

## GAMES INFORMATION

Please read if entering the Games

### Celebrations

**Games Awards Dinner** will be held Monday March 19 from 6.30pm at the Establishment. Dinner features special guests presenting the Corporate Awards and cost TBC.

### Eligibility

Entrants may represent only ONE organisation in the Games. Entrants do not have to be employed by the organisation represented.

### Age Classes

The Official Games Age of an entrant is their age on Dec 31 of the Games year. You can not enter more than one Age Class in an event.

### Limited Entries

The Games reserves the right to place entrants into another Age Class to ensure play. However only medals and points from the original class entered will be awarded.

### Insurance

Entry fee does not include **Personal Accident Insurance**. It is up to each participant to have their own insurance that covers them in the event of an injury.

If an entrant is responsible for the breakage of equipment at a Games Venue they will be required to pay for the repair or replacement of the equipment. The NSW Corporate Games holds third party public liability insurance only.

### Entry Changes

**Replacement or Changes** after March 2 are at the discretion of the Games and subject to a \$25 fee per change.

**Withdrawals and Refunds** before March 2 refunds are minus \$25 per person, after March 2 no refund. Withdrawals must be on a Games Form.

### Weather

Adverse weather conditions may cause modifications to or cancellation of events. No refunds are made.

### Entry Confirmation

Confirmation will be posted to each entrant, only after a complete Entry has been received by the Games with full payment.

### Start Times & Draws

Unofficial Draws with start times are available from the Games website ONE week before the Games. Official Draws are only available from a Games SuperCentre.

### Games Registration

**Registering in person before competing is compulsory.** To register, each entrant is required to bring their Entry Confirmation, with photo attached, to a Games SuperCentre and sign a Waiver of Liability, collect their Official Start Times and Games Programme, and be issued their validated Games ID.

Games SuperCentres for registration will be located in Sydney from Friday March 9 to Sunday March 18. Exact times and locations will be sent with Entry Confirmation.

### Games ID Card

Before competing each person must have their Games ID Card validated by Registering, see Games Registration. This can't be done at the Sport Venue Control Desk.

**NO CARD NO COMPETITION!** Before competing entrants must present their validated Games ID Card and be able to show personal photo ID if asked by a Games Official. Don't forget either piece of identification.

You may only compete in events and on teams specified on your Games ID Card. NO new entries or swapping of events or team members at the Sport Venue is allowed.

### Sport Venue Check-in

Entrants must be at the Sport Venue **45mins** before their **first** scheduled Official Start Time and must report to Sport Venue Control at least **30mins** prior. Failure to do so may result in a forfeit.

Call **131 500 or sydneybuses.info** for Information on accessing Games Venues by public transport

### Health Services

In the case of an emergency requiring medical attention, contact the nearest Games Official. A medical team which may include Red Cross, physiotherapists or sports trainers will be available at most sport venues.

### Appeals

There is no appeal against the decision of a match official. Appeals relating to other aspects of play or Games rules are adjudicated by the Sport Coordinator. Appeals must be submitted in writing by the Team Captain, to the Sport Coordinator within 15 minutes of the end of the match in question.

### Code of Conduct

Any team/entrant who displays unreasonable behaviour in the opinion of officials or the Sport Coordinator before, during, or after a competition may be disqualified.

### Results

Official Results will be available on March 20 after the Games Awards Dinner from the Games website at [www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw)

### Post Entry Form to

*NSW Corporate Games*  
PO Box 887  
St Ives NSW 2075  
Australia

### Enter & Pay Online at

[www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw)

### Games Contact Details

Tel **02 9440 4847**  
Tel 1300 727 194  
Fax 02 9440 4768  
[nswcorporategames@australiandiabetescouncil.com](mailto:nswcorporategames@australiandiabetescouncil.com)



# Dragon Boat Racing

CHAMPIONSHIP



## SPORT ENTRY INFORMATION

Please read if entering Dragon Boat Racing

### Date

**SUNDAY March 18 START 9:00am** • day  
Schedule may change

### Sport Coordinator

**Melanie Cantwell**

### Sport Venue

**Nepean River, PENRITH**

Sport Venue Control Location River Bank - specific position will be confirmed on Games ID Card  
Drinks, food and all facilities available  
Venues may change

### Event

**MIXED Open**

### Entry Fee

**\$60** per participant including GST. Entry must be with full payment and at the NSW Corporate Games Office by deadline. NO part payments accepted for this team entry.

### Entry Deadlines

**Guaranteed Entry Deadline** February 3

Only complete Entries with payment are guaranteed

**Final Entry Deadline** February 17

Entries received after the Guaranteed Entry Deadline are taken on a first come basis

### Format

Competition is heats followed by semis and final

Teams are scheduled for a min 3 races where possible

Competition is **not** graded

Each race may contain teams from all 4 'Levels of Skill' as selected when entering

Heat consists of 3 x 200m sprint format races

Squad size **Minimum 17 Maximum 23** required on Entry Form

Team consists of a drummer + 14 (min) to 20 (max) paddlers

Team minimum 7 paddlers of each sex in the boat

A team forfeits if it does not meet the above criteria

### Regulations

Squad should be able to swim 50m lightly clothed

Buoyancy vests are compulsory

Sweeps are allocated for each heat

A team must race in its designated lane.

If only one boat starts a scheduled race, the team must paddle the course in order to register a time. A boat has finished when the bow crosses the finish line.

An Individual may enter on only ONE Dragon Boat Team and represent only ONE Organisation in the Games. Entry is NOT limited to employees

### Rules

DBNSW Rules as adapted for the Corporate Games. See following Competition Rules.

### Equipment

Boats, paddles and buoyancy vests are supplied and allocated by the Games for each race. **NOTE: Buoyancy vests are compulsory**

Team must ensure the boat and equipment are waterworthy and functional before embarking. The Games is not responsible for boat or equipment failure after the boat has left the loading area.

### Training

Entrants without Dragon Boat experience must complete a Dragon Boat NSW Water Safety Session.

DBNSW Training Sessions can be arranged for an additional fee and can only be booked after entry is confirmed. DBNSW requires all entrants training to have personal insurance. Proof of insurance will be required.

For Training & Safety Information email [info@dragonboatsnsw.org.au](mailto:info@dragonboatsnsw.org.au)

### Uniform

Uniforms must be of like kind and colour  
Entrants will get wet.

### Fee Payments

Fees are payable to **Australian Diabetes Council**, by Money Order, Cheque or Credit Card

We accept Visa, MasterCard and American Express.

### Start Times & Draws

Before Final Deadline a preferred start time may be requested but is not guaranteed. A **Request Form** is available from the Games by contacting **02 9440 4847** or at [corporategames.net.au/nsw/organisingateam.shtml](http://corporategames.net.au/nsw/organisingateam.shtml).

Unofficial Draws with start times are available from the Games website ONE week before the Games. Official Draws are only available from a Games SuperCentre.



## Dragon Boat Competition Information

This information must be read in conjunction with "Sport Entry Forms and Profile" and "Games Information"  
Details are subject to change please contact the NSW Corporate Games Office for the most recent information.

### Competition Commands

#### Race commands from Sweeps

Head Count	all teams must do this before leaving the bank, pontoon, beach etc (number off from drummer to sweep)
Paddles flat	rest the blade of the paddle flat on the water to stabilise the boat
Paddles behind you	to reverse into the start position
Paddles out	paddles come out of the water and the dragon boat glides to a stop
Stop the Boat / dig it in	stop the boat quickly, by holding paddle vertically in the water (the entire blade)
Hold water	paddles vertical in the water to keep the boat from moving
Draw stroke (sideways stroke)	nominated seats (usually front 2 or 3 rows) do this to straighten up the nose of the boat.

#### Start commands

When all boats are correctly aligned the starter will call:

**Are you Ready** If the team is NOT ready, the drummer must immediately raise their hand high to notify the starter

**Attention** teams should now have their paddles in the ready position (paddles up)  
Note: teams may have their paddles in the water as long as they are NOT moving

**Go** or the sound of a horn will signal the start

### Competition Rules

**Jumping the start** – if a team starts paddling before the "official go" is called, the team will be penalised a "time penalty" of between two to five seconds.

**False Start** – may be called by the starter if the start signal does not go off properly.

**Late arrivals** – the starter may warn a team arriving late in the start area or award (if appropriate) a Time Penalty of up to five seconds for failing to come to the start line when called.

**Correct Course and Clear Water** – the 'Correct Course' for each boat is a "straight line" down the course. Teams are responsible for their steering and deviate from their 'line' (racing lane) at their own risk. Teams may deviate from their 'lines' (or racing lane) without penalty providing they do not impede other teams and 'Clear Water' is observed around each boat.

**Collisions /materially affected races** – In the event of a collision between two or more boats or where a race result has been materially affected by a Dragon Boat not giving 'Clear Water', the Sports Organiser may disqualify the offending boat(s) or award a time penalty up to 5 seconds from that race. If one or more of the teams involved could have avoided the collision by taking corrective action (e.g. stop paddling) but did not do so, then the team(s) concerned may also be penalised or disqualified from that race.

**Crossing the finish line** – DO NOT stop paddling until after the finish line. The time will be taken on the foremost part of the boat.

### General Information

#### Balancing a boat

Each pair of paddlers must be of similar weight

Strokes (front row) should be slightly smaller and reasonably fit as they will set the pace for the team to follow

Rows 4, 5, 6, 7 are the "engine room" and the bigger people should sit here

Rows 8, 9, 10 should be smaller people as the width of the boat is narrower

Note: this will help balance up the boat left and right, front and back to evenly distribute the weight and make life easier for the sweeps.

### Format

Competition is heats followed by semis and final

In the heats each team races three times

The number of boats in a race may vary

Points are awarded in each race as follows (with times for each boat also recorded)

1st place 5pts

2nd place 4pts

3rd place 3pts

4th place 2pts

5th place 1pts

#### Semi Finals and Final

##### Semis

4 boat semi, 8 teams qualify determined by the highest total of points after heats with the fastest aggregate times used to break ties. Teams are then seeded based on their aggregate time (fastest time seeded #1).

5 boat semi 10 teams qualify determined by the highest total of points after heats with the fastest aggregate times used to break ties. Teams are then seeded based on their aggregate time (fastest time seeded #1).

##### Final

Using 4 boats, 3rd & 4th placegetters from each semi race for 5th to 8th place followed by 1st & 2nd placegetters from each semi race for 1st to 4th place.









