

2018 Capital Dragon Boat Regatta at The WHARF

Rules and Regulations

Registration

- Before being allowed to practice or participate, teams must complete all the required paperwork: the registration form, team roster, and all waivers.
- Your registration fee must be paid before you are allowed to schedule practices. The following is the fee schedule for the Capital Dragon Boat Regatta.

2018 Fee Schedule*	Registration Deadline – August 13 th
Community racing	\$1,345
Premier racing	\$1,345

*Registration fee includes a 10'x10' tent in the athlete's village.

- Team captains will be contacted to schedule practices after the Team Registration Form has been received.
- The regatta planning committee reserves the right to remove any team for failure to follow established rules or sportsmanship guidelines.

Crew and Crew Composition

- Each team should consist of 20 paddlers, 1 drummer. Up to 4 additional alternates are allowed. Max of 25 people on the roster. NO EXPERIENCE REQUIRED. If a team uses their own steerer, this will count as one of their 25 team members.
- Team members must be at least 12 years of age.
- Mixed Teams must have a MINIMUM of 10 female paddlers (the drummer does not count toward this gender requirement) in the Community division.
- Mixed Teams racing in the Sport division using the race as an ERDBA qualifier must be split evenly by gender (10 men, 10 women). This is to follow the new IDBF, USDBF, and ERDBA mixed racing standard.
- For an all women's team, the drummer must be a female, but the steerer may be either gender.
- For a BCS team, the drummer must be a survivor, the steerer is not required to be.
- A steersperson will be provided to teams who need one, but the regatta must be notified in advance of the race of this situation.
- Teams must race with a minimum of 16 paddlers in the boat.
- If a team does not have the required 20 paddlers, a drummer may be borrowed from another team. If the team has more than 20 paddlers, they must supply their own drummer (regardless of size/weight).

Safety

- PFDs (Personal Flotation Device) will be provided and must be worn in practices and races. A paddler with their own PFD may use it, so long as it meets the requirements laid out in this document. The marshalling official may reject any personal PFD if these requirements are not met. In this case, the paddler will need to use a regatta PFD.
- Inflatable PFDs will be allowed at this event.
- Shoes must be worn at all times by all paddlers, drummers and steerspersons.

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- Each crew member is solely responsible for his or her own safety during practice sessions and the race itself.
- Any standing in the boat prior, during, or after each race (other than for either loading or unloading) is subject to individual and/or team disqualification at the race director's discretion.
- Team Captains are encouraged to promote team warm-up activities prior to marshalling.
- Team Captains are required to participate in the Captain's Meeting and safety briefing prior to the race commencement.
- Paddlers will be held liable for damage to boats or other race equipment caused by paddler negligence.
- By participating in the event, athletes are certifying that they are not taking performance enhancing drugs.
- No paddler will be allowed on a boat if they have consumed alcohol. In order to enter the regatta beer garden, paddlers are required to cut their racing wristband off, thereby preventing further racing. No replacement racing wristband will be issued.

Waivers and Identification

- All crew members must sign a waiver stating they have read and understand the risks of injury associated with Dragon Boat racing and knowingly and freely assume all such risks.
- Waivers must be signed by all participants prior to practice sessions and race activities.
- Copies of identification are not required but must be available if requested by race management.
- Captains will sign a certification stating that they have verified the identity of each crew member and they fit the qualifications for participation, each crew member has signed the waiver and there is a waiver for each participant. This will be indicated by signing the team packet upon check-in race morning.

Check-in

- Team Captains must check-in the day of the race at the registration tent to provide waivers and sign the team packet.
- Team Captains will receive a full set of wristbands based on the number of crew listed on the roster.
- Only individuals with wristbands are allowed to walk to the boat loading/unloading area.
- Wristbands will be numbered to correspond with team numbers to ensure only valid team members are racing for a team.
- No replacement wristbands will be provided to paddlers who take off their wristband.

Cross-Rostering

- Paddlers may race on one and only one mixed team through the day.
- Paddlers on a mixed team may also participate on one additional open/women/BCS crew.
- Paddlers participating on two different boats must sign each individual team's waiver and be listed on each team roster.
- Paddlers participating on two different boats will be issued two different wristbands (one for each team) and both must be worn at all times.
- No boat will be held at the dock to wait for a paddler already on the water with a second team.

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- Any paddler caught racing for a team in violation of the above will be disqualified from further participation in the event and the violating team will be subject to possible disqualification based on when the issue is identified and at the race directors discretion.

Women/BCS Division

- Every effort will be made to race two distinct divisions, separating women's teams and BCS teams.
- Separate divisions will be run if at least 3 teams of each classification participate in the race.
- Should this minimum not be met, the race officials will combine/arrange the race schedule to the best of their ability to allow the groups to run separately. However, this will be at the race director's discretion and cannot be guaranteed.

Race Plan

- Check-in, Captain's Meeting, Marshalling and Round 1 Heat start times will be sent to team captains the Wednesday prior to race day.
- Race organizers will direct teams on procedures for marshalling, loading, starting procedures during team practices and Captain's meeting.
- Race organizers reserve the right to determine placement of teams.
- Each team will race at least three times.
- The pace of the race can be accelerated or delayed based on many external factors. Approximate Marshalling times for Semi-final and Final Rounds will be posted after completion of prior Round but Team Captains should listen for Heat announcements for confirmation.
- All matters not specifically addressed in the "Rules and Regulations" will be determined by the Event Organizer.

Inclement Weather & Cancellation

- The race will proceed rain or shine.
- In the event of lightning in the area, racers will be pulled off the water until it is determined that it is safe to proceed.
- The event organizers will attempt to complete the full race program, but should inclement weather cause delays, the race program will be modified at the organizers discretion to complete racing on time. This may include the elimination of races as needed to get back on schedule.
- In the unlikely event the race needs to be cancelled in its entirety due to reasons outside the organizers control (e.g., flooded river conditions), no refunds will be provided to teams.

Award Ceremony

- Award ceremony will follow the last race of the day.
- The top three teams from the each community division championship race will be awarded medals.
- Sport teams will earn points for finish position in each distance. Overall points leaders at the end of the day will be awarded medals.