

PUBLIC SERVICE SPORTS AND FAMILY DAY
OCBC SQUARE, SINGAPORE SPORTS HUB
SATURDAY, 29 JULY 2023, 8AM TO 1PM

PUBLIC SERVICE DRAGON BOAT RACE 2023

EVENT INFORMATION

- Date : Saturday, 29 July 2023
- Venue : OCBC Square, Singapore Sports Hub
1 Stadium Drive, Singapore 397629
- Reporting Time : By 7.30am
- Getting There : By MRT
Alight at Stadium MRT Station (CC6). Use Exit A.
- By CAR/TAXI/BUS
<https://www.sportshub.com.sg> > Getting There
- Registration : <https://www.csc.sg/stargames> (Through sports liaison officers)
- Closing Date : **Sunday, 25 June 2023**

RULES AND REGULATIONS

1 Rules

- 1.1 The Public Service Dragon Boat Race 2023 (PSDBR 2023) shall be governed by the rules and regulations of the STAR Games General Rules and the following competition Rules.
- 1.2 The PSDBR 2023 is a Championship STAR game subject to minimum of eight (8) participating agencies.

2 Eligibility

- 2.1 The PSDBR 2023 is open only to civil servants and officers serving in Statutory Boards, Restructured Hospitals, Government-Aided Schools and employees of registered former Statutory Boards
- 2.2 All paddlers in the team must be civil servants or public officers at the time of submission of the Confirmation of Participation Form and at the time of the Race.

- 2.3 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

3 Entry And Registration

- 3.1 Sports Liaison Officers can register their team (s) online at www.csc.sg/stargames.
- 3.2 No registration fees shall be charged.
- 3.4 The events and composition of teams are stated in Para 4 and Para 5 respectively.
- 3.5 Each agency is allowed to register a maximum of three (3) teams for each of the events.
- 3.6 A paddler is allowed to row for only one team.
- 3.7 Any changes to the list of registered rowers must be made before the closing date. No switching of rowers between teams will be allowed for agencies registering more than one team.
- 3.8 A registered paddler who subsequently left the agency will not be allowed to row for the agency but another paddler may be registered to take his or her place.
- 3.7 Only registered participants and accompanying registered family members will be issued with PSSFD tickets for redemption of fun packs and freebies at the event. They must bring along their tickets on day of event as no replacement tickets will be issued at the event.

Note: Details on the registration of family members for the PSSFD will be announced in May 2023.

4 Public Service Events

- 4.1 The PSDBR 2023 shall comprise the following events:
- a) Public Service (Men) - 12-crew dragon boat
 - b) Public Service (Women) - 12-crew dragon boat
 - c) Public Service (Men's Senior) - 12-crew dragon boat
 - d) Public Service (Active Agers) - 12-crew dragon boat
- 4.2 Event with less than three (3) entries will be cancelled.

5 **Team Composition**

5.1 The composition of the teams for the Public Service events shall be as follows:

A) 12-crew Public Service (Men)

- a) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves
- b) All male crew only (including steersperson/drummer)

B) 12-crew Public Service (Women)

- a) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves
- b) A male steersperson is permitted

C) 12-crew Public Service (Men's Senior)

- a) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves
- b) All paddlers in the team shall be male aged 40 years and above as at 29 July 2023.
- c) All male crew only (including steersperson/drummer)

D) 12-crew Public Service Active Agers

- a) Maximum of 10 paddlers + 1 drummer + 1 steersperson + 2 reserves
- b) The Public Service (Active Agers) team shall comprise five (5) paddlers aged 40 years old and above + five (5) paddlers aged 50 years old and above + one (1) drummer aged 40 years old and above. There is no age restriction on the steersperson.
- c) All paddlers in the team shall be aged 40 years OR 50 years & above as at 29 July 2023.
- d) A male or female steersperson/drummer is permitted

5.2 No female may participate as a paddler in a male team event. No male may participate as a paddler in a female team event except in the capacity as a steersperson/helm.

5.3 The steersperson/helm and drummer are not permitted to paddle nor assist to propel the dragon boat in any way or by any other means during the Race. The Official may impose a disqualification or time penalty on Team that contravene this rule.

- 5.4 Teams must field Certified Steersperson/Helms. The Steerspersons/Helms must be SDBS Basic helm Certified (minimum requirement). All SDBA Technical Certified Coaches (Level 1 or higher) are qualified as Race Helms. The SDBA Recreational Instructors (who are required to be supervised by an SDBA Technical Coach) are the exception.
- 5.5 Each team is entirely responsible for its own conduct and for complying with the Rules governing the Race.
- 5.6 The criteria governing the eligibility of teams and paddlers participating in each of the Public Service events shall be strictly complied with during the Race. Any team, which contravenes this Rule will not be allowed to race and will be disqualified from the Race. If the contravention is discovered after the Race, the team which contravenes this Rule shall be disqualified from the Race.
- 5.7 A paddler, drummer, steersperson/helm is not allowed to register as a member of another team. A paddler for a team whose name and identity number do not appear in the List of Crew shall not be allowed to compete for the Race. Teams that utilised the services of paddlers or drummer that were not registered under the said Team shall be disqualified.
- 5.8 In the event of any contravention of rules by a team, the Organiser shall refuse to allow the team to compete in the Race

6 Format of Race

- 6.1 Heats will be held only if there are more than four (4) teams. If there are four or less teams, all the teams will qualify for the final and there will be no heats.
- 6.2 Four (4) teams shall qualify for the final race based on the following:
- a) In an event with two heats, the 1st place team of each heat and two teams with the best timings from the two heats, shall qualify for the final.
 - b) In an event with three heats, the 1st placing team of each heat and one team with the best timing from the three heats, shall qualify for the final.
- 6.3 Allocation of lanes will be decided by a draw conducted at the Team Manager's Briefing.
- 6.4 Prizes will be awarded to the top four teams of each race.

7 Course

- 7.1 The distance of the Course is about 200m.
- 7.2 Only the end points will be marked by visible buoys.
- 7.3 The number of lanes for the Course is five (5).

8 Team Manager

- 8.1 Each team must have a Team Manager.
- 8.2 Team Managers are responsible for the conduct of their respective teams and compliance with the Rules governing the Race.
- 8.3 The Team Manager shall be responsible for liaising with the Race Officials on the following:
 - i) Be present at the Race Control Point when required;
 - ii) Be present at the Control Point Area throughout the time that the teams are under the control of the Competitors' Marshalls;
 - iii) Follow advice/instructions as issued by the Race Controller;
 - iv) Sole representative for their teams in event of protests, etc.
- 8.4 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

9 Starting Procedures

- 9.1 All Teams, from Team Manager to the dragon boat crew, are required to familiarise themselves with the starting procedures as well as false starts.
- 9.2 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.
- 9.3 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.
- 9.4 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.
- 9.5 If NOT READY or in distress, the Steersperson/Helm/Drummer is required to raise one arm over his head to signal to the Race Starter or Race Umpire that the Team is 'not ready'. Please take note that each Team can only utilise the 'not ready' signal only once after which the start procedure will commence regardless whether the said team is ready or not. This is to prevent deliberate attempts to disrupt the start procedure for other teams
- 9.6 Teams that infringe Rule 9.5 will be issued a Final Warning with subsequent infringements carrying a time penalty of 1 second added to the time returned by that particular Team in their event.

- 9.7 All Teams are instructed not to paddle, adjust strokes or dip the paddle into the water after the command "ATTENTION" is given. Teams that infringe this Rule will be penalized with a 1-second time penalty.
- 9.8 If a team deliberately starts after the command "ATTENTION" but before the "AIR HORN" is sounded, the Race Umpire shall indicate a False Start by raising a red flag. The Race Starter shall immediately recall the crews by shouting "STOP, STOP, STOP" or by sounding the air horn a second time if he had sounded it previously. Once the crews have returned to the start, the Race Starter will identify the crew/s responsible for the False Start and issue them a Final Warning. If the same crew causes 2 False Starts, the Race Starter may exclude them from the race (DQ) OR alternatively award a "Time Penalty" of up to 3 seconds to the offending team.
- 9.9 When a team "jumps the start" which means that a crew has anticipated the Race Starter's command to the extent that a False Start cannot be called and in the opinion of the Race Starter that a material advantage has been gained, the Race Starter may award a "Time Penalty" of up to 3 seconds to the crew or crews in question at the end of the race.

10 Race Course Umpires & Marshall's Warning

- 10.1 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.
- 10.2 Any boat that fails to keep within its Racing direction will be warned by the Umpire/Marshall.
- 10.3 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.
- 10.4 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.

11 Equipment

- 11.1 All dragon boats, rudders, drums, dragon heads, dragon tails, drummer seats and drumstick used by competitors shall be provided by The Organiser. No modifications or addition to the dragon boat or to the equipment in the dragon boat may be made. The allocation of dragon boats shall be the sole discretion of the Organiser.
- 11.2 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.
- 11.3 The wearing of PFDs (personal floatation devices) is mandatory and non-negotiable. Failure to comply will result in a disqualification for the Team.

11.4 Teams shall not

- a) Use their own rudders.
- b) Alter or replace any of the fixtures of the dragon boats assigned to them.
- c) Change the dragon boats or equipment assigned to them after being dispatched from the Boat Marshalling Area.
- d) Tape, tie or stick any materials onto the dragon boats and rudders.
- e) Retain the dragon boats' accessories after each Race.
- f) Shall use only seat pads made of a soft material, that are of a maximum of 15mm thickness

12 Safety

12.1 All team members 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 Team Managers/Captains to ensure that all members of their teams comply with this rule.

12.2 Personal Floatation Devices (PFD) will be provided for all racing events when necessary. **It is compulsory for all competitors to put on PFD.** Failure to comply warrants and automatic disqualification (DQ) for Safety Violation.

12.3 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.

12.4 Teams are required to implement the Boat Captain Appointment and Buddy System.

12.5 Team Captains are required to brief team members on the capsize drill in the best interest of safety during the race.

12.6 **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.

12.7 **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 Organiser 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.

13 Final Warnings

13.1 Teams that have been awarded "Final Warning" status for the respective event being called at anywhere within the boundaries of the racing environment by the Chief Official, Chief Race Umpire, Chief Race Marshall, Chief Boat Marshall or Starter risked getting disqualified (DQ) if they deliberately cause a second similar violation.

14 Prizes and Championship Points

- 14.1 The top four (4) teams of each event shall receive medals and the following cash awards:

<u>Placing</u>	<u>Cash Prize</u>
1st	\$350
2nd	\$300
3rd	\$250
4th	\$200

- 14.2 Event points shall be awarded to the top 4 winners of each of the 4 events. The champion, 2nd, 3rd and 4th placing teams shall receive 4, 3, 2 and 1 Event points respectively. The Event points shall be aggregated to determine the top 4 overall placings for award of Championship points.

15 Personal Data Protection

- 15.1 All participants consent to their personal data being collected and processed for purposes of administration and communication in a particular event. Participants also agree to receive postings on other events organised by the Civil Service Club.

16 Covid-19 Safe Management Measures

- 16.1 All participating agencies and teams must comply with prevailing Covid-19 Safe Management Measures issued by Ministry of Health and Sport Singapore.
- 16.2 Participants are advised to exercise social responsibility. They must not show up at the event if feeling unwell or exhibit any symptoms of Covid-19 infections.

17 Rights

- 17.1 The Civil Service Club reserves the right to change the format, rules and regulations if deemed necessary.

18 Disclaimers

- 18.1 Participants take part in the Dragon Boat Race and/or other events held at the PSSFD at their own risk. Those with medical conditions are strongly advised to consult their doctors before taking part.
- 18.2 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 unforeseen circumstances.

- 18.3 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.
- 18.4 The Civil Service Club, the Organising Committee, appointed contractors, sponsors, appointed officials and staff shall not be responsible for any loss of personal belongings before, during or after the event.

PUBLIC SERVICE DRAGON BOAT RACE 2023

TENTATIVE PROGRAMME

<u>TIME</u>	<u>PROGRAMME</u>
7.30 am	Team members report
8.25 am	Flag Presentation Ceremony (All Team Managers to be present)
8.45 am	Men's Event Heats
9.00 am	Women's Event Heats
9.15 am	Men's Senior Event Heats
9.30 am	Active Ager's Event Heats
(Emcee makes announcement for supporters to watch the finals of Dragon Boat Race)	
9.30 am	All finalists of Dragon Boat Race to report to Race Official
9.45 am	Final of Men's Event
10.00 am	Final of Women's Event
10.15 am	Final of Men's Senior Event
10.20 am	Final of Active Ager's Event
11.00 am	End of Dragon Boat Race
11.30 am	Team Managers/Captains of top four teams to gather at side of stage for Prize Presentation
12.00pm	Prize Presentation

INFORMATION NOTES

- 1) Teams must report punctually for the heats and finals due to tight time schedule.
Teams that report late will be disqualified
- 2) Team members must bring and produce their staff passes for verification whenever needed.
- 3) Team members are advised to bring along spare attires.
- 4) Prize-winners must be present to collect the prizes from the Guest-of-Honour