



中國香港龍舟總會  
HONG KONG CHINA DRAGON BOAT ASSOCIATION

**Young Post第七屆學界龍舟錦標賽**  
**Young Post 7th Inter-School**  
**Dragon Boat Championships**

**領隊會議**

**2016年4月15日**

**Team Manager Meeting**  
**15 April 2016**

# 會議內容 Meeting Content

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- 比賽時間表 Race Programme
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# 會議內容 Meeting Content

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# 參賽隊數 No. of Teams

比賽項目 Events	隊數 No. of Team
男子組小龍錦標賽 Small Boat Boys Championship	27
混合組小龍錦標賽 Small Boat Mixed Championship	17
女子組小龍錦標賽 Small Boat Girls Championship	10
男子組標準龍錦標賽 Standard Boat Boys Championship	9
混合組標準龍錦標賽 Standard Boat Mixed Championship	9

# 比賽時間表

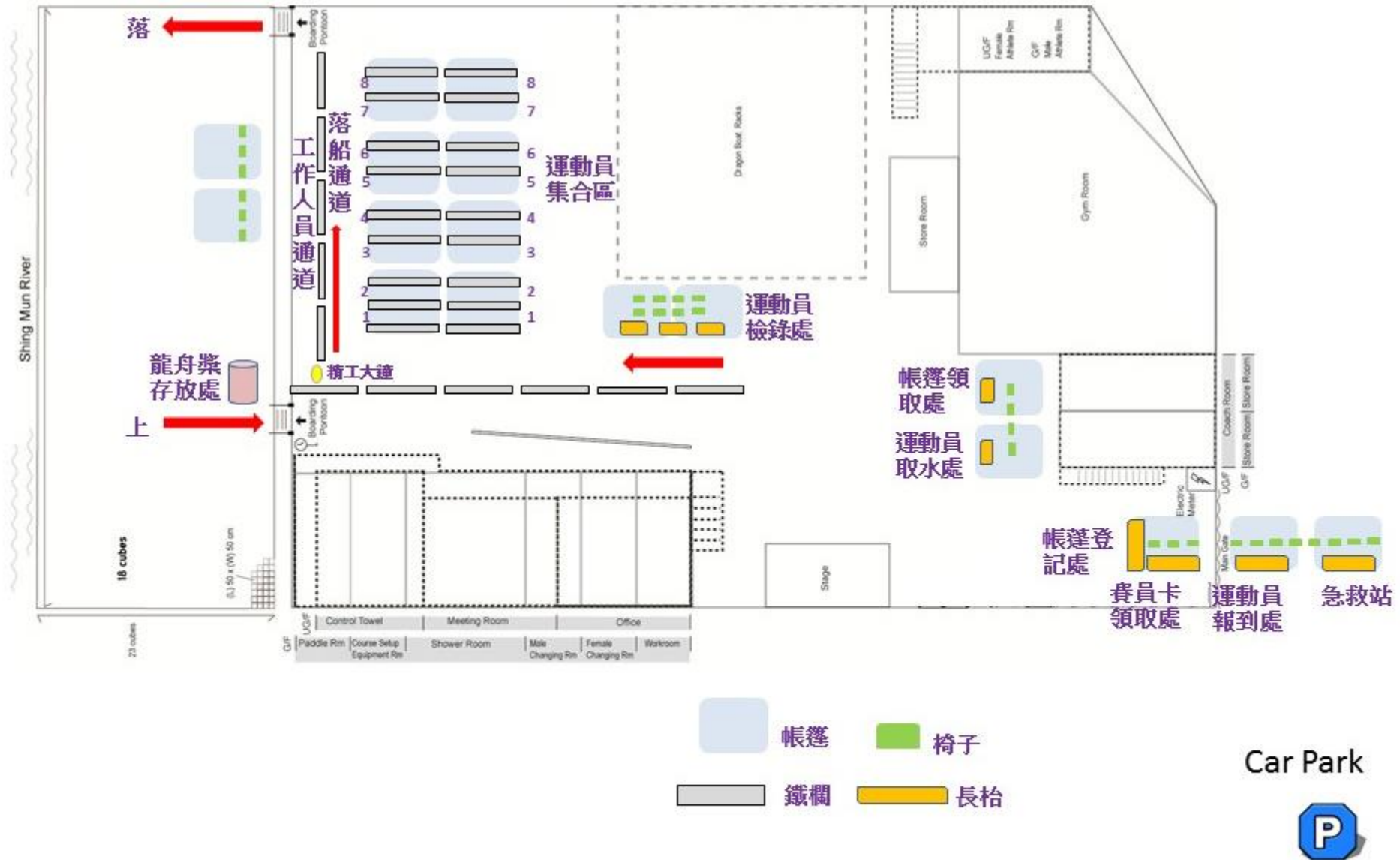
## Race Programme

- 參賽隊伍需於比賽(即第一場)前一小時到達報到處報到
- Race Program 比賽時間表 (見附件)
- Teams need to register one hour before the race start

# 場地簡介 Race Venue – 200米賽場



# 場地簡介 Race Venue



# 場地簡介

## Race Venue





# 飲食安排

## Meal Arrangement

- 小龍每隊伍每項目將獲派12枝水
- 標準龍每隊伍每項目將獲派20枝水午餐須自行安排
- Each team is entitled 12 bottles of water for small boat
- Each team is entitled 20 bottles of water Standard Boat
- Schools are responsible for their own lunch arrangement

# 帳篷租賃 Marquee Rental

- 各隊須於報到時填妥租用表格借用帳篷
  - 每間學校可租用帳篷一個
  - 比賽按金\$500已包括帳篷按金費用
  - 大會豁免帳篷租用費
  - 注意：帳篷不可懸掛任何物品(特別是背包及手提袋)，如有損壞將扣除按金\$500
- 
- Forms are required to submit for renting marquee on race day.
  - Each school is entitle to rent one marquee
  - Deposit \$500 for competition is included for marquee deposit.
  - The rental of marquee is free of charge this time.
  - Any damage of marquee will be charged with the deposit HK\$500.

# 場地規則

- 由於訓練中心外的停車場將於活動期間封閉，故建議參賽者使用公共交通工具到場；
- 保持場地清潔；
- 全場禁煙；
- 不得攀爬石壘或在石壘上坐立；
- 賽事控制中心、起步裁判區均不得擅自進入；
- 所有賽員沖身後必須關閉水掣；
- 請小心保管財物。場地設有儲物櫃，使用者請自備掛鎖。

# Rules and regulation

- Car park outside HKCDBA will be closed on race day, please use public transport to access the venue ;
- Keep clean ;
- No smoking ;
- No climbing next to the water front ;
- Not allow to access to the race information center and referee' s starting area ;
- Please be aware of your personal belongings.

# 惡劣天氣

- 如比賽當日上午七時或以後天文台始或仍然懸掛三號颱風或以上、黑色或紅色暴雨警告等訊號，所有賽事將會取消。
- 如比賽當日天文台懸掛雷暴警告、強烈季候風訊號、一號颱風或黃色暴雨警告訊號，各賽隊仍需依時報到。賽事舉行與否，均以賽事委員會作最終決定及安排。
- 基於安全理由，在賽事中途遇到任何情況或惡劣天氣，賽會有權取消或延遲任何賽事。

# Arrangement under inclement weather

- 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. Entry fee would not be refunded.
- If thunderstorm warning, typhoon signal No. 1, 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.



# **Race Regulations & Rules 比賽規則**

國際龍舟聯合會競賽條例及規則 /  
中國香港龍舟總會本地比賽修訂條例及規則撮要  
**(2015年3月1日第4版)**

**International Dragon Boat Federation (IDBF) Competition Regulations  
and Rules of Racing / Amendments for HKCDBA Competitions-  
Regulations and Rules of Racing  
(4<sup>th</sup> Edition / Effective from 1<sup>st</sup> March 2015)**

# 隊伍的組合 Crew and Team Composition

## 每隊人數 Crew Numbers

- 標準龍最多可載划手20名或不少於16 名划手。
  - 小龍最多可載划手 10 名或不少於 8 名划手。
  - 另每艘龍舟須有鼓手、舵手各一名。
- 
- A Standard Dragon Boat may carry up to 20 paddlers or not less than 16 paddlers.
  - A Small dragon boat may carry up to 10 paddlers with not less than 8 paddlers.
  - Each boat must carry 1 drummer and 1 steerer.



# 隊伍的組合 Crew and Team Composition

## 混合組 Mixed Team Composition

- 標準龍混合組最少有8 名女划手，最多只可達12 名女划手。
- 小龍混合組最少有 4 名女划手，最多只可達 6 名女划手。
- A Mixed crew in Standard Dragon Boat shall race with at least 8 female paddlers, up to a maximum of 12.
- A Mixed Small Dragon Boat carry at least 4 female paddlers, up to a maximum of 6.

## 領隊 Team Manager

每支參賽隊須有一位領隊，於該隊正在作賽並受賽事職員監管期間，須留在賽員集合處，並負責與賽事職員聯絡。

各隊領隊需到報到處登記領取領隊手帶以示識別。

**Each crew must have a Team Manager, who must be present in the Crew Assembly Area during the time that the crew is racing and is under the control of Race Officials. The Team Manager will be responsible for liaising with Race Officials.**

**Each Team Manager need to register at the Information Center for collection wristband**

鼓手 / 舵手之性別 / 年齡

**Gender / Age of Steerer / Drummer**

- 本次賽事所有組別擔任鼓手或舵手之人士可不限性別。
- 本地各級比賽，船上所有賽員，必需年滿**12歲**。(本地條例)
- **For this event, gender of steerers or drummers of all categories will not be restricted.**
- **All members of the crew on a racing boat must be 12 years old or over. (Local Reg)**

## 划槳 Paddle

- 參賽隊伍可使用自攜划槳
- 國際龍舟聯會划槳規格: **202a**
- 於賽事一小時前到「划槳驗證區」驗證
- **Competitors shall be permitted to use their own paddles**
- **IDBF specification : 202a**
- **Shall be taken to Paddle Checking Area one hour before the race for proper checking and to get approval.**

## 鼓棍 Drum Stick

- 參賽隊伍可使用自攜鼓棍
- 長度：400mm (40cm) 以下      直徑：40mm (4cm) 以下
- 兩端：半圓球狀，直徑不能大於棍身
- **The crew shall be permitted to use its own drum stick**
- **Length : < 400mm      Diameter : < 40mm**
- **Both ends : half sphere shape which diameter shall not exceed that of the drum stick itself.**

# 賽隊制服 Crew Uniforms

- 比賽期內，參賽隊伍艇上所有成員上身必須穿著統一且同一版本的制服；該制服可以是背心、短袖或長袖上衣。(2015年修訂) 如由大會提供的舵手則不受此限
- 比賽期內，參賽隊伍艇上所有成員必須穿著助浮衣、包跟包趾鞋（包括鼓手及舵手）。
- The crew shall be all in standard uniforms of the same version, i.e. recognizable unified racing vest for the upper body, singlet, short-sleeve or long, during the race. (Local Reg, revised **2015**)  
(This rule is not applicable to steerers 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.

## 標語、物資設計及贊助商廣告

## Slogans, Team Material Design & Advertising

- 制服上之廣告尺寸不限
  - 設計不能引起大眾不安或反感，或違反本地法律
  - 自攜划槳上之隊伍/個人/商業性名稱、標誌、標語、及其他廣告內容，總面積不能超過 **20cm x 5cm** 或 **10cm x 10cm**（即**100**平方厘米）
- 
- The size of sponsors name, logos and advertising on a Racing Vest is unlimited.
  - The design should not cause obvious offence to the public.
  - All personal names, team names or commercial names, as well as logos, slogans, and other part of the design and advertisement, appearing on private racing paddles must be able to be contained in a box measuring 20cm x 5cm or 10cm x 10cm (i.e.100 cm<sup>2</sup> ).

# 賽隊操守 Conduct of Crew

## 划手Paddler

划手在比賽過程中必須坐於座位上划船，不得以站立式或半蹲式划船。

**All paddlers shall perform the whole race in sitting position on the paddlers seat, neither stand-up nor squat down position is allowed.**

## 舵手Steerer

舵手不能用尾舵或/及划槳幫助推進以增加龍舟速度。

**The steerer is prohibited to assist paddling or use the rudder for sculling to accelerate the boat speed.**

## 鼓手 Drummer

鼓手應坐在座位上。並應全力有節奏地在鼓面或鼓邊敲擊，直至比賽結束。

**The Drummer shall sit on the designated drummers seat throughout the race. The drummer must actively beat the Drum with reasonable rhythm throughout the race.**

## 賽隊 Crews

賽隊人員 (包括參賽選手及隨行人員)未經許可，不得擅自進入賽事控制中心範圍，更不得對賽事職員無禮。

**All members of a team, including athletes and team officials, must not enter the Race Control Area without permission and shall not behave offensively or disrespectfully towards Race Officials.**



## 集合時間及查證 **Marshalling and Identification Check**

參賽隊伍必須按比賽時間 **30 分鐘前**到賽隊集合處報到。

**A crew must be reported to the crew assembly area **30 minutes** before the time of its race.**

賽員必須出示有效學生證或學生手冊**正本**，以供賽事裁判查核。

**Participants should present **original copy** of their **valid student IDs or handbooks** to our race officials on the race day for identification check.**

所有賽員在報名時必須為參賽學校的本屆學生並就讀於此校至少一個月。

**All participants shall meet the following criteria:**

- a current student of the participating secondary school; and**
- studies in the participating school for at least one month.**

## 隊員變化 Changes to Crew Numbers

當龍舟離開登舟碼頭後，賽隊不准作任何隊員增減或位置調動，否則會被給予警告。

**Once a crew has loaded in a boat and left the boarding pontoon, changes of crew members or change over of racers in the boat, will not be permitted or else will result a warning.**

# 起步區及起步程序 Starts and Starting Procedures

## 起步區 Start Area

- 必須在比賽開始前 3分鐘在起步區。
- **All crews shall assemble in start area, at least 3 minutes before their Start.**

## 遲到 Late Arrivals

- 遲到警告與偷步警告效力相同
- 在規定時間過後，發令員有權不理會是否有隊伍仍未到達起步區而依時發出比賽起步號令。
- **The late arrival warning shall have the same effect as one given for a False Start for that race.**
- **The Starter may start a race without reference to absentees.**

## 起步位置 Starting Position

- 有頭繩時，鼓手必須緊握頭繩
  - 舵手必須緊握起步位置上設置的專用把手或繩索
  - 若右舷(船邊)漆上白點並宣布採用「白點對齊法」起步，則每隊必需盡快把該白點對齊起步浮台之最前端。(2015年修訂)
- 
- If each racing lane is attached with a bow rope, each Drummer shall hold the rope in order to stabilize the boat.
  - Each Steerer shall hold a designated handrail or rope attached to the starting position. If the organizer has put a white dot on the starboard side gunnel right in front of the steer, and has indicated each team should have this dot align with the front edge of the starting pontoon, each team must act accordingly without delay. (Revised 2015)

## 上線對齊 **Aligning**

- 當發令員發出「**ARE YOU READY**」警惕賽隊時，則全部划槳動作均應立即停止。
- **Once the Starter has alerted the crews by saying “ARE YOU READY”, then all movement of paddles in the water must stop.**

## 起步 **Starting Signals**

- 當發令員認為各賽隊已準備就緒，即喊「**ATTENTION**」，跟著發出「**GO**」口令。「**GO**」令一發出，舵手才可鬆開把手，比賽正式開始 (2015年修訂)
- **When the Starter is satisfied that all crews are ready, the starting signals of word “ATTENTION” followed by the word “GO”. The Steerers should **only** release the start handrail, as appropriate, **after such start signal.** (Revised 2015)**

## 偷步處罰 False Starts Penalties

- 當所有賽隊返回起點後，發令員會對偷步的隊伍給予警告。
- 任何賽隊在「重新起步」時偷步，會被發令員取消資格。這情況下，比賽繼續，發令員不會把賽隊召回重新再起步；也即是說在正常情況下，發令員只會為每場比賽舉行最多兩次起步。
- **Once all the crews have returned to the start, the Starter will identify the crew or crew responsible for the False Start and warn them of the offence.**
- **Any crew that makes a false start in the re-start will be disqualified. However, in such cases, the race will carry on. In other words, each race shall have no more than one re-start.**

## 撞船 Collisions

- 在撞船事件中犯規船隻可被取消比賽資格。無論撞船事件對比賽結果有否造成實質性影響，大會一律不作重賽安排。
- In the event of a collision between 2 or more boats the Chief Official may disqualify the offending boat(s). No matter whether result of the race has been materially affected, the Organizer will not re-race the competition.

## 衝過終點線 Crossing the Finish Line

- 當龍舟最前面的部分(龍鼻)穿過終點線，而且龍舟上的人數與出發時相同，則算該龍舟完成了比賽。
- 衝終點後，要過大浮波才可折返碼頭。
- **A boat has finished the race when the foremost part of the boat (The nose of Dragon Head) crosses the Finish Line with the same number of Racers in it as started the race.**
- **A boat can only return to the pontoon by passing the big Buoy set after crossing the finish line.**



# 抗議 及 上訴 **Protest and Appeals**

## 抗議 **Protest**

- 領隊在賽後或比賽結果正式公布十五分鐘內以書面形式提出
- 抗議費: 伍佰港圓
- Team Manager may protest within 15 minutes after the race or after the result is announced. It should be made in writing.
- Protest fee: HK\$500.

## 上訴 **Appeal**

- 領隊在接到競賽委員會書面通知後的二十分鐘內以書面形式提出
- 上訴費: 壹仟港圓
- Handed in no later than 20 minutes after the Crew Manager has been informed, in writing, by the Competition Committee of any disqualification or dispute involving their crews.
- Appeal fee: HK\$1000

多謝

**Thank you**

期待在**2016年4月24日**  
與各位見面！

**See you on race day!**

# 線道抽籤

## Lane draw