



New York International Dragon Boat Festival Participant Checklist

This document contains important information for **Team Captains and participants**. Please read carefully to help ensure you have a great experience at the Festival on race day.

A Festival Guide Newsletter will be sent to participants in preparation for the event the week leading up. You must be **subscribed** to our email list.

Practice & Race Day Info

Event Practices

Pre-event practices will be held on **Friday, July 10th** at **Rockland State Park, 299 Rockland Lake Road, Parking Field #4, Valley Cottage, NY, 10989**. Registered teams who have purchased a practice should **arrive at the venue 20-30 minutes before** their scheduled time to allow time to check in with a GWN coach. Practices are **50 minutes long** and will not be extended for any teams that arrive late to a practice session.

For more information, please visit the 'Practice' section of the [festival page](#).

To purchase a practice session, please [login](#) to your account, click on your team name associated with the event, and click on the 'Get More' button.

If your team has not booked a practice yet, please contact bookings@gwndragonboat.com.

Race Day Schedule

The race schedule will be posted on **Monday, July 6th**, on our website under the 'Schedule' section of the New York festival page. Team Captains must check in on Saturday morning to receive the team's racing wristbands.

Check-in will open at approximately **7:00AM at Race Headquarters** (please stay tuned for the Festival Guide for exact timing).

For more information, please visit the 'Schedule' section of the [festival page](#).

Team Captain's Meeting

There will be a Team Captain's meeting on Saturday morning in front of the Marshalling Area to discuss race day rules and address any questions, one hour prior to the first race (please stay tuned for the Festival Guide for exact timing).

Parking at Rockland State Park

The event is held at **Rockland State Park, 299 Rockland Lake Road, Parking Field #4, Valley Cottage, NY, 10989**.
Parking fees are \$10 per car upon entering the State Park.

To help eliminate traffic congestion when entering and exiting the venue, carpooling is strongly recommended. Follow the 'Dragon Boat Festival Parking' directional signs for designated parking areas. To help the race schedule run on time, please allow for extra time when arriving.

All cars must be parked in designated parking areas (Parking Field #4). Absolutely no vehicles are allowed in the Athletes' Village or on event grounds. For more information, visit the 'Parking' and 'Location' sections of our [festival page](#).

Event & Venue Policies

Crews are expected to respect the rules of Rockland State Park. Unless specifically stated on [gwndragonboat.com](#), please observe the following rules:

- BBQs, grills or cooking devices are not permitted.
- Pets are not permitted at the park between May and October.
- Alcoholic beverages are prohibited unless purchased from an on-site licensed vendor.
- Where tents are provided to teams or purchased from GWN, no additional tent structures are permitted.
- All cars must be parked in designated parking areas. Absolutely no vehicles are allowed in the Athletes' Village or on event grounds.
- Teams are responsible for picking up their waste within their team sites. In addition to handing out wastebags during team check-in, there will be wastebaskets located throughout the Athletes' Village to maintain the park's cleanliness. Let's all work together to keep Rockland State Park clean and green.

Crews in violation of any of the above rules will be given ten (10) minutes to rectify the situation. If not rectified within ten (10) minutes, a Time Penalty or disqualifications from the event may be assessed at the Chief Official or Event Director's sole discretion.

Team Captain's Checklist

Team Roster Rules

Please make sure that your team follows the **roster rules**. A team roster **must not exceed 26 members** - this includes a steersperson, drummer, and 24 paddlers. Teams without a steersperson will be provided one by GWN for race day and so the roster cannot exceed 25 members.

Please respect and follow the rules listed below, respective to your team's Race Class:

Mixed Division	<ul style="list-style-type: none">• Maximum 10 male paddlers in the boat.• Any number of female paddlers.
Women's Division	<ul style="list-style-type: none">• All paddlers must be female.
Open Division	<ul style="list-style-type: none">• Any combination of men, women, non-binary, gender fluid, gender non-conforming and gender queer paddlers.
BCP Division	<ul style="list-style-type: none">• All paddlers and drummer must be a breast cancer survivor.
ACP Division	<ul style="list-style-type: none">• All paddlers and drummer of all genders who are survivors of any type of cancer.
Paradragons/Disabled Veterans (PD)	<ul style="list-style-type: none">• Comprised of athletes with some form of physical, psychological, neurological, sensory, developmental, or intellectual impairment.

No paddler may paddle on two teams within the same Race Class. For example, a paddler cannot paddle on two Mixed teams. However, the same paddler can paddle on one Mixed team and one Women's team.

Visit the [FAQ](#) section for more info.

[Waivers](#)

Every participant, including drummers and steersperson, must complete, sign, and submit a GWN waiver. Waivers must be completed online by **12PM EST on Wednesday, July 8th**. Please note that in order for waivers to be completed online, Captains must first create a roster and invite crew members.

For more information, please visit the [FAQ](#) section.

The registration system will close after 12PM EST on Wednesday, July 8th and access to change the roster and accept invites will be restricted.

After the deadline, any waivers and changes can be made on race day at Race Headquarters.

[Team Site](#)

Each team will receive a 20x20 space within the Athletes' Village.

Team Captains: Please book your team site before **Wednesday, July 1st**. To reserve your site, view the site availability chart under the 'Athletes' Village' section of the [festival page](#) and please contact bookings@gwndragonboat.com with the following information:

- Event name
- Team name
- Preferred site #

Rentals:

Teams are allowed to bring personal tents or rent a tent from GWN to set up in the Athletes' Village. Only teams who have purchased a tent ahead of time will receive one on their tent site. If you are renting a tent, you cannot bring an additional personal tent.

To rent a tent, tables and/or chairs, please [login](#) to your account, click on your team name associated with the event, and click on the 'Get More' button.

Deadline to order any rentals is **Wednesday, July 1st**.

Please note: Teams have the option of renting a tent, or bringing their own, however you cannot do both. Teams cannot bring their personal tents to set up alongside rented event tents.

[Lodging Forms](#)

Part of our commitment to our local partners, as is with each community that hosts MLDB events, is to provide them with the economic impact of our festival.

All teams are required to complete and [submit a Lodging Form](#) by **Wednesday July 8th** to bookings@gwndragonboat.com.

Teams will not be able to check in unless a form is submitted.

[Rules of Racing](#)

All Major League Dragon Boat series events follow a standard set of rules of racing. For reference, the Rules of Racing can be found [here](#).