



In Partnership with

SUP RACING RULEBOOK

March 2019

Web: www.supsa.org.za

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1. INTRODUCTION

The *SUPSA SUP Racing Rulebook* provides the administrative rules to guide event organisers and administrators in running an officially SUPSA sanctioned stand-up paddling (SUP) racing event. The *SUPSA SUP Racing Rulebook* also provides competitors participating in these respective events with the rules defining eligibility for entry as well as competitions rules.

The *SUPSA SUP Racing Rulebook* covers coastal and inland SUP events run in South Africa and applies international SUP sports code rules as set out by the International Surfing Association (ISA), as adhered to by Surfing South Africa (SSA). In addition, the World Paddle Association's *2012 SUP Racing Rulebook* was also consulted in preparing the *SUPSA SUP Racing Rulebook*.

The *SUPSA SUP Racing Rulebook* applies specifically to elite sanctioned events, where competitors can gain points towards a SUPSA national ranking. However, SUPSA encourages event organiser's and administrators running events not defined as elite sanctioned events, whether local or regional in nature, to adopt the policies and practices set out in the rulebook to align events to a national SUP sports code so as to further the growth and development of the sport in South Africa.

Any proposals for changes to the *SUPSA SUP Racing Rulebook* must be submitted in writing, with reasons for requesting the change, to the SUPSA Executive Committee at least 60 days before an Annual General Meeting. Any amendments, once approved, will be applied to SUPSA sanctioned contests as long as they are circulated to event organiser 30 days prior to the start of the specific event.

2. ABOUT SUPSA

Stand-Up Paddling South African (SUPSA) was established in late 2010 as a not-for profit national sports body to promote stand-up paddle (SUP) boarding in South Africa as a sporting and lifestyle activity. It caters for both surfing and race paddling disciplines, and encourages competitive and social SUP riders to participate in the sport through sanctioned SUPSA surfing and racing events. SUPSA is affiliated to Surfing South Africa. For more about information about SUPSA visit www.supsa.org.za.

Surfing South Africa (SSA) is the recognized governing body for the sport of surfing in South Africa. SSA is a member of the South African Sports Confederation and Olympic Committee (SASCOC), which, along with Sport and Recreation South Africa, controls all sport in South Africa. SSA is a founding member of the world's governing body for the sport, the International Surfing Association (ISA), www.isasurf.org. For more information about SSA visit www.surfingsouthafrica.co.za.

3. EVENT SAFETY STATEMENT

- 3.1 The safety of the participants, spectators, staff and competitions is the top priority of SUPSA and should be treated as such for all races. The event organiser needs to post the typical conditions for their venue and also post the expected conditions for the day on which the event is to be held. The event organiser needs to warn the competitors of any dangers that could occur and where all safety personal will be located at the venue (including the arena used for the race course) as well as have a safety plan in place if adverse or dangerous conditions should occur during the event and communicating such during the pre-event competitors meeting. The event organiser needs to remind all competitors of the hand signals to be used if someone is injured or in 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 of any persons that may be in danger during the event and should assist or help get safety staff attention.
- 3.2 SUPSA recommends wearing a personal floatation device (PFD) while doing SUP racing and to following ocean and inland water safety guidelines.

4. DRUG POLICY AND TESTING

- 4.1 Any competitor found to have taken or used any banned substances as outlined by WADA (World Anti-Doping Agency), including Cannaboids, or to have participated in other related doping practices prohibited by WADA will face the appropriate sanction as laid down by WADA. And the competitor will forfeit his/her event points, any ranking points contributed to national titles and any medals won.
- 4.2 SUPSA sanctioned events fall under the jurisdiction of SSA, the national governing body under the ISA. The ISA has signed an agreement with WADA and WADA guidelines will be applied for all ISA sanctioned events. If requested by SSA, SUPSA should conduct anti-doping tests as per ISA and WADA rules in their national championships. All results should be reported to the SSA.
- 4.3 A sample taken by WADA appointed agency shall be analysed by a laboratory accredited by WADA in accordance with WADA Regulations.
- 4.4 Any coach, trainer, medical practitioner, sports scientist or psychologist who aids, abets, counsels or is knowingly involved in an athlete's breach of doping regulations will face sanction.



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5. SUP RACING COMPETITION RULES

5.1 SUP RACING DIVISIONS

The following divisions will receive points for rankings to qualify for National Titles in their division:

- 5.1.1 *Open Men's Division* – male participants of any age are eligible to compete in this division.
- 5.1.2 *Open Women's Division* – female participants of any age are eligible to compete in this division.
- 5.1.3 *Junior Boys' Division* – male participants are under 18 years of age. An U18 competitor may not turn 19 years of age between 1st January and December 31st of the year in which they are competing in this division. At the event organiser's discretion, this division may include both the U18 Junior Boy Division and the U16 Junior Boy Division.
- 5.1.4 *Junior Girls' Division* – female participants are under 18 years of age. An U18 competitor may not turn 19 years of age between 1st January and December 31st of the year in which they are competing in this division. At the event organiser's discretion, this division may include both the U18 Junior Girls Division and the U16 Junior Girls Division. The event organiser may also elect to allow Junior Girls to compete together with Junior Boys in a "Junior" division
- 5.1.5 *Legends (Senior Men's) Division* – male participants over the age of 45 years. Must be 45 years or older as of the 1st January in the year of the competition. (This division was previously was known as the Legend's Division).
- 5.1.6 *Diva's (Senior Women's) Division* – female participants over the age of 45 years. Must be 45 years or older as of the 1st January in the year of the competition.
- 5.1.7 An event organiser may include more age divisions however cannot deviate from the age guidelines set for rankings unless there are insufficient entries for a stated age division.
- 5.1.8 An event organiser may also include Social race divisions for each gender and /or age group as desired in their event at their own discretion. A Social Race

5.2 TYPES OF SUP RACES AND COURSES DEFINED

The following point-to-point SUP races may be considered by the event organiser and may include ocean and inland waters or a combination of both:

- 5.2.1 *Long Distance Race* – is a race of 5 – 20 kilometres and may follow one of two race course formats: (a) an Out and Back Course set up to head either into the wind or downwind and then back in the opposite direction or (b) a Triangle Course 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.
- 5.2.2 *Short Course Race* – is a race of 1 – 7 kilometres and may follow one of two race course formats: (a) an Out and Back Course set up to head either into the wind or downwind and then back in the opposite direction or (b) a Triangle Course 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.
- 5.2.3 *Technical Race* – also know as a Surf Slalom, is a race of 1 – 7 kilometres where a race course 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. There may be multiple buoys for the competitors to go around both outside and inside the surf area.
- 5.2.4 *Downwind Race* – 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 30 – 40% longer in length than a typical Long Distance Race.
- 5.2.5 *SUP Team Relay Race* – is a race over a specified of 400 – 1000 metre per relay short course sprint that follows the Short Course Race or Technical Race format where Teams can consist of 2 women and 2 men or Juniors/Masters/Diva's making up a team of 4 members or more. The team order to paddle is at the discretion of the event organiser, although it is recommended that the following team order to paddle is used: Female SUP, Male SUP, Female SUP, Male SUP. Beach start from team box by competitor, running to water and collecting equipment, paddling out and back around marker buoy, leaving equipment and running up beach to box for changeover to next competitor. Final competitor to sprint to prearranged finish line within 50 metres of the team boxes.
- 5.2.6 *Paddle Team Relay Race* – is a race over a specified of 400 – 1000 metre per relay leg short course sprint that follows the Short Course Race or Technical Race format where 1 women and 1 man each from the SUP and paddleboard disciplines make up a team of 4 members. The team order to paddle is at the discretion of the event organiser, although it is recommended that the following team order to paddle is used: Male Paddleboard, Female SUP, Female Paddleboard, Male SUP. Beach start from team box by competitor, running to water and collecting equipment, paddling out and back around marker buoy, leaving equipment and running up beach to box for changeover to next

competitor. Final competitor to sprint to prearranged finish line within 50 metres of the team boxes. (This follows the race format for the ISA World SUP and Paddleboard Championships).

- 5.2.7 Sprint Race – is a sprint race over a short course usually between 200m and 400m long from point A to point B. Multiple heats may be held with a knock out format with the top placed finishers progressing to a final to determine the ultimate winners.
- 5.2.8 An event organiser 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 event organiser also has the right to change or amend the course the day of the race given the conditions. Upon any change of course the event organiser must give all competitors advance warning and or announce their intentions at least thirty (30) minutes before the race has started and before the competitors left the launch area.
- 5.2.9 Only the race formats listed in 5.2.1, 5.2.3, 5.2.4, and 5.2.7 shall be considered for sanctioning as part of the SUPSA sanctioned race series. Races may be considered for sanctioning either on their own or the results of a combination of races at one event may be combined into an overall result.
- 5.2.10 The race formats listed in 5.2.2, 5.2.5, and 5.2.6 will generally be preferred for Social Races or Classes either on their own or in combination with the elite sanctioned races, but their results shall not be considered in the rankings.

5.3 SUP BOARD SIZE FOR SANCTIONED ELITE EVENTS

The SUP board size for all sanctioned elite races is the SUP 14ft Class. (Board sizes at the discretion of the event organiser for non-sanctioned racing events). The results of racers racing boards in the unlimited class shall not be included in the rankings.

5.4 SUP BOARD SIZES DEFINED

5.4.1 SUP unlimited class:

- Length – No length restriction.
- Board Weight – No weight restriction.
- Board Design – No minimum dimensions.
- Rudder – no restriction.

5.4.2 SUP 14ft class:

- Length – 14ft maximum.

Board Weight – No weight restriction.
Board Design – No minimum dimensions.
Rudder – must be fixed

5.4.3 *SUP 12'6" class:*

Length – 12ft 6in maximum.
Board Weight – No weight restriction.
Board Design – No minimum dimensions.
Rudders – must be fixed.

5.4.4 *Paddleboard class:*

Length – 12ft maximum.
Board Weight – No weight restriction.
Board Design – Board must be a paddleboard style in shape with the minimum dimensions.

5.4.5 *Inflatable 12'6 class*

Length – 12'6 maximum
Board Weight – No weight restriction
Board design – min. width 30"
Rudders – Must be fixed

5.5 SUP BOARD DESIGN RESTRICTIONS DEFINED

- 5.5.1 Boards must be single hulls, twin hulls (catamarans) are not allowed.
- 5.5.2 Fin(s) are allowed, except for fins that have one or multiple points protruding from any one fin.
- 5.5.3 Foil(s) are not allowed on any fins or attached to a board.

5.6 DEFINITIONS OF SUP BOARD ATTACHMENTS AND PADDLE

- 5.6.1 *Fin(s)* – fins may be of any length, width or shape, provided the fin design does not promote the upward lift characteristics of a Foil and is not angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees). Fins are stationary or non-correctional, that is; fixed to the bottom of the board, do not pivot and do not have controls for steering. A fin box is allowed.

- 5.6.2 *Foil(s)* – 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 on Unlimited Class boards.
- 5.6.3 *Rudder* – A rudder is 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.
- 5.6.4 *Twin Hulls* – Twin hulls (catamarans) are defined as two separate hulls attached together in any manner, or any board with a concave bottom greater than two inches (2in or 5cm) deep measured at any cross section on the bottom of the board.
- 5.6.5 *Length* – The board length is measured from nose to tail at ninety (90) degree angles from the board's natural flat laying position with the deck facing up.
- 5.6.6 *Paddle* – A paddle shall be a single blade design, with one blade on one end and a handle on the other end of the shaft. The length of a paddle may be adjustable. Only a single paddle may be used while racing. A replacement paddle may be fixed to the board.

5.7 COMPETITOR RULES AND SAFETY

- 5.7.1 Each entrant to an event must sign the indemnity declaration on the Entry Form before the event. If under 18 years, the parent or guardian must sign.
- 5.7.2 When applicable, only paid-up competitors are to be allocated official wristbands and have the right to enter “designated areas” at the event site and other associated activities.
- 5.7.3 Competitors must follow the designated set course, to be manned by water marshals and/or rescue staff.
- 5.7.4 The paddler is intended to be standing at all times whilst paddling, i.e. a competitor must be standing while paddling once a race has started until crossing over the finish line or until exiting from the water to cross the finish line on the beach.
- 5.7.5 *The “Five-Stroke Rule”* – to allow for race continuity, a participant can take (5) strokes on his/her knees before standing. This rule applies if a participant falls from their board due to ocean conditions. A competitor is allowed to sit, lay prone or kneel to rest without making forward progress. So that a participant does not achieve an advantage by not standing up, if a competitor takes more than five strokes while sitting, lying prone or kneeling once a race has started the competitor may be

disqualified (DQ) or a time penalty of 1 minute per infringement is applied. The exception with this would be for safety reasons where a competitor needs to avoid, or may be put into a potentially dangerous situation that would put themselves or others at risk of injury and or damage to property.

- 5.7.6 A competitor shall only use the paddle, waves and wind to propel the board forward during a race. No outside assistance by drafting a vessel not in the race, no engine, no sail, no wearing baggy clothing or 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 to be getting an unfair advantage over other competitors as with drafting (see drafting rule 5.9(2)).
- 5.7.7 The use of wetsuits and hats (for sun protection) are permissible.
- 5.7.8 Paddle warm up's by competitors are not allowed on the main course during racing and penalties will apply. Participants must promptly clear the water when directed by the event organizer.
- 5.7.9 Competitors must wear the race singlet/vest provided by the sponsors from time of issue until returned to the event organiser at the completion of the race, and if appropriate, during the awards presentation or a penalty may be imposed.
- 5.7.10 Competitors may be required to have an official mark and/or race singlet/vest and race number on their arm, which must remain on the individual throughout the event. No competitor shall be recorded as a finisher unless carrying the official mark and/or wearing the official vest and race number on their arm.

5.8 EVENT ORGANISER OBLIGATIONS AND SAFETY GUIDELINES

- 5.8.1 Every event organiser must complete a SUPSA race sanctioning application form, provide liability insurance, provide and have every participant sign a liability release before competing in a race, submit results as required, and adhere to the current *SUPSA SUP Racing Rulebook*.
- 5.8.2 Stipulating the race name – it is recommended that the length (listed kilometres) of each race shall be included in the name of each course in the race information as follows: "Buffels Bay 10 km Open Ocean Race". The course name should also include the event headline sponsor's name.
- 5.8.3 It is recommended that an event organiser should keep entry fees at a value based on what the participant is being offered with their entry fee (permits, insurance, race timing, product, food, drinks,

etc). Prize money should only come from sponsor money and not entry fees that would otherwise increase entry fees for all competitors.

- 5.8.4 Event Organisers must include in the event entry fee a SUPSA sanctioning fee which must be paid over to SUPSA within in 14 days of completion of event. This fee must be applied to all elite race entrants irrespective of age group, but shall not be payable in the social divisions. This fee will be determined by SUPSA prior to announcement of following years Events Calendar.
- 5.8.5 Event organizers reserve the right to accept, reject and cancel entries.
- 5.8.6 At the minimum event organiser needs to communicate and/or post the following items at the paddlers meeting before the start of any type of race:
- Post all start times, course details (layout and description), and prize-giving/awards time;
 - The start sequence and finish areas;
 - Hold a Paddlers meeting at least 15 minutes before the first race;
 - Safety briefing to address: PFD/Lifejacket requirements, leash requirements, and the location and description of all safety boats;
 - To indicate a plan of action for adverse weather and the abandon course procedure;
 - That race finishing positions and time results will be posted.
- 5.8.7 The event organiser 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 event shall use this as the general guideline for a person to select and enter a racing event based on their ability and skill level.
- 5.8.8 The event organiser must adhere to the minimum safety guidelines to insure that the competitors overall safety is not compromised during the race.
- 5.8.9 The event organiser agrees that the safety of the participants and competitions is the number one priority and should be treated as such for all races. Event organisers need to post the typical conditions for their venue and also the expected conditions on day. During the pre-race meeting, event organisers need to warn the competitors of any dangers that could occur and where all safety personal will be located on the course. Event organisers need to remind all competitors of the hand signals to be used if someone is injured or 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 of any persons that may be in danger during the course of the race and should assist or help get safety staff attention.

- 5.8.10 Event organisers must keep in mind the weather and, when applicable, surf forecast and the conditions of the day so that all races are to be conducted on a safe and manageable course for the safety of all participants and staff. In the event of being cancelled due to dangerous conditions, it is at the event organiser's discretion whether or not to hold the event at another venue or on an alternative date.
- 5.8.11 The event organiser is responsible to allocating specific official roles for racing management staff for the event, whereby some roles may be held by the same person:
- a) Race Director (the head racing official, manages starts and finishes);
 - b) Race Marshalls (assists race director, marshaling of athletes, assist with starts and finishes);
 - c) Course Marshall (responsible for all aspects of the course and safety);
 - d) Board Marshall (responsible for all certifications and board measurements);
 - e) Timing and Results officials (responsible for recording race placing's and timing of participants).
- 5.8.12 The event organiser, or any race officials, shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without the risk of injury.
- 5.8.13 Under no circumstances may an event organiser or sponsor force competitors to wear any particular brand of trunks or wetsuits as a condition of their entry into any SUPSA sanctioned event.
- 5.8.14 Event organiser must ensure all events are timed and that results are made public within 24 hours of completion of event. Results must include all divisions and courses.
- 5.8.15 Event organiser must forward complete list of paid up entrants incl. name, birthdate, address, tel.no and e-mail address to SUPSA within 14 days of completion of event.

5.9 STARTING AND FINISHING PROCEDURES/MARKS AND OBSTRUCTIONS/AVOIDING CONTACT

- 5.9.1 *Seeding of Competitors* – the seeding order in each division will be based on the ranked sequence of the paddlers from the previous years SUPSA Rankings Where entrants did not compete in the previous year, the paddler will be seeded at the end of division list, in the order that their entries were received or, alternatively at the discretion of the Event organiser
- 5.9.2 *Starting Sequence* – 5min warning/ 1min warning/ 30sec warning/ 10 sec warning and then no countdown except a paddles up call and a start signal at any time at the starters discretion or till he is satisfied the start line is fair to all and all paddlers are behind the start line.

- 5.9.3 *Water Start* – competitors form a straight-line perpendicular to the first rounding buoy and between two points (between two buoys), or a start boat and a buoy or two start boats in the water. Competitors must have not crossed the start line when the starter begins the race.
- 5.9.4 *Beach Start* – competitors form a straight-line perpendicular to the first rounding buoy and between two points (between two flags or other points of reference) to determine the starting line in which racers will start. Competitors must have not crossed the start line when the starter begins the race.
- 5.9.5 *Water Finish* – the nose of the SUP is the designated point for crossing the finish line when determining relative placing in a water finish. Typically, distance and short course races can have water finishes.
- 5.9.6 *Beach Finish* – races that are finished on the beach may require competitors to run through a finish chute or across a designated finish line. Competitors who then run to the finish may leave their SUP boards at the waterline. Competitors will exit the water and cross a point for reference (two flags or other points of reference) to determine the finish line. Competitors must carry their paddle with them across the stated finish line unless it is determined at the pre-race meeting that it may be unsafe for competitors to do so. Race Director may also request that board be carried across finish line if it is deemed necessary from a safety point of view.
- 5.9.7 *Moving Mark or Buoy* – an event organiser 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.
- 5.9.8 *Avoiding contact – Definition of overlap:* When the nose of an overtaking board is at, or ahead of the feet of the paddler in front. *Establishment of overlap to give right of way:* Overlap must be established minimum 3 board-lengths before a mark or obstacle. Overtaking paddler to keep clear until such time that the overlap is broken. The paddler ahead may change direction to follow her proper course while being overtaken and the overtaking board is to keep clear until such time as the overlap is broken. The overtaking paddler is not entitled to room until the overlap is broken. A paddler shall avoid contact with another paddler if reasonably possible. However, a right-of-way paddler or one entitled to room or mark room a.) need not act to avoid contact until it is clear that the other board is not keeping clear or giving room or mark room, and b.) shall not be penalised under this rule. A paddler clear behind must keep clear of a paddler ahead and if she then creates an overlap she must still keep clear.
- 5.9.9 *Changing Course* – When a right-of-way paddler changes course, she shall give the other paddler time and opportunity to keep clear.

5.9.10 *Marks and obstructions- Mark-room:* Mark-room applies between paddlers when they are required to leave a mark on the same side and at least one of them is in the zone. However, it does not apply between a paddler approaching a mark and one leaving it.

Giving mark-room: When two boards are overlapped the outside board shall give the inside board mark-room. If a board is clear ahead when she reaches the zone, the board clear behind at that moment shall thereafter give her mark-room. When a board is required to give mark-room, she shall continue to do so even if later an overlap is broken or a new overlap begins. When approaching a zone, the inside and overlapped paddler must hail/call for mark-room.

5.9.11 *Room to pass an obstruction:* A lead paddler may choose to pass an obstruction on either side. When boards are overlapped, the outside board shall give the inside board room between her and the obstruction. While paddlers are passing a continuing, if a board that was clear and behind and required to keep clear becomes overlapped between the other and the obstruction and, at the moment the overlap begins, there is no room for her to pass between them, she is not entitled to room. While the boards remain overlapped, she shall keep clear. When approaching an obstruction, the inside and overlapped paddler must call for paddling room.

5.10 VIOLATIONS/PENALTIES/PROTEST

5.10.1 It is the competitor's responsibility to act in a sporting fashion, avoid a collision at all times and obey the rules as listed in the *SUPSA SUP Racing Rulebook* and/or as listed by the event organiser. If there is contact or un-sportsmanlike conduct from a party(s) during the duration of a race that effects the outcome for any competitor, and they feel they have been penalised or interfered with to caused them to lose position and or time beyond just giving a 360-degree turn penalty, the competitor that was deemed penalised must file a 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 them during the course of the race and also bring in any witness's to attest to their claim and or protest to the event organiser. All protest decisions are final upon the event organiser review and the event organiser may rule in favour or overrule the protest. The event organiser may put in place a race committee to review protests. All decisions of the event organiser will be final.

5.10.2 Violations of the rules and or unsportsmanlike conduct by a competitor, as listed in the rulebook or posted by the event organiser, but not limited to: paddling interference where a competitor purposely obstructs or interferes with another competitor, i.e. blocking whereby a leading competitor changes his/her line intentionally to block the path of an overtaking competitor, causing damage or bodily harm to another competitor, use of profane language toward any persons or competitor during a race, not rounding a mark, not competing on the proper course, moving over the start line early, not avoiding a collision and not adhering to the five-stroke rule.

- 5.10.3 Penalties for any violation of the rules, excluding the five-stroke rule, paddle interference and causing damage or bodily harm to another competitor, by a competitor during a race shall be: one 360-degree turn at the earliest and safest opportunity. A major infraction of the rules shall incur the penalty of two 360-degree turns at the earliest and safest opportunity. Once a competitor has completed their penalty turns they have cleared themselves of the stated penalty.
- 5.10.4 Penalties for any violation of the rules by a competitor during a race and based on a decision of the event organiser for the violation of the five-stroke rule shall be: the addition of 1 minute (60 seconds) to the competitor's finishing time per infraction. In the case of a major infraction, or repeated infractions, a competitor may be given a Disqualification (DQ).
- 5.10.5 Penalties for any violation of the rules by a competitor during a race and based on a decision of the event organiser for the violation of the paddling interference rule or causing damage or bodily harm to another competitor results in Disqualification (DQ).
- 5.10.6 If a competitor does not feel that they were in the wrong they must declare to the other party that they feel they are not in violation of the rules and will continue on racing, however, they must be able to bring witnesses to the event organiser to state their case or they risk being given a Disqualification (DQ).

5.11 MEDALS/TROPHIES/PRIZES AND PARTICIPANTS REQUIRED TO SUPPORT A DIVISION

- 5.11.1 All finalists in individual divisions of SUPSA sanctioned events will receive a First / Second / Third / Fourth recognition and/or medal or trophy according to final placing.
- 5.11.2 *Awarding a Trophy* – a minimum of 6 participants is recommended to make a division for the awarding of a trophy.
- 5.11.3 *Awarding Prize Money* – The event organiser's discretion shall apply here, however it is recommended that a minimum of 6 participants compete in any division before prize money is awarded.

5.12 RANKING POINTS SYSTEM FOR NATIONAL SUP RACING TITLE

- 5.12.1 Points will be given to all finishers in each division in all SUPSA sanctioned races. All eliminated competitors in the SUP Technical racing heats to get points. All Distance and Downwind participants not finished when the field is "swept" to receive points equal to number of entries +1.

5.12.2 The overall ranking points for the national SUP racing title in the applicable division, to be counted and totalled for year-end rankings, are determined by a participant's best points from a pre-determined number of sanctioned races in the racing regions. Any other race points will be discarded. The number of races that will count will be determined prior to announcement of following years event calendar.

5.12.3 The points system to be used for racing ranking points is:

First place	0.7 points;
Second place	2 points;
Third	3 points;
Fourth	4 points;
Fifth	5 points;
Sixth	6 points;
Seventh	7 points;

Each place thereafter add one point;

Did not finish (DNF) number of entries + 1

Disqualification (DQ) number of entries + 2

Did not compete (DNC) Max. number of entries in an event in previous year + 2

5.12.4 If there is a series-score tie between two or more paddlers, each paddlers race scores shall be listed in order of best to worst, and at the first point(s) where there is a difference the tie shall be broken in favour of the paddler(s) with the best score(s). No excluded scores shall be used.

5.12.5 If a tie remains between two or more paddlers, they shall be ranked in order of their scores in the last race. Any remaining ties shall be broken by using tied paddler's scores in next-to last race until all ties are broken. These scores shall be used even if some of them are excluded scores.

5.13 SOUTH AFRICAN TEAM QUALIFYING CRITERIA

5.13.1 Competitors in the Open Men's, Open Women's, Junior Men's, Junior Women's divisions, as well as any other age division for which the ISA creates an age group event, will be eligible to qualify for selection for the national team to compete in the annual ISA World SUP and Paddleboard Championships in any given year.

5.13.2 Eligibility Criteria for qualification for selection for the national team :

- a) Holder of a valid South African Passport or ID Book as determined from time to time by SASCOC;
- b) Availability at the time of ISA World SUP and Paddleboard Championships;

- c) Ability to fund participation in the ISA World SUP and Paddleboard Championships;
- d) Written Permission of the parent or guardian to be considered for selection If an eligible competitor is under the age of 18.
- e) Eligibility of competitors in age group divisions at the time of the ISAWSPC in terms of the relevant age requirements of the competition.

5.13.3 Position on the final SUPSA Racing Title points rankings for a particular age division in a particular year shall determine the order in which team members are considered for selection for the National Team for the following year. SUPSA shall also take into account other relevant criteria when selecting the national team, such as international results, each athletes attitude and potential, impact of selection on overall team performance, as well as taking transformation objectives into account.

5.14 TEAM POINTS ALLOCATION AND TROPHY

- 5.14.1 At an event organiser's discretion, a race event may also be considered as a team event where individual participants compete as members of a team.
- 5.14.2 A team may consist of members of a region or a club and the team is to consist of a minimum of three participants per division.
- 5.14.3 More than one team per region or club may be entered into the event.
- 5.14.4 Team places are determined by the total of accumulated points from each team member, with the lowest scoring team deemed the winning team.
- 5.14.5 At an event organiser's discretion, a team trophy (whether floating or not) may be awarded to the winning team.