

國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION

The World Governing Body of Dragon Boat Sport'
Full member of GAISF



IDBF COMPETITION REGULATIONS

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LEGENDS AND TRADITIONS OF THE DRAGON BOAT FESTIVAL

The Legend of Qu Yuan

The Tuen Ng (*Dragon Boat Festival*) traditionally commemorates an heroic gesture and a tragic event which took place in ancient China more than 2000 years ago.

The government of the Kingdom of Chu was a corrupt one, and after jealous rivals falsely accused him of treason, a well loved statesman, warrior and poet, 'Qu Yuan' (*pronounced Chu Ywan*), was banished. In despair and, perhaps as a final act of protest against the government, he threw himself into the Mi Lo River and drowned.

The Chinese people have never forgotten this desperate heroic act and when fishermen raced their boats to recover his body before it could be devoured by fish (beating drums and throwing rice dumplings into the river to distract them) they founded a tradition that continues to this day.

Each year, on the fifth day of the fifth lunar month (*usually June*) crews of paddlers re-enact that frantic rush to save Qu Yuan, by powering long narrow boats with the ferocious heads of dragons mounted on the prow through the water, to the frenzied, rhythmic beating of drums. It is not known how the dragon boat prow came into being, but it is thought that over the years, they were added to ward off evil water spirits. This probably arose because the combination of the 5th lunar numbers is thought to be a bad omen and dragon boat races held, at this time, would ward off evil spirits; protect the health of the people and ensure a good crop each year.

Special foods are also eaten at this time of year, especially in Hong Kong, including replicas of the Rice Dumplings that the fishermen threw into the Milo River, all those years ago in a desperate attempt to save Qu Yuan.

The Eye Dotting Ceremony

Dragons in South East Asia are looked upon with great reverence and are to be worshipped. Chinese Emperors of old called themselves 'Dragons', so dragon boats have good spirits, dedicated to providing enjoyment for the racers. Before the races commence a Taoist Priest will offer prayers to the spirits of the dragon boats.

The priest then makes offerings of fruit, jasmine tea, alcohol and rice. These offerings appease the spirits of the water and calm them in preparation for the racing ahead. If that was not done, legend has it that the Water Gods would clash with the Dragon spirits of the boats, with potentially disastrous consequences.

Also offered at this time is symbolic money, bank notes from the Bank of Hell. The smoke from these notes goes to Heaven and appeases the Gods to ensure safety and good racing. He will also throw some notes on to the water for the Sea Gods. Having warded off evil spirits with his earlier prayers the priest can now bring the dragon boats to life and make them strong for the racing ahead.

Finally, having successfully resuscitated the 'dragons' the priest offers thanks to heaven and the Gods, paving the way for future successful races. The boats are now ready to do battle!



国龙联合会赛事规例 & 国龙联合会比赛规则
(7th Edition)

Competition Regulations and Rules Of Racing

第一部分 国龙联合会赛事规例

第一部分

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INTERNATIONAL DRAGON BOAT FEDERATION



COMPETITION REGULATIONS and RULES OF RACING

(Revised and effective from the 1st January 2016)

Preamble: The IDBF Competition Regulations, as now published in this Sixth Edition, Issue 1 have been revised and updated, following the 14th IDBF Members Congress on 8th August 2011. All amendments, revisions and additions to the Third Edition of 2001, the Forth Edition 2004 and *Fifth Edition 2008*, are shown with a month date in brackets. (The amendments and additions to the 2nd Edition of 1997 *are now fully incorporated into the text*).

Where the number of a Regulation has been changed, due to new Regulation being introduced, the old Regulation number is shown in brackets after the current one. The **Competition Regulations and Rules of Racing notified to the 14th IDBF Congress in 2011 are shown in italic writing** with the date shown in brackets.

1. INTRODUCTION AND OBJECT. These Competition Regulations and Rules of Racing are formulated by the Competition and Technical Commission (C&TC) of the IDBF. Amendments and additions have been made as a result of the practical experience gained at Dragon Boat Races held throughout the world during period 1996 to 2006 and as a result of the updated IDBF Bye-Laws published in 2004 and 2008.

2. These Regulations do not contain information on the bidding procedures for IDBF Championships. Such information and organisational guidelines are published as part of the IDBF Bye-Laws and are available, on request, from the IDBF Secretariat.

3. The object of these Regulations and Rules is to provide clear and concise legislation for the organisation, administration, conduct and control of Sport Dragon Boat Racing for competitors, Event Organisers and Race Officials alike.

A1: SCOPE & DUTIES . The IDBF Competition Regulations and Rules of Racing for International Regattas are primarily designed for use at IDBF Championship *Regattas* and IDBF sanctioned or approved *Events* (see A11.6 for definitions) such as, International Races for Representative National or Territorial Teams and *IDBF Members Club Crews*. Although not compulsory for traditional Festival Races or International Races for Club Crews, *not approved by the IDBF*, where local rules will normally apply, the IDBF Regulations and Rules may be adopted by such races and by an *IDBF Governing Association* in the event that local rules do not exist, or are inappropriate. (Aug 11)

A2. IDBF Members and other organisations may use these Regulations and Rules, for Sport and Festival Racing, provided that they publish in of their publications; race literature and Race Programmes' an acknowledgement to include the words this event is organised in accordance with the Regulations and Rules of the International Dragon Boat Federation. In such circumstances Event Organiser should inform the IDBF Secretariat of the publication details

A3. The IDBF COMPETITION REGULATIONS cover the technical organisation, regulation and administration of a Dragon Boat Competition at International level as a whole, including matters of safety and protocol. In broad terms the Regulations relate to 'off the water' matters **but also include Policy documents on Water Safety and Ant-Doping measures.**

THE COMPETITION REGULATIONS ARE DETAILED IN - PART 1

A4. The IDBF RULES OF RACING cover the conduct of the races during the competition and include the roles of the Race Officials and matters of discipline. In broad terms the Racing Rules relate to 'on the water' matters.

THE RULES OF RACING ARE DETAILED IN - PART 2.

A5. Boats and Paddles. There are a number of different sizes and designs of Dragon Boat, raced at Dragon Boat Festivals around the world (see Competition Regulation 5.4). The IDBF accepts that such dragon boats may be used in IDBF sanctioned races. It is not the intention or purpose of these Competition Regulations to exclude the use of any traditional design of dragon boat at IDBF sanctioned competitions.

However, in the interests of developing the sport in new areas around the World and as the preferred Dragon Boat for use at IDBF World Championships, the IDBF Congress has approved the introduction of different specifications (sizes) of IDBF International Racing Dragon Boats.

When published, the manufacturing specifications for the IDBF International Racing Dragon Boats and the IDBF Racing Paddle form part of these Competition Regulations. Both are common to the traditional designs used in Hong Kong. (See Annexes A and B to Competition Regulation 5.2 for the outline drawings of the boat and paddle designs).

A6. Continental and Regional Organisations. Continental and Regional organisations recognised by the IDBF are required under the IDBF Bye-Law 16, to ensure that their own Competition Regulations and Rules of Racing generally follow those of the IDBF. Where there are differences specific to a particular Continental or Regional organisation, these will be included, when notified, as an Annex to these Competition Regulations.

General Conditions

A7. TITLE. These Regulations and Rules are established by the International Dragon Boat Federation (IDBF) and shall be known as the IDBF Competition Regulations and Rules of Racing.

A8. PURPOSES. The purposes of these Competition Regulations and Rules of Racing are to:

A8.1 provide a consistent framework for the organisation, regulation and control of Dragon Boat Regattas and other Dragon Boat Competitions;

A8.2 provide a basis on which fair and equal racing can take place in safety;

A8.3 ensure that the IDBF Safety on the Water guidelines for competition are complied with and given precedence to at all times.

A9. INTERPRETATION. These Regulations and Rules shall be interpreted to effect their Purposes as described in A8. above. The provisions of these Regulations and Rules should be interpreted consistently with each other whenever possible. When such an interpretation is not possible the more specific should prevail over the general and any provisions concerning safety must take precedence.

A10. SITUATIONS NOT COVERED. In situations not covered by these **Competition Regulations**, with the exception of IDBF Championships, the **Race Organiser** as defined in the Regulations is empowered to make such decisions and to give such instructions as are necessary to carry out the Race Organiser's responsibilities and effect the Purposes of A8 above. For IDBF Championships the opinion of the C&TC should be sought.

For situations not covered by the **Rules of Racing**, with the exception of IDBF Championships, the **Chief Official** as defined in the Rules shall be empowered as above, in respect of the said Rules.

For IDBF World Championship Regattas, the IDBF Jury, acting on behalf of the IDBF Executive Committee is empowered to make such decisions and to give such instructions as are necessary to effect the Purposes of A8 above concerning the IDBF Competition Regulations and Rules of Racing (Aug 10). This Regulation does not affect the over-riding authority of the IDBF Executive Committee, Council or C&TC under the IDBF Statutes and Bye-Laws.

A11. GLOSSARY & GENERAL DEFINITIONS. The following terms of words as applicable to Dragon Boating shall apply throughout the IDBF Competition Regulations and Rules of Racing:-

A11.1 Attention, when used by the Starter, shall mean 'You must now be ready to Race'

A11.3 Crew shall mean an entity comprised of more than one competing Racer who group together for the purpose of competing in a Dragon Boat Race, Event or Regatta. A crew shall be considered an entity subject to these Regulations and Rules and members of a crew shall be collectively responsible for its conduct in a race, event or regatta in which the crew competes. A crew, to be recognised by the IDBF, must be registered with or affiliated to an IDBF Controlling (Governing) Association and when the crew is part of a Dragon Boat Club, the Club is also responsible for the conduct of their competing crew or crews.

A11.3.1 Breast Cancer & All Survivors Crews (BCS/ACS). *Dragon Boat Crews formed from competitors who have been diagnosed with Breast Cancer or another form of Cancer or have suffered from Breast Cancer or another form of Cancer. (Aug 10)*

A11.3.2 Disability Groups Crews (Adaptive Paddlers). *Crews formed from competitors with physical or mental conditions that limit their movements, senses or activities. (Aug 10)*

A11.4 Doping consists of the use, whether intentional or negligent, of any one or more IOC prohibited therapeutic substances, or of blood or blood products and/or of pharmacological, physical or chemical manipulation aimed at making these substances difficult to detect.

A11.6 Event shall mean a Dragon Boat contest or competition or an activity in which Dragon Boats are used in a water based environment.

A11.6.1 An IDBF Sanctioned Event. IDBF Sanctioning, is given where the Dragon Boat organisation concerned is operating to organisational and safety standards that comply with the requirements of the IDBF Rules and Regulations; Water Safety Policy and Safety Advice. For example a Championship Regatta (Aug 11)

A11.6.2 An IDBF Approved Event. IDBF Approval is given where the Dragon Boat organisation concerned has notified the IDBF that it is operating to organisational and safety standards that are acceptable to the IDBF but where the full IDBF Competition Regulations are not necessarily applied. For example an IDBF Affiliate (Aug 11)

A11.8 Italic type shown in brackets in these Regulations and Rules shall indicate comment or explanation rather than a Regulation or Rule.

A11.9 The Masculine shall include the feminine and vice-versa, except where the contrary appears specific.

A11.10 May when used in describing the duties of officials in these Regulations and Rules implies the exercise of discretion and judgement in the light of training, knowledge and experience of the sport.

A11.11 Organising Committee is the group of people who take responsibility for the organisation and running of a Regatta or an Event.

A11.12 Public Warning is a penalty that may be awarded by the Chief Official at a Regatta, which involves the announcement over the public address system of an 'Official Warning' and the circumstances of the offence (for examples see A11.15) and the name of the crew club or individual involved.

A11.13 Race is a contest between two or more Dragon Boats or a number of Races in one Competition Class.

A11.14 Regatta is a group of one or more Races in different Competition Classes managed by one Organising Committee.

A11.15 Un-sportsman-like Conduct or Behaviour shall include failure to heed an instruction from a Race Official; use of obscene language or gestures; delaying the start of a race without just cause; disregard for the IDBF principles of fairness or Safety; or abusive behaviour towards any official, competitor or spectator.

A11.16 World Championships. The following administrative terms of clarification are primarily for use by Organising Committees of IDBF World Championships:-

1. Group: The total number of people **shown on the numerical Summary List** of those attending an IDBF World Championships, as submitted by the controlling association of the country concerned.

2. Team: All those personnel in a **Representative Team** as shown on the **Named Entry Form** for an IDBF World Championships, that is, the Competitors and Team Management personnel (Officials, Coaches, Medics) and including Senior and Junior competitors, when joint championships are held.

3. Squad/Division: Squad, those people **in a particular World Championship Division**, when a Team consists of competitors in the Junior and Senior Racing Classes (Division) in addition to the Open, Women or Mixed, any age, racing classes.

For example, the Premier Division is all competitors in the any age Open, Women and Mixed competitions, who thus form the Premier Squad.

The total number of people in a particular Squad will include all the competitors, plus their relevant coaches, managers etc. (It is therefore possible for Junior and Senior competitors to be listed in the Premier Squad, as well as their own age group Squad).

4. Crew: Those competitors who will **actually race in a particular Competition Class** (Premier Mixed 250 m or Premier Open 1000m, for example) at an IDBF World Championships, **as listed on the Crew List** submitted for that Competition Class.

5. Delegates and Officials: Those people **listed on the Named Entry Form**, with the Representative Team, who are shown as IDBF Congress delegates or IDBF Technical Officials or National Race Officials attending an IDBF World Championships as accredited Supporting Officials.

6. Supporters: Any person **accompanying a Representative Team**, who is not listed in any of the above categories but whose name has been notified to a World Championships Organising Committee, by the IDBF Controlling Association concerned, as a nationally Accredited Supporter.

Such accredited supporters should be included in the Summary List submitted to the Organising Committee at an IDBF World Championships.

7. Fit to Race. This statement means not just the physical ability of a competitor to undertake the race concerned but it **also means that there are no known medical reasons why the competitor concerned should not compete during the whole period of an IDBF World Championships.**



B: DEFINITIONS - EXTRACTED FROM IDBF BYE-LAW 3 (BL1).

BL 3.1 The Dragon Boat (Long Zhou). The Dragon Boat (Long Zhou) is defined within the Competition Regulations as a long displacement boat of an open design, that is based upon a ribless carvel form of hull construction, with the following distinguishing characteristics; no stems, hard chine bilge; W in cross section, minimum freeboard, punt-like entry and exit; rockered keel that is set back from the twin rail boards, and curved sheer line with upsweep extremities.

Traditionally made out of teak wood, the Long Zhou which originated in Southern China, is commonly called a 'Chinese Dragon Boat'. The boat's main distinguishing features, are a mythical Asian-style dragon head attached to the prow (front); and a stylised dragons tail attached to the Stern (rear), with dragons scales painted along the sides of the boat.

On some types of dragon boat a brass Gong is mounted in the centre of the boat. The length of a boat may vary from around 8 metres to over 18 metres. The width and internal depth of the boat will vary, according to the length and purpose of the boat, as does the number of people in its crew, which will normally exceed ten (10), especially when in a competition.

Propulsion and Control. (3.2). The boat is propelled (moved through the water) by the muscular force of its crew sitting in a forward facing position and using small single bladed paddles as simple levers on the water. (June 04). The boat is guided (Steered) through the use of a long steering oar that is rigged using Thole pins located at the rear of the boat or with a large paddle. A Chinese style drum, together with a Drummer's seat, is situated in the bow, by which the stroke cadence of the crew is usually maintained.

BL 3.2 Dragon Boating. Dragon Boating is the act of going by dragon boat, from one point to another, but especially as a competitive pursuit or recreational hobby.

BL 3.3 (1.1) Dragon Boat Racing. Dragon Boat Racing is the propulsion of a Dragon Boat over a predetermined distance or for a specified period of time. There are two kinds of Dragon Boat Racing recognised by the IDBF, namely Festival Racing and Sport Racing.

3.3.1 Festival Racing. Festival Racing is **informal** racing that takes place at a traditional Dragon Boat Festival, or at events of a similar nature, or purpose, such as corporate events and events for Charity. Such races are usually of a proprietary nature and entry is by invitation only.

Festival Races are open to crews that meet the entry criteria, provided that they have not been selected to represent a Country or Territory. (See B10 3.10.1 for the definition of a Representative Crew and Bye-Law 17 for the definitions of Country and Territory). Festival Racing can be organised at Territorial, National and International level

3.3.2 Sport Racing. Sport Racing is **formal** competitive racing, as defined in Bye-Laws 3.7 to 3.12, organised or sanctioned by the IDBF; its Continental and Regional Federations, or their Member Dragon Boat Associations, for bona fide crews within their own membership. Sport Racing can be organised at Territorial, National and International level

BL 3.4 (1.2) Object. The object of Dragon Boat Racing is to race crews in Dragon Boats over a clearly defined course in the shortest possible time, in a controlled and prescribed manner.

BL 3.5 (1.3) Contests and Crews. A Dragon Boat contest is a sporting event consisting of timed runs down a set course by two or more crews or any number of 'first past the post' races, which may be organised into progressive rounds of competition according to the number and the classification of the crews taking part; or a combination of the two, or a timed 'point to point' race by crews against the clock.

a. Other types of contest may be defined, in these Bye-Laws or the Competition Regulations, from time to time. A crews' classification is determined by the age, sex and ability of the crew members.

BL 3.6 (1.4) Dragon Boat Crews. A Dragon Boat (Long Zhou) crews' classification is determined by the age, sex, ability and nationality of the crew members (see the IDBF Competition Regulations for definitions). Crew Members in a dragon boat shall normally be defined as:-

- 3.6.1. (1.4.1) Racer.** Any member of a Dragon Boat (Long Zhou) crew.
- 3.6.2. (1.4.2) Paddler.** A crew member whose specific task is to propel a boat forward with a single bladed paddle.
- 3.6.3. (1.4.3) Steerer (Duo)** or Helm/Sweep. The crew member whose specific task is to steer a boat with the aid of a Steering Oar or Paddle.
- 3.6.4. (1.4.4) Drummer (Gu)** The crew member whose specific task is to beat a Drum carried on board the Dragon Boat.
- 3.6.5. (1.4.5) Gong Beater.** A crew member whose task it is to beat the traditional Gong carried on certain types of dragon boat. (Amdt.1)
- 3.6.6. (1.4.6) Flag Puller.** A crew member whose task is to remove a flag placed on a buoy at the Finish Point, in some types of races, the purpose of which is to indicate that a boat has finished a race and therefore a race time and placing order can be determined, for each crew.

BL 3.7 (1.5) International Competition. Competitions arranged by the IDBF, its Members, or other organisations recognised by the IDBF, shall be considered to be International if teams of competitors or crews of another country or territory are invited to participate. There are two types of International Competitions' recognised by the IDBF – namely OPEN and CLOSED.

3.7.1. Open Competition. An OPEN Dragon Boat Competition is one in which generally Dragon Boat Crews from IDBF Member organisations take part. Subject to the IDBF Bye- Laws and Competition Regulations, crews from Countries where an IDBF Member does not exist and from non-IDBF organisations may also compete against IDBF Member crews.

3.7.2. Closed Competition. A CLOSED Dragon Boat Competition is one organised by a non-IDBF Member sports organisation for the sole benefit of its own Members and/or crews from another non-IDBF Member sports organisation or any entity whose own Constitution restricts it to defined fields of exclusive activity for its own Members or Guests.

BL 3.8 (1.6) Classes. There shall be three classes of International competitions recognised by the IDBF under the general title of International Regattas, namely:

- 3.8.1. (1.6.2) Dragon Boat Championship Regattas.**
- 3.8.2. (1.6.1) International Dragon Boat Races.**
- 3.8.3 World and Continental Cups** (Aug 09)

BL 3.9 (1.9) Dragon Boat Championship Regattas. The following competitions shall be recognised as Dragon Boat Championship *Regattas* by the IDBF:

- 3.9.1. (1.9.1) IDBF World Championship Regattas** – as detailed in the *Competition Regulations*.
- 3.9.2. (1.9.2) Continental Championship Regattas.**
- 3.9.3.(1.9.3) Regional and National Championships.** Regional Championships may be organised where a Continental Federation does not exist. The words 'National Championships', are taken to mean any nationally based competition, such as a National League or Cup competition that is organised or sanctioned by an IDBF Member Association, for the crews in membership of the Association concerned
- 3.9.4. (1.9.4) Multi Sport Games.** – see 3.14 & 3.15

BL 3.10 (1.7) Championships Races (National Championships excepted) may be held for either **Representative** Crews or **Club** Crews, as defined in this Bye-Law. Championship Races shall be conducted under IDBF Competition Regulations and Rules of Racing. Championship races are considered by the IDBF to be Sport Racing events as defined in Bye-Law 3.3.2.

3.10.1. (1.8.2) Representative Crew Races, are races organised specifically for crews that have been selected to represent their country or territory by an IDBF governing association or a member of a Continental or Regional Federation.

3.10.2. (1.8.1) Club Crew Races, are International Races organised or sanctioned by the IDBF and its Members, or other organisations, for crews that are not representing a country or territory. By definition crews that are not selected on a national or territorial basis are Club Crews. IDBF Members may only send crews representing their own Clubs, to Club Crew Races.

BL 3.11 (1.12) Only crews representing an IDBF Full Member will normally be allowed to compete in an IDBF World Dragon Boat Racing Championships. An IDBF Basic; Associate; Temporary Member or a Dragon Boat Organisation from an area where there is no IDBF Governing Association, may be permitted to compete at the discretion of the IDBF Executive Committee.

BL 3.12 (1.10) IDBF Titles. IDBF titles shall only be used for Dragon Boat Championships that are organised directly by the IDBF, or its agents, such as an IDBF *Governing* Association, in accordance with a decision of the Congress. In a continent where a continental federation, recognised by the IDBF, exists any Continental Championship held shall bear the title of the federation concerned and not that of the IDBF.

BL 3.13 (1.8) International Dragon Boat Races. International Races may be held for either **Club** Crews or **Representative** crews. (1.7) For International Races sanctioned by the IDBF, *the IDBF Rules of Racing and Safety Regulations must be adopted (Aug 11) and the Competition Regulations should be adopted where appropriate.* Dependant on the circumstances in which they are held, International Races can be either Festival or Sport Racing events, as defined in Bye-Law 3.3.1 & 2

International Races for Representative Crews must be organised or sanctioned by an IDBF *Governing* Association. Corporate Races, such as those held as part of the World Corporate games; Masters Games; Fire-fighters Games and the like, are defined as Festival Racing, for the purpose of these Bye-Laws *and should seek approved status from the IDBF. (Aug 11)*

BL 3.14 Multi-Sport Games. *Dragon Boat Competitions that take place as part of an International Multi-sport games, such as the Olympic Games and such like, are accepted as being Dragon Boat Championship Races for the purpose of this Bye-Law, provided that such racing has received IDBF sanctioning, that is, all such Dragon Boat Competitions shall be held in accordance with the IDBF Competition Regulations concerning Water Safety, Technical facilities and organisation and the selection of Race Officials and will always be conducted under the IDBF Rules of Racing. (Aug 11)*

BL 3.15 (1.11) Sport Racing held as part of an *International Multi Sport Games*, shall have the same status as an IDBF Championship. *(Aug 11)*

BL 3.16 World and Continental Cups. *World Cup competitions shall be sanctioned directly by the IDBF Executive Committee and Continental Cups by the IDBF Continental Federation concerned. Competitions may consist of a single Dragon Boat competition or a series of such competitions, in one or more Countries or Territories, in a given year, in which National or Territorial selected Crews, from an IDBF Member compete. The format and duration of each such Cup competition will be decided between the IDBF / Continental Federation and the Cup Organiser concerned but as a minimum must include crews from the Premier Division, as defined in the Competition Regulations. (Aug 09) World & Continental Cups may also be held for BCS crews. (Aug 10). A World or Continental Cup Trophy will be awarded for each Cup Series (single or multiple) and Medals may be awarded to the winning crews as in the manner of a World Championship Regatta.*

Amendments 2005 & 2006

CR 6.10 Water Depth. The depth of water on a Grade A regatta course for an IDBF World Dragon Boat Racing Championship (WDBRC) should be a **minimum of 3.5 metres**, on a site where the bed of the Racing Course is proven to be uniform throughout – that is, a maximum 0.5 metre variance across the racing lanes. For all other Championship Regattas (Grade B course) and IDBF International Races (Grade C course) a minimum water depth of **three (3) metres** is **acceptable. (P Oct 05). Advisory Note:** *Where the course bed is uneven then the depth of the racing lanes on a Grade A Course should ideally be between 5 metres and 6.5 metres maximum and at least 4 metres minimum on Grade B and C courses. (P Oct 05)*

CR 13.1 Generally additional equipment designed to be added to the boat or personal or miscellaneous equipment designed to enhance the performance of the boat or a crew member shall not be permitted

Note of intention added to Regulation 13.1 Note: *It is not the intention of this Regulation to exclude equipment enhancements such as, strapping to a paddle to assist grip, Velcro fasteners for seat pads (see Regulation 13.4), sponges or boat bailers, and pads for competitors comfort or other items that are not performance enhancing or a safety risk to members of the Crew – see 13.3. (Oct 05).*

CR 1.4.3 a. Breast Cancer Survivors Crews – World Championships Events.

Breast Cancer Survivors Crews (BCS) are classified as Corcom Crews and may therefore compete in a World Corcom, within their own Racing Class (Sep 03) **as well as the BCS World Dragon Boat Championships.** BCS Championships are sanctioned by the IDBF as a World Championship Regatta and organised by the International Pink Dragon Boat Commission (IPDBC) which is the IDBF C&TC Divisional Committee for Breast Cancer Survivors . If a BCS Crew is a bona fide Club Crew or part of a Dragon Boat Club, then they may compete as a Club Crew in a Club Crew World Championships. (PNov 06)

CR 3.1 Crew Numbers. Dragon Boat Crews competing in World and Continental Championships will normally consist

- a. for the Standard Racing Boat (DB22) a minimum of eighteen (18) and a maximum of twenty (20) Paddlers; one (1) Steerer and one (1) Drummer; giving a minimum
- b. for the Small Racing Boat (DB12) the crew shall consist of ten (10) paddlers plus a Drummer and a Steerer, for a maximum of 12 Racers in a Crew. (PNov 06).

CR 4.3 Club Crews. In IDBF Championships for **Club Crews** a Racer can only represent one Dragon Boat Crew. The rules for *National Crew Representation* need not apply but all competitors *must have been bona fide members of the Dragon Boat Crew that they represent, for at least SIX (6) months (PNov 06) before the Club Crew Championships in question. See Bye Law 12.3 for the definition of a Dragon Boat Club Crew.*

CR 4.3.1. *A bona fide Club Member is one that has regularly trained and/or competed for the Club Crew that they represent during the minimum period of six months shown in 4.3. A bona fide Club Member will normally be resident in the Country in which the Club Crew is located. A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period or of at least twelve (12) weeks, over a minimum period of two (2) racing seasons.*

CR 6.3 Racing Lanes. Added after “with alternately a maximum of nine (9) boats in 10m lanes” (Line 4)..... *A return lane of at least 9metres, on either side of the Racing Lanes, should also be provided. (POct 06)* In a non-championships competition the Racing Course shall be

CR 6.4 Course Markings. Both the Start and Finish Lines shall be marked,Racing Lanes. *A line of Buoys shall also be placed no more than 2 metres behind the Finish Line. These buoys shall be marked with lane numbers that are clearly visible from the Finish Tower and to the approaching crews. The numbered buoys shall be on the right hand side of each racing lane, as seen by the approaching crews. (PNov 06).*Each lane will be numbered at the Start and Finish, *preferably at the Finish with overhead Lane Markers, as well as the Finish Line Buoys.*

Amendments 2007/2008/2009

CR 2.1.5 Senior Class - Races can be held for Mixed or Single gender crews or in Open Competition, as shown above, with the exception of the Drummer, all competitors must be aged 40 or over, **on the 1st June**, in a given year. (Sep 07)

CR 2.3.1 With effect from 01 January 2008, an additional Championship Class will take effect, for competitors over 17 and under the age of 23, as at the 1st January in a given year. (Sep 07)

CR 4.1 a. Dual Nationality: Competitors with dual nationality (citizenship) may represent the Country or Territory of their Birth or their dual citizen Country or Territory, whichever of these they are residing in, providing that they have been resident in that Country or Territory for a current period of at least 3 full years. Competitors who do not meet these requirements must comply with Regulation 4.2 or 4.2a below. (Sep 07)

CR 5.6 Means of Propulsion. Dragon Boats shall be propelled solely by means of single bladed paddles. These paddles shall not be fixed to the boat in any way, with the exception of the paddle (Oar) used by the Steerer (Helm). As this is used in the manner of a rudder it may be supported within the framework of the boat but propulsion of the boat by the Steerer (Helm) is not allowed. (Dec 08).

CR 13.3.1 Wrist Straps. Wrist to Paddle Straps are allowed provided that the fastening to the wrist is of a 'quick release' nature and not a buckle type of fastening. (Aug 09)

Amendments 2010/2011

A: SCOPE & DUTIES A1. The IDBF Competition Regulations and Rules of Racing for International Regattas are primarily designed for use at IDBF Championship Regattas and IDBF sanctioned or approved Events (see A11.6 for definitions) such as.....for Club Crews, not approved by the IDBF, whereand by an IDBF Governing Association in the event.....

A10. SITUATIONS NOT COVERED. In situations not covered.....

For IDBF World Championship Regattas, the IDBF Jury, acting on behalf of the IDBF Executive Committee is empowered to make such decisions and to give such instructions as are necessary to effect the Purposes of A8 above concerning the IDBF Competition Regulations and Rules of Racing. (Aug 10)

A11.3.1 Breast Cancer & All Survivors Crews (BCS/ACS). Dragon Boat Crews formed from competitors who have been diagnosed with Breast Cancer or another form of Cancer or have suffered from Breast Cancer or another form of Cancer. (Aug 10)

A11.3.2 Disability Groups Crews (Adaptive Paddlers). Crews formed from competitors with physical or mental conditions that limits their movements, senses or activities. (Aug 10)

A11.6.1 An IDBF Sanctioned Event. IDBF Sanctioning, is given where the Dragon Boat organisation concerned is operating to organisational and safety standards that comply with the requirements of the IDBF Competition Regulations; Water Safety Policy and Safety Advice and the IDBF Rules of Racing. For example a Championship Regatta. (Aug 11)

A11.6.2 An IDBF Approved Event. IDBF Approval is given where the Dragon Boat organisation concerned has notified the IDBF that it is operating to organisational and safety standards that are acceptable to the IDBF but where the IDBF Competition Regulations are not necessarily applied.e.g. an IDBF Affiliate (Aug 11)

CR 1.2 Use. These Competition Regulations shall also apply in full or part to IDBF organised; sanctioned or approved International Races for Representative or Club Crews.....

CR 1.3 IDBF Championship Regattas. IDBF Championship Regattas may be arranged.....IDBF Championship Regattas shall be held over a minimum..... The number of IDBF Championships Regattas may vary from time to time. Presently the following Championship Regattas.....

The Universities & Colleges World Championships (UCWC) (Aug 10)

The IDBF will also organise or sanction World Championship Regattas for Disability Groups (Adaptive Paddling or Para Dragons) and World Cup Competitions for the Sport, from time to time. World Cup Competitions are classified by the IDBF as **World Class Regattas**. (Aug 10)

CR 1.3.1 IDBF Championship Regattas and Cup Competitions (Aug 10) may also

CR 1.4 Championship Crews. IDBF Championships.....for **Representative Team** Crews **University & College** Crews and Adaptive Paddlers or Para Dragon Crews.

d. **University / College Crew** represents the University or College concerned (Aug 10)

e. **Adaptive Paddlers Crew (Para Dragons)** represents a recognised Disability Group or Organisation.

Crews from an IDBF Associate Member must compete in the Racing Colours of their Associate Member. **At a CCWC, WCorcom or UCWC**, crews must compete in their own organisation's colours

CR 1.4.2 Club Crew and Other Championships. **CCWCs** are restricted to Club Crews representing a Dragon Boat Crew or Club,..... For other Championship Regattas these numbers may be reduced to a minimum of four (4) Teams, per Competition. (Aug 11)

1.4.2a (143.a) Breast Cancer Survivors – World Championships & Participatory Festivals.

Breast Cancer Survivors Crews (BCS) are classified as Club Crews and may therefore compete in a Club Crew World Championships (CCWC), within their own Racing Division, as well as in BCS Participatory Festivals (PF).

BCS Participatory Festivals are approved by the IDBF as World Class Regattas, under Comp Reg 1.3 and are held under the governance of the **International Breast Cancer Paddlers Commission (IBCPC)**. The IBCPC is the IDBF C&TC Divisional Commission for Breast Cancer Survivors Dragon Boat Crews. (Aug 10)

CR 1.4.3 World Corporate & Community Championships (WCorcom) are primarily designed for **Novice Crews**,Corcom Crews from at least four (4) countries or territories (Aug 11) recognised by the IDBF must compete before a Competition Class can.....

CR 1.5.2 Club Crew Championships. For a Club Crew Championships up to five (5) different crews from different Clubs, per...**In the BCS Division;** the World Corcom (Sep 03) **or UCWC** there are no restrictions....

In all Championships in the Junior & Senior Racing Divisions, one (1) crew per Age Class (presently A, B and C classes) is allowed but by exception two (2) crews may be allowed, on the recommendation of the C&TC, by the IDBF Executive Committee, for newly developing Age groups. (Aug 11)

CR 1.5.3 Continental & Regional Championships. For a Continental or Regional Championships the number of entries per Competition allowed is as laid down by the Continental or Regional Federation concerned. (Aug 11)

CR 1.7.1 CCWC. Entries to a Club Crew World Championship (CCWC) must be approved by the IDBF Member Association, BCS Crews must be affiliated to their IDBF Member and the IBCPC. (Aug11)

CR 1.7.2 Universities & Colleges World Championship. Competitors in Crews entering a **UCWC** must be currently registered as students at the University or College concerned. Crews must be sanctioned by and ideally affiliated to the IDBF Member Association, where one exists, in the Country or Territory in which the University or College is a registered entity. (Aug 10)

CR 2.1.2 Women's Class - In the Women's Racing Class crews must be all female and of any age, except for those under 12 In the BCS Division, Crews may race with Male BCS crew members. (Aug 10)

CR 2.1.3 Mixed Class - crews must contain a minimum of eight (8) and a maximum of twelve (12) Female paddlers.....For Small Boat Races this shall be 4 to 6 females. (Aug 10)

CR 2.1.4 Junior Class - Races may be held for Single or Mixed gender crews or in Open Competition, as shown above, with the exception of the Steerer (Helm) the following age categories, as at the 1st January until 2012 and then from 2013 as at the 1st June, (Aug 11) will apply to the Junior Class **NOTE:** This means that for 2012 a competitor whose 18th; 16th or 14th birthday, falls on or after 1st January, can compete as 17, 15 or 13 year olds.

CR 2.1.5 Senior Class - Races can be held for....., all competitors must be aged 40 or over, on the 1st June, in a given year.(Sep 07) The Senior Racing Classes are:-.....

Senior C. (Great Grand Dragons) over the age of 59 under the age of 70 years old.)

CR 2.1.6 (2.2.1, 2.3.1). 18-23s.. Races can be held for Mixed or Single gender crews or in Open Competition, as shown above, for competitors aged 18 to 23 inclusive, as at the 1st June in a given year. (Aug 11). Up to four (4) Racers in a Standard Boat competition and 2 in a Small Boat competition, may be aged 16 but under 18 years old and two (2) and one (1) over 23 but under 26 as at the 1st June. (Aug 11). **Note:** By definition Drummers and Steerers are 'Racers

CR 2.1.7 Additional Age Group Categories, for the Junior and Senior Classes (for example Senior D, over 70 years old) may be added to and introduced at World Championship Regattas, when the IDBF Council so decides.

CR 2.3 Additional Classes. Other Racing and Competition Classes may be introduced at the discretion of the IDBF Executive Committee.....*subject to ratification by the IDBF Council.* For the purposes of this Regulation, BCS Crews are considered as a separate Championship Division, for which dedicated World Championships may be held – see 1.4.3a & 2.4.

CR 3.1 Crew Numbers. Dragon Boat Crews competing in World and Continental Championships.....:-

a. for the Standard Racing Boat (DB22) in competition, a minimum of eighteen (18) and a maximum of twenty (20) Paddlers..... Up to four (4) Reserve Paddlers may also be nominated for a Crew.....

b. for the Small Racing Boat (DB12) a crew shall consist of ten (10) paddlers and (2) nominated reserves, plus a Drummer and a Steerer, for a maximum of 14 Racers in a Crew.(Aug 10).

CR 3.1.1 World Championship Crews, Squads & Team. For a WDBRC the minimum number of people in a Representative Team shall be 20 (Standard Boat) and 12 (Small Boat),.....

CR 3.1.2 (3.1.1) Squad Composition The maximum number of people in a Squad, within a Team, will varyper Premier Standard Divisional Squad and 48 persons, per Premier Small Divisional Squad.

The maximum number of Racers in the Premier Division Squad would be 26 per Open, Women and Mixed Crew, plus their supporting officials (total of 6). **The officials may be competitors.** For U23s,in a particular Standard Division or 14 (12 + 2) in a Small Boat Division.

CR 3.1.3 (3.1.2) From this maximum total of 84 people (48 Small Boat)..... **Thus a Standard Dragon****to a maximum of 672**, dependant on the number of Championship Divisions and associated Crews represented in a World Championship Team, *that is, a maximum of 8 Divisional Squads of 84 people in each – 1 x Premier, 1 x U23s, 3 x Junior and 3 x Senior, each with an Open, Women and Mixed Crew. The numbers in a Small Boat Team will generally be 50%, plus 1, of a Standard Team.*

CR 4.1 Representation. To represent a country or territory in an IDBF Championship.....

CR 4.2 Country or Territory of Residence. Dragon Boat competitors who have left their country or territory of birth and are a permanent and not a temporary resident in another country or territory.....

a. Exceptionally, competitors who have a permanent residential qualification of.....

b. Temporary Residency. A Temporary Resident, for the purposes of this Regulation, is a person who resides in a Country or Territory by virtue of a holding a visa, for example a visitors visa, student visa, work visa or the like. The IDBF considers such visas to indicate a 'temporary' residency in the Country or Territory concerned, not a permanent residence, unless such a visa has been held for a current continuous period of 3 years or more, in which case for the purpose of representation at international level, permanent residency will be accepted by the IDBF as having been established. In such cases CR 4.2 also applies. (Aug 11)

CR 5.1 (5.4) Traditional Designs. The IDBF in recognising the different designs of Dragon Boat..... as well as other forms of **Traditional Long Boats (TLB)** and other Traditional Paddled Water Craft (TPWC) that exist in Asia, Africa, Oceania and South America, endorses such TLBs and TPWC for general use by IDBF Members. The IDBF Council approvesand other TLB & TPWC common in other IDBF Member Countries.....

CR 5.2.1 IDBF Building Specifications (IDBF Specs) consisting of a Technical Manual and Drawings for.....

CR 5.3 (5.2) Exceptions. The IDBF Executive Committee shall be empowered, in exceptional circumstances, to permit the use of other designs of *Traditional Dragon Boat and Paddles at a World Championship*,.....

CR 5.3.1 Different designs of Approved Dragon Boats and Paddles will not be permitted to race..... Other designs of TLBs and paddled watercraft (TPWC) propelled by single bladed paddles, may.....

CR 5.4 (5.3) International Races and Sanctioned Competitions. For IDBF sanctioned..... *the Dragon boats (Long Zhou) and equipment used should normally be to IDBF Spec but other traditional designs may be used – for example the CTWDB and HKWDB. In IDBF approved competitions. Dragon boats of a different design, TLBs and other TPWC are permitted. For both types of events, the type and outline specifications of the boats and equipment being used must be notified in advance of the races by the Event Organiser, to the competing crews.*

CR 5.5 Sponsors Advertising.Under this Regulation, Organising Committees may,..... provided that all crews are supplied with newly purchased alternativeto IDBF Specifications.....

CR 7.11 Titles and Prizes - Champions. When the number..... *or University & College Championship....*

CR 7.12. (7.13) World Championships' Places. Competitors in crews finishing in..... *All crews in a Class Grand Final will receive certificates of achievement recoding their placing in the competition class.(Aug 11)*

CR 7.13 (7.12) IDBF Championship Races. When the number of Nations or Territories in a Competition Class in a World or Club Championships is less than six (6) then the title World Champion shallIDBF *Championship Medals and trophies for the Competition Class concerned, will be awarded as follows:- (Aug 11)*

- a. *One Entry only* – *a trophy and certificate of participation.*
- b. *Two Entries* – *1st placed crew Medals, 2nd placed a trophy.*
- c. *Three Entries* – *First two crews Medals, 3rd placed a trophy.*
- d. *Four or Five Entries* – *First three crews Medals, remaining crew(s) certificates.*

CR 8.3.1 Entry Forms. *For an IDBF World Championship Regatta there are four (4) types of Entry Forms for use at different stages in the entry process namely, Provisional Entry, Confirmed Entry, Final Named Entry, Deferred Entry and Late Entry. (Aug 2010)*

1. **A Provisional Entry** is sent to the IDBF at least 6 months before an IDBF Championship to indicate to the Organising Committee that a Team or Club Crew intends to enter the event.

2. **A Confirmed Entry** is sent to the IDBF at least 3 months before a Championship to indicate to the Organising Committee that a Team or Club Crew will enter the event.

3. **A Final Named Entry** is sent to the IDBF a maximum of 6 weeks before a Championship and includes the Names and details of all the participants attending the Championship.

4. **A Deferred Entry** can be sent to the IDBF instead of the Final Named Entry, when the list of participants cannot yet be finalized or the full funding for the participants has yet to be confirmed. Such an Entry will ensure that the crews concerned are shown in the Race Programme for the Competition Classes they have entered and do not attract a Late Entry Fee.

5. **A Late Entry** is one received by the IDBF after the closing date for the Final Entry and up to two (2) weeks before an event, when a Deferred Entry has NOT be submitted. Provided that the Race Programme can accommodate such an entry, a Late Entry will only be accepted at the discretion of the IDBF Championship's Chief Official and will attract a Late Entry Fee.

The following Comp Regs have been renumbered as shown:- CR 8.3 now 8.3, 8.3.1 and 8.3.2 CR 8.4 now 8.6. CR 8.4.1 now 8.7, 8.7.1 and 8.7.2. CR 8.4.2 now 8.8.1a. CR 8.4.3 now 8.8.1b. CR 8.5 now 8.8. CR 8.5a now 8.8.2 CR 8.6 now 8.4 CR 8.7 now 8.3.3 CR 8.8 now 8.5 (8.8.1 now 8.5.1)

CR 13.3.1 Wrist Straps and Boat fasteners. *Wrist to Paddle Straps are NOT allowed or any other fastening system that connects a competitor to a paddle or the boat, as such fittings constitute a safety hazard.....*

CR 13.4 Seat Pads. *Dragon Boat Seat Pads (cushions) as described in Reg 13.1 shall be made of a soft material, such as neoprene, of an approximate thickness of 15mm that will compress easily when squeezed between finger and thumb. The width of the seat pad may vary in size and shape but shall approximate to the width of a paddling seat in the IDBF Standard International Racing Boat and should ideally, not exceed 20cm in width and 40cm in length. (Aug 11)*

Amendment 2012

CR 2.1.4 Junior Class - Races may be held for Single or Mixed gender crews or in Open Competition, as shown above, with the exception of the Steerer (Helm) the following age categories will apply to the Junior Class from 2013 **as at the 1st June, in a given year.** (Aug 11)

CR 2.1.5 Senior Class(Provisional)–

Senior A. *Competitors over the age of 39.*

Senior B. *(Grand Dragons) Competitors over the age of 49.*

Senior C. *(Great Grand Dragons) over the age of 59.*

on the 1st June, in a given year..

CR. 11.4.1 The number of in-competition tests at World Championships increased to six (6) from four (4).

Amendment 2016

CR1.5.2: Club Crew World Championships (CCWC).

For a CCWC a total of seven (7) combined small and standard crews in the same competition class may compete from one IDBF member. The seven (7) crews will include a maximum of five (5) Standard and two (2) Small boats. Allocation of entries will be nominated by the sanctioning IDBF Member concerned.

CR 2.1.3 Mixed Class

Crews must contain a minimum of eight (8) and a maximum of ten (10) of each gender. There are no restrictions on age, except for the 12 years old rule shown in Reg 2.1.1. For Small Boat Races this shall be 4 to 6 of either gender.

CR 2.1.6 (2.2.1). 18-23s. Races can be held for Mixed or Single gender crews or in Open Competition, as shown above, for competitors aged 12 to 23 inclusive, as at the 1st June in a given year. Up to two (2) Racers in a Standard Boat Com Competition and one (1) over 23 but under 26 as at the 1st June. Note: By definition Drummers and Steerers are 'Racers'.

New Comp Regulation. CR 5.2.2 In all IDBF Championships, teams will not be allowed to use their own dragon boats and must use the dragon boats provided by the Organising Committee.

Comp Reg - Cr 5.5 - Sponsors Advertising.

At IDBF Championship sponsorship of or advertising on, dragon boats and equipment, by an event sponsor, is permitted subject to the conditions laid down, under Regulation 7.2, by the IDBF Executive Committee from time to time. (See also Comp Reg 7.2.1 - 7.2.3, for conditions concerning advertising on crews clothing and equipment).

CR 5.11 Boat Weighting.

At an IDBF Championship (see Racing Rule R5.4) the Organisers shall provide adequate boat weighting equipment for use before and during the competition. At other IDBF Races boat weighting is not compulsory but may take place if requested by the Chief Official, prior to the event and provided that accurate weighting equipment is available. (See also Regs 13.1/13.3 Misc Equip).



PART.1. IDBF COMPETITION REGULATIONS

7th EDITION

(Effective from 1st January 2016)



Comp Reg.1. GENERAL REGULATIONS.

CR 1.1 Range. These Regulations have been designed to ensure that Racing takes place in an environment that will provide fair and safe competition.

The IDBF recognises that Dragon Boat Racing Competitions can be held over any distance from 200 metres upwards and on a variety of different types of course such as, lakes, rivers, harbour areas and the sea, under different rules and regulations.

The Competition Regulations that follow are primarily for IDBF World Championship Regattas that normally take place on placid water. That is, on a sheltered purpose built Regatta Course, laid out to the specifications contained herein and in temperate summer racing conditions.

IDBF Championships may occasionally be held by exception, on recognised Regatta Courses located on open inland water – lakes and reservoirs, sheltered harbour areas or placid rivers.

CR 1.2 Use. These Competition Regulations shall also apply in full or part to IDBF organised; sanctioned or *approved* International Races for Representative or Club Crews.

They can be applied to other Club Crew International Races at the discretion of the Race Organiser and subject to acknowledgement as laid down in the section on Scope & Duties, paragraph A2.

CR 1.3 IDBF Championship Regattas. IDBF Championship Regattas may be arranged annually at a place and time decided by the IDBF Members' Congress and in accordance with the IDBF Bye- Laws; IDBF Competition Regulations and Rules of Racing.

IDBF Championship Regattas shall be held over a minimum of two (2) consecutive days with 200m and 500m competitions, as the minimum Championship distances. Championships over 1000m and 2000m, may also be held, with the 250m race distance as an alternative to 200m.

The number of IDBF Championships Regattas may vary from time to time. Presently the following Championship Regattas are under the organisational control of the IDBF:-

The World Dragon Boat Racing Championships (WDBRC);

The Club Crew World Championships (CCWC)

The Corporate & Community World Championships (WCorcom) (Sep 03)

The Universities & Colleges World Championships (UCWC) (Aug 10)

*The IDBF will also organise or sanction World Championship Regattas for Disability Groups (Adaptive Paddling or Para Dragons) and World Cup Competitions for the Sport, from time to time. World Cup Competitions are classified by the IDBF as **World Class Regattas**. (Aug 10)*

* **CR 1.3.1** IDBF Championship Regattas and Cup Competitions (Aug 10) may also be held at Continental and Regional level. Where this is the case such events will normally be organised by the continental or regional organisation recognised by the IDBF for a particular continent or region and shall bear the name of the Continental or Regional organisation concerned.

* For European events, see EDBF amendments attached to these Regulation

CR 1.4 Championship Crews. IDBF Championships *and Cup Competitions*, may be held for **Representative Team Crews; Club, Corporate & Community, University & College Crews and Adaptive Paddlers or Para Dragon Crews**

a. Representative Team Crew is a Dragon Boat Crew selected to represent their country, territory, continent region or Member, as defined in the IDBF Bye-laws (Sep 02).

Racing Colours. Representative Crews at a WDBRC must compete in the recognised Racing colours of their Country or Territory (see Regulation 9.12) and are subject to the Representation rule shown at Regulation 4.1.

b. Club Crew is a Crew that represents itself or a bona fide Dragon Boat Club.

c. Corporate /Community Crew represents the organisation concerned. (Sep 03)

d. University / College Crew represents the University or College concerned (Aug 10)

e. Adaptive Paddlers Crew (Para Dragons) represents a Disability Group or Organisation (Aug 10)

Racing Colours. Crews from an IDBF Associate Member must compete in the Racing Colours of their Associate Member. **At a CCWC, WCorcom or UCWC**, crews must compete in their own organisation's colours or neutral (plain White) Racing Colours.

CR 1.4.1 World Dragon Boat Racing Championships (WDBRC) are normally restricted to Representative Teams from IDBF Full and Basic Members. **By exception and at the discretion of the IDBF Council**, Representative Crews from other classes of IDBF Membership may be allowed to compete in a WDBRC. (Sep 02) The total number of crews, per IDBF Member, is defined as a 'Team'. Crews from at least six (6) IDBF Members must compete before a Competition Class (see Regulation 2.2 for definition) can be awarded IDBF World Championship status. (See also Competition Regulation 1.5.1).

CR 1.4.2 Club Crew and Other Championships. CCWCs are restricted to Club Crews representing a Dragon Boat Crew or Club, not an IDBF Member. Crews must compete under their 'Club Name' and in club attire and must not be given Representative Team status. Club Crews from at least six (6) IDBF Members must compete before a Competition Class can be given Club Crew World Championship status. (See Reg 1.5.2). *For other Championships these numbers may be reduced to a minimum of four (4) Teams, per Competition.* (Aug 11)

a. (143.a) Breast Cancer Survivors – World Championships & Participatory Festivals.

Breast Cancer Survivors Crews (BCS) are classified as Club Crews and may therefore compete in a Club Crew World Championships (CCWC), within their own Racing Division, as well as in BCS Participatory Festivals (PF).

BCS Participatory Festivals are approved by the IDBF as World Class Regattas, under Comp Reg 1.3 and are held under the governance of the **International Breast Cancer Paddlers Commission (IBCPC)**. The IBCPC is the IDBF C&TC Divisional Commission for Breast Cancer Survivors Dragon Boat Crews. (Aug 10)

CR 1.4.3 World Corporate & Community Championships (WCorcom) are primarily designed for **Novice Crews**, that is, crews with little or no experience of Sport Racing. Entries are restricted to crews representing corporate (commercial/ business) or community organisations (Police, Fire Service, Medical Services, Armed Forces etc). Participants must be employees of, or immediate family members of employees, of the organisation concerned.

Other special regulations concerning the known ability and experience of competitors may apply. **Corcom Crews** from at least *four (4) countries or territories* (Aug 11) recognised by the IDBF must compete before a Competition Class can be given Corporate and Community Crew World Championship status. (Sep 03)

* **CR 1.4.4 (1.4.3) Continental or Regional Championships** may be held for Representative; Club or Corcom Crews. A minimum of six crews from at least three **(3) Countries, Territories** or IDBF Members, must compete before a Competition Class can be awarded Championship status (Sep 03) * For Europe see EDBF amendments attached to these Regulations.

CR 1.5 Participating Crews. The number of participating crews in an IDBF Championships Regatta is laid down by the IDBF Executive and approved by the IDBF Council. These numbers may be changed at the discretion of the Executive, if to do so is in the best interest of the sport.

CR 1.5.1 World Championships. For a World Dragon Boat Racing Championships one (1) crew per Nation or Territory shall be allowed to compete in each Competition Class listed in the Championships Programme.

CR 1.5.2 Club Crew Championships. For a CCWC a total of seven (7) combined small and standard crews in the same competition class may compete from one IDBF member. The seven (7) crews will include a maximum of five (5) Standard and two (2) Small boats. Allocation of entries will be nominated by the sanctioning IDBF Member concerned. Effective from May 2016. (Aug 2015)

In the BCS Division; the World Corcom (Sep 03) or UCWC there are no restrictions on numbers. **Clarification:** - 'different crews means 'de facto' from different Clubs. (Dec 09)

* **CR 1.5.3 Continental & Regional Championships.** For a Continental or Regional Championships *the number of entries per Competition Class allowed is as laid down by the Continental or Regional Federation concerned. (Aug 11)*

In all Championships in the Junior & Senior Racing Divisions, *one (1) crew per Age Class (presently A, B and C classes) is allowed. For newly developing age groups two (2) crews may be allowed, on the recommendation of the C&TC, by the IDBF Executive Committee. (Aug 11)*

CR 1.6 Olympic and International Games. When a Dragon Boat Racing Competition is being held as part of an Olympic or other International Games, then in general, the same rules as for a World Dragon Boat Racing Championships shall apply, except where such rules are contrary to those of the IOC, in which case the IOC rules, shall take precedence. For International Games two (2) entries per Competition Class, per nation, shall be the maximum.

CR 1.7 Restrictions on Championships Entries. When races for both Representative Team Crews and Club Crews are being held at the same Regatta, crews will not be allowed to compete in both competitions in the same Competitive Class, on the same day, neither shall Representative and Club Crews be permitted to compete together in one Competition Class.

CR 1.7.1 CCWC. Entries to a Club Crew World Championship (CCWC) must be approved by the IDBF Member Association, where one exists, in the Country or Territory in which the Club Crew is domiciled. *BCS Crews must be affiliated to their IDBF Member and the IBCPC. (Aug 11)*

Approval means that the Club Crew is a bona fide crew as described in these Regulations, is financially sound; has a good disciplinary record and is a current member of the IDBF Member concerned. (Sep 02)

CR 1.7.2 Universities & Colleges World Championship. *Competitors in Crews entering a UCWC must be currently registered as students at the University or College concerned. Crews must be sanctioned by and ideally affiliated to the IDBF Member Association, where one exists, in the Country or Territory in which the University or College is a registered entity. (Aug 10)*

CR 1.8 Water Safety. The IDBF is committed to minimising the risks that anyone involved in Dragon Boat Racing is exposed to through participation in the sport. As the standards and complexity of Safety Legislation varies from country to country, these Regulations cannot cover all nationally based legislation but such legislation should be implemented at IDBF events.

CR 1.8.1 As a minimum the IDBF considers that it is the duty of everyone in the sport to follow the advice and guidance on **Safety** contained within these Competition Regulations (See Regulations 7.5 - 7.10 and the IDBF Water Safety Policy enclosed) and with the general principal that **'prevention reduces risks and injuries and saves lives'**.

Comp Reg. 2. RACING AND COMPETITION CLASSES and CHAMPIONSHIP DIVISIONS.

CR 2.1 Racing Classes. For all IDBF Championships or sanctioned competitions, races may be organised for the following Racing Classes, based on age and gender.

CR 2.1.1 Open Class - the primary class of racing. There are no restrictions on crew composition, or age, except that competitors under 12 years old must be accompanied, in the boat, by a parent or nominated responsible adult and must wear a personal flotation device (aid). (See also Regulation 7.9.).

CR 2.1.2 Women’s Class - *In the Women’s Racing Class crews must be all female and of any age, except for those under 12 years old to whom Reg 2.1.1. applies. In the BCS Division, Crews may race with Male BCS crew members.* (Aug 10)

CR 2.1.3 Mixed Class

Standard Boat Combination – minimum of eight (8) to a maximum of ten (10) paddlers of either gender. Drummer and helm can be of either gender.

Small Boat Combination – minimum of four (4) and maximum of five (5) paddlers paddlers of either gender. Drummer and helm can be of either gender. (Aug16)

The following table shows the possible combination of crews

Standard boat

10 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 9 female paddlers	+ drummer and helm of either gender
9 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 8 female paddlers	+ drummer and helm of either gender
8 male paddlers / 10 female paddlers	+ drummer and helm of either gender
9 male paddlers / 9 female paddlers	+ drummer and helm of either gender

Small boat

5 male paddlers / 5 female paddlers	+ drummer and helm of either gender
5 male paddlers / 4 female paddlers	+ drummer and helm of either gender
4 male paddlers / 5 female paddlers	+ drummer and helm of either gender
4 male paddlers / 4 female paddlers	+ drummer and helm of either gender

CR 2.1.4 Junior Class - Races may be held for Single or Mixed gender crews or in Open Competition, as shown above, with the exception of the Steerer (Helm) the following age categories will apply to the Junior Class.

The Junior Classes are:

Junior A - 13th to 18th birthday falls in the year of the competition

Junior B - 13th to 16th birthday falls in the year of the competition

Junior C - 13th to 14th birthday falls in the year of the competition

CR 2.1.5 Senior Class - Races can be held for Mixed or Single gender crews or in Open Competition, as shown above, with the exception of the Drummer, all competitors must be aged 40 or over, in the year of the Championship.

The Senior Racing Classes are:

Senior A - 40th or later birthday falls in the year of the competition.

Senior B - 50th or later birthday falls in the year of the competition.

Senior C - 60th or later birthday falls in the year of the competition.

CR 2.1.6 (2.2.1). 18-23s. Races can be held for Mixed or Single gender crews or in Open Competition, as shown above, for competitors aged 12 to 23 inclusive, falls in the year of the competition. Up to two (2) Racers in a Standard Boat Competition and one (1) over 23 but under 26 in the year of the competition. Note: By definition Drummers and Steerers are 'Racers'. (Aug15)

CR 2.1.7 Additional Age Group Categories, for the Junior and Senior Classes, (for example **Senior D, over 70 years old**) may be added to and introduced at World Championship Regattas, when the IDBF Council so decides. (Aug 11)

CR 2.2 Competition Classes. Races for each designated Racing Class may be held over a variety of different race distances (for distances see Competition Regulation 6.1). At an IDBF Championships, each combination of Racing Class and Race Distance shall be known as a **Competition Class**. For a Competition Class to qualify for Championship status the minimum number of nations and crews as shown in Regulations 1.4 and 1.5, must take part.

CR 2.3 Additional Classes. Other Racing and Competition Classes may be introduced at the discretion of the IDBF Executive Committee, who may implement classes, or not, as they see fit, from time to time, *subject to ratification by the IDBF Council*. For the purposes of this Regulation, *BCS Crews are considered as a separate Championship Division, for which dedicated World Championships may be held – see 1.4.3a & 2.4. (Aug 11)*

CR 2.4 Championship Divisions. At World Championships or international races, where either (or both) Senior and Junior Races are being held in addition to races open to all age groups, the open age group Racing Classes will be prefixed as 'Premier' and the total Competition Classes of each type, will be known as a Division. The Open, Women's and Mixed, 'Premier' Classes will form the Premier Division and the Senior and Junior Classes, the Senior and Junior Divisions.

Comp Reg. 3.

CREW and TEAM COMPOSITION.

CR 3.1 Crew Numbers. Dragon Boat Crews competing in World and Continental Championships will normally consist of:-

a. for the Standard Racing Boat (DB22) in competition, a minimum of eighteen (18) and a maximum of twenty (20) Paddlers; one (1) Steerer and one (1) Drummer; giving a minimum total of twenty (20) and maximum total of twenty-two (22) Racers in a Competing Boat, at any one time. *Up to four (4) Reserve Paddlers may also be nominated for a Crew.*

For other Championships the *Standard Boat* numbers can be reduced to a minimum of sixteen (16) Paddlers, for a minimum total of eighteen (18) Racers, in a Competing Crew.

b. for the Small Racing Boat (DB12) a crew shall consist of ten (10) paddlers and (2) nominated reserves, plus a Drummer and a Steerer (Helm), for a maximum of 14 Racers in a Crew. (Aug 10)

Variations to these numbers can only be made with the approval of the IDBF Executive Committee.

CR 3.2 (3.1.1) World Championship Representative Teams, Squads & Crews. For a WDBRC the minimum number of people in a Representative Team shall be 20 (*Standard Boat*) and 12 (*Small Boat*), that is one Competing Boat, as defined in 3.1 above. *The maximum numbers are dependent on the number of Divisional Squads and Crews for Premier, Senior, 18-23s and Junior competitors there are in a Representative Team.*

Thus a Standard Dragon Boat Team can range from 20 people (one crew) to a maximum of 588, dependant on the number of Championship Divisions and associated Crews *represented* in a World Championship Team, *which can have a maximum of 7 Divisional Squads, of 84 people in each – 1 x Premier, 1 x U23s, 2 x Junior and 3 x Senior, each with an Open, Women and Mixed Crew. The numbers in a Small Boat Team will generally be 50%, plus 1, of a Standard Team.*

CR 3.3 (3.1.2, 3.1.1) **Divisional Squads - Composition** The number of people in a Squad, within a Team, will vary according to the Competition Programme but shall be a maximum of 84 persons, per *Standard Divisional Squad* and 48 persons, per *Small Divisional Squad*.

CR 3.3.1 (3.1.2) **Squad Crews Maximum Numbers.** *The maximum number of Racers in any Divisional Squad Crew would be 26 per Open, Women and Mixed Crew, plus their supporting officials (total of 6). The officials may be competitors.*

CR 3.4 The total maximum figure of 84 for each Divisional Squad, thus enables each Team to have specialist crews, each with a maximum of 26 racers, that is 22 + 4 reserve paddlers, in each of the Open, Women's and Mixed Racing Classes in a particular *Standard Division* or 14 (12 + 2) in a *Small Boat Division*.

CR 3.4.1 (3.1.3) **For Junior and Senior Squads**, this becomes a maximum of 84 persons, per different Age Group, for example, Senior A and Junior B, within the Junior and Senior Divisions, *that is 26 x 3 x 2 for a maximum total of 168 (156 racers, 12 Squad Officials) in the Junior Division and 26 x 3 x 3 (from 2013) for a total of 252 (234 + 18) in the Senior Division.*

CR 3.5 (3.1.3, 3.1.2) **From the maximum total of 84 per people (48 Small Boat)** per Divisional Squad, must come all the competitors for all the Competition Classes entered in a particular Division, that is, Premier, Junior or Senior, as the case may be, with which to contest all the Competition Classes entered in a particular Division. However, Mixed Crews can also be formed from a combination of competitors from the Open and Women's Crews).

CR 3.6 (3.2) **Crews at International Races.** In Club Crew **International Races**, sanctioned by the IDBF, crews shall consist of the number of Racers laid down by the Controlling Association or Organising Committee concerned.

Other crew members may be present in a crew, depending on the design of the Dragon Boat being raced. In some types of Dragon Boat a **Gong Beater** is used in addition to a Drummer.

In others a **Flag Catcher**, is positioned in the front of the boat, who has the task of retrieving a flag for each boat, placed on a Finish Line buoy. The retrieving of the flag signifies the finish of the race for that boat.

CR 3.7 (3.3) **Crew Reserves.** At all IDBF competitions, Reserve Competitors nominated for each crew, as per Regulation 3.1, up to a maximum of four (4) may compete without further reference to the Event Organisers or Competition Committee, provided that their names are shown on the **Competition Entry Form** for IDBF Championships or the official **Crew List** for other IDBF sanctioned races. (See Competition Regulation 8.5).

CR 3.8 (3.4) **Restrictions.** Only those competitors entered on the Entry Form and shown on the Crew List will be permitted to race in an IDBF Championship event.

Comp Reg. 4. REPRESENTATION and NATIONALITY

CR 4.1 Representation. To represent a country or *territory* in an IDBF Championship or International Race for **Representative Crews**, a Dragon Boat Competitor must normally be a citizen of the country, or born in the Territory, represented and be able to prove this by showing an official document, such as a Passport, Identity Card, Birth Certificate, or the like.

a. Dual Nationality: Competitors with dual nationality (citizenship) may represent the Country or Territory of their Birth or their dual citizen Country or Territory, whichever of these they are residing in, providing that they have been resident in that Country or Territory for a current period of at least 3 full years. Competitors who do not meet these requirements must comply with Regulation 4.2 or 4.2a below. (Sep 07)

CR 4.2 Country or Territory of Residence. Dragon Boat competitors who have left their country or territory of birth and are a *permanent, not temporary* resident in another country or territory, may represent that country or territory, if they have lived there for a current period of three (3) years or **more and have not represented their country/ territory of birth, during the previous two (2) years.** (Nov 03)

Temporary Residency. A *Temporary Resident, for the purposes of this Regulation, is a person who resides in a Country or Territory by virtue of a holding a visa, for example a visitors visa, student visa, work visa or the like. The IDBF considers such visas to indicate a ‘temporary’ residency in the Country or Territory concerned, not a permanent residency.* (Aug 11)

a. Exceptionally, competitors who have a permanent residential qualification of less than 3 years and who have not represented an IDBF Member previously, may with the permission of both their birth and residential IDBF Member, apply to the IDBF Executive Committee for permission to compete for their country/territory of residence.

When permission is given, the competitor concerned will not be allowed to compete for any other IDBF Member for a minimum period of 2 years following the year in which the permission is given. (Nov 03)

b. (4.2) Competitors who, by marriage have acquired the nationality of another country may compete for that country without delay.

CR 4.3 Club Crews. In IDBF Championships for **Club Crews** a Racer can only represent one Dragon Boat Crew. **See Bye Law 12.3 for the definition of a Dragon Boat Club Crew.**

The rules for National Crew Representation need not apply but all competitors must have been bona fide members of the Dragon Boat Crew that they represent, for at least **SIX (6)** months (Nov 06) before the Club Crew Championships in question.

CR 4.3.1. A bona fide Club Member is one that has regularly trained and/or competed for the Club Crew that they represent during the minimum period of **six months** shown in 4.3.

A bona fide Club Member will normally be resident in the Country in which the Club Crew is located.

A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period of at least twelve (12) weeks, over a minimum period of two (2) racing seasons. (Nov 06)

CR 4.4 International Races. In **IDBF sanctioned International Races**, the representation rules above need not apply but all Competitors must be recorded on the Crew Lists of the crews that they paddle with.

Comp Reg. 5. DRAGON BOATS: TRADITIONAL BOATS AND EQUIPMENT.

CR 5.1 (5.4) Traditional Designs. The IDBF in recognising the different designs of Dragon Boat (Long Zhou) and Paddles (Jiang) *as well as other forms of **Traditional Long Boats (TLB)** and other **Traditional Paddled Water Craft (TPWC)** that exist in Asia, Africa, Oceania and South America*, endorses such TLBs and TPWC for general use by IDBF Members.

The IDBF Council approves for IDBF sanctioned International Races, those Dragon Boats and single bladed Paddles, that are common to the People's Republic of China (CTWDB); Chinese Taipei; Hong Kong (HKTWDB) and Macau China *and other TLB & TPWC common in other IDBF Member Countries* and any derivatives of these designs approved by the *IDBF Member* in the country concerned or by the IDBF Council. (Sep 02 / Jan 03 / Aug 10)

CR 5.2 (5.1) Approved Designs for Championship Regattas. Whilst the IDBF recognises that all types of Traditional Dragon Boats (Long Zhou), Long Boats and Paddled Water Craft may be sanctioned for competitive use, the IDBF Council only approve IDBF Specification Racing Dragon Boats for use in Championship Regattas.

CR 5.2.1 IDBF Building Specifications (IDBF Specs) consisting of a Technical Manual and Drawings for those Racing Dragon Boat and Paddle designs approved for IDBF Championship Regattas, together with the Terms and Conditions that the IDBF attaches to these specifications, are published by the IDBF Technical Equipment Secretariat -TES. IDBF boat and paddle specifications form part of these Competition Regulations. **IDBF Spec Boats may be designated** by crew number e.g. DB22, DB12 or by the model number of the particular boat design, e.g. Model 1222 or 912.

(For information on how to obtain copies of the specifications, see the Attachments to these Competition Regulations. The outline drawings of the IRDB and the IDBF Standard Racing Paddle are also shown in the Attachments, as are outline drawings for the CTWDB and the HKTWDB.

CR 5.2.2 In all IDBF Championships, teams will not be allowed to use their own dragon boats and must use the dragon boats provided by the Organising Committee. (Aug15)

CR 5.3 (5.2) Exceptions. The IDBF Executive Committee shall be empowered, in exceptional circumstances, to permit the use of other designs of *Traditional Dragon Boat and Paddles at a World Championship*, if it is in the best interest of the sport so to do. (Aug 11)

CR 5.3.1 Different designs of Approved Dragon Boats and Paddles will not be permitted to race in the same competition class as each other. *Other designs of TLBs and paddled watercraft (TPWC)*, propelled by single bladed paddles, may also be *included* in a World Championship Regatta, at the discretion of the IDBF Council. (Sep 02)

CR 5.4 (5.3) International Races and Sanctioned Competitions. For IDBF sanctioned International Races the Dragon boats (Long Zhou) and equipment used should normally be to IDBF Spec but other traditional designs may be used – for example the CTWDB and HKWDB. **In IDBF approved competitions.** Dragon boats of a different design, TLBs and other TPWC are permitted.

For both types of events, the type and outline specifications of the boats and equipment being used must be notified in advance of the races by the Event Organiser, to the competing crews.

CR 5.5 Sponsors Advertising. At IDBF Championship sponsorship of or advertising on, dragon boats and equipment, by an event sponsor, is permitted subject to the conditions laid down, under Regulation 7.2, by the IDBF Executive Committee from time to time. (See also Comp Reg 7.2.1 - 7.2.3, for conditions concerning advertising on crews clothing and equipment).

CR 5.6 Means of Propulsion. Dragon Boats shall be propelled solely by means of single bladed paddles. These paddles shall not be fixed to the boat in any way, with the exception of the paddle (Oar) used by the Steerer (Helm).

As this is used in the manner of a rudder it may be supported within the framework of the boat but propulsion of the boat by the Steerer is not allowed. (Dec08)

CR 5.7 Paddles (Jiang). Subject to the exceptions shown in Regulation 5.5, competitors in IDBF Championships shall be permitted to use their own paddles (Jiang) provided that they conform to the IDBF Racing Paddle specification, or a specific specification laid down by the IDBF Executive Committee for a particular championships.

Competitors found to be using paddles that do not conform to the published 'paddle' regulations for a particular IDBF championships, will be warned accordingly and if the warning is ignored they will face **disqualification** from the competition concerned.

CR 5.8 Boat/Lane Numbers. In all IDBF competitions each Dragon Boat shall carry a vertical number board (plate) or a fixed pennant, which shall act as a boats identification number for the duration of a race.

This number shall also indicate the Lane Number of the Racing Lane in which the boat will race in.

CR 5.9 Boat Number Boards. The Boat Number Board shall be fixed to the bow of the Dragon Boat in such a manner that it can be clearly seen by the Finish Line officials.

The minimum size of the Number for IDBF Championships shall be 33 cm high x 23 cm wide on a Number Board measuring 60 high x 46 cm wide.

The colour of the plate and the number on it is not specified but the colour scheme should be such, that, the number can be clearly identified by the Finish line officials over a distance of ninety (90) metres.

CR 5.10 Boat Weights. Irrespective of any minimum weight for a Dragon Boat laid down in these Regulations, the difference in weight between boats used in IDBF races should not exceed **ten (10) kilograms.** (Sep 03)

At IDBF Championships the Organising Committee are to ensure that all boats are within this weight differential and are to produce documentary proof of this fact to the Chief Official, before the competition commences.

CR 5.11 Boat Weighting. At an IDBF Championship (see Racing Rule R5.4) the Organisers shall provide adequate boat weighting equipment for use before and during the competition. At other IDBF Races boat weighting is not compulsory but may take place if requested by the Chief Official, prior to the event and provided that accurate weighting equipment is available. (See also Regs 13.1/13.3 Misc Equip).

Comp Reg. 6.

RACING DISTANCES and the RACING COURSE

CR 6.1 Distances. Racing for a **World Dragon Boat Racing Championship** may take place **over 200m**, 250m, 500m, 1000m and *nominally 2000 metres*, *Racing Distances (Sep 03)*. Additionally, **Traditional Paddling Style Races** over similar distances, may take place at the discretion of the Organising Committee (*Sep 02*). For **other Championship Regattas** races must take place over at least 500 metres.

a. (6.1) For a **Club Crew Championship** (*UCWC or Corcom* races), where the Racing Course does not allow a 500 metre race to be held, an alternative distance between **200m** and 500m may be permitted, at the discretion of the IDBF Executive Committee. (*Sep 03*).

b. (6.1) For **International Races** all or some of these distances, or other locally determined Race Distances may be offered in the Race Programme. Races not run totally in one direction shall be subject to special rules concerning Turns and safety (See Regulations 6.8 and 6.9 and the IDBF Rules of Racing in Part 2).

CR 6.2 Racing Course. For **IDBF World Dragon Boat Racing Championships** the course shall be capable of providing a straight stretch of water as flat and as still as can be obtained, over a distance that will permit at least a 1000 metre race in one direction.

For all **other Championship Regattas and International Races**, water that will permit at least a 500metre race, is required. Exceptionally this requirement may be relaxed for a Club Crew Championship - see Com Reg 6.1.

CR 6.3 Racing Lanes. The course at the start and finish shall permit a clear width of at least nine (9) metres for each dragon boat to race in. This width per boat, shall be known as a Racing Lane.

Lane.1 shall always be the lane nearest to the location of the Finish Line Judges.

The width of a championship course should ideally allow at least six (6) boats to race, in lanes from 13.5m to 15m wide lanes (maximum) (Oct 05).

For *WCorcom, UCWC* and International Races a maximum of nine (9) boats in 10m lanes is permitted. A return lane of at least 9 metres, on either side of the Racing Lanes, should also be provided. (*Oct 06*)

In a non-championships competition the Racing Course shall be wide enough to allow, as a minimum, three (3) boats to race in 9m lanes.

CR 6.3.1 Start and Finish. The Start and Finish Lines shall be at right angles to the Racing Lanes and at least 90 metres in length. They shall be marked off of the water on both sides of the course and similar static markings shall be constructed every 200 or 250 metres, as appropriate, between the Start and Finish. (*Sep 03*)

CR 6.4 Course Markings. Both the Start and Finish Lines shall be marked, on the water, by red flags or buoys at the point where these lines intersect the outer limits of the Course, that is the extremes of the Racing Lanes. A line of Buoys shall also be placed no more than 2 metres behind the Finish Line.

These buoys shall be marked with lane numbers that are clearly visible from the Finish Tower and to the approaching crews. The numbered buoys shall be on the right hand side of each racing lane, as seen by the approaching crews. (*Nov 06*).

The Racing Lanes shall be marked by means of clearly visible buoys placed in a straight line, at intervals of not more than fifty (50) metres apart, down the length of the Racing Course.

Each lane will be numbered at the Start and Finish, preferably at the Finish with overhead Lane Markers, as well as the Finish Line Buoys.

CR 6.5 Starting Bays & pontoons. For an IDBF World Dragon Boat Racing Championships a Starting Assembly Area consisting of **Starting Bays** placed behind the Start Line, in such a way that the front of each Dragon Boat is on the Start Line, must be provided for each Racing Lane.

For other Competitions **Start pontoons** should be provided when possible, or starts may be made from fixed points on the end of the Racing Course.

CR 6.6 Measurements. The length of the Racing Course and all intermediate distances shall be measured exactly, preferably by a qualified surveyor, and an accurate plan shall be held by the Organising Committee.

CR 6.7 International Races. For sanctioned International Races the course markings and measurements should comply, wherever possible, with these regulations.

Where this is not possible the minimum permitted width for an International Racing Course will be fifty (50) metres, to allow three (3) Dragon Boats to race as required by Competition Regulation 6.3.

CR 6.8 Turn Buoys. In any IDBF competition where the presence of Turn Buoys on the course would enhance the races, such buoys shall be permitted. For races that take place in lanes then such buoys shall be positioned in the centre of each Racing Lane.

Where a race takes place outside the normal Racing Course, that is the area formed by the Racing Lanes, then **Turning Points**, as defined below, must be used and additional Racing Rules for such races will apply.

CR 6.9 Turning Points. In Long Distance races that take place on enclosed water, such as a water sports centre or lake, dragon boats may race out of their lanes from the start.

In such races should Turning Points be necessary, then the radius of each turn should be at least 50 metres.

Each Turning Point shall be marked by at least six flags or buoys, which shall be readily distinguishable from other course markings. (See Racing Rules for races over 2000 metres).

CR 6.10 Water Depth. The depth of water on a **Grade A** regatta course for an IDBF World Dragon Boat Racing Championship (WDBRC) should be a **minimum of 3.5 metres**, on a site where the bed of the Racing Course is proven to be uniform throughout – that is, a maximum 0.5 metre variance across the racing lanes.

For all other Championship Regattas (Grade B course) and IDBF International Races (Grade C course) a minimum water depth of **three (3) metres is acceptable.** (Oct 05).

Comp Reg. 7.

GENERAL ADMINISTRATION and SAFETY MATTERS

CR 7.1 Delegation. All IDBF competitions are conducted under the overriding authority of the IDBF Executive Committee as authorised by the IDBF Council. The IDBF Executive may delegate to an Organising Committee the responsibility for the organisation of the competition. (See also Competition Regulation 9 - Competition Organisation).

CR 7.2 Sponsorship/Publicity/Advertising. The IDBF Executive Committee are empowered to lay down conditions regarding sponsorship, publicity and advertising at IDBF events.

For IDBF Championships, the Organising Committee must submit for approval to the IDBF Executive details of any sponsorship before any formal agreement is reached with a sponsor.

CR 7.2.1 (9.12). Advertising on Crew Uniforms, Boats & Equipment. At IDBF Championships the advertising of a Representative Team's sponsor on a crews 'off water' uniform and training apparel; Team Boats and Equipment, not supplied by the Organising Committee will be permitted subject to any conditions established by the IDBF Executive Committee from time to time and published in a Championship Information Bulletin, provided that such uniform (or training clothes) are not worn during an actual race.

At other IDBF competitions advertising as above shall be at the discretion of the organisers.

Failure to act in accordance with this Regulation may result in disciplinary action against the crew concerned.

CR 7.2.2 Advertising on a Crews Racing Clothing and Equipment. With the exception of boats and equipment provided by a Championship Sponsor under Regulation 5.5, the advertising of a Representative Team's sponsor on a crews **racing apparel** or personally owned Racing Paddles, will be permitted subject to the following provisos:-

1. That any such advertising is unobtrusive and tasteful (that is, of a design that does not cause offence to the public or cause the racing vest to become unrecognisable as a Crew's Representative Colours).
2. One such advertisement will be permitted on the Racing Vest placed in such a position that it does not unduly disrupt, hide or negate the Crew's Colour design thereon.

CR 7.2.3 The maximum size of sponsors name and logo advertising that will be permitted on a Vest shall be that which can be contained in a box measuring 20cm long by 5cm wide.

For competitors personal Racing Paddles, that is those that comply with the IDBF Paddle Specification, the sponsors advertisement may be of a different shape to that on the Racing Vest but shall not exceed the overall area of the 20cm x 5cm box (100 sq cm).

CR 7.3 At IDBF Championships the following rights shall remain with the IDBF:

CR 7.3.1 Television and Radio coverage - an agreed percentage of any fees received from television coverage shall remain with the Organising Committee and the balance will be retained by the IDBF.

CR 7.3.2 Commercial advertising on and near the Racing Course.

CR 7.3.3 The use of IDBF emblems, logos, insignia and trade-marks.

CR 7.4 Contracts. The IDBF Executive may negotiate with a Championship Organising Committee a contract concerning these rights and any profits that may accrue from them.

CR 7.5 General Safety Matters. The safety of Competitors and Race Officials taking part in any Dragon Boat Competition is a prime concern of the IDBF Executive Committee. Those aspects of safety relative to summer competitive conditions are covered in Regulations 7.6 to 7.10, which follow. For IDBF competitions the IDBF Competition and Technical Commission (C&TC) is empowered to draw up regulations and special bye laws to ensure the safety of all competitors and officials. *(See also the IDBF Water Safety Policy, which forms part of this Regulation).*

CR 7.5.1 (7.5) Included in the IDBF Water Safety Policy, at Attachment 1, is a leaflet entitled '**Guide to Safety on Water**'. The Water Policy and Guide form part of these Regulations and should be read in conjunction with them. The IDBF recommends that the Guide to Safety should always be published in Race Programmes.

CR 7.6 Safety Officer. For all IDBF events it is recommended that a **Safety Officer** be appointed. The duties of the Safety Officer are shown in the Rules of Racing – R3.13.

CR 7.7 Medical & Rescue Services. At all IDBF Competitions, the Organisers must provide a medical and rescue service ready to act both on and off the water, throughout the event, **which includes all official training sessions before the first Race Day.** (Sep 03)

a. (7.7) First Aid cover must be provided by qualified personnel and a Medical Doctor must be in attendance throughout the competition. Competitions should not take place unless at least one (1) safety boat is provided to act as a rescue vessel in the event of a boat capsize or the loss of a competitor overboard during a race **or crew training.** (Sep 03)

CR 7.8 Rescue Boats. It is recommended that one rescue boat be provided for every three dragon boats racing **or Training**, to a minimum of two (2) or three (3) boats per event. (Sep 03) Each boat should be capable of holding up to eight people and should be of a design that will enable people to gain access to the boat, from the water, unaided. One rescue boat should follow each race down the course. (This boat may also act as an Umpires boat).

CR 7.9 Buoyancy Aids. Personal Flotation Aids (buoyancy aids) should be made available for all Junior Crews in the event of inclement weather and for any competitor under the age of 12 years old (see Regulation 2.1.). Personal buoyancy should also be worn by any competitor, irrespective of age, who is a weak swimmer.

CR 7.10 Crew Safety. Although it is incumbent on the Organising Committee to provide a rescue service, the **Crew Manager and Boat Captain** are primarily held responsible for the safety of their crews. When on the water the Boat Captain, who will normally be the Helm (Steerer) must take responsibility for the crew's safety. Both the Crew Manager and the Boat Captain will ensure that all their competitors are:

CR 7.10.1 Suitably dressed for the weather, water and race conditions and that they are not wearing anything (such as personal accessories or jewellery) which may impede their ability to escape from a capsized boat or swim unaided once in the water, for example, wrist weights.

CR 7.10.2 Must be water competent and, ideally able to swim at least 50 metres in wet competition clothes, unaided.

CR 7.10.3 'Fit to Race' both medically and physically at all times during the competition. (See also Regulation 8.4.1)

CR 7.10.4 Fully briefed on all safety matters contained within the Competition Regulations and Rules of Racing for the competition.

CR 7.10.5 Distress Flags. Each Dragon Boat shall carry two red flags (one in the front and one in the rear of the boat) which shall be waved by the Drummer and/or Helm in the event that a crew member is lost overboard during a race or other circumstances arise that necessitate a 'Distress Signal' - see also Racing Rule 7.7.1)

* **CR 7.11 Titles and Prizes - Champions.** When the number of Nations, Territories and Crews in an **IDBF World or Club Crew Championships, Corcom Championships or University & College Championship** conforms to Competition Regulation 1.5, then the title of **World Champion** shall be conferred on the winning crew in each Competition Class in which crews from at least six (6) Nations or Territories compete. Every competitor in each winning crew shall be awarded a medal, gold in colour and a diploma. The crew shall receive a trophy

CR 7.12. (7.13) World Championships' Places. Competitors in crews finishing in second and third places in each of the Competition Classes will be awarded silver and bronze coloured medals respectively and each crew a trophy.

All crews in a Class Grand Final will receive certificates of achievement recoding their placing in the competition class. (Aug 11)

* **CR 7.13 (7.12) IDBF Championship Races.** When the number of Nations or Territories in a Competition Class in a World or Club Championships is less than six (6) then the title World Champion shall not be conferred on the winning crew.

IDBF Championship Medals and trophies for the Competition Class concerned, will be awarded as follows:- (Aug 11)

- a. *One Entry only* – a trophy and certificate of participation.
- b. *Two Entries* – 1st placed crew Medals, 2nd placed a trophy.
- c. *Three Entries* – First two crews Medals, 3rd placed a trophy.
- d. *Four or Five Entries* – First three crews Medals, remaining crew(s) certificates.

CR 7.14 Design of Medals. For a World Dragon Boat Racing Championships, medals and certificates will conform to the shape, size, design, material and manufacturing standards laid down by the IDBF Executive Committee.

In addition the Organising Committee shall provide a commemorative medal of their own design, for all competitors and officials.

CR 7.15 Other Competitions. For all other IDBF competitions trophies, prizes and medals may be awarded as determined and provided by the Organising Committee. No IDBF titles shall be conferred at International Races.

CR 7.16 Personal Photographs: At an IDBF Championships, competing teams shall supply two (2) passport sized photographs for every person listed on the **Named Entry Forms**, to the Championships Organising Committee. If possible photographs should also be submitted for all Accredited Supporters.

CR 7.17 National and Representative Flags and Anthems Teams taking part in an IDBF World Championships are required to bring with them, one (1) National Flag for the country or Representative Flag for the Country or Territory that they are representing, of a size of approximately 2m (6ft) x 1m (3ft). The Flag is to be carried by a Team Representative at the Opening Ceremony of a World Championships.

a. (7.17) Teams are also to bring with them to a cassette tape and a CD of their National or Territorial Anthem.

b. (7.17) At a Club Crew or Corcom Championship (Nov 03) such Flags or Anthems are not permitted for medal ceremonies

* For European events, see EDBF amendments attached to these Regulations

Comp Req. 8. **TECHNICAL ADMINISTRATION.**

CR 8.1 Invitations to IDBF competitions should contain the following information:

- 8.1.1 Date and Place of the competition.
- 8.1.2 Situation and Plan of the Course.
- 8.1.3 Distances to be raced and the Competition Classes.
- 8.1.4 The water conditions – e.g. Sea, Canal, River, Reservoir, etc.
- 8.1.5 Entry Conditions and Entry Fees.
- 8.1.6 Address for Entries and Closing Date for entries.

* **CR 8.2 Information & Entry Forms.** For IDBF Representative Team Competitions invitations **must** be sent to the recognised IDBF Member of the country *or territory* concerned.

For Club Crew or Corcom (Nov 03) competitions, invitations should be sent to competing crews through an IDBF Member Organisation, where one exists.

CR 8.2.1 (8.2) Information Sheets concerning IDBF Championships should be sent to all IDBF Members, **eleven (11) months** before with **Invitations and Entry Forms being sent nine (9) months** before the championship date. (Nov 03)

Entry Forms for International Races should be sent to crews through their IDBF Member Association at least 6 months before the competition date.

* **CR 8.3 Entries. Entries to IDBF Team Championships shall be restricted to IDBF Members.** For Club Crew World Championships see Competition Regulation Annex 12.b.

CR 8.3.1 Entry Forms. *For an IDBF World Championship Regatta there are four (4) types of Entry Forms for use at different stages in the entry process, namely, Provisional Entry, Confirmed Entry, Final Named Entry, Deferred Entry and Late Entry. (Aug 2010)*

- 6. **A Provisional Entry** is sent to the IDBF at least 6 months before a Championship to indicate to the Organising Committee that a Team or Club Crew intends to enter.
- 7. **A Confirmed Entry** is sent to the IDBF at least 3 months before a Championship to indicate to the Organising Committee that a Team or Club Crew will enter the event.
- 8. **A Final Named Entry** is sent to the IDBF a maximum of 6 weeks before a Championship and includes the Names and details of all the participants attending.
- 9. **A Deferred Entry** can be sent to the IDBF instead of the Final Named Entry, when the list of participants cannot be finalized or the full funding for the participants has yet to be confirmed. Such an Entry will ensure that the crews concerned are shown in the Race Programme for the Competition Classes they have entered.
- 10. **A Late Entry** is one received after the closing date for the Final Entry and up to two (2) weeks before an event, when a Deferred Entry has NOT be submitted.
Provided that the Race Programme can accommodate such an entry, a Late Entry will only be accepted at the discretion of the IDBF Chief Official and may attract a Late Entry Fee.

CR 8.3.2 (8.3) For IDBF International Races entries may be accepted from non-members. Entries for IDBF competitions must be forwarded by crews through their IDBF Member, where one exists.

An entry shall be made on the Entry Form provided by the organisers. All Entries must be returned to the Organising Committee by the Closing Date for Entries.

CR 8.3.3 (8.7) **Late Entries.** An Entry to an IDBF competition received after the Closing Date for Entries will be deemed to be late.

For non-championship events Late Entries may be accepted, at the discretion of the Organising Committee and confirmed at the Crew Managers (Team Leaders) meeting.

CR 8.4 (8.6) **Submission of Entries.** Entries may be mailed; telexed; faxed or sent by Email, provided they are received by the Organising Committee by mid-night (local time) on the last date for receiving entries. Entries **mailed** must be confirmed by returning the actual Entry Form.

In the eventuality of conflicting information an Entry Form sent by post shall take precedence.

CR 8.5 (8.8) **Competing Crews.** When time allows and no later than 7 days after the Closing Date for entries the Organising Committee shall send to all crews entered a list of the names of competing crews; which organisation they represent and a provisional time-table of races.

For IDBF Championships details of the competitors in each National Team or Club Crew shall also be provided and entered on to the IDBF Data Base.

CR 8.5.1 (8.8.1) A full Race Programme, confirming the above, plus the Racing Rules for the competition and other information concerning the organisation and administration of the event, must be given to Crew Managers, on their arrival at the Championships location.

CR 8.6 (8.4) **Team Lists.** For an **IDBF World Championship** each IDBF Member taking part shall submit, to the Organising Committee by the Closing Date for Entries, a **Team List**, showing the full names of all competitors and team officials selected to take part in the Championships.

Blank Team Lists shall be sent out with the Entry Forms.

CR 8.7 (8.4.1) **Crew Lists,** For all IDBF competitions Crew Lists showing the Names and Racing Numbers of the competitors in a crew must be submitted to the Chief Official before a crew's first race in a Competition Class.

CR 8.7.1 (841a) **'Fit To Race'** When signing the Crew List, the person signing is confirming with the Chief Official, that all the competitors shown on the list are **Fit to Race**.

This statement covers not just the physical ability of the competitors to undertake the race concerned but it also means that the signatory is confirming that there are no known medical reasons why those listed should not compete during the whole period of the Championships

This is particularly relevant to Senior and Junior competitors.

CR 8.8 Competitors Eligibility, Identification & Declarations. Only those competitors named on a Team List (IDBF World Championships) or Crew List, including reserves, may take part in a competition.

CR 8.8.1 (84.1b) **Competitors Declaration.** To ensure that Team Officials can sign the Crew Lists with confidence, **all competitors attending an IDBF Championship are required to sign a personal declaration** stating that there is no medical reason why they should not compete in the Championships concerned and that they are physically fit to race. (Sep 03)

CR 8.8.2 (8.4.2, 8.8.1a). At IDBF World Championships there will be a medical doctor appointed to conduct checks, by requesting proof of a competitors medical fitness. This can take the form of a Doctor's medical certificate or a signed declaration from the competitor or a declaration by a Team Leader, *as above*, on behalf of all competitors. (Sep 03)

CR 8.8.3(8.4.3. 8.8.1b). **Banned Substances.** Competitors who have been prescribed banned substances and do not possess a Therapeutic Use Exemption (TUE) must complete a **Banned Substances Declaration**, which must be handed to the appointed IDBF Medical Doctor before the athlete concerned competes. **See the Annexes to this Regulation.** (Sep 03)

A false declaration regarding the name, classification, citizenship, residential qualification *or medical fitness*, of any competitor may result in the disqualification of *the individual* concerned, the Team or Crew concerned from the Championships or the Competition Class entered.

CR 8.8.4 (8.5, 8.8a, 8.8.2) **For identification purposes photographs** of all competitors must be taken before a Championship event and, ideally, forwarded to the Organising Committee with the Entry Form.

CR 8.9 Objections to Crews. When, at an IDBF Championships, a Crew Manager has received advanced information concerning participating crews, any objection against a crew or competitor entered in the Championship must be made by an IDBF Member within two (2) days of receiving the list of Entries.

When such information is only received on arrival at the competition site any objections must be made within 24 hours of receipt.

CR 8.10 Submission of Objections. All objections shall be made to the IDBF Executive President, with a copy to the Organising Committee. The IDBF Executive President shall consult with members of the IDBF Executive Committee or the Championships Jury, as appropriate, and shall decide if the objection is well founded, or not and take action as necessary, informing those concerned of his decision.

CR 8.11 Results and Reports. For all IDBF Competitions a full set of results shall be given or sent to each crew participating in the competition.

In addition two (2) full sets shall be sent to the IDBF Secretary General, together with any reports concerning protests or appeals concerning the competition, plus any other relevant documents.

CR 8.12 Distribution of income for European events, see the EDBF amendments attached.)

Comp Reg. 9.

COMPETITION ORGANISATION.

Note: *World Dragon Boat Championship Regattas.* Full details of all aspects of organising and financing an IDBF World Championship Regatta, including guidelines for the **Organising Committee** are contained in the **IDBF World Championship Regatta Organiser's Handbook**, which is obtainable from the IDBF Secretary-General. The Handbook carries the same authority as these Regulations and should be read in conjunction with them.

CR 9.1 Organising Committee. For IDBF Championships and all sanctioned International Races, the organisation and management of the competition shall be in the hands of an Organising Committee which shall consist of a Championship Director and Technical Director for an IDBF Championships and an Event Organiser and Race Organiser for International Races and such other Organising Committee members as decided by the **IDBF Member** (IDBF Championships) or Organisation (International Races) concerned. A list of such Organising Committee members is shown in the World Championship Regatta Organiser's Handbook.

The Organising Committee shall:

- 9.1.1 Fix the competition dates; the racing and competition classes and the programme of races. For IDBF Championships this shall be done in consultation with the IDBF Executive Committee.
- 9.1.2 Raise the finance necessary to ensure the success of the competition and account for all such finances.
- 9.1.3 Make available a regatta site, racing course and technical equipment that conforms to the IDBF Competition Regulations and Rules of Racing.
- 9.1.4 Draw up and distribute the programme of races. Promote and publicise the competition Internationally. Negotiate media coverage of the event.
- 9.1.5 Take all other steps necessary to ensure the proper running of the races and the efficient administration of participating crews and officials.

CR 9.2 The Championships Director (Event Organiser). The Championships Director or Event Organiser is the overall co-ordinator of the event, including any other activities organised in support of the Dragon Boat Competition. As the person concerned shall be responsible for promoting and publicising the event; issuing invitations to participating crews; receiving entries; publishing final results and ensuring that the IDBF Bye-Laws and Competition Regulations are complied with. The Director (Organiser) shall be the person responsible for providing all the facilities required for the competition; for the collection of all fees due from crews and for the payment of all bills associated with the event. The Director (Event Organiser normally heads the Organising Committee.

CR 9.3 The Technical Director (Race Organiser). The Technical Director or Race Organiser is responsible to the Championships Director for managing the actual Dragon Boat Races, which includes producing the Competition Time-Table and Racing Programme before the event. He or she shall ensure that the Race Officials duties are published and notified to all concerned and that the Race Officials needs are met during the competition. The Technical Director (Race Organiser) shall attend all meetings with the Crew Managers and ensure that any published information required by the crews is always available through the Race Secretariat. The Race Director shall advise the Championships Director on the Competition Regulations and Rules of Racing and shall ensure that all such Regulations appertaining to the Racing Course and for Boats and Equipment are fully complied with. The Technical Director (Race Organiser) is a member of the Organising Committee.

CR 9.4 Control of the Competition. Whilst the overall organisation and management of a competition rests with the Organising Committee the **Technical** control and conduct of the actual races shall be undertaken by Race Officials operating under a **Chief Official who heads a Competition Committee.**

CR 9.5 Race Officials. It is the general duty of all Race Officials to ensure that the IDBF Statutes; Bye-Laws; Competition Regulations and Racing Rules are fully complied with. In IDBF competitions, Race Officials are categorised into **Technical Officials** - those who are allocated to tasks for which a specific knowledge of the sport is required and **Supporting Officials** - those who are allocated tasks for which such a knowledge of the sport is not required. **A general list of the Race Officials and the duties of the Technical Officials and the Competition Committee are laid down in Part 2, the Rules of Racing.**

CR 9.6 Officials Qualifications. Technical Race Officials officiating at IDBF sanctioned International Races should have undergone formal training in all aspects of technical officiating and hold, as a minimum, a National Race Officials Certificate (NROC) but preferably an International Race Officials Certificate (IROC). It is also recommended that at least two (2) members of the Competition Committee should be fully qualified International Race Officials holding an International Race Official Licence (IROL).

NOTE: The grades and requirements for officials wishing to gain a NROC, IROC or IROL are shown in the Annexes to these Regulations and as such form part of them.

CR 9.7 Officials for IDBF Championships. Technical Race Officials officiating at IDBF World Dragon Boat Racing Championships must hold an IROL and the Chief Official must hold a Senior International Officials Licence (SIOL). For other IDBF Championships the Chief Official and members of the Competition Committee must hold an IROL.

CR 9.8 Appointment of Race Officials. For IDBF Championships all Technical Officials shall be appointed by the IDBF Competition & Technical Commission. With the approval of the IDBF Executive Committee, the Championships Director and Race Director shall be appointed by the IDBF Members responsible to the IDBF for the organisation of the Championships. Supporting Officials at an IDBF Championships and all Race Officials in other IDBF competitions shall be appointed by the Organising Committee concerned.

CR 9.9 Identification of Competitors - PIN and Racing Vest Number At an IDBF Championship each competitor shall be allocated a **Personal Identity Number (PIN)** by the Organising Committee. This PIN shall be recorded on an identity document with preferably a photograph, provided by the competitor in advanced of the competition (*see Regulation 7.16*). The identity document must be carried by all competitors during the competition.

CR 9.9.1 (9.9) In addition each competitor, when racing, will show a **Vest Number** on the reverse of the racing vest, which may be a temporary or permanent fixture but must be clearly visible. The Vest Number is not the same as the PIN. The Vest Number which will be in the range of 1-26 will relate to the Vest Number shown against each competitor recorded on the **Crew List** for a particular Competition Class and acts as a means of identification during a race. (A Crew List is contained in the Annexes)

CR 9.9.2 The Vest Number shall be enclosed in a box of a minimum length of 210mm and depth of 150mm, that is to say A5 size. Each numeral shall be of a size that will fit into a box of a minimum size of 100mm tall and 60mm wide. Racing Numbers below the number 10 are to show a 0 as the first numeral. **The IDBF template for Vest Numbers is shown in the Annexes to these Regulations.**

CR 9.10 (9.9) For International Races the use of a PINs and Racing Numbers is optional, as decided by the race organisers.

CR 9.11 (9.10) Reserves. Only those Reserves named on the Crew List submitted to the Chief Official can be used as substitutes during an IDBF Competition. Under no circumstances can the Crew Members be changed once Crew List has been submitted.

CR 9.12 (9.11) Racing Colours and Dress. In IDBF World Championships and Continental Championships for Representative Teams, competitors shall compete wearing the recognised competitive colours of their country or territory, that is to say the colours currently used by their Olympic Association.

a. (9.12) For Club Crew or *Corcom* Races, competitors shall compete in their own crew or Club colours or the colours of the IDBF Controlling Association that they represent.

b. **Team Leaders will be required to submit with their Entry Forms coloured photographs** of their Team (Crews) intended Racing Apparel (Strip). Teams/ Crews who at the Championship concerned do not appear in their submitted Strip may be required by the Chief Official to race in plain white vests. (Sep 03)

c. **For all Medals Presentations** recipient crews must be dressed (preferably in Track Suits) in their Teams (Crews) Racing Colours (Sep 03)

CR 9.13 Crew Managers, Boat Captains, Team Leaders and Heads of Delegation. In all IDBF competitions each Dragon Boat Crew must be represented by a **Crew Manager** - responsible for crew discipline and technical administration, and a **Boat Captain** - who shall be responsible for the conduct and safety of the crew when they are on the water.

The Crew Manager and Boat Captain may be one and the same person.

a. (9.13) **Additionally, at an IDBF World Dragon Boat Racing Championships a Team Leader** - with responsibility for the overall administration and conduct of a Representative Team and a **Head of Delegation** who shall represent the Representative Team in matters of protocol may be appointed.

CR 9.14 Communication with Crews. During a championships or international competition the Race Officials; Competition Committee and the Jury will only communicate with the Crew Manager; Boat Captain; Team Leader; Head of Delegation or one other named Team or Crew Official, concerning such matters as:

9.14.1 Communications between organisers and crews.

9.14.2 Making protests or appeals.

9.14.3 Receiving results.

CR 9.15 Practise Sessions. When practise sessions are arranged at IDBF Competitions they will come under the control of the Competition Committee and will be subject to the IDBF Competition Regulations and Rules of Racing, where applicable.

CR 9.16 Photo Finish. At IDBF Championships a photo-finish facility must be provided by the Organising Committee and a photographic record taken of each boat crossing the Finish Line in every race in the competition. For International Races the provision of photo-finish equipment is recommended and the provision of video equipment essential.

Comp Reg. 10.

COMPETITION FORMAT

CR 10.1 Basic Criteria. For a competition to be classified as International, crews from at least two (2) countries or *territories* must compete. (IDBF Bye-Law 3.7 refers).

If the number of entries in any Competition Class is so great that Heats are necessary, the number of boats in each heat and subsequent rounds of competition shall not exceed nine (9). If the number of entries in a Competition Class is low that particular class may be combined with another class for programming and racing purposes.

To comply with Regulation 1.7 the results for each Competition Class must be shown separately and at least separate Finals should be held. When given, separate medals and trophies must also be awarded.

CR 10.2 Competitors Instructions. Written instructions regarding an IDBF Competition shall be available to Crew Managers at least five (5) hours before the first race of the event. Such instructions must contain the following information:

- 10.2.1 Details of the Racing Course and Course markings.
- 10.2.2 Starting Times of the Races.
- 10.2.3 Start and Finish Line details.
- 10.2.4 Allocation of Dragon Boats.
- 10.2.5 Heats and Lane Draws.

CR 10.3 Boat Allocation. Crews must embark in the boat allocated to them in the Lane Draw. The Racing Lane Number and Boat Number shall be one and the same.

CR 10.4 Division of Heats. The system of dividing crews into heats may vary according to the number of entries received and the distances being raced.

Generally the division of the crews into heats shall be determined by the drawing of lots, unless the relative standards of crews are known. In this case a system of seeding crews in the heats may be used. The allocation of crews to Racing Lanes may also be done through seeding or the drawing of lots.

CR 10.5 Progress to Finals. The division of crews into heats must be made in such a way that at least three (3) crews proceed to the main final of each competition class and two (2) to each of the Semi Finals or Repechages, dependant on the number of crews.

CR 10.6 Number of Crews per Round. When making a draw the difference between the number of crews in each race of a particular round of the competition, shall not exceed one (1). If the number of crews in a round of the competition does vary, then the earlier heats shall have the larger numbers of crews.

For races of more than 2000 metres heats need not be held and all boats taking part may start simultaneously. Should the width of water not permit a simultaneous start, then starts at regular intervals will be permitted.

CR 10.7 Identical Times/Dead Heats When two or more crews with identical times in a round, qualify for the next round of the competition, or a Dead Heat is recorded in a race, they shall be permitted to proceed to the following round, providing there are sufficient Racing Lanes and boats. If this is not the case then a race off between the crews concerned will be held.

CR 10.8 Plan of Heats. At IDBF Championships a race programming system that ensures that crews who lose in the heats of a Competition Class have a second chance to qualify for the next higher round, must be used.

In addition Place Races should be held in order to place crews in a results order that is relative to the other crews in their Competition Class.

For IDBF Championships the IDBF Tail Race or Repechage Systems shall be adopted.

(The Repechage and Tail Race Plans, for use in IDBF Championships are published in PART 3 as Enclosures to these Competition Regulations and Rules of Racing).

CR 10.9 Finals and Secondary Places. In IDBF competitions there shall be a main Final for each Competitive Class plus additional finals as may be necessary, to determine the secondary places. Tail Races, or another system of races, for example a Plate Competition (see Regulation 10.10) or an aggregated times system (see below), may also be used to determine the relative place of each crew in a Competition Class.

CR 10.9.1 (10.9). A crew that has not taken part in at least one intermediate round of a Competition Class, shall not be allowed to compete in a Final, unless the Final is the only race in a particular Competition Class.

CR 10.9.2 (10.9). A crew that has not competed in a first round heat may be permitted to compete in the next round of the competition, at the Chief Officials discretion.

CR 10.9.3 Aggregated Times. Where the number of crews entered in a competition is small (below 6) and they race each other in a series of Competition Rounds, the aggregated times from the Rounds will be used to determine a crew's final place. Disqualification from one 'Round' does not mean automatic disqualification from the whole competition.

In the case of a disqualification from a Round, the crew or crews concerned will be given the slowest time recorded for that particular Round, plus a 5 second time penalty, as their race time, for the purpose of determining their final place in that Competition Class.

CR 10.10 Plate Competitions. In IDBF International Races, a Plate Competition may be held for crews that do not reach the later rounds of the main competition, instead of the Tail 'placing' system outlined in Regulation 10.9. Such a Plate Competition must be clearly designated as such.

CR 10.11 Intervals between races. For IDBF competitions crews shall be allowed the following minimum period of rest between their individual Race Start Times. The Rest Period includes the time taken to disembark from the previous race; warm up for the next race, in the same Competition Class; report for that race and embark again.

CR 10.11.1. 30 minutes for 200 or 250 metre races.

CR 10.11.2 40 minutes for 500 metre races.

CR 10.11.3 60 minutes for 1000 metre races and above.

CR 10.12 Exceptions. When the same competitors are racing in more than one Competitive Class it may not be possible for the Technical Director (Race Organiser) to allow such a rest period between an individual crews races. In such cases the Organisers will only guarantee the minimum rest periods between intermediate rounds of the same Competition Class.

Comp Reg. 11.

DISCIPLINARY MATTERS.

CR 11.1 Drug Abuse. In IDBF Competitions the use by competitors of performance enhancing drugs, chemical compounds, other dope and any substances, or any stimulants, prohibited by the International Olympic Committee (IOC), the World-Anti Doping Agency (WADA) (**Nov 03**) or the IDBF, is strictly forbidden. Such drug abuse when detected during a competition will result in the disqualification of the competitor concerned from the competition and action will be taken under the IDBF Anti-Doping Policy, which is published in accordance with IDBF Bye-Law 8.8.

CR 11.1.1 (11.1a) **Training.** Drug Abuse detected during training or at non-IDBF competition (that is, a formal competition sanctioned by an IDBF Member or in an informal competition) or out of a competition, will be dealt with under the terms of the Anti-Doping Policy of the IDBF Member concerned.

CR 11.1.2 (11.1b) **A 'model' Anti-Doping Policy** for IDBF Governing Associations is contained as Appendix 1 to the IDBF Anti-Doping Policy, which is published at the end of these Regulations. The Anti-Doping Policy forms part of this Regulation and should be read in conjunction with it.

CR 11.1.3 (11.1, 11.1.1). Drug Abuse by a single competitor, as described in 11.1, may bring disqualification to the entire crew, as well as disciplinary action, under Bye-Law 8, against the IDBF Member to which the competitor or crew belongs.

CR 11.2 Reporting. Any instances of drug abuse during an IDBF competition must be notified by the Chief Official, to the IDBF Medical & Sports Science Commission and the IDBF Secretary General immediately. The Secretary-General shall inform the IDBF Executive Committee. The Executive may recommend, to the IDBF Council, further action under IDBF Bye-Law 8.

CR 11.2.1 (11.2). Drug Abuse detected in training, or at a non-IDBF competition (as defined in 11.1) or outside of a competition will be referred direct to the IDBF Executive Committee who shall take the appropriate action under Bye-Law 8, against the competitor, crew or the IDBF Member concerned, as the case may be.

CR 11.3 Aiding and Abetting. Anyone who assists or incites, or otherwise encourages a competitor to indulge in drug abuse shall also be considered to have committed a drug offence and will be subject to the same disciplinary procedures, shown in the IDBF Anti-Doping Policy, as for a competitor or crew. **In the event of an IDBF Member being involved** in any of the offences shown in Regulation 11.1, the Member concerned may be suspended by the IDBF Executive Committee during the period of the investigation into the alleged drug abuse.

CR 11.4 Doping Control. At an IDBF World Dragon Championship Regatta, the Organising Committee must, within reasonable financial limits, provide a Doping Control Service as advised by the IDBF Sports Medicine & Sports Science Commission. For all other IDBF Championships it is recommended that Doping Control be provided.

CR 11.4.1 Random Testing. Random drug testing is to be conducted during IDBF World Championships by an IOC approved Drug Testing Unit. All tests, of which there should be a minimum of six (6) (*Jul 12*) during the competition, are to be set against the IOC banned substances list current at the time, including testing for alcohol. A Member of the IDBF Medical Commission will be on hand to monitor the testing process.

CR 11.5 Code of Conduct. At all IDBF Competitions the Disciplinary Code, as published as an Annex to the Rules of Racing, Rule 4, in Part 2, shall be followed. The Disciplinary Code lays down a Code of Conduct for both Competitors and Officials covering behaviour before, during and after a dragon boat competition. The Chief Official is authorised to take any necessary disciplinary action as laid down in the code.

Comp Reg. 12. SPECIAL REGULATIONS FOR IDBF CHAMPIONSHIP REGATTAS.

CR 12.1 When Special Regulations are adopted by the IDBF Council concerning Championship Regattas they will be published as Annexes to this Regulation.

At the present time Special Regulations apply to the **World Dragon Boat Racing Championships**; the **Club Crew World Championships** and the **World Corporate & Community Championships**.

These are shown at Annex A and B, respectively, to this Regulation. (IDBF Bye-Law 13 concerns the Preparation and Organisation for a World Championships and the Annex to Bye-Law 13 covers the Bidding System for such a Championships.

Comp Reg. 13. ADDITIONAL AND MISCELLANEOUS EQUIPMENT.

CR 13.1 Generally additional equipment designed to be added to the boat or personal or miscellaneous equipment designed to enhance the performance of the boat or a crew member shall not be permitted in IDBF events. (See also 7.10.1) The exceptions to this are on board communications systems that operate purely between crew members and seat cushions for individual paddlers, provided that they are made of a soft material, such as sponge or foam, which does not effectively raise the height of a seat or seats in a boat – see Regulation 13.4. The Chief Official shall decide on additional and miscellaneous equipment not specifically covered by these Competition Regulations.

***Note:** It is not the intention of this Regulation to exclude equipment enhancements such as, strapping to a paddle to assist grip, Velcro fasteners for seat pads (see Regulation 13.4), sponges or boat bailers, foot pads for competitors comfort or other items that are not performance enhancing or a safety risk to members of the Crew – see 13.3.*

CR 13.2 Water Pumps. The carrying of any type of pump in the boat, during a race, which is designed to clear a boat of water is prohibited.

CR 13.3 Boat & Seat Straps and Strapping. In the interest of crew safety no additional fixtures or fittings, such as straps to fasten a paddler into the boat or onto a seat are permitted. The Chief Official may relax this rule for physically disabled competitors, if adequate safety systems are provided to ensure that such crew members can easily be released from the boat and rescued in the event of the boat capsizing.

CR 13.3.1 Wrist Straps to Paddles and Boat fasteners. *Wrist to Paddle Straps are **NOT** allowed or any other fastening system that connects a competitor to a paddle or the boat, as such fittings constitute a safety hazard. Exceptions may be made for Adaptive Paddlers provided that any fastening to the wrist is of a 'quick release' nature and does not compromise the personal safety of the Adaptive Paddler concerned (Aug 11)*

CR 13.4 Seat Pads. Dragon Boat Seat Pads (cushions) as described in Regulation 13.1 shall be made of a soft material, such as neoprene, of an *approximate thickness of 15mm* that will compress easily when squeezed between finger and thumb. The width of the seat pad *may vary in size and shape* but shall approximate to *the width of a paddling seat in the IDBF Standard International Racing Boat and should ideally, not exceed 20cm in width and 40cm in length.* (Aug 11)

Comp Reg. 14. Spare

Comp Reg. 15. Spare

Comp Reg. 16. Spare

Comp Reg. 17. Spare

Comp Reg. 18.

ADOPTION OF THE IDBF COMPETITION REGULATIONS.

CR 18 (CR16) These Competition Regulations were updated, by the IDBF Competition and Technical Commission (C&TC) in 2000, from those adopted on 1st January 1997 and were subsequently notified to the 8th IDBF Congress in 2001.

The Regulations were further updated by the C&TC in 2002, 2003 and approved by the IDBF Council in October 2003, under Article 43 of the IDBF Statutes and notified to the 9th IDBF Congress on 31st October 2003 as the 4th Edition.

The 5th Edition was approved by the IDBF Council and ratified by the Congress in 2007 and this 6th Edition as approved by the IDBF Council and ratified by the 14th IDBF Congress in 2011 is effective from 1st January 2012 and will remain in force for a minimum period of four (4) years, as laid down in Article 29 of the IDBF Statutes.

The 7th Edition was approved by the IDBF Council and ratified by the Congress in 2015 is effective from 1st January 2016, apart from CR 1.5.2 which is effective from 1st May 2016, after the 10th Club Crew World Championship. The Changes will remain in force for a minimum period of four (4) years, as laid down in Article 29 of the IDBF Statutes.



Mike Thomas
IDBF President
1 March 2016

EUROPEAN DRAGON BOAT FEDERATION



The European Dragon Boat Federation adopts the IDBF Competition Regulations, with the following amendments

AMENDMENTS FOR EDBF COMPETITIONS

1.3 EDBF AND OTHER FEDERATIONS CHAMPIONSHIPS. EDBF Championships may be held annually at a place and time decided on by the AGA and in accordance with these Regulations and Rules of Racing. European Championships are those competitions that are organised directly by the EDBF, or its Members, for EDBF Member Crews. There are three kinds of Championships currently authorised by the EDBF, namely the European Nations Championship; the European Club Crew Championship (see Reg. 1.4) and the Euro Corporate & Community Championship. Championship Regattas organised by the IDBF or other Federations, such as the Asian Dragon Boat Federation (ADBF) are recognised as equal in status to EDBF Championships.

1.4.1 European Championships are restricted to National Crews. The total number of crews, per country, is defined as a National Team. Six Crews from at least three (3) EDBF National Members must compete before a Competition Class (see Regulation 2.2 for definition) can be awarded EDBF European Championship status. (See also Regulation 1.5.1).

1.4.2 European Club Crew Championships are restricted to Club Crews who represent a Dragon Boat Club (not an EDBF National Member). Such Crews must compete under their Club Name and in club attire and must not be given National Team status. Six Crews from at least three (3) EDBF National or Club Members must compete before a Competition Class can be given Championship status. (See also Regulation 1.5.2).

1.4.3 The minimum number of crews required in 1.4.1 and 1.4.2 to give a Competition Class 'European Championship' status may be relaxed by the EDBF Executive Committee for a specific Competition Class if to do so is in the best interests of the sport. (EDBF Regulation only).

1.5.1 European Championships. For a European Championships one (1) crew per National Team shall be allowed to compete in each Competition Class listed in the Championships Programme. (This may be increased to two (2) crews per Nation at the discretion of the EDBF Executive Committee).

1.5.3 NATIONAL RACES. The definition for a National Race is published in the EDBF Bye-laws. National Races in Europe are those races organised for competitors domiciled in the country where the event takes place, either directly by an EDBF Member or approved by such a Member, or where an EDBF Member does not exist, an Event Organiser approved by the EDBF. The number of entries per Competition Class in a National Race is left to the discretion of the EDBF Member concerned. (EDBF Regulation).

5.5 Sponsorship. At EDBF Championships, sponsorship of Dragon Boats and equipment by one sponsor, for advertising purposes, is permitted subject to the conditions laid down (under Regulation 7.2) by the EDBF Executive Committee, from time to time. Under this Regulation, Championships Organising Committees may override Regulation 9.12 and exclude crews from using their own boats or paddles, provided that they supply all crews alternative boats and paddles to championships specifications. **The details of any such sponsorship must be notified by the Organising Committee to the competing crews before the Championships commence. At other EDBF competitions such sponsorship is at the discretion of the Event Organiser.**

Amendments for EDBF Competitions.

* **7.2.1 (9.12). Advertising on Crew Uniforms, Boats & Equipment.** At EDBF Championships the advertising of a National Teams sponsor on a crews 'off water' uniform and training apparel; Team Boats and Equipment, not supplied by the Organising Committee *will* be permitted subject to any conditions established by the EDBF Executive Committee from time to time, *provided that such uniform (or training clothes) are not worn during an actual race.* At other EDBF competitions advertising as above shall be at the discretion of the organisers. **Failure to act in accordance with this Regulation may result in disciplinary action against the crew concerned.**

7.11 TITLES AND PRIZES - CHAMPIONS. For EDBF Championships, the title Champion shall be conferred on the winning crew in each Competition Class contested, which conforms to the conditions of Competition Regulations 1.4 to 1.5.2 inclusive. Every competitor in each winning crew shall be awarded a medal, gold in colour and the crew shall receive a trophy. (EDBF amended Regulation).

7.12 NON CHAMPIONSHIP RACES. When the number of crews in a Competition Class does not conform to the minimum number laid down by the EDBF Executive Committee, see Regulations 1.4.1 to 1.4.3, then the title 'Champion' shall not be conferred on the winning crew, nor champions medals awarded. The winning crew may receive medals and a trophy for winning a Non-Championship Race in the Competition Class concerned.

8.2 INFORMATION & ENTRY FORMS. For EDBF Championships, information sheets should be sent to all EDBF Members at least 6 months before, and Entry Forms at least 3 months before the championships commence. Entry Forms for International Races should be sent to crews through their EDBF Member Association at least 6 months before the event. The conditions on EDBF Championships Entry Forms form part of this Regulation. (EDBF amended Regulation).

8.3 ENTRIES. Entries to EDBF Championships shall be restricted to EDBF Members. For Eurocup Races entries may be accepted from non-Members but their results will not count towards Eurocup points. Crews from non-European countries may be invited to an EDBF International Race. All Entries for EDBF competitions must be returned by the Crew Manager to the Event Organiser, with the appropriate fee, on the Entry Form provided, by the Closing Date for entries shown on the form. (Amended Regulation).

8.3.1 Entry Fees. For EDBF Championship Races crews may be required to pay Fees as laid down by the EDBF Executive Committee. Such fees shall be shown on the Entry Form. For all other EDBF competitions the Event Organiser may set an Entry Fee, in consultation with the EDBF Executive Committee. For all EDBF events, the appropriate fee must be sent to the Event Organiser with the Entry Form. The fee is non-refundable once an Entry has been accepted. An entry received late as shown in Regulation 8.7, may attract a Late Entry Fee.

8.12 DISTRIBUTION OF INCOME. Surplus income from EDBF Championships after all levies, permit fees and other expenditure have been paid, shall be distributed as agreed between the EDBF Executive Committee and the Championships Organiser.

9.12 CREW RACING COLOURS. At EDBF Championships for National Crews, the competing crews shall race in their country's national colours, that is to say, those competitive colours recognised by their National Olympic Committee. For Club Crew Championships, the competing crews shall race in their own Club colours or those of the EDBF Member Association to which they belong.

12 Spare.

Annex A To Competition Regulation 8.4.2

INTERNATIONAL DRAGON BOAT FEDERATION

COMPETITORS AND TEAM LEADERS DECLARATION

In Respect of the Competitors Medical & Financial Status

I the undersigned _____

ON BEHALF of the _____ (Team Name)

Hereby notify the IDBF, that the individuals' whose signatures appears on the attached list are through their signature, confirming that they are physically fit and trained for competitive Dragon Boat Racing and that they can swim at least 50 metres wearing light clothing.

By their signatures each individual also confirms that they have undergone a medical check and that there is no known medical or other reason why they should not take part in the race programme of the IDBF World Championships Regatta for which they have been entered.

The signatories hereby expressly agree to abide by all rules and conditions of the IDBF and the Event Organisers and hereby discharge the Organising Committee, the IDBF Member Dragon Boat Federation concerned and, the International Dragon Boat Federation (IDBF), as well as any other individual or organisations connected directly or indirectly with the Championships from any responsibility in the event of injury, death or loss of property incurred during or as a direct consequence of or whilst travelling to or from the IDBF Championship Regatta.

I further declare that all fees due as notified by the Organising Committee in respect of my Team, will be paid in full before the first day of competition and that in the event of any debts being incurred by any of the signatories during the Championships that the Organising Committee will be reimbursed in full before the departure of the Team or by a written guarantee within 30 days of the end of the said Championships.

Signed Date
(Team Leader)

Name Team

Annex B to Competition Regulation 8.4.2

IDBF Medication Declaration Form for Banned Substances

All applicable areas must be completed, including diagnosis. Please print clearly.

1. Athlete Information

Surname:	Date of Birth (d/m/y)
Fore Names	Gender (m/f)
Address	Telephone: + (0)
	Fax: + (0)
Place	Post Code
	Email:

2. Substances Declared (to be completed by the prescribing medical doctor)

Diagnosis:			
<p>Beta-2 Agonist Inhalers: The four beta -2 agonists listed below are permitted by inhalation only when this declaration form is submitted at the time the medication is prescribed and/or prior to doping control. All other beta-2 agonists are banned. Oral administration (tablet or liquid) and systemic (intravenous) administration of all beta-2 agonists are banned</p>			
Indicate a X beside medication (s) being declared:		Dose	Route of Administration
Formoterol (e.g. Oxeze Turbuhaler)	<input type="checkbox"/>		Inhalation:
Salbutamol (e.g. Ventolin Inhaler)	<input type="checkbox"/>		Inhalation:
Salmeterol (e.g. Serevent Inhaler)	<input type="checkbox"/>		Inhalation:
Terbutaline (e.g. Bricanyl Inhaler)	<input type="checkbox"/>		Inhalation:
<p>Glucocorticosteroids are permitted by inhalation (e.g. Pulmicort), intra-articular, and local injection only when this declaration form is submitted at the time the medication is prescribed and/or prior to doping control. Declaration should be made for each injection or each planned series of injections. Topical applications are permitted.</p>			
Glucocorticosteroid Prescribed		Dose	Route of Administration

3. Doctor's Information

Name:	
Registration Number	
Address	Telephone: + (0)
	Fax: + (0)
Place	Post Code
	Email:

1. Declaration forms for inhaled permitted beta-2 agonists and inhaled glucocorticosteroids are valid for one (1) year from the date signed by the prescribing Doctor, and must be renewed annually.
2. Annual renewal is the responsibility of the athlete concerned.
3. The information on this form is based on the 2003 IOC-WADA List of Prohibited Substances and Prohibited Methods, as adopted by the IDBF, and is subject to change in the future.

Doctor's Signature: _____ Date (d/m/y) _____
and Official Stamp

Athlete's Signature: _____ Date (d/m/y) _____

Annex A To Competition Regulation – 9.6

IDBF INTERNATIONAL RACE OFFICIALS SCHEME**Training, Assessment, Grades**

1. The International Dragon Boat Federation (IDBF) recognises that the standards of officiating at International Competitive Events must be of the highest order if Race Officials are to earn credibility and respect and if competitive Dragon Boat Racing is to develop in a full and meaningful way.

Therefore, the training and assessment scheme for National and International Race Officials and the officials grading system have been formulated to ensure that high standards of officiating are maintained Nationally and Internationally by the IDBF and the IDBF Members up to and including World Championship Regatta level.

2. IDBF Race Officials Training & Assessment (ROTA), covers officials training at National Level and four (4) levels of assessment and grading, at International level, as follows:-

<u>Level</u>	<u>Status</u>	<u>Award</u>	
National	National Race Official	National Race Officials' Certificate	(NROC)
<i>Technical and Organisational</i>			
Grade 1.	International Official	International Race Officials Certificate	(IROC)
Grade 2.	International Official	International Race Officials Licence	(IROL)
Grade 3.	International Official	Senior International Race Official	(SIRO)
Grade 4.	International Official	Championship Senior Official	(CSO)

3. **The outline requirements for the different Grades of Race Officials are shown below.**

4. **National Race Official (NRO).** Those people who wish to become a Dragon Boat Race Official are required to attend Race Officials Training (tutorial and/or practical), organised directly by the IDBF Race Officials Secretariat (ROS) or through an IDBF Member organisation. Such training should be followed by at least one seasons practical experience at dragon boat events, during which time the competence of the Official is assessed, before being confirmed as a qualified National Race Official. Those applying for International Race Officials Assessment, must first hold a **National Race Officials qualification** or have the appropriate practical national officiating experience. (For more information on National Officials Training and Assessment – see paragraphs 15-22 below.)

5. **International Race Official (IRO).** There are two areas of regatta organisation that International Race Officials may chose to specialize in, that is, the 'on the water' and 'off the water' sides of regatta operation. These areas are covered in the IDBF Rules of Racing and Competition Regulations. In recognising these two distinct areas the ROTA Scheme is divided into two (2) classes of IRO, namely - **TECHNICAL and ORGANISATIONAL.**

6. **Grade. 1 - International Race Officials Certificate. (IROC)** National Dragon Boat Officials with either an IDBF or IDBF Member's Race Officials Certificate or Qualification or with at least two (2) years of officiating in Dragon Boat Races, at National Level, may apply to the IDBF ROS for IDBF International Race Officials Certificate. The examination and assessment consists of a timed written paper on the IDBF Statutes, Bye-Laws, Competition Regulations and Rules of Racing, followed by a verbal 'one to one' interview to assess the candidates knowledge and experience of the sport and Race Officiating. During the written examination, Candidates are allowed to refer to the IDBF publications listed above and for this purpose should bring with them a copy of the said publications.

7. Successful candidates will be awarded the IDBF International Race Officials Certificate (IROC), which is the first Grade of the IRO scheme. Those holding a IROC will be entered on the IDBF Register of Officials as holders of the Grade.1 International Race Officials Certificate and authorised to officiate or organise at International Race level within the sport.

8. **Grade 2 - International Race Officials License (IROL)** Those Grade 1 International Race Officials with at least three (3) years of officiating at National Level, including officiating or organising experience in at least two (2) International Races or at three (3) National Championships, will be considered by the ROS for their International Race Officials Licence (IROL).

9. The Grade 2 IRO Assessment, for both licence classes, is an observed assessment of a candidates practical abilities, carried out at International Races or Championship events by Members of the IDBF Race Officials Secretariat (ROS), as follows:-

a. **Technical International Race Officials Licence**. Those being considered for Technical Grade 2 status will have experience at International Races or National Championships, over a range of the officiating roles shown in the IDBF Rules of Racing. A Grade 2, TECH will be qualified to officiate at Continental or Regional Championships and International Races, as a Member of the Competition Committee and to act as the Technical Director for an International Race or National Championships.

b. **Organisational International Race Officials Licence**. Those being considered for Organisational Grade 2 status will have a good knowledge of the sport and proven experience in the organisational aspects of a regatta as shown in the IDBF Competition Regulations, at National Championships level. They will be capable of leading a team of officials in a Sport Racing Regatta or Dragon Boat Festival. A Grade 2, ORG will be qualified as an Event Organiser to conduct International Festival and Sport Racing Regattas.

10. Successful Grade 2 candidates will be awarded their IDBF International Race Officials Licence (IROL) Technical or Organisational, as appropriate. Successful candidates will be entered on the IDBF Register of Officials as a Grade 2 IRO - International Race Officials Licence holder (IROL) - Tech or Org (or both) as the case may be.

11. **Grade 3 - Senior International Race Official (SIRO)**. Licensed Race Officials will be eligible to apply to the IDBF ROS or be nominated by the Secretariat, for assessment as a Senior International Race Official (SIRO). SIRO candidates will have a comprehensive knowledge of the sport and a wide range of experience in officiating at or organising dragon boat events at National and international level over a number of years, including the duties of a member of the Competition Committee or a key member of the Organising Committee at Championship Regattas or International Race level.

12. The Grade 3 SIRO Assessment for both classes is a verbal interview and a practical test of a candidates technical abilities or organisational experience and knowledge of the sport. The SIRO assessment is carried out at a World or Continental Championship Regatta, by an IDBF Competition & Technical Commission (C&TC) Assessment Team

a. **Senior Technical Race Official**. Grade 3 Tech candidates will be assessed, on their practical officiating experience and knowledge of the IDBF Rules of Racing and Water Safety issues to establish their ability to be a Section Leader at a World Championships and their potential to carry out the duties of the Chief Official at Continental or Regional Championship level and to act as the Technical Director for a Continental Championship.

b. **Senior Organisational Race Official**. Grade 3 Org candidates will be assessed on their practical experience in organising Dragon Boat Races at National Championships and International Race level. The assessment will establish their understanding of the sport and working knowledge of the IDBF Competition Regulations and their potential to carry out the duties of a Championship Director for a Continental Championship.

13. Those granted SIRO status will be entered on the IDBF Register of Officials as Grade 3, IRO - Senior International Race Official (SIRO) – Tech or Org (or both) as the case may be. Only Senior Race Officials' will be appointed to the Competition Committee at an IDBF World Championship Regatta. The role of the Technical Director of a Continental or Regional Championship should be carried out by an IDBF Tech SIRO and the role of the Championship Director by an IDBF Org Senior International Race Official.

14. **Grade. 4 - Championship Senior Official. (CSO).** Senior International Race Officials will be eligible to apply to the IDBF ROS or be nominated by the Secretariat, for assessment as a Championship Senior Official (CSO).

CSO candidates will have officiated, over a number of years as a SIRO at World Championship Regattas covering different roles as a member of the Competition Committee, or acting as a Chief Official, Technical Director or Championships Director at Regional or Continental Championships or as a Member of the IDBF C&TC.

15. Candidates for CSO Assessment will carry out either the duties of the Assistant Chief Official (Tech) or be an assisting member of the IDBF Jury (Org) at a World Championship Regatta.

Tech candidates will be supervised by the Chief Official and Org candidates by the Chair of the Jury.

All candidates will be assessed by the Chair and Members of the C&TC, in conjunction with the Chief Official and Chair of the IDBF Jury, during the course of the Championship.

- a. **Championship Senior Technical Official.** Grade 4 Tech candidates shall have a deep knowledge and understanding of the IDBF Rules of Racing and Water Safety issues and will be assessed on their practical performance as an Assistant Chief Official at a World Championship Regatta.

From their practical performance, their potential to carry out the duties of the Chief Official at a World Championship Regatta will be assessed.

A verbal interview covering the candidates technical experience, including Technical Director, at Continental level, will be used to determine their potential ability to carry out the duties of the Technical Director for a World Championship Regatta.

- b. **Championship Senior Organisational Official.** Grade 4 Org candidates will have a deep knowledge and understanding of the IDBF Competition Regulations and proven experience in organising dragon boating at Continental Championships level or have relevant experience as a Member of the C&TC.

A verbal interview covering the candidates organisational experience, including Championship Director, at Continental level will be used to determine their ability to carry out the duties of the Championship Director for a World Championship Regatta.

16. Those granted CSO status will be entered on the IDBF Register of Officials as Grade 4 IRO – Championship Senior Official (CSO) Technical or Organisational (or both) as the case may be.

17. A Tech CSO will always be appointed as the Chief Official at an IDBF World Championship Regatta and should carry out the role of the Technical Director of a World Championship Regatta.

The role of Championship Director at a World Championship Regatta should always be carried out by a Org Championship Senior Official.



NATIONAL RACE OFFICIALS TRAINING AND APPOINTMENTS

18. **National Training.** National Race Officials Training should cover those aspects of event organisation and officiating that are needed to organise and supervise the actual races, that is, the technical organisation of a dragon boat regatta. Training can be undertaken through a tutorial course followed by practical training and experience over at least one competitive season or through practical training during a season.

19. **Exemption from formal Training.** The IDBF recommends that an experienced race official with a sound knowledge of the technical aspects of dragon boat racing (or an allied sport such as rowing) but who has not attended a Tutorial Training Course, may be assessed directly at events by an experience assessment team. **The IDBF is able to offer IDBF Members advice and help in conducting National Officials Tutorial Training Courses.** An example of a National Officials Training Course Programme, is shown below.

20. National Officials Training is designed to cover the following areas of race officiating:

Race Organiser; Chief Official; Chief Boat Marshal; Judge Time Keeper;
Starter; Race Recorder; Race Secretary; Umpire

21. These are the key officials at any Dragon Boat Race and are designated by the IDBF as Technical Race Officials. Other Race Officials, such as, Boat Marshals; Safety Officers; Press Officers; Aligners; Stewards and other non-technical officials do not undergo formal training, specific to Dragon Boat Racing and are therefore not registered at National level or by the IDBF. Such Race Officials are designated as Supporting Officials.

22. **Appointments.** The IDBF recommends that all National Regattas and Championships should only be organised by Technical Race Officials, **registered with their IDBF Member Association.** Organisers of other dragon boat events both national and international, are advised to use only those Officials who have undergone training and assessment (tutorial and/or practical) at National or International level and are registered with their IDBF Member, or the IDBF ROS, to officiate at the appropriate level, especially the Race Organiser and Chief Official.

23. Most IDBF Members operate a Membership Scheme that requires qualified Race Officials to become members. The IDBF recommends that all such Membership schemes should give Race Officials both Public Liability Insurance Cover (PLIC) and Personal Accident insurance cover (PAIC), whilst they are officiating in competitive dragon boat events sanctioned by their IDBF Member.

24. The IDBF also recommends to IDBF Member organisations that only that National Officials with a depth of experience and knowledge of the sport at National level should be appointed as Race Organisers and Chief Officials, for races below National Championship level. The **IDBF IROC** would be the recommended minimum level. For National Championships or International Races, the minimum recommended qualification would be the **IDBF IROL**.

25. The IDBF also recommends to IDBF Member organisations that those Race Organisers and Chief Officials considered to be fully competent in all aspects of organising a Dragon Boat Race should hold a **National Race Organisers Licence (NROL)**. The **IDBF SRO** would be the recommended minimum qualification for the granting of a NROL. The IDBF also recommends that a NROL should be subject to annual re-validation, on renewal of the license holder's national membership.

Annex to Competition Regulation - 9.9.1
IDBF CHAMPIONSHIP REGATTA - CREWLIST

A Crew List must be submitted for each Competition Class at the Crew Manager's Meeting, held THE NIGHT BEFORE the Heats of the competition concerned. **Only those competitors named on the Crew List will be permitted to race and only those Reserves named below may compete in any subsequent rounds of the competition class.**

Club (Crew) **Division** (e.g. Senior)

Country

Boat Type (Standard boat – 1222 or Small boat – 912)

Racing Class **Race Distance**
 (e.g. Senior B /Junior A) (Open/ Women/Mixed) (e.g. 200 / 500m)

Vest No	Competitors Name	PIN	Vest No	Competitors Name	PIN
Drummer			Helm		
01		<input type="text"/>	22.		<input type="text"/>
02		<input type="text"/>	12		<input type="text"/>
03		<input type="text"/>	13.		<input type="text"/>
04		<input type="text"/>	14.		<input type="text"/>
05		<input type="text"/>	15		<input type="text"/>
06		<input type="text"/>	16.		<input type="text"/>
07		<input type="text"/>	17.		<input type="text"/>
08		<input type="text"/>	18.		<input type="text"/>
09		<input type="text"/>	19.		<input type="text"/>
10		<input type="text"/>	20.		<input type="text"/>
11		<input type="text"/>	21.		<input type="text"/>
Nominated Reserves					
23		<input type="text"/>	25.		<input type="text"/>
24		<input type="text"/>	26.		<input type="text"/>

Boat Captain (Name) **Vest Number**

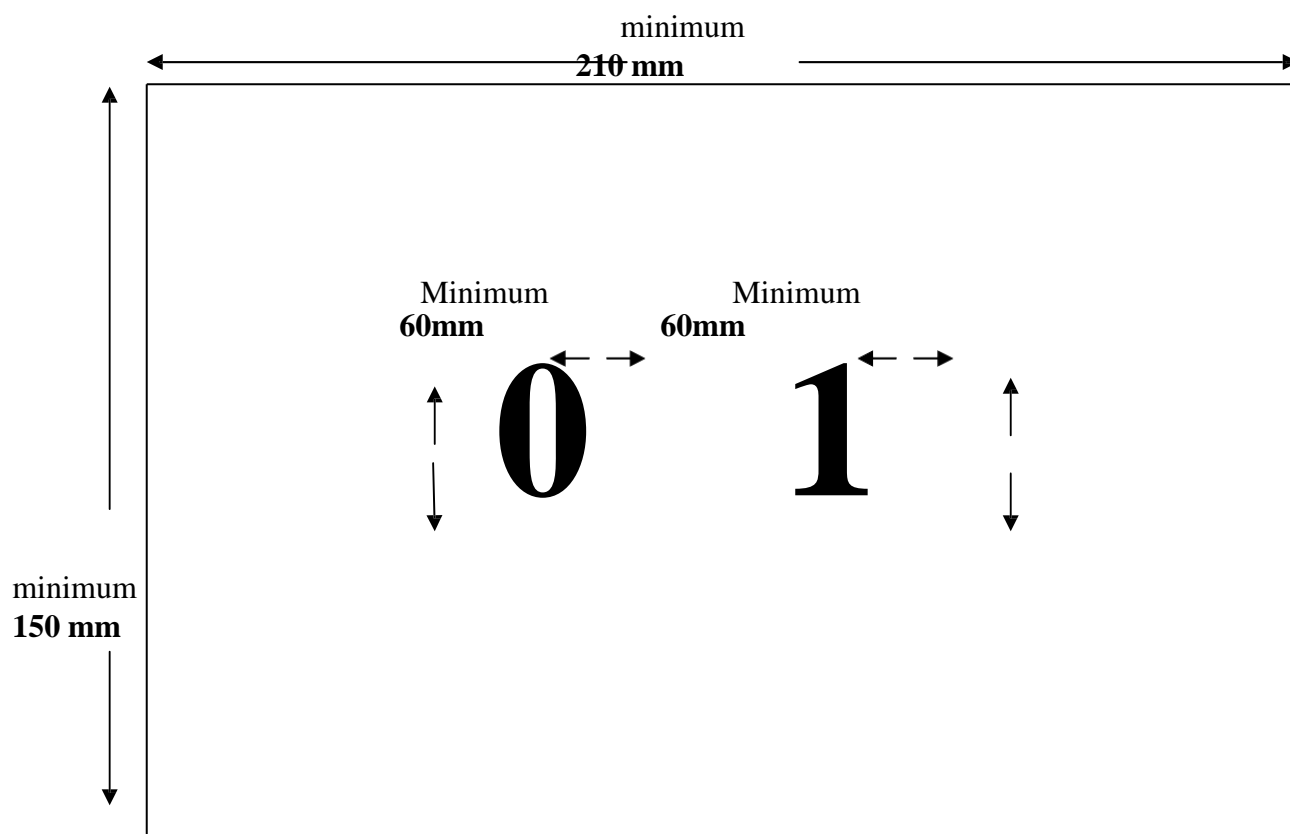
Crew Officials' Declaration. In accordance with IDBF Competition Regulation 3, we certify that those competitors listed above are shown on our Team/Club Entry Form, that they are fit to race and are the only ones who will take part in the Competition Class shown. We understand that a false declaration may result in the disqualification from the Competition Class and from the Championships.

Signed **Signed**
 (Crew Manager) (Boat Captain)

Crew Manager's Mobile Phone contact Number

Annex to Competition Regulation - 9.9.2

IDBF RACING VEST NUMBER TEMPLATE



Template Not to Scale

The Vest Number shall be enclosed in a box of a minimum length of 210mm and depth of 150mm, that is to say A5 size. Each numeral shall be of a size that will fit into a box of a minimum size of 100mm tall and 60mm wide. Vest Numbers below the number 10 are to show a 0 as the first numeral, as shown in the TEMPLATE example. The number shall be shown on or attached to, the back of the Competitors Racing Vest

Annex A to Competition Regulation 12

CR 12.a. SPECIAL REGULATIONS FOR WORLD CHAMPIONSHIP REGATTAS

1. **World Dragon Boat Racing Championships** . From 2011, the outline daily programme for a World Dragon Boat Racing Championships (WDBRC) shall be as follows:

Day 1	(Monday)	All day	Teams arrive and Register Crews practice sessions. IDBF Executive & Council Meetings.
Day 2	(Tuesday)	All day pm	Crews practice sessions. Team Managers and Technical Race Officials Meeting – see also Day 3.
Day 3	(Wednesday)	am/pm Evening	<i>Competition Day – 2000m Mixed and Open 2000m Races</i> Opening & Welcome Ceremony
Day 4	(Thursday)	All day	Mixed/ Open / Women's 1000 metre races.
Day 5	(Friday)	All day	Mixed /Open/ Women's 200m races.
Day 6	(Saturday)	All day	Open/Women's 200m Finals and Mixed 500 metre races.
Day 7	(Sunday)	All day pm Evening	All Rounds - Open / Womens 500 metre races. Closing Ceremony. Farewell Celebration.
Day 8	(Monday)	am All day	IDBF Congress Sightseeing / Teams Depart.

2. **Club Crew World Championships**. From 2010 the outline daily programme for a Club Crew World Championships (CCWC) shall follow the pattern of the WDBRC except that it will normally consist of a four day racing programme (Thursday to Sunday). The IDBF Council will meet on a Tuesday. A Congress will only be held during a CCWC by exception and then only as a Special Members Congress.

Annex B to Competition Regulation 12

CR 12.b SPECIAL REGULATIONS FOR IDBF CLUB CREW WORLD CHAMPIONSHIPS and World Corporate & Community Championships

1. The Club Crew World Championships (CCWC) will take place on even years, 2000, 2002, etcetera. Any organisation may apply to hold a CCWC, which is seen as the ideal event for a Festival Organiser to consider in non-World Championship year. *World Corporate & Community Championships (WCorcom) may be held at time and place, decided by the IDBF Council and will be organised under the direct control of the IDBF.* (Sep 03)
2. Entry to a CCWC or WCorcom, is open to any Dragon Boat Crew from any country but where a Crew or the Championships organiser are domiciled in a country in membership of the IDBF, the crews and organiser, for a CCWC, must be sanctioned by the IDBF Member concerned.
3. Generally IDBF Competition Regulations and Racing Rules and not local rules will apply to the Club Crew and Corcom World Championships, with the following exceptions:
 - 3.1 **The Course.** The regulations for courses are relaxed but a course must be capable of allowing a minimum of four (4) Racing Lanes over ideally 500 metres for a CCWC and 250 metres for a WCorcom. (Sep 03)
 - 3.2 **Boats/Paddles.** Any type of IDBF recognised Dragon Boat or Paddle may be used. Competitors may use their own paddles, provided that they comply to IDBF specification.
 - 3.3 **Crews.** The composition and numbers in a crew shall be commensurate with the type of Dragon Boat being used. Crews must compete in the name of a Club, not their country, therefore there are no restrictions on the nationality of competitors in a crew.
 - 3.4 **Racing Classes/Distances.** The Open Racing Class must be maintained as the premier Racing Class in a CCWC over a Race Distance of ideally 500 metres (WCorcom 250m. Formal Mixed Class Racing should be promoted and encouraged, other Competition Classes shall be at the discretion of the Organisers. (Sep 03)
 - 3.5 **Entries. For a CCWC** entries shall be restricted to a maximum of five (5) club crews per Competition Class, on the programme, per country. Extra entries from each country may be taken but crews must race in an International Race category. *There are no such restrictions on entries to a WCorcom (Sep 03) or UCWC (Aug 11).* Entries may be accepted from non IDBF Member Countries. All entries and crew details must be notified to the IDBF Race Officials Secretariat (ROS), prior to the event.
 - 3.6 **Medals/Trophies.** Championship Medals and Trophies shall be awarded to the first three crews in each Competition Class, provided that at least crews from six (6) different nations are entered in the class in question, in addition an overall 'IDBF World Champion Club' Trophy may be awarded to the crew that gains the most points overall. The IDBF Nations Cup points format should be used for this purpose.
 - 3.7 **Safety/Discipline.** Club Crew and Corcom World Championships shall abide by all IDBF published or recommended, Safety Regulations and Codes of Conduct.
 - 3.8 **Officials.** Race Officials provided by the Championships Organisers need not hold International Race Officials Licences (IROL) but Technical Officials should be Nationally qualified and the members of the Competition Committee must hold an International Race Officials Certificate (IROC). The Chief Official must hold a SIOL (Senior International Officials Licence). (See Annex A to Competition Regulation 9.6 for full details of the IDBF International Race Officials Scheme).

国际龙舟联合会术语表

IDBF GLOSSARY OF TERMS

英译中（普通话）

English to Chinese (Mandarin)

(With acknowledgement to the Hong Kong Tourism Board)

(鸣谢：香港旅游理事会)

Acting General Secretary	代理秘书长
Aligner Assistant	助理司线员
Aligner	司线员
Amateur Rowing Association of the Philippines	菲律宾业余赛艇协会
Amendments & Additions	修订和增订条款
Announcer	广播员
Annual Ordinary Congress/Congress	普通年度代表大会/代表大会
Associate Membership	会友
Bidding System	投标制度
Boat Captain	龙舟队队长
Boat Driver	龙舟驾驶员
Boat Holder	龙舟管理员
Boat Manufacturers License	龙舟制造商执照
Boat Marshall	龙舟纠察
Boat Marshalling Area	龙舟检录处
Brace the Boat	稳住龙舟重心
Buddy ,Buddy System	夥伴制
Buoyancy aid	浮标协助器
Caution	警告
Championship Director	锦标赛主任
Championships Organizing Committee	锦标赛组织/委员会
Chief Boat Marshall	龙舟裁判总长
Chief Judge	裁判长
Chief Official	赛事总裁判
Chief Time Keeper	计时裁判长
Chief Umpire	赛道总裁判
Chinese Dragon Boat Association (CDBA)	中国龙舟协会(中国龙协)
Class Grand Final	每组别总决赛
Classes	级别
Clean Water	水面距离
Club Crew World Championships	世界龙舟俱乐部锦标赛
Club Crews	俱乐部队

Code of Conduct	行为守则
Collision	撞船
Colours	旗帜
Commissions	委员会
Competition & Technical Commission	竞赛及技术委员会
Competition Class	比赛级别
Competition Committee	竞赛委员会
Competition Director	竞赛主任
Competition Entry Form	比赛报名表
Competition Jury	竞赛仲裁委员会
Competition Regulations	比赛规例
Competitions	竞赛
Congress	会员代表大会
Continental Championships	洲际锦标赛
Continental Representatives	洲代表
Control Clock	监控钟
Council	理事会
Course markings	赛场标记
Course Umpire	赛道裁判
Courts of Arbitration	仲裁法庭
Crew Assembly	赛队集合
Crew composition	队员组合
Crew List	队员名单
Crew Manager	赛队领队
Crew Members	队员
Crew	赛队
Dead heat	不分胜负
Directives	指引
Disciplinary Code	纪律守则
Disciplinary measures	纪律措施
Disqualification Notice	取消资格通知
Divisions	组别
Dock	停泊处
Domestic Races	国内赛事
Dope	兴奋剂/违禁药物
Doping	服用兴奋剂/服用违禁药物
Dragon Boat Association (DBA)	龙舟协会
Dragon Boat Groups	龙舟组织
Dragon Boating	龙舟运动
Drummer	鼓手
Dragon Boat Racing Council of Canada	加拿大龙舟协会

Embark	出发
Embarking platform	登船平台
Emblems	会徽
Entry Fee	报名费
Equipment Commission	器材装备委员会
Event Organizers	赛事组织者
Exclude	开除
Executive Committee	执行委员会
Expulsion	驱逐
Extraordinary Members	特别会员
False Start	错误出发
Final budget	最终预算
Finish Line Judge	终点裁判
Finish line	终点线
Finish time	到达终点时间
Finishing order	到达终点次序
Fit to race	适于比赛
Flag catcher	拔旗手
Framework	框架（龙舟）
Full Member	正式会员
General Secretary	秘书长
Gong Beater	锣手
Heats	预赛
IDBF Bulletin	国际龙联通报
IDBF Bye Laws	国际龙联附则
IDBF Championships	国际龙联锦标赛
IDBF Competition Regulations	国际龙联比赛条例
IDBF Council	国际龙联理事会
IDBF Member	国际龙联会员
IDBF Racing Rules	国际龙联比赛规则
IDBF Statutes	国际龙联章程
In Line Abreast	并排起步
In Line Astern	尾部看齐
Information Sheet	资料表
Intermediate Draw	中途抽签
International Calendar of Events	国际比赛时间表
International Dragon Boat Federation (IDBF)	国际龙舟联合会
International Games	国际赛

International Race Officials Examination	国际比赛裁判员考试
International Race Officials License	国际比赛裁判证书
International Races	国际比赛
International Regattas	国际赛事
IROC	国际比赛事裁判证书
IROL	国际比赛裁判执照
Jury	仲裁委员会
Lane Buoys	赛道浮标
Lane Number	赛道编码
Late Entry Fee	过期报名费
Line of Racing	比赛线
Loading area	上船区
Long Distance	长距离
Marketing, Sponsorship, Finance Committee	市场、赞助及财务委员会
Medical Staff	医务人员
Member Organization	会员组织
Merchandising	商品
Myanmar Rowing Federation	缅甸赛艇协会
National Crews	国家龙舟队
National Officials Training Course	国际比赛裁判培训班
National Races	国家赛事
National Team	国家队
NROC	国际比赛裁判证书
Officers of Council	理事会官员
Officiating	裁判
Order of Starting	出发次序
Ordinary Members	普通会员
Organizing Committee	组织委员会
Overtaking	超车
Paddle Specification	划桨规格
Paddler	划手
Participating Crews	参赛队伍
PFA (personal Flotation Aids)	个人浮动器具
Photofinisher	终点摄像者
PIN	赛队身份编码
Place Certificates	名次证书
Place Race	名次赛
Plate Competition	碟赛
Pole marks	标志杆
Pontoon	平底船
Preparation & Organization	筹办及组织
Press Officer	新闻官

Protocol	礼仪
Provisional Time Table of Races	临时的竞时间表
Public Relations & Mass Media Commission	公共关系及媒体委员会
Race Control	赛事管理
Race Director	竞赛主任
Race Jury	竞赛仲裁委员会
Race Officials Assessment	赛事裁判评核
Race Officials Commission	竞赛裁判委员会
Race Official	竞赛事裁判
Race Organizers	竞赛组织者
Race Programmer	竞赛计划制定者
Race Recorder	竞赛记录员
Race Secretariat	竞赛秘书处
Racer	选手
Racing Colours	竞赛旗帜
Racing Course	赛场
Racing distance	比赛距离
Racing Lane	赛道
Racing Line	赛线
Racing long boat	长体竞赛船艇
Racing Number	比赛编码
Racing Paddle	比赛用桨
Racing Rules	比赛规则
Recall	重新召集
Regatta & Technical Installations Committee	竞赛和技术装置委员会
Regatta Course	赛场
Regional Championships	地区性锦标赛
Register of Officials	裁判名册
Repechage Plan	复赛（小决赛）计划
Repechage Races	复赛（小决赛）
Reprimand	谴责
Reserves	候补队员
Results Runner	成绩管理员
Rounds	轮
Safety Assistant	安全事务助理
Safety Officer	安全官员
Scoreboard	计分牌
Scrutineers	会议监票人
Secondary Placings	次要名次
Secretarial	秘书处
Secretary General	秘书长

Single-bladed Paddles	单桨片的划桨
Site Steward	赛场工作人员
Situation	比赛场地的位置
Special Regulations	特殊条例
Sports Medicine & Sports Science Commission	体育医疗及体育科学委员会
Standards Class of Dragon Boat	龙舟标准版
Start Line	起点线
Start Time	出发时间
Starter	发令员
Starting Area	出发区
Starting Assembly Area	出发集合区
Starting Signal	出发信号
Steerer/ Helm	舵手
Stewards	赛事工作人员
Stop Paddling	停止划动
Stop the Boat	停船
Suspension	中止会籍
Tail Races	榜尾赛
Team List	队员名单
Team Officials	赛队官员
Team	队
Timing System Operator (computer)	计时系统操作员（电脑操作员）
Treasurer	司库
Turn Buoys	转向浮标
Turning Points	转向点
Umpire	赛道裁判
Wash Hanging	乘浪推进
Water depth	水深
World Championships	世界锦标赛
World Dragon Boat Racing Championships	世界龙舟锦标赛

