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## Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships

**Bulletin**  
**Released on 8 January 2016**

Organized by the Hong Kong China Dragon Boat Association, title-sponsored by Young Post, subvented by Leisure and Cultural Services Department and supported by the Hong Kong Schools Sports Federation, the Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships will be held on 24 April 2016 (Sunday) at HKCDBA Shek Mun Training Centre, On King Street, Shatin, New Territories. Details are as follows:-

**Date :** 24 April 2016 (Sunday)

**Time :** 10:00am – 6:00pm

**Venue :** HKCDBA Shek Mun Training Centre, On King Street, Shek Mun, Shatin, New Territories.

**Entry Fee :** Free-of-charge (MUST meet the requirements for the Enrollment Fee' Exemption below.)

**Enrollment Deadline :** 18 March 2016, Friday. Completed set of entry form, required documents and entry Fee must be postmarked no later than this date. 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.)

### **Enrollment Fee Exemption**

- 1) Each school is required to provide a cheque of HK\$500 as deposit when submitting the Entry Form. Once the crew completed at least one race at the "Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships", the cheque will be returned a week after the race day. Otherwise, the cheque will be forfeited.
- 2) NO cheque is required for schools that have joined the Elementary Dragon Boat Training Course organized by Hong Kong China Dragon Boat Association during January to April 2016.

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇三二室  
Add: Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong  
電話Tel: (852) 2504 8332 | 傳真Fax: (852) 2577 1873 |  
電子郵箱Email: hkdba@hkolympic.org | 網頁Website: <http://www.hkcdba.org>



**揮槳廿五載 擊鼓創未來** *25 Years of Commitment Empowered to Excel*

### Entry Requirement

- 1) Full time secondary school students in Hong Kong; and
- 2) All participants must be aged 12 or above on or before 1 January 2016; and
- 3) Participants must be able to swim 50 meters in light clothing.

### Enrollment Procedure

Date	Items
18 March 2016, Friday	Enrollment deadline
7 April 2016, Thursday 7:00pm	Lane Draw All team representatives are welcomed to attend. Venue: Meeting Room of 1/F Olympic House, So Kon Po, Causeway Bay
15 April 2016, Wednesday 7:00pm	Team managers' meeting (Competition Regulations and Rules of Racing, race format and other race arrangement will be announced.) Venue: Meeting Room of 1/F Olympic House, So Kon Po, Causeway Bay All team managers should attend this meeting. Prior notice will not be issued. <b>NOTE: The arrangements announced at the team managers' meeting shall be final. Participating crews shall raise no objection.</b>
24 April 2016, Sunday	(A.M.) 200m Racing: All Categories, Small Boat. (P.M.) 200m Racing: All Categories, Standard Boat.

### Competition Regulations and Rules of Racing

It will be run in accordance to the IDBF Competition Regulations and Rules of Racing and Amendments for HKCDBA Competitions-Regulations and Rules of Racing (Forth Edition Effective from 1<sup>st</sup> March 2015). Please download the race rules and regulations from HKCDBA website [www.hkcdba.org](http://www.hkcdba.org).

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

### Race Format

To be announced at the team managers' meeting.

### Event Details

1) 200m Racing, Small Boat (12 persons)			2) 200m Racing, Standard Boat (22 persons)		
Category	Gender Regulations		Entry fee per entry		
Men	✧ Restricted to male paddlers, except for helm and drummer.		Free-of-charge (MUST meet the requirements for the Enrollment Fee Exemption.)		
Women	✧ Restricted to female paddlers, except for helm and drummer.				
Mixed	Small Boat	✧ Must consist of at least 4 and no more than 6 female paddlers. ✧ No gender limitation for helm and drummer.			
	Standard Boat	✧ Must consist of at least 8 and no more than 12 female paddlers. ✧ No gender limitation for helm and drummer.			

### Equipment

- All related equipment would be provided by HKCDBA.
- Should participants want to use their own paddles for the race, the requirement of the paddles must comply with 5.2 Amendments for HKCDBA Competition Regulations and Rules of Racing.
- Participating crews may also use their own life jackets.

### Dress Code

- Participating crews are required to wear the same team uniform during the competition except for helms provided by HKCDBA.
- Participating crews, including drummers and helms, are required to wear life jackets or buoyancy aids, shoes covering toes and heels during the competition.

### Awards

- Each participant will receive a Certificate of Participation.
- Each participating team will receive a trophy and winners will be ranked according to the finishing time of each race.
- Winners of different finals will receive the following awards:
  - The Champion, 1st and 2nd runner-ups of the Gold Cup will be awarded a Trophy and medals (18 medals for Small Boat and 32 for Standard Boat) each ; 3rd to 5th runner-ups a Trophy.

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- The Champion, 1st and 2nd runner-ups of the Silver Cup, Gold Plate, Silver Plate, Gold Bowl, Silver Bowl, Gold Shield and Silver Shield Races will be awarded a Trophy each; 3rd to 5th runner-ups an Excellent Performance Trophy.

### Arrangement Under Inclement Weather

- 1) If typhoon signal No. 3 or above, red or black rainstorm warning signal is in force at 7am on the race day, all the races will be cancelled. Except for the Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships, entry fee would not be refunded.
- 2) If thunderstorm warning, typhoon signal No. 1, amber rainstorm warning signal is in force on the race day, all teams shall report on time. In case weather condition is getting worse during the races, the organizer reserves the right to cancel or postpone the race. All teams should obey the arrangement announced by organizing committee.
- 3) Cancellation or delay of races is subject to the final decision of organizing committee. Except for the Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships, entry fee will not be refunded.

### Race By-Laws

- 1) Small Boat: Maximum number of participants in each team should be 20 (i.e. 1 team manager, 1 coach, 1 drummer, 1 helm, 10 paddlers and 6 substitutions).
- 2) Standard Boat: Maximum number of participants in each team should be 34 (i.e. 1 team manager, 1 coach, 1 drummer, 1 helm, 20 paddlers and 10 substitutions).
- 3) There is no limitation on the number of entries for each school.
- 4) Categories with less than **3 entries** will be cancelled.
- 5) All participants must be a current student and have studied in the participating secondary school for at least one month.
- 6) All participants are **not allowed** to represent for more than 1 team in each category. That is, sub-teams under the same team name (e.g. HKCDBA Team A and HKCDBA Team B are regarded as 2 teams in the same category).
- 7) Participants should present the **ORIGINAL** copy of their valid student IDs or handbooks to our officials on the race day for identification check.
- 8) Each team must have a Team Manager who is required to standby in the Crew Assembly Area, i.e. easily be seen and called by Race Officials, during the time when the team is racing.
- 9) The coach can also take up the role of a drummer or helm provided that there is clear indication on the crew list (crew registration form).
- 10) Substitution of drummer or helm: anyone on the registered crew list are allowed to act as the backup of the drummer or helm.

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- 11) All substitutions should meet the Entry and Gender Requirements of respective categories.
- 12) The organizer will provide qualified helms for each race; however, participating crews can also arrange their own helms. If helm service is required, please be reminded to state clearly in the Crew Registration Form/Crew List that "Helm to be provided by the organizer". **(IMPORTANT REMARKS: The performance or identity of the helm provided by the organizer will NOT be accepted as the grounds for making a compliant or appeal.)**
- 13) HKCDBA organizing committee reserves the right to refuse any entry into the races at its sole discretion.
- 14) Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and are not entitled for any awards. Entry for all dragon boat race held by the HKCDBA will be suspended, length of suspension will be determined by the Organizing Committee.
- 15) In case of conflict between the Chinese and English versions, Chinese version shall prevail.
- 16) In case of any dispute, the decision of Hong Kong China Dragon Boat Association should be final.

### Enrollment Method

Please send the following documents to HKCDBA Secretariat by email / fax / post before deadline:

- 1) Completed "Entry Form" and "Crew Registration Form / Crew List";
- 2) Crossed cheque of HK\$500 payable to "Hong Kong China Dragon Boat Association"

*\* Please write down your Team Name and race categories participating at the back of the cheque and keep a photocopy for future references. (Note: Your entry will automatically be rejected if the cheque bounced.)*

Mailing address: Hong Kong China Dragon Boat Association  
Room 1032, Olympic House, So Kon Po, 1 Stadium Path,  
Causeway Bay, Hong Kong.

*\*\* All information provided will be kept confidential and will only be used by authorized personnel for this competition only.*

### Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 2504 8332

Website: [www.hkcdba.org](http://www.hkcdba.org)

Fax: (852) 2577 1873

Email: [hkcdba@hkolympic.org](mailto:hkcdba@hkolympic.org)

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## Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships (1) Entry Form

Team Name: \_\_\_\_\_ (Must start with the school name.)

School Name: \_\_\_\_\_

Address: \_\_\_\_\_

Contact person: \_\_\_\_\_ Title: \_\_\_\_\_

Phone number: \_\_\_\_\_ Email: \_\_\_\_\_

In case of incident, emergency contact person and phone number is: \_\_\_\_\_

### Participating category / categories

Small Boat (12 persons) 200m			
Categories	Entry fee	No. of teams	Amount
Men	Free-of-charge (MUST meet the requirements for the Enrollment Fee Exemption.)		N/A
Women			N/A
Mixed			N/A
Standard Boat (22 persons) 200m			
Categories	Entry fee	No. of teams	Amount
Men	Free-of-charge (MUST meet the requirements for the Enrollment Fee Exemption.)		N/A
Women			N/A
Mixed			N/A

Yes, our school has already submitted a deposit cheque of HK\$500 when enrolled in the Elementary Dragon Boat Training Course in January - April 2016.

### Declaration

- 1) We declare that all participants are healthy, physically fit, be suitable to participate in dragon boat competitions, and able to swim 50 meters with light clothing. We understand that we join the competition at our own risk. We are willing to comply with all HKCDBA rules and regulations. We also agree to discharge Hong Kong China Dragon Boat Association from any responsibility in the event of injury, death or loss of property incurred, as a consequence of or while traveling to and from the venue(s) if the cause of injury, death or loss of property is due to my own negligence or inadequacy in health and fitness. Hong Kong China Dragon Boat Association has purchased Public Liability and Personal Incident Insurance package which maximum compensation is HK\$20,000,000 and HK\$200,000 for accidental death respectively. We will purchase extra insurance coverage ourselves if necessary.
- 2) We confirm that all participants aged below 18 have obtained consent from his / her parent / guardian to join this competition and the above-mentioned declaration and regulations.
- 3) We agree the contacts provided in this application can be used by Hong Kong China Dragon Boat association (HKCDBA) for the organization of the event, enrollment, compilation of statistics, future liaison work, promotion of future activities organized by HKCDBA and verification of identity for refund arrangements.
- 4) We agree and accept all terms and regulations listed above.

Name of school representative: \_\_\_\_\_ Position: \_\_\_\_\_

Signature of school representative: \_\_\_\_\_ Date: \_\_\_\_\_ Stamp of School

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## Young Post 7<sup>th</sup> Inter-school Dragon Boat Championships (2) Crew Registration Form / Crew List

Team name \_\_\_\_\_

Category: \_\_\_\_\_

**\* One Crew Registration Form per category.  
Please make photocopies of this form if necessary.**

**Details of participants :** We declare the following participants are students of our school. (Team Manager, Coach, Drummer and helm are excluded)

	English name in full	Sex	HKID first 4 digits			
Team Manager						
Coach						

	*Race No.			Position	English name in full	Gender	Age
1				Drummer			
2				Helm			
3				Paddler			
4				Paddler			
5				Paddler			
6				Paddler			
7				Paddler			
8				Paddler			
9				Paddler			
10				Paddler			
11				Paddler			
12				Paddler			
13				# Paddler/ Substitution			
14				# Paddler/ Substitution			
15				# Paddler/ Substitution			
16				# Paddler/ Substitution			

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17				# Paddler/ Substitution			
18				# Paddler/ Substitution			
19				# Paddler/ Substitution			
20				# Paddler/ Substitution			
21				# Paddler/ Substitution			
22				# Paddler/ Substitution			
23				Substitution			
24				Substitution			
25				Substitution			
26				Substitution			
27				Substitution			
28				Substitution			
29				Substitution			
30				Substitution			
31				Substitution			
32				Substitution			

\* Race No. – For Race Official’s Use.  
# Please delete as appropriate.

Name of school representative: \_\_\_\_\_ Position: \_\_\_\_\_

Signature of school representative: \_\_\_\_\_ Date: \_\_\_\_\_ Stamp of School

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