



OFFICIAL SAINT MARTIN'S UNIVERSITY DRAGON BOAT FESTIVAL

RACE RULES & REGULATIONS

SAFETY FIRST!

The first priority of all competitors is the safety of your team and other teams competing. Should a boat be in apparent distress appropriate aid will be rendered, as required.

No standing in the boat while the boat is on the water. All team members must remain seated at all times. No adjusting paddlers due to balance once your boat leaves the dock.

Personal Floatation Devices (PFDs) must be properly buckled/zipped while the team is in the marshalling area prior to loading the boats. PFDs must be worn until back on land. All PFDs must be Coast Guard approved.

RACE DETAILS:

1. Minimum team size is sixteen (16) paddlers, one (1) drummer and one (1) steersperson.
2. All team members must have signed a waiver before they are allowed in the boat.
3. All team members in the boat at the start line must be in the boat at the finish line or they will be disqualified.
4. The course is 250 meters in length.
5. All Community, Competitive and Junior teams must have at least 8 women participating on the boat, in each race.
6. Teams will be assigned numbered lanes and must line up and stay within their assigned lane during the entire race.
7. Teams must complete all assigned race heats to be eligible for awards.

STARTING THE RACE:

1. The Race Official (Starter) will provide instructions when lining up for the start. It is imperative to listen carefully and follow these instructions.

2. Drummers may not drum before the start signal. Drummers must stop drumming should a false start be called. A false start is signaled by 3 short blasts after the start signal.
3. Starter instructions may include procedures for the boats to “hold”, “back up”, and “one minute to start” as boats are lining up to start the race.
4. The Starter will announce “Are you ready?” once the teams are aligned within the starting area. If a team is not ready to start, the Drummer must raise and keep his/her hand in the air, above head height.
5. Once the Starter believes the boats are evenly aligned within the starting area, the warning signal of “Attention!” will be the cue to paddlers to prepare for the start. The Starter may sound the start signal at any time following the warning of “Attention!”

RIGHT OF WAY RULES:

1. A boat changing lanes during a heat may not pass in a way that cuts off or impedes another boat on the course. Doing so will result in penalty or disqualification.
2. Boats must avoid contact at all times while on the water. Contact between boats will result in a penalty or disqualification.
3. Non-competing boats must stay clear of the boats in competition.
4. At all times, the Steersperson must listen to the Water Referee. Common commands include: “Lane 2, move right” or “Lane 1 hold water.” Failure to do so may result in a penalty or disqualification.

FINISHING:

1. The finish line area will be clearly marked by finish buoys. The exact finish line is based on survey points, as the finish buoys may drift over the day.
2. The dragon boat’s bow must cross the finish line to stop the clock.
3. When your boat crosses the finish line, stay in your lane and “let it run”. Then check for clearance and turn towards shore in a slow turn heading to the docks as quickly and safely as possible.

DISQUALIFICATION AND PENALTIES:

1. Teams deemed to have broken rules of racing or safety protocol may receive a time penalty or disqualification depending on the seriousness of the incident.
2. Any team or competitor who attempts to win by other than honorable means or who deliberately breaks the race rules shall face disqualification from the competition.
3. Team members who are under the influence of drugs or alcohol will be disqualified from racing. Race Officials have the sole discretion to deny any racer from entering a boat if they believe a racer has exhibited behavior to indicate alcohol or drug use.

4. The Race Official may disqualify any team or racer who behaves improperly, exhibits bad conduct or speech towards persons attending the event including spectators.
5. Removal or unfastening of a PFD prior to returning to land will result in a time penalty to the team.
6. Time penalties assessed can range from 1 – 3 seconds and are at the discretion of the Race Official.

APPEALS:

1. Must be made verbally by the Captain and made only to the Dock Marshall immediately following the heat in question.
2. The Dock Marshall will investigate the appeal or protest and discuss with the Race Official and the Race Starter. The Race Official will make the final ruling, which is final without appeal.

RACE DAY:

All teams need to be aware of their scheduled race times. Since the race may run early or late, it is best to keep track of which race is currently marshalling. It is the responsibility of the team manager to have all team members to the marshalling area when their team has been called to race.

What to wear or bring on race day:

- Dress for the weather and prepare for wet conditions
- Tennis shoes or aqua sock style shoes only
- Bottled water
- No wallets, keys, jewelry, purses or cell phones are allowed in the dragon boat

Please Note: PFDs and paddles will be provided by Kaikane USA. You are welcome to use your own paddles and PFDs as long as they are within International Dragon Boat Federation (IDBF) regulations.

MARSHALLING AREA:

Teams will be called to the marshalling area 20 minutes prior to their heat. When your team arrives, you will be asked to line up with the Steersperson and drummer first followed by the team members of the boat. Remind all team members that they need to have been recorded on the roster and signed the form. PFDs and paddles will be distributed in this area. You will remain in this area until docks are clear for loading.

DOCKS:

Team members are not to gather at the dock until instructed to do so. This is to ensure clear passage for teams needing to get into and safely out of their boats upon conclusion of their heat. Teams will be directed to load the boats starting with the steersperson followed by the

drummer then the remaining crew. All teams are required to load in a safe, controlled, orderly fashion. Once the boat is loaded, wait for instruction to leave the docks.

FINISH:

Once the team is back at the dock after your race, please make sure you unload your boat from the center. PFDs are to be worn until you are off the dock and have returned to the marshalling area. All team members must either hand off their PFDs and paddles to another team waiting in marshalling or place them into designated receptacles.

RESULTS:

Each race is based on finish times. There will be a results board located at the Race Official's stand. Awards and closing ceremonies will follow all races.

SAFETY FIRST AND ENJOY THE RACE!!

DRAGON BOAT COMMANDS:

The Steersperson is in command at all times. This is because the responsibility for the safety of the team belongs to the Steersperson. Some basic commands are:

- **STOP THE BOAT** – Put your paddles in the water and hold them there
- **PADDLES UP** – Get ready to paddle
- **TAKE IT AWAY** – Let's paddle
- **LET IT RUN** – Remove your paddle from the water and place it across your knees
- **HOLD WATER** – Maintain position in the race lane to keep boat from moving by making slight paddle adjustments
- **PADDLES ON THE WATER** – Paddle blades placed on the water surface to act as stabilizers (similar to pontoon action) while paddlers are adjusting their positions in the boat

Paddles Up!

