

**2010 Dragon Festival and Dragon Boat Race**  
**JULY 10th and 11<sup>th</sup>, 2010**                      **Lake Phalen: St. Paul, MN**

**RULES OF COMPETITION**

**The team captain must be familiar with rules of competition and make certain his/her team is in compliance.**

**RACE COMMITTEE**

The management of the competition and all decision-making authority shall be in the hands of the Dragon Tribunal, which will consist of Roger Lee (head race official), Ron Soppeland, and Ilean Her.

The Dragon Tribunal shall:

1. Hear any protests that may be made and settle any disputes that may arise.
2. Decide matters concerning disqualification in cases where the regulations have been broken during the competition. The decision of the committee shall be based on the rules as shown in this document.
3. Before any decision is made regarding an alleged infraction of the rules, the committee shall hear the opinion of the officials who were in control of the race at that time.

The dragon tribunal may disqualify any competitor who behaves improperly, or who by his/her conduct or speech shows contempt towards the officials, other competitors, or onlookers.

A member of the dragon tribunal may not participate in a judgment concerned with his/her team, or a member thereof.

**OFFICIAL TIMING PROCEDURE**

There will be two stopwatches covering each boat. One will be the primary and the second will be a backup in case of a failure with the primary. The team with the fastest time shall be declared the winner. This will be determined by the combined total time of two heats.

**1. General**

1.1 A team representative from each team shall attend an orientation of the race regulations prior to the races.

1.2 Written guidelines and the race rules shall be available to teams upon request prior to the competition.

1.3 All boats and paddles used by the competitors shall be provided by the race officials. Race officials shall assure that paddles of various sizes, length and widths are equally distributed among boats. The allocation of boats and paddles to individual teams shall be at the discretion of the officials.

The officials shall not be responsible for any failure of equipment during a race and each team is advised to carefully check the boat and paddles allocated to it before racing and request any spares. The race officials are

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obligated to replace damaged equipment at the request of a team before the team leaves the marshaling area.

1.3.1 Paddlers are not permitted to alter the supplied paddles in any way -- including but not limited to -- applying sticky or waxy substances to the shaft and roughening the hand gripping surfaces.

1.4 A team is under the control of the race officials from the time it is called to the team assembling area, or twenty minutes before the time of its race, if earlier, until it leaves the team assembly area after its race.

1.5 Knee pads and/or gloves may be worn; however, any other equipment (automatic bailers, spray skirts, cushions, etc.) Or modifications to the boat or paddles will not be allowed. Only paddles provided by the race organizers shall be allowed to be used. Footwear that secures to the foot must be worn in the boat Thongs or flip-flops may **not** be worn as footwear within the boat.

1.5.1 Small water bottles may be taken into the boat for drinking between heats.

1.6 Each team must have a representative, who must be present at the staging area during the time that the team is under the control of the race officials. The team representative will be responsible for liaisons with race officials.

1.7 Once in the marshaling area or on the racecourse, teams must obey any instructions given to them by race officials.

1.8 All paddlers and the drummer must be eighteen years of age and the flag catcher must be sixteen years of age by June 30<sup>th</sup> 2010.

1.9 The race organizer reserves the right to

refuse any team entry into a race if the team does not comply with the race rules and conduct.

1.10 Any team that fails to observe these rules may be disqualified.

1.11 Signaling devices such as radio communications or other electronic items (intercoms, etc.), shall not be used by any team during the races.

1.12 Only the drum and drum sticks provided shall be used to signal the stroke rate; use of drum is optional; whistles, rattles, air horns or any other noise making devices are prohibited from use.

1.13 A team member may bring their own life jacket as long it is at least a class III PFD that buckles or zips and must be approved for use by an ADBA official.

## **2. Safety**

2.1 Each competitor will be required to wear a life jacket during the competition and all practice sessions. It is the responsibility of the team captain to make sure that all members of the team comply with this rule.

2.2 All teams shall have the opportunity to train in a dragon boat prior to the races.

2.3 The race organizer will provide an experienced Dragon Boat Sterns person unless the team has a Sterns person who is experienced and approved by the practice committee.

2.4 Each lane shall be at least ten meters in width to help prevent collisions.

2.5 NO alcohol is permitted on or near the

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boats during practice or competition.

2.6 All paddlers must sign a release form prior to each practice and the event and be physically fit enough to participate.

2.6.1 Each team member is required to be able to swim 100 meters while wearing a PFD (Personal Flotation Device - Life Jacket). It is the responsibility of the team captain to ensure that all members of the team are able to comply with this regulation.

2.7 Wrist bands must be worn by all participants. These bands indicate team members that have been insured for this competition. **Insurance waivers must have been signed by every participant.**

2.8 When loading from the dock, load from the front seat by pairs. All paddlers should hold their hands up to help keep the balance of subsequent paddlers when they walk down the middle beam of the boat.

2.9 When unloading at the approved site, paddlers should disembark in the reverse order as when they loaded. It is essential that everyone leaves their seat in order and that the seated paddlers have their hands up to offer support. Failure to unload correctly may result in serious injury and/or disqualification.

2.10 It is the captain's responsibility to orient his/her team to these rules before they enter the boats for the first time, or to have a qualified person from the festival committee do so.

2.11 Respect the equipment. Do not scrape paddles along the gunwales of the boat. This creates potential splinters and ruins the boats and paddles.

2.11.5 This also includes the pontoon boat at the start of the race. Do not use paddles against it, when pulling up use your hands to steady the dragon boat against the pontoon. The team may be disqualified for this offense.

2.12 Do not sit or stand on life jackets. Doing so shortens the life span of the jackets and is against the rules of the competition.

2.13 Before taking your team through any strenuous sprints or race starts, be sure they are warmed up to avoid any strains.

2.14 In the event of bad weather, high winds, lightning, or approaching darkness get your team off the water immediately. Safety is our first concern.

2.15 Use common sense. If these safety rules are followed by all, we believe everyone can have a weekend full of fun that is injury free.

2.16 The race committee and the ADBA reserve the right to refuse the use of any dragon boat or equipment to any team member failing to follow these rules.

2.17 Each competitor is solely responsible for his/her own safety during official practice session and during races and no responsibility will be accepted by the race officials, the American Dragon Boat Association, the festival committee, any official volunteer, or any sponsoring organization for any injury, damage or loss incurred or born by competitors or members of a team.

2.18 Any injuries sustained as a result of participating in the races or practices must be reported immediately to the information tent, and the team captain must submit an injury report to the information tent immediately following the injury. Incident report forms are

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available at the information tent and at the back of this manual

2.19 A “buddy” system is used to ensure safety as well. The person sitting next to you is your buddy. If any issue arises you are responsible for your buddy. If your buddy has a medical issue, notify the stern who will stop the race, by blowing a whistle. The whistle also indicates to everyone that an issue exists and the boat is brought to shore as soon as it’s safe to do so. If the boat capsizes you are responsible for finding your buddy, then the two of you can swim to shore or wait to be picked up. If you can’t find your buddy, notify your captain and/or the race officials.

### **3. The Team**

3.1 Team composition shall be governed by the race organizer except in the events that are qualifying races for international competition. In such cases the host country’s rules concerning team composition shall take precedent. Each mixed team must have at least **eight** female **persons** in the boat at all times; the female persons must consist of paddlers or the drummer. The flag catcher and stern are excluded from the count.

3.1.1 No **International Level PADDLER** may compete on more than one team. Once an **International Level PADDLER** has competed with one team, he or she may not compete as a member of any other team. This rule applies for the duration of the event. Exception: Sterns person, Drummer & Flag Catcher.

3.2 Paddling styles are not restricted in dragon boat racing. Sitting, kneeling, high kneeling, etc. are allowed. At the race organizer’s discretion a team may be required to demonstrate their ability to race safely and

successfully the entire course length.

3.3 Each team is entirely responsible for its own conduct and for complying with the race rules.

3.4 Each team must wear a uniform, distinctive tank or T-shirt at all times while afloat.

3.5 Except for instances of medical emergency (certified by the head race official and safety officer), teams may not substitute paddlers between heats.

3.6 Any person observed by an official to be under the influence of alcohol or drugs shall be removed from paddling and cannot be replaced. In addition, that person’s team may be disqualified.

3.7 A team that allows a non-wavered / registered person to participate as a team member will be subject to disqualification for that race, and may be disqualified from further participation in the festival.

3.8 Each team is entitled to a practice session. In the event of severe weather, lightning and thunderstorms, a practice will be called off by the practice committee. Unless a practice is officially called off by the practice committee, the practice will go ahead. Rain itself will not be enough to cancel a practice. **If a team does not attend a scheduled practice, the practice will not be rescheduled.**

3.9 Individual team members are permitted to attend as many practices as they like, but the team may not exceed the practice limits as set out in 3.8. This is to ensure fair and equitable competition.

3.10 Close to the event weekend time, the

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potential exists that a practice may be called off due to weather and there may not be available time slots for rescheduling.

3.11 Team rosters should be limited to 25 persons. Exceptions will be granted at the discretion of race officials.

### **4. Marshaling**

4.1 A team must be assembled in the team assembly area and be ready to board fifteen minutes before the time of its race.

4.2 A team must board the boat in accordance with the instruction of the race officials.

4.3 A team must board the boat allocated to it. In events with more than two boats, each boat will carry a number indication of the lane in which the boat is to race.

4.4 A team is not permitted to choose which boat or lane to use and must race in the lane allocated to its boat.

4.5 To facilitate the races, after a team has boarded it should leave the boarding area, keeping clear of the course and not interfering with any race which is in progress.

### **5. The Start**

5.1 A team in the starting area will obey the instruction of the starter, and other race officials under control of the starter.

5.2 A team will take up its position in the starting area in the correct lane allocated to it--odd numbered boat on east side in 1st heat and west side in 2nd heat.

5.3 Boats will line up at the starting point according to instructions from race officials.

5.4 The first command before the race starts is for the sterns; “**Sterns men Are You Ready**”. This is a question for the sterns only; both must respond “**Yes**” before continuing to the next phase. At this time a warning will be given; “**Paddlers ready**”. This is a warning, not a question. This is followed by a final warning; “**SET!**”. A horn, gun, whistle, or shout “**GO!**” will be heard, signaling the race start.

5.4.1 The starter may alter the commands as he/she sees fit given certain situations. If race conditions dictate it, fewer commands may be used. In all cases “**Sterns men Are You Ready**” will be used. It is the responsibility of each team to be ready for the start of a race at all times.

5.5 In the event of a false start, a second horn, gun, whistle or shout will sound and all boats must return immediately and the race will be restarted. The starter will issue a warning to any team that causes a false start.

5.6 Any team that fails to return after a false start, or that causes two false starts will be disqualified from that race.

### **6. Race Conduct**

6.1 Each boat must remain in its correct lane and must not interfere with other boats in the race. Lane markers may be positioned beyond the finish line to guide teams. Course distances will be approximately 300 meters, 2 lanes each 10 meters wide. Taiwan style flag catching will be used with two heats per race.

6.2 Umpire boats may follow each race to observe the course taken by each boat.

6.3 Any boat failing to keep to its proper

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course will be warned by a race official. Boats must not pass outside buoys marking the edge of the course.

6.4 In the event of a boat failing to keep its proper course and thereby interfering with the course of another boat, or in the event of a collision between two or more boats, the head race official may disqualify the offending boat or boats, or may order one or more boats to repaddle the race if, in the opinion of the head race official, the result of the race has been substantially affected.

6.5. If, in the opinion of the head race official, a boat has been swamped or capsized deliberately by a team, the race organizer after consultation with the American Dragon Boat Association's Board reserves the right to refuse said teams entry in future races.

6.6 If, in the opinion of the head race official, a boat is damaged deliberately by a team, the race organizer reserves the right to require a team to pay for the costs or repairs to the damaged boat(s).

6.7 It is the responsibility of the race organizer to provide adequate safety boats and keep the course clear of unauthorized crafts.

### **7. The Finish**

7.1 The finishing order of a race and the time taken by each boat will be determined by the finishing judges whose decision shall be final.

7.2 In the event of a tie for any place determining advancement to the next round; the total time of all races will be used to determine who advances.

7.3 A team must finish with someone in the drummer and Sterns person positions. The flag catcher must remain on the boat during and after grasping the flag. Each team must catch the flag to get total time. Only the flag catcher may pull the flag. In the event the flag catcher misses the flag and it is not pulled, the time for the team will be five seconds added to the time that the head of the boat passed the finishing buoy. In the event of a boat deviating from its course, the finishing time for that boat will be five seconds added to the time of the winning team.

7.4 If a paddle is dropped in the water by accident during a race and not retrieved, the paddler may, at his or her discretion, use a spare, or not paddle for the remainder of the race. All paddlers must stay in the boat.

7.5 If a paddle is deliberately thrown in such a manner as to enter the lane and hinder a competing boat, the boat from which the paddle came may be disqualified.

### **8. Tie Breakers**

8.1 Regardless of bracketing or festival format, the result of a tie shall be determined by the following method: The race times of each team shall be totaled, the team with the lower time shall be declared the winner of the tie. If still tied then the team with the fastest heat time will be declared the winner of the tie. If still tied then a coin flip will determine the winner of the tie.

### **9. Protests**

9.1 In the event of a team wishing to lodge a protest, the team captain must lodge the protest **in writing** along with a **\$50 deposit** with the head race official within fifteen minutes after the end of the race. The protest,

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together with the report and recommendations of the race officials, will be referred to the race tribunal whose decision shall be final. The deposit will only be returned if the tribunal rules in favor of the team filing the protest.

9.2 No protests will be allowed concerning equipment or any matter other than the conduct of teams in a race.

9.3 In the event of a protest *only* the team captains will be permitted in or near the race committee tent. If other team members are present, team disqualification may result.

### **10. Weather**

10.1 We race rain or shine; the only time races are stopped is if lightning is in the area. It will be up to a Race or ADBA official to determine when to stop. We will wait out the storm and start up again after the lightning stops.

10.2 If we are unable to get the races going again. The times from full rounds of racing will be totaled and used to separate the teams into the divisions and the team with the fastest time in each division will be declared the winner.