



13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022



# 國際龍舟聯合會 INTERNATIONAL DRAGON BOAT FEDERATION

13<sup>th</sup> CLUB CREW WORLD CHAMPIONSHIP

Nathan Benderson Park, Sarasota, Florida, USA

18<sup>th</sup> – 24<sup>th</sup> July 2022

BULLETIN NO 4 –  
Technical Information



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## 13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

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### Technical Regulations and Championship Regulations 13th CLUB CREW WORLD BOAT RACING CHAMPIONSHIPS Sarasota, Florida, USA

The information and regulations in this Bulletin are extracted from, and where necessary supplement and enhance the IDBF Competition Regulations and Rules of Racing, with which all competing crews are to acquaint themselves – see [www.dragonboat.sport](http://www.dragonboat.sport). In the event of a situation arising which is not covered by the IDBF Competition Regulations, or the Championship Regulations contained herein, then the Chief Official will be responsible for investigating the circumstances and recommending appropriate action to the IDBF Jury appointed for the Championships.

*You are reminded that IDBF Regulations exclude Male Helms from Steering Women's crews.*

#### TEAM MANAGERS TECHNICAL MEETING

Monday 18th July 2022, (14:00-16:00)

Managers Tent (in front of food vendors) – Nathan Benderson Park

Crew Manager meetings will be held each day following last race of day onsite (Managers Tent)

This Technical Bulletin and Annexes, plus the Race Timetables and Heat Draws for the 13th IDBF Club Crew World Dragon Boat Racing Championships can also be downloaded from the Championships website – [www.dragonboat.sport](http://www.dragonboat.sport)

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#### RACE PROGRAM

IDBF asks all Team Managers to download copies of the daily program from the Championship website. An email will be sent to all Team Managers advising when Race Program has been uploaded to the website

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#### DRAGON BOATS

The Championships will use 2 fleets of standard boats and 2 fleets of small boats. IDBF standard Champion dragon boats (IDBF 1222 & IDBF 912) will be provided for the Championships.

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#### PROGRAM SCHEDULE

Using only 2 fleets of standard and 2 fleets of small boats, it is going to be essential to have the cooperation of clubs once the race has finished to return to the dock area as quickly as possible to keep the program on schedule. This involved travelling from the finish line, round the back of the island to the dock area. (not a short distance). There are instances in the program where 3 heats are required for a competition class and rather than separate the heats, IDBF have kept the heats together.

When leaving the dock area, crew will head through an entry gate (where an official will be stationed to direct traffic). Once through the gate onto the competition course crews will turn left for the 500m start and turn right for the 200m start.

Due to COVID, IDBF has tried to assist crews with their entries as much as possible and granted one-off exemptions for these Championships only. The Chief Officials and Chief Marshall will have a list of all the approved exemptions.

IDBF will be using version 2 of the Race Plans for the first time at these Championships which were released in August 2020.



## 13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

### Quick overview of 6-day race program

Day 1 – 19 July 2000m	Day 2 – 20 July 2000m	Day 3 – 21 July 200m	Day 4 – 22 July 200m	Day 5 – 23 July 500m	Day 6 – 24 July 500m
<ul style="list-style-type: none"> <li>• Sunrise: 6:47am</li> <li>• First race 9am</li> <li>• Last race 4pm</li> <li>• Last medal presentation at 4:30pm</li> <li>• Sunset: 8:25pm</li> <li>• 30-minute interval between races</li> </ul>	<ul style="list-style-type: none"> <li>• Sunrise: 6:47am</li> <li>• First race at 9am</li> <li>• Last race 14:15</li> <li>• Last medal presentation at 14:45pm</li> <li>• Sunset: 8:25pm</li> <li>• 30-minute interval between races</li> </ul>	<ul style="list-style-type: none"> <li>• Sunrise: 6:48am</li> <li>• First race at 8am</li> <li>• Last race 5:28pm</li> <li>• Last medal presentation at 6pm</li> <li>• Sunset: 8:24pm</li> <li>• 8 minute interval between races</li> <li>• 6 entries or less will be 3 rounds with times added together to work out placings</li> <li>• RP1A (7-8 entries) heat, rep, final</li> <li>• RP2A (9-12 entries), heat, rep, final</li> <li>• RP3A (13-18 entries) heat, rep, SF, final</li> </ul>	<ul style="list-style-type: none"> <li>• Sunrise: 6:48am</li> <li>• First race at 8am</li> <li>• Last race 3:44pm</li> <li>• Last medal presentation at 4:15pm</li> <li>• Sunset: 8:24pm</li> <li>• 30-minute interval between races</li> <li>• 6 entries or less will be 3 rounds with times added together to work out placings</li> <li>• RP1A (7-8 entries) heat, rep, final</li> <li>• RP2A (9-12 entries), heat, rep, final</li> <li>• RP3A (13-18 entries) heat, rep, SF, final</li> </ul>	<ul style="list-style-type: none"> <li>• Sunrise: 6:49am</li> <li>• First race at 8am</li> <li>• Last race 5:04pm</li> <li>• Last medal presentation at 5:30pm</li> <li>• Sunset: 8:23pm</li> <li>• 30-minute interval between races</li> <li>• 6 entries or less will be 3 rounds with times added together to work out placings</li> <li>• RP1A (7-8 entries) heat, rep, final</li> <li>• RP2A (9-12 entries), heat, rep, final</li> <li>• RP3A (13-18 entries) heat, rep, SF, final</li> </ul>	<ul style="list-style-type: none"> <li>• Sunrise: 6:49am</li> <li>• First race at 8am</li> <li>• Last race 4pm</li> <li>• Last medal presentation at 4:20pm</li> <li>• Sunset: 8:23pm</li> <li>• 30-minute interval between races</li> <li>• 6 entries or less will be 3 rounds with times added together to work out placings</li> <li>• RP1A (7-8 entries) heat, rep, final</li> <li>• RP2A (9-12 entries), heat, rep, final</li> <li>• RP3A (13-18 entries) heat, rep, SF, final</li> </ul>

### COVID-19 PROTOCOLS AND POLICIES

**REMINDER:** refer to Annex A in Bulletin 3. IDBF strongly encourages all athletes, supporters, race officials, volunteers and vendors to observe COVID safety protocols for the duration of the Championships and respect the health and well being of all those in attendance.

### USE OF DRONES AT NATHAN BENDERSON PARK

Clubs are not permitted to use their own personnel drones at Nathan Benderson Park during the Championships. Only official Championship drones will be in use during the event.





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### TEAM REGISTRATION

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Team Managers will be able to collect their team IDs card from the Registration Tent on site at Nathan Benderson Park (*refer to Bulletin 3*)

Saturday 16 July – 9am to 6pm

Sunday 17 July – 9am to 6pm

Monday 18 July – 9am to 12noon

ID cards will only be provided to Team Managers once all outstanding fees have been paid to both IDBF and the Organising Committee (USDBF). Only USD will be accepted for any outstanding amounts. It is recommended for efficiency if your Club has any outstanding monies owing come prepared with USD cash or credit card is accepted to settle the balance (*refer to Bulletin 3*)

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### IDBF COMPETITION REGULATIONS & RULES OF RACING

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For the 13<sup>th</sup> Club Crew World Dragon Boat Championships (2020) Edition 8.1 (January 2020) IDBF Rules of Racing will be applicable and Edition 8.1 (January 2020) of the Competition Regulations will be applicable. Crew Managers are advised to have a personal copy with them at the event and to ensure that their crews are conversant with these rules. In conjunction with the information provide in the Bulletins. Copies can be downloaded from <https://www.dragonboat.sport>

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### PROOF OF CLUB CREW MEMBERSHIP

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Team Managers are to lodge with the IDBF Race Administration at the race venue in Sarasota a printed list of the athletes from their Club showing the Full Name and Home Address of each athlete, the Athlete's Club Membership Number and the Date they joined the Club (crew) The print out is to be signed by either the Chair-holder or the Treasurer of the Club (crew) concerned but preferably by the Treasurer, who is to add their Name, Status and Date to their signature at the bottom of the print-out, with the words "I certify that the information detailed above is correct"

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### DRAGON BOAT CLUBS

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(IDBF Bye Law 12.3) A Dragon Boat Club is defined as being a single Crew or group of Crews which have a formal Sports Club Constitution which, in general terms, shows that the Club's individual members are responsible for the Club's affairs; that they elect representatives to their *governing* Dragon Boat organisation; that they elect Club Officers and Officials to manage the affairs of their Club; that the Club keeps properly maintained and controlled accounts; that the Aims and Objectives of the Club and its Constitution or Statutes, are consistent with those of their own *governing* Dragon Boat Association, where one exists and where appropriate the IDBF.

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### CLUB CREW MEMBERSHIP (CR4.3)

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**Competitors must be bona-fide members of the Clubs that they represent, for at least six (6) months** before the date of submission of their Crew Final Entry Form & Names List to the IDBF and be able to prove such membership if requested to do so by the Chief Official. **Explanatory Note:** IDBF Competition Regulations state that a bona fide Club Member is one that has regularly trained and/or competed for the Club that they represent during the minimum period of **six months** before a CCWC. **A bona fide Club Member will normally be resident in the Country in which the Club Crew is located.** A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period or of at least twelve (12) weeks, over a minimum period of two (2) racing seasons.





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**A Competitor may only be registered on a Crew Named Entry Form under the name of one specific Club** and may not compete for any other Club. Only those Competitors shown on the Club Names List will be permitted to race in the CCWC. Club Crews are not permitted to recruit Competitors locally.

**Explanatory Note:** *The above regulation does not exclude a paddler from belonging to more than one Dragon Boat Club but any competitor participating in a CCWC must have been a member of the Club (crew) they represent for at least 6 months before the CCWC in question. It is immaterial if a competitor belongs to more than one Club.*

*The regulation's intent is that a paddler can only paddle in a CCWC with one Club at any one CCWC. That is, once a paddler chooses the club that he or she wants to paddle with they cannot then paddle in the same CCWC with another club.*

*The IDBF Regulations main intent is to preclude a club stacking its crews with outside paddlers just for the purpose of a competing at a CCWC. Recruiting paddlers who have never trained with the crew concerned before a CCWC is deemed to be "stacking".*

*An exception to this Regulation may be made for an individual Racer, for example a Helm, whose has not been a Club Member for the required 6 months, if in the opinion of the Chairholder of the IDBF Competition & Technical Commission (C&TC) exceptional circumstances exist to justify an individual to compete.*

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### AGE REGULATIONS

#### A REMINDER OF THE AGE REGULATIONS (CR2.1.4 – CR2.1.8)

- Junior A – 13<sup>th</sup> to 18<sup>th</sup> birthday falls in the year of the competition (drummer and paddlers)
- 24U – the 13<sup>th</sup> to 24<sup>th</sup> birthday falls in the year of the competition
- Premier Class – No Age Limit
- Senior A – 40<sup>th</sup> or later birthday falls in the year of the competition (helm and paddlers)
- Senior B – 50<sup>th</sup> or later birthday falls in the year of the competition (helm and paddlers)
- Senior C – 60<sup>th</sup> or later birthday falls in the year of the competition (helm and paddlers)

**Note: All age groups, ages shown above are as of 31<sup>st</sup> December 2022 / Year of competition is 2022.**

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### COMPETITION CLASSES – STANDARD v SMALL BOATS (CR2.2)

Competitors cannot race in both a Standard and Small Boat, in the same Competition Class, for example 200m, except for Mixed races where Small Boat Open and Women's crews are required to combine to make a Mixed Standard Boat crew.

**Double rostering (CR2.2.2)** A competitor including drummer and steerer, should only enter one (1) competition class age class. No allowance will be made in the program or races delayed allowing a competitor to participate in more than one (1) competition class.

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### MIXED CREW REQUIREMENTS (CR2.1.3)

**STANDARD BOAT CREWS** – the crew must consist of a minimum of 8 and a maximum of 10 PADDLERS of either gender. (Drummer and Helm can be either Male or Female)

**SMALL BOAT CREWS** - the crew must consist of a minimum of 4 and a maximum of 5 PADDLERS of either gender. (Drummer and Helm can be either Male or Female)



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The following table shows the composition of crews

### Standard boat

10 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 9 female paddlers	+ drummer and helm of either gender
9 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 8 female paddlers	+ drummer and helm of either gender
8 male paddlers / 10 female paddlers	+ drummer and helm of either gender
9 male paddlers / 9 female paddlers	+ drummer and helm of either gender

### Small boat

5 male paddlers / 5 female paddlers	+ drummer and helm of either gender
5 male paddlers / 4 female paddlers	+ drummer and helm of either gender
4 male paddlers / 5 female paddlers	+ drummer and helm of either gender
4 male paddlers / 4 female paddlers	+ drummer and helm of either gender

### SEEDINGS FOR 2000m

Due to the fact no Club Crew World Championships were held in 2020, seedings for 2000m have been done by random draw.

### Rules for 2000m Racing (R10)

Detailed briefing for steerers will be held at Team Managers meeting. IDBF strongly encourages all Team Managers and steerers to familiarise themselves with the rules specifically the new turn corridor rules (R10.2).

### ID CHECKS

Random ID checks will be carried out during the Championships by IDBF Race Officials, to ensure that only those Competitors shown on a Clubs (crews) Names List are competing in the Championships and are also those shown on their respective competition class Crew Lists.

Competitors will also be selected for random Drug testing by their PIN.



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### CLUB (CREW) RACING COLOURS (per rule CR1.4.2)

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While under the control of the Race Officials, all Competitors must race in the racing colours of the Club Crew they represent. The Club colours must be distinctive and not in any way similar to any Representative or National Team colours worn by Teams from their IDBF Member Associations.

If, in the opinion of the IDBF Chief Official, Crew colours could be mistaken for the colours of a National Representative Team Crew or another Registered Club in the CCWC the Organizing Committee reserves the right to insist that a Club Crew, as designated by the Chief Official, races in plain white or another neutral colour.

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### THE CREW

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The word 'Crew' is used to describe the competitors from a specific Crew which may be a Club that is a single Crew entity - where the Crew and Club Name are one and the same, in each Competition Class or a Club with a number of Crews - with separate Crew Names, representing the same Club, in different Competition (Championship) Classes

In an IDBF Club Crew World Championship, Competitors do not represent their countries but their individual Clubs (or Crews) and as such the Competitors are not selected by their IDBF Member organisation.

Although Competitors are not selected by their IDBF Member Associations, all Crews must be 'sanctioned' by their IDBF Member Association (where one exists) to attend the CCWC and be notified by their IDBF Member Association to the Championship Organizing Committee. That is, IDBF Members must certify that the crews attending a CCWC are financially viable and do not have a bad disciplinary record. Entry to the CCWC is restricted to five standard boat Crews and two small boat Crews (from different Clubs) per IDBF Member Association per Competition Class.

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### CREW NUMBERS (CR3.1)

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The maximum number in a Standard Boat crew under the Competition Regulations, is 26 (including 4 reserves). A full boat crew would be 22 including Drummer and Helm. The minimum number of paddlers in a Standard Boat is 18.

The maximum number in a Small Boat crew is 14 (including 2 reserves) A full boat crew would be 12 including Drummer and Helm. The minimum number of paddlers in a Small Boat is 08.

Crew List will be required for each Crew in every Competition Class entered. Reserves shown on a Crew List may be used during any rounds of a competition, without further reference to the Race Officials. (crew lists can be downloaded from the IDBF race management system)

**Note:** a new design for the crew list was introduced in 2018. There are now spaces for 26 or 14 athletes. You no longer need to designate who the drummer, helm and reserves. As long as all names are included on the crew list it does not matter their role. One of the named 26 or 14 names must be noted as the Boat Captain.

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### CREW LISTS

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#### Crew Lists **MUST** be printed from the IDBF Registration System by Crew Managers (CR8.7)

Crew Lists must be submitted at the Team Managers Meeting or to Race Administration at the end of each day for the next day's racing. (This will ensure crew lists are processed and forwarded to Marshalling in sufficient time prior to first race. Only those Competitors shown on the Crew List will be permitted to race in that particular Competition Class.

Checking of Crews by Race Officials will be done using the crew lists and Accreditation ID Cards.



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A reminder once crew lists are handed in to race administration, they cannot be changed. This is the reason for including reserves. (should your club require an emergency for medical reasons, approval will need to be sought from the Chief Officials)

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### IDENTIFICATION OF COMPETITORS – PERSONAL IDENTITY NUMBER (PIN) (CR9.9)

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At an IDBF Championship each competitor will be allocated a Personal Identity Number (PIN) by the IDBF. This PIN shall be recorded on an identity document (Accreditation Card) with a photograph, provided by the competitor in advanced of the competition and entered on to the IDBF World Champs data base. The identity document (Accreditation Card) must be carried by all competitors during the competition.

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### RACING VEST NUMBERS (CR9.9.1) – refer to Bulletin 3

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Each competitor, when racing, will show a **Vest Number**. The Racing 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 Racing Vest Number shown against each competitor on the Crew List** for a particular Competition Class and acts as a means of identification during a race.

### Size of Numbers (CR9.9.2)

The Racing 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.

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 at **ANNEX B**.

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### FIT TO RACE (CR8.7.1, R3.11.4)

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You are advised that when signing the Crew List, the person signing is confirming with the Chief Official, that all the competitors shown on the 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 during the whole period of the Championships. And that they compete entirely at their own risk.

To ensure that Crew Managers can sign the Crew Lists with confidence, you are advised that all competitors should have a medical certificate signed by a qualified doctor stating that there is no known medical reason why they should not compete in the Championships and are physically fit. **This is particularly relevant to all Senior and Junior competitors.**

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### PADDLES (CR5.7) – refer to Bulletin 3

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**For competitors personal Racing Paddles**, that is those that comply with the IDBF Racing Paddle Specification 202a – see the note below, the sponsors 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).

Competitors should bring their own Racing Paddles provided they are an approved Paddle. Officials will check paddles in marshalling to ensure they carry the 202a IDBF Registration sticker. Any paddle which does not display the IDBF registration logo and license number will be refused. A minimum number of paddles will be available to rent from the organising Committee





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**Note:** Your attention is drawn to the IDBF Racing Paddle Scheme (RPS). The scheme is designed to help ensure that when a competitor purchases a Racing Paddle he or she buys one which is made to the IDBF Racing Paddle Specification – 202a. Paddles supplied by manufacturers in the RPS will have a 202a logo and a License Number Paddle Mark or sticker shown on the face of the paddle - <https://www.dragonboat.sport/manufacturers>

The scheme also enables race officials at events to quickly and easily identify those paddles that are to specification and thus licensed for IDBF; ADBF and EDBF Championship Racing.

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### **ADDITIONAL AND MISCELLANEOUS EQUIPMENT (CR13)**

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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 in IDBF events. The exceptions to this are on board communications systems that operate purely between crew members and seat cushions for individual paddlers, provided 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 – see below. The Chief Official shall decide on additional and miscellaneous equipment not specifically covered by these Competition Regulations.

**Note:** It is not the intention of the Regulation to exclude equipment enhancements such as, strapping to a paddle to assist grip, Velcro fasteners for seat pads, sponges or boat bailers, foot pads for competitors' comfort or other items that are not performance enhancing or a risk to the safety of the members of the Crew or the crew itself.

#### **Seat Pads (CR13.4)**

Dragon Boat Seat Pads (cushions) as described in Regulation 13.1 shall be made of a soft material, such as neoprene, of an approximate thickness of 15mm that will compress easily when squeezed between finger and thumb. The width of the seat pad may vary in size and shape but shall approximate to the width of a paddling seat in the IDBF Standard International Racing Boat (12.5 cm) and the length should ideally, not exceed 20cm in width and 40cm in length. **Seat Pads that excessively exceed these dimensions will not be permitted.**

#### **Water Pumps (CR13.2)**

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

#### **Straps and Strapping (CR13.3)**

In the interest of crew safety, no additional fixtures or fittings, **such as straps to fasten a paddler into the boat or onto a seat are permitted.** The Chief Official may relax this rule for physically disabled competitors, if adequate safety systems are provided to ensure that such crew members can easily be released from the boat and rescued in the event of the boat capsizing.



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## 13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

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### STARTS (R6)

Starts at Nathan Benderson Park (NBP) will use the boot or cup system as per below



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### PROTESTS AND APPEALS (R9.2, R9.7)

The IDBF Racing Rules concerning Disputes, Protests and Appeals can be found under Rule 9 of the Racing Rules. **Copies of the Protest (Annex C) and Appeals (Annex D)** can be found in this Bulletin and will be available from the Race Administration.

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### MEDALS & TROPHIES (CR7.11) – refer to Bulletin 3

In an IDBF Club Crew Championships, the title of World Champion shall be conferred on the winning crew in each Competition Class in which crews from at least six (6) Nations or Territories compete. Each racing class final will be awarded Gold (first), Silver (second) and Bronze (third) medals regardless of entry numbers.

The IDBF Club Championship Trophy will be presented to the Club at the Closing Ceremony, following the last medal presentations with the handover of the IDBF Flag from the United States Dragon Boat Federation to the Dragon Boat Federation of Italy.

**REMINDER:** These Championships are a Club Crew (**not a Nations**) therefore Clubs are not allowed to display or carry their National flag during medal presentations.

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### TUE FORMS

Refer to information provided in Bulletin 3

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### ANTI-DOPING REQUIREMENTS

(refer to information provided in Bulletin 3)

**Your attention is drawn to IDBF (CR11.1) concerning drug abuse** and doping. Random drug testing will be conducted during the event. All tests will be set against the current WADA banned substances list as shown on the WADA Website. Members of the IDBF Medical and Sports Science Commission will be on hand to monitor the testing process.

The 2022 (effective 01 January) WADA Banned List is available from the WADA web site - <https://www.wada-ama.org/>



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### **AIDING AND ABETTING (CR11.3)**

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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 as for a competitor or crew.

Competitors Rights and Responsibilities with regards to Anti-Doping – refer ANNEX A

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### **CODE OF CONDUCT**

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#### **(IDBF Disciplinary Code) – (R4 Annex)**

The Code of Conduct can be found in the **Rules of Racing**. The Disciplinary Code lays down a Code of Conduct for both Competitors and Officials covering behaviour before, during and after a dragon boat competition and therefore applies from the time that a Club Crew arrives in the geographical territory where the Championships are being held.

The Chief Official is authorised to take any necessary disciplinary action as laid down in the code. Crew Managers are to ensure that all their Crew Members and supporters are aware of this Code and its contents.

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### **DISCIPLINARY MATTERS (CR11)**

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Refer to the IDBF Rules of Racing – Edition No 8.1. Which can be downloaded from the Championship website - <https://www.dragonboat.sport/rules-and-regulations>

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### **SITE MAP**

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For an updated site map – please refer to the Championship website - <https://2022ccwc.com/> (regatta island map – updated 08 July)



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### ANNEX A ANTI-DOPING COMPETITOR'S RIGHTS AND RESPONSIBILITIES

Ensure you have read and understood the documents pertaining to anti-doping on the IDBF website  
<https://www.dragonboat.sport/docs>

In addition, refer to the WADA (World Anti-Doping Agency) website - <http://list.wada-ama.org/>

The WADA testing program has been set up for athletes. It is essential that you understand and have confidence in the program. The following gives the basic rights and responsibilities you as an athlete have during the doping control process.

#### YOUR RIGHTS:

- Be notified in of your selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained to you
- With the Doping Control Official's (DCO) consent and always in full view of the chaperone, you may: *attend a Medals' Ceremony (In -Competition), warm down, finish training, receive medical attention, compete in further races and fulfill reasonable media commitments*
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing your sample and always by someone of the same gender as yourself
- Receive copies of all signed documentation

#### YOUR RESPONSIBILITIES:

- Know the IDBF's and your IDBF Member's anti-doping regulations
- Carry photo ID to present to the DCO
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list - before being permitted to take such substances, you will need to apply for medical exemption
- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as these may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a competition, training venue or your home
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification
- Remain in control of your sample until it is securely sealed
- Ensure all documentation is signed and you have been provided with a copy





## 13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

### ANNEX B

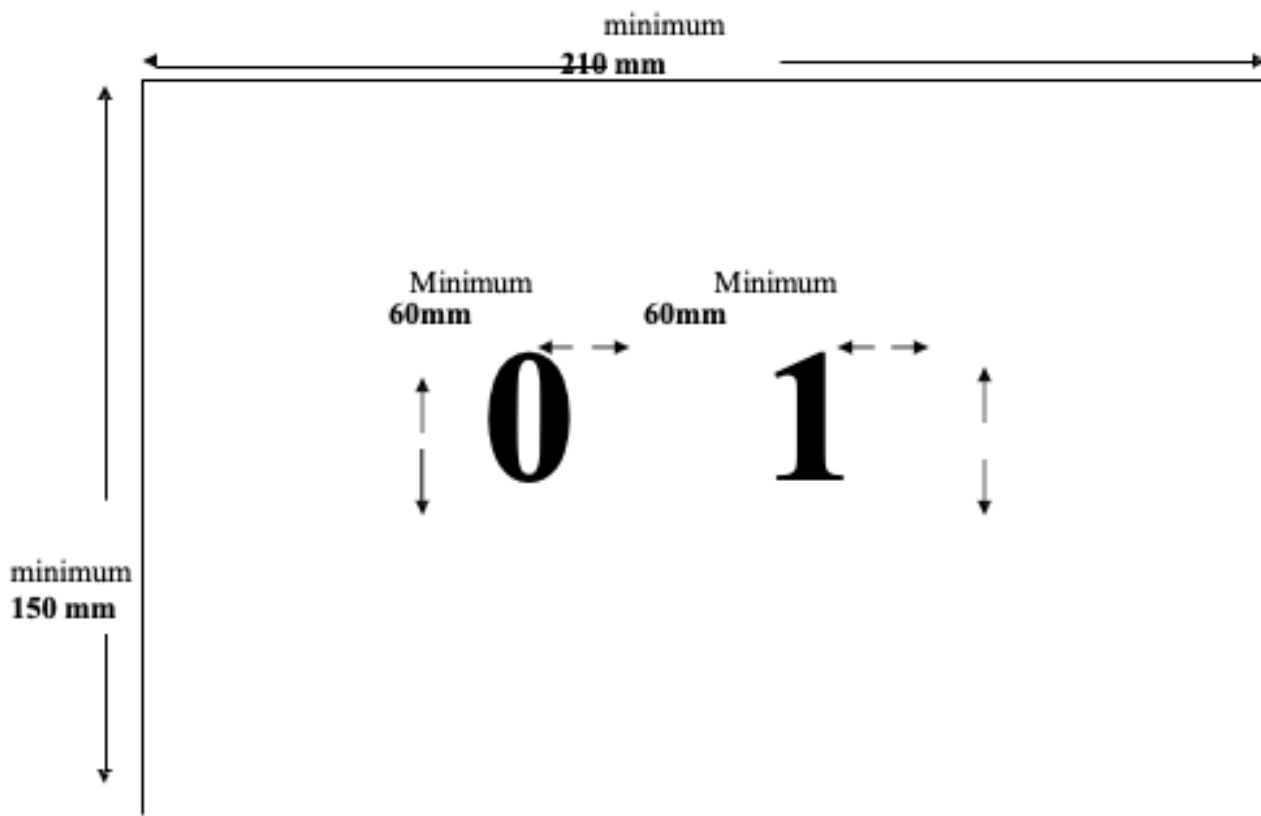
#### RACING VEST NUMBER TEMPLATE

(Annex to IDBF Competition Regulations - Number 9.9.1)

The racing vest 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 vest number shall be shown on or attached to the back of the Competitors' racing top.

**Note: vest numbers must be waterproof**



Template Not to Scale



13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

ANNEX C

13th IDBF Club Crew World Dragon Boat Championships  
IDBF Racing Protest Form (R9.2)

<b>Event Name:</b>	
<b>Date:</b>	
<b>Racing Class:</b>	<b>Category:</b>
<b>Race Number:</b>	<b>Lane Number:</b>
<b>Team Name:</b>	

**Protest Details:**

*Protests must contain the Racing Rule Number that you consider has been infringed. The Protest will automatically be rejected unless the Racing Rule concerned is quoted.*

<b>Team Manager:</b>	<b>Date:</b>
<b>Signature:</b>	<b>Time:</b>

**Race Administration use**

<b>Signature</b>	<b>Time:</b>
<b>Fee received: \$ 20</b>	





**13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022**

**Competition Committee's Decision:**

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<b>Protest Accepted:</b>	<b>Protest Denied:</b>
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<b>Signed:</b> <b>(Chief Official)</b>	<b>Time:</b>	<b>Date:</b>
<b>Signed:</b> <b>(Team Manager)</b>	<b>Time:</b>	<b>Date:</b>
<b>Protest fee refunded:</b>	<b>Protest fee kept:</b>	



13TH IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS | JULY 18-24, 2022

ANNEX D

13<sup>th</sup> IDBF Club Crew World Dragon Boat Championships  
IDBF Racing Appeal Form (R9.7)

Event Name:	
Date:	
Racing Class:	Category:
Race Number:	Lane Number:
Team Name:	

Appeal Details:

Provide the reason that you consider the Competition Committee's decision should be reviewed by Race Jury. Provide Race Rule number that you consider the infringement concerns

Team Manager:	Date:
Signature:	Time:

Race Administration use

Signature	Time:
Fee received: USD\$50	





