

**ISANG BANGKANG MALAYA 2024**  
Organised by Filipino Dragons (Singapore)



**FILIPINO DRAGONS (SINGAPORE)**



**ISANG  
BANGKANG  
MALAYA 2024**

**30 June 2024 (Sunday) | PAssion WaVe @ Bedok Reservoir**



Mabuhay! Welcome to the 11th year of Isang Bangkang Malaya - the ultimate dragon boat race event for the Filipino community and friends in Singapore! For the first time ever, we will be extending our warmest invitation to our friends from the Philippines to join us in this exhilarating event!

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 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:	01 Feb 2024
1.2.	Registration Closes:	15 April 2024
1.3.	Crew List Submission Closes:	30 April 2024
1.4.	Fiesta Cup Team Managers' Meeting (in person):	2 June 2024
1.5.	Captain's Cup and Barak Cup Team Managers' Meeting (online):	10 June 2024
1.6.	Event Date:	30 June 2024

### 2. Registration and Slot Allocation

#### 2.1. Registration Fee

**\$50** per athlete for the 1st entry inclusive of Isang Bangkang Malaya ("IBM") 2024 Souvenir Shirt

Subsequent entries are priced at **\$35** each and do not include the IBM 2024 shirt.

2.2. One (1) complimentary team training session for DB22 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/Filipino\\_DragonsSG/ibm-2024-registration-form](https://form.jotform.com/Filipino_DragonsSG/ibm-2024-registration-form)

2.4. Closing date of registration is 15 April 2024 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: 12 Team Entries for DB22 FilComm "Fiesta Cup" Open, 16 Team Entries for DB22 FDS "Captain's Cup" Mixed, and 16 Team Entries for DB12 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 and Distances
    - 3.1. DB22 FilComm “Fiesta Cup” Open - 100m  
This fun race category is intended to promote an enjoyable experience for all participants, emphasising the spirit of camaraderie within the Filipino community in Singapore. 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. DB22 FDS “Captain's Cup” Mixed - 300m  
This category is designed for experienced and competitive athletes from the Philippines and local Singapore Dragon Boat Association (“SDBA”) affiliate athletes who are seeking a challenging and intense racing experience in the Mixed gender ratio category.
    - 3.3. DB12 Seniors League “Barak Cup” Open - 300m  
This category is designed for experienced and competitive athletes born on or before 1984 who are seeking a challenging and intense racing experience in the Open category.
4. Eligibility of Participants
    - 4.1. DB22 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. DB22 FDS "Captain's Cup" Mixed
- 4.2.1. Open to all athletes from the Philippines and local Singapore Dragon Boat Association ("SDBA") affiliate athletes.
  - 4.2.2. The crew shall consist of 20 paddlers, 1 drummer, 1 steersperson, and 4 reserves for a maximum of 26 athletes.
  - 4.2.3. The minimum number of paddlers allowed to race is 18.
  - 4.2.4. The total number of paddlers in the racing crew must consist of a maximum of twelve (12) male paddlers. Note that this rule is unique to this IBM 2024 race and it differs from SDBA rules.
  - 4.2.5. For local teams;
    - 4.2.5.1. Open to all participants regardless of nationality.
    - 4.2.5.2. Teams and/or athletes must be SBDA affiliates as of the Event Date.
    - 4.2.5.3. The steersperson must have the SDBA Provisional Accreditation Letter as minimum requirement.
    - 4.2.5.4. Athletes must hold a valid SDBA Athlete Card.
  - 4.2.6. For teams from the Philippines;
    - 4.2.6.1. The steersperson must hold an equivalent steer certification from the governing bodies in the Philippines.

4.3. DB12 Seniors League "Barak Cup" Open

- 4.3.1. Open to all athletes from the Philippines and local Singapore Dragon Boat Association ("SDBA") affiliate athletes.
- 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 and drummer, all athletes (paddlers and reserves,) must be 40 years old and above in the event year, i.e. born on or before 1984.
- 4.3.6. For local teams;
  - 4.3.6.1. Open to all participants regardless of nationality.
  - 4.3.6.2. Teams and/or athletes must be SBDA affiliates as of the Event Date.
  - 4.3.6.3. The steersperson must have the SDBA Provisional Accreditation Letter as minimum requirement.
  - 4.3.6.4. Athletes must hold a valid SDBA Athlete Card.
- 4.3.7. For teams from the Philippines;
  - 4.3.7.1. The steersperson must hold an equivalent steer certification from the governing bodies in the Philippines.

4.4. The minimum age requirement to participate in DB22 FilComm "Fiesta Cup" Open and DB22 FDS "Captain's Cup" Mixed is 12 years old as of 1 January 2024. Participants below 18 years of age are required to submit a parent/guardian consent form prior to race day.

5. Race Details

5.1. Race Distance and Categories

- 5.1.1. 100m for DB22 FilComm "Fiesta Cup" Open
- 5.1.2. 300m for DB22 FDS "Captain's Cup" Mixed

- 5.1.3. 300m for DB12 Seniors League "Barak Cup" Open
  - 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 4 racing lanes.
  - 5.4. As the physical lane 1 which is nearest to the shore is narrower, for fairness and backwash avoidance, this lane will not be used.
  - 5.5. The Start Procedure shall be float starts or moving starts.
  - 5.6. Should there be a change in type of starts, it will be announced during race day.
  - 5.7. DB22 Champion and DB12 Champion dragon boats, belonging to and provided by PAssion Wave @ Bedok Reservoir shall be used for the DB22 FilComm "Fiesta Cup" Open and DB22 FDS "Captain's Cup" Mixed categories, and the DB12 Seniors League "Barak Cup" Open category, respectively.
6. Race Progression and Format
    - 6.1. DB22 FilComm "Fiesta Cup" Open
      - 6.1.1. Each team will compete in Two (2) Rounds. The overall time for each team will be determined by adding their results from all 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 all two Rounds.
    - 6.2. DB22 FDS "Captain's Cup" Mixed and DB12 Seniors League "Barak Cup" Open
      - 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 Three (3) Repechage Winners and Five (5) Fastest Losers will progress to the Semi Final. The rest will be eliminated.

6.2.3. Semi Final

Four (4) Heat Winners, Three (3) Repechage Winners, and Five (5) Repechage Fastest Losers will race in the Semi Final. Three (3) Semi Final Winners and One (1) Fastest Loser will progress to the Final. The rest will be eliminated.

6.2.4. Final

Three (3) Semi Final Winners and One (1) Semi Final Fastest Losers will race in the Final.

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

6.4. 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.

6.5. The final race progression will be discussed during the Team Managers' meetings.

6.6. FDS reserves 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 FDS 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 DB12 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 DB22 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. There will be Personal Floatation Device (“PFD”) and wooden paddles to be loaned for free at the venue.
  - 8.6. The Organiser shall provide all dragon boats, Champion dragon boats will be used.
  - 8.7. 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.
  - 8.8. Boats must be checked by the crew before embarking for their race, i.e. condition of seats, steering arm, stability of the drum, etc.
  - 8.9. Should there be any complaints on the equipment issued, the Boat Marshalls should be informed.
  - 8.10. 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.
  - 8.11. Participating teams shall reimburse the Organiser for any damages or losses to the equipment caused by the team concerned.
  - 8.12. The Organiser has the right to change the boats depending on the availability and weather conditions.
9. Test Water Schedule
- 9.1. Test water schedule will be on
    - 9.1.1. June 29, 1PM to 4PM at Kallang Dragonboat Nursery
    - 9.1.2. June 30, 7AM to 9AM at PAssion Wave @ Bedok Reservoir (Race Site)

- 9.2. Teams from the Philippines are allowed to reserve for only one (1) hour for each day.
- 9.3. A reservation link will be provided during the Team Manager's meeting.
10. Awards and Prizes
  - 10.1. Medals and trophies will be awarded to the Champion, 1st Placer, and 2nd Placer. of all categories.
  - 10.2. Further details of exciting prizes to be awarded will be announced in due course.
11. Team Manager
  - 11.1. A Team Manager is compulsory for each team.
  - 11.2. It is the responsibility of the Team Manager to know and understand the Rules and Regulations herein.
  - 11.3. Team Managers are required to understand and comply with the conditions and eligibility described in each respective racing category set out above.
  - 11.4. Team Managers are required to attend the Team Managers' meeting.
  - 11.5. DB22 FilComm "Fiesta Cup" Open Team Managers' Meeting will be held in person on 2 June 2024 at 10:00 am at Al Capone's Sports Bar and Dining, Kallang Wave Mall.
  - 11.6. The Team Managers' Meeting for DB22 FDS "Captain's Cup" Mixed and DB12 Seniors League "Barak Cup" Open will be held online on 10 June 2024 at 7:30 PM.
  - 11.7. Link to the online meeting will be sent to the Team Managers' email in due course.
  - 11.8. FDS reserves the right to change the date, time, and venue of the Team Managers' meeting. Changes will be duly announced.
12. Crew List
  - 12.1. For DB22 FilComm "Fiesta Cup" Open, a crew list with a photo of each paddler is to be submitted. IC is required on the event day for verification purposes.
  - 12.2. For DB22 FDS "Captain's Cup" Mixed, 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.

- 12.3. For DB12 Seniors League "Barak Cup" Open, name stated on a valid ID with birthdate is required for crew list submission. On event day the valid ID with birthdate will be presented for verification purposes.
  - 12.4. For teams from the Philippines, a crew list with a photo of each athlete is to be submitted. Event IDs will be provided by the organiser during the race day registration.
  - 12.5. Crew list submission will close on April 30, 2024.
  - 12.6. Crew amendment is allowed until 10 June 2024 without a fee. Amendments on race day will be entertained upon registration for a fee of S\$50.
13. Race Official
    - 13.1. PW Bedok shall provide a Chief Official, Chief Judge, Time Keeper, Chief Umpire, Chief Starter, and LifeGuard licensed by SDBA, all making sure that the race will be kept fair and safe.
    - 13.2. The Organiser shall appoint a designated Chief Boat Marshal and Boat Marshals which includes the Pontoon Crew and the Athlete's Area Crew to ensure a smooth flow of events.
    - 13.3. A Medical Team consisting of an Ambulance, a driver, a male medic and a female medic will be onsite.
14. Protests and Appeals
    - 14.1. The Chief Official will handle all protests and appeals.
    - 14.2. Any protest or appeal must be submitted to the Chief Boat Marshall.
    - 14.3. A written protest must be filed within five (5) minutes after the result is officially announced together with a protest fee of SGD\$100.
    - 14.4. No protest will be entertained after five (5) minutes of the results announcement.
    - 14.5. 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 SGD\$100.
    - 14.6. No appeal will be entertained after five (5) minutes of the results announcement.

- 14.7. The protest or appeal fee shall be refunded if protest or appeal is successful.
- 14.8. The Race Officials 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
15. Disclaimer
- 15.1. The Organiser will not be liable or held responsible for any mishap, injuries, or death arising from the race and the after-party.
- 15.2. 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.
- 15.3. The Organiser will not be held liable for any loss or damage of personal equipment/belongings during the race and the after-party.
- 15.4. The Organiser reserves the right to use any photographs, motion pictures, recordings, or any other media records for any publicity purpose.
16. Training and Equipment Rental
- 16.1. DB22 FilComm "Fiesta Cup" Open participants will enjoy one (1) complimentary team training session with steersperson included with their registration.
- 16.2. Special rates are available for boat and equipment rentals for all Isang Bangkang Malaya 2024 participants.
- 16.3. 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).
17. Point of Contact
- For local teams, if you have questions or need clarifications, please feel free to reach out to Janede. You can send an email to [externalaffairs@filipinodragons.org.sg](mailto:externalaffairs@filipinodragons.org.sg) or message her through Whatsapp at +65 8713 5962.

For interested teams from the Philippines, please feel free to reach out to Natski. You can send an email to [events@filipinodragons.org.sg](mailto:events@filipinodragons.org.sg) or message him through Whatsapp at +65 9455 6744.

18. 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 11th year of Isang Bangkang Malaya! 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 (TBC). 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!