



7th Hong Kong Indoor Dragon Boat Championships

Bulletin

Released on 7th June, 2017

To celebrate the 20th Anniversary of the Establishment of the HKSAR, the “7th Hong Kong Indoor Dragon Boat Championships held on 27 August 2017 organized by the Hong Kong China Dragon Boat Association, the indoor dragon boat race will take place at Hollywood Plaza. All Hong Kong citizens can experience the joy of dry land dragon boating sports. Details of the race are as follows:-

Date : 27 August, 2017(Sunday)

Time : 08:30am – 4:30pm

Venue : Hollywood Plaza

Address: 3 Lung Poon Street, Diamond Hill, Kowloon.

(Diamond Hill MTR Station Exit C2)

Enrollment deadline : Completed set of entry form, required document and entry fee must be postmarked on or before 4th August 2017, Friday. . No refund will be accepted upon successful enrollment. Payment receipt will be distributed at the Team Managers' meeting.

(Note: Successful entries will rest with the total number of participating teams.)

Dates and Penalties for Request to Change Information

Charge	Period
HK\$50 / athlete / category	5-16 August 2017
HK\$100 / athlete / category	17-23 August 2017
Change of information will NOT be allowed on or after 23 August 2017	

Race Categories

Race Categories	Men		Women		Fee (per race)
	Distance (Meters)	Quota (Individual)	Distance (Meters)	Quota (Individual)	
Individual Race					
Open	200	40	200	40	HK\$50
Corporate		40		40	
Senior A O40		40		40	
Senior B O50		40	X		
Youth U23		40	200	40	HK\$30
Sec.School-(F.1-F.3)		40		40	
Sec.School (F.4-F.6)		40		40	
Para		10		10	



Race Categories	Men		Women		Mixed		Fee
	Distance (Meters)	Quota (Team)	Distance (Meters)	Quota (Team)	Distance (Meters)	Quota (Team)	
Group Relay (A maximum of 6 athletes per team)							
Open	*4 X 200 meters	10	*4 X 200 meters	10	*4 X 200 meters	10	** (2017-18 voting and ordinary members) HK\$160
Corporate		10		10		10	
Senior A O40		10		10		10	
Senior B O50		10	X				(non-voting and ordinary members) HK\$200
Youth U23		10	*4 X 200 meters	10	*4 X 200 meters	10	HK\$100
Sec.School-(F.1-F.3)		10		10		10	
Sec.School (No Limit)		10		10		10	
Youth Uniform Organization		10		10		10	

* Group Relay format with four athletes and each complete 200m.

** For all entries submitted under the name of a voting member, the team name MUST start with the full name of that voting/ordinary member.

Entry requirement

1. Open / Corporate/Secondary School/ Youth/Para: All participants should be aged 12 or above as of 1st July 2017.
2. Youth U23: All participants should be under aged 23 as of 1st July 2017.
3. Senior A O40: All participants should be aged 40 or above as of 1st July 2017.
4. Senior B O50: All participants should be aged 50 or above as of 1st July 2017

Awards

Individual races: 1 Medal will be awarded to the Champion, 1st and 2nd runner-ups of each category.

Group races: 4 Medals will be awarded to the Champion, 1st and 2nd runner-ups of each category.

A trophy will be awarded to the Men and Women with the fastest time at individual races respectively.

A trophy will be awarded to the club or organization with the most participation.

Race by-law

1. There is no limitation on the number of entries for each organization/individual team.
2. Company Category: All teams of this category should provide the copy of BR; All participants must be full-time/oversea staff of the organization at the time the entry form is being submitted, the company should provide the copies of related Staff ID cards.
3. Youth Uniform Organization: This Category only for Civil Security Service Youth League, Hong Kong Traffic Safety Team, Hong Kong Maritime Youth Corps, Hong Kong Red Cross, Hong Kong Christian Youth Corps, Hong Kong Aviation Youth League, Medical Aid Youth League, Hong Kong St. John Ambulance Youth Team, Hong Kong Flag Hong Kong Youth Corps, Hong Kong Youth Corps, Hong Kong Youth Corps, Hong Kong Girl Scouts



Association and Hong Kong Scout Association; All participants must be a members of the these organization.

4. Para Category: All participants of this category should fulfil below requirement:
Having valid Card for People with Disabilities (issued by HKSAR). Hearing impairment, physical disability, speech disorders, mental retardation (mild), organ disability / long-term patients, visually impaired.
5. Any category with less than 3 entries received will be cancelled.
6. Each athlete can **ONLY** represent one team in EACH category. That is, an athlete is not allowed to represent XXX Team A and XXX Team B in the same category although both teams are under the same organization.
7. **All participants MUST present the original copy of their 2017-2018 HKCDBA Athlete Cards for identity check on the race day** except for Secondary School/Youth Uniform/Para Category. For those who cannot present valid HKCDBA athlete cards for any reasons, a card replacement charge of HK\$100 should be made on the spot.
8. **All participants of** Secondary School Category should provide the valid Student Card (2016-2017)
9. **All participants of Para** Category should provide the valid Card for People with Disabilities (issued by HKSAR).
10. **All participants of Youth Uniform Organization** Category **should provide the valid acknowledgment of the organization.**
11. For Group Relay races, the maximum number of participants in each team should be 6 (i.e. 4 athletes and 2 substitutions, 1 of them must be the team captain).
12. For Individual races, NO substitution is allowed. In case of absence for any reasons, athletes will be regarded as withdrawal and entry fee will not be refunded.
13. All athletes must be female in Women Category.
14. Mixed Category must consist of at least 2 female athlete and up to a maximum of 3.
15. Substitutions should also meet the entry requirement of the categories participated.
16. HKCDBA organizing committee reserves the right to refuse any entry into the races at its sole discretion.
17. Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and will not be entitled for any awards.
18. In case of discrepancies between the Chinese and English versions, the Chinese version shall prevail.

Race rules and regulation

1. Athletes should use the Ergometers (i.e. dry land dragon boat machines) provided by the organizer. No adjustment is allowed. In case of malfunction of equipment:
 - 1.1 If the damage of the ergometer and/or related equipment was caused by an athlete during the race, the athlete will be fouled immediately and is required to stop the race, sit back and wait until the race finishes.
 - 1.2 If the damage of the ergometer and/or related equipment was caused by natural malfunction and/or deterioration, the following measurements will be taken:
 - 1.2.1 Except for the finals, the athlete will be arranged to compete in another heat or an individual race of the same category so as to produce a record of time for the overall ranking;
 - 1.2.2 In the finals, the race will be re-started if the malfunction of equipment occurs within the first 30 seconds of the race else that race will continue and that athlete will be treated as fouled;
 - 1.2.3 If there is failure on the central timing system, the Chief Race Official will make a final decision if to continue the race depending on the situation.
2. Athletes in Group Relay races should wear their own team uniforms during the race.
3. Athletes shall report to the registration counter 10 minutes prior to the race. In case of absence for any reasons,



race will not be re-scheduled.

- 4.
5. Athletes shall be ready and sit on the Ergometers at least one minute prior to the race and listen to the instructions from race officials.
6. Any paddling before starters command [Go] or related signal will be regarded as [False starts]. Any athlete who commits a false start twice will be disqualified.
7. Each athlete can only race ONCE. In relay races, the athlete shall first pass the paddle to the race official then leave the Ergometer after completing his/her required distance. The next athlete shall pick up the paddle from the race official and get onto the Ergometer before the race continues.
8. Any team who severely contravenes rules and regulations or disciplinary code may be given of 5-10 second penalty or disqualified.
9. In special circumstance, HKCDBA organizing committee reserves the right to reschedule the race or make other arrangements. Cancellation or delay of races is subject to the final decision of the organizing committee. All athletes should obey the arrangement announced by the organizing committee.
10. Except for the above-mentioned rules and regulations, all other arrangements must comply with HKCDBA's existing competition rules and regulations of racing.
11. No appeal will be accepted. The decisions of the race officials on the spot will be treated as final.
12. In case of discrepancy between Chinese and English versions, Chinese version shall prevail.
13. HKCDBA organizing committee reserves the right to amend the above rules and regulations.

**** All team managers and participants MUST be familiar with the race rules and regulations.**

Race Format

Group Relay races – 800m Races (4 x 200m)

1. Each team is allowed to choose left- or right-handed ergometers before the commencement of the race. No change of ergometer is allowed after the event started.
2. Each team consists of FOUR (4) athletes. When the first athlete reached the 200m meter mark, he/she should pass the paddle to the next athlete and leave the ergometer immediately until the completion of the race.
3. The team completing the race in the shortest time will be the winner.
4. Each team will only have ONE chance to perform. All participating teams will be ranked according to the time taken in completing the 800m meter mark.

Individual races – 200m Races

1. Athletes can choose the ergometer whether left or right handed before the race but no change request is allowed after the event started.
2. All athletes will start the race at the same time. Athlete who reaches the 200m meter mark is regarded as race finished.
3. The individual completing the race in the shortest time will be the winner.

Race procedure

(A) Registration

1. Athletes shall report to the registration counter with their **2017-2018** HKCDBA athlete cards 30 minutes prior to the race. Except for Secondary School students with full time student cards, athletes who cannot present their **2017-2018** HKCDBA athlete cards will not be allowed to join the race.
2. Each athlete will receive a [Race label] and MUST be placed on his/her clothing which can be easily seen.



- No substitution is allowed after the completion of registration.

(B) Practice Session

- Athletes can practice under the arrangement of organizing committee before the race.
- Athletes shall bring along their valid athlete card when warm up at practice area for 2 minutes. Practice session will be arranged on first-come first-served basis within the set timeframe.
- One left- and one right-handed ergometers will be arranged to the Teams for practice in pair. Each practice session is limit to 8 minutes and will be arranged on a first-come first-served basis.
- Athletes shall not leave the practice area unless there is instructions from the race officials.

(C) Marshaling

- Athletes shall reach [marshaling area] 10 minutes prior to the race.
- Athletes shall bring along their **2017-2018** HKCDBA athlete cards.
- Athletes shall show their [Race label] to the race officials for cross-checking.
- Athletes shall wait at the marshaling area and shall not leave that zone until there is a signal from the race officials.
- Athletes must follow the race official in entering the race area.

(D) Race Area

- Athletes shall get ready on the Ergometers 1 minute prior to the commencement of the race. When the race official puts up the [last 1 minute] signage, latecomers of this race will NOT be entertained.
- Once the race finishes, it is compulsory for all athletes to confirm the result with race officials before leaving the race area.
- Athletes shall leave the race area after completing the race and shall not disturb other athletes.
- All races will start when the [Are you ready] signage is being held up followed by the [Go] signage.
- A warning will be given to the athlete / team who have made a false start. The athlete / whole team will be disqualified if he/she/a team member makes a false start a second time.
- If an Ergometer is malfunctioned, athletes shall start the race again.
- If malfunction of Ergometer is caused by improper use or mistakes caused by an athlete, race will not be restarted.
- If an athlete falls down from the Ergometer or slip off the paddle, he / she shall go back to the Ergometer and continue to race within his/her race time

Arrangement under inclement weather

- If typhoon signal No. 8 or above is in force at 7am on the race day, all the races will be cancelled. Entry fee would not be refunded.
- If thunderstorm warning, typhoon signal No. 1 or No.3, any amber rainstorm warning signal is in force on the race day, all teams shall report on time. Cancellation or delay of races is subject to the final decision of organizing committee. All teams should obey the arrangement announced by organizing committee.
- In case weather condition is getting worse during the races, the organizer reserves the right to cancel or postpone the race. Entry fee would not be refunded.



Location and Map of race venue

Venue: Hollywood Plaza, 3 Lung Poon Street, Diamond Hill, Kowloon



Public Transport

MTR

Diamond Hill Station Exit C

Bus

10, 11, 38, 80, 89, 91, 92, 302, 671, 11C, 286M, 3B, 61X, 74X, 75X, 80P, 82X, 84M, 85M, 906R, 91M, 96R, E22, E22A

Mini-Bus

19, 19A, 19M, 33A, 70, 72

Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 2504 8332

Website: www.hkcdba.org

Fax: (852) 2577 1873

Email: hkdba@hkolympic.org

We look forward to your joining us for a wonderful event!

Organizing Committee of

7th Hong Kong Indoor Dragon Boat Championships



7th Hong Kong Indoor Dragon Boat Championships
27 August 2017 at Hollywood Plaza, Diamond Hill, Kowloon

Entry Form – For Individual Races Only

Name: _____ (Chi) _____ (Eng)

Athlete number / *HKID first 4 digits : _____

* For participant whose taken part in Secondary and Para ONLY.

Tel: _____ Date of Birth: Year _____ Month _____ Day _____

Email : _____

The direction of Ergometer : Left handed / Right handed

Address : _____

In case of emergency, the contact person and phone number is:

Name of Club/Organization: _____ Membership No. (If applicable): _____

* Participant without a valid HKCDBA athlete registration card, please click this link <https://reg.hkdba.com.hk/> for registration or renew.

Participating category (Please ✓)

Race Categories.	Individual Race							
	Open	Corporate	Senior A (O40)	Senior B (O50)	U23 Youth	Sec. School (F.1-F.3)	Sec. School (F.4-F.6)	#Para
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Men / <input type="checkbox"/> Women			<input type="checkbox"/> Men	<input type="checkbox"/> Men / <input type="checkbox"/> Women			
Fee	HK\$50 per race				HK\$30 per race			

#Para Category	<input type="checkbox"/> Impaired hearing	<input type="checkbox"/> Visual disability	<input type="checkbox"/> Mild Mental Retardation
	<input type="checkbox"/> Disability	<input type="checkbox"/> Language Impairment	<input type="checkbox"/> Chronic illness

Declaration

I, _____ hereby certify that I am physically fit, trained and suitable to join the Indoor Dragon Boat Championships. I understand that I am entering this race at my own risk. I hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong China Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.

Athlete Signature _____ Date _____

Declaration (To be signed by parents / Guardian of athletes aged below 18)

I, hereby certify that the participant _____ is physically fit, trained and suitable to join the Indoor Dragon Boat Championships. I understand that the participant entering this race at his / her own risk. I hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong China Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.

Name of Parent / Guardian: _____ Signature of Parent / Guardian: _____ Date: _____



7th Hong Kong Indoor Dragon Boat Championships

Entry Form – For Group Relay Races

Team name: (Eng) _____
 (Chi, if any) _____

Name of club / team _____ Member No. _____
 / organization: _____ (If applicable): _____

Address: _____

Contact person: _____ Tel number: _____

Email: _____

In case of emergency, the contact person and phone number is: _____

Participating category (Please ✓)

Race Cat.	Group Relay (A maximum of 6 athletes per team)							
	Open	Corporate	Senior A O40	Senior B O50	Youth U23	Sec.School (F.1-F.3)	Sec.School (No limit)	Youth Uniform Organization
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/> Men/ <input type="checkbox"/> Women/ <input type="checkbox"/> Mixed			<input checked="" type="checkbox"/> Men	<input type="checkbox"/> Men/ <input type="checkbox"/> Women/ <input type="checkbox"/> Mixed			
Format	4 X 200 meters (Relay, each athlete is responsible for 200m)							
Fee	(2017-18 voting and ordinary members) HK\$160 (non-voting and ordinary members) HK\$200				HK\$100			

Member Information	English name in full	Sex	Athlete registration number/*HKID first 4 digits	Captain Please put ✓
Athlete 1				
Athlete 2				
Athlete 3				
Athlete 4				
Substitute 1				
Substitute 2				

Declaration

- We, the club / team / organization, hereby certify that all the participants of our crew are members our club / team / organization. All of participants are physically fit, trained and suitable to join the Indoor Dragon Boat Championships. We understand that they are entering this race at their own risk. We hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong China Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.
- We, the club / team / organization, hereby certify that we have obtained the prior approval from parent(s) / legal guardian(s) of each member of the team participating in this race under 18 years old and we take full responsibility for the care and safety of each of our members. We further confirm our acceptance of the conditions set out in the above paragraph.

Signature _____
 Name _____
 Date _____

Stamp of club / team / organization