



OFFICIAL RACE INSTRUCTION of the
NZ SUP National Championships 2025

New Zealand Stand Up Paddling Incorporated

NZ PADDLE CHAMPIONSHIPS
Takapuna | 28-30 March 2025

LOCATION & PROGRAMME

The Event Hub will be at Takapuna Boating Club and the Beach Reserve on the Strand.

Friday afternoon sees the Sprint Nationals kick off the Championship at the Event Hub. If weather conditions dictate the race committee may move the event to an alternative site.

Technical racing is programmed for Saturday, with courses set at Takapuna Beach. In the event of inclement weather or water conditions, the Challenger technical race will take place at a suitable flat water venue.

The final events on Sunday morning are the distance events which commence and finish at Takapuna Beach Reserve. Again, In the event of inclement weather or water conditions, the Challenger 5km distance races will take place at a suitable flat water venue.



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OFFICIAL RACE SHIRT

All entrants will receive the Official Race Shirt. It is compulsory for all paddlers to wear the Official Race Shirt whilst competing.

ELIGIBILITY AND ENTRY

Races are open to all stand up paddlers (you will be provided with an affiliate membership for the duration of the event if you are not yet an NZ SUP member).

All entries must be made online at the NZ SUP website.

To be eligible for the Championship National Titles or Age Group Championship Titles one must complete Championship Sprints, Championship Technical and Championship Distance Races.

To be eligible for the Junior National Titles the following races must be completed:

U19 to complete Championship Sprints, Championship Technical and the Championship 10km Distance Races.

U16 to complete Championship Sprints, Championship Technical and the Challenger 5 km Distance Race.

U 14 to complete Championship Sprints, Challenger Technical and the Challenger 5km Distance Race.

U 12 to complete Challenger Sprints, Challenger Technical and the Challenger 5km Distance Race.



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PRIZES

All individual race division winners will receive medals (Gold/Silver/Bronze) and 1st place winners will be awarded a prize.

Winners of age categories will receive medals (Gold/Silver/Bronze) in the Championship and Challenger races (provided there are three or more competitors in an age category).

Men's and Women's Champions will be crowned based on combined performance in the three disciplines of the Championship and Challenger Series. All three disciplines must be raced for eligibility.

Age categories are based on competitors' age at 1 January 2025.

All competitors will be eligible for a spot prize draw. The winners must be present to claim their prize otherwise there will be a re-draw.



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Events

- Sprint Course
 - Championship 200 metre
 - Challenger 200 metre
- Technical Race Courses
 - Championship (Heats 1.5 km and Final 3-4 km)
 - Challenger 1.5km
- Distance Race Courses
 - Championship 10 km
 - Challenger 5 km

EVENTS

Sprints

FRIDAY 28 March

200 m course

This is a beach sprint race of 200m. Depending on weather conditions the race will be held at either the Takapuna Event Hub or the foul weather alternative course. Either location will provide a sheltered course in a length of 200 m or a 100 metre out and back course (for the Championship series only).

Check-in 1.30pm to 3:00 pm

Location to be advised by Thursday midday.

Briefing 3 pm

Race Start 3:15 pm

The course will be confirmed at the race briefing to be held at the event hub or alternative site as notified.

Divisions for Championship:



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14' and Under Men: Open*, U16, U19*, O/40*, O/50*, O/60*

14' and Under Women: Open*, U16*, U19*, O/40*, O/50*, O/60*

*Combined Trophy Race

Divisions for Challenger:

14' and Under Men: Open, U12*, U14*, U16, U19, O/40, O/50, O/60

14' and Under Women: Open, U12*, U14*, U16, U19, O/40, O/50, O/60

*Combined Trophy Race

Technical Racing Championships

SATURDAY 29 March

Every entrant is entitled to three races in the 2025 Technical Race.

Championship Fleet Technical Racing Format

Championship Technical Racing will comprise two heats (1-1.5km) plus a final (3-4km).

A 3-4 km B final will be run for those that do not qualify for the final after the heats.

Technical Races will be raced over a tight course extending from the Boat Club and will incorporate a single beach run chicane per race lap.

Technical Race course will start and finish on the beach. Starts will be a running start from the waters edge into the water, and finishes will be a running finish to a finish gate on the beach.

The course will be set by the Race Director in consultation with the Course Committee and shown at the race briefing.

The course may change throughout the day as conditions dictate, depending on the weather and swell conditions, at the Race Director's discretion.

Any changes will be posted at the race briefing.



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Any decision to change the course will be at the Race Director's sole discretion.

Technical Race

Check in 8:00 am—9:00 am at Event Hub

Briefing 9:15 am

Race Start 9:30 am

The course will be based on a 1 to 1.5 km lap with multiple tight turns and a chicane sand run per lap to break up the field. The course will be laid to create an exciting technical race to crown our NZ Champions.

Each paddler will race two heats, and then going from your combined results from both heats, the top 30% of paddlers will go through to finals. Each heat will be 1km-1.5km long while the finals will be up to 4 km long.

This is an intermediate to advanced level race, for those who are proficient in small surf and chop, have been paddling, and want a challenge. There may be currents, wind and choppy conditions with waves of up to 1m.

Championship Categories:

14' and Under Men: Open*, U12*, U14*, U16*, U19*, O/40*, O/50*, O/60*

14' and Under Women: Open*, U12*, U14*, U16*, U19*, O/40*, O/50*, O/60*

*Combined Trophy Race

Challenger Series Technical Race

The technical racing for the challenger series will consist of three races for each fleet (mens, womens), possibly also split further for adults/U19s, depending on numbers. There will be no chicane run, and the racing will be on flat water with no surf. The final result will be based on the combined scores over the three races.

If the racing is taking place on Takapuna Beach, starts will be a standing line start in knee deep water, and finishes will be at the water's edge. If the racing is at an alternative flat water location, starts and finishes will be a deep water line start.

Challenger Categories:

14' and Under Men: Open, U12, U14, U16, U19, O/40, O/50, O/60



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14' and Under Women: Open, U12, U14, U16, U19, O/40, O/50, O/60

Cruiser Class Men: U19/Open

Cruiser Class Women: U19/Open

Cruiser Class results will be announced in age groups. At the race officer's discretion, if there are sufficient numbers in any specific age group then prizes may be given for that group.

Distance Race

SUNDAY 30 MARCH 2025

10 km Long Distance Race

The final event of the 2025 National SUP Championships Series sees the Distance Racing Championships at Takapuna Beach.

This race incorporates a beach start and finish.

The Race Director and NZ SUP Nationals Course Committee will set the course based on their knowledge of the area and conditions.

There could be strong wind, current, chop, some boat traffic, ocean swells and waves of up to 1m coming into the beach.

The committee will aim for an upwind – downwind and possible quartering chop with minimal sidewind to make it fast and fun.

If conditions are suitable, we may incorporate a downwind point to point race.

We will change the direction of the race to optimize the conditions for a fast, fun, challenging race.

The Championship race is for experienced paddlers with the skill and fitness to complete this endurance challenge.



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Depending on your board and experience, it will take between 1.0 and 1.5 hours to complete the course. The cut-off to the 6km mark is 1 hour.

This is a great opportunity to push your limits and measure yourself against some of the best paddlers in the country.

The courses will depend on wind direction. The likely course options may change depending on wind direction and conditions on the day.

Check-in 8.30am - 9.30am at Start Location Event Hub

(PLEASE BRING your PFD and leash to the check-in)

Briefing 9.45am

Race Start 10 am

The course will be confirmed by NZ SUP 24 hours prior to race start.

Divisions:

14' and Under Men: Open*, U19*, O/40*, O/50*, O/60*

14' and Under Women: Open*, U19*, O/40*, O/50*, O/60*

*Combined Trophy Race

Challenger 5 km Distance Race Sunday

The Challenger races will depend on wind direction and start or finish at Takapuna Beach, unless sea conditions require the race to be moved to an alternative location. This is a beach start and finish from Takapuna Beach and will commence shortly after the Championship event.

This course is for intermediate paddlers with the skill and fitness level to be paddling for upwards of an hour. It should take you between 45 minutes to 75 minutes to complete the course, enjoying the safe camaraderie of paddling with a large number of people.



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Check-in 8.30am - 9.30 am at Start Location Event HuB

(PLEASE BRING your PFD and leash to the check-in)

Briefing 9.45am

Race Start 10.15am

Divisions:

14' and Under Men: Open, U12*, U14*, U16*, O/40, O/50, O/65

14' and Under Women: Open, U12*, U14*, U16*, O/40, O/50, O/65

*Combined Trophy Race



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Proposed Course: Northeast or Southwest Heavy Wind Rough Weather Course
Multiple laps of an inshore 1.4 km triangle in and out from the beach to markers and return.
Course incorporates a splay to separate paddlers at the outer turn

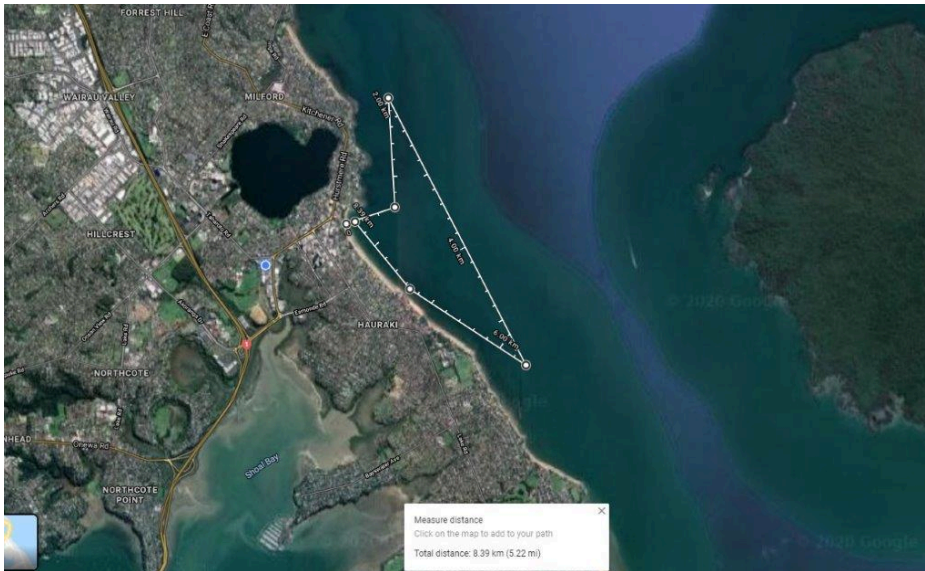




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Proposed Course: Light Wind Course

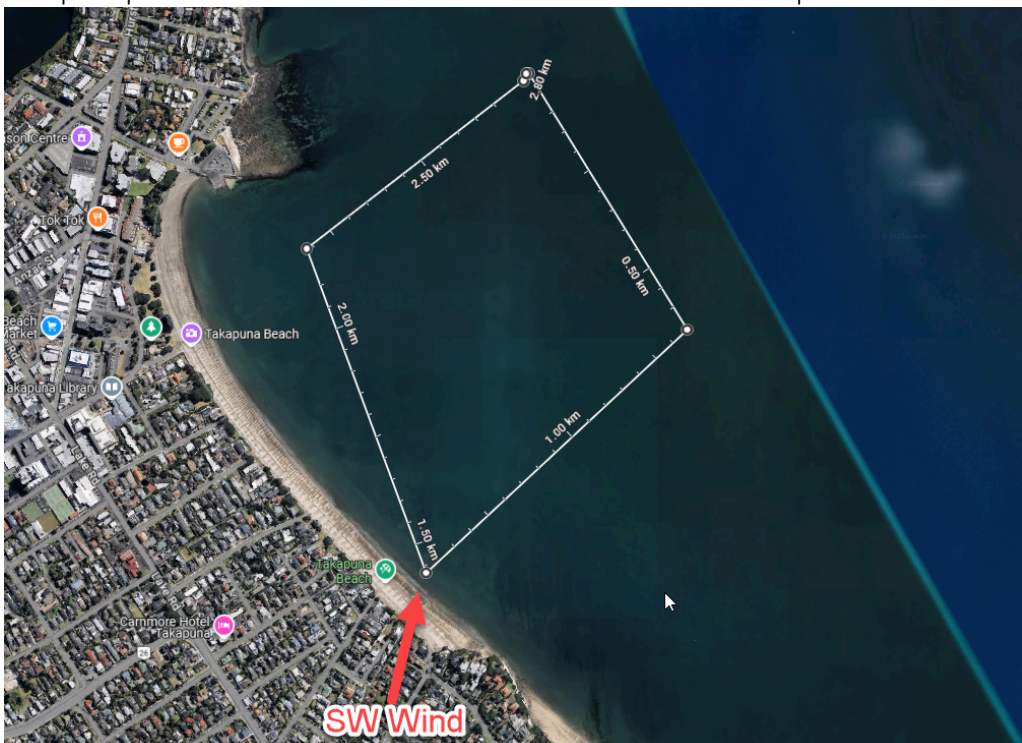
A harbour race extending from Takapuna to the O'neils reef marker to the north with a starboard turn to the Narrowneck Reef Marker then a starboard turn and return to the boat club.





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Diamond Course for moderate winds
Multiple laps of a 2.5 km diamond to limit direct side wind and chop.





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Official Notice Board

An official notice board will be located at Registration, at the EVENT HUB at Takapuna Beach Reserve, and also at the Official Tent next to the start/finish area at each race location. Event information including course maps, changes to the rules or events or schedule will be posted on the official notice board.

The exact location of the Official Notice Board will be posted on NZSUP Social Media Accounts and at registration.

Event Check-in / Late Registration

ALL PADDLERS MUST CHECK-IN PRIOR TO RACING.

Fri 28 March 1.30 pm to 3.00 pm Pre-Event Check-in at check in for Sprint races.

Sat 29 March 8:00 am-9:00am - Check in for Technical Races at Event Hub. Bring a leash.

Sun 30 March 8.30am - 9.30am - Check in and compulsory gear check for Distance Race at Event Hub. Bring, leash and PFD to check in.

ALL PADDLERS MUST CHECK-IN PRIOR TO RACING

Race Briefing

The verbal safety briefing will cover course layout/description, event rules, safety issues and paddler questions. Safety of the participants is the number one priority of the Race Director and the event staff. All paddlers must attend their Race Briefing. See [Event Schedule](#) for Briefing Times.



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SUP Board Class

SUP 14' & Under Class

Length – 14'0 maximum

Board Weight - No Weight Restriction. Board Design - No minimum dimensions.

Single hull, stationary/non-correctional fins and a fin box is allowed.

SUP Cruiser Class

Length - 12'6 maximum

Board style - anything that is not a raceboard! Inflatables are fine.

Disclaimer of liability

Paddlers participate in the event entirely at their own risk. The organisers accept no liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event. It is the sole responsibility of the paddler to decide whether or not to race. All paddlers must sign a liability waiver on entry.

Each entrant must sign the indemnity declaration on the Entry Form before the event. If under 18, the parent or guardian must sign.

Prizegiving

Prizegiving for sprints and technical racing will take place at the social event at Takapuna Boating Club on Saturday evening. The distance race prizegiving and all combined race trophies will be awarded following the conclusion of the Distance Racing on Sunday.

RULES

These rules for the 2025 NZ SUP National Championships are based on the International Surfing Association (ISA) Rulebook published 2022.



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General Paddler Safety

- All paddlers are required to wear a SUP leash, Personal Flotation Device (PFD), official race shirt for the Distance Races.
- All paddlers are required to wear the official race shirt in the Technical Races.
- All U13 paddlers are required to wear a PFD for all races, in addition to required adult safety equipment.
- Race numbers will be marked on your arm and must remain visible to the race officials.
- The 10 km Long Distance Race is for paddlers who are competent in long distance and downwind paddling. The time to make the end of the first lap 5km mark will be decided by the three officials who set the course, and advised at the safety briefing on the morning of the race. The time will be competitive. This is being done to ensure the support vessels are not committed to slower paddlers at the rear of the field to the detriment of other paddlers' safety. There will be no exceptions to this rule, and there will be no handicapped or early starting positions for any paddler. Paddlers who are not confident that they will make the time gate in the required time should consider competing in the shorter distance races instead. A paddler can be withdrawn from the race at any time at the discretion of the Race Director, safety officer, or other race officials, whose decision is final. There will be no refunds for paddlers who are withdrawn or disqualified from the 10km Long Distance Race by race officials, under any circumstances.
- All Distance race paddlers are advised to carry hydration and nutrition to combat fatigue and dehydration.
- Distance Race "sweep rule" – race management will "sweep" the course of remaining racers 2 hours after the time of the first finisher. Racers must oblige and board the trailing vessel(s). The Race Director may vary this time limit. Any 10km and 5km Distance Paddlers not finished when the field is "swept" to receive equal points and place.



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- The Championship series Technical Races are for paddlers who are competent in surf and or choppy conditions. A paddler can be pulled from the races at any time at the discretion of the Race Director, safety officer, saver or other race officials, whose decision is final. There will be no refunds for paddlers who are withdrawn or disqualified from the Championship series technical Races by race officials, under any circumstances. If you are not certain you have the ability to compete in surf/choppy conditions then you should enter the Challenger series.
- Race officials shall have the ultimate and final authority to remove a paddler from the race if the paddler is judged to be physically incapable of continuing the race without the risk of injury.
- If you are not comfortable with the conditions on the day it is your responsibility to make the decision whether to race or not.
- All paddlers are expected to participate in the spirit of the event. You will be disqualified if, in the Race Director's opinion, you engage in any unnecessary physical contact or unsportsmanlike conduct.
- The Race Director will warn the paddlers of dangers that could occur and where all safety personnel will be located on the course during the pre-race briefing. Paddlers shall be mindful of the hand signals to be used if someone is injured, danger (paddle in the air, waving or erect) or in need of help but not injured (hand in the air).
- Paddlers that witness any persons who may be in danger or difficulties during any race should assist or help get safety staff attention. Any paddler who knowingly ignores another person who is in trouble and by doing so clearly endangers their wellbeing will be disqualified from the event.

ALL PADDLERS WILL BE CHECKED FOR SAFETY EQUIPMENT AT THE START. ANY NON-COMPLIANCE MAY RESULT IN THE PADDLER BEING DISQUALIFIED.



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General Racing Rules

- i. Warm ups are not allowed on the race course during heats/ racing.
- ii. Racers must promptly clear the water when directed by race management.
- iii. Single blade paddle to be used.
- iv. The paddler should be standing at all times whilst paddling. Each paddler must complete the course in a standing position on his or her board. Paddlers starting or remounting after a fall may take a maximum 5 strokes on their knees to gain momentum before standing up. This 5-stroke rule is to prevent paddlers attempting to achieve an advantage by paddling from a kneeling position in difficult conditions. Racers who contravene this rule will be given a 3-placing penalty per infraction at the conclusion of the race.
- v. When riding waves in the Technical and Distance races, the paddler must endeavour to stand up at all times except for situations involving safety to the racer or other paddlers. If a paddler is not standing when riding a wave, then he/she must be endeavouring to do so, to avoid official sanction [as per five-stroke rule]. It is allowable for a paddler to kneel on the board for control in or out of the surf zone if there are clearly justifiable safety reasons for doing so.
- vii. Paddlers must follow the designated set course, which will be supervised by water marshals and rescue staff.
 1. Race Course markers will consist of two kinds of buoys: TURN BUOYS and GUIDE BUOYS. TURN BUOYS indicate to racers the need to make turns on right or left shoulder to complete the race in the correct way. All the buoys in the Technical race will be TURN BUOYS. GUIDE BUOYS are used when the race is a point to point race, from point A to point B and the visual distance between A and B is too far or restricted by obstacles and buoys in the middle way are needed to guide the racers in the correct direction. GUIDE BUOYS will be used just in Distance Races and must be clearly explained to competitors in the managers meeting. GUIDE BUOYS have no mandatory side to pass on.
 2. A competitor will not be disqualified for touching a TURN or GUIDE buoy, unless, in the opinion of the Course Official, an advantage has been gained. This may include picking up and moving the mark with hands or a paddle.
 3. A competitor will be unconditionally disqualified when they round a TURN BUOY, flag or gate on the wrong side or in the wrong direction or incorrect sequence, irrespective of the racer having an advantage or not. However, a



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competitor may diverge from and then return to the course and correct any course mistake between turn buoys and BEFORE THEY CROSS THE FINISH LINE. After crossing the finish line the competition is over for that individual and no racer can return to the course to correct any mistake.

4. Course Officials are to be impartial and not provide any information to competitors that would give an unfair advantage.

viii. STARTS

1. A flag will be set up at either end of the start line, for line of sight. Racers called to take their chosen place on the line with feet grounded behind the line [no other requirement so parts of the body or board may overhang the line, but cannot be grounded].

2. The Starter shall call paddlers to the start line with the command, 'racers to the line' or one short horn blast, no greater than 30 seconds and no less than 5 seconds before the official start time.

3. Competitors must work in a best effort to not be within 1 m of the start line before the Starter calls them to the line.

4. Competitors with their body completely in front of the buoys/flags before the start horn sounds will be given a false start.

5. In the event of high winds or choppy seas or as required by the Beachmaster to control the start procedure, racers may be asked to sit on their boards behind the start buoys.

ix. FALSE STARTS

1. Competitors over the line once the Starter calls, 'racers to the line', will be given a false start.

2. On the second false start infraction a competitor will be disqualified.

3. Competitors must only react to the starting signal and must not try to anticipate the sound.

4. Competitors must not make any forward racing strokes once called to the line and before the start.

5. In the event of a False Start on the start horn for any Distance Event, competitors will be given 2-minute time penalty. If the False Start is more than two seconds before the horn then the competitor will be disqualified.

6. A False Start on the final start horn for a Technical / Sprint Race will result in a long horn blast by the Starter to bring all competitors back to the line.

The Competitor will be issued a false start and subsequently disqualified on the second False Start infraction.



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7. If there is outside inference or any other unforeseen circumstances, the Starter may recall all competitors with two long horn blasts. The Starter will begin a new starting sequence once all competitors are behind the start line.
- x. No extraneous aids are allowed. This includes, but is not limited to, swim fins, engines, foils, wind catching devices [i.e.: sails, baggy clothing, etc.] and personal support teams. No twin or multi- hulled boards allowed (i.e.: catamarans, outriggers etc).
- xi. Wetsuits and hats (sun protection) are permissible.
- xii. Paddlers are required to have an official race bib / race vest and/or race number on their arm, which must remain on the individual throughout the event. No paddler shall be recorded as a finisher unless carrying the official bib / wearing the official vest and / or number on their arm.
- xiii. DRAFTING is not allowed out of gender.
1. A paddler will be deemed drafting when within 1 meter of the tail, or sides of another competitor or any water craft on the racecourse for more than 10 seconds.
 2. If there is a combined male and female start, either sex will be given 200 meters from the start to clear each others draft.
 3. 4 If the boundaries of a race course do not allow competitors to get outside of the drafting zone then no drafting rules will apply at that time.
 4. A competitor must make an effort to exit the drafting zone immediately when boundaries allow. Examples of natural boundaries include rocks, canals, submerged objects, bridges and vessels.
 5. Competitors will be disqualified for drafting any watercraft on the racecourse that is not in the same class or gender.
- xiv. FINISHING. Paddlers will race from the last turning technical mark to the beach where they will be required to run up the beach and finish, carrying their paddles only. Boards may be left in the water . The finish line will be between flags at the end of a chute. The nose of the craft is the designated point for crossing the finish line when determining relative placing in a water finish. Races that are finished on the beach may require competitors to run through a finish chute or across a designated finish line. We designate the "front of chest" [as priority] to designate the body finish. Diving [throwing the body head first] draws a 30 second penalty. The paddlers' finishing position will be recorded.



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- xv. Interference or any form of unsportsmanlike conduct is not allowable and will lead to disqualification. Paddlers must compete in a sportsmanlike fashion and avoid collision at all times. Specific violations include (but are not limited to):
- Blocking (Whereby a leading paddler changes his line intentionally to block the path of an overtaking paddler)
 - Paddling Interference and/or deliberate physical contact
 - Purposely obstructing or interfering with another paddler
 - Causing damage or bodily harm to another paddler or their equipment
 - Use of profane language toward any persons or paddler during the event
 - Not rounding a mark or completing the specified course
 - Deliberate failure to avoid a collision
- xvi. Penalties for violations of the rules and/or unsportsmanlike conduct by a paddler that is listed in this document or that is posted by the race director on the Official notice board include:
- Relegation (paddler is penalised places in their race)
 - Disqualification from the race
 - Disqualification from the event.

Decisions of the Race Director will be final and binding.

- xvii. Protests must be filed by paddlers with the Race Director within 15 minutes of completion of race. Distance race protests must be filed within 15 minutes of the protesting racer's finishing time. Protests will be handled by the Race Director based on actual interference and impeding progress, fairness and sportsmanship criteria. It is recommended that a protestor brings with him or her, support in relation to the protest being lodged, including but not limited to corroboration / support from another paddler or independent witness.
- ixx. Racing Draw & Schedule
A full draw and schedule for each Race Day will be posted on the official notice board and Facebook at 8.00am. Any changes to the schedule will be posted on the official notice board.
- xx. Course area. The courses are as described herein at Takapuna Beach.



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- xxi. Staging area. Paddlers will be able to place their boards in the staging area before their race. The staging area will be situated on the grassed area adjacent to Takapuna Boating Club.
- xxii. Race length. The Technical course lap will be no longer than 1.5 km. The course length is subject to change at the Race Director's discretion to allow the race schedule to be completed within the stated event time.
- xxiii. Moving Mark or Buoy. The race director must notify paddlers of a moved mark or moving mark and either anchor the mark before the first paddler has reached the stated mark, or replace the moved or moving mark so all paddlers are racing a similar distance and shape of course.

Weather contingencies

NZ SUP reserves the right to change any aspect of the above race notice including changing the race program or locations if weather conditions are unfavourable and/or pose a safety risk.

NZ SUP may swap the Distance Race and Technical Race days if the weather conditions will impact on safety and the quality of the racing. The program outlined above is the favoured option and a decision to change will only be made if conditions dictate.

A final decision on the race schedule / order of races will be announced on Thursday 27 March at midday, and posted on social media to advise all paddlers of the race program.

A final decision on the location of the Distance race course will be made and posted on the morning of the race by 8am.

Please check NZSUP Nationals on Facebook and WhatsApp for regular news and updates. www.facebook.com/nzsup