



2019 USDBF Club Crew National Championships  
 Prospect Lake at Memorial Park, Colorado Springs, Colorado  
 August 24th & 25th, 2019

## Invitation and Informational Bulletin 2

The United States Dragon Boat Federation and Great White North Communications Ltd., invite you to attend the 12<sup>th</sup> USDBF Club Crew National Championships (2019 CCNC) that will be conducted in conjunction with the Colorado Springs International Dragon Boat Festival. In addition to the opportunity to win the National Championship, National Champions will also win a berth to the IDBF World Club Crew Championships to be held in Aix Les Bains, France in 2020.

The USDBF Club Crew National Championships are for all club teams to compete in a National Championship. We will be hosting all divisions and urge all teams to participate. The Event will take place at Prospect Lake at Memorial Park in Colorado Springs, Colorado from the 24<sup>th</sup> to 25<sup>th</sup> of August, 2019. Teams should plan on two full days of racing (this includes all day Saturday and Sunday) and make plans accordingly for departure. Friday August 23<sup>rd</sup>, 2019 is available as a practice day.

The Organizing Committee Contacts are:

USDBF	Great White North
Bob Ricks	Carolyn Lee
USDBF Registrar	Director, Sales & Strategic Partnerships
<a href="mailto:CCNC2019@USDBF.org">CCNC2019@USDBF.org</a>	<a href="mailto:carolyn@gwnevents.com">carolyn@gwnevents.com</a>

### USDBF CLUB ELIGIBILITY

The 2019 CCNC are for true club teams based in the United States. A club team is defined as any crew that regularly practices and races together. All members of the club must reside close enough to practice regularly with the club and hold membership with the club for at least six months prior to 2019 CCNC. If your club has members with addresses that do not appear to be from the same area as the club, be prepared to send documentation to justify their inclusion along with the roster, in advance, based on the above requirements. We will follow the IDBF guidelines regarding club membership.

### Please see the IDBF regulations below:

**4.3 Club Crews.** *In IDBF Championships for Club Crews a Racer can only represent one Dragon Boat Crew. The rules for National Crew Representation need not apply but all competitors must have been bona fide members of the Dragon Boat Crew that they represent, for at least SIX (6) months before the Club Crew Championships in question. 4.3.1. A bona fide Club Member is one that has regularly trained and/or competed for the Club Crew that they represent during the minimum period of six months shown in 4.3. A bona fide Club Member will normally be resident in the Country in which the Club Crew is located. A Club Member who trains and competes with a Club Crew from a different Country or Territory or a geographical Region within a Country to the one in which the Club Member himself (or herself) is normally domiciled, will only be considered as a bona fide Club Member if they can prove that they have physically attended their Club to train or compete for a period or of at least twelve (12) weeks, over a minimum period of two (2) racing seasons. (Nov 06)*



## **SUPPLEMENTAL INFORMATION**

This bulletin contains supplemental information regarding the Club Crew National Championships. For complete information the reader should refer to the previously released Bulletin #1. Bulletin #1 can be found on the USDBF website at: [http://www.usdbf.org/about\\_us/club\\_crew\\_nationals](http://www.usdbf.org/about_us/club_crew_nationals) or at the GWN website: <http://www.gwndragonboat.com/colorado/>

## **BERTH AWARD PROCESS**

At this time, the USDBF is allotted 5 standard boat berths, and 2 small boat berths for the IDBF Club Crew World Championships (CCWC) in each racing division.

Currently the berths are for racing divisions:

- Junior A (Under 18)-Open, Mixed, and Women
- Junior B (Under 16)-Open, Mixed, and Women
- U24 (Under 24)-Open, Mixed, and Women
- University Crews-Open, Mixed, and Women
- Premier-Open, Mixed, and Women
- Senior A (Over 40)-Open, Mixed, and Women
- Senior B (Over 50)-Open, Mixed, and Women
- Senior C (Over 60)-Open, Mixed, and Women
- BCS
- ACS
- Paradrageon

At this time the USDBF chooses to award the 5 standard boat berths per racing division by giving each of its 4 regions 1 berth per division for the CCWCs to award to a regional champion for that division. The 5th berth is awarded at the USDBF Club Crew National Championships (USDBF CCNCs). All regional member club crews in good standing are eligible to participate in the USDBF CCNCs for the title of USDBF National champion as well as a berth for the IDBF CCWCs.

The 2 small boat berths for each division will be awarded in the following manner. The first place finisher in each division at the CCNCs will be offered either the standard boat berth or one of the two small boat berths. The second place finisher will be given a choice of one of the two remaining berths, and the third place finisher will be offered the remaining berth. Any unfilled berths can be awarded by petition.

Since each USDBF regional member awards its regional championships through different processes, we thought it would be helpful to clarify the procedure a bit for when the regional champion chooses not to use its awarded berth. If the regional champion chooses to not send a crew to the CCWC, the berth can then be offered to the region's second place crew for that division. If the second place crew chooses to not take the berth, it can then be offered to the third place finisher. If the third place finisher chooses not to take the slot, the berth is returned to the USDBF. This allows a greater opportunity for those who performed well in their region to represent the USDBF in the CCWCs.



All awarded berths, both Regional and National, should be confirmed no later than **September 16, 2019**. It is strongly encouraged to accept or return the berth as soon as possible so as to allow time for other crews to request berths by petition.

#### **PETITION PROCESS TO OBTAIN A BERTH TO CCWC**

Member crews who did not earn a berth through this structure, but wish to go to the CCWC can petition the USDBF for an available berth. **Available berths will be posted on the USDBF website no later than September 27<sup>th</sup>**. Member crews must have competed in their regional championships (or US Nationals) and must have placed in fourth place or higher to be able to petition for a berth. Member crews will only be allowed to petition for a berth in the division in which they competed at Regionals or Nationals.

If the member crew did not compete in the division at CCNC, there is a petition fee of \$1,645.00 (the registration fee for Club Crew National Championships). Each member crew's petition must be accompanied by a deposit of \$822.50. Checks must be made payable to USDBF and mailed to the address at the bottom of this document. The balance of the fee, \$822.50 will be due within 30 days of acceptance of the berth by the member crew.

**Petitions must be submitted by October 7, 2019.** Petitions should indicate if you are requesting a standard or a small boat; your club information (including email contact information for this crew); the crew's placement and times at CCNC (if attended) and Regional Championships (must have finished fourth place or better); the division raced in (i.e. Senior B Mixed), as well as the number of crews competing in the racing division. A check for the petition fee deposit must be included with the above information. The CCNC committee will carefully review all petitions. Time and placement at CCNC and/or Regional Championships will determine how petition berths are awarded. **Petition Berths will be awarded no later than October 21, 2019.**

**Berths must be accepted by the petitioning crew no later than October 28, 2019. Payment in full must be received at the address below within 30 days of the berth being accepted.**

If a petitioning crew is not awarded a berth (for example, all remaining berths have been awarded to other petitioning crews) then the petition fee deposit amount will be refunded to that crew. If however an awarded berth is declined by the petitioning crew, the deposit amount will be forfeited.

Please mail your petition fee deposit and other requested crew information to:

#### **USDBF**

**Attn: John Miller**

**P.O. Box 477**

**Dubuque, Iowa 52004-0477**

Questions regarding this process should be referred to the Organizing Committee Contact:

Bob Ricks

[CCNC2019@usdbf.org](mailto:CCNC2019@usdbf.org)



## USDBF Level 1 Officials Training Registration Form

**Date of Training:** Friday, August 23rd, 2019

**Time:** 9 AM to 4 PM

**Location of Training:** Hotel Elegante Conference & Event Center

**Address:** 2886 South Circle Dr, Colorado Springs, CO, 80906

**Phone:** (719) 576-5900

**Participant's Name:** \_\_\_\_\_

**Home Address:** \_\_\_\_\_

**Home Phone #:** \_\_\_\_\_ **Cell Phone #:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Club Affiliation (if applicable):** \_\_\_\_\_

**Dragon Boat Experience (if applicable):** \_\_\_\_\_

\_\_\_\_\_

**Purpose for taking training:** \_\_\_\_\_

\_\_\_\_\_

Please indicate if you wish to shadow officials on Sat. and/or Sun.: Yes\_\_\_ No\_\_\_

**Fee:** \$100 per participant

***(All Checks & Money Orders should be made payable to USDBF)***

**Send check or money order w/ hard copy of Registration Form to:**

USDBF Treasurer  
Attn: Ellen Law  
P.O. Box 609  
East Hanover, NJ 07936

\* Payment must be received at least 72 hours in advance of course.

**If you have any questions regarding registration issues, please email your question to:**

[officials@usdbf.org](mailto:officials@usdbf.org)



## PARADRAGONS DIVISION

The USDBF will be using the IDBF rules governing the Paradrasons Division of competition. For clarity, we are publishing the IDBF rules and regulations here. (Revision #4)



# INTERNATIONAL DRAGON BOAT FEDERATION PARA ATHLETES COMMISSION

## FRAMEWORK RULES FOR PARADRAGON COMPETITIONS

### 1. Introduction

- 1.1 Currently, the IDBF *Rules of Racing* do not specifically address competitions where there are teams that comprise or include ‘impaired’ athletes. The IDBF Para Athletes Commission (IDBF-PAC) was set up (in October 2017) to, amongst other things, develop the necessary set of rules that would help in making racing between such teams meaningful.
- 1.2 In commencing its work, IDBF-PAC noted that the International Canoe Federation (ICF) took some 10 years between issuing a first draft of race regulations for paracanoe and when a ‘steady state’ was finally achieved; even now though, ICF continues to keep its regulations under constant review and regularly issues amendments as necessary to reflect current thinking. IDBF- PAC therefore has no expectation that the first (draft) set of rules outlined below will develop without significant change. However, it is a starting point.
- 1.3 To complicate matters further, dragon boating also faces a challenge not shared by most other ‘para’ sports – the number of athletes that comprise a team (small or standard boat) is comparatively high.
- 1.4 IDBF-PAC was determined that the rules would be inclusive of as wide a range of impairments as possible (and not limit consideration only to those with quite specific impairments). In this way, IDBF-PAC felt that greater participation of ‘impaired’ athletes could be encouraged by providing opportunities for crews with different impairments to compete against each other in a reasonably fair way.
- 1.5 Finally, IDBF-PAC felt that Breast Cancer Survivors (BCS) already had a well- established race category and this should not form part of the IDBF-PAC remit unless the BCS community wishes, or IDBF directs, otherwise.



## 2. 'Para', 'Impaired', and 'Paradragons'

- 2.1 The terms 'para' and 'impaired' are deemed interchangeable by IDBF-PAC but it is noted that other organizations such as the International Paralympic Committee (IPC) are fairly prescriptive about which impairments qualify an individual for 'para' status. IDBF-PAC considered the approach adopted by IPC to be too restrictive for dragon boating.
- 2.2 At its Council Meeting on 23 July 2018, IDBF provisionally adopted the term 'paradragon' to describe dragon boaters with impairments and also to describe a race category where a proportion of the participants are para athletes<sup>1</sup>. In the event no reasons could be found not to use this term, it will in due course be formally adopted.
- 2.3 IDBF-PAC therefore considers that a paradragon is an athlete who has some form of physical, psychological, neurological, sensory or intellectual impairment that affects the way in which he or she participates in the sport of dragon boating. However, IDBF-PAC recognises that every impairment is different and will affect the individual to a greater or lesser extent. For example, someone who has lost three limbs will be fundamentally disadvantaged compared to someone who has lost the sight in one eye. The mix of impairments potentially within one crew could be significantly different to that of another crew and to race such crews against each other could be inherently unfair.
- 2.4 IDBF-PAC has therefore set out to try to assess the impact of a range of impairments on an individual's ability to participate in the sport of dragon boating. A matrix of 'scores' for each impairment is then proposed together with a methodology for trying to ensure fair competition (refer Section 6).

## 3. Factors affecting performance

- 3.1 Regardless of any impairment, human performance in competitive sporting activities is affected by a range of factors, particularly:
- Age
  - Gender
  - Environment
- 3.2 Age.
- In general, the human body attains peak physical performance between the ages of 20 to 30. Younger people become stronger and fitter as they approach this 'peak' age while performance will fall thereafter with increasing age.

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<sup>1</sup> Note: This assumes use of 'para' (in any form) does not fall foul of any specific protection accorded to that term by the International Paralympic Committee



- Dragon boat races are normally conducted around age categories. However, IDBF-PAC decided that the relatively low numbers of para athletes in the sport would likely mean, certainly initially, that few competitions would be able to run similar age-based competitions. It was therefore felt that age itself needed to be considered in the framework rules (and only an 'open' category be offered initially).

### 3.3 Gender.

- In general, males are capable of greater physical strength and exertion than females.
- As for age (discussed above), IDBF-PAC felt that numbers - certainly initially - would likely preclude all-women or even 'Mixed' races in impaired categories. Again, IDBF-PAC felt that para dragon races should all be 'Open' but with a positive recognition for females.

3.4 Environment. The general environment will influence performance, whether that is geographical (for example, a dragon boat crew located in a desert area or in a frozen wasteland will be at a disadvantage to those who have ready access to benign rivers or lakes), or socio-economic (where the conditions are simply not supportive of a dragon boat team). IDBF-PAC noted the effect the environment can play but decided not to try to take this into account as this factor is not confined to paradragons.

## 4. **Impairments and dragon boating**

4.1 Impairments can affect athletic performance, but to very different degrees depending on the activity being undertaken. For example, a visually-impaired person may struggle to play tennis but could excel at weightlifting or tug-of-war. IDBF-PAC therefore considers that the effect of these impairments on performance in dragon boating is sport-specific, and that no views expressed in this rulebook are intended to be seen as generic.

4.2 Impairments not only affect performance directly, they can also affect the ability of the person to train. For example, a visually-impaired athlete might struggle to get to training without the assistance of a sighted person (perhaps to drive a car to the training venue) while getting to training may not pose the same problem to someone with two prosthetic legs. But it is entirely possible that the visually-impaired athlete could be the better paddler of the two, all other things being equal.

4.3 The most effective dragon boaters use their legs, their arms and shoulders, and their core (torso). Although IDBF-PAC is not aware of any academic papers describing the proportions of output able to be delivered by these three principal parts of the body while paddling a dragon boat, it is generally accepted that, for other types of paddling, the legs can contribute up to about a maximum of about 7%, with the remainder being equally delivered by the arms and shoulders, and the core (up to about 45-48% each). Thus (and this is borne out by paracanoe and canoe racing results), a paradragon with a missing lower limb or with a prosthetic lower limb can deliver results almost as good (but definitely not as good) as an otherwise unimpaired paddler.



- 4.4 Those with a missing upper limb are probably the most disadvantaged, even if some form of prosthetic has been fitted. Very close in terms of impairment are those with spinal impairment as they do not have the trunk function and stability of those without such impairments. At the other end of the disadvantage scale are those with sensory impairments and some psychological conditions.
- 4.5 IDBF-PAC has identified a range of impairments and attempted to ‘rank’ them in order of disadvantage. IDBF-PAC fully accepts that there will always be exceptional para athletes who will seem to defy the general classification it has developed. However, IDBF-PAC notes that this is also the case anyway for unimpaired paddlers (in theory for example – and hence the IDBF age classification categories - a 45 year old man should not be as fit and strong as the average 22 year old man but there will definitely be such men around).
- 4.6 The effect of multiple impairments is very difficult to assess - for example, where on the scale of disadvantage would someone who is both deaf and missing a lower limb compare to individuals with only one of these impairments? IDBF-PAC considers that the approach used in other paddling sports (specifically Va’a and paracanoe) can be followed until further work has been possible – in these sports, the ‘worst’ impairment is used to determine the level of impairment and no specific consideration is given to the effect of multiple (unrelated) impairments.

## 5. Race categories

5.1 IDBF has approved the following paradragon race categories<sup>2</sup>:

- Full Paradragon (PD1)
- Partial Paradragon (PD2)
- Specific Paradragon (PD3)

These categories have been developed to maximise the opportunity for participation in order to make the sport as inclusive as possible. Note that there is no proposal at this stage to have age-based categories, women or mixed team competitions; all crews will be ‘open’.

5.2 Full Paradragon (PD1). The Full Paradragon race category (shortened to PD1) requires that every paddler in the boat (small or standard) has a recognised impairment. Paddlers need not have the same or similar impairments but must, together, satisfy the ‘scoring’ requirement described in Section 6 below. The steerer and the drummer need not be paradragons themselves but, if they are, anyway do not form part of the overall team score per Section 6 below.

<sup>2</sup> IDBF Council Meeting, Szeged, 23 July 2018





- 5.3 Partial Paradrakon (PD2). The Partial Paradrakon race category (PD2) broadens the scope for participation by paradrakons by allowing teams to comprise a mix of paradrakons and unimpaired paddlers. Half of the paddlers can be unimpaired. The paradrakons need not have the same or similar impairments but must, together, satisfy the 'scoring' requirement described in Section 6.2 below. The steerer and the drummer need not be paradrakons themselves but, if they are, anyway do not form part of the overall score per Section 6.2 below (neither do the unimpaired paddlers).
- 5.4 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 athletes have total or profound hearing loss. It could be that, over time, these categories are better defined and accepted: for example, PD3V might be the classification for a team of Visually impaired paddlers and PD3H for those with loss of Hearing, and with more detailed rules on how these impairments are determined.
- 6. Proposed approach to dealing with a range of impairments within a team**
- 6.1 As a point of reference, IDBF-PAC considers that a 20-40 year old male without any impairment (ie the age span for the majority of paddlers in the IDBF 'Premier' age category) is the benchmark against which all others should be measured. In these rules for Paradrakon racing, such a paddler would be accorded 20 points.
- 6.2 A 20-40 year old male paddler who is missing an upper limb is considered severely disadvantaged and would be accorded 4 points (ie he or she is considered capable of delivering only about 20% of the contribution of an unimpaired paddler of the same age and gender).
- 6.3 Between the extremes outlined in Sections 6.1 and 6.2 above, IDBF-PAC has developed a table of the points attributable to particular impairments, as well as to the effects of age and gender. It is emphasised that this does not yet represent an authoritative viewpoint, but is to be used for race events for the time being. Over time it is anticipated that the table will evolve to include more categories and to adjust, as necessary, attributable points based on experience and professional advice. The table can be found at Annex A.
- 6.4 Unlike paracanoe and Va'a (where an athlete's impairment is formally recorded and 'registered' by an approved 'classifier' and generally remains with that athlete forever), IDBF-PAC recommends that dragon boating undertakes these assessments 'on the day' for the time being (while recognising that, as paradrakon events become more competitive, a more structured and formal approach to classification will eventually have to be introduced).



6.5 In the event that an athlete’s impairment is not listed in Annex A, two options are available:

- Prior to a competition. The details of the impairment should be provided to IDBF-PAC (by email to [chair-para@idbf.org](mailto:chair-para@idbf.org)). These will be assessed, and a ‘score’ determined for the impairment. As necessary, Annex A will be amended.
- At a competition. The race official nominated by IDBF to confirm assessments will be empowered to determine an ‘on the spot’ score for any impairment not listed in Annex A. Such a score will be temporary, and Annex A will not be amended. The score will not be able to be appealed at the event by the athlete or his or her governing body.

Clearly, the scoring of 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.

6.6 PD1 Race Category. Annex A below provides the mechanism for calculating the points attributable to each paddler. IDBF-PAC then proposes the following maximum points for PD1:

*Table 1 – Maximum points for PD1 category*

	Paddlers	Maximum allowable points
Standard	20	320
	19	304
	18	288
	17	272
	16	256
Small	10	160
	9	144
	8	128

6.7 PD2 Race Category. Annex A below provides the mechanism for calculating the points attributable to each paddler. Table 2 below shows the maximum points for a crew in a PD2 race category. Note that:

- 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; and



- if there is an odd number of paddlers then a team can choose to have one more unimpaired paddler than impaired paddlers but, to keep it as fair as possible for the other teams, the maximum points for the unimpaired paddlers is reduced

*Table 2 – Maximum points for PD2 category*

	Total Paddlers	Number impaired paddlers	Maximum allowable points for impaired paddlers
Standard	20	10	160
	19	10	160
		9	128
	18	9	144
	17	9	144
		8	112
16	8	128	
Small	10	5	80
	9	5	80
		4	56
8	4	64	

## 7. Adaptive equipment

- 7.1 For some impairments, adaptive equipment may be necessary for the athlete to be able to compete at all. For example, if the athlete has a lower limb deficiency with no stump, or has a significant lower spinal injury, he or she may not be able to remain stable on the seat and/or ‘recover’ to the upright position after each stroke; in such cases, some form of strapping and/or adapted seat with a backrest may be required.
- 7.2 Those with a missing or damaged upper limb may require a prosthesis or equipment that will allow the athlete to hold the paddle and then be able to produce force through the paddle into the water.
- 7.3 IDBF-PAC has not yet had the time to consider properly how adaptive equipment might be incorporated into a paradragon team, or how any such equipment might be assessed in a consistent and fair way. Until formal rules are developed and approved, race organisers are to use their discretion to ensure that any equipment used does not confer a material advantage to the paddler.



## 8. Safety

- 8.1 Safety is paramount and paradragon races will create hazards and risks not normally present with unimpaired racing.
- 8.2 Enhanced risk assessments will be required for:
- The venue / facilities / first aid response on site
  - Racing (extra safety boats may be needed)
  - Conditions (may make racing inherently less safe due to wind speed etc)
  - Boat safety (is the helm satisfied that the crew can paddle safely?)
  - Adaptive equipment (if used – is it 'safe'?)
- 8.3 Buoyancy aids may need to be mandated.
- 8.4 Consideration may need to be given, in exceptional circumstances, to requiring fully unimpaired and experienced paddlers to be part of a PD1 crew. In such circumstances, the organisers are to ensure that each participating team is treated equally.
- 8.5 IDBF-PAC acknowledges that further work on safety aspects will be required.

## 9. Other matters not yet considered by IDBF-PAC

- 9.1 IDBF-PAC considers that the following issues will eventually need developing before a comprehensive, fair, and useable scoring system can be properly adopted:
- Classification personnel – personnel approved by IDBF to undertake classification work
  - Athlete evaluation – the process by which an athlete's impairment is assessed and classified
  - Protests and appeals – the process by which a protest can be made and considered about the classification of an athlete's impairment, and the process by which an athlete can appeal against the classification of his or her impairment
  - Data protection and record keeping – how data collected about individual athletes is maintained
  - The process by which the 'rulebook' can be updated to reflect latest research and/or experience



**ANNEX A**

**POINTS SYSTEM TO CLASSIFY IMPAIRMENTS**

Impairment	Remarks	Points (Note 2)	Gender	Age (Note 1)			
			Female	U20	Senior A	Senior B	Senior C
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	-2	-1	-1	-2	-3
Visual	All paddlers should also be blindfolded						
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					
Limb deficiency - loss of lower limb(s)	Use of prosthesis permissible	17					
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					
Limb deficiency – lower limb(s) – no stump on one or both sides		13					
Muscle power - paraplegia		12					
Neurological	Ataxia, spasticity, athetosis, stroke and multiple sclerosis	10					
Limb deficiency - loss of one upper limb		4					
Muscle power - tetraplegia		2					

Notes:

- (1) Determined per IDBF Competition Regulations
- (2) Based on an unimpaired male paddler scoring 20 points (Sect 6.1 above)

Examples:

- 1. A female para athlete with Ataxia and aged 45 would attract 7 points (10 for impairment less 2 for gender and less a further 1 for being Senior A)
- 2. A male para athlete with loss of one upper limb and aged 62 would attract 1 point (4 for impairment less 3 for being Senior C)
- 3. A female para athlete, visually impaired and aged 19 would attract 15 points (18 for impairment less 2 for gender and a further 1 for being under 20 years of age)