



17th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

14.- 20. July 2025

14772 Brandenburg an der Havel / Germany
An der Regattastrecke 1



BULLETIN No 3

17TH IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

Regatta Beetzsee, Brandenburg an der Havel, Germany, 14th – 20th July 2025

Bulletin No.3 provides important updated information about the 17th IDBF World Dragon Boat Championships including booking training slots, registration slots, and ceremonies.

The IDBF and the Organising Committee for these Championships wish to thank all the participating countries for your patience with the delay in the distribution of Bulletin 3. The IDBF has attempted to include as much information as possible in Bulletin 3. Please take the time to read through the information in detail.



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Key dates Update

Requirement	Date
TUEs to be submitted to chair-medical@dragonboat.sport by	Saturday 14 June
Requests for racing vest numbers to Org Com by	Sunday 15 June
Early bird tickets for Closing Party - Euro 35 per person until	Friday 20 June
Access to Online Crew Training Sessions opens on	Saturday 21 June at 12:00 UTC
Access to Team Registration bookings opens on	Saturday 21 June at 12:00 UTC
Deadline for applications for Paradrakon Chaperone passes	Friday 27 June
Airport Pickup and Dropoff admin.wdbrc2025@drachenboot.de	TBC
Final payment for event fee and other services	Monday 30 June
National Anthems to be submitted to OrgCom	Monday, 30 June
Deadline for Online declarations (declaration 1 and declaration 2)	Monday 30 June
Registration closes for IRO Grade 1 training	Tuesday 1 July
Team Registration office opening times and dates	Saturday 12 July 1 pm – 5 pm Sunday 13 July 9 am to 5 pm
Paradrakon Assessments at venue	Saturday 12 July – all day Sunday 13 July – all day Monday 14 July – AM only

Confirmed entries

The Championships will be the largest World Dragon Boat Racing Championships ever held, anywhere! As at the date of this Bulletin, some 4,000 athletes (plus nearly 700 official supporters) representing 33 member countries have entered a total of 1,288 crews. The previous largest World Dragon Boat Racing Championship was Kunming (2017) which had 3,300 athletes and 938 crews. With so many athletes and so much racing, the atmosphere is bound to be electric – an experience to treasure regardless of results.

A full list of entries can be found via <https://idbfchamps.org/> and clicking on CURRENT ENTRIES.



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Schedule

The current schedule is shown below (but note, is subject to changes). Bulletin 4 will provide more detailed information.

	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon
	11 th	12 th	13 th	14 th	15 th	16 th	17 th	18 th	19 th	20 th	21 st
Teams arrive											
Training											
Paradrakon classification											
Team registration											
Opening Ceremony											
Racing				2000m		1000m	200m		500m		
Closing Ceremony											
Celebration Party											
IDBF Extraordinary Congress											

Day 1 (Monday 14 July) - 2000m - Mixed (All Divisions) Standard and Small

Day 2 (Tuesday 15 July) - 2000m - Open and Women (All Divisions) Standard and Small

Day 3 (Wednesday 16 July) - 1000m – Mixed, Open and Women (All Divisions) Standard only

Day 4 (Thursday 17 July) – 200m and

Day 6 (Saturday 19 July) – 500m

Standard and Small

- Premier mixed
- 18U mixed
- 16U mixed
- Senior B mixed
- BCP standard
- PD1 small
- Senior C open/women
- Senior A open/women
- 24U open/women

Day 5 (Friday 18 July) – 200m and

Day 7 (Sunday 20 July) – 500m

Standard and Small

- Senior A mixed
- 24U mixed
- Senior C mixed
- PD2 standard
- BCP 1 small
- Premier open/women
- 18U open/women
- 16U open/women
- Senior B open/women



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Team Managers Meeting

The Team Managers' Meeting will take place on **Monday, 14 July 2025 at 9:00 a.m.** in the "Propeller" meeting room at the venue (What3Words: <https://w3w.co/clutter.limit.alien>). This will be followed by briefings on the starting procedure for the 2000m.

All teams are invited to send up to three representatives per participating country to this briefing. The briefing will also be streamed so other team officials who are unable to attend can still see the proceedings.

Team Registration

The registration office will be in the building on the sports club grounds near the venue entrance (What3Words: <https://w3w.co/pirates.spells.mostly>).

The office will be open only on:

- Saturday, 12 July from 1 pm to 5 pm
- Sunday, 13 July from 9 am to 5 pm

Teams must book their registration appointment time via <https://idbfchamps.org/> and click on BOOKED REGISTRATION.

Bookings are essential. The link to book a registration time will open from Saturday 21 June at 12.00 UTC. Teams who do not book a registration slot will be required to wait until staff are able to process them.

Checks on conformance to CR4 (Representation and nationality)

The IDBF World Dragon Boat Racing Championships provides the highest level of participation and competition that any dragon boat athlete can currently aspire to. IDBF wishes to ensure that the Championships in Brandenburg are undertaken with the appropriate high standards of participation integrity. Therefore, to help ensure that national teams conform to the requirements of CR4, spot checks will be conducted by IDBF during the Championships.

These checks will require participants selected by IDBF to prove that they meet the requirements of Competition Regulation CR4 by presenting to the IDBF their passports to confirm their citizenship. Where a selected athlete/participant is a citizen of country different to the one they are representing, proof of a residency visa (conforming to CR4) will also be required.

If the check is conducted before racing, any non-conforming athlete will not be permitted to race. If the check is conducted after a non-conforming paddler has raced, then their team is likely to incur penalties (which could include disqualification). Team managers are therefore encouraged to ensure that all their participants meet the requirements of CR4.

Paradrragon matters

See Appendix 2



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Regatta venue and facilities

A larger version of the [venue map](#) can be found on the - [17th World Dragon Boat Racing Championships website](#).



Team tents

The Athletes' Village is located in Area 8. Tents appropriately sized for the number of participants are available for all nations. If you would like to rent additional tents, email wdbrc2025@drachenboot.de with your booking request. The standard size tent offered is 5m x 5m but other sizes may also be available upon request. The rental fee for a standard tent is €600. [View a larger version of the athletes village and marshalling area map](#).



ATHLETES VILLAGE AND MARSHALLING AREA





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Training

- Crew Official Training sessions bookings are to be completed electronically on the online registration site: <https://idbfchamps.org> and by then clicking on BOOKED TRAINING (note this button may not be visible until just before bookings open).
- The online registration system will open from **Saturday 21 June at 12:00 UTC** to book training sessions (to verify the current UTC time use <https://time.is/UTC>).
- Official Training sessions in both standard and small boats are available on Saturday 12 July and Sunday 13 July, from 9 am – 6 pm each day. The last session is 6pm.
- There will be 10 sessions every day per boat.
- There will be 20 standard boats and 20 small boats per training session available.
- The length of one session is 45 minutes maximum.
- Crews can begin to board from 10 min before their allotted training sessions. Regardless of the time of boarding, the finish time will always be per the booking schedule.
- The schedule is available publicly at https://idbfchamps.org/TrainingsBookingShow.php?event_id=72
- Should the Organising Committee, in consultation with the IDBF, deem it necessary and the conditions allow, additional practices may be added.
- There is a video (*made a few years ago*) explaining the booking process. It's available at: <https://idbfchamps.org/mediaplayer.php?source=idbf-booking-trainings-1.20.mp4>
- The 'cup' starting system will be available to crews on both days (and will be operating at the 1000m start line).
- The 2000m Start procedure will also be operating both days (by the grandstand / finish tower). Please note the instructions in Appendix 1.
- Crews who are unable to train on the Saturday or Sunday because of their arrival time at the venue, will not be given priority over other crews should training be made available on the Monday morning.

Boats and boat pool

For these World Championships, the boat pool will comprise of 25 Standard and 25 small High Performance Racing Dragon Boats from BuK Germany, all conforming to IDBF specifications. The only boats permitted to be used will be boats from this pool.

All boats will have pre-installed speaker systems compatible with NK Cox Boxes.

Boat Allocation

Crews will be allocated a boat in accordance with the Lane Draws shown in the Race Programme; crews will NOT be allowed to select a boat for any race.

Water quality of Lake Beetzsee

Lake Beetzsee is a natural freshwater inland lake.



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Double Rostering (Competitors in more than one competition racing class)

Team Managers are advised that no allowance will be made in the Race Programme for any competitors who are double rostered. Crews with double rostered competitors (and this includes drummer and helms) are advised that in the event of 'back-to-back' racing arising, Race Officials will not delay races.

Drones

Drones are not permitted to be flown at the Regatta venue by all participants and spectators under any circumstances.

Racing Vest Number (race number bibs)

Teams should provide their own sets of Racing Vest Numbers or race number bibs (01-26 resp. 1 - 14). The IDBF Organising Committee can, if requested, provide vest numbers for purchase by pre-ordering. Team Managers will be able to collect their pre-ordered Racing Numbers when they register at the Accreditation Office of the Organising Committee. Orders for Racing Vest Numbers must be submitted before **15 June**.

To pre-order Racing Vest Numbers (race number bibs), submit the booking form to:
admin.wdbrc2025@drachenboot.de

Crew Lists

All crew lists showing the competitors and reserves who will be racing in a particular competition class should be submitted by the team leader or crew manager to the Race Administration, as early as possible. However, Team Managers are required to submit crew lists to Race Administration by the close of play the day before the event commences.

Once racing commences, requests for changes to crew lists will only be accepted if they relate to a medical condition and the change has been agreed by the Chief Officials. Team managers are reminded that Crew Lists provide for 'reserves,' so a temporary absence of a participant should ordinarily be covered by one of the nominated reserves.

Crew lists must be printed; handwritten crew lists will not be accepted. It is recommended that crew lists are generated from the IDBF online database so that PIN numbers and QR codes are automatically included (the latter to assist Boat Marshals). This facility is available after team named lists have been entered online at <https://idbfchamps.org/>.

Race Administration will have a printer and computer available for those teams wishing to print their crew lists at the venue. However, this facility will be 'first come, first served' and failure to submit a crew list on time because of a queue for the computer and printer will not be considered a valid excuse.

Please be aware that the registration system for preparing crew lists does not include the rules of the crew composition. It is the responsibility of the team manager to ensure that each crew complies with the relevant rules.

Fit to Race: You are reminded that when signing the crew list, the person signing confirms with the Chief Official that all the competitors shown on the list are fit to race. This statement covers not just the physical ability of the competitors to undertake the race concerned but it also means that the signatory is confirming that there are no known medical reasons why those listed should not compete during the whole period of the Championships.



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2000m Races

The 2000m races in Brandenburg will be conducted over a course with four turns (rather than the more usual three).

Further information can be found in **Appendix 1**.

IDBF Registration Fees

The IDBF registration fee is **USD 50 per person** and **USD 25** for athletes aged 25 years and under.

The IDBF Deputy treasurer will provide an invoice for this payment, which will contain the bank details.

Please note the timelines:

- Named entries closed **15 May**
- Invoices will be sent out **30 June**
- Payment due by **30 June**

IDBF will not refund registration fees for registered attendees who cancel after the payment of the invoice.

It is the responsibility of the participating member to ensure the full amount shown on the IDBF invoice is received by the IDBF. The IDBF will send an updated invoice once the money is received, and this invoice will show any outstanding fees. Any bank fees remain the responsibility of the participating member and these can be paid in cash in US dollars at the time of registration.

The registration fee is the only money payable to the IDBF; all other Event fees are payable to the Organising Committee.

Accreditation cards permitting participation in the Championships will only be issued once full payment of all monies owed to IDBF have been received.

National Flags

National flags for medal ceremonies and Opening Ceremony (for flag bearers) will be provided by the Organising Committee. Countries are encouraged to bring additional national flags which can be displayed in team tents.

Anthems

Please check your National Anthem at https://idbfchamps.org/anthems.php?event_id=51 (Anthems interface). If you require a change or need to add your anthem, please upload an MP3 file or MP4 audio file in the National Federation system or in the Event Registration system opened for the current Championships, that is <https://idbfchamps.org/>.

To ensure the anthem is correct it is expected to be **approved in the last two weeks before the Championships** by the Team Manager or a person representing the National Federation concerned.

It can be done either in the public Anthems interface or in the Event Registration system - ENTRY FORM interface.

The final date for submission is **30 June**.



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Media Accreditation

The media accreditation process for the 17th IDBF World Dragon Boat Racing Championships is now open.

To request a Media Pass or for more information about the accreditation process, please read the [Press Accreditation Guidelines](#) and complete the [Press Accreditation Form](#). More details can be found at <https://world-dragonboat-championships2025.de/press-information/>

For any queries, please contact Belinda Chung, Chair IDBF Marketing & Media Commission at chair-marketing@dragonboat.sport

Meals and Drinking Water

The food court at the regatta facility will feature a wide range of dishes from all continents.

Dispensers for chilled, fresh drinking water will be available at several locations. Please bring your own water bottles and fill them yourself. Drinking water is considered one of the most closely monitored foodstuffs in Germany and meets very high quality standards.

Official Social Media Channels

To stay up to date with the latest news and updates from the International Dragon Boat Federation (IDBF) and the 17th IDBF World Dragon Boat Championships, please follow the official social media channels below:

- IDBF Official Facebook page: <https://www.facebook.com/idbf.dragonboat.sport>
- IDBF Official Instagram account: <https://www.instagram.com/idbf.dragonboat.sport/>

Beware of fake social media accounts impersonating IDBF

These fraudulent pages may attempt to deceive followers by sharing misleading information or sending friend requests. The IDBF is an organisation, not a person—it will never send friend requests. Likewise, IDBF will NEVER send friend requests for this event or invitations to a closed Facebook group. If you receive a request from a suspicious account, do not accept it and report it immediately.

Tips to Stay Safe Online

- Always verify official event pages by checking the handle and follower count.
- Never share personal details or financial information with unverified accounts.
- Watch out for phishing scams, especially those promising exclusive event access or prizes.
- If in doubt, contact IDBF through their official website - <https://www.dragonboat.sport>

By following these precautions, you can help ensure a safe and secure online experience while enjoying all the excitement of the championships.



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Official Championship Merchandise

Regatta Sport is the official merchandiser of the 17th IDBF World Dragon Boat Championships, offering a range of high-quality event apparel and accessories. Get your hands on exclusive technical performance wear and souvenir merch. Pre-order your merchandise by 15 June to secure your items for pick-up at the event in Brandenburg. Need a different size or style? Exchanges can be made during the event at the Official Merchandise Booth.

Don't miss out—order now:

<https://regattasport.com/collections/17th-idbf-world-dragon-boat-racing-championships-brandenburg-germany>



Gear up and represent the spirit of dragon boat racing with premium merchandise!

Livestreaming

Livestreaming will be available for free this year! Official live stream information can be found at - <https://www.dragonboat.sport/news/17th-idbf-wdbrc-brandenburg-live-streaming/>. More updates will be shared as the event approaches—stay tuned!

Beware of online live streaming scams! For official information, always check the IDBF website. Stay safe online!

Medical provision

There are several first aid stations at the venue. An experienced regatta doctor is on site daily.

A rescue team is on standby for serious injuries or medical emergencies. A hospital is located nearby, 3.5 km away.

The organising committee is preparing a massage station for athletes during the World Championship week.

Parking

Several secure parking spaces are available for participants. You can reserve your parking ticket in advance, saving time upon arrival.

[Tickets | 17th IDBF World Dragon Boat Racing Championships](#)



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Opening Ceremony

The Opening Ceremony will be held on **Monday 14 July** starting at 6pm.

Location: Regatta venue

Schedule:

- | | |
|---------|--|
| 6:00 PM | Athletes parade to the Grandstand area |
| 6:30 PM | Welcoming performances: <ul style="list-style-type: none">• Speeches• Athletes and IRO's oath• Dragon Eye dotting ceremony• Cultural and sporting performances• Official opening of the championships by the IDBF President• Welcome party for the athletes |
| 8:00 PM | Athletes move to the hotels. |

Celebration Party

The Ceremony Party will be held on **Sunday 20 July**.

- Tickets will be available for purchase through the Organising Committee.
- Pre Book and pay tickets for Euro 35 per person **until 30 June**, which includes entry to the event, food, music and entertainment show.
- We cannot guarantee tickets ordered after June 30. Tickets not paid for by 30th June will cost Euro 40.
- Individual repeat orders are only possible until 6 July and must also be paid in advance.
- We cannot guarantee later orders. Unpaid orders cannot be considered. The caterer relies on binding and secured orders to ensure the desired quantity and quality.

Location: Spargelhof Mötzow, [Gutshof 1, 14778 Beetzseeheide](#)

Schedule:

- | | |
|---------|--|
| 8:00 PM | Athletes travel to the event venue <ul style="list-style-type: none">• Speech• Food and beverage are served• Performance |
|---------|--|



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International Race Official Grade 1 Training and Examinations

Date: Saturday, 12 and Sunday 13 July

Time: 09:00 a.m. - 06:00 p.m.

Conduct: Presentations & Trainings

Date: 13 & 15 July

Time: 09:00 a.m. - 06:00 p.m.

Program: AM Revision & Online Exam, PM Oral Exams for 15 mins each.

Please inform Jason Chen IDBF Race Official Secretariat at ro-secretariat@dragonboat.sport

Individuals can register via the below to attend the course.

For more information & registration please check via:

<https://docs.google.com/document/d/122wLDvK2hyHnctgqb2BMHrFxaeIAwieN/edit?usp=sharing&ouid=112363307578861525241&rtpof=true&sd=true> **(Closing date: 1 July)**

Note: As there are limited slots, the presenter will reach out to you after the closing date to confirm your entry.

Local hospitalities

The Organising Committee will provide volunteers at BER Airport to provide information. They will provide general advice on transportation options and provide information about the locations of the buses booked through OrgCom (Busfinder).

Any teams who have chosen not to use the official transportation service (Busfinder) arranged by the Organising Committee are responsible for organising own transport to/from airport and to/from regatta course and to/from opening ceremony and closing party each day. IDBF and Organising Committee are not responsible for any delays which may occur using non-official transportation.

If you need assistance with any of your arrangements, please do not hesitate to contact the Organising Committee.

Should any teams wish to take the organisation for their own purposes, teams will be responsible for the cost.



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Contacts Org Comm and IDBF

Organising Committee

Championships Website

<https://world-dragonboat-championships2025.de>

Organising Committee

wdbrc2025@drachenboot.de

Accommodation

hotel.wdbrc2025@drachenboot.de

Transport

transport.wdbrc2025@drachenboot.de

Meals

meals.wdbrc2025@drachenboot.de

Administration, General Inquires

admin.wdbrc2025@drachenboot.de

Visa

visa.wdbrc2025@drachenboot.de

IDBF

IDBF General Secretary

Peter Tang

general-secretary@dragonboat.sport

IDBF Treasurer

Loretta Lewis

treasurer@dragonboat.sport

IDBF Deputy Treasurer

Franco Siu Chong

deputy-treasurer@dragonboat.sport

Chair IDBF Competition and
Technical Commission

Melanie Cantwell

chair-ctc@dragonboat.sport

Chair IDBF Medical and
Sports Science Commission

Bridget Walter

chair-medical@dragonboat.sport

Chair IDBF Marketing and Media
Commission

Belinda Chung

chair-marketing@dragonboat.sport

Chair IDBF Para Athletes Commission

Keith Dalip

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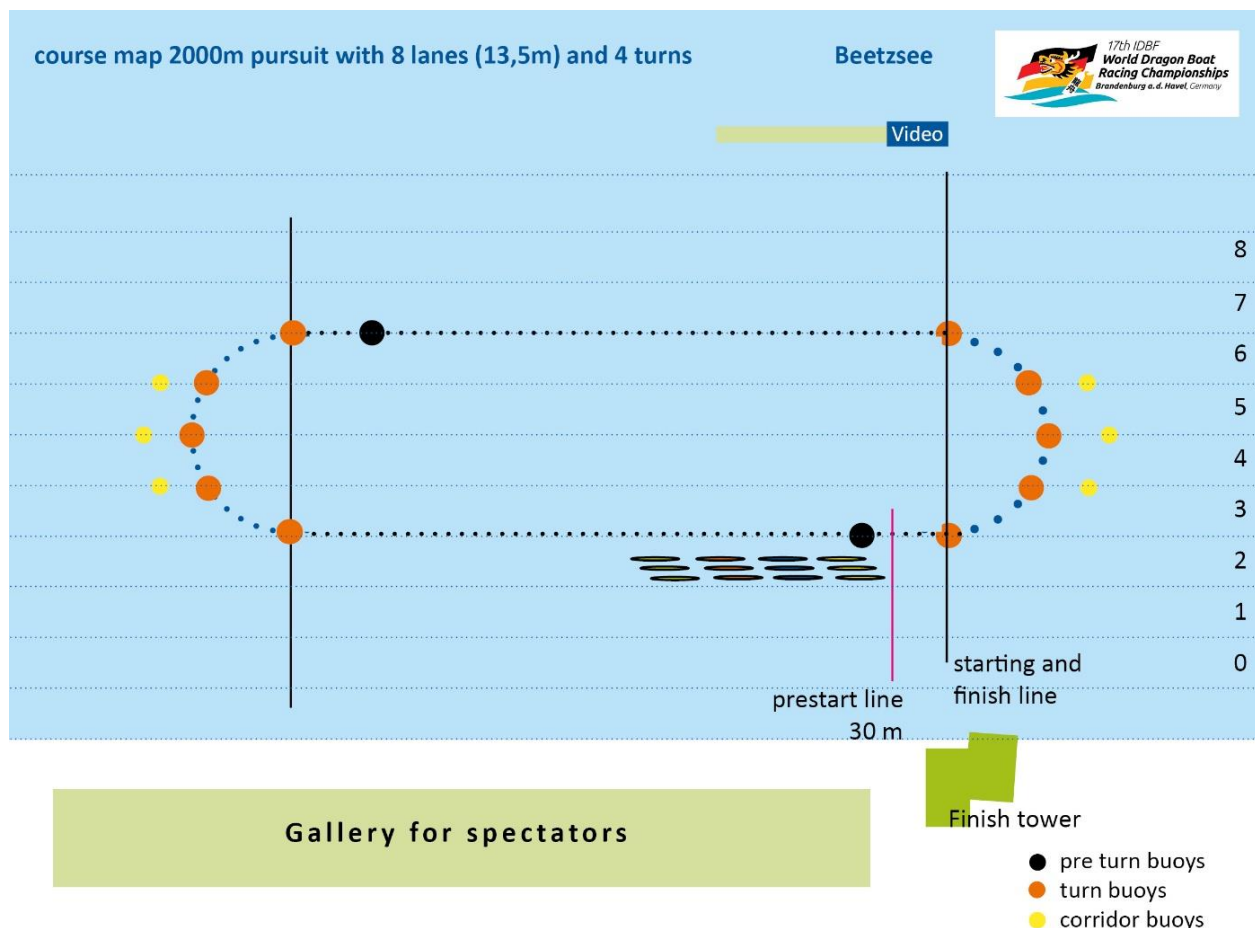
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Appendix 1 – Instructions for 2000m races



- The 2000-meter races during the 17th WDBRC in Brandenburg will be completed with four turns.
- Races will be held in lanes 2 and 7.
- The pre-start will take place 30 meters before the actual start line, which is the same as the finish line.
- The starting process will take place with an acoustic and visual countdown. Follow the link to watch and hear an example. [THE COMPETITION - 17th World Dragon Boat Racing Championships](#) The timing will be automatically triggered when the boats crosses this start line (finish tower.)
- Each team will receive its own race time as usual. The first turn is straight after the start!
- The straight stretch between the turns is 415 meters.
- Each team has the opportunity to test that procedure during the trainings sessions Saturday and Sunday.

1	Chinese Taipei	12
2	New Zealand	24
3	Hong Kong China	36
4	Italy	48
12	Germany	60



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Appendix 2 – Paradrasons

Athletes Village. Paradrason teams will be co-located with their national teams in the Athletes village but also provided with specific facilities for their own use. Transport will be provided to move mobility-impaired athletes from designated car parking to the Athletes village. Matting will be laid between the village to boat marshalling and in the medal presentation area to provide a suitable surface for wheelchair users.

At-venue assessments. Selected athletes will be subjected to at-venue assessments per Rules for Paradrason Racing. These will be conducted at the venue doping control centre on Saturday 12th and Sunday 13th July. The doping control centre is at <https://migrate.betrayed.taker>. The names of those athletes selected for at-venue assessment will be notified to team managers in advance. Failure to attend an assessment at the date and time specified may result in changes to the assigned impairment score (that will not be able to be appealed) or even refusal to permit the athlete to race as a Paradrason.

Buoyancy aids. Should the Safety Officer mandate the wearing of buoyancy aids, crews are reminded that sufficient buoyancy aids will be available at the venue and that there is therefore no requirement for athletes to bring their own. The decision of the Safety Officer will be made in light of the conditions and athletes need not wear one unless this decision is made (or the individual or crew makes their own decision to do so).

Chaperones. Chaperones are the only non-crew member permitted in marshalling and in the boat loading / unloading area. Access will be controlled and only those with Chaperone accreditation will be provided with the necessary passes. Applications for Chaperone passes must be made directly to:

chair-para@dragonboat.sport by 27th June.

Applications must state the name(s) of the athletes they will be supporting and why a chaperone is required.

Double-rostering. IDBF will allow 'double rostering' by PD2 crew members (both impaired and unimpaired). In this way, Paradrason crew members should be able to participate in other race divisions, classes, and boat sizes. It may also provide opportunities for 'reserves' in other classes to get more races than they might otherwise. In short, IDBF is determined to encourage both impaired and unimpaired athletes to race in the Paradrason class.

Questions. If any team is uncertain about the application of the Paradrason race rules, or the event itself, the Chair of the Para Athletes Commission (Keith Dalip) is available for direct queries by:

- email (chair-para@dragonboat.sport); or
- phone (WhatsApp: +1 868 333 6976 during 8:00 a.m. to 8:00 p.m. Atlantic Standard Time).



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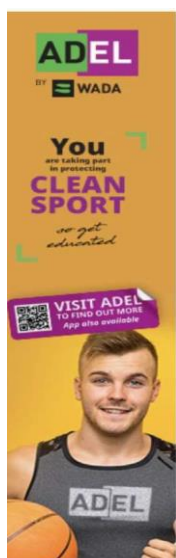
Appendix 3 – Declarations, Consent and Waivers

Declaration 1 & 2 submissions have already begun with Nations being individually invited to submit. For those still needing to submit, please only complete ONCE! If there is no email confirmation, please first check Spam/Junk folders. If there is still no confirmation email, please contact support@dragonboat.sport.

Declaration 2 copies should be filed in racing classes for easy retrieval by the Team Manager.

Declarations should be completed by 30th June. Random checks will be made from 1st July

Appendix 4 – Anti Doping Requirements



Don't leave it to do in Brandenburg!

Completion of an appropriate anti-doping course **by 15th June** is mandatory for all **Premier, Senior A, Senior B, Senior C, 24U, 18U and Paradrags** racing classes (not age) athletes plus ALL coaches competing in the WNDRC 2025 to receive their accreditation.

Team Managers please ensure your team members complete the appropriate anti-doping course and that you have a copy of each athlete's Anti-Doping Course certificate. Certificates should be filed in racing class for easy retrieval. **Random checks will be made from 16th June**

TUEs – closing date 15th June (Therapeutic Use Exemption)

Premier Athlete submission to: chair-medical@dragonboat.sport **by 15th June.**
See IDBF website for TUE Application form and IDBF TUE Checklist:
<https://www.dragonboat.sport/anti-doping>

All other athlete submissions in the first instance to their National Anti-Doping Organization (NADO) otherwise to IDBF chair-medical@dragonboat.sport **by 15th June.**

ALL TUEs submitted to IDBF are to be on an [IDBF TUE form](#) (Feb 2025) which can be found on the [IDBF website](#).

Those on medications for asthma please check the information in the Prohibited List 2025, page 9, S3 before submitting a TUE.

BCP

All BCP athletes are required to have a Declaration of Diagnosis Certificate. Copies of these certificates are to be held by the Team Manager and shown on request of an IDBF Official.

[BCP-Declaration-of-Diagnosis-Certificate.pdf](#)



17th IDBF WORLD DRAGON BOAT RACING CHAMPIONSHIPS

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An der Regattastrecke 1



Competitor's Rights

- Be notified of selection for doping control
- Be informed of the consequences of refusing to provide a sample
- Have the doping control procedures explained
- Be provided with a selection of sealed equipment from which to choose
- Be observed when providing sample by someone of the same gender
- Receive copies of all signed documentation

Competitors Responsibilities

- Know the IDBF and your IDBF's Member anti-doping regulations.
- Carry photo ID to present to the Doping Control Office (DCO)
- Inform your doctor or pharmacist that you are a competitor who may be subject to doping control.
- Consult your IDBF Member in advance if you are medically required to take any medication on the prohibited list – before being permitted to take such substances, you will need to apply for medical exemption and therapeutic use exemption (TUE).
- Keep a list of all medications, vitamins, or supplements you are taking and declare them on the doping control form.
- Be careful with unlicensed products such as nutritional supplements or herbal products as they may contain prohibited substances.
- From notification through to completion of sample collection, stay in full view of the DCO or chaperone, whether at a Competition, Training Venue or your home.
- Re-hydrate with sealed non-alcoholic, caffeine-free beverage before the test.
- Be prepared to begin sample collection procedures as soon as possible after notification.
- **Strict Liability – if it is in the athlete's body, the athlete is responsible for it.**



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The IDBF and DDV encourage your association to enter the 17th IDBF World Dragon Boat Racing Championships 2025, in Germany and looking forward to welcoming you to join the championships.



[HTTPS://WORLD-DRAGONBOAT-CHAMPIONSHIPS2025.DE](https://world-dragonboat-championships2025.de)

