



DBC 24U VIRTUAL GAMES FAQ

EVENT OVERVIEW

The Virtual Games is a virtual competition where 24U dragon boat teams from across Canada compete in a series of challenges. Teams of 10 people (5 women minimum) will submit video recordings of themselves completing each challenge one week before the event date and the judges will score each submission. On the day of the event the videos of all teams will be played with the scores updating live throughout the event. The top three teams choose their prizes and the rest will be given out through a random draw to individuals.

PRIZES:

- 160 lb Adjustable dumbbells, Afterburn Basics (\$450 retail value)
- A \$200 Alkame gift certificate
- 10 BC Sports Hall of Fame and Museum passes
- 10 Oddball online shop gift cards (\$25 each)
- 10 kayak/SUP rentals (Vancouver)
- 10 Kwok sauce paddle wax
- 1 Trivium paddle bag
- 10 hats with your custom design
- **And many more!** (Some prizes, including those mentioned above, may be shipped, but some may be region-specific and must be picked up)

CHALLENGES:

- Push-ups
- Squats
- Lunge Jumps
- Burpees
- Russian Twists
- Best DB-related Tik-Tok

REGISTRATION CRITERIA:

- Must be 24U (1997 or later)
- 10 person team (5 women minimum)
- \$5 + tax entry fee per person
- Must be a registered DBC member (one year regional fee: \$10 + tax)



FORMAT & SCHEDULE

- Early bird registration deadline: January 7, 2021
- Registration deadline & challenge video submission deadline: January 20, 2021
- Videos will be streamed with live commentary on a public platform (such as Twitch.TV or YouTube) on the weekend of January 30, 2021
- Live entertainment with three commentators!
- Compete against teams across Canada!

HOW TO REGISTER

- Go to the following link:
 - ENG: <https://app.eventnroll.com/en/tickets/buy-tickets/1780/6163>
 - FRE: <https://app.eventnroll.com/fr/billetterie/achat-de-billet/1780/6163>
- One person register the whole team and pay the fees
- If you have any questions, please contact studentracing@dragonboat.ca
- If you would like to participate but don't have a team, please email us at studentracing@dragonboat.ca and we would be happy to help

CHALLENGE DETAILS

Format:

- Exercises: performed in pairs (consisting of at least one female, e.g. one male/one female), to be recorded with communicated tech guidelines (e.g. full body in frame, specified angle, etc.)
 - 3x1 min (no break in between) max reps for points
 - Pair 1:
 - round 1 pushups, round 2 squats, round 3 alternating ladder pushups/squats (e.g. 1 pushup, 2 squats, 3 pushups, 4 squats, etc.)
 - Pair 2:
 - round 1 Russian twists, round 2 burpees, round 3 alternating ladder Russian twists/burpees
 - Pair 3:
 - round 1 squats, round 2 pushups, round 3 alternating jump lunges
 - Pair 4:
 - round 1 burpees, round 2 Russian twists, round 3 alternating jump lunges
 - Pair 5:
 - 3 straight minutes of pushup/squat/burpee ladder (e.g. 1 pushup, 2 squats, 3 burpees, 4 pushups, 5 squats, 6 burpees, etc.)
- Scoring: Pre-established criteria based on a point system (max valid reps within the time frame) with sample video of exercises and criteria provided ahead of time
- Judging: 2 judges per region (6 total from central, eastern, western) to judge exercises using pre-established scoring criteria. Each team is judged by 2 judges (1 from each region NOT conflicting with the region that the team is from e.g. an eastern team will be judged by a central judge and a western judge).
- Video/commentary: streamed online live on a free platform with 1-2 people providing live commentary and a chat area for audience members to comment
- DB related Tik-Tok:
 - Example of a video made by Diana Pham and the 24U National Team:
 - <https://vm.tiktok.com/ZSsorMrt/>
 - Make it creative and fun! The participants will vote on their favourite video during the competition
 - The team that wins the most votes gets:
 - 5 points for their total team score
 - 2x entries to win the individual prize draw
 - A surprise bonus prize!

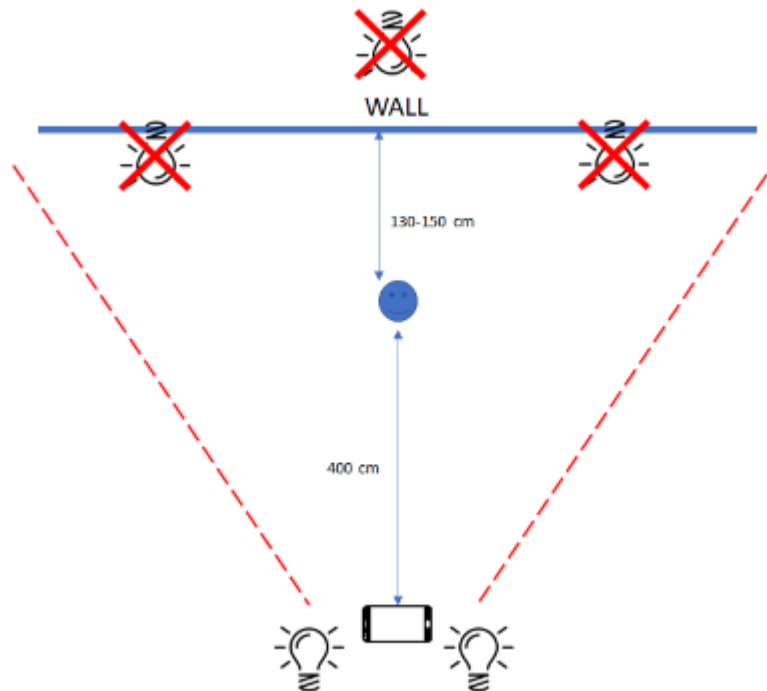
SUBMIT CHALLENGE VIDEOS HERE:

https://docs.google.com/forms/d/e/1FAIpQLSelzE27KQZjP7PAqstgSzNGJWPZWT7g8NH0QZm-T-0CxpFtHQ/viewform?usp=sf_link

Technical Information

Filming Instructions:

- Ensure phone/video camera set up is horizontal (landscape) and in a fixed position.
- Mark the boundaries of framing to ensure you stay in the camera view.
- No backlighting.
- Position the camera 400 cm from the wall.
- The competitor should be positioned 130-150 cm from the wall.
- Earpieces or a connection to a Bluetooth speaker is recommended.
- LIVE competition competitors will be asked to mark boundaries and center their position on entry to the virtual arena.



DIY Tripod



If you do not have a tripod at home, you can follow this guide to make your own DIY tripod to film yourself.

Instruction Video:

<https://www.youtube.com/watch?v=TTtJovKtujo>

What you need:

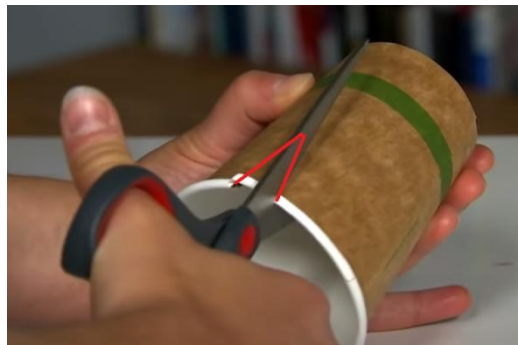
- 1 Empty Paper Roll/plastic cup
- 1 Scissors
- 1 Paper Plate
- Scotch Tape

Result



Step 1

Cut a crease on the cup for the phone to slip in.



Step 2

Do the same on the opposite side.

