



# Swiss SUP Flatwater Championships

Race Rules

Version 1.1, 05.08.2021

If not specified otherwise, the race will be held according to [ICF SUP competition rules 2022](#).

## Disciplines and Age Categories

The Swiss Championships (SC) is divided into an SC and a recreational discipline. All age categories will be divided into men and women, and will only be ranked with at least 4 participants.

The starting fees are to be defined for each holding and will be announced on the website prior to the registration opening.

### Swiss Championships

Intended for ambitious racers.

- **Registration:** Online until two days prior to the event only.
- **Starting fee:** To be paid for all three disciplines together.
- **Membership:** SUP Suisse "Active" membership is required.
- **Disciplines:** Participating in the distance and technical race is compulsory. Participating in the sprint is compulsory for nominated athletes.
- **Board:** Up to and including 14ft, no width or weight limit.
- **Awards:** Swiss champion title (rank 1) and a podium (rank 1 - 3) is awarded. Each podium (rank 1 - 3) is awarded either a medal or a trophy.
- **Prizes:** No prize money is paid, material prizes can be awarded.
- Participants registered for the SC are prohibited to register for any other discipline or category for the same event.

### Distance and Technical Race

- **Distance:** Distance Race ~12k, Technical Race 5 - 8k.
- **Categories:** Open, Junior (u18), Master (40+).
- **Awards:** A Swiss champion title and a podium is awarded for each discipline and category. Juniors and masters can become overall (open) and Swiss champions in their category.

### Sprint

- **Distance:** Either ~90m technical sprint with turns (similar to APP sprint) or 200m straight.
- **Categories:** Only Open.
- **Nomination:** The fastest 6 per gender of the distance race and two wildcards get nominated for the sprint.

### Recreational

In addition to the Swiss Championships, races for recreational paddlers are held. The goal with those categories is to motivate as many racers or leisure paddlers to interact with ambitious racers racing for the Swiss title.

### Short Distance

Intended for hardboard and inflatable racers.

- **Registration:** Online until two days prior to the event and on-site 1h prior to the start.
- **Starting fee:** Registrations on-site will increase the fee by CHF 10.
- **Membership:** No SUP Suisse membership required.
- **Distance:** 5 - 8k (same course as SC technical race).
- **Board:** Up to and including 14ft, no width or weight limit.
- **Awards:** Podium (rank 1 - 3).
- **Prizes:** No prize money is paid, material prizes can be awarded.



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05.08.21 | v1.1

2/4

## Fun

Intended for inflatable paddlers including multi people boards.

- **Registration:** Online until two days prior to the event and on-site 1h prior to the start.
- **Starting fee:** Registrations on-site will increase the fee by CHF 10.
- **Membership:** No SUP Suisse membership required.
- **Distance:** 4 - 6k (same course as SC technical race).
- **Board:** No size limit is used. Multi people boards are allowed.
- **Awards:** No award, no podium, no ranking.
- **Prizes:** Prize lottery for all finishers.

## Junior (u16)

For juniors until and including the year of their 16th birthday.

- **Registration:** Online until two days prior to the event and on-site 1h prior to the start.
- **Starting fee:** Registrations on-site will increase the fee by CHF 10.
- **Membership:** No SUP Suisse membership required.
- **Distance:** ~2k (same course as SC technical race).
- **Board:** Up to and including 12'6ft inflatable boards.
- **Awards:** Podium (rank 1 - 3).
- **Prizes:** Motivational prizes, medals, or trophies.

## Kids (u12)

For kids until and including the year of their 12th birthday.

- **Registration:** On-site 1h prior to the start.
- **Membership:** No SUP Suisse membership required.
- **Distance:** ~500m
- **Board:** A unit board will be provided for each kid, use of own boards is prohibited.
- **Paddle:** Provided or own.
- **Awards:** Podium (rank 1 - 3).
- **Prizes:** Motivational prizes, medals, or trophies.

## Safety Equipment

All participants wear a lifejacket (PDF) with at least 50N buoyancy (Norm SN EN ISO 12402-5 or SN EN 393) and a leash. Exceptions for wearing a leash can be made for race courses featuring currents.

## Competition Numbers / Race Lycra

The competition number or race lycra must be clearly visible from the front of a paddler. Any gear covering the number must be worn below the lycra. If number stickers are used, they must be placed at the front of the board and be visible from either side.

## Riders Meeting

The riders meeting will take place approximately 30min prior to each race. Presence for each paddler is mandatory.

## Start Signal

An announcement "ready" or two short sirens/horns will be used to announce the start is about to take place. A shot, siren, or horn is used to indicate the start.



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05.08.21 | v1.1

3/4

## Starting Sequence

For the distance race, women (all age categories) will start 5 min prior to men (all age categories). The following sequence will be used for the technical race:

1. SC men (all age categories)
2. SC women (all age categories), 3 min after
3. Junior, 3 min after
4. Short Distance, 3 min after
5. Fun, 3 min after

Changes due to conditions on-site are possible and will be communicated at the riders meeting.

## Drafting

Drafting is only allowed between paddlers of the same gender disregarding the category. It is prohibited for non-SC paddlers to draft SC paddlers and vice versa. Each discipline has have a different lycra color to help recognition on the water for drafting.

## Media

All media and copyrights (photo, video) belong to SUP Suisse. By registering for the event, the participant agrees to be flown over by a drone.

## Liability

All participants contest the races on their own responsibility and must be privately insured against accidents. SUP Suisse, the event organizers, and the sponsors disclaim any liability for participants. With the registration, the participant accepts the announcement and the exclusion of liability of the organizer for damages of any kind. He cannot make any claims against the organizer as well as against the event sponsors and their representatives for damages and injuries of any kind that may occur to him as a result of his participation.

The participant declares that he has the necessary physical and mental conditions for participation in this competition. Each participant is obliged to help other participants in need.

## Privacy

The participant agrees that the data stated in his registration may be used for the purpose of the event by SUP Suisse, the event organizer, and the event sponsors. He assures the correctness of the information provided by him.

## Acceptance

By registering, the participant agrees to have read and understood the regulations. Failure to comply with will result in disqualification. In case of disqualification no starting fee will be paid back.



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05.08.21 | v1.1

4/4