



BULLETIN No.4

TECHNICAL INFORMATION and CHAMPIONSHIP REGULATIONS

8th EUROPEAN NATIONS DRAGON BOAT CHAMPIONSHIPS

SABAUDIA, ITALY

5th – 7th SEPTEMBER 2008



TECHNICAL INFORMATION BULLETIN
and Championships Regulations for Sabaudia 2008
the

8TH EUROPEAN NATIONS DRAGON BOAT CHAMPIONSHIPS

The information and regulations in this Technical Information and Championship Regulations Bulletin are extracted from, and where necessary supplement and enhance, the IDBF Competition Regulations, with which all competing crews are to acquaint themselves. In the event of a situation arising which is not covered by the IDBF Competition Regulations or the Championship Regulations contained within, the Chief Official will be responsible for investigating the circumstances and recommending appropriate action to the EDBF Championship Jury. If there is any inconsistency between the information contained in this Technical Information and Championship Regulations Bulletin and the IDBF Competition Regulations or IDBF Rules of Racing, the information contained in this bulletin will govern.

**A REMINDER OF THE AGE REQUIREMENTS for the
SENIOR AND JUNIOR competitors**

SENIOR Competitors - 40 YEARS OLD OR OVER on 1 JUNE 2008
(Grand Dragons 50 years old or over on 1 June 2008)

JUNIOR Competitors - UNDER 18 YEARS OLD on 1 JANUARY 2008

1. All Crew Members competing in an EDBF European Nations Championships (ENC) must be shown on the TEAM Entry Form submitted to the Organizing Committee. The Entry Form will show each competitor's full name, date of birth, Passport Number and status in the Team. From the Crew Entry Form each competitor will be allocated a Personal Identity Number (PIN), which will be shown on the Identity Card issued to all Crew Members on arrival in Sabaudia.

2. Random ID checks will be carried out during the ENC by the Officials to ensure that only those Competitors shown on the Named Entry Form are competing in the Championships.

Competitors selected for random drug testing will be chosen by their PIN.

3. In addition to the Team Named Entry Form, Competitors will be shown on the Crew List for each Competition Class that they race in. Crew Lists will be submitted by the Crew Managers to the Chief Official on the evening before the Competition Class concerned. Only those Competitors shown on the Crew List will be permitted to race in that particular Competition Class. Checks against ID cards will be made by the Race Officials.

4. **Nationality Rule.** For the ENC the IDBF Nationality Rules apply, that is, to represent a country or *territory* in a World or Continental Championships Regatta 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.

5. Dragon Boat competitors who have left their country or territory of birth and are now 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.**

8th European Nations Dragon Boat Championships – Sabaudia, Italy. 5 – 7 Sep 08

5.1 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 by marriage have acquired the nationality of another country may compete for that country without delay.

6 **RACING COLOURS.** While under the control of the Race Officials, all Competitors must race in the racing colours of the EDBF Member Country they represent.

7. **FIT TO RACE.** When signing the Crew List, the person signing is confirming to the Chief Official that all the Competitors shown on such 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. (See also Regulation 23 below concerning Crew Lists.)

7.1 To ensure that Team Leaders can sign the Crew Lists with confidence, it is strongly recommended that all Competitors have a medical certificate signed by a qualified doctor stating that they are physically fit and that there is no known medical reason why they should not compete in the CCWC. This is particularly relevant to both the Senior and Junior Competitors.

8. **BANNED SUBSTANCES.** Your attention is drawn to IDBF Competition Regulation 11 – see www.idbf.org, concerning drug abuse and doping. Random drug testing will be conducted during the ENC. All tests will be set against the current WADA banned substances list and Members of the IDBF Medical and Sports Science Commission will be on hand to monitor the testing process. The current List of Banned and Prohibited Substances is at **Annex A**.

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. The identity document must be carried by all competitors during the competition.

9.1 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 01-26 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 this Tech Bulletin.

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.

9.3 Racing numbers may be temporary or permanent fixtures on the vest but shall be fixed to the back of the racing vest and made to the template shown in Info Bulletin No.3 a further example is shown at **Annex B**.

9.4 In the interests of organizational efficiency and for the comfort of the Competitors, it is recommended that all racing vests be pre-printed with a racing number. Alternatively suitable temporary numbers (to the required pattern) should be purchased in advance.

9.5 **The Organizing Committee has available temporary racing numbers/bibs that comply with the requirements of these Championship Regulations. Sets of racing numbers/bibs may be purchased from the Organizing Committee.**

10. **ADVERTISING ON CLOTHING AND EQUIPMENT.** The advertising of a Crew's sponsor on Competitors' racing apparel or personally-owned racing paddles will be permitted; provided, 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 (shirt) to become unrecognisable as the Crew's colours). 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 racing colour design thereon.

10.1 The maximum size of a sponsor name and logo advertising permitted on a racing vest shall be that which can be contained in a box measuring 20cm long by 5cm wide. For Competitor's personal racing paddles (that is, those that comply with the approved IDBF Racing Paddle Specification), the sponsor's 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).

11. **DRAGON BOATS.** All dragon boats used during the 2008 ENC will be provided by the Organizing Committee and will be made of fibre-glass and to IDBF specifications. The dragon boats will be matched by weight to within 10kg of each other. The boats will be raced in two sets of six boats per set (Standard Boats) and two sets of up to six boats for Small Boat Races.

11.1 Crews will be assigned to dragon boats in accordance with the lane draws published in the race programme. Crews will NOT be allowed to pre-select a dragon boat for any race or to race in a dragon boat not provided by the Organizing Committee or approved for use at the ENC by the Chief Official.

12. **PADDLES.** A limited number of IDBF Specification 202a Racing Paddles will be supplied by the Organizing Committee for use by Crews who do not bring their own or whose paddles are found not to be to IDBF Specification 202a. The paddles supplied may be made of a composite material and not necessarily wood. **Competitors are free to use their own racing paddles provided that they conform to IDBF Racing Paddle Specification 202a.** (An outline drawing is shown at **ANNEX C**).

12.1 Your attention is drawn to the IDBF Racing Paddle Scheme (RPS). The RPS is designed to help ensure that when a Competitor purchases a racing paddle he or she buys one that is made to the latest IDBF Racing Paddle Specification 202a. The RPS also enables race officials at events to quickly and easily identify paddles that are to specification and thus licensed for IDBF Championship racing. Paddles supplied by manufacturers in the RPS will have an IDBF Licensed Racing Paddle Mark or sticker clearly shown on the paddle. The mark consists of the IDBF Paddle Specification 202a logo and License Number.

12.2 Paddles will be subjected to check for compliance with Championship Regulation 12.1 before being allowed for use during the ENC. Those paddles that carry the IDBF Paddle Specification 202a logo and License Number will be allowed to be used without further checks.

13. **STEERERS (HELMS) IN WOMEN'S CREWS.** You are advised that IDBF Competition Regulation 2.12 excludes male helms from steering a women's crew.

14. **START VIDEO AND PHOTO FINISH.** A video camera will be placed in the Starter's cabin which will record all starts and assist the Race Officials in determining that drummers are complying correctly with the starting instructions and to help identify false starts. A fixed photo finish camera will be used at the finish to record all boats as they cross the finish line in every race.

15. **ADDITIONAL EQUIPMENT.** 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.

15.1 **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. The Chief Official shall decide on additional and miscellaneous equipment not specifically covered by the 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 18), 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 17*

16. **WATER PUMPS.** The carrying of any type of pump in the boat which is designed to clear a boat of water during a race is prohibited.

17. **STRAPS AND STRAPPING.** In the interest of crew safety, no additional fixtures or fittings (including straps to fasten a paddler into the boat or onto a seat) are permitted. The Chief Official may relax this Championship Regulation for physically disabled Competitors if adequate safety systems are provided to ensure that such Competitors can easily be released from the boat and rescued in the event of the boat capsizing.

18. **SEAT PADS.** Seat pads may be used, provided they are made of a soft material, such as neoprene, and of a maximum thickness of 15mm that will easily compress when squeezed between finger and thumb. The width of the seat pad is to be approximately 12.5 cm (the width of a paddling seat in an IDBF Standard International Racing Boat) and the length should, ideally, not exceed 33 cm.

19. **CODE OF CONDUCT.** The IDBF Code of Conduct for participants at the ENC is shown at **Annex D**. Team Leaders are to ensure that all their Crew members and Supporters are aware of this Code and its contents.

20. **RULES FOR 2000M RACING.** The IDBF Racing Rules for Dragon Boat Races Over 2000m are shown in **Annex E** and will apply to the 2000m races being held during the ENC.

21. **IDBF RACING RULES.** The ENC will be held and conducted in accordance with the IDBF Rules of Racing. Team Leaders should ensure that they have a personal copy of these rules with them during the Championships' for ease of reference and that their Crews are conversant with these rules.

22. **PROTESTS AND APPEALS.** The IDBF Competition Regulations concerning Disputes, Protests and Appeals are shown at **Annex F**. Examples of the Protest and Appeals Forms to be used by Crews and Teams is enclosed at the end of this Technical Bulletin. These forms will be available from the Race Secretary during the ENC.

23. **CREW LISTS.** A copy of a Crew List for use at the ENC, is shown at **Annex G**. **A separate Crew List will be required for each Crew in each Competition Class entered.** Reserves shown on a Crew List may be used during different rounds of a competition without further reference to the Race Officials.

24. **TAIL RACE PLANS.** For ease of reference, details of the IDBF Tail Race System and the TAIL RACE PLANS on which the Race Programme for the Championships' are based, are detailed below.

This Technical Bulletin and Annexes, plus the Heat Draws and Race Time Tables can also be downloaded from the EDBF web site at

www.edbf.org

THE IDBF TAIL RACE SYSTEM

(Competition Regulations 10.8-10.10 refer)

In IDBF Championships, the programme format for racing follows the IDBF Tail Race System.

Whilst Repechage races are used in this system, unlike the pure 'Repechage System' which is designed, to eliminate crews from the competition, after the Repechage Heats, the 'Tail Race' model is a best place system of programming based on a 'League Table' approach to a competition.

It is designed to ensure that every crew in each competition class is correctly 'placed'. This means that the crews continue to race each other throughout the competition and are not 'Knocked Out' as such during it, but race until placed in order relative to the other crews.

The Tail Race System is ideal for use in competitions where points are given to all crews based on their relative results over one or more Competition Classes. For example the Nations Cup; Senior and Junior Cups at an IDBF World Dragon Boat Racing Championships.

For the Tail Race system to work as fairly as possible, crews are first 'seeded' in the Heats, according to their known abilities. The race programme is then designed to allow the fastest crews from each round of the competition, to proceed to the next round.

In each race in a competition class, the qualifying crews from the previous round are seeded in the next round according to their results, with the fastest crews racing in the central Racing Lanes and the slowest crews in the outside lanes. Where the number of crews demands, those crews that do not proceed to the final stages of the competition 'race off' in Dragon's Tail Races to establish an 'order of merit' for the competition class concerned.

6TH CLUB CREW WORLD CHAMPIONSHIPS & 8TH ASIAN DRAGON BOAT CHAMPIONSHIPS

TAIL RACE PLANS

The Tail Race Plans that follow are based on the 'League Table' concept of competition and are designed to ensure that crews are given a result that relates directly to the performance of every other crew. Crews are not normally eliminated during the first rounds but race throughout the competition and finish at a level which relates to their own standard. In all the Plans, most crews will normally race 3 times and the fastest crews at least twice.

The 'Draw' system used in the Plans is designed to ensure that the fastest crews from each 'round' of the competition are, after the Heats, drawn in the middle Racing Lanes.

By taking 'fastest losers' through to the next round, where practicable, the Plans help to ensure that even when the stronger crews are in the same first round Heat, that they still have a good chance of reaching the final rounds.

When the relative strengths of the crews are known, they are 'seeded' into the first round Heats. The fastest crews (shown as number one (No.1) upwards are drawn in the middle Racing Lane, where possible. The next fastest crews are then drawn in the lanes on either side of the fast crews until all crews have been allocated a Lane. This means that the slowest crews are always drawn in the outside lanes.

The Tail Race Plans are the copy right of the IDBF

TAIL RACE PLAN
(USING SIX LANES)

PLAN . T1. = 5 6 7. or 8 Crews racing

| Crews Per Heat | Heat (H) Draw. | L A N E | Repechage (Rp) Draw. | L A N E | Semi Final (SF) Draw. | L A N E | Tail Race (TR) Draw. | L A N E | Grand Final (GF) Draw. | L A N E | | | | | |
|---------------------------|---|----------------------|--|---------|--|----------------------------------|---|---------|---|---------------------------|-------------------------------|---|---|---|-------------|
| <u>5.</u> H1=3 H2=2 | Heat.1 3 1 5 (7) | 4 3 2 (5) | No Repechage | | Semi Final 3 in Hs 4 in Hs 5 in Hs (6 in Hs) (7 in Hs) (8 in Hs) | 3 4 2 (5) (1) (6) | No Tail Race | | GRAND Final 1 st in H1 1 st in H2 1 st in SF (2 nd in SF) (3 rd in SF) | 3 4 2 (5) (1) | | | | | |
| <u>6.</u> H1=3 H2=3 | Heat.2 4 2 (6) (8) | 4 3 (2) (5) | | | | | | | | | Minor Final (MF) Draw. | Minor Final 7 crews 3 rd in SF 4 th in SF 5 th in SF | 3 4 2 | Minor Final 8 crews 4 th in SF 5 th in SF 6 th in SF | 3 4 2 |
| <u>7.</u> H1=4 H2=3 | | | | | | | | | | | | | | | |
| <u>8.</u> H1=4 H2=4 | | | | | | | | | | | | | Minor Final 5-6 crews 2 nd in SF 3 rd in SF (4 th in SF) | 3 2 4 | |
| | Heats: Heat Winners the Grand Final. The Rest to Semi Final. | | Semi: 5 or 6 crews Winner to GF. 7 crews. First 2 to GF. 8 crews 3 to GF All - rest to MF. | | | | Minor Final is to decide 4 th and 5 th or 5 th to 8 th places in the competition | | Grand Final is to decide 1 st to 3 rd and 4 th and 5 th places in the competition. | | | | | | |

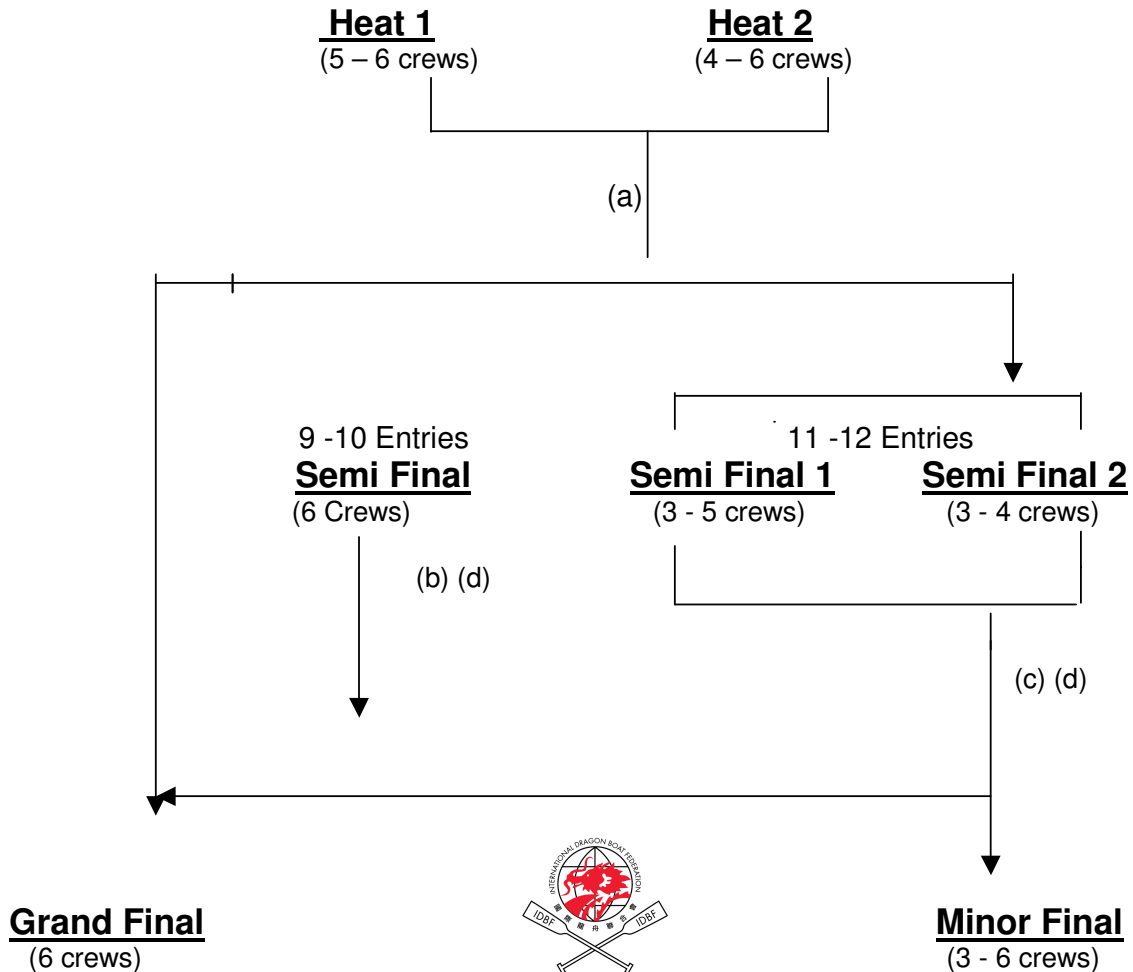
Plan Summary: 2 Heats; 1 Repechage; 1 Minor Final; 1 Grand Final = Total 5 Races.

For less than 6 crews the alternative system of 2 or 3 Rounds of competition may be used with the cumulative times of the crews (2 out of 3) deciding the final placings.

Amdt – Aug 08)

RACE FORMAT FOR RACES WITH 9 to 12 Crews – Using 6 Lanes

Plan T.2



Notes:

- (a) 9-10 Crews entered, first 2 crews in each Heat go to the Grand Final, the rest go to the Semi Final. 11-12 Crews entered, the 1st placed crew in each Heat, plus the fastest loser overall from the Heats, go to the Grand Final, the rest go to the Semi Finals (2).
- (b) 9 - 10 Crews entered = 1 Semi. First 2 crews, to the Grand Final, the rest to the Minor Final.
- (c) 11-12 Crews entered = 2 Semi Finals. The 1st placed crew in each Semi, plus the fastest loser overall from the Semis, go to the Grand Final, the remaining crews go to the Minor Final.
- (d) **Alternative Draws.** Heat Winners or Heat Winners + Fastest Loser overall to Grand Final, the rest to Semis.
Two (2) Semis of 3 – 5 crews max. Semi Winners + Fastest Loser (or 2 Losers) to Grand Final, the rest to Minor Final OR First 2 crews in each Heat Plus the 2 Fastest Losers overall to the GF, the rest to Minor Final.
(Amended Aug 2008)

TAIL RACE PLAN

(USING SIX LANES)

PLAN. T2. = 9, 10, 11 or 12 Crews

| Crews Per Heat | Heat (H) Draw. | L A N E | Repechage (Rp) Draw. | L A N E | Semi Final (SF) Draw. | L A N E | Tail Race (TR) Draw. | L A N E | Grand Final (GF) Draw. | L A N E | |
|--|----------------|------------|---|---------|-------------------------|---|-----------------------------|---------|---|----------------------------------|-------------------|
| <u>9.</u> | Heat.1 | 5 | No Reps | | Semi. (9-10 Crews) | 3 | No Tail Races | | GRAND Final (11-12 Crews) | 3 | |
| H1=5 H2=4 | | | | | | | | | | | 7 3 |
| <u>10.</u> | (11) | (6) | | | 10 -12 Crews Semi. 1 | 1 | GRAND Final (9-10 Crews) | | 1 st in SF1 1 st in SF2 3 rd in SFs | 5 1 6 | |
| H1=5 H2=5 | | | | | | | | | | | 5 9 |
| <u>11.</u> | Heat.2 | 5 | | | 10 -12 Crews Semi. 1 | 3 | MINOR Final (9-10 Crews) | | Minor Final (MF) Draw. | 3 | |
| H1=6 H2=5 | | | | | | | | | | | 8 4 |
| <u>12.</u> | (10) (12) | (1) (6) | | | Semi. 2 | (1) (5) | MINOR Final (9-10 Crews) | | MINOR Final (11-12 Crews) | 3 4 2 (5) (1) (6) | |
| H1=6 H2=6 | | | | | | | | | | | 6 (10) (12) |
| Heats: 9-10 Crews, First 2 crews in each Heat to Grand Fi. Rest to Semi Final. 11-12 Crews Ht Winners + Fastest loser overall to GF. Rest to Semi Finals. | | | Semis: 9-10 Crews. First 2 crews to GF Rest to Minor Fi 11 - 12 Crews. Semi Winners + Fastest Loser OA to Grand Final. Rest to Minor Final | | | Minor Final is to decide 7 th to 9 th (10 th) (11 th) and (12 th) places in the competition | | | Grand Final is to decide 1 st to 6 th places in the competition. IDBF COPYRIGHT-1997 | | |

Alternative Draw. Heat Winners (or Heat Winners + Fastest Loser overall) to Grand Final, the rest to Semi. 2 Semis of 3 – 5 crews max. Semi Winners + Fastest Loser (or 2 Fastest Losers) to Grand Final, the rest to Minor Final OR First 2 crews in each Heat + 2 Fastest Losers to Grand Final, the rest to Minor Final.
(Amended August 08)

Plan Summary: 2 Heats (1 or 2 Semis) 1 Minor Final; 1 Grand Final = Total 4 to 6 Races.

Annex A to Technical Information and Championship Regulations Bulletin

IMPORTANT: Reference should be made to the IDBF Anti-Doping Policy (Attachment 2 to the IDBF Competition Regulations, including Annexes and Enclosures) in its entirety.

The World Anti-Doping Code

THE 2008 PROHIBITED LIST INTERNATIONAL STANDARD

The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

This List shall come into effect on 1 January 2008

THE 2008 PROHIBITED LIST
WORLD ANTI-DOPING CODE
Valid 1 January 2008

The use of any drug should be limited to medically justified indications

SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES
(IN- AND OUT-OF-COMPETITION)

PROHIBITED SUBSTANCES

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)

a. Exogenous^{*} AAS, including:

1-androstendiol (5 α -androst-1-ene-3 β ,17 β -diol); **1-androstendione** (5 α -androst-1-ene-3,17-dione); **bolandiol** (19-norandrostenediol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); **calusterone**; **clostebol**; **danazol** (17 α -ethynyl-17 β -hydroxyandrost-4-eno[2,3-d]isoxazole); **dehydrochlormethyltestosterone** (4-chloro-17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); **desoxymethyltestosterone** (17 α -methyl-5 α -androst-2-en-17 β -ol); **drostanolone**; **ethylestrenol** (19-nor-17 α -pregn-4-en-17-ol); **fluoxymesterone**; **formebolone**; **furazabol** (17 β -hydroxy-17 α -methyl-5 α -androstan[2,3-c]-furazan); **gestrinone**; **4-hydroxytestosterone** (4,17 β -dihydroxyandrost-4-en-3-one); **mestanolone**; **mesterolone**; **metenolone**; **methandienone** (17 β -hydroxy-17 α -methylandrosta-1,4-dien-3-one); **methandriol**; **methasterone** (2 α , 17 α -dimethyl-5 α -androstan-3-one-17 β -ol); **methyldienolone** (17 β -hydroxy-17 α -methylestra-4,9-dien-3-one); **methyl-1-testosterone**(17 β -hydroxy-17 α -methyl-5 α -androst-1-en-3-one); **methylnortestosterone**(17 β -hydroxy-17 α -methylestr-4-en-3-one); **methyltrienolone**(17 β -hydroxy-17 α -methylestra-4,9,11-trien-3-one); **methyltestosterone**; **mibolerone**; **nandrolone**; **19-norandrostenedione** (estr-4-ene-3,17-dione); **norboletone**; **norclostebol**; **norethandrolone**; **oxabolone**; **oxandrolone**; **oxymesterone**; **oxymetholone**; **prostanazol** ([3,2-c]pyrazole-5 α -etioallocholane-17 β -tetrahydropyranol); **quinbolone**; **stanozolol**; **stenbolone**; **1-testosterone** (17 β -hydroxy-5 α -androst-1-en-3-one); **tetrahydrogestrinone** (18 α -homo-pregna-4,9,11-trien-17 β -ol-3-one); **trenbolone** and other substances with a similar chemical structure or similar biological effect(s).

b. Endogenous^{**} AAS:

androstenediol (androst-5-ene-3 β ,17 β -diol); **androstenedione** (androst-4-ene-3,17-dione); **dihydrotestosterone** (17 β -hydroxy-5 α -androstan-3-one) ; **prasterone** (dehydroepiandrosterone, DHEA); **testosterone** and the following metabolites and isomers: **5 α -androstane-3 α ,17 α -diol**; **5 α -androstane-3 α ,17 β -diol**; **5 α -androstane-3 β ,17 α -diol**; **5 α -androstane-3 β ,17 β -diol**; **androst-4-ene-3 α ,17 α -diol**; **androst-4-ene-3 α ,17 β -diol**; **androst-4-ene-3 β ,17 α -diol**; **androst-5-ene-3 α ,17 α -diol**; **androst-5-ene-3 α ,17 β -diol**; **androst-5-ene-3 β ,17 α -diol**; **4-androstenediol** (androst-4-ene-3 β ,17 β -diol); **5-androstenedione** (androst-5-ene-3,17-dione); **epi-dihydrotestosterone**; **3 α -hydroxy-5 α -androstan-17-one**; **3 β -hydroxy-5 α -androstan-17-one**; **19-norandrosterone**; **19-noretiocholanolone**.

Where an anabolic androgenic steroid is capable of being produced endogenously, a *Sample* will be deemed to contain such *Prohibited Substance* and an *Adverse Analytical Finding* will be reported where the concentration of such *Prohibited Substance* or its metabolites or markers and/or any other relevant ratio(s) in the *Athlete's Sample* so deviates from the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. A *Sample* shall not be deemed to contain a *Prohibited Substance* in any such case where an *Athlete* proves that the concentration of the *Prohibited Substance* or its metabolites or markers and/or the relevant ratio(s) in the *Athlete's Sample* is attributable to a physiological or pathological condition.

In all cases, and at any concentration, the *Athlete's Sample* will be deemed to contain a *Prohibited Substance* and the laboratory will report an *Adverse Analytical Finding* if, based on any reliable analytical method (e.g. IRMS), the laboratory can show that the *Prohibited Substance* is of exogenous origin. In such case, no further investigation is necessary.

When a value does not so deviate from the range of values normally found in humans and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, but if there are indications, such as a comparison to endogenous reference steroid profiles, of a possible *Use* of a *Prohibited Substance*, or when a laboratory has reported a T/E ratio greater than four (4) to one (1) and any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation shall be conducted by the relevant *Anti-Doping Organization* by reviewing the results of any previous test(s) or by conducting subsequent test(s).

When such further investigation is required the result shall be reported by the laboratory as atypical and not as adverse. If a laboratory reports, using an additional reliable analytical method (e.g. IRMS), that the *Prohibited Substance* is of exogenous origin, no further investigation is necessary, and the *Sample* will be deemed to contain such *Prohibited Substance*. When an additional reliable analytical method (e.g. IRMS) has not been applied, and the minimum of three previous test results are not available, a longitudinal profile of the *Athlete* shall be established by performing three no-advance notice tests in a period of three months by the relevant *Anti-Doping Organization*.

The result that triggered this longitudinal study shall be reported as atypical. If the longitudinal profile of the *Athlete* established by the subsequent tests is not physiologically normal, the result shall then be reported as an *Adverse Analytical Finding*.

In extremely rare individual cases, boldenone of endogenous origin can be consistently found at very low nanograms per milliliter (ng/mL) levels in urine. When such a very low concentration of boldenone is reported by a laboratory and the application of any reliable analytical method (e.g. IRMS) has not determined the exogenous origin of the substance, further investigation may be conducted by subsequent test(s).

For 19-norandrosterone, an *Adverse Analytical Finding* reported by a laboratory is considered to be scientific and valid proof of exogenous origin of the *Prohibited Substance*. In such case, no further investigation is necessary.

Should an *Athlete* fail to cooperate in the investigations, the *Athlete's Sample* shall be deemed to contain a *Prohibited Substance*.

2. Other Anabolic Agents, including but not limited to: Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.

For purposes of this section:

* "exogenous" refers to a substance which is not ordinarily capable of being produced by the body naturally.

** "endogenous" refers to a substance which is capable of being produced by the body naturally.

S2. HORMONES AND RELATED SUBSTANCES. The following substances and their releasing factors, are prohibited:

- 1. Erythropoietin (EPO);**
- 2. Growth Hormone (hGH), Insulin-like Growth Factors (e.g. IGF-1), Mechano Growth Factors (MGFs);**
- 3. Gonadotrophins (e.g. LH, hCG), prohibited in males only;**
- 4. Insulins;**
- 5. Corticotrophins.**

and other substances with similar chemical structure or similar biological effect(s). Unless the *Athlete* can demonstrate that the concentration was due to a physiological or pathological condition, a *Sample* will be deemed to contain a *Prohibited Substance* (as listed above) where the concentration of the *Prohibited Substance* or its metabolites and/or relevant ratios or markers in the *Athlete's Sample* so exceeds the range of values normally found in humans that it is unlikely to be consistent with normal endogenous production. If a laboratory reports, using a reliable analytical method, that the *Prohibited Substance* is of exogenous origin, the *Sample* will be deemed to contain a *Prohibited Substance* and shall be reported as an *Adverse Analytical Finding*.

S3. BETA-2 AGONISTS. All beta-2 agonists including their D- and L-isomers are prohibited. As an exception, formoterol, salbutamol, salmeterol and terbutaline when administered by inhalation, require an abbreviated Therapeutic Use Exemption.

Despite the granting of any form of Therapeutic Use Exemption, a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL will be considered an *Adverse Analytical Finding* unless the *Athlete* proves that the abnormal result was the consequence of the therapeutic use of inhaled salbutamol.

S4. HORMONE ANTAGONISTS AND MODULATORS The following classes are prohibited:

- 1. Aromatase inhibitors** including, but not limited to: **anastrozole, letrozole, aminoglutethimide, exemestane, formestane, testolactone.**
- 2. Selective estrogen receptor modulators (SERMs)** including, but not limited to: **raloxifene, tamoxifen, toremifene.**
- 3. Other anti-estrogenic substances** including, but not limited to: **clomiphene, cyclofenil, fulvestrant.**
- 4. Agents modifying myostatin function(s)** including but not limited to: **myostatin inhibitors.**

S5. DIURETICS AND OTHER MASKING AGENTS

Masking agents are prohibited. They include:

Diuretics , **epitestosterone**, **probenecid**, **alpha-reductase inhibitors** (e.g. **finasteride**, **dutasteride**), **plasma expanders** (e.g. **albumin**, **dextran**, **hydroxyethyl starch**) and other substances with similar biological effect(s).

Diuretics include:

Acetazolamide, **amiloride**, **bumetanide**, **canrenone**, **chlorthalidone**, **etacrynic acid**, **furosemide**, **indapamide**, **metolazone**, **spironolactone**, **thiazides** (e.g. **bendroflumethiazide**, **chlorothiazide**, **hydrochlorothiazide**), **triamterene**, and other substances with a similar chemical structure or similar biological effect(s) (except for drosperinone, which is not prohibited).

* A Therapeutic Use Exemption is not valid if an *Athlete's* urine contains a diuretic in association with threshold or sub-threshold levels of a *Prohibited Substance(s)*.

PROHIBITED METHODS

M1. ENHANCEMENT OF OXYGEN TRANSFER The following are prohibited:

1. Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
2. Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

M2. CHEMICAL AND PHYSICAL MANIPULATION

1. *Tampering*, or attempting to tamper, in order to alter the integrity and validity of *Samples* collected during *Doping Controls* is prohibited. These include but are not limited to catheterisation, urine substitution and/or alteration.
2. Intravenous infusion is prohibited. In an acute medical situation where this method is deemed necessary, a retroactive Therapeutic Use Exemption will be required.

M3. GENE DOPING

The non-therapeutic use of cells, genes, genetic elements, or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.

The Prohibited

SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

In addition to the categories S1 to S5 and M1 to M3 defined above, the following categories are prohibited in competition:

PROHIBITED SUBSTANCES

S6. STIMULANTS

All stimulants (including both their (D- & L-) optical isomers where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2008 Monitoring Program*.

Stimulants include:

Adrafinil, **adrenaline**^{**}, **amfepramone**, **amiphenazole**, **amphetamine**, **amphetaminil**, **benzphetamine**, **benzylpiperazine**, **bromantan**, **cathine**^{***}, **clobenzorex**, **cocaine**, **cropropamide**, **crofetamide**, **cyclazodone**, **dimethylamphetamine**, **ephedrine**^{****}, **etamivan**, **etilamphetamine**, **etilefrine**, **famprofazone**, **fenbutrazate**, **fencamfamin**, **fencamine**, **fenetylline**, **fenfluramine**, **fenproporex**, **furfenorex**, **heptaminol**, **isometheptene**, **levmethamphetamine**, **meclofenoxate**, **mefenorex**, **mephentermine**, **mesocarb**, **methamphetamine (D-)**, **methylenedioxyamphetamine**, **methylenedioxymethamphetamine**, **p-methylamphetamine**, **methylephedrine**^{****}, **methylphenidate**, **modafinil**, **nikethamide**, **norfenefrine**, **norfenfluramine**, **octopamine**, **ortetamine**, **oxilofrine**, **parahydroxyamphetamine**, **pemoline**, **pentetrazol**, **phendimetrazine**, **phenmetrazine**, **phenpromethamine**, **phentermine**, **4-phenylpiracetam (carphedon)**, **prolintane**, **propylhexedrine**, **selegiline**, **sibutramine**, **strychnine**, **tuaminoheptane** and other substances with a similar chemical structure or similar biological effect(s).

* The following substances included in the 2008 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, pseudoephedrine, synephrine) are not considered as *Prohibited Substances*.

** **Adrenaline** associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmologic) is not prohibited.

*** **Cathine** is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

**** Each of **ephedrine** and **methylephedrine** is prohibited when its concentration in urine is greater than 10 micrograms per milliliter.

A stimulant not expressly mentioned as an example under this section should be considered as a Specified Substance only if the *Athlete* can establish that the substance is particularly susceptible to unintentional anti-doping rule violations because of its general availability in medicinal products or is less likely to be successfully abused as a doping agent.

S7. NARCOTICS

The following narcotics are prohibited:

Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

S8. CANNABINOIDS

Cannabinoids (e.g. hashish, marijuana) are prohibited.

S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval.

Other routes of administration (intraarticular /periarticular/ peritendinous/ epidural/ intradermal injections and inhalation) require an Abbreviated Therapeutic Use Exemption except as noted below.

Topical preparations when used for dermatological (including iontophoresis/phonophoresis), auricular, nasal, ophthalmic, buccal, gingival and perianal disorders are not prohibited and do not require any form of Therapeutic Use Exemption.

SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

P1. ALCOHOL

Alcohol (ethanol) is prohibited *In-Competition* only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold (haematological values) for each Federation is reported in parenthesis.

- Aeronautic (FAI) (0.20 g/L)
- Archery (FITA, IPC) (0.10 g/L)
- Automobile (FIA) (0.10 g/L)
- Boules (IPC bowls) (0.10 g/L)
- Karate (WKF) (0.10 g/L)
- Modern Pentathlon (UIPM) (0.10 g/L) for disciplines involving shooting
- Motorcycling (FIM) (0.10 g/L)
- Powerboating (UIM) (0.30 g/L)

P2. BETA-BLOCKERS Unless otherwise specified, beta-blockers are prohibited *In-Competition* only, in the following sports.

- Aeronautic (FAI)
- Archery (FITA, IPC) (also prohibited *Out-of-Competition*)
- Automobile (FIA)
- Billiards (WCBS)
- Bobsleigh (FIBT)
- Boules (CMSB, IPC bowls)
- Bridge (FMB)
- Curling (WCF)
- Gymnastics (FIG)
- Motorcycling (FIM)
- Modern Pentathlon (UIPM) for disciplines involving shooting
- Nine-pin bowling (FIQ)
- Powerboating (UIM)
- Sailing (ISAF) for match race helms only
- Shooting (ISSF, IPC) (also prohibited *Out-of-Competition*)
- Skiing/Snowboarding (FIS) in ski jumping, freestyle aericals/halfpipe and snowboard halfpipe/big air
- Wrestling (FILA)

Beta-blockers include, but are not limited to, the following:

Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.

SPECIFIED SUBSTANCES*

"Specified Substances"* are listed below:

- All inhaled Beta-2 Agonists, except salbutamol (free plus glucuronide) greater than 1000 ng/mL and clenbuterol (listed under S1.2: Other Anabolic Agents);
- Alpha-reductase inhibitors, probenecid;
- Cathine, cropropamide, crotetamide, ephedrine, etamivan, famprofazone, heptaminol, isometheptene, levmethamphetamine, meclofenoxate, p-methylamphetamine, methylephedrine, nikethamide, norfenefrine, octopamine, ortetamine, oxilofrine, phenpromethamine, propylhexedrine, selegiline, sibutramine, tuaminoheptane, and any other stimulant not expressly listed under section S6 for which the Athlete establishes that it fulfils the conditions described in section S6;
- Cannabinoids;
- All Glucocorticosteroids;
- Alcohol;
- All Beta Blockers.

* *"The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents."* A doping violation involving such substances may result in a reduced sanction provided that the "...Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance..."

EXTRACT FROM THE IDBF COMPETITION REGULATIONS

11. DISCIPLINARY MATTERS.

11.1 Drug Abuse. In any IDBF Competition 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.*

a. (11.1) 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. A 'model' Anti-Doping Policy for IDBF Controlling 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 as such, should be read in conjunction with it.*

11.1.1 (11.1). 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.

11.2 Reporting. Any instances of drug abuse during *an IDBF* competition must be notified by the Chief Official, to the IDBF Sports Medicine & 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 Bye-Law 8.

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.

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.

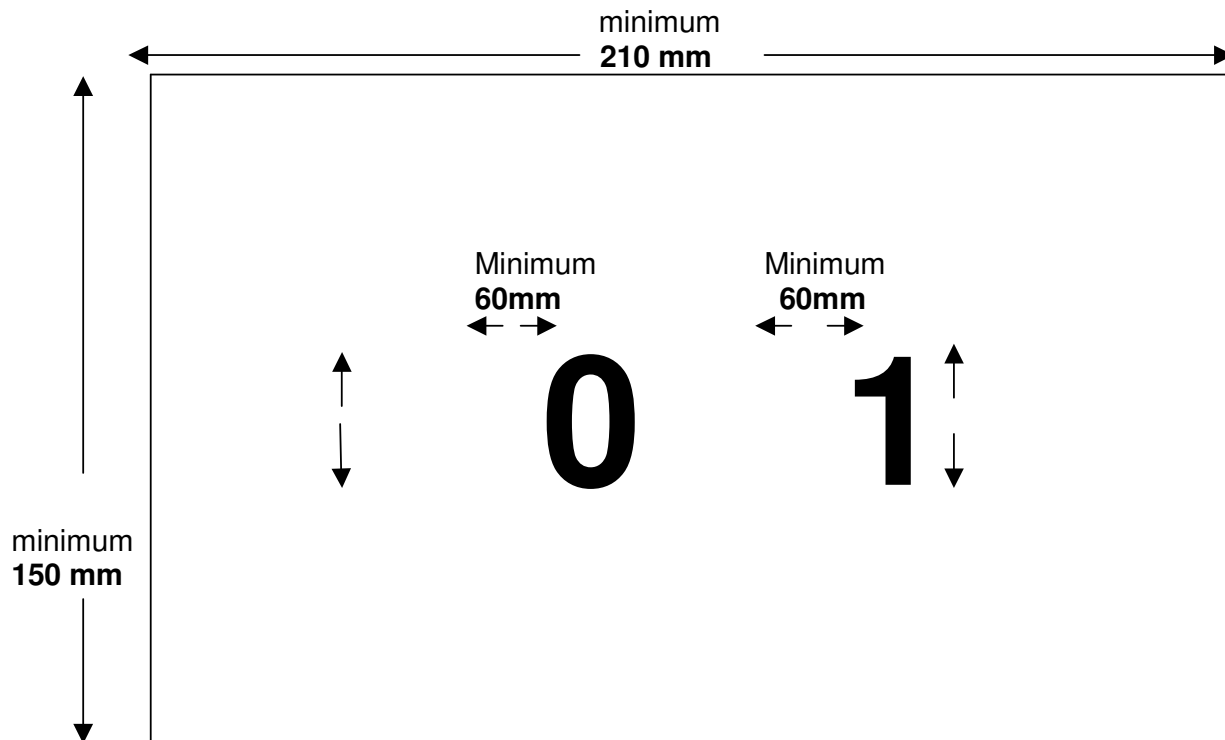
11.4 Doping Control. At an IDBF World Dragon Championship Regatta, the Organising Committee must, within reasonable financial limits, provide a Do[p]ing Control Service as advised by the IDBF Sports Medicine & Sports Science Commission. For all other IDBF Championships it is recommended that Doping Control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

11.4.1 Banned Substances. *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 four (4) 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 and Sports Science Commission will be on hand to monitor the testing process.*

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.

Annex B to Technical Information and Championship Regulations Bulletin

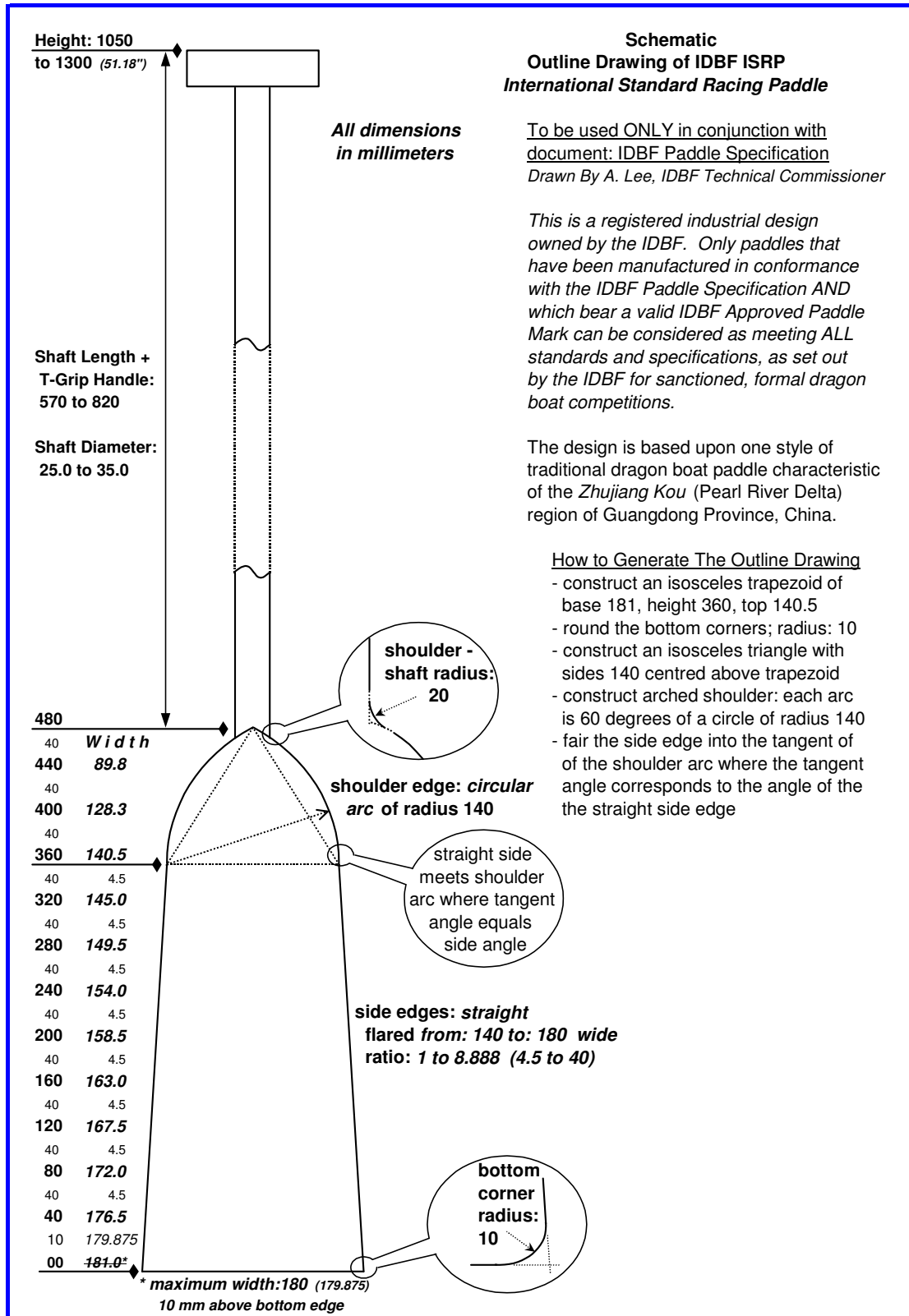
IDBF RACING NUMBER TEMPLATE
(Annex to IDBF Competition Regulations - Number 9.9.1)



The racing number shall be enclosed in a box of a minimum **length of 210mm and depth of 150mm** (in other words, 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, as shown in the TEMPLATE example. The racing number shall be shown on or attached to the back of all Competitors’ racing vests.

Annex C to Technical Information and Championship Regulations Bulletin

OUTLINE DRAWING OF THE IDBF RACING PADDLE 202a



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ANNEX D TO TECHNICAL INFORMATION AND CHAMPIONSHIP REGULATIONS BULLETIN

IDBF DISCIPLINARY CODE

FOR CHAMPIONSHIP AND INTERNATIONAL REGATTAS

General Conditions.

1. The Disciplinary Code that follows is intended for use at IDBF Championships and IDBF sanctioned International Regattas and covers the following areas of misconduct:-
 - 1.1 Failure by crews to comply with the instructions of race officials.
 - 1.2 Verbal abuse between competitors and between competitors and officials.
 - 1.3 Conduct by competitors, team officials and race officials likely to bring the sport into disrepute, such as improper behaviour and abusive criticism.
 - 1.4 Threat of physical violence or actual physical violence by competitors, team officials or race officials.
2. The IDBF Executive Committee under the authority of Article 44 of the IDBF Statutes lays down the following disciplinary action, which is to be taken in the event of any of the above forms of misconduct occurring during the period of an IDBF Championship event. The period of an event includes misconduct at any time from the day of arrival of a crew at the regatta location to the day of departure, and to incidents that may occur on or off of the competition site, before during and after the actual races.

Failure by crews to comply with the instructions of Officials.

3. Time Penalties of between 1-5 seconds, added to a crew's actual time in a race, may be awarded by the Chief Official against crews, for example, as follows:-
 - 3.1 Failure to leave the embarking area when instructed to by the Boat Marshals.
 - 3.2 Failure to obey the instructions of an Umpire.
 - 3.3 Failure to come under Starter's Orders when required to do so.
 - 3.4 Failure to return to the embarking area when required to do so.

Time Penalties.

4. Before Time Penalties can be awarded a crew must be warned that an offence has occurred and be given the opportunity to respond. In the event that a crew does not respond to the 1st warning, then the Crew Captain must be told by the Race Official concerned, that a 2nd warning has been given and that a report will be made to the Chief Official. The Chief Official is not compelled to award Time Penalties but as a minimum must inform the Team Leader of the crew concerned that any further instances of misconduct will result in disciplinary action being taken against them.

Official Warnings.

5. Warnings may be verbal or through the use of a Black Flag (or Dark Blue Flag if a Black Flag is not available). When a Flag is used then the procedure will be as follows:-
 - 5.1 **WARNING 1.** When an offence has occurred a Black Flag will be raised by the Official and the offence notified to the crew. The Black Flag will then be lowered. If the crew does not respond within a short time then the 2nd warning will be given.
 - 5.2. **WARNING 2.** The Black Flag will be raised again and stay raised until the Crew Captain has acknowledged the offence. The Race Official will then report the offence to the Chief Official. (Boat Marshals will report to the Chief Marshal).
6. When a Time Penalty has been awarded by the Chief Official the initials TP will be annotated against the time shown for the crew concerned on the Results Sheet and on any scoreboard used at the regatta site. There is no appeal against Time Penalties.

False Starts, Jumping the Start, Race Conduct.

7. Time Penalties awarded by the Starter and Umpires under Racing Rules 6 and 7, do not form part of this Disciplinary Code and should not be awarded instead of taking action under this code. Neither must Time Penalties awarded under Rules 6 and 7 be included in any points total recorded against a crew under this Code.

Verbal abuse between Competitors and between Competitors and Officials

8. Verbal abuse by competitors against Race Officials will be dealt with as follows:-

- 8.1 Verbal abuse occurring between crews whilst proceeding to the Start or after the Finish of a race will be dealt with by the Course Umpires in accordance with paragraph 5 above. In addition to Time Penalties, the Chief Official may award Penalty Points for verbal abuse of between 1-3 points per offence. A crew that collects 4 points during a competition will be excluded from the Race Distance in question. A crew that collects 6 or more points will be excluded from the remainder of the competition.
- 8.2 Verbal abuse occurring between crews whilst under Starter's Orders will be dealt with by the Starter, who may award Time Penalties without reference to the Chief Official. The award of Penalty Points always remains with the Chief Official.
- 8.3 Verbal abuse by competitors directed at a Race Official will be dealt with by the Race Official first warning the competitor(s) or Crew Captain of the crew concerned that an offence under this Disciplinary Code is likely to occur. If the abuse continues, the Race Official will inform the person or persons concerned that an offence has occurred and report the matter to the Chief Official. A minimum of 2 Penalty Points will be awarded by the Chief Official in such circumstances and the Team Leader informed of the award. Appeals may be made against Penalty Points.

Conduct likely to bring the sport into disrepute.

9. Any conduct likely to bring the sport into disrepute, such as behaviour considered to be unacceptable in public, aggressive behaviour to members of the public or social bad manners, *or any action (or lack of action) that compromises the safety of a crew or individual whilst on the water*, will be reported to the Chief Official who will take action under this Disciplinary Code and report the matter to the Competition Jury, where one exists. The Jury must record the details of the incident *and may sanction a non-competitor* or disqualify a competitor or crew from taking any further part in the competition, irrespective of any previous action that may already have been taken, during the competition, against the person or persons concerned.

10. If during an IDBF Championships a competitor refuses to take a Doping Control Test, when requested to do so, or fails to provide a sample, as required by the IDBF Anti-Doping Policy, the competitor concerned shall be excluded by the Jury, from taking any further part in the Championships under this paragraph of the IDBF Disciplinary Code. The Chairman of the Jury shall report the exclusion and the reasons why, to both the IDBF Executive Committee and the IDBF Member Association to which the competitor belongs, for them to decide what further action, if any, is to be taken. The competitor concerned is also to be informed of the Jury's action.

11. At a IDBF Championship Regatta, the decision of the Jury is final. At an IDBF sanctioned event, an appeal against the decision of the Jury may be made to the IDBF Secretariat for consideration by the IDBF Executive Committee.

Threat of violence or actual physical violence

12. Any threat of violence or actual violence occurring during the period of an event between any participants will be reported to the Chief Official. The Chief Official will disqualify the person or persons concerned and the crew from taking any further part in the competition. The Chief Official will also report the matter to the Jury as above. The Jury will investigate the circumstances surrounding the incident and make a written report to the IDBF Executive Committee who may take further action against the IDBF Member concerned under IDBF Bye-Law 8.

ANNEX E TO TECHNICAL INFORMATION AND CHAMPIONSHIP REGULATIONS BULLETIN

RACING RULES FOR DRAGON BOAT RACES OVER 2000 METRES.

(Racing Rule 10 was fully revised in September 2002 and further updated in September 2003, 2006 and 2007)

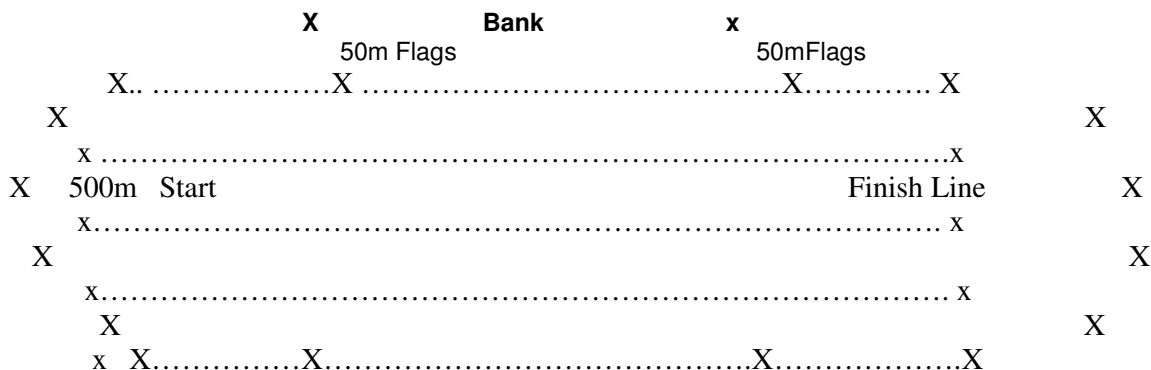
The rules that follow are primarily designed for Dragon Boat Races that take place on a defined Racing Course as part of a standard Dragon Boat Regatta with all the normal rescue craft; race facilities; support services and qualified officials. *However local conditions, for example the overall width of the Regatta Course, may require the Chief Official to make adjustments to the regulations covering the Racing Course shown. Any adjustments will be notified to the Crew Managers by the Chief Official.*

For long distance races that take place outside of these conditions, for example on large inland waters or the sea, *additional local rules and regulations should be considered.*

(Rule 10, should be read in conjunction with Racing Rules 7.1, 7.6, 7.8, 7.10 and 7.11)

R10.1 The Racing Course. The Racing Course shall be of a circulatory nature having two straight sections and two turns in one circuit of the Course. The minimum length of the straight sections shall be 500 metres. Each Turn shall be marked with a minimum of six (6) buoys, that is, one (1) at each end of each straight section; one (1) at the apex of each turn; *one on the approaching side of the apex buoy and two buoys after the apex buoy, to indicate the curve of the turn. The buoys coming out of each turn should follow an asymmetrical line towards the exit racing lane. (See extracts below from Competition Regs 6.8 and 6.9, concerning Turn Buoys)*

Each straight section must be marked down its length by a line of buoys, a maximum of 100 metres apart. This line of buoys shall constitute the left hand side of the Racing Lane. The Turn Buoys marking the start and finish of each Turn may be included in this total (*but see Comp Reg 6.9 below*) as may the buoys marking the edge of the normal Racing Course. *The Racing Lane shall be marked at the 50m points, approaching each turn, on both sides (outside edges) of the course with Red Flags (total 4) mounted on larger buoys than the lane marker buoys of which the inside edge Red Flag buoys can be a part - see R10.4.1.*



Competition Regulations 6.8 and 6.9 - extracts

6.8 Turn Buoys.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.

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.**

Note: For 2000m Races, these shall be larger buoys ideally of a different colour to the lane marker buoys or if not a different colour, clearly distinguishable in size or shape or by the addition of a flag.

R10.2 The Racing Lane and Line of Racing. The **Racing Lane** over the straight sections of the Course shall be a minimum of ten (10) metres wide, with a water depth of at least three (3) metres over a minimum of two-thirds of its width. The **Line of Racing** for crews racing down a straight section of the Course, *is deemed to be at a point which gives at least six (6) metres of clear water* from the buoys **marking the left of the Racing Lane** – see also *R10.3.1. (Sep 06)*

R10.2.1 Racing shall take place in an anti-clockwise direction. Crews are not permitted to race on the inside of the buoys marking the left hand edge of the Racing Lane, except when overtaking after completing a Turn (see R10.4.1)

R10.3 A Crews position in a Line of Racing. Crews must steer a straight course down the Line of Racing, during the whole of the race, except when overtaking or when crews have started a race in 'Line Abreast (see Rule 10.8.1)

R10.3.1 It is incumbent on the Steerer, when not overtaking another boat to maintain a distance of at least six (6) meters, *of clear water*, from the buoys on the boat's left (port) side, thus allowing crews who may be overtaking on the port side to have *as much space as possible*, in which to overtake.

R10.3.2 *Crews taking other Lines of Racing to overtake must observe the spirit of Racing Rule 7.1 but especially concerning 'clear water' between boats. If a crew ignores the intention of the 2 metre rule and in so doing causes any other boat(s) to steer an unreasonably wide course to maintain their Line of Racing or avoid a collision, then a non-Disciplinary Code, **Time Penalty of 5-10 seconds** may be awarded by the Chief Official. When a crew that is being overtaken (see R10.4) alters its course and makes difficulties for the overtaking boat, the same Time Penalties may be awarded by the Chief Official.*

R10.4 Overtaking. Overtaking will be carried out to the **left** of the boat being overtaken, except when the width of the Racing Lane allows crews to overtake in clear water to the **right** of the boat.

Overtaking on the **right is permitted after the Start within the first 300metres of a race** (see R10.8.1) and in the last 500 metres of a race (see R10.5.2) **without restriction and also immediately** after coming **out of a turn. Overtaking on the right at all other times is subject to 'clear water' being available to the overtaking crew – see R10.3.2.**

No overtaking on the right is permitted once the front of an overtaking boat has passed the 50m Red Flag buoys, marking the approach to a Turn. See R10.42, concerning 'holding their station'. Crews not complying with this rule or R10.4.2 concerning 'holding station' **will receive an automatic Time Penalty of twenty (20) seconds.**

R10.4.1 When **approaching** a Turn, that is after the 50m Red Flag Buoys have been reached, overtaking is only permitted on the **left** (inside) of the boat being overtaken. The crew being overtaken must give way and allow 'clear water' to the overtaking crew.

R10.4.2 A crew overtaking on the **right** (outside) of another boat must hold their station and keep 'clear water', with the boat they are overtaking until the approaching turn has been negotiated, after which time they can complete the overtaking manoeuvre as described in R10.4. **See also R10.5.1 concerning a crew's position during a turn.**

R10.4.3 A boat about to be overtaken must not alter its Line of Racing once the Head of the overtaking boat is level with or has passed the Steerer (Helm) in the boat being overtaken *and, especially when exiting a turn, must not Steer in a manner that is likely to cause a collision with another boat.* When the Steerer of the overtaking boat is level with or has passed the Drummer in the boat being overtaken, *then that boat is deemed to have been 'overtaken'* *The overtaken boat must then give way and maintain its station. (Sep 06)*

R10.4.4 When overtaking or being overtaken, it is incumbent on all Steerers to maintain clear water between the paddles of their own boat and other boats in the race but ideally, 2 metres of clear water between boats should be maintained, as per Racing Rule 7.1.

R10.4.5 If, in the opinion of the Chief Official any racing manoeuvre by an overtaking crew or a lack of clear water between boats **has endangered the safety of another crew**, or materially affected the result of the race, the offending crew shall be disqualified.

R10.4.6 A crews race time that has been adversely affected by the actions of another crew, that is, when an Umpire has confirmed that time has been lost through an obstruction or impediment of the crew concerned, a Time Deduction Bonus, of up to 20 seconds, may be awarded, by the Chief Official.

R10.5 Turning. When a crew is following a Line of Racing around a turn, Racing Rules 7.10 and 7.11 apply, that is, the Turning Point buoys shall be passed to port (left) in an anti-clockwise direction. In making a turn the inside boat shall follow as closely as possible, the course marked by the buoy(s) at the Turning Point.

- a. Steerers are to ensure that Turning Point buoys are kept on the left side of the boat, that is, the boat must pass to the right of all the buoys and not inside any Turn Buoy.
- b. A crew will not be disqualified for touching a Turn Buoy, or for having less than two (2) metres of clear water or subject to R10.5.1, overtaking coming out of a turn, unless in the opinion of the Turning Point Umpire, the safety of any crew undertaking the turn, at the same time, has been compromised
- c. *A crew that turns inside of a Turn Buoy, that is a buoy is passed to starboard (on the right of the boat) shall face a Time Penalty of up to 5 seconds, per offence. A crew that consistently turns inside of a buoy in a race (that is, more than twice) may in addition, face disqualification from the race in question. (Sep 07)*

R10.5.1 Turning Points. **Once a turn has been reached, all boats must maintain their station through the turn.** When two crews are negotiating a turn together, that is the crews are adjacent to each other, it is the responsibility of both crews – even the inside crew when in an overtaking position, to avoid making contact with the other crew but especially when the boats are coming out of the turn. When exiting a turn, the inside boat, whether overtaking by virtue of holding the ‘inside racing line’ or not, must not Steer in a manner that is likely to cause a collision with another boat. (Sep 06)

When *more than two crews* are making a turn, at the same Turning Point, then a crew on an **outside** line must leave room for a crew on an **inside** line, to follow the line of the turning point buoys in safety, that is, at least clear water between the paddles in adjacent boats, must be maintained around the turn – R10.4.2, refers.

Similarly a crew on an inside line must not make difficulties for a crew holding station on an outside line by, for example, steering wide around the Turning Point. If in the opinion of the Chief Official a crew has not attempted to steer in a safe manner around a turn, then Time Penalties may be awarded against the offending crew(s).

R10.5.2 Last 500m. When a crew has completed its final turn and is in the last 500m straight of the race, it may cross into the main Racing Course, that is, inside the left hand edge of the Racing Lane and take any Racing Line down the last 500m. Overtaking on either side of another boat is permitted during the last 500m provided that clear water is given to any other boat on the Racing Course. The crew has finished the race when the foremost part of the boat crosses the line, with the same number of crew members in it, as started the race.

R10.6 Impeding / Collisions. If during the course of the race a boat impedes or collides with another boat the Chief Official shall apportion blame *but see also R10.4.5 - disqualification when crew safety is compromised* . If the Chief Official decides that a boat has impeded the forward motion of another boat, or that the crew in the impeded boat had, by necessity, to stop paddling; then a Time Penalty of up to thirty (30) seconds may be awarded to the impeding crew. A Time Bonus may also be awarded to the impeded boat as allowed for under R10.4.3. When a collision between boats occurs then Racing Rule 7.7 will apply, except that re-racing will not take place.

R10.7 Course Umpires. To assist the Chief Official in implementing these rules and other Rules of Racing in general, Course Umpires both waterborne and land based should be positioned around the Racing Course to afford full observation and supervision of the crews in the race. A Boat with an Umpire should be stationed inside each Turning Point to observe the crews negotiating the Turn Buoys.

R10.8 Starting Procedures and Formats. Boats shall normally be started at intervals, that is, a 'staggered' start, line astern (see 10.8.2) using the normal start commands of 'Are You Ready', 'Attention', 'Go'. The time interval between each crew starting shall be determined by the standard of the crews racing and the prevailing water and weather conditions.

In any event, *when the order of starting is that the slowest crew starts first*, the time interval between crews should not be less than ten (10) seconds or more than thirty (30) seconds. *In every kind of starting order*, the Start Time of each crew shall be when the front most part of the boat actually crosses the Start Line and must be recorded by the Starter (or Starters Assistant) and passed to the Race Secretary. For a staggered start boats may be lined up ready to start in one of two different formats.

R10.8.1 In Line Abreast. Crews should first be 'seeded' according to ability, the slowest crew starting first and the fastest last. Crews should be placed in a line next to each other along (or in a line behind) the actual Finish Line, facing up the Racing Course towards the normal Start Line.

a. Starting Position. The slowest crew should be positioned on the 'right of the line' looking up the course, that is facing their Racing Line. On the start command the first crew shall race straight ahead into the Line of Racing 6 meters **to the right of** the buoys marking the Racing Lane.

b. Crossing the Course. The second boat to start and subsequent boats may steer straight ahead on their start command, even if this means that they are racing to the left of the buoys marking the Racing Lane. However, Crews doing this must then move diagonally across the course in a Line of Racing until they have reached a point on the course that is to the **right** of the buoys marking the main Racing Lane – see R10.3.1.

c. 300 Metre Rule. This crossing to the Racing Lane must be completed within *300 metres* from the start of the race. *During this time*, crews may pass on either side of a boat they are overtaking, provided that at all times they maintain 'clear water' between themselves and all other boats.

R10.8.2 In Line Astern. Crews should be 'seeded' as in 10.8.1. If conditions allow, all boats will be lined up one behind the other. They will move to the start when called in turn. *Normally the slowest seeded crew will start first facing the Racing Lanes and behind the Finish Line of the Racing Course. At the discretion of the Chief Official the fastest seeded crew may start first.*

a. Late at the Start. Failure to be at the Start Line on time will **not** prevent the Starter from starting the next crew in the line. Crews must steer a straight course from the start, down the Line of Racing – see R10.8.1a.

R10.9 Mass Start. When the race venue and the number of competing crews allow, a Mass Start may be used, providing that, in the opinion of the Chief Official, the crews are of a standard to ensure that undue congestion will not occur at the Turns or collisions between boats, particularly in the first 300 metres of the race, are unlikely to occur. In a Mass Start race crews will be randomly allocated Start Numbers. The lowest number will start opposite the main Racing Lane and the highest to the far left of the line. Crews will line up 'In Line Abreast' but all crews will start on the same starting instruction.

R10.10 Crew Times, Placings and the Race Winner. When a staggered start is used, the record of Start Times will be compared against the Finish Times recorded for crews. The resulting Time Differential will be used to calculate a crew's actual Race Time. Any race Time Penalties incurred by a crew, will then be added to give a crew its Gross Race Time.

R10.11 When a **Mass Start** is used the lapsed time between the Race Start Time and a crew's Finish Time will be a crew's Race Time, to which any Time Penalties will be added to give the Gross Raced Time. The Gross Race Time will determine a crew's final race position. The **Race Winner** shall be the crew with the fastest (lowest) Gross Race Time

ANNEX F TO TECHNICAL INFORMATION AND CHAMPIONSHIP REGULATIONS BULLETIN

EXTRACTS FROM THE IDBF COMPETITION REGULATIONS

R9. DISPUTES, PROTESTS, DISQUALIFICATIONS and APPEALS.

R9.1 Disputes. Disputes that arise during a competition between Crews, or between IDBF Member Organisations shall be addressed to the Chief Official and dealt with by the Competition Committee, in the same way as a Protest.

R9.2 Racing Protests. In the event of a crew wishing to make a protest following a race, concerning the conduct of another crew, the Crew Manager must lodge the protest with the Chief Official. Such a protest must be addressed to the Competition Committee and made within fifteen (15) minutes of the end of the race. A protest against a race result must be made no later than 15 minutes after the result is officially posted.

R9.3 Protest Fees. At IDBF Championship events, all protests shall be made in writing and shall be accompanied by a fee of 20 USD, or the equivalent amount in the currency of the country in which the competition is being held. The fee shall be refunded if the protest is upheld. At all other events Protests may be made verbally and, at the Chief Officials discretion, a protest fee need not be paid.

R9.4 Action and Timings. When a protest is made, the Chief Official must immediately notify any other party involved in it and call a meeting of the Competition Committee to discuss the protest. Only in exceptional circumstances should the Competition Committee take longer than thirty (30) minutes to consider any one protest.

R9.5 Decisions. After reaching its decision the Competition Committee must inform all the parties involved in writing of its decision and of the reasons for the decision. The Chief Official shall hand the decision to the Crew Manager(s) involved, who must then acknowledge receipt of it by signing the Chief Officials copy and recording the time in case of any further appeal to the Jury.

R9.6 Disqualification. In the event of a crew being disqualified from a race or the competition, the Competition Committee must record their decision and the reasons why in writing on a Disqualification Notice. The Chief Official must hand this notice to the Crew Manager concerned and who must acknowledge receipt of the Notice by signing the Chief Officials copy and endorsing it with the time of receipt.

R9.7 Appeals. This acknowledgement is the start of the period in which the Crew Manager(s) may appeal to the Jury, against the decision of the Competition Committee. In non-championships where a protest has been dealt with verbally, the Chief Official may give the disqualification and the reason why, verbally to the Crew Manager(s) concerned.

R9.8 Time Limit. When a Jury has been appointed, an appeal against a decision of the Competition Committee shall be addressed to the Chairman of the Jury and handed in no later than twenty (20) minutes after the Crew Manager(s) has been informed, in writing, by the Competition Committee of any disqualification or dispute involving their crews.

R9.9 Appeal Fees. For IDBF Championships, all appeals shall be accompanied by a fee of 50 USD or equivalent amount in the currency of the country in which the competition is being held. The fee will be refunded if the appeal is successful.

R9.10 Jury Meetings. The Chairman of the Jury shall allow a further twenty (20) minutes to elapse, for any necessary investigations to take place, before calling a meeting of the Jury to debate the appeal. Only in exceptional circumstances should this take longer than thirty (30) minutes for any one appeal. The Chairman shall then inform the Competition Committee and the Crew Manager(s) concerned of the Jury's decision and reason why, in writing, within ten (10) minutes of a decision being reached.

R9.11 Final Decisions and Appeals. At IDBF Championships the decision of the Jury is final. At other IDBF Competitions a crew has the right of appeal to the IDBF Executive Committee against a decision of the Competition Committee or where one is appointed, the Race Jury.

ANNEX G TO TECHNICAL INFORMATION AND CHAMPIONSHIP REGULATIONS BULLETIN

IDBF CLUB CREW CHAMPIONSHIP - CREW LIST

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.**

Crew **Crew Manager**

Racing Class **Race Distance:**
 (Open/Women/Mixed/ - Premier/Senior/Junior) (200/ 250m / 500m / 2000m)

COMPETITORS DETAILS

25 (Helm)..... (PIN) 26 (Drummer) (PIN)

| <u>Vest No</u> | <u>Paddler</u> | <u>PIN</u> | <u>Vest No</u> | <u>Paddler</u> | <u>PIN</u> |
|----------------|----------------|------------|----------------|----------------|------------|
| 01 | | | 11 | | |
| 02 | | | 12 | | |
| 03 | | | 13 | | |
| 04 | | | 14 | | |
| 05 | | | 15 | | |
| 06 | | | 16 | | |
| 07 | | | 17 | | |
| 08 | | | 18 | | |
| 09 | | | 19 | | |
| 10 | | | 20 | | |
| 21. (Reserve) | | | 22. (Reserve) | | |
| 23. (Reserve) | | | 24. (Reserve) | | |

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 the Championships.

Signed
 (Crew Manger)

Signed
 (Boat Captain)

参见比赛规则第 R9.1 条
Rule Of Racing R9.1 Refers

抗议

IDBF RACING PROTEST FORM

(White Paper)

代表队名称:

Team Name: _____

领队姓名:

Team Manager: _____

比赛号

赛道号

Race Number: _____ **Lane Number** _____

抗议

Protest Details: _____

签名

时间:

Signature: _____ **Time:** _____

Team Manager/ Leader

Print Name: _____

.....

Race Control 赛事管理

签名:

时间:

Signature: _____ **Time:** _____

Fee Received _____ 缴费

参见比赛规则第R9.7条
Rule of Racing R9.7 refers

国龙联合会赛事申诉表

IDBF RACING APPEAL FORM

(黄色纸)
(Yellow Paper)

Team Name:

代表队名称: _____

Team Manager

领队姓名: _____

Race Number

比赛号: _____

Lane Number

赛道号: _____

Appeal Details:

申诉详情: _____

Signature:

签名: _____

Team Manager

Time:

时间: _____

Name _____

Race Control

赛事管理

Signature:

签名: _____

Time:

时间: _____

Fee Received

缴费: _____