

Sunshine Coast Bodyboard Club

Bodyboard Guidelines and Manoeuvres



It is of particular importance to note that there are two sub-disciplines of bodyboarding that are completely different in style and technique and these should be recognised and Differentiated.

“Prone” riding is where the bodyboarder lies prone on the board and grips the board with both hands for an entire ride. This style of riding is the most commonly used at the elite professional level, as it allows for the lowest possible centre of gravity and the most control, affording the rider greater opportunities to execute radical aerial manoeuvres.

“Dropknee” or “DK” riding is where the rider places their front foot towards the nose of the board and the lower part of the back leg from the knee down to the foot on the deck towards the tail. Essentially DK stance is a half standing/half kneeling position.

This style of riding allows the rider to perform similar manoeuvres to standard short board stand-up surfing moves (carving turns, cutbacks/snaps and re-entries, floaters, standard aerials and tube rides) as well as forward and reverse 360 degree spin Variations.

DK has its own separate Division at all amateur and professional levels, as being a completely different style of bodyboarding it is really incomparable to prone riding.

Please note: In a prone heat, no part of any wave ridden DK, including where manoeuvres are performed can be scored and a wave ridden DK in a prone heat for the entire ride must be scored a zero.

In a DK heat, no part of any wave ridden prone, including where manoeuvres are performed can be scored and a wave ridden prone in a DK heat for the entire ride must be scored a zero.

Special note should be taken of the “momentum” rules in relation to when a bodyboarder in a competition is deemed to be “up and riding” and how this relates to interferences.

Note that a prone rider is deemed to be “up” (or actually “riding” on a scoring wave) once they have completely stopped any paddling with their arms and are not forcing momentum by using their swim fins – to the extent that they have clear forward momentum on the wave under the waves’ own power.

In terms of interferences, the following rules should be observed primarily for both prone

and DK:

- “The first rider to gain momentum from the wave shall be deemed to have unconditional wave possession. The rider must have an unimpeded path across the face of the wave in the direction they have chosen to ride.”
- “If two or more riders gain momentum at the same time on the same wave and wish to ride the wave in the same direction, the rider on the inside shall have right of way.”

Special points worth noting are:

- Criteria in relation to multiple-element aerial manoeuvres as in prone bodyboarding will not be emphasised due to the extreme difficulty of executing such moves in DK stance. Rather, the basic criteria in relation to speed, power and flow is emphasised and judges are primarily looking for “rail to rail” riding incorporating strong turns off the bottom and top of the wave as the basis for awarding higher scores
- DK manoeuvres must be completed in DK stance (and not prone) in order to be scored as functional DK manoeuvres
- DK spins where used to either regain balance out of a turn or in a non-functional manner such as single or multiple 360’s on the open face are not encouraged and should not be awarded high scores
- Non-functional spins are to be distinguished from those demonstrating speed, power and flow (including air 360s, critical spins on steep sections or in the barrel and controlled reverse hacks with massive spray preceded by strong bottom-turns, all of which are potentially high scoring manoeuvres)
- If a radical manoeuvre is executed in DK stance in a controlled manner without the assistance of grabbing the rail for stability (to enable landing) then as a rule it will be scored higher than a similar manoeuvre performed with the assistance of a grab. This is due to the higher degree of control, difficulty and commitment required to execute such a move without a grab
- With respect to the above point, modern DK riding as with modern surfboard riding now incorporates grabs to enhance both the aesthetic appeal (style) and technicality (the progressive nature) of aerial manoeuvres. Consequently, scores should not be discounted for rail grabs exhibiting these characteristics or where a radical DK move would likely not have been possible at all without a grab