



Sydney March 18-21 2010

# Dragon Boat Racing

## CHAMPIONSHIP



### Date

SUNDAY March 21 • START 9:00am • day

Schedule may change

### Event

#### MIXED Open

More information can be found on the Entry Form available from [corporategames.net.au/nsw/sportsevents.shtml](http://corporategames.net.au/nsw/sportsevents.shtml)

### Format See Page 2

Competition is heats followed by semis and final  
Teams are scheduled for a min 3 200m races where possible  
Each heat may contain teams from all "Levels of Skill" (see below)

Squad size Minimum 17 Maximum 23 required on Entry Form

Squad must be able to swim 50m lightly clothed

Sweeps are provided for competition

Drummer must be member of the team

Team consists of a drummer plus 14 (min) to 20 (max) paddlers

Minimum 7 of each sex required in boat

### Regulations See Page 2

Squad must be able to swim 50m lightly clothed

Buoyancy vests may be worn

Sweeps are provided for competition

The starter calls teams to their lanes and proceeds with the "start commands". A team must race in its designated lane.

If only one boat starts a scheduled race, the team must paddle the course in order to register a time. A boat has finished once the bow crosses the finish line.

Minimum age to enter Dragon Boat, 16 as of 31 December 2010

An Individual may enter on only one Dragon Boat Team and represent only ONE Organisation in the Games. Entry is NOT limited to employees

### Rules See Page 2

IDBF Rules as adapted for the Corporate Games. See page 2.

### Equipment

Boats, paddles and buoyancy vests are supplied by the Games. Shoes suggested.

Boats, paddles and sweeps are allocated for each race.

Crew must ensure the boat and equipment are waterworthy and functional before embarking. The Games is not responsible for boat or equipment failure after the boat has left the loading area.

### Training

Entrants without Dragon Boat experience must complete a Dragon Boat NSW Water Safety Session.

DBNSW Training Sessions can be arranged for an additional fee and can only be booked after entry is confirmed. DBNSW requires all entrants training to have personal insurance. Proof of insurance will be required.

For Training & Safety Information email [info@dragonboatsnsw.org.au](mailto:info@dragonboatsnsw.org.au)

### ResultsResults

Official Games Results are available from [corporategames.net.au/nsw](http://corporategames.net.au/nsw) after the Awards Dinner on March 22

### Sport Organiser

Dragon Boats NSW

### Sport Venue

DOBROYD AQUATIC CLUB

Henley Marine Drive, Rodd Point

Sport Venue Control Location – Behind Aquatic Club

See map. Venue may change.

All participants must report to Sport Venue Control at least 45mins before their **first** scheduled race. Failure to do so may result in a forfeit. A Captains meeting will be held at 8.15am

Crews must report to the assembly area 30mins before each scheduled race start time – announcements will be made. Officials will check Games ID Card at this time.



### Entry Fee

\$60 per participant including GST

### Entry Deadlines

**Guaranteed Entry Deadline** February 4

Only complete Entries with payment are guaranteed

**Final Entry Deadline** February 18

Entries received after the Guaranteed Entry Deadline are taken on a "first come" basis

**Replacement or Changes Deadline** After March 4 replacements and changes will be at the discretion of the Games and subject to a \$25 fee per change.

**Withdrawals and Refunds Deadline** Before March 4 refunds are minus \$25 per person. After March 4 no refund. Withdrawals must be in writing.

### Start Times & Draws

Unofficial Draws with start times are available from the Games website ONE week before the Games. Official Draws are only available from a Games SuperCentre open from Monday March 15 to Sunday March 21.

Before Final Deadline a preferred start time may be requested but is not guaranteed. A **Request Form** is available from [corporategames.net.au/nsw/organisingateam/shtml](http://corporategames.net.au/nsw/organisingateam/shtml)

## Dragon Boat Competition Information

This information must be read in conjunction with "Sport Entry Forms", "Sport Information" and "Games Information" available from the website. Details are subject to change please contact the Games Office for the most recent information.

## Competition Commands

Race commands from Sweeps	
Head Count	all teams must do this before leaving the bank, pontoon, beach etc (number off from drummer to sweep)
Paddles flat	rest the blade of the paddle flat on the water to stabilise the boat
Paddles behind you	to reverse into the start position
Paddles out	paddles come out of the water and the dragon boat glides to a stop
Stop the Boat / dig it in	stop the boat quickly, by holding paddle vertically in the water (the entire blade)
Hold water	paddles vertical in the water to keep the boat from moving
Draw stroke (sideways stroke)	nominated seats (usually front 2 or 3 rows) do this to straighten up the nose of the boat.

### Start commands

When all boats are correctly aligned the starter will call:

Are you Ready If the teams is NOT ready, the drummer must immediately raise their hand high to notify the starter

Attention teams should now have their paddles in the ready position (paddles up)  
Note: teams may have their paddles in the water as long as they are NOT moving

Go or the sound of a horn will signal the start

## Competition Rules & Formats

Jumping the start – if a team starts paddling before the "official go" is called, the team will be penalised a "time penalty" of between two to five seconds.

False Start – may be called by the starter if the start signal does not go off properly.

Late arrivals – the starter may warn a team arriving late in the start area or award (if appropriate) a Time Penalty of up to five seconds for failing to come to the start line when called.

Correct Course and Clear Water – the 'Correct Course' for each boat is a "straight line" down the course. Teams are responsible for their steering and deviate from their 'line' (racing lane) at their own risk. Teams may deviate from their 'lines' (or racing lane) without penalty providing they do not impede other teams and 'Clear Water' is observed around each boat.

Collisions /materially affected races – In the event of a collision between two or more boats or where a race result has been materially affected by a Dragon Boat not giving 'Clear Water', the Sports Organiser may disqualify the offending boat(s) or award a time penalty up to 5 seconds from that race. If one or more of the teams involved could have avoided the collision by taking corrective action (e.g. stop paddling) but did not do so, then the team(s) concerned may also be penalised or disqualified from that race.

Crossing the finish line – DO NOT stop paddling until after the finish line. The time will be taken on the foremost part of the boat.

## General Information

Balancing a boat

Each pair of paddlers must be of similar weight

Strokes (front row) should be slighter smaller and reasonably fit as they will set the pace for the team to follow

Rows 4, 5, 6, 7 are the "engine room" and the bigger people should sit here

Rows 8, 9, 10 should be smaller people as the width of the boat is narrower

Note: this will help balance up the boat left and right, front and back to evenly distribute the weight and make life easier for the sweeps.

## Format

Competition is heats followed by semis and a final

In the heats each team races three times

The number of boats in a race may vary

Points are awarded in each race as follows (with times for each boat also recorded)

1st place 6pts

2nd place 5pts

3rd place 4pts

4th place 3pts

5th place 2pts

6th place 1pt

### Semi Finals and Final

#### Semis

Based on a 4 boat competition 8 teams qualify determined by the highest total of points after heats with the fastest aggregate times used to break ties. Teams are then seeded based on their aggregate time (fastest time seeded #1).

Based on a 5 boat competition 10 teams qualify determined by the highest total of points after heats with the fastest aggregate times used to break ties. Teams are then seeded based on their aggregate time (fastest time seeded #1).

#### Final

Using 4 boats, 3rd & 4th placegetters from each semi race for 5th to 8th place then 1st & 2nd placegetters from each semi race for 1th to 4th place. Using 5 boats, the fastest 3rd place from the semi's qualifies for the big final.