



Forming a Team

The Dragon Boat:

- Each Dragon Boat is 42 feet long
- 10 rows seat 20 paddlers
- A steersperson uses a 9 foot oar as a steering rudder
- A drummer sits in a seat at the bow, facing the crew

Roster:

- 20 paddlers – number of male/female paddlers varies by team classification
- 1 drummer (at least 12 years old)
- 4 alternate paddlers allowed to rotate between races
- High Five Dragon Boat provides each team with a steers person

Cost:

- | | |
|------------------------------------|---------|
| • Corporate sponsored team | \$1,200 |
| • Community / non-profit team | 900 |
| • Dragon Boat club / visiting team | 750 |

Practice:

- 1 practice session included
- Practice will include basics of paddling and racing

Equipment:

- Paddles, life vests, boats, drums and steerspersons will be provided to each team

Race Day:

- Each team assigned a rest area for tent, chairs, coolers, etc.
- Each team races in 3 heats, no elimination
- Course is 350 meters in a straight line
- Each team will have 45-60 minutes rest between heats
- Division winners awarded in post-race ceremony