



RACE INFORMATION

STAND UP PADDLE

TABLE OF CONTENTS

1. GENERAL INFORMATION	2
2. RACE NOTICE	3
3. PROGRAMME	3
4. RACE INSTRUCTIONS	4
5. FRED BONNEF ADVICE	7
6. POSSIBLE RACES	8

1. GENERAL INFORMATION

Pre-registration confirmation is mandatory at the times scheduled by the organization (Tivoli organization):

- Friday, October 3: 5:30 PM – 8:00 PM
- Saturday, October 4: 8:30 AM – 10:30 AM

A deposit of €30 for the bib, GPS beacon, and timing chip is required upon confirmation of pre-registration (bank check payable to Régie Fort Boyard Challenge).

The registration fee includes: organizational costs, security device costs, Saturday evening event, and event t-shirt.

The organization will refund the registration fee (only the registration amount and excluding additional costs) for the Fort Boyard Challenge only upon presentation of a medical certificate justifying an injury/contraindication to sports practice on the date of the event.

In case of inability to participate in the events, it is prohibited to transfer your registration to another individual.

Competitors are identified solely via numbered bibs and GPS beacons provided by the organization.

A supervised equipment storage area (on the beach) is available to challengers from Friday evening to Sunday inclusive.

Photographs and films will be taken during the event. By participating, I authorize the organizer to use these photos and films (royalty-free) in which I appear for the promotion of the event and its partners.

For all information regarding accommodation and other tourist activities available in the area: Rochefort Océan Tourist Office www.rochefort-ocean.com - 05 46 99 08 60.

2. RACE NOTICE

2.1. RULES

- 2.1.1. The federal regulations in force, including the Sup Race regulations published by the French Surfing Federation and its annexes.
- 2.1.2. The specific rules that will be attached to the registration file.
- 2.1.3. The race instructions and directives from the race director during the briefing before each start.
- 2.1.4. Good spirit and "Fairplay"

2.2. ADMISSIBILITÉ ET INSCRIPTION

- 2.2.1. The competition is open to SUP boards of 12'6 and 14', rigid, inflatable, and foils, meeting the definitions of the current regulations.
- 2.2.2. Given the logistical difficulties related to setting up Downwinds with departures from a boat, the long distance will be reserved for competitors aged at least 15 years old (unless exempted by the race director).
- 2.2.3. Eligible competitors can register by completing the online registration form on the website www.fortboyardchallenge.fr. The number of registrants is limited to the first 150 complete files received, including a maximum of 30 supfoils.
- 2.2.4. Competitors residing in France must present their valid FFS license (medical certificate) at the time of registration or present a valid medical certificate of no contraindication less than one year old and be accompanied by parental authorization for minors. Foreign competitors not licensed in France must prove their membership in a National Federation.

2.4. FEES

CLASS	FEES	FEES from 09/26/2025
Stand up paddle	60 € (Under 18, 50€)	80 € (Under 18, 70€)

The registration fee includes organizational costs, security device costs, Saturday evening event, and event t-shirt.

3. PROGRAMME

3.1. REGISTRATION CONFIRMATION

Registration confirmation will take place at the Tivoli organization, Grande Plage de Fouras, on Friday, October 3 from 5:30 PM to 8:00 PM and Saturday, October 4 from 8:30 AM to 10:30 AM.

3.2. MANDATORY BRIEFING

A briefing where the presence of all competitors is mandatory will be held at the Tivoli organization: day's schedule, logistical and sporting operations, reminder of race rules.

- Saturday, October 4: 10:30 AM
- Sunday, October 5: 11:00 AM

Times are indicative.

3.3. RACE TIMES

Race times will be indicated on the official event notice board at the Tivoli organization.

- Saturday, October 4th: 2:30 PM
- Sunday, October 5th: 2:30 PM

Times are indicative of the earliest possible race starts.

4. RACE INSTRUCTIONS

The race instructions and any appendices will be posted on the official notice board.

4.1. COURSES

The possible courses (favorable weather conditions) can be found on page 9. Ideally, the course is 14 kilometers long. To offer competitors the smoothest course possible without compromising safety, the race direction reserves the right to shorten this distance and to change the start and finish points according to wind direction and weather conditions. The final course to be completed will be presented to competitors at the official information meeting and posted on the official notice board. Alternative courses are planned based on wind strength and direction, as well as specific hazards inherent to the sea in general, and the specificities of the water body, such as the presence of mussel beds or oyster farms. A fallback course on the Charente River is planned in case it is impossible to run in open sea.

4.2. RACE CONDITIONS

The decision on acceptable navigation conditions will be made by the Race Director, who will consider all elements (wind, current, competitors' equipment, etc.) to determine if safety and sporting fairness are respected for all participants.

4.3. CATEGORIES

The Long Distance SUP of the FBC includes the following categories:

- Age categories: The reference age is that of the competitor on December 31 of the current calendar year
 - Benjamins and Minimes combined: 14 years and under (with exemption)
 - Cadets: 15 / 16 years
 - Juniors: 17 / 18 years
 - Open: All ages
 - Master: 35 < 39
 - Grand Master: 40 < 44
 - Kahunas: 45 < 49
 - Grand Kahunas: 50 years and over
- Gender categories: Women and Men

4.4. RANKING

The ranking and podium will be established according to the order of arrival of the long-distance race, all board categories combined (inflatable and rigid + Foil). An excerpt of the long-distance ranking will distinguish the first man and the first woman in inflatable.

4.5. REWARDS

Only the winners listed below will receive a prize:

- Overall: 1/2/3 WOMAN and 1/2/3 MAN
- 1st MAN AND 1st WOMAN UNDER 17 YEARS
- 1st MAN AND 1st WOMAN OVER 50 YEARS

4.6. DISCLAIMER OF LIABILITY

The decision to participate in a race or to stay in the race is solely the decision of the competitors. To this end, the start sign-in constitutes the competitor's commitment after having read the race conditions and releases the organizer from liability.

4.7. INSURANCE

Competitors must ensure that they are covered by civil liability insurance adapted to the practice of stand-up paddle in competition. Foreign competitors not licensed by the FFS must provide proof of valid civil liability insurance with a minimum coverage of 1.5 million Euros.

4.8. ADDITIONAL INFORMATION

For all additional information : www.fortboyardchallenge.fr

4.9. OFFICIAL RACE INSTRUCTIONS

4.9.1. Description of the event

The long distance of the Fort Boyard Challenge will measure a maximum of 14 kilometers. To offer competitors the smoothest course possible without compromising safety, the race direction reserves the right to shorten this distance according to wind direction, weather conditions, and specific hazards. The race direction also reserves the right to cancel the race if it deems that weather conditions require it.

4.9.2. Race times

- Saturday tide times :
 - High tide at 3:42 PM
 - Tide coefficient: 68
- Sunday tide times:
 - High tide at 4:21 PM
 - Tide coefficient: 84
- Saturday, October 4: 2:30 PM
- Sunday, October 5: 2:30 PM

Times are indicative of the earliest possible race starts. Time limit: To ensure the safety of participants, the race direction sets a time limit of 2 hours from the actual start time of the race. In this case, the race direction may require participants to stop their race to be brought back on a safety boat if the time limit is reached.

4.9.3. Equipment

For the long distance, Sup race and Supfoil boards (maximum 30) are allowed. The maximum length of the boards is 14'. The ranking will show competitors registered in 14', 12'6, inflatable, and foil. For all participants, the board must be connected to the user by a leash meeting usual resistance standards between the launch and the exit from the water. If weather conditions require a fallback on the Charente, it is strongly recommended, for safety reasons and to avoid catching buoys present on the river or any drifting objects, to use a system where the leash is not in contact with the water (telephone leash, belt attachment system...). In water below 14 degrees, wearing a wetsuit (at least a shorty / Long john) AND a life jacket is mandatory. Manually triggered life jackets are accepted.

NEW: The flotation (rescue) vest is mandatory to participate in the FBC regardless of weather conditions.

In case of extreme weather conditions, the race director reserves the right to modify the mandatory equipment and possibly require the wearing of a helmet. Each competitor must ensure they have their equipment and be ready for any eventuality.

4.9.4. Race rules This is a Pro - amateur race, so friendliness, good spirit, and "fair play" are the first rules to follow. It is MANDATORY to paddle standing up. In case of a fall, up to 5 consecutive paddle strokes are allowed before resuming the standing position. The passage of buoys must be done standing up, as well as the passage of waves. Any external assistance (refueling, coaching, orientation, accompanying boat, etc.) is prohibited during the races unless specifically authorized by the Race Committee. Drafting is prohibited only between gender categories in the long distance of the Fort Boyard Challenge. To remind, drafting is considered if there is less than one meter gap with the

previous board for more than 10 seconds. Unsportsmanlike gestures and inappropriate words towards anyone will be sanctioned. In case of abandonment, any competitor must report to the following boats. Accompanying boats or motorized vehicles must keep a good distance from competitors according to the height of the waves they generate. The finish will be on the beach with the paddle in hand, marked by an inflatable arch or similar device. Some essential points of this regulation will be briefly reminded during the information briefing. Each participant must strictly comply with the race rules and specific information specified during the information meeting and posted on the Official Board by the Race Director. In case of non-compliance with these rules, the competitor may be disqualified at any time. The Race Director even authorizes himself to interrupt the race in case of serious breach of these rules. A MANDATORY sign-in is set up at the start and finish of the race.

If the Race Director considers that a competitor is endangering themselves and/or putting the entire safety system in difficulty, the Race Director will make the irrevocable decision to stop the said competitor at any time. The concerned competitor must then comply with the instructions of the safety crews. The organizer cannot be held responsible for false declarations that may be mentioned on the registration form. In this case, it reserves the right to exclude offenders without refunding the registration fees. The obligation to assist anyone in danger until the rescue takes over is imposed. Participation in the race implies acceptance of these regulations. These regulations may be modified by the organizer depending on conditions. These modifications will be announced during the information meetings and posted on the Official Board.

The presence of each participant is MANDATORY at each information meeting.

5. FRED BONNEF ADVICE

We advise you to arrive well-rested, eat appropriately for an endurance event, and stay well-hydrated before, during, and after the race.

To perform the "Downwind," you will board a ship to make a one-hour ascent against the wind and waves in the open sea. You may get cold, so prepare accordingly.

You have the option to board the ferry with your FBC bag, given at registration confirmation, to store drinks, food, and warm clothes. This bag will remain on the ferry and will be dropped off at the FBC reception.

In case of a problem once on the water, never leave your board and signal for assistance with circular arm movements.

Respect for the environment is as important as respect for people. It is mandatory to dispose of waste (packaging, food, bottles) in the appropriate bins. The ocean is a fragile playground, so please do not throw the plastic from your gels, cereal bars, or other items into the water.

Fred BONNEF

6. POSSIBLE RACES

