



OFFICIAL EVENT RULES

SAFETY STATEMENT

All participants (defined as registered paddlers, captains and crew) and parties (defined as anyone accompanying a participant) acknowledge their participation in any open ocean event is inherently dangerous and potentially life threatening. The Event Directors establish the route, set forth participant rules, plan the event, manage the start and finish of the event, set minimum standards for participant conduct, but in no way insures or warrants the outcome, safety, or health of any participant or party. Liability for the safety of any participant or party belongs solely to that participant or party. The weather and ocean is an ever changing, vast, and unpredictable environment. Parties and participants who lack the experience to survive unforeseen events, under potentially extreme conditions, are advised to not participate.

The safety of the participants, parties, spectators, all third parties and staff is the number one priority. At the pre-race meetings Event Directors will do their best to post the forecasts and conditions, warn the competitors of potential dangers, give the approximate location of safety personnel, and do their best to establish a minimum course of conduct for participants and parties in the event of good and adverse conditions. It is the participants and party's responsibility to attend and obtain the information provided at all pre-event meetings. If a participant has not attended any of the pre-event safety meetings or does not understand any of the information, the participant must inform the Event Director accordingly (in writing). If said participant does neither then the participant will be disqualified from the event.

Event Directors shall provide participants and parties with courses of conduct including hand and audible signals to be used if someone is injured, in danger, or in need of help. And all participants and parties shall continually scan the environment for any participant or party that may need help, shall assist any participant or party that may need help, and notify staff.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved personal flotation device "PFD", and use a tether (or leash) securely connecting the participant to their board.

All paddling participants must AT ALL TIMES wear a United States Coast Guard approved waterproof whistle.

All paddling participants must IN DARK HOURS (12am - 7am) wear a yellow safety glow stick.

All paddling participants must IN DARK HOURS (12am - 7am) wear a Crossing For Cystic Fibrosis approved yellow reflective mesh safety vest.

GENERAL RULES

These General Rules apply to both registered recreational participants and registered competitive participants, except where noted.

- 1. Registration:** All individuals coming to Bimini for The Crossing For Cystic Fibrosis event including paddlers, captains, crew, family, friends, and sponsors, must register! To register please visit <https://www.crossingforcysticfibrosis.com/registration> and for event information visit <https://www.crossingforcysticfibrosis.com/>
- 2. Registration Deadline:** The event's registration deadline is April 21st. Any paddler who wants to change their registration ticket type to Recreational Solo with Boat Support, must make this request to info@pipersangels.org by April 21st.
- 3. Registration Forms:** Registration must be completed by the participant, crew, and captain with appropriate fees and registration information. Officials of the event reserve the right to refuse application or entry into the event at their discretion with or without cause.
- 4. Paddler Participation:** Each paddling participant is only allowed registration into one paddling category of entry. Relay team paddlers are allowed to captain their own boat when not paddling.
- 5. Eligibility:** Each registered participant must be at least 18 years old on the day of the event or a minimum of 10 years of age and accompanied by a guardian or designated chaperone. Any registered paddling participant between the ages of 10 and 13 must have an 'On Water' chaperone. Each crew member must be at least 18 years old on the day of the event, or accompanied by a guardian or designated chaperone if younger than 18.
- 6. Registration Fee:** Registration fees are priced on a 3 tier price range depending on the date of registration. Prices increase by \$50 each tier closer to the event.
Solo Recreational Paddlers: Registration fees for Solo Recreational participants, that we are providing boat support for, start at \$399. These fees will provide your support boat captain with two nights' accommodations in Bimini, all Bahamian entry fees (based on size of boat), and \$100 towards fuel per Paddler they support.
All other paddlers: Registration fees start at \$149
- 7. Registration Includes:** Event Performance Shirt, Event Sponsor Gift Bag, Official Event Hat, a Challenge Coin, and a Crossing Crusader Medal (for paddlers only)
- 8. Registration Refund:** Registered participants who cancel or withdraw their registration, switch to non-attending, or switch to virtual paddler are not eligible for a registration refund, unless they are registered in the Recreational Solo with Boat Support category, cancel/withdraw by April 21st, AND have the registration cancellation/ withdrawal reason of personal injury, deployment, or bereavement. Registration and associated fees can not be rolled over to the following year.
- 8. Fundraising Minimum:** Each registered paddler in the recreational and competitive categories has a \$2,000 fundraising minimum. Captains, crew, friends, family, and virtual participants are required to fundraise \$500. Final contributions must be received by July 31st at 11:59pm EST.
- 9. Fundraising Commitment:** If a registered paddler withdraws from the event or cancels their registration they will remain responsible for the \$2,000 minimum fundraising commitment, or \$500 for captains, crew, friends, family, and virtual participants. If the cancellation or withdrawal reason is due to personal injury, deployment, or bereavement, they may request their fundraising commitment to be waived, but funds can not be rolled over to the following year. Requests must be sent to info@pipersangels.org.
- 9. Support Boats:** All paddling participants, both Competitive and Recreational (with exception of "Recreational Solo with Boat Support"), must obtain and provide their own support boat, and all captains must register by April 21st at <https://www.crossingforcysticfibrosis.com/registration>., Failure to do so requires Event Director approval for any modifications or additions after the registration deadline.

Recreational SOLO participants will be provided a support boat. Support vessels and escort boats must be a minimum of 22ft. with dual or more engines preferred. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

10. Media Release: All participants, parties, captains, volunteer crew, and occupants consent to all participants, parties, X4CF agents (or any third party) procuring in any and all manners, without payment or compensation, any and all media including, but not limited to, photographs, video, interviews, or similar, obtained by any X4CF agent, party, participant, or 3rd party, for any purpose whatsoever, including but not limited to resale, advertising, and any and all activity including any and all promotional activity.

11. Event Discretion: X4CF reserves the right to amend these rules and or any other agreement or policy, at any time, for any purpose.

12. Polygraph: By entering the event all participants, captains, volunteer crew, and boat occupants voluntarily consent to submit to a polygraph examination as deemed necessary by X4CF agents. All decisions of the polygraph examiner will be final. Any participant, captain, volunteer crew, or occupant of a boat who refuses to take a polygraph or provides untruthful answers as determined by the examiner will be disqualified from the event without further notice, and may result in the disqualification of their associated participants or boat occupants. Such a disqualification will eliminate payment or provision of any prize money awards and/or refund entrance fees, and may prevent the disqualified persons from registering for future events (at the sole discretion of X4CF agents).

13. Protests: A race participant (and only a race participant) may file a protest to the finish position of themselves or another race participant. Each paddler will be emailed a copy of the unofficial Crossing For CF results with timing and placement prior to the Crossing For CF Awards Ceremony. Paddlers will have until 11:59pm EST on Wednesday, after the Crossing to review these results and file a protest.

All protests shall contain the following minimum elements of:

A written recitation of the facts, dates, and events, based on the first hand observed accounts of the protest filer delivered via email (from the email address the protesting participant registered under), to protest@pipersangels.org before 11:59pm EST on Wednesday, after the Crossing.

All protests X4CF deems properly filed (at the sole and absolute discretion of X4CF) shall be ruled upon in writing by the Event Director and responded to (via email to the filer) within 48 hours of protest filing. All decisions of X4CF shall be final, absolute, binding, and non-alterable or appealable by any court, governmental authority, body, board, or third party of any kind or nature. If a protest was not ruled upon in writing by the Event Director, X4CF in its sole and absolute discretion, deemed the protest not proper.

14. Rule Acknowledgement: By registering for this event or participating as a party, all participants and parties acknowledge and shall abide by all rules and responsibilities set forth herein, shall be bound by same, and including, but not limited to, all additional rules, policies, procedures, and instructions conveyed by X4CF agents or X4CF media (websites, e-mails, etc.) whether written, digital, video, picture, or verbal.

15. Hold Harmless: It is expressly understood that all participants, parties, and non-registered occupants of their boats enter into this event voluntarily and at their own risk. Further, each registered and non-registered participant on behalf of other family members and/or executors agrees to release and hold harmless Piper's Angels Foundation, event officials, sponsors, the City of West Palm Beach, City of Lake Worth Beach, and Palm Beach County, and all other persons connected directly or indirectly with operation of said event from any liability for libel, slander, loss, damage, negligence, harm, injury, or death suffered by any participant, entrant, captain, volunteer crew members, their companions, vessels and equipment which may occur during the event.

16. Hazardous Weather/Event Delay and/or Cancellation: X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties

acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

Any notice of cancellation or delay will be broadcasted on the designated event channel, social media, and emailed to registered participants. If canceled or delayed all participants are expressly prohibited from entering ocean waters (even with a support boat) until such time that an X4CF agent announces the reinstatement of the event. All participants must board their respective support boat without exception. Participants shall only re-enter ocean waters if and only if X4CF officials announce on the designated radio channel the event is officially resumed. It is expressly understood by all participants, parties, captains and crew that the cancellation or delay or reinstatement of the event does not ensure their safety, and all must determine in their own judgment whether to participate under the given conditions based on factors including but not limited to the seaworthiness of their boat and their own seamanship and waterman capabilities.

No refunds of fees or donations (partial or in whole) shall be made due to cancellation or delay.

CROSSING FOR CYSTIC FIBROSIS CONTINGENCY PLAN

This contingency plan aims to ensure the safety and well-being of all participants, staff, and volunteers involved in the Crossing For Cystic Fibrosis event. By implementing these measures and protocols, we aim to mitigate risks and respond effectively to any unforeseen circumstances.

Key Contacts:

- **Event Director:** Travis Suit, travis@pipersangels.org, 561-246-0205
- **Director of Safety:** Josh Ferris, joshferris@pipersangels.org, 321-544-5735
- **Medical Director:** Dr. Ray Vazquez, 561-243-0394
- **Communications:** info@pipersangels.org

Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:

- Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.

- 17. Proceed At Your Own Risk:** Participants and parties participating in this event do so at all times at their own risk and assume all risks born therefrom.
- 18. Pregnancy:** Registered paddlers, captains, or crew beyond their first trimester of pregnancy are not permitted to participate in The Crossing due to potential health risks.
- 19. Supports Vessels:** Support boats are recommended to be a minimum of 25 feet long and powered by two engines. All support boats MUST have ship to ship radios (VHF). All radios must be permanently mounted to the vessel. A PARTICIPANT WHOSE SUPPORT VESSEL CONTAINS ONLY A HAND HELD RADIO SHALL BE DISQUALIFIED. The Race Director must be notified at least 72 hours in advance of departing from Florida of any support boat changes.
- 20. Leashes:** All stand up participants are required without exception to wear a leash attached to their board and to their person at all times.
- 21. Safety Gear:** All paddling participants must wear and provide their own personal flotation device (PFD) throughout the duration of the event. All paddling participants must provide and wear their own yellow reflective safety vest and yellow glow stick during dark hours prior to sunrise (12am-7am.) All paddling participants must provide and wear their own US Coast Guard approved waterproof whistle at all times. All paddling participants must also wear official event gear, including but not limited to GPS trackers and race numbers during the entire event. Official event gear (GPS trackers and race numbers) will be provided in Bimini by event officials at no charge to all paddling participants. Nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. The use of official event gear ensures the safety of all participants. Participants that fail to abide by these safety regulations at any time throughout the duration of the event will be required to board their respective escort boat.
- 22. Food/ Beverage Provisions:** All paddlers, captains, and crew are responsible for their own food supplies during The Crossing. Please make necessary arrangements for your team/crew. If any participant or crew member has a specific dietary need they must adequately prepare for those needs prior to traveling to Bimini. It's imperative that each individual bring enough drinking water for themselves for the duration of their stay in Bimini and during The Crossing event.
- 23. Rule Violations:** Any person found to be intentionally in violation of any rule, intentionally disobeying directives or instructions conveyed, or defrauding the X4CF event or PAF organization may be subject to penalty, disqualification, or banned for life at the discretion of the event organizers.

BIMINI & CROSSING RULES

- 1. Passport & Travel Requirements:** Every participant traveling to Bimini is responsible to be up to date with all information on the bahamas.com website in regards to travel, documentation, fees, and other pertinent information for Bahamas entry and visitation. This includes bringing your valid passport book (expiration date must be after 6 months past your Bahamas arrival date or per Bahamas guidelines.) Participants without required documentation will not be allowed entry into Bimini, Bahamas or participation in any and all Crossing For Cystic Fibrosis events, and will be sent back to Florida or processed how Customs & Immigration of Bimini sees fit.
- 2. Travel to Bimini:** Each participant is responsible for their own travel to Bimini, in which paddlers typically go over with their support boat. Rec Solo participants will go to Bimini with their designated support boat/captain/crew. All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.
- 4. Customs Check-In in Bimini:** Each participant is responsible to clear Customs using Click2Clear (each captain should do this for the individuals they bring over on their boat). Once getting to Bimini, the captain will enter the Customs office to process paperwork. Please see more information here: <https://www.bahamascustoms.gov.bs/visitor-info/marine-vessel-declarations-cruising-permits/>

- 3. Event Check-In in Bimini:** A central check in location will be designated and announced prior to the week of the event. All participants must be registered and checked in no later than noon the Friday before the beach launch. Any participant whose boat has not checked in prior to the event will not be allowed to start the event. All participants, captains, and crew members must attend a safety meeting. Failure to attend a safety meeting will result in disqualification from the event.
- 5. Accommodations: **NEW TO 2024/2025:** All participants must book their own lodging accommodations. Paddlers, captains, crew, friends, family, and sponsors are responsible for reserving, managing, and funding their own accommodations while staying in Bimini. Suggestions will be provided on the event website with any available discount codes or booking links. Note that lodging is limited at Bimini Cove and Bimini Big Game, therefore reserving your lodging early is recommended.
- 6. Mandatory Captain's & Participants Safety Meeting:** All participants, captains, and crew must be present at the virtual and in-person meetings to participate. These meetings will take place in June.
- 7. Event Radio Channel:** The official event channel will be determined by the Director of Safety prior to the event and confirmed at the mandatory captain's meeting in Bimini.
- 8. Bimini Start Schedule:**
- Saturday, June 21st, 2025
 - 10:00 pm - Beach Check-In
 - 11:30 pm - Participants group photo
 - 11:50 pm - Final send off speech
 - 12:00 am - Event starts - 1st wave launches
 - Waves will be approximately 10 minutes apart
 - Wave assignments and schedules will be released a week prior to the event or can be located at event headquarters in Bimini.
 - Competitive participants that fail to depart in their assigned wave may depart in the final wave and will be penalized 15 minutes on their official race time
 - Recreational participants that fail to depart in their assigned wave may be removed from the event at the discretion of the event director.
- 9. Wave Starts:** Prior to each wave of participants being given the signal to start, each participant will be in position in their assigned starting block. Their craft will be resting on the sand next to them, and their paddle or oar in hand. In the case of stand up paddle boards (SUP), the board may be resting on its edge and against the participant with one hand on the board. Any paddling participants who have a false start as designated by the Race Directors, will be penalized 15 minutes to their official race time. A false start is defined as leaving the designated start block prior to the official start signal. In the event of a water start due to shore and beach conditions, participants will have positive control of their craft and have both feet in the water and on ground.
- 10. Roving Vessels:** There will be multiple roving boats on the water during the event.
- a) Event officials and video/photo production crew will be stationed on multiple roving boats for monitoring the progress of the event.
 - b) Additionally, there will be 5-7 Safety boats stationed with the waves during the event.
 - c) On our roving support vessels we may have medical volunteers, a satellite phone, and a marine mechanic.
 - d) The Roving/Safety boats will be in contact with the Event Directors, and will provide captains information throughout the event
- 11. Breaks:** We strongly suggest that participants, captains, and crew take regular breaks for rest-stops, so participants can hydrate, eat, use the restroom, or change out teammates or gear. Please be advised that a break every hour that lasts 5 minutes will add a minimum of 1 hour to this event. It is recommended that breaks occur when needed but be done efficiently.
- 12. Finish:** Any participant that has not made it to shore and the designated finish line will agree to be picked up by their support boat and brought to the finish line. Anyone that drops out of the race must have their support boat notify the head official boat. There is a 20 hour time limit to the event, 12:00am-8:00pm.

All participants must be ashore or board their support boat once this time limit is reached. There is also a curfew for the event that all participants must be out of the water by 8:00pm on the day of the event.

13. Alcohol/Drug Use: Alcohol and recreational drug use is expressly prohibited during the course of the event. Captains, crew, or participants should never operate a boat or paddle under the influence of drugs or mind altering substances, and should follow all governing laws in the Bahamas and United States. Please be aware that any combination of alcohol, drugs, lack of sleep, or poor nutrition may result in a state deemed unfit to participate. Come prepared for an event that will challenge all involved. Please use sound judgment in the 24 hours leading up to the event. Anyone observed as under the influence of drugs or alcohol at the start of the event will be considered in non-compliance. Failure to comply will result in immediate removal from the event.

14. Re-entering the United States/Florida: Each participant is responsible to clear into the US. The boat captain is responsible for entering all information into the CBP ROAM application, which allows the captain to virtually check each individual into the US. A Customs representative may FaceTime to verify information. For individuals with a non-US passport, they must check in to the US office in person. Please see more information here: <https://www.cbp.gov/travel/pleasure-boats/pleasure-boat-overview/roam>

COMPETITIVE RULES

The following Competitive Rules apply solely to registered competitive paddlers in all competitive categories and do not apply to any recreational paddlers.

1. Violations and Associated Penalties:

*Penalties will be assigned by designated race officials. There will also be a 3 strike policy that if three (3) "15 minute" violations are awarded then that paddler will then be disqualified.*Violations and Penalties are defined as listed:

- a) Not in position at assigned start time – paddler will be relegated to the last group of departing paddlers from Bimini, as well as assessed a 15 minute time penalty on their overall time
- b) Cutting off another paddler – 15 minutes/occurrence
- c) Intentional contact with another paddler – Disqualification
- d) Paddling under or within 30 yards of the Lake Worth Pier – Disqualification
- e) Surfing a boats wake – Disqualification
- f) Drafting a fellow paddler – 15 minutes/occurrence
- g) Use of unapproved equipment or changing equipment if not damaged – Disqualification
- h) Holding onto a vessel while in motion – Disqualification
- i) Boarding a vessel (Unless instructed to do so by the Race Directors) – Disqualification

2. Competitive Classes & Cash Prizes:

NOTE: To unlock cash prizes solo categories require FIVE (5) REGISTERED PARTICIPANTS, team categories require THREE (3) REGISTERED TEAMS.

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|---------------------------------------|---|
| 1. SUP 14' Men..... | 1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250 |
| 2. SUP 14' Women..... | 1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250 |
| 3. SUP Relay 2-Person..... | 1st \$4,000, 2nd \$2,000, 3rd \$1,000 |
| 4. SUP Relay 4-Person..... | 1st \$8,000, 2nd \$4,000, 3rd \$2,000 |
| 5. OC1..... | 1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250 |
| 6. OC2..... | 1st \$4,000, 2nd \$2,000, 3rd \$1,000 |
| 7. OC6 (Team limit of 9 paddlers).... | 1st \$10,000, 2nd \$5,000, 3rd \$3,000 |
| 8. Dory (2-Person)..... | 1st \$4,000, 2nd \$2,000, 3rd \$1,000 |
| 9. Dory (4-Person)..... | 1st \$8,000, 2nd \$4,000, 3rd \$2,000 |
| 10. Surf Ski..... | 1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250 |
| 11. Prone Solo..... | 1st \$5,000, 2nd \$3,000, 3rd \$1,000, 4th \$500, 5th \$250 |
| 12. Prone Relay 2-Person..... | 1st \$4,000, 2nd \$2,000, 3rd \$1,000 |
| 13. Prone Relay 4-Person..... | 1st \$8,000, 2nd \$4,000, 3rd \$2,000 |

By law, all competitive participant winners must fill out a W-9 form prior to receiving any cash prize. Prize money will be withheld until a signed W-9 form is received from the winner. W-9 forms will be available at the landing celebration and awards ceremony for the event. W-9 forms will also be sent to all winners via email by event officials.

IRON PADDLERS:

Any Recreational Solo or Competitive Solo paddler that paddles the 80 miles Beach-to-Beach from Bimini to Lake Worth and does not board their boat or receive forward moving assistance (other than permitted drafting) is eligible for the Iron Paddler Challenge Coin.

3. Boat Support:

Competitive participants are required to secure their own escort boat, captain and crew to assist the competitive participant from Bimini to Florida. As outlined in the General Rules, competitive participants need their captains to register at <https://www.crossingforcysticfibrosis.com/registration> by April 21st. Failure to do so requires Event Director approval for any modifications or additions after the April 21st deadline. In the case that a paddler is unable to find their own boat support and captain by the April 21st registration deadline, they must email boats@pipersangels.org.

4. Escort Boat:

Participants must stay with their escort boat at all times, even in the event of the boat having a mechanical failure. No participant shall advance further ahead than midship of their escort boat, but may parallel their support boat. Competitive participants are allowed to share an escort boat. Any assistance or forward influence from boats other than passing of nutrition and hydration will result in automatic disqualification. If you are engaging directly to the boat, the boat must be in neutral and not moving forward. The participant can paddle to the boat, grab nutrition or hydration and continue. At no time can the participant hold on to the boat or any attached craft or flotation device for any forward advantage.

Subject to hazardous weather conditions requiring mandatory boarding of an escort boat as outlined by these rules, competitive participants must remain on or in their respective board or craft throughout the entirety of the race. Any participant boarding any boat during the event will be considered a withdrawal and automatic disqualification from the event.

5. Drafting:

Due to the long distance of the course, drafting behind escort boats is allowed for competitive participants, but only behind their designated escort boats. Drafting is defined as paddling or otherwise following behind or along a boat's slipstream to gain a forward advantage and reduce the overall effect of drag. Drafting is only permitted within a boat's designated drafting zone. The designated drafting zone is defined as the water space or slipstream directly behind a boat and its engine(s) and does not include the boat's sidewake (with the exception of sidedraft), waves or v-wash. Escort boats are not permitted to exceed the paddler's normal pace, but if the escort boat creates a wake or bump at the paddler's normal speed within the designated drafting zone, the paddler may utilize the wake or bump as long as stroke cadence is consistent and does not go beyond 2 seconds without taking a stroke. The paddler must at all times propel themselves using their paddle. Surfing the wake is prohibited. Surfing is defined as riding the wake without the need to paddle, while maintaining their speed or momentum. The paddler can not at any time position themselves or their board so that they are receiving forward propulsion solely from the draft or the wake. Drafting of other paddlers or other support vessels is strictly prohibited.

6. Competitive Relay Teams:

Competitive relay teams may use more than one board within their respective class and category. Change outs must be completed with the support boat in neutral until the removed paddler is safely onboard and the continuing paddler is in position and ready. Paddlers may choose their interval timing and order at their own will.

7. Safety Equipment:

All competitive participants must wear and provide their own personal flotation device (PFD) and USCG approved waterproof whistle, throughout the duration of the event. All competitive participants must wear official event gear during the duration of the entire race, including, but not limited to, GPS trackers and race numbers, and nighttime safety gear. Official event gear (GPS tracker and race number) will be provided in Bimini by event officials at no charge to competitive participants. The use of official event gear ensures the safety of all participants. Failure to wear official event gear throughout the entirety of the race

will result in an automatic disqualification. However, nighttime safety gear may be removed at the official sunrise time determined by event officials and announced over the designated radio channel. Escort boats must have designated race numbers.

8. Body Position:

Stand up participants are not required to stand for the entirety of the course. Kneeling or sitting while paddling is acceptable. A competitor shall only use the paddle, waves, and wind to propel the board forward during a race. No outside assistance drafting a vessel not in the race, form of a sail, clothing designed to catch wind, or any other speed device not considered the norm to SUP racing is allowed.

9. Equipment Swap

Competitive participants may switch boards, paddles, or fins ONLY in the event of an equipment failure; however, you may not change equipment category.

10. Hazardous Weather/Event Delay/Cancellation:

X4CF officials may, in their sole and absolute discretion, cancel or delay the event for any reason including, but not limited to, a hazardous environment. A hazardous environment may result from weather, water, sea life, or any other condition an X4CF agent deems, and the determination of a hazardous environment rests solely in the discretion of X4CF agents and will be assessed continuously throughout the event. Participants and parties acknowledge the communication of event status is difficult and often impossible in an event of this size and nature. It is therefore the duty of the participants and parties to make every effort to obtain from a X4CF official the event status, it is not the duty or liability of X4CF agents to get this information to parties or participants, and if the environment appears hazardous the party or participant shall take all precautions necessary to preserve their safety regardless of whether the event is delayed or canceled. It can't be stressed enough, this is a large event and communication is often not possible. It is therefore the responsibility of the participant of the party to do what is necessary to preserve their safety regardless of the event status. In the event of cancellation or delay, the following shall apply:

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Weather Contingencies: Weather will be monitored leading up to and during the event. If adverse weather conditions such as lightning, strong winds, or rough waves are forecasted or present at the time of the event:

- Registered Participants will be notified of any delays or schedule changes via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- If the X4CF Director of Safety deems unsafe conditions for the original event day and time, the Beach Launch and paddle would be rescheduled to one day before or one day after, depending on conditions. **All participants are encouraged to plan their travel and lodging arrangements based on the potential that the Beach Launch and paddle could start on Friday June 20th, Saturday June 21st, Sunday June 22nd, or Monday June 23rd.**
- The Lake Worth Beach Landing celebration event will be adjusted according to the day of departure from Bimini if participants do not launch on the originally scheduled departure date.
- If there are any changes to the competitive paddling divisions outside of the outline Official Rules, the changes will be relayed via email and at in-person meetings/check-in. All registered participants should attend these meetings to obtain any critical information and answers to their questions.
- Captains' meetings and event check-in days and times in Bimini may be adjusted depending on event needs based on any weather delays, which will be communicated via email to registered participants.

11. Doping

The Event is a doping-free event. The Official Competitive Committee hereby expressly adopts and incorporates herein the World Anti-Doping Code 2015 (with 2018 amendments), as created and published by the World Anti-Doping Agency, including but not limited to all definitions, prohibitions, and testing protocols. Doping or the use of any prohibited substance, as defined in the World Anti-Doping Code, is expressly prohibited in The Crossing For Cystic Fibrosis. By registering as a competitive participant, you expressly consent that you are in compliance with the World Anti-Doping Code. Failure to comply with the World Anti-Doping Code will result in automatic disqualification. For more information, please visit <https://www.wada-ama.org/>.

BOAT CAPTAIN CONDUCT

Boat Captains will be briefed in detail on the event start procedures in Bimini. The operation of multiple craft in the dark requires extreme CAUTION. Any captain viewed as being reckless or endangering any other participants will be removed immediately.

There will be three (3) points of rendezvous as staging areas for the captains in preparation for beach launch. Please plan accordingly to be in position at your assigned point by 11pm and no later than 11:40. The event will start promptly at midnight. Failure to be in position for your paddlers may result in time penalties for competitive paddlers, or disqualification for recreational paddlers.

The Western edge of the Bahamas has 24 hour freighter traffic traveling North and South. These large vessels average 10-15kts and are managed by autopilot on a predetermined path. Diligent lookout and recognition, especially during the night, is imperative to the safety of the event. Please adjust course as necessary and as early as possible to avoid close contact.

Cutting off or blocking other paddlers, competitive or recreational, is considered reckless and unnecessary. It is a large ocean and all participants must give safe distance to other craft on the water. Once the Lake Worth Pier is in sight and paddlers are at the prescribed distance where an escort boat is no longer needed the paddlers are to proceed in an orderly direct course to the finish line. Any time prior to that the slower boat/paddler must give way to other participants.

This event is in existence first and foremost to aid those in need. If while on the water a captain/crew observe another vessel in need it is the obligation of those around to assist in any way possible, without entering into a known hazardous or life threatening situation.

NOTES

1. SUP Board Sizes
 - a) SUP CLASS: Length - 14' ft
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
 - e) Board Design: Multi-hull SUP's are NOT allowed
2. Prone Board Sizes
 - a) PRONE CLASS: Length - 14' ft and under
 - c) Board Weight: - No weight restriction
 - d) Board Dimensions: No minimum or maximum width size
3. OC6 and Dory's
 - a) All OC6 and Dory's will be approved via pictures, weight, and dimensions to race officials. All OC6 craft will be Stock models only. Dory's are 2 person, row/surf boats.

DEFINITIONS

1. SUP Board attachments and Paddle
 - a) Fin: Fins may be of any length, width or shape, provided the fin design does not promote the upward lift characteristics of a foil and with the center fin always to be in line with the length of the board. Side fins may not be angled greater than 30 degrees from perpendicular to the bottom of the board {90 degrees). Center fin(s) must only have two surfaces that are symmetrical and may NOT have one or multiple points protruding from any of the surfaces. Side fins may have two different shape surfaces. Fins are fixed to the bottom of the board, do not pivot, do not have controls for steering and must be in a fixed position throughout a stated race or format.
 - b) Foil: Foils are defined as any fin that is angled greater than 30 degrees from perpendicular to the bottom of the board (90 degrees), or any fin with appendages, or any fin designed to promote an upward lift. Foils may be of any design and shall only be allowed in the SUP Unlimited Class.
 - c) Rudder: Rudders are defined as any fin or foil that pivots in order to steer the board. The participant will usually have a device on the deck that controls the angle of the rudder in order to steer the board
 - d) Multi-hulls: Multi-hulls are defined as two or more separate hulls attached together in any manner, or any board with a concave bottom greater than two inches (2" or 5 cm) deep measured at any cross section on the bottom of the board.
 - e) Length: The board length is measured from nose to tail at ninety (90) degree angles from the boards natural flat lying position with the deck facing up.
 - f) Paddle: A paddle shall be a single blade design, with one blade on one end and a handle on the other end. The length of a paddle may be adjustable. A double ended blade paddle may be used while racing however will be scored as their own division based on board size and gender. A replacement paddle may be fixed to the board.