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.
   b. **SUP-Squatch Race**: All ages and team members must wear a PFD.

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 11:45 a.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. Purposefully 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 12:00 p.m. and ends at approximately 1:30 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 8am on Sunday, September 3rd.
   b. Walk-up registration as space allows the day of is available between 10:30 and 11:30 a.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. Three (3) laps around the course.
   d. 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. Three (3) laps in length taking between 35-45 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
      i. 1st place = $250 for each category
      ii. 2nd place = $150 for each category
      iii. 3rd place = $75 for each category
      iv. Prizes for 1st, 2nd and 3rd place only, no prizes for participation

8. 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.

**SUP-Squatch Team Race**

1. Race begins at approximately 1:45 p.m. and ends at approximately 3:00 p.m. These times are subject to change based on registrations, weather etc.

2. Registration:
   c. Pre-register online at Active.com 8am on Sunday, September 3rd.
   a. Walk-up registration the day of is available between 10:30 a.m. and 1:00 p.m.
3. Teams of Eight (8) Categories
   a. Open to eight (8) teams consisting of up to eight (8) individuals.
   b. Space is limited and available on a first come-first serve basis.

4. Age Requirements:
   a. No age requirements.

5. Registration Fees and **Bragging Rights**
   a. $5 registration fee per individual; $40 maximum for a team of eight (8)
   b. Exhibition only (a.k.a. FUN)
   c. Winning team gets to brag all year long!

6. Race Type
   a. Out & Back Course will be set up to head either into the wind or downwind and then back in the opposite direction. Buoy #4 is turnaround location.
   b. Bracket-style team eliminations:
      i. 1st Race = Team 1 & Team 2 race
      ii. 2nd Race = Team 3 & Team 4 race
      iii. 3rd Race Team 5 & Team 6 race
      iv. 4th Race = Team 7 & Team 8 race
      v. 5th Race = Winners for first race and second race
      vi. 6th Race = Winners from third and fourth race
      vii. 7th Race = Winners from fifth and sixth race

7. Starting and Finishing Procedures
   a. Starting Sequence- The start of the race shall provide a start timing sequence announced at the paddlers meeting that would give the teams a 3-minute and 1-minute warning before the mass water start.
   b. Beach Start & Finish - Form a straight line identified by physical markers at the beach as well as timing personnel.
***SUP Water Polo - More Family Fun at the SUP Water Polo Field!***
Available on Sunday, Sept. 3rd
To play check in with SUP CO on-site at Nottingham Lake.

Summer's End Competition Courses
**Subject to change**