



News & Overview season 2023

1. Changing partner during the season: NSFL decided to make it simpler when it comes changing the team partner during the season. If a team has registered one extra team member, there will be no limits of changes during the season. Simply inform staff about player exchange. In that case – only 1 person will upload all fishes for both players.
2. Complains about broken rules or other situations: These can be solved after every stage before nomination ceremony. Additional investigation can be requested if no agreement was found.
3. Season 2023 Main League consists of 4 stages, but the results are counted only for 3 best stages. This means that one of the stages will be the rescue or recovery stage.
4. Team with best result will be declared the "Champion of the NSFL Main League" 2023 after final stage 4.
5. At the end of each NSFL Main League stage, three prize-winning teams will be awarded with sponsor prizes.
6. New title: "Best Team 2023" will go to the team that collects the most rating points as described below: Rating points will be calculated in combination of: NSFL Main League, Abbor NM, NSFL 1M+ tournaments. This means that by participating in all tournaments organized by the NSFL, you will receive rating points and will fight for NSFL "Best Team" title. Calculation: rating points of all events will be added together. For events such as AbborNM or Meter+, teams that do not belong in MainLeague will be removed from the list before points will be added.
7. Slightly edited "Rank Points" table.

NSFL 2023 Main League

- Rules: NSFL tournament rules (see below)
- Max 40 teams
- Pike fishing
- Min pike size 60 cm
- 1 stage May 20, Lake Hemnesjøen (Øgderen)
- 2 stage June 3, Lake Storsjøen, Nord-Odal
- 3 stage September 16, Lake Skulerudsjøen
- 3 stage October 14, Lake Øyeren
- Fee: 3000NOK ,-/ team

AbborNM 23 by Jaktia Jessheim& NSFL

- Rules: Abbor NM (visit nsfl.no)
- 100 or more
- Perch fishing
- Min size 30 cm
- July 1, lake Storsjøen, Nord-Odal
- Fee: 750,- NOK

NSFL 1M+\ Brand name Tournament

- NSFL Main League rules
- No limit teams
- 1 or 2 team members.
- November 4, lake Øyeren
- Longest fish wins.
- Sponsor prizes + cash prize



NSFL Main League Rules

1. General overview

- “**Norwegian Sport Fishing League Forening**” (hereinafter organizer) presents NSFL - Norwegian sport fishing League tournament. (Hereinafter **NSFL**)
- Official tournament website: www.nslf.no
- Fishing is only with rod and from the boat.
- Teams are fighting for the champion title and prizes.
- NSFL Committee is responsible to announce an approved tournament schedule, terms and rules no later than 30 days prior to the date of the 1st scheduled event.
- Each team is evaluated according to a total caught length of the fish (cm). Total length is counted and then converted to rating points which are added together after each round.
- Modern technology, IT solutions are used to enhance accuracy and prevent mistakes in terms of fish uploads and results.
- Each player can access opponent profiles and view their scores/information.

2. Registration

- Maximum no. of teams in **Main League – 40**
- Team consists of 2 members. Captain and Co-Angler
- Registration takes place at www.nslf.no website, online. Each member of the team registers themselves individually.
- Payment fee of the competition is due 30 days prior to the date of the first event.
- Unpaid memberships will be canceled on due-date and will be replaced with another team according to qualification results.
- After registration is closed, temporary list of teams and members are then published in official tournament website www.nslf.no
- If all the upper terms are fulfilled – team becomes official member of NSLF Association for the ongoing year.

- After registration, using randomizer each team is assigned with Team No. for the rest of the season. Number decal will be applied on a boat and engine.
- In the event of membership cancelation, each team has ability to transfer their membership to another team. However, general qualification rules must apply. Fees are non-refundable if this action is used. Contact NSFL staff for changes.
- Team is formed with 2 adult persons.
- Persons younger than 18 years old can compete only with team partner, which is over 18 years old. The permission from the judge must be given.
- Each team can also register 1 substitute angler, which has the right to replace one of the team members in an event of an emergency. No registration of substitute is allowed during the mid-season.
- Emergency is considered as: sick leave, travel, injury.
- Substituted angler cannot be in 2 teams at the same time or participated in previous events.
- The substitute can be kept for the rest of season or original partner can come back again.

3. Fair Play terms

Each team commits to follow “Fair Play” game style throughout the whole season.

Each team commits to follow the listed terms:

- Respect your opponent (show your strengths and allow your opponent to show his)
- Accept and follow jury decisions and NSFL rules.
- Self control (control your negative emotions, understand and accept the loss)
- Equality – each team and player deserve to win.



- Alcohol & Drugs are strictly forbidden. The person who has been noticed using intoxicants will be asked to leave the event without possibility to come back until the next round.
- The rule applies for both players & staff.
- Good mood, great emotions, fun time, and sportsmanship on each event is required.
- Protect the nature. Pick your trash and place them inside recycle containers.
- Take care of equipment used in the events (chairs, tables, electronics, measure boardsetc.)

4. Game rules

4.1 Measuring & Release

- Competition is based on "Catch & Release" basis.
 - Each player is responsible for the well-being and release of fish alive back where it belongs.
 - On hot summer days, extra care is required.
 - Wet your mat and hands before touching the fish. Place the fish on the board, measure and send the picture. Release the fish as fast as possible.
 - If extra time is needed, place the fish in the water for at least 30sec. and proceed with measurement process again.
 - Fish is measured from the tip of the snout, closed mouth, and ending with the tip of the tail.
 - Provided picture(s) must be high quality and without blur.
 - Fish position on measure board: Face to the left, flipped on the side, belly facing downwards.
 - Measuring boards will be distributed and collected back on each event.
 - Keeping fish in live wells is strictly forbidden.
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- For uploading the results, "NSFL FishUploads" app will be used. App can be accessed <http://app.nsf.no> and can be added as "Shortcut" to phone home screen.

Minimum requirements for the fish and length:

- **Pike > 60 cm,**
- **Zander > 45 cm**
- **Perch > 30 cm**

4.2 Start & Finish

- Before each round, referee approves "Start-Finish" zone perimeter.
- The perimeter is then marked with water/ground markers.
- Fishing in a „Start-Finish“ zone is forbidden.
- Boat movement is allowed in the zone. Maximum speed 5/kph.
- In the following round, referee gives start signal for 2 boats every 30sec.
- All boats aligned in line, bow facing direction – „start“ marker.

Starting positions:

- Round 1: 1 to 40
- Round 2: 40 to 1
- Round 3: 1 to 40

4.3 Main rules

- **NEW! Silence days – 5 days prior the event. Monday to Friday the week of competition, fishing is no longer allowed. It is strictly forbidden to practice in the lake, where the upcoming event will take place on.**
- The length of the fishing is in decision of a head-judge. Timeframe should not be shorter than 6 hours but no longer than 12 hours.
- In the event of „Force Majeure“ (storm, lightning, thunder etc.), the round is considered accepted if time elapsed is more than 4 hours. If by any occasion event was shorter than 4hours, event is considered as canceled and rescheduled.
- It is forbidden to use cellular phones, walkie-talkies, and other radio transmitters. It is only allowed to contact staff for support, report accidents or inform about unfair play.
- Joint team strategy and game plan is strictly forbidden.
- Personal cameraman or photographer (3rd person) is not allowed inside competing boat. All video/photoshoots taken by 3rd person is to be made from another boat only.
- Team members inside the same boat, are allowed to take all necessary personal portfolio



pictures or video footage of themselves or each other

- NSFL camera staff has exclusive rights to enter any boat and take all footage needed.
 - Each NSFL staff member will have badge and marking on themselves.
 - Each angler is responsible to follow local municipality regulations and rules both in qualification and other events.
 - All risks associated with self-protection, nature care and governmental laws is completely player responsibilities.
 - It is allowed to use boats with a minimum length 4m and maximum length of 7m.
 - Each boat must be equipped with outboard engine with minimum of 5HP power output, and maximum of 250HP output.
 - Each boat must pass all safety requirements, also to be equipped with life vests. Life vests must be wearied the whole time you are moving on the water.
 - If boats are not equipped with life-vests, they are not allowed to participate in the event.
 - Teams have access to any water area. Changing locations is unlimited.
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- In some cases, referee can announce zones where boat movement or fishing is forbidden.
 - The distance between 2 competing boats is set to minimum of 50m.
 - In narrow areas with less than 50meters width (channels, creeks etc.), team which has occupied the place, has to allow other moving boats to pass.
Team captain shows take-over directions for other moving boat.
 - Maximum allowed speed for each take-over is 5kph.
 - If the referee suspects that team boat has hidden fish in live well or other storage compartment, team captain allows referee to enter the boat and provides all necessary cooperation. Anglers are still allowed to fish while referee is doing control check.
 - Team captain also provides directions, which side of the boat is to be used to enter the boat.
 - Any assistance between teams like sharing tackle equipment or electronics is not allowed during the event.
 - In the event of an emergency, it is a duty to help others.
 - In case of an emergency, any of surrounded team commits to provide first emergency help.
 - After "Finish" signal is announced, each boat is to stay in "Start-Finish" zone and wait for staff directions.

5. Fishing tackle

- Each player is allowed to use any type of casting rod (spinning and casting)
- Fly fishing rod is allowed
- Each player can prepare unlimited number of rods, lures and other tackle.
- Each angler is only allowed to use 1 fishing rod at the time, 1 bait at the time
- It is allowed to use only artificial baits.
- Dead bait and live bait fishing is strictly forbidden.
- Each lure can be equipped with maximum of 3 x single hook, 3 x double hook or 3 x treble-hook
- It is forbidden to use "lip-grip" to secure or lift the fish.

6. Style of fishing

- Vertical fishing is forbidden.
- Trolling fishing is forbidden.
- Fly fishing is allowed
- Using only front bow electrical motor to slowly move the boat forward and casting from the deck is allowed. Only applies if players are repeatedly casting the lure.
- It is not allowed to fish when the main engine is on.
- Feeding the fish is strictly forbidden.
- Using scents on the lures are allowed.



NOTE! Each boat must be equipped with:

- Action Camera, min. **128/GB256GB SD Card**, and **20.000mAh** Power bank. Camera is mounted at the front or the end of the boat.
- Mounting pole can be purchased on: www.maritim.no, www.aliexpress.com, www.wish.com etc. Send email to post@nsfl.no for assistance.
- Mounting camera on the engine is not allowed
- The camera settings:
 1. "Wide frame/mode" on
 2. White balance – auto
 3. Exposure – auto
 4. Focus - auto
 6. Microphone – off.
 7. Video quality: 720p or 1080p (do not use 4K as the files will become large)
- Each SD card will be collected after each event and placed in envelope
- SD cards will be returned before each event.
- Camera cannot be turned off during the fishing period.
- If any of the person needs to urinate, both anglers stops fishing, rod is given to partner, partners stands in front of the camera with both rods and does not move until partner is finished. Maximum duration: 60s
- If any of anglers needs longer urination brake, the boat must come back to Check-In zone toilets. Other toilets are not allowed.
- Landing net
- Life vests
- First-Aid kit.

7. Points

- When "finish" is announced, total of 5 longest caught fish will be added together for the total score in cm.
- Species are checked
- Team captain signs event protocol and accepts the results. All claims after the protocol signed are not accepted.
- If 2 or more teams happen to have same number of points, results are then given in favor of a team with the longest overall fish.
- Rank is then given after calculating total cm.
- Rank is then converted to final round points. The table describes *rank/points*:
- ** rank conversion to points, is only for teams. Personal results are counted in cm.*

1 – 300	6 – 230	11 – 180	16 – 145	21 – 124	26 – 119	31 – 116	36 – 116
2 – 285	7 – 220	12 – 170	17 – 140	22 – 123	27 – 118	32 – 116	37 – 116
3 – 270	8 – 210	13 – 160	18 – 135	23 – 122	28 – 117	33 – 116	38 – 116
4 – 255	9 – 200	14 – 155	19 - 130	24 – 121	29 – 116	34 – 116	39 – 116
5 – 240	10 – 190	15 – 150	20 – 125	25 – 120	30 – 116	35 – 116	40 – 116

- After each event, "FishUpload" app inputs are set to 0 value. App is then ready for next event.
- Total overall team/player scores is automatically updated on each NSFL Profile and are also visible to public.
- Multiple teams that has caught 0 fish will equally receive 116 rank points.
- Team that is not participating in the event will still receive 116 rank points.
- Team that is not participating but haven't informed the staff will receive 0 rank points.



6. Claims & Fees

- The jury of the competition stage is determined by the organizer of the Tournament. The jury is formed as follows:

1. Chief judge of the competition: **Almantas Pocius**

2. 1 x Random Team

3. 1 x Random Team

- **Protests against decisions:**

1. Decisions on protests are made by the jury
2. The decision on the protest is final.
3. Each participant of the Tournament has the right to file protests against the decision or the violation by the opponents or judges.
4. The appeal shall be submitted to the Jury only in hand writing.
5. Protests concerning violations of Tournament Rules shall be submitted to the Jury no later than one hour after the end of each event.
6. The time/date/location/concern/full names of the protest must be indicated in the protest letter.
7. Each protest submitted to the Jury in writing must necessarily be accompanied by the payment of a deposit of NOK 1000.
8. In case the protest is not confirmed by the Jury and members or is unreasonable, the fee remains with the organizers and goes to the Tournament Fund.
9. In case the protest is satisfied by the total jury as justified, the fee is refunded.

10. The representative of the crew who filed the protest must be present at the meeting of the Jury when considering the protest.
11. The organizers of the tournament reserve the right, within 14 days after the competition of the Tournament round, to apply sanctions to the crew in case of their unsportsmanlike behavior, for actions not provided for by the rules of the competition.
12. The protests should only concern serious matters such as: disagreement about points, cheatings, penalties, fish size etc.
13. Small concerns do not involve deposits and written protest paper.



7. Fees

- All entry fees are set by organizer.
- All entry fees are non-refundable and goes to Tournament Fund.
- Entry fee does not include payments for parking lots, boat ramps, fishing license etc.
- Payments for boat ramps will be taken upon vehicle arrival to the event. Staff members will help you.
- The total collected money then creates a final prize pool and prizes.
- Majority of overall tournament arrangement costs are proudly covered by our general sponsors and are completely financed by private capital only.
- There are however costs, which cannot be sponsored by others and NSFL association is in duty to pay them. Expected to be no more than 30% of prize-pool.

8. Sport jersey & advertising

- All teams commit to participate in all announced official meetings, opening and closing events.
- Teams are required to wear sport-jerseys, branded jackets, clothing, caps, and other relevant clothing. NSFL for public is represented as a sport. On a hot summer day, both team members are required to wear protective branded jerseys or same color and type t-shirts.
- Primary NSFL uniform is: branded, polyester/cotton jersey with long or short sleeves.
- Primary jersey must have NSFL emblem on it. (Contact support for vector files or ready to apply decal)
- Emblem is applied on the upper-right chest area, front side.
- Minimum size of the emblem: 70x70mm.
- Emblems could also be placed on other type of clothing, however it is not required.
- We always recommend brand all types of apparel, it will create professional overalllook.
- Teams without primary NSFL uniform, are not accepted to enter the league.
- All players are allowed to promote contracted sponsors. Personal social networks, video channels, blog posts or other type of publicity is allowed for everyone.
- The main sponsor of the tournament has the right to request the placement of the sponsor's advertisement on the participants' boat, engine, or clothes.
- Each player can create vlogs, stories and other content.
- We recommend having great social experience and be active. It will create overall better hype.
- All inappropriate content, non- argument negative influence about NSFL or general sponsors can be asked to be explained and/or removed/edited. Players who do not come to mutual agreement with NSFL are considered to be disqualified by NSFL board decision.

9. Safety & Dangerous hazards

Dangerous objects.

- It is strictly forbidden to fish and boat around electrical transformers, high-voltage cables, cellular antennas. The minimum distance should be kept at 50 meters.

Actions on a storm.

- If before the start of event the storm occurs, start is then delayed and to be rescheduled with further notice. If the weather conditions shows positive signs, the event will continue.
- Otherwise – event is canceled and new date is assigned.

Thunder in on-going game.

- Place all rods horizontally in the boat, sit down and follow the weather conditions every 5 minutes. If the weather shows increasing storm signs, depart to the nearest shore line and abandon the boat. The staff will send SMS notifications with updates.

Other hazards.

- Waves higher > 1m. can be dangerous for your safety. Please consider your boat capabilities and your driving skills. If needed, drive safely to the nearest shore line and abandon the boat.



10. Penalties and sanctions

There are two types of penalties by color marking:

- **Green:** 3 green penalties - team gets one Warning. Two green warnings and team is disqualified from the Tournament.
 - **Red:** 2 red penalties, team gets one Warning. Two red warnings and team is disqualified from the Tournament .
- If a team is late for the Tournament round by the appointed time, the team captain must notify the Chief Judge by telephone no later than one hour before Briefing. Late without notice or not participating team is disqualified from the current event and 0 rating points is given
 - Breaking the rule < 50m. distance between the boats – minus 50cm from total length caught
 - Breaking the max/5kph speed rule in start-finish zone – minus 50cm from total length caught
 - Late after finish < 5 min – minus 50cm from total length caught at the current competition. Fine **500,- NOK**
 - Late after finish > 10mins – results are rejected and fine **1000,- NOK**
 - Team that has replaced boat, engine, sonar without any notice to NSFL board –fine **1000,- NOK**
 - Driving over speed limit in start/finish zone – a fine **500,- NOK**
 - Provided false information about equipment upon registration – a fine **1000,- NOK**
 - Team or angler not following general contract terms – disqualified from the event
 - Team or Team member without primary NSFL uniform – a fine **500,- NOK**
 - Driving without life west - fine **1000,-NOK** , disqualified from the event and 0 rating points is given
 - Team coming to a base camp the night before the event and sleeping in the event zone – **Fine 1000,- NOK (perimeter of 300m)**
 - Teams or members caught using alcohol/drugs both in base camp or in the boat – Fine **1000,- NOK**
 - Driving boat without life west – disqualified from the event and 0 rating points is given. Fine **1000,- NOK**
 - Provided false information about fish catch (repeated fish, dead fish) – results of round are rejected and fine **2000,- NOK**.
 - Breaking 7 silent days rule – disqualified from the upcoming event and fine **2000,-NOK** .
 - **All fines go to Tournament Fund**
 - **Each team will receive invoice for the fine. The fine has to be paid before the next round otherwise team cannot participate.**
 - **All claims submitted must to include video/photo evidence. Clear explanation has to be provided in written form. Case will be reviewed by NSFL board + 1 random team. The final decision is then published or sent to individuals.**

11. „Fish Uploads“ web app & NSFL Profile

- Active functions in the app for Main League – Fish upload, rank status, history of fish, opponent profile and his current results, notifications about unexpected changes in play or actions of the event.
- Each angler also gets access to unique functions in NSFL online profile. Key features include learning your opponents, create strategies, plan your schedule and more.
- Important information about opponent's team boat, engine or equipment will be displayed in My Profile on www.nsfl.no
- The FishUploads app is using geo location tracking for uploaded fish picture only (fileitself). Our app does not track your current location.
- All sensitive personal information is encrypted and accessible only to username itself.
- Each FishUploads app profile is also personal and encrypted. No one else can enter your fishuploads profile.
- NSFL profile is only active for current members. Public members cannot access this information.
- Minor profile edits can be done when in NSFL STATUS profile. For other important changes please contact post@nsfl.no



12. Awards & Prizes

League opening event ceremony is scheduled on the Round 1 event, or if required as a separate event.

League closing event ceremony is scheduled after Final round.

All teams are required to participate in opening and closing events. Awards will be given and important information will be announced about further events or changes.

TOP 3 teams with the highest overall league score is awarded the main prize, sponsorprizes and contributor prizes:

- 1st place – Main prize, trophy, sponsor prizes
- 2nd place – Second prize, trophy, sponsor prizes
- 3rd place – Third prize, trophy, sponsor prizes
- 4th place – Sponsor prizes
- 5th place – Sponsor prizes
- Longest season fish award
- Team of the year prize

13. Other information

Follow all updates, news and announcements:

www.nsf.no

www.facebook.com/sportfiskenorway

www.facebook.com/nsflnorway

www.instagram.com/nsflnorway

www.youtube.com/nsfltv