

2011 Long Beach Dragon Boat Spring Race
Dragon Boat Racing Rules & Instructions
International Cultural Exchange Association

I – Captains’ Meeting

1. Captains’ meeting is on Saturday at 8:15 AM at the registration tent.
2. Be sure to turn in all waivers. No waivers, no racing!

II - General Notes

traffic street.

walk way.

3. **DO NOT step on or touch plants on/near Paoli Way.**
4. **DO NOT play frisbee, football or volleyball on the driveway.**

10AM

6. Please keep the noise level down at all times, especially when setting up early in the morning.
7. Each team is entitled to 3 parking spots. Please E-mail Mary Melton the names list from your team
8. We need volunteers to bring 9 boats from Mother's Beach by 8AM, volunteers will be needed to bring the boats back to Mothers beach after the race (it is a custom to have final teams take the boats back)
9. Please inform Mary Melton if your team does not have life vests or paddles
10. Please inform Mary Melton if your team has a need for a certified steersperson
own
12. Certified steersperson shall guarantee that boats are not run into the sand when docking
13. 23 medals will be awarded to each winning team. Each additional medal is \$3.
14. First place winner of High School is determined the fastest time out of the 2 races in each division.
15. Wearing water shoes or sandals is highly recommended to protect from rocks and other hard/sharp objects.
16. Please keep the loading area clean by not leaving bottles, equipment, or other personal belongings.
17. Open fire grill/cook tops and alcohol are strictly prohibited. No sales of food or team products allowed in the tent area.
18. **All teams will be responsible for removing their own trash.** Trash can be discarded at the end of Marine Stadium. (by Fire Dept.)
19. Swimming is prohibited in the Long Beach Marine Stadium and the loading area.
20. Mike Baker will let us know which street teams can come in to unload from (Laverne Ave or Hanan Dr)?

III - Racing Rules

1. If any of your team members have any special medical condition, they must carry their medication with them at all times.
2. Lane assignments for the first race of each division are drawn by lottery by officials.
3. Paddlers can only paddle in the Mixed Divisions for one team only. No crossing with any other mixed team during division heats. Penalty in the form of Team Disqualification (Team DQ) upon protest with valid proof will be applied.
4. Minimum of 14 paddlers and maximum of 18 are allowed per boat.
5. All divisions are mixed divisions, which needs to have a minimum of 6 female paddlers.
6. Team Captains and Coaches must read and follow the race grid in order to be on time for races.
7. In order to keep the races on schedule, the dock crew will not wait for any teams upon launching for a race. Make sure your entire crew is ready to marshal and checks in at the loading area **45 minutes before your scheduled race**. It is your responsibility to check the
8. In case of time conflicts for your races (e.g., back to back races, concurrent races), please notify the officials at the marshalling area. Teams may be disqualified if they are not at marshalling on time.
9. A minimum of 2 team members from each boat need to help push their boat off from the dock for their race.
10. During marshalling, teams should line up in two straight lines from back to front on the boat facing the launching area with the steersperson in front reporting to judges and the caller behind the paddlers. All persons on the boat must wear a PFD buckled at all times.
11. Teams at the loading area **MUST** follow the officials' directions. Teams that do not load properly (e.g., waiting for missing paddlers, full team is not ready to load) will be disqualified immediately.
12. After the boat leaves the dock, it cannot stop for any personnel changes unless approved by the racing committee. All launched boats are required to head to the starting dock immediately. Stops and detours are not permitted. Boats that delay the starting of a race will be penalized or disqualified.
13. When heading to the starting dock, stay close to the shore as other teams may be racing. Boats in lanes 0-2 will turn around behind dock while lanes 3-5 in front of dock. Please pay attention to officials for instructions. Going far behind the dock or ignoring official's call will be penalized by 6 seconds or will be disqualified.
14. To minimize noise, drumming is prohibited from the loading area to the starting dock.
15. Upon finishing a race, each team must return promptly back to the launching dock without causing delay for the next heat. A penalty of 6 seconds may be imposed to the boat causing the delay. Follow loading official's commands to return the boat to a specific location.
16. All ICEA life jackets and paddles must be returned and must not leave the marshalling area after each race (penalty: 6 seconds).
17. Penalty for ICEA equipment damages (e.g., paddles, life jackets, drums, steering oars, and boats) will be applied to offending parties in the form of added seconds to their race time.
18. Additional racing details are available online at: www.lbdragonboat.com under Race Rules
19. Disregard of starter's or umpires' instructions may result in disqualification.

PENALTIES TO WATCH FOR IN MARSHAL

- a) backs boat out at wrong time
- b) slow at getting into boats (unorganized)
- c) does not have full crew
- d) tries to load/switch paddlers
- e) slow going out
- f) wrong pfd type
- g) pfd not buckled, zipped or pulled tight
- h) loads with extra paddlers
- i) hits another boat (red card)
- j) throws bailers to the beach (ending in the ocean)
- k) drums before 10AM
- l) drums going out
- m) cuts another boat off
- n) comes into beach before boats leave
- o) water fight (both teams)
- p) slow at getting out (taking team pictures when everyone is waiting)
- q) excessive noise at the marshal tent
- r) exiting to their right and tearing off caution tape
- s) insufficient women (6 for 18 paddlers, 4 for 10 paddlers)
- t) more than 18 paddlers