SPECIAL OLYMPICS SUP RULES

LEASH & PFD (Personal Floatation Device) RULE: ALL ATHLETES MUST WEAR A LEASH & COAST GUARD APPROVED TYPE 1 OR 2 PFD (inherently buoyant vest PFD). NO CARTRIDGE PFD’s OF ANY KIND ON ATHLETES. ALL NON COMPETERS ON WATER MUST WEAR A LEASH AND ANY COAST GUARD APPROVED PFD.

ALL EVENTS: Minimum division of 3—Maximum division of 8. Genders may be combined for heats, but awards are gender specific. Athletes may compete in 2 events except for Lead Up.

BOARD RULES: ALL EVENTS EXCEPT PRONE 1 MAY USE ANY BOARD 14’ & UNDER. PRONE 1 MUST BE ON A PRONE STYLE BOARD, UNLIMITED & UNDER.

QUALIFIER FOR SPRINTS, RELAYS, REGULAR & PRONE EVENTS: Athlete must be able to independently swim 25 meters without & with a Coast Guard approved type 1 or 2 PFD (inherently buoyant vest PFD) – ATHLETES TESTED YEARLY.

REGULAR EVENTS: SPRINTS, RELAYS, LEVELS 4-1 & PRONE

SPRINT EVENTS: 100- 200- & 400-METER RACES – Qualifier: Athlete must be able to independently swim 25 meters without & with a Coast Guard approved type 1 or 2 PFD (inherently buoyant vest PFD) – ATHLETES TESTED YEARLY. Athlete must be able to run mount board & race unassisted.

Sprint 100: sprints 50m out goes around buoy/s & sprints 50m back.
Sprint 200: sprints 100m out goes around buoy/s & sprints 100m back.
Sprint 400: sprints 200m out goes around buoy/s & sprints 200m back.
RELAY EVENTS: TRADITIONAL & UNIFIED – Qualifiers: teams of 3, 1 board per team & must be able to put leash on & off independently. Athlete must be able to independently swim 25 meters without & with a Coast Guard approved type 1 or 2 PFD (inherently buoyant vest PFD) – ATHLETES TESTED YEARLY.

TRADITIONAL: Can receive verbal instruction preparing for competition but no physical assistance. Athletes must stand on board during competition unless physically unable to stand (determined by SUP Official)). The 5-stroke rule will be in effect for athletes that stand (an athlete may kneel on board in the event of falling off & getting back on board, may use 5 strokes to gain forward movement & then must regain standing position, failure to regain standing position will result in a disqualification as determined by an official). Competition will be a minimum distance of 50 yds with a minimum of 1 turn each athlete (must go around buoy/s). Each athlete starts in the water next to board & must independently mount board. Transition athlete 1 must leash off, athletes 2 & 3 leash on before advancing.

UNIFIED: Teams of 3 (2 athletes & 1 unified partner). Guidelines same as Traditional.

LEVEL EVENTS: LEVELS 4-1 Qualifier: Athlete must be able to independently swim 25 meters without & with a Coast Guard approved type 1 or 2 PFD (inherently buoyant vest PFD) – ATHLETES TESTED YEARLY.

LEVEL 4 – Can receive verbal and physical assistance preparing for competition. This can include verbal instructions & physical assistance steadying the board. Athletes can either stand, kneel or sit on the board during competition; cannot change positions to gain momentum. Competition will be a maximum of 800 yards; must go past or around buoy/s. **Athletes start on the board.**

LEVEL 3 – Can receive verbal instruction preparing for competition but no physical assistance. This can include verbal instructions onto the board. Athletes can either stand, kneel or sit on the board during competition; cannot change positions to gain momentum. Competition will be a maximum of 1600 yards with turns; must go around buoys. **Athletes start in water next to board & must independently get on the board.**

LEVEL 2 – Competes independently with no verbal or physical assistance. Athletes must stand on the board during competition unless physically unable to stand (determined by SUP Officials). Competition will be a maximum of 3200 yards with turns, must go around buoys. Athletes choose their starts (standing next to board OR run & mount board). The 5-stroke rule will be in effect for athletes that stand (an athlete may kneel on board in the event of falling off & getting back on board, may use 5 strokes to gain forward movement & then must regain standing position, failure to regain standing position will result in a disqualification as determined by an official).
LEVEL 1 – **Competes independently with no verbal or physical assistance.** Athletes must stand on the board during competition unless physically unable to stand (determined by SUP Officials). Competition will be a maximum 4800 yards with turns, must go around buoys. Athletes choose their starts (standing next to board OR run & mount board). The 5-stroke rule will be in effect for athletes that stand (an athlete may kneel on board in the event of falling off & getting back on board, may use 5 strokes to gain forward movement & then must regain standing position, failure to regain standing position will result in a disqualification as determined by an official).

PRONE EVENTS: PRONE 2 & 1 Qualifier: Athlete must be able to independently swim 25 meters without & with a Coast Guard approved type 1 or 2 PFD (inherently buoyant vest PFD) – ATHLETES TESTED YEARLY.

PRONE 2 – Can use any SUP style board 14' & under (narrower the better). **NO PADDLE, use of arms & feet.** Can receive verbal instruction preparing for competition but no physical assistance. Athlete must be prone or kneeling on the board during competition. Competes in regular levels but in a prone division. Athletes choose their starts (standing next to board OR run & mount board).

PRONE 1 – **Must be on a prone style board (unlimited & under). NO PADDLE, use of arms & feet.** Competes independently with no verbal or physical assistance. Athlete must be prone or kneeling on the board during competition. Competes in regular level but in a prone division. Athletes choose their starts (standing next to board OR run & mount board).