

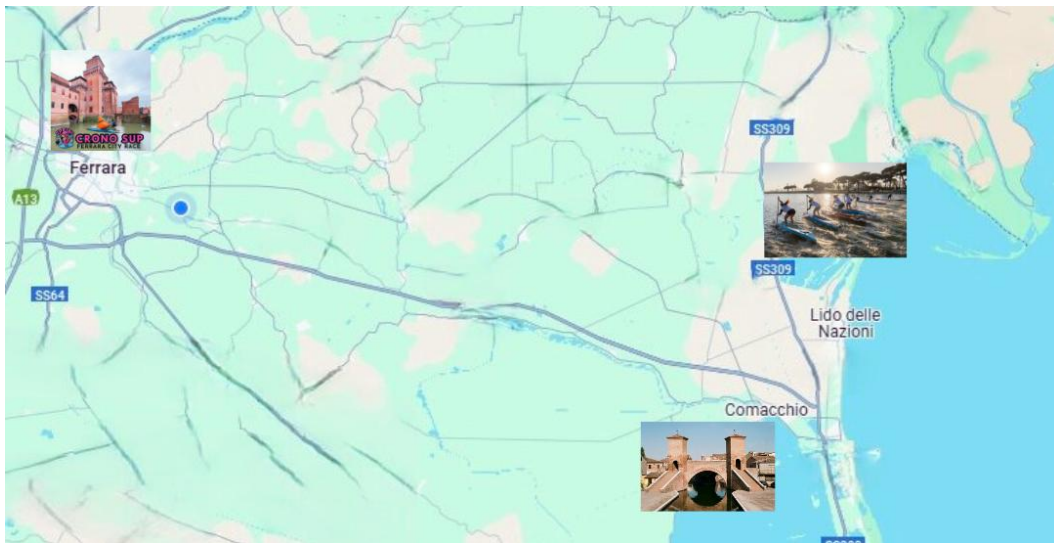
SPRING SUP RACE 2025

ICF SUP WORLD RANKING RACE

KEY POINTS

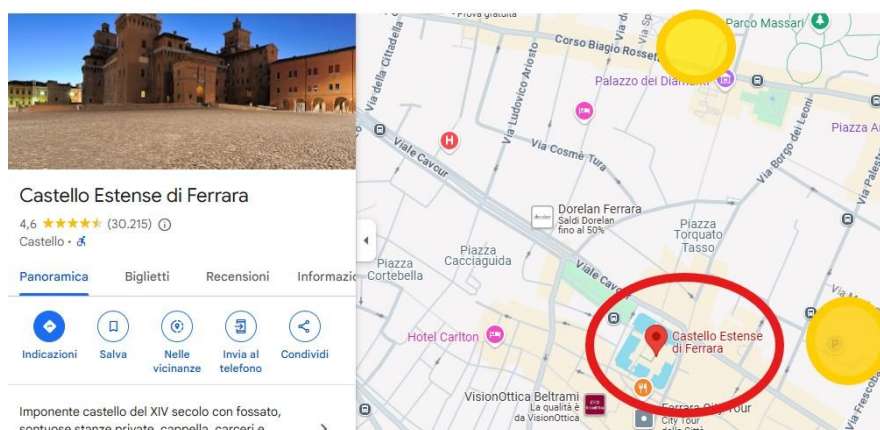
organizer	Delta SUP asd Ferrara/ Comacchio e-mail: springsuprace@gmail.com / deltastanduppaddle@gmail.com Internet: www.springsuprace.com Phone:+393472255720
Location	(only Thursday) Castello estense di Ferrara Piazza Savonarola presso imbarco Incrocio Corso Martiri per la Libertà GPS: 44.83701118811871, 11.619792811176147 (from Friday to Sunday) Spiaggia Romea Club & Village – via Oasi 2 – Comacchio 44122 (Ferrara)
Data	Thursday, April 3, 2025 / Sunday, April 6, 2025
Head of the Organizing Committee:	Simone Tugnoli Peron
Security Manager:	Raffaele Gennari
Race director:	Simone Tugnoli Peron
manager office	Nadia Finessi
timekeeper	keepsporting
Rules	ICF Competition Rules 2025 FICK Italian SUP Rules SUP Water Polo regolamento Frestyle Sup regolamento
Distance:	12 km (Long distance SUP), 800m (technical race), 100m Sprint, 5 km Inflatable race, 5 km Fun race (Not competitive), 400m crono sup, 5km megasup/dragonsup, 10km team sup
Tournament SUP Polo	Qualifiers on Saturday, semi-finals and finals on Sunday
Freestyle Sup	Saturday
Prize Money	1000€ for Sprint race (prize money diviso 50/50 M/W) 1000€ for technical race (prize money diviso 50/50 M/W) 3000€ for long distance (prize money diviso 50/50 M/W) 500€ Crono SUP(prize money diviso 50/50 M/W)

1. LOCATION



April, 3: CRONO SUP RACE:

The first race on the schedule will be a time trial on a 400m course with 4 left turns. This competition will be placed in an important architectural and historical context such as the Estense Castle in Ferrara.



Red circle is the Castle, yellow circles are the parking lots (for a fee)

How to Get There:

The Estense castle is in the center of Ferrara and the entrance to the lake will be from Piazza Savonarola.

The castle is within a pedestrian and limited traffic area so it is advisable to park in the public car parks:

- San guglielmo car park – via San Guglielmo 1
- Diamanti car park – via Arianuova 25

ATTENTION: you will not need to bring your SUP because equipment of various sizes will be made available free of charge.

From 4th to 6th April – ICF Sup World Ranking

The location is the "Lake of Nations", a private lake without secondary navigation, with access to the sea located 200m away.

Due to its shape, the lake is the best place to be the stage of the show. Here spectators, photographers, cameramen and sponsors will be able to sit comfortably on the lake shore or on the pier to watch the races.

An area dedicated to the Sports Village will also be set up.



The Spiaggia Romea village offers athletes, their families and their friends different types of accommodation at special prices.

For info and reservations: **booking@spiaggiaromea.it**

Address: **Spiaggia Romea Club & Village –
via Oasi 2 – Comacchio 44122 (Ferrara)**

PRICES in agreement:

Description	Price per person per night
Double b&b	45€
Triple b&b	39€
Quadruple b&b	30€
Double single use b&b	65€
Children up to 5 years	Free
Late check out	55€ for room
Pets	10€
Motorhome/camper overnight stop with service	25€ /night for vehicle
Extra dinner	25€ adults, 15€ children

How to get there:

by plane

The closest airports are G.Marconi in Bologna (about 110km.) - M.Polo in Venice (about 100km.)

By car

from the North-East: along the S.S.309 (Romea) from Venice towards Ravenna, up to the Pomposa Pass (about 90 km), deviation to the left for Lido di Volano, after about 10 km. on the Acciaioli panoramic road.

from the South-East: along the S.S.309 (Romea) from Ravenna towards Venice, up to the Lido delle Nazioni deviation (about 30 km), Acciaioli panoramic road towards Lido di Volano, after about 8 km. from all other directions: A13 Bologna-Padova motorway, Ferrara Sud exit, Ferrara-Portogaribaldi motorway junction until the end, on the S.S.309 Romea, northbound towards Venice until the deviation for Lido delle Nazioni, Acciaioli panoramic road towards Lido di Volano, after about 8 km you arrive at the Village

Transfert

There is a scheduled bus service from Bologna airport to Ferrara.

Can be consulted and booked from the site: [Bus & Fly - Your Airport Connection :: Navetta Ferrara - Aeroporto di Bologna \(www.ferrarabusandfly.it\)](http://www.ferrarabusandfly.it)

From Ferrara we have the opportunity to offer on 1, 2, 3 April a transfer service from Ferrara to Comacchio at the following times: 11.00 am and 4.00 pm and on 7 and 8

April at 8.00 am from Comacchio to Ferrara at a cost of 20 € per person per route bookable via email to: springsuprace@gmail.com

Car rental:

There are various car rental services at Bologna airport. At this address you will find all the useful information for the service: <https://www.bologna-airport.it/da-e-per-l-aeroporto/auto-e-trasporti-privati/noleggio-auto/?idC=62441>

2. Participants/categories

The races are open to all athletes aged 6 and over.

The Spring Sup Race will be an ICF SUP WORLD RANKING event.

The races that will produce points for this ICF ranking are:

- Sprint race (category: OPEN, Junior, Master)
- Long distance (category: OPEN, Junior, Master)
- Technical race (category: OPEN, Junior, Master)

The Race:

Distance	Race	category
12 km:	Long distance	Junior, OPEN (ICF RANKING), 40+, 50+, 60+ (junior, senior, master)
12 km:	Long Distance Team	2x6km, dragon sup, megasup
5km:	Inflatable race	PRO (any age) Under 10, Under 14, Under 18, Young Master(from 20 to 30), Master (40+) Grand Master (50+)
800m:	Technical Race	Junior, OPEN, 40+, 50+ 60+(ICF RANKING)
100m	Sprint race	Junior, OPEN, 40+, 50+ 60+(ICF RANKING), kids
5 km	Long distance	Under 12, Under 14
600m	Technical	Under 12, Under 14
5 km	FUN Race/Fun with dog	No category
400m	CRONO sup race	Men. women
2 minute	Freestyle sup	Men, Women
tournament	SUP Water Polo	Team
Galyata sport	SUP Ergometer	Men, Women

For athletes who require a visa please write to: springsuprace@gmail.com

Categories:

Category	Gender	Age	Boards
Under 12	m/w	<12	up to max. 14'0" allowed
Under 14	m/w	12-14	up to max. 14'0" allowed
Junior	m/w	15-18	up to max. 14'0" allowed
Open	m/w	19-39	up to max. 14'0" allowed
40+	m/w	40-49	up to max. 14'0" allowed
50+	m/w	50+	up to max. 14'0" allowed
60+	m/w	60+	up to max. 14'0" allowed
Paracanoe	m/w	6- 50+	up to max. 14'0" allowed
FUN	m/w	6- 50+	up to max. 14'0" allowed

3. Registration

We recommend that participants register online in advance. Online registrations are open until March 31, 2025 at 11:00 pm.

It is NOT possible to register on site.

There are 3 registration periods: Super Early (until 31 December 2024), Early (until 31 January 2025), Regular (until 8 March 2025), Late (until 31 March). Each period will correspond to a price increase.

Registration must be carried out via the link on the page:

<https://keepsporting.com/cr/672e564e0e157c205aff92d9/spring-sup-race-2025>

4. Communications:

Official communications will be given via the WhatsApp group in the days preceding the event. During the race days through the whatsapp group and the speaker.

To join the whatsapp group:

<https://chat.whatsapp.com/LWogHjTw4TG3htPgws6ixG>

5. Program:

3 April 2025

15:00-16:00: Registration office Open

16:30: Meeting

17:00-19:00: Crono Sup Race

19:15: Premiazioni (medal ceremony)

4 April 2025

8:00 - 12:00 Registration Office Open

9:00 SPRINT RACE Qualification (Open & Master category)

12:00 SPRINT RACE Quarter Final (Open & Master category)

14:00 SPRINT RACE Qualification (junior category)

16:00 SPRINT RACE Finals (Open, Master, Junior)

17:00 SPRINT RACE SUP FOIL

18:00 Medal ceremony

5 April 2025

8:00 - 10:00 Registration Office Open

10:00-12:00/14:00-17:00 Tournament SUP POLO

10:00-12:00/14:00-17:00 Sup Galyatasport Race with ergometer

9:00: Technical Race Qualification (all category)

14:00 Technical Race Quarter Finals (all category)

16:00 Technical Race Semi Finals (all Category)

17:30 Technical Race Finals (all Category)

18:00 INFLATABLE RACE (5km)

19:00 Medal Ceremony

6 April 2025

7:30 - 8:30 Registration office open

7:50 Breafing for SUP Race

8:15 Start SUP Race (Open man & Master woman)

8:15 Start SUP Race (team race/ Dragon SUP/ Megasup)

9:45 Start SUP Race (Open woman & Master man)

11:15 Start SUP Race (Junior)

11:30 Start SUP Race (Under 12 & Under 14) (5km)

11:30 Start SUP Race (Under 12 & Under 14) (5km)

11:30 Start FUN Race (5km)

11.30 Start FUN with Dog (5km)

11:45 SUP POLO FINAL

10:00-12:00 Freestyle Sup Race

14:00 SUP Lunch for all the participant

14:30 Medal ceremony

6. Entry fee

Category	EARLY Until 31/01/25	REGULAR Until 8/03/25	LATE until 31/3/25
TECHNICAL RACE			
OPEN	27€	33€	45€
junior	27€	33€	45€
Master (40+, 50+ 60+)	27€	33€	45€
under 12	12€	18€	30€
under 14	12€	18€	30€
ParaSUP	12€	18€	30€
SPRINT RACE			
OPEN	27€	33€	45€
junior	27€	33€	45€
Master (40+, 50+ 60+)	27€	33€	45€
under 12	12€	18€	30€
under 14	12€	18€	30€
ParaSUP	12€	18€	30€
INFLATABLE RACE			
PRO (Any age)	35€	35€	50€
Under 10	FREE	5€	10€
Under 14	FREE	5€	10€
Under 18	35€	35€	50€
Young Master (20-30)	35€	35€	50€
Master 40+	35€	35€	50€
Master 50+ 60+ 70+ 80+	35€	35€	50€
LONG DISTANCE RACE			
OPEN	45€	49€	60€
junior	37€	37€	60€
Master (40+, 50+ 60+)	45€	49€	60€
under 12	20€	24€	35€
under 14	20€	24€	35€
ParaSUP	20€	24€	35€

LONG DISTANCE TEAM (team, Dragon sup, Megasup)				
All team		40€	40€	40€
CRONO SUP RACE				
All category		20€	20€	20€
FOIL SPRINT RACE				
All category		20€	20€	20€
FREESTYLE SUP				
All category		20€	20€	20€
SUP POLO TOURNAMENT				
All team		50€	50€	50€
FUN RACE				
For all		30€	30€	30€
FUN with dog		30€	30€	30€
SUP ERGOMETER		FREE	FREE	FREE
ALTRI SERVIZI				
PASTO EXTRA (for team or family)		15€	15€	15€

6.1 Boards rent

If you need a rental board, you can contact the official ICF rental partner:

<https://sports-camps.net/en/>

The rental of children's equipment (UNDER 10 & UNDER 12) if necessary can be booked and free at Delta SUP (Inflatable boards 10'6x26 or 10'6x32)

6.2 Refund

For reimbursement of the registration fee it is necessary to present a medical certificate.

If a race must be canceled for an important reason (withdrawal of a permit by the municipality, cancellation of the race due to force majeure, etc.), there will be no refund of registration fees. The competition will be re-presented on a date to be defined.

7. Accreditation:

The accreditation desk will be open at the following times:

Thursday: 3.00pm-4.00pm (only for chrono sup race)

Friday: 8:00 - 12:00

Saturday: 8.00 - 10.00

Sunday: 7.30 - 8.30

At the accreditation office it will be possible to collect the race package, the bib and the meal ticket.

8. PRIZE & RANKING

Ranking scores will follow ICF (2025) rules for sprint, technical and long distance competitions.

Scoring will follow the FICK rules relating to federal scoring in Italy.

The scores will also be included in the World SUP Ranking.

8.1 PRIZE MONEY:

1000€ Sprint race (**prize money split 50/50 between men and women**)

1000€ Technical race (**prize money split 50/50 between men and women**)

3000€ Long Distance (**prize money split 50/50 between men and women**)

500€ Crono SUP Race (**250€ First men and 250€ First Women**)

8.2 CRONO SUP Race



Ranking scores will follow ICF (2025) rules for sprint, technical and long distance competitions.

Scoring will follow the FICK rules relating to federal scoring in Italy.

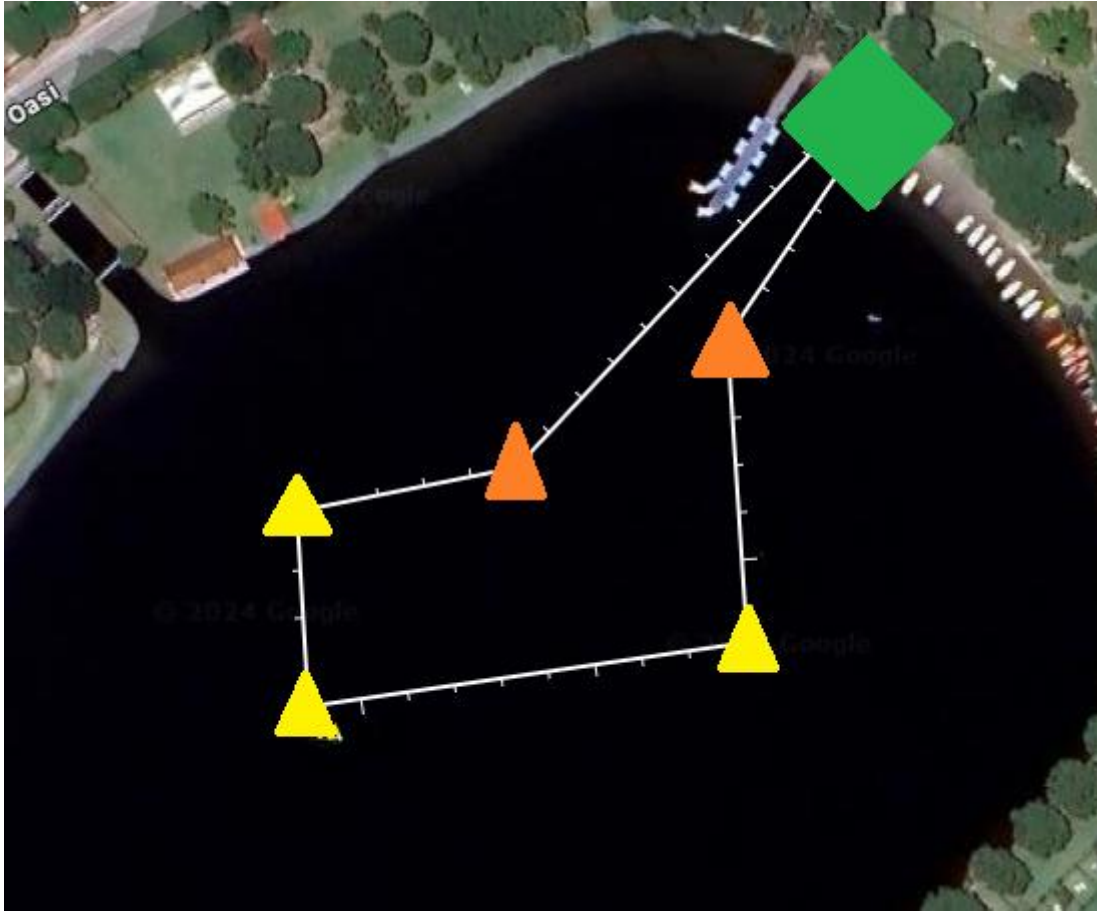
The scores will also be included in the World SUP Ranking.

Podium:

1.-3. Open men (prize 250€ only for the first, material prize for other)

1.-3. Open women (prize 250€ only for the first, material prize for other)

8.3 SUP Technical Race



(1 lap in the qualifying heats. 2 laps with passage on the beach in the semi-finals and finals)

(Under 12, under 14 - 1 round also the finals)

Podium:

- 1.-3. Open (1000€ split 50/50 between men and women)
- 1.-3. 40+ m/w
- 1.-3. 50+ m/w
- 1.-3. 60+ m/w
- 1.-3. Junior m/w
- 1.-3. Under 12 m/w
- 1.-3. Under 14 m/w
- 1.-3. Parasup m/w

8.4 SUP Long Distance & INFLATABLE & Team race



(1 lap for Under 12, Under 14, FUN Race, Dragonsup, Megasp; 2 laps for Open, 40+, 50+, junior,) PFD MANDATORY FOR ALLPodi:

- 1.-3. Open (Prize 3000€ split 50/50 between men and women)
- 1.-3. 40+ m/w
- 1.-3. 50+ m/w
- 1.-3. 60+ m/w
- 1.-3. Junior m/w
- 1.-3. Under 12 m/w
- 1.-3. Under 14 m/w
- 1.-3. Parasup m/w

**8.5 SUP Inflatable,
(1 lap for Inflatable race, 5km) PFD mandatory for all
category**

Podium:

- 1.-3. PRO m/w (Material Prizes)
- 1.-3. UNDER 12 m/w
- 1.-3. UNDER 14 m/w
- 1.-3. UNDER 18 m/w
- 1.-3. JOUNG MASTER m/w
- 1.-3. 40+ m/w
- 1.-3. 50+ m/w
- 1.-3. 60+ m/w

**8.6 SUP Team (team 2x 5km, team dragonsup, team
megasup)
(1 lap per dragon and megasup, 5km) PFD mandatory
for all category**

Podi:

- 1.-3. Team 2x5
- 1.-3. dragonsup
- 1.-3. megasup

8.7 FUN RACE /FUN with the dog

Non-competitive event over a distance of 5km.

8.8 SUP SPRINT, FOIL SPRINT



Heat of 100m according the ICF Rules

Podium:

- 1.-3. Open (1000€ split 50/50 between men and women)
- 1.-3. 40+ m/w
- 1.-3. 50+ m/w
- 1.-3. 60+ m/w
- 1.-3. Junior m/w
- 1.-3. Under 12 m/w
- 1.-3. Under 14 m/w
- 1.-3. Parasup m/w

FOIL SPRINT:

Podium:

- 1.-3. m/w

8.9 SUP POLO Tournament



The equipment will be made available by the organization free of charge.

For the tournament rules, please refer to [Sup Water Polo - Regolamento](#)

Podium:

1.-3. Team

8.10 SUP FREESTYLE

Rules Freestyle sup

It consists of a demonstration of the athlete's ability to perform movements and acrobatics in the water using a stand up paddle boat and a paddle. The athlete's performance is evaluated by a jury according to a numerical score. The competitor with the highest score wins.

Categories:

Two possible categories are established: male and female

Materials::

The paddler can use any sup he deems suitable for his demonstration.

The SUP must be a standard model, i.e. a standard model that can be purchased and it is not possible to use a custom SUP.

The paddle used is single-bladed and can be of the same size both in length and in surface area as the blade as desired by the athlete

The dimensions in length, width and volume of the SUP are at the athlete's discretion.

Each type of stand up paddle corresponds to a score to be added to the total according to this scheme:

- Race (+5pt) over 12'6 or 14' with a width of less than 26"

- Touring (+3) sup from 10 to 14' with a width greater than 26"
- Allround (+1pt) sup between 9' and 12' with round stern and bow
- Wave less than 90lt (+3pt)

Jury composition:

The judges will be 2 people chosen by the organization and a third person chosen by drawing among the candidates present in the competition who will represent the popular jury. The judges' judgment cannot be contested.

Task of the judges:

Each judge will express a numerical judgment from 0 to 5 on the actions carried out by the competitor. Finally he will express a personal judgment with a numerical score from 0 to 5 based on the choreographic value of the total performance.

Time available:

Each competitor will have 2 minutes to perform the 3 commanded actions and the fantasy action.

Possible actions between orders:

Each competitor must choose 3 of these actions:

- Step back turn 360 (2pt): 360° step back turn
- Candle (10 sec) (3pt): stop in the vertical position of the sup for 10 sec
- Step front turn 360(3pt): 360° turn using the nose of the SUP and with the fin out
- Handstand(5 sec)(5pt): do a handstand on the top
- Cutting Board(5 sec)(5pts): Move the board to balance on the rail
- Look back turn(3pt): step back turn with the torso facing the tail
- Turn with support (4pt): step back turn with support of the blade behind your back
- Jump 360(2pt): jump and rotation of the paddler for 1 complete turn before landing standing on the SUP
- Jump 180(1pt): jump and rotation of the paddler half a turn before landing standing on the SUP
- Magic paddle(1pt): drop the paddle into the water and pick it up as soon as it comes out in a vertical position

The visual description of the mandatory exercises will be present on the website www.springsuprace.com

In the event of a fall while performing an exercise, the points for the exercise will be deducted from the total. The score cannot be less than zero.

Conduct of the competition:

- at the time of acceptance the competitor declares the exercises he will perform during his competition. (The exercises cannot be changed later)
- The judges will make a draw to establish the order of performance
- The competitors will perform respecting the established order.
- The judges will display the rankings.

8.11 GALYATASPORT

It is a free competition for those who are already registered for any other competition. It will take place throughout the weekend at the GalyataSport stand in the sports village where there will be a dedicated SUP ergometer. The competition consists of covering 300m (indicated by the digital computer) with the ergometer.

Podium:

1.-3: men

1.-3: woman

9. Race General Rules

9.1 Numbers

It is mandatory to wear the clearly visible start number. If you are wearing a hydration pack, life jacket, etc., your start number must be worn over all equipment..

9.2 Timekeeper

Timing will be followed by specialized personnel and for the long distance it will involve the use of a personal chip. In case of loss or damage, the competitor will be asked to refund the chip (€50).

9.3 Materials

Only the boards/boats foreseen for the category can be used. Exceeding the maximum board length or minimum weight of 10 kg will result in disqualification.

Foreign aid cannot be used. This includes engines, wind devices (e.g. sails) and the help of second people (except the team). Two hulls (e.g. catamarans) are not permitted).

9.4 Start

One minute before the start a double trumpet will sound.

In the last sixty seconds the starting signal can be given at any time (single sound).

A repeated false start will result in disqualification.

9.5 Draft

Trailing is only permitted within the category. Women and men are treated as a separate category.

9.6 Collision

Contact should be avoided if possible. Intentional obstruction such as pushing or blocking will be penalized and may result in disqualification.

9.7 Stand-UP

Stand-up means paddling standing up. After a fall, you can make a maximum of five paddle strokes while sitting or kneeling. Prolonged paddling in a sitting or kneeling position may result in disqualification.

9.8 Leash/Vest/Safety Material

Leash and life jacket (restube or PFD permitted) must only be worn on long distance and inflatable races.

9.9 Emergency

If a participant needs help, the following help order should be followed:

- members of your team
- other participants
- Organizer's rescue speedboats

All accidents and special incidents must be reported to control points, safety boats or race management as soon as possible. They will coordinate a possible rescue operation together with the available rescue forces. Participants must follow the instructions of the organizer and the rescue services.

9.10 Finish

The finish line is on the ground for all categories under the inflatable arch. The time will be measured by the timing officials.

The finish line will be in the water with a photo finish only for the SPRINT race.

9.11 Disqualifications

Disqualified participants will be notified by the judge. Disqualifications or demotions will in any case be communicated before the ranking is announced.

9.12 Judge

The judges will be appointed by the Italian Canoe Kayak Federation. A representative from the ICF will be present.

9.13 Protest

Complaints can be initiated up to a maximum of 30 minutes before the ranking is announced by paying €100 to the competition judges. If the complaint is successful, the amount of €100 will be refunded.

10. Doping

Doping is against the fundamental principles of sport and medical ethics and is therefore prohibited. Doping is the use of aids in the form of substances or methods potentially harmful to health and/or capable of improving physical performance. However, doping is also the presence of a prohibited substance in the body of an athlete or confirmation of its use. Anyone who can be proven to be doping will be disqualified.

11. Media rights

The media and copyrights (images, video recordings) of the event are held by the organizer.

11.1 12. Conditions of participation**11.2 Responsibility**

11.3 The organizer declines any responsibility. All participants participate in the races under their own responsibility and must be privately insured against accidents. The organizer, event organizers and sponsors decline any responsibility for the participants. By registering, participants accept the announcement and all SUP ICF and FICK regulations and the organizer's exclusion of liability for damages of any kind. The participant cannot make any claims against the organizer as well as against the sponsors of the event and their representatives for damages and injuries of any nature that may occur to him/her as a result of his/her participation.

11.4 Security and privacy

Each person declares by registering,

- to have the physical and psychological conditions necessary to participate in this competition,
- that they comply with safety standards,
- who will help other participants in need,
- that the information provided during registration is correct,
- the agreement that the organizer can use the data for the purposes of the event; in particular the transition to ICF and FICK (SUP general classification),
- the agreement to transfer to the organizer without any compensation their image rights, in particular in the form of photos, films or any other means of communication.
- that you have read and understood the regulations.