



## **ADDENDUM TO PESTA SUKAN DRAGON BOAT RACE 2025 ENTRY RULE**

1. This addendum is in reference to the Pesta Sukan Dragon Boat Race Entry Rule (Entry Rule).
2. All capitalized terms not defined herein shall have the meanings assigned to them in the Entry Rule.
3. Therefore, with proper consideration, following rule shall be amended as indicated in the following table:

Rule		Action	Current	Amended	Reason
5.6	DB12 Singapore International Community Mixed	Amend	<del>a) For International Dragon Boat Community teams only</del> <del>b) Minimum 4 Singapore citizens or PR in the Crew List (including Drummer, Steersperson and Reserves)</del>	<b>a) OPEN TO ALL FOREIGN TEAMS FROM SINGAPORE INTERNATIONAL COMMUNITY.</b> <b>b) NO MINIMUM NUMBER OF SINGAPORE CITIZENS OR PR REQUIRED</b>	To offer a racing opportunity for teams encountering difficulties in recruiting Singapore citizens or PRs to participate in the 2025 Pesta Sukan Dragon Boat Race.
2.1	DB12 Pesta Sukan Open <i>(New!)</i>	Amend	<del>Total Slots = 10</del>	<b>TOTAL SLOTS = 20</b>	To increase the slots for 2km Open
9	Registration close	Amend	<del>30th June 2025 (Mon), 23:59hrs</del>	<b>7th July 2025 (Mon), 23:59hrs</b>	To provide more time for registration

9	Team Manager Briefing	Add-on		TM Briefing Link: Jul 18, 2025 07:30 PM <a href="https://us02web.zoom.us/j/83409495507?pwd=J67KuLdakx9wNyaMfF7z2iayGc9sTw.1">https://us02web.zoom.us/j/83409495507?pwd=J67KuLdakx9wNyaMfF7z2iayGc9sTw.1</a>  Meeting ID: 834 0949 5507 Passcode: 432971	
AnnexB	DB12 PD2 Points system	Amend	<del>Max allowable points = 80</del>	<b>MAX ALLOWABLE POINTS = 95</b>	

4. All other provisions of the Entry Rule shall remain in force.
5. This Addendum shall be deemed an integral part of the Entry Rule. Consequently, all references to the Entry Rule shall be construed as references to the Entry Rule as supplemented and amended by this Addendum.



**DRAGON BOAT  
@  
PESTA SUKAN 2025**

# **ENTRY RULES**

(This Event does not require the SDBA Athlete Card and is open to all SDBA affiliates, non-affiliates and associates)

**26<sup>th</sup> & 27<sup>th</sup> JULY 2025**  
**SPORTS HUB WATER SPORTS CENTRE**

**Organized By:**



2025 Pesta Sukan 2025 Entry Rules – Dragon Boat  
Last updated 30 June 2025

## Table of Content (TOC)

### Contents

1	RACING DAYS .....	5
2	RACING CATEGORIES .....	5
3	RACE REGISTRATION PROCESS & FEES .....	6
4	RACE BY-LAWS.....	7
5	ENTRY REQUIREMENT.....	8
6	RACE PROGRESSION FORMAT .....	11
7	KALLANG BASIN RACE COURSE.....	11
8	ATTIRE / UNIFORM AND RACING EQUIPMENT.....	12
9	TIMELINE.....	12
10	CREW LIST SUBMISSION PROCESS .....	12
11	PAYMENT OF REGISTRATION FEES .....	13
12	PROTESTS & APPEAL .....	14
13	RESERVATIONS.....	14
	ANNEX A .....	142
	ANNEX B .....	143
	ANNEX C .....	145

## 1 RACING DAYS

1.1 Race Day I: Saturday, 26<sup>th</sup> July 2025

1.2 Race Day II: Sunday, 27<sup>th</sup> July 2025

## 2 RACING CATEGORIES

2.1

Racing Dates	Category-Division	Total Slots
<b>Race Day I</b> Saturday 26 <sup>th</sup> July 2025	<u>200m Racing Distance (9AM – 11AM Session)</u> - DB12 Public Service Men - DB12 Public Service Women - DB12 Public Service Senior - DB12 Public Service Active Agers  (Government agencies are to liaise with the Civil Service Club (CSC) for this race segment. Registration will be through CSC)	12 12 6 6
	<u>200m Racing Distance (11AM – 1PM Session)</u> - DB12 Singapore U24 Youth Mixed (24-years-old & below) <i>(New!)</i> - DB12 Singapore Master Mixed (50-years-old & above) - DB12 Singapore Para Open <i>(New!)</i>	18 12 12
	<u>200m Racing Distance (PM Session)</u> - DB12 Singapore Senior Mixed (40-years-old & above) - DB12 Singapore International Community Mixed - DB12 Singapore PD2 Open <i>(New!)</i>	12 18 12
<b>Race Day II</b> Sunday 27 <sup>th</sup> July 2025	<u>200m Racing Distance (AM Session)</u> - DB22 Singapore National Mixed - DB12 Singapore Corporate Mixed	24 15
	<u>2,000m Racing Distance (PM Session)</u> - DB12 Pesta Sukan Open <i>(New!)</i> - DB12 Pesta Sukan Women <i>(New!)</i> - DB22 Pesta Sukan Mixed	20 10 12

2.2 SDBA reserves the rights to make adjustment to the race program and schedule in the interest of better organizing and managing the event.

2.3 Pesta Sukan AM Session: Tentatively from 1100hrs to 1300hrs.

2.4 PM Session: Tentatively from 1430hrs to 1830hrs

### 3 RACE REGISTRATION PROCESS & FEES

3.1 Registration shall be done online through SportSG's Pesta Sukan event registration portal: <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sport/dragon-boat>

For Para team: <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/para-sport/para-dragon-boat>

3.2 All Signups can be done online but any issues are to be directed to [getactive@sport.gov.sg](mailto:getactive@sport.gov.sg).

3.3 Team Manager is required to enter the following information when they register online:

- Team Name
- Team Manager's Name, Mobile Number and Email address
- No. of members per team
- Individual team member's name and her/his: -
  - Contact Mobile
  - Email address
  - NRIC or Passport No
  - Date of Birth
  - Gender
  - Postal Code
  - Next Of Kin Contact Mobile
  - Nationality
  - Employment Details

3.4 The Entry Fees are on a per boat per category/division basis.

3.5 Entry Fees:

Category- Division	Entry Fee
DB12 Singapore U24 Youth Mixed	\$100
DB12 Singapore Senior Mixed	\$150
DB12 Singapore Master Mixed	\$150
DB12 Singapore International Community Mixed	\$150
DB12 Singapore Para Open	\$100
DB12 Singapore PD2 Open	\$100
DB22 Singapore National Mixed	\$300
DB12 Singapore Corporate Mixed	\$150
DB12 Pesta Sukan Open (2km)	\$150
DB12 Pesta Sukan Women (2km)	\$150
DB22 Pesta Sukan Mixed (2km)	\$300

## 4 RACE BY-LAWS

4.1	Eligibility	<p>a) This race is open to all SDBA's affiliates (Ordinary and Associate member) and non-affiliates</p> <p>b) b). Each crew must comprise of at least 70% Singapore citizens or permanent residents, (including drummer, steersperson and reserves), unless otherwise stated by the race organiser.</p> <p>c) A participant can only represent 1 team in each eligible category. If a participant is found to be registered with more than one team in the same category after the registration closing date, the participant will be disqualified from Pesta Sukan 2024. No substitution or replacement will be allowed. (<i>SportSG rules</i>)</p>
4.2	Registration	<p>a) Registration shall be on a first-to-register, first-to-get-slot principle through SportSG's on-line registration system. Registration shall be from 29<sup>th</sup> April 2025 (Tues) to 30<sup>th</sup> June 2025 (Mon).</p> <p>b) Each Team can register up to two (2) racing crew per respective category and racing division.</p> <p>c) Priority shall be given to the Team's 1<sup>st</sup> registered crew.</p> <p>d) The Team's 2<sup>nd</sup> crew will only be accepted subjected to the remaining availability of slots after the acceptance of all the other Teams' 1<sup>st</sup> crew registration.</p> <p>e) Exception is made for the Para Dragon category where each Team can submit more than two (2) racing crew.</p>
4.3	Minimum Age to Race	Minimum age to race is twelve (12) years old and must be accompanied, inside the dragon boat, by a parent or a responsible adult appointed by the parent.
4.4	Racing Crew configuration	<p>a) DB12 minimum configuration: 8 paddlers + 1 drummer + 1 steer + 0 reserves = 10 pax</p> <p>b) DB12 maximum configuration 10 paddlers + 1 drummer + 1 steer + 2 reserves = 14 pax</p> <p>c) DB22 minimum configuration 18 paddlers + 1 drummer + 1 steer + 0 reserves = 20 pax</p> <p>d) DB22 maximum configuration 20 paddlers + 1 drummer + 1 steer + 4 reserves = 26 pax</p>
4.5	Open Racing Class	No restriction on gender or crew composition for the racing crew (i.e. paddlers, drummer and steersperson).
4.6	Mixed Racing Class	a) DB12 crew - Paddlers composition on gender ratio:

		<ul style="list-style-type: none"> <li>- 5 males : 5 females or</li> <li>- 5 males : 4 females or</li> <li>- 4 males : 5 females or</li> <li>- 4 males : 4 females</li> </ul> <p>b) DB22 crew - Paddlers composition on gender ratio:</p> <ul style="list-style-type: none"> <li>- 10 males : 10 females or</li> <li>- 10 males : 9 females or</li> <li>- 9 males : 10 females or</li> <li>- 10 males : 8 females or</li> <li>- 8 males : 10 females or</li> <li>- 9 males : 9 females</li> </ul> <p>c) The Drummer, Steer and Reserves can be of any gender.</p>
4.7	Back-to-Back Race	<p>a) Beware of possible back-to-back races!</p> <p>b) Boat Marshall shall not wait for the Team to have their full racing crew ready to race.</p> <p>c) After Boat Marshall's three (3) calls and the racing crew unable to proceed, the race check-in shall be closed and the unready racing crew shall forfeit participation.</p>
4.8	Steersperson	The steer must possess the SDBA Basic Helm license

## 5 ENTRY REQUIREMENT

5.1	DB12 Singapore U24 Youth Mixed	<p>a) Participants can come from Secondary Schools &amp; Junior Colleges. They need <b><u>not</u></b> be in their respective A, B or C divisions.</p> <p>b) Participants can come from Tertiary Institutions &amp; Club teams.</p> <p>c) The different divisions can be mixed in the boat.</p> <p>d) The maximum age for this category shall be 24 years old in the year of competition.</p> <p>e) Exception is made for the Steersperson.</p>
5.2	DB12 Singapore Seniors Mixed	<p>a) Participants must be minimum 40 years old in the year of competition.</p> <p>b) Exception is made for the Steersperson.</p>



5.3	DB12 Singapore Masters Mixed	<p>a) Participants must be minimum 50 years old in year of competition.</p> <p>b) Exception is made for Steersperson</p>
5.4	DB12 Singapore Corporate Mixed	<p>a) For all Private, Public and Non-Profit Organizations. <i>(SportSG rules)</i></p> <p>b) At least 70% of the participants in a team must consist of full time and/or contract staff. In addition at least 50% of the full time and/or staff must be Singapore citizens or permanent residents. <i>(SportSG rules)</i></p> <p>c) Coach, Team Manager and Steersperson does not have to be an employee.</p> <p>d) The Staff ID-pass or a letter from the Human Resource Department must be made available upon The Organizer's request on race day.</p>
5.6	DB12 Singapore International Community Mixed	<p>a) Open to all foreign teams from Singapore international community</p> <p>b) No minimum number of Singapore citizens or PR required</p>
5.7	DB22 Singapore National Mixed	<p>a) For all SDBA affiliate, associate member and non-affiliate</p> <p>b) For International Community Teams: Minimum 6 Singapore citizens or PR in the Crew List (including drummer, steersperson or reserves)</p>
5.8	DB12/22 Pesta Sukan Open, Women and Mixed (2km - Ring Race)	<p>a) For all SDBA affiliate, associate member and non-affiliate</p> <p>b) For International Community Teams: (DB22) Minimum 6 Singapore citizens or PR in the Crew List, (DB12) Minimum 4 (including drummer, steersperson or reserves)</p>
5.9	DB12 Singapore <b>PD2</b> Open ( <b>See Annex A</b> )	<p>a) Each boat must comprise of minimum 4 to maximum 5 persons with a permanent disability.</p> <p>b) It is the responsibility of clubs to ensure that the total points for a crew do not exceed the maximum allowable under the rules. <b>See Annex B</b></p> <p>c) Refer to for points system <a href="https://sdba.org.sg/wp-content/uploads/2020/11/Rules-for-Paradragon-Racing-Edn-1.0.pdf">https://sdba.org.sg/wp-content/uploads/2020/11/Rules-for-Paradragon-Racing-Edn-1.0.pdf</a></p> <p>d) Temporary adaptations to race boats will be allowed provided (1) they cause no damage to the boat;</p>

		<p>(2) they are not considered by SDBA to offer an unfair advantage to the crew;</p> <p>(3) the risk of their use is assessed by SDBA not to pose an unmanageable safety hazard</p> <p>e) Steers and drummer in a crew need not be para-athletes themselves, but if they do, they do not contribute to the overall points calculated for impairments, age and gender.</p> <p>f) Do ensure that you have your doctor's diagnosis from before crew list submission. This is to allow SDBA panellist to ensure your teams has sufficient point. <b>See Annex B and Annex C</b></p>
5.10	DB12 Singapore Para Open	<p>a) Minimum 10 racing crew permitted (8 paddlers + 1 drummer + 1 steer), must consist of 4 paddlers with permanent disability</p> <p>b) Maximum 12 racing crew permitted (10 paddlers + 1 drummer + 1 steer), must consist of 5 paddlers with permanent disability</p> <p>c) An able-bodied caregiver/supporter/volunteer may be permitted to accompany the person with disability inside the boat at the ratio of 1:1.</p> <p>d) Definition of disability shall be in accordance to Singapore's Enabling Master Plan SG Enable classification for physical, sensory, intellectual disabilities and autism.</p> <p>e) The Adaptive Team must be formed with a cause for a group of special needs society with a vision and plan for inclusivity.</p> <p>f) The Team needs to demonstrate that all participants would have trained together as a team for a period of at least 3 months in the spirit of social cohesion.</p> <p>g) There may be a request for doctor's diagnosis for persons with disabilities (to ensure level playing field).</p>

## 6 RACE PROGRESSION FORMAT

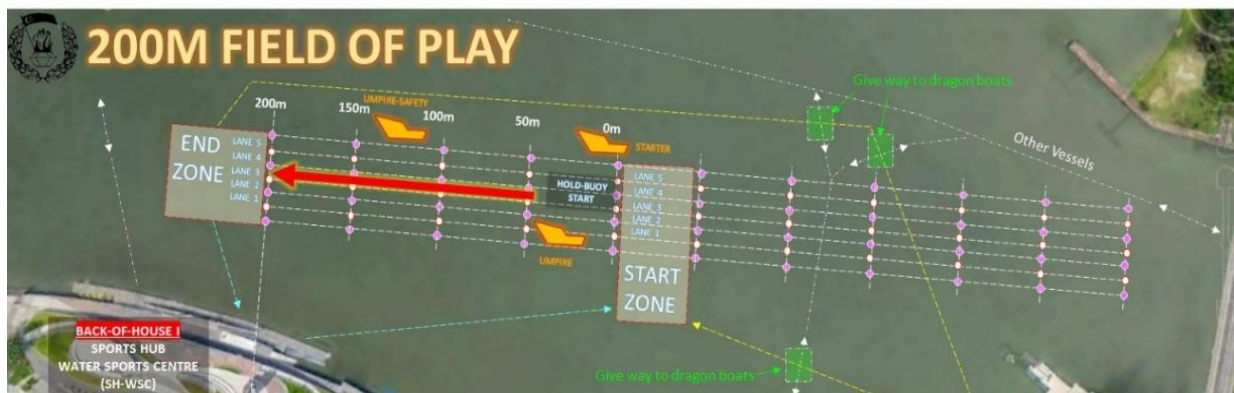
6.1	<b>200m Racing Distance</b>	
	6 teams or more in the category	Heat > Repechage > Semi Final (if necessary) > Final
	6 teams or less in the category	Sum of 2 racing rounds OR Direct Final
6.2	<b>Ring Race</b>	
	Up to 12 teams in one (1) wave	Direct Final

## 7 KALLANG BASIN RACE COURSE

7.1 The Field-of-Play is the Kallang Basin Race Course ; Back-of-House is at Sports Hub Water Sports Centre

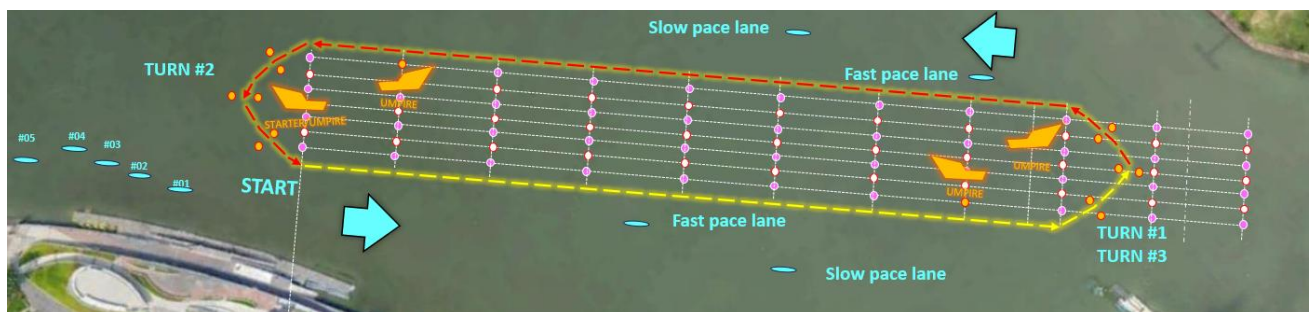
### 7.2 200m Race Course

- Racing lanes shall be Lane 2 to 7, with Boat #01 in Lane 2 and so on
- Start Procedure shall be the pontoon hold tail start.



### 7.3 2,000m Race Course

- 2½ rounds with 4 turns
- Each straight run = 350m
- Start Procedure: Floating chase start



## 8 ATTIRE / UNIFORM AND RACING EQUIPMENT

- 8.1 All teams are required to be in same jersey/uniform/attire (i.e. same colour, design, etc.). Rash guards, compression-wear and all types of bottoms (i.e. shorts, tights, etc.) are exempted.
- 8.2 Dragon Boat paddles must comply with IDBF standard Type 202a.
- 8.3 Personal Floatation Device (PFD) must be ISO 12402-5 standard or equivalent.
- 8.4 Teams that do not have own paddles and PFD are required to contact SDBA.

## 9 TIMELINE

9.1	Registration & Crewlist Open	29 <sup>th</sup> April 2025 (Tues), 12:00hrs
9.2	Registration Close	7 <sup>th</sup> July 2025 (Mon), 23:59hrs
9.3	SDBA Final Confirmation of Participating Teams	10 <sup>th</sup> July 2025 (Mon)
9.4	<del>Crew List Submission and Payment of Registration Fees Open</del>	<del>10<sup>th</sup> July 2025 (Thu), 00:00hrs</del>
9.5	Crew List Close	17 <sup>th</sup> July 2025 (Thu), 12:00hrs
9.6	Team Manager's Briefing including Drawing of Racing Lanes	18 <sup>th</sup> July 2025, 19:30hrs Virtual via Zoom

Zoom link for team manager briefing:

<https://us02web.zoom.us/j/83409495507?pwd=J67KuLdakx9wNyaMff7z2iayGc9sTw.1>

Meeting ID: 834 0949 5507

Passcode: 432971

## 10 CREW LIST SUBMISSION PROCESS

- 10.1 Submission Open: 29<sup>th</sup> April 2025, 0000hrs
- 10.2 Submission Close: 17<sup>th</sup> July 2025, 1200hrs
- 10.3 Teams are required to submit separate Crew List for every racing category or division that they will be participating in.

## 10.4 Amendment to Crew List after closing date:

Fee per Person (w/GST)		Classification
<p><b><u>New Registration into already submitted Crew List after closing deadline</u></b></p> <p>Refers to the inclusion of a Paddler, Drummer, Steersperson and/or, Reserves into the already submitted Crew List if there is still slot available in the Crew List</p> <p><i>i.e. For a DB12 race, The Team submitted 10 names instead of the max. 14 names possible, etc.</i></p>	\$43.20	<p>a. The person has never been registered by the Team before</p> <p>b. Must be a current member of the Team and not brought in from another Team</p> <p>c. Must be made by the deadline</p> <p>d. Do note that changes are subjected to SportSG's approval</p> <p><b><u>e. The new registration of a person CANNOT be made on Race Day</u></b></p>
<p><b><u>Amendment to already submitted Crew List after closing deadline</u></b></p> <p>Refers to any substitution of a Paddler, Drummer, Steersperson and/or Reserves registered in the already submitted Crew List</p> <p><i>i.e. For a DB12 race, Team wants to replace Mr A with Mr Z in the already submitted Crew List, etc.</i></p>	\$21.60	<p>a. The substitution of the person is on a one-for-one basis</p> <p>b. Must be a current member of the Team and not brought in from another Team</p> <p>c. The Team can still amend the already submitted Crew List up to Race Day, however <b>amendments must be made no later than 10am</b> on Race Day 1.</p> <p><b><i>d. To amend the already submitted Crew List on Race Day, the Team must first seek the approval from the Chief Official, Competition Manager &amp; SportSG</i></b></p> <p>e. Do note that SportSG will give the final approval</p>

## 11 PAYMENT OF REGISTRATION FEES

	10 <sup>th</sup> July 2025 (Mon), 00:00hrs	17 <sup>th</sup> July 2025 (Thu), 12:00hrs
Payment Period (see ER9: Timeline)	Together with Crew List submission	If payment for registration fee and/or admin charge (if have) not received, The Team shall be barred from participating and not included in the Lane Draw

- 11.1 Teams shall be required to make payment after submission of Crew List.
- 11.2 The amount to be paid shall be based on the final CONFIRMED registration.
- 11.3 Payment for Registration Fees shall be made to SportSG's account.
- 11.4 Withdrawal of Team and/or racing crew after payment has been verified and confirmed:
  - a. No refund of the registration fee payment already made
  - b. Admin charge of \$108 for full Team withdrawal.
  - c. Admin charge of \$54 per racing crew per Team withdrawals.
- 11.5 Indemnity form to be submitted individually at <http://Go.gov.sg/pesta2025> before event day.
  - a. Individual to submit for every category they are taking part.

## **12 PROTESTS & APPEAL**

- 12.1 Protests  
A protest against a race result must be made within 10min after the result is officially announced.
- 12.2 Appeals  
An appeal against a protest result must be made within 10min after the protest result is officially announced.
- 12.3 Protest / Appeal Fees
  - a. All protests / appeals shall be made in writing.
  - b. The protest / appeal form is available at respective pontoon area.
  - c. Fees Applicable:

Type	Fee
Protest Fee	SGD\$100
Appeal Fee	SGD\$100

- d. The protest / appeal fee may or may not be refunded if the protest/appeal is successful, SportSG will decide.
- ## **13 RESERVATIONS**
- 13.1 SDBA reserves the rights to use any print or digital photos as well as videos of participants (as individuals or in a Team) taken by SDBA's officials and or appointed agents for educational, instructional, publicity and/or promotional purpose.
  - 13.2 SDBA reserves the right to deny an individual and/or Team, participation in the event not due to infringement of Competition Regulations or Rules of Racing, if the individual and/or Team has any outstanding issues or matters with SDBA, i.e., outstanding disciplinary case, non-race related payments, etc.
  - 13.3 SDBA reserves the rights to change, delete, remove, amend, change, or adjust in-full or in-part, the racing plan, format, schedule and program as SDBA sees fit, in the interest of maintaining a safe and feasible racing environment and condition, with or without informing the participants the reasons for the changes.

< END OF ENTRY RULES >

## Annex A

1. The Partial Paradrageon race category (abbreviated to PD2) broadens the scope for participation by Paradrageons by allowing teams to comprise a mix of Paradrageons and unimpaired paddlers.
  - a) The Paradrageon paddlers in the crew need not have the same, or even similar, impairments but must, together, satisfy the 'scoring' requirement described in Annex B.
  - b) The steerer (or helm/sweep) and the drummer need not be Paradrageons themselves but, if they are, do not form part of the overall score per Annex B (neither do the unimpaired paddlers).
  - c) The unimpaired paddlers can be of any age or gender and do not attract any points - instead, the only consideration is how many are included. Annex B sets out how the numbers of unimpaired paddlers in the crew affect the overall maximum score permitted for the Paradrageon paddlers.
2. In order to provide reasonably fair competition, each Paradrageon paddler will be given points according to the paddler's:
  - a) impairment;
  - b) gender; and
  - c) age
3. The points for each Paradrageon paddler in a crew will then be added together.
  - a) The resulting total score for the crew must not exceed those set out in Annex B.
  - b) Provided the total score does not exceed the maximum set out in these rules, the composition of the crew is entirely up to the crew's nation or club.
4. Procedure for the determination of points for impairments  
 SDBA will use a combination of:
  - a) Diagnosis certificates (submitted before the competition); and
  - b) Sample assessments of selected athletes (at the competition)
 to ensure, as far as is reasonably practicable, the points awarded to each athlete for that competition are fair and reflect the ethos of Paradrageon competition.
5. Determination of provisional point 'scores'
  - a) The relevant race officials (appointed by IDBF-PAC) will then review each diagnosis certificate and allocate a provisional points 'score' for the individual.
  - b) These scores will be advised to the team so that it can make appropriate decisions on the composition of crews in order to conform to the requirements of the rules.
  - c) Where a Paradrageon paddler has more than one impairment described on the diagnosis certificate, the impairment assessed to affect the paddler the most will be the one that is 'scored'. In other words, only one impairment will be 'scored' per paddler.

## Annex B

	Total Paddlers	Number of Paradrakon paddlers	Max allowable points
DB22	20	10	<b>160</b>
	19	10	<b>160</b>
		9	<b>128</b>
	18	9	<b>144</b>
	17	9	<b>144</b>
		8	<b>112</b>
DB12	16	8	<b>128</b>
	10	5	<b>95</b>
	9	5	<b>95</b>
		4	<b>68</b>
	8	4	<b>76</b>

## POINTS SYSTEM

Impairment	Remarks	Points
BASELINE	An unimpaired male paddler who is over 20 years of age and under 40 years of age	<b>20</b>
Minor physical and/or some loss of vision or hearing	Covers a range of minor physical impairments that inhibit or prevent a person from exercising the normal range of movements and application of power that would normally be expected of someone of a similar age. Examples: <ul style="list-style-type: none"> <li>• some loss of vision that impacts ability to train or race;</li> <li>• loss of thumb OR two fingers;</li> <li>• arthrodesis of an elbow;</li> <li>• incomplete hearing loss</li> </ul>	<b>19</b>
Psychological	Covers a range of mental disorders or conditions that influence emotions, cognitions, and/or behaviours. Includes PTSD, depression, anxiety, schizophrenia, and bipolar disorder	<b>18</b>
Visual – full blindness	Race officials may order wearing of blindfolds	
Hand	Impairment of thumb AND two fingers on same hand (due to amputation, dysmelia, or other cause of loss of power and range of movement)	
Passive range of movement – lower limbs excluding hips	Restriction or a lack of passive movement in one or more joints caused by chronic joint immobilisation or trauma affecting a joint	
Hearing – fully deaf	Straight line races	
	Longer distance (>1km) and turn races	<b>16</b>
Hand	Loss of, or loss of use of, all digits on one hand	
Limb deficiency - loss of lower limb(s)	Use of prostheses permissible	<b>17</b>
Intellectual impairment	Straight line races up to 1km	<b>17</b>
	Longer distance races (>1km) and turn races (over any distance)	<b>16</b>
Passive range of movement – hips		
Passive range of movement – upper limbs	Where athlete cannot raise arm >90deg or has lack of hand grip or missing digits	<b>15</b>
Incomplete paraplegia	The athlete still has some active muscle control around the hips. This could be active hip flexion on both sides, or hip flexion and knee extension on one side	<b>14</b>
Limb deficiency – lower limb(s) – no stump on one or both sides	Use of prostheses permissible	<b>13</b>



Muscle power - paraplegia		<b>12</b>
Elbow / upper limbs	Loss of an elbow, example a through or above elbow amputation, OR loss of both upper limbs below the elbow (prostheses assumed)	
Neurological	Ataxia, spasticity, athetosis, stroke and multiple sclerosis	<b>10</b>
Limited use of one upper limb	One whole arm is affected by loss of power and range of movement, for example by an Erbs palsy.	<b>10</b>
Loss of use of both upper limbs	Where one is affected below the elbow and the other above the elbow (prostheses assumed)	<b>8</b>
	Where both limbs are affected above the elbow (prostheses assumed)	<b>6</b>
Limb deficiency - loss of one upper limb	From a disarticulation through the shoulder joint or a nerve injury such as a brachial plexus lesion	<b>4</b>
Muscle power - tetraplegia		<b>2</b>

## SCORING ADJUSTMENTS FOR GENDER AND AGE

Gender adjustment		Age adjustment				
Male	Female	U20	20-40	Senior A	Senior B	Senior C
0	-2	-1	0	-1	-2	-3

## EXAMPLES OF CALCULATIONS

1. A female Paradrakon with both **Ataxia and complete blindness** and **aged 45**:

Impairment	Gender	Age		TOTAL
10	-2	-1	=	<b>7</b>

Note: Ataxia is considered to impact paddling ability to a greater extent than blindness, so the 'score' for Ataxia is used.

2. A female Paradrakon, **visually impaired** (not fully blind) and **aged 19**:

Impairment	Gender	Age		TOTAL
19	-2	-1	=	<b>16</b>

3. A male Paradrakon with **PTSD and above elbow prostheses on both arms** and **aged 62**:

Impairment	Gender	Age		TOTAL
6	-0	-3	=	<b>3</b>

Note: the above elbow prostheses on both arms are considered to impact paddling ability to a greater extent than PTSD, so the 'score' for this impairment is used.

4. A male Paradrakon with **PTSD** and **aged 41**:

Impairment	Gender	Age		TOTAL
18	-0	-1	=	<b>17</b>

5. A male Paradrakon who is **fully deaf and competing in a 2km race** and **aged 31**:

Impairment	Gender	Age		TOTAL
16	-0	-0	=	<b>16</b>

6. A female Paradrakon who is **partially deaf and competing in a 2km race** and **aged 31**:

Impairment	Gender	Age		TOTAL
19	-2	-0	=	<b>17</b>

**Note: Incomplete loss of hearing would attract 19 points, and there is no further adjustment for the type of race**

## Annex C

## PARADRAGON CERTIFICATE OF DIAGNOSIS

Each Paradrragon paddler must submit a 'certificate of diagnosis' to SDBA. This certificate (below) must be signed by a registered medical practitioner, as well as by the individual.

**This form must be completed in English. All items prefixed with a \* must be completed.**

PADDLER INFORMATION				
* Family name / surname:				
* Given / first name:				
* Gender:	Male <input type="checkbox"/>	Female <input type="checkbox"/>	* Date of birth:	
			Day	Month Year
* Nation or club being represented:				
When moving towards a boat before loading, do you use:	Wheelchair <input type="checkbox"/>	Crutches <input type="checkbox"/>	Walking stick <input type="checkbox"/>	* Do you need assistance when loading or unloading the boat? Yes <input type="checkbox"/> No <input type="checkbox"/>
* The wearing of buoyancy aids for Paradrragon events will be compulsory. Can you swim 50m while wearing a buoyancy aid? (Note: this is to assist officials in planning racing; if you cannot swim 50m <u>you will still be allowed to race</u> )				Yes <input type="checkbox"/> No <input type="checkbox"/>
Other information that may assist IDBF. For example:				
<ul style="list-style-type: none"> <li>• Help you need at boat loading / unloading</li> <li>• Information about your condition that may assist officials</li> </ul>				
			* Paddler's signature:	
			* Date of signature:	
			Day	Month Year

<b>MEDICAL CONDITION</b> (to be completed by a registered medical practitioner):					
* Impairment (tick all that apply): Physical <input type="checkbox"/> Psychological <input type="checkbox"/> Neurological <input type="checkbox"/> Intellectual <input type="checkbox"/> Sensory <input type="checkbox"/> Developmental <input type="checkbox"/>					
* Diagnosis:					
Continue on a separate sheet if more space is needed					
Approximately how long has the individual been suffering from the impairment(s)?				Years:	
* Are there any reasons why the individual should not compete in the sport of dragon boating?		Yes <input type="checkbox"/> No <input type="checkbox"/> If yes, please describe:			
		Continue on a separate sheet if more space is needed			
<b>DECLARATION</b>					
* Name:					
* Relevant qualifications:					
* I hereby certify that I have known the named individual for ____ years and that the individual has the impairment(s) I have described.					
* Address of medical practice:					
		Country: <input type="text"/>			
* Telephone number					
Email:					
* Signature of medical practitioner		* Date of signature			
				Day	Month
				Year	
* Official stamp of medical practice					