

## 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).