Safety

- 12.01 Safety protocol and plans shall be overseen by the Chief Safety Officer.
- 12.02 Each event must have a written safety protocol at least 1-week prior to the event date and shall include:
 - (a) alternate foul weather courses if geographically possible;
 - (b) at least one EMS team on standby at or near the event site;
 - (c) designated competitor extraction points;
 - (d) at least one safety vessel for every 40 paddlers in any race;
 - (e) at least one safety vessel or lifeguard for every 20 paddlers in a beach course with waves of 1 meter (3 ft) or more;
 - (f) compliance with local coast guard laws;
 - (g) communication systems between all race personnel.
- 12.03 Vessel operators shall:
 - (a) be qualified to operate a vessel under local laws;
 - (b) be of at least 18 years of age;
 - (c) understand all safety procedures as dictated by the Chief Safety Officer;
 - (d) themselves or a passenger be water safety and/or CPR certified;
 - (e) have direct communication with the Chief Safety Officer during the race;
 - (f) have at least one additional safety personnel on the vessel;
 - (g) provide race updates to the Head Race Director;
 - (h) not produce a wake greater than 6 inches within 100 meters of any competitor. If it is necessary for a race vessel to accelerate then they must first idle at least 100 meters at a 45 degree angle from the nearest competitor and the direction of the course.
 - (i) be marked with a flag or other designation as an official race vessel;
 - (j) ensure the safety of competitors on the racecourse at all times;
 - (k) monitor the weather and report any changes to the Chief Safety Officer;
 - (l) be present at the front, middle and end of a race course.
- 12.04 All competitors in SUPAA distance events must wear a leash regardless of local marine laws.
- 12.05 A paddler who is distressed should wave their hands or paddle in a back-and-forth motion above their heads.
- 12.06 Competitors who see another paddler in distress should assist the paddler and help to

gain the attention of the closest safety personnel.

Article 13: Event Website

- 13.01 Event website should include the following no less than 3 months prior to event:
- (a) racecourses with maps and distances. Alternate courses should also be available;
 - (b) detailed schedule of the event. Schedule should include times for registration, race starts and awards ceremony;
 - (c) information on how to register for the event;
 - (d) total prize money and detailed breakdown;
 - (e) address for event site;
 - (f) board drop off and event site logistic information;
 - (g) any additional event information and updates.

Article 14: Race Meeting

- 14.01 Race meeting is mandatory for all SUPAA events and shall:
- (a) be conducted by the Head Race Director;
 - (b) explain race courses, start/finish sequences;
 - (c) dictate an update on race weather, tides and winds;
 - (d) explain safety protocol;
 - (e) take place at least 30 minutes, and not more than 1 hour before race start time.

Article 15: Race Courses

- 15.01 All SUPAA events must adhere to certified racecourse rules unless otherwise given permission by SUPAA.
- 15.02 In the event of sustained winds over 25 knots a race course shall:
- (a) if geography allows, be adjusted to have straight upwind or downwind sections that make up at least 40% of the race;
 - (b) 'upwind' and 'downwind' shall be defined as in a direction that is within 20 degrees of the prevailing wind direction.
- 15.03 All SUPAA courses must be measured by GPS and be within 300 m (984 ft) of the advertized length for any race other than a Sprint Course and Ultra Distance. Sprint courses must be within 25 m (82 ft). Ultra Distance must be within 1 km (.6 mi).
- 15.04 Sprint Course:
- (a) must be at least 100 m (328 ft) and no longer than 1000 m (.62 mi);
 - (b) shall have no more than 10 competitors in each race/heat;
 - (c) shall have no more than 1 buoy turns;
 - (d) shall have the first and last buoy turns no less than 50 m (164 ft) from the start line;
 - (e) shall have a heat system that requires no more than 6 rounds to reach the final;
 - (f) shall have no running portion.
- 15.05 SUPAA Beach Course:

- (a) is defined as a race that takes place in a 1.5 km (.93 mi) square area in front of the start line;
- (b) if held in conjunction with a two-race mandatory Pro Event, must be at least 3 km (1.86 mi) and no more than 8 km (4.97 mi);
- (c) if held as a single event, must be at least 5 km (3.1 mi) and no more than 10 km (6.21 mi);
- (d) must hold elimination heats if 100 or more competitors are registered in any single category;
- (e) must have the first buoy turn no less than 100 m (328ft) from the start line when 40 or fewer competitors are present;
- (f) must add 10 m (33 ft) to the distance of the first buoy for every 10 competitors after 40;
- (g) must have the last buoy turn no less than 100 m (328 ft) from the finish;
- (h) must not have a running portion that is no greater than 100 m (328 ft) per lap.

15.05 SUPAA 5K Short Course:

- (a) is defined as a racecourse that is 5 km (3.1 mi) long;
- (b) must have no more than 8 buoy turns;
- (c) must have the first buoy turn at least 100 m (328 ft) from the start line when 40 or fewer competitors are present;
- (d) must add 10 m (33 ft) to the distance of the first buoy for every 10 competitors after 40;
- (e) must have the last buoy turn no less than 100 m (328 ft) from the finish;
- (f) must have no running portion.

15.06 SUPAA 10K Mid-Distance Course:

- (a) is defined as a racecourse that is 10 km (6.2 mi) long;
- (b) must have no more than 8 buoy turns;
- (c) must have the first buoy turn at least 100 m (328 ft) from the start line when 40 or fewer competitors are present;
- (d) must add 10 m (33 ft) to the distance of the first buoy for every 10 competitors after 40;
- (e) must have the last buoy turn no less than 100 m (328 ft) from the finish;
- (f) must have no running portion with the exception for courses that require a portage.
- (g) a portage must not be more than .5 km (.3 mi) long.

15.07 SUPAA 16K Pro Distance Course:

- (a) is defined as a racecourse that is 16 km (9.9 mi) long;
- (b) must have no more than 12 buoy turns;
- (c) must have the first buoy turn at least 100 m (328 ft) from the start line when 40 or fewer competitors are present;
- (d) must add 10 m (33 ft) to the distance of the first buoy for every 10 competitors after 40;
- (e) must have the last buoy turn no less than 100 m (328 ft) from the finish;
- (d) must have no running portion with the exception for courses that require a

portage.

(f) a portage must not be more than .5 km (.3 mi) long.

- 15.08 SUPAA 52K Ultra Distance Course is defined as a racecourse that is 52 km (32 miles) long.
- 15.09 SUPAA Downwind Course is defined as a course that runs downwind within 20 degrees on either side of a historically consistent wind speed of 10 knots or more.
- 15.10 SUPAA Gate Course:
- (a) is defined as a course that allows competitors to choose which buoy (gate) they will round;
 - (b) two buoys must be placed within 10 meters (33 ft) of each other to form a 'Gate';
 - (c) shall be no longer than the SUPAA Sprint Course length;
 - (d) competitors shall be instructed by the Head Race Director as to which way they may turn through either the left or right gates.
 - (e) competitors that turn the wrong way through a gate will be disqualified.
 - (f) shall adhere to the SUPAA Sprint Course format rules.
- 15.11 SUPAA Unlimited Course:
- (a) any course that is approved by SUPAA and does not fall into any of the categories as outlined in Article 15.

Article 16: Buoys

- 16.01 Defined as an object a SUPAA course requires a competitor to paddle by on a specified side;
- 16.02 Must be secured in a manner in which it does not move more than 1 meter in any direction;
- 16.03 Only an inflatable buoy or solid mark may be used as a buoy.
- 16.04 Boats are never to be used as a buoy mark on the course unless the boat is anchored in completely flat water.
- 16.05 Are to be placed in a quantity and distance as specified in Article 15.
- 16.06 Must be set in their final racecourse positions before the race meeting begins.
- 16.07 Must not have any ropes or other obstacles hanging from the sides.

Chapter 3: Racing Regulations

Article 17: Race Start

- 17.01 Shall be executed by the Starter and the Aligner as outlined in Article 7.
- 17.02 Shall be approved and adjusted by the Race Committee.
- 17.03 When there are 60 or more paddlers there must be separate starts for men, women and board classes.
- 17.04 If the race has a cash prize then there will always be separate male, female and board class starts.
- 17.05 Sprint courses always have separate starts for men, women and board classes.
- 17.06 Shall use a single horn blast or starter gun.
- 17.07 Shall work in a best effort to sound the start signal from the middle of the start line.

- 17.08 Shall provide a safe and controlled means for beginning a race.
- 17.09 Shall not give an unfair advantage with wind, current, waves or other external factors on the start line.
- 17.10 Shall start according to the published race time and format.
- 17.11 Shall start within 5 minutes of the published race start time.
- 17.12 Shall bring the competitors to the start line no greater than 10 minutes and no less than one minute before the start.
- 17.13 Any competitor who does not follow the instructions of the Starter or the Aligner or who is ahead of the start line once the starting sequence has begun shall be given a false start.
- 17.14 Alternative race starts may be made in the case of unique geography, race formats or conditions. All alternative starts must be approved by a SUPAA certified official.
- 17.15 Race start sequences shall be as follows:
Unlimited Men
Pro Men
Unlimited Women
Pro Women
Open Men
Open Women
- 17.16 There shall be no fewer than 3 minutes between each start and no more than 10 minutes.
- 17.17 Beach Start:
- (a) Shall be parallel to the water.
 - (b) Shall be no less than 1 meter (3.3 ft) and no greater than 5 meters (16.4 ft) from the highest water line.
 - (c) Shall be marked on both ends by a set of flags.
 - (d) Shall have a start line that provides 1 meter for each paddler on the line (100 paddlers, 100 meter length start line).
 - (e) Shall use a black rope, tied at the bottom of the end flags, to mark a straight start line in the sand.
 - (f) If a rope is not available then there must be a flag placed every 5 meters (16 ft) along the start line.
 - (g) The Starter will bring competitors to the start line with the command, 'racers to the line' and/or a single short horn blast, no greater than 1 minute before the start.
 - (h) Racers must have their foot on the black rope, but not completely over.
 - (i) If flags are used for the line, competitors must align their body with the flags.
 - (j) Any competitor with their body completely in front of any start flag will be given a false start by the Race Committee.
 - (k) Any competitor that has their foot completely over the black line will be given a false start by the Aligner.
 - (l) The Aligner may record the name and number of the competitor

- and let them know they have a false start at the earliest possibility.
- (m) Once the Aligner determines that a fair start line has been formed the Starter will begin the race on a single long horn blast.
 - (n) Unsafe Beach Start conditions include winds in excess of 30 knots, insufficient space on the beach and natural or man-made obstacles. Follow the protocol in article 17.18 if beach start conditions are not safe.

17.18 Water Start:

- (a) Shall be facing in a direction that is perpendicular to the first turn buoy.
- (b) Shall be marked on either side by a set of buoys that are no larger than 1 meter in diameter.
- (c) Start buoys shall use a chained anchor line.
- (d) Start buoys must not move more than 1 meter (3.3 ft) in any direction.
- (e) Shall provide 1 meter of length on the start line for every paddler on the line.
- (f) The Starter shall call paddlers to the start line with the command, 'racers to the line' or one short horn blast, no greater than 30 seconds and no less than 5 seconds before the official start time.
- (g) Competitors must work in a best effort to not be within 1 meter (3.3 ft) of the start line before they are called to the line by the Starter.
- (h) Competitors with their body completely in front of the buoys before the start horn sounds will be given a false start.
- (i) In the event of high winds or choppy seas, racers may be asked to sit on their boards behind the start buoys.
- (j) Once competitors are called to the line the race shall start within the next 5 seconds on a single, long horn blast.
- (k) If the Starter or Aligner 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.
- (l) A pre-start line may be established in order to gain more control of competitors. This line will be 4 m (13 ft) behind and parallel to the start line. Competitors will be called to the pre-start line 1 minute before the start with a single short horn blast. The pre-start line will be enforced in the same manner in which the start line is. The Starter shall call competitors to the start line with the command, 'racers to the line' or a second short horn blast. The race will then begin in the next 10 seconds on a third long horn blast.

17.19 Downwind Start:

17.20 Shall follow the rules for Beach or Water start when geography and conditions allow.

17.21 If the start is an open ocean start then protocol for a Water Start shall be followed with these amendments:

- (a) There shall be a pre-start line marked by boats or buoys no less than 20 m (66 ft) upwind of the start line and no greater than 50 m (164 ft).
- (b) The Starter shall call competitors to the pre-start line no more than 10 minutes and no less than 2 minutes before the start.
- (c) The pre-start line will be enforced the same as a start line.
- (d) The Starter shall call racers to the start line with two horn blasts and the raising of a flag.
- (e) The race will now start on the next long horn blast and lowering of the flag within 15 seconds.
- (f) Any competitor with their body in front of the start buoys at the official start will be given a 2 minute time penalty.

17.22 Sprint Start:

17.23 Shall follow the required starting rules as outlined in Article 17

17.24 Competitors will receive a false start if they are not present on the start line once the start sequence has begun for their heat.

17.25 Starters shall not wait for any tardy paddlers.

17.26 Alternative race starts may be made in the case of unique geography, race formats or conditions. All alternative starts must be approved by a SUPAA certified Race Official.

17.27 False Starts:

17.28 Competitors over the line once the Starter calls, 'racers to the line', will be given a false start.

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

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

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

17.32 In the event of a False Start on the start horn for any Pro SUPAA Distance Event, competitors will be given a 2-minute time penalty. If the False Start is more than two seconds before the horn then the competitor will be disqualified.

17.33 A False Start on the final start horn for a Sprint Race will result in a long horn blast by the Starter to bring all competitors back to the line. The competitor will be issued a false start and subsequently disqualified on the second False Start infraction.

17.34 Failure to Start:

17.35 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.

17.36 Paddlers who are late for their heat start time will be disqualified and not allowed to compete.

17.37 Re-Start:

17.38 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.

Article 18: Finish

- 18.01 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.
- 18.02 Competitors must be on their boards for at least three seconds with paddle in hand in order to receive a complete Water Finish.
- 18.03 Competitors must have their paddle in hand and in control to be given a complete Beach Finish.
- 18.04 Competitors without a paddle or not in control must re-cross the Finish correctly before receiving an official placing and time.
- 18.05 The Finish Line judge will notify any competitors of infractions as soon as they occur.
- 18.06 Competitors must clear the finish line area as soon as they cross the line.
- 18.07 It is the responsibility of the Race Director to designate board caddy's who will clear the finishers boards' from the finish line area.
- 18.08 All SUPAA events with more than \$10K in prize money must have video of the top 10 finishers in the prize money category.
- 18.09 All SUPAA sanctioned Sprint Races with more than \$10K in prize money must have video for the finishes of each heat and the finals.

Article 19: Drafting

- 19.01 Not allowed out of board class or gender.
- 19.02 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.
- 19.03 If there is a combined male and female start, either sex will be given 200 meters from the start to clear each others draft.
- 19.04 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.
- 19.05 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.
- 19.06 Competitors will be disqualified for drafting any water craft on the racecourse that is not in the same class or gender.

Article 20: Paddling on the Course

- 20.01 A competitor will not be disqualified for touching a turn buoy, unless, in the opinion of the Course Umpires, an advantage has been gained. This may include picking up and moving the mark with hands or a paddle.
- 20.02 A competitor will be disqualified if they round a buoy or gate in the wrong direction.
- 20.03 Competitors may deviate from the course, providing they make all of the marks and do not impede other competitors.
- 20.04 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.
- 20.05 Competitors that take more than five consecutive paddle strokes from their knees will be disqualified from Pro Class categories.
- 20.06 Stand up paddle boards shall be propelled only by means of human-powered,

single-bladed paddles.

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

Article 21: After The Race

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

21.02 Boards selected by the Competition Committee for board control must immediately proceed to post-race board control. A competitor must not leave the sight of the Board Controllers prior to reporting.

Article 22: Disqualifications

22.01 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.

22.02 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.

22.03 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.

22.04 Any competitor that displays unsportsmanlike conduct before, during or after an event may be disqualified.

22.05 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.

22.06 The Deputy 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. The competitor shall sign the notice of disqualification, which shall note the time at which the notice of disqualification was received by the competitor. Time for the filing of a protest against the disqualification starts at the time the notice of disqualification is signed.

Article 23: Protest

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

23.02 A protest must be filed in writing 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.

23.03 Protests may be made against another competitor or against a disqualification by a Race Official.

23.04 A fee of \$50 USD shall be paid to the Race Director for a filed protest. The fee shall be refunded if the protest is upheld.

- 23.05 When a protest is made against a competitor or Race Official, all parties in question shall be given the potest to read.
- 23.06 All protests must have a 3rd party witness or photo/video evidence in order for the protest to be upheld or denied.
- 23.07 Protests will be decided on by the Competition Committee through first-hand accounts as well as any photographic and video evidence.

Article 24: Competitor Classification

- 24.01 The 'SUPAA Pro Class Competitor' is any athlete that places in the top ten finishers of a SUPAA Event with prize money. Paddlers may register in the Pro Class but will not officially be a SUPAA Pro Class Competitor until they place in the top ten finishers of a SUPAA Pro Event.
- 24.02 The SUPAA Pro Class will be the class that is given prize money. No other class shall receive prize money. If an event does not have prize money then the SUPAA Pro Class will be the class in which the Race Director sees the most potential for participation.
- 24.03 The SUPAA Pro Class must use the same board class size for all races in an event.
- 24.04 The 'SUPAA Age Group Class Competitor' is any athlete that competes in the SUPAA Age Group Class at a SUPAA Event. All competitors who are not in the SUPAA Pro Class will be SUPAA Age Group Class competitors.
- 24.05 There must be at least three competitors to form a class.
- 24.06 In 2015 SUPAA will introduce a SUPPA Junior Board Class size that will be ages 13 and under.
- 24.07 See Appendix C for SUPAA Age Group Class breakdowns.

Disclaimer: Any modifications, alterations, deletions or additions to this document may be considered for approval upon submission. It is our goal to continue to improve the SUPAA Rulebook so that it may better serve the athletes, race officials and all stand up paddle constituent groups.

Appendix A Race Day Information Kit

This form and all other SUPAA forms are available for download on our website at: <http://supathletes.com/forms/>

Appendix B
Prize Money Breakdown

Place	Prize Money
1st	50%
2nd	35%
3rd	15%

Place	Prize Money
1st	45%
2nd	25%
3rd	15%
4th	10%
5th	5%

Place	Prize Money
1st	35%
2nd	20%
3rd	12%
4th	10%
5th	8%
6th	5%
7th	4%
8th	3%
9th	2%
10th	1%

Appendix C
Age Group Breakdowns

SUPAA Minnows	Ages 7 and under
SUPAA Stingrays	Ages 8-10
SUPAA Sharks	Ages 11-13
SUPAA Junior	Ages 14-17
SUPAA Age Group	Ages 18-40
SUPAA Age Group	Ages 41-51
SUPAA Age Group	Ages 52+