



SEAS THE Day

WOMEN'S SURF FESTIVAL

 SURFING AUSTRALIA

COMPETITION FORMAT & RULES

Surfing Australia have devised a unique competition format for the Seas the Day Teams event.

The concept is Run, Paddle and Surf....with each competitor's best wave counting to the 3-wave team total within the allotted heat time.

1. Each heat comprises of 4/5 different club teams.
2. Heat times will be at the discretion of the Head Judge and Contest Director and will either be 25 or 30 mins.
3. Each Team is made up of 3 surfers.
4. Each surfer can catch an unlimited number of waves – The best wave of each surfer will count towards the team total.
5. Every match/heat will start with a countdown and the first Surfer of each team must start from the beach start line.
6. Each surfer (Surfers 1 and 2) must raise both hands to release the next surfer from the beach start line.
7. Surfer 3 can finish the heat in the water.
8. Micro Groms can have a parent assisting with the paddle and push in and can also release the next surfer by raising both arms.