

**ISANG BANGKANG MALAYA 2023**  
Making Waves, Breaking Free  
Organised by Filipino Dragons (Singapore)



Mabuhay! Welcome to the 10th year of Isang Bangkang Malaya - the ultimate dragon boat race event for the Filipino community and friends in Singapore! Get ready to experience the thrill of dragon boating while celebrating our rich cultural heritage. Whether you're a seasoned paddler or a complete newbie, our fun and inclusive race has something for everyone. And for those seeking a more competitive challenge, we've got you covered with categories just for you!

This year's theme, "Making Waves, Breaking Free," represents our aim to change the game and break free from the norm.

This document outlines the rules and regulations that we've put in place to ensure a safe, fair, and unforgettable event. So come join us, paddle your heart out, and let's create memories that will last a lifetime!

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## Rules and Regulations

### 1. Event Timeline

1.1.	Registration Opens:	06 April 2023
1.2.	Registration Closes:	30 April 2023
1.3.	Crew List Submission Closes:	14 May 2023
1.4.	Fiesta Cup Team Managers' Meeting (in person):	21 May 2023
1.5.	Captain's Cup and Barak Cup Team Managers' Meeting (online):	30 May 2023
1.6.	Event Date:	11 June 2023

### 2. Registration and Slot Allocation

- 2.1. Registration Fee  
S\$50 per slot inclusive of Isang Bangkang Malaya ("IBM") 2023 Souvenir Shirt
- 2.2. One (1) complimentary team training session for D22 FilComm "Fiesta Cup" Open participants. To book subsequent training sessions at special rates, please refer to the clause on Training and Equipment Rental for details.
- 2.3. Registration must be completed via <https://form.jotform.com/230902082936455>
- 2.4. Closing date of registration is 30 April 2023 at 11:59pm.
- 2.5. Filipino Dragons (Singapore) ("FDS"), reserves the right to extend the registration closing date based on various factors that may be taken into consideration.
- 2.6. Registration Fees are non-refundable and non-transferable.
- 2.7. Each Race Category has a limited number of available Team Entries: 9 Team Entries for D22 FilComm "Fiesta Cup" Open, 12 Team Entries for D22 FDS "Captain's Cup" Mixed, and 10 Team Entries for D12 Seniors League "Barak Cup" Open.
- 2.8. Registration shall be on a "first-register-first-get" team entry allocation basis for each team's first crew.
- 2.9. The registration for the team's second crew will only be accepted if there are still available allocations after all the first crews have registered and accepted.
- 2.10. If the number of teams exceeds the available spots, those that registered beyond the limit will be placed on a "Pending" list until confirmed or rejected by the IBM Committee.

- 2.11. FDS reserves the right to accept or allocate spots for each racing category.
- 2.12. FDS reserves the right to refuse any acceptance of registration at its sole discretion.
- 2.13. If your team's registration has been rejected, your registration fees will be refunded.

### 3. Race Categories

#### 3.1. D22 FilComm "Fiesta Cup" Open

This fun race category is intended to promote an enjoyable experience for all participants, emphasising the spirit of camaraderie within the Filipino community. We welcome participants of all skill levels, especially those who are new to dragon boat racing. We kindly request that individuals who are primarily motivated by competition and winning, refrain from participating in this event.

#### 3.2. D22 FDS "Captain's Cup" Mixed

This category is designed for experienced and competitive Singapore Dragon Boat Association ("SDBA") affiliate athletes who are seeking a challenging and intense racing experience in the Mixed gender ratio category.

#### 3.3. D12 Seniors League "Barak Cup" Open

This category is designed for experienced and competitive athletes born on or before 1983 who are seeking a challenging and intense racing experience in the Open category.

### 4. Eligibility of Participants

#### 4.1. D22 FilComm "Fiesta Cup" Open

- 4.1.1. Open to all Filipinos working and/or residing in Singapore.
- 4.1.2. Up to 4 non-Filipino paddlers are allowed in the racing crew. The rest of the participants must be Filipino citizens.
- 4.1.3. The crew shall consist of 20 paddlers and 4 reserves for a maximum of 24 paddlers. The steersperson and drummer shall be provided by the organiser.
- 4.1.4. The minimum number of paddlers allowed to race is 18.

- 4.1.5. No restriction on the number of male and female paddlers.
- 4.2. D22 FDS "Captain's Cup" Mixed
  - 4.2.1. Open to all participants regardless of nationality.
  - 4.2.2. Teams and/or athletes must be SBDA affiliates as of the Event Date.
  - 4.2.3. The crew shall consist of 20 paddlers, 1 drummer, 1 steersperson, and 4 reserves for a maximum of 26 athletes.
  - 4.2.4. The minimum number of paddlers allowed to race is 18.
  - 4.2.5. The total number of paddlers in the racing crew must consist of a minimum of six (6) female paddlers. Note that this rule is unique to this IBM 2023 race and it differs from SDBA rules.
  - 4.2.6. The steersperson must have the SDBA Provisional Accreditation Letter as minimum requirement.
  - 4.2.7. Athletes must hold a valid SDBA Athlete Card.
- 4.3. D12 Seniors League "Barak Cup" Open
  - 4.3.1. Open to all participants regardless of nationality.
  - 4.3.2. The crew shall consist of 10 paddlers, 1 drummer, 1 steersperson, and 2 reserves for a maximum of 14 athletes.
  - 4.3.3. The minimum number of paddlers allowed to race is 8.
  - 4.3.4. No restriction on the number of male and female paddlers.
  - 4.3.5. With the exception of the steersperson, all athletes (paddlers, reserves, and drummer) must be 40 years old and above in the event year, i.e. born on or before 1983.
  - 4.3.6. The steersperson must have the SDBA Provisional Accreditation Letter as minimum requirement.
- 4.4. The minimum age requirement to participate in D22 FilComm "Fiesta Cup" Open and D22 FDS "Captain's Cup" Mixed is 12 years old as of 1 January 2023.

Participants below 18 years of age are required to submit a parent/guardian consent form prior to race day.

## 5. Race Details

- 5.1. The racing distance is 100m for all categories.
- 5.2. Racing course is at PAssion Wave @ Bedok Reservoir.  
911 Bedok Reservoir Rd, Bedok Reservoir Park, Singapore 479311.
- 5.3. There shall be a maximum of 5 racing lanes.
- 5.4. The Start Procedure shall be float starts or moving starts.
- 5.5. DB22 Seagull dragon boats belonging to and provided by PAssion Wave @ Bedok Reservoir shall be used for the D22 FilComm "Fiesta Cup" Open and D22 FDS "Captain's Cup" Mixed categories.
- 5.6. DB12 Seagull dragon boats belonging to and provided by SDBA shall be used for the D12 Seniors League "Barak Cup" Open category.

## 6. Race Progression and Format

### 6.1. D22 FilComm "Fiesta Cup" Open

- 6.1.1. Each team will have the opportunity to compete in Two (2) Rounds. The overall time for each team will be determined by adding their results from both rounds.
- 6.1.2. Winners will be determined based on the overall time with the fastest teams being ranked at the top.
- 6.1.3. Lane assignments will be drawn during the Team Managers' meeting for both Rounds.

### 6.2. D22 FDS "Captain's Cup" Mixed

#### 6.2.1. Heats

All teams will race once. Four (4) Heat Winners will progress to the Semi Final and the rest will go to the Repechage.

6.2.2. Repechage

Those who failed to progress to the Semi Final will race in the Repechage. The Two (2) Repechage Fastest Finishers will progress to the Semi Final. The rest will be eliminated.

6.2.3. Semi Final

Four (4) Heat Winners and Two (2) Repechage Fastest Finishers will race in the Semi Final. Two (2) Semi Final Winners and One (1) Fastest Finisher will progress to the Final. The rest will be eliminated.

6.2.4. Final

Two (2) Semi Final Winners and One (1) Semi Final Fastest Finisher will race in the Final.

6.3. D12 Seniors League "Barak Cup" Open

6.3.1. Heats

All teams will race once. Two (2) heat winners will progress to the Final and the rest will go to the Repechage.

6.3.2. Repechage

Those who failed to progress to the Final will race in the Repechage. Two (2) Fastest Finishers in Repechage will progress to the Final. The rest will be eliminated.

6.3.3. Final

Two (2) Heat winners and Two (2) Repechage Fastest Finishers will race in the Final.

6.4. There will be a designated announcer responsible for calling the team's names for each race.

6.5. Teams must immediately proceed to the designated Athletes' Area once called. Team names will be called at least twice. Failure to comply within reasonable time will be given a Warning. Further non-compliance may lead to disqualification.

- 6.6. The final race progression will be discussed during the Team Managers' meetings.
  - 6.7. FDS and SDBA reserve the right to make changes and/or adjustments on the race progression, format, schedule, and program at any time, as deemed necessary, taking into consideration various factors.
7. Race Cancellation
    - 7.1. In unforeseen circumstances and/or bad weather force a race cancellation, the Repechage, Semi Final, and Final races will be cancelled in that order of priority. Results in the Heats or Round 1 will then be used to determine the winners or as SDBA deem fit.
    - 7.2. The Organiser reserves the right to modify, add, or cancel any part of the race schedule, program, format, or rule as deemed necessary, without issuing refunds.
8. Racing Uniform and Equipment
    - 8.1. All Teams must be in uniformed jerseys. The attire should have the same colour and design. Rashguards and compression-wear used underneath the jersey, and bottoms such as shorts and tights, are exempted from this requirement.
    - 8.2. All Teams must wear a Personal Floatation Device ("PFD") as soon as they enter the designated Athletes' Area.
    - 8.3. All Teams participating in the DB22 FDS "Captain's Cup" Mixed and D12 Seniors League "Barak Cup" Open categories shall use their own personal racing equipment such as paddle and PFD.
    - 8.4. Any Team participating in the D22 FilComm "Fiesta Cup" Open who needs to borrow personal racing equipment, such as paddle and PFD, must inform FDS during the Crew List Submission Deadline.
    - 8.5. The Organising Committee shall provide all dragon boats, Seagull IDBF 912 Specification dragon boats will be used.
    - 8.6. It is the responsibility of the crew to ensure that the dragon boat and its equipment are fully functional and water worthy before departing from the boat pontoon.
    - 8.7. Boats must be checked by the crew before embarking for their race, i.e. condition of seats, steering arm, stability of the drum, etc.



- 8.8. Should there be any complaints on the equipment issued, the Boat Marshalls should be informed.
  - 8.9. The Organiser shall not be held responsible for any boat or equipment failure once the crew has embarked and the race has started after 50 metres.
  - 8.10. Participating teams shall reimburse the Organising Committee for any damages or losses to the equipment caused by the team concerned.
  - 8.11. The Organising Committee has the right to change the boats depending on the availability and weather conditions.
9. Awards and Prizes
- 9.1. For each race category, medals will be awarded to the Champion, 1st Placer, and 2nd Placer.
  - 9.2. Further details of exciting prizes to be awarded will be announced during the Team Managers' Meetings.
10. Team Manager
- 10.1. A Team Manager is compulsory for each team.
  - 10.2. It is the responsibility of the Team Manager to know and understand the Rules and Regulations herein.
  - 10.3. Team Managers are required to understand and comply with the conditions and eligibility described in each respective racing category set out above.
  - 10.4. Team Managers are required to attend the Team Managers' meeting.
  - 10.5. DB22 FilComm "Fiesta Cup" Open Team Managers' Meeting will be held in person on 21 May 2023 at 10:00 am at Al Capone's Sports Bar and Dining, Kallang Wave Mall.
  - 10.6. The Team Managers' Meeting for D22 FDS "Captain's Cup" Mixed and D12 Seniors League "Barak Cup" Open will be held online and conducted with SDBA on 30 May 2023 at 7:30 PM.
  - 10.7. Link to the online meeting will be sent to the Team Managers' email in due course.

10.8. FDS reserves the right to change the date, time, and venue of the Team Managers' meeting. Changes will be duly announced.

## 11. Crew List

11.1. For DB22 FilComm "Fiesta Cup" Open, a crew list with a photo of each paddler is mandatory and is to be submitted before or during the Team Managers' meeting. IC is required on the event day for verification purposes.

11.2. For D22 FDS "Captain's Cup" Mixed and D12 Seniors League "Barak Cup" Open, full name used in SDBA Athlete Card and SDBA Athlete Card Number is to be provided instead. SDBA Athlete Card is required on the event day for verification purposes.

11.3. Crew amendment is allowed until 4 June 2023 without a fee. Amendments on race day will be entertained upon registration for a fee of S\$50.

## 12. Race Official

12.1. SDBA shall be the Isang Bangkok Malaya 2023 Race Official.

12.2. SDBA shall provide a Chief Official, Chief Judge, Time Keeper, Results and Progression Officer, Chief Umpire, Chief Starter, and LifeGuard, all making sure that the race will be kept fair and safe.

12.3. The Organiser shall appoint a designated Chief Boat Marshall and Boat Marshalls to ensure a smooth flow of events.

12.4. A Medical Team consisting of an Ambulance, a driver, a male medic and a female medic will be onsite.

## 13. Protests and Appeals

13.1. SDBA, being the Race Official, will handle all protests and appeals.

13.2. Any protest or appeal must be submitted to the Chief Boat Marshall.

13.3. A written protest must be filed within five (5) minutes after the result is officially announced together with a protest fee of SGD\$100.

13.4. No protest will be entertained after five (5) minutes of the results announcement.

- 13.5. An appeal against a protest result must be made in writing and within five (5) minutes after the protest result is officially announced together with an appeal fee of SGD100.
  - 13.6. No appeal will be entertained after five (5) minutes of the results announcement.
  - 13.7. The protest or appeal fee shall be refunded if protest or appeal is successful.
  - 13.8. The Race Official or Organiser will deal with any misconduct and may disqualify the person from joining the competition in cases of:
    - Behaviour that is unacceptable to public
    - Aggressive and bad manners
    - Any action or lack of action that compromises the safety of an individual, team or official while on the water
14. Disclaimer
- 14.1. The Organiser will not be liable or held responsible for any mishap, injuries, or death arising from the race and the after-party..
  - 14.2. Participants taking part in this race is at their own risk and the Organiser will not be responsible or held liable for any injury or death howsoever arising from training for or during participation. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.
  - 14.3. The Organiser will not be held liable for any loss or damage of personal equipment/belongings during the race and the after-party..
  - 14.4. The Organiser reserves the right to use any photographs, motion pictures, recordings, or any other media records for any publicity purpose.
15. Training and Equipment Rental
- 15.1. DB22 FilComm “Fiesta Cup” Open participants will enjoy one (1) complimentary team training session with steersperson included with their registration.
  - 15.2. Special rates are available for boat and equipment rentals for all Isang Bangkang Malaya 2023 participants.
  - 15.3. To book training sessions, or to rent boats and equipment at a special rate, please email us at [equisaf@filipinodragons.org.sg](mailto:equisaf@filipinodragons.org.sg).

16. Point of Contact

If you have questions or need clarifications relating to D22 FilComm "Fiesta Cup" Open and D22 FDS "Captain's Cup" Mixed, please feel free to reach out to Gerce. You can send an email to [externalaffairs@filipinodragons.org.sg](mailto:externalaffairs@filipinodragons.org.sg) or message her through Whatsapp at +65 8896 3959.

For any inquiries regarding the D12 Seniors League "Barak Cup" Open, please contact Jacq. You can send an email to [events@filipinodragons.org.sg](mailto:events@filipinodragons.org.sg) or message her through Whatsapp at +65 87261993.

17. Partnership Opportunity

If you are interested in partnering with us for future events, please don't hesitate to email us at [sponsorship@filipinodragons.org.sg](mailto:sponsorship@filipinodragons.org.sg)

Filipino Dragons (Singapore) is thrilled to have you on board for the 10th year of Isang Bangkang Malaya, as we Make Waves and Break Free! We can't wait to see you all at the starting line, ready to give it your all and make this year's event the best one yet!

And the fun doesn't stop at the race site! All participants and spectators are invited to join us in keeping the celebration going at the after-party, which will be held at Al Capone's Sports Bar + Dining in Kallang Wave Mall. Come together to share stories, make new friends, and enjoy affordable food, cheap drinks, great music, and maybe even some exciting games.

Thank you for being a part of this milestone event, and we are looking forward to seeing you at the race site and the after-party!

[Updated on: 17 April 2023 3:00pm]