



October 12, 2019

Fast Facts for Forming a Dragon Boat Team

<http://www.lakejamesdragonboat.com/>

The Dragon Boat:

- Sport stems from an ancient Chinese legend
- Each Standard Dragon Boat is 42 feet long with 10 rows seating 20 paddlers + Drummer and Steersperson
- Paddlers each paddle on one side during the race – on the left or on the right
- A steersperson uses a 9-foot oar as a rudder, standing in the stern
- A drummer sits in a seat at the bow, facing the crew

Cost: Varies by division. Go to <http://www.lakejamesdragonboat.com/team-registration.html> for details

Roster:

- 20 Paddlers, minimum of 8 female paddlers must be in the boat at all times for MIXED division
- 1 drummer (minimum age of 12 years old)
- 4 alternate paddlers allowed and can be rotated in any way that your team would like
- All paddlers must be 14 years of age or older
- High Five Dragon Boat provides your Community team with a steersperson

Practice:

- 1 practice session is included for each registered team.
- Practices will include the basics of paddling and the basics of racing.
- A coach and steersperson are provided as well as paddles and life jackets.

Equipment:

- Paddles, life vests, boats, drums, and steerspersons will be provided to each team at practice and on the day of the race

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