



International Dragon Boat Federation  
**Para Athletes Commission**

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# Framework Rules for Paradrugon Competitions

Nigel Bedford

Chair – IDBF Para Athletes Commission

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# International Dragon Boat Federation **Para Athletes Commission**

## Para Athletes Commission

Created October 2017

### Membership:

|               |                        |
|---------------|------------------------|
| Nigel Bedford | GB                     |
| Volker Briel  | Germany                |
| Keith Dalip   | Trinidad               |
| Anup Choudary | India                  |
| Julie Gray    | GB (Technical Adviser) |



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## Vision

Provide opportunities for anyone to compete in dragon boating regardless of their age, gender or impairment

Which means:

No age or gender attributes to teams, and a mix of impairments

**GENUINELY 'OPEN' COMPETITION! EXPAND THE COMMUNITY**



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## Framework Rules

### Status

|                           |                |
|---------------------------|----------------|
| First draft of rule book: | 11 July 2018   |
| 'Adopted' by IDBF:        | 23 July 2018   |
| Noted by EDBF:            | 27 August 2018 |

Remarkable if rule book survives long in its current form



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# Framework Rules

## First Events

EDBF European Club Crew Championships

Seville – July 2019

IDBF World Nations Championships

Pattaya – August 2019



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## Paradrasons?

An athlete who has some form of

- physical,
- psychological,
- neurological,
- sensory, or
- intellectual impairment

that affects the way in which he or she participates in the sport of dragon boating.



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## Factors affecting performance

**Impairment**

**Age**

**Gender**

IDBF 'Paradragons Rulebook' is first known attempt by any sport to integrate all three aspects for international competitions



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## Paracanoe and Va'a

### Eligible impairment types:

- *Impaired muscle power*
- *Impaired passive range of movement*
- *Limb deficiency*





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## Para rowing

### Eligible impairment types:

- *Impaired muscle power*
- *Athetosis*
- *Impaired passive range of movement*
- *Hypertonia*
- *Limb deficiency*
- *Ataxia*
- *Visual impairment*



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## Para Rowing

### Categories

Rowers can use:

PR1 arms and shoulders only

PR2 trunk and arms only

PR3-VI legs, trunk, arms but have a visual impairment

PR3-PD legs, trunk, arms but have a (recognised) physical disability



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## Classification approach

Starting point is a paddler who:

- is male
- is between the ages of 20 and 40
- has no (relevant) impairments

Such a paddler is accorded 20 points



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## Classification - Age issues

Peak physical performance normally between ages of 20-30 (but rulebook aligns with Senior A threshold)

Recognition for those:

|          |           |
|----------|-----------|
| Under 20 | -1 point  |
| Over 40  | -1 point  |
| Over 50  | -2 points |
| Over 60  | -3 points |



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## Classification - Gender issues

In general, men are capable of greater physical strength and exertion compared to women

Recognition for women: -2 points



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## Classification - Impairment issues

Sport-specific - Understanding that some 45-48% of contribution to paddling power is from arms and shoulders, similar from the core, and up to 7% from legs

Total amount power delivered can also be affected by sensory and intellectual impairments, and by psychological conditions (such as PTSD)



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## Classification - Impairment issues

|                           |           |
|---------------------------|-----------|
| Psychological impairments | 18 points |
|                           | ↓         |
| Lower limb deficiency     | 17 points |
|                           | ↓         |
| Tetraplegia               | 2 points  |

‘Worst’ impairment only; no sum of multiple impairments



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## Classification – Age, Gender and Impairment

### Example 1

Female, aged 55, with multiple sclerosis

|              |          |
|--------------|----------|
| Impairment   | 10       |
| Gender       | -2       |
| Age          | -2       |
| <b>Total</b> | <b>6</b> |

### Example 2

Male, aged 16, with missing leg

|              |           |
|--------------|-----------|
| Impairment   | 17        |
| Gender       | n/a       |
| Age          | -1        |
| <b>Total</b> | <b>16</b> |





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## Race categories

- |            |                     |                                 |
|------------|---------------------|---------------------------------|
| <b>PD1</b> | Full Paradragon     | All paddlers impaired           |
| <b>PD2</b> | Partial Paradragon  | Mix of impaired and unimpaired  |
| <b>PD3</b> | Specific Paradragon | All paddlers similarly impaired |

Drummer and Helm need not be impaired



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## Race category PD1 (all paddlers impaired)

### Standard boat

| Total Paddlers | Maximum points |
|----------------|----------------|
| 20             | 320            |
| 19             | 304            |
| 18             | 288            |
| 17             | 272            |
| 16             | 256            |

### Small boat

| Total Paddlers | Maximum points |
|----------------|----------------|
| 10             | 160            |
| 9              | 144            |
| 8              | 128            |



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## Race category PD2 (some paddlers impaired)

| Standard boat  |                   |                |
|----------------|-------------------|----------------|
| Total Paddlers | Impaired paddlers | Maximum points |
| 20             | 10                | 160            |
| 19             | 10                | 160            |
|                | 9                 | 128            |
| 18             | 9                 | 144            |
| 17             | 9                 | 144            |
|                | 8                 | 112            |
| 16             | 8                 | 128            |

| Small boat     |                   |                |
|----------------|-------------------|----------------|
| Total Paddlers | Impaired paddlers | Maximum points |
| 10             | 5                 | 80             |
| 9              | 5                 | 80             |
|                | 4                 | 56             |
| 8              | 4                 | 64             |



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## Classification process

**1 month before event** – medical declarations, submitted for each athlete to Para Athletes Commission for provisional ‘scoring’ of teams

**2 days before racing starts** – evaluation by technical delegate of selection of athletes from each team

**Boat marshalling** – alignment of individuals with scores to ensure eligibility of team



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## Event considerations

- Separate boat marshalling area, close to athletes' village
- Additional time for final checks
- Relaxed attitude to team assistants
- Buoyancy aids
- Ramp – degree of incline, surface, and need for handrail
- Pontoon – type
- Quiet room close by
- Any medal ceremonies may take longer!

