



TECHNICAL BULLETIN NO.4

16th IDBF World Dragon Boat Racing Championships

Rayong - Pattaya, Thailand 7 – 13 August 2023

The information and regulations in this Bulletin are extracted from, and where necessary supplement and enhance the **IDBF Competition Regulations and Rules of Racing (Edition 8.1)**, with which all competing crews are to acquaint themselves—see <https://www.dragonboat.sport/rules-and-regulations>.

In the event of a situation arising which is not covered by the IDBF Competition Regulations and Rules of Racing 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.

Technical Bulletin 4 is to be read in conjunction with Bulletin 1, Bulletin 2 and Bulletin 3.

Bulletins can be downloaded from the IDBF website - <https://www.dragonboat.sport/idbf-championships-ccwc-wdbc>.



FAST FACTS

- 2987 Athletes/Coaches
- 523 Supporters
- 351 races

TEAM REGISTRATION

- Saturday 5th and Sunday 6th August
- 9am to 4pm each day
- Long Beach Garden Hotel and Spa (499/7 Moo 5, 16 Naklua Rd, Banglamung Chonburi, Thailand)

ID cards will only be provided to Team Managers once all outstanding fees and other monies owing have been paid to both IDBF and the Organising Committee (RCAT). Cash only (USD) will be accepted for any outstanding amounts.

Contact: Loretta Lewis (IDBF Deputy Treasurer) - deputy-treasurer@dragonboat.sport

MEDIA PASSES

Media Passes will be available for collection at Team Registration between 5th and 6th August. From 7th August onwards, please go to the Press Centre at the race venue.

Contact: Belinda Chung (IDBF Chair Marketing & Media) – chair-marketing@dragonboat.sport

INTERNATIONAL RACE OFFICIAL TRAINING

- Saturday 5th August
- 9am to 4pm
- Long Beach Garden Hotel and Spa (499/7 Moo 5, 16 Naklua Rd, Banglamung Chonburi, Thailand)

Contact: Jason Chen (IDBF Race Secretariat) - ro-secretariat@dragonboat.sport

TEAM MANAGERS MEETING

- Monday 7th August
- 3pm
- Long Beach Garden Hotel and Spa (499/7 Moo 5, 16 Naklua Rd, Banglamung Chonburi, Thailand)

Maximum of 4 representatives per country to attend

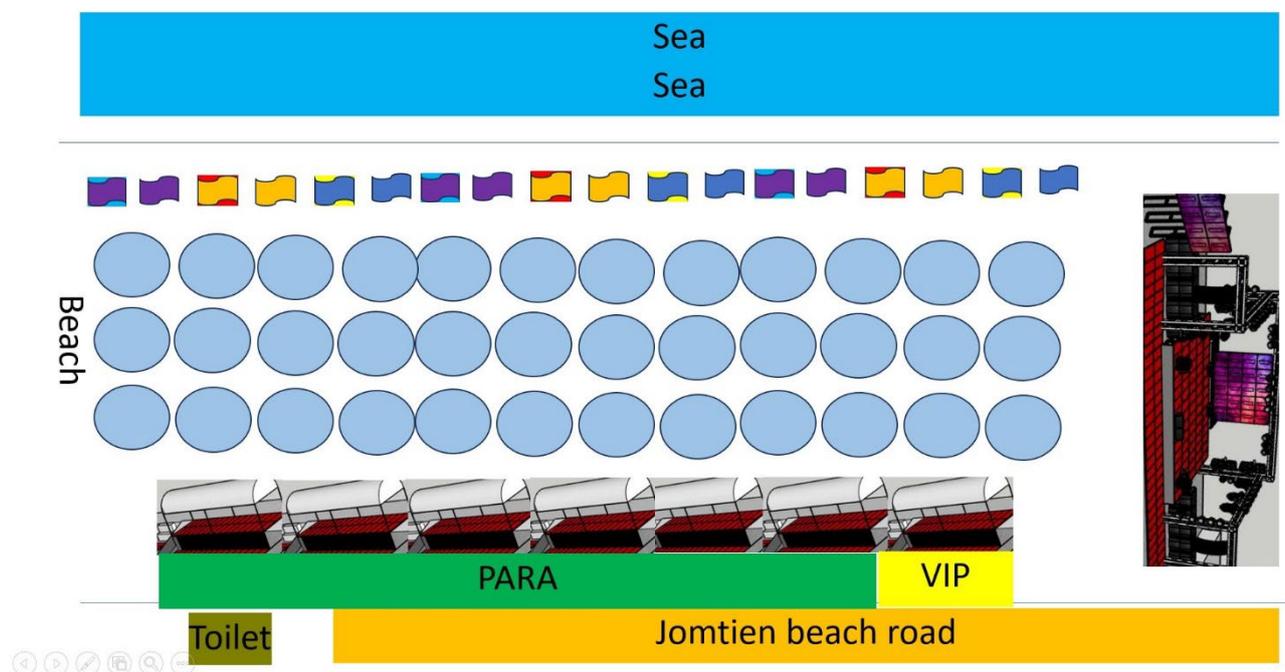
Chief Officials: Janine Lette (AUS), Normand Beaulieu (CAN) , Saed Abdalla (GER)

OPENING CEREMONY – Jomtien Beach (in front of D Varee Hotel)

- Monday 7 August
- 6pm to 8pm
 - Welcome performance

- Official opening
- Participant countries will be introduced, Parade of Nations – Flag Bearers
 - Performances
 - Eyes-dotting Ceremony
 - Video presentation
 - Welcoming speech by RCAT President
 - Welcoming Speech by IDBF President
 - Fireworks show

Additional information: There will be no seating for the athletes, however there will be sheltered areas in the marked event zone. A representative from each country will present their national flag (See the map layout).



IDBF HALL of FAME AWARDS RECEPTION

- Friday 11th August
- 7pm to 9pm
- Long Beach Garden Hotel and Spa (499/7 Moo 5, 16 Naklua Rd, Banglamung Chonburi, Thailand)
- Catering provided.

2 confirmed representatives per country

Contact: Sue Holloway (Chair IDBF Athletes Commission) – chair-athletes@dragonboat.sport

CLOSING CEREMONY – Convention Hall

- Sunday 13th August
- 6:30pm to 9:30pm
 - Performances
 - Video footage from the Championships
 - Closing speeches
 - Trophies presentation – Juniors, Seniors, Womens and Nations Cup
 - Hand over of IDBF flag to Germany hosting 2025 World Dragon Boat Racing Championships

Tickets will be available for purchase through the Organising Committee. Pre-booked tickets will cost US\$20 per person, which includes entry to the event, transportation from all official accommodation, food and beverage, and music entertainment. Pre-booked tickets must be paid by 7th August 2023. Tickets booked after 7th August 2023 or at the venue, will cost US\$30.

COMPETITION REGULATION REMINDERS

- Mixed Crew requirements – refer **CR2.1.3**
- Double rostering (competitors in more than one racing class) – refer **CR2.2.2** - Team Managers are advised that no allowance will be made in the Race Program for any competitors who are double rostered. Crews with double rostered competitors (and this includes drummer and helms) are advised that in the event of ‘back-to-back’ racing arising, races will not be delayed.
 - For example, athletes cannot race in both Premier mixed standard boat and Premier mixed small 200m
 - Athletes can race in Premier Mixed standard boat and Premier Women or Open standard or small boat

Note: ‘athletes’ includes drummers and helms

- Crew numbers – refer to **CR3.1**
- National representation and country of residence– refer **CR4.1/CR4.2**

A REMINDER OF THE AGE REGULATIONS

- *Junior A – 13th to 18th birthday falls in the year of the competition (drummer and paddlers)*
- *24 and under – 12th to 24th 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 2023 / Year of competition is 2023.

AVERAGE WATER DEPTH – RCAT Training Centre

The average water depths have been taken from the 1000m to the finish line at every 50m intervals.

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3.62m	3.75m	3.81m	3.94m	3.83m	3.66m

SEEDINGS FOR THE COMPETITION

Seedings are based on results from the 2019 World Dragon Boat Racing Championships where possible.

Seedings for the 2000m standard boats will be based on day 1, 1000m results. 2000m small boats will be seeded as best as possible on known performance.

RACE PROGRAM OVERVIEW

Day 1 – 1000m	Day 2 – 2000m	Day 3 – 2000m	Day 4 – 500m	Day 5 – 200m	Day 6 – 500m
<ul style="list-style-type: none">• Standard boats• Mixed, Open, Women• 1st race at 9am• Last race at 5:20pm• Last medal presentation at 5:50pm• 10-minute interval between races• 6 teams or less doing 2 rounds only• 49 races	<ul style="list-style-type: none">• Standard and Small boats• Mixed• 1st race at 9am• Last race at 1pm• Last medal presentation at 1:30pm• 30-minute interval between races• 8 races	<ul style="list-style-type: none">• Standard and Small boats• Open, Women• 1st race at 9am• Last race at 3pm• Last medal presentation at 3:30pm• 30-minute interval between races• 12 races	<ul style="list-style-type: none">• Standard and Small boats• Mixed• 1st race at 8:30am• Last race at 3:34pm• Last medal presentation at 3:55pm• 8 minute interval between races• 53 races	<ul style="list-style-type: none">• Standard and Small boats• Mixed, Open, Women• 1st race at 8:00am• Last race at 5:12pm• Last medal presentation at 5:45pm• 4-minute interval between races• 138 races	<ul style="list-style-type: none">• Standard and Small boats• Open, Women• 1st race at 8:00am• Last race at 3:10pm• Last medal presentation at 3:25pm• 5-minute interval between races• 86 races

SUNSET

Sunset is at about 6:40pm local time each day.

WEATHER FORECAST



Naval Aviation Meteorology
Khlung Bang Phai
1-14 Aug 2023



Khlung Bang Phai ☆
Intermittent stream, Chon Buri (Thailand), elevation 1 m

Tuesday 1 Aug.	   	30° / 27°	4.9 mm	6 m/s	Open hourly forecast >
Wednesday 2 Aug.	   	30° / 27°	5.5 mm	7 m/s	Open hourly forecast >
Thursday 3 Aug.	   	29° / 27°	1.6 mm	7 m/s	Open hourly forecast >
Friday 4 Aug.	   	30° / 27°	1.5 mm	6 m/s	Open hourly forecast >
Saturday 5 Aug.	   	30° / 27°	4.2 mm	5 m/s	Open hourly forecast >

Khlung Bang Phai

1-5 Aug 2023
Cloudy Sky Widely. It might be raining light rain - moderate during afternoon to evening. There is Haze (visibility approximately 7-10 km.). Wind is from S/W speed 7-14 knot.

6-10 Aug 2023
Cloudy Sky Widely. It might be raining light rain - moderate during afternoon to evening. There is Haze (visibility approximately 6-10 km.). Wind is from S/W speed 8-16 knot.

11-14 Aug 2023
Cloudy Sky Widely-Very Cloudy Sky. It might be raining moderate - Heavy for the whole day. There is Haze (visibility approximately 5-8 km.). Wind is from S/W speed 9-18 knot.

CREW LISTS

All Crew Lists showing the competitors and reserves who will be racing in a particular competition class should be submitted by the team manager to the Race Administration, preferably at the Team Managers meeting.

Crew Lists **MUST** be printed from the IDBF Registration System as it will improve clarity, pin numbers and bar codes are automatically provided. This facility is available after team named lists have been entered online at <https://idbfchamps.org/idbf>.

Please be aware that the registration system for preparing Crew Lists does not include the rules of the crew composition. It is the responsibility of the team manager to ensure that each crew complies with the relevant rules.

Team Managers must submit Crew Lists at the Team Managers Meeting or to Race Administration at the end of each day for the next day's racing. This will allow the Race Officials to process the Crew Lists in sufficient time for the following day. In exceptional cases only, Crew Lists will be accepted up to 1 hour prior to the first race of the day.

Once racing commences, requests for changes to Crew Lists will only be accepted if they relate to a medical condition accepted by the Chief Officials. In all other circumstances, a change will have to be made through the use of another athlete already on the submitted Crew List. Athletes do not need to be nominated as drummer, helm or reserves as long as their name appears as one of the 26 or 14 named competitors.

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.

Fit to Race (CR8.7.1) / R3.11

You are reminded that when signing the Crew List, the person signing confirms 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 Championships.

If there is concern with regards to an athlete's health, it is recommended Team Managers request athletes provide 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.**

IDENTIFICATION OF ATHLETES - Personal Identity Number (PIN)

Refer CR9.9. 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 Championship database. The identity document (Accreditation Card) must be carried by all competitors during the competition.

WADA DRUG TESTING

Athletes will be selected for random drug testing by PIN number.

RACING VEST NUMBERS – refer CR9.9.2

Each athlete 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 (**page 41** of the Competition Regulations for template).

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.

PADDLES AND EQUIPMENT

- Paddle must be 202a and display the IDBF registration sticker and paddle license number - <https://www.dragonboat.sport/manufacturers>
- Seat pads (cushions) - 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. **(refer CR13.4)**
- Exceptions to the above are permitted for Paradrageon athletes competing in PD1 and PD2 races. Refer to Rules for Paradrageon Racing (edition 1.2) for further information - <https://www.dragonboat.sport/rules-and-regulations>

COX VOX (boat sound system)

Cox Vox's will not be pre-installed in each of the dragon boats for these Championships. IDBF recommends each crew to bring their own cox vox which can be installed and removed quickly for each race.

STARTS

The automatic dragon cups start system will be used and is the same as the one used at the 2019 World Dragon Boat Racing Championships in Pattaya, Thailand.



MEDALS & TROPHIES – refer CR7.11-CR7.13

The title of World Champion shall be awarded to the winning crew in each Competition Class on which crews from at least six (6) Nations or Territories compete.

Medals will be awarded for each racing class Gold (first), Silver (second), Bronze (third).

DISCIPLINARY MATTERS & CODE OF CONDUCT

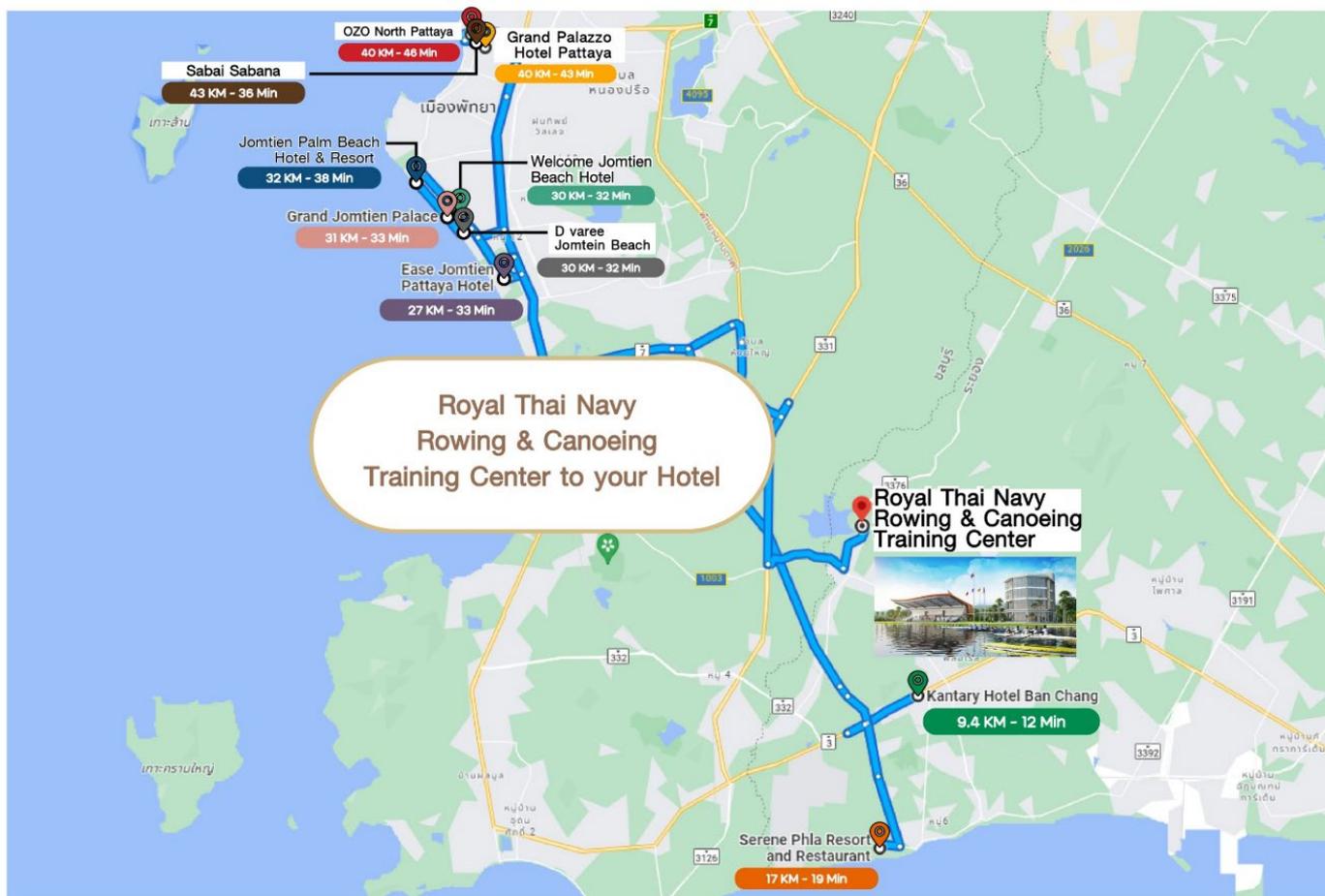
Disciplinary matters – refer to **CR11**.

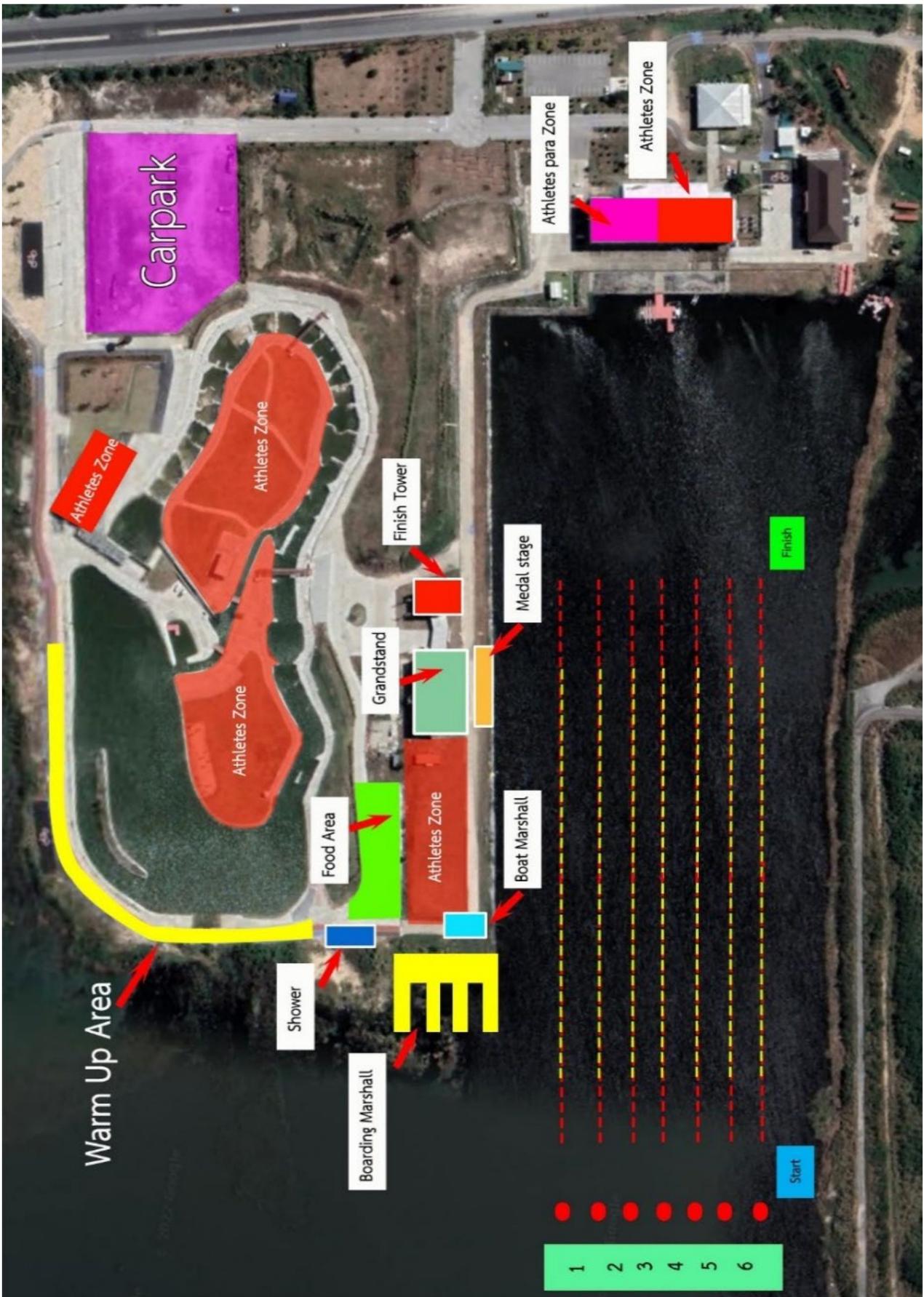
Code of Conduct matters – refer to **R4**.

PROTESTS AND APPEALS

The IDBF Racing Rules concerning Disputes, Protests and Appeals can be found under **Rule 9** of the Racing Rules. **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 Race Administration.

MAPS





RCAT TRAINING CENTRE MAP OF FACILITIES

Dealing with the Heat in Thailand

Before the Championship:

ADAPTATION: training in high temperatures that result in excess sweating can help your body adapt to the conditions expected in Thailand. Your body learns to sweat more efficiently and cool down quicker. The amount of time that is ideal for this is about 2 weeks, but any such training will have some benefit. Be sure to watch for the signs of heat exhaustion or heat stroke if doing this!

At the Championship: There are 3 main things to worry about in degrees of severity.

HEAT CRAMPS: This is cramping of muscles overworked in the heat. This is most quickly cured by an infusion of salt containing intravenous fluid (would need the medical tent) but short of that electrolyte drinks and cooling down are generally adequate. Salt pills are not recommended for treatment or prevention. Once cleared the athlete can usually return quickly to competition.

HEAT EXHAUSTION: athletes will feel like they have a virus. They feel weak, achy, have a headache, may be lightheaded, nauseous and could vomit or pass out. They do not have high body temperatures or confusion. That is heat stroke (see below). Treatment of heat exhaustion is resting in a cool environment; oral fluids is usually adequate. Fans, cool mist or showers and cold compresses can help. These athletes should not return to competition the day it happens, and care taken on subsequent days.

HEAT STROKE: is a life-threatening emergency! The main sign is CONFUSION usually with a high temperature and other symptoms of heat exhaustion. The medical staff must handle this. Rapid lowering of the body temperature must occur. First aid is removal from the heat, keeping the victim on their side in the rescue position in case they vomit. If professional medical help is delayed, evaporation using fanning and water sprays can help. The athlete will not be allowed to compete again.

PREVENTION: athletes need to monitor themselves and coaches should keep an eye out for problems. Paddlers need to: keep up their fluid intake, stay out of the sun, use hats or umbrellas when in the sun, seek cool places with air conditioning or fans, and wear light, loose clothing that allows airflow. Excess caffeine and any alcohol can increase the risk of dehydration and heat illness.

Contacts

Championships Website	https://www.rcat.or.th/16-IDBF-WDBRC
Organising Committee contacts	office@rcat.or.th
Accommodation and Meals	hotel.wdbrc2023@rcat.or.th
Administration, General Inquires	admin.wdbrc2023@rcat.or.th
Visa	visa.wdbrc2023@rcat.or.th

IDBF contacts

IDBF General Secretary

Peter Tang general-secretary@dragonboat.sport

IDBF Treasurer

Alan van Caubergh treasurer@dragonboat.sport

IDBF Deputy Treasurer

Loretta Lewis deputy-treasurer@dragonboat.sport

Chair IDBF Competition and Technical Commission

Melanie Cantwell chair-ctc@dragonboat.sport

Chair IDBF Medical and Sports Science

Bridget Walter chair-medical@dragonboat.sport

Chair IDBF Para Athletes Commission

Nigel Bedford chair-para@dragonboat.sport

Chair IDBF Marketing & Media Commission

Belinda Chung chair-marketing@dragonboat.sport

The IDBF and RCAT looking forward to welcoming you to the 16th IDBF World Dragon Boat Racing Championships.

IDBF Racing Protest Form (R9.2)

Event Name: 16 th IDBF World Dragon Boat Racing Championships	
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: US\$50	

IDBF Racing Appeal Form (R9.7)

Event Name: 16 th IDBF World Dragon Boat Racing Championships	
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

Team Manager:	Date:
Signature:	Time:

Race Administration use

Signature	Time:
Fee received: US\$100	

