



Central Regional Championships Surf Boat Double Lap Rules

The course will be set at short course distance or as close to as we can depending on the conditions.

The start will be as per the SLSNZ Surf Sport Competition Manual

After rounding the can for the first time and returning to the beach a rower (not the sweep) will leave the boat and run up and around one of their finish flags.

The rest of the crew will get out of the boat, secure it and turn it around.

Once the runner has returned and made contact with the boat (not an oar) the crew can enter the boat and start the second leg.

At this point the rest of the race is as per the rules for short course with a run finish.



In it for life