



DRAGON BOAT
@
PESTA SUKAN 2025
BULLETIN

26th & 27th July

SPORTS HUB
WATER SPORTS CENTRE

Organised by:



1 RACE DATES AND SCHEDULE

Racing Dates	Category-Division (Tentative)	Total Slots
Day 1 26th July 2025 (Saturday)	<u>200m Racing Distance (from 9am to 11am)</u> – DB12 Public Service Men – DB12 Public Service Women – DB12 Public Service Senior – DB12 Public Service Active Ageds (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 (from 11am to 1pm)</u> – DB12 Singapore U24 Youth Mixed (24-years-old & below) (NEW!) – DB22 Singapore Master Mixed (For 50-years-old & above) – DB12 Singapore Para Open (NEW!)	18 12 12
	<u>200m Racing Distance (PM Session)</u> – DB12 Singapore Senior Mixed (For 40-years-old & above) – DB12 Singapore International Community Mixed – DB12 Singapore PD2 Open (NEW!)	12 18 12
	<u>200m Racing Distance (AM Session)</u> – DB22 Singapore National Mixed – DB12 Singapore Corporate Mixed	24 24
Day 2 27th July 2025 (Sunday)	<u>2000m Racing Distance (PM Session)</u> – DB12 Pesta Sukan Open (NEW!) – DB12 Pesta Sukan Women (NEW!) – DB22 Pesta Sukan Mixed	10 10 12

2 ENTRY REQUIREMENT

1. This race is open to all - SDBA's affiliate, non-affiliate members & associates.
2. Registration shall be through SportSG's online registration portal. Please note that as SportSG is a government agency, they are authorized to collect personal information when you register.
3. Team Managers are advised to prepare the following details which are required for the race registration:
 - Team Name
 - Team Manager's Name, Mobile Number & Email address
 - No. of members per team

- Individual team member's name and :
 - Contact Mobile
 - Email address
 - NRIC or Passport No
 - Date of Birth
 - Gender
 - Postal Code
 - Next Of Kin Contact Mobile
 - Nationality
 - Employment Details

4. Please refer to the Entry Rules for more details. Entry Rules shall be released on 2nd June 2025 and it shall supersede this Bulletin if there are discrepancies.

3 TENTATIVE TIMELINE

1	Registration Open	29 th Apr 2025 (Tues), 12:00hrs
2	Registration Close	30 th June 2025 (Mon), 23:59hrs
3	SDBA Final Confirmation of Teams	7 th July 2025 (Mon)
4	Crew List Submission and Payment	10 th July 2025 (Thurs), 00:00hrs
5	Crew List and Payment Closure	17 th July 2025 (Thu), 12:00hrs <i>if payment is not received, team shall be barred from participating and not included in lane draw</i>
6	Team Manager's Briefing Drawing of Racing Lanes	18 th July 2025, 19:30hrs Virtual via Zoom

4 RACE BY-LAWS

The Registration	<ol style="list-style-type: none"> 1) Registration shall be on a first-come-first-get basis through the SportSG's online registration system: https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sport/dragon-boat 2) Each Team can register up to two (2) racing crews per respective category and racing division, however, priority will be given to the 1st registered crew. 3) However, for teams who sign up for multiple categories, do note on risk of probable back-to-back races between categories.
Singapore PD2 Open (See Annex A)	<ol style="list-style-type: none"> 1) Each boat must comprise of minimum 4 to maximum 5 persons with a permanent disability. 2) <u>It is the responsibility of clubs to ensure that the total points for a crew do not exceed the maximum allowable under the rules. See Annex B</u> 3) Refer to for points system https://sdba.org.sg/wp-content/uploads/2020/11/Rules-for-Paradragon-Racing-Edn-1.0.pdf 4) Temporary adaptations to race boats will be allowed provided <ol style="list-style-type: none"> (1) they cause no damage to the boat; (2) they are not considered by SDBA to offer an unfair advantage to the crew; (3) the risk of their use is assessed by SDBA not to pose an unmanageable safety hazard

	<p>5) 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>6) Do ensure that you have your doctor's diagnosis form before crew list submission. This is to allow SDBA panellist to ensure your teams has sufficient point. See Annex B and Annex C</p>
Singapore Para Open	<p>1) Minimum 10 racing crew permitted (8 paddlers + 1 drummer + 1 steer), must consist of 4 paddlers with permanent disability</p> <p>2) Maximum 12 racing crew permitted (10 paddlers + 1 drummer + 1 steer), must consist of 5 paddlers with permanent disability</p> <p>3) 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>4) 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>5) 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>6) 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>7) There may be a request for doctor's diagnosis for persons with disabilities (to ensure level playing field).</p>

5 RACE FORMAT

1. Each race shall be according to a max. 6 boat racing concept, per race, per category.
2. The racing lanes that shall be used in at the Water Sports Centre will be the physical Lanes 2 to 7
3. Race Format shall be: Heats -> Repechage -> Semi Final -> Final (whenever feasible) OR Direct Final race

6 COMPETITION REGULATIONS & RULES OF RACING

The races will be run in accordance with the IDBF Competition Regulations & Rules of Racing with specific SDBA Entry Rules.

7 ENTRY FEE

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

2. 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

3. Entry Fees will be payable to SportSG. More information regarding payment will be shared in Entry rules.

< END >

Annex A

1. 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.
 - a) 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 B.
 - b) 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 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 Paradrakon paddlers.
2. In order to provide reasonably fair competition, each Paradrakon paddler will be given points according to the paddler's:
 - a) impairment;
 - b) gender; and
 - c) age
3. The points for each Paradrakon 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 Paradrakon 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 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.

Annex B

	Total Paddlers	Number of Paradragon paddlers	Max allowable points
DB22	20	10	160
	19	10	160
		9	128
	18	9	144
	17	9	144
DB12		8	112
	16	8	128
	10	5	80
	9	5	80
		4	56
	8	4	64

POINTS SYSTEM

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	
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	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		
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
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

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 Paradrragon 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 Paradrragon, **visually impaired** (not fully blind) and **aged 19**:

Impairment	Gender	Age		TOTAL
19	-2	-1	=	16

3. A male Paradrragon 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 are considered to impact paddling ability to a greater extent than PTSD, so the 'score' for this impairment is used.

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

Impairment	Gender	Age		TOTAL
18	-0	-1	=	17

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

Impairment	Gender	Age		TOTAL
16	-0	-0	=	16

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

Impairment	Gender	Age		TOTAL
19	-2	-0	=	17

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
* 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"/>				
* 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"> • Help you need at boat loading / unloading • Information about your condition that may assist officials 					
			* Paddler's signature:		
			* Date of signature:		
				Day	Month
					Year

MEDICAL CONDITION (to be completed by a registered medical practitioner):

* Impairment (tick all that apply): Physical ☐ Psychological ☐ Neurological ☐ Intellectual ☐ Sensory ☐ Developmental ☐

* 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 ☐ No ☐

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 named individual 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

* Official stamp of medical practice