

Rules and Regulations

I. Introduction

- A. Rule of Construction – The following rules shall be read and interpreted consistently with each other and shall be read and interpreted to foster the purpose of fair competition and sportsmanship in a safe environment.
- B. Scope of Application – These rules shall apply to all race divisions. Each crew is entirely responsible for its own conduct and for complying with the rules provided herein.
- C. Situations not covered – In the event the rules do not adequately cover a situation, race officials are empowered to make such decisions and instructions as are necessary to carry out their responsibilities and to affect the purpose of fair competition and sportsmanship in a safe environment.
- D. Violation of the Rules and Regulations – Any crew member or team that fails to observe the Rules and Regulations herein may be disqualified or be assessed a penalty.

II. Definitions – For the purpose of these Rules and Regulations, the following terms will be used:

- A. “Event” shall mean the Dutchess Dragon Boat Race and Festival, held on July 25, 2015, at the Hudson River Rowing Association Community Boathouse in Poughkeepsie, New York.
- B. “Event Organizer” shall mean Dutchess County Economic Development, Inc, Dutchess Tourism, 3 Neptune Road, Suite A11A, Poughkeepsie, New York 12601-5545.
- C. “Chief Official” shall mean the race official, appointed by the Event Organizer, who follows the boats down the racing course and records any violations of the Rules and Regulations during the course of the heat.
- D. “Crew” shall mean any active group of paddlers, drummer, and steerer which has completed a team roster. The term “crew” is used interchangeably with the term “team” in the Rules and Regulations.
- E. “Crew Assembly Area” shall mean the area immediately along the dock loading area.
- F. “Crew member” shall mean any properly registered person affiliated with a Team as a paddler, drummer or steerer.
- G. “Dock Marshal” shall mean the race official, appointed by the Event Organizer, who controls the conduct of teams, crew members and Event dock staff around the Crew Assembly Area and the launching dock area.
- H. “Drummer” shall mean a properly registered crew member whose specific task is to beat the drum, has completed a mandatory waiver and is listed on a team roster. The minimum age for a drummer will be 14 and there must be specific parental permission for this position. The drummer MUST be a proficient swimmer and attest to this on waivers.
- I. “Finish Line Judge” shall mean the race official, appointed by the Event Organizer, who supervises and observes each race, records the order of finish at the finish line for each race, decides all valid protests regarding race conduct, and is the ultimate interpreter of the Rules and Regulations in conjunction with the Event Organizer whenever necessary.
- J. “Paddler” shall mean a properly registered crew member whose specific task is to propel a boat with a single-bladed paddle while seated, and who has completed a mandatory waiver and is listed on a team roster.
- K. “Starter” shall mean the race official, appointed by the Event Organizer, who controls the conduct of teams and crew members at the start line, brings the teams to the start line, and calls the start of each heat.
- L. “Starting Area” shall mean the area between the start line and 50 meters behind the start line.
- M. “Steerer” shall mean a properly registered crew member or one appointed by the Race Organizer whose specific task is to steer and maneuver a boat with a steering oar, and who has completed a mandatory waiver and is listed on a team roster or assigned by the Race Organizer.
- N. “Unsportsmanlike conduct” shall include, but not be limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without valid justification, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any race official, crew member, Event Organizer and its employees, or spectator.

III. Safety: The Event Organizer and race officials are committed to minimizing risks and maintaining a safe environment for practices and races for all crew members.

- A. **Swimming Requirement:** Crew members must be able to swim at least 50 meters while wearing light clothing. It is the responsibility of the Team Captain to ensure that all crew members comply with this rule.
- B. **Personal Flotation Device (PFD):** Personal flotation devices (PFDs) are required for everyone when directly accessing the water. PFDs will be available to all crew members and must be worn in the proper manner at all times while in the dragon boat. The guidelines of the IDBF and U.S. Coast Guard regarding acceptable PFDs will be followed. The waist versions that inflate on contact with water are not acceptable for dragon boat racing due to safety concerns.
- C. **Jumping Off Boat:** At no time shall crew members jump off the boat. Such behavior shall result in disqualification of the offending crew.
- D. **Rescue Procedure:** In the event of an accident while on the water, which results in the capsizing of the boat, affected crew members are required to stay close to the boat and wait for a rescue boat to arrive. No one should attempt to swim ashore. Crew members should attempt to keep the boat from capsizing but only if it could be done safely. (Refer to detailed Safety Plan provided to Team Captain)
- E. **Unsafe Weather Conditions:** In the event of lightning, all crews on the water must return to the launching dock area and follow the instructions of race officials and Event dock staff. If a race is in progress, the Starter or Chief Official will sound the horn twice to signify the stoppage of the race and instruct all competing crews to return to the launching dock area.
- F. **Regulatory Preemption:** These rules concerning safety should not be construed as authority over and above requirements necessitated by regulatory agencies.

IV. Team and Crew Member Registration

- A. **Entry Fees:** All entry fees are non-refundable should the crew decide to withdraw from the race or should the race be canceled for reasons beyond the Event Organizer's control. Event takes place rain or shine.
- B. **Registration Process:** Teams must be registered and the registration fee paid in order to participate in the Race. Team Captains can register on-line on this web site.
- C. **Team Member Waivers:** All team members must complete an individual waiver form. Team Captains are responsible for collecting the waivers for their teams and ensuring they are submitted to the Organizers prior to the team's practice session.
- D. **Team Roster:** Only crew members listed on the team roster and having submitted individual waiver forms shall be permitted to race on the team. Final Team Rosters must be submitted to the Organizers by July 10, 2015.
- E. **Cross-Rostering for Club Team Divisions:** Each paddler shall be registered under the name of only one team and may not compete for any other team in each race category. A steerer and drummer may steer or drum for more than one team but must submit a written request to the Event Organizer for an exemption at least 48 hours prior to the Event. A steerer or drummer may not paddle for any other team in their race category. Paddlers may race in one unisex team and one mixed team.
- F. **Credentials:** On the race date, team members may be required to present identification and will be issued wristbands. Wristbands are non-transferable and must be worn at all times during the Event.
- G. **Right of Refusal:** The Event Organizer reserves the right to refuse entry to any crew in the race at its sole discretion.

V. Crew Composition

- A. Each boat may carry up to 16 (sixteen) paddlers plus a drummer and must have a minimum of 12 (twelve) paddlers. Each Mixed Team boat must also carry at least eight (8) female paddlers. Each crew member including the drummer must be at least 14 years of age, and show evidence of water safety. (A professional steerer will be provided by the Event Organizer.)

- VI. **Waivers:** All Team members must sign a Dutchess Dragon Boat Race and Festival individual waiver. All participants under age 18 must have signed parent or guardian consent. Each team member agrees to waive any claims against 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association, that may arise from personal injury or death or damage to personal property caused by participation in Dragon Boat practices or races. It is the responsibility of the Team Captain to return signed individual waiver forms to Dutchess Dragon Boat Race and Festival prior to Team's first practice.

VII. Marshaling, Embarking and Proceeding to Start.

- A. **Reporting to the Marshaling Area:** A crew must assemble in the Marshaling Area and be ready to board 30 minutes before the time of its race.

- B. Lane & Boat Assignments: The Dock Marshal or other race official shall provide the lane and boat assignment for each team prior to a race. Teams may not request changes to lane assignments or boats.
- VIII. Embarking: After a crew has boarded a boat, it must leave the launching dock area and proceed directly to the starting area, and must refrain from crossing or traveling in the racing lanes, obstructing the path of competing crews or accompanying launches, causing a wash, or otherwise interfering with a race in progress or about to progress.
- A. Approaching the Start; Warm-up on the Course:
1. No crew shall enter the starting area until the previous race has cleared and unless explicitly permitted to do so by the Starter or Chief Official.
 2. No crew shall practice on the course during the time when racing is in progress without permission of the Starter or Chief Official.
 3. All teams must be at the start line 3 minutes prior to the start of the race.
- B. Substitutions of Crew Member: Once a boat has embarked, no substitutions or changes to the crew roster may be permitted for the assigned race.
- IX. Starting Procedure: It is the responsibility of each team captain to make sure that each crew member is familiar with the starting procedure before the start of all races. Crews in the starting area must obey the instructions of the Starter and other race officials under the control of the Starter.
- A. Crew Responsibility: Crews must take up their correct positions in the Starting Area in accordance to their lane assignments. It is the responsibility of the crew and not the Starter, Chief Official, or other race officials to maintain its correct position before the start. It is the responsibility of the steerer to watch the Starter and Chief Official and to instruct the crew to follow the directions of the Starter and Chief Official.
- B. Starting Line: The starting line will be marked by buoys on the water. The buoy closest to the launching dock area (west side of the river) is lane 1 and the buoy on farthest from the west bank of the river is lane 5.
- C. Alignment: Before the start, the Starter shall cause the bows of all boats to be aligned with the plane of the starting line. If wind or other conditions make alignment difficult, the Starter shall use his or her best judgment to determine when alignment is as correct as possible under the circumstances.
- D. Start
1. When the Starter is satisfied that the crews are correctly aligned, the Starter will alert all crews by stating “we have alignment...are you ready?” (this is the last chance for drummer or steerer to object)...”attention, please”...(varies within 1 to 5 seconds). A horn will then be sounded to signify the start of the race.
 2. If a crew is observed by the Starter or the Chief Official to have moved paddles after “attention, please” has been called and before the sounding of the horn, the Starter shall raise a red flag and shall sound the horn twice, at which point, all crews must stop paddling and return to the start line for realignment. The offending crew shall be given a warning for jumping the start.
 3. If a crew is not ready when the Starter warns, “attention, please” the drummer must fully extend both arms above the drummer’s head to attract the Starter’s attention. No crew shall be permitted to take such action in any other circumstance.
 4. False Start: A crew commits a false start when its bow crosses the plane of starting line before the Starter’s horn sounds. More than one crew may be assessed a false start at the same time. In the event of a false start, the Starter shall sound the horn twice and raise a red flag. Umpires shall intercept the boats and instruct them to return to the starting line. Any crew that fails to immediately return to the starting line after the Starter has called a false start shall be (i) given a warning, (ii) excluded from competing in the re-race, or (iii) assessed a time penalty of five (5) seconds by the Chief Race Official to be added to the offending crew’s finishing time for the re-race. Once the crews have returned, the Starter shall announce the identity of the crew(s) that committed the false start and assess a warning upon the offending crew(s). A crew that receives two warnings, including false starts, applicable to the same race shall be excluded from the re-race.
- E. Equipment Failure After Start:
1. Within 50 meters – If a crew experiences equipment failure after the race has started and up to fifty (50) meters from the start line, the race shall be restarted provided that the affected crew stops paddling immediately and both the paddlers and the drummer fully extend their arms above their heads. The Starter or Chief Official shall then raise a red flag and sound the horn twice, at which

point, all crews must return to the Start line for realignment. If the equipment failure is deemed to have been the result of failure to inspect the equipment the offending crew will be assessed a warning. Equipment failure does not include broken paddles.

2. Beyond 50 meters – In the event that unforeseen circumstances materially affect the outcome of a race, the Chief Official or Starter may interrupt the race and order a re-race, order a timed run with only the crews affected, or take such action as is necessary to restore the aggrieved crew's fair opportunity of winning.
3. Unsportsmanlike Conduct: Any conduct that gives a crew a material advantage, which in the opinion of the race officials violates the purpose of the Rules and Regulations, may be assessed a time penalty of two (2) to five (5) seconds.

X. Race Conduct

- A. A Crew's Water: The proper course for each boat is a straight line from its starting position to a corresponding point on the finish line with at least two (2) meters of clear water between itself and the adjacent boat(s). Clear water will be measured by the distance between the paddles of adjacent boats. Each boat must remain in its allocated lane and must not interfere with other boats. Each crew is responsible for its own steering.
 1. Impedance – Crews shall be assessed a five (5) second penalty or disqualified if they deviate from their racing lanes or impede other racing crews on the water which materially affects the results of the race. The Chief Official may also take such action as is necessary to restore the aggrieved crew's fair opportunity of winning.
 2. Collision – In the event a lane violation results in a collision between two or more boats and it materially affects the result of the race, the Chief Official or Starter, may order one or more boats to re-race the race, with or without the offending crew. If, in the opinion of the Chief Official, a crew could have avoided the collision by following the Chief Official's instructions to alter its path (within its assigned lane) or a crew initiated a collision by steering into a boat veering off its path, the Chief Official may disqualify the offending crew(s) or assess a time penalty on the offending crew(s). The Chief Official may also take such action as is necessary to restore the aggrieved crew's fair opportunity of winning.
- B. Chief Official's Instructions: The Chief Official shall follow racing crews and warn crews that are not in its assigned racing lane or is impeding the course of another racing crew. Crews shall obey the Chief Official's instructions at the risk of penalty or disqualification. If a crew fails to respond to instructions, the Chief Official may identify and order the offending crew to stop paddling. The Chief Official may instruct a non-offending crew to stop paddling if it is necessary to prevent a collision.
- C. Interference: Interference shall consist of physical contact with another crew (including clashing of paddles), washing another crew, or failing to observe two meters of clear water between boats. It shall not be interference if a crew is washed or obstructed while paddling outside its own water. A crew that leaves its own water does so at its own risk.
- D. Deliberate Swamping or Capsizing: If, in the opinion of the race officials, a boat has been swamped or capsized deliberately by the crew, the Event Organizer reserves the right to disqualify and refuse such crew's entry in the Event and future Events. A penalty of \$500 may be imposed on the team.
- E. Deliberate Destruction of Boat: If, in the opinion of the race officials, a boat is damaged deliberately by the crew, the Event Organizer reserves the right to impose a penalty of \$5,000 on the offending crew. The Event Organizer also reserves the right to require the offending crew to pay for the costs of repairs to the damaged boat and the right to disqualify the offending crew from this year's Event and future Events.
- F. Wake Riding/Hang Washing: Any instance of a crew riding the bow wave created by another boat in order to gain an unfair advantage will result in a time penalty of two (2) to five (5) second.
- G. Overtaking: When a crew is overtaking a crew ahead of it, the overtaking crew must provide two (2) meters of clear water between itself and the adjacent boats. When a crew is being overtaken by an advancing boat, it must not block or interfere with the path of the overtaking crew.
- H. Drumming: Drummers must be seated in the drum seat at all times during the course of a race. Drumming is an essential part of dragon boat racing. Once beyond 50 meters from the starting line, drummers must continuously beat the drum (leathered top of the drum) with their drum sticks until the end of the race.
- I. Paddling Technique: Only a seated paddling technique is permitted during the course of a race. No paddler is permitted to paddle while standing or kneeling.

- J. Unsportsmanlike Conduct: A crew that engages in unsportsmanlike conduct on the water may be assessed a penalty by the Chief Official.

XI. The Finish

- A. Finish Line: Like the starting line, the finish line will be marked by buoys on the water.
- B. Order of Finish:
 - 1. A crew has finished the race when the foremost part of its dragon head touches the plane of the finish line. It is recommended that all crews paddle beyond the finish line. (The official finish line is designated by the Finish Line Judge).
 - 2. The finishing order of a race and the time taken by each boat will be determined by the Finish Line Judge whose decision shall be final unless a protest has been filed.
 - 3. Dead Heats – In the rare event of a dead heat, that is, when the Finish Line Judge determines that two or more boats finish the race simultaneously, the Finish Line Judge shall order a re-race with the crews involved in the dead heat. If a crew refuses to re-race, the Finish Line Judge shall award the higher place being contested to the other crew, and may exclude the refusing crew from re-racing the course. If a re-race is not possible due to the racing schedule, the Finish Line Judge may allow crews involved in the dead heat to advance in the heat.
- C. Disembarking:
 - 1. Once crews have passed the finish line, all crews must return immediately to the launching dock area and disembark promptly.
 - 2. Crews advancing to the final and the top three finishers in finals may have their identification checked.

XII. Protests and Penalties – Only matters that materially affect the outcome of a race in which the aggrieved crew participated shall be subject to protest.

A. Lodging a Protest:

A \$75 CASH Protest Fee will be assessed for all Protests. If the protest is confirmed, the fee will be waived. If the protest is denied, the \$75 fee will be assessed and the team will be charged.

- 1. A crew wishing to lodge a protest against another crew or the race results must lodge the protest with the Chief Official within 15 minutes after the race results have been posted.
- 2. The protest, together with the reports of the Starter and Chief Official will be considered by at least two members of the Jury, which shall be comprised of the Finish Judge and another race official.
- 3. Protests regarding equipment failure will be heard but will unlikely result in an overturning of the race result, because crews have the ultimate responsibility to check the quality and the integrity of all equipment before embarking.

B. Penalties:

- 1. Warning – A crew that receives two warnings applying to the same race shall be disqualified from the race. A false start shall have the same effect as a warning. Warnings applicable to the original race shall apply to a re-race.
- 2. Disqualification – A crew that is disqualified shall be removed from the race, which may or may not affect the crew's ability to advance. Disqualifications may apply to individual crew members as well.
- 3. Time Penalties – A crew that is assessed a time penalty shall have time added to its race result. Time penalties can range from 2 seconds to 5 seconds.

XIII. Equipment

- A. Use of personal equipment: Paddlers may use their own PFDs/life vests and/or paddles as long as they comply with IDBF and USCG standards. All participants must wear a life vest, not a belt vest.
- B. Allocation of Equipment: All boats, oars, drums, drum sticks, and water bailers used by crew members shall be provided by the Event Organizer.
- C. Modifications or Alterations: No modifications or additions to the boat or equipment may be made by any crew.
- D. Returning Equipment: All boats, drums, PFDs and any other equipment used during the practice sessions and races must be returned to the Event Organizer.
- E. Drumming Equipment: Only the drum and drum sticks provided shall be used to signal the stroke rate. Whistles, rattles, air horns or any other noise-making devices are prohibited from use in practice or races. Devices including radios, electronic signaling devices, bullhorns, air horns, whistles, generators with a

decibel rating over 65dBA and other noise-making devices are prohibited.

- F. Water Bailers: The Event Organizer will provide each boat two hand-held bailers with which water within a boat can be removed. No other equipment for removing water from the boat, including but not limited to pumps and foreign bailers, is permitted.
- G. Seating Pads and Knee Pads: Seating pads and knee pads are permitted on a boat.
- H. Gloves, Tape and Wax: Crew members may wear gloves. Tape and wax are permitted but must not be affixed to or leave a residue on the paddles or the boat seats.
- I. Foreign Substances: Except noted above, no external devices shall be used during the race other than the equipment provided by the Event Organizer.

Fulfillment of Contract: Race is a rain or shine event; however, should the event be cancelled for any reason except natural acts of God, the event organizer will refund only monies received from Teams which will release 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association from any claims or damage from the Team.

Team Sponsorship: 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association retains all rights to advertising, sponsorship and commercial representation for the event. 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson Inc., and Hudson River Rowing Association is under no obligation to individual Team sponsors, and may refuse any commercial representation. 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association will not be responsible for any team's representation of their organization. Organizations responsible for the Team and/or its sponsor(s) shall be limited to: a) clothing such as team uniforms (t-shirts, sweat suits, hats, head bands, athletic bags); b) one team sign to be placed on Team's personal tent (not to exceed 10×10); c) other items deemed appropriate by 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association.

Race Conduct: All team members agree to follow the race conduct rules set forth in team captain materials by 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association.

Right to Likeness: 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association has the right to use your likeness in any video, newsprint, or other media to promote the race.

Storage: Teams shall take full responsibility for any and all personal belongings and other material left in the team area. 22Dragons USA Inc. and Dutchess County Economic Development, Inc, Dutchess Tourism, and Miles of Hope Breast Cancer Foundation and Arts Mid-Hudson, Inc. and Hudson River Rowing Association is not responsible for lost, stolen, or damaged articles.

Team Space Removal: Team agrees to completely dismantle and remove all tents, tables, material and decorations from their team space. Team also agrees to return space back to the same condition it was received by team by 7 p.m. on day of race.

New York State Law: This agreement shall be governed by and be construed according to the laws of the State of New York.

Attorney's Fees: Team agrees that if any legal action is taken to enforce any of the above regulations the prevailing party shall be entitled to reimbursement of reasonable attorney's fees.