











## Dragon Boat Competition Information

This information must be read in conjunction with "Sport Entry Forms", "Sport Information" and "Games Information" available from the website. Details are subject to change.

## 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	The sound of a horn will signal the start

## Competition Rules & Formats

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 'lane' (racing lane) at their own risk. Teams may deviate from their 'lanes' (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 slighter 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 a 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 6pts

2nd place 5pts

3rd place 4pts

4th place 3pts

5th place 2pts

6th place 1pt

## Semi Finals and Final

### Semis

Based on a 4 boat competition 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).

Based on a 5 boat competition 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 then 1st & 2nd placegetters from each semi race for 1th to 4th place.



# Entry & Payment Information

**DEADLINES**

Guaranteed Entry Deadline February 4 • Final Entry Deadline February 18. Incomplete Entries will not be guaranteed or processed. Entries received after the Guaranteed Entry Deadline are taken on a “first come” basis.

**ENTRY CONFIRMATION**

Confirmation will be sent to each entrant on this Form, only after Entry has been received by the Games with full payment.

**REGISTRATION at a SUPERCENTRE**

‘Registering’ in person before competing is compulsory. To ‘register’ each entrant is required to bring their Entry Confirmation, with photo attached, to the Games SuperCentre - not Sport Check-in, sign a Waiver of Liability, collect their Official Start Times and Games Programme, and be issued their validated Games ID, which must be shown before competing. See ‘Waiver’ and ‘How to Enter’ on the Games website. Games SuperCentres for registration will be open from March 15-21. Exact times will be sent with Entry Confirmation.

**INSURANCE**

Entry fee does not include Personal Accident Insurance. Diabetes Australia-NSW holds third party public liability insurance. If an entrant breaks, damages or loses equipment at a Games Venue they will be required to pay for its repair or replacement.

**REPLACEMENTS and CHANGES**

Replacements or changes may only be in the Identical Event. Replacements must be lodged at the NSW Corporate Games Office on an Official Form before March 4. Replacements or changes after this date will be at the discretion of the Games and subject to a \$25 fee per change.

**WITHDRAWALS and REFUNDS**

Withdrawals must be in writing. Before March 4 refunds are minus \$25 per person. After March 4 no refund. Fees paid are spent in advance on the cost of organising the Games and therefore are only refundable as above.

**GAMES CELEBRATIONS**

Details on Games Celebrations are available at [www.corporategames.net.au](http://www.corporategames.net.au). Games Awards Dinner will be on Monday March 22 from 7:00pm. Special guests will present the Corporate Awards. Games ‘The Replay’ After Party will be held on Friday March 26 at Bungalow 8. Free entry and drink on arrival for all participants.

**FEES INCLUDING GST**

\$60 per participant.  
Entry must be with full payment and at the NSW Corporate Games Office by deadline



Number (Min 17)

Participants in **DRAGON BOAT RACING**  x \$60 =

**METHOD OF PAYMENT**

Fees payable to Diabetes Australia-  
NSW ABN 84 001 363 766 by

Cheque

Money Order

Credit Card All (except Diners)  
Please complete below

Direct Debit  
By ticking this box, I authorise Diabetes Australia – NSW to debit the account nominated below allowing for payment of all entries submitted. Diabetes Australia – NSW reserves the right to cancel this arrangement if three (3) consecutive debits are dishonoured by your financial institution. Dishonour fees may apply.

Credit Card Number or Bank Account Number

Expiry Date

BSB

Financial Institution

Name on Card / Bank Account Name Please print

Email Address for Receipt

**CERTIFICATION**

*I/we agree to abide by all NSW Corporate Games rules and regulations. I also agree that Diabetes Australia-NSW may store my personal information and results in a database and use that information to conduct Corporate Games, and for marketing and research purposes. If you wish to access your personal information, or read our privacy policy, contact us at [nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au)*

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

The Games is not responsible for misdirected, lost, or delayed mail. Should the Games or any Sport or associated Event be cancelled as a result of circumstances beyond the control of the Organisers no refunds will be made. Entrants under 18 years must provide a letter of parental or guardian's consent. The Games has no affiliation to or specific sanction from its sports' governing bodies. The Games reserves the right to make any change in conditions of entry and to decline any application at its discretion.

**POST ENTRY FORM TO**

**NSW Corporate Games**  
Mailing Address  
GPO Box 9824  
Sydney  
NSW 2001

Entries may NOT be faxed or emailed  
Contact Details  
[nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au)  
Tel 1300 727 194  
[www.corporategames.net.au/www.diabetesnsw.com.au](http://www.corporategames.net.au/www.diabetesnsw.com.au)

