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Revised March 6, 2009

Section 1 – Eligibility

- 1.1 Each Team must compete with a minimum of eight women paddlers per boat per race. Each team must race with a minimum of 16 paddlers per boat.
- 1.2 Each Team must race with a drummer and flag catcher.

Section 2 – Teams

- 2.1 A person shall be a registered team member of only one team unless volunteering to race with another team under the guidelines in section 3.2.
- 2.2 All team members must be registered.
- 2.3 A registered team member must be 14 years old prior to the first practice session.
- 2.4 A registered team member must be listed on the team roster by the Team Captain, must have read, understood, signed, dated, and have had witnessed the waiver, and must have had such waiver filed by the Team Captain with the Paddling for Hope Races Committee.
- 2.5 Teams are allowed a maximum of 25 registered members, comprising of: one drummer, one flag catcher, 20 paddlers, and five alternates. Of any of the above, one person must be registered as the Team Captain.
- 2.6 Each team must have a drummer and a flag catcher.
- 2.7 The Steers-person will be provided by the Paddling for Hope Races.
- 2.8 At its discretion, the Paddling for Hope Races may at any time require a check of crew members against their team rosters.
- 2.9 Team Captains shall ensure that only registered team members participate in on-water activities. Any team permitting a non-registered person to participate in any on-water activity shall be subject to disqualification and may be prohibited from further on-water participation, subject to the discretion of the Paddling for Hope Races.
- 2.10 At its discretion, the Paddling for Hope Races may disqualify and prohibit from further participation any team member or team if such a team member or team displays unsportsmanlike or dangerous conduct.
- 2.11 Each team and each team member is required to follow these rules.
- 2.12 The Team Captain shall be responsible for: Team conduct, communication and distribution of information to the team, communication with the Paddling for Hope Races, collection and filing of all requisite information and forms with the Paddling for Hope Races, liason with race officials, and attendance at the Team Captains' meetings. All team captains from the Des Moines area should attend such meetings. Information will be mailed to Team Captains representing teams from out of town.
- 2.13 No alcohol is permitted during the Paddling for Hope Races.

Section 3 – Registration

- 3.1 The registration fee is \$600 per team. Each team must register and pay the non-refundable registration fee due by July 1, 2009 (early registration made by May 15, 2009 has a \$100.00 discount.) As the number of teams able to participate may be limited, registrations will be accepted based on the order that complete registration form with full payment. Checks shall be made payable to the My Angel Foundation. Completed forms and payments shall be mailed to: Paddling

for Hope Races, PO Box 1223, Waukegan, IA, 50263-1223. Registration application can be downloaded at www.paddlingforhope.com.

- 3.2 Team rosters shall be submitted to the Paddling for Hope Races prior to each team member participating in any practice, race or other on water activity.

Section 4 – Waivers

- 4.1 All team members must sign waivers stating that they have read and understand the conditions of the waiver and are aware of and accept all risks associated with the event, and wave all rights to take legal action against any of the sponsors, their volunteers and employees, the My Angel Foundation, Inc., its Directors, volunteers and employees, the Paddling for Hope Races organizing committee, its volunteers, the Chinese Cultural Center of America, its Directors and volunteers, and any other person, partnership, corporation or association in any way associated with the Paddling for Hope Races, for injury or death, or for loss or damage to property, howsoever caused. For participants less than 18 years of age, parents or guardians must also read, understand and sign the waivers.
- 4.2 Team Captains should submit to the Paddling for Hope Races properly signed, dated and witnessed waivers for each team member prior to each team member participating in any practice, race or other on-water activity. The Paddling for Hope Races may accept late submission of waivers at its discretion.

Section 5 – Dragon Boats and Equipment

- 5.1 The Paddling for Hope Races shall provide dragon boats, paddles, drums, life jackets and Paddling for Hope Races qualified steersperson.
- 5.2 All equipment shall be returned in good condition immediately following practices and races. In the event that the Paddling for Hope Races determines negligence, replacement or repair costs shall be charged to the team responsible.
- 5.3 Any teams or members wishing to use paddles or personal flotation devices not provided by the Paddling for Hope Races must first have these items approved by the Paddling for Hope Races at its discretion.
- 5.4 Only the drum and drumsticks provided by the Paddling for Hope Races shall be used to signal the stroke rate in addition to non-electrically assisted voice commands.

Section 6 – Race Procedures

- 6.1 Each team member shall wear a personal flotation device during all on-water activities, including practices and races.
- 6.2 Individuals or teams deemed unsafe by the Paddling for Hope Races or its designate may not be permitted to continue on-water activities, including all practices and races.
- 6.3 Each participant in the Paddling for Hope Races is responsible for his or her own safety at all times.
- 6.4 At its complete discretion, the Paddling for Hope Races may dismiss at any time, including but not limited to from any practices and/or races, any person or team for: violating safety principals and/or procedures, participating or attempting to participate in on-water activities while under the influence or in possession of drugs and/or alcohol, violating rules, demonstrating poor conduct or behavior,

willfully, recklessly, or negligently damaging or losing equipment, or disobeying the requests or instructions made by officials or their designates.

- 6.5 Teams may be disqualified from competition if any team member purposely jumps out of the dragon boat and into the water.
- 6.6 If equipment is damaged or lost through the willfully, reckless, or negligent actions of a person or team, that person or team shall be responsible for financially reimbursing the Paddling for Hope Races.
- 6.7 Each race will start as soon as possible following the race preceding it. The order of the races shall remain constant, though start times are approximate. Team Captains are responsible for monitoring the progression of the races and ensuring their team is ready to race when called upon. The Paddling for Hope Races may not wait for teams which are not ready to start, regardless if early or late of the posted start time.
- 6.8 Teams shall report to Staging Area at least 30 minutes prior to the estimated start time of their race. Team Managers are responsible for reporting in their team for each race.
- 6.9 The Referee and Starter shall have control of the race from prior to the start to the completion of each race.

We (the participating team) have read and understand the above rules and regulations and understand that the above noted registration fee being paid by us is non-refundable in the event the Paddling for Hope Races is canceled due to an act of God or any other reason whatsoever which is beyond the reasonable control of the Paddling for Hope Races Committee of the My Angel Foundation, Inc.

SIGNATURE (TEAM CAPTAIN): _____

DATE: _____