

國際龍舟聯合會

INTERNATIONAL DRAGON BOAT FEDERATION

IDBF PARA ATHLETES COMMISSION



RULES FOR PARADRAGON RACING

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1. Introduction

- 1.1. Paradrasons is the term used by IDBF to describe paddlers who have some form of physical, psychological, neurological, sensory, developmental or intellectual impairment.
- 1.2. IDBF seeks to provide maximum opportunities for Paradrasons to participate in the sport of dragon boating through its provision of specific Paradrason racing.
- 1.3. These IDBF *Rules for Paradrason Racing* set out the way in which Paradrason racing is to be conducted at IDBF events.
- 1.4. These *Rules for Paradrason Racing* complement IDBF's rules of competition as set out in:

1.4.1. *IDBF Competition Regulations*¹; and

1.4.2. *IDBF Competition Regulations & Rules of Racing*²

and must be read in conjunction with them. The *Rules for Paradrason Racing* shall only have primacy where there is direct conflict with the general competition regulations and rules of racing referenced above (see Section 1.6 below).

- 1.5. The Chief Official (as defined in Rule R3.1 of *IDBF Competition Regulations & Rules of Racing*) may vary these *Rules for Paradrason Racing* to suit the specific needs of a competition.
- 1.6. Attention is drawn to the following key areas where these *Rules for Paradrason Racing* will normally have primacy:
 - 1.6.1. Racing classes. Paradrason racing will all be undertaken as 'open' (as defined in CR2.1 of *IDBF Competition Regulations*). Mixed and women's classes are not offered. However, note that these *Rules for Paradrason Racing* do include a scoring adjustment for gender (refer to Annex A).
 - 1.6.2. Age. Paradrason racing will all be undertaken as 'Premier Division' racing (as defined in CR2.4 of *IDBF Competition Regulations*); Junior and Senior classes are not offered. However, note that these *Rules for Paradrason Racing* do include a scoring adjustment for age (refer to Annex A).

¹ IDBF Competition Regulations, Edition 8.0 dated 1 January 2020

² IDBF Competition Regulations & Rules of Racing, Edition 8.0 dated 1 January 2020

1.6.3. Equipment. Modifications to the boat, paddle configuration and size, and protheses are all permitted by these *Rules for Paradrakon Racing* to allow participation by Paradrakon paddlers. Further information can be found in Annex B.

1.7. The IDBF Para Athletes Commission (IDBF-PAC) is the body within IDBF responsible for the management of all Paradrakon matters and for advising IDBF on rules for Paradrakon racing. Any queries about these rules should be directed in the first instance to chair-para@dragonboat.sport

2. Race categories

2.1. The following Paradrakon race categories may be offered at IDBF events:

2.1.1. Full Paradrakon (PD1)

2.1.2. Partial Paradrakon (PD2)

2.1.3. Specific Paradrakon (PD3)

2.2. Full Paradrakon (PD1). The Full Paradrakon race category (abbreviated to PD1) requires that every paddler in the crew qualifies as a Paradrakon (except as provided for in Section 2.2.3 below).

2.2.1. The paddlers in the crew need not have the same or similar impairments but must, together, satisfy the 'scoring' requirement described in Annex C.

2.2.2. The steerer (or helm/sweep) and the drummer need not be Paradrakons themselves but, if they are, do not form part of the overall team score per Annex C.

2.2.3. In exceptional circumstances, and at the discretion of the Safety Officer following a risk assessment (Rule 3.13 of *IDBF Competition Regulations & Rules of Racing*), crews competing in the PD1 category may be required to include one or more unimpaired paddlers in order to race. In such circumstances, the organisers are to ensure that each participating team is treated consistently.

2.3. Partial Paradrakon (PD2). The Partial Paradrakon race category (abbreviated to PD2) broadens the scope for participation by Paradrakons by allowing teams to comprise a mix of Paradrakons and unimpaired paddlers.

2.3.1. The Paradrakon paddlers in the crew need not have the same, or even similar, impairments but must, together, satisfy the 'scoring' requirement described in Annex C.

2.3.2. The steerer (or helm/sweep) and the drummer need not be Paradrakons themselves but, if they are, do not form part of the overall score per Annex C (neither do the unimpaired paddlers).

2.3.3. 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 C sets out how the numbers of unimpaired paddlers in the crew affect the overall maximum score permitted for the Paradrakon paddlers.

2.4. Specific Paradrakon (PD3). The Specific Paradrakon race category (PD3) provides the opportunity for paddlers with similar impairments to race each other. For example, a PD3 race category could be provided for teams where all the paddlers are blind or profoundly visually impaired, and a different one where all the paddlers have total or profound hearing loss.

At this stage, these IDBF Rules for Paradrakon Racing do not address the PD3 race category, but the rules for the category will be developed in due course.

3. General approach used in these rules

3.1. As described above, all Paradrakon racing will take place as 'Premier Open' racing. To provide competition that is as fair as is reasonably practicable, each Paradrakon paddler will be given points according their:

3.1.1. impairment;

3.1.2. gender; and

3.1.3. age

Annex A provides detail for the apportionment of points.

3.2. The points for each Paradrakon paddler in a crew will then be added together.

3.2.1. The resulting total score for the crew must not exceed those set out in Annex C.

3.2.2. 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

4.1. General. IDBF will use a combination of:

4.1.1. diagnosis certificates (submitted before the competition); and

4.1.2. 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 Paradrakon competition.

4.2. Prior to the competition. Prior to the competition, teams entering Paradrakon race categories will be required to obtain diagnosis certificates from a qualified medical practitioner for each of their Paradrakon paddlers. These certificates must:

4.2.1. be completed in English;

4.2.2. use the format provided in Annex D; and

4.2.3. be returned to the relevant official identified in the race bulletin by the date stated.

4.3. Determination of provisional points 'scores'.

4.3.1. The relevant race officials will then review each diagnosis certificate and allocate a provisional points 'score' for the individual.

4.3.2. These scores will be advised to the team so that it can make appropriate decisions on the composition of crews to conform to the requirements of the rules.

4.3.3. Where a Paradrakon 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.

4.4. Impairment not listed in Annex A. If an individual's impairment described in the diagnosis certificate is not listed in Annex A, two options are available to IDBF:

4.4.1. For a relatively prevalent condition. IDBF-PAC will:

- discuss the condition with appropriate medical practitioners;
- determine the points attributable for that impairment; and
- in due course generate an amended Annex A to these rules.

4.4.2. For a relatively unusual impairment or for an impairment that can present very differently from individual to individual (eg Cerebral Palsy or Scoliosis). Prior to competition, IDBF-PAC will do all it can to try to determine an appropriate score for the impairment(s) of the particular athlete. This may also require that athlete to be specifically assessed at the competition and a 'spot' score determined by IDBF.

- Such a score will be temporary (ie event-specific), and Annex A will not be amended.
- The score will not be able to be appealed at the event by the athlete, the team, or the relevant national federation.

Clearly, the scoring of such impairments at the time of competition is not preferred because appropriate medical advice may not be readily available, and the time pressures of competition may anyway preclude proper assessment. If an impairment is not listed in Annex A, and is considered to materially affect the ability of someone to participate in dragon boating, it would be much better for the impairment to be properly assessed before the competition starts.

4.5. At the competition, a sample of Paradrakon paddlers from each team will be assessed in person by an official appointed by IDBF. As a result of this assessment, the provisional points awarded for that individual's impairment (refer Section 4.3 above) may be adjusted if, in the opinion of the official, the impairment(s) presented by the athlete do not reasonably align with conclusions that could be drawn from the relevant diagnosis certificate.

4.6. At the competition, if any race official observes behaviour or physical activity that is not consistent with the impairment(s) set out in the individual's diagnosis certificate, an ad hoc assessment may be ordered and the points previously awarded adjusted. If this assessment can only be done after a race, then the results of that race may also need to be adjusted if the individual's revised points score results in the maximum points 'cap' for his or her crew being breached.

4.7. Protests. Except as not allowed in accordance with Section 4.4 above, teams have the right to protest the points attribution for the impairments of their Paradrakons by utilising the procedures set out in Rule R9 of *IDBF Competition Regulations & Rules of Racing*.

5. Safety

- 5.1. Safety is paramount and Paradrageon races will create hazards and risks not normally present in racing undertaken by unimpaired crews.
- 5.2. The wearing of buoyancy aids by all crew members in Paradrageon racing may be mandated by the Safety Officer (Rule R3.13 of *IDBF Competition Regulations & Rules of Racing*).
- 5.3. If wind and other conditions are considered by the Safety Officer to be 'challenging' (noting that this is a subjective judgement on the day by the individual appointed as Safety Officer), IDBF may decide that racing designated to be 'small boat' racing shall be switched to using the same crews but in standard boats, thus providing greater stability on the water for the crews involved. However, the maximum number of paddlers in a crew will remain as if the race was being conducted using small boats.
- 5.4. Annex B sets out the rules regarding equipment and adaptations.
 - 5.4.1. IDBF may require evidence that paddlers and, where appropriate, crews, are able to safely leave the dragon boat in the event of a capsize or other emergency while on the water. Such evidence may be by demonstration in the presence of a relevant IDBF official or video of practice activity.
 - 5.4.2. In addition, IDBF may require individuals to certify that they have practiced for such emergencies and have no concerns about their safety in the event of an emergency arising.
 - 5.4.3. Notwithstanding the above being completed, IDBF may still decide that it is not satisfied that a particular paddler or the whole crew is sufficiently safe to race.

POINTS SYSTEM

SCORING ADJUSTMENTS FOR IMPAIRMENTS

Notes:

1. **Table 1** below sets out the 'scoring adjustments' for specified impairments.
2. The table is not an exhaustive list of impairments. Should a Paradrakon present with an impairment not listed in the table, IDBF-PAC will classify that impairment against the criteria for effective delivery of power in dragon boating
3. Because IDBF-PAC's understanding of the impact of an impairment on a Paradrakon's performance may evolve over time, so might the points set out in the table be adjusted.
4. In the event of a paddler suffering from multiple impairments, only the condition causing the greatest impairment to paddling will be scored (refer Section 4.3.3 above)
5. 'Passive range of movement' (Passive ROM) means the joint movement that can be achieved regardless of muscle power. Where Passive ROM is the principal impairment presented by a para athlete, loss of at least 50% of the Passive ROM in at least one major joint (hip, knee, shoulder and elbow) is necessary to qualify for competition. Examples of conditions para athletes may present with include: rheumatoid arthritis, juvenile chronic arthritis, and arthrodesis
6. Certain conditions (for example: cerebral palsy and scoliosis) can result in a range of impairments and will always be 'scored' on a case-by-case basis (refer Section 4.4.2)

Impairment	Remarks	Points
BASELINE	An unimpaired male paddler who is over 20 years of age and under 40 years of age	20
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"> • some loss of vision that impacts ability to train or race; • loss of thumb OR two fingers; • arthrodesis of an elbow; • incomplete hearing loss 	19
Psychological	Covers a range of mental disorders or conditions that influence emotions, cognitions, and/or behaviours. Includes PTSD, depression, anxiety, schizophrenia, and bipolar disorder	18
Visual – full blindness	Race officials may order wearing of blindfolds	
Hearing – fully deaf		
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	16
Hand	Loss of, or loss of use of, all digits on one hand	
Limb deficiency - loss of lower limb(s)	Use of prostheses permissible	17
Intellectual impairment	Straight line races up to 1km	17
	Longer distance races (>1km) and turn races (over any distance)	16
Passive range of movement – hips		16
Passive range of movement – upper limbs	Where athlete cannot raise arm >90deg or has lack of hand grip or missing digits	15
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	14
Limb deficiency – lower limb(s) – no stump on one or both sides	Use of prostheses permissible	13
Muscle power - paraplegia		12
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	10

Impairment	Remarks	Points
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.	10
Loss of use of both upper limbs	Where one is affected below the elbow and the other above the elbow (prostheses assumed)	8
	Where both limbs are affected above the elbow (prostheses assumed)	6
Limb deficiency - loss of one upper limb	From a disarticulation through the shoulder joint or a nerve injury such as a brachial plexus lesion	4
Muscle power - tetraplegia		2

Table 1 - Scoring adjustments for impairments

SCORING ADJUSTMENTS FOR GENDER AND AGE

(Where gender and age are determined per IDBF Competition Regulations)

Having determined the points attributable to the athlete's impairment, further adjustments per **Table 2** are to be made as necessary to that score to take account of the athlete's gender and age:

Gender adjustment		Age adjustment				
Male	Female	Under 20	20-39	40-49	50-59	60+
0	-2	-1	0	-1	-2	-3

Table 2 - Scoring adjustments for gender and age

EXAMPLES OF CALCULATIONS

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

Impairment	Gender	Age		TOTAL
10	-2	-1	=	7

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	=	16

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

Impairment	Gender	Age		TOTAL
6	-0	-3	=	3

Note: the above elbow prostheses on both arms is 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	=	17

5. A **male** Paradrakon who is **fully deaf** and **aged 31**:

Impairment	Gender	Age		TOTAL
18	-0	-0	=	18

6. A **female** Paradrakon who is **partially deaf** and **aged 17**:

Impairment	Gender	Age		TOTAL
19	-2	-1	=	16

EQUIPMENT AND ADAPTATIONS

Adaptations, in the context of these *Rules for Paradrakon Racing*, refers to:

- prostheses;
- other (non-paddling) equipment required by a Paradrakon to be able to paddle;
- adaptations to the seating arrangement in a boat necessary to facilitate participation by a Paradrakon; and
- changes to the dimensions of the paddle used by the Paradrakon compared with IDBF rules on paddle size.

All such adaptations are to be consistent with the following statement (which will, in due course, amend part of Regulation CR13.1 of the *IDBF Competition Regulations*):

Prostheses and other devices or equipment that result in dragon boat performance not primarily being generated by the athlete's own physical prowess (but being generated by automated, mechanical, computer-aided, or robotic devices) are prohibited in IDBF-sanctioned competitions and events.

PARTICULAR CONSIDERATIONS

1. Adaptations to seating arrangement. Due to the nature of their impairments, some Paradrakons may require modifications or adaptations to the normal seat arrangement in the dragon boat. Such adaptations are permissible provided race officials are satisfied that the adaptations:
 - a. are not a source of unacceptable risk to anyone in the crew (for example, sharp edges or strapping arrangements that 'fix' the paddler to the boat and which cannot quickly and easily be released);
 - b. are used only to facilitate participation and do not confer a material advantage to the user; and
 - c. do not result in any damage to, or permanent modification of, the dragon boat.

It is strongly recommended that race officials are alerted to any adaptations well in advance of racing so that appropriate assessments can be undertaken. Disclosure only at boat marshalling or boat loading may result in a team not being permitted to race because there is insufficient time to make the necessary assessment.

2. Paddles. Paddles used by Paradrakons in Paradrakon events need not precisely conform to the requirements of IDBF's Paddle Specification 202a but must conform to the following:
 - a. General. The adapted paddle must not contain any motor or stored energy mechanism that would assist the paddler in any way in the delivery of power to the stroke.

b. Blade.

- the blade of the paddle may be smaller in overall surface area than the 202a specification but must proportionally match the blade shape as defined in the specification; and
- the geometry of the blade must be consistent with the specification in terms of maximum thickness, and it shall similarly be smooth all over with no rough surfaces, dimples or concaves.

c. Shaft. It is recognised that the shaft's minimum and maximum lengths and the general geometry (as defined in the specification) may not be suitable for some Paradrags, particularly those with limited or no use of one arm. Accordingly, paddles may be adapted but must conform to the following:

- the connection between the shaft and the blade must not be cranked in any way;
- the shaft must have a minimum length of 30cm from its join with the blade;
- if the adaptation is for use by a paddler only able to use one arm for paddling, then modifications may be made to the shaft to provide for a better handgrip; and
- if the paddle has been designed to be physically attached to the paddler, or to the paddler's buoyancy aid or clothing:
 - its design above the 30cm mark described above need not conform to the specification and may, for example, include a fixed or flexible elbow joint; and
 - there must be a 'quick release' mechanism to allow the paddler to disengage the paddle in the event of an emergency and the operation and suitability of this mechanism must satisfy the event Safety Officer.

The requirements above must be adhered to. It is recommended that any 'adapted' paddle intended to be used in a race is shown to race officials before the event rather than potentially be ruled as non-compliant at marshalling.

MAXIMUM POINTS ALLOWED FOR RACE CATEGORIES

Annex A above provides the mechanism for calculating the points attributable to each Paradrakon paddler. The points for each Paradrakon paddler are then combined to form a crew total.

The following tables set out the maximum crew total number of points allowed for the different Paradrakon race categories and boat types.

PD1 Race Category

PD1 racing may be conducted using standard and/or small boats.

- For racing designated as 'standard boat', refer only to **Table 3**
- For racing designated as 'small boat', refer to **Table 4**. The maximum allowable points shown in this table also apply if a decision is made in accordance with Section 5.3 above to use standard boats for this category.
- IDBF may offer racing in standard boats with reduced crew sizes. Three such races might be run: S16, S14 and S12 where the maximum number of paddlers would be restricted to sixteen, fourteen and twelve respectively.

The maximum allowable points for these reduced crew sizes are shown in **Table 5**

	Total Paddlers	Maximum allowable points
Standard Boat	20	320
	19	304
	18	288

Table 3 - Allowable points - PD1 - standard boat

	Total Paddlers	Maximum allowable points
Small Boat	10	160
	9	144
	8	128

Table 4 - Allowable points - PD1 - small boat

	Total Paddlers	Maximum allowable points
S16	16	256
	15	240
	14	224
S14	14	224
	13	208
	12	192
S12	12	192
	11	176
	10	160

Table 5 - Allowable points - PD1 – reduced crew size racing

PD2 Race Category

PD2 racing may be conducted using standard and/or small boats.

- For racing designated as ‘standard boat’, refer only to **Table 6**
- For racing designated as ‘small boat’, refer to **Table 7**. The maximum allowable points shown in this table also apply if a decision is made in accordance with Section 5.3 above to use standard boats for this category.
- IDBF may offer racing in standard boats with reduced crew sizes. Three such races might be run: S16, S14 and S12 where the maximum number of paddlers would be restricted to sixteen, fourteen and twelve respectively. The maximum allowable points for these reduced crew sizes are shown in **Table 8**

	Total Paddlers	Number of Paradrageon paddlers	Maximum allowable points
Standard Boat	20	10	160
	19	10	160
		9	126
	18	9	144

Table 6 - Allowable points – PD2 - standard boat

	Total Paddlers	Number of Paradrageon paddlers	Maximum allowable points
Small Boat	10	5	80
	9	5	80
		4	56
	8	4	64

Table 7 - Allowable points – PD2 - small boat

	Total Paddlers	Number of Paradrakon paddlers	Maximum allowable points
S16	16	8	128
	15	8	128
		7	98
	14	7	112
S14	14	7	112
	13	7	112
		6	84
	12	6	96
S12	12	6	96
	11	6	96
		5	70
	10	5	80

Table 8 - Allowable points – PD2 – reduced crew size racing



PARADRAGON CERTIFICATE OF DIAGNOSIS

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:
* Nation or club being represented:			
When moving towards a boat before loading, do you use:	Wheelchair <input type="checkbox"/>	* Do you need assistance when loading or unloading the boat?	Yes <input type="checkbox"/> No <input type="checkbox"/>
	Crutches <input type="checkbox"/>		
	Walking stick <input type="checkbox"/>		
* Can you swim 50m in paddling clothing with no buoyancy aid? Notes:			Yes <input type="checkbox"/> No <input type="checkbox"/>
<ul style="list-style-type: none"> this is to assist officials in planning racing; if you cannot swim 50m <u>you will still be allowed to race</u>); and the use of buoyancy aids may be mandated by race officials or your team but, if not, can always be worn regardless 			
Other information that may assist IDBF. For example: <ul style="list-style-type: none"> Help you need at boat loading / unloading Information about your condition that may assist officials 			
		* Paddler's signature:	
		* Date of signature:	Day Month Year

Paddler name				
MEDICAL CONDITION (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		Continue on a separate sheet if more space is needed		
Approximately how long has the individual been experiencing 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		
DECLARATION				
* Name:				
* Relevant qualifications:				
* I hereby certify that I have known the above person for _____ years and that the individual has the impairment(s) I have described.				
* Address of medical practice:		Country: _____		
* Telephone number				
Email:				
* Signature of medical practitioner		* Date of signature		
			Day	Month
				Year