



INTERNATIONAL DRAGON BOAT FEDERATION

14th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

TECHNICAL BULLETIN NO.4

AUGUST 20th-25th, 2019

PATTAYA-RAYONG, THAILAND



2019 14th IDBF WORLD DRAGON BOAT
RACING CHAMPIONSHIPS
PATTAYA-RAYONG, THAILAND







國際龍舟聯合會 INTERNATIONAL DRAGON BOAT FEDERATION



14th IDBF World Dragon Boat Championships

TECHNICAL BULLETIN NO 4.

IDBF WORLD DRAGON BOAT CHAMPIONSHIPS – 20th to 25th August 2019

The information and regulations in this Bulletin are extracted from, and where necessary supplement and enhance the IDBF Competition Regulations and Rules of Racing, with which all competing crews are to acquaint themselves – see www.dragonboat.sport. In the event of a situation arising which is not covered by the IDBF Competition Regulations or the Championship Regulations contained herein, then the Chief Official will be responsible for investigating the circumstances and recommending appropriate action to the IDBF Jury appointed for the Championships.

You are reminded that IDBF Regulations exclude Male Helms from Steering Women's crews.

This is the largest World Nations Championship race program IDBF has conducted and it is essential that crews and officials all work together cooperatively to ensure the race program runs to time.

TEAM MANAGERS TECHNICAL MEETING

Tuesday 20th August 2019, (13:00-15:00)

Ambassador Jomtien Pattaya (Bangsaray Room)

Crew Managers meetings will be held each day following last race of day onsite (location to be confirmed at meeting).

This Technical Bulletin and Annexes, plus the Race Time Tables and Heat Draws for the 14th IDBF World Dragon Boat Racing Championships can also be downloaded from the Championships website – www.dragonboatsport

A REMINDER OF THE AGE REGULATIONS

- Junior A – 13th to 18th birthday falls in the year of the competition (drummer and paddlers)
- U24 – the 13th to 23rd birthday falls in the year of the competition
- Premier Class – No Age Limit
- Senior A – 40th or later birthday falls in the year of the competition (helm and paddlers)
- Senior B – 50th or later birthday falls in the year of the competition (helm and paddlers)
- Senior C – 60th or later birthday falls in the year of the competition (helm and paddlers)

Note: All age groups, ages shown above are as at 31st December 2019 / Year of competition is 2019.

1. TEAM REGISTRATION

Team Managers will be able to collect their team IDs card from the Championships Registration Headquarters located at the Ambassador Jomtien Pattaya Hotel (Laemchabang Room)

Saturday 17 August – 12noon to 17:00

Sunday 18 August 09:00 to 16:00

ID cards will only be provided to Team Managers once all outstanding fees have been paid to both IDBF and the Organising Committee (RCAT). Only USD will be accepted for any outstanding amounts. It is recommended for efficiency if your National Team has any outstanding monies owing come prepared with USD cash or credit card is accepted to settle the balance.



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2. MIXED CREW REQUIREMENTS

STANDARD BOAT CREWS – the crew must consist of a **minimum of 8** and a **maximum of 10** PADDLERS of either gender. (Drummer and Helm can be either Male or Female)

SMALL BOAT CREWS - the crew must consist of a **minimum of 4** and a **maximum of 5** PADDLERS of either gender. (Drummer and Helm can be either Male or Female)

The following table shows the composition of crews

Standard boat

10 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 9 female paddlers	+ drummer and helm of either gender
9 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 8 female paddlers	+ drummer and helm of either gender
8 male paddlers / 10 female paddlers	+ drummer and helm of either gender
9 male paddlers / 9 female paddlers	+ drummer and helm of either gender

Small boat

5 male paddlers / 5 female paddlers	+ drummer and helm of either gender
5 male paddlers / 4 female paddlers	+ drummer and helm of either gender
4 male paddlers / 5 female paddlers	+ drummer and helm of either gender
4 male paddlers / 4 female paddlers	+ drummer and helm of either gender

3. COMPETITION CLASSES – STANDARD v SMALL BOATS

Competitors cannot race in both a Standard and Small Boat, in the same Competition Class, for example 200m, except for Mixed races where Small Boat Open and Women's crews are required to combine to make a Mixed Standard Boat crew.

4. SEEDINGS FOR 2000m

Seedings have been based on the results from 2017 13th IDBF World Dragon Boat Racing Championships in France (Juniors+ U24) and China. Crews who do not compete in 2017 have been seeded based on known ability.

5. IDBF COMPETITION REGULATIONS & RULES OF RACING

For the 14th IDBF World Dragon Boat Championships (2019) **Edition 7.1** (January 2018) **IDBF Rules of Racing** will be applicable and **Edition 7.1** (January 2018) of the **Competition Regulations** will be applicable. Crew Managers are advised to have a personal copy with them at the event and to ensure that their crews are conversant with these rules. In conjunction with the information provide in the Bulletins. Copies can be downloaded from <https://www.dragonboat.sport>



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6. PROOF OF NATIONAL REPRESENTATION

Team Managers are to lodge with the IDBF Race Administration at the race venue in Pattaya a printed list of the athletes from their Club showing the Full Name and Home Address of each athlete, the Athlete's Club Membership Number. The printout is to be signed by National Team Manager concerned who is to add their Name, Status and Date to their signature at the bottom of the print-out, with the words "I certify that the information detailed above is correct"

7. REPRESENTATION

To represent a country or territory in an IDBF Championship or International Race for Representative Crews, a Dragon Boat Competitor must normally be a citizen of the country, or born in the Territory, represented and be able to prove this by showing an official document, such as a Passport, Identity Card, Birth Certificate, or the like. a. Dual Nationality: Competitors with dual nationality (citizenship) may represent the Country or Territory of their Birth or their dual citizen Country or Territory, whichever of these they are residing in, providing that they have been resident in that Country or Territory for a current period of at least 3 full years. Competitors who do not meet these requirements must comply with Regulation 4.2 or 4.2a below. (Sep 07) CR 4.2

Country or Territory of Residence

Dragon Boat competitors who have left their country or territory of birth and are a permanent, not temporary resident in another country or territory, may represent that country or territory, if they have lived there for a current period of three (3) years or more and have not represented their country/ territory of birth, during the previous two (2) years. (Nov 03) Temporary Residency.

A Temporary Resident, for the purposes of this Regulation, is a person who resides in a Country or Territory by virtue of a holding a visa, for example a visitor's visa, student visa, work visa or the like. The IDBF considers such visas to indicate a 'temporary' residency in the Country or Territory concerned, not a permanent residency. (Aug 11)

a. Exceptionally, competitors who have a permanent residential qualification of less than 3 years and who have not represented an IDBF Member previously, may with the permission of both their birth and residential IDBF Member, apply to the IDBF Executive Committee for permission to compete for their country/territory of residence. When permission is given, the competitor concerned will not be allowed to compete for any other IDBF Member for a minimum period of 2 years following the year in which the permission is given. (Nov 03)

b. (4.2) Competitors who, by marriage have acquired the nationality of another country may compete for that country without delay

8. ID CHECKS

ID checks will be carried out during the Championships by IDBF Race Officials, to ensure that only those Competitors listed on the submitted Nations Names List are competing in the Championships and are also those shown on their respective competition class Crew Lists.

Competitors will also be selected for random Drug testing by their PIN.

9. THE CREW

The word 'Crew' is used to describe the competitors from a specific Crew in the National Team.

All Crews must race in their National racing colours (*per rule CR1.4*)

Although Competitors must be selected by their IDBF Member Associations, (where one exists) to attend the IDBF World Dragon Boat Racing Championships. That is, IDBF Members must certify that the Team attending a WDBRC is financially viable and do not have a bad disciplinary record.



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10. CREW NUMBERS

The maximum number in a Standard Boat crew under the Competition Regulations, is 26 (including 4 reserves). A full boat crew would be 22 including Drummer and Helm.

The minimum number of paddlers in a Standard Boat is 18.

The maximum number in a Small Boat crew is 14 (including 2 reserves) A full boat crew would be 12 including Drummer and Helm. The minimum number of paddlers in a Small Boat is 08.

- 11. Crew List will be required for each Crew in every Competition Class entered.** Reserves shown on a Crew List may be used during any rounds of a competition, without further reference to the Race Officials. –see ANNEX A for an example of a Crew list.

Please note, there is a new design for the crew list. There are now spaces for 26 or 14 athletes. You no longer need to designate who the drummer, helm and reserves. If all names are included on the crew list, it does not matter their role. One of the named 26 or 14 names must be noted as the Boat Captain.

It is recommended Team Managers submit maximum name crew lists. Reserves are there to be used in case of emergency and should not need to be constantly added or changed after crew list has been submitted.

- 12. Crew Lists MUST be printed from the IDBF Registration System by Crew Managers** and must be submitted to the Race Administration. Crew Lists must be submitted at the Team Managers Meeting or to Race Administration at the end of each day for the next day's racing. (This will ensure crew lists are processed and forwarded to Marshalling in sufficient time prior to first race. Only those Competitors shown on the Crew List will be permitted to race in that particular Competition Class.

Checking of Crews by Race Officials will be done using the crew lists and Accreditation ID Cards.

A reminder once crew lists are handed in to race administration, they cannot be changed (unless there is a medical situation). This is the reason for including reserves.

13. FIT TO RACE.

You are advised that when signing the Crew List, the person signing is confirming with the Chief Official, that all the competitors shown on the list are **Fit to Race**. This statement covers not just the physical ability of the competitors to undertake the race concerned but it also means that the signatory is confirming that there are no known medical reasons why those listed should not compete during the whole period of the Championships. And that they compete entirely at their own risk.

To ensure that National Team Managers can sign the Crew Lists with confidence, you are advised that all competitors should have a medical certificate signed by a qualified doctor stating that there is no known medical reason why they should not compete in the Championships and are physically fit. **This is particularly relevant to all Senior and Junior competitors.**



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14. TUE forms – These can be downloaded from the IDBF Registration System. If any of your team members fall into this category, ensure they complete the forms and submit them to Race Administration. All TUE forms must be submitted online via email to vice-chair-medical@idbf.org the final date for submission was 20th July.

15. ANTI DOPING (also mentioned in Bulletin 3)

Your attention is drawn to IDBF Regulation 11 concerning drug abuse and doping. Random drug testing will be conducted during the event. All tests will be set against the current WADA banned substances list as shown on the WADA Website. Members of the IDBF Medical and Sports Science Commission will be on hand to monitor the testing process.

The 2019 (effective 01 January) WADA Banned List is available from the WADA web site - <https://www.wada-ama.org/>

National Team Managers are to ensure that their competitors are familiar with the contents and advice given in the current edition of the IDBF Anti-Doping Policy – see www.idbf.org and on the WADA web site. <http://www.wada-ama.org/>

Aiding and Abetting. Anyone who assists or incites, or otherwise encourages a competitor to indulge in drug abuse shall also be considered to have committed a drug offence and will be subject to the same disciplinary procedures as for a competitor or crew.

Competitors Rights and Responsibilities with regards to Anti-Doping – refer **ANNEX B**

16. CODE OF CONDUCT (IDBF Disciplinary Code).

The Code of Conduct can be found in the **Rules of Racing**. The Disciplinary Code lays down a Code of Conduct for both Competitors and Officials covering behaviour before, during and after a dragon boat competition and therefore applies from the time that a Club Crew arrives in the geographical territory where the Championships' are being held.

The Chief Official is authorised to take any necessary disciplinary action as laid down in the code.

National Team Managers are to ensure that all their Competitors and supporters are aware of this Code and its contents.

17. NATIONAL RACING COLOURS.

While under the control of the Race Officials, all Competitors must race in the national racing colours of the Member Federation they represent.

18. IDENTIFICATION OF COMPETITORS – Personal Identity Number (PIN).

At an IDBF Championship each competitor will be allocated a Personal Identity Number (PIN) by the IDBF. This PIN shall be recorded on an identity document (Accreditation Card) with a photograph, provided by the competitor in advanced of the competition and entered on to the IDBF World Champs data base. The identity document (Accreditation Card) must be carried by all competitors during the competition.



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19. RACING VEST NUMBERS

Each competitor, when racing, will show a Vest Number. The Racing Vest Number is not the same as the PIN. The Vest Number which will be in the range of 01-26 will relate to the Racing Vest Number shown against each competitor on the Crew List for a particular Competition Class and acts as a means of identification during a race.

Size of Numbers. The Racing Vest Number shall be enclosed in a box of a minimum length of 210mm and depth of 150mm, that is A5 size. Each numeral shall be of a size that will fit into a box of a minimum size of 100mm tall and 60mm wide. Racing Numbers below the number 10 are to show a 0 as the first numeral.

Racing numbers may be temporary or permanent fixtures on the vest but shall be fixed to the back of the racing vest and made to the template shown at ANNEX C.

Vest numbers can be printed on crew tops and maybe more comfortable for competitors

If Teams did not pre-order vest numbers from the Organising Committee (per Bulletin 3), then all teams must provide their own according to the requirements or they will not be allowed compete.

20. ADVERTISING ON CLOTHING AND EQUIPMENT

The advertising of a National Team's sponsor on competitors' racing apparel or personally owned Racing Paddles will be permitted subject to the following provisos:- That any such advertising is unobtrusive and tasteful (that is, of a design that does not cause offence to the public or cause the racing vest to become unrecognisable as the Teams National Colours). One such advertisement will be permitted on the Racing Vest placed in such a position that it does not unduly disrupt, hide or negate the Team's racing colour design thereon.

Maximum Size. The maximum size of sponsors name and logo advertising that will be permitted on a Racing Vest shall be that which can be contained in a box measuring 20cm long by 5cm wide.

For competitors using personal Racing Paddles, that is those that comply with the IDBF Racing Paddle Specification 202a

PADDLES. Your attention is drawn to the IDBF Racing Paddle Scheme (RPS). The scheme is designed to help ensure that when a competitor purchases a Racing Paddle he or she buys one which is made to the IDBF Racing Paddle Specification – 202a. Paddles supplied by manufacturers in the RPS will have a 202a logo and a License Number Paddle Mark or sticker shown on the face of the paddle.

The scheme also enables race officials at events to quickly and easily identify those paddles that are to specification and thus licensed for IDBF; ADBF and EDBF Championship Racing.

Competitors should bring their own Racing Paddles provided they are an approved Paddle. Officials will check paddles in marshalling to ensure they carry the 202a IDBF Registration sticker. Any paddle which does not display the IDBF registration logo and license number will be refused. A minimum number of paddles will be available to rent from the organising Committee.

The sponsors advertisement may be of a different shape to that on the Racing Vest but shall not exceed the overall area of the 20cm x 5cm box (100 sq cm).



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21. DRAGON BOATS

(mentioned in Bulletin 3) The Championships will use 3 fleets of standard boats and 3 fleets of small boats. The boats are being supplied by Pei Sheng/BuK.

22. ADDITIONAL AND MISCELLANEOUS EQUIPMENT

Generally additional equipment designed to be added to the boat or personal or miscellaneous equipment designed to enhance the performance of the boat or a crew member shall not be permitted in IDBF events. The exceptions to this are on board communications systems that operate purely between crew members and seat cushions for individual paddlers, provided they are made of a soft material, such as sponge or foam, which does not effectively raise the height of a seat or seats in a boat – *see below*. The Chief Official shall decide on additional and miscellaneous equipment not specifically covered by these Competition Regulations.

Note: *It is not the intention of the Regulation to exclude equipment enhancements such as, strapping to a paddle to assist grip, Velcro fasteners for seat pads, sponges or boat bailers, foot pads for competitors' comfort or other items that are not performance enhancing or a risk to the safety of the members of the Crew or the crew itself.*

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 (12.5 cm) and the length should ideally, not exceed 20cm in width and 40cm in length. Seat Pads that excessively exceed these dimensions will not be permitted.

Water Pumps. The carrying of any type of pump in the boat, during a race, which is designed to clear a boat of water is prohibited.

Straps and Strapping. In the interest of crew safety, no additional fixtures or fittings, such as straps to fasten a paddler into the boat or onto a seat are permitted. The Chief Official may relax this rule for physically disabled competitors, if adequate safety systems are provided to ensure that such crew members can easily be released from the boat and rescued in the event of the boat capsizing.

23. PROTESTS and APPEALS

The IDBF Racing Rules concerning Disputes, Protests and Appeals can be found under Rule 9 of the Racing Rules. ANNEX D contains examples of the Protest and Appeals Forms to be used by Crews.

Note: Protests will only be accepted if forms are correctly filled out with reference to race rule which Teams believe has been infringed. Forms not correctly filled out will be rejected. These forms will be available from the Race Administration.

24. COX VOX (boat sound system)

Due to the larger number of boats required for these Championships, the boats will not have pre-installed Cox Vox's. If your crew wishes to use a Cox Vox, then your crew will need to supply its own and ensure it can be installed and removed quickly for each race.



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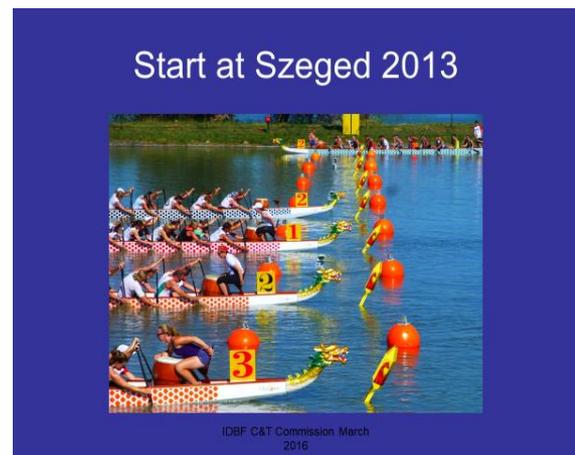
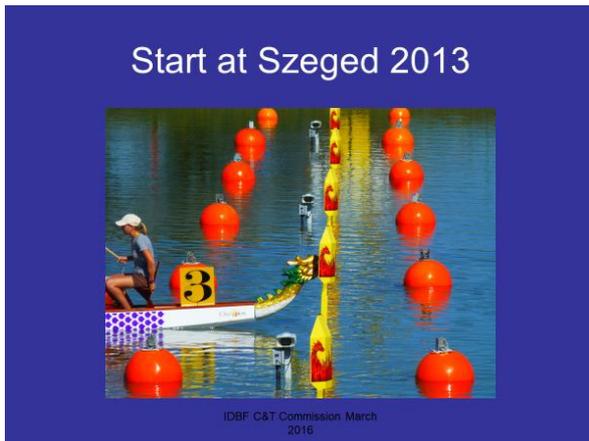
25. RULES for 2000m RACING

The IDBF Rules for Distance Racing are complicated and Team Managers are advised to read carefully and to ensure that their teams are familiar with these rules. - There have been changes – **read Edition 7.1 of the Rules of Racing.**

2000m Course. Details of the course and further information concerning safety will be provided by the Technical Director of the Championship at the Team Managers briefing. Briefings for steerers will take place in the morning before racing commences.

STARTS at Marb-Pra-Chan Reservoir, Pattaya-Rayong

<https://goo.gl/maps/oQBDv7bgDH7JMbkx9>



26. MEDALS & TROPHIES

(Extracts from IDBF Competition Regulations 7.11 - 7.13)

In an IDBF Club Crew Championships, the title of World Champion shall be conferred on the winning crew in each Competition Class in which crews from at least six (6) Nations or Territories compete. Each racing class final will be awarded Gold (first), Silver (second) and Bronze (third) medals regardless of entry numbers.

27. DISCIPLINARY MATTERS – refer to the IDBF Rules of Racing – Edition No 7. Which can be downloaded from the Championship website – www.dragonboat.sport

28. RACE PROGRAM

IDBF ask all Team Managers to download copies of the daily program from the Championship website. Hard copies will only be available from Race Administration upon request. An email will be sent to all Team Managers advising when Race Program has been uploaded to the website.

This is the largest nations race program IDBF has held to date. Due to the high volume of entries, some of the tail plans have been modified and the Competition Classes with 6 or less entries will be racing 2 rounds only with times from both rounds added together to work out placings. (*Both rounds count*).



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2000m – Day 1	1000m – Day 2	500m (mixed) – Day 3	200m – Day 4	500m – Day 5
<ul style="list-style-type: none"> • 1st race is at 8:30 • Last race is at 18:00 • 30-minute interval between races • Last medal presentation is at 19:00 	<ul style="list-style-type: none"> • 1st race is at 8:30 • Last race is at 17:10 • 8-minute interval between races • 6 or less entries doing 2 rounds only with times added together • T4 (20 entries) Heat-Rep-Semi-Finals • T3a (13 entries) – Heat-Semi-Finals • T2hf (9 entries) – Heat-Finals • T2 (10-12 entries) – Heat-Semi-Final • Last medal presentation is at 17:50 	<ul style="list-style-type: none"> • 1st race is at 8:30 • Last race is at 15:50 • 8-minute interval between races • 6 or less entries doing 3 rounds only with times added together • T4 (20 entries) Heat-Rep-Semi-Finals • T2 (10-12 entries) – Heat-Semi-Final • T1 (7-8 entries) – Heat-Semi-Finals • Last medal presentation is at 16:22 	<ul style="list-style-type: none"> • 1st race is at 8:30 • Last race is at 17:34 • 4-minute interval between races • 6 or less entries doing 2 rounds only with times added together • T4 (20 entries) Heat-Rep-Semi-Finals • T3 (18 entries) – Heat-Reps-Semis-Finals • T2 (10-12 entries) – Heat-Semi-Finals • T1 (7-8 entries) – Heat-Semi-Finals • Last medal presentation is at 18:04 	<ul style="list-style-type: none"> • 1st race is at 8:30 • Last race is at 15:40 • 5-minute interval between races • 6 or less entries doing 2 rounds only with times added together • T4 (20 entries) Heat-Rep-Semi-Finals • T3 (18 entries) – Heat-Reps-Semis-Finals • T2 (10-12 entries) – Heat-Semi-Finals • T1(7-8 entries) – Heat-Semi-Finals • Last medal presentation is at 16:10

SUNSET IS AT 18:40

29. FAST FIGURES

- 5 days
- 43.5 hours of racing
- 361 Races
- 8582 Medals awarded
- 151 Finals
- 3400+ athletes
- 29 Countries
- 930 Entries
- 60 International Race Officials



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30. OPENING CEREMONY SCHEDULE – 20TH AUGUST

Venue: Sukhawadee Residence Pattaya - <https://www.baansukhawadee.com/>

6:00 PM: Athletes ready at Sukhawadee Residence Pattaya

6:05 PM: Welcome Performance

6:15 PM: Opening Ceremony is officially begun by the MC. VIPs are introduced.

Participating countries are officially announced - Souvenirs will be given to all country representatives on stage. (*Participating country's representatives are given souvenir on the stage*)

6:25 PM: Performance

6:35 PM: Dragon's Eyes Opening Ceremony (with the amount of the VIPs)

6:40 PM: 3-minute video

6:45 PM: Welcoming Speech by the RCAT President.

- Welcoming Speech by IDBF President.
- The Championships is officially announced open by the President of the Ceremony.
- Fire Work Show

7:00 PM: Dinner

- Performance

8:00 PM: Athletes move to the hotels

31. CLOSING PARTY SCHEDULE – 25TH AUGUST

Venue: Grand Convention Hall - Ambassador Jomtien Pattaya Hotel

6.30-7.00 PM - Athletes travel to the Convention Hall.

- Food and beverage are served.
- Performances

7.45 PM - The ceremony is officially begun

- MCs invites all the guests into the ceremony
- Performances
- Multi-vision video
- Thank you, speech, by Host
- Thank you, speech, by the IDBF
- Trophies Ceremony for the countries with the best result
- Next World Championships Dedication Ceremony
- Performances

9.30 PM - The end of the ceremony

REMARKS - Performances include: -

1. Thai cultural shows
2. Thai Boxing (Muay - Thai) and Swordplay shows
3. Joe Louis Thai Puppet Theatre
4. Music by DJ



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2 14th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIP
9 PATTAYA - RAYONG, THAILAND

DIRECTORY PLAN



A Barrier	E E1 Information E2 Marshalling Area E3 Big LED Screen	G Audience Grand Stand (VIP 100 Seats)	K - VIP Lounge - VIP Information	O Security
B Athletes Village	F Flower Land - Drop off point - Restaurants - Canteen - Press center - Admin office / OC Room - VIP Car Park	H Audience Grand Stand (400 Seats)	L Photo Finish Tower	P Photo Finish Tower
C - Food & Drinks Area - Foodtruck		I Awards Presentation Podium	M Audience Car Park	Q Toilets
D Racing Boats Pier		J Tickets	N Thai Massage	R Shower Area

Updated Site Map



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ANNEX B

ANTI-DOPING COMPETITOR'S RIGHTS AND RESPONSIBILITIES

Ensure you have read and understood the documents pertaining to anti-doping on the IDBF website

<https://www.dragonboat.sport/docs>

In addition, refer to the WADA (World Anti-Doping Agency) website - <http://list.wada-ama.org/>

The WADA testing program has been set up for athletes. It is essential that you understand and have confidence in the program. The following gives the basic rights and responsibilities you as an athlete have during the doping control process.

YOUR RIGHTS:

- Be notified in of your selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained to you
- With the Doping Control Official's (DCO) consent and always in full view of the chaperone, you may: *attend a Medals' Ceremony (In -Competition), warm down, finish training, receive medical attention, compete in further races and fulfill reasonable media commitments*
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing your sample and always by someone of the same gender as yourself
- Receive copies of all signed documentation

YOUR RESPONSIBILITIES:

- Know the IDBF's and your IDBF Member's anti-doping regulations
- Carry photo ID to present to the DCO
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list - before being permitted to take such substances, you will need to apply for medical exemption
- Keep a list of all medications, vitamins or supplements you are taking and declare them on the doping control form
- Be careful with unlicensed products such as nutritional supplements or herbal products as these may contain prohibited substances
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a competition, training venue or your home
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test
- Be prepared to begin sample collection procedures as soon as possible after notification
- Remain in control of your sample until it is securely sealed
- Ensure all documentation is signed and you have been provided with a copy



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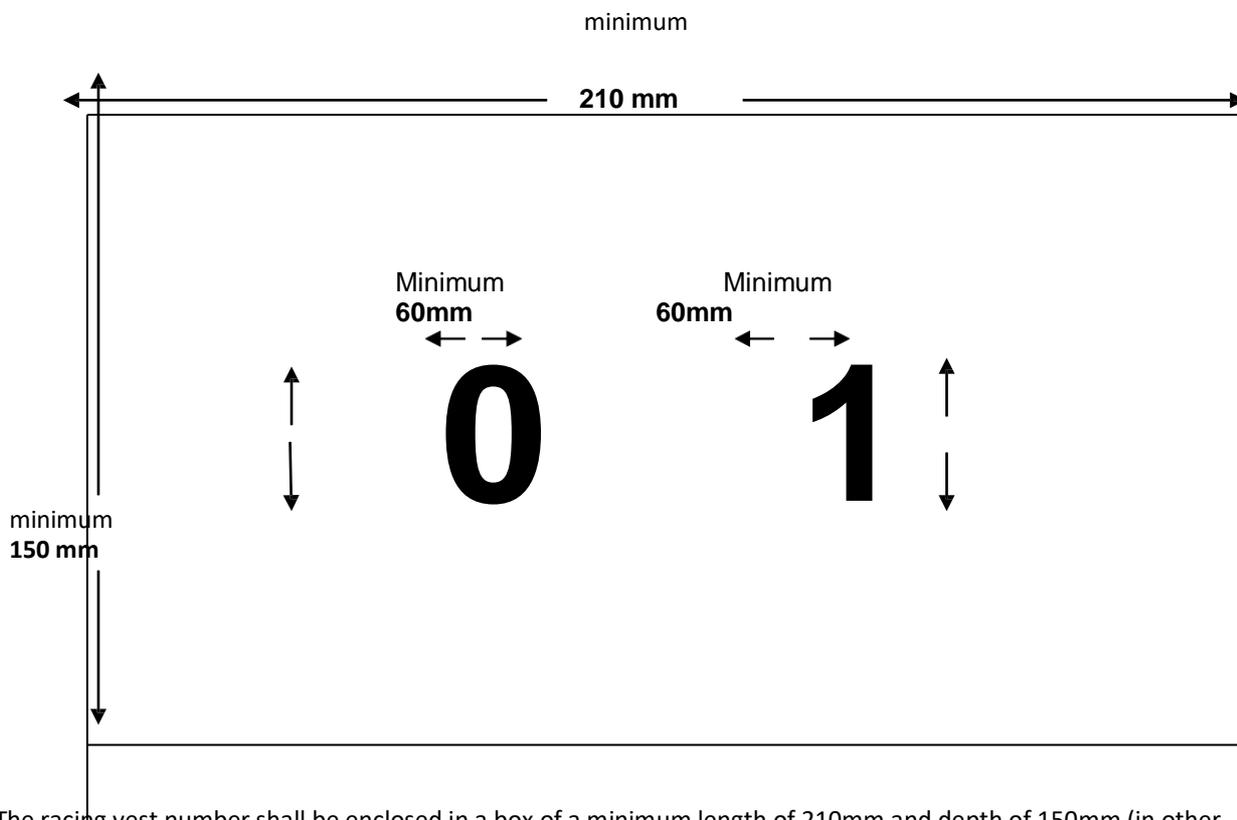


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ANNEX C

RACING VEST NUMBER TEMPLATE

(Annex to IDBF Competition Regulations - Number 9.9.1)



The racing vest number shall be enclosed in a box of a minimum length of 210mm and depth of 150mm (in other words, A5 size). Each numeral shall be of a size that will fit into a box of a minimum size of 100mm tall and 60mm wide. Racing numbers below the number 10 are to show a “0” as the first numeral, as shown in the TEMPLATE example.

The racing vest number shall be shown on or attached to the back of the Competitors’ racing top.

Note: vest numbers must be waterproof



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ANNEX D

IDBF Racing Protest Form

Event Name:	
Date:	
Racing Class:	Category:
Race Number:	Lane Number:
Team Name:	

Protest Details:

Protests must contain the Racing Rule Number that you consider has been infringed. The Protest will automatically be rejected unless the Racing Rule concerned is quoted.

--

Team Manager:	Date:
Signature:	Time:

Race Administration use

Signature	Time:
Fee received: \$ 20	



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Competition Committee's Decision:

Protest Accepted:	Protest Denied:
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Signed: (Chief Official)	Time:	Date:
Signed: (Team Manager)	Time:	Date:
Protest fee refunded:	Protest fee kept:	



國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION

14th IDBF World Dragon Boat Championships



IDBF Racing Appeal Form (9.7)

Event Name:	
Date:	
Racing Class:	Category:
Race Number:	Lane Number:
Team Name:	

Appeal Details:

Provide the reason that you consider the Competition Committee's decision should be reviewed by Race Jury

Provide Race Rule number that you consider the infringement concerns

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Team Manager:	Date:
Signature:	Time:

Race Administration use

Signature	Time:
Fee received: USD\$50	

