



# EUROPEAN SUP LEAGUE

CERTIFIED BY THE EUROPEAN SURFING FEDERATION

GENERAL REGULATIONS EN – (ESL) 2026

*General Regulations EN 2026 V01\_1*





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## 1. GENERAL INFORMATION AND FOUNDATIONS

### 1.1 Official Presentation of the European SUP League (ESL)

The European SUP League (ESL) is a European Stand Up Paddle league conceived for the structured, accessible, and sustainable development of SUP across its various disciplines, integrating high-level competition, grassroots sport, inclusion, and social and environmental impact actions.

The ESL was created with the objective of offering a modern, clear, and homogeneous competitive framework at the European level, allowing the coexistence of different sporting levels within a single circuit, guaranteeing equal opportunities, participant safety, and a positive sporting experience.

The ESL operates as a unified circuit across different European countries, maintaining consistency in distances, categories, competitive formats, and safety standards.

The league is founded on a vision of SUP as an evolving sport, where competition is understood not only as a final result but as part of a learning process, personal development, and belonging to a sporting community.

### 1.2 Authority, Institutional Recognition, and Regulatory Framework

The European SUP League operates under the authority of the European Surfing Federation (ESF) and is a homologated league within the European Stand Up Paddle framework.

This regulation is governed by:

- the rules and guidelines of the European Surfing Federation (ESF);
- the regulations of the International Surfing Association (ISA) as the international reference framework;
- and the specific adaptations and developments established by the ESL, contained in this document and its annexes.

In the event of discrepancies between regulations, the order of precedence shall be:

1. Safety regulations and provisions issued by the competent local or national authority.
2. This Official Regulation of the European SUP League.
3. ISA and ESF regulations and guidelines as the general framework.



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### 1.2.1 Recognition and Homologation

All events included in the ESL calendar must be homologated by the ESF. Each event within the circuit must also be validated by the corresponding national federation. No event may use the ESL designation or score points for the official ranking without this dual approval.

### 1.2.2 Appointment of Technical Officials

The ESF and ESL shall appoint:

- Technical Director
- Competition Director
- Judges Coordinator
- Race, water, and finish judges
- Safety and pre-start control officers

The local organizing body must cooperate with these officials and provide the necessary resources for the proper execution of the event.

## 1.3 Philosophy, Objectives, and Fundamental Principles of the ESL

The European SUP League is based on the following principles:

- Accessibility, facilitating participation by athletes of different ages, levels, and sporting backgrounds.
- Sporting equity, guaranteeing equal conditions through clear formats, transparent criteria, and, where applicable, the use of equipment pools.
- Safety, prioritizing participant physical integrity over any sporting result.
- Progressive development, understanding competition as part of a formative process, especially in grassroots categories.
- Inclusion, integrating inclusive and adaptive SUP as a structural component of the ESL project.
- Sustainability, promoting respect for the natural environment and integrating educational, social, and environmental actions into events.

These principles guide all organizational, technical, and sporting decisions of the ESL.

## 1.4 Scope of Application of the Regulation

This regulation shall be mandatory for:

- all events included in the official ESL calendar;
- all disciplines, categories, and formats recognized by the ESL;



- all participants, officials, judges, organizers, and staff involved in the events.

Registration and participation in an ESL event implies full acceptance of this regulation, its annexes, and the decisions adopted by the Competition Committee.

## **1.5 Sporting Authority, Competition Committee, and Race Direction**

Sporting authority during ESL events lies with:

- the ESL Competition Committee;
- the Race Direction;
- and the appointed judging team.

The Competition Committee is the highest sporting authority during the event and shall have the power to:

- interpret this regulation and its annexes;
- resolve sporting and organizational incidents;
- apply sanctions and penalties;
- validate classifications and results;
- modify formats or courses for safety reasons or exceptional conditions.

Decisions of the Competition Committee shall be final in sporting matters.

## **1.6 Official Event Communications**

The European SUP League establishes an official communication system to ensure that all relevant event information is accessible, clear, and uniform for all participants.

Official communications shall be made through:

- official ESL digital channels;
- the official event WhatsApp group;
- and the Official Notice Board (ONB) located at the competition venue.

Information published through these channels shall be binding. Each participant is responsible for staying informed via the official channels.

## **1.7 General Structure of ESL Events**

Events included in the official ESL calendar may include, depending on the host venue and program:

- official point-scoring events for the ESF Official Ranking;
- non-official ESL rankings;



- inclusive and adaptive races and activities;
- recreational paddles and non-competitive formats;
- educational, social, and environmental actions.

The specific structure of each event and the applicable formats shall be communicated in advance by the organization and validated by the Competition Committee.

## **2. OFFICIAL ESF RANKING (EUROPEAN SURFING FEDERATION)**

### **2.1 Point-Scoring Disciplines**

The Official Ranking of the European Surfing Federation (ESF) within the European SUP League (ESL) is established exclusively on the following disciplines. A single completed event shall be sufficient to validate each discipline.

The official ranking disciplines are:

#### **2.1.1 Sprint**

Short-distance races contested in elimination formats, with successive heats and classification by finishing position. The specific format (number of heats, progressions, and finals) shall depend on the number of participants and will be communicated during the event briefing.

#### **2.1.2 Technical Race / Beach Race**

Technical races combining paddling sections, buoy turns, and, where applicable, beach running segments. These races may be contested in elimination heats or direct finals, depending on the number of participants and event conditions.

#### **2.1.3 Long Distance**

Long-course races generally contested in mass-start format, with classification determined by finishing position. The distance and course shall be defined by the organizer in accordance with the criteria established in these regulations and communicated in advance.

## **2.2 Official Categories**

The official categories recognized for the ESF Official Ranking within the ESL are:

- Under 16 (U16)
- Open:
  - ❖ Under 18 (U18)



- ❖ Master (40+)
- ❖ Grand Master (50+)
- ❖ Kahuna (60+)

Each category shall be identified by visible markings, in accordance with Part 5 — Equipment, Control, and Participants.

For the purposes of eligibility and category allocation within the European SUP League (ESL), an athlete's age shall be determined by the age he or she attains during the relevant calendar year.

This criterion shall apply to all categories, whether official or non-official, irrespective of the date on which each event is held, and shall be uniformly applied throughout the entire competitive season.

Once the competitive season has commenced, no changes of category shall be permitted within the same season, except with the express authorization of the ESL Competition Committee.

## 2.3 Requirements to Score Points in the ESF Official Ranking

In order to obtain valid points for the ESF Official Ranking, participants must meet the following mandatory requirements:

### 2.3.1 Mandatory Insurance

All athletes must hold valid civil liability and accident insurance covering Stand Up Paddle competition.

### 2.3.2 European Surfing Federation License

To score points in the ESF Official Ranking, athletes must hold a valid license issued by the European Surfing Federation or by a corresponding national federation officially recognized by the ESF.

### 2.3.3 Declaration of Responsibility

Registration for an ESL event implies express acceptance of the declaration of responsibility, whereby the athlete acknowledges:

- knowledge of these regulations and their annexes;
- being in adequate physical condition to compete;
- assuming responsibility arising from participation in the event.

## 2.4 Official Scoring System

### 2.4.1 Points Scale

All events included in the official European SUP League (ESL) calendar shall carry a base score of 1,000 points for the winner, regardless of the prize money allocated to the event.

As an exception, the final event of the season shall be awarded a special value of 1,100 points, with the aim of reinforcing its decisive character within the official ranking.

The points distribution scale for the remaining positions shall be applied proportionally based on the score assigned to each event, in accordance with the points table established by the ESL.

### 2.4.2 Classification Status: DNS, DNF, and DSQ

For classification and scoring purposes, the following statuses are established:

#### DNS (Did Not Start)

Registered athlete who does not take the start.

→ Does not classify and receives 0 points.

#### DNF (Did Not Finish)

Athlete who starts the race but does not finish without being disqualified.

→ Receives the points corresponding to the last classified position plus one, or the minimum points assignable under the current scale.

#### DSQ (Disqualified)

Athlete disqualified due to a regulatory infringement.

→ Does not classify and receives 0 points.

### 2.4.3 Validity of a Discipline for League Ranking

For a discipline to be considered valid and for its results to count toward the official League Ranking, at least one (1) event of that discipline must have been held within the official calendar of the season.

From the moment the first event of a discipline is held, that discipline shall be eligible to score points toward the corresponding ranking for the remainder of the season.

If a discipline is not contested in any event of the official calendar, no official ranking shall be established for that discipline during that season.

## 2.5 Discard System

The discards system shall apply exclusively by discipline and never to an entire event.

Discards shall affect only the results obtained by an athlete within the same discipline, and it shall not be possible to discard participation in an event as a whole.

The number of results that count towards the ranking in each discipline shall be as follows:

- From 1 to 3 events contested in a discipline:  
→ All races shall count, with no discards applied.
- From 4 to 5 races contested in a discipline:  
→ The best three (3) races shall count.
- From 6 to 7 events contested in a discipline:  
→ The best four (4) races shall count.

Once the corresponding discards have been applied in each discipline, the resulting points shall be added together for the calculation of the Overall ranking, in accordance with the scoring system established in these Regulations.

## 2.6 Tie-Breaking Criteria

### 2.6.1 Ties in Event Classifications

In the event of a tie in the classification of an individual event, the technical criteria established in Annexes B and C shall apply.

If the tie persists after applying these criteria, the tie shall remain.

### 2.6.2 Ties in the Annual Ranking

#### a) Overall ESL Annual Ranking

The Overall ESL Annual Ranking shall integrate athlete performance across the official disciplines in accordance with the following weighting:

- Technical Race: 40%
- Sprint: 30%
- Long Distance: 30%

In the event of a final tie in the Overall Ranking, the following criteria shall be applied successively:

- Best result in direct head-to-head encounters between the tied athletes in events where they both competed.
- Best result obtained in the most recent direct encounter.

If the tie persists, the athletes shall share the position.

### b) Annual Ranking by Discipline

In the event of a tie in the annual ranking of a specific discipline, the following criteria shall be applied successively:

- Best result in direct head-to-head encounters within that discipline.
- Best result obtained in the most recent common event.
- Best individual result obtained during the season in that discipline.

If the tie persists, the tie shall remain.

## 2.7 Annual Overall Classification (Overall ESL)

The Overall ESL annual classification shall reflect the athlete's global performance throughout the season, once discards and tie-breaking criteria have been applied.

The final classification shall be published by the ESL at the close of the season and shall be final

## 3. NON-OFFICIAL ESL RANKINGS

### 3.1 Nature and Objectives of Non-Official ESL Rankings

The non-official ESL Rankings constitute an internal classification system of the European SUP League, designed to complement the ESL Official Ranking and expand participation opportunities within the circuit.

The main objectives of these rankings are:

- to encourage continued participation in ESL events;
- to facilitate access to competition in grassroots categories and for new participants;
- to promote collective and team-based formats;
- to support the progressive development of athletes;
- to strengthen the sense of belonging to the ESL circuit.

The non-official ESL Rankings:

- do not score points for the European Surfing Federation Official Ranking;

- are managed and validated exclusively by the ESL;
- are governed by these regulations and their annexes.

## 3.2 Kids Rankings and Grassroots Categories

### 3.2.1 Categories

The following ESL Rankings are established for grassroots categories:

- Under 14 (U14)
- Under 12 (U12)
- Under 10 (U10)
- Under 8 (U8) – mixed

These categories are primarily formative in nature, with competition understood as a learning and sporting development experience.

### 3.2.2 Long Distance – Recommended Distances by Category

- U8 Category: Recommended Long Distance: 800 m – 1.5 km
- U10 Category: Recommended Long Distance: 1 – 2 km
- U12 Category: Recommended Long Distance: 2 – 4 km
- U14 Category: Recommended Long Distance: 3 – 5 km

### 3.2.3 Prize-Giving Ceremony in Kids Categories (U8, U10, U12 and U14)

In the U8, U10, U12 and U14 categories, the prize-giving ceremony shall have an educational, inclusive and participatory character.

An official classification shall be established up to third place, with medals awarded to the top three (3) finishers in each category.

With the aim of reinforcing the values of participation, coexistence and shared experience, the remaining participants in each category shall be invited to step onto the podium, taking part in the prize-giving ceremony and sharing in the significance of the moment.

This measure is intended to recognize the effort of all participating athletes, prioritizing the experience of the event and the sense of belonging over competitive results.

### 3.2.4 Scoring System

Kids categories shall use the same 1000-point scoring scale defined and published by the ESL.

Points shall be awarded based on finishing position, without reference to times, prioritizing clarity and ease of understanding for participants and their families.

### 3.2.5 Discard System

In order to reduce competitive pressure and encourage continued participation, a broader discard system shall be applied in Kids Rankings compared to the ESL Official Ranking.

The number of disciplines to be counted and discarded shall be as follows:

From 1 to 5 disciplines contested:

→ The best 2 results shall count.

From 5 to 7 disciplines contested:

→ The best 3 results shall count.

### 3.2.6 Special Participation Conditions

For these categories, the ESL may apply specific conditions such as:

- use of board pools;
- use of inflatable boards;
- adapted courses;
- simplified competition formats.

These conditions are further detailed in Annex E — Board Pool and Shared Equipment.

## 3.3 Inflatable Board Ranking

### 3.3.1 Purpose and Scope

The ESL Inflatable Board Ranking is conceived as a tool to promote and give visibility to high-performance inflatable boards.

Its purpose is to facilitate participation, learning, and integration into the competitive environment, prioritizing the sporting experience.

### 3.3.2 Scoring System

Points shall be awarded based on finishing position, using a specific ESL-defined 1000-point scale.

The overall league scoring system shall be the same as that applied to the official Kids category.

### 3.3.3 Specific Rules

In events scoring for the Inflatable Ranking:

- participants shall compete exclusively on inflatable boards;
- categories: Inflatable Open and Inflatable Grand Master;
- recommended distance: 3000 m;
- maximum permitted board length: 14';
- personal equipment or board pool may be used, in accordance with Annex E;
- classifications shall not be mixed with rigid board results.

## 3.4 Club Team Ranking

### 3.4.1 Team Composition

The Club Ranking is intended to promote collective identity, club spirit and a sense of belonging within the ESL circuit.

For the Club Ranking, the eight (8) best-ranked athletes belonging to the same duly registered club shall score points, regardless of the category and discipline in which they compete, both in official categories and Kids categories.

Even if an athlete has competed in multiple scoring disciplines or categories, only their best individual result shall be taken into account for the purposes of the Club Ranking. Under no circumstances may the same athlete contribute more than one result to the club's total score.

Club participants must be duly registered and correctly identified under the official name of their club.

### 3.4.2 Scoring System

Team scores shall be obtained by summing the individual results of club members across the following disciplines:

- Sprint
- Technical Race
- Long Distance
- Inflatable

The following principles apply:

- sum of all individual P1000 points;
- best three (3) events of the season shall count;
- individual penalties affect the team classification;
- points obtained by all members in each discipline are added.

### 3.4.3 Final Classification

The final Club Team Ranking shall be established based on accumulated points.

In the event of a tie, sporting criteria similar to those applied to individual rankings shall apply.  
Team awards:

Economic prizes are not mandatory; however, the ESL recommends:

- trophies for the overall podium;
- special recognitions such as “Best Club” or “Breakthrough Club”;
- dedicated exposure for teams on official ESL media channels.

## 3.5 Brand Ranking

### 3.5.1 Composition

The ESL Brand Ranking shall be composed of athletes registered under representation of the same brand, in accordance with criteria established by the ESL.

Team composition:

- three (3) athletes:
- two (2) men
- one (1) woman

### 3.5.2 Scoring System

Scoring shall be calculated based on the individual results obtained by the athletes representing the brand in the designated events:

- Sprint
- Technical Race
- Long Distance



The total score shall be the sum of the P1000 points obtained by all team members.

The four (4) best events of the season shall be counted.

Individual penalties shall affect the team classification.

### 3.5.3 Classification and Obligations

Participating brands must comply with identification and representation obligations established by the ESL.

The final classification shall be published at the close of the season.

## 3.6 Brand Team Relays

### 3.6.1 Team Composition

Brand relay events shall be contested by teams composed of:

four (4) athletes:

- two (2) men
- two (2) women

All athletes must be registered under an ESL-approved brand, wear corporate identification, and submit an official team lineup prior to the event.

### 3.6.2 Distances and Formats

Relay distances between 300 and 500 meters, course layouts, and formats shall be defined by the organizer and communicated during the event briefing.

### 3.6.3 Relay Rules

- clearly marked transition zone;
- relay executed through clear physical contact (hand or paddle);
- penalty for early take-off;
- interference with opposing teams is prohibited.

### 3.6.4 Classification and Scoring System

The classification shall be established based on the order of finish of the team, without reference to times.



Scoring shall be calculated based on the individual results obtained by the athletes representing the brand in the designated events:

- Sprint
- Technical Race
- Long Distance

The total score shall be the sum of the P1000 points obtained by all team members.

The **four (4) best events of the season** shall be counted.

Individual penalties shall affect the team classification.

### **3.7 Authority and Validity of ESL Rankings**

Non-official ESL Rankings shall be managed, validated, and published by the European SUP League. Decisions regarding calculation, interpretation, and resolution of incidents shall fall under the authority of the ESL Competition Committee and shall be final in sporting matters.

## **4. PROMOTION, INCLUSION AND SUSTAINABILITY**

### **4.1 General Principles**

The European SUP League considers promotion, inclusion, and sustainability as structural pillars of its sporting project, integrated transversally into the design and development of its events.

The ESL understands Stand Up Paddle not only as a competitive discipline, but also as an educational, social, and environmental tool capable of generating positive impact within the community and the surrounding environment.

### **4.2 Inclusive SUP and Adaptive SUP**

The ESL integrates Inclusive SUP and Adaptive SUP as essential components of its structure, with the objective of facilitating access to sporting practice for individuals with different levels of functional diversity.

The organization shall promote participation in inclusive SUP activities and events through:

- formats adapted to different levels of functional capacity;
- use of specific and adapted equipment;
- appropriate courses and participation conditions;
- technical support when necessary.



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Technical conditions, available equipment, and specific procedures are detailed in Annex D (Complementary Activities) and Annex E (Board Pool and Shared Equipment).

### **4.3 Recreational Paddles**

Recreational paddles form part of the ESL activity program with a participatory, educational, and non-competitive approach.

Their main objectives are:

- to introduce SUP to new audiences;
- to promote safe practice in the natural environment;
- to encourage values of coexistence and respect for the marine environment;
- to offer an accessible experience within the framework of the event.

Recreational paddles do not score points for official rankings or ESL rankings and shall be conducted in accordance with the organizational and safety criteria established for each event.

### **4.4 Blue Mile Program**

The ESL Blue Mile is an initiative aimed at promoting healthy habits, environmental awareness, and the connection between sport and the natural environment.

The Blue Mile program may include, among other actions:

- non-competitive sporting activities;
- environmental awareness initiatives;
- collaborations with local, educational, or social entities;
- outreach initiatives linked to the sea and sustainability.

The specific implementation of the program shall depend on the characteristics of each host venue and event.

### **4.5 Educational, Social, and Environmental Actions**

The ESL shall promote the integration of educational, social, and environmental actions within the framework of its events, such as:

- educational talks and workshops;
- activities aimed at schools;

- sport initiation programs;
- volunteer and community participation actions;
- initiatives for the protection and respect of the natural environment.

These actions form part of the ESL's commitment to a responsible and sustainable model of sporting development.

#### **4.6 Authority and Coordination**

The planning, coordination, and implementation of the activities included in this Part shall be the responsibility of the event organizer, under the supervision of the ESL Competition Committee.

At all times, safety, regulatory coherence, and respect for the principles of the league shall be guaranteed.

## **5. EQUIPMENT, CONTROL AND PARTICIPANTS**

### **5.1 General Principles**

All participants in European SUP League events must comply with the equipment, identification, and control regulations set forth in these regulations.

The purpose of these rules is to:

- ensure correct athlete identification;
- guarantee equal conditions;
- facilitate organizational and judging control;
- preserve safety throughout the competition.

### **5.2 Mandatory Equipment**

#### **5.2.1 Official Bib T-Shirt**

The official event bib T-shirt is mandatory for all participants in all disciplines and categories. The bib T-shirt must be worn correctly and remain clearly visible throughout the competition. It shall be provided by the organization in accordance with the procedure established at the control area.







The athlete is responsible for returning the bib T-shirt to the organization at the designated control area, in accordance with event instructions.

## 5.2.2 Category Identification and Distinctive Markings

The ESL may establish specific distinctive markings for:

- official categories;
- ranking leaders;
- participants in special events or formats.

Open Category paddle stickers by category:

-  Open General
-  Sub16
-  Sub18
-  Master
-  Grand Master
-  Kahuna

These distinctive elements must be worn in accordance with the instructions of the organization and the Competition Committee.

## 5.3 Permitted and Prohibited Equipment

### 5.3.1 Permitted Equipment

The following shall be considered permitted equipment:

- personal sporting equipment in accordance with the regulations;
- authorized protective gear;
- hydration systems when required by distance or format;
- mandatory or recommended safety equipment.

Technical details regarding permitted equipment are specified in Annex A — SUP-Specific Rules and Annex E — Board Pool and Shared Equipment.

### 5.3.2 Prohibited Equipment

The use of any equipment that:

- provides an undue competitive advantage;
- is not authorized by the regulations;
- interferes with the normal development of the race;
- or endangers the safety of the athlete or third parties is strictly prohibited.

The use of prohibited equipment may result in sanctions in accordance with Annex B — Penalty System.

## **5.4 Control and Verification Area**

### **5.4.1 Mandatory Passage Through the Control Area**

All participants must pass through the control area before taking the start in each race.

Failure to appear at the control area may result in the inability to start the race.

### **5.4.2 Functions of the Control Area**

The control area shall primarily be responsible for:

- verifying athlete identity;
- checking category and distinctive markings;
- controlling mandatory equipment;
- assigning and distributing bib T-shirts and shared equipment when applicable.

## **5.5 Bib Collection and Return Procedure**

Participants must comply with the procedure established by the organization for:

- collection of the official bib T-shirt;
- return of bibs and identification equipment at the end of the race or event.

Repeated failure to comply with this procedure may result in organizational measures or sanctions.

## **5.6 Participant Responsibility**

Each participant is responsible for:

- knowing and complying with these regulations and their annexes;
- following the instructions of the Competition Committee, Race Direction, and organization;
- presenting themselves in adequate physical condition to compete;
- using equipment in accordance with safety regulations.

Participation in an ESL event is undertaken under the athlete's individual responsibility, without

prejudice to the organization's obligations regarding safety and prevention.

## 6. DISCIPLINARY SYSTEM, CLASSIFICATIONS AND PROTESTS

### 6.1 General Principles of Competition

European SUP League competitions are governed by the principles of

- fair play;
- respect among participants;
- equal conditions;
- compliance with the regulations and official instructions.

Attendance at the official briefing is mandatory. Unjustified absence may prevent participation or result in organizational sanctions.

All participants must comply with the decisions of the Competition Committee, Race Direction, and judging team throughout the event.

### 6.2 Penalty and Sanction System

Penalties and sanctions aim to:

- correct undue sporting advantages;
- guarantee competitive fairness;
- preserve safety;
- ensure the proper conduct of the competition.

Depending on the severity of the infringement, sanctions may include:

- warnings;
- loss of positions;
- disqualification (DSQ);
- classification as Did Not Finish (DNF) for safety reasons.

Details of applicable infringements and sanctions are regulated in Annex B — Penalty System.

### 6.3 Voluntary Self-Penalty

In the case of minor infringements without contact, athletes may voluntarily correct the advantage obtained through the self-penalty mechanisms provided for in these regulations.

The validity, application, and acceptance of self-penalties shall always be subject to the discretion of

the Competition Committee, in accordance with Annex B.

## 6.4 Code of Conduct

All participants must maintain appropriate sporting conduct before, during, and after the races. Sanctionable conduct includes, among others:

- unsporting behavior;
- lack of respect towards other athletes, judges, volunteers, or organizers;
- failure to comply with official instructions;
- actions that endanger personal or third-party safety;
- unjustified absence from official event activities, including award ceremonies, which may be sanctioned in accordance with Annex B.

Sanctions resulting from unsporting conduct shall be applied in accordance with Annex B.

## 6.5 Classifications and Publication of Results

Race results shall be published as:

- provisional results;
- and subsequently final results,

through the Official Notice Board (ONB) and official ESL communication channels.

Once protests have been resolved within the established deadlines, classifications shall become final.

## 6.6 Protests and Claims

### 6.6.1 Types of Claims

Protests and claims are divided into two types:

a) Race incident claims: Related to events occurring during the race (contacts, course, conduct, procedures).

b) Result-related claims: Related to errors in the published provisional classification.

### 6.6.2 Submission Procedure

All claims must:

- be submitted in writing;
- be addressed to the Competition Committee;

- clearly identify the claimant and the reason for the claim.

### 6.6.3 Deadlines

Race incidents: must be submitted immediately after completion of the race or heat, preferably before the publication of provisional results.

Results: must be submitted within a maximum of fifteen (15) minutes from the publication of provisional results on the Official Notice Board.

Once these deadlines have elapsed, results shall be considered final.

### 6.7 Resolution of Claims

The Competition Committee shall analyze submitted claims and may:

- dismiss them;
- apply sanctions;
- modify classifications;
- ratify the published results.

Decisions of the Competition Committee shall be final and not subject to appeal in sporting matters.

### 6.8 Authority of the Competition Committee

The ESL Competition Committee is the highest authority during the event and has exclusive competence to:

- interpret these regulations and their annexes;
- resolve protests and claims;
- apply disciplinary sanctions;
- validate classifications and results;
- adopt exceptional decisions for safety reasons or force majeure.

### 6.9 Prize Money

#### 6.9.1 Minimum Prize Money per event and Discipline

Each ranking event of the League must allocate a minimum Prize Money of €3,000 per scoring discipline contested at the event, which shall be distributed in accordance with the provisions set

out in these Regulations.

The Prize Money per discipline shall be distributed equally between the men's and women's categories, with 50% of the total amount allocated to each gender.

**Exception – League Final Event:**

The League Final Event shall be exempt from the obligation to award Prize Money per discipline.

At the League Final Event:

- No Prize Money per discipline shall be awarded, regardless of the number of disciplines contested.
- The disciplines contested shall still award points, including the exceptional scoring established for the Final Event, which shall count towards the rankings and the Overall result.
- The only monetary amount awarded at the League Final Event shall be the Overall Final Prize Pool, which shall be presented during the League Final Gala.

### 6.9.2 Distribution of Prize Money per Event and per Discipline

The Prize Money per discipline shall be distributed according to the total amount allocated to that discipline, applying the following tiers:

**Tier 1 – Prize Money per discipline from €3,000 to €5,000 (exclusive):**

The amount corresponding to each gender shall be distributed among the top three finishers of the discipline.

Distribution shall be as follows:

- 1st place: 50%
- 2nd place: 35%
- 3rd place: 15%

Fourth and fifth place finishers shall not receive official League Prize Money, without prejudice to the event organizer awarding special prizes or additional incentives, which shall not be considered official Prize Money.

**Tier 2 – Prize Money per discipline of €5,000 or more:**

The amount corresponding to each gender shall be distributed among the top five finishers of the

discipline.

Distribution shall be as follows:

- **1st place:** 45%
- **2nd place:** 25%
- **3rd place:** 15%
- **4th place:** 10%
- **5th place:** 5%

In the event of decimals or rounding adjustments, any difference shall be applied to the last awarded position in each category.

#### 6.9.3 Final Circuit Prize Money (Overall)

1. The annual Overall Final Prize Pool shall be exclusively allocated to rewarding the final Overall standings of the League, in accordance with these Regulations.
2. The Overall Final Prize Pool shall be awarded only at the League Final Event, during the Final Gala, and no Prize Money per discipline shall be awarded at that event.
3. All events and disciplines contested throughout the season, including the League Final Event, shall contribute exclusively to the accumulation of points that determine the final Overall standings.

#### 6.9.4 Announcement of the Overall Prize money (Overall ESL)

1. The amount of the annual Overall Final Prize Pool shall be officially announced prior to the start of the first event of the season calendar.
2. The announced amount shall correspond to the minimum guaranteed prize pool, without prejudice to it being increased during the season through additional contributions from the organization, sponsors, or associated events.
3. Under no circumstances may the announced Overall Final Prize Pool be reduced once the official League calendar has commenced.

## 7. TECHNICAL ANNEXES

### ANNEX A — Stand Up Paddle Specific Rules

#### A.1 Technique and Stance

During competition, athletes must maintain an appropriate and safe paddling stance suitable for the discipline contested.

The standard competition position is standing on the board, except where expressly permitted by the regulations or indicated by the Race Direction.

Changes of stance (kneeling or temporary support) are only permitted to:

- recover balance;
  - manage adverse conditions;
  - perform safety maneuvers,
- provided no undue competitive advantage is gained.

Deliberate and continuous progression in a non-standing position may be sanctioned.

#### A.2 Paddle Use

The paddle is the only authorized means of propulsion.

Athletes must use the paddle individually, without external assistance and without support from buoys, vessels, or structures.

It is prohibited to:

- pull on buoys or external objects;
- receive pushes or assistance;
- use the paddle in an unsporting manner against other athletes.

Voluntary abandonment of the paddle before crossing the finish line shall result in disqualification (DSQ), except for safety reasons authorized by Race Direction.

#### A.3 Equipment

All equipment used must comply with ESL specifications for each discipline and category.



Athletes are responsible for ensuring that their equipment:

- is in proper condition;
- complies with permitted measurements;
- does not pose a safety risk.

The use of unauthorized equipment may result in sanction or disqualification in accordance with Annex B.

#### **A.4 Drafting**

Drafting is permitted in disciplines where the competition format allows it.

Athletes must maintain sporting conduct and avoid dangerous or unsporting maneuvers.

Drafting that creates risk, repeated contact, or deliberate blocking may be sanctioned.

#### **A.5 Overtaking and Contact**

The overtaking athlete is responsible for executing the maneuver safely.

The overtaken athlete must maintain a predictable line and may not deliberately block passage.

Contact between boards, paddles, or bodies must be avoided.

Intentional or repeated contact that generates advantage or harm may be sanctioned.

#### **A.6 Turns and Buoys**

Turns must be executed respecting the official course and turning direction communicated in the briefing.

Athletes must round buoys correctly and may not shorten the course.

The athlete holding the inside position with clear advantage is entitled to space.

In case of incorrect buoy rounding, athletes must correct the error or apply self-penalty procedures where applicable.

#### **A.7 Falls and Re-Entry**

In the event of a fall, athletes may rejoin the race provided they:

- do so safely;
- receive no unauthorized assistance;

- gain no undue advantage.

Improper re-entry may be sanctioned.

## **A.8 Finish Rules**

The finish line shall be clearly defined and explained in the briefing.

In beach finishes, classification is determined by the athlete's chest crossing the line while holding the paddle.

In water finishes, classification is determined by the board's nose with the athlete standing. Abandoning the paddle before crossing the finish line results in disqualification (DSQ).

## **ANNEX B — PENALTY SYSTEM**

### **B.1 General Principles**

The ESL penalty system aims to:

- guarantee sporting fairness;
- correct undue competitive advantages;
- preserve participant safety;
- ensure the proper conduct of competition.

Penalties shall be applied in accordance with the principles of proportionality, clarity, consistency, and sporting judgment.

The ESL does not apply time penalties. All sanctions shall be applied through:

- warnings: Warnings shall not be cumulative between different heats, rounds, or events, unless expressly stated otherwise
- loss of positions;
- disqualification (DSQ);
- classification as Did Not Finish (DNF) for safety reasons.

### **B.2 Authority to Apply Penalties**

The authority to apply penalties lies exclusively with the:

- Competition Committee;
- Race Direction;

- appointed judging team.

Judges may act:

- on their own initiative;
- by direct observation;
- using available video footage;
- following a valid protest.

### **B.3 Types of Infringements**

Infringements are classified, for sanctioning purposes, as minor, serious, or very serious.

#### **B.3.1 Minor Infringements**

Minor infringements are those that:

- do not involve contact;
- do not pose a safety risk;
- can be corrected immediately.

Examples include:

- incorrect buoy rounding without contact;
- minor course errors;
- minimal correctable advantage;
- isolated failure to follow instructions.

Applicable sanctions:

- verbal warning;
- mandatory course correction;
- voluntary self-penalty (where applicable).

#### **B.3.2 Serious Infringements**

Serious infringements are those that:

- generate a clear competitive advantage;
- affect other participants;
- constitute repeated minor infringements.

Examples include:

- overtaking with contact;

- deliberate blocking;
- re-entry after a fall with advantage gained;
- repeated course infringements;
- repeated minor unsporting conduct.

Applicable sanctions:

- loss of one or more positions;
- disqualification from the heat or race;
- loss of classification rights for the event.

### B.3.3 Very Serious Infringements

Very serious infringements are those that:

- endanger safety;
- involve serious unsporting conduct;
- constitute fraud or deliberate rule violations.

Examples include:

- intentional dangerous contact;
- unauthorized external assistance for competitive purposes;
- use of non-permitted equipment;
- ignoring safety instructions;
- deliberate abandonment of the paddle before the finish line.

Applicable sanctions:

- disqualification (DSQ);
- expulsion from the event;
- loss of ranking points for the event.

### B.4 Voluntary Self-Penalty (360° Turn)

In cases of minor infringement without contact, athletes may voluntarily correct the advantage gained by performing a complete 360° turn with their board.

The self-penalty shall only be valid if:

- performed immediately after the infringement;
- clearly visible to judges;
- does not endanger other participants.

Self-penalty shall not be valid in cases involving:

- contact;
- safety infringements;
- unsporting conduct;
- repeated offenses.

Acceptance of self-penalty remains at the discretion of the Competition Committee.

### **B.5 Loss of Positions**

Loss of positions is the primary sanctioning mechanism for serious infringements.

The Competition Committee shall determine:

- the number of positions to be lost;
- the timing of application;
- the impact on final classification.

In elimination heats, loss of positions may result in:

- failure to progress to the next round;
- exclusion from repechages or finals.

### **B.6 Disqualification (DSQ)**

Disqualification implies:

- exclusion from the event classification;
- assignment of zero (0) points;
- ineligibility for discard calculations.

DSQ shall be applied particularly in cases of:

- very serious infringements;
- serious unsporting conduct;
- safety rule violations.

### **B.7 Withdrawal (DNF) for Safety Reasons**

An athlete who does not finish a race for safety reasons, without being disqualified, shall be classified as Did Not Finish (DNF).

DNF is not considered a sanction and shall be scored in accordance with Part 2 — ESF Official

Ranking.

### **B.8 DNS (Did Not Start)**

A registered athlete who does not take the start shall be classified as DNS.

DNS does not classify and receives zero (0) points.

### **B.9 Absence from Award Ceremony**

Athletes finishing in podium positions must attend the official award ceremony, unless a justified reason has been previously communicated to the organization.

Unjustified absence may result in:

- forfeiture of the trophy or prize;
- sporting sanction at the discretion of the Competition Committee.

### **B.10 Early Starts and False Starts**

1. Any movement by the athlete or their equipment that results in crossing the start line or initiating the racing action before the official start signal shall be considered an early start or false start.
2. The applicable penalties shall be as follows:

First false start:

→ Warning (official warning).

Second false start in the same heat, series, or event:

→ Disqualification (DSQ) of the athlete from that heat or event.

3. False starts shall be assessed at the discretion of the Chief Judge, who may rely on assistant judges or technical means, if available.
4. In events using multiple-start systems or elimination formats, penalties shall be applied independently in each heat or round, unless the Competition Committee determines otherwise for organizational or safety reasons.

### **B.11 Summary Table of Penalties**

Type of Infringement	Possible Sanction
Minor infringement	Warning / correction / 360°
Serious infringement	Loss of positions
Very serious infringement	DSQ
External assistance for safety	DNF
DNS	0 points

## ANNEX C — STARTS, FINISHES AND OPERATIONAL PROCEDURES

### C.1 General Principles

Starts and finishes are essential elements of race operations and must be conducted in accordance with the procedures established in this Annex.

All participants must comply at all times with official signals, judges' instructions, and the information provided during the mandatory briefing.

The Race Direction may adapt start and finish procedures for safety, environmental, or logistical reasons, informing participants in advance.

### C.2 Types of Start

All participants must position themselves behind the start line and follow the instructions of the judging team.

Any early start or infringement of the starting procedure shall be penalized in accordance with the provisions set out in Annex B – Penalty System.

#### C.2.1 Beach Start

In a beach start, the athlete must position themselves with the front foot touching the starting line, marked by a rope and two flags.

If no rope is available, the starting line shall be the imaginary line between two flags.

All participants must line up behind the starting line in an orderly manner and in accordance with the starter's instructions.

Any false start shall be sanctioned in accordance with Annex B — Penalty System.

### **C.2.2 Water Start**

A water start shall be used when beach or event conditions so require.

The starting line shall be defined by the imaginary line between two flags, with water approximately at knee height.

All participants must remain behind the starting line and may not propel themselves forward before the official signal.

### **C.2.3 Long Distance Water Start**

In long distance races, water starts may be conducted:

- seated; or
- standing,

as determined by the Race Direction.

For seated starts:

- the athlete must keep their gluteus in contact with the board until the start signal;
- any form of prior propulsion is prohibited.

The exact start format shall be communicated during the event briefing.

### **C.2.4 Platform Start**

In certain events, starts may be conducted from floating platforms.

The board may rest on the platform and, where applicable, be held by authorized personnel until the start signal.

This type of start shall be specifically communicated in the briefing.

### **C.3 Official Start Signals**

The standard start procedure shall be as follows:

- 1 minute: preparation warning;
- 10 seconds: “ready” signal;
- Start signal: horn, whistle, or verbal “go”.

The start signal may be given at any time after the “ready” signal, without the obligation to complete exactly ten seconds.

The start shall only be valid when the starting line is correctly formed and validated by the line judge.

### **C.4 False Starts**

A false start is defined as any advance, propulsion, or crossing of the starting line prior to the official start signal.

False starts shall be sanctioned in accordance with Annex B.

### **C.5 Finish Rules**

#### **C.5.1 Finish Line**

The finish line shall be clearly defined and explained during the event briefing.

In beach finishes, classification shall be determined by the athlete’s chest crossing the finish line while holding the paddle.

In water finishes, classification shall be determined by the nose of the board with the athlete in a normal standing position.

#### **C.5.2 Equipment Control at Finish**

The athlete must maintain control of their paddle until fully crossing the finish line.

Abandoning the paddle before crossing the finish line shall result in disqualification (DSQ).

### **C.5.3 Athlete Identification**

The athlete must be wearing the official bib T-shirt at the time of finishing.

Accidental removal of the bib T-shirt after crossing the finish line shall not be sanctioned, provided the athlete has been correctly identified by judges.

### **C.6 Neutralization or Shortening of Races**

If a race is neutralized, shortened, or modified after starting for safety reasons, the Competition Committee may:

- validate the classification at the last correctly completed common buoy passage; or
- annul the race if sporting fairness cannot be guaranteed.

- For a neutralized event to be valid for ranking purposes, at least 50% of the scheduled course must have been completed

The decision of the Competition Committee shall be final.

### **C.7 Time Control and Complementary Systems**

ESL race classification shall be positional, not time-based.

In long distance races, the organization may use:

- timing chips;
- tracking devices;

for informational, safety, or control purposes.

These systems do not replace the official positional classification.

### **C.8 Provisional and Final Results**

Provisional results shall be published on the Official Notice Board (ONB) and through official ESL communication channels.

Results shall become final once the protest deadlines established in Part 6 have elapsed.

## **ANNEX D — COMPLEMENTARY ACTIVITIES**

### **D.1 General Principles**

Complementary activities are an integral part of the European SUP League project, with the

objective of expanding the social, educational, and participatory reach of ESL events.

These activities are developed under the principles of:

- accessibility;
- inclusion;
- safety;
- respect for the natural environment;
- promotion of Stand Up Paddle as a healthy and formative sport.

Complementary activities are non-competitive in nature, unless expressly stated otherwise, and do not score points for official or ESL rankings.

## **D.2 Inclusive SUP and Adaptive SUP**

### **D.2.1 Scope**

The ESL considers Inclusive SUP and Adaptive SUP as a priority line within its events, facilitating participation by individuals with different levels of functional diversity.

### **D.2.2 Equipment and Materials**

The organization shall provide specific and adapted equipment suitable for different levels of functional diversity, which may include:

- boards with greater stability;
- support and fastening systems;
- auxiliary flotation devices;
- adapted paddles.

Equipment shall be assigned and managed by the organization in accordance with safety and availability criteria.

### **D.2.3 Formats and Courses**

Participation formats and courses shall be adapted to the characteristics of participants, prioritizing:

- safety;

- a positive experience;
- progressive autonomy.

Specific details shall be communicated during the activity briefing.

## **D.3 Recreational Paddles**

### **D.3.1 Nature of the Activity**

Recreational paddles are participatory, non-competitive activities designed to facilitate access to SUP for a broad audience within the event framework.

### **D.3.2 Participation Conditions**

To participate in a recreational paddle, it shall be mandatory to:

- accept the corresponding declaration of responsibility;
- comply with basic safety rules;
- use the equipment indicated by the organization.

### **D.3.3 Safety**

Recreational paddles shall be conducted with:

- organizational supervision;
- support and rescue resources where applicable;
- courses adapted to environmental conditions and participant level.

## **D.4 Blue Mile Program**

### **D.4.1 Objectives**

The ESL Blue Mile Program aims to promote:

- healthy lifestyle habits;
- positive engagement with the sea and natural environment;
- environmental awareness.

#### **D.4.2 Development**

The Blue Mile may be implemented through:

- symbolic non-competitive courses;
- educational and outreach activities;
- environmental awareness initiatives.

The specific format shall depend on each host venue and event.

#### **D.5 Educational and Social Activities**

The ESL shall promote the integration of educational and social activities within its events, such as:

- talks and workshops;
- activities aimed at schools;
- SUP initiation programs;
- community participation initiatives.

These activities may be carried out in collaboration with:

- local entities;
- educational centers;
- sports associations;
- social organizations.

#### **D.6 Authority and Coordination**

The planning and execution of complementary activities shall be the responsibility of the event organizer, under the supervision of the ESL Competition Committee.

The organization may adapt formats and conditions of complementary activities for safety, logistical, or environmental reasons.

### **ANNEX E — BOARD POOL AND SHARED EQUIPMENT**

#### **E.1 General Principles**

The ESL Board Pool and Shared Equipment system aims to:

- guarantee equal opportunities among participants;

- facilitate access to competition;
- support formative development in grassroots categories;
- reinforce sporting fairness in certain disciplines and formats.

## **E.2 Rigid Board Pool (14 feet)**

The ESL shall provide a pool of 14-foot rigid boards, primarily intended for:

- Under 16 (U16) categories;
- Under 18 (U18) categories.

The number of available boards and specific models shall be communicated by the ESL.

## **E.3 Equipment Allocation**

### **E.3.1 General Criteria**

Allocation of board pool equipment shall be conducted according to objective sporting criteria, taking into account:

- the current ESL or ESF ranking;
- results obtained during the event;
- actual equipment availability;
- the need to optimize pool usage between heats and categories.

### **E.3.2 Priority of Selection**

Athletes with better sporting results shall have priority in selecting equipment, following criteria similar to those used for assigning starting positions in sprint and technical races.

This priority shall be applied:

- round by round;
- as competition progresses;
- whenever format and logistics allow.

### **E.3.3 Heat Organization**

Where possible, the ESL shall aim to:

- schedule heats with minimal overlap;

- redistribute boards among the maximum number of participants and categories;
- optimize shared equipment usage without compromising safety or fairness.

### **E.3.4 Variation Between Models**

As the board pool may include models of different brands, widths, or volumes, these variations are considered acceptable within the shared equipment framework.

Allocation based on ranking and results aims to minimize the impact of such differences.

## **E.4 Use of Personal Equipment**

### **E.4.1 General Rules**

Participants may use personal equipment provided that:

- it complies with size and specification requirements for the discipline and category;
- it is validated by the organization in the control area.

### **E.4.2 Personal Equipment in Long Distance**

In long distance races, the use of personal equipment shall generally be the standard option, as multiple categories compete simultaneously and a sufficient board pool may not be available.

If the board pool does not adequately cover expected participation, the Race Direction may:

- adapt the race format;
- prioritize the use of personal equipment;
- exceptionally combine both systems.

Such decisions shall be made exclusively for organizational and fairness reasons and communicated during the briefing.

## **E.5 Responsibility and Control**

Participants are responsible for the proper use of assigned equipment.

Board pool equipment must be returned under the conditions established by the organization at the end of each heat or race.

Improper or negligent use of equipment may result in organizational measures or sanctions in accordance with Annex B.

## **ANNEX F — SAFETY**

### **F.1 General Safety Principles**

Participant safety is a priority and shall always prevail over any sporting, classificatory, or ranking consideration.

All ESL events shall be conducted in accordance with:

- the regulations of the competent maritime authority (Harbour Master or equivalent);
- applicable national legislation;
- these regulations and their annexes.

In the event of conflict between a sporting rule and a safety rule, the safety rule shall always prevail.

### **F.2 Safety Authority**

The Race Direction, under the supervision of the Competition Committee, is the highest authority in matters of safety during the event.

The Race Direction may:

- modify courses;
- neutralize or suspend races;
- impose mandatory safety equipment;
- authorize equipment substitutions;
- prevent an athlete from participating when safety risks are identified.

Such decisions shall be final.

### **F.3 Leash**

#### **F.3.1 General Rules**

The use of a leash shall be governed by criteria established by the Race Direction, taking into account:

- the type of race;
- weather and sea conditions;
- instructions from the competent authority.

### **F.3.2 Mandatory Use by Discipline**

a) Long Distance and Beach Race

→ Leash use shall be mandatory for all categories.

b) Technical Race and Sprint

→ Leash use shall be at the discretion of the Race Direction, and may vary:

- between disciplines;
- between categories;
- between heats.

These decisions shall be communicated during the briefing.

### **F.4 Personal Flotation Devices**

#### **F.4.1 Authorized Types**

The following flotation devices are authorized:

- approved conventional life vests;
- flotation systems such as Restube or similar.

Both systems may be used when determined by the Race Direction.

#### **F.4.2 Mandatory Use**

a) Under 10 categories and below

→ Use of a flotation device shall be mandatory in all races.

b) Other categories

→ Mandatory use of flotation devices in:

- technical race;
- beach race;
- sprint;

shall be at the discretion of the Race Direction, based on event conditions and authority instructions.

### **F.5 Other Safety Equipment**

The organization may require or recommend additional safety equipment, such as:

- whistle;
- additional identification systems;
- tracking devices;
- timing chips for long distance.

Use of such equipment shall be communicated in advance.

## **F.6 External Assistance and Equipment Substitution for Safety**

### **F.6.1 External Assistance**

As a general rule, external assistance is prohibited.

### **F.6.2 Safety Exception**

For safety reasons only, and with express authorization from the Race Direction, the following may be permitted:

- providing punctual assistance to an athlete;
- authorizing substitution of equipment (board, paddle, or essential item),

with the sole objective of allowing the athlete to continue safely.

Such assistance shall not be considered sanctionable provided it does not result in a competitive advantage.

## **F.7 Withdrawal for Safety Reasons**

The Race Direction may order the mandatory withdrawal of an athlete when:

- their physical condition is not adequate;
- their equipment is unsafe;
- environmental conditions require it.

Withdrawal for safety reasons shall be classified as DNF and shall not be considered a sanction.

## **F.8 Briefing and Athlete Responsibility**

All participants must attend the mandatory safety briefing.

Unjustified absence from the briefing may prevent participation in the race.

Athletes are responsible for:

- knowing safety rules;
- correctly using mandatory equipment;
- complying with instructions from the organization and judges.

### **F.9 Non-Compliance with Safety Rules**

Failure to comply with safety rules may result in:

- warning;
- loss of positions;
- disqualification (DSQ);
- mandatory withdrawal (DNF),

in accordance with Annex B — Penalty System.

## **ANNEX G — COURSES**

### **G.1 General Course Principles**

ESL race courses shall be designed in accordance with the principles of:

- safety;
- sporting fairness;
- visual clarity;
- adaptation to the environment;
- consistency with the contested discipline.

The final course for each race shall be validated by the Race Direction and the Competition Committee, taking into account sea conditions, wind, event logistics, and instructions from the competent authority.

Courses shall be clearly explained during the mandatory briefing, using visual support whenever possible.

### **G.2 Course Marking**

The course shall be marked using buoys, flags, or other visible and safe elements.

The turning direction for each buoy shall be clearly indicated and communicated to participants.

In the event of course modification for safety reasons, participants shall be informed through official channels and during the briefing.

### **G.3 Course Types by Discipline**

#### **G.3.1 Sprint**

Sprint courses shall be straight or include slight variations, prioritizing:

- recommended distance: 150–200 meters;
- format: out-and-back.

Sprint races may be conducted with:

- beach start; or
- water start,

as determined by the Race Direction.

#### **G.3.2 Technical Race / Beach Race**

Technical race courses shall combine:

- paddling sections;
- buoy turns;
- beach running segments, where applicable.

General characteristics:

Distances:

- flat water: 500–900 m per lap;
- waves: 800–1200 m per lap;
- finals: 1–2 laps depending on category.

Courses may feature beach or water starts and finishes and may be adapted according to venue conditions.

Wave beach races may implement accessible formats when conditions allow.

Formats A and B:

A → full competitive course;

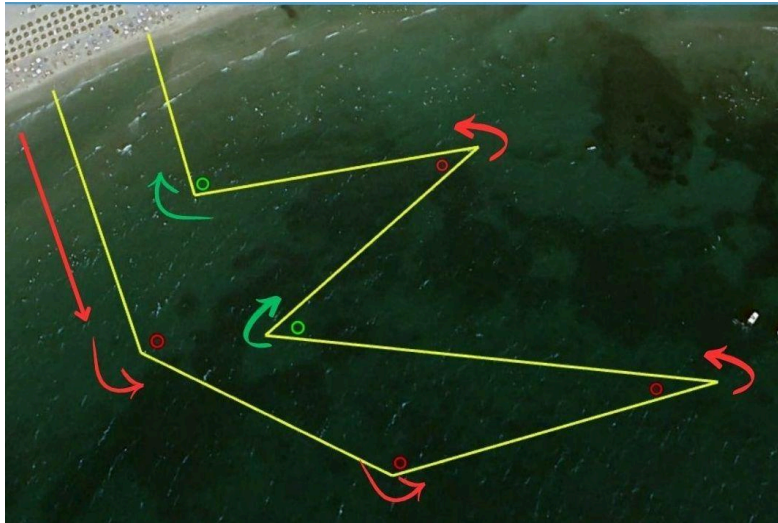
B → reduced, accessible course.

Format B shall score ranking points from the last classified athlete in Format A.

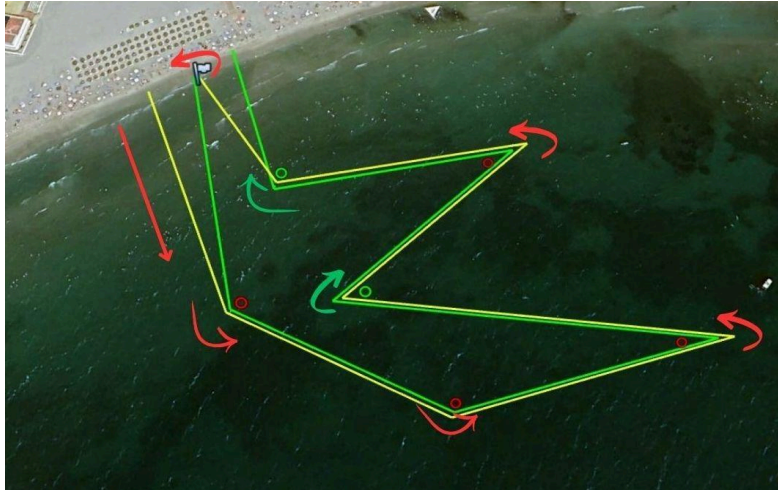
Course requirements:

- visible and numbered buoys;
- recommended maximum angle on first two turns: 45°;
- distance between buoy 1 and 2: approximately less than 100 m (heats up to 12 athletes).

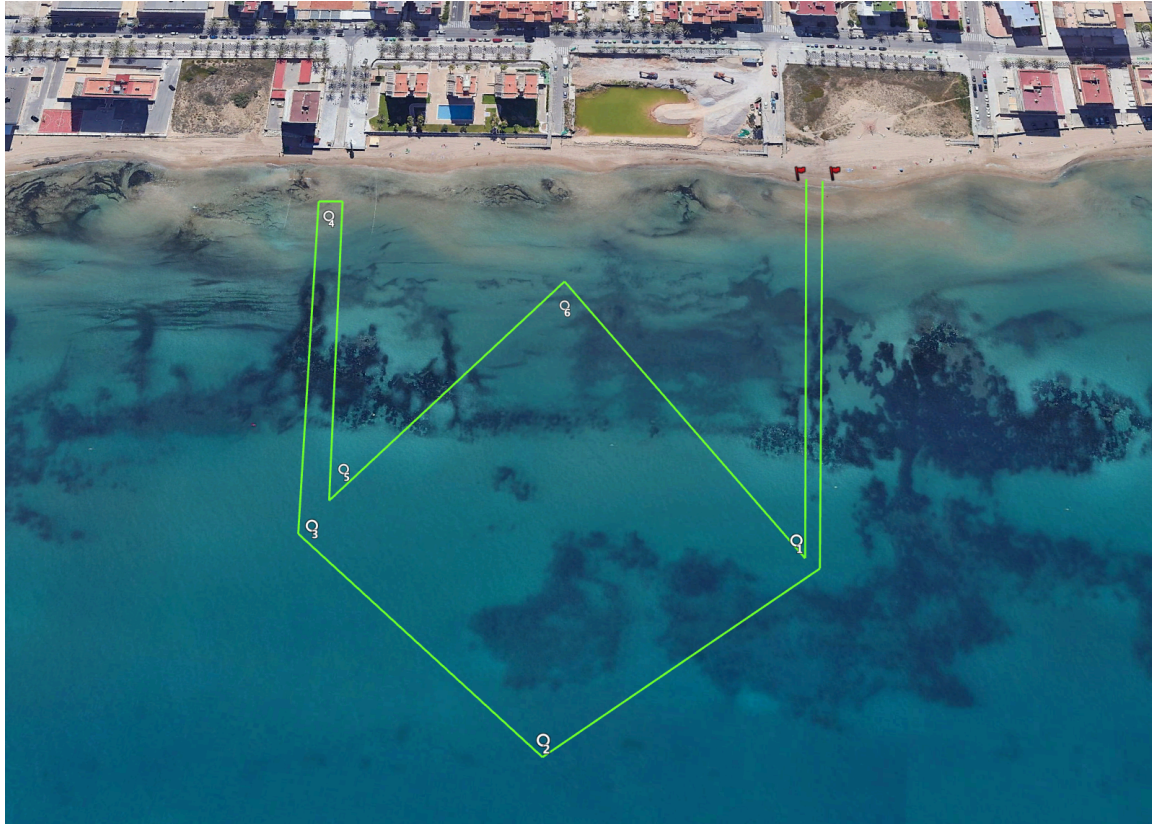
Technical Race Format – Moderate Conditions (1 Lap):



Technical Race Format – Moderate Conditions (2 Laps):



Possible Technical Race Format with waves (Beach Race):



### G.3.3 Long Distance

Long distance races evaluate endurance, strategy, technical control, and drafting management within groups.

General characteristics:

- standard ESL distance: 6 km;
- extended distance for flagship events: 12–16 km.

Formats A and B:

A → full course;

B → reduced, accessible course.

Format B shall score ranking points from the last classified athlete in Format A.

Possible course layouts:

- closed circuit;

- out-and-back;
- coastal linear route.

6 km Long Distance Race Format with Two Laps. These formats may vary:



#### G.4 Course Adaptation by Category

The organization may adapt courses based on:

- participant age;
- sporting level;
- safety conditions.

For grassroots categories (U14, U12, U10, U8), courses may be:

- shorter;
- include fewer turns;
- feature increased visual and organizational control.

#### G.5 Inclusive and Adaptive Courses

In Inclusive and Adaptive SUP events, courses shall be adapted to participants' functional capabilities.

Priority shall be given to:

- safety;
- positive experience;
- progressive autonomy.

## **G.6 Course Errors**

Athletes are responsible for completing the course correctly as indicated.

Incorrect buoy rounding or course shortening must be corrected in accordance with Annex B — Penalty System.

## **G.7 Course Examples (Indicative)**

The ESL may include, as complementary graphical annexes, indicative examples of course layouts for:

- sprint;
- technical race;
- beach race;
- long distance.

These examples are for guidance only and do not limit the ability to adapt courses to actual event conditions.

## **G.8 Authority and Validation**

Final course validation shall be the responsibility of the Race Direction, under the supervision of the ESL Competition Committee.

Decisions adopted for safety reasons or exceptional conditions shall be final.

## **ANNEX H — ELIMINATION SYSTEMS**

## **H.1 General Principles**

ESL elimination systems are designed to:

- guarantee sporting fairness;
- maintain competitive motivation from the first round;
- provide clear and understandable formats;
- facilitate operational management of events.

All elimination formats are based on:

- classification by finishing position;
- sporting progression;
- transparent advancement criteria.

The definitive format applicable to each race shall be communicated during the mandatory event briefing.

## **H.2 Sprint Eliminations (4 Athletes per Heat)**

### **H.2.1 General Format**

Sprint races shall be contested in heats of four (4) athletes.

Heats shall be structured into:

- initial rounds;
- repechages, where applicable;
- semifinals;
- finals.

The number of rounds shall depend on the total number of registered participants.

### **H.2.2 General Progression**

In each heat, athletes finishing in the top positions shall advance to the next round.

Athletes not directly qualified may access repechages when the format allows.

Exact progression shall be defined according to the applicable elimination bracket (48 or 96 participants).

### **H.2.3 Example — Sprint with 48 Participants**

HEATS (12 × 4)

1st and 2nd → Quarterfinals

3rd and 4th → Repechage

REPECHAGE (6 × 4)

1st → Quarterfinals

Others → Eliminated

QUARTERFINALS (8 × 4)

1st and 2nd → Semifinals

SEMIFINALS (4 × 4)

1st and 2nd → Final A

3rd and 4th → Final B

FINAL A (4)

→ Final classification places 1–4

FINAL B (4)

→ Final classification places 5–8

### **H.2.4 Example — Sprint with 96 Participants**

The same principles shall apply with an increased number of rounds:

- initial heats;
- repechages;
- round of 16 / quarterfinals;
- semifinals;
- Final A and Final B.

Exact progression shall be communicated through the official bracket.

## **H.3 Technical Race Eliminations (12 Athletes per Heat)**

### **H.3.1 General Format**

Technical race eliminations shall be contested in heats of twelve (12) athletes.  
The format includes:

- initial heats;
- repechages;
- semifinals;
- Final A and Final B, where applicable.

### **H.3.2 Example — Technical Race with 48 Participants**

HEATS (4 × 12)

1st-3rd → Semifinal (direct)

4th-12th → Repechage

REPECHAGE (3 × 12)

1st-4th → Semifinal

5th-12th → Eliminated

SEMIFINALS (2 × 12)

1st-6th → Final A (12 places)

7th-12th → Eliminated or Final B (if scheduled)

FINAL A (1 × 12)

→ Official final classification

### **H.3.3 Example — Technical Race with 96 Participants**

HEATS (8 × 12)

1st-3rd → Semifinal (direct)

4th-12th → Repechage

REPECHAGE (6 × 12)

1st-4th → Semifinal

Others → Eliminated

SEMIFINALS (4 × 12)

1st–6th → Final A  
7th–12th → Final B

FINAL A (12)  
→ Places 1–12

FINAL B (12)  
→ Places 13–24

#### **H.4 Final A and Final B**

Final A shall determine the main scoring positions of the event.

Final B, when scheduled, shall:

- determine subsequent positions;
- maintain competitive interest;
- provide additional racing time for athletes.

Participation in Final B shall not result in any penalty and shall have classificatory validity.

#### **H.5 Tie Resolution in Eliminations**

In the event of a tie in an elimination heat, the following criteria shall apply:

- sum of positions obtained in previous heats during the event;
- best result in the last contested heat.

If the tie persists, the tie shall remain.

This system aims to reward performance from the first round.

#### **H.6 Format Adaptations**

The Race Direction may adapt elimination systems based on:

- actual number of registered participants;
- weather or safety conditions;
- logistical constraints.

Any adaptation shall be communicated during the event briefing.

#### **H.7 Authority and Validation**

Validation of elimination systems lies with the Race Direction, under the supervision of the ESL Competition Committee.

Decisions adopted shall be final.