Sylvan Lake ICE Dragon Boat Festival

February 17-18, 2024

Rules of racing

1. General

The dragon boat races shall be under the supervision and control of the Chief Race Official who shall retain authority over all matters related to racing.

2. Race Division.

There are five racing divisions.

1. **Mixed division**. All crews in the mixed division must have an **equal number** of male and female paddlers.

2. **Women's division.** This division is reserved for teams comprised of all female paddlers.

3. **BCS/ACS division**. Reserved for BCS/ACS survivors. The drummer and steersperson does not have to be a BCS/ACS survivor.

4. **Open division.** No restrictions.

5. **Youth division.** All crew members must be 17 or younger. This does not include the steersperson.

The drummer and steersperson for any crew may be male or female.

The maximum number of paddlers for any crew is 10.

The minimum for any crew is 6 paddlers, a drummer, and a steersperson.

The minimum age for a participant is 12 years old.

3. Cross rostering.

Cross rostering is allowed under the following conditions:

1. Paddlers may cross roster from one racing division to another. For example, a female paddler on a mixed team may also compete on a woman's and/or a BCS/ACS team.
2. Paddlers may not cross roster between teams withing the same division. For example, a paddler in the mixed division may not race with another team in the mixed division.
3. There are no limitations to cross rostering of drummers and steerspeople. For example, a drummer or steersperson may drum or steer for multiple teams within the

same division. However, drummers and steers who are cross rostering will not be allowed to hold up the races by attempting to race in back-to-back races.

4. Safety.

Unless necessary and under the control of the coach, it is strictly forbidden for a paddler to stand up in the boat during the race.

Any participant not deemed fit to race by any staff, festival committee member, or volunteer will be asked to sit out. Not deemed fit to race may include excessive alcohol consumption, dehydration, hypothermia, bodily injuries, disrespecting officials, other participants, or staff.

Any participants injured or who become ill during the festival are to report to medical staff immediately. If the condition is serious, medical staff may restrict a participant from continuing in the festival. Their decision is final.

5.Racing.

All teams will race three times on a 200-meter racecourse. This includes two heats and one final. The fastest of the two heat times will be used to place teams into the finals. All teams will race their first two heats before the course break. During the course break the race officials will create the race program for the finals. The top three times per division will race in the 'A' final, the next three times in the 'B' final and so forth.

The starting procedure shall be "all Paddlers Ready", followed by “Attention Please”, followed by a shot or air horn. Any team caught false starting will receive a time penalty. The starter may at any time change the start procedure if they deem it necessary. For example, the starter may skip the "all paddlers ready" and jump straight to "attention please".

All crews must remain in their lane for the duration of the race. Leaving your assigned lane may result in a time penalty at the discretion of the chief race official.

6.Etiquette.

All participants are expected to treat the officials, organizers, volunteers, their fellow competitors, and spectators with respect. Any abuse of this fact witnessed during the festival is to be reported to the organizing committee who will review the situation and take appropriate action that may include expulsion of a participant or crew from the festival.

All crews are expected to respect the rules and regulations of racing and the judgment of the officials. Un-sportsmanlike towards the officials in this regard may bring about further penalty and risk disqualification the infracting crew.

7. Awards.

Gold, silver, and Bronze medals will be awarded to the top three teams in all five race divisions This is for the ‘A’ division only.