



ISCA Games 2025

Rules and Regulations **Dragonboat**

1. LAW OF THE GAME

The normal rules of Dragonboat shall apply.

2. FORMAT

Mixed crew composition will be fixed at:

- **10 paddlers** – 5 ladies, 5 men
- **8 paddlers** – 4 ladies, 4 men

3. REPRESENTATION / GENERAL RULES

- a) Race distance shall be a 300 metres straight-course.
- b) Team composition: minimum 8 paddlers, maximum 10 paddlers, with the option of helmsman and 2 reserves.
- c) Helmsman may be from outside the firm, but has to possess a Helmsman-Certificate.
- d) Teams are not allowed to swap crew members halfway through the races.
- e) Boats will be aligned by a starter from an adjacent safety boat.
- f) Starting command will be "Are you Ready?" followed by "Attention..." and sounding of "Airhorn".
- g) All race progression will be determined by result placement.
- h) All steersmen and shall ensure a straight race course as much as possible.
- i) Organizers' decisions are final.
- j) Once the team member names are submitted, no changing of team member names.

4. REFRESHMENT

All teams are to provide their own refreshments.