



BULLETIN



**USDBF CLUB CREW
NATIONAL CHAMPIONSHIPS**
Nathan Benderson Park • Sarasota, Florida
JULY 21-23, 2023

USDBF Club Crew National Championships

**Nathan Benderson Park, Sarasota, FL
July 21st- 23rd, 2023**

Invitation and Informational

Bulletin #1



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Message from USDBF President, Mark Kane

Fellow athletes,

I am excited to invite you all to the 2023 Club Crew National Championships in Sarasota, Florida. Building on the successful 2021 CCNC and 2022 CCWC races at Nathan Benderson Park, the USDBF Competition and Technical Committee, the staff at Nathan Benderson Park and other volunteers have been busy preparing for this event. Club Crews from all over the USA will join us at Nathan Benderson Park to compete for the title of National Champion in their respective divisions. In addition, the top five standard boat crews and top two small boat crews in each division will win an invitation to compete in the Club Crew World Championships in Ravenna Italy in 2024.

The United States Dragon Boat Federation is delighted to be hosting this wonderful event at Nathan Benderson Park, a world-class paddling facility. We would like to thank Nathan Benderson Park, Suncoast Aquatic Nature Center Associates, and Visit Sarasota for their support of this event. Following several years of COVID restrictions, we are planning on this being the largest national championship event in Federation history. I look forward to seeing you on the water at Nathan Benderson Park in 2023!

Mark Kane
President
United States Dragon Boat Federation



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Welcome Dragon Boaters,

On behalf of Visit Sarasota County, we are ecstatic to welcome you to our destination to compete in the 2023 USDBF National Championships at Nathan Benderson Park.

Host to numerous past national and international competitions, including the 2022 International Dragon Boat Club Crew World Championship, Nathan Benderson Park is one of the most technologically advanced courses in the world and has received countless praises for the competition experience it provides to athletes of all skill levels.

Beyond the competition venue, Sarasota County is known as a coveted vacation destination. World renowned beaches, eclectic dining and a vibrant arts and culture scene are just a few of the features frequently enjoyed by visiting athletes and fans.

We at Visit Sarasota County stand ready to assist in making your Championships experience unforgettable, and invite you to visit our website, VisitSarasota.com, for information and inspiration to plan your trip.

Best Regards,

A handwritten signature in black ink that reads "Pete Harvey".

Pete Harvey

Director of Sports

VisitSarasotaCounty, 301 N. Cattlemen Rd., Ste. 203, Sarasota, FL 34232
Phone: 941-955-0991

14th USDBF Club Crew National Championships
Sarasota, Florida July 21-23, 2023



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**NATHAN
BENDERSON PARK
CONSERVANCY**

December 2022

Dear Athletes and Supporters:

Only 14 months ago, the USDBF Club Crew National Championships (CCNC) were held at Nathan Benderson Park for the first time. We are excited to welcome you again to the Sarasota-Bradenton area as we continue to work in partnership with USDBF to provide you with a first-class experience and qualifying opportunity for the 2024 IDBF Club Crew World Championships.

Nathan Benderson Park is a Sarasota County park, conveniently situated on the border of Sarasota and Manatee Counties in Southwest Florida. We are adjacent to I-75, 10 minutes from the Sarasota-Bradenton Airport (SRQ) and a short drive to Florida’s best beaches. The park is walking distance to the University Town Center (UTC) District, with hotels, retail and restaurants in addition to the Mall at UTC. Most importantly, the park features a state-of-the art 2000-meter sprint course with 10 lanes and a world class Finish Tower, home to the 2022 IDBF Club Crew World Championships.

We look forward to seeing you at Nathan Benderson Park this summer and wish you much health and prosperity for the New Year!

Sincerely,

Stephen V. Rodriguez
President

5851 Nathan Benderson Circle, Sarasota FL 34235 USA • +1, 941-358-7275 • nathanbendersonpark.org

14th USDBF Club Crew National Championships
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CONTACTS

For any questions please contact competition@usdbf.org

Paula Humphries, USDBF Competition and Technical Officer
Barb Michaels, USDBF Competition and Technical Committee Chair
Bob Ricks, USDBF VP2

ENTRY REQUIREMENTS

All competing athletes, coaches, and team managers at 2023 Club Crew National Championships will be required to register with our membership system. ***Crews entering the USDBF Club Crew National Championships must be current Members of the USDBF. Club Crew participants must be prepared to show proof of membership in the USDBF. Payment for your membership must be received by the USDBF no later than May 1, 2023.*** Crews entering the USDBF Club Crew National Championship must also be members in good standing of their respective regions.

LOCATION AND VENUE

Nathan Benderson Park (NBP), located in Sarasota, Florida, is a world-renowned paddling and aquatics facility, set in one of the most pristine beach destinations in the United States. Dragon boat racing is a major component of the Park's regular programming, including four community teams and hosting at least two regattas each year. NBP is a unique 600-acre Sarasota County park, operated and managed privately under contract with the County. Over \$40 million has been invested into the facility's development, including 2,000-meter racing lanes and straight shorelines, coaching lanes, a wave-attenuator system, starting gates and a state-of-the-art finish tower.

As the site of multiple past international and national events, including the 2022 IDBF Club Crew World Championships, the 2021 USDBF Club Crew National Championships, the 2014 IBCPC Participatory Dragon Boat Festival, the 2017 World Rowing Championships, the 2018 World Rowing Championships, 2019 World Rowing U23 Championships, hundreds of thousands of athletes and fans have experienced unforgettable competition on NBP's course.

The park is in Sarasota County, situated on the County line with Manatee County just to the north. The region is south of Tampa on Florida's Gulf Coast. The area is well-known as a vacation destination, famous for award-winning beaches such as Siesta Beach. The Park itself is situated within a vibrant entertainment district called University Town Center, consisting of dozens of restaurants and an upscale shopping mall just within walking distance from the course.



REGATTA COURSE

Address: 5851 Nathan Benderson Circle, Sarasota, Florida 34235

Width: 130 meters

Depth: 3.5 meters minimum

Racing Lanes: 9 lanes each of 13.5 meters wide

Docks: multiple – and will be positioned for greatest flexibility and ease of loading

Water Quality: healthy quality and tested monthly; the lake is part of an overall water system which feeds into the water supply for the City of Bradenton

Avg Temp: July average temperatures are a low of 75 and a high of 90

COMPETITION FORMAT

The USDBF Club Crew National Championships will be conducted according to the USDBF Competition Regulations and Racing rules which align with the IDBF Competition Regulations and Rules of Racing. The racing will be conducted by appointed USDBF Race Officials. Officials will be assisted by appointed volunteers.

The Championship will use the IDBF Race Plans to determine the racing program.

PROVISIONAL ENTRY / REGISTRATION PROCESS

Clubs will use the USDBF website for all payment for all CCNC entries. Follow [this link \(https://www.usdbf.org/club-crew/2023-ccnc/\)](https://www.usdbf.org/club-crew/2023-ccnc/) to register your club in the 2023 Club Crew National Championships. Please note: The individual registering the crew for CCNC must be a USDBF member to access the registration system.

All paddler information will be entered on the IDBF system. This system can be found at <https://nats.idbfchamps.org>. Once you have completed the payment process on the USDBF system, the IDBF registration system opens up for you. The manager of your crew will be emailed a login code to access the IDBF system, along with directions so that you can enter your paddlers into the IDBF registration system. All entry details will be made on this system. **Final payment must be made to the USDBF no later than April 15, 2023.**

Just a reminder that your club must be a member of your region in order to register for the CCNC. All paddlers on your club roster for the CCNC must be members of the USDBF.

Please be sure to direct all paddlers, coaches and managers participating in the USDBF Club Crew National Championships to the USDBF website <https://www.usdbf.org/registration> to complete the USDBF Membership enrollment process. Note: all participants in the USDBF Club Crew National Championships will be required to present proof of USDBF Membership at the event. **Payment for your membership must be received by the USDBF no later than May 1, 2023.**



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REGISTRATION FEES

Total fees are based on your age group and boat size:	Registration Fees	Housing Discounted Fees *
Adult Standard boat crew aged 19 and over	2,575.00	2,075.00
Adult Small boat crew aged 19 and over	1,975.00	1,725.00
Paradragon Standard boat crew	1,650.00	1,150.00
Paradragon Small boat crew	1,225.00	975.00
Youth Standard boat crew aged 18 and under	1,650.00	1,150.00
Youth Small boat crew aged 18 and under	1,225.00	975.00

* To qualify for the “Housing Discounted Registration Fee” crews must book 75% of the crew room nights through our travel partner, [Pellucid Travel](https://h.pellucidtravel.com/secure/?pageID=notice&eid=1066&hx=43dd49b4fdb9bede653e94468ff8df1e) (<https://h.pellucidtravel.com/secure/?pageID=notice&eid=1066&hx=43dd49b4fdb9bede653e94468ff8df1e>)

All registration fees are due and must be paid before April 15, 2023.

NAMED ENTRIES

Team entries must be made on the IDBF registration system at <https://nats.idbfchamps.org>. All entry details will be made on this system. Once the USDBF has received a crews’ registration information (see the Registration Process found on page 6 above) and the IDBF system becomes available, the crew will be provided a login code to access the IDBF system along with directions to enter Provisional Entry details.

Clubs can register at any time, using the USDBF Registration Process found on page 6 above. Clubs are required to submit their Named Entries no later than May 1, 2023. Named entries include team member details and photographs.

Further details regarding Named Entries will be included in Bulletin #2.



BERTH AWARDS

Competing at the USDBF Club Crew National Championships will be the only way for US crews to be awarded berths for the IDBF Club Crew World Championships. For each racing division, up to five standard and two small boat berths for CCWC 2024 will be awarded.

The 2023 CCNC welcomes true club teams based in the United States. The practice of Clubs' recruiting paddlers specifically for a CCNC is against the intention of the IDBF Competition Regulations and the spirit of the Championships. Any club found not to be complying with IDBF Competition Regulations 4.3 and 4.3.1 shown below can be disqualified from further competition. (Please note that due to the COVID-19 pandemic and its continued impact on dragon boat clubs, some flexibility to the stated time periods will be provided.)

The USDBF Competition & Technical Committee will follow the IDBF guidelines regarding club membership.

Please see the IDBF regulations below:

12.3. Dragon Boat Clubs (IDBF Bye-Laws Ed 8, Jan 2020)

A Dragon Boat Club is defined as being a single Crew or group of Crews which have a formal Sports Club Constitution which, in general terms, shows that the Club's individual members are responsible for the Club's affairs; that they elect representatives to their governing Dragon Boat organization; that they elect Club Officers and Officials to manage the affairs of their Club; that the Club keeps properly maintained and controlled accounts; that the Aims and Objectives of the Club and its Constitution or Statutes, are consistent with those of their own governing Dragon Boat Association, where one exists and where appropriate, the IDBF. (Sep 02)

4.3 Club Crews (IDBF Competition Regulations Ed 8, Jan 2020)

*In IDBF Championships for **Club Crews** a Racer can only represent one Dragon Boat Club. 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)



Club Crew race rosters will be entered into the IDBF system. These rosters will be sent to the President of the respective USDBF Region for initial verification that the participants listed are true members of the Club. The Region will notify the Club teams of any concerns. The Region will notify the USDBF that the Crew roster has been approved by the crews' Region.

IMPORTANT NOTE: The USDBF Competition and Technical Committee will have final authority to determine bona fide club membership. Crews participating in the USDBF CCNC must be ready to present documentation that verifies team membership.

All clubs registering crews for CCNC 2023 must be members of their regional organization. If a crew is awarded a berth for CCWC 2024, they must be prepared to show evidence that all competitors on their roster are true members of their club.

For members residing within a 100-mile radius of the Club's declared practice location, this verification can include:

- Athletes' names appearing on a 2023 paid membership listing.
- Practice logs during the 2022 & 2023 season.
- Records (for example, race rosters) from previous competitions for this crew.
- Other proof deemed acceptable by the Competition and Technical Committee.

Club members who reside beyond a 100-mile radius of their Club's declared practice location must be prepared to prove that they have been bona fide club members for at least two racing seasons. For these out-of-town club members, proof of bona fide club membership can include:

- Proof of prior residence within the 100-mile radius.
- Rosters from past races with the club.
- Documents showing travel to the club's location for practices and/or races.
- Other proof deemed acceptable by the Competition and Technical Committee.

Valid practices are dragon boat practices only. Organized team activities such as group OC-1 paddling sessions are not considered dragon boat practices.

Please note: National Team training camps, practices, or tryouts are not recognized as club trainings.



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DIVISIONS, RACING CLASSES, COMPETITION AND RACE DISTANCES

Both Standard and Small Boat Championships are available at this event.

If a team wishes to enter a standard boat and small boat in the same competition class, the competitors in the standard boat must be completely different from those in the small boat; therefore the 26 competitors (including reserves) in the standard boat must be completely different from the 14 competitors (including reserves) in the small boat. Competitors from the Open and Women classes may combine to form Mixed crews.

USDBF Club Crew National Championships will be decided based on 200, 500, and 2000-meter races. Races will be conducted using the USDBF Rules of Racing. Teams will be awarded points based on performance in each competition class and distance.

STANDARD BOAT CHAMPIONSHIPS (22 Competitors)

Racing Class	Premier Division	Senior A Division	Senior B & C Division	BCP Division	ACP Division	24 & under	University Division	18 & under	Paradragon (PD1) Division	Paradragon (PD2) Division
Open	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		200m 500m 2000m	200m 500m 2000m		200m 500m 2000m	200m 500m 2000m	200m 500m 2000m
Women	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		200m 500m 2000m		200m 500m 2000m		
Mixed	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m			200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		

SMALL BOAT CHAMPIONSHIPS (12 Competitors)

Racing Class	Premier Division	Senior A Division	Senior B & C Division	BCP Division	ACP Division	24 & under	University Division	18 & under	Paradragon (PD1) Division	Paradragon (PD2) Division
Open	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		200m 500m 2000m	200m 500m 2000m		200m 500m 2000m	200m 500m 2000m	200m 500m 2000m
Women	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		200m 500m 2000m		200m 500m 2000m		
Mixed	200m 500m 2000m	200m 500m 2000m	200m 500m 2000m			200m 500m 2000m	200m 500m 2000m	200m 500m 2000m		

Disclaimer: The USDBF will award berths in the divisions and classes listed above. However, competition opportunities at IDBF Club Crew World Championships are ultimately determined by having a sufficient number of entries in each division/class.



AGE REGULATIONS

IMPORTANT NOTE: For all age groups, ages shown below are as of December 31st, **2024** (The year of competition for the next CCWC is 2024).

The 2023 CCNC will follow the IDBF regulations for age classes:

Junior U16	12th to 16th birthday falls in the year of the competition (with the exception of the helm)
Junior U18	12th to 18th birthday falls in the year of the competition (with the exception of the helm)
U24	12th to 24th birthday falls in the year of the competition
University	Competitors must be a bona fide student of a University or College (proven by the institute)
Premier	No age limit
Senior A	40th or later birthday falls in the year of the competition (with the exception of the drummer)
Senior B	50th or later birthday falls in the year of the competition (with the exception of the drummer)
Senior C	60th or later birthday falls in the year of the competition (with the exception of the drummer)

MULTIPLE AND CROSS ROSTERING

Participants may race with only one club at the 2023 CNCC, with an exception made for paddlers whose primary club is single-gender. Those paddlers may compete in mixed races only, with one other club. An exception is also made for athletes who compete with a Paradrakon crew, whose athletes may compete with another crew. A participant may race with more than one crew within a club, but in no case will racing be held up to allow the transfer of a participant from one crew to another. Shared helms and drummers between crews in the same club will be allowed based on the race program.

CANCER SURVIVORS

Breast cancer and all-cancer survivor crews (BCP/ACP) are dragon boat crews formed from competitors who have been diagnosed with breast cancer or another form of cancer.

In recognition of Dana Nelson, the BCP (formerly BCS) Cup Challenge will be continued. Dana’s contribution to the Breast Cancer Paddler division is well known, and a Memorial Cup will be awarded to the National Champion in the BCP division each year in her honor.

Everyone on the roster of a team registered in the ACP division must be a cancer survivor. For BCP teams, everyone on the roster must be a breast cancer survivor. In both divisions, these rules apply to the drummer and helm, as well as to the paddlers.



ELIGIBLE PARADRAGON CLUBS

The USDBF is actively working to promote Paradrragon Club participation at USDBF Club Crew National Championships.

The Paradrragon category is relatively new to our sport and we are pleased to announce that the USDBF is sending its first Paradrragon crew to the World Dragon Boat Racing Championships in Thailand in 2023. But, we need to continue to build the sport at the club level as well.

The IDBF is prepared to waive normal qualification requirements for teams wishing to enter the Paradrragon category at the IDBF Club Crew World Championships. IDBF is willing to accept entries from 'composite clubs' formed specifically to participate in the CCNC. The USDBF will allow and encourage participation in the same way, and use results from these championships to help decide which clubs can then enter the IDBF CCWC.

It should be noted that clubs winning berths wishing to advance to the IDBF Club Crew World Championships must meet scoring/eligibility requirements found in the IDBF Paradrragon Rules (see link below) and will be subject to a Validation Audit at IDBF Club Crew World Championships.

PARADRAGON RULES:

https://www.dragonboat.sport/files/ugd/81bcd4_bb811a613e484eafa3afdf55d9736337.pdf

For further clarification please contact the USDBF Paradrragon Committee at Paradrragon@usdbf.org

GENDER COMPOSITION FOR MIXED CREWS

CR 2.1.3 Mixed Class (IDBF Competition Regulations, Ed 8, Jan 2020)

Crews must contain a minimum of eight (8) and a maximum of ten (10) of each gender. There are no restrictions on age, except for the 12 years old rule shown in CR2.1.1. For Small Boat Races this shall be 4 to 5 of either gender.

Standard boat

10 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 9 female paddlers	+ drummer and helm of either gender
9 male paddlers / 10 female paddlers	+ drummer and helm of either gender
10 male paddlers / 8 female paddlers	+ drummer and helm of either gender
8 male paddlers / 10 female paddlers	+ drummer and helm of either gender
9 male paddlers / 9 female paddlers	+ drummer and helm of either gender

Small boat

5 male paddlers / 5 female paddlers	+ drummer and helm of either gender
5 male paddlers / 4 female paddlers	+ drummer and helm of either gender
4 male paddlers / 5 female paddlers	+ drummer and helm of either gender
4 male paddlers / 4 female paddlers	+ drummer and helm of either gender



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REGISTRATION DEADLINES

The final deadline for registering a crew on the USDBF website will be April 15th 2023. Fees are per crew, not per club.

The final deadline for registering crew members on the IDBF website (Named Entry) is May 1, 2023.

BOOKING PRACTICES

Each crew's registration fees will include up to two practices which will be held at the event site, on Wednesday, July 19th, and Thursday, July 20th, 2023. Registration fees must be received in full and confirmed before the practices may be booked. Information on scheduling practices will be available in Bulletin #2.

ACCOMMODATION

The USDBF has partnered with Pellucid Travel to organize accommodation options for the 2023 US National Championships. Pellucid Travel is a full-service sports housing agency with a staff that has years of experience in the industry known for their customer service and for simplifying the travel process. Click on the link below to see a variety of hotel options offered at special discounted group rates.

The USDBF is offering a discount for all crews who book their housing through Pellucid Travel. Entry fees will be discounted by \$250 for a small boat and \$500 for a standard boat. To qualify, 75% of your crew must book rooms within the hotel room block. Please do not contact hotels directly, as any bookings outside of the block will not apply to the entry fee discount.

For details on the booking process and to review the hotel options please go to this link:
[2023 US National Championships Hotel Link](https://h.pellucidtravel.com/secure/?pageID=notice&eid=1066&hx=43dd49b4fdb9bede653e94468ff8df1e)
(<https://h.pellucidtravel.com/secure/?pageID=notice&eid=1066&hx=43dd49b4fdb9bede653e94468ff8df1e>)

The Pellucid Travel team is here to help! Please contact Ashley at ashley@pellucidtravel.com or 414.212.5144 with any questions or requests you may have. To reach our customer service team after hours please email info@pellucidtravel.com.

SITE RENTALS

Nathan Benderson Park is offering the rental of such items as tents, chairs, and tables. Information on reserving these items can be found in Bulletin #2.



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TRAVEL INFORMATION

For information on direct flights and airlines serving the Sarasota area, visit SRQ-Airport.com or TampaAirport.com.

For destination information, visit VisitSarasota.com and BradentonGulfIslands.com

TRANSPORTATION

Recommendations for transportation between accommodation and the race site will be included in Bulletin #2, which will be published in April 2023. These will include transportation options.

RACE OFFICIALS TRAINING COURSE

USDBF will present a one-day Officials training class on Wednesday July 19th. Plan your accommodation accordingly. More details and registration will be available in Bulletin #2.

SCHEDULE

DATE	SCHEDULE
02/12/2023	Provisional Registration opens: https://nats.idbfchamps.org
04/15/2023	Deadline to withdraw from CCNC with refund
04/15/2023	Deadline to change entry (Example: standard boat crew to small boat crew)
04/15/2023	USDBF Club Crew Registration System closes
04/15/2023	Crew Entry Fee due
05/01/2023	Named Entries Close on the IDBF Site
07/19/2023	USDBF Race Officials course
07/19-20/2023	Crew Practice Days
07/21/2023	Awakening Ceremony Day 1 Racing
07/22/2023	Day 2 Racing
07/23/2023	Day 3 Racing Closing Celebration