

# COMPASS

FRIESLAND STYLE 



  
**SUP**  
11-CITY TOUR  
THE ULTIMATE  
CHALLENGE  
220 KILOMETER

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Sharing is caring!

#sup11citytour #lovefryslan #frieslandstyle

# ALOHA

Welcome to the SUP 11-City Tour 2020!

HOW special is it that the 12th annual received a GO? HOW special is it that YOU (who could make it to Friesland) are here! Many athletes around the world had to stay home due to Covid-19; like myself. I am bummed to miss the SUP11 Ohana and the fundraiser for the Mentelity Foundation with Team Fanatic SUP Benelux. But I am also very grateful I paddled the non-stop last year! Because it deepened my SUP 11-City "Mentelity" also a great life-metaphor this insecure Corona era.

- Prepare yourself the best you can.
- Before you start, see & feel yourself finish.
- Let go of negativity, so you can use your Energy to thrive, drive, shine and sustain.
- Positivity attracts more positivity.
- Have an attitude of gratitude.
- Everything is a faze; when you are down, soon you will go up again (repeat).
- Surrender to what is and do your best paddle stroke by paddle stroke.
- Keep hydrated & fueled at all times.
- Enjoy the journey and the little things.
- Team up with those who lift your spirits and have your back.
- Help others where you can; together strong.

The truth is: We can't control the weather or what others decide for us. But we can choose how to deal with it. Like the SUP 11-City Tour where elements dictate the canvas, YOU all hold the box with colors to paint 2020's picture! I can't wait to see how it all unfolds online.

A huge Mahalo to Everyone for making this edition happen. Enjoy the ride!



## MAHALO

Founder & Green Coordinator:  
Anne-Marie Reichman- Totah

Board:  
Ritske Merkus  
Marije Elgersma  
Kiki Merkies





# INFLUENCER

FRIESLAND STYLE 



# GENERAL INFORMATION

# SUPTEMBER

## SUP 11-CITY TOUR & Covid-19 Regulations

Who would have thought that we we had to mention strict hygiene instructions that we all know by now to you in this booklet.

We don't want to 'waste' too many words, but only: PLEASE FOLLOW THE RULES THAT ARE SET. In this way we are able to run the 12th edition of this beautiful event!

### To keep in mind at all times:

- It Beaken - Mothership -> mandatory to wear a mask.
- Follow the routing on It Beaken.
- Going off It Beaken and Sleeping boats have right of way.
- Follow the routing at dinner.
- Keep 1.5 meter distance when in line for lunch, dinner & massage.
- Follow the instructions at the massage.
- Follow the instructions on the Sleeping boats if you booked a bed.
- When sitting during eating, keep that spot. Don't walk around and change seats.



**SUP 11 MASK FOR SALE AT  
IT BEAKEN € 5,-**

## Hygiene instructions



### General

Corona spreads via cough and sneeze droplets. Viruses can also be spread through droplets landing on surfaces such as seats (or hands).



### Avoid shaking hands

The virus can be spread by people before they have symptoms.



### Wash your hands

Wet your hands with clean, running water and apply soap. Lather your hands, including the backs, between your fingers, and under your nails and scrub for at least 20 seconds.



### Use a tissue

Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the bin and wash your hands.



### Cough or sneeze into your elbow

If you do not have a tissue to hand, cough or sneeze into your elbow rather than your hands.



# SUPTEMBER

## NON STOP

Registration: Friday - SUPtember 4th - 7:00 pm

Location: Snekertrekweg 27 (accross the Aldi), Leeuwarden

After the skippers meeting at 7:00 pm in the crew boat 'It Beaken'. The start of the SUP tour is between 5:00 am and 12:00 am depending on the weather conditions. We expect the paddlers back the next day between 12:00 am and before 5:00 pm. Massage will be waiting for you. For those who have earned it by the blisters on their hands: the SUP 11-City Tour Cross.

## PROLOGUE

Start: Tuesday - SUPtember 8th - 6:00 pm

Location: The Prinsentuin, Wissesdwinger 1, Leeuwarden.

We start the SUP 11-City Tour with a tour through the canals of Leeuwarden. This is the perfect opportunity to represent your country and dress up! During this tour we will officially open the SUP 11-City Tour. After the opening tour there is a dinner.

## 5 DAY RACE

Registration & check in boats: Tuesday - SUPtember 8th - 2:00 pm & 6:00 pm

Location: The Prinsentuin, Wissesdwinger 1.

Every morning the registration desk is open for the participants who paddle that day. Wednesday morning the tour will start in the Prinsentuin, Wissesdwinger 1. The daily schedule will be: eat, paddle, eat, paddle, eat and sleep, repeat 5 days! All the volunteers will have a similar schedule without paddling, like preparing dinner, sail the safety boat, set up the camp, prepare lunch, prepare breakfast, check the route. We usually get a routine going by the end of the tour and get everything perfectly right. After hitting Sneek, which is the first resting point and the first city after Leeuwarden we will ring the bell in IJlst and finish in Sloten. Stavoren is the resting point of day 2, Hindeloopen will be city number 5 and you'll finish in Workum. Day 3 takes us through Bolsward for a bell, with the race paddlers doing a time trial, Witmarsum as resting place for the tour paddlers and more bell ringing in Harlingen before we finish in Franeker. Day 4 brings us to the last of the 11 cities Dokkum with 'klunen' in Wier at the locks and rest at the second locks in Oude Leije. The last day brings us back to Leeuwarden with an optional resting place at the 'Tegeltjesbrug' and a time trial for the race paddlers.



**NON STOP: 5– 6 SUPtember**  
**PROLOGUE: 8 SUPtember**  
**5 DAY RACE: 9 - 13 SUPtember**

**ADRESSES OF THE BOATS**

**Leeuwarden NON-STOP (only it Beaken):**

4 - 6 SUPtember  
Snekertrekweg 27 in Leeuwarden

**Leeuwarden:** 8 - 9 SUPtember  
Wissedwinger 1 in Leeuwarden

**Sloten:** 9 - 10 SUPtember  
De Runwei in Sloten

**Workum:** 10 - 11 SUPtember  
Kaeidyk in Workum

**Franeker:** 11 - 12 SUPtember  
Zuiderkade in Franeker

**Dokkum:** 12 - 13 SUPtember  
Van Kleffenstraat in Dokkum

**Leeuwarden** 13 - 14 SUPtember  
Wissedwinger 1 in Leeuwarden  
(Only It Beaken)

**ADRESSES OF SUP VILLAGES**

**Leeuwarden NON-STOP:**

4 - 6 SUPtember  
Snekertrekweg 27 in Leeuwarden

**Leeuwarden:** 8 - 9 SUPtember  
Wissedwinger 1 in Leeuwarden

**Sloten:** 9 - 10 SUPtember  
Jachthaven 7 in Sloten

**Workum:** 10- 11 SUPtember  
Sud 37 in Workum

**Franeker:** 11- 12 SUPtember  
Spaarbankstraat in Franeker

**Dokkum:** 12 - 13 SUPtember  
Van Kleffenstraat in Dokkum

**Leeuwarden:** 13 SUPtember  
Wissedwinger 1 in Leeuwarden



# SCHEDULE

Day 1	Start	Resting place	Finish
48,2 km	<u>Leeuwarden</u>	Sneek	<u>Sloten</u>
<b>Address</b>	Prinsentuin, Wissesdwinger 1 Leeuwarden	Westersingel 28	Jachthaven Lemsterpoort Jachthaven 7 Sloten
	9:00 am Tour, Team Tour, Red Dragon, Big SUP, Prone		2:00 – 6:30 pm
	9:05 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 6:30 pm
	9:10 am Grand Masters & Team Men Comp.		2:00 – 6:30 pm
	9:15 am Masters	<b>CLOSING TIME 1: 15:00 IN SNEEK</b>	2:00 – 6:30 pm
	9:20 am Men Solo Comp.	<b>CLOSING TIME 2: 17:00 IN WOUDSEND</b>	2:00 – 6:30 pm

Day 2	Start	Resting place	Finish
45,5 km	<u>Sloten</u>	Stavoren	<u>Workum</u>
<b>Address</b>	Runwei, Sloten	Stadsfenne 21	Sud 37, Workum
	9:00 am Tour, Team Tour, Red Dragon, Big SUP, Prone		2:00 – 6:30 pm
	9:05 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 6:30 pm
	9:10 am Grand Masters & Team Men Comp.		2:00 – 6:30 pm
	9:15 am Masters	<b>CLOSING TIME: 14:00 IN STAVOREN</b>	2:00 – 6:30 pm
	9:20 am Men Solo Comp.		2:00 – 6:30 pm

Day 3	Start	Resting place (Tour athletes only)	Finish
41,3 km	<u>Workum</u>	Witmarsum	<u>Franeker</u>
<b>Address</b>	Sud 37, Workum	Molenweg 21	Elfstedenbruggetje, Spaarbankstraat, Franeker
	9:00 am Tour, Team Tour, Red Dragon, Big SUP, Prone		2:00 – 6:30 pm
	9:05 am 12 km time trial: Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 6:30 pm
	9:10 am 12 km time trial: Masters, Grand Masters, Team Comp, Prone, Men Solo Comp.		2:00 – 6:30 pm
	11.00 am Re-start Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 6:30 pm
	11:05 am Re-start: Masters & Team Comp, Prone, Men Solo Comp	<b>CLOSING TIME: 13:00 IN WITMARSUM</b>	2:00 – 6:30 pm

Day 4	Start	Resting place	Finish
42,6 km	Franeke	Oude Leye,	Dokkum
Address	Elfstedenbruggetje, Spaarbankstraat, Franeke	Leijester Hegedyk, sports field	Dokkumer EE, in front of the Wind Mill Zeldenrust, Dokkum
	9:00 am Tour, Team Tour, Red Dragon, Big SUP		2:00 – 6:30 pm
	9:05 am Divas, Ladies Comp. & Team Ladies Comp.		2:00 – 6:30 pm
	9:10 am Grand Masters & Team Men Comp.		2:00 – 6:30 pm
	9:15 am Masters		2:00 – 6:30 pm
	9:20 am Men Solo Comp.	<b>CLOSING TIME: 14:00 IN ALDE LIJE</b>	2:00 – 6:30 pm

Day 5	Start	Resting place (Tour athletes only)	Finish
27,2 km	Dokkum	Giekerk	Leeuwarden
Address	Dokkumer EE, in front of the Wind Mill Zeldenrust, Dokkum	11 Stedenbrug, Canterlandse weg	Prinsentuin, Wissesdwinger 1 Leeuwarden
	10:00 am Tour, Team Tour, Red Dragon, Big SUP, Prone	Historical bridge	1:00 – 4:00 pm
	10:05 am <b>time trial</b> Divas, Ladies Comp. & Team Ladies Comp. + Grand Masters & Team Comp + Masters + Men Solo Comp	<b>CLOSING TIME: 14:00 IN ALDTSJERK</b>	1:00 – 4:00 pm

# PARKING

Parking during NON-stop in Leeuwarden:

Snekertrekweg 27, Leeuwarden, at the parking of the Aldi Supermarkt. (For FREE)

The fence is locked after shopping hours!

Parking on registration day in Leeuwarden:

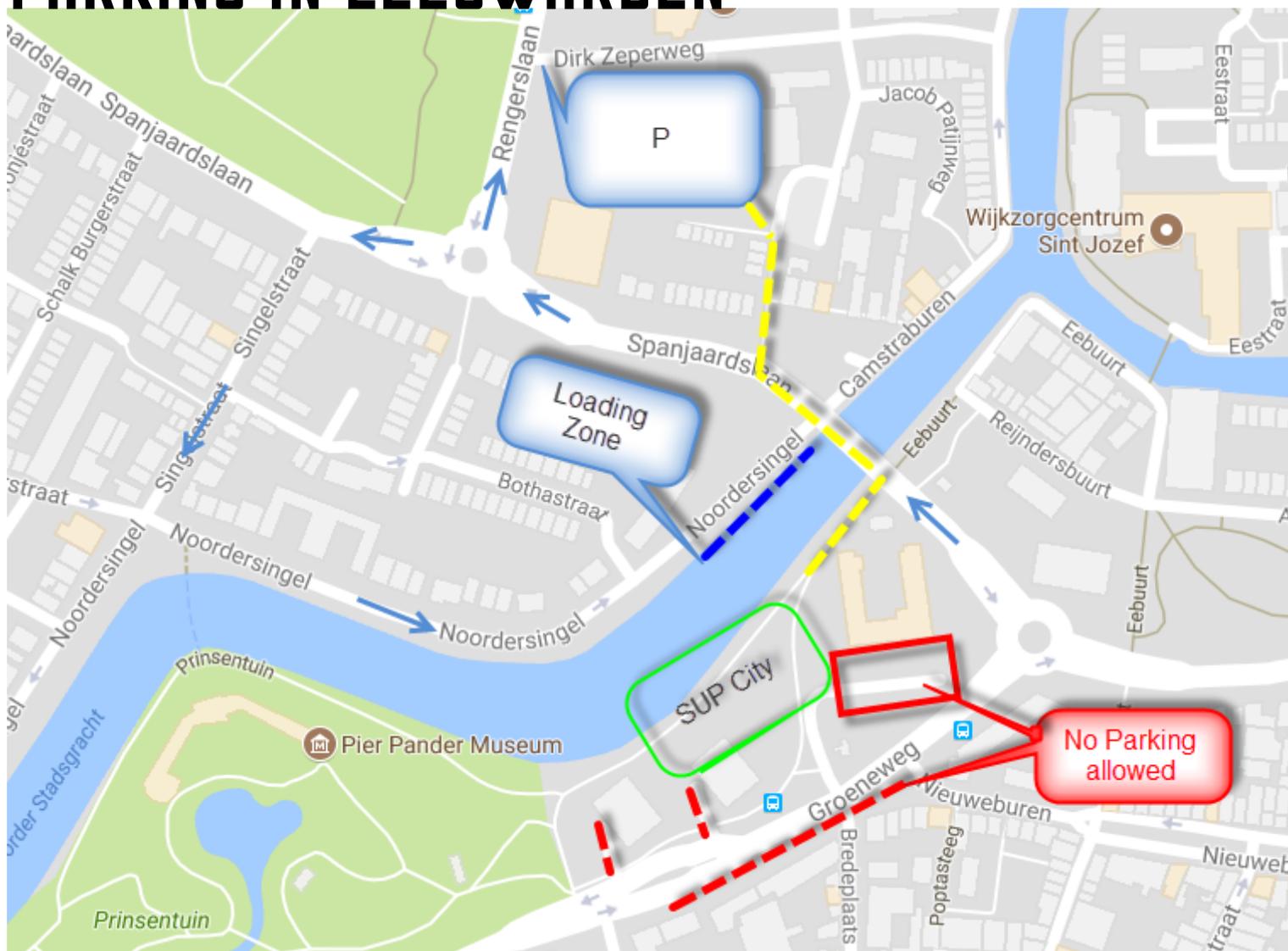
Dirk Zeperweg, Leeuwarden (you have to buy a ticket at the machine). Please check map on the next page carefully.

Parking is only possible in the free parking space on the other side of the bridge. For loading the board there is a loading zone.

Parking on other days:

In all other cities you are able to park near the SUP City.

# PARKING IN LEEUWARDEN



## BOARD STORAGE

Your board will be at the SUP Village during the nights, there is enough space to store all the boards. At every finish the volunteers will know where you can put the board. Storing your board is at your own risk.

## RESTING WATERPROOF BACKPACK

You can give a small waterproof backpack with your own food/ drinks, extra set of clothing to fuel yourself up during the break at the half way point. Note; there will be food/water/soup prepared for you by the orga-nization.

Every morning during the Skippersmeeting we'll point out where you can put the bag. **Please label your bag with your name.**



Sharing is caring!

#sup11citytour #lovefryslan #frieslandstyle



**TAKE FIVE**

**FRIESLAND** STYLE 

# DAILY SCHEDULE

## THE GENERAL DAILY SCHEDULE

Breakfast on your own sleeping boat.

Registration for 'day athletes': 7:30 am - 8:30 am

GPS Pickup: 8:00 am - 9:00 am

Skippersmeeting: 8:00 am

Lunch: at resting places

Massages: 3:00 pm - 6:00 pm

Dinner at foodtruck: 3:00 pm - 7:00 pm

Award ceremony & mandatory pre-skippers meeting: every morning after Skippersmeeting.

Every day paddlers will need to pick up their GPS tracking device. Without a GPS tracking system, you are not allowed to start. GPS is for tracking and safety. People with an internet connection can follow the athletes LIVE. Losing or getting your GPS wet will cost you 200 euro!!

## SKIPPERSMEEETING

The digital 'Skippersmeeting' will be send every evening into our Athletes Whatsapp Group. In this document Athletes receive crucial information about the course to paddle of the next day. The 8:00 am morning Skippersmeeting will be given the last info about passing times and weather.

## Registration Day

2:00 pm - 4:00 pm Registration 5 day event

6:00 pm Start of Prologue

7:00 pm Official opening on the water SUP 11-City Tour

7:15 pm Opening dinner

## DAY 1:

48.2 km Leeuwarden – Sloten

8:00 Skippersmeeting

9:00 Tour, Team Tour, Red Dragon, Big SUP, Prone

9:05 Divas, Ladies Competition & team Competition Ladies

9:10 Grand Masters & Men Team Competition

9:15 Masters

9:20 Men Solo Competition

**FINISH** between 2:00 pm – 5:00 pm  
Resting post: Sneek (12:00 pm – 2:30 pm)

## DAY 2:

45.5 km Sloten – Workum

8:00 Skippersmeeting + Award Ceremony previous day

9:00 Tour, Team Tour, Red Dragon

9:05 Divas, Ladies Competition & team Competition Ladies

9:10 Grand Masters & Men Team Competition

9:15 Masters

9:20 Men Solo Competition

**FINISH** between 2:00 pm – 5:00 pm  
Resting post: Stavoren (12:00 pm – 3:00 pm)



# DAILY SCHEDULE

## DAY 3:

41.3 km Workum – Franeker

8:00 Skippersmeeting + Award Ceremony previous day

9:00 Tour, Team Tour, Red Dragon

9:05 12K Time trial Divas, Ladies Competition & team Competition Ladies +  
Masters & Team Competition Men, Prone, Solo Men

11:15 Restart Divas, Ladies Competition & team Competition Ladies

11:20 Restart Masters & Team Competition Men, Prone, Solo Men

**FINISH** between 2:00 pm – 6:00 pm

Resting post (tour athletes only): Witmarsum (12:00 pm – 3:00 pm)

Resting post (time trial): Bolswardl

## DAY 4:

42.6 km Franeker – Dokkum

8:00 Skippersmeeting + Award Ceremony previous day

9:00 Tour, Team Tour, Red Dragon

9:05 Divas, Ladies Competition & team Competition Ladies

9:10 Grand Masters & Men Team Competition

9:15 Masters

9:20 Men Solo Competition

**FINISH** between – 2:00 pm – 6:00 pm

Resting Post: Oude Leye – (12:00 pm – 3:00 pm)

## DAY 5:

27.2 km Dokkum – Leeuwarden

9:00 Skippersmeeting + Award Ceremony previous day

10:00 Tour, Team Tour, Weekend, Red Dragon

10:05 27K Time trial Divas, Ladies Competition & team Competition Ladies  
Masters & Team Competition Men, Prone, Men Competition

**FINISH** between – 2:00 pm – 4:00 pm

Resting post (Tour Athletes only): Elfstedenbruggetje

Canterlandseweg in Giekerk (12:00 pm – 3:00 pm)

# FOOD & DRINKS

Athletes will be provided with food & drinks during the competition.

## COINS & TOKENS

Usually we use coins & tokens for the food and drinks during the event. However, considering COVID19 measures we don't think this is wise to do. So this year, we will do it a little bit different. The food trucks will have a checklist with the names of the athletes and volunteers. Provide them with your name and dinner is served!

Furthermore, each year every athlete receives 10 coins for drinks for the complete 5 day tour. Since the coins are not an option for us, we needed to think about a good solution. We want to use the concept of an 'honesty box'. Which means that everybody can get their 2 drinks a day without paying anything, but if you drink more than 2 drinks everyday, we expect that you put some money in the 'honesty box'.

We have trust in our athletes and volunteers that no advantage will be taken from this situation.

## GO GREEN!

Please take your own drink bottle, coffee cup to have less waste!  
We use plastic cups you can borrow from us.

## DINNER TIMES

Food and drinks will be available from 3:00 pm until 7:00 pm. Eat well and stay happy.



# FOODTRUCK MENU

All days have sidedishes with bread and salads

## WEDNESDAY

Foodtruck:

Butter chicken met bellpepper and rice

Butter chicken met veggie chicken, red  
bellpepper and rice (veggie)  
Salad

Grill tent:

Marinated chicken kipskewer  
with \*

Vegetarian skewer with \*  
\*Herbs potatoes and paprika,  
mushrooms and zucchini

## THURSDAY

Foodtruck:

Sweet potato stew with rocket and  
feta (veggie)  
Tagliatelle with a creamy  
spinachsause and bacon

Grill tent:

Bradwurst with \*  
Veggie burger with \*

\*Rosti

## FRIDAY

Foodtruck:

Egg noodles with ajam pangang  
Moussaka with tofu

Grill tent:

Bread with kebab  
Bread with falafel (veggie)

## SATURDAY

Foodtruck:

Tortilla filled with meat, beand and  
vegetables  
Tortilla filled with vegetables, beans and  
cheese (veggie)

Grill tent:

Kottbullar with cream sauce with\*  
Marinated mushroom skewer  
(veggie) with\*

\*Pasta met garlic, tomatoes

## SUNDAY

Hamburger

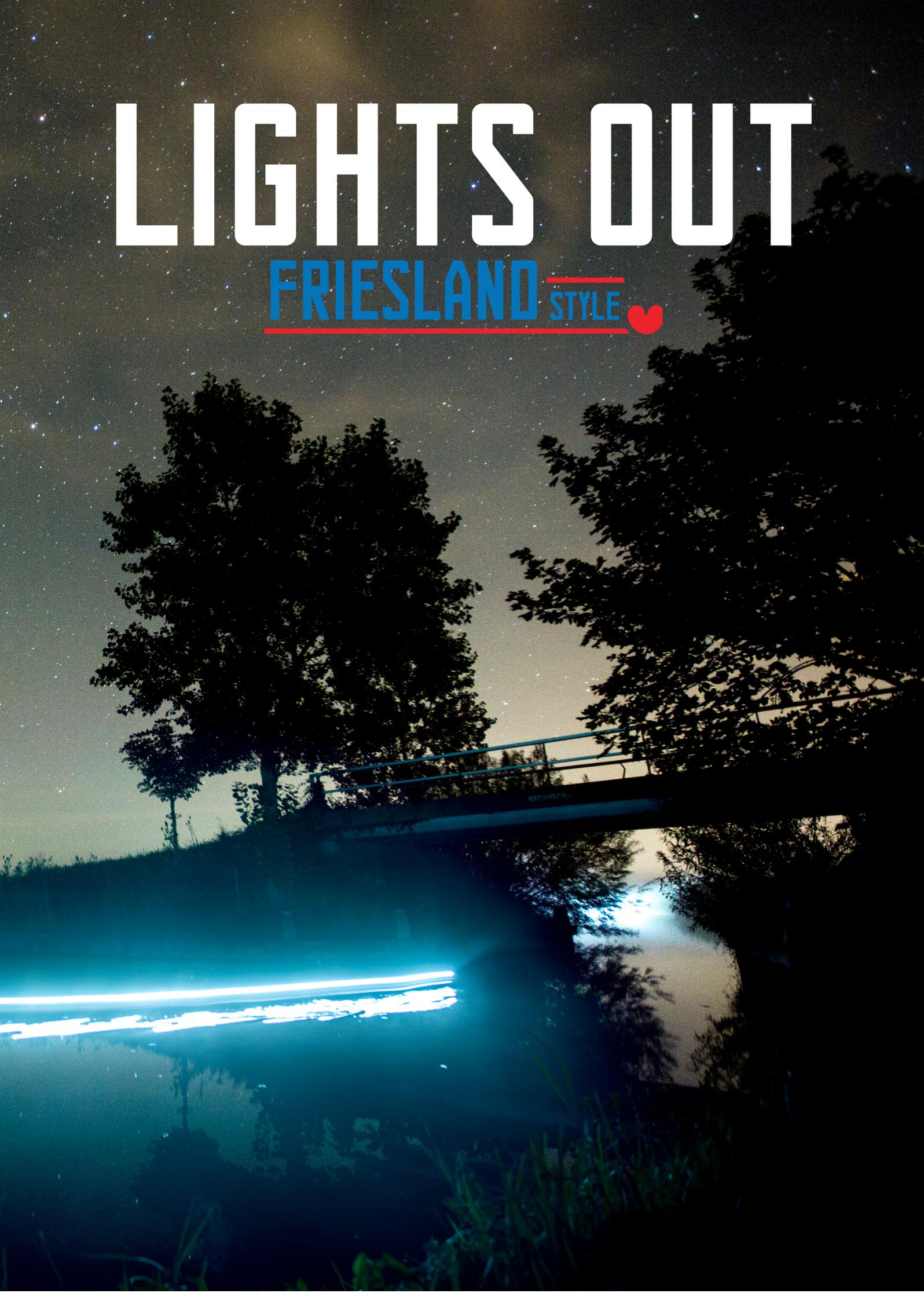
Ribs with potato wedges and sauce  
Veggie will be available as well!

# ACCOMMODATION



# LIGHTS OUT

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# DID YOU BOOK A BED?

Then you will be sleeping on a historical Frisian Sailboat organized by the SUP 11-City Tour Ohana.

This chapter is for the ones who booked a bed on one of our sleeping boats.

- ♥ Accommodations are 1 person per room in small quarters with minimal space to store luggage. Therefore, pack as light as possible. SUP board cover and paddles can be stored on boat.
- ♥ Pack your own: towels, toiletries, earplugs, blanket/comforter.
- ♥ Provided: pillow case, duvet with cover.
- ♥ Clothing does not dry quickly in Dutch weather on boats. While some boats may have dryers, this should not be relied upon.
- ♥ Check-in Time: from 2:00 pm on registration day.  
Check-out Time: 9:00 am on the last day of the race – all luggage must be off the boats. Location will be published.
- ♥ General boat rules. Boats are not a luxurious hotel where you have housekeeping. Every athlete is responsible for cleaning up after themselves including doing dishes, stripping beds, emptying trash, etc.

# SLEEP

## CHECK IN

All boats will have a 'Captain meeting', the time will be on your door, when you check in your room! So they can introduce you to the boat and review general boat rules.

## DAILY

If you are a fast paddler, you might be quicker than the boat in the finish city. Please therefore pack something extra in your 'rest bag' so you can keep yourself warm!

## CHECK OUT

9:00 am is the check-out of your boat. So if you stay till Sunday, this means you leave all your luggage in Dokkum on the allocated boat that will go to Leeuwarden. If you stay till Monday, your check-out is in Leeuwarden at 9:00 am. On your last morning, you return your linens to the allocated spot on the boat. You have to leave the room clean, incl. the kitchen and bathrooms.

## ABANDON SHIP

Please be aware you might need to change boats. If you are staying till Monday morning in Leeuwarden you might need to move to the boat that will stay one night longer. Of course we try to plan this as best as possible and you will be notified if this is the case.

# TIGHT!

# GUIDELINES

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# RACE & TOUR INFORMATION

# RULES & REGULATIONS

## SUP11City Rulebook v2020-1

30 August 2020, REV HS

### A. Changes after 2019 edition

- **NON-Stop rules:**
  - Closing time in Workum instead of Bolsward; 16 hrs after start
  - Maximum racing time is 34 hours for men and 36 hrs for women. Exceeding the maximum racing time results in DNF and the athlete shall not receive a 11-city cross.
  - Starting times are allocated by the organization based on expected paddle time. Faster paddlers start later.
  - A board measurement facility may be set up during race week. It is mandatory for all paddlers to cooperate with board measurements
- **Team time trial rules added:**
  - Break: The cut off time depend each day on the weather conditions and will be communicated during the morning briefing.
  - The organization has the right to combine starts off different racing groups.
  - Award ceremony: Failure to do may result in a 1 minute time penalty for the missing person.
- **Covid 2020 changes see chapter H**

### B. Introduction

This rulebook applies to the SUP11CITY event. The event consists of 2 separate events: The non-stop race and the 5-day event. The rules in this rulebook are organized as follows:

- General rules
- 5 day rules
- Non stop rules.

The general rules apply to both the 5 day event and the non-stop race. The non stop rules do not apply to the 5 day event, just as the 5 day event rules do not apply to the non stop race. The non stop rules only apply to the non stop race. The 5 day event rules apply only to the 5 day event.

### C. General rules

1. Race packets must be picked up at the registration day in Leeuwarden, if you are paddling less than the 5 days you will be allowed to pick up the race packet on your paddle day before the Skippers meeting at the registration office.
2. All solo paddlers and Team captains must attend the registration. Please send an e-mail to [info@sup11citytour.com](mailto:info@sup11citytour.com) to make arrangements if you cannot show up at the registration.
3. Paddlers must follow instructions of racing committee and support boats at all times.
4. The organization has the right to change the route, cancel part of the route or temporarily stop the race in case of severe weather. Changes will be communicated as soon as possible.

## Equipment rules

1. Solo competition: SUP boards must be 14 feet or under. Rudders and/or foils are not allowed.
2. Team competition: SUP boards must be 14 feet or under. Rudders and/or foils are not allowed.
3. Solo tour, team tour, day stages and weekend stages: SUP boards must be between 12 and 16 feet.
4. Only single hull boards are allowed. There are no weight restrictions on the boards.
5. Prone boards must have a minimum length of 12 feet.
6. A board measurement facility may be set up during race week. It is mandatory for all paddlers to cooperate with board measurements.
7. All paddlers must wear official SUP 11-City Tour race jersey during the entire race.
8. 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. Only a single paddle may be used while racing.
9. A replacement paddle may be securely fixed to the board. You may switch paddle during the race.
10. You may switch boards when you have an equipment failure. The broken equipment must be presented to race officials to verify the failure.
11. Boards may be switched between stages.
12. All paddlers must be securely tethered to the boards (with a leash).
13. All paddlers have the responsibility to read the signs along the route and complete the course of the day. A wrong turn or miss turn is hereby also the responsibility of the paddler.
14. Any 5 day paddler must check in with race directory at the finish each day and return GPS tracking device to race directory in able to be charged for the next race day. When you lose or get your GPS tracking wet, this will cost you €200,-.
15. You can switch categories up to 2 weeks before the event start. Be aware of the refund policies <https://sup11citytour.com/entry-fees/>

## Racing rules

1. Solo competition and team competition stand up paddlers must complete the entire race standing up. Kneeling or sitting for more than one minute at a time for competitors will result in a time penalty to be determined by race officials. Participant in solo tour, team tour, weekend-category and day-participants are allowed to kneel or sit for more than one minute. Exceptions may be made for bridges and weather conditions.
2. A paddler shall only use the paddle, waves and wind to propel the board forward during the race. No outside assistance from boats, boat wakes, sails, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.
3. A competitor shall not receive external assistance during a race from another competitor or non-competitor. A competitor providing the external assistance may also be disqualified from the race. Any assistance from boats or people other than passing food or liquids will be penalized. This rule also covers help during "klunen" (getting out of the water, take board, walk and getting back in the water).

# RULES & REGULATIONS

4. No team or solo participant can have their own boat as their escort. The only boats that are allowed in the field of competitors are from the organization. Any other boats have to be behind the last boat of the organization, the end of the participant-field. When you organize your own boat during the event, this will result in a time penalty to be determined by race officials.
5. The race director will set out cut off times during the course. If an athlete does not make a certain limit in able to make the finish line in time, the athlete will be picked up by an escort boat or car. The cut off time depend each day on the weather conditions and will be communicated during the morning briefing.
6. DSQ or DNF during a race or stage results in not getting the famous '11 city cross'. This does not apply if the race is stopped or postponed by the organization. In the case of a stopped or postponed race, finish time will be determined by the race committee. Day participants receive a day medal. Only paddlers who paddle the complete tour receive a '11 city cross'.
7. Willful misconduct from participants amongst each other or towards the organization will be charged with a time penalty or disqualification.
8. Any competitor who attempts to win a race by any other than appropriate means, or who does not follow racing regulations, may be disqualified or may receive a time penalty.
9. Any competitor who behaves in an excessively aggressive way through their conduct or speech towards the competition officials, other competitors, sponsors or spectators, may be disqualified or may receive a time penalty.
10. Any competitor that displays unsportsmanlike conduct before, during or after an event may be disqualified or given a time penalty per infringement. Unsportsmanlike conduct includes, but is not limited to:
  1. excessive physical harm using any part of the body, paddle or board;
  2. yelling at the start in order to create a false start;
  3. deliberately impeding the ability of a competitor to paddle, turn, draft, dismount, overtake, start or finish, by using the board, paddle or body (alone or together with other athletes);
  4. rubbing is not racing and shall be treated as unsportsmanlike behavior.
  5. Deliberate bumping is considered unsportsmanlike behavior.
11. In a case of emergency competitors assist others who need help.
12. All racers must be respectful of the rules on the water, around the contest area and on board of ships and in local restaurants and facilities. Failure to comply with local rules may result in a penalty. This covers, but is not limited to, paddling on the right hand side of canals, passing bridges on the right hand side, giving right of way and waiting for red lights at bridges.
13. The race committee has the right to to switch a participant between categories or to change an individual starting time. The participant shall be notified immediately if this occurs. Racing times from the previous day(s) will be transferred to the new category.
14. If the race is (temporarily)stopped for safety reasons, GPS tracker data can be used to determine exact location, distance paddled and time of athletes at time of stopping.

## Prone

1. Paddlers shall be allowed to use chin rests, splash guards chest pads, compasses, time pieces, and such over apparatus as will promote the ends of safety, comfort, and navigation; provided however, that the apparatus shall in no manner contribute to, mechanically,

manually or otherwise assist the paddler to propel himself in the water by any other manner that agitation of the water with his hands and arms.

### Red Dragon

1. Only 22ft Red Dragon boards are allowed.
2. Boards may only have 1 fin
3. A team comprises of no more/no less than 4 persons on the board
4. All team members must be on the board when starting and finishing
5. Kneeling participants must stand up after 10 strokes

### Finish

1. The finish line is between the top or middle of the top of the finish buoys and the water surface. Racing time will stop when the body of the paddler crosses the finish line.
2. It is the responsibility to ensure the race number on the jersey is visible. If the race number is not visible, accurate timing is not guaranteed. The race committee will assign a finish-time to the paddler based on gps data and visual information.
3. A finished paddler must stay clear of the finish area to ensure safe and honest finishes for incoming paddlers.
4. At the finish, the clock will display the time elapsed after the latest start.

## D. Rules 5 day event

### Starting Procedure

1. Prior to the start, a pre-start meeting is held. Race officials will inform paddlers about last minute changes, starting times, weather update, route information, cut off times, race rules updates/changes and other event specific information.
2. The start will occur in separate groups. The organization has the right to combine starts of different racing groups or change starting times.
3. Each start has the following signals:
  - 5 minute mark (3 whistles)
  - 1 minute mark (1 whistle)
  - Start (loud signal)
4. A race clock will be visible at the start. The starter determines the exact time of start. Start is between 0 and 10 seconds after 0. Race starts at the sound (the "bang") of the starting pistol, not at the clock.
5. The starting line is made up of 2 buoys. The body of the paddler may not cross the starting line 1 minute prior to the start.

# RULES & REGULATIONS

6. Based on weather conditions, an additional pre-starting line may be put in use. The pre-starting line cannot be crossed before the starter releases the line.
7. In case of a false start, a second shot can be heard and the starting procedure will immediately be restarted. False starter(s) may receive a penalty or will be informed about their start.

## Racing Rules

1. Drafting is allowed in the 5 day race:
  1. Drafting is only allowed in the same class.
  2. Drafting is defined as being in the wake behind or next to any SUP board of any category in a distance of maximum 2 m.
  3. Drafting is not allowed behind any boat or other motorized device on the water.
2. The gentlemen's rule applies when it comes to overtaking you opponent. When your opponent stops to eat or drink, you should not sprint away.
3. Any athlete who decides to leave the race can only return in the tour-class.

## Team Race

1. Athletes paddle the 220 kilometers together (2,3,4 or 5 pp) in 5 days. Fastest team (when entered in the team-competition) will be rewarded.
2. Each team member paddles the entire stage (start to finish) for that day (no changing allowed). Team members can support each other, but there's no physically help allowed.
3. Team members can decide themselves who will paddle which day but all team members who enter will all need to paddle at least once.
4. At the end of each day before 7 pm the organization must be informed who will paddle the following day. A team form is available at the race office.
5. Teams who compete in the Mixed competition, start in the Team competition ladies starting time.
6. Team athletes are allowed to draft only within their class.

## Individual Time trial

1. The starting order for the individual time trials is the following: Starts are in 1 minute intervals. Departures are made in reverse order of the general classification established at the end of the previous stage.
2. The time interval may be reduced or increased for all or some of the riders following a decision by the race management.
3. The starting order may be changed if there appears to be a risk of this affecting the fairness of the race.
4. Any rider arriving late for his starting time incurs a time penalty equal to the time between the allotted starting time and the actual starting time.

5. If one rider catches up with another rider, neither rider is allowed to lead the other or benefit from the other's slipstream: ie no drafting allowed. A rider who catches up with another must maintain a lateral distance of at least three metres from the other rider. The caught rider must remain at least 2 boardlengths from the other rider.
6. Riders are forbidden to help each other. Any assistance may only be rendered when riders have stopped. Food and drink will be supplied by the team staff in the designated feeding area.

### Team time trial

1. The team time trial is an integral part of the sup11city competition.
2. A men's team consists of a minimum of 4 and a maximum of 5 men. A ladies team consists of a minimum of 3 ladies and a maximum of 5 ladies.
3. A team must be set up as follows:
  1. Men competition athletes can only team up with other men competition athletes
  2. Masters and grand masters are allowed to team up together but this is not mandatory
  3. Ladies and Divas are allowed to team up together but this is not mandatory
  4. Competition teams obviously paddle as a team, also if the team consists of 2 or 3 athletes.
4. The finishing time of the 3rd athlete in a men competition team or masters/grand masters team is the finishing time for the whole team.
5. The finishing time of the 2nd athlete in a lady/diva competition team is the finishing time for the whole team.
6. The finishing time of the 3rd athlete in a competition team is the finishing time for the whole team.
7. The finishing time of the 2nd athlete in a competition team of 2 is the finishing time for the whole team.
8. Team composition must be handed to the organization before 7PM on the day before the team time trial. Team entrance forms are available at the race office.
9. Athletes who are not part of a team, will be allocated by the organization to a new team or an existing team.
10. Starting sequence is based on the total time of the fastest paddler in the team. The team with the fastest paddler starts as the last team.
11. Drafting is only allowed within a team. A team who catches up with another team must maintain a lateral distance of at least three metres from the other rider. The caught team must remain at least 2 boardlengths from the other team after being passed.

# RULES & REGULATIONS

## Red Dragon rules

1. A team must stay the same for the duration of 1 stage
2. Teams can substitute 2 paddlers between stages.

## Stamping

The SUP 11-City Tour keeps most 'eleven city traditions' in place like the 'stamping posts'. Collect all your stamps in each of the historical – authentic Eleven Cities and receive your SUP 11-City 'cross' – your medal of honor. When you miss a stamp from a city it will seem as you missed a city and therefore not completed the entire tour. So be aware of these posts and get all your stamps to keep your place in the overall ranking.

Since it is hard to stamp with a 14 ft board on a location on the shore, we introduced an alternative 'stamp' which is a bell. You will need to ring the bell and shout your participant number and your name.

1. In every city you pass you have to collect a stamp
2. Stamping is automatic at the start, rest and finish location.
3. Stamping means: Ring the bell and shout your number for registration.
4. A stamping location does have one bell only
5. Stamping location will be on shore
6. Missing a stamp will result in time penalty
7. Stamping posts have a closing time. Look at the daily board for exact times.

## Resting places

Approximately halfway each stage, there is a resting point.

1. Every competitor must rest at the resting point 15 min (minimum).
2. When a competitor leaves before the 15 minutes are over, there will be a time penalty
3. It is allowed to rest longer, but it will cost you time.
4. Rest time for competition athletes is clocked with a stopwatch. As soon as the competitor crosses the buoy and flag on land (preferably closest to shore) the stopwatch will start.
5. The stopwatch is handed to competitor when he/she gets on shore.
6. The competitor is responsible for the time. Leaving too soon results in time penalty, to late is own responsibility.
7. When the 15 minutes are almost over the competitor gives the stopwatch to one of the organization.
8. The competitor is allowed to get ready on his/her SUP 3 minutes before restart.

9. The competitor leaves when the organization gives a GO, not the shouting of the crowds.
10. Leaving the resting area too soon results in a time penalty.
11. For individual competition and team competition participants the resting point on day 5 is not mandatory.
12. Tour athletes receive a paper with the time of entry at the resting place. The tour athlete is allowed to leave the resting place after 15 minutes. Leaving the resting place must be coordinated with the designated starter.

### Award Ceremony

1. The award ceremony takes place after dinner. Timing will be announced during the skippers meeting in the morning.
2. Athletes who finished at place 1, 2 or 3 of their respective categories will be honored and awarded.
3. Prizes may also be awarded to other athletes.
4. It is the responsibility of the winning participants to be present or be represented at the award ceremony. Failure to do so may result in a 1 minute time penalty for the missing person.

### E. Non Stop Rules

1. All participants must collect a gps prior to start. The gps is used for track and trace purposes. If a gps is malfunctioning or empty it will be switched on the first possible occasion by the organization.
2. The routing is with yellow/black arrows before a turn or crucial point. After the signed point, a ribbon is visible to confirm the arrow.
3. Between Stavoren and Dokkum there will be lighted arrows to show the way, a red flickering light will be the validation that you are on the right track after a turn.
4. An athlete must provide means of visibility above and beyond regulatory compliance, according to the demands of the safety environment. A white light must be visible (on paddlers head) from 360° and must be used between sunset and sunrise.
5. Closing time of Workum (or the 100 km mark if the start takes place in another city) is 16 hrs after start. If the athlete does not make Workum in time, the paddler is taken out of the race. It is not allowed to continue once the closing time is missed.
6. Maximum racing time is 34 hours for men and 36 hrs for women. Exceeding the maximum racing time results in DNF, and the athlete shall not receive a 11-city cross.
7. Athletes are allowed to get on land for stops
8. Athletes are allowed to have assistance and encouragement from land (car, bicycle, skate board etcetera).
9. Support at the 5 day start/ finish stops can be provided for the non-stop athlete by the organization at the request of the athlete. Food and drinks will be available at the Finish/start

cities of the normal 5 day tour if requested by the athlete. Personal assistance is the athletes responsibility.

10. There need to be a minimum of 3 non-stop athletes (in the male or female division) for this category to take place.
11. Drafting is not allowed in the solo non stop race. Drafting is defined as being in the wake behind or next to any SUP board of any category. Drafting is not allowed behind any boat or other motorized device on the water. A minimum distance of 2 boardlengths or between boards is required, except when overtaking takes place. Once overtaken, a distance of 2 boardlengths must be observed.

## Starting Procedure

1. The starting time depends on the weather and will be communicated 10 hours before the start on the website, through email and social media. Start will take place in the morning in Leeuwarden. Start will take place between 8 AM and 12 AM. Race start time will depend on weather conditions and will be communicated at the skippers meeting the evening before the start.
2. The start takes place between 2 buoys. Prior to the start there will be a 5 minute and a 1 minute notification.
3. Starting times are allocated by the organization based on expected paddle time. Faster paddlers start later.
4. Prior to the start, a pre-start meeting is held. Race officials will inform paddlers about last minute changes, starting times, weather update, route information, cut off times, race rules updates/changes and other event specific information.
1. The start will occur in separate groups. The organization has the right to combine starts of different racing groups or change starting times.
2. Each start has the following signals:
  - 5 minute mark (3 whistles)
  - 1 minute mark (1 whistle)
  - Start (loud signal)
3. A race clock will be visible at the start. The starter determines the exact time of start. Start is between 0 and 10 seconds after 0. Race starts at the sound (the "bang") of the starting pistol, not at the clock.
4. The starting line is made up of 2 buoys. The body of the paddler may not cross the starting line 1 minute prior to the start.
5. Based on weather conditions, an additional pre-starting line may be put in use. The pre-starting line cannot be crossed before the starter releases the line.
6. In case of a false start, a second shot can be heard and the starting procedure will immediately be restarted. False starter(s) may receive a penalty or will be informed about their start.

## Finish

5. The finish line is between the top or middle of the top of the finish buoys and the water surface. Racing time will stop when the body of the paddler crosses the finish line.
6. It is the responsibility to ensure the race number on the jersey is visible. If the race number is not visible, accurate timing is not guaranteed. The race committee will assign a finish-time to the paddler based on gps data and visual information.
7. A finished paddler must stay clear of the finish area to ensure safe and honest finishes for incoming paddlers.
8. At the finish, the clock will display the time elapsed after the latest start.

## Team race

### Prone

2. Paddlers shall be allowed to use chin rests, splash guards chest pads, compasses, time pieces, and such over apparatus as will promote the ends of safety, comfort, and navigation; provided however, that the apparatus shall in no manner contribute to, mechanically, manually or otherwise assist the paddler to propel himself in the water by any other manner that agitation of the water with his hands and arms.
3. No drafting of any kind is allowed except within own category.

## Red Dragon

6. Only 22ft Red Dragon boards are allowed.
7. Boards may only have 1 fin
8. A team comprises of no more/no less than 4 persons on the board
9. A team must stay the same for the duration of 1 stage
10. All team members must be on the board when starting and finishing
11. Kneeling participants must stand up after 10 strokes
12. Teams can substitute 2 paddlers between stages.

## Award Ceremony

5. The award ceremony takes place on Sunday around 6PM. Exact timing will be announced during the skippers meeting in the morning.
6. Athletes who finished at place 1, 2 or 3 of their respective categories will be honored and awarded.
7. Prizes may also be awarded to other athletes.

8. It is the responsibility of the winning participants to be present or be represented at the award ceremony.

## F. Protests

Competitors are allowed to file a protest.

1. A protest must be filed before 6pm. A protest can only be filed on the day the issue occurred. Protest forms are available at the registration desk.
2. Only complete filled in protest-forms will be assessed by the protest committee.
3. A protest will be taken care of on the day of filing by the protest committee. The conclusion of the protest committee is definitive.
4. The protest committee consists of at least 3 persons, including 1 paddler of a different category. Conflict of interest must be avoided.
5. The organization and athlete included will discuss the issues separately. Then and there will be decided whether to make the matter public or not.
6. When the issue concerns the entire competition, the race direction will discuss the matter open after the prize giving each day after dinner.

## G. Penalties

1. Forgetting a stamp : 1 minute time penalty
2. Breach of equipment rules: time penalty (minimum 5 minutes, to be determined by race committee) or disqualification
3. Leaving too soon from rest location : 1 minute for every 10 sec to soon.
4. 2 False starts : 5 minutes time penalty
5. Failure to follow local water and sailing rules : 5 minutes time penalty
6. Unsportsmanlike behavior, such as verbal or physical aggression, blocking a paddler, yelling before a start: time penalty (minimum 1 minutes, to be determined by race committee) or disqualification
7. Getting help of a boat to complete race results in a automatic place behind the last finished competitor in the same group, including an additional time penalty of 30 minutes.
8. Outside assistance : disqualification or time penalty (to be determined by race committee)
9. Failure to follow instructions from the organization may result in a time penalty or disqualification (to be determined by race committee).
10. Drafting outside class or during time trial : 5 minutes time penalty

## H. Covid-19 changes to the rules

1. The skippers meeting will be a digital document sent to all competitors at least 10 hrs before the start of the non-stop race or the 5-day event.
2. At 8 AM, last minute details about the race will be communicated by the race director or replacement. During this briefing, winners off the previous day will be announced.
3. On day 5, the overall winners will be honored.
4. It is mandatory to follow instructions of the organization. Covid-19 is serious and should be treated as such.
5. **We have changed the award ceremony to the morning.** The ceremony will be after the 8:00 am skippers meeting to avoid the big group in the afternoon.



# JEWELLERY

**FRIESLAND** STYLE 

# AWARD CEREMONIES

At the start of every day there will be an award ceremony. We hand out special prizes for the amateur athletes like "best behaviour", "Good Sportsmanship" and such. Tour participants will not receive an award for their ranking, but can be nominated as a 'day-winner'.

The overall Elite-winners in the following divisions:

solo male

solo female

will receive cash prizes.

All the other categories can win a wonderful product as a prize.

At completion of the tour you will receive the coveted cross medal "Elfstedenkruisje".

## LIVE TRACKING AND MEDIA

The SUP 11-City Tour aims to keep everybody on the route and at home up to date about the entire tour. This is done by using various social media channels and the website: [www.sup11citytour.com](http://www.sup11citytour.com).

For those who are unable to be at the tour, the website offers great opportunities to follow your favorite athlete. Such as the GPS- tracking system, which will show all athletes as it is mandatory to carry the GPS when participating in the event.

## HASHTAGS

#sup11citytour #frieslandstyle #lofefryslan

## UPDATES

Keep up to date at the website [www.sup11citytour.com](http://www.sup11citytour.com) and click in the menu on: LIVE.

Don't forget our Facebook page & Instagram account: sup11citytour. This will be mainly our way of communicating with you!



Sharing is caring!  
#sup11citytour #lofefryslan #frieslandstyle





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SEE YOU IN 2021

4-5 SEPTEMBER - NON-STOP EVENT

8-12 SEPTEMBER - 5 DAY EVENT

[www.friesland.nl](http://www.friesland.nl)



[www.sup11citytour.com](http://www.sup11citytour.com)