

GUIDELINES

FRIESLAND STYLE



RACE & TOUR INFORMATION



RULES & REGULATIONS

SUP11City Rulebook v2023-1



A. Changes after 2022 edition

- Age limit specifications
- Youth categories and board specs
- Switching boards between stages allowed
- Resting point day 5
- Leaving the race (DNF) and getting back in is approved
- Time trial intervals to 30 seconds
- Tandems may use carts at the locks
- Stamping in Sneek mandatory for everyone
- Getting in the water 2 minute before start instead of 3.

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 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. Daily information sheets will be digitally distributed.

5. 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.

6. Age limits: The following age groups are in use:

- a) Pupils (up till 10) *
- b) Youth B (11,12) *
- c) Youth A (13,14) *
- d) Juniors B (15,16) *
- e) Juniors A (17,18) *

- f) Open (all)
- g Masters (men 40-49)
- h) Grand masters (men 50 and up)
- i) Divas (women 30-39)
- j) Grand divas (women 40 and up)

*: sections of the tour only

7.Age limit example : A Master competitor can compete in a Masters event in the year he or she reaches the lower limit of the age category, i.e. in the 40-49 age group in the year of his or her 40th birthday.

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. Youth categories: pupils, youth A, youth B : inflatable boards, max length 12'6
5. Youth categories Juniors B and Juniors A: equal to solo competition.
6. Only single hull boards are allowed. There are no weight restrictions on the boards.
7. Prone boards must have a minimum length of 12 feet.
8. A board measurement facility may be set up during race week. It is mandatory for all paddlers to cooperate with board measurements.
9. All paddlers must wear official SUP 11-City Tour race jersey during the entire race.
10. 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.
11. A replacement paddle may be securely fixed to the board. You may switch paddle during the race.
12. You may switch boards during a stage when you have an equipment failure. Switches between stages are allowed. The broken equipment must be presented to race officials to verify the failure.
13. Boards may be switched between stages.
14. All paddlers must be securely tethered to the boards (with a leash).
15. 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.
16. 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,-.

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17. 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).
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 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:
 - a) excessive physical harm using any part of the body, paddle or board;
 - b) yelling at the start in order to create a false start;
 - c) 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);
 - d) rubbing is not racing and shall be treated as unsportsmanlike behavior.

e) Deliberate bumping is considered unsportsmanlike behavior.

11. In case of emergency competitors must assist fellow competitors who are in need of 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 righthand side of canals, passing bridges on the righthand side, giving right of way and waiting for red lights at bridges.

13. The race committee has the right 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

Youth

1. Sections of the course may be used for a youth race or tour.
2. Race format will be communicated at least 24 hrs prior to starting time.
3. Youth can paddle the section as tour or in competition.
4. Depending on class size and local conditions, the start can be a mass or a wave start.
5. The finish is equal to the finish of the main event.
6. If a youth race or tour is organized, the award ceremony for youth is incorporated in the main award ceremony.

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.

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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 to the course 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 or a previous start)
 - 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 prior to the start. The start may be delayed by the starter if paddlers have crossed the starting line.
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:
 - a) Drafting is only allowed in the same class.

- b) 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.
- c) 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 your opponent. When your opponent stops to eat or drink, you should not sprint away.

Team Race

1. Athletes paddle the 220 kilometers together (2,3,4 or 5 pp) in 5 days on a 1-person board. Fastest team (when entered in the team-competition) will be rewarded.
2. Tandem boards are a separate category.
3. 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 physical help allowed. Tandems are allowed to use a cart at the locks.
4. Team members can decide themselves who will paddle which day but all team members who enter will all need to paddle at least once.
5. 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.
6. Teams who compete in the Mixed competition, start in the Team competition ladies starting time.
7. 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 30 second 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.

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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.

Red Dragon rules

1. A team must stay the same for the duration of 1 stag
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 unless specifically otherwise noted in the briefing
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

Competition

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. Follow the instructions of the volunteer for placing your board on the resting area.
7. The competitor is responsible for the time. Leaving too soon results in time penalty, to late is own responsibility.
8. When the 15 minutes are almost over the competitor gives the stopwatch to a volunteer of the organization.
9. The competitor is allowed to get ready on his/her SUP 2 minutes before restart.
10. The competitor leaves when the organization gives a GO, not the shouting of the crowds.
11. For individual competition and team competition participants the resting point on day 5 is not mandatory. For tour paddlers (team or solo), the resting point on day 5 is mandatory.

Tour

There are 2 resting points in the first 4 stages. The last stage has 1 resting point.

1. Every competitor must rest at the first resting point for a time of 15 minutes minimum.
2. When a competitor leaves before the 15 minutes are over, a time penalty will be added.
3. It is allowed to rest longer.
4. 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.
5. The tour athlete is responsible for the time. Leaving too soon results in time penalty, to late is own responsibility.
6. When the 15 minutes are almost over the competitor gives the paper to a volunteer of the organization.
7. The competitor leaves when the organization gives a GO, not the shouting of the crowds.
8. The second resting stop is not mandatory.

Award Ceremony

1. Timing of the award ceremony will be communicated by the organization.
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 may result in a 1 minute time penalty for the missing person.

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E. Non Stop Rules

1. All participant 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 90 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. Closing time of the exit Bartlehiem to Dokkum is 30 hrs after start. If you do not make the exit to Dukkum in time, you must paddle straight ahead, with 20 km remaining.
7. Maximum racing time is 34 hours for men and 36 hrs for women. Exceeding the maximum racing time results in a mention on the results.
8. Athletes are allowed to get on land for stops
9. Athletes are allowed to have assistance and encouragement from land (car, bicycle, skate board etcetera).
10. 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.
11. There need to be a minimum of 3 non-stop athletes (in the male or female division) for this category to take place.
12. 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 board lengths or between boards is required, except when overtaking takes place. Once overtaken, a distance of 2 board lengths 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 for each competitor 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.
5. The start will occur in separate groups. The organization has the right to combine starts of different racing groups or change starting times.
6. Each start has the following signals:
 - 5 minute mark (3 whistles, or a previous start)
 - 1 minute mark (1 whistle)
 - Start (loud signal)
7. 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.
8. 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.
9. 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.
10. 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

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.

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Award Ceremony

1. Timing of the award ceremony will be communicated by the organization. The award ceremony may be held at a time when not all participants have finished and multiple award ceremonies may take place, depending on finishing sequence.
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.

Prone non stop

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.
2. No drafting of any kind is allowed except within own category.

Red Dragon non stop

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. A team must stay the same for the duration of 1 stage
5. All team members must be on the board when starting and finishing
6. Kneeling participants must stand up after 10 strokes
7. Teams can substitute 2 paddlers between stages.

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 involved 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 director will discuss the matter open after the prize giving each day after dinner.
7. The race committee may start an investigation.

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 too 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 minute, 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