

GENERAL RULES



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≈ DOWNWIND ≈

CBGa
CONFEDERAÇÃO BRASILEIRA DE
CANOAGEM

ASUP.CE
Associação de
Stand Up Paddle do Ceará

ROWING AND CANOEING DISCIPLINES

STAND-UP PADDLE

HAWAIIAN CANOE

SAILING CANOE

PADDLEBOARD

SURFSKI

SUP FOIL



GENERAL SCHEDULE OF ACTIVITIES

PRE-MOLOKABRA DOWNWIND 2026 PERIOD

	15/Sep	16/Sep	17/Sep
	Tuesday	Wednesday	Thursday
Morning	Theoretical and Practical Downwind Clinics	Theoretical and Practical Downwind Clinics	Theoretical and Practical Downwind Clinics
Afternoon	Open Training Sessions	Open Training Sessions	Open Training Sessions
Evening	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program

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	18 Sep	19 Sep	20 Sep	21 Sep	22 Sep	23 Sep	24 Sep	25 Sep	26 or 27 Sep
	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday or Sunday
Morning	Welcome Reception	Equipment Conference	Clinics	Molokabra Race 1	Clinics	—	Clinics	—	Official Awards Ceremony
	Equipment Conference	Official Training	Workshops	ICF Canoe Ocean Racing World Cup Race	Workshops	Molokabra Race 2	Workshops	Molokabra Race 3	—
	—	—	—	Surfski	—	—	—	—	—
Afternoon	Kit Distribution in Fortaleza	Kit Distribution in Cumbuco	Lectures	—	Lectures	—	Lectures	—	Closing Party
Evening	Opening Ceremony	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program	Closing Party

POST-MOLOKABRA DOWNWIND 2026 PERIOD

	28 Sep	29 Sep	30 Sep
	Monday	Tuesday	Wednesday
Morning	Expedition	Expedition	Expedition
	Extreme Molokabra	Extreme Molokabra	Extreme Molokabra
Afternoon	Long-Distance Crossings (50–60 km)	Long-Distance Crossings (50–60 km)	Long-Distance Crossings (50–60 km)
Evening	Social & Tourism Program	Social & Tourism Program	Social & Tourism Program

Note 1: Local athletes or those arriving in the State of Ceará before the date set for the equipment check may request that the organisers schedule the inspection for another date, particularly those whose equipment is being transported by freight (trailers and lorries).

Note 2: The division of the timetables above into morning and afternoon sessions is for illustrative purposes only, as activities always take place consecutively, starting in the morning and continuing into the afternoon. The schedule is subject to change, provided that participants are given due notice and official communication.

Note 3: Activities running alongside the competitions on ‘days off’ will take place at Cumbuco Beach in Caucaia or in the city of Fortaleza, including clinics, talks, workshops, exhibitions and equipment demonstrations, as well as sightseeing tours and cultural, social and gastronomic events.

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Article 1. The MolokaBRA Downwind Circuit 2026 encompasses the following paddling and canoeing disciplines: Stand Up Paddle (SUP), Hawaiian Canoe (OC1, OC2, V1 and V3), Sailing Canoe, Paddleboard, Surfski (single and double) and Stand Up Paddle Foil (SUP Foil). In addition to the official training days and the three races, the dates follow the schedule above, with pre- and post-MolokaBRA activities taking place.

Article 2. The exact start times for official training sessions and the races are not determined in advance as they depend on wind conditions. They will be announced only on the day before, by 8.00 pm at the latest. There will be no tolerance for late arrivals, and each athlete must pay close attention to the information provided at the technical meeting for their discipline regarding start procedures, which will be widely publicised. Competitions may be postponed solely due to adverse weather conditions that could compromise the safety of participants (torrential rain, storms, amongst others, at the organisation's discretion) or if the wind forecast is unfavourable and allows for postponement to the following day; this decision rests exclusively with the Technical Committee in conjunction with a committee of six athletes representing the participating disciplines. The window for the three rowing and canoeing events will run from 21 to 25 September, and, exceptionally, 26 and 27 September will serve as 'reserve' dates should this be necessary due to wind conditions. The official competitions organised by ASUPCE, FEVAACE, CBSUP and CBCa/ICF will have specific Official Bulletins providing further details and information for participating athletes.

Article 3. The disciplines covered will be Stand Up Paddle (SUP), Hawaiian Canoe, Sailing Canoe, Paddleboard, Surfski and SUP Foil, with their respective sub-categories relating to the type of equipment:

- a. Stand-Up Paddle: 1. SUP Stock – Race boards without a rudder and a maximum length of 14 feet; 2. SUP Unlimited – Open-design boards, with or without a rudder, and with no minimum or maximum size limit.
- b. Surfski: 1. Single (IND – 1). 2. Double (DUP – 2). IND or DUP must be sit-on-top ocean-going craft (surfskis); the participation of cabin-equipped craft, which characterise them as kayaks, as well as those used in sprint and marathon events, is prohibited. DUP craft may be crewed by male, female or mixed pairs.
- c. Hawaiian Canoe: 1. OC1 Single-seater canoes with a rudder; 2. OC2 Rudderless canoes which may be crewed by men's, women's or mixed pairs; 3. V1 Single-seater canoes without a rudder; and 4. V3 Men's, women's or mixed teams.
- d. Sailing Canoe: 3- or 4-seater canoes with teams of any composition, which should preferably be mixed (with at least one female member).
- e. Paddleboard. 1. PB Stock Prone Open – Boards with a maximum length of 12 feet; 2. PB Unlimited Open – Boards of any design with no minimum or maximum size limit, with or without a rudder.
- f. SUP Foil Unlimited. Boards, foils and paddles of any design, with no size limits or specifications.

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Article 4. Male and female athletes aged 18 and over may enter. With regard to the distribution of competitors by age group, the following categories will be established:

- a. Stand Up Paddle and Paddleboard: Open (aged 18 to 39 by the end of 2026); Master (aged 40 to 49 by the end of 2026); Supermaster (aged 50 to 59 by the end of 2026); and Grand Master (aged 60 or over by the end of 2026).
- b. Single or double Hawaiian canoe (OC1, OC2, V1 and V3): Open (up to 40 years of age by the end of 2026); 40+, 50+; and 60+.
- c. Single Surfski: Paracanoeing (athletes aged 18 or over at the time of the competition); Under-18 (up to 18 years of age by the end of 2026); Under-23 (between 19 and 23 years of age by the end of 2026); Senior (24 years of age or over by the end of 2026); Master A (35 to 39 years of age), Master B (40 to 44 years of age); Master C (aged 45 to 49); Master D (aged 50 to 54); Master E (aged 55 to 59); Master F (aged 60 to 64); Master G (aged 65 to 70); and Master H (aged 70 or over by the end of 2026).
- d. SUP Foil: no age categories; categorised by gender only (M and F).
- e. Sailing Canoe: no age categories.

With regard to rowing and canoeing vessels comprising more than one athlete (pairs or trios in OC2 and V3 respectively), the age group of the youngest athlete shall be taken into account; that is to say, if in an OC2 pair one athlete is 30 years old and the other is 55, for example, the age of the younger rower shall prevail in categorising the pair.

Article 5. The rowing and canoeing events aim to assess the competitor's speed, with the winner being the one who finishes ahead of the others. The MolokaBRA Downwind 2026 circuit for the rowing and canoeing events comprises Races 1, 2 and 3. The final classification for each discipline and its respective sub-categories will be determined by the combined total of the times from the three races. The competitor with the lowest combined time across the three races will be the winner. From 2026 onwards, the time from the official training session will also be taken into account should an athlete wish to discard their slowest time. Race 1 of the MolokaBRA, which will take place on Monday 21 September, will count towards the ICF Surfski World Cup. Competitors in this race will start half an hour before the general start for competitors not taking part in the World Cup.

Article 6. Each race of the MolokaBRA Downwind 2026 will be overseen by the REFEREEING AND SAFETY COMMITTEE, comprising:

1. Race Director (RD): Alexandre Nogueira and Esdras Nobre
2. Technical Director (TD): Carlos Leite
3. Safety Director (SD): Thiago Pontes

Article 7. The Refereeing and Safety Committee shall stipulate a maximum race time, according to the type of vessel, which shall be determined and announced at the technical meeting. In the event that a paddler is unable to continue competing, the support team shall assist them in withdrawing from the race. The race routes will be presented in detail to competitors in advance during the technical meeting, which will take place virtually, and will be available online at least 15 days before the competitions; specific rules applicable to each discipline are attached to these regulations.

Article 8. Given the nature of the competitions, which involve many specific features, the organisers recommend that all competitors attend the technical meeting (held remotely) and the technical briefings, which will take place before each start on the official training days and competition days. Confirmation of the timing chip's activation on each race day will serve as proof of the athlete's participation. Only athletes who have previously shared their location with the organisers via their mobile phone will receive the timing chip. Failure to comply with these rules (sharing location and activating the timing chip) will result in exclusion from the race.

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Should a competitor insist on taking part, the organisers will not be responsible for their safety, nor will they record their time, and the competitor will automatically be disqualified for that day.

Article 9. Competitors will be grouped according to the number of entrants in their respective categories, each of which must have a minimum of two athletes (OC1, V1, SUP, SUP Foil, Surfski IND and Paddleboard), 2 pairs (OC2 and Surfski DUP), 2 trios (V3) or 2 teams of athletes (Sailing Canoe) to be valid. Where there is only one entrant in a particular category, the participant will automatically be placed in another category. Example: if there are not two Master E athletes in Surfski, the athlete in this category will be automatically entered into the next higher category, in this case Master D. In SUP, for example, if there is only one Supermaster athlete, they will be automatically placed in the next higher category, in this case Master. This rule applies to all other disciplines. Athletes with disabilities (PCD) may compete individually in their own category, even if there is no other competitor with the same disability.

Article 10. The organisers reserve the right to confirm the staging of MolokaBRA Downwind 2026 provided there is a minimum of 200 athletes registered for the rowing and canoeing events; to ensure the complete safety of competitors, the total number of athletes is limited to a maximum of 400. In the exceptional event that the minimum number of entrants is not reached by the close of the registration period (31 April 2026), the organisers will refund the full actual registration fees (excluding administrative charges levied by the registration website), without interest or inflation adjustments. Athletes are advised to confirm travel and accommodation arrangements for the event only after this date. Should the minimum number of registered athletes be reached before this date, the organisers will officially announce the confirmation of the competition's staging in advance.

Article 11. The race organisers reserve the right to include guest athletes in the competitions, particularly those in a proven situation of social vulnerability, who must complete a specific application form for a registration fee waiver and will have their names published as being exempt from the registration fee. Organisations, schools, sports centres or clubs wishing to register socially vulnerable athletes may submit a formal request to the organisers, who will assess the suitability of the social registration.

Article 12. MolokaBRA Downwind 2026 is open to people with disabilities (PWD) in all disciplines of rowing and canoeing. Registered para-athletes will be categorised by a special committee, and their limitations will be taken into account when allocating them to categories. The registration of para-athletes competing in the event for the first time must be authorised in advance by the organisers.

Article 13. Up until the closing date for entries (31 April 2026), should it be necessary due to circumstances beyond one's control, it will be possible to substitute athletes at the request of the withdrawing participant; the new athlete's entry form must be submitted, containing all their details and category. The organisers will publish the final list of entrants on 15 August 2026. Any change of category is EXPRESSLY PROHIBITED; only the previously published list shall be valid.

Article 14. Athletes registered in categories that are not validated due to failing to meet the minimum number of participants may, if they do not wish to change category in order to remain as competitors, opt to participate in the RECREATIONAL category, entitling them only to receive a finisher's medal but not to compete for a podium place in the competition.

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Article 15. REQUIRED DOCUMENTS. Each competitor must sign a LIABILITY WAIVER, attached to these rules, by which they declare that they accept the terms of the competition rules and assume full responsibility for their participation in the event. The form will be available for download via the same link as the registration form and, together with the HEALTH QUESTIONNAIRE, must be sent to the email address credenciamento@molokabra.com.br without fail between 15 July and 15 August 2026. A MEDICAL CERTIFICATE is mandatory for athletes aged 40 and over, and for younger athletes whose Health Questionnaire indicates any conditions that may compromise their participation. The event's medical team will assess each Health Questionnaire and has the authority to prevent an athlete's participation or to recommend a prior medical assessment and clearance authorising the competitor's participation.

The organisers do not require any additional blood tests (complete blood count, blood glucose, etc.), imaging tests (X-rays, CT scans, etc.) or further fitness tests (treadmill, cycle ergometer, etc.); such recommendations are solely at the discretion of the patient's doctor.

Article 16. Athletes' boats will be inspected in advance by the Refereeing and Safety Committee by the deadlines set out in the general schedule of activities. A checklist will be sent in advance to each athlete so that they can carry out their own assessment prior to the organisation's inspection. Coordinators of rowing and canoeing clubs and schools who are already veterans of MolokaBRA will have the autonomy to certify the equipment of athletes from their club who have previously participated in any previous edition of MolokaBRA; however, this prerogative does not apply to the boats of athletes competing for the first time in the competition, who must undergo the inspection carried out by the organisers. The inspection carried out by club and school coordinators must be conducted formally using a document provided by the organisers. Factors to be considered include the condition of the equipment, its dimensions and its classification in accordance with the competition rules for each discipline. Each approved boat or piece of equipment will receive a sticker from the organisers bearing the words 'EQUIPMENT CHECKED AND APPROVED'. Prior to races 2 and 3, the Referees' Committee will carry out spot checks on equipment; any competitor who considers a further inspection necessary due to possible damage sustained during official training, race 1 or race 2 must call a member of the committee to report the incident so that a further inspection can be carried out. Failure of the equipment to pass inspection will result in the athlete's exclusion from the competition; their participation will be reinstated once the requested adjustments have been made. The use of a whistle, a safety rope (leg leash) and life jackets, inflatable waist jackets or buoyancy aids secured to the body shall be MANDATORY for all registered athletes; these items will also be subject to assessment by the committee.

Athletes must be familiar with the regulations set out in NORMAM-03/DPC (Regulations of the Maritime Authority / Directorate of Ports and Coasts) of the Brazilian Navy's Port Authority. The use of tracking equipment or an app will be mandatory, in addition to the use of mobile phones fitted with a protective plastic cover for sharing location data. Each competitor must inform the organisers of the type of tracking device to be used. The organisers will maintain a monitoring centre for all registered athletes, which will be operational and in constant communication with the support and safety vessels throughout the competitions. UNDER NO CIRCUMSTANCES WILL ATHLETES BE PERMITTED TO PARTICIPATE without wearing life jackets or flotation aids; it is the athletes' responsibility to undertake their preparatory training for the competition whilst wearing this equipment to ensure they are fully accustomed to it.

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Article 17. With a view to ensuring even greater safety for competitors, the use of a support vessel (jet ski, motorboat or boat) hired directly by the athlete, or the arrangement of support from another rower, will be permitted on an exceptional basis. In both cases, the organising committee must be officially notified so that it can assess the athlete's profile and authorise their participation in the competition. In such cases, the athlete's times will be recorded as normal and they will be entitled to all kit items and prizes; however, these times will not be taken into account for the purposes of classification and podium places, so as to avoid any unfairness towards other competitors in that category who did not use support. Jet skis, motorboats or support craft, and rowers providing support must be registered and authorised in advance by the organisers; athletes who fail to make this formal notification risk exclusion from the competition. The organisers strongly recommend that first-time athletes and those intending to use external support arrive in Ceará in advance and undertake free training sessions before the event dates to better acclimatise to downwind conditions, preferably by hiring local instructors recommended by the organisers; it is the athlete's sole responsibility to settle any financial arrangements directly with the instructors. A programme of theoretical and practical clinics prior to the event itself, aimed primarily at first-time MolokaBRA participants, is included in the general schedule of activities. These are recommended for first-time participants wishing to prepare more thoroughly with athletes of recognised expertise in downwind racing; these clinics are booked separately from the MolokaBRA registration.

Article 18. With regard to competitors' shirts, upon registration each athlete must specify their choice of a long-sleeved Lycra shirt with UV protection, a short-sleeved dry-fit shirt or a sleeveless T-shirt, as illustrated in the images below.



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Wearing the official shirt is compulsory; however, competing athletes will be permitted to wear their own kit from their club, grassroots organisation or sponsor, provided they meet two prerequisites: it must be the same colour as the official shirt (lilac in 2026) and must bear the official MolokaBRA logo in the standard size of 10x10cm in a prominent position on the front, side or back of the shirt; these shirts will be made in the sizes specified by the athlete during online registration on the Real Timming website.

Article 19. Registration for the competition is personal and non-transferable; it may not be used by third parties. Should a competitor be unable to participate due to circumstances beyond their control, this must be formally notified to the organisers. No refunds will be issued, unless non-participation is due to health reasons, substantiated in good time (up to 60 days before the event) by means of a medical certificate and report.

Article 20. Participants are responsible for the accuracy of the information provided on the registration form and via the online system, particularly regarding age. Should any false information be provided, the athlete will be automatically disqualified. The athlete who provided fraudulent information may face legal sanctions if it is proven that they acted with malicious intent to deceive the organisers, who will report the matter to the authorities for investigation.

Article 21. The distribution of participants' kits will take place in accordance with the General Schedule of Activities. Each athlete must present a form of identification (CPF, ID card, driving licence, professional licence or international passport) to collect their kit. At the organisation's discretion and to facilitate proceedings, a specific location may be designated for kit collection on dates prior to those set out in the schedule. Should an athlete be unable to attend, the organisation must be informed and another athlete designated to collect the kit. Any athlete who fails to collect their kit and does not formally notify the organisation will forfeit their right to the kit and to participate in the competition. No kits will be handed out after the event has ended.

Article 22. The kit for paying competitors will consist of a personalised bag, a pair of personalised flip-flops, a long-sleeved competition-grade UV-protective lycra top or a short-sleeved Dri-Fit top or a sleeveless vest, as well as a personalised cap and MolokaBRA participation medals reflecting the race ranking (1st, 2nd and 3rd places) or 'finisher' status.

Article 23. AWARDS. All competing athletes will receive personalised MolokaBRA medals and the traditional MolokaBRA rafts as prizes, reflecting their rankings or participation. The awards ceremony will take place on a separate day from the competitions, in accordance with the general schedule of activities. Any products, gifts or cash prizes offered by supporters or sponsors will also be included in the athletes' prizes. Should there be any cash prizes, athletes will be informed well in advance, and these will depend on sponsorship from the public or private sector and the approval of official sporting bodies (Confederations).

Article 24. The official results of each stage will be sent to the email addresses of registered participants via the MolokaBRA and Real Timming websites. The maximum timeframe for publishing all final results will be ten days after the events have taken place. An overall list by discipline will be published, along with a list showing results broken down by category. All athletes will be officially certified regarding their respective placings, per race and on the MolokaBRA circuit (based on the sum of the times from the three races). As set out in Article 5, the time from the official training session may be counted alongside the other times for the purposes of discarding the worst time.

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Article 25. By confirming their participation in the competition, athletes assume full responsibility for their general state of health and physical fitness; their attendance at the event is of their own free will. The organisers accept no liability whatsoever in relation to participants' state of health, on the understanding that participants provide accurate information. It is recommended that competitors have a recent individual medical assessment; in addition to completing the health questionnaire and the liability waiver, a medical certificate valid for no more than 3 months prior to the start date of the event is required for competitors aged 40 or over, or those with health problems, regardless of age, duly stamped and signed by a medical professional (see suggested template in the annex). The Refereeing and Safety Committee, acting on the recommendation of the event's own medical team, may prevent an athlete from taking part in the competition if, for any reason, it considers that their participation puts their safety at risk.

Article 26. The events will be supported by the Water Rescue Team of the Fortaleza Municipal Guard, the Ceará Port Authority, the Ceará State Military Fire Brigade and CIOPAER – the Integrated Coordination of Air Operations of Ceará, all of whom will be officially notified in advance as required by law. In addition, there will be a dedicated security plan comprising support boats, speedboats and jet skis, as well as lifeguards, the number of whom will be determined according to the number of registered athletes. Fishermen's rafts (traditional vessels of the region) will be used as visual markers along the route to help athletes identify their location.

Article 27. Upon registration, the athlete grants the organisers the copyright to use their image so that the organisers may publicise their participation in the race and at the awards ceremonies, whether through photographs, videos, newspapers, magazines, websites or other media, including social media. The organisers shall be entitled to use the images for advertising, informational purposes, direct mailings to supporters and sponsors, and general publicity, for an indefinite period, without this entailing any financial burden on the organisers.

Article 28. The organisers will provide refreshments (mineral water and fruit juices) and seasonal fruit before and after the races; it is recommended that each athlete follows their own hydration and nutrition plan in line with their training routine and nutritional guidance. Please note that the water provided is not intended to fill large hydration containers ('camelbacks') used during the races, but rather for the athlete's pre-race hydration. The organisers will not be responsible for providing luggage storage for competitors or for supplying surfboards, canoes or paddles; any athlete without their own equipment must arrange to hire it in advance, preferably from suppliers recommended by the organisers. The transport and storage of equipment will be the individual responsibility of the competitors. The organisers will provide a secure, covered area with night-time security in Fortaleza for athletes who wish to leave their equipment there the night before the races. Transport of athletes to the race start point or, at the end of each race, back to their point of origin will be the individual responsibility of each athlete. The organisers will recommend partners who provide this service.

Article 29. The event organisers will not reimburse any amount corresponding to any damage or breakage caused to equipment used by participants before, during or after the race. Responsibility lies solely with the competitor.

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Article 30. Any infringement committed by a competitor or team, particularly those set out in the official regulations of the Confederations / Federations / Associations (ASUPCE, FEVAACE, CBSUP, CBCa and CBVAA), shall be subject to appropriate sanctions by the organising body. The technical team has full discretion to impose penalties, including the alteration of results or even exclusion from the competition.

Article 31. Protests or complaints regarding infringements committed by competitors, race results or the conduct of proceedings by the organisation's technical team must be lodged within a maximum of 1 hour after the end of the race or 1 hour after the official results have been published.

Article 32. General enquiries should be sent to the organisers via email to eventos@asupce.org.br, the email address of the Ceará Stand Up Paddle Association (ASUPCE), the body responsible for the overall organisation of MolokaBRA, and will be officially clarified by the technical directors.

Article 33. Any matters not covered herein shall be resolved by the race organisers.

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