

SYNERGY DRAGON BOAT RACING SERIES

Rules

1. All participants must check in prior to racing. Please try to bring your entire team to registration at one time with all IDs, copies of IDs, copies of proof of employment (for corporate division teams) and your completed roster. If you have not checked in, you are not going to be allowed to board the boat. (Registration will be in the Marshaling Area).
2. ALL participants must wear (zipped and clipped) PFDs at all times when on the dock on in the boat. Do not step on the dock prior to getting your PFD on. Do NOT start to remove your PFD until you are off the dock and on dry land. (A PFD is a personal flotation device, some people refer to it as a “life vest” although it cannot be guaranteed to save your life.)
3. Please follow all directions of Race Officials. Please follow directions of volunteers, including those in the Marshaling Area.
4. Please arrive at the Marshaling Area ten (10) minutes prior to your scheduled heat. Please note that your boat must leave the dock approximately five (5) minutes before your scheduled heat to be certain of getting to the start line on time. Your team MUST be at the Marshaling Area prior to the boats being at the dock, or you will be subject to penalties, including being scratched from the race. Once the dock is clear of paddlers from the prior heat, marshaling officials will begin loading those crews who have assembled on time, those crews will depart for the start line, and if your crew is not at the start line when the other boats are, the starter will begin the race without you. We don't want to do that, so please be in marshaling well before the boats arrive at the dock.
5. Please have one representative to communicate with marshaling area volunteers.
6. Please know beforehand where everyone will be sitting in the boat so that the crew weight will be well-balanced both from left to right and front to back. There are five (5) rows for paddlers in the boat. Each seats two paddlers – one on the left and one on the right. Row 3 is the widest and rows 1 and 5 the narrowest. Typically teams put their heaviest paddlers in row 3 and their lighter ones in rows 1 and 5. If your crew weight is too far out of balance, your steersperson will require that you rearrange your crew.

The paddlers in Row 3 load into the boat first. They should be wearing PFDs prior to the preceding team leaving the boat. The rest of your crew can receive PFDs from the preceding team AFTER that team has left the dock and BEFORE your crew steps onto the dock (see rule 1). Rows 2 and 4 will load next and finally the drummer rows and 1. You may use your own Type III PFD as long as you check it in with us prior to racing. You may also use your own IDBF-approved dragon boat paddle if you check it in with us prior to racing.

7. If you are not at the Marshaling Area on time, or not at the start line on time, a penalty may be assessed, or you may be scratched from the heat. We want you to be able to race in every one of your heats. Please keep track of your team members and your schedule.
8. Please sit down promptly when entering the boat. When your seatmate is on the bench, you should both slide all the way to the outside of the bench (“butts to the gunnels”). Your steersperson may ask some paddlers to slide an inch or so in to adjust the balance.
9. The steersperson is in charge of the boat. A steersperson we supply will not prevent you from implementing your own race tactics (provided they are safe and sportsmanlike), but follow the commands of the steersperson at all times. A list of the basic commands with their meanings is included in your registration packet.
10. Once all paddlers are in the boat, a volunteer will confirm that all paddlers are on your team and that you have the right number of each gender. Remember that your drummer may be of either gender and does not count toward the required ratios.
11. If a coed team has only three (3) women in a heat, it must race with no more than five (5) men (i.e. no more than eight (8) paddlers). All teams must have at least eight (8) paddlers to race. Men’s teams may have only male paddlers, women’s teams may have only female paddlers.
12. All teams must have a drummer, and the drummer must be registered to race. Drummers may drum for more than one team. If you do not have a drummer, we can probably provide one for you – the earlier you ask, the better.

13. Treat the equipment gently. Please do not place the tip of the paddle on the ground or use it to push against the dock.
14. There should be no intentional splashing.
15. **Your crew, including the drummer and steersperson must comply with the directions of the umpire and starter. Failure to do so will be penalized and may result in the assessment of substantial time penalties and other penalties, including disqualification. If you want an advantage, train harder or smarter, don't try to game the system. Don't make us spoil the fun with penalties, please just play it straight.**
16. Your drummer must begin to actively and loudly drum within ten (10) seconds of the start of the race and continue drumming loudly during the remainder of the race. (One or two pauses of totaling ten seconds or less will not be penalized.)
17. While in the boat, do not stand without the express prior permission of the steersperson.
18. Do not intentionally rock the boat.
19. For steerspeople, steering oars must remain in the water throughout the race, and the boat must remain in the center of its lane (no wake riding). (If you intend to use a steersperson other than the one we supply, you must advise us of this when you register, and your steersperson will need to be approved prior to race day. You assume all risk of using any particular steersperson.) Note that on our course there are yellow markers separating the center lane (lane 2) from the outer lanes (lanes 1 and 3, with lane 1 being nearest to the finish line tent and on the left when viewed from the starting line). However, the only markers on the outside of lane 1 or 3 are larger red buoys at the 500m start, the 250m start and at the finish. Our lanes are very wide for safety and to be forgiving to less experienced steerspersons. Intentionally crowding the neighboring lane will be penalized and may result in disqualification.
20. You must race in the lane assigned. In two-boat heats, you will be assigned to lane 1 or lane 3. This is for safety and fairness. Please do not request to switch to lane 2 for a two-boat heat.
21. All team members who start a heat must be aboard at the finish.

22. All teams must return to the Marshaling Area promptly on the conclusion of their race.
23. Please do NOT approach the Finish Line tent or the officials there unnecessarily or in any event without their permission. They must not be disturbed immediately before, during or immediately after heats. If you need to speak to them, please ask another event volunteer to contact them for you.
24. There should be no unsportsmanlike conduct.
25. Protests may be registered with the head official, and in her absence, with another race official, and should be made as soon as practical.

Please make sure that ALL your paddlers are familiar with these rules and with the commands. Please strictly follow these rules. Failure to follow them can impair safety, slow down the event, and can result in disqualification and other penalties for your team. If you are unsure about any of the rules, please ask us at your earliest opportunity. We do not want to have to assess any penalties. The rules are here for your safety, for fairness and so that we can complete the racing in a timely way. Our goal is for everyone to have a good time, while making new friends in a great park!