

PRESENTS:



So You've Been Bitten By the Dragon...

Two Paths for the Competitive Dragon Boater

You've been out for your first few outings, and have discovered your new sport. There is a little bit of the recreational paddler in all of us, but what if you want to compete at a higher level? There are two directions you can go:



Team USA

Athletes independently attend an intensive selection process to earn a place on the national team, which is made up of athletes from across the USA.

IDBF World Nations Championship is in **ODD** years.

Crews for all age divisions selected in **ODD** years.

Athlete travels to attend a variety of paddling camps around the country for selection and training, but will otherwise not train with the team until race week.

Personal discipline is required to execute land and water training as instructed by their coach

Often still train with their local dragon boat team or club, but may use the practice time for technique instructed by the national coach.



Club Crews

Athletes are part of their club team, and train together for competition against other teams in a progression of competitive races.

Club Crew National Championship (CCNC) - **ODD** years

Club Crew World Championship (CCWC) - **EVEN** years

Travel is required for the two races. The crew's normal racing schedule may also be elevated to include more competitive races, which may necessitate more travel.

Coach may require extra land and water sessions for the team, in order to train at an elevated competitive level.

Must be a member of the team for a minimum of six months prior to the CCNC race, and cannot be a member of any other crew at the same race.

These two paths are not mutually exclusive. There are many Club Crews with Team USA athletes among their members.

Who Governs Dragon Boat Racing?

IDBF

International Dragon Boat Federation

The world governing body of dragon boat sport, and member of the International Sports Federation.



PADBF

Pan American Dragon Boat Federation

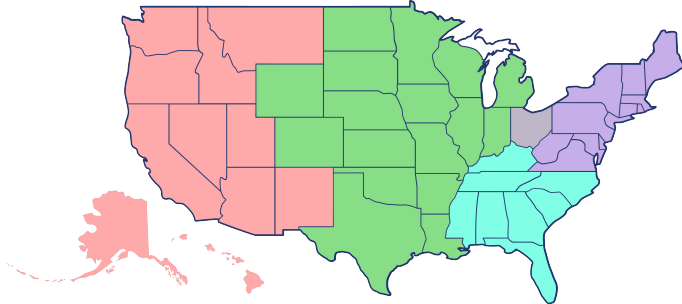
Represents North and South America to the IDBF, and Americans may race in their races, notably the Pan American Club Crew Championships (PACCC).



USDBF

United States Dragon Boat Federation

The governing body for the United States, presiding over four geographical regions.



Pacific Dragon Boat Association (PDBA)

American Dragon Boat Association (ADBA)

Eastern Region Dragon Boat Association (ERDBA)

Southeastern Region Dragon Boat Association (SRDBA)



Clubs or individuals may be members of the regional associations, which is required for championship racing.

Racing Classes - for every age division, there is a race class, ie, Premier Women, All Cancer Paddlers Mixed.

Class

Based on crew composition.

Women

All women, except Breast Cancer Paddler (BCP) teams may have men.

Open

No restrictions on crew composition.

Mixed

Min. 8 (4) and max. 10 (5) paddlers of either gender in a standard (small) boat. Drummer/Helm (D/H) can be of either gender.

Division

Age by Dec. 31 for youth, and by Championship year for adults.

U14 (Junior)

14 and under, except Helm

Premier

Mixed age, tend to be under 40

U16 (Junior)

16 and under, except Helm

Senior A

Adults 40+, except Drummer

U18 (Junior)

18 and under, except Helm

Senior B

Adults 50+, except Drummer

U24

24 and under, including D/H
Also a special class for university students.

Senior C

Adults 60+, except Drummer

Specialty - Para Dragons

PD1 - every paddler impaired
PD2 - 50% of crew impaired
PD3 - all paddlers have similar impairment

Specialty - Cancer

BCP - Survivors of breast cancer
ACP - Survivors of any cancer
Including D/H, for both