



龍舟 LONGZHOU

THE OFFICIAL NEWSLETTER OF
THE INTERNATIONAL DRAGON BOAT FEDERATION



Cover photo: DSA (Sydney, Australia) - Senior B Mixed Crew at the 2020 City of Sydney Lunar New Year Dragon Boat Races, Darling Harbour. Photo credit: Michael Daniel Photography (FB: @michaeldanielphotography).

CCWC 2020 - FAST FACTS

Race entries are coming in thick and fast for this year's CCWC in Aix les Bains. Read up on some interesting race entry facts.

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AIMS FULLY RECOGNISED BY IOC

AIMS was recently voted into becoming a member of the the IOC. Find out what it means for our dreams of dragon boating in the Olympics.

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CCWC 2020 - FEATURED CLUBS

- Dragon Zone Paddling Club - Firetruck Dragon Boat Team (Vancouver, Canada)
- Dragon Sports Association (Sydney, Australia)
- True North Paddle Club (Toronto, Canada)

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VALE DAVE COGSWELL

Dave was an integral part of the global sport for almost 40 years. We pay tribute to Dave who passed away peacefully in January this year.

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LNy DRAGON BOAT FESTIVAL

The Sydney Lunar New Year Dragon Boat Festival is the largest of its kind in the southern hemisphere with over 3,000 paddlers competing over two days.

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NEED TO KNOW - RULE CHANGES

IDBF recently updated its Rules of Racing and Competition Regulations, effective 1 January 2020.

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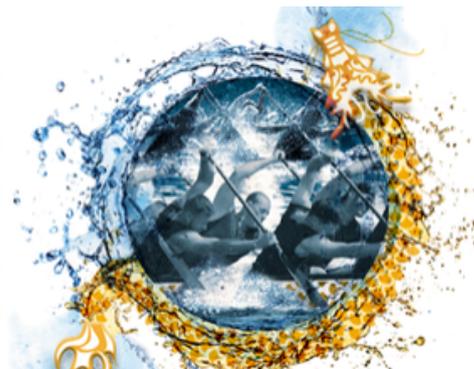
CCWC 2020 - FAST FACTS

Entries received (as at 17 February)

- 27 countries
- 197 clubs
- 802 crews (standard boat)
- 813 crews (small boat)

Top 5 countries (number of crews)

1. USA (42)
2. AUS (28)
3. CAN (24)
4. GER (16)
5. CZE (10)



Race Registration website: <https://idbfchamps.org/>
Event Organiser website: <https://www.dragonboat-aix2020.fr/>

Competing at CCWC 2020?
Be sure to read up on the latest
changes to IDBF's Competition
Rules and Regulations

SEE PAGE 12



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VALE DAVE COGSWELL (1930 - 2020)



Dave Cogswell, IDBF Treasurer for almost 20 years passed away peacefully on Wednesday, 15th January 2020, following a brief illness.

Dave was an integral part of the global sport for almost 40 years, also spending time as European Dragon Boat Federation Treasurer and still holding the positions of Secretary and Treasurer to the British Dragon Boat Racing Association.

"On behalf of the International Dragon Boat Federation I wish to offer our sincere condolences to Audrey and your family at this sad time.

On a personal note it has been a privilege to work with a true gentleman and his wisdom and attention to detail will be greatly missed."

Mike Thomas

Dave smiling whilst hard at work during the BDA National Championships September 2019. Photo credit: Mike Thomas.

Here are some of the condolence messages posted online.

"Goodbye, David. A very big loss for our sports family. We lost a great man, a friend, a colleague. We will always remember him. I grieve with our entire dragon boat family. Your fingerprint will always remain in my memory archive. Thank you for your friendship, David." *Anna Podmaskina*

"Our gentle, wise David will be missed by all who loved him. My favorite memory was his chicken dance for his 80th Birthday." *Peggy Morro*

"R.I.P. dear Dave. My condolences to the family. I met Dave in London, at first meeting of the steering group of the forthcoming European Federation. I will pray for you dear friend." *Fabio Masi*

"Thank you for all you did Dave. You will be greatly missed. With love and respect from us all" *Three River Serpents Dragon Boat Club*

"A kind man with a brilliant sense of humour. I am honoured to have been friends with David since the 1st World Champs in Yue Yang in 1995. He will be greatly missed but not forgotten. Condolences to Audrey and his family." *Nicola Osse*

"What sad news. My deepest condolences to Audrey and family. It was Dave who got me into the RO role back in 1997. Thank you Dave. Rest in peace." *Bridget Walter*

“ WHERE WOULD OUR CRAZY SPORT
HAVE BEEN WITHOUT YOU DAVE?
SUCH A PROFESSIONAL.
NONE OF THE NONSENSE.
ALWAYS A GENTLEMAN.
ALWAYS FAIR. ”
KENI MAYES



AIMS FULLY RECOGNISED BY IOC

GOOD NEWS FOR DRAGON BOATING AS WE CONTINUE ON OUR OLYMPIC DREAM.

In a statement issued by AIMS (Alliance of Independent recognised Members of Sport) on 12th January 2020:

“History was made as a unanimous vote was passed for the full recognition of AIMS and where they now become a fully recognised IOC umbrella group. The Alliance of Independent Recognised Members of Sport (AIMS) was founded in 2009 by the Non-IOC recognised members of GAISF, where AIMS established itself as one of the five International Federation umbrella groups in the IOC and GAISF family.

AIMS is a proud member of the Olympic family and as history has marked, they were granted provisional recognition by the IOC in 2015. With the key mission of the IOC to protect and promote the Olympic values of friendship, respect, united towards honouring these values.

The ethos of AIMS is to strengthen each individual sport, combine expertise, share knowledge along with protection of the members and close cooperation with the IOC, GAISF, SportAccord and WADA. In the last three years, six AIMS members have been given individual recognition by the IOC and where AIMS has held a memorandum of understanding since 2016.

AIMS President Stephan Fox, thanked the IOC leadership under President Bach and the assembly for their trust and support. Mr Fox gave a special statement of gratitude to the IOC Sports Department for the close cooperation and to the AIMS Council as well as all AIMS members for their united approach towards the vision of benefiting sport and society.

AIMS will continue to contribute in building a better world for the next generations and will continue to stand united in the Olympic Spirit of friendship, solidarity and fair play. With this proud recognition with even more tenacity, AIMS will strive to promote and protect the Olympic values for the next generations and advocates access of sport and physical activity as human right”.

So what does this really mean for dragon boating?

Well as the IDBF is already recognised as the international Governing Body of dragon boating in both AIMS and GAISF (Global Association of International Sports Federations) we are cementing our foot hold on the ladder to becoming an Olympic sport. The recognition process is key to us being accepted.

Purpose of AIMS

The purpose of AIMS is to strengthen each individual sport, combine expertise, share knowledge and maintain close cooperation with the International Olympic Committee (IOC), so that the individual sport will achieve official recognition from the IOC.



LNY DRAGON BOAT FESTIVAL

The Sydney Lunar New Year (LNY) Dragon Boat Festival is the largest of its kind in the southern hemisphere with over 3,000 paddlers competing during the two day event. The festival is a part of a two week celebration of lunar new year festivities in Sydney and is one of the largest celebrations outside of Asia. Dragon boating has been an important part of the local LNY celebrations for more than 20 years. This year, Aussie dragon boaters get to celebrate both the LNY and Australia Day over the same long weekend.



Photo credits: Michael Daniel Photography
Website: <https://michaeldanielphotography.com/>
Facebook: @michaeldanielphotography



LNy DRAGON BOAT FESTIVAL



LNy DRAGON BOAT FESTIVAL



FIRETRUCK DRAGON BOAT TEAM

BY TOMMY GOANA - VANCOUVER, CANADA



Firetruck Team at 2019 Canadian Nationals. Photo credit: Caotography.

Firetruck Dragon Boat was founded in 2017, after a long history as the University of British Columbia's (UBC) dragon boat team (since 2012) as a way to retain its paddlers post university life. The name "Firetruck" has always been an attention grabber that started off as a joke, which became an identity. "Firetruck" represents a family that comes from diverse backgrounds, always caring and looking out for one another, helping each other achieve their personal goals and take down barriers together. This family includes the teams' current members and its alumni. As the team captain would say, "once in the team, forever in the family."



FIRETRUCK DRAGON BOAT

Under this new identity, Firetruck has accomplished many feats in both outrigger canoe and dragon boat regattas. During the team's inaugural season, Firetruck took Vancouver by storm with 10 first-place finishes. In its second season, there was a new goal: to earn a berth at the 2020 IDBF Club Crew World Championships.

Through countless hours of training, tears, laughter and dedication as a family, Firetruck Dragon Boat came together to perform at its best at the 2019 Canadian Dragon Boat Championships in Regina. Many of the team's paddlers have fought for this dream of racing at a world stage for 4-years, having competed for a berth in 2017 as UBC Thunderbirds Sports Club. Ultimately, Firetruck placed 4th at the 2019 Canadian Dragon Boat Championships, obtaining a berth to represent the Dragon Zone Paddling Club in Aix-les-Bains, France.

The Club Crew World Championships will be Firetruck's biggest obstacle yet. We are blessed to be able to paddle all year long to the beautiful views of British Columbia and gym with StrongFirst certified trainers at AMPFit. With our coaches, Carolyn Tse, Felix Ottersbach and Anthony Cao, we know that when we land in France and touch the waters of Aix-les-Bains, we will be ready.

As a part of the lead up to CCWC in 2020, Long Zhou will be regularly featuring clubs in each issue. If you would like your club to be featured, please email us your club's story and photos to:
idbfnews@dragonboat.sport



200 Semi-final at 2019 Canadian Nationals. Photo credit: Caotography.

DRAGON SPORTS ASSOCIATION (DSA)

BY CORINA WOTHERSPOON - SYDNEY, AUSTRALIA

Dragon Sports Association (DSA) is based in the Sydney suburb of Rhodes, New South Wales, Australia. Established in 1983, the club predominantly catered to the Chinese community. However, with the growth in popularity of the sport, DSA has flourished attracting a culturally diverse and strong membership base of 80 paddlers ranging in age from 20 to 72.

In recent years DSA has raced in both the Premier and Senior A divisions however with a number of paddlers moving into Senior B last year, DSA now competes in the Premier and Senior B divisions.



DSA Senior B Team. Photo credit: DSA.

The Senior B team had a very successful first year with the mixed team getting Gold at the NSW State Championships and Silver at the Lunar New Year (LNY) Festival, finishing the season by qualifying both as Senior B Mixed (standard boat) and Senior B Opens (small boat) for CCWC 2020 at the National Championships. Their success has continued into the following year with Gold in both the NSW State Championships and LNY Festival.

DSA is proud to have had paddlers selected for both state and national representative teams. Four members recently represented Australia in the World Championships in Thailand, three of whom are in the Senior B team. DSA has previously competed at the 2012 CCWC in Hong Kong in the Premier and Senior A divisions, winning gold and silver in Senior A mixed small boat. DSA also competed at the 2014 CCWC in Ravenna racing in Premier, Senior A and B small boat divisions. DSA will be competing in Senior B division at the 2020 CCWC in Aix le Bains.



DSA Senior B team paddling up to the start line. Photo credit: DSA.

TRUE NORTH PADDLE CLUB (TNPC)

BY MARIANNE TAI - TORONTO, CANADA

True North Paddling Club (TNPC) is one of the newest Canadian dragon boat clubs formed in 2019. Hailing from the city of Toronto, TNPC is comprised of six different crews rich in history and includes some of the oldest teams in the country. A majority of the crews are coached by Chris Edwards who is a multiple national and international champion in sprint canoe. Apart from taking some of his competitive teams to local and international wins, he is also a Canadian Senior A National Team Coach and Program Director who has produced gold medal victories at the IDBF World Nations Championships. The growth of TNPC crews is indicative of his passion for the sport and his athletes as a full-time coach.



TNPW, Hammerheads, SLP, Leviathan and Iron Dragons. Photo Credit: TNPC.

Our competitive Premier and Senior TNPC teams will be heading to France in August to compete at the 12th IDBF Club Crew World Championships.

True North Senior Women (TNSW): Formerly known as Outer Harbour Senior Women and Toronto Women, TNSW is Toronto's world-class dragon boat team for women 39+ years of age. Founded in 2003, they are a competitive team of high-performance female athletes committed to competing from local to international competitions. This team are no strangers to international wins as they have podiumed at six Club Crew World Championships including a clean sweep in Italy in 2014 and have been producing senior national team athletes since inception.



TNSW Team. Photo Credit: Anne Zeng!



Medal presentation with Claudio Schermi (President of EDBF) at the 11th IDBF CCWC, Szeged, Hungary in 2019. Photo Credit: TNPC.

True North Premier Women (TNPW): Formerly known as Outer Harbour Premier Women and Toronto Women, TNPW are a group of female athletes and dedicated paddlers who have been training together and welcoming new members since 2004. As one of the top Premier Women's crews in Canada, they have produced numerous national team athletes for Team Canada and were silver medallists at the 11th IDBF Club Crew World Championships in Szeged.

True North Hammerheads: Founded in 1995, Hammerheads is a Premier Division dragon boat team that has been around for over 20 years and one of the oldest teams in Canada. Year after year, they have shown an A-level performance overcoming challenges and obstacles that stood in its way, to winning local and national championships. This team is dedicated to competing at the highest level and will be competing in their first Club Crew World Championships.



SLP Team. Photo Credit: TNPC.



Hammerheads Team. Photo Credit: Anne Zeng!

SLP Premier Open: Founded in 2019, SLP is the newest competitive crew comprising of high-performance members from Leviathan and Hammerheads. Their hard work and dedication has earned them a berth to compete in France after placing 2nd in the Premier A Open category at the 2019 Canadian National Championships.

TNPC would not be complete without our following high-performing Recreational and University crews:

Leviathan: Formerly known as Ship Storm, Leviathan was founded by a group of community-level paddlers in 2015. This team has achieved considerable success in the last four years. They hope to further push the envelope and make further waves in the community by not only exhibiting their competitive crews, but also a recreational-development team to complement the club and develop athletes from the very beginning of their journey.

University of Toronto (U of T) Iron Dragons: U of T Iron Dragons was formed in 1997 to introduce the exciting sport of dragon boat to the Skule™ community. The main focus of the club is to encourage a healthy lifestyle for engineering students. It provides an environment that builds teamwork, communication, and friendship that reaches far beyond the edges of dragon boating. The team is mainly comprised of U of T engineering students, but students of all programs and faculties are welcomed. They are also primarily managed by engineering students and coached by engineering alumni.



Leviathan Team. Photo Credit: TNPC.



Iron Dragons Team. Photo Credit: Anne Zeng!

With teams that range from the university, recreational, premier and senior level, TNPC provides the community a family of dragon boat teams to any interested members who want to learn to paddle, loves the sport or wishes to advance their paddling career. Paddling out of Sunnyside Paddling Club, TNPC is hoping to become an avenue where dragon boat paddlers can bring their passion to further grow the sport in the country.

Email: truenorthpaddlingclub@gmail.com. Web: <https://www.truenorthpaddlingclub.com/>

IDBF RULES OF RACING – EDITION 8.0

IDBF recently updated its Rules of Racing and Competition Regulations, effective 1 January 2020. Below rule changes are from the Appendix.

RED text refers to the previous rules while **PURPLE** text denotes the current change. **GREEN** refers to a new race rule.

A full list of changes can be found in Edition 8 of the Rules of Racing:

<https://www.dragonboat.sport/single-post/2020/01/04/IDBF-Competition-Regulations-Rules-of-Racing--Edition-8-Issue-1-Effective-from-1-January-2020>

R5.3 Reporting to Crew Assembly Area

Crews must report... From **20-30 minutes before** the race time to **'3 to 4'** races prior to scheduled start time.

R6.2 Late Arrivals at Start penalty (updated changes)

For crews who arrive late to the start line (without an approved reason), the Starter will:

- a) First Offence issue a warning
- b) Second offence Issue a time penalty up to 5 seconds
- c) Third Offence be disqualification from the racing class

R8.2 Dead Heats (updated changes)

If two (2) or more boats reach the Finish Line at the same time:

- a) In a Final they shall be awarded the same placing
- b) In Heats, Reps, Semis - If the program allows both crews would move forward to the next round
- c) If there are insufficient lanes to move both crews forward and if the race programs permit, both crews are offered the opportunity to race off
- e) Should both crews decline the opportunity to race or the race program doesn't allow then consider their previous race time (if applicable) may be used

R9.3 Protest Fees

From **USD\$20** to **USD\$50**

R9.4 Action and Timings (updated changes)

The Chief Official may utilize timing equipment and footage from live streaming and drone footage before deciding what penalties may be awarded.

R9.9 Appeal Fees

Change from **USD\$50** to **USD\$100**

R10.1 The racecourse

- From **The minimum length of the straight sections shall be 500 metres** to will depend on the venue and shall be approximately 500 metres.
- From **Each Turn shall be marked with a minimum of six (6) buoys** to minimum of five (5) buoys.

NEW R10.2 Turn Corridor. A second set of three (3) smaller buoys will be placed approximately 5 metres outside the turn buoys. These buoys together with the turns indicate the corridor in which the turn should be completed. Any rights gained at the 50m buoy will be lost if the boat takes a wide course and is outside the turn corridor. If you go outside the turn corridor you can only return to the racing line when it is safe and clear to do so.

R10.3 – The Racing Lane and Line of Racing

From The Racing Lane... **over a minimum of two-thirds of its width** to ... **over the full course of its width.**

IDBF RULES OF RACING – EDITION 8.0

R10.3.1 - It is incumbent on the Steerer

From when not overtaking another boat to maintain a distance of at least six (6) meters, of clear water, from the buoys on the boat's left (port) side, thus allowing crews who may be overtaking on the port side to have as much space as possible, in which to overtake to when being overtaken to give clear water (move to the right) and allow the boat on the left side (being the faster boat) space to come through and overtake. The slower boat will be penalised if they do not give clear water and hold up a faster boat.

From R10.4.1 Overtaking in Turns to R10.5.1 Overtaking in Turns

From... A crew that turns inside a Turn Buoy shall be given a Time Penalty of up to 5 seconds, per offence. A crew that consistently turns inside more than two turn buoys may be disqualified from that race to a crew that turns inside a Turn Buoy with no acceptable reason shall be given a time penalty in accordance with the following schedule:

- Missing 1 buoy – 5 secs
- Missing 2 buoys – additional 10 secs (in addition to the previous 5s penalty) total 15secs
- Missing 3 buoys – additional 15 secs (in addition to the previous 15s penalties) total 30secs
- Missing 4 or more buoys – Disqualification

From R10.4.4 Steering wide in turns to R10.5.4 Overtaking in turn corridor

From... an excessively wide entry or exit in the turn to within the turn corridor...

From... necessary right of way and clear water to right of way and clear water (2 metres)...

NEW R10.7.1 It is the responsibility of the boat which has lost control or steered incorrectly to avoid a collision at all costs and that may mean 'STOP PADDLING' do not keep going. Crews who do not 'STOP PADDLING' in the opinion of the Chief Official may be awarded a time penalty.

A full list of changes can be found in Edition 8 of the Rules of Racing

<https://www.dragonboat.sport/single-post/2020/01/04/IDBF-Competition-Regulations-Rules-of-Racing--Edition-8-Issue-1-Effective-from-1-January-2020>

IDBF COMPETITION REGULATIONS - EDITION 8.0

Amended CR 2.1.4 Junior Class.

From U18 to 18 and under

From U16 to 16 and under

From U14 to 14 and under

CR 2.1.6 (2.2.1) From U24 to U24 and Under. Competitors can be held for mixed or single gender crews or in Open Competition for competitors aged 12 to 24 inclusive, as at the 31st December in a given year.

Note: By definition, Drummers and Steerers are classed as Competitors.

New CR 2.1.6.1 University Class. Racers may be held for Single or Mixed gender crews or in Open Competition, as shown above, for bona fide students at a University New CR 2.1.7 Para Dragons Class - Racers may be held in Open Competition, as shown above, in two categories:

- PD1 - every paddler has a recognized impairment ·
- PD2 - 50% of paddlers has a recognized impairment

This new regulation replaces the previous which is removed.

New CR 2.2.1 Mixed Crews. When there are sufficient numbers of men and women competitors entered in either or both small or standard boat open and women classes, then the mixed entry must be made in the standard boat.

New CR 2.2.2 Double Rostering. A competitor, including drummer and helms, should only enter one (1) competition class. No allowance will be made in the programme or races delayed allowing a competitor to participate in more than one (1) competition class.

Amended CR 6.10 Water Depth. The depth of water on a regatta course for an IDBF World Dragon Boat Racing Championship (WDBRC) and Club Crew World Championship (CCWC) should be a minimum of 3.5 metres, on a site where the bed of the Racing Course is proven to be uniform throughout – that is, a maximum 0.5 metres variance across the racing lanes.

New CR 7.10.5 Distress Flags. Each Dragon Boat shall carry two GREEN flags, which is the international first aid colour (one in the front and one in the rear of the boat) which shall be waved by the Drummer and/or Helm in the event that a crew member is lost overboard during a race or other circumstances arise that necessitate a medical emergency as a 'Distress Signal' - see also Racing Rule 7.7.1)

New CR 10.9.3 Penalties for withdrawing from a race. A team that withdraws from a race without proven medical and health reasons shall be charged a penalty of 50USD. The numbers with proven medical or health reasons will need to be 5 for a standard boat and 3 for a small boat team as the reserves should be used. A withdrawal also includes failure to report to Boat marshalling and the crew misses the race by their absence.

Amended CR 13.4 Seat Pads. Dragon Boat Seat Pads (cushions) as described in Regulation 13.1 shall be made of a soft material, such as neoprene, of an approximate thickness of 15mm that will compress easily when squeezed between finger and thumb. The width of the seat pad may vary in size and shape but shall approximate to the width of a paddling seat in the IDBF Standard International Racing Boat and should ideally, not exceed 20cm in width and 40cm in length. Simple fastenings such as velcro to attach to the seat are permissible.

A full list of changes can be found in Edition 8 of the Competition Regulations:

<https://www.dragonboat.sport/single-post/2020/01/04/IDBF-Competition-Regulations-Rules-of-Racing--Edition-8-Issue-1-Effective-from-1-January-2020>

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