

PUBLIC SERVICE DRAGON BOAT RACE

In conjunction with the

SDBA SINGAPORE RIVER REGATTA

RULES & REGULATIONS

1 RULES

1.1 The Public Service Dragon Boat Race shall be governed by the rules and regulations of the Singapore River Regatta and Public Service STAR Games.

2 ELIGIBILITY

2.1 The Public Service events are open only to civil servants and public officers serving in statutory boards, institutions of higher learning and government – aided schools and corporatized / privatized organizations of the Government whose shares are not public-listed.

2.2 All paddlers in the team must be civil servants or public officers at the time of submission of the Confirmation of Participation Form and at the time of the Race.

2.3 The following personnel shall not be eligible to participate in this event:

- a) Public Officers who have represented Singapore (including those as Reserves) in SEA Games, Asian Games, Commonwealth Games or Olympic Games during the current year and past two years;
- b) Public Officers who earn their living as professional athletes for clubs, etc during the current and past two years; and
- c) Full-time National Servicemen

3 PUBLIC SERVICE EVENTS

3.1 The Public Service events are as follows:

- a) Public Service (Open) - 22-crew dragon boat
- b) Public Service (Men) - 12-crew dragon boat
- c) Public Service (Women) - 12-crew dragon boat
- d) Public Service (Senior Men) - 12-crew dragon boat
- e) Public Service (Active Ager Open) - 12-crew dragon boat
- f) Public Service (Mixed) - 12-crew dragon boat

4 THE TEAM

4.1 Team composition for the Public Service events shall be as follows:

4.1.1 22-crew Public Service (Open)

- a) A male or female steersperson/drummer is permitted
- b) Maximum of 20 paddlers + 1 drummer + 1 steersperson + 4 reserves

4.1.2 12-crew Public Service (Men)

- a) All male crew only (including steersperson/drummer)
- b) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves

4.1.3 12-crew Public Service (Women)

- a) A male steersperson is permitted
- b) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves

4.1.4 12-crew Public Service (Men's Senior - 40 Yrs & Above)

- a) All paddlers in the team shall be male and aged 40 years and above as at date of the race.
- b) All male crew only (including steersperson/drummer)
- c) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves

4.1.5 12-crew Public Service Active Agers Open

- a) The Public Service (Active Agers) team shall comprise five (5) paddlers aged 40 years old and above + five (5) paddlers aged 50 years old and above + one (1) drummer aged 40 years old and above. There is no age restriction on the steersperson.
- b) All paddlers in the team shall be aged 40 years OR 50 years & above as at date of the race.
- c) A male or female steersperson/drummer is permitted
- d) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves

4.1.6 12-crew Public Service (Mixed)

- a) Crew must contain a minimum of four (4) and a maximum of six (6) Female paddlers. **There is no age restriction**
- b) A male or female steersperson/drummer is permitted
- c) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves

d) Minimum no. of crew allowed is 8 paddlers

- 4.2 No female may participate as a paddler in a male team event. No male may participate as a paddler in a female team event except in the capacity as a steersperson/helm.
- 4.3 The steersperson/helm and drummer are not permitted to paddle nor assist to propel the dragon boat in any way or by any other means during the Race. The Chief Official may impose a disqualification or time penalty on Team that contravene this rule.
- 4.4 Teams must field Certified Steersperson/Helms. The Steerspersons/Helms must be SDBS Basic helm Certified (minimum requirement). All SDBA Technical Certified Coaches (Level 1 or higher) are qualified as Race Helms. The SDBA Recreational Instructors (who are required to be supervised by an SDBA Technical Coach) are the exception.
- 4.5 Each team is entirely responsible for its own conduct and for complying with the Rules governing the Race.
- 4.6 The criteria governing the eligibility of teams and paddlers participating in each of the Public Service events shall be strictly complied with during the Race. Any team, which contravenes this Rule will not be allowed to race and will be disqualified from the Race. If the contravention is discovered after the Race, the team which contravenes this Rule shall be disqualified from the Race.
- 4.7 A paddler, drummer, steersperson/helm is not allowed to register as a member of another team under the same organization. A paddler for a team whose name and identity number do not appear in the List of Crew shall not be allowed to compete for the Race. Teams that utilized the services of paddlers or drummer that were not registered under the said Team shall be disqualified.
- 4.8 Teams fielding same paddlers in multiple events are advised to note that the Organizer will not accommodate requests from teams to re-schedule races.
- 4.9 Rule on Team Accreditation Tags to gain admission inside the Holding Area prior to boarding the dragon boats shall not apply to teams in the Public Service events.
- 4.10 In the event of any contravention of rules by a team, the organizer shall refuse to allow The Team to compete in the Race.

5 TEAM MANAGER

- 5.1 Each team must have a Team Manager/Captain.
- 5.2 The Team Manager /Captain shall be responsible for liaising with the Organiser and the Competitors' Marshals. He/she shall
- i) Be present at the Control Point Area throughout the time that the team is Under the control of the Competitors' Marshals

- ii) Follow the advice/instructions given by the Race Controller over the public address system
- 5.3 The Team Manager shall represent the team at the prize presentation ceremony.

6 EQUIPMENT

- 6.1 All dragon boats, rudders, drums, dragon heads, dragon tails, drummer seats and drumstick used by competitors shall be provided by The Organizer. No modifications or addition to the dragon boat or to the equipment in the dragon boat may be made. The allocation of dragon boats shall be the sole discretion of the Organizer.
- 6.2 The Organizer will not be responsible for any failure of the equipment during the race and each team is advised to carefully check the dragon boat and rudder allocated before leaving the Boat Marshalling Area.**
- 6.3 IDBF – standard 20-crew racing dragon boat will be equipped with 1 rudder, 1 drum, 1 drummer seat, 1 dragon head, 1 dragon tail and 1 bailers.
- 6.4 IDBF – standard 10-crew dragon boat will be equipped with 1 rudder, 1 drum, 1 drummer seat, 1 dragon head, 1 dragon tail and 1 bailer.
- 6.5 Teams are required to provide their own life-vests (PDF) and IDBF approved paddles. The wearing of PFDs (personal floatation devices) is mandatory and non-negotiable. Failure to comply will result in a disqualification for the Team (see 5.2 – Safety Rules)**
- 6.6 Teams **shall not**
- a) Use their own rudders.
 - b) Alter or replace any of the fixtures of the dragon boats assigned to them.
 - c) Change the dragon boats or equipment assigned to them after being dispatched from the Boat Marshalling Area.
 - d) Tape, tie or stick any materials onto SDBA's dragon boats and rudders.
 - e) Retain SDBA's dragon boats and its accessories after each Race.
 - f) Shall use seat pads that are of a maximum of 15mm thickness (these shall be made of a soft material that will compress easily when squeezed between finger and thumb).**

7 RACE

- 7.1 The distance of the Regatta Course in the Race is 200m straight-course. The racing lanes shall be a minimum of 8m wide (which are unavoidable constraints imposed by the geographical nature of the Singapore River)

- 7.2 The Championship Course is a straight stretch of water, marked by clearly visible buoys placed in a straight line at intervals down the length of the race course.
- 7.3 **The number of lanes for the Championship Course is four (4).** Lane One (1) shall be the lane nearest to the location of the Finish Line Judges.

8. **SAFETY RULES**

- 8.1 Competitors must be able to swim at least 50 meters wearing light clothing with or without a personal floatation aids (PFD). It is the responsibility of the Crew Captain/Team Manager to ensure that all members of the team comply with this rule.
- 8.2 Personal Floatation Devices (PFD) will be provided for all racing events when necessary. **It is compulsory for all competitors to put on PFD.** However, this does not exempt the competitors and the persons entering the team from complying with Rule 5.1. **Failure to comply warrants and automatic disqualification (DQ) for Safety Violation.**
- 8.3 Athletes (paddlers + drummers + steersperson) going into the dragon boats are **required to put on footwear.** **Failure to comply warrants an automatic disqualification (DQ) for Safety Violation.**
- 8.4 All teams are required to familiarize themselves with the Event Safety Plan (ESP). The ESP will be made available to all participants and the general public via the SDBA website one (1) week before the event date.
- 8.5 Teams are required to implement the Boat Captain Appointment and Buddy Systems as specified in the ESP in the best interest of safety in general and during the race.
- 8.6 Teams are required to know the Capsize Drill as specified in the ESP in the best interest of safety during the race.
- 8.7 **Each athlete is solely responsible for his or her own safety and fitness** during the practice sessions and during races. It is therefore the Team Manager/Crew Captain's responsibility to look into the safety of each crew. No responsibility will be accepted by the Organizer or any other individual or organization connected directly or indirectly with the races and they will not be held responsible for any death, injury, damage or loss incurred by the members of a team.
- 8.8 **All safety rules of the competition must be complied with.** Infringement of any safety rule will render a team to be ineligible for the duration of the competition. **The Chief Official may disqualify a team from the race or totally eject a team from the Regatta for violating any safety rules.**

9 STARTING PROCEDURES & FALSE STARTS

- 9.1 All Teams, from Team Manager to the dragon boat crew, are required to familiarize themselves with the starting procedures as well as false starts.
- 9.2 The dragon boat must assemble behind the Start Line at least 5 minutes before their scheduled Start Time. A Team Manager must ensure that his/her Team adhered to this Rule. Team Managers are advised to listen closely to the Race Control announcements/instructions over the public address system.
- 9.3 Once dispatched to the Start Line, Teams are instructed not to paddle within or too close to the Race Course. **Teams are required to stay at least 5m away from the edge of the race course and to stop immediately when a race is in progress.** This is to ensure that no backwash interferes with the ongoing race (**Movement up the Course IDBF R5.6**)
- 9.4 **Teams that infringe Rule 6.3 will be issued a Final Warning with subsequent infringements carrying a time penalty of 1 second added to the time returned by that particular Team in their event.**
- 9.5 It is the Steersperson/Helm's responsibility to listen to the Race Starter's instructions at the Start Point. He/She must follow the instructions diligently to ensure a quick setup, align the dragon boat and be ready to race.
- 9.6 All Teams are required to know the starting command. Once all the teams have lined up for their respective race, the Race Starter shall announce **"ARE YOU READY"**. After a clear pause, the Race Starter shall announce **"ATTENTION"**. After another clear but quick pause, the Race Starter shall activate the **"AIR HORN"** to signal the start of the race.
- 9.7 If **NOT READY** or in distress, **the Steersperson/Helm/Drummer is required to raise one arm** over his head to signal to the Race Starter or Race Umpire that the Team is „not ready'. Take note that each Team can only utilize the 'not ready' signal **only once** after which the start procedure will commence regardless whether the said team is ready or not. This is to prevent deliberate attempts to disrupt the start procedure for other teams.
- 9.8 All Teams are instructed **not to paddle, adjust strokes or dip the paddle into the water** after the command **"ATTENTION"** is given. Teams that infringe this Rule will be penalized with a 1-second time penalty.
- 9.9 **FALSE STARTS.** If a team deliberately starts after the command **"ATTENTION"** but before the **"AIR HORN"** is sounded, the Race Umpire shall indicate a False Start by raising a red flag. The Race Starter shall immediately recall the crews by shouting **"STOP, STOP, STOP"** or by sounding the air horn a second time if he had sounded it previously. Once the crews have returned to the start, the Race Starter will identify the crew/s responsible for the False Start and issue them a Final Warning. **If the same crew causes 2 False Starts, the Race Starter may exclude them from the race (DQ) OR alternatively award a "Time Penalty" of up to 3 seconds to the offending team.**
- 9.10 **JUMP STARTS.** When a team **"jumps the start"** which means that a crew has anticipated the Race Starter's command to the extent that a False Start cannot be called and in the opinion of the Race Starter that a material advantage has

been gained, the Race Starter may award a **“Time Penalty” of up to 3 seconds** to the crew or crews in question at the end of the race.

10 **FINAL WARNINGS**

Teams that have been awarded “Final Warning” status for the respective event being called at anywhere within the boundaries of the racing environment by the Chief Official, Chief Race Umpire, Chief Race Marshall, Chief Boat Marshall or Starter risked getting disqualified(DQ) if they deliberately cause a second similar violation. Please refer to the main 34th Singapore River Regatta 2016 Entry Rules for further dragon boat technical competition regulations and rules of racing. If the technical rule is not found in the Entry Rules, the matter will be referred to IDBF Competition Regulations and Rules of Racing.