



PADDLEBOARD COMPETITION RULES 2025

1. RACE START – TIME & WAVES

The SUP competition takes place on **Saturday, June 28**, at **Lake Bezidu-Nou**.

<https://maps.app.goo.gl/DH68gV2ptjHPwCNC6>

🕒 All age groups and distances will start at **10:00 AM**, in **staggered waves** to avoid crowding on the course.

🚗 2. PARKING AT THE VENUE

🚗 Parking near Lake Bezid is **limited**, so we kindly ask all participants to **arrive on time!**

👮 Traffic will be managed by the **local police**

👷 **Volunteers** will also assist with parking

🔊 Please **pay attention to the traffic controllers** and **follow all instructions** they give

🚫 Do not park anywhere that may block access, especially:

- Emergency routes
 - Race course segments
-

📁 3. RACE PACKET PICKUP & TIMING

After parking and arriving at the lake, your **first and most important task** is:


📁 **Pick up your race packet** at the registration point!

Your packet includes:

- 🕒 A **timing chip**
 - 🧥 A **numbered race vest**
 - 📄 Your **race number**, which must be **attached to the front** of the vest
 - 📁 A **starter gift pack**
 - 📄 Informational materials
-

🕒 **Timing Chip – Mandatory!**

- Must be worn on your **right or left ankle**
- The chip records your **entire SUP time** – your result is valid **only if the chip registers both start and finish**
- **!** Don't leave it in the tent, on your towel or the shore – it must be **on your ankle before the start!**

 **Tip:** Tighten the chip securely, but not too tightly – it should remain comfortable while paddling.

4. SUP PREPARATION – BOARD INFLATION

Only **inflatable SUP boards** are allowed in this competition – **rigid boards are not permitted at the start.**

Where can you inflate your board?

Organizers have designated two locations for convenient setup:

1. **Near the start area**, on a clearly marked lakeside section
2. At the **Kayaking Bezid base**, where pumps and volunteers may be available to assist

5. START PROCEDURE & COURSE DETAILS

The race starts from the water!

- All races will start from the water, on the **referee's signal**
- Participants will line up **in the water, next to their SUP boards**, behind the start line
- After the signal, each paddler completes their assigned distance on the marked course

Important:

Every athlete must complete **the exact official distance** – no shortcuts or extended laps allowed

 To avoid congestion, **starts may be staggered** between waves

Course Instructions:

- The course is clearly marked with **floating buoys**
- **All buoys must be passed from the outside**
- **Long-distance** paddlers will complete **3 full loops** on the same course

6. FINISH LINE & TIMING

- At the end of your race, you'll exit the water through a designated path
- A **timing mat** will be placed at the exit point

- 🕒 Your time will be recorded **only if your chip crosses this mat**

🛑 **Do not jump over or bypass the mat** – walk or run directly across it

🏆 **All finishers will receive a Finisher Medal**

From there, head straight to the **recovery and refreshment zone** on the shore

💧 7. POST-RACE REFRESHMENTS

After your race, a **full refreshment station** awaits all participants:

- 💧 **Water**
- 🥤 **Isotonic drinks**
- 🥤 **Pepsi Cola**
- 🍌 **Fruits** (bananas, oranges, etc.)
- 🍪 **Snacks**
- 🧊 **Cold sponges & ice**
- 🌳 **Shaded rest zone with seating**
- 🚑 **Basic medical & recovery support**

💡 **Tip:** After longer distances, don't forget to rehydrate and replenish your salts and minerals!

♻️ 8. ECO-FRIENDLY PARTICIPATION – OUR SHARED RESPONSIBILITY

Throughout the event, we ask every participant to show:

- Respectful
- Sportsmanlike
- And environmentally conscious behavior

🗑️ There will be plenty of **trash bags and bins** available on site

👉 Please make sure to leave your area clean:

No cups, wrappers, towels, or clothing left behind

🌿 Let's protect the natural environment and respect each other — together we create a better event experience!

🙌 **Thank you for being part of our race community!**

🏆 9. AND FINALLY – THE AWARDS CEREMONY

The official **awards ceremony** will take place at the charming **courtyard of Rhédey Castle**,

at the time indicated in the official program.

🎉 **Everyone is warmly invited** – not just the podium finishers!
