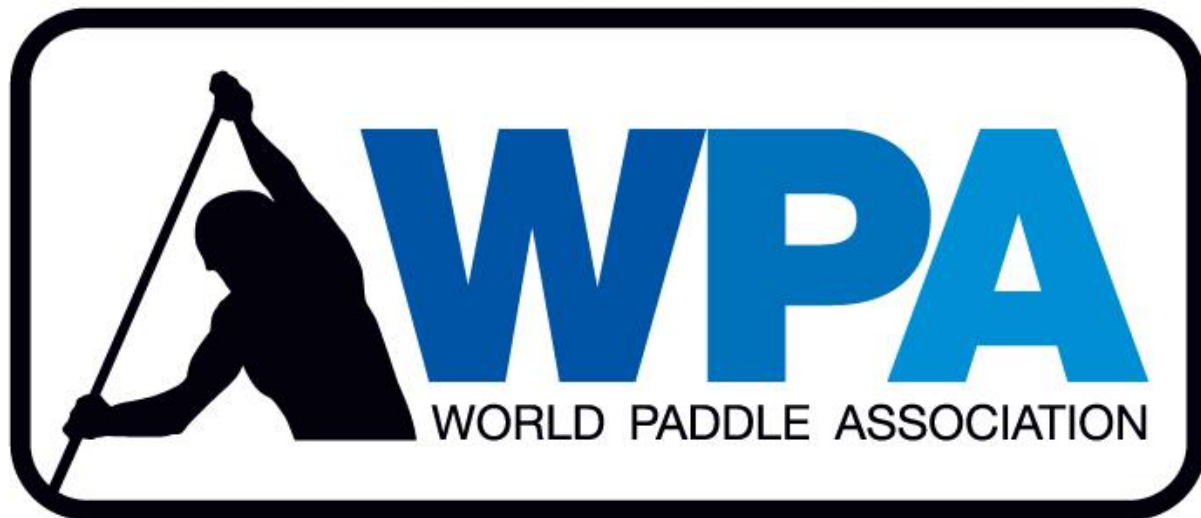
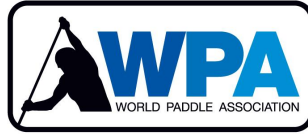


# 2019 EVENT RULES & GUIDELINES



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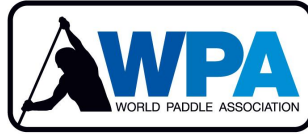


## EVENT RULES & GUIDELINES

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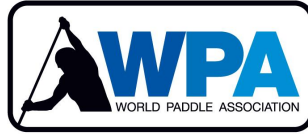


## EVENT RULES & GUIDELINES

### **WPA SAFETY STATEMENT**

***It is mandatory for all competitors to wear a leash and PFD in all Open water or specified races (see details on 3c). The safety of the participants, spectators, staff and competitions is the number one priority of the WPA and should be treated as such for all races. Race Directors need to post the typical conditions for their venue and also the day of conditions to be expected. Race Directors need to warn the competitors of any dangers that could occur and where all safety personal will be located on the course and venue as well as have a safety plan in place if adverse or dangerous conditions should occur during the race and communicating such during the pre-race competitors meeting. Race Directors need to remind all competitors of the hand signals to be used if someone is injured, danger (paddle in the air, waiving or erect) or in need of help but not injured (hand in the air). All competitors should be mindful with any persons that may be in danger during the course of the race and should assist or help get safety staff attention.***

***The United States Coast Guard recommends and in many states require wearing approved lifejackets and or PFD while operating human powered watercraft (HPC) such as a Stand Up Paddle board. Children 13 years old and under are required to wear a lifejacket at all times on the water while on all watercraft.***



## EVENT RULES & GUIDELINES

### 1. SUP Board Sizes Defined

a) **SUP UNLIMITED CLASS:**

No Restrictions except that the craft must be powered by a stand up paddler with a single blade paddle and no foil.

b) **SUP 14 Ft CLASS:**

Length - 14' ft and under

Board Weight - No Weight Restriction.

Board Design - No minimum dimensions.

c) **SUP 12'6" CLASS:**

Length - 12'6" ft and under

Board Weight - No Weight Restriction.

Board Design - No minimum dimensions.

d) **SUP Surfboard CLASS:**

Length - 12'2" ft and under

Board Weight - No Weight Restriction.

Board Design – Board must be a surfboard style in shape with the minimum dimensions,

Nose 17" wide(12" back from nose),14" tail (12" up from the tail) and maximum thickness of 5".

e) **SUP Foiling CLASS:**

No board length restrictions, craft must only have one single MAST with wings and fuselage, powered by a stand up paddler with a single blade paddle.

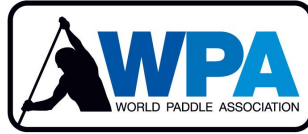
f) Multi Hull SUP's are NOT allowed except in the SUP Unlimited class.

g) Center Fin(s) must have only have two surfaces that are symmetrical and may NOT have one or multiple points protruding from any of the surfaces. Side fins may have two different shape surfaces.

h) Rudder(s) are only allowed when specified in selected races.

### 2. Definitions of SUP Board attachments and Paddle

- a) Fin: Fins may be of any length, width or shape, provided the Fin design does not promote the upward lift characteristics of a Foil and with the center fin always to be in line with the length of the board. Side fins may not be angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees). Fins are fixed to the bottom of the board, do not pivot, do not have controls for steering and must be in a fixed position throughout a stated race or format.

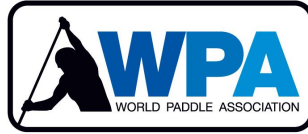


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- b) Foil: Foils are defined as any Fin that is angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees), or any Fin with appendages, or any Fin designed to promote an upward lift. Foils may be of any design and shall only be allowed in the SUP Unlimited Class.
- c) Rudder: Rudders are defined as any Fin or Foil that pivots in order to steer the board. The paddler will usually have a device on the deck that controls the angle of the Rudder in order to steer the board.
- d) Multi Hulls: Multi Hulls are defined as two or more separate hulls attached together in any manner, or any board with a concave bottom greater than two inches (2" or 5 cm) deep measured at any cross section on the bottom of the board.
- e) Length: The board length is measured from nose to tail at ninety (90) degree angles from the boards natural flat laying position with the deck facing up.
- f) Paddle- A paddle shall be a single blade design, with one blade on one end and a handle on the other end. The length of a paddle may be adjustable. A double ended blade paddle may be used while racing however will be scored as their own division based on board size and gender. A replacement paddle may be fixed to the board.

### 3. Competitor Rules and Safety

- a) A competitor must be standing while paddling once a race has started until crossing over the finish line. A competitor is allowed to sit, lay or kneel to rest without making forward progress. If a competitor takes more than five strokes while sitting, laying or kneeling once a race has started the competitor may be penalized, such as a time penalty for each occurrence. The exception would be for safety reasons where a competitor needs to avoid or may be put into a potentially dangerous situation that would put them or others at risk of injury and or property damage.
- b) A competitor shall only use the paddle, waves and wind to propel the board forward during a race. No outside assistance drafting a vessel not in the race, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed. Boat wakes are considered natural conditions unless a competitor is deemed as getting an unfair advantage over other competitors as with drafting (see drafting rule 4b).
- c) **Beginning August 13, 2016, it will be mandatory for all competitors to wear a leash and PFD in all Open water or specified races.** An Open water race is defined as a course being more than one quarter mile from shore, more than one quarter mile either direction from the race location, conditions that may warrant the use of a leash and PFD or as mandated by the race director and WPA. A leash is safety equipment that is attached to the competitor and the board. All other races will require leashes as extra safety for all competitors. Competitors shall attend all races meetings



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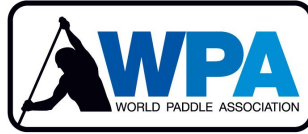
and read all race postings to keep themselves informed with the race details and conditions to be expected. Race Directors need to warn the competitors of any dangers that could occur and where all safety personnel will be located on the course during the pre-race competitors meeting. Competitors shall be mindful of the hand signals to be used if someone is injured, danger (paddle in the air, waiving or erect) or in need of help but not injured (hand in the air). All competitors should be mindful with any persons that may be in danger during the course of the race and should assist or help get safety staff attention. **The United States Coast Guard recommends and many states require PFD's while operating human powered watercraft (HPC) such as a Stand Up Paddle board.**

### 4. Definition of Participant skill level by Race

- a) Short Course (2-4 miles) Participant: A person that does not race on a regular basis or is just beginning to race in the sport and is also not interested in competing at a high level of competition. The racer most likely has not placed in the top 10 of their division in a race.
- b) Long Course (5+ miles) Participant: A person that races frequently and maybe interested in competing at a higher level with better paddlers. This person can also manage and adapt to various water conditions like with waves, current and more difficult conditions on the open ocean.
- c) Elite or Experienced Participant: It is recommended that a paddler must have proven their paddling abilities as follows: 1) Proven themselves in prior long course races. 2) Placed in the top 3 in a Short course division. 3) Consistently placed in the top 10 places in a long course division.

### 5. Race Directors Obligations and Safety Guidelines

- a) Every race director must adhere to the current years WPA SUP Event Rules & Guidelines that includes: complying to all the requirements listed on the WPA sanctioning application and submitting details through the WPA website to be posted, obtain and use liability insurance through the WPA insurance company (unless approval has been granted to accept other means of insurance equal or better), provide and have every participant sign a liability release before competing in a WPA sanctioned race, submit results on the required WPA results format that includes all competitors place, time, age or age division, gender and board division.
- b) The race director must form a race committee that will determine any decisions that need to be made during your event and with any competitor protests. The race committee should be five people in total and a minimum of three. A race committee must be an odd number of people.
- c) Race directors are required to communicate and post the following items at the Paddlers meeting before the start of any type of race:



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- Post all start times, course, and awards time.
- Have a copy of the WPA SUP Event Rules & Guidelines onsite for participants to review.
- Drafting rules and any other local rules.
- Conduct a Paddlers meeting at least 10 minutes before each race.
- Safety, to include PFD/Lifejacket requirements, leash requirements, location and description of all safety boats.
- Start sequence and finish areas.
- Location and time results will be posted.
- Provide all participant information with results to include age, gender, board size with Sup Surf, 12'6, 14' and Unlimited).

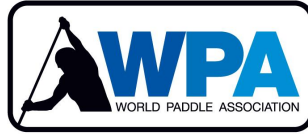
**d) Communicate the following Lifejacket requirements from the United States Coast Guard:**

The Coast Guard recommends and many states require wearing approved lifejackets and or PFD:

- While operating personal watercraft (PWC) such as a Stand Up Paddle board.
- During white water boating activities.
- Children 13 years old and under are required to wear a lifejacket at all times on the water while on any type of watercraft.

Check with your state boating safety officials and local laws.

- e) The race director must adhere to the minimum safety guidelines to insure that the competitor's overall safety is not compromised during the race with the following: 2 water safety crafts and one boat (minimum of one boat), 6 water safety personal of which there needs to be one certified lifeguard for every 50 participants, safety meeting during the pre-race meeting, plan of action for adverse weather and abandon course procedure.
- f) The race director agrees that the safety of the participants and competitions is the number one priority of the race director and the WPA and should be treated as such for all races. Race Directors need to post the typical conditions for their venue to include the day of conditions to be expected. Race Directors need to warn the competitors of any dangers that could occur and where all safety personal will be located on the course during the pre-race meeting. Race Directors need to remind all competitors of the hand signals to be used if someone is injured, danger (paddle in the air, waiving or erect) or in need of help but not injured (hand in the air). All competitors should be mindful with any persons that may be in danger during a race and should assist or help get safety staff attention.



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- g) All race directors and race organizers must keep in mind the forecast and conditions of the day with all races to be conducted on a safe and manageable course for the safety of all participants and staff.

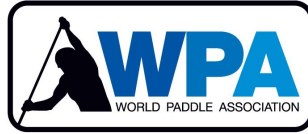
### 6. Race/Courses Defined

- a) Short Course – it is recommended that short course races should be conducted on a safe and manageable course free from going in and out of the surf. The course should be set at 2-4 miles in distance and no more than 4 miles.
- b) Long Course: it is recommended that long course races should be no less than 4 miles. The exceptions for less than 4 miles would be for conditions that would be considered unsafe, time deadline or multiple heats or races.
- c) Typical conditions- each race shall also define their race based on typical conditions for the venue and to consider the following factors: length of race, current, technical aspects (buoy turns or other), wind, chop, waves, and boat traffic. Each race shall use this as the general guideline for a person to select and enter the proper race based on their ability and skill level.

### 7. Race Types Defined

- a) Out & Back- Generally an Out & Back course will be set up to head either into the wind or downwind and then back in the opposite direction.
- b) Triangle- Generally a Triangle course will be set up to have upwind, side or off the wind and downwind conditions in the shape of a triangle. A Triangle course can be set up as multiple loops depending on the length of race and the race venue.
- c) Surf Slalom- A Surf Slalom is a race course that would be set up to go through the breaking waves or surf zone of a particular area with buoys placed outside of the surf area and inside the surf area.
- d) There may be multiply buoys for the racers or competitors to go around both outside and inside the surf area.
- e) Downwind- A downwind course is set up to run from point A to point B and to have participants race with the wind at their back the entire race with the starting line set at a location upwind from the finish. Distances will vary depending on the conditions of the location and typically downwind races are about 30% longer in length than a typical race. Be mindful about the start of the race as water starts in downwind races can be very difficult given constant movement of the competitors.
- f) Down Current- A down current course is set up to run with the current from point A to point B and to have participants race with the current the entire race with the starting line set at a location up





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current from the finish. Distances will vary depending on the speed of the current that are typically about 30% longer in length than a typical race. Be mindful about the start of the race as water starts in down current races can be very difficult given constant movement of the competitors.

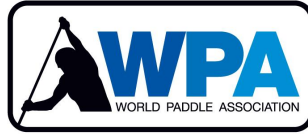
- g) A race director may choose to mix the combination of stated courses to give their event the best competition for racers, spectators and the safety for all attending their event. The race director also has the right to change or amend the course the day of the race given the conditions. Upon any change of course the race director must give all competitors advance warning and or announce their intentions at least 30 minutes before the race has started and more important before the competitors have left the launch area.

### 8. Starting and Finishing Procedures/Moving Mark

- a) Starting Sequence- A start of a race should provide a start timing sequence that is announced at the paddlers meeting that would give the paddlers a 5 minute warning before the first start of any interval and then start the fastest craft first with at least a one minute interval between craft starts so it will help eliminate congestion on the start line and drafting off a faster craft (out of class).
- h) Water Start- To form a straight line perpendicular to the first buoy rounding and between two points like with two buoy's, start boat and buoy, two start boats in the water or two designated stationary points.
- i) Beach Start- To form a straight line perpendicular to the first buoy rounding and between two points like with flags or other points of reference to determine the starting line in which racers will start. All competitors should be standing holding their board or in most cases to avoid a competitor starting before the signal, have the competitors stand beside their board with their board leaning against the competitor's leg and resting on the ground with the competitor's hand only touching the top rail of their board until the start of the race. This keeps the start fair without competitors moving forward before the start.
- b) Beach Finish- Where racers will exit the water and cross a point for reference like with two flags or other points of reference to determine the finish line. Paddlers must carry their paddle with them across the stated finish line.
- c) Moving Mark or Buoy- A race director must notify competitors of a moved mark or moving mark and either anchor the mark before the first competitor has reached the stated mark or replace the moved or moving mark so all competitors are racing the similar distance and or shape of course.

### 9. Drafting

- a) It is up to each race director to decide whether they want to allow drafting in their race based on the type of race. The WPA recommends that if a race director allows drafting that a racer may only draft off another competitor in the same board class, gender and number of competitors per



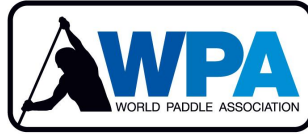
## EVENT RULES & GUIDELINES

board. In other words, if you are racing on a SUP 12'6" board and a female competitor, you may only draft off another female competitor on a SUP 12'6" board. A racer may NOT draft off any other board class, vessel or opposite gender. A competitor is allowed time to pass another competitor without a rules infraction however a competitor must make an effort to pass or move out away from the draft of the other craft to not incur a penalty or disqualification. The maximum time allowed without making progress to pass another craft is one minute. A time Penalty should be given for each infraction or disqualification for an extended breach of the drafting rule as determined by the race committee.

- b) It is suggested to have all 14' class competitors apply a piece of colored tape to the tail of the board so the craft size can be more easily identified. This needs to be announced in the Paddlers meeting.
- c) Drafting distance allowance: a competitor is declared drafting when they are inside 3 meters (10 feet) behind another racer and 2 meters (6.5 feet) on the side of another competitor without making an effort to pass. Competitor's have a 500 meter (546 yards) allowance from the start of a race to let competitors to get settled in the race. After 500 meters it is up to the racers and the race committee to police drafting. Please see rule 9a to help eliminate drafting out of class.

### 10. Violations/Penalties/Protest

- a) It is the competitor's responsibility to act in a sportsman like fashion, avoid a collision at all times and obey the rules as listed in the WPA rulebook and or listed by the race director. If there is overly aggressive contact or un-sportsmen like conduct during the time of a race that effects the outcome for a racer and they feel they have been penalized or interfered with that has caused the racer to lose positions, the competitor that was deemed penalized must file a written protest within 15 minutes of the last person to finish the race in question. In doing so the competitor must inform the other party(s) that they may have fouled during the course of the race and also bring in any witnesses to attest to their claim to the race committee (as defined in 5b). All protest decisions are final upon the committee's review and the protest committee may rule in favor or overrule the protest. Please note, each race director has the right to charge a fee to file a protest. The fee must be paid prior to the protest to be heard and the fee will be refunded if the protest is ruled in favor of person that filed the protest.
- b) Violations of the rules and or unsportsmanlike conduct by a competitor that is listed in the rulebook or that is posted by the race director but not limited to: purposely obstructing or interfering with another competitor, causing damage or bodily harm to another competitor with over aggressive behavior, use of profane language toward any persons or competitor while at a race, not rounding a mark or completing the proper course, over the start line early, not avoiding a collision and adhering to the drafting rules. Witness(s), video, images or other means of proof are highly suggested to validate one's violation claim for all parties affected.



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- c) The final penalty of a rules infraction is to be determined by the race committee and is suggested to give a time penalty based on the severity of the infraction. In extreme cases of a penalty, infraction, or rules violation, the race committee has the right to disqualify a competitor.

### 11. Race Board Divisions and Categories

#### Men

SUP Surfboard 12'2" & under(short course only for rankings)  
12'6" & under  
14' & under  
Unlimited  
Foil  
Kids/Juniors (8 & U, 9-11, 12-14, 15-17) on a 12'6" and under

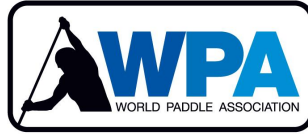
#### Women

SUP Surfboard 12'2" & under(short course only rankings)  
12'6" & under  
14' & under  
Unlimited  
Foil  
Kids/Juniors (8 & U, 9-11, 12-14, 15-17) on a 12'6" and under

- a) Depending on the size of race, race directors should offer as many of the stated board categories, however you have the option to omit any of the categories if you so choose depending on regional challenges such as number of entrants, conditions, length of race, etc. These are only recommended categories from the WPA.

### 12. WPA Rankings & Divisions

- a) All WPA members will receive points from WPA sanctioned points races they have competed and finished by the ranked age divisions and overall ranking will be determined by board size and gender. Points will be given by region in the Long and Short courses for WPA sanctioned races unless otherwise noted.
- b) Ranked board classes will be offered for Sup Surf (short course only), 12'6, 14' and Unlimited for Men and Women. Sup Surfboard and 12'6 race board classes must be treated as two separate divisions to be ranked properly in each region.
- c) Ranked age divisions Long & Short course: 17 under, 18-39, 40-49, 50+. Kids/Juniors races age groups 8&U, 9-11, 12-14, 15-17. All competitors will be ranked overall by board class and gender (overall and age division ranking for each competitor).
- d) All ages are based on the age of the competitor at the start of any given race.



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- e) Any competitors that has a change of age in the middle of a year can begin accumulating points in the new age division however cannot carry over points from the previous age division.
- f) Final region points for rankings will be determined after the last race in each region for the year.

### 13. Suggested Participants to Support a Class & Age group

- a) Trophy- A minimum of 3 participants is recommended to make a class in any division to trophy.
- b) Every division regardless of the number of entries should always be acknowledged for their efforts and placing even if no trophy is offered.

### 14. Ranking Points System

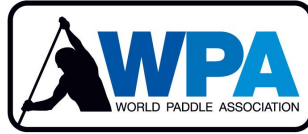
Points will be given to all finishers who are WPA members in each division in all sanctioned points races in each region. Points will be offered for both Short and Long course participants in sanctioned events based on the following points scale:

- a) Region Points breakdown 1<sup>st</sup> – 20<sup>th</sup> place

1	1000	11	300
2	880	12	260
3	780	13	230
4	680	14	200
5	600	15	180
6	520	16	160
7	500	17	140
8	440	18	120
9	380	19	110
10	340	20	100

21<sup>st</sup> place and higher will receive one less point each place (21<sup>st</sup>- 99, 22<sup>nd</sup>- 98, 23<sup>rd</sup>- 97).

- b) **Double points will be offered for National, Regional and State Championship sanctioned races. Points earned are calculated within each region. National race points will also be calculated for the National Race Series that only includes points from National races. See complete points breakdown by race type on [www.worldpaddleassociation.com](http://www.worldpaddleassociation.com).**
- c) If only one length of race is offered at any one sanctioned event, the race level to be ranked for points with either Short or Long course will be communicated by the race director prior to the start of the race.



### **EVENT RULES & GUIDELINES**

- d) Final region points for rankings will be determined after the last race in each region in the calendar year.
  
- e) **Please note, if a WPA sanctioned race is not using the PaddleGuru race solution that includes timing for results or does not upload the results from another source of timing for results, no points will be included for the competitors. It is the Race directors obligation to communicate if competitors points will not be offered for their race.**

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