

Notice of Race

SUP – Stand-Up Paddling

World Firefighters Games – Aalborg – Denmark – 2024

Date:

September 11th 2024

Venue:

Nordjydsk Windsurfing Klub (NWK)
(Aalborg SUP og Windsurfing Klub)

Stenholmsvej 53, DK-9400 Noerresundby, Denmark

Organizer:

Nordjydsk Windsurfing Klub (North Jutland Windsurfing Club)

Stenholmsvej 53, DK-9400 Noerresundby, Denmark

Contact/Race Master:

Bethina Gade

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SIGNALS:

Whiteboard: Notices about next start, race-course, results, prize giving etc.

ENTRIES:

Entries are handled by the organization of World Firefighters Games as of the competitor-list of august 5th.

Late entries must be applied for through the WFG-organization.

Equipment:

All equipment will be provided by the organizer, and must be returned at the end of the event

- Boards
- Paddle
- Wetsuit and shoes
- Life vest (compulsory to wear during racing)
- Racing t-shirt with number (compulsory to wear during racing)

As this is equipment belonging to the surf club, we expect all competitors to act responsibly and to take special care of equipment – both when transporting and handling on land and when sailing and competing.

Instructions by the officials must be followed.

Schedule:

Start	End	SUP
9.00	9.30	Registration
9.00	9.45	Equipment inspection and handout
9.00	10.00	Training
10.00	10.15	Surfers meeting
10.15	12.15	Sprint
12.15	13.15	Break
13.15	15.15	Long distance
15.00	16.00	Equipment return and cleaning
15.30	16.00	Prize-giving

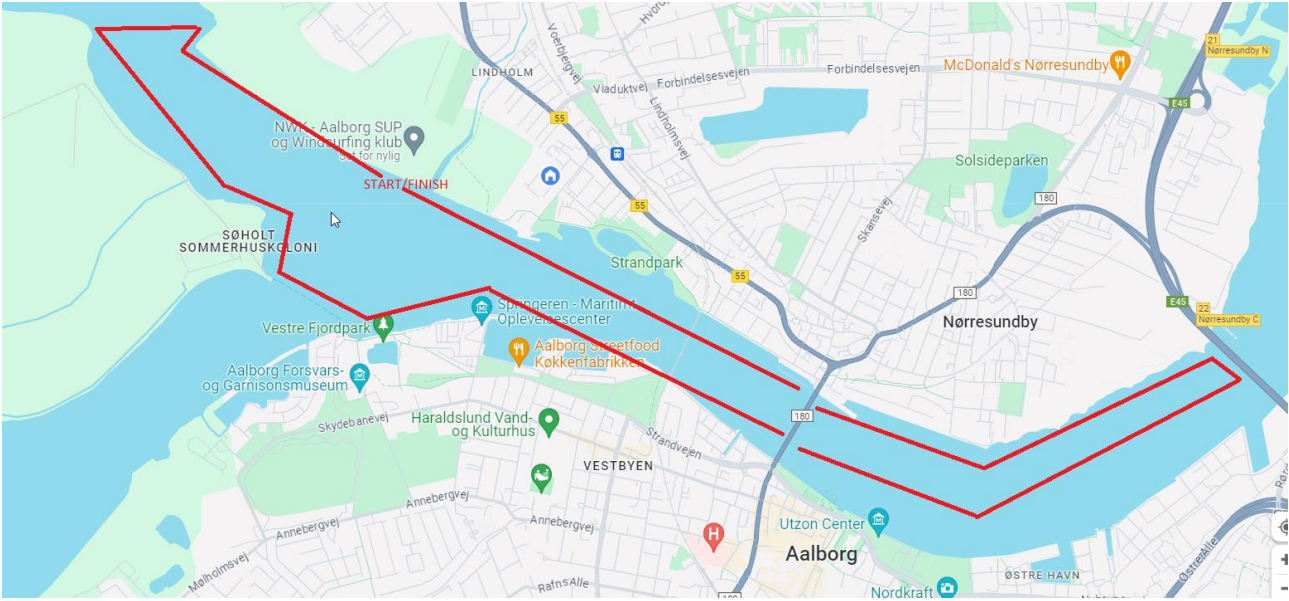
Venue:



Toilet, shower, changing rooms + equipment at the drop-marking

Sailing area for "Sprint" in the red marking.

Sailing area for "Long distance" will be in below area.



RULES

§1 Specification for Stand-up Paddle Boards (SUP-boards)

Stand up paddle (SUP) boards are available in many variations and constructions and to ensure a similar and fair competition for all, below mentioned rules are applicable for all participants.

1.1 Specifications for SUP-boards

1.1.1 The SUP board must be as a "single hull" construction, which means that constructions as a catamaran, C1 etc. construction are not approved. Maximum length for the SUP-boards is 14 foot (426,72 cm), measured from the nose of the board to the tail of the board.

1.1.2 A stationary/not adjustable fin must be used. Ordinary fin box is allowed. A rudder is not allowed.

1.2 Specifications for a SUP Paddle

1.2.1 The paddle, which is used must be a "single blade" paddle. There are no restrictions for the width on the paddle.

§2 Race disciplines and format

2.1 SUP race disciplines

2.1.1 Technical race (not a discipline to WFG 2024)

2.1.2 A technical race must have a total distance between 1,5 and 3,5 km. The distance is determined by the responsible of the competition and the decision can be announced right up to the start of the technical race.

2.1.3 A technical race is defined by several buoys, which together define a route, the competitors must complete (see 3.4.1 for rules about buoy and turns). A technical race must have minimum 3 turns around buoys.

2.1.4 A technical race consist of a minimum of 3 and a maximum of 7 laps of the designated route.

2.1.5 For preliminary rounds, junior and master classes, 2.1.2 and 2.1.4 may be waived and a shorter distance and less than 3 rounds may be completed. However, as a minimum, 2 rounds must always be completed.

2.1.6 A technical race can be started from land or water (see sections 3.6 and 3.7 for rules regarding beach starts and water starts).

2.1.7 A technical race can have a short running distance on land, but it is not a requirement for the race.

2.1.8 Drafting is not allowed (see section 3.9.10 for rules for drafting).

2.1.9 Specifications for equipment follow the general SUP board specifications listed in section 1.1.

2.2.1 Long distance and downwind races

2.2.2 A long distance or a downwind race must have a distance on 10-25 km. The distance is determined by the responsible of the competition and the decision can be announced right up to the start of the race.

2.2.3 A long-distance race is defined by a distance travelled from A to A or from A to B, where most of the route is characterized by long stretches without turns.

2.2.4 A downwind race is defined by a distance travelled from A to B.

2.2.5 A long distance race can be started from land or water (see sections 3.6 and 3.7 for rules regarding beach starts and water starts).

2.2.6 Specifications for equipment follow the general SUP board specifications listed in section 1.1.

2.3.1 Sprint

2.3.2 A sprint race must have a distance on 100-250 meters. The distance is determined by the responsible of the competition and the decision can be announced right up to the start of the race.

2.3.3 A sprint race is defined by a distance travelled from A to A, with 1 or several built-in turns. There must be minimum 75 meters from start to the first buoy-turn.

2.3.4 Et sprint race can start from land or water (see section 3.6 og 3.7 for rules for beach start or water start).

2.3.5 Drafting is not allowed.

2.3.6 Specifications for equipment follow the general SUP board specifications listed in section 1.1.

§3 Rules for SUP race

3.1 Time schedule for race (Organizer's responsibility)

3.1.1 A race meeting, called "surfers meeting" or "race briefing", is mandatory for the participants, and must be held for all disciplines prior to the start of the race. The responsible for the race, is responsible for the meeting and as minimum following information must be on the agenda for the meeting:

- a) A thorough description of the race, including format and any specific start and finish line requirements.
- b) An update on the weather and wind conditions and its possible impact on the race.
- c) An explanation about the safety of the event. The meeting must take place immediately before the start of the competition.

3.2 Race age groups/categories

3.2.1 Specific age groups/categories can be flexible in relation to the individual event and is determined by the competition organizer(s).

3.2.2 Following age groups/categories as a starting point:

- a) Open
- b) Women
- c) Junior u. 16 år
- d) Junior u. 18 år
- e) Master Men +40 år
- f) Master Women +40 år
- g) Grand Master Men +50 år
- h) Grand Master Women +50 år

3.2.3 It is not a requirement that age groups/categories are held individually. For example, if there are few participants registered in a category, it can be held at the same time as another category. Similarly, in a long-distance or downwind race, it can be an advantage to send all participants off at the same time for time and safety reasons.

3.2.4 With reference to 3.2.3, it must be possible after a race to divide the competitors' ranking into the different categories so that each competitor can be assigned the correct ranking and the correct number of points in their race category.

3.3 The athlete's position on the SUP board.

3.3.1 The athlete must stand up on the board during the entire race.

3.3.2 If the athlete falls into the water or otherwise needs to sit down, the '5 paddle stroke rule' applies. The rule means that a participant may take a maximum of 5 paddle strokes on their knees before they have to get up and is designed to ensure that an athlete cannot gain an advantage by, for example, paddling on knee. The athlete may be given a 1-minute time penalty if the rule is broken. The penalty may be repeated, and the athlete may be disqualified in special cases.

3.3.3 If an athlete surfs a wave in a technical, long distance or downwind race, the athlete must endeavor to remain standing on the board, except if this endangers the athlete or others. If the athlete does not stand up when surfing a wave, the athlete must endeavor to do so to avoid being penalized under the '5 paddle stroke rule'.

3.3.4 It is allowed for an athlete to kneel on the board to keep control in and out of the surf, however the '5 paddle days rule' still applies.

3.3.5 If the race ends with a finish line on the water, the athlete must complete the race standing on the board.

3.4 The athlete's behavior in relation to the race route

3.4.1 A route can consist of two types of buoys: turning buoys and guide buoys. Turn buoys help define the route and mark where the participants should turn either right or left around the buoy. All buoys in a technical race will generally be turning buoys. Guide buoys will usually be used in a long-distance or downwind race, where competitors must paddle from A to A or A to B, helping the competitor navigate the course. Unlike turning buoys, guide buoys do not have a mandatory side to go round.

3.4.2 An athlete will not be disqualified for touching a turning or guide buoy unless the incident creates an unfair advantage for the athlete. This could, for example, involve the competitor moving the buoy with either the board, paddle or hands. In such cases, an athlete may be disqualified.

3.4.3 A competitor who rounds a turn buoy in the wrong or opposite direction and/or rounds the buoys in the wrong order will be disqualified, regardless of whether this is seen as an advantage or not. However, the athlete can avoid disqualification if the athlete subsequently rounds the buoys in the correct direction and order before crossing the finish line. If the athlete chooses to cross the finish line, it is not possible for the athlete to correct any errors.

3.4.4 The race organizer(s), race officials and any judges must be impartial throughout the race and must not provide information to competitors that may give them any kind of advantage.

3.5 Finishing/crossing the finish line

3.5.1 At the finish line on the water, it is the front part of the board (the nose) that marks when a competitor crosses the finish line.

3.5.2 At the finish line on land, the athlete must run across the finish line. Here, it is the front of the chest that marks when a competitor has crossed the finish line. If a competitor jumps/throws themselves over the finish line head first, this may result in a 30-second penalty.

3.5.3 At the finish line on land, the athlete can leave their board at the water's edge. The athlete must bring the paddle with them when they cross the finish line.

3.6 Beach start

3.6.1 For beach starts, a horn is used to give a clear signal for the start.

3.6.2 For beach starts, visible flags must be set up at each end of the start line. Athletes choose their own position behind the start line based on any seeding.

3.6.3 The athlete's feet must be placed behind the start line, while other parts of the body and/or equipment may cut across the start line as long as there is no contact with the ground in front of the start line

3.7 Water start

3.7.1 For water starts, a horn must be used to give a clear signal to the athletes about the start.

3.7.2 The start must be in the direction facing the possible first buoy.

3.7.3 The start must take place on a straight and visible line, which can advantageously be marked at each end with a buoy. If buoys are used, they must be anchored with an anchor line. The buoys must not move by more than 1 meter in any direction.

3.7.4 One end of the start line can be a fixed point if this does not give the participants closest to it an advantage.

3.7.5 Athletes who have their entire body over the start line at the start signal will be penalized for a false start. See 3.8 for rules on false starts.

3.7.6 In strong winds or waves, it is up to the competition organiser(s) to control the start. This may mean, for example, that competitors start in a seated position on the board behind the start line.

3.8 False start

3.8.1 If an athlete false starts more than once, the athlete will be disqualified.

3.8.2 An athlete who crosses the line when the competition organizer(s) call 'athletes to the start line' will be penalized with a false start.

3.8.3 The athlete must only react to the start signal and not try to guess when the signal is given.

3.8.4 In the event of a jump start in a distance race, the athlete will be given a 2 minute time penalty. If the false start occurs more than 5 seconds before the start, the athlete will be disqualified. 3.8.5 A false start in a technical or sprint race will result in a long blast of the horn and the competition official(s) will order all athletes back to the starting position. The athlete who attempted the false start will be penalized with a false start and will be disqualified for a second false start, see 3.8.1. 3.8.6 If an unforeseen external disturbance occurs, the competition official(s) may call all competitors back for a new start.

3.9 Drafting

3.9.1 Drafting is defined as an athlete being within 1 meter of another competitor's back of the board or on the side for more than 10 seconds. The same applies to drafting behind any support boats and all other water hazards.

3.9.2 If there is a combined start with both women and men, they may be given a 200 metre start difference to avoid drafting.

3.9.3 If there on a race route it is not possible to avoid drafting hazards that are not categorized as an SUP (see 1.1), the athlete will not be penalized for drafting on the given distance.

3.9.4 The athlete will be penalized for drafting any water craft that is not categorised as an SUP (see 1.1). For example, follow boats and all other watercraft in the water.

3.9.5 The penalty for breaking the drafting rules is 1 minute time penalty per occurrence or disqualification if the competition official(s) deems the offence to be sufficiently serious.

§4 Other relevant rules

4.1 Assistive devices (AIDS) and other equipment

4.1.1 No additional propulsion aids are allowed. This includes flippers, motors, sails or clothing or anything large enough to catch the wind and give the individual athlete an advantage.

4.1.2 It is mandatory for the athlete to wear a PFD (Personal Flotation Device) and leash and other relevant safety equipment.

4.1.3 Athletes may be required to paddle in an official t-shirt, rashguard or similar and must wear it throughout the race. An athlete cannot finish a race without wearing any required rashguard or t-shirt.

4.2 Unsportsmanlike conduct and disqualification.

4.2.1 A competitor who attempts to win by any means other than fair means or by deliberately destructive behavior may be disqualified.

4.2.2 Athletes may not receive help from other competitors or persons not participating in the race. This applies, among other things, by having their paddle replaced if it breaks, unless the competition organizer(s) deems it necessary, or by the athlete picking up their own neglected spare paddle at the start line. If an athlete helps another athlete, both athletes may be disqualified.

4.2.3 Unsportsmanlike conduct includes:

4.2.3.1 Using your board, paddle or yourself to deliberately block a competitor from forward movement, turns, starts or finishes.

4.2.3.2 Trying to get others to make a false start.

4.2.3.3 Destructive behavior towards your own or others' equipment before, during or after a competition.

4.2.3.4 Deliberately preventing other participants from paddling, turning, starting, finishing, jumping off the board or running.

4.2.3.5 Deliberately causing injury to others using a board, paddle or oneself.

4.2.4 The competition organizer(s), race officials or any judges must notify an athlete of their disqualification at the first opportunity. The disqualification must be written down with the reasons for the disqualification. The athlete must sign the disqualification with a time for this so that any protest against the disqualification can be lodged subsequently.

4.3 Protest

4.3.1 A protest must be written down and handed in to the competition organizer(s) no later than 15 minutes after the athlete has finished the race or has been notified of the disqualification.

4.3.2 The protest can be against another athlete or a disqualification. If a protest is made against another athlete or the competition organiser(s), all parties involved must have the opportunity to read the protest.

4.3.3 All protests must have a third-party witness or image/video documentation in order to be considered and decided. The competition organizer(s) will accept or reject a protest based on first-hand witnesses and/or photo/video documentation. All decisions of competition organizer(s) are final.

4.3.4 Before a decision is made regarding a protest, the competition organizer(s) must:

4.3.5.1 Gather a complete report and/or understanding of what happened from the person who witnessed the incident or the participant themselves.

4.3.5.2 Notify the offending participant and get their version of the situation.

4.3.5.3 Seek knowledge from others who may have seen the incident.

4.3.5.4 Engage in dialogue with other race officials or referees who may have an opinion on the incident.

4.3.5.5 See/view/review images or video to get an overview of the rewarding episode.

4.3.6 Based on evidence and first-hand witnesses, and in accordance with the rules, the Competition organizer(s) must decide on whether to accept or reject the protest.

4.4 Point system

4.4.1 Organizers are free to choose their own points system, but for World Firefighters Games 2024 the following points system applies:

The points for each athlete are calculated as a score that either a discipline or a race has been decided to be worth:

1. place – 5 point
2. place – 4 point
3. place – 3 point
4. place – 2 point
5. place – 1 point

4.4.2 An athlete who does not start or fails to complete the event/race receives 0 points.

4.4.3 For the World Firefighters Games 2024, the 3 best results achieved by the athlete on the tour are added together at the end to give the athlete's total points score. If two athletes have the same number of points, the individual athlete's finishing position at the final World Firefighters Games 2024 event is weighted highest.

4.4.4 For the 2024 World Firefighters Games, if two athletes are tied on points, the athlete's result in the long-distance race is prioritized.

4.4.5 In a long-distance race, all eliminated athletes will be awarded points according to their placing.

§5 Distance stops, time stops and exclusion of athletes.

5.1 A distance stop is when a competition is stopped from a certain point on the planned route. This can happen for various reasons, such as changing wind conditions, waves, fog, lightning and thunder, etc. that make it irresponsible or even dangerous to continue the competition. This may vary depending on the athlete's level and competition format. The decision on a distance stop is made by the competition organizer(s).

5.2 At a distance stop, it may still be safe for some athletes to finish the race if they are in a protected area or are close to the finish and therefore not in danger. In such a situation, it is up to the race organizer(s) to decide from where the race can continue and where it would be too dangerous to continue. If one or more athletes are ahead of this point, they can finish the race as normal. Athletes behind this point must make their way to shore safely or be picked up by a rescue/ support boat if necessary. All athletes behind this point will share the same position and receive the same number of points.

5.3 A time stop is when athletes are stopped at a certain point during the competition. This can happen during emergencies, such as lightning and thunder or other situations that require competitors to leave the water immediately. During this type of stop, all competitors who are still in the water will be assigned the same finishing position and number of points. It does not matter what order or where on the route the participants are.

5.4 The competition organizer(s) have the option to withdraw athletes from the race if it is deemed that an athlete cannot continue without exposing themselves to danger and/or other injuries

5.5 An athlete who is under the influence of alcohol, euphoriant drugs, etc. will be excluded from the race.

§6 Doping & Anti-doping rules

6.1 In connection with a competition, athletes are obliged to make themselves available for a possible doping control in accordance with the WADA code and are thus subject to the national and international anti-doping rules. Doping control in Denmark is carried out by Anti Doping Denmark.

6.2 If it can be documented that an athlete has used illegal performance enhancing drugs or illegal methods in relation to the national anti-doping rules, sanctions and penalties according to the international and national anti-doping rules will be followed.

6.3 It is the athlete's own responsibility to stay informed and updated on the national anti-doping rules. In this context, reference is made to Anti Doping Denmark's website, www.antidoping.dk, from which the athlete can access relevant information.

§7 Changes in competition rules

7.1 Significant changes to the competition rules must be announced at least 2 months before the rules can come into effect.