SunsetSUP: Friday, June 30th & July 28th
SUP Race Individual Competition
2023 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 for all competitors to 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 will be available between 5:00 and 5:30 p.m.

3. Categories for Adult SUP Competition
   a. Inflatable – 14 ft. in length and under; participants use their own board.
   b. Hard Board – 14 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.

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 1st, 2nd, and 3rd 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. 1st place = $75 for each category
      ii. 2nd place = $50 for each category
      iii. 3rd place = $25 for each category
      iv. Prizes for 1st, 2nd and 3rd 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: **Subject to Change**

SunsetSUP Course – Friday, June 30th:

SunsetSUP Course – Friday, July 28th: