

## Rules specific to the Stand Up Paddle competition

### Conditions for inscription:

- Must be 18 years of age on the date of the competition
- Supply a medical certificate which states that the competitor is “physically adapted to participate in a Stand Up Paddle competition”
- Must be a licensed member of the French Canoe Kayak or Surf Federation, or licensee with an equivalent overseas national Canoe Kayak or Surf Federation
- Have a competent experience of SUP on white water (a good understanding of the dangers, ability to swim in safety position, confident in choosing the line of descent to take)
- **Supply evidence of participation in 3 previous competitions**
- Each inscription will be validated by the organising committee once the completed dossier has been received
- The maximum number of competitors for this event is limited at 100

### Description of the course:

The course distance is 24km : The start is from the beach at Pont d’Arc, the finish is at Saint-Martin d’Ardèche.

### River profile :

The Ardeche is a class II river

- Successive sections of flat water and rapids - 30 rapids with different degrees of difficulty
- Rapids with medium sized, irregular waves
- Good control of the craft is required when manoeuvring in the current

### Equipment:

An inflatable SUP board is recommended.

Rigid SUP boards are allowed, but any damage to the boards, will not be covered by the event organisers.

The wearing of the following is obligatory:

- Helmet
- Buoyancy aid (PFD) with approved safety mark
- Neoprene long-johns as a minimum

## **The use of an ankle leash is strictly forbidden**

### The race:

**08h15** : A final **briefing** will be held on the beach to cover the following:

- Final security information such as: manoeuvres to be avoided, what line to take through the rapids, what to do if you fall off your board.
- Verification of equipment.
- Any competitor who is absent from the briefing or who has equipment which is deemed to be unsuitable, will not be allowed to start the race.
- The procedure for the start of the race

**09H00** : Meet on the beach for the start of the race

**The arrival positions acknowledged:**

The first 3 SUP men

The first 3 SUP women