



May 23 & 24, 2015
Vancouver Lake, Vancouver WA
Benefitting Disabled Veterans

Team Registration Packet





Club Team Registration

Team Name _____

Sponsor/Organization Name _____

Team Captain/Manager Contact _____

E-Mail (Required, Most correspondence is through e-mail) _____

Phone: Home _____ Work _____ Cell _____

Address: Street _____ City _____ State _____ ZIP _____

Registration:

Your team has two ways to register for this event. You may use donations that you collect to pay for your entry fee or you can pay the regular registration fee. Either way we encourage all teams to raise additional funds beyond the entry fee for the disabled veteran's water sports program.

If you are not sure which division is best for your team call Jeff Campbell at 877-872-3211.

Club teams: (Both Saturday and Sunday)

☐ Mixed Division 20 \$700 ☐ Women's Divisions 20 \$700

☐ Mixed Division 10 \$400 ☐ Women's Division 10 \$400

Community teams: (Race Saturday.)

☐ Community/Corporate Novice Team 10 Paddler - \$800 (includes 2 practice sessions & Saturday racing)

☐ Heck yeah, we'll race Sunday too! (Sunday racing dependent on interest)

Note: 10 paddler boat registrations are limited and preference will be given to novice teams.

Total Amount Enclosed: _____

Please make checks payable to: **PADDLE FOR LIFE** or call **877-872-3211** to pay by credit/debit (add 5% for payment by credit card, we want to maximize the charitable contribution!)

Mail Checks to: Paddle for Life, 13023 NE Hwy 99, Suite 7, Box 234, Vancouver, WA 98686

Registration forms may be sent to above address or scanned & e-mailed to info@doublefifth.com

Paddle for Life is a registered trademark of Paddle for Life, Inc. of Ridgefield WA.

FOR OFFICE USE ONLY

Team Name: _____ Amount Rcvd: _____ Via _____

Date Rcvd: _____



Team Biography

(Registration not complete without everyone getting to know about your fabulous team)

We will use this at the races and for publicity. Send it in now or bring it to the race. We especially need human-interest stories—call **877-872-3211** if you've got one!

Team Name: _____

Company Name/Sponsor: _____

Team Captain: _____

Team Hometown: City _____ **State/Province** _____

Please write a little about your team. What brought your team together, who you represent, what the team goals are, any achievements/awards received, any rivals you may have, why you picked your team name, that sort of thing. Keep it clean, this is a family event!

Please send a team logo or team photo to jeff@doublefifth.com to accompany your biography. WE NEED HUMAN INTEREST STORIES!



Race Information

Dragon boat racing dates back centuries to China. The sport has been part of the Portland Metro Area for nearly 25 years. There are hundreds of teams here and more forming each year. The sport is all inclusive which makes it ideal to team building. Even a person who has never been in a boat can be paddling in less than 30 minutes. Paddle for Life is a dragon boat race benefitting the Disabled Veterans' Water Sports Program at Vancouver Lake Aquatic Center. So gather a few co-workers, friends, spouses, etc. and enter a team! We won't guarantee you will win, but we will guarantee it will be fun!

Teams: Novices will race against each other in the Corporate/Community Division. Racing is in 10 paddler boats so it is easy to field a team. We'll even help you find paddlers if needed. For the 10 paddler boats your team can be from 10 to 15, but 12 is a good size.

The Corporate/Community Novice division is mixed gender racing. You must have at least 4 women paddlers in the boat for each race. More women, even all women are fine, but no all or mostly men's crews. You can have your own drummer or use one of ours. A coach/helm will be provided. Minimum age for a team member is 13 years old. This division will be held on Saturday only and the races will be 250 meters. (It's longer than you think!)

The Competitive Division for club teams will race in both All-Women's and Mixed Divisions in both 10 and 20 paddler boats. Saturday is 500m racing and Sunday is 250m Racing and the 2K Gladiator race.

Race Venue and Course: This year's Paddle for Life will be at Vancouver Lake Park located in beautiful Vancouver, WA USA. The races will be held at the south end of the park where the beach is located. The course is 250 meters long. Saturday racing will be longer distances for club teams.

Event Schedule: Racing starts at 9:00 am sharp and teams should arrive by 7:30 am. Teams will race twice in the morning with more racing in the afternoon weather permitting. Racing will go fast so be ready! The best racing is always at the end so plan on staying all day. The awards ceremony will begin 30 minutes after the last race ends and the boats are put away.

Race Bracketing: TENTATIVE Race bracketing and schedules will be e-mailed to the team captains about 5 days before the event. This is subject to change with the addition of late registering teams. The OFFICIAL copy will be distributed on the morning of the races.

Boats & Equipment: All boats, paddles and life jackets will be provided. Paddlers may use their own life jacket (must be passive, not inflatable) and their own approved dragon boat paddle. Just dress to get splashed.



Practice Locations & Schedule: Practices will be held at Vancouver Lake Aquatic Center starting May 8, 2015 through May 22, 2015. Closer to the event date, team captains will be provided with a practice schedule and directions. Each Corporate/Community Team will get two practices before the event. Dress to get wet and have fun. Each practice includes a coach and helms person to help you prepare. Registration fee must be paid before your team can start practicing. Practice time slots will be given according to the order in which teams register so the earlier the better. Each paddler must complete and sign a waiver form prior to stepping on a boat for practice and/or racing. Waivers are available on the paddleforlife.org. Some practice sites may require a separate form be completed in addition to the race waiver.

Club teams: For information on practices contact Jeff Campbell, 877-872-3211, info@doublefifth.com

Volunteering

We welcome all to come out and volunteer. All volunteers will receive a 2015 PFL shirt, plenty of food and snacks and a chance to go out for a spin in a dragon boat! Please contact Dani Ramirez at **360-531-9510** or ramirez125@comcast.net to sign up.

Paddle for Life is a fundraiser

The goal is to raise money to support a Disabled Veterans' Water Sports Program at Vancouver Lake Aquatic Center. This program is operated by Vancouver Lake Aquatic Center with the generous support of Dragon Sports, Wasabi and Golden Dragons. Dragon boating is an important part of the program because of the inclusive nature of the sport and the ability for former military members to work as a unit, something many miss from their time in active duty. The money raised this year will be used to upgrade facilities and equipment to provide a safe environment for all.

Pledge Contest

Race registration fees pay for the racing and the event, but leave little money left over for the Disabled Veterans' Water Sports Program. In order to maximize the charitable contribution we are having a pledge contest. This money is in addition to your race entry fee. We hope to get \$500 and \$1000 in additional donations from each team. No one is required to solicit donations. If you only want to pay the entry fee that is fine, but this race is all about helping disabled veterans, so your additional donations will go to a very worthy cause?

It is simple. Each person is asked to find \$100 in tax deductible donations. This money goes DIRECTLY to the Disabled Veterans' Water Sports Program. Talk with your friends, family and co-workers and ask them to donate \$10 to \$50 each. Remember all of the candy bars and discount books you've bought from their kids over the years? Payback time! The gift is tax deductible and stays in the community to help the Disabled Veterans' Water Sports Program at Vancouver Lake Aquatics Center. **ALL** donations that are not part of team fees will go directly to the establishment of the program and are tax deductible.

Please ensure all **checks** are made **payable to Paddle for Life**. Credit Card donations accepted over the phone or on the paddleforlife.org website. Cash donations are accepted but should not be mailed; please bring them to the event.



PRIZES – Everyone loves prizes!

TEAM - The best prizes go to the teams that raise the most money for charity. The team with the most donations will be recognized with the Ultimate Team Tent! This 20X20 tent includes all the bells and whistles of catered food, massages, and the best seat in the house. Second and third places get free massages at their tent at the following years event. All three of the top teams will be given a special discount on one team order from Double Fifth Dragon boating.

Individual - The top three individual fundraisers will be awarded prizes as well. The overall top individual fundraiser will receive a \$300 gift card. Second place receives a \$200 Gift Card and third place receives a \$100 gift card.

ALL teams are highly encouraged to participate in the fund raising competition. Without this participation we cannot keep club team fees low.

Other Prizes - Door prizes will be awarded throughout the day. We also hold raffles with all the proceeds going to the Disabled Veterans' Water Sports Program. Last year's 50/50 raffle was over \$1,200!

In Kind Donations



We are always seeking **in-kind donations** for prizes, volunteers, and operations. These donations are a tax write off.



Race Rules/Regulations

The following rules are based on International Dragon Boat Federation (IDBF) recommendations for festival racing. The Chief Official shall have the authority to modify or add additional rules based on conditions. In all matters the Chief Official's decision is final and may not be appealed.

1. CONDUCT OF CREWS

- 1.1** Crews must follow the directions of the Race Officials at all times during the competition. Failure to do so may result in the disqualification of the competitor or crew.
- 1.2** Any dragon boat crew or competitor who attempts to win a race by other than honorable means, or who deliberately breaks the Racing Rules, shall face disqualification from the competition.

2. MARSHALLING / EMBARKING

- 2.1 Crew Responsibility** - It is a crew's responsibility to ensure that the dragon boat and its equipment is fully functional and water-worthy. Boats and equipment must be carefully checked before embarking.
- 2.2 Paddle Breakage/Equipment Failure** - Crews are allowed to carry two (2) spare paddles. These may only be used in the event that a paddle breakage occurs during a race.
- 2.3 Boats** - Crews must use the assigned boat. Crews will not be permitted to choose or reserve a specific boat.
- 2.4 Movement up the Course** - After a crew has boarded, it must leave the Dock immediately and proceed directly to the start area. Crews must keep clear of the Racing Lanes and must not interfere with a race that is in progress. Traffic must stop until a race in progress has passed.

3. STARTS and STARTING PROCEDURES

- 3.1 Start Area** - It is the boat Captain's responsibility to make sure that each crew member is familiar with the starting procedures. All boats shall assemble behind the Start Line, at least three (3) minutes before their Start Time.
- 3.2 Late Arrivals** - The Starter may warn a crew arriving late in the start area and if such a warning is given it shall have the same effect as one given for a False Start, for that race. The Starter may start a race without reference to absentees.
- 3.3 Racing Lane** - A crew must race in the lane allocated to its boat. In the event that only one boat remains at the start of a scheduled race, that crew will be required to paddle the course to register a qualifying time for participation in subsequent rounds.
- 3.4 Starting Position** - The front of the boat or the head of the dragon will be aligned with the start line. Crews should take care not to line up or drift past the start line. The starter may use a drifting or rolling start if conditions warrant.
- 3.5 Starter's Commands** - When the Aligner is satisfied that all the boats are correctly aligned, the Starter shall alert the crews by saying '**Are you ready?**' If the crew is **NOT READY** then the Drummer must immediately raise a hand above head height to indicate the situation to the Starter. Excessive or unwarranted delay may result in penalty or disqualification.
- 3.6 Starting Signals** - When the Starter is satisfied that all crews are ready, the starting signals of the word '**ATTENTION**' or '**ATTENTION PLEASE**' followed by the word '**GO**'. The word '**GO**' may be replaced by a starting gun, electronic starting signal or other distinct sound. The interval between the words '**ATTENTION**' and '**GO**' (or sound signal) shall not exceed five (5) seconds.
- 3.8 False Starts** - If a crew starts after the word '**Attention**' and before the word '**Go**' it has made a False Start. **False Starts will result in a time penalty being added to the time of the crew.**
- 3.9 Stopping a Race** - In the event of a significant false start or collision the starter or umpire may stop the race and conduct an immediate re-race. The Starter shall repeatedly signal with a horn or other device and the umpire boat will attempt to get in front of the boats by driving across the course while waving a red flag. All boats must stop immediately.



3.10 Damage to boats prior to Start- If a boat is damaged prior to the start, the crew must alert the umpire boat (or in the event there is not an umpire boat – the starter) and attempt repairs. The umpire or another race official shall have the discretion to determine if the boat may be raced or must return to the dock for repair. Equipment failure in the first 50 meters of a race is cause for a re-start. The crew must immediately stop paddling and the drummer and helm must both wave their hands above their head. A broken paddle is NOT considered equipment failure.

4. RACE CONDUCT

4.1 Correct Course and Clear Water - The correct course for each boat is a straight 'line' down the course or down the middle of its marked Racing Lane, from the Start Line to the Finish Line. Even when crews are in their Racing Lanes or following a racing 'line', at least two (2) meters of clear water must be maintained around each boat. For the purpose of this Rule, the boat includes the crews' paddles and therefore the 'clear water' is between paddle blade and adjacent paddle blade. Crews must 'give clear water' when told to by an Umpire or other race official.

4.2 Umpire's Warnings - A Course Umpire (when available) shall follow each race, in a motor boat to observe the course taken by each Dragon Boat. Any boat that fails to keep within its Racing Lane/Line will be warned by an Umpire. This will be done via a bull horn or other PA device and by raising a red flag. If such warnings are ignored the crew(s) concerned risk time penalty or disqualification from the race.

4.3 Wake Riding - (Wash Hanging). It is forbidden for a crew to 'wake ride' that is, to gain an advantage from the wake or wash of another boat by paddling across the angle of its bow wave and gaining an increase in speed by 'riding' the forward face of the wave. The Umpire following the boat shall decide if wake riding (wash hanging) has occurred and notify the Chief Official accordingly, who will decide what action to take.

4.4 Collisions - In the event of a collision or impending collision between two (2) or more boats the crews **must immediately stop paddling**. Umpire(s) must report the circumstances to the Chief Official, who may disqualify the offending boat(s) or, if the result of the race has been materially affected, order one or more boats to re-race, before the next round of the competition. When in the opinion of the Chief Official one or more of the crews involved could have avoided the collision by taking corrective action, for example, to stop paddling, but did not do so, and then the crew or crews concerned may be disqualified.

4.6 Distress Signal - If a crew is in distress, for example, a crew member lost overboard or ill, then the drummer or helm shall alert the Rescue Boats by waving their arms above the head.

4.7 Boat Swamping, Deliberate Capsizes - If, in the opinion of the Chief Official, a boat has been swamped or capsized deliberately by its own, or another crew, during the course of a race, the crew or crews concerned may be disqualified from the competition.

4.8 Boat Damage - If, in the opinion of the Chief Official, a boat has been damaged by its crew deliberately, or by another crew during the course of a race, the crew or crews concerned may be disqualified from the competition and the crew may be financially liable for the damages.

5. FINISHES

5.1 Crossing the Finish Line - A boat has finished the race when the foremost part of the boat crosses the Finish Line with the same number of Racers in it as started the race. (The Dragons Head, when in position, forms part of the boat).

5.2 Dead Heats - If two (2) or more boats reach the Finish Line at the same time they shall get the same classification. If space does not allow both teams to advance equally, the crews may re-race or advance based on coin toss or other manner at the discretion of the Chief Official.

5.3 Disembarking. Once a crew has finished a race it must return immediately to the dock area and disembark. A crew is not released from the directions of the marshalling Officials until all members of the crew have left the Crew Assembly Area.



6. DISPUTES, PROTESTS and DISQUALIFICATIONS

6.1 Disputes - Disputes that arise during a competition between Crews shall be addressed to the Chief Official and dealt with in the same way as a Protest.

6.2 Racing Protests - In the event of a crew wishing to make a protest following a race, concerning the conduct of another crew or the race result, the captain, and only the captain, must lodge the dispute with the Chief Official within fifteen (15) minutes of the end of the race. (This fee is non-refundable and will be treated as a donation to the charity.)

6.4 Decisions. The decision of the Chief Official is final.

7. RULES SPECIFIC TO VANCOUVER LAKE PADDLE FOR LIFE DRAGON BOAT FESTIVAL 2015

7.1 Mixed Division Requirements – All mixed crews must have a minimum of 4/8 (10 and 20 paddler boats respectively) female paddlers per boat. In the event a crew does not have at least 4/8 women in a race, the team can choose to a) race with an open seat for each female paddler missing from the minimum requirement, or b) be assessed a 2-second penalty for each male paddler beyond 6/12 in the heat. There is no maximum limit to the number of females in a boat. This rule does not apply to helms or drummers.

7.2 Racing Protest – This is a fun race to raise money for charity. If you really feel you must protest or dispute something see the Chief Official immediately following your race.

7.3 Race Jury - The Race Jury shall consist of the Chief Official, Chief Marshal, the Dock Master and the Chief Judge.

7.4 Race Format – The first two rounds of racing are time trials that will seed the teams into their respective semi-finals or finals. The times of the first two rounds will be combined to determine ranking.

7.5 Weather and Safety – If weather conditions deteriorate to the point where racing is no longer safe, the Chief Official will cancel the remaining races and the results from the first two rounds will be used to determine overall winners. In the case of ties, fundraising will be used to break ties. Teams are allowed to add to their fundraising total at the Award Ceremony.

7.6 Alcohol – Any participant who has been drinking alcohol will no longer be able to participate in the event that day.

7.7 Life Jackets- Coast Guard approved PASSIVE life jackets (PFD's) are to be properly worn at all times on the boats. Inflatable PFD's are not allowed.

7.8 Drumming – Drumming is an integral part of the sport. The drummer must begin beating the drum after the first 50 meters of the start. The drum stick must be struck on the top of the drum so that the sound is audible throughout the boat. Failure to drum will result in first a warning and then time penalties.



Team Roster

This roster should be accompanied and **must match all of your Team Waivers**. Only those competitors named on the Team Roster will be issued a competitors wrist band and be permitted to race.

Team Name _____

Team Captain _____

Team Leader Cell # _____

Competitor Names (Please PRINT LEGIBLY)

- | | |
|-----------|---------------|
| 1. _____ | 13113. _____ |
| 2. _____ | 2. _14. _____ |
| 3. _____ | 3. _15. _____ |
| 4. _____ | 4.1 16. _____ |
| 5. _____ | 5. _17. _____ |
| 6. _____ | 6. _18. _____ |
| 7. _____ | 7. _19. _____ |
| 8. _____ | 8. _20. _____ |
| 9. _____ | 9. _21. _____ |
| 10. _____ | 10. 22. _____ |
| 11. _____ | 11. 23. _____ |
| 12. _____ | 12. 24. _____ |

Reserves: _____

Team Leaders Declaration: In accordance with IDBF Competition Regulations we certify that those competitors listed above are fit to race and will remain fit to race during the competition. Fit to race means the competitors are physically able to race and that there are no known medical or other reasons why the competitors listed should not compete.

Team Captain _____
(Print) (Signature) (Date)



Contact Information

Paddle For Life Website: <http://paddleforlife.org>

Team Registration:

General questions about the registration process contact Blanche Grimes at (360) 859-3003 or kealani2@comcast.net

If you are not sure which division is best for your team call Jeff Campbell at 971-222-3679.

Mail registration forms to Paddle for Life, 13023 NE Hwy 99, Suite7, Box 234, Vancouver, WA 98686 or scanned and e-mailed to info@doublefifth.com

Payments and Donations:

Make checks payable to: **PADDLE FOR LIFE** or call **877-872-3211** to pay by credit/debit (add 5% for payment by credit card, we want to maximize the charitable contribution!)

Credit Card donations accepted over the phone or on the <http://paddleforlife.org> website. Cash donations are accepted but should not be mailed; please bring them to the event.

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Team Biography: If your team biography has a unique human-interest story—call **877-872-3211** to tell us. Please send a team logo or team photo to jeff@doublefifth.com to accompany your team biography.

Volunteering: We welcome all to come out and volunteer. All volunteers will receive a 2015 PFL shirt, plenty of food and snacks and a chance to go out for a spin in a dragon boat! Please contact Dani Ramirez at **360-531-9510** or ramirez125@comcast.net to sign up.

Novice Team Practice Sessions with Coach: To schedule your team's two practice sessions call Jeff Campbell at **877-872-3211** or email info@doublefifth.com