



2º Festival Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no DF

2nd Dragon Boat Festival for Women Survivors of Breast Cancer in the Distrito Federal

GENERAL RULES | 2024

GENERAL PRINCIPLES

CHAPTER I THE PURPOSE

Art.1 The 2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no Distrito Federal (2nd Dragon Boat Festival for Women Breast Cancer Survivors in the Distrito Federal) is the result of the work of these paddlers to unite and converge the ideals of well-being and good quality living through collective canoeing in *dragon boat* style, the adoption of healthy lifestyle habits and experiences overcome after cancer treatment.

Sole paragraph: The event will take place from October 24 to 27, 2024, on Paranoá's Lake, near the Clube Ascade, in Brasília, Distrito Federal, Brasil. The teams of paddlers registered for the 2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no Distrito Federal (2nd Dragon Boat Festival of Women Breast Cancer Survivors in the Distrito Federal) will be able to actively participate in the experiences and quest for quality of life in overcoming breast cancer. The nautical races for participation and inclusion will be EXCLUSIVELY for the teams of women breast cancer survivors, and will be set up in classification stages, semi-finals and finals.

CHAPTER II THE JUSTIFICATION

Art.2 Collective canoeing on *dragon boat* for women breast cancer survivors is a form of post-diagnostic rehabilitation and cancer treatment. For this reason, given the many challenges involved in breast cancer treatment, and recognizing that there are scientific



studies to improve the physical and emotional condition of these women around the world, the proposal is to present an event of great preventive and sports rehabilitation magnitude in the fight against breast cancer.

CHAPTER III THE OBJECTIVES

Art. 3 The main objective of the 2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no Distrito Federal (2nd Dragon Boat Festival for Women Survivors of Breast Cancer in the Distrito Federal) is to encourage, develop and democratize the inclusion of women survivors of breast cancer in the adoption of healthy habits and in the practice of collective canoeing in the *dragon boat* style. In addition to specific objectives such as:

- a) To provide favorable and safe conditions for the practice of collective canoeing in the *dragon boat* style by women who are breast cancer survivors.
- b) To contribute to the improvement of physical capacities and motor skills, in order to improve physical, emotional and social well-being and performance, through collective canoeing in the *dragon boat* modality for women who are breast cancer survivors.
- c) Developing productive actions for the quality of life (self-esteem, social interaction, social integration and health) of women who have survived breast cancer.
- d) Holding a participatory sports competition between teams of women who have survived breast cancer, as a way of encouraging and experiencing a competitive sports environment.

CHAPTER IV

REGISTRATION

Art.4 The subscriptions will be made EXCLUSIVELY on the electronic platform (Hotmart), with an administrative fee. The subscriptions can be made by complete teams of 22 BCS (Breast Cancer Survivor) paddlers with drummer and helmer (COMPLETE TEAM 22 BCS); or with 20 BCS paddlers (COMPLETE TEAM 20 BCS); or as an individual rower for teams smaller than 20 BCS (INDIVIDUAL PINK PADDLER). For the technical team only (TECHNICAL TEAM INDIVIDUAL). The ACCOMPANIER will not invest in the administrative fee, but must register before the event, for the management of the Executive Committee. All subscriptions also need to fill in an electronic form to acquire the relevant data for the festival (T-shirt size, etc.).

Paragraph 1: Pink Paddler subscriptions are for women who are breast cancer survivors, who practice group canoeing and who are participants/registrants in national or international pink paddling groups, who are over 18 years of age, in good health and able to perform the exercises proposed in the participatory nautical events (races).



Paragraph 2: The pink paddler assumes all responsibility for her participation in the event, and must be trained and in good health. The registered paddler assumes all and any responsibility, for herself and her heirs, justified by signing the Term of Responsibility and Term of Use of Image and Voice; excluding the organizers, sponsors and/or supporters of the race, from any responsibilities that may exist in the event referred to.

Art.5 As this is an event for breast cancer survivors, a doctor's certificate confirming the diagnosis of breast cancer is required, as well as (b) a cardiac and health certificate for physical activity, in the form of collective canoeing in dragon boat style (both with the stamp and signature of the medical professional). It is important to note that only the health certificate for physical activity must be valid for 6 months. In the case of the doctor's certificate confirming the diagnosis, it can be on the date of identification of the breast cancer diagnosis.

Sole paragraph: The medical certificate confirming the diagnosis, and the cardiology and health certificate for practicing physical activity, both signed and stamped by the doctors responsible, referred to in this article, must be presented on the day and at the time of registration for the event. Failure to present these documents will result in the paddler not taking part in the event.

Art.6 Registered paddler must present a photo ID, which can be a general registration card, passport, professional card or driver's license.

Sole paragraph: The following documents must be presented at the event's general registration:

- a) Medical certificate confirming the diagnosis of breast cancer;
- b) Cardiological and health certificate for the practice of dragon boat canoeing;
- (c) Term of Responsibility;
- d) Term of Use of Image and Voice.

Point I - failure to present or refusal to present any of the documents mentioned in the sole paragraph of Article 6 will prevent participation in the event in the paddling category.

Art.7 The festival's participatory nautical events (races) will be open to women who are part of teams of pink paddlers, breast cancer survivors, from any national or international Association and/or Federation.

Paragraph 1: Women breast cancer survivors who are **not** part of pink paddlers teams may **not take part in** the event in the paddling category.

Art.8 The subscriptions are carried out on a digital platform (Hotmart), in accordance with the guidelines contained in the information guide attached to these regulations, starting on 05/02/2024 and ending on 10/04/2024 at 23:55. The purchase of the event ticket is processed through the platform's own Privacy Policy, ensuring digital purchase and sale data. Configured in the table below:



Paragraph 1: Entries will be made **EXCLUSIVELY** on an electronic platform (Hotmart), with an investment in administrative fees. Entries can be made by complete teams of 22 BCS (*Breast Cancer Survivor*) paddlers with drummer and helmer (COMPLETE TEAM 22 BCS); or with 20 BCS paddlers (COMPLETE TEAM 20 BCS); or as an individual paddlers for teams smaller than 20 BCS (INDIVIDUAL PINK PADDLER). For the technical team only (TECHNICAL TEAM INDIVIDUAL). The ACCOMPANIER will not invest in the administrative fee, but must register before the event, for the management of the Executive Committee. All subscriptions also need to fill in an electronic form to acquire the relevant data for the festival (T-shirt size, etc.).

* BCS - *Breast Cancer Survivor*.

REGISTRATION / SUBSCRIPTION (click on the links below)	DATE	ADMINISTRATIVE FEE
FULL TEAM WITH 22 BCS (DRUMMER AND HELMER)	05/02/2024 a 10/04/2024	R\$2.235,20 (R\$101.60 per person)
FULL TEAM WITH 20 BCS	05/02/2024 a 10/04/2024	R\$2.286,00 (R\$114.30 per person)
INDIVIDUAL PINK PADDLER	05/03/2024 a 10/04/2024	R\$127,00
INDIVIDUAL TECHNICAL TEAM	05/03/2024 a 10/04/2024	R\$127,00
ACCOMPANIER	05/02/2024 a 10/04/2024	FREE

Paragraph 3: The subscriptions will be made by filling in an electronic form which will be sent to the pink paddlers teams and proof of payment of the administrative entry fee. Check your inbox and the *Spam* section of your registered e-mail address. The data presented on the platform is EXCLUSIVE to the event and will be protected by the **Lei de Proteção de Dados (LGPD)** (General Data Protection Law - GDPL). All information about the event will be sent by email, which will be our effective means of communication. In addition to newsletters on our official social media.

Paragraph 3: The ticket for women paddlers who are breast cancer survivors is identified as **REMADORA ROSA (PINK PADDLER)**, through the link, [Registration Form | Remadora Rosa](#) (Click on the link); in addition to the payment of the administrative fee through the electronic platform and which provides access to the following conditions:

- a) The pink paddler will take part in this festival if she is a member of a team of pink paddlers from Brazil or another country.
- b) The age of the pink paddler is over 18.
- c) Pink paddlers are required to show photo ID (general registration, passport, professional card, driver's license) and two medical certificates, called: a medical certificate proving the diagnosis of breast cancer (oncologist; copies of tests will not be accepted) and a medical certificate of fitness for physical exercise (cardiologist).



- d) Completion of the electronic form is **REQUIRED** for the registration of the REMADORA **REMADORA ROSA / PINK PADDLER** for the 2º Festival de Dragon Boat para Mulheres Sobreviventes do Câncer de Mama no Distrito Federal (2nd Dragon Boat Festival for Women Breast Cancer Survivors in the Distrito Federal) like information on T-shirt size, blood type, etc.
- e) Registration through the electronic form (link to **REMADORA ROSA / PINK PADDLER Registration**) **starts on 05/02/2024 and ends on 10/04/2024, at 23:59h.**
- f) There will be a total of 349 women who have survived breast cancer. Once the maximum number of beneficiaries with all the requested documents has been reached, registration will be suspended.
- g) The other information about the pink paddlers in each team must be sent by the team's CAPTAIN, MANAGER OR RESPONSIBLE PERSON. And the captain/manager/responsible person of the pink paddler team will receive the necessary guidance. Communication will be by email.
- h) The Executive Committee would like to stress that filling in the details on the electronic form and uploading the medical certificates are compulsory to formalize registration for the event, and are guided by the information contained in the General Rules.
- i) The certificates are sent in on the same electronic form, and at the end of filling in the form, you can *upload* copies of a civil registration photo document (general registration, passport, driver's license, etc.), the medical certificates requested, namely: the medical certificate proving the diagnosis of breast cancer (copies of exams will not be accepted) and the medical certificate of physical fitness releasing you to practice physical exercise (cardiologist).
- j) The original certificates must ALSO be presented on the day of Registration at the event by the representative of the pink paddlers team, on 24/10/2024. So bring your certificates and photo IDs to our festival.
- k) The **REMADORA ROSA / PINK PADDLER** subscription will take part in the festival's activities (socio educational and cultural activities) and the nautical activities of participatory dragon boat races.
- l) The **REMADORA ROSA / PINK PADDLER** subscription will receive a festival kit with a T-shirt and a gift, to be picked up by the CAPTAIN, MANAGER OR RESPONSIBLE PERSON for the team.

Paragraph 4: The ticket for people who want to participate in the educational and socio-cultural activities of the event, and is identified as **EQUIPE TÉCNICA (TECHNICAL TEAM)**, through the link, [Registration Form | Technical Team](#) (*Click on the link*) and which provides access to the following conditions:

- a) This is the person over the age of 18 from the technical team (health professional, steerer, drummer, volunteer, etc.) who will accompany the pink paddler in the event.
- b) The number of people registered as individual members of the technical team for the event will be 100 (this may change).



- c) It is compulsory to present photo ID (general registration, passport, professional card, driver's license).
- d) All other information will be sent to the email address registered on the form.
- e) The Executive Committee stresses that filling in the details on the electronic form is mandatory to formalize subscription for the event, guided by the information contained in the General Rules.
- f) Copies of photo identification documents can be *uploaded using the same electronic form*. At the end of the form, you can *upload* copies of civil registry photo documents (general register, passport, driver's license, etc.).
- g) The original ID document must ALSO be presented on the day of registration for the event, on 24/10/2024.
- h) The TECHNICAL TEAM entry will take part in the festival's activities (socio educational and cultural activities).
- i) You will be identified with an event wristband and access to the Clube Ascade premises.

Paragraph 5: The **ACCOMPANIER** is the person (family member, friend, breast cancer survivors who are not yet paddler, guest, etc) who will be with the athlete or participant in the event, and there will be no ticket cost. They need to present a photo ID, such as a general registration, passport, professional license or driver's license. You will be identified with a colored wristband for access to the common areas of the venue only. You will not be able to access the athlete's area at race time. You may only watch the heats of the festival's participatory races and circulate in the common areas. The ACCOMPANIER person entries will be formalized by completing the **Registration Form | Accompanier** and will provide the following access:

- a) This is the person (family member, friend, health professional, student, breast cancer survivors who are not yet paddler, etc.) who will accompany the pink paddler at the event. If there are children under 18 years old, they must be accompanied by their adult guardians.
- b) The number of participants registered for the event will be 150 people (this may change).
- c) Participants are required to show photo ID (general registration, passport, professional card, driver's license).
- d) All other information will be sent to the email address registered on the form.
- e) The Executive Committee would like to point out that filling in the details on the electronic form is mandatory in order to register for the event, and is guided by the information contained in the General Rules.
- f) Copies of photo identification documents can be *uploaded using the same electronic form*. At the end of the form, you can *upload* copies of civil registry photo documents (general register, passport, driver's license, etc.).
- g) The original ID document must ALSO be presented on the day of Registration at the event, on 24/10/2023.



- h) The ACCOMPANIER subscription will take part in the festival's activities (socio educational and cultural activities).
- i) You will be identified with an event wristband and access to the Clube Ascade premises.

** Note: the electronic forms for the technical team and the companion have the same content. The information will be needed by the Executive Committee.*

Paragraph 6: After the registration has been processed on the digital platform, the person will have 7 (seven) days to decline their participation in the festival. After this period, the payment will not be refunded. Except in specific cases, the Executive Committee will decide how to resolve the problem.

Art.9 The pink paddlers' **festival kits will** be a T-shirt and a gift, the sizes of which will be defined after filling in the event's electronic form, in accordance with Article 8 of these regulations. **Filling in the form is compulsory in order to identify the size of the T-shirt and other important information for the logistics of the festival.**

Paragraph 1: The festival kits will be delivered on **23 and 24/10/2022**, to be informed by the Executive Committee, by email to the captains, managers, team leaders and other registered persons.

Paragraph 2: In addition, on the other days **26 and 27/10/2022, from 7:00 a.m. to 4:00 p.m.,** the festival kits of those registered will be delivered to the Registration Area, at the event venue, Clube Ascade, Brasília, Distrito Federal, Brazil.

Paragraph 3: To pick up the festival kit, registrants **MUST** present the following documents:

- a) Medical certificate confirming the diagnosis of breast cancer;
- b) Health certificate for the practice of physical activity in the form of dragon boat canoeing;
- c) Completed and signed Term of Responsibility;
- d) Completed and signed Term of Use of Image and Voice;
- e) The proof of payment (check-in that you received by email), according to the registration method provided for in Article 8.

Item I - For teams, the kit of all paddlers may be handed over to the team captain, manager or person in charge, provided that the necessary individual documents of each team member defined in paragraph 3 of Article 9 are presented.

Paragraph 4: If the participant is unable to collect the kit in person, another person may collect it in their place. To do this, the representative must present proof of payment of the registration fee (check-in received by email), a copy of the photo ID of the paddler and/or participant, the Terms of Responsibility and Use of Image and Voice duly completed and signed by the registered person.

Paragraph 5: If the registered person does not have a responsible person to pick up the kit in his/her place, he/she must contact the organization and **ONLY THEN will he/she** be able to pick up the kit on the day of the event with the same documents already mentioned in Paragraph 4.



Paragraph 6: **NO** festival kits will be given out after the event or any other material resources from the event itself (medals, banners, etc).

CHAPTER V

THE TEAMS / CREW

Art. 10 A full team is considered to be one that participates with 22 pink paddlers, 20 of whom are paddlers, a drummer and a steerer.

Point I - All teams will have the same number of paddlers.

Point II - If the team /crew registers with the maximum number of paddlers but does not include a steerer and a drummer, the team will not be considered a complete team.

III - If a team registers with the minimum or maximum number of pink paddlers, the team will not be divided and must organize the participation of the paddlers according to the team's internal planning.

Point IV - It is up to the team that has registered with the minimum number of paddlers to be supplemented or not by the organization.

Item V - In all cases where the team is not complete, the organization will provide a drummer and a steerer defined according to the boat number. In other words, the drummers and steerers cannot be chosen, they will always be the same according to the boat number.

Item VI - If the team, even if incomplete, has a drummer and/or steerer among its paddlers, the crew may decide whether or not to replace the drummer and/or steerer of the boat on the course.

Item VII - Incomplete teams will be completed by the organization according to the following criteria:

Point a - complete the team, giving priority to the team with the most participants to the fewest.

Subparagraph b - complete by favoring the marriage of complementary teams without dissolving the smallest teams.

Subparagraph c - the complementary teams will be those registered with the lowest number of paddlers.

Subparagraph d - if it is finally impossible to put the teams together to form a boat, paddlers from the same team may be divided into separate boats.



Point VII - it is compulsory for teams to inform the Committee that they have drummers and steerers among their paddlers, so that they can be completed in their own way.

Point IX - the final composition of all teams will be announced in advance.

Item X - the paddlers who will complete the boats may not leave the crew under any circumstances. They will remain as a team from the beginning to the end of the races.

Item XI - cases not covered and doubts arising from the formation of incomplete boats by the organization will be analyzed and decided by the Organizing Committee respectively.

Point XII - in the event of any team and/or paddler withdrawing from participation after the boats have been announced, the Committee reserves the right to reformulate the division following all the previous criteria and make a new announcement with the necessary change. With the deadline prior to the drawing of the lanes.

Clause XIII - All registrants are required to notify their withdrawal no later than 15 days before the date of the event, under penalty of a fine of R\$ 100.00.

Art.11 Each pink paddler must compete for only one team.

Art.12 Team members must have swimming or aquatic skills. The use of a life jacket is compulsory throughout the race, including during the boarding and disembarking phases of the *dragon boat*.

Art.13 The drawing of lots for the participatory sailing races will take place before the event and the start list will be announced on the day of the event. **Each heat will be preceded by a mandatory technical briefing for the team captains.**

Paragraph 1: The qualifying participatory tests will take place on 26/10/2024 at 7 a.m.

Paragraph 2: The semi-finals and finals will be held on 27/10/2024 at 7 a.m.

Paragraph 3 - Races may be changed or even canceled due to weather conditions or changes that pose a risk to the health of participants. The Organizing Committee reserves the right to decide.

Art.14 The leader of each team of pink paddlers must:

- a) Make sure the pink paddlers on your team are wearing life jackets.
- b) Make sure that the pink paddlers on your team know the procedure for boarding, disembarking, leaving, arriving and the rules of *dragon boat* racing.
- c) Organizing and coordinating the pink paddlers before and after sailing events (*regattas*).
- d) Please note that no pink paddler will be allowed to stand up in the dragon boat during the competition.



- e) Inform them of the ban on the use of alcoholic beverages and illicit drugs before and during the competition, which will result in the team being disqualified.
- f) Please be informed that disrespect, insults or aggression of any kind towards any member of the festival (pink paddlers, drummer, steerers, organizers, referees, officials, *staff*, others) will result in the offender being **IMMEDIATELY EXPELLED** from the event and paying a fine of R\$100.00.

Art.15 Pink paddling teams (crews) must follow the instructions announced by the Executive Committee throughout the event.

Art.16 Each pink paddling team is responsible for checking their individual and collective equipment to ensure that it is in perfect working order and free of buoyancy problems. In the event of any change, the event organizers must be notified.

Art.17 Teams made up of pink paddlers must be present at the starting station at the specified time before each heat. The referees will check that each paddler and team member is registered, by presenting their badge and life jacket. It is the responsibility of the team leader to make sure that the paddlers are wearing the correct life jackets.

CHAPTER VI

PARTICIPATORY COMPETITION

Art.18 The participatory nautical competition (regatta) that will take place during this festival is dedicated **exclusively** to women breast cancer survivors who participate in pink paddlers teams in Brazil and around the world.

Sole paragraph: After the boats have been formed, if for any reason the organizing committee can define the minimum number of paddlers, taking into account the rules for the formation of boats set out in chapter V, with incomplete teams the boats must have the same number of pink paddlers. It is up to the team that has registered as a full team to give up rowers for the composition or not of new formation possibilities.

Art.19 The venue for the participatory nautical competition (regatta) will be Paranoá's Lake, in the vicinity of the Clube ASCADE, at the address St. de Clubes Esportivos Sul Trecho 2 Conjunto 10, Lote 18 - Asa Sul, Brasília - DF, 70200-002, available at <http://associacaodacamara.com.br/portal/o-clube/>, Brasília, Distrito Federal, Brazil.

Art.20 The competition takes place in a straight line along three 200m-long lanes, marked with colored buoys. There will be three *dragon boats*. There will be boat support provided by the festival's Executive Committee.

Art.21 The days of the participatory nautical competitions (regattas) will be **26 and 27/10/2024**.

Art.22 Participatory sailing races begin when the referee directs the paddlers teams to the starting line, where they must approach the starting station within a maximum of 3 minutes. When the rowing teams are lined up, the referee will give the starting signal.

Art.23 Pink paddling teams competing must respect the established route, straight and



in the center of their lane from the start line to the finish line. The paddling teams are responsible for driving their boat.

Paragraph 1: The pink paddling team that leaves its lane must immediately return to its assigned area in order to avoid collisions. After leaving the collision line or interfering with other boats, the race director will take action against the team that committed the infraction, resulting in their disqualification.

Paragraph 2 - The team that collides with the marker buoys will be disqualified.

Art.24 All teams in the qualifying phase will have two opportunities to set the best time. The sum of the times achieved by each team will form the classification ranking and their progression to the semi-finals and finals. According to the number of entries, the number of teams progressing to the semi-finals will be determined, and the final will take place between the 3 boats with the best times obtained in the semi-finals.

Art.25 The final team in the competition will finish the race when the front of the dragon boat crosses the finish line of its own lane, after the 200m mark.

Art.26 Objections, protests and appeals (complaints) regarding the heats of participatory sailing events must be in writing, accompanied by a deposit of R\$ 100.00 and must be submitted to the Jury (arbitration) within 30 minutes during the competition.

Art. 27 A pink paddlers or team member who violates any rule in force will be disqualified.

CHAPTER VII GENERAL PROVISIONS

Art.28 The event will provide an adequate structure for the teams of registered pink paddlers and registered participants, in a safe manner for the development of the proposed activities.

Art.29 The organization is not responsible for any accidents that may occur to the participants and/or their companions during or after the event.

Paragraph 1: There will be health support with ambulance support, rescue service, medical post on the days of the festival.

Art.30 It is the responsibility of the person registered for the festival to pay for transportation, accommodation and meals and any other expenses necessary or arising from their participation in the race, before, during and after the event.

Art.31 By taking part in this event, the participant authorizes the use of any photograph, film or other recording containing images of their participation in the race for legitimate purposes, confirmed by completing the Term of The Image and Voice.

Art. 32: Any irregularity or unsportsmanlike attitude committed by the pink paddler or any member of the team will be subject to disqualification.



Art. 33 The race may be canceled in the event of unfavorable weather conditions or reasons of force majeure that endanger the physical integrity of the pink paddlers.

Art.34 In the event of unfavorable weather conditions, the organizers reserve the right to delay the start of the race to ensure everyone's safety.

Art.35 The Executive Committee reserves the right to reject any entry related to participatory sailing events (regattas).

Art.36 The Executive Committee is sovereign in taking any action with regard to the regulations.

Art.37 Any cases not covered by this **article** will be decided by the organizing committee, which has the final say.

Brasilia, March 13, 2024.



Executive Committee

Larissa Lima

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