

BOTC 2020 RACE & SAFETY RULES – SUP & PRONE

Races, disciplines & what to win

Races

- Beachrace: beachstart & beachfinish, 5km to 8km depending on the weather
- Sprintrace: beachstart & beachfinish, +/- 200m

Disciplines

- SUP open (men & women)
- SUP masters (men & women 40+)
- SUP junior (boys & girls 12+)
- Prone (men & women)

What to win

- **OVERALL WINNER BATTLE OF THE COAST:** If you want to compete for the overall win of the event you have to compete (start & finish) in all 2 disciplines (technical race & sprint). A combined result will decide who will be crowned to 'Winner BOTC 2020'. This rule counts for open, master, junior & prone.
- **DUTCH NATIONAL TITEL & QUALIFIER WORLD CHAMPIONCHIPS:** For Dutch competitors the technical/beachrace race will count for the National titel: 'NK Beachrace 2020'. The beachrace results are also decisive for the ISA & ICF Worlds (if they will be hold in season 2020). Athletes can only race for the title & qualifier if they compete in the 'Open' category.

Rules & safety

Registration

- It's mandatory to register on the event day at the time written in the last racers update (placed on facebook & instagram the last Friday before the event).
- Pre race briefings are required
- At the last friday for the event at 4PM the official time schedule will be published on the event page on Facebook; <https://www.facebook.com/BattleoftheCoast/>.

All racers

- Sign the disclaimer (if under 18 parents need to sign)
- Have a valid insurance
- Where an official race vest with number during the event and return it afterwards & having the event sticker on the front right side of there board
- Are not paddling in the race area when doing a warm up or cooling down
- Using a max 14 ft SUP or paddleboard
- Using a leash = required
- Are present at the riders briefing before EACH race

We recommend

- Hydration
- Wearing a helmet
- Wearing neoprene
- Having a swimming certificate

We expect

- Good sportsmanship and ocean awareness!

General competition rules**Unsportsmanlike Conduct**

Sportsmanship should be displayed by all participants, spectators, coaches, and parents before, during, and after races. This includes but is not limited to illegal drafting, impeding forward progress, or any intentional pushing, grabbing, or pulling of another person's or board. Extreme cases may result in disqualification.

Penalties for Unsportsmanlike Conduct; Extreme: Disqualification or moderate: 1 minute penalty.

Start procedure

- **BEACH-START:** A flag will be set up at either end of the pre-start line, for line of sight. Racers called to take their chosen place on the pre-start line in their seed order but with feet grounded behind the line. On call 'racers to the line' all racers come to the official start line with feet grounded behind the line. Start is after the horn!
- **FALSE STARTS:** Competitors over the line once the starter calls, 'racers to the line', will be given a false start. On the second false start infraction a competitor will be disqualified. Competitors must not make any forward racing strokes once called to the line and before the start. In the event of a False Start on the start horn for any Distance Event, competitors will be given 2-minute time penalty. If the False Start is more than two seconds before the horn then the competitor will be disqualified. If there is outside inference or any other unforeseen circumstances, the Starter may recall all competitors with two long horn blasts. The Starter will begin a new starting sequence once all competitors are behind the start line.

Finish procedure

- Racers have to be attached to their leash till they pass the last bouy before the finish
- A racer need to finish with paddle in the hand, 'front of chest' is leading in finish.
- No diving across the finish line (1:00 minute penalty)

5 Stroke rule

The SUPpaddler is intended to be standing at all times whilst paddling. To manage this, a “(5) five-stroke rule” may be applied to allow continuity. Racers will be assessed with 1 minute penalty.

When riding waves in the races, the racer must endeavour to stand up at all times except for situations involving safety to the racer or other competitors. If a racer is not standing when riding a wave, then he/she must be endeavouring to do so, to avoid official sanction (as per five-stroke rule).

Drafting

Not allowed out of board class or gender.

A paddler will be deemed drafting when within 1 meter of the tail, or sides of another competitor or any watercraft on the racecourse for more than 10 seconds.

Penalty for drafting will be one [1] minute per occurrence or disqualification, depending on the severity of the action.

Race course rules

All the buoys in the races will be TURN BUOYS who have a mandatory side to pass on.

A competitor will not be disqualified for touching a TURN buoy, unless, in the opinion of the Course Official, an advantage has been gained. This may include picking up and moving the mark with hands or a paddle.

A competitor will be unconditionally disqualified when they round a TURN BUOY, flag or gate on the wrong side or in the wrong direction or incorrect sequence, irrespective of the racer having an advantage or not. However, a competitor may diverge from and then return to the course and correct any course mistake between turn buoys and before they cross the finish line.

Right of way

Overly aggressive turns will be judged on the maliciousness of the infraction.

In the event there are multiple competitors on the same wave, there is to be no impeding of other competitor's forward progress. This infraction may result in an Extreme Unsportsmanlike Conduct.

Assistance

A competitor shall not receive external assistance during a race from another competitor or non-competitor. This includes replacing broken paddles unless from previously authorized staff boat or returning to paddle left at start line. A competitor providing the external assistance may also be disqualified from the race.

You can leave your spare material in the board area.

Additional information

A protest must be filled in writing with the race director no later than 15 minutes after the competitor has finished a race or received a notice of disqualification. The official judging team will take care of it.

Board zone

You can leave your boards during the day in the 'board area' on the beach.

Award ceremony

The total award ceremony will be held after the last race

Safety riders**Equipment**

- Make sure your phone number is on your board, paddle & board bag
- Leash is mandatory (unless race director decides different)
- Alarm number = will be told at the riders briefing

Board area

- Store you boards during day on the beach in the storage are. Put your tail in the wind direction.
- Store your paddles underneath your board (or in your car;)
- Keep the high water tide in mind
- Store your board always in your boardbag.

Racing in open ocean & North sea conditions

- The riders briefing is mandatory. We will give you updates about all conditions.
- Sea bottom = sand
- It can be very shallow in the shorebreak because of the sandbanks
- Be aware of your own skills with the conditions. Know how to deal with the waves.
- Be aware of each other, keep distance (board + leash length)

Crash or accident

- Good sportsmanship
- Help each other when necessary (signal or asking)
- When you are in trouble because of an accident, try to come to the shore by yourself. If not possible, give a distress signal (waving paddle)
- When another competitor is in trouble;
- Have a look, you are the first to post
- Give distress signal when necessary (waving paddle)
- When unconscious, keep the head above the water
- When the rescue team is on the spot, they take care