

# GUIDELINES FOR ALL TEAMS TO REVIEW, UNDERSTAND AND FOLLOW PRIOR TO RACE DAY and ON RACE DAY

TO: ALL TEAMS, TEAM COORDINATORS, TEAM CAPTAINS, PADDLERS, FLAG CATCHER (Puller), DRUMMER and PARTICIPANTS

We believe that everyone who enjoys the living, playing and working in, near and on the water is family or 'OHANA. All who love the water and its activities are our brothers and sisters at heart; whether they live in Hawaii, Asia, North America, or any of the other continents!

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| 'O | 'Oia'i'o   | genuine, sincere, truth     |
| H  | Ha'aha'a   | humility                    |
| A  | Aloha      | friendship, love            |
| N  | Na'au pono | right-minded, upright, just |
| A  | Alaka'i    | lead, guide, direct         |

We believe in perpetuating and preserving the art of the Chinese dragon boat paddling and its cultural history. We are supportive of other ocean and water activities, such as Hawaiian canoe paddling, kayaking, rowing, etc. through personal growth and character development rooted in traditional Chinese and Hawaiian cultural values.

We expect all of our participants to respect our decisions of the HDBA, its administrators, race officials and other assistants. Everyone are volunteers and they commit their time and efforts to the dragon boat community.

We believe in having a friendly and fun competition. Respect each other and the paddling community – have fun in the sun paddling. Competition is on the water only.

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The following additional rules are implemented to protect the boat and paddles AND it is your responsibility to inform your team paddlers and participants, NOT the race officials!

**The boat must be balanced by the weight of the paddlers. If you have paddlers who have NOT raced in these IDBF boats previously, do NOT place them in seats 3 and 4! Your boat will capsize, may cause damage to the boat, cause additional injury to paddlers and delay the race 45 minutes! Canoe paddling and dragon boat paddling is similar, but not the same.**

*All teams are required to check-in at the announcer's tent by 7:45 A.M. We need assistance to move the boats at 7:00 AM to the beach from the storage area. Please help! Steersman or Sweeps meeting at 7:30 AM at the Diamond Head start line.*

When the boat is on shore, teams ending their race heat will have 2 minutes to exit the boat. Teams entering their race heat will have 2 minutes to enter the boat. Teams are not allowed to enter or exit the boat from the side, unless instructed by the steersperson or race officials. Exceptions to side entry are for boat tenders or assistance that prevent the boat from hitting the rocks, sand or another boat. Failure to abide by this guideline will result in a disqualification to your team after the race heat, regardless if your team has begun its race, completed its race and won their race heat.

Please indicate 10 min prior to your race if a steersperson is required at the race official tent at the start line! If more than 1 team request for a specific sweep, then the race official will determine which boat via lottery that the requested sweep be allowed to steer. If there are more sweep-person available, then the race official may also

elect to not allow that specific sweep-person to steer that particular race. The sweep may request for a specific team only if the sweep is a registered team member for that race team.

1. Team captains are required to review the capsize drill prior to entering the boat and basic commands!
2. Team consists of: 18 paddlers, 1 drummer, 1 flag puller/catcher and 1 steersperson. Waiver forms must be submitted prior to the first race at the check-in station, or earlier (best during registration period).
3. The flag puller and drummer may use either seat 1 or seat 2 to sit or stand.
4. The flag puller may sit or lay prone on the bow of the boat or in any position to grab the flag. The flag puller may NOT sit or lay upon the dragon head. If the flag puller or any other team member should fall into the water during the race, then the team will be disqualified or given a 10 second time penalty. No one may assist the flag catcher in grabbing the flag.
5. Paddlers will sit from seat 3 to seat 10.
6. Do NOT walk on the seats.
7. Paddlers will enter and exit from the front (bow) of the boat.
  - a. Enter: last seat (seat 10) enters first; back to front; therefore flag catcher and drummer enters last.
  - b. Exit: front rows to back; ie. flag catcher and drummer exits first.
  - c. DO NOT EXIT OR ENTER FROM THE SIDE OF THE BOAT, unless INSTRUCTED BY THE RACE OFFICIAL OR STEERSPERSON. Exception: to hold the boat or prevent the boat from crashing into the rocks, sand or another boat! Penalty: disqualification!
8. Sweep-person is not the CAPTAIN of the boat. Your drummer is the CAPTAIN of the boat. Once all paddlers enter the boat, instructions should be given by the drummer. It is the drummer who communicates with the sweep.

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| NOTE: Team coordinators for the team may be a different individual from Team captains on the boat. |
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9. Race heats will begin without your race team if you are not in the water and at the start line. After a final announcement is issued by the race announcer and race official at the start line, we will begin the race without you!
10. The race official will start the race when at least 2 boats are within 20' of the start line. We will make all attempts to start the race from a stationary position, but this is not a guarantee.
11. Sweep-person should steer boats to the tire or designated area after each race. Do NOT allow the boat to touch the sand.
12. Do NOT use the paddles or steering oar to push the boat from the shore or into the sand.
13. ALL teams should help to tender the boat for their team and other teams; prior to and after their race.
14. Leave the paddles perpendicular ON the seats AND place your pfd at the bow of the boat when exiting!
15. Everyone wears a pfd. If any member of your team should wear their own pfd, then the extra pfd must remain in the boat. Exception: sweep-person.

16. Only IDBF-licensed dragon boat paddles may be used. If any member of your year should bring their own IDBF paddle, then it must be reviewed by the race official in advance. The unused paddle remains in the boat.
17. Do NOT remove any pfd or paddles from the boat without the race official approval.
18. Teams racing at the beginning or end of the day or prior to a rest break, or when requested will be asked to carry the boat from the water to the designated area.

**NOTIFICATION and ANNOUNCEMENT.**

**We have race announcers on sound system and speakers at the race site area. Please listen or position yourself near the speakers.**

**We are transmitting of radio on FM 88.8 on race day! Bring a FM digital radio tuner and select 88.8. This will be our official Dragon Boat station and our race announcer will provide race heat updates. Please monitor this radio station for schedule updates. Event officials will generally follow the planned race schedule, however, unless races are delayed. Also, you may check on the dragonboathawaii.com website for any “live” updates! Do NOT go to the race official tent for information! Go to our announcer’s tent near the risers.**

We are all volunteers! We do not anticipate a lunch break on Sat and any assistance prior to, during or after the races, is much appreciated. We would like everyone to have fun! Please be considerate to our volunteers and thank them for their help! Team members and supporters who should make any derogatory statement will not be permitted to race and the team may be disqualified from any or all of the races.

Again, we are still accepting donations to purchase additional boats and equipment. If you know of any individual, organization or company that would like to partner with us, please call Kelfred Chang at 306-4584 or email: [hawaiichinatown@yahoo.com](mailto:hawaiichinatown@yahoo.com).

**SAFETY FIRST! HAVE FUN! PADDLES UP!**