

**PUBLIC SERVICE SPORTS AND FAMILY DAY
GARDENS BY THE BAY (BAY EAST), SATURDAY, 20 JULY 2019**

CSC DRAGON BOAT RACE

EVENT INFORMATION

Date	:	Saturday, 20 July 2019
Reporting Time	:	By 7:45 am
Venue	:	Gardens by the Bay (Bay East) 21 Rhu Cross, Singapore 437438
Getting There	:	<u>BY CAR/TAXI</u> Entry to Bay East is via Tanjong Rhu Road. The entrance into the car park is opposite the PAssion WaVe.
		<u>BY SHUTTLE BUS</u> Pick-up / Drop-off point outside Stadium MRT Station Exit B
Website	:	https://www.csc.sg/sportsday/
Registration	:	https://www.csc.sg/stargames (Through respective sports liaison officers)
Closing Date	:	<u>Friday, 21 June 2019</u>

RULES AND REGULATIONS

1 Eligibility

- 1.1 The event is open only to civil servants and officers serving in Statutory Boards, Restructured Hospitals and Government-Aided Schools, and employees of registered former Statutory Boards.
- 1.2 The following personnel shall not be eligible to participate in this event:
 - a) Public Officers who have represented Singapore (including those as Reserves) in SEA Games, Asian Games, Commonwealth Games or Olympic Games during the current year and past two years;
 - b) Public Officers who earn their living as professional athletes for clubs, etc during the current and past two years; and
 - c) Full-time National Servicemen

2 Registration and Events

- 2.1 Only team registration shall be accepted. Teams must register through the Sports Liaison Officers/Co-ordinator of their respective agencies. Individual entries will not be accepted.
- 2.2 Each Ministry or Statutory Board is strictly allowed to enter a maximum of two teams for each event. A rower is allowed to row only for one team.
- 2.3 An agency is allowed to register participants from other government agencies. The agency registering the mixed-agency team must ensure that all the team members are eligible rowers.
- 2.4 The CSC Dragon Boat Race shall comprise the following events:
 - a) Men (12-crew)
 - b) Women (12-crew)
 - c) Mixed Merdeka (12-crew)

3 Team Composition

- 2.5 The composition of the **Men (12-crew dragon boat)** team shall be as follows:
 - a) 1 male or female steersman
 - b) 1 male drummer
 - c) Maximum of 10 paddlers
 - d) A team is allowed to register not more than 5 female rowers to take the place of male rowers
 - e) 2 reserves
- 2.6 The composition of the **Women (12-crew dragon boat)** team shall be as follows:
 - a) 1 male or female steersman
 - b) 1 female drummer
 - c) Maximum of 10 female paddlers
 - d) 2 reserves
- 2.5 The composition of the **Mixed Merdeka (12-crew dragon boat)** team shall be as follows:
 - a) 1 male or female steersman
 - b) 1 male or female drummer
 - c) 5 male and 5 female paddlers
 - d) 5 rowers must be from Merdeka Generation (ie 60 years and above as at 20 July 2019)
 - e) 2 Reserves
- 2.7 A rower is allowed to row only for one team.
- 2.8 The Steerspersons/Helms must be SDBA Basic Helm Certified (minimum requirement).

3 Format of Race

- 3.1 Semi-finals will be held only if there are more than five (5) teams. If there are five or less teams, all the teams will qualify for the final and there will be no semi-finals.
- 3.2 The 1st position team of each semi-final will qualify for the final. The other three qualifying teams will be based on the best timings from the two semi-finals.
- 3.3 Allocation of lanes will be decided by a draw conducted at the Team Manager's Briefing.
- 3.4 Prizes will be awarded to the top four teams of each race.

4 Course

- 4.1 The distance of the Course is about 200m.
- 4.2 Only the end points will be marked by visible buoys.

5 Team Manager

- 5.1 Each team must have a Team Manager.
- 5.2 Team Managers are responsible for the conduct of their respective teams and for complying with the Rules governing the Race.
- 5.3 The Team Manager shall be responsible for liaising with Race Officials on the following:
 - i) Be present at the Control Point when required;
 - ii) Follow advice/instructions given by the Race Controller; and
 - iii) Sole representative for his or her team in event of protest, etc.
- 5.4 The Team Manager must be present for the following:
 - i) Receive team flag from the Guest-of-Honour
 - ii) Receive prizes at the prize presentation ceremony

6. Starting Procedures

- 6.1 The dragon boat must assemble behind the Start Line at least 5 minutes before their scheduled Start Time. A Team Manager must ensure that his/her Team adhered to this Rule. Team Managers are advised to listen closely to the Race Control announcements/instructions over the public address system.
- 6.3 It is the Steersperson/Helm's responsibility to listen to the Race Starter's instructions at the Start Point. He/She must follow the instructions diligently to ensure a quick setup, align the dragon boat and be ready to race.

- 6.6 All Teams are required to know the starting command. Once all the teams have lined up for their respective race, the Race Starter shall announce **“ARE YOU READY”**. After a clear pause, the Race Starter shall announce **“ATTENTION”**. After another clear but quick pause, the Race Starter shall activate the **“AIR HORN”** to signal the start of the race.

6 Safety

- 6.1 Competitors must be able to swim at least 50 metres wearing light clothing with or without a personal floatation aids (PFD). It is the responsibility of the Crew Captain/Team Manager to ensure that all members of the team comply with this rule.
- 6.2 Personal Floatation Devices (PFD) will be provided for all racing events when necessary. **It is compulsory for all competitors to put on PFD.**
- 6.3 Athletes (paddlers + drummer + steersperson) going into the dragon boats are **required to put on footwear**. Failure to comply warrants an automatic disqualification (DQ) for Safety Violation.
- 6.4 Teams are required to implement the Boat Captain Appointment and Buddy System.
- 6.5 Team Captains are required to brief team members on the capsize drill in the best interest of safety during the race.
- 6.6 **All safety rules of the competition must be complied with.** Infringement of any safety rule will render a team to be ineligible for the duration of the competition. The Official may disqualify a team from the race or totally eject a team from the Race for violating any safety rules.
- 6.7 **Each participant is solely responsible for his or her own safety and fitness.** It is the Team Manager/Crew Captain’s responsibility to look into the safety of each crew. No responsibility will be accepted by the Organizer or any other individual or organization connected directly or indirectly with the races and they will not be held responsible for any death, injury, damage or loss incurred by the members of a team.

7 Race Course Umpires & Marshall’s Warning

- 7.1 The racing Team is expected to steer a clear and straight course. The Course Umpires & Marshalls shall follow each race in motor boats to observe the course taken by each competing boat.
- 7.2 Any boat that fails to keep within its Racing direction will be warned by the Umpire/Marshall.
- 7.3 If such warnings are ignored, the crews(s) concerned risk a DQ from the race if, in the opinion of the Course Umpire, the crew has impeded another crew (either via a collision or a non-collision) and therefore has gained an advantage thereby, materially affecting the result of the race.

- 7.4 If such warnings are ignored, the crews(s) concerned risk a TP of 3 seconds if, in the opinion of the Course Umpire, during the affected crew(s) discourse, they did not impede another crew, did not gain any significant advantage and there was no influence on the race result.

8 Equipment

- 8.1 The Organiser will not be responsible for any failure of the equipment during the race and each team is advised to carefully check the dragon boat and rudder allocated before leaving the Boat Marshalling Area.
- 8.2 The wearing of PFDs (personal floatation devices) is mandatory and non-negotiable. Failure to comply will result in a disqualification for the Team.

9 Rights

- 9.1 The Civil Service Club reserves the right to revise the format, rules and regulations as and when deemed appropriate.
- 9.2 The Civil Service Club reserves the right to cancel, postpone or change the venue, date and/or time of the event at its discretion due to inclement weather or any other unforeseen circumstances.

10 Indemnity

- 10.1 Participants take part in the event at their own risk.
- 10.2 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any mishap, injury or loss of life that may be suffered by participants and/or supporters before, during or after the event.
- 10.3 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings.

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CSC DRAGON BOAT RACE

PROGRAMME

<u>TIME</u>	<u>TENTAIVE PROGRAMME</u>
7.45 am	Team Captains to report to Race Officials.
8.25 am	Flag Presentation Ceremony (Team Captain must be present)
8.30 am	Semi-Finals of Women's Race commence
8.45 am	Semi-Finals of Men's Race commence
9.00 am	Semi-Finals of Mixed Merdeka's Race commence
9.15 am	Finalists of Dragon Boat Race to report to Race Official
9.25 am	Women's teams embark on boats and get ready for the race
9.30 am	Emcee make announcement to gathered supporters to watch the finals of Dragon Boat Race
9.30 am	Guest-of-Honour flag off the Final of Women's Race
9.45 am	Guest-of-Honour flag off the Final of Men's Race
10.00am	Guest-of-Honour flag off the Final of Mixed Merdeka's Race
10.15 am	End of Dragon Boat Race
11.30 am	Captains of top four teams gather near stage for Prize Presentation
12.00pm	Prize Presentation

INFORMATION NOTES

- 1) Teams will be notified of the lane draws
- 2) Semi – finals will only be held if there are more than **five (5)** teams
- 3) Teams must report punctually for the semi-finals and finals.
- 4) Teams reporting late will be disqualified
- 5) Team members are advised to bring along spare attires.
- 6) Cash prizes will be awarded to the top four teams.