



REGULATIONS THE LAKE ROCKS SUP ALPS TROPHY 2026

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1. Organisation

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2. Competitions

CITY Race:	300 metres
TEAM Race:	200 metres
PRO Race:	12 kilometres
FUN Race:	2 kilometres
TECH race:	1 kilometre

Competition/ minimum age	Start location	Start time	Starting fee*	Boards
CITY race 2012, 14	FreizeitBASE Villach	14:00	35€	I-SUPs
PRO Race 2012, 14	SUP Village	11:00	42€	Hard/I-SUP Boards maximum 14'
TEAM Race 2010, 16	SUP Village	15:00	110€ per team	XXL- SUPs
FUN Race 2016, 10	SUP Village	15:00	31€	Hard/I-SUP Boards maximum 14'
TECH Race 2012, 14	Panorama Beach	11:00	33€	Hard/I- SUP Boards maximum 14'
SPEED Race 2012, 14	SUP Village	10:00	33€	Hard/I- SUP Boards maximum 14'

* The start fee is waived for U16 entrants

3. Cash prizes*

PRO Race (total 9,000 €)	TECH Race (total 3,000 €)
1st place: 2,000 €	1st place: 750 €
2nd place: 1,000 €	2nd place: 450 €
3rd place: 750 €	3rd place: 300 €
4th place: 500 €	
SPEED Race (total 1,500 €)	
1 st place: 750€	

* For both men and women

4. General

Overall principle

The Competition Regulations (CR) apply to all races staged as part of THE LAKE ROCKS festival. Registering and participating in a race implies acceptance of these CR. Prior to the start, there must also be a signed acknowledgement of the Competition Regulations. The CR may be amended by the organiser and any amendments will be published on the website www.paddelstadt.at. The allocated starting number must be worn and be clearly visible during all races and is non-transferable!

5. Competition rules

5.1. Basic rules

All competitors must stand on their board during the entire competition. Exceptions apply to phases of exhaustion or orientation. In such cases, a maximum of five paddle strokes may be completed from a sitting or kneeling position. Infringements will lead to disqualification.

In all cases, the start and finish lines must be crossed in a standing position. For the 'beach start', this means running across the finish line on the beach. During the race, competitors must only use the paddle, waves or wind to navigate. It is not permitted to paddle into the swell immediately behind a boat during a race. This means that a sufficient distance must be kept from the boat. Should a paddler stay in the immediate vicinity of a boat's swell (within a distance of about 15m), for longer than 30 seconds, this will lead to disqualification. Any other means of gaining unfair advantage not listed here shall also be regarded as a breach of the rules.

5.2. Fair paddling

An absolute basic is to take care that other participants are not obstructed or endangered by the course that one steers, and that their sports equipment is not damaged. Bumping and intentionally pushing them aside on open stretches, or at turning markers is prohibited. It lies within the discretion of the race stewards to exclude offending persons from the race, or to impose a penalty.

Nature conservancy areas and/or bathing areas must be clearly specified by the organiser. Participants will be informed of them during the course of the competition briefing. The areas



in question must not be entered, navigated, and/or crossed. Any violation will result in the participant's disqualification.

5.3. Stopped races

The race can be stopped if the stewards consider the water and/or weather conditions to be too dangerous. Depending on practicalities and the circumstances, this will be signalled by: a loudspeaker announcement

- a loudspeaker announcement
- a siren
- a red flag

In such an event, participants must immediately follow the instructions of the race stewards.

The final deadline for applications and registrations is 60mins prior to the start of the competition briefing (Riders Meeting). Any subsequent registration needs to be authorised by the competition management. Otherwise, the information given in the calls for participants in events shall apply.

Every participant shall be obliged to participate in the competition briefing (Riders Meeting). By registering for or participating in a competition, the person concerned acknowledges and accepts the competition rules.

5.4. Safety / emergencies

All competitors take part at their own risk and must ensure that their health and physical condition meet the demands of participation in the competition. Neither the organiser/host nor the competition management/jury shall be held liable for any damage to persons or property. By registering for or participating in events, participants affirm that they can swim. In accordance with EN ISO 12402 – section 5, wearing a leash and a buoyancy aid is obligatory for all persons participating in competitions, with the exception of the CITY race, where no leash shall be required (flowing waters). Any participants who decide at short notice not to take part in the competition, or who drop out of a race must still sign out with the time keeper. This is to ensure that every participant in the competition is accounted for and is not still in the water. The individual racing courses, including suggested routes and various control points (buoys) are set out at <https://www.paddelstadt.at/festival>.

If a participant should need assistance in the water, the following procedures are to be followed by all participants, in accordance with the competition rules: rendering of first aid by other participants and teams, and immediately thereafter summoning the Water Rescue Services, who accompany each competition.



6. Choice of materials

6.1. Aircross CITY race / runs of up to 300 m around several buoys

The board length is limited to a maximum of 14'; only I-Sups made available by the organiser are allowed to be used; free choice of paddles.

6.2. FUN race - 2 km / Kelag PRO race - 12 km /TECH race - runs of 1km each

The board length is limited to a maximum of 14' with free choice of paddle.

6.3. TEAM race/ runs of 200 m each, around a buoy

XXL Big SUP, which are suitable for teams of 6 - 8 participants, shall be provided. Free choice of paddles. If necessary, paddles may be hired.

The following applies to all categories: control systems and/or foils shall not be permitted. Boards must consist of a single body; catamarans shall not be permitted. The board length shall be measured from the top of the board to the tip of the tail.

7. Board accessories

7.1. Fins

Fins may only be fitted to the rear third of the board. The fitted fins may have any desired length, profile width and shape, so long as they do not generate any uplift. Fins must be firmly fixed to the board and must not change their position or be altered in such a manner during the race that they would produce the effect of a control system.

7.2. Foils

Foils are fins which generate hydro-dynamic uplift, by virtue of being attached to the board at a specific angle or of being a special shape, such as side wings.

7.3. Control systems

Any fins and foils that contribute to controlling the board shall be regarded as control systems.

7.4. Catamaran

The term catamaran refers to all boards that consist of more than one body, or that have a concave longitudinal profile, the deepest point of which, centrally between the peaks, is deeper than 5 cm.

7.5. Paddle

The paddle must be constructed in such a way that only one end of the shaft is fitted with a paddle-blade. The paddle may vary in size and length. Paddles with adjustable lengths are allowed. There are no weight restrictions. Only a single paddle may be used during the race. A spare paddle may be fastened to the SUP board, and may be brought into use if needed.



8. Rules for particular races

8.1. TECH race / CITY race

Beach start and finishing line, around a route involving buoys and portage. The finishing line shall be deemed to have been crossed as soon as the participant, with paddle in hand, has broken the plane of the finishing line with the any part of his or her body.

For the preliminary runs, starting places shall be designated by the race director prior to the start of each of the relevant “heats”. The staging format follows the “Heat System”, with “Repeat Charge” and semi-finals.

8.2. PRO race/ FUN race/ TEAM race

Clearly defined circuit with a starting and finishing line. The turning markers must be rounded on the outside. The Kärntner Sparkasse TEAM race shall take place using the “Heat System”. The route length may be shortened by the competition management, if particular circumstances such as wind or storm, jeopardise the participants’ safety.

For the turning points in the PRO race, the organiser specifies in which direction the buoys are to be rounded. It will either be clockwise (“right-shoulder turn”), or anti-clockwise (“left-shoulder turn”).

Skipping a buoy or passing it on the wrong side, will be penalised by the participant’s disqualification. Rectifying the error by returning to the buoy in question is permissible.

8.3. TECH race / CITY race

Beach start/finish line around a course with buoys and portage.

The finish line is considered crossed when the participant with paddle in hand has crossed the finish line with the first part of his/her body. Participants may make up to 3 starts and the best time counts.

9. Competition organisation

The jury consists of the race director, the event organisers (or their representative) and two participants (who may be designated by the race director and event organisers). Should a participant who is also a jury member be directly involved in a protest, he/she must abstain from voting. The jury shall handle cases of protests from participants and is entitled to disqualify participants in cases of unsporting conduct or violation of rules regarding materials or other rules (following an earlier submission of a written protest). Furthermore, after giving notification on the notice board, the jury can check the materials used by individual participants (before or after the competitions). The jury is also entitled to disqualify participants who withdraw their boards from the check on materials.

9.1. Protests

Protests of no matter what kind must, as a general rule, be submitted to the race director in writing within 30 minutes after the end of the competition. The protest fee is 50 euros, which shall be reimbursed to the person protesting if the protest is upheld.

The paddle course for the competition shall be announced at the Riders Meeting. The competition jury shall be entitled to adjust the courses to fit prevalent weather conditions. All notifications and changes to competitions shall be made known to participants by means of



announcements on the competition board.

10. Competition briefing

The competition briefing shall take place 30 - 60 mins prior to the (first) start. It will communicate all important information about competition courses, any special points of note, as well as the safety regulations. This information shall also be made public on the competition board. In exceptional circumstances, such as short-term weather warnings, the competition management shall also be entitled to call a meeting at short notice. Attendance at the competition briefing is obligatory for all participants.

11. Start/finish

The start will either take place on land ("Beach Start") or in the water ("Water Start"). The precise starting procedure shall be made known at the competition briefing.

11.1. Water start

Whether in a standing, kneeling or sitting position, the start will take place on a line between two points (eg. buoys, starting boat, landing stage &c). The nose of the board must not cross the starting line before the starting signal is given.

11.2. Beach start

The start will take place standing, on a line between two points (eg. flags). This starting line shall be aligned at right-angles to the bearing of the first turning buoy. The participant's body must not cross the starting line before the starting signal is given.

11.3. Starting signal

3 minutes to go: indication of remaining time until the start by means of a signal or loudspeaker announcement. Crossing the starting line is no longer allowed.

1 minute to go: indication of remaining time until the start by means of a signal or loudspeaker announcement.

Start: a blank shot, or fanfare &c as a clear starting signal.

11.4. Jumping the gun & false starts

CITY race / TECH race

1st false start => warning to the participant

2nd false start => disqualification of the participant in question

Long Distance Race

FUN race => time penalty of 3 minutes

PRO race => time penalty of 5 minutes

Without warning to the participants!

11.5. Race finish

The finish shall take place along a line between two finishing points (eg buoys, flags). For



beach finishes, participants must cross the finishing line with their paddle.

12. SUP Alps Trophy Regulations

Riders, who are listed in the rankings for the SUP-Alps Trophy, organised by GTA Distribution GmbH, may be subject to the additional rules of the SUP-Alps Trophy.

The results of the FUN Race and the PRO Race shall be passed on to the responsible authority of the SUP-Alps Trophy for further evaluation.

13. Media rights

By registering for the event and/or individual competitions, participants give consent to the Tourismusverband Villach GmbH (organiser) and to GTA Distribution SUP Alps Trophy (organiser of the race series) for unlimited (including commercial) use, presentation and reproduction of photos, video recordings and video material created within the context of the event. This includes modifications and transfer of exploitation rights to third parties. However, this shall not limit the participants' personal exploitation rights or those of third parties.

14. Conditions of participation

At the start of the event every participant must sign a declaration covering, amongst other things, acceptance of liability, being physically fit to participate in the competitions and usage rights for images and names. In cases where the participants are minors, a parent or legal guardian must sign. The declaration in question will be presented to participants for signing at the Race Office, during the course of registration.

All participants start the competition at their own risk and must ensure that their health and physical condition are equal to the demands of participation. Neither the organiser/host nor the competition management/jury, nor possible sponsors shall be held liable for personal or material damage. Tourismusverband Villach GmbH accepts no liability. Each participant shall take part in the individual competitions at his/her own risk. By registering for or participating in the events, the participants affirm that they can swim.

By registering for one or more competitions, participants accept both the regulations and the organiser's disclaimer of liability. Participants also declare that they have read and understood the regulations.

These General Terms and Conditions of participation shall be subject exclusively to the law of the Federal Republic of Austria. The place of jurisdiction is Villach.

Villach, 12.02.2025

In the case of any legal disputes the German version of this text shall apply.