



5/6/7 April 2024  
Comacchio (FE)



# SPRING SUP RACE 2024

ICF SUP WORLD RANKING EVENT

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

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



# Bulletin:

# SPRING SUP RACE 2024

## KEY POINTS

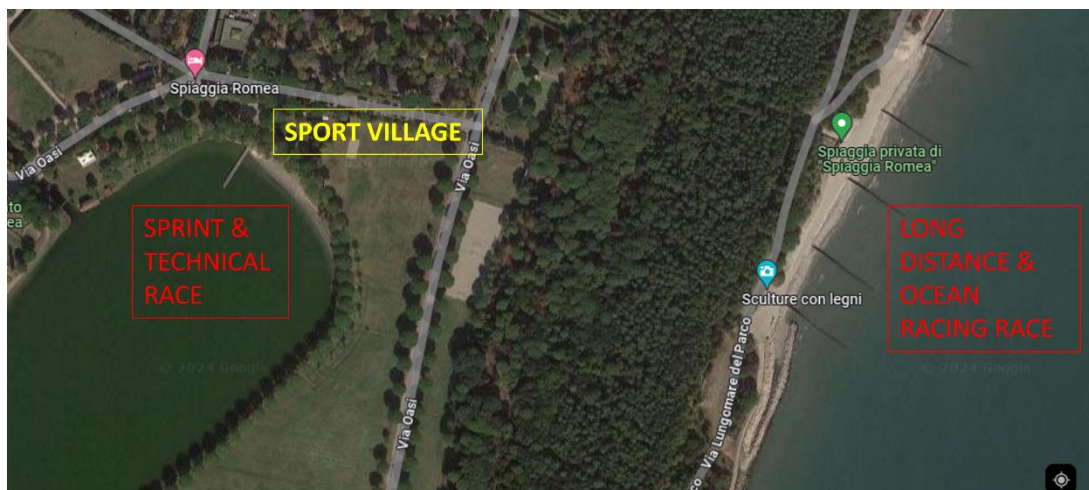
Event organizer	Delta SUP asd Ferrara/ Comacchio e-mail: <a href="mailto:springsuprace@gmail.com">springsuprace@gmail.com</a> / <a href="mailto:deltastanduppaddle@gmail.com">deltastanduppaddle@gmail.com</a> Internet: <a href="http://www.springsuprace.com">www.springsuprace.com</a> Phone:+393472255720
Location	Spiaggia Romea Club & Village – via Oasi 2 – Comacchio 44122 (Ferrara)  GPS: 44.7818168335859, 12.24989764504216
Date	Saturday, April 1, 2023 / Sunday, April 2, 2023
Head of the organizing committee:	Simone Tugnoli Peron
Safety Manager:	Raffaele Gennari
Race director:	Simone Tugnoli Peron
Secretary manager	Nadia Finessi
Timing	By a licensed private company
Race regulation	ICF Competition Rules 2023: <a href="https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_sup_final.pdf">https://www.canoeicf.com/sites/default/files/2023_icf_competition_rules_sup_final.pdf</a> FICK Italian SUP Rules
Track:	12 km (Long distance SUP), 1 km (technical race), 200m Sprint, 5 km Inflatable race, 5 km Fun race (Not competitive), 5 km Kids race
Percorso: Ocean Racing	12km (long distance Surfski), 5km Fun Race, 2 km Kids race
PRIZE MONEY	1000€ for technical race (prize money split 50/50 between men and women) 1000€ for sprint (prize money split 50/50 between men and women) 3000€ for long distance (prize money split 50/50 between men and women)

## 1. LOCATION

The location is the “Lago delle Nazioni”, a private lake with no navigation secondary, with an access to the sea located at 200m.

Due to its conformation, the lake is the best place to be the stage for the show. Here spectators, photographers, cameramen and sponsors will be able to sit comfortably by the lake or on the pier to watch the races.

A Sport Village area will also be set up.



The Spiaggia Romea village offers athletes, their families and friends various types of accommodation at special prices.

For info and reservations: [booking@spiaggiaromea.it](mailto:booking@spiaggiaromea.it)

ADDRESS:

**Spiaggia Romea Club & Village –**

**via Oasi 2 – Comacchio 44122 (Ferrara)**

RESERVED PRICES:

Description	Price per person per night
Double b&b	45€
Triple b&b	39€
Quadruple b&b	30€
Double single use b&b	65€
Children up to 5 years	Free
Late check out	55€ for room
Pets	10€
Motorhome/camper overnight stop with service	25€ /night for vehicle
Extra dinner	25€ adults, 15€ children

## **How to get:**

### by plane

The nearest airports are G.Marconi of Bologna (about 110 km.) - M.Polo of Venice (about 100km.)

### By car

from the North-East: along the S.S.309 (Romea) from Venice in the direction of Ravenna, up to the height of Passo Pomposa (about 90 km.), detour to the left for Lido di Volano, after about 10 km. on the Acciaioli panoramic road.

from the South-East: along the S.S.309 (Romea) from Ravenna in the direction of Venice, up to the Lido delle Nazioni detour (about 30 km.), Acciaioli panoramic road towards Lido di Volano, after about 8 km. from all other directions: A13 Bologna-Padova motorway, Ferrara Sud exit, Ferrara-Portogaribaldi motorway junction to the end, on the S.S.309 Romea, northbound towards Venice as far as the detour to Lido delle Nazioni, Acciaioli panoramic road towards Lido di Volano , after about 8 km you arrive at the Village

### Transfert

It is possible to book the Transfert service organized by Delta SUP.

The cost of the service is €100 each way for up to 8 people with equipment. To book: [springsuprace@gmail.com](mailto:springsuprace@gmail.com)

The service is intended from the airports closest to the competition area.

Travel on request, subject to availability (1 trip per day to/from Bologna airport) and reservation required by March 20th.

## **2. Participation/Categories**

The competitions are open to all athletes aged 6 and over.

The Spring Sup Race will be an ICF SUP WORLD RANKING event.

The races will produce points for this ranking ICF are:

- Sprint Race (category: Open)
- Long Distance (category: OPEN)
- Technical race (category: OPEN)

Then there will be the kids race (technical and long distance), the open inflatable competitions (male and female), the canoa ocean racing (regional event) and the FUN Race (non-competitive).

Note: only the Open (senior) category will be ICF World Ranking.



For Italians it will be essential to provide the FICK competitive card number valid for the year 2024 and a valid sports medical license.

If you do not have or need to renew, contact the organizing committee.

For foreigners it will be sufficient to have a copy of a valid SUP or Kayak sports license from their federation or for non-members, a medical certificate of no contraindication to the practice of stand up paddle.

Send an email through your federation to springsuprace@gmail.com with your sports license.

For NON-Competitive competitions (FUN RACE) the basic sports insurance provided by the CO is sufficient.

**THE RACE:**

Distance	Race	category
12 km:	Long distance	Junior, OPEN (ICF RANKING), 40+, 50+; Ocean Racing (junior, senior, master)
5km:	Inflatable race	PRO (any age) Under 10, Under 14, Under 18, Young Master(from 20 to 30), Master (40+) Grand Master (50+)
1000m:	Technical Race	Junior, OPEN, 40+, 50+ (ICF RANKING)
200m	Sprint race	Junior, OPEN, 40+, 50+(ICF RANKING), kids
5 km	Long distance	Kids A,B,C
2km	long distace	Ocean Racing Allievi, Cadetti, Ragazzi
600m	Technical	Kids A,B,C

**THE CATEGORY:**

Category	Italian cat.	Gender	Age	Boards
Kids A	Allievo A	m/w	<10	up to max. 10'6" allowed
Kids B	Allievo B	m/w	10-12	up to max. 12'6" allowed
Kids C	Cadetto A e B	m/w	13-14	up to max. 12'6" allowed
Junior	Ragazzo e Junior	m/w	15-18	up to max. 14'0" allowed
Open	Senior, Master A	m/w	19-39	up to max. 14'0" allowed
40+	Master B Master C	m/w	40-49	up to max. 14'0" allowed
50+	Master D - H	m/w	50+	up to max. 14'0" allowed
Paracanoe	Paracanoa	m/w	6- 50+	up to max. 14'0" allowed
FUN	Amatoriale	m/w	6- 50+	up to max. 14'0" allowed

Only in the Long Distance race the prizegiving is split also into the ITALIAN Category of age.

**3. Registration**

We recommend that participants register online in advance. Online registration is open until April 3, 2023 at 8:00 pm.

It is NOT possible to register on site.

There are 3 registration periods: Early (until February 18th), Regular (until March 24th), Late (until April 3rd) each period will correspond to a price increase.

For team registrations (more than 6 people with at least 3 Kids) write to the organization by email [springsuprace@gmail.com](mailto:springsuprace@gmail.com) to get a TEAM discount

Registration must be done via the link on the page: <https://www.springsuprace.com/signing-up>

**4. Communication:**

Official communications will be given through the mailing list and the whatsapp group in the days before the event. During the race days through the whatsapp group and the speaker.

To subscribe to the whatsapp group:

<https://chat.whatsapp.com/LWogHjTw4TG3htPgws6ixG>

**5. TIMELINES:**

5 April 2024

8:30 – 10:30: Clinics

12:00 – 17:00: Registration opens

15:30 TECHNICAL RACE qualification

6 April 2023

8:00 - 12:00 Registration opens

10:00 TECHNICAL RACE Finals

11:30 INFLATABLE RACE

13.30 SPRINT RACE

17:00 SPRINT RACE Finals

21:00: Prizegiving

7 April 2023

7:00 - 10:00 Registration opens

9:55 LONG DISTANCE SURFSKI Senior, Junior & Master Man

10:00 LONG DISTANCE OPEN MAN & OVER 40 start

10:05 LONG DISTANCE SURFSKI Senior, Junior & Master Woman

10:10 LONG DISTANCE OPEN WOMAN & OVER 40 start

10:20 LONG DISTANCE Junior & Over 50 man start

10:30 LONG DISTANCE Junior & Over 50 woman start

10:35 LONG DISTANCE SURFSKI Students, Cadets, Boys (Man & Woman)

10:40 LONG DISTANCE kids SUP (man& woman) 5km start

10:40 LONG DISTANCE Parasup (man & woman) 5km start

10:50 FUN RACE (SUP & CANOE) 2km start

14:30: Prizegiving

**6. Entry fee**

Category	EARLY Until 18/2/24	REGULAR Until 24/3/24	LATE until 3/4/24
<b>TECHNICAL RACE 5-6 April 2024</b>			
SUP Technical Race OPEN (ICF Ranking)	30€	35€	40€
SUP Technical Race, junior	20€	25€	30€
SUP Technical Race, Master (40+, 50+)	30€	35€	40€
SUP Technical Race, kids A	FREE	5€	10€
SUP Technical Race, kids B	5€	10€	15€
SUP Technical Race, kids C	5€	10€	15€
ParaSUP technical race	5€	10€	15€
<b>SPRINT RACE 6 April 2024</b>			
SUP Sprint Race OPEN (ICF Ranking)	30€	35€	40€
SUP Sprint Race, junior	20€	25€	30€
SUP Sprint Race, Master (40+, 50+)	30€	35€	40€
SUP Sprint Race, kids A	FREE	5€	10€
SUP Sprint Race, kids B	5€	10€	15€
SUP Sprint Race, kids C	5€	10€	15€
ParaSUP Sprint race	5€	10€	15€
<b>INFLATABLE RACE 6 April 2024</b>			
SUP Inflatable Race PRO (Any age)	30€	35€	40€
SUP Inflatable race, Under 10	20€	25€	30€
SUP Inflatable race, Under 14	20€	25€	30€
SUP Inflatable race, Under 18	30€	35€	40€
SUP Inflatable race, Young Master (20-30)	30€	35€	40€
SUP Inflatable race, Master 40+	30€	35€	40€
SUP Inflatable race, Master 50+ 60+ 70+ 80+	30€	35€	40€
<b>LONG DISTANCE RACE 7 April 2024</b>			
SUP Long distance OPEN (ICF Ranking)	35€	40€	50€
SUP Long distance, junior	25€	30€	40€
SUP Long distance, Master (40+, 50+)	35€	40€	50€
SUP Long distance, kids A	20€	25€	30€
SUP Long distance, kids B	20€	25€	30€
SUP Long distance, kids C	20€	25€	30€
ParaSUP Long distance	20€	25€	30€
<b>SURFSKI LONG DISTANCE 7 April 2024</b>			
SUP Long distance Senior	35€	40€	50€
SUP Long distance, junior	25€	30€	40€
SUP Long distance, Master	35€	40€	50€
SUP Long distance, Allievi	20€	25€	30€
SUP Long distance, Cadetti	20€	25€	30€
SUP Long distance, Ragazzi	20€	25€	30€
<b>FUN RACE 7 April 2024</b>			
For all (lunch included)	30€	30€	30€
<b>REGISTRAZIONE COMPLETA SUP RACE</b>			
Open (Sunday meal included)	90€	100€	120€
Master (Sunday meal included)	90€	100€	120€



Junior (Sunday meal included)	75€	85€	105€
Kids A,B,C (Sunday meal included)	50€	60€	80€
ParaSUP (Sunday meal included)	50€	60€	80€
<b>ALTRI SERVIZI</b>			
PETTORINA (Deposit or purchase)	15€	15€	15€
PASTO EXTRA (for Saturday, team or family)	10€	10€	10€
SCONTO TEAM	-15%	-10%	-5%

### 6.1 Rental equipment

If you need a rental board, you can contact the official ICF rental supplier:

<https://sports-camps.net/en/>

The rental of children's equipment (KIDS A, KIDS B, KIDS C) if necessary is free of charge in the technical and sprint race and offered by Delta SUP! (Inflatable boards 10'6x26 or 10'6x32)

### 6.2 Refund entry fee

A medical certificate must be submitted for a refund of the entry fee.

If a race has to be canceled for an important reason (withdrawal of a permit by the municipality, cancellation of the race due to force majeure, etc.), there will be no refund of the entry fees. The competition will be resubmitted on a date to be determined.

Cancellation due to Covid-19: see point 9.3.

## 7. ACCREDITATION:

The accreditation desk will be open at the following times:

Friday: 12:00 - 17:00

Saturday: 8.00 a.m. - 12.00 p.m.

Sunday: 7.00 - 10.00

At the accreditation office it will be possible to pick up the race pack, the bib and the ticket for the Saturday and/or Sunday meal.

## 8. Prizes and rankings

Ranking scores will follow the ICF rules (2023) for sprint, technical and long-distance competitions.

Scores will follow the FICK rules regarding federal scores in Italy.

Scores will also be included in the World SUP Ranking.

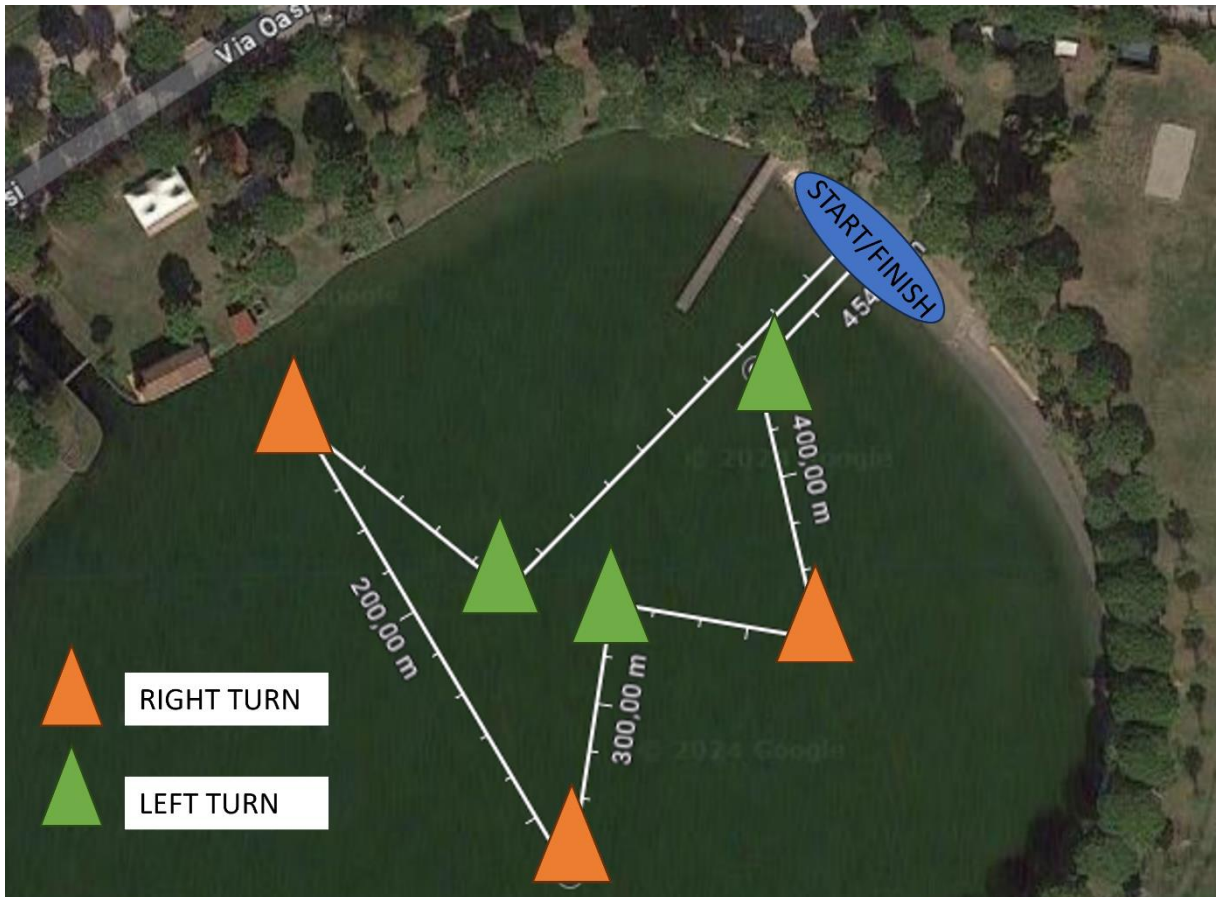
### 8.1 Money Prize:

1000€ Sprint race (**prize money split 50/50 between men and women**)

1000€ Technical race (**prize money split 50/50 between men and women**)

3000€ Long Distance (**prize money split 50/50 between men and women**)

## 8.2 SUP Technical Race



(1 lap in the qualifying heats. 2 laps with passage to the beach semifinals and finals)

(Kids A and B 1 round also the finals)

### Podiums:

1.-3. Open (prize money 1000€ divided 50/50 between men and women)

1.-3. 40+ m/w

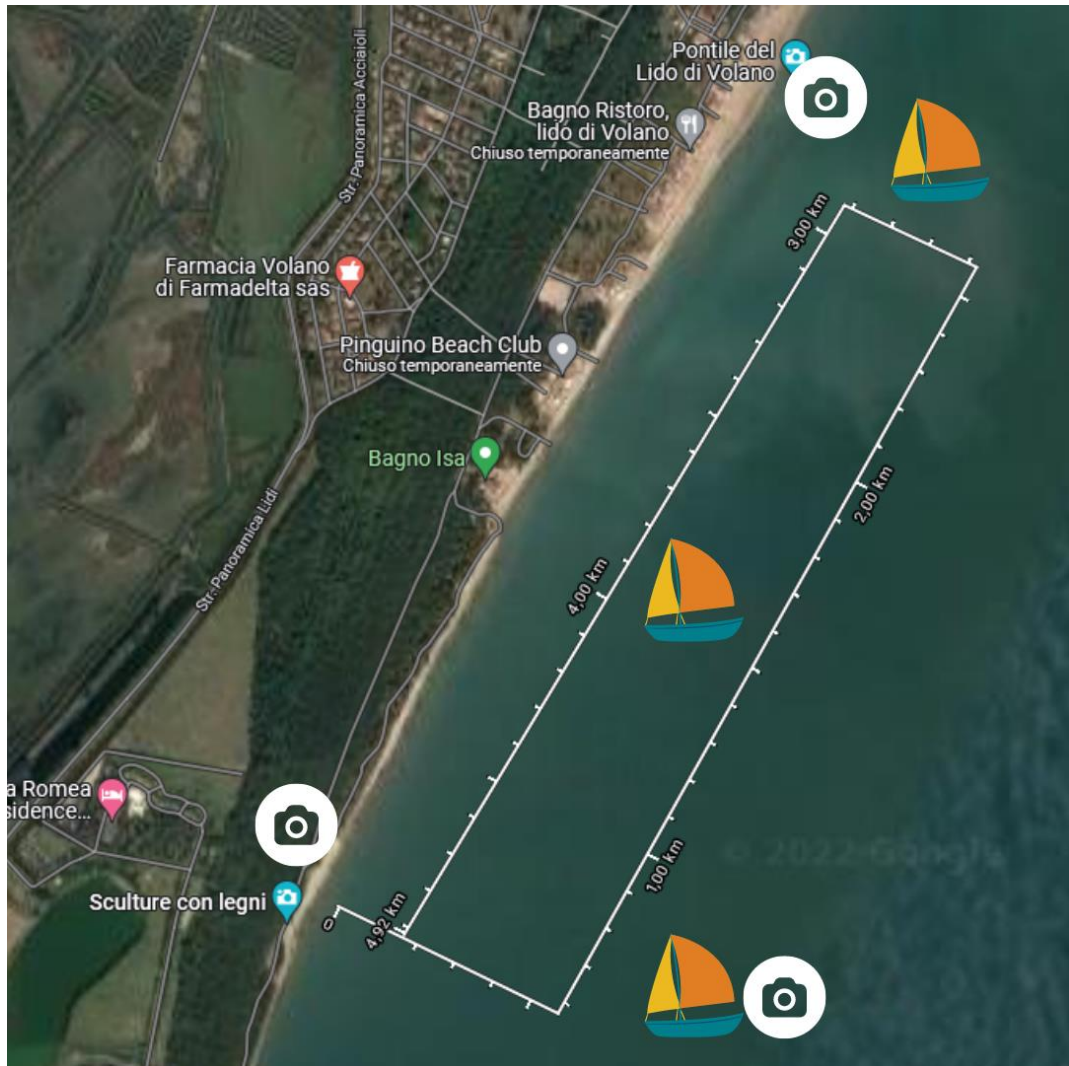
1.-3. 50+ m/w

1.-3. Junior A m/w

1.-3. Junior B m/w

1.-3. Kids m/w

### 8.3 SUP Long Distance,



**(1 giro per KIDS A,B,C, FUN Race; 2 giri per Open, 40+, 50+, junior, Ocean Racing; 2000m per Ocean racing Allievi, Cadetti, Ragazzi) PFD MANDATORY FOR ALL**

Podiums:

- 1.-3. Open (prize money 3000€ divided 50/50 between men and women)
- 1.-3. 40+ m/w (Italian podium for all master category)
- 1.-3. 50+ m/w (Italian podium for all master category)
- 1.-3. Junior A m/w
- 1.-3. Junior B m/w
- 1.-3. Children M/W

#### 8.4 SUP Inflatable,



**(1 lap per Inflatable race, 5km) PFD mandatory for all category**

Podiums:

1.-3. PRO m/w (Material Prizes)

1.-3. UNDER 10 m/w

1.-3. UNDER 14 m/w

1.-3. UNDER 18 m/w

1.-3. JOUNG MASTER m/w

1.-3. 40+ m/w 1.-3. 50+ m/w 1.-3. 60+ m/w



8.5 SUP SPRINT,



Heat of 200m according the ICF Rules

Podiums:

1.-3. Open (prize money 1000€ divided 50/50 between men and women)

1.-3. 40+ m/w

1.-3. 50+ m/w

1.-3. Junior A m/w

1.-3. Junior B m/w

1.-3. Kids m/w

## **9. Races**

### **9.1 Start numbers**

It is mandatory to wear the start number/lycra clearly visible. If you are wearing a hydration pack, life jacket, etc., the starting number/lycra must be worn over all equipment.

The numbered bib will be delivered to the accreditation with a deposit of €15, the deposit will be returned at the end of the competition by bringing the same bib back to the information desk

### **9.2 Timing**

The Timing will be followed by specialized personnel and for the Long-distance competition it will involve the use of a personal chip. In case of loss or damage, the competitor will be asked to refund the chip (€50).

### **9.3 Material**

Only the boards/boats intended for the category may be used. Exceeding the maximum board length or the minimum weight of 10 kg will lead to disqualification.

No foreign aids may be used. This includes motors, wind devices (e.g. sails) and help from second persons (except team). No two-hulls are allowed (e.g. catamarans).

### **9.4 Start signal**

One minute before the start, a double horn will sound.

Within the last sixty seconds the starting signal can be given at any time (single horn).

A repeated false start will result in disqualification.

### **9.5 Drafting**

Drafting is allowed only within the category. Women and men are treated as a separate category.

### **9.6 Board and boat contact**

Board contact is allowed. Willful obstruction such as pushing or blocking will be penalized and may result in disqualification.

### **9.7 Stand-UP**

Stand-up means paddling standing up. After a fall, a maximum of five paddle strokes may be made while sitting or kneeling. Prolonged paddling in a sitting or kneeling position may result in disqualification.



### **9.8 Leash/Vest/Safety Material**

Category SUP: leash as well as life jacket/assist (restube allowed) must be worn only in the long distance.

### **9.9 Emergencies**

If a participant needs help, the following order of help should be followed:

- own team
- other participants or teams in the field of participants
- Rescue motorboats of the organizer

All special incidents and accidents are to be reported to the checkpoints, the safety boats or the race management as soon as possible. They will coordinate a possible rescue operation together with the available rescue forces. The participants have to follow the instructions of the organizer and the rescue services.

### **9.10 Finish**

The finish line is on land for all categories under the inflatable arch. The time will be measured by timing officials.

### **9.11 Disqualifications**

Disqualified participants will be notified by the judge. Disqualifications or demotions will be announced in any case before the ranking announcement.

### **9.12 Competition judges**

The judges will be appointed by the Italian Canoe Kayak Federation. A representative of the ICF will be present.

### **9.13 Protest**

Protests can be initiated up to a maximum of 30 minutes before the ranking announcement by submitting 100€ to the competition judges. If the protest is successful, the amount of 100€ will be refunded.

## **10. Doping**

Doping is contrary to the fundamental principles of sport and medical ethics and is therefore prohibited. Doping is the use of aids in the form of substances or methods that are potentially harmful to health and/or can enhance physical performance. However, doping is also the presence of a prohibited substance in the body of an athlete or the confirmation of its use.

Anyone who can be proven to have doped will be disqualified.

## **11. Media rights**

The media and copyrights (pictures, video recordings) of the event are held by the organizer.

## **12. Conditions of participation**

### **12.1 Liability**

The organizer declines any liability. All participants contest the races on their own responsibility and must be privately insured against accidents. The organizer, the event organizers and the sponsors disclaim any liability for participants.

With the registration the participants accept the announcement and the exclusion of liability of the organizer for damages of all kinds. The participant cannot make any claims against the organizer as well as against the event sponsors and their representatives for damages and injuries of any kind that may occur to him/her as a result of his/her participation.

### **12.2 Security and privacy**

Each person declares with the registration,

- that they have the necessary physical and psychological conditions for participation in this competition,
- that they conform to safety regulations,
- that they will help other participants in need,
- that the information given at the registration is correct,
- the agreement, that the organizer may use the data for event purposes; in particular the passing on to ICF and FICK (overall SUP ranking),
- the agreement to cede their right to the image - especially in the form of photos, films or any other means of communication - to the organizer without any consideration.
- that they have read and understood the regulations.

### **12.3 Covid-19**

- ● The Italian national regulations will decide whether to make any changes to the event. The corresponding measures will be timely communicated on the website. If the organization decides not to hold the Spring SUP Race due to Covid-19, registered participants can choose to:
  - ● postpone participation to 2024
  - ● get your tuition fee refunded minus a €10 processing fee.