

## Instructions and schedule Snowboardel Paddle Fest Praha

**When: 20th May 2023, Saturday**

**Where:** Hostivařská přehrada, <https://www.hostivarskaprehrada.cz/>

**No dogs or animals allowed in area.**

**Parking next to the area. [See](#)**

**Free entry for online pre-registered riders. Otherway 129 CZK.**

**REGISTRATION ONLINE: Deadline 19th May, 15:00** <https://cfsup.cz/snowboardel-paddle-fest-praha/>

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ORGANISER: Snowboardel

Contact: Libor Samek, [libor.samek@snowboardel.cz](mailto:libor.samek@snowboardel.cz)

Czech SUP Cup Series Organiser 2023: Česká Federace Stand Up Paddle (ČFSUP)

Contact: [administrace@cfsup.cz](mailto:administrace@cfsup.cz)

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### ► Schedule:

 SATURDAY 20/5/2023 ► SPRINT, LONG DISTANCE (Open 10km / Sport+Kids+Team cca 3-5 km)

9:00 – 10:15 check-in

11:00 Race meeting Sprint

11:30 Start Sprint (Kids, Sport, Open)

14:15 Race meeting Long distance

14:30 Start Long distance (Kids, Sport, Open, Para, Team)

17:00 Ceremony

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### 1) STARTING FEE ON-SITE

► OPEN/SPORT - adults

1 day = 500 CZK / 22 EUR

► JUNIOR

1 day = 300 CZK / 13 EUR

► DĚTI

1 day = 150 CZK / 7 EUR

► DRAGON TEAM CREW (4 pers.)

400 CZK / 17 EUR = renting the dragon board, + 100 CZK/5 EUR/per rider (if the rider didn't pay already for the whole race day)

### 2) BOARDS AND CATEGORIES

- **OPEN**

Man/Woman board length up to 14'

**Sub-category:**

JUNIOR 18- Man/Woman born 2005 and later (2005, 2006, 2007 ...)

MASTER 40+ Man/Woman born 1983 and earlier (1983 1982, 1981 ...)

iSUP - Man/Woman any inflatable board length up to 14', no age category

- **SPORT:** (former HOBBY) inflatable board length up to **12'6"**  
Man/Woman
- **KIDS 15:** board length up to 12'6"  
Man/Woman born **2008** and later (2008, 2009, 2010 ...)

**Sub-category: inflatable** board length up to 12'6"

KIDS 12: Man/Woman born **2011** and later (2011, 2012, 2013 ...)

KIDS 9: Man/Woman born **2014** and later (2014, 2015, 2016 ...)

- **PARA:** together with category SPORT, inflatable board length up to **12'6"**, sitting on a seat
- **TEAM**  
Crew: 4 persons, (man+woman+kids), the rule: one of the crew must be a women or a kid, Dragon SUP board size 22'x 34" (we have 4 boards for rent)

**TEAM rules for the rankings:**

- 1 crew = 6 persons max. (in a Czech CUP racing season),
- you cannot change the crew members during the race
- you can swap crew members for the different race/event from the 6 origin persons

● There must be 3 riders in one category at the minimum (for the Ceremony)

● Czech ranking points for this race:

OPEN+ KIDS: 2000 points

SPORT+TEAM : 500 points

● This race is also in the [SUP World Ranking](#).

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**3) RACING RULES**

We race in accordance with [ISA Rulebook 2022](#) and Česká Federace Stand Up Paddle rules. Briefly:

Drafting: no-no combination man-woman/ woman-man/ boat-rider

Kneeling: max. 5 strokes

**Buoy rules: Impeding Progress (ISA Rulebook 2022, pg48)**

1. A participant may not impede the progress of another participant while running, turning, or paddling
2. When approaching a buoy:
3. If two paddlers are "even" the paddler on the inside has right-of way.
4. Paddlers are considered even if neither paddler has more than half a board length lead.
5. If one paddler has half of their board ahead of the other paddlers nose, that paddler has the right of way, even if they are on the outside.

During the whole event the rider must avoid unsportsmanlike behaviour otherwise he risks penalisation or disqualification.

**Unsportsmanlike conduct includes (ISA Rulebook pg49):**

- (a) Excessive physical harm using any part of the body, paddle, or board;
  - (b) Using the board, paddle, or body in order to block a competitor from forward progress, turning, drafting, starting, or finishing;
  - (c) Yelling at the start in order to create a false start;
  - (d) Equipment abuse in any public or athlete accessible area.
  - (e) Purposely impeding the ability of a competitor to paddle, turn, dismount, start, finish, or run.
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#### **4) REFRESHMENTS**

Small refreshments for the riders (water, fruits).  
There is a food court and a bar in the area.