

EUROPEAN DRAGON BOAT FEDERATION

*10<sup>th</sup> European Nations Championships*

*Nottingham 2012*



## 10<sup>th</sup> EUROPEAN NATIONS CHAMPIONSHIPS

Holme Pierpont

**NOTTINGHAM**

Great Britain

Championship Racing Days

**27<sup>TH</sup> July – 29<sup>th</sup> July 2012**

**INFORMATION BULLETIN NO 4**

# TECHNICAL REGULATIONS



# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## Championship Regulations

### 10<sup>th</sup> European Nations Dragon Boat Championships Nottingham, GB

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.edbf.org](http://www.edbf.org). 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 EDBF Jury appointed for the Championships.

You are advised that the Regulations exclude Male Helms from Steering Women's crews.

#### TEAM MANAGERS FIRST TECHNICAL MEETING

**The first Team Managers Technical Meeting will take place Friday 27th 2012  
from 10.00 – 11.30 hours  
in the  
CONFERENCE Room**

Further Managers meetings will be held each day after Racing – see daily Race Programme for time

#### **A REMINDER OF THE AGE REQUIREMENTS for the SENIORS, JUNIORS and U23s.**

**SENIOR athletes - Snr A 40, Snr B, 50 YEARS OLD OR OVER, on 1 June 2012**  
(with the exception of the Drummer)

**JUNIOR athletes - Jnr A UNDER 18, Jnr B, U16 YEARS OLD on 1 January 2012**  
(with the exception of the Helm (Steerer/Sweep))

**U23 athletes - OVER 17 YEARS OLD but UNDER 24 on 1 June 2012**  
(Up to 6 crew members may be under 18 years old – 3 in the Small Boat category)

#### **MIXED CREW REQUIREMENTS**

**STANDARD BOAT CREWS** – the crew must consist of a **minimum of 8** and a maximum of 12 **female PADDLERS**. (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 6 **female PADDLERS**. (Drummer and Helm can be either Male or Female)

1. All participants in a European Nations Dragon Boat Championship (ENDBC), have to be shown on the Team's Named Entry List and entered onto the IDBF Data base under the Representative Team's User Name and Password, issued to the nominated TEAM MANAGER. The Names List will show each competitor's full name, date of birth, Country, Passport Number and Status in the Team. From the Team Names List each competitor will be allocated a Personal Identity Number (PIN), which will be shown on the Accreditation Card issued to all participants on the registration of the Team at the Regatta venue.

2. **Random ID** checks will be carried out during the 10<sup>th</sup> ENDBC 2012 by EDBF Race Officials, to ensure that only those Competitors shown on a Team 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.**

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

3. **THE CREW.** The word 'Crew' is used to describe the competitors from a specific Crew in a IDBF Members Representative Team. Teams will be known by the name of the IDBF Member Country or Territory that they 'Represent.' A Representative Team may consist of a single Crew entity or a number of different crews in different Competition Classes.

3.1 In an EDBF Nations Championship, Competitors represent the countries or territories of their EDBF Member organisation, therefore' **the EDBF Nationality Regulation does apply** – EDBF Competition Regulations refer.

4. **Crew Numbers. The maximum number in a Standard Boat** crew under the Competition Regulations, is 26 (including 4 reserves) of which between 20-22 can race in the actual dragon boat at any one time. The minimum number of paddlers in a Standard Boat is therefore 18. **The maximum number in a Small Boat** crew is 14 (including 2 reserves) of which between 10-12 can race in the actual dragon boat at any one time. The minimum number of paddlers in a Small Boat is therefore 08.

5. **Crew Lists & Declarations.** In addition to the Team Names List, ALL Competitors are to be shown on a Crew List **as uploaded prior to the event by the Crew Manager to the IDBF Data base –see ANNEX A for an example.**

**A separate Crew List will be required for each Crew in every Competition Class entered.** Reserves shown on a Crew List may be used during different rounds of a competition, without further reference to the Race Officials.

**Competitors & Officials Declarations** can also be completed from the Data base to save bringing paper copies to the Championships.

6. Crew Lists must be printed from the Data base by Crew Managers concerned and submitted to the Chief Official before the start of the Competition Class concerned. Normally this will be the evening before the competition in question. Only those Competitors shown on the Crew List will be permitted to race in that particular Competition Class. **Checks against Accreditation Cards will be made by the Race Officials.**

7. **FIT TO RACE.** 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.

7.1 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.**

8. **BANNED SUBSTANCES.** Your attention is drawn to IDBF Regulation 11 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 2011 WADA Banned List is available from the WADA web site and a copy is shown with an information and advice sheet for competitors at ANNEX B. Crew Managers are to ensure that their competitors are familiar with the contents and advice given in the current edition of the IDBF Anti-Doping Policy – see [www.idbf.org](http://www.idbf.org) and on the WADA web site.**

8.1 **Aiding and Abetting.** 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.

9. **CODE OF CONDUCT.** The IDBF Code of Conduct is shown at **ANNEX C.** This 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 Team arrives in Nottingham.

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

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

10. **CREW RACING COLOURS.** While under the control of the Race Officials, all Competitors must race in the racing colours of the Team they represent. Teams are to race in the recognised 'colours' of their Country, normally those used by the National Olympic Team.

10.1 If, in the opinion of the EDBF Chief Official, Crew colours could be mistaken for the colours of another Representative Team, the IDBF reserves the right to insist that a Crew races in plain white or another neutral colour.

11. **IDENTIFICATION OF COMPETITORS – Personal Identity Number (PIN).** At an EDBF Championship each competitor will be allocated a Personal Identity Number (PIN) by the EDBF. 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.

12. **RACING VEST NUMBERS.** 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.

12.1 **Size of Numbers.** 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.

12.2 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 D**.

12.3 In the interests of organizational efficiency and for the comfort of the Competitors, it is recommended that all racing vests be pre-printed with a racing number. Alternatively suitable temporary numbers (to the required pattern) should be purchased in advance.

12.4 **The Organizing Committee will have available temporary Racing Vest Numbers that comply with the requirements of these Championship Regulations. Sets of such numbers may be ordered and purchased in advance from the Organizing Committee.**

13. **ADVERTISING ON CLOTHING AND EQUIPMENT.** The advertising of a Team's sponsor on competitors' racing apparel or personally owned Racing Paddles will be permitted subject to the following provisos:-

- a. That any such advertising is unobtrusive and tasteful (that is, of a design that does not cause offence to the public or cause the racing vest to become unrecognisable as the Team's Colours).
- b. One such advertisement will be permitted on the Racing Vest placed in such a position that it does not unduly disrupt, hide or negate the Team's racing colour design thereon.

14. **Maximum Size.** The maximum size of sponsors name and logo advertising that will be permitted on a Racing Vest shall be that which can be contained in a box measuring 20cm long by 5cm wide.

15. **For competitors personal Racing Paddles**, that is those that comply with the IDBF Racing Paddle Specification 202a – see paragraph 16 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).

16. **PADDLES.** 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.

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

17. 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.

**Competitors are free to use their own Racing Paddles provided that they carry an IDBF Racing Paddle Specification 202a Licence Mark. (An outline drawing is shown at ANNEX E).**

18. **A limited number of IDBF Specification 202a Racing Paddles will be provided by the Organising Committee** for use by crews who do not bring their own or whose paddles are found not to be to IDBF Specification 202a. The paddles supplied maybe made of a composite material and not necessarily wood.

19. **Water Safety & Safety Issues. Crew Managers are to ensure that their competitors are familiar with the contents and advice given in the current edition of the IDBF Water Safety Policy – see [www.idbf.org](http://www.idbf.org).**

20. **DRAGON BOATS.** For the Standard Boat Races a matched set of 20 new IDBF Spec Racing Dragons Boats supplied by Champion of China, will be used. For the Small Boat Races 6 Champion Dragon Boats to a the new IDBF Small Boat specification will be used.

### **ADDITIONAL AND MISCELLANEOUS EQUIPMENT.**

21. 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 that 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.*

22. **Seat Pads.** Dragon Boat Seat Pads (cushions) as described in Regulation 13.1 shall be made of a soft material, such as neoprene, of a maximum thickness of 15mm that will compress easily when squeezed between finger and thumb. The width of the seat pad 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 33cm. **Seat Pads that excessively exceed these dimensions will not be permitted.**

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

24. **Straps and Strapping.** 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.

25. **IDBF Racing Rules.** The 10th ENDBC will be held and conducted in accordance with the IDBF Rules of Racing. 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. Copies can be downloaded from [www.idbf.org](http://www.idbf.org).

26. **Rules for 2000m Racing.** The IDBF Rules for Distance Racing as shown in **ANNEX F**, will apply to any 2000m Races held during the Club Crew World Championships.

27. **Protests and Appeals.** The IDBF Racing Rules concerning Disputes, Protests and Appeals are shown at **Annex G**, together with examples of the **Protest and Appeals Forms** to be used by Crews. These forms will be available from the Race Secretary during the Championships.

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

28. **Tail Race Plans.** (Competition Regulations 10.8-10.10 refer)

TAIL RACE PLANS on which the Race Programme for the 10<sup>th</sup> ENDBC is based, are provided in a separate attachment.

**The Tail Race Plans are the copyright of the IDBF**

**THE IDBF TAIL RACE SYSTEM.** In IDBF Championships, the programme format for racing follows the IDBF Tail Race System. Unlike a pure 'Repechage System' which is designed, to eliminate crews from the competition, after the Repechage Heats, the 'Tail Race' model is a best place system based on a 'League Table' approach to a competition designed to ensure that every crew in each competition is correctly 'placed'

This means that the crews continue to race each other throughout the competition and are not normally eliminated during the first rounds or 'Knocked Out' but race throughout the competition and finish at a level that relates to their own standard. That is, they are placed in competition order relative to all the other crews. For the Tail Race system to work as fairly as possible, crews are first 'seeded' in the Heats, according to their racing ability/record, when known. The race programme is then designed to allow the fastest crews from each round of the competition to proceed to the next round.

When the relative strengths of the crews are known, they are 'seeded' into the first round Heats otherwise they may be seeded on past results in the same or similar competitions with any 'new crews' being seeded in the outside lanes.

The 'Draw' system used in the Plans is designed to ensure that the fastest crews from each 'round' of the competition are, after the Heats, drawn in the middle Racing Lanes.

By taking 'fastest losers' through to the next round, where practicable, the Plans help to ensure that even when the stronger crews are in the same first round Heat, that they still have a good chance of reaching the final rounds, through the 'repechages' or where entries are low the Semis.

The fastest crews (shown as number one (No.1) upwards are drawn in the middle Racing Lane, where possible. The next fastest crews are then drawn in the lanes on either side of the fast crews until all crews have been allocated a Lane.

In each round of a competition class, the qualifying crews from the previous round are seeded in the next round according to their results as described above. This means that, after the Heats, the slowest crews 'on the day' are always drawn in the outside lanes.

Where the number of crews demands, those crews that do not proceed to the final stages of the competition 'race off' in Dragon's Tail Races to establish an comprehensive 'order of merit' for the competition class concerned.

In all the Plans, most crews will normally race 3 times and the fastest crews (or slowest crews) at least twice. (The Tail Race System is ideal for use in competitions where points are given to all crews based on their relative results over one or more Competition Classes. For example the Nations Cup; for the Premier Division at an IDBF World Dragon Boat Racing Championships.)

**This Technical Bulletin and Annexes, plus the Race Time Tables and Heat Draws for the 10th European Nations Dragon Boat Championships can also be downloaded from the EDBF web site at**

[www.edbf.org](http://www.edbf.org)

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## 国际龙舟联合会术语表

### IDBF GLOSSARY OF TERMS

英译中（普通话）

**English to Chinese (Mandarin)**

(With acknowledgement to the Hong Kong Tourism Board)

(鸣谢：香港旅游理事会)

Aligner Assistant	助理司线员
Aligner	司线员
Amendments & Additions	修订和增订条款
Announcer	广播员
Bidding System	投标制度
Boat Captain	龙舟队队长
Boat Driver	龙舟驾驶员
Boat Holder	龙舟管理员
Boat Manufacturers License	龙舟制造商执照
Boat Marshall	龙舟纠察
Boat Marshalling Area	龙舟检录处
Brace the Boat	稳住龙舟重心
Buddy ,Buddy System	夥伴制
Buoyancy aid	浮标协助器
Caution	警告
Championship Director	锦标赛主任
Championships Organizing Committee	锦标赛组织/委员会
Chief Boat Marshall	龙舟裁判总长
Chief Judge	裁判长
Chief Official	赛事总裁判
Chief Time Keeper	计时裁判长
Chief Umpire	赛道总裁判
Class Grand Final	每组别总决赛
Classes	级别
Clean Water	水面距离
Club Crew World Championships	世界龙舟俱乐部锦标赛
Club Crews	俱乐部队
Code of Conduct	行为守则
Collision	撞船
Colours	旗帜
<b>Competition &amp; Technical Commission</b>	竞赛及技术委员会
Competition Class	比赛级别
Competition Committee	竞赛委员会
Competition Director	竞赛主任
Competition Entry Form	比赛报名表
Competition Jury	竞赛仲裁委员会
Competition Regulations	比赛规例
Competitions	竞赛
Congress	会员代表大会
Continental Championships	洲际锦标赛
Continental Representatives	洲代表
Control Clock	监控钟

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

Council	理事会
Course markings	赛场标记
Course Umpire	赛道裁判
Courts of Arbitration	仲裁法庭
Crew Assembly	赛队集合
Crew composition	队员组合
Crew List	队员名单
Crew Manager	赛队领队
Crew Members	队员
Crew	赛队
Dead heat	不分胜负
Directives	指引
Disciplinary Code	纪律守则
Disciplinary measures	纪律措施
Disqualification Notice	取消资格通知
Divisions	组别
Dock	停泊处
Domestic Races	国内赛事
Dope	兴奋剂/违禁药物
Doping	服用兴奋剂/服用违禁药物
Dragon Boat Association (DBA)	龙舟协会
Dragon Boat Groups	龙舟组织
Dragon Boating	龙舟运动
Drummer	鼓手
Embark	出发
Embarking platform	登船平台
Emblems	会徽
Entry Fee	报名费
Equipment Commission	器材装备委员会
Event Organizers	赛事组织者
Exclude	开除
Executive Committee	执行委员会
Expulsion	驱逐
False Start	错误出发
Finish Line Judge	终点裁判
Finish line	终点线
Finish time	到达终点时间
Finishing order	到达终点次序
Fit to race	适于比赛
Flag catcher	拔旗手
Framework	框架（龙舟）
Gong Beater	锣手
Heats	预赛
IDBF Bulletin	国际龙联通报
IDBF Bye Laws	国际龙联附则
IDBF Championships	国际龙联锦标赛
IDBF Competition Regulations	国际龙联比赛条例
IDBF Council	国际龙联理事会
IDBF Member	国际龙联会员
IDBF Racing Rules	国际龙联比赛规则
IDBF Statutes	国际龙联章程
In Line Abreast	并排起步



# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

In Line Astern  
Information Sheet  
Intermediate Draw

尾部并齐  
资料表  
中途抽签

International Calendar of Events  
International Dragon Boat Federation (IDBF)  
International Race Officials Examination  
International Race Officials License  
International Races  
International Regattas  
IROC/ IROL

国际比赛时间表  
国际龙舟联合会  
国际比赛裁判员考试  
国际比赛裁判证书  
国际比赛  
国际赛事  
国际比赛裁判证书 / 国际比赛裁判执照

Jury  
Lane Buoys  
Lane Number  
Late Entry Fee  
Line of Racing  
Loading area  
Long Distance

仲裁委员会  
赛道浮标  
赛道编码  
过期报名费  
比赛线  
上船区  
长距离

Medical Staff  
Member Organization  
Merchandising  
National Crews  
National Officials Training Course  
National Races  
National Team  
NROC

医务人员  
会员组织  
商品  
国家龙舟队  
国家比赛裁判培训班  
国家赛事  
国家队  
国家比赛裁判证书

Officiating  
Order of Starting  
Organizing Committee  
Overtaking  
Paddle Specification  
Paddler  
Participating Crews  
PFA (personal Flotation Aids)

裁判  
出发次序  
组织委员会  
超车  
划桨规格  
划手  
参赛队伍  
个人浮动器具

Photofinisher  
PIN  
Place Certificates  
Place Race  
Plate Competition  
Pole marks  
Pontoon  
Preparation & Organization  
Press Officer  
Protocol  
Provisional Time Table of Races

终点摄像者  
赛队身份编码  
名次证书  
名次赛  
碟赛  
标志杆  
平底船  
筹办及组织  
新闻官  
礼仪  
临时的竞时间表

Race Control  
Race Director  
Race Jury  
Race Officials Assessment  
Race Officials Commission  
Race Official  
Race Organizers  
Race Programmer

赛事管理  
竞赛主任  
竞赛仲裁委员会  
赛事裁判评核  
竞赛裁判委员会  
竞赛事裁判  
竞赛组织者  
竞赛计划制定者

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

Race Recorder	竞赛记录员
Race Secretariat	竞赛秘书处
Racer	选手
Racing Colours	竞赛旗帜
Racing Course	赛场
Racing distance	比赛距离
Racing Lane	赛道
Racing Line	赛线
Racing long boat	长体竞赛船艇
Racing Number	比赛编码
Racing Paddle	比赛用桨
Racing Rules	比赛规则
Recall	重新召集
Regatta & Technical Installations Committee	竞赛和技术装置委员会
Regatta Course	赛场
Repechage Plan	复赛（小决赛）计划
Repechage Races	复赛（小决赛）
Reprimand	谴责
Reserves	候补队员
Results Runner	成绩管理员
Rounds	轮
Safety Assistant	安全事务助理
Safety Officer	安全官员
Scoreboard	计分牌
Secondary Placings	次要名次
Secretarial	秘书处
Single-bladed Paddles	单桨片的划桨
Special Regulations	特殊条例
Sports Medicine & Sports Science Commission	体育医疗及体育科学委员会
Standards Class of Dragon Boat	龙舟标准版
Start Line	起点线
Start Time	出发时间
Starter	发令员
Starting Area	出发区
Starting Assembly Area	出发集合区
Starting Signal	出发信号
Steerer/ Helm	舵手
Stewards	赛事工作人员
Stop Paddling	停止划动
Stop the Boat	停船
Suspension	中止会籍
Tail Races	榜尾赛
Team List	队员名单
Team Officials	赛队官员
Team	队
Timing System Operator (computer)	计时系统操作员（电脑操作员）
Treasurer	司库
Turn Buoys	转向浮标
Turning Points	转向点
Umpire	赛道裁判
Wash Hanging	乘浪推进
Water depth	水深
World Championships	世界锦标赛

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

World Dragon Boat Racing Championships

世界龙舟锦标赛

## ANNEX A

### IDBF CHAMPIONSHIP REGATTA - CREW LIST

A Crew List must be submitted for each Competition Class at the Crew Manager's Meeting, held THE NIGHT BEFORE the Heats of the competition concerned. **Only those competitors named on the Crew List will be permitted to race and only those Reserves named below may compete in any subsequent rounds of the competition class.**

<b>Club (Crew)</b>	<input style="width: 95%;" type="text"/>	<input style="width: 95%;" type="text"/>	<b>Division</b> (e.g. Senior)
<b>Country</b>	<input style="width: 95%;" type="text"/>		
<b>Boat Type</b>	<input style="width: 95%;" type="text"/> (Standard boat – 22 or Small boat – 12)		
<b>Racing Class</b>	<input style="width: 95%;" type="text"/> (e.g. Senior B /Junior A)	<input style="width: 95%;" type="text"/> (Open/ Women/Mixed)	<b>Race Distance</b> <input style="width: 95%;" type="text"/> (e.g. 200 / 500m )

Vest No	Competitors Name	PIN	Vest No	Competitors Name	PIN
<b>Drummer</b>			<b>Helm</b>		
01 .....		<input style="width: 95%;" type="text"/>	22. ....		<input style="width: 95%;" type="text"/>
02 .....		<input style="width: 95%;" type="text"/>	12 .....		<input style="width: 95%;" type="text"/>
03 .....		<input style="width: 95%;" type="text"/>	13. ....		<input style="width: 95%;" type="text"/>
04 .....		<input style="width: 95%;" type="text"/>	14. ....		<input style="width: 95%;" type="text"/>
05 .....		<input style="width: 95%;" type="text"/>	15 .....		<input style="width: 95%;" type="text"/>
06 .....		<input style="width: 95%;" type="text"/>	16. ....		<input style="width: 95%;" type="text"/>
07 .....		<input style="width: 95%;" type="text"/>	17. ....		<input style="width: 95%;" type="text"/>
08 .....		<input style="width: 95%;" type="text"/>	18. ....		<input style="width: 95%;" type="text"/>
09 .....		<input style="width: 95%;" type="text"/>	19. ....		<input style="width: 95%;" type="text"/>
10 .....		<input style="width: 95%;" type="text"/>	20. ....		<input style="width: 95%;" type="text"/>
11 .....		<input style="width: 95%;" type="text"/>	21. ....		<input style="width: 95%;" type="text"/>
Reserves					
23 .....		<input style="width: 95%;" type="text"/>	25. ....		<input style="width: 95%;" type="text"/>
24 .....		<input style="width: 95%;" type="text"/>	26. ....		<input style="width: 95%;" type="text"/>

**Boat Captain** (Name) ..... **Vest Number**

**Crew Officials' Declaration.** In accordance with IDBF Competition Regulation 3, we certify that those competitors listed above are shown on our Team/Club Entry Form, that they are fit to race and are the only ones who will take part in the Competition Class shown. We understand that a false declaration may result in the disqualification from the Competition Class and from the Championships.

**Signed** .....

**Signed** .....

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

(Crew Manager)

(Boat Captain)

Crew Manager's Mobile Phone contact Number .....

Annex B

**IMPORTANT:** Reference should be made to the IDBF Anti-Doping Policy (Attachment 2 to the IDBF Competition Regulations, including Annexes and Enclosures) in its entirety.

## The World Anti-Doping Code

# THE 2011 PROHIBITED LIST INTERNATIONAL STANDARD

The official text of the *Prohibited List* shall be maintained by WADA and shall be published in English and French. In the event of any conflict between the English and French versions, the English version shall prevail.

**This List shall come into effect on 1 January 2011**

## THE 2011 PROHIBITED LIST WORLD ANTI-DOPING CODE

Valid 1 January 2011

All *Prohibited Substances* shall be considered as “Specified Substances” except Substances in classes S1, S2.1 to S2.5, S.4.4 and S6.a, and *Prohibited Methods* M1, M2 and M3.

### SUBSTANCES AND METHODS PROHIBITED AT ALL TIMES (IN- AND OUT-OF-COMPETITION)

#### S0. NON-APPROVED SUBSTANCES

Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (i.e. drugs under pre-clinical or clinical development or discontinued) is prohibited at all times.

### PROHIBITED SUBSTANCES

#### S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

##### 1. Anabolic Androgenic Steroids (AAS)

a. Exogenous\* AAS, including:

**1-androstenediol** (5 $\alpha$ -androst-1-ene-3 $\beta$ ,17 $\beta$ -diol ); **1-androstenedione** (5 $\alpha$ -androst-1-ene-3,17-dione); **bolandiol** (19-norandrostenediol); **bolasterone**; **boldenone**; **boldione** (androsta-1,4-diene-3,17-dione); **calusterone**; **clostebol**; **danazol** (17 $\alpha$ -ethynyl-17 $\beta$ -hydroxyandrost-4-eno[2,3-d]isoxazole); **dehydrochlormethyltestosterone** (4-chloro-17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); **desoxymethyltestosterone** (17 $\alpha$ -methyl-5 $\alpha$ -androst-2-en-17 $\beta$ -ol); **drostanolone**; **ethylestrenol** (19-nor-17 $\alpha$ -pregn-4-en-17-ol); **fluoxymesterone**; **formebolone**; **furazabol** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androsta-1,4-dien-3-one); **gestrinone**; **4-hydroxytestosterone** (4,17 $\beta$ -dihydroxyandrost-4-en-3-one); **mestanolone**; **mesterolone**; **metenolone**; **methandienone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylandrosta-1,4-dien-3-one); **methandriol**; **methasterone** (2 $\alpha$ , 17 $\alpha$ -dimethyl-5 $\alpha$ -androstane-3-one-17 $\beta$ -ol); **methyldienolone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9-dien-3-one); **methyl-1-testosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methyl-5 $\alpha$ -androst-1-en-3-one); **methylnortestosterone** (17 $\beta$ -hydroxy-17 $\alpha$ -methylestr-4-en-3-one); **methyltestosterone**; **metribolone** (methyltrienolone, 17 $\beta$ -hydroxy-17 $\alpha$ -methylestra-4,9,11-trien-3-one); **mibolerone**; **nandrolone**; **19-norandrostenedione** (estr-4-ene-3,17-dione); **norboletone**; **norclostebol**; **norethandrolone**; **oxabolone**; **oxandrolone**; **oxymesterone**; **oxymetholone**; **prostanazol** (17 $\beta$ -hydroxy-5 $\alpha$ -androsta-1,4-dien-3-one-17 $\beta$ -ol-3-one); **quinbolone**; **stanozolol**; **stenbolone**; **1-testosterone** (17 $\beta$ -hydroxy-5 $\alpha$ -androst-1-en-3-one); **tetrahydrogestrinone** (18 $\alpha$ -homo-pregna-4,9,11-trien-17 $\beta$ -ol-3-one); **trenbolone**; and other substances with a similar chemical structure or similar biological effect(s).

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

The Prohibited List 2011  
18 September 2010

## **b. Endogenous\*\* AAS when administered exogenously:**

androstenediol (androst-5-ene-3 $\beta$ ,17 $\beta$ -diol); androstenedione (androst-4-ene-3,17-dione); dihydrotestosterone (17 $\beta$ -hydroxy-5 $\alpha$ -androstan-3-one); prasterone (dehydroepiandrosterone, DHEA); testosterone and the following metabolites and isomers: 5 $\alpha$ -androstan-3 $\alpha$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstan-3 $\alpha$ ,17 $\beta$ -diol; 5 $\alpha$ -androstan-3 $\beta$ ,17 $\alpha$ -diol; 5 $\alpha$ -androstan-3 $\beta$ ,17 $\beta$ -diol; androst-4-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-4-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-4-ene-3 $\beta$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\alpha$ -diol; androst-5-ene-3 $\alpha$ ,17 $\beta$ -diol; androst-5-ene-3 $\beta$ ,17 $\alpha$ -diol; 4-androstenediol (androst-4-ene-3 $\beta$ ,17 $\beta$ -diol); 5-androstenedione (androst-5-ene-3,17-dione); epi-dihydrotestosterone; epitestosterone; 3 $\alpha$ -hydroxy-5 $\alpha$ -androstan-17-one; 3 $\beta$ -hydroxy-5 $\alpha$ -androstan-17-one; 19-norandrosterone; 19-noretiocholanolone.

## **2. Other Anabolic Agents, including but not limited to:**

**Clenbuterol, selective androgen receptor modulators (SARMs), tibolone, zeranol, zilpaterol.**

*For purposes of this section:*

\* "exogenous" refers to a substance which is **not ordinarily** capable of being produced by the body naturally.

\*\* "endogenous" refers to a substance which is capable of being produced by the body naturally.

## **S2. PEPTIDE HORMONES, GROWTH FACTORS AND RELATED SUBSTANCES**

The following substances and their releasing factors are prohibited:

1. Erythropoiesis-Stimulating Agents [e.g. erythropoietin (EPO), darbepoetin (dEPO), hypoxia-inducible factor (HIF) stabilizers, methoxy polyethylene glycol-epoetin beta (CERA), peginesatide (Hematide)];
2. Chorionic Gonadotrophin (CG) and Luteinizing Hormone (LH) in males;
3. Insulins;
4. Corticotrophins;
5. Growth Hormone (GH), Insulin-like Growth Factor-1 (IGF-1), Fibroblast Growth Factors (FGFs), Hepatocyte Growth Factor (HGF), Mechano Growth Factors (MGFs), Platelet-Derived Growth Factor (PDGF), Vascular-Endothelial Growth Factor (VEGF) as well as any other growth factor affecting muscle, tendon or ligament protein synthesis/degradation, vascularisation, energy utilization, regenerative capacity or fibre type switching; and other substances with similar chemical structure or similar biological effect(s).

## **S3. BETA-2 AGONISTS**

All beta-2 agonists (including both optical isomers where relevant) are prohibited except salbutamol (maximum 1600 micrograms over 24 hours) and salmeterol when taken by inhalation in accordance with the manufacturers' recommended therapeutic regime.

The presence of salbutamol in urine in excess of 1000 ng/mL is presumed not to be an intended therapeutic use of the substance and will be considered as an *Adverse Analytical Finding* unless the *Athlete* proves, through a controlled pharmacokinetic study, that the abnormal result was the consequence of the use of a therapeutic dose (maximum 1600 micrograms over 24 hours) of inhaled salbutamol.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

18 September 2010

## **S4. HORMONE ANTAGONISTS AND MODULATORS**

**The following classes are prohibited:**

1. Aromatase inhibitors including, but not limited to: aminoglutethimide, anastrozole, androsta-1,4,6-triene-3,17-dione (androstatrienedione), 4-androstene-3,6,17 trione (6-oxo), exemestane, formestane, letrozole, testolactone.
2. Selective estrogen receptor modulators (SERMs) including, but not limited to: raloxifene, tamoxifen, toremifene.
3. Other anti-estrogenic substances including, but not limited to: clomiphene, cyclofenil, fulvestrant.
4. Agents modifying myostatin function(s) including, but not limited, to: myostatin inhibitors.

## **S5. DIURETICS AND OTHER MASKING AGENTS**

**Masking agents are prohibited. They include:**

Diuretics, desmopressin, plasma expanders (e.g. glycerol; intravenous administration of albumin, dextran, hydroxyethyl starch and mannitol), probenecid; and other substances with similar biological effect(s).

**Diuretics include:**

Acetazolamide, amiloride, bumetanide, canrenone, chlorthalidone, etacrynic acid, furosemide, indapamide, metolazone, spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide), triamterene; and other substances with a similar chemical structure or similar biological effect(s) **(except drosperinone, pamabrom and topical dorzolamide and brinzolamide, which are not prohibited).**

The use In- and Out-of-Competition, as applicable, of any quantity of a substance subject to threshold limits (i.e. salbutamol, morphine, cathine, ephedrine, methylephedrine and pseudoephedrine) in conjunction with a diuretic or other masking agent requires the deliverance of a specific Therapeutic Use Exemption for that substance in addition to the one granted for the diuretic or other masking agent.

The Prohibited List 2011  
18 September 2010

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## PROHIBITED METHODS

### **M1. ENHANCEMENT OF OXYGEN TRANSFER**

#### **The following are prohibited:**

1. Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin.
2. Artificially enhancing the uptake, transport or delivery of oxygen, including, but not limited to, perfluorochemicals, efaproxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products), excluding supplemental oxygen.

### **M2. CHEMICAL AND PHYSICAL MANIPULATION**

#### **The following is prohibited:**

1. *Tampering*, or attempting to tamper, in order to alter the integrity and validity of *Samples* collected during *Doping Control* is prohibited. These include but are not limited to catheterisation, urine substitution and/or adulteration (e.g. proteases).
2. Intravenous infusions are prohibited except for those legitimately received in the course of hospital admissions or clinical investigations.
3. Sequential withdrawal, manipulation and reinfusion of whole blood into the circulatory system is prohibited.

### **M3. GENE DOPING**

#### **The following, with the potential to enhance sport performance, are prohibited:**

1. The transfer of nucleic acids or nucleic acid sequences;
2. The use of normal or genetically modified cells;
3. The use of agents that directly or indirectly affect functions known to influence performance by altering gene expression. For example, Peroxisome Proliferator Activated Receptor  $\delta$  (PPAR $\delta$ ) agonists (e.g. GW 1516) and PPAR $\delta$ -AMP-activated protein kinase (AMPK) axis agonists (e.g. AICAR) are prohibited.



# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## SUBSTANCES AND METHODS PROHIBITED IN-COMPETITION

**In addition to the categories S1 to S5 and M1 to M3 defined above, the following categories are prohibited in competition:**

### PROHIBITED SUBSTANCES

#### **S6. STIMULANTS**

All stimulants (including both optical isomers where relevant) are prohibited, except imidazole derivatives for topical use and those stimulants included in the 2011 Monitoring Program\*.

#### **Stimulants include:**

##### **a: Non-Specified Stimulants:**

Adrafinil; amfepramone; amiphenazole; amphetamine; amphetaminil; benfluorex; benzphetamine; benzylpiperazine; bromantan; clobenzorex; cocaine; cropropamide; crotetamide; dimethylamphetamine; etilamphetamine; famprofazone; fencamine; fenetylline; fenfluramine; fenproporex; furfenorex; mefenorex; mephentermine; mesocarb; methamphetamine(*d-*); *p*-methylamphetamine; methylenedioxyamphetamine; methylenedioxymethamphetamine; modafinil; norfenfluramine; phendimetrazine; phenmetrazine; phentermine; 4-phenylpiracetam (carphedon); prenylamine; prolintane.

**A stimulant not expressly listed in this section is a Specified Substance.**

**b: Specified Stimulants (examples): Adrenaline\*\*; cathine\*\*\*; ephedrine\*\*\*\*; etamivan; etilefrine; fenbutrazate; fencamfamin; heptaminol; isometheptene; levmetamfetamine; meclofenoxate; methylephedrine\*\*\*\*; methylhexaneamine (dimethylpentylamine); methylphenidate; nikethamide; norfenefrine; octopamine; oxilofrine; parahydroxyamphetamine; pemoline; pentetrazol; phenpromethamine; propylhexedrine; pseudoephedrine\*\*\*\*; selegiline; sibutramine; strychnine; tuaminoheptane; and other substances with a similar chemical structure or similar biological effect(s).**

**\* The following substances included in the 2011 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradol, synephrine) are not considered as Prohibited Substances.**

**\*\* Adrenaline** associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmologic) is **not prohibited**.

**\*\*\* Cathine is prohibited when** its concentration in urine is greater than 5 micrograms per milliliter.

**\*\*\*\* Each of ephedrine and methylephedrine is prohibited when** its concentration in urine is greater than 10 micrograms per milliliter.

**\*\*\*\*\* Pseudoephedrine is prohibited when** its concentration in urine is greater than 150 micrograms per milliliter.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## S7. NARCOTICS

The following are prohibited:

Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

## S8. CANNABINOIDS

Natural (e.g. cannabis, hashish, marijuana) or synthetic delta 9-tetrahydrocannabinol (THC) and cannabimimetics [e.g. “Spice” (containing JWH018, JWH073), HU-210] are prohibited.

## S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered by oral, intravenous, intramuscular or rectal routes.

## SUBSTANCES PROHIBITED IN PARTICULAR SPORTS

### P1. ALCOHOL

Alcohol (ethanol) is prohibited *In-Competition* only, in the following sports. Detection will be conducted by analysis of breath and/or blood. The doping violation threshold (haematological values) is 0.10 g/L.

Aeronautic (FAI)	Modern Pentathlon (UIPM) for disciplines involving shooting
Archery (FITA)	Motorcycling (FIM)
Automobile (FIA)	Ninepin and Tenpin Bowling (FIQ)
Karate (WKF)	<b>Dragon Boat Racing (IDBF)</b>
Powerboating (UIM)	

### P2. BETA-BLOCKERS

Unless otherwise specified, beta-blockers are prohibited *In-Competition* only, in the following sports.

Aeronautic (FAI)	Modern Pentathlon (UIPM) for disciplines involving shooting
Archery (FITA) (also prohibited <i>Out-of-Competition</i> )	Ninepin and Tenpin Bowling (FIQ)
Automobile (FIA)	Powerboating (UIM)
Billiards and Snooker (WCBS)	Sailing (ISAF) for match race helms only
Bobsleigh (FIBT)	
Boules (CMSB)	Shooting (ISSF, IPC) (also prohibited <i>Out-of-Competition</i> )
Bridge (FMB)	Skiing/Snowboarding (FIS) in ski jumping, freestyle aericals/halfpipe and snowboard halfpipe/big air
Curling (WCF)	Wrestling (FILA)
Golf (IGF)	
Gymnastics (FIG)	
Motorcycling (FIM)	

Beta-blockers include, but are not limited to, the following:

Acebutolol, alprenolol, atenolol, betaxolol, bisoprolol, bunolol, carteolol, carvedilol, celiprolol, esmolol, labetalol, levobunolol, metipranolol, metoprolol, nadolol, oxprenolol, pindolol, propranolol, sotalol, timolol.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## 2010 Prohibited List

### ADVICE TO ATHLETES ON THE KEY CHANGES:

#### Category S1: Anabolic Agents

The collection of additional urine samples is no longer mandated in cases where the testosterone to epitestosterone ratio is greater than 4:1 and an isotope ratio mass spectrometry (IRMS) test or other reliable method has not revealed evidence of exogenous administration of a prohibited substance.

#### Key Message:

**Follow up testing on athletes returning an elevated T/E ratio of greater than 4:1 will be determined by the National Anti-Doping Org.**

#### Category S2: Peptide Hormones, Growth Factors and Related Substances

As with previous years, platelet derived preparations (e.g. Platelet Rich Plasma (PRP) or spun blood) are prohibited via intramuscular injection. Approval of a Therapeutic Use Exemption (TUE) application will be required before treatment. In 2010, administration of PRP preparations via any other route will require a Declaration of Use using the online declaration form provided on the 100% ME website ([www.100percentme.co.uk](http://www.100percentme.co.uk)).

#### Key Message:

**For any athlete requiring platelet derived preparations for injury management it is essential to check and complete the required notification process in advance of administering the treatment. If a Therapeutic Use Exemption is required then the treatment should not commence until this TUE has been approved.**

#### Category S3: Beta-2 Agonists

Two Beta-2 Agonists taken via inhalation, Salbutamol and Salmeterol, no longer require a TUE but instead must be declared using the online declaration form provided on the 100% ME website ([www.100percentme.co.uk](http://www.100percentme.co.uk)). All other Beta-2 Agonists remain the same and will still require a TUE application with lung function test results. The change also imposes a maximum dose for inhaled Salbutamol of 1600 micrograms ( $\mu\text{g}$ ) in a 24 hour period, and the threshold for an athlete's urine sample remains at 1000 nanograms/millilitre (ng/ml).

**The presence of Salbutamol in urine in excess of 1000ng/ml is presumed not to be as a result of a therapeutic use of the substance. In such circumstances the burden of proof shall shift to the athlete who must demonstrate that such levels are the result of inhaled use within the maximum dose of 1600ug in a 24 hour period.**

#### Key Message:

Any athlete requiring the use of a Salbutamol or Salmeterol inhaler must declare the use of these medications.

#### Key Message:

With a Declaration of Use a maximum of 1600 $\mu\text{g}$  of Salbutamol in a 24 hour period is permitted. **The information provided by the manufacturers of salbutamol inhalers is that the maximum dose should not exceed 800 $\mu\text{g}$  within a 24 hour period (as a guidance this is normally 1/2 inhalations 4 times a day).**

Following the manufacturer's guidance will minimise the risk of inadvertently surpassing the threshold and returning an Adverse Analytical Finding.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## Category S5: Diuretics and other masking agents

The status of oral glycerol as a plasma expander has been confirmed as prohibited.

## Category M1: Enhancement of Oxygen Transfer

The status of supplemental oxygen (hyperoxia) has been clarified as not prohibited.

## Category S6: Stimulants

Pseudoephedrine has been placed back on the Prohibited List at a urinary threshold of 150ug/ml. The threshold has been established on the basis of a maximum daily dose for pseudoephedrine of 240mg following specific dosing regimes.

**WADA are advising athletes to stop taking pseudoephedrine at least 24 hours before competition and that, should the medication be required during the competition period, alternative medication be sought.**

### Key Message:

Athletes must take the utmost care as pseudoephedrine is readily available in many over the counter medication.

### Key Message:

Following consultation with a physician if necessary, athletes should at all times use an alternative permitted medication to pseudoephedrine. This will minimise the risk of inadvertently surpassing the threshold and returning an Adverse Analytical Finding.

## Changes around medical treatment with Platelet Derived Preparations

Platelet derived preparations are sometimes used by doctors for the treatment of injury; they can also be referred to as Platelet Rich Plasma (PRP) or spun blood. These treatments can be given in a number of ways.

When given via intramuscular injection PRP is prohibited and you should apply for a TUE before having this treatment.

Receiving PRP preparations via any other route will require a Declaration of Use using the online declaration form provided on the 100% ME website ([www.100percentme.co.uk](http://www.100percentme.co.uk)).

**Always ask your doctor to be clear about which route of administration they plan to use, and ensure the relevant notification (Declaration or TUE) has been completed in advance of treatment.**

### Additional Resources

The IDBF advises you that to support athletes checking the status of their medication, UK Sport, in partnership with the United States Anti-Doping Agency (USADA) and the Canadian Centre for Ethics in Sport (CCES) have developed the Global Drug Reference Online (Global DRO).

This online database is an important tool by which to check the status of medications. It provides critical information to athletes and athlete support personnel about the prohibited status of a medication or ingredient based on the current WADA Prohibited List. Global DRO covers products sold in the United States, the United Kingdom, and Canada. It can be accessed at [www.globaldro.co.uk](http://www.globaldro.co.uk).

(Acknowledgement: The Advice to Athletes on the Key Changes was courtesy of UK Sport)

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

国 际 龙 舟 联 合 会

## International Dragon Boat Federation

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

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 at all times 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

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

Attachment to ANNEX B

## **IDBF ADVICE TO DRAGON BOAT COMPETITORS ON THE USE OF SUPPLEMENTS**

All competitors participating in the sport of Dragon Boat Racing are strongly advised to be extremely cautious about the use of any supplements. No guarantee can be given that any particular supplement, including vitamins and minerals, ergogenic aids, and herbal remedies, is free from prohibited substances as these products are not licensed and are not subject to the same strict manufacturing and labeling requirements as licensed medicines

**Anti-doping rules are based on the principal of strict liability and therefore, supplements are taken at a Competitor's risk and personal responsibility.**

Always consult a qualified medical practitioner, accredited sports dietitian and/or a registered nutritionist before taking supplements, and if a vitamin or mineral supplement is recommended, pharmaceutical-grade products ***may*** reduce the risk of using a contaminated or poorly labeled product.

**What is the difference between a medicine and a supplement?**

You should be aware that any product that claims to restore, correct or modify the body's physiological functions should be licensed as a medicine, according to legislation, in many countries. Licensed medicines can be identified by looking for a product license number on the label, which, for example, may look like this: PL0242/0028 (numbers will change with each product). Supplements will not contain a product license (PL) number, as they are not licensed medicines.

**Additional risks**

In the absence of an internationally approved quality assurance standard for supplement manufacturing and labelling, competitors and IDBF Members should be cautious of the commercial incentives associated with supplement manufacturers, for example, sponsorship and promotion deals.

**Competitors or IDBF Members who accept sponsorship from supplement manufacturers do so at their own risk.**

Without an approved quality standard, a guarantee cannot be given about the reliability of the manufacturing or labeling process, despite claims made by some manufacturers. Adverts that claim to improve muscle growth and assist weight loss are also cause for concern. Many of these advertisements make ambitious claims about products, but when challenged to produce satisfactory evidence to back up these claims, advertisers are unable to.

### **Nutritional Supplements Information.**

Some questions that are commonly asked about nutritional supplements.

**How do I know if I need to take vitamin and mineral supplementation for my health?**

*For competitors consuming a normal, varied and balanced diet, that meets their energy requirements, there is no evidence that vitamin and mineral supplementation is necessary to enhance health or performance. In fact, excessive ingestion of vitamins and minerals can be dangerous to health.*

*There are some practical situations in which qualified medical practitioners, accredited sports dieticians and registered nutritionists, may recommend specific vitamins or minerals for certain individuals (e.g. if iron stores are low). However, these should be taken with qualified expert advice and only used as directed or prescribed.*

*Caution is needed because evidence has shown that some multi-vitamin, mineral and nutritional supplements may contain prohibited substances that are not recorded on the label.*

*Taking additional vitamins or minerals supplementation above the recommended dietary allowance is not likely to improve performance and for some substances could actually have serious side effects such as:*

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

- **Niacin** (vitamin 1133) - large doses can cause itching, flushing, tingling and headaches
- **Vitamin A** - large doses over a prolonged period of time can cause headache, nausea, diarrhoea, dry and itchy skin, hair loss, loss of appetite and kidney and liver damage.
- **Vitamin C** - although excess vitamin C is usually excreted in the urine, mega doses can result in diarrhoea, nausea and stomach cramps
- **Vitamin D** - large doses can result in side effects such as weakness, thirst, increased urination, gastrointestinal upsets and depression. Prolonged mega doses can result in calcium deposits in soft tissue, blood vessel walls and kidneys
- **Vitamin E** - large doses can result in nausea, abdominal pain, vomiting and diarrhoea.

### Is it safe to take an ergogenic aid to enhance performance?

Ergogenic aids are agents, which are used in an attempt to improve performance.

**Many ergogenic substances are banned in sport**, for example, caffeine, which could result in a positive drugs test if the concentration in the urine is greater than 12mcg/ml. One ergogenic aid that is widely used and is not on the banned list is creatine monohydrate. Many ergogenic aids, including creatine products have been found to contain prohibited substances that were not identified on the label.

### Do herbal remedies contain prohibited substances?

Herbal remedies, such as ginseng, guarana and echinacea have also been found to contain prohibited stimulants or other substances, which may not be listed on the label.

These products are difficult to quality assure and therefore a guarantee cannot be given as to their safety or legality. Ginseng has been used for centuries in Asia. There are over 20 plants that are called ginseng, each having varying effects.

Some forms of ginseng have a stimulant like effect in that they reduce fatigue. Ginseng is also claimed to be beneficial for improving concentration and immune function as well as anti-ageing.

There does not appear to be any conclusive scientific evidence supporting these claims or ginseng's effect on sporting performance.

Ma Huang (Chinese Ephedra) is a plant that contains the prohibited substance ephedrine taken from ephedra.

### Is it true that the International Olympic Committee (IOC) has endorsed supplements?

Some supplement companies target sportspeople by using the words 'IOC PERMITTED' to build confidence in the product.

**The IOC does not endorse any supplements** and advise caution to athletes wanting to use them.

**Competitors must ensure that any medicine, supplement, over-the-counter preparation or any other substance they use, does not contain any Prohibited Substance.**

**The following substances included on the Banned Substances List, in prior years (bupropion, caffeine, phenylephrine, phenylpropanolamine, piperadol, pseudoephedrine, synephrine) are NOT any longer considered as *Prohibited Substances*.** “

# **INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS**

## **PROCEDURES FOR THE SELECTION OF COMPETITORS, AND SAMPLES AND SAMPLE ANALYSIS**

### **1. SELECTION OF COMPETITORS.**

1.1 Doping controls shall be undertaken in all IDBF World Championship Regattas and for Out of Competition Testing, as laid down in the IDBF Anti-Doping Code. The Anti-Doping Code applies equally, were stated in the Code, in respect of Continental, Regional and National Dragon Boat Racing Championships.

1.2 The IDBF Jury, at an IDBF World Championship Regatta, shall decide in consultation with the relevant Testing Agency, the number of competitors to be subjected to doping control, per day of the Championships, provided always that total number of such tests during a Championship, is not less than the minimum number of tests laid down in IDBF Competition Regulation 11.4.1.

1.3 A member of the IDBF Medical and Sports Science Commission (M&SC) shall assist the Jury to randomly determine which competitors will undergo a test in accordance with the total number decided upon under paragraph 1.2. This person, known as the IDBF M&SC Representative, will be a Medical Officer appointed by the IDBF for the Championships.

1.4 Not-with-standing the foregoing the IDBF M&SC shall have the right to request, within the terms of the Anti-Doping Code, that any competitor undergo a doping control test at any time during a Championships.

1.5 A competitor may be subject to doping control on more than one occasion during an IDBF Championship.

1.6 The National Team or Club Crew concerned, hereafter referred to as the 'Delegation', shall be responsible for the transportation of its own competitors from the Doping Control Station to the Delegation's accommodation after the completion of the doping control procedures

### **2. COMPETITOR NOTIFICATION AND REGISTRATION FOR DOPING CONTROL.**

2.1 Immediately after the race in question, the competitor selected for a doping control test shall be handed a Doping Control Notification by an appointee of the Testing Authority, and be allocated an 'Escort', nominated by the IDBF M&SC Representative. From then on the Escort shall be physically beside the competitor and keep the competitor under observation at all times. The Escort shall accompany the competitor to the Doping Control Station.

2.2 The competitor shall report to Doping Control immediately or by exception, no later than one hour after receipt of the Doping Control Notification or at another time notified by the Testing Authority appointee. The competitor shall report with his or her championship accreditation (identity) card and the Doping Control Notification. A person, a Team Coach, Doctor or another competitor from the same Delegation, may accompany the competitor to Doping Control and may watch all procedures except urination. The person shall be given a Doping Control Pass by the Escort for entry to the Doping Control. The person shall be in possession of proper championship accreditation.

2.3 The Doping Control Notification shall bear the competitor's name and championship PIN (Personal Identification Number) as recorded on the accreditation card. The competitor has to be warned, by clear written notice in the Notification, of the possible consequences should he/she fail to report for the doping control within the given time limit.

2.4 Upon presenting the Doping Control Notification, to the competitor, the Escort shall enter the time of notification and the competitor shall sign the form. The Doping Control Notification shall be in duplicate, one copy shall be kept by the competitor and the original shall be returned to the Doping Control Station by the Escort.



## **INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS**

2.5 Upon arrival at Doping Control the competitor and the accompanying person shall show their Doping Control Passes. The competitor and the escort shall hand the Doping Control Notification to a Doping Control Officer who records the actual time of arrival on the Doping Control Notification, signs it and verifies the identity of the competitor by means of the photo, name and PIN on the accreditation card.

**2.6 The Doping Control Officer shall keep the Doping Control Notification returned by the Escort and return the copy to the competitor. The actual time of arrival and the identity of the competitor shall then be noted on the Doping Control Official Record.**

2.7 Should the competitor refuse to sign the Doping Control Notification or fail to report to the Doping Control Station within the time laid down in paragraph 2.1, this fact shall be noted on the Doping Control Official Record. In this case the Doping Control Official Record shall be signed by the Doping Control Officer; the representative of the IDBF M&SC and the representative of the Delegation concerned, if present. In addition, the Chairman of the Championship Jury shall be informed immediately by the representative of the M&SC. The Chairman of the Jury shall then take action as laid down in the IDBF Anti-Doping Code.

2.8 Should the competitor report to Doping Control later than one hour after the time of notification, this fact shall be noted on the Doping Control Notification and the Doping Control Official Record. The sampling procedures shall still be carried out, as described below. The representative of the IDBF M&SC shall inform the Chairman of the Jury immediately and action taken as per the Anti-Doping Code.

2.9 The competitor and the accompanying person, shall remain in Doping Control under the supervision of the Doping Control Officer, until called into a consulting area. The competitor and any personal belongings he/she or the accompanying person bring with them (bags, etc) may be searched for evidence of manipulation, upon entering and leaving Doping Control.

2.10. No photographs, video or tape recordings may be taken inside Doping Control during the doping control procedure. The original of the Doping Control Notification shall be appended to the Doping Control Official Record.

### **3. SAMPLE TAKING PROCEDURE**

3.1 Only one competitor at a time shall be called into the consulting area.

3.2 In addition to the competitor and his/her accompanying person, only the following persons may be present in the consulting area:

- \* a representative of the IDBF M&SC
- \* the Doping Control Medical Officer
- \* the Doping Control Technical Officer(s)
- \* a representative of the Delegation concerned
- \* an interpreter

3.3 Doping Control shall contain a supply of:

- a) disposable collection vessels (contained in bags).
- b) disposable urine control kits (contained in bags).
- c) disposable partial sample kits (contained in bags)

The specifications of the collection vessel, urine control kit and partial sample kit are to be determined by the M&SC Representative in co-operation with the Organising Committee.

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

3.4 The competitor shall select a collection vessel, visually check that it is empty and clean, proceed to the toilet and urinate a minimum of 75 ml into the collection vessel under the observation of the Doping Control Officer who shall be of the same gender as the competitor. Any clothing preventing the direct observation of the urination shall be removed. The competitor shall return to the consulting area with the collection vessel containing the urine.

3.5 If the requested urine volume of 75 ml has been provided, the competitor shall select a urine control kit, open it and place the contents on the table in front of him/her. He/she shall check that the bottles are empty and clean. The competitor shall pour approximately two thirds of the urine from the collection vessel into bottle A and one third into bottle B. A few drops of urine shall remain in the collection vessel. Next, the competitor shall close the two bottles hermetically and check that no leakage occurs. The Doping Control Officer may, with permission of the competitor, assist with the procedures outlined in this paragraph. All remaining urine shall be destroyed immediately after bottles A and B have been sealed.

3.6 The Doping Control Officer shall measure the specific gravity and pH of the urine left in collection vessel. The urine pH should not be less than 5 and not greater than 7, and the urine should have a specific gravity of 1.010 or higher. If the sample does not meet these specifications, further samples may be required by the IDBF M&SC representative.

3.7 The competitor shall declare to the Doping Control Officer any medication and nutritional supplements that he/she may have taken in the preceding three days. The Doping Control Officer shall record this statement on the Doping Control Official Record.

3.8 The Doping Control Officer shall check that the code numbers on the bottles and shipping containers are identical, and record the code number on the Doping Control Official Record.

3.9 The competitor shall then check that the code numbers on the bottles and shipping containers are identical to that recorded on the Doping Control Official Record.

3.10 The competitor shall place the bottles A and B into the respective shipping containers and close them carefully and the Doping Control Officer shall verify that these are completely closed.

3.11 The competitor shall certify, by signing the Doping Control Official Record, that the entire procedure has been performed according to the rules above. Any irregularities identified by the competitor or the accompanying person shall be recorded on the Doping Control Official Record.

**3.12 The Doping Control Official Record shall also be signed by the Doping Control Officer; by the IDBF representative, and, if present, by the accompanying person and the representative of the Delegation concerned. The competitor shall be given a copy of the Doping Control Official Record.**

### **Refusal to give a Sample.**

3.13 If the competitor refuses to give a sample of urine, the possible consequences shall be pointed out to him/her by the IDBF M&SC representative. If the competitor still refuses, this fact shall be noted in the Doping Control Official Record. This shall be signed by the Doping Control Officer; the M&SC Representative and, if present, the representative of the Delegation concerned.

3.14 The competitor and the accompanying person may, if they wish, sign the Doping Control Official Record. The IDBF M&SC Representative shall be responsible for communicating the refusal to the Chairman of the Championship Jury, who shall take action under paragraph 10 of the IDBF Disciplinary Code and as per the Anti-Doping Code.

### **Sample less than 75 ml volume**

3.15 If the competitor has produced less than the requested urine volume of 75 ml, the competitor shall select a partial sample kit and shall pour the urine from the collection vessel into the bottle. Then the competitor shall close the bottle and check that no leakage occurs.

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

3.16 The competitor shall check that the code numbers on the bottle and the partial sample container are the same. Next, the urine volume and code number shall be recorded on the Doping Control Official Record. Finally, the competitor shall insert the bottle into the partial sample container and close it completely. The Doping Control Officer may, with the agreement of the competitor, assist with the procedures outlined in this paragraph.

3.17 The competitor shall return to the waiting room with the partial sample container until he/she is able to deliver urine again. When the competitor is ready to deliver a further urine sample, he/she shall return to the consulting area with the partial sample container, which shall be handed to the Doping Control Officer who shall check that the partial sample container is intact and that the code number corresponds to that entered in the Doping Control Official Record.

3.18 The competitor shall then select a new collection vessel and enter the toilet where he/ she shall urinate. The competitor shall return to Consulting Area, open the partial sample container and pour the content into the collection vessel.

3.19 If the combined urine volumes are less than 75 ml he/she shall select a new partial sample container and proceed according to the procedure outlined in this paragraph. When the combined volumes total at least 75 ml the urine sample shall be processed in accordance with the procedure outlined in paragraphs 3.5 to 3.9 above.

### **Difficulty in Producing a Sample.**

3.20 If a competitor cannot pass the doping control test at the race venue within the time limits which has been decided by the IDBF M&SC and the Organising Committee, the test may be performed at the accommodation of the Delegation concerned at the discretion of the IDBF M&SC representative.

3.21 The competitor shall be accompanied by a Doping Control Officer, the IDBF M&SC representative, and the accompanying person if he/she wishes.

***NOTE: When alternative percentage Blood Testing is introduced under the WADA Anti-Doping Code separate instructions concerning when and how Blood Samples will be taken, will be issued by the IDBF Medical & Sports Science Commission.***

### **Administrative Procedures.**

3.22 The original of the Doping Control Official Record and the annexed Doping Control Notifications shall be placed in an envelope and the copy shall be placed in a separate envelope.

3.23 After recording on the outside of the envelopes the code numbers of the Doping Control Official Records contained therein and the code number of the transport container seals, the two envelopes shall be closed. The IDBF M&SC representative shall be responsible for bringing the envelopes to the Chairman of the Jury. The envelopes containing the original and the copies shall be kept closed and placed in separate secure locations unless their opening is authorised by the Chairman of the IDBF M&SC.

3.24 At the end of each doping control, the shipping containers containing the A and the B samples shall be placed in the respective A and B transport containers. Also, the corresponding laboratory copies for urine samples of the Doping Control Official Record shall be placed in a separate envelope which shall be placed in the transport container containing the A samples. Each such container shall then be sealed with a numbered seal.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## 4 SAMPLE ANALYSIS

41 The analysis of a sample shall be performed as soon as possible after its arrival at the Doping Control Laboratory.

42 The analysis of a sample shall be carried out in accordance with methods laid down in the Anti-Doping Code, as agreed by the IDBF.

43 The Head of the Laboratory shall inform the Executive President of the IDBF of the results of all the samples analysed.

44. Should the analysis of the A samples indicate a violation of the Anti-doping Code the IDBF Executive President shall inform the IDBF Member of the competitor concerned. The B sample will be analysed, if such analysis is requested, at a time determined by the IDBF Executive Committee. Such a time shall be recorded in a written communication to the Controlling Association.

4.5 The analysis of B samples shall be carried out in the same laboratory and under the supervision of a representative of the IDBF M&SC. The Head of the Laboratory shall inform the IDBF of the result of this analysis which shall be regarded as final.

4.6 Should the result of the A sample be positive, the IDBF Executive President shall inform the IDBF Executive Committee who shall make a recommendation to the IDBF Council who shall be responsible for taking further action, under the terms of the Anti-Doping Code. The IDBF Member Association of the competitor concerned shall be informed before any sanction is made public by the IDBF, as per the Anti-Doping Code.

## 1. DELEGATION OF RESPONSIBILITIES

**The Chairman of the Championships Jury may delegate his responsibilities to such person or persons as he may designate, at his/her discretion, from time to time.**

## 6. GLOSSARY

**DOPING CONTROL NOTIFICATION;** A form used for keeping a record of the notification procedure. The Doping Control Notification consists of one original and one copy. The original is given to the Chairman of the Jury. The copy is given to the competitor.

**DOPING CONTROL OFFICIAL RECORD;** A form used for keeping a record of the sample taking procedure. The Doping Control Official Record consists of one original and three copies. The original and one copy are given to the Chairman of the Jury. One copy is kept by the competitor and one copy is sent to the laboratory with the urine sample.

**DOPING CONTROL MEDICAL OFFICER;** A medical doctor who is in charge of and responsible for Doping Control on behalf of the IDBF. The Medical Officer can also be designated as the IDBF Medical and Sports Science Commission (M&SC) Representative. The Medical Officer is answerable to the Chairman of the Championships Jury.

**DOPING CONTROL TECHNICAL OFFICER;** A person who supervises notification and sample taking procedures. The Doping Control Technical Officers take instructions from the Doping Control Medical Officer.

**ESCORT;** A person responsible for delivering the Doping Control Notification to the selected competitor. This person will also accompany the competitor and watch him or her continuously until they reach the Doping Control Station.

**PARTIAL SAMPLE KIT;** A plastic bag containing one urine bottle with cap and one black shipping container. The partial kit is used for temporary storage of the urine sample when the total urine volume produced by the competitor is less than the required quantity of 75 ml.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## EXTRACT FROM THE IDBF COMPETITION REGULATIONS

### 11. DISCIPLINARY MATTERS.

**11.1 Drug Abuse.** In any IDBF Competition the use by competitors of performance enhancing drugs, chemical compounds, other dope and *any* substances, or any stimulants, prohibited by the International Olympic Committee (IOC), the World Anti-Doping Agency (WADA) (Nov 03) or *the IDBF*, is strictly forbidden. Such drug abuse when detected during a competition will result in the disqualification of the competitor concerned from the competition *and action will be taken under the IDBF Anti-Doping Policy, which is published in accordance with IDBF Bye-Law 8.8.*

*a. (11.1) Training. Drug Abuse detected during training or at non-IDBF competition (that is, a formal competition sanctioned by an IDBF Member or in an informal competition) or out of a competition, will be dealt with under the terms of the Anti-Doping Policy of the IDBF Member concerned. A 'model' Anti-Doping Policy for IDBF Controlling Associations is contained as Appendix 1 to the IDBF Anti-Doping Policy, which is published at the end of these Regulations. The Anti-Doping Policy forms part of this Regulation and as such, should be read in conjunction with it.*

11.1.1 (11.1). Drug Abuse by a single competitor, as described in 11.1, may bring disqualification to the entire crew, as well as disciplinary action, under Bye-Law 8, against the IDBF Member to which the competitor or crew belongs.

**11.2 Reporting.** Any instances of drug abuse during *an IDBF* competition must be notified by the Chief Official, to the IDBF Sports Medicine & Sports Science Commission and the IDBF Secretary General immediately. The Secretary General shall inform the IDBF Executive Committee. The Executive may recommend to the IDBF Council further action under Bye-Law 8.

**11.2.1** (11.2). Drug Abuse detected in training, *or at a non-IDBF competition (as defined in 11.1)* or outside of a competition will be referred direct to the IDBF Executive Committee who shall take the appropriate action under Bye-Law 8, against the competitor, crew or the IDBF Member concerned, as the case may be.

**11.3 Aiding and Abetting.** 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, *shown in the IDBF Anti-Doping Policy*, as for a competitor or crew. In the event of an IDBF Member being involved in any of the offences shown in Regulation 11.1, the Member concerned may be suspended by the IDBF Executive Committee during the period of the investigation into the alleged drug abuse.

**11.4 Doping Control.** At an IDBF World Dragon Championship Regatta, the Organising Committee must, within reasonable financial limits, provide a Do[p]ing Control Service as advised by the IDBF Sports Medicine & Sports Science Commission. For all other IDBF Championships it is recommended that Doping Control be provided.

**11.4.1 Banned Substances.** Random drug testing is to be conducted during IDBF World Championships by an IOC approved Drug Testing Unit. All tests, of which there should be a minimum of four (4) during the competition, are to be set against the IOC banned substances list current at the time, including testing for alcohol. A Member of the IDBF Medical and Sports Science Commission will be on hand to monitor the testing process.

**11.5 Code of Conduct.** At all IDBF Competitions the Disciplinary Code, as published at ANNEX C below, shall be followed. The Disciplinary Code lays down a Code of Conduct for both Competitors and Officials covering behaviour before, during and after a dragon boat competition. The Chief Official is authorised to take any necessary disciplinary action as laid down in the code.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## DISCIPLINARY CODE FOR CHAMPIONSHIP REGATTAS

## ANNEX C

### General Conditions.

1. The Disciplinary Code that follows is intended for use at EDBF Championships and IDBF sanctioned International Regattas and covers the following areas of misconduct:-

- 1.1 Failure by crews to comply with the instructions of race officials.
- 1.2 Verbal abuse between competitors and between competitors and officials.
- 1.3 Conduct by competitors, team officials and race officials likely to bring the sport into disrepute, such as improper behaviour and abusive criticism.
- 1.4 Threat of physical violence or actual physical violence by competitors, team officials or race officials.

2. The IDBF Executive Committee lays down the following disciplinary action, which is to be taken in the event of any of the above forms of misconduct occurring during the period of an IDBF Championship event. The period of an event includes misconduct at any time from the day of arrival of a crew at the regatta location to the day of departure, and to incidents that may occur on or off of the competition site, before during and after the actual races.

3. **Failure by crews to comply with the instructions of Officials.** Time Penalties of between 1-5 seconds, added to a crew's actual time in a race, may be awarded by the Chief Official against crews, for example, as follows:-

- 3.1 Failure to leave the embarking area when instructed to by the Boat Marshals.
- 3.2 Failure to obey the instructions of an Umpire.
- 3.3 Failure to come under Starter's Orders when required to do so.
- 3.4 Failure to return to the embarking area when required to do so.

4, **Time Penalties.** Before Time Penalties can be awarded a crew must be warned that an offence has occurred and be given the opportunity to respond. In the event that a crew does not respond to the 1st warning, then the Crew Captain must be told by the Race Official concerned, that a 2nd warning has been given and that a report will be made to the Chief Official. The Chief Official is not compelled to award Time Penalties but as a minimum must inform the Team Leader of the crew concerned that any further instances of misconduct will result in disciplinary action being taken against them.

5, **Official Warnings.** Warnings may be verbal or through the use of a Black Flag (or Dark Blue Flag if a Black Flag is not available). When a Flag is used then the procedure will be as follows:-

- 5.1 **WARNING 1.** When an offence has occurred a Black Flag will be raised by the Official and the offence notified to the crew. The Black Flag will then be lowered. If the crew does not respond within a short time then the 2nd warning will be given.
- 5.2 **WARNING 2.** The Black Flag will be raised again and stay raised until the Crew Captain has acknowledged the offence. The Race Official will then report the offence to the Chief Official. (Boat Marshals will report to the Chief Marshal).

6. When a Time Penalty has been awarded by the Chief Official the initials TP will be annotated against the time shown for the crew concerned on the Results Sheet and on any scoreboard used at the regatta site. There is no appeal against Time Penalties.

### **7. False Starts, Jumping the Start, Race Conduct.**

Time Penalties awarded by the Starter and Umpires under Racing Rules 6 and 7, do not form part of this Disciplinary Code and should not be awarded instead of taking action under this code. Neither must Time Penalties awarded under Rules 6 and 7 be included in any points total recorded against a crew under this Code.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## 8, Verbal abuse between Competitors and between Competitors and Officials

Verbal abuse by competitors against Race Officials will be dealt with as follows:-

8.1 Verbal abuse occurring between crews whilst proceeding to the Start or after the Finish of a race will be dealt with by the Course Umpires in accordance with paragraph 5 above. In addition to Time Penalties, the Chief Official may award Penalty Points for verbal abuse of between 1-3 points per offence. A crew that collects 4 points during a competition will be excluded from the Race Distance in question. A crew that collects 6 or more points will be excluded from the remainder of the competition.

8.2 Verbal abuse occurring between crews whilst under Starter's Orders will be dealt with by the Starter, who may award Time Penalties without reference to the Chief Official. The award of Penalty Points always remains with the Chief Official.

8.3 Verbal abuse by competitors directed at a Race Official will be dealt with by the Race Official first warning the competitor(s) or Crew Captain of the crew concerned that an offence under this Disciplinary Code is likely to occur. If the abuse continues, the Race Official will inform the person or persons concerned that an offence has occurred and report the matter to the Chief Official. A minimum of 2 Penalty Points will be awarded by the Chief Official in such circumstances and the Team Leader informed of the award. Appeals may be made against Penalty Points.

## 9. Conduct likely to bring the sport into disrepute.

Any conduct likely to bring the sport into disrepute, such as behaviour considered to be unacceptable in public, aggressive behaviour to members of the public or social bad manners, or any action (or lack of action) that compromises the safety of a crew or individual whilst on the water, will be reported to the Chief Official who will take action under this Disciplinary Code and report the matter to the Competition Jury, where one exists. The Jury must record the details of the incident and may sanction a non-competitor or disqualify a competitor or crew from taking any further part in the competition, irrespective of any previous action that may already have been taken, during the competition, against the person or persons concerned.

10. If during an IDBF Championships a competitor refuses to take a Doping Control Test, when requested to do so, or fails to provide a sample, as required by the IDBF Anti-Doping Policy, the competitor concerned shall be excluded by the Jury, from taking any further part in the Championships under this paragraph of the IDBF Disciplinary Code. The Chairman of the Jury shall report the exclusion and the reasons why, to both the IDBF Executive Committee and the IDBF Member Association to which the competitor belongs, for them to decide what further action, if any, is to be taken. The competitor concerned is also to be informed of the Jury's action.

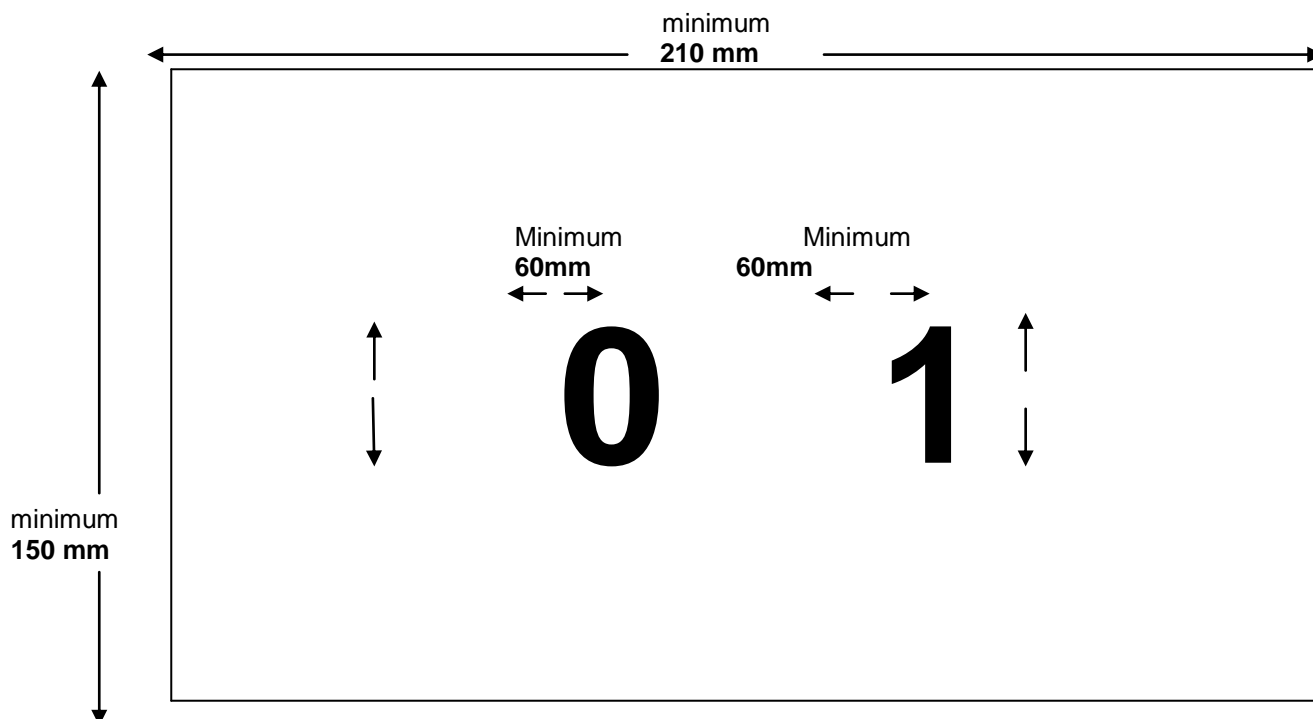
11. At a IDBF Championship Regatta, the decision of the Jury is final. At an IDBF sanctioned event, an appeal against the decision of the Jury may be made to the IDBF Secretariat for consideration by the IDBF Executive Committee.

## 12. Threat of violence or actual physical violence

Any threat of violence or actual violence occurring during the period of an event between any participants will be reported to the Chief Official. The Chief Official will disqualify the person or persons concerned and the crew from taking any further part in the competition. The Chief Official will also report the matter to the Jury as above. The Jury will investigate the circumstances surrounding the incident and make a written report to the IDBF Executive Committee who may take further action against the IDBF Member concerned under IDBF Bye-Law 8.

### RACING VEST NUMBER TEMPLATE

(Annex to IDBF Competition Regulations - Number 9.9.1)

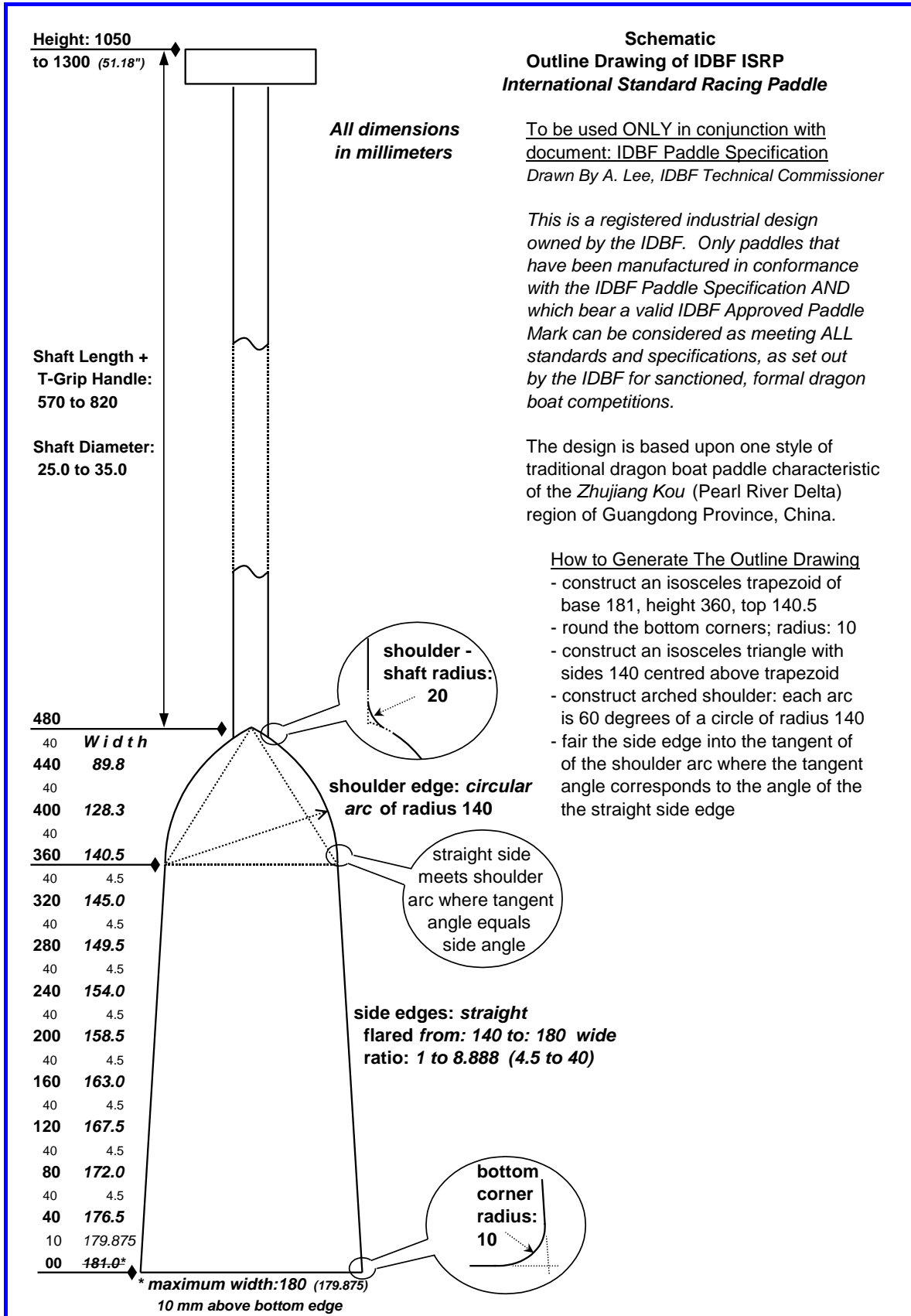


The racing vest number shall be enclosed in a box of a minimum length of 210mm and depth of 150mm (in other words, A5 size). Each numeral shall be of a size that will fit into a box of a minimum size of 100mm tall and 60mm wide. Racing numbers below the number 10 are to show a "0" as the first numeral, as shown in the TEMPLATE example.

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



### OUTLINE DRAWING OF THE IDBF RACING PADDLE 202a



# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## ANNEX F

### RACING RULES FOR DRAGON BOAT RACES OVER 2000 METRES.

(Racing Rule 10 was fully revised in September 2002 and further updated in September 2003, 2006 and 2007)

The rules that follow are primarily designed for Dragon Boat Races that take place on a defined Racing Course as part of a standard Dragon Boat Regatta with all the normal rescue craft; race facilities; support services and qualified officials. *However local conditions, for example the overall width of the Regatta Course, may require the Chief Official to make adjustments to the regulations covering the Racing Course shown. Any adjustments will be notified to the Crew Managers by the Chief Official.*

For long distance races that take place outside of these conditions, for example on large inland waters or the sea, *additional local rules and regulations should be considered.*

**(Rule 10, should be read in conjunction with Racing Rules 7.1, 7.6, 7.8, 7.10 and 7.11)**

**R10.1 The Racing Course.** The Racing Course shall be of a circulatory nature having two straight sections and two turns in one circuit of the Course. The minimum length of the straight sections shall be 500 metres. Each Turn shall be marked with a minimum of six (6) buoys, that is, one (1) at each end of each straight section; one (1) at the apex of each turn; *one on the approaching side of the apex buoy and two buoys after the apex buoy, to indicate the curve of the turn. The buoys coming out of each turn should follow an asymmetrical line towards the exit racing lane. (See extracts below from Competition Regs 6.8 and 6.9, concerning Turn Buoys)*

Each straight section must be marked down its length by a line of buoys, a maximum of 100 metres apart. This line of buoys shall constitute the left hand side of the Racing Lane. The Turn Buoys marking the start and finish of each Turn may be included in this total (*but see Comp Reg 6.9 below*) as may the buoys marking the edge of the normal Racing Course. *The Racing Lane shall be marked at the 50m points, approaching each turn, on both sides (outside edges) of the course with Red Flags (total 4) mounted on larger buoys than the lane marker buoys of which the inside edge Red Flag buoys can be a part - see R10.4.1.*

A plan of the 2000m course will be available at the Team managers meeting.

#### **Competition Regulations 6.8 and 6.9 - extracts**

**6.8 Turn Buoys.** .....Where a race takes place outside the normal Racing Course, that is the area formed by the Racing Lanes, then **Turning Points**, as defined below, must be used and additional Racing Rules for such races will apply.

**6.9 Turning Points.** In Long Distance races that take place on enclosed water, such as a water sports centre or lake, dragon boats may race out of their lanes from the start. In such races should Turning Points be necessary, then the radius of each turn should be at least 50 metres. Each Turning Point shall be marked by at least six flags or buoys, **which shall be readily distinguishable from other course markings.**

*Note: For 2000m Races, these shall be larger buoys ideally of a different colour to the lane marker buoys or if not a different colour, clearly distinguishable in size or shape or by the addition of a flag.*

**R10.2 The Racing Lane and Line of Racing.** **The Racing Lane** over the straight sections of the Course shall be a minimum of ten (10) metres wide, with a water depth of at least three (3) metres over a minimum of two-thirds of its width. **The Line of Racing** for crews racing down a straight section of the Course, *is deemed to be at a point which gives at least six (6) metres of clear water from the buoys marking the left of the Racing Lane – see also R10.3.1. (Sep 06)*

**R10.2.1 Racing** shall take place in an anti-clockwise direction. Crews are not permitted to race on the inside of the buoys marking the left hand edge of the Racing Lane, except when overtaking after completing a Turn (see R10.4.1)

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

**R10.3 A Crews position in a Line of Racing.** Crews must steer a straight course down the Line of Racing, during the whole of the race, except when overtaking or when crews have started a race in 'Line Abreast' (see Rule 10.8.1)

**R10.3.1** It is incumbent on the Steerer, when not overtaking another boat to maintain a distance of at least six (6) meters, *of clear water*, from the buoys on the boat's left (port) side, thus allowing crews who may be overtaking on the port side to have *as much space as possible*, in which to overtake.

**R10.3.2** *Crews taking other Lines of Racing to overtake must observe the spirit of Racing Rule 7.1 but especially concerning 'clear water' between boats. If a crew ignores the intention of the 2 metre rule and in so doing causes any other boat(s) to steer an unreasonably wide course to maintain their Line of Racing or avoid a collision, then a non-Disciplinary Code, **Time Penalty of 5-10 seconds** may be awarded by the Chief Official. When a crew that is being overtaken (see R10.4) alters its course and makes difficulties for the overtaking boat, the same Time Penalties may be awarded by the Chief Official.*

**R10.4 Overtaking.** Overtaking will be carried out to the **left** of the boat being overtaken, except when the width of the Racing Lane allows crews to overtake in clear water to the **right** of the boat.

Overtaking on the **right is permitted after the Start within the first 300metres of a race** (see R10.8.1) and in the last 500 metres of a race (see R10.5.2) **without restriction and also immediately** after coming out of a turn. **Overtaking on the right at all other times is subject to 'clear water' being available to the overtaking crew – see R10.3.2.**

**No overtaking on the right is permitted once the front of an overtaking boat has passed the 50m Red Flag buoys, marking the approach to a Turn.** See R10.42, concerning 'holding their station'. Crews not complying with this rule or R10.4.2 concerning 'holding station' **will receive an automatic Time Penalty of twenty (20) seconds.**

**R10.4.1** When **approaching** a Turn, that is after the *50m Red Flag Buoys* have been reached, overtaking is only permitted on the **left** (inside) of the boat being overtaken. The crew being overtaken must give way and allow 'clear water' to the overtaking crew.

**R10.4.2** A crew overtaking on the **right** (outside) of another boat must hold their station and keep 'clear water', with the boat they are overtaking until the approaching turn has been negotiated, after which time they can complete the overtaking manoeuvre as described in R10.4. **See also R10.5.1 concerning a crew's position during a turn.**

**R10.4.3** A boat about to be overtaken must not alter its Line of Racing once the Head of the overtaking boat is level with or has passed the Steerer (Helm) in the boat being overtaken *and, especially when exiting a turn, must not Steer in a manner that is likely to cause a collision with another boat.* When the Steerer of the overtaking boat is level with or has passed the Drummer in the boat being overtaken, *then that boat is deemed to have been 'overtaken'* *The overtaken boat must then give way and maintain its station. (Sep 06)*

**R10.4.4** When overtaking or being overtaken, it is incumbent on all Steerers to maintain clear water between the paddles of their own boat and other boats in the race but ideally, 2 metres of clear water between boats should be maintained, as per Racing Rule 7.1.

**R10.4.5** If, in the opinion of the Chief Official any racing manoeuvre by an overtaking crew or a lack of clear water between boats has endangered the safety of another crew, or materially affected the result of the race, the offending crew shall be disqualified.

**R10.4.6** A crews race time that has been adversely affected by the actions of another crew, that is, when an Umpire has confirmed that time has been lost through an obstruction or

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

impediment of the crew concerned, a Time Deduction Bonus, of up to 20 seconds, may be awarded.

**R10.5 Turning.** When a crew is following a Line of Racing around a turn, Racing Rules 7.10 and 7.11 apply, that is, the Turning Point buoys shall be passed to port (left) in an anti-clockwise direction. In making a turn the inside boat shall follow as closely as possible, the course marked by the buoy(s) at the Turning Point.

**a.** Steerers are to ensure that Turning Point buoys are kept on the left side of the boat, that is, the boat must pass to the right of all the buoys and not inside any Turn Buoy.

**b.** A crew will not be disqualified for touching a Turn Buoy, or for having less than two (2) metres of clear water or subject to R10.5.1, overtaking coming out of a turn, unless in the opinion of the Turning Point Umpire, the safety of any crew undertaking the turn, at the same time, has been compromised

**c.** A crew that turns inside of a Turn Buoy, that is a buoy is passed to starboard (on the right of the boat) shall face a Time Penalty of up to 5 seconds, per offence. A crew that consistently turns inside of a buoy in a race (that is, more than twice) may in addition, face disqualification from the race in question. (Sep 07)

**R10.5.1 Turning Points.** Once a turn has been reached, all boats must maintain their station through the turn. When two crews are negotiating a turn together, that is the crews are adjacent to each other, it is the responsibility of both crews – even the inside crew when in an overtaking position, to avoid making contact with the other crew but especially when the boats are coming out of the turn. When exiting a turn, the inside boat, whether overtaking by virtue of holding the 'inside racing line' or not, must not Steer in a manner that is likely to cause a collision with another boat. (Sep 06)

When *more than two crews* are making a turn, at the same Turning Point, then a crew on an **outside** line must leave room for a crew on an **inside** line, to follow the line of the turning point buoys in safety, that is, at least clear water between the paddles in adjacent boats, must be maintained around the turn – R10.4.2, refers.

Similarly a crew on an inside line must not make difficulties for a crew holding station on an outside line by, for example, steering wide around the Turning Point. If in the opinion of the Chief Official a crew has not attempted to steer in a safe manner around a turn, then Time Penalties may be awarded against the offending crew(s).

**R10.5.2 Last 500m.** When a crew has completed its final turn and is in the last 500m straight of the race, it may cross into the main Racing Course, that is, inside the left hand edge of the Racing Lane and take any Racing Line down the last 500m. Overtaking on either side of another boat is permitted during the last 500m provided that clear water is given to any other boat on the Racing Course. The crew has finished the race when the foremost part of the boat crosses the line, with the same number of crew members in it, as started the race.

**R10.6 Impeding / Collisions.** If during the course of the race a boat impedes or collides with another boat the Chief Official shall apportion blame **but see also R10.4.5 - disqualification when crew safety is compromised**.

If the Chief Official decides that a boat has impeded the forward motion of another boat, or that the crew in the impeded boat had, by necessity, to stop paddling; then a Time Penalty of up to thirty (30) seconds may be awarded to the impeding crew. A Time Bonus may also be awarded to the impeded boat as allowed for under R10.4.3. When a collision between boats occurs then Racing Rule 7.7 will apply, except that re-racing will not take place.

**R10.7 Course Umpires.** To assist the Chief Official in implementing these rules and other Rules of Racing in general, Course Umpires both waterborne and land based should be positioned around the

## INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

Racing Course to afford full observation and supervision of the crews in the race. A Boat with an Umpire should be stationed inside each Turning Point to observe the crews negotiating the Turn Buoys.

**R10.8 Starting Procedures and Formats.** Boats shall normally be started at intervals, that is, a 'staggered' start, line astern (see 10.8.2) using the normal start commands of 'Are You Ready', 'Attention', 'Go'. The time interval between each crew starting shall be determined by the standard of the crews racing and the prevailing water and weather conditions.

In any event, *when the order of starting is that the slowest crew starts first*, the time interval between crews should not be less than ten (10) seconds or more than thirty (30) seconds. *In every kind of starting order, the Start Time of each crew shall be when the front most part of the boat actually crosses the Start Line* and must be recorded by the Starter (or Starters Assistant) and passed to the Race Secretary. For a staggered start boats may be lined up ready to start in one of two different formats.

**R10.8.1 In Line Abreast.** Crews should first be 'seeded' according to ability, the slowest crew starting first and the fastest last. Crews should be placed in a line next to each other along (or in a line behind) the actual Finish Line, facing up the Racing Course towards the normal Start Line.

**a. Starting Position.** The slowest crew should be positioned on the 'right of the line' looking up the course, that is facing their Racing Line. On the start command the first crew shall race straight ahead into the Line of Racing 6 meters **to the right of** the buoys marking the Racing Lane.

**b. Crossing the Course.** The second boat to start and subsequent boats may steer straight ahead on their start command, even if this means that they are racing to the left of the buoys marking the Racing Lane. However, Crews doing this must then move diagonally across the course in a Line of Racing until they have reached a point on the course that is to the **right** of the buoys marking the main Racing Lane – see R10.3.1.

**c. 300 Metre Rule.** This crossing to the Racing Lane must be completed within *300 metres* from the start of the race. *During this time*, crews may pass on either side of a boat they are overtaking, provided that at all times they maintain 'clear water' between themselves and all other boats.

**R10.8.2 In Line Astern.** Crews should be 'seeded' as in 10.8.1. If conditions allow, all boats will be lined up one behind the other. They will move to the start when called in turn. *Normally the slowest seeded crew will start first facing the Racing Lanes and behind the Finish Line of the Racing Course. At the discretion of the Chief Official the fastest seeded crew may start first.*

**a. Late at the Start.** Failure to be at the Start Line on time will **not** prevent the Starter from starting the next crew in the line. Crews must steer a straight course from the start, down the Line of Racing – see R10.8.1a.

**R10.9 Mass Start.** When the race venue and the number of competing crews allow, a Mass Start may be used, providing that, in the opinion of the Chief Official, the crews are of a standard to ensure that undue congestion will not occur at the Turns or collisions between boats, particularly in the first 300 metres of the race, are unlikely to occur. In a Mass Start race crews will be randomly allocated Start Numbers. The lowest number will start opposite the main Racing Lane and the highest to the far left of the line. Crews will line up 'In Line Abreast' but all crews will start on the same starting instruction.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## ANNEX G

### **R9. DISPUTES, PROTESTS, DISQUALIFICATIONS and APPEALS.**

**R9.1 Disputes.** Disputes that arise during a competition between Crews, or between IDBF Member Organisations shall be addressed to the Chief Official and dealt with by the Competition Committee, in the same way as a Protest.

**R9.2 Racing Protests.** In the event of a crew wishing to make a protest following a race, concerning the conduct of another crew, the Crew Manager must lodge the protest with the Chief Official. Such a protest must be addressed to the Competition Committee and made within fifteen (15) minutes of the end of the race. A protest against a race result must be made no later than 15 minutes after the result is officially posted.

**R9.3 Protest Fees.** At Championship events, all protests shall be made in writing and shall be accompanied by a fee of 20 USD, or the equivalent amount in the currency of the country in which the competition is being held. The fee shall be refunded if the protest is upheld. At all other events Protests may be made verbally and, at the Chief Officials discretion, a protest fee need not be paid.

**R9.4 Action and Timings.** When a protest is made, the Chief Official must immediately notify any other party involved in it and call a meeting of the Competition Committee to discuss the protest. Only in exceptional circumstances should the Competition Committee take longer than thirty (30) minutes to consider any one protest.

**R9.5 Decisions.** After reaching its decision the Competition Committee must inform all the parties involved in writing of its decision and of the reasons for the decision. The Chief Official shall hand the decision to the Crew Manager(s) involved, who must then acknowledge receipt of it by signing the Chief Officials copy and recording the time in case of any further appeal to the Jury.

**R9.6 Disqualification.** In the event of a crew being disqualified from a race or the competition, the Competition Committee must record their decision and the reasons why in writing on a Disqualification Notice. The Chief Official must hand this notice to the Crew Manager concerned and who must acknowledge receipt of the Notice by signing the Chief Officials copy and endorsing it with the time of receipt.

**R9.7 Appeals.** This acknowledgement is the start of the period in which the Crew Manager(s) may appeal to the Jury, against the decision of the Competition Committee. In non-championships where a protest has been dealt with verbally, the Chief Official may give the disqualification and the reason why, verbally to the Crew Manager(s) concerned.

**R9.8 Time Limit.** When a Jury has been appointed, an appeal against a decision of the Competition Committee shall be addressed to the Chairman of the Jury and handed in no later than twenty (20) minutes after the Crew Manager(s) has been informed, in writing, by the Competition Committee of any disqualification or dispute involving their crews.

**R9.9 Appeal Fees.** For IDBF Championships, all appeals shall be accompanied by a fee of 50 USD or equivalent amount in the currency of the country in which the competition is being held. The fee will be refunded if the appeal is successful.

**R9.10 Jury Meetings.** The Chairman of the Jury shall allow a further twenty (20) minutes to elapse, for any necessary investigations to take place, before calling a meeting of the Jury to debate the appeal. Only in exceptional circumstances should this take longer than thirty (30) minutes for any one appeal. The Chairman shall then inform the Competition Committee and the Crew Manager(s) concerned of the Jury's decision and reason why, in writing, within ten (10) minutes of a decision being reached.

**R9.11 Final Decisions and Appeals.** At IDBF Championships the decision of the Jury is final. At other IDBF Competitions a crew has the right of appeal to the IDBF Executive Committee against a decision of the Competition Committee or where one is appointed, the Race Jury.

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

## Rule Of Racing R9.1 Refers

抗议

### IDBF RACING PROTEST FORM

(White Paper)

代表队名称:

**Team Name:** \_\_\_\_\_

领队姓名:

**Team Manager:** \_\_\_\_\_

比赛号

赛道号

**Race Number:** \_\_\_\_\_ **Lane Number** \_\_\_\_\_

抗议

**Protest Details:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

签名

时间:

**Signature:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Team Manager/ Leader**

**Print Name:** \_\_\_\_\_

.....

**Race Control**      赛事管理

签名:

时间:

**Signature:** \_\_\_\_\_ **Time:** \_\_\_\_\_

**Fee Received** \_\_\_\_\_ **缴费**

# INFORMATION BULLETIN No.4 – TECHNICAL REGULATIONS

参见比赛规则第R9.7条  
Rule of Racing R9.7 refers

## 国龙联合会赛事申诉表

### IDBF RACING APPEAL FORM

(黄色纸)  
(Yellow Paper)

**Team Name:**

代表队名称: \_\_\_\_\_

**Team Manager**

领队姓名: \_\_\_\_\_

**Race Number**

比赛号: \_\_\_\_\_

**Lane Number**

赛道号: \_\_\_\_\_

**Appeal Details:**

申诉详情: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Signature:**

签名: \_\_\_\_\_  
Team Manager

**Time:**

时间: \_\_\_\_\_

Name \_\_\_\_\_

**Race Control**

赛事管理

**Signature:**

签名: \_\_\_\_\_

**Time:**

时间: \_\_\_\_\_

**Fee Received**

缴费: \_\_\_\_\_