



## SunsetSUP: Friday, July 15<sup>th</sup> & August 19<sup>th</sup> SUP Race Individual Competition 2022 Rules & Event Guidelines

### Competitor Rules:

1. **Safety** – The safety of the participants, spectators, staff, and competitions is the number one priority and should be treated as such for all races.
  - a. **SUP Race:** It is mandatory all competitors wear a leash and have a PFD on the vessel in all races. Ages 15 and under the PFD must be on the person.
2. **Competition** - Competitors must be standing while paddling once a race has started until crossing over the finish line.
3. **Drafting: Share the Work** – Competitors should work together, alternating who's pulling the draft train at a time or distance interval agreed to pre-race or once the train forms.
  - a. What's not cool? *Falling into a draft train and never taking the lead, working spot.*
  - b. What's even less cool? *Letting others work the whole time then passing them at the finish.*
4. **Bumping** – DO NOT bump the board ahead of you or push other boards with paddles. This has consequences for the paddler and their equipment.
5. **Pre-Race Safety Meeting** – All competitors must attend the pre-race competitor meeting held day-of the event at approximately 5:45 p.m. and subject to change.
6. **Conduct** - It is the competitor's responsibility to act in a sportsman like fashion, avoid collisions at all times and obey the rules and safety guidelines.
  - a. Overly aggressive contact and/or un-sportsmen like conduct will not be tolerated and will result in disqualification as the sole discretion of event organizers. Examples include but are not limited to:
    - i. Purposely obstructing or interfering with another competitor.
    - ii. Causing damage or bodily harm to another competitor.
    - iii. Use of profane language toward any persons or competitor.

### Event Guidelines:

#### **SUP Race Individual Competition**

1. Race begins at approximately 6:00 p.m. and ends at approximately 8:00 p.m. These times are subject to change based on registration, weather etc.

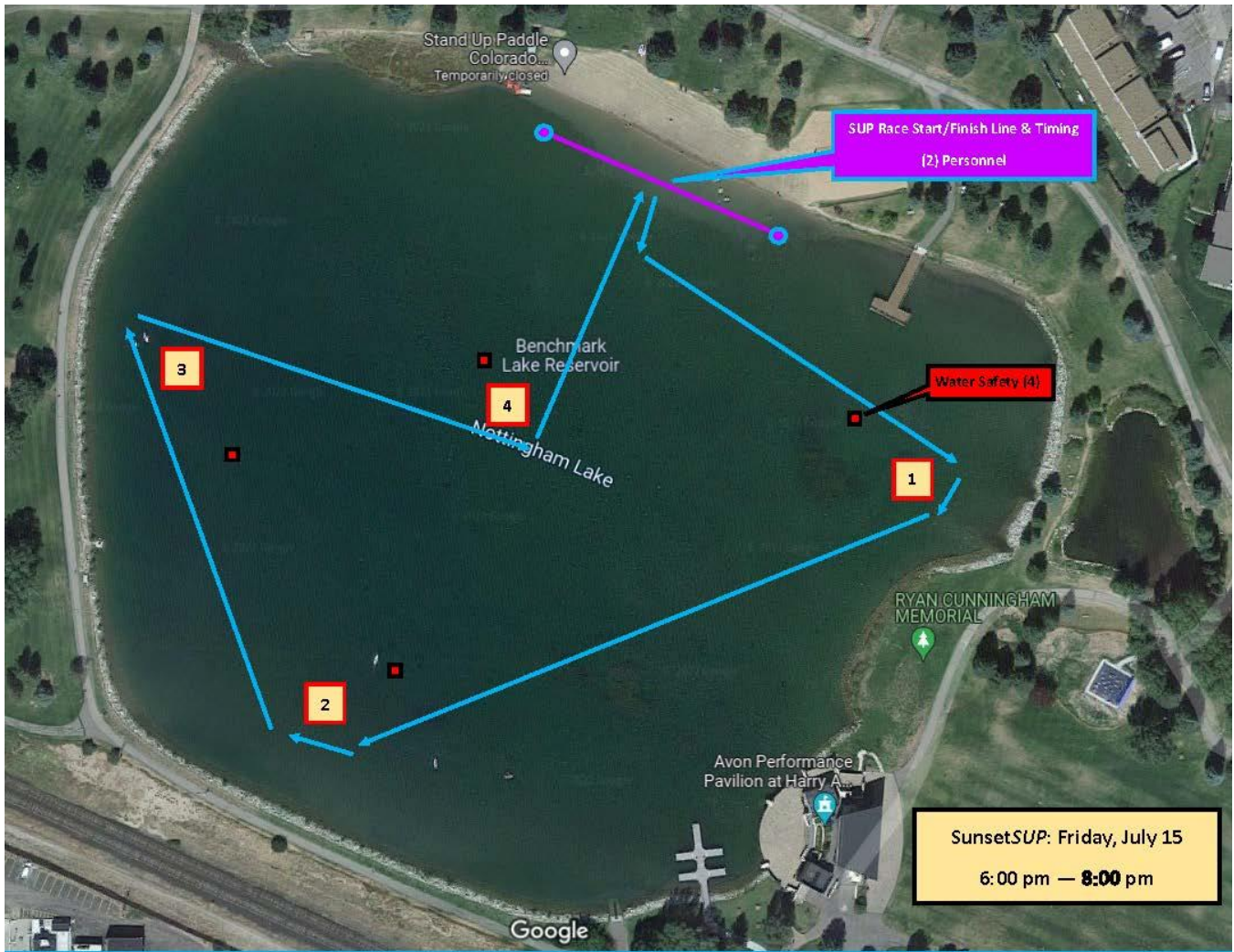
2. Registration:
  - a. Pre-register online at [Active.com](http://Active.com) until noon on Friday of race day.
  - b. Walk-up registration as space allows the day of is cash only and available between 4:30 and 5:30 p.m.
3. Categories for Adult SUP Competition
  - a. Unlimited Inflatable & Hard Board – 12'6 to 14 ft. in length; participants use their own board.
  - b. Stock Inflatable & Hard Board – 11 ft. in length and under; participants use their own board.
  - c. If you don't have a SUP board and want to compete, you can rent from [SUP CO](#) directly for a discounted rate of \$20.
4. Age Requirements:
  - a. Adults 15 years of age and older.
  - b. Kid's age requirements 14 years of age or younger.
5. Adult Race:
  - a. Two (2) laps in length taking between 15-25 minutes to complete.
  - b. Registration fee is \$15 per person.
  - c. Cash prizes for each category as outlined below in Section 7.
6. Kid's Race:
  - a. Both Inflatable and Hard Boards participate in the same race.
  - b. One (1) lap around the same course as adults.
  - c. No registration fees.
  - d. Prizes awarded by age group:
    - i. Ages 14 to 12
    - ii. Ages 11 and under
    - iii. Prizes for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only, no prizes for participation
7. Registration Fees and Cash for Grabs (a.k.a. Purse)
  - a. Registration fee is \$15 for all adult competitors
  - b. Purse for adult categories
    - i. 1<sup>st</sup> place = \$75 for each category
    - ii. 2<sup>nd</sup> place = \$50 for each category
    - iii. 3<sup>rd</sup> place = \$25 for each category
    - iv. Prizes for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place only, no prizes for participation
8. Race Type
  - a. The SUP Competition course is set up to have upwind, side or off the wind and downwind conditions. This type of course can allow for 2 loops or laps. See map.
9. Starting and Finishing Procedures
  - a. Starting Sequence- The start of the race shall provide a start timing sequence announced at the paddlers meeting that gives the paddlers a 3-minute and 1-minute warning before the mass water start.

- b. Water Start & Finish - Form a straight line between two points, timing personnel on SUP boards.

**Course Maps:**

**Sunset SUP Course – Friday, July 15<sup>th</sup>:**

**\*\*Subject to change**



**Sunset SUP Course – Friday, August 19<sup>th</sup>:**

**\*\*Subject to change**

