

Appendix A

Year-specific rules (2019)

I. Race Divisions

A. Hong Kong

1. 20 paddlers, 1 drummer, 1 sternsman.
2. A sternsman may be provided by CDBF. Should your team has their own sternsman, they must be certified by CDBF or the Mile-High Dragonboat Racing Club.
3. Participants must be at least 13 years old at time of festival.
4. Two types of races will be held: 250-meter, and 500-meter. The 500-meter races will be held on Saturday, July 27th. All 250-meter races will be held on Sunday, July 28th.

B. Flag Catching

1. 18 paddlers, 1 drummer, 1 flag catcher.
2. A sternsman will be provided by CDBF.
3. Participants must be at least 13 years old.
4. Races are 250 meters and will occur both Saturday, July 27th and Sunday, July 28th.

II. Teams

- A. Each mixed team shall have at least 8 female PADDLERS in the boat for each race and **a maximum of 12 male paddlers**. Teams may be all female.
- B. Drummer, flag-catcher and sternsman do not count as paddlers.
- C. A team may race with a minimum of 16 paddlers, as long as the gender requirement for paddlers is met.
- D. A team shall always have a drummer and flag-catcher (for flag catching boats only), regardless of the number of paddlers.
- E. A team must submit a roster of all paddlers, drummers, and flag catchers participating on their team to CDBF by Friday, July 12, 2019.
- F. Any paddler not on an official 2019 CDBF roster prior to start of festival race date must seek approval from the CDBF Race Manager. Team placement is at the discretion of the Race Manager.
- G. The intent of the dragon boat race is to feature the race teams. While there are many corporate sponsored teams, the team's sponsor is secondary to the team and therefore all banners whether displayed in the tents or used in the team parade should emphasize the **Race Team Name** prominently, over the sponsor's name.

III. Emergency

- A. Drummers – in case of a medical emergency (i.e. stroke, heart attack, asthma attack, etc.) may raise their hands to call the race down.
- B. Equipment failures do not constitute an emergency. It is the team's responsibility to check all equipment prior to boat launch.

IV. Ties

- A. In the event of a tie, the teams shall race again at the earliest convenience as determined by the Race Committee.
- B. The Timing Director will determine if a race needs to be run again due to insufficient evidence of a clear winner for that race.

V. Winner

- A. In the flag catching division, winner is determined by the team that pulls the flag first. However, when there is not a visibly clear victor or in the event the flags drift the race officials will determine winner by the team who crosses the finish line first (from the finish line that is determined by landmarks) followed by a successful pull of the flag.

VI. Staging

- A. Teams shall report to the Staging Area 20-30 minutes before their race. Published race times are when teams are on the start-line and are estimates only. The Registration Tent will post what race is currently being staged. Teams should report to staging 2-3 heats ahead of their heat number.

Example:

The Paper Dragons are set to compete in Race #16. The currently posted race is Race #10. The Paper Dragons should wait for two more races before heading to the loading area. The team would then arrive at the loading area once Race #13 is posted.

- B. A team must load their boat when ordered by the Dock Marshall. Any team with late or missing paddlers will need to race without them (subject to minimum paddler requirements). The team may compete with a reduced number of paddlers as long as 8 women paddler requirement is met. If the minimum is not met the team shall forfeit that race.

VII. Boat Commands

The following terms will be used by the starting crew at the start line. Please note that these commands are given from the starting crew to the sterns. The sterns will then give the appropriate commands to their respective boats.

- A. Boat 1, 2, 3 and/or 4 – Refers to the team that is in the boat with the respective number
- B. Draw – Identified paddlers will perform draw strokes as commanded. Example: “Right front draw two strokes.”
- C. Back it Down - Paddlers perform backward strokes as commanded.
- D. Forward: Paddle forward slowly
- E. All Boats Forward: Bring all boats forward together and slowly.
- F. One Bench Forward - Paddlers will move the boat forward by one seat bench. This may be called 2 benches etc.
- G. Hold the boat – Paddlers will stop boat and hold position by placing blades vertically in water perpendicular to boat.

- H. Hold Hard – Paddlers will aggressively stop and hold boat position.
- I. Hold for Drift – Paddlers will place blade vertical in the water with blade facing boat to prevent side drifting.

VIII. Starts

- A. The race starting procedure will be as follows.
 - 1. Teams will position their boat at approximately 3-boat length from the start line and in the proper lane assignment. The lane nearest the timing tent is for lane 1.
 - 2. Starting Director shall signal boats to move slowly toward starting line.
 - 3. Teams will hold their start position and listen for alignment instructions from the Starting Director.
 - 4. When all teams are lined up at the start, Starting Director will call out "We have alignment". At this time paddlers should get into their ready position and remain still.
 - 5. Start Sequence Commands: The following are the commands for the start sequence just before the air-horn is sounded.
 - a. **“Sterns, please confirm that you can hear us”**
 - b. **“Sterns ready”** - A command only to the sterns. No response means sterns are ready. A raised wave of the hand means stern is not ready.
 - c. **“We have alignment”** – This means all boats are aligned and starting sequence has begun.
 - d. **“Attention”** – The air horn is about to sound. A paddler or steer person cannot stop a start once “Attention” is announced.
 - e. **Horn Sounded**
- B. In windy conditions, the stern can stop the start of the race, if he/she feels boats are not aligned properly. If the sterns do not stop the start of the race, then the race will proceed.
- C. A false start will be called if there is any paddle movement between the time the Starting Director calls "Attention" and the sound of the start horn. The Starting Director will initiate three horn blasts indicating the teams should return to the start line and begin the race again.
 - a) A false start can be called within 50 Meters of the race start. If a false start is identified, the air horn must be sounded three consecutive times. Upon hearing the three consecutive horn blows, the sterns will give instructions to their respective teams to stop the boats.
 - b) Here are the potential false start causes:
 - (1) Paddlers jockeying at the start – taking paddle strokes prior to the horn sounding.

- (2) A team rolling over the start prior to the horn. A team might not hold hard and try to let the boat coast over the start to leverage momentum.
- (3) A team veering out of lane into another team's lane.
- (4) Timing tent did not get clean start from starters.
- (5) A sternsman could not hear race commands and/or is attempting to signal an issue to Starting Director.

IX. PENALTIES

- A. After "alignment" is called, penalties of 5 seconds will be assessed if any intentional movement of the boat or any paddler is detected. It is up to the teams discretion on which style start they would like to use; either a "wet start" (paddles in the water), or a "dry start" (paddles out of the water). Once "alignment" is called, no movement may be made.
- B. If a team has one false starts they shall incur a 3 second penalty on that race. A second false start and the team will be disqualified.
- C. Sterns must pay attention to and listen to the race official (person/s starting and/or calling the race). For safety reasons, and to avoid collision, sterns NEED to hold the boat (stern will call "HOLD WATER"). If for some reason you cannot keep the boat in control, you will be asked to hold the boat. Failure to comply will result in penalties.
- D. For safety reasons, should a team lose control of a boat and cannot hold the boat, or fails to comply with sternman commands, the team will be subject to a DQ.

X. Problems

- A. If there are any unforeseen problems during any of the races, the Race Committee shall determine the proper course of action to insure a fair contest and to keep the races on schedule.
- B. Problems may be (but are not limited to) any of the following:
 1. A boat spinout that interferes with another lane
 2. A boat collision occurs
 3. A boat swamps or is flipped over
 4. Weather issues
 5. Race equipment problems, including race course markers
 6. Loading dock issues
 7. Race volunteer issues

XI. Fees

- A. **Wristbands may be replaced for a fee of \$20**, either cash or check made out to Colorado Dragon Boat Festival.

- B. The Protest Bond shall be \$50, either cash or check (made out to Colorado Dragon Boat Festival). If the team has a successful protest, the cash or check shall be returned. (Make sure to get and hold onto your payment receipt)
- C. Team captains should print out and bring all necessary forms and waivers needed for registration. Should a team forget some documents, extras can be purchased from Race Registration for \$1.00 per page. (NOTE: Waivers turned in during practice do not need to be turned in again at registration time.)