



Race Information

1. General Information
2. Preparing for Practice
3. Preparing for Race Day
4. Rules of Racing

General information

Dragon boating is an ancient sport, rich in culture and tradition; it originated in China over 2000 years ago. It began when the famous and much loved Chinese poet, Chu Yuan, threw himself into the Miluo River to protest against government corruption. When the people of his village saw this, they jumped into their boats and paddled furiously to try and rescue him, while beating drums to fend off evil spirits. Unfortunately they could not save him, but every year thereafter the people would commemorate this day by gathering in their boats and racing in his memory.

Over the last 20 years Dragon Boating has exploded in popularity worldwide with over forty million people taking part in festivals across the globe. It is easy to learn, the boats are extremely stable, and once a paddler is in stroke, it doesn't matter how big, small, old, or young he or she is, they are contributing to the team.

Dragon Boats are 41 feet in length, 45 inches wide and weigh 550lbs.

Preparing for practice

Each team will be given one practice to prepare for the race. It is essential that everyone be present for the practice as getting 20 people paddling together can be a challenge. It is equally essential that all teams show up early for their practice. All team practices will end on the scheduled time. If a team is 20 minutes late they will not be permitted to finish their practice 20 minutes later than scheduled, that team would forfeit 20 minutes of their allotted practice time.

Follow the tips below for an enjoyable paddling experience.

1. You will get wet! Be sure to dress appropriately. For hot days this includes shorts and a t-shirt/tank top and any pair of sandals or old shoes you don't mind getting wet. A towel, sunscreen, hat and sunglasses are strongly recommended. Bug spray may be a good idea too!
2. Drink lots of water. You'll be on the water for 1 hour so bring a water bottle with you.
3. Make sure to eat well so that your energy levels are high before getting on the water.
4. **Leave valuables and electronics on shore.** Remember, this is a water sport and electronics don't mix with water. There is also the remote chance of capsizing that could totally saturate your equipment. Fingers and hands can get accidentally knocked on the boat damaging jewelry.
5. Listen to your coach. Synchronization, technique and a positive attitude make a boat go fast. Your experience will be that much more enjoyable and safer if you are attentive to your coach's commands.



6. Before getting in the boat, familiarize yourself with your seat partner or “buddy”. In the event of a capsize make sure that your buddy is ok. Stay calm, stay with the boat and wait for instructions from your coach. The drummer will buddy with the two pacers and the steersperson with the last two paddlers.
7. Thoroughly read through the rules of racing so that there are no surprises come race day.

Preparing for Race day

1. All teams are assigned a 15'x20' site. Please bring a tent or canopy so you and your teammates have a shady place to gather; 10'x10' or 10'x20' work well. Other good ideas: beach/camp chairs, water, and towels. Grills, tobacco, and alcohol are not permitted!
2. Bring a change of clothes (or two if the weather is not nice.).
3. Know what time you are racing and respect the meeting times provided by your team captain. Show up to the marshalling area 30 minutes prior to your scheduled race time. The event will go ahead without you!

Rules of racing

1. General

1. The overall management of the Festival shall rest with the committee who shall be the supreme authority over all matters pertaining in any way to the Festival. The committee’s decisions and rulings shall be final on any group or individual concerned with the decision.
2. The dragon boat races shall be under the supervision and control of the Race Director who shall retain authority over all matters related to racing.

2. Team Composition

1. A mixed crew must have a minimum of 8 female paddlers in the boat for every race.
2. All crews MUST have a drummer.
3. Drummers and steerspeople may race with multiple teams.
4. The minimum for any crew is 18 paddlers, a drummer and a steersperson.
5. The minimum age for a participant is 12.

3. Safety

1. All participants must wear a certified PFD (Personal Flotation device), which will be provided for you. Your own PFD may be used so long as it is Coast Guard Approved.
2. All participants are strongly discouraged from taking any kind of valuable or electronic device on board with them as there is a possibility of these items getting wet from paddling or during capsize.
3. Unless absolutely necessary and under the control of the coach, it is strictly forbidden for a paddler to stand up in the boat for risk of capsizing (especially at the finish of a race)
4. Participants are not to consume any kind of alcoholic beverage before or during racing. Any participants caught consuming alcohol before having completed all his or her races will be barred from further racing.



5. Any participants injured or who become ill during the festival are to report to medical staff immediately. If the condition is serious, medical staff may restrict a participant from continuing in the festival. Their decision is final.
6. **All participants must sign a waiver form before being allowed to practice or race.** The waiver of a participant under the age of 18 must be signed by a Parent or Guardian. It is the captain's responsibility to ensure that all participants in his or her crew have signed a waiver form. Any paddler caught racing who has not signed a waiver form risks the disqualification of his or her crew from the race.
7. Capsizing is rare but there is a possibility that it could happen. Observing the following safety guidelines will ensure the safety of all participants
 1. Before getting in the boat, each paddler must identify their buddy. Their buddy is their seat partner. The drummer will buddy with the two pacers and the steersperson with the last two paddlers.
 2. In the event of a boat capsizing all paddlers are to remain calm, check that their buddy is ok, remain with the boat, and wait for instructions from the safety boat.
 3. The safety boats that will make sure that everyone is present and check for anyone that needs immediate medical attention.
 4. Once the safety boat has guaranteed that everyone is ok they will begin retrieving participants.

4. Racing

1. All teams will race at least two times. The top teams in each division will also advance to a championship race. The fastest time of your two heats will be used to place teams into the championship divisions.

The following chart illustrates who would be racing in each Championship final. Subject to change based on number of teams participating.

Finals	Who is in it?
Championship Final 'A'	Top 4 Corporate/Community times of the day
Championship Final 'B'	Top 4 Cancer Survivor Supporter times of the day
Championship Final 'C'	Top 4 Club times of the day

2. Teams are to report to the marshalling area 30 minutes before their scheduled race time.
3. The starting procedure shall be "All paddlers ready", followed by a short pause, then "Attention Please" followed by a shot or air horn. Any team caught false starting will receive a 5 second penalty.
4. All crews must remain in their lane for the duration of the race. Leaving your lane may result in a time penalty at the discretion of the referee following the race.



5. Awards

The following is a list of the different awards that will be presented to respective winners.

- Team Spirit Award (songs, cheers, dances, etc.)
- Best Team Costumes
- Best Dressed Drummer
- Best Decorated Tent
- Top Fundraising Team
- Top Fundraising
- Individual Gold, Silver and Bronze Medals to the winners of Championship Division A, B and C

6. Etiquette

1. All participants are expected to treat the officials, organizers, volunteers, their fellow competitors and spectators with respect. Any abuse of this fact witnessed during the festival is to be reported to the organizing committee who will review the situation and take appropriate action that may include expulsion of a participant or crew from the festival.
2. All crews are expected to respect the rules and regulations of racing and the judgment of the officials. Unsportsmanlike towards the officials in this regard may bring about further penalty and risk disqualification the infracting crew.

7. Other

1. No one may bring alcohol into the festival. Alcoholic beverages will be available for purchase. However, race participants are strictly forbidden to consume any kind of alcoholic beverage before or during racing.
2. All fees are nonrefundable donations. This is a rain or shine event. In the event of severe weather causing the event to be canceled, no refunds will be provided. Donations are tax deductible.

8. The most important rule of all....

There is one rule that we expect everyone to follow with great enthusiasm:

Have Fun!