



#Technical Bulletin No.4

14th IDBF CLUB CREW WORLD DRAGON BOAT CHAMPIONSHIPS

Ravenna – Italy
September 3-8, 2024





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**The information in Bulletin No.4 is complementary to Bulletins 1,2 and 3
The four Bulletins together serve as complete guidance.**

The International Dragon Boat Federation (IDBF) and the Italian Dragon Boat Federation (FIDB) are pleased to advise that the 14th IDBF Club Crew World Championships is shaping up to be the largest ever IDBF event! Some 163 different clubs from 30 countries have entered teams, eclipsing IDBF's previous largest event (Szeged, 2018) when 140 clubs participated.

Updated Summary of Participation

Nation	Clubs	Athletes	Nation	Clubs	Athletes	Nation	Clubs	Athletes	Nation	Clubs	Athletes
USA	30	1106	Hong Kong China	5	212	Singapore	2	51	Lithuania	1	16
Australia	24	740				Switzerland	2	58	Moldova	1	26
Germany	18	686	Great Britain	4	118	Argentina	1	24	Norway	1	41
Canada	15	1181	Hungary	4	202	Bahrain	1	28	Philippines	1	24
Italy	12	327	China	3	48	Chinese Taipei	1	24	Qatar	1	17
Ukraine	8		Panama	3	42	Cyprus	1	18	Romania	1	19
Czech Republic	7	251	Poland	3	61	France	1	20	Serbia	1	27
New Zealand	7	164	Spain	3	61				UAE	1	43



Fast Facts

- Number of Countries: 30
- Number of Clubs: 163
- Number of Athletes/Coaches: 5825
- Number of Supporters: 1114
- Number of entries: 695 (standard) and 913 (small)
- Number of races: 475

Confirmed Entries by Competition Class (as of 19 August 2024) - (numbers in brackets show the number of nations involved)

standard boat	open			women			mixed		
	200	500	2000	200	500	2000	200	500	2000
premier	23 (9)	2 (9)	23 (9)	17 (8)	18 (9)	17 (8)	32 (15)	32 (15)	32 (15)
senior A	13 (7)	13 (7)	13 (7)	17 (8)	15 (7)	15 (7)	23 (10)	23 (10)	22 (10)
senior B	13 (7)	12 (7)	13 (7)	13 (5)	12 (4)	11 (3)	22 (7)	22 (7)	22 (7)
senior C	7 (5)	7 (5)	7 (5)	9 (3)	9 (3)	9 (3)	16 (5)	16 (5)	16 (5)
24u	2 (1)	2 (1)	2 (1)	3 (1)	3 (1)	3 (1)	7 (2)	7 (2)	7 (2)
18u	–	–	–	–	–	–	4 (3)	4 (3)	4 (3)
BCP				8 (4)	9 (4)	7 (4)			
ACP	2 (1)	2 (1)	2 (1)						
PD-1	–	–	–						
PD-2	4 (4)	3 (3)	3 (3)						

small boat	open			women			mixed		
	200	500	2000	200	500	2000	200	500	2000
premier	25 (20)	26 (21)	23 (18)	21 (14)	20 (13)	18 (11)	22 (18)	22 (17)	20 (15)
senior A	21 (14)	22 (14)	22 (14)	20 (13)	19 (12)	20 (13)	22 (15)	21 (14)	20 (14)
senior B	19 (14)	20 (14)	17 (11)	17 (13)	17 (13)	17 (13)	23 (15)	23 (15)	23 (15)
senior C	14 (9)	14 (9)	14 (9)	10 (7)	10 (7)	10 (7)	12 (9)	12 (9)	12 (9)
24u	10 (7)	10 (7)	9 (6)	6 (4)	6 (4)	5 (3)	9 (7)	9 (7)	8 (6)
18u	12 (9)	12 (9)	11 (9)	13 (8)	13 (8)	12 (7)	10 (7)	10 (7)	9 (7)
BCP				15 (10)	15 (10)	13 (10)			
ACP	4 (3)	4 (3)	3 (2)						
PD-1	4 (4)	3 (3)	3 (3)						
PD-2	3 (2)	2 (1)	2 (1)						



Seedings for the competition

Seedings across all distances and competition classes are random due to low participation from 2022 CCWC in Sarasota.

Race program Overview

	Day 1 2,000m	Day 2 2,000m	Day 3 200m	Day 4 200m	Day 5 500m	Day 6 500m
Classes	Mixed – 18U, Prem, Sen B Open & women – 24U, Sen A, Sen C, PD1, PD2	Mixed – 24U, Sen A, Sen C Open & women – Prem, Sen B, 18U, BCP, ACP, PD2	Mixed – 18U, Prem, Sen B Open & women – 24U, Sen A, Sen C, PD1, PD2	Mixed – 24U, Sen A, Sen C Open & women – Prem, Sen B, 18U, BCP, ACP, PD2	Mixed – 18U, Prem, Sen B Open & women – 24U, Sen A, Sen C, PD1, PD2	Mixed – 24U, Sen A, Sen C Open & women – Prem, Sen B, 18U, BCP, ACP, PD2
First race	09.00	08.00				
Race interval	15-30 minutes		5 minutes		6 minutes	
Last race	17.30		16.30	17.40	17.36	17.30
Last medal ceremony	18.00		16.45	17.55	18.00	17.45
Total races	21	26	102	116	96	114

Sunrise, sunset and temperature forecast

Date	Sunrise	Sunset	Daytime temperature forecast
Sat 31/08	6:33am	7:48pm	By now 22-32 C
Sun 01/09	6:34am	7:46pm	
Mon 02/09	6:35am	7:45pm	
Tue 03/09	6:36am	7:43pm	
Wed 04/09	6:37am	7:41pm	
Thu 05/09	6:38am	7:39pm	
Fri 06/09	6:40am	7:37pm	
Sat 07/09	6:41am	7:36pm	
Sun 08/09	6:42am	7:34pm	



Team Managers Meeting

The Team Managers' Meeting will be held offsite (Sporting Center Gaetano Marchetti, Via Tamigi, 11 - 48015 Savio di Cervia, Ravenna, see location map - <https://w3w.co/recruiter.express.cathode>) from **14.00-16.00** local time on **Monday 2nd September**.

A maximum of two (2) representatives per club (regardless of numbers of crews in the club) will be permitted to attend and, due to space restrictions, this limit will be strictly enforced. Two (2) wristbands will be issued per club at registration, clubs will need to show these to enter the Team Managers' Meeting and to use the coaches transporting people to and from the meeting.

The Organising Committee will provide transport for club managers to attend the Team Managers' meeting venue and from there to the Regatta Venue for the Opening Ceremony.

The coaches will depart Regatta venue at **1:30pm. Meet outside Team Registration.**

The two Chief Officials (Sue Menzies from GBR and Andries Boneschansker from NED) will lead the meeting.

Parking at the venue of the meeting is extremely limited and all attendees will be transported there and back by coach provided by FIDB. There will be no parking available nearby for private vehicles or other transport not provided by the Organising Committee. Details of timings and pick up location will be advised in due course.

Opening Ceremony

The Opening Ceremony will be held at the race venue in front of the grandstand and will commence at **17.30** local time on **Monday 2nd September**. Mobility-impaired athletes will be accommodated in front of the grandstand.

The ceremony will include:

a parade of clubs by country, **ONLY 2** persons of each Club will participate due to high number of athletes, traditional Chinese moments, welcome speeches, a dragon awakening ceremony, and musical entertainment.

Clubs are expected to bring their own Club and Country flag

Closing Ceremony

The Closing Ceremony will take place immediately after the final medal presentation. Location will be in front of the main grandstand (location map - <https://w3w.co/leaky.carloads.lookers>)

The Closing Ceremony will include:

- Presentation of Club Championship trophy
- Hand over flag from Italy to Chinese Taipei (host of the next CCWC in 2026)
- Closing address by IDBF President

Celebration Party

- Location: the Race Venue
- Time: 20.30 to 23:30
- Cost: 25 Euro each ticket
- Inclusions: snacks and drinks
- Entertainment: DJ
- Security will be present onsite



- Recognition for U18 attending the Celebration party will be confirmed at Team Managers meeting

To reserve Celebration Party entrance tickets, use the following link

<https://fonte-meravigliosa-2023.sumupstore.com/prodotti> Payment by Credit Cards. This link can also be found in the official Event website <https://dragonboatravenna2024.com/en/> visiting Partners & Sponsors.

Celebration party tickets can also be sold directly onsite **during Club accreditation time slot** at Org.Com office and payment is by cash.

Crew Lists

Race Administration Office

The Race Administration Office will be in the same location as for Team Registration. Janine Lette will be the Chief of Race Administration. The Race Administration Office will be the principal point of contact for clubs for IDBF race administration matters including crew lists and protests.

1. Crew lists.

- a. Crew lists are to be signed by the Team Manager and Boat Captain. Only printed crew lists will be accepted and must be generated from the IDBF registration system. This facility is available after team-named lists have been entered online at <https://idbfchamps.org/idbf>.
- b. Competitors do not need to be nominated as reserves as long as their name appears as one of the 26 (for standard boat) or 14 (for small boat) named competitors.
- c. Crew lists must be submitted to Race Administration no later than one hour after the final race the day before the race(s) which the crew list(s) relate to.
- d. Once submitted, no change to competitors will be permitted unless it relates to a medical issue and a Chief Official has authorised the change.
- e. Clubs are encouraged to print their crew lists using their own facilities. However, a single computer and printer will be available in the Race Administration Office for those who may require it. Failure to submit a crew list on time because others are using the computer or printer will not be accepted.
- f. 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.
- g. The club official signing the crew list is also signing a 'fit to race' (Rule Cr8.7.1 and R3.11) certificate for the team and must ensure they understand the implications of doing so. Refer to IDBF's Competition Regulations for further advice.

In Bulletin 3 it was made clear that only printed crew lists would be accepted. This has since been modified for **Paradragon crews only**. Paradragon crews are permitted to use unimpaired athletes from other clubs and their details can be handwritten onto the crew list (which must otherwise be printed).

Bulletin 3 also advised that a single computer and printer would be available in the Race Administration Office for club use. Clubs are strongly encouraged to find alternative ways of printing their crew lists because, with over 160 clubs potentially wanting to use the single computer and printer, the queue could be very long indeed! Furthermore, the deadline for these to be submitted (one hour after the final race of the day) will NOT be extended. **Failure to submit a crew list by the deadline means your crew will not race the next day.**



Identification of Participants

All participants (athletes, coaches, team officials and supporters) who have paid the appropriate fees to IDBF and to the Organising Committee will be issued with an accreditation pass. This pass must be worn at all times within the secure athletes area and to gain access to that area. Security staff will be instructed to refuse entry to anyone not showing their accreditation pass.

When a crew completes checks in boat marshalling, accreditation passes for those in the boat are to be retained by a club member (usually one of the reserves) and that person must remain in the boat marshalling area until the crew returns from its race. A separate (covered) area will be available for these 'pass holders'.

WADA Drug testing of Athletes - Personal Identity Number (PIN)

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

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 Paradrakon athletes competing in PD1 and PD2 races. Refer to Rules for Paradrakon Racing (edition 1.3) 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.

Training Sessions

Those clubs that have booked training sessions are reminded that the hour-long slots include loading and unloading, and bailing the boat (if necessary) after the session. If a club turns up late for its session, it must still be completely finished by the scheduled end of its session.

Any club not adhering to the above may be penalised by the Chief Race Official. Sanctions may include loss of some or all subsequent Club sessions. So, please, respect other crews – turn up on time and leave on time.



Starts

The automatic dragon cups start system will be used and is the same as the one used at the 2023 World Dragon Boat Racing Championships in Pattaya, Thailand and 2022 Club Crew World Championships in Sarasota, USA.

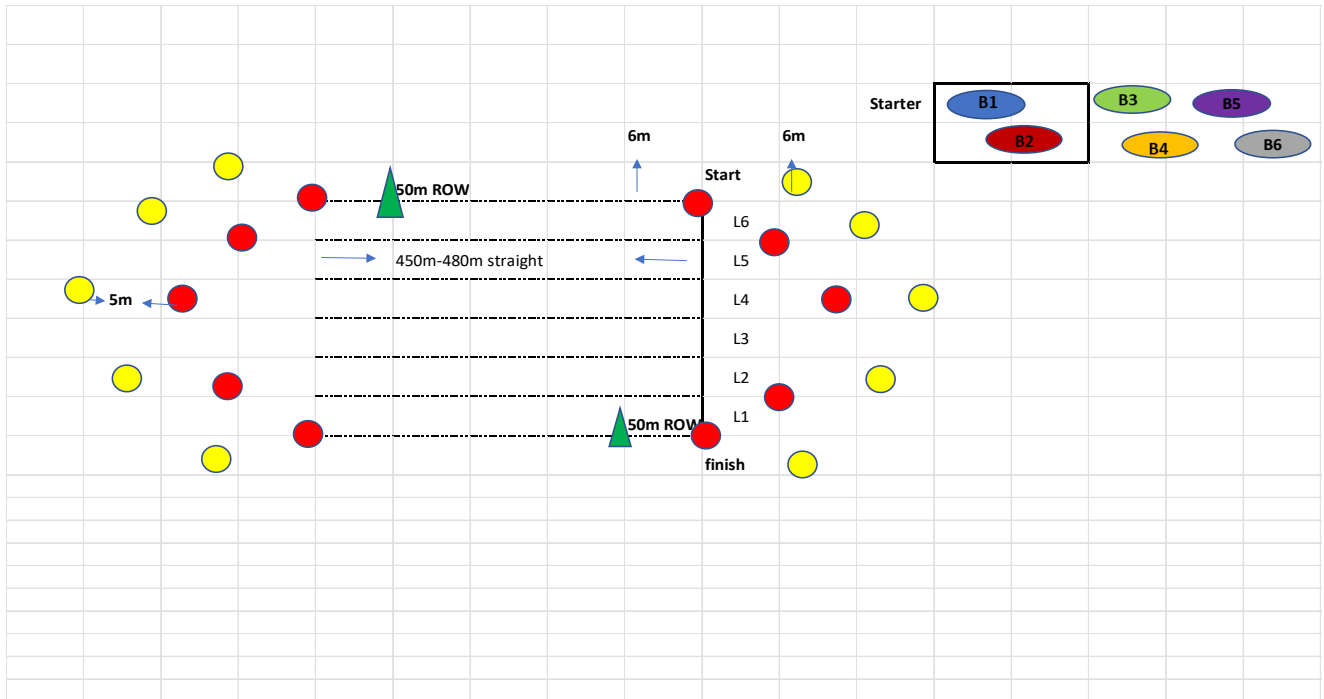
Crews will be permitted to use paddlers on the back two seat (standard boat) and back seat (small boat) to gently paddle as necessary before the start so as to keep the dragon's head in the starting cup.

The starting system will be in use during the training sessions and crews unfamiliar with it are encouraged to practice with it during their allotted time.



2000m

IDBF will be trialling a box start for the 2000m. The start box will be indicated by 20m by 20m box marked by a buoy on each corner, and will be located about 20m behind the start line. A Crew must be in the start box when they are called up by the starter, and must start when ordered to do so. Actual start time will be either when the boat crosses the start line (if this is before the specified interval) or when the interval has elapsed (so that a crew delaying crossing the start line will actually have a race time that exceeds their time on the course). The intention of this 'box start' is to stop crews from trying to gain clear water advantage by delaying their start.



Double Rostering

Double roosting (CR2.2.2)

No changes of allowance will be made in the Race Program or by race officials for any participants who are double rostered. It is a Club responsibility to ensure it has a crew available to race at the appointed time.

Double roosting

As previously advised in Bulletin No.3, IDBF will allow 'double roosting' by Paradrageon crew members (both impaired and unimpaired). In this way, Paradrageon crew members should be able to participate in other race divisions, classes, and boat sizes. It may also provide opportunities for 'reserves' in other classes to get more races than they might otherwise. In short, IDBF is determined to encourage both impaired and unimpaired athletes to race in the Paradrageon class.

Medals – refer CR7.11

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 and 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, or not accompanied by the relevant fee, will be immediately rejected. Protest and Appeal forms will be available from Race Administration.

Dealing with the Heat in Ravenna

Although extreme heat is unlikely to be experienced in Ravenna at the time of the Championships, nature has a way of surprising us! It is the responsibility of clubs and their athletes to ensure all are properly prepared for likely conditions.

A few tips from IDBF's Medical and Sports Science Commission:

ACCLIMATISATION: Particularly for those clubs coming to Italy from cooler climes, it is important to try to 'acclimatise'. Proper acclimatisation can take up to 2 weeks, time not available to most clubs. However, any exercise that leads to heavy sweating in the days leading up to racing will help the body adjust.

HYDRATION: Adequate hydration is fundamental. Remember the old adage – when you feel thirsty you are already dehydrated! Water points will be provided in the athletes village – use them!

HEAT CRAMPS: This is cramping of muscles that have been overworked in the heat. Electrolyte drinks and rest (in a shaded area) are generally adequate to restore the athlete to good physical condition. However, in more extreme cases, medical attention should be sought.

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

www.dragonboatravenna2024.com

Organising Committee inquires

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Organising Committee secretariat

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Organising Committee Administration

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General Inquires Visa

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Accommodations and Transfers

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IDBF Contacts

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The IDBF and FIDB encourage your Club to enter the 14th IDBF CCWC, Ravenna 2024 Italy and look forward to welcoming you to join the Championships.

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