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Organiser

Partner

5th Middle Island Cup - Race Bulletin

Date: Saturday 15 April 2023

Time: 0830 – 1730 hrs

Venue: RHKYC Middle Island, Deep Water Bay

Middle Island Cup is a long-distance dragon boat race that takes place on a 1km course nearby Deep Water Bay. The event, now in its 5th year, has open, women and mixed categories competing in both standard and small dragon boats. Awards are bestowed for the top 3 finishers in each category. **The top 5 crews will enter the Grand Final; a 2.5km race around Middle Island.** The race was first held in 2019 and is widely held as being one of the most enjoyable races in the dragon boat calendar year!.

For detailed instructions on how to get to Middle Island, please follow this link –

(<https://www.rhkyc.org.hk/storage/app/media/Club%20and%20Facilities/Maps/MI%20Roadmap%20All%20Options%202022.pdf>)

Race categories:

| Categories | | Entry Fee (HK\$) |
|--|-----------|---|
| Standard Boat (20 paddlers, one drummer, one steersman , total crew of 22 participants) | Open | \$2200 per team * Steersman's cost \$250 per event |
| | Women | |
| | Mixed | |
| Small Boat (10 paddlers, one drummer, one steersman , total crew of 12 participants) | Open | \$1650 per team * Steersman's cost \$250 per event |
| | Women | |
| | Mixed | |
| | Youth U18 | |

| Categories | Entry requirement |
|-------------|---|
| Basic rules | <ul style="list-style-type: none"> Athletes must be aged 12 or above on or before 15 January 2023; Athletes are able to swim at least 50 meters in light clothing; and Athletes are advised to wear Personal Floatation Device (PDF) for Race. |
| Open | <ul style="list-style-type: none"> No gender limitation. |
| Mixed | <ul style="list-style-type: none"> Must consist of at least 50% female paddlers; <ul style="list-style-type: none"> Small boat: minimum 5 female paddlers Standard boat: minimum 10 female paddlers |
| Youth (U18) | <ul style="list-style-type: none"> All paddlers must age under 18-years -old on or before 31 December 2023. No limitation for steersman and drummer. No gender limitation |



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Registration:

- Online Registration from **NOW to Friday 31 March 2023 at 1200hrs.**
- Registration will be on a first come first served basis.
- When the entries are full / shown as "Sold Out", waiting list are still available. Please continue to fill in the team information with your preferred category/entry and submit the form without payment. You will be on the queue and we will take your enrollment once we have availability. Payment collection will be arranged afterward through email.
- Places will be awarded in order of entries received (i.e. preference will be given to those entries received, and paid for, first). The committee retains the right to limit the number of entries if the event is over-subscribed.
- Club Captains must ensure that they only enter competent crews and that their crews are properly prepared for the race. All competitors should be able to swim at least 50m in light clothing.
- The committee reserves the right to cancel specific events in the event of insufficient entries.

Equipment:

- All equipment will be provided.
- Athletes are recommended to use their own paddles for the race, which must comply with IDBF specifications.
- Athletes can use their own Personal Floatation Device (PFD) for racing, except the inflatable PFD
- RHKYC has only limited number of PFDs – you are advised to bring your own if needed.



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Competitions and Rules of Racing:

- 2 teams per race; head-to-head format. Each team completes a 1km, oval-shaped course going in an anti-clockwise direction from a standing start (i.e. you finish where you started)
- Lanes will be decided by a coin toss between team captains on the pontoon at loading.
- Boats must circumnavigate the course on the outside of each buoy, i.e. passing outside (to the right of the turning buoys). Teams that turn before the buoy will be disqualified. Teams that miss the buoy, but stop and return to correct their course, will not be disqualified.
- The team that returns to their original starting position first wins the race.
- Starting commands will be in English, "**Crews are you ready, attention, go...**" Start instructions will be in English only and will be given by the RIB team to be positioned abeam the start buoy
- There will be no restarts. Teams that false start will be given a 5 second penalty.
- Crew members are at no time permitted to lever or "pry" a paddle against the gunwale of the boat to assist with turning; draw strokes or "poking" are allowed. Breaking this rule results in a 5 second penalty.
- Standard boat crews will consist of 20 paddlers plus a drummer and steer while small boat crews will consist of 10 paddlers plus a drummer and steer. The number of paddlers may be reduced and/or drummers removed depending on weather conditions on the day.
- All crews must complete the racecourse with the same number of participants that they started with. If anyone falls out of the boat, then the team must stop to pick up the person before completing the course. Violating this rule will lead to forfeiting the heat in question.
- Mixed crews are to be comprised of minimum 50% female paddlers. This means a standard boat carrying 20 paddlers can have at least 10 female paddlers, while small boat carrying 10 paddlers can have at least 5 female paddlers.
- Any crew violating the above crew composition rules will forfeit the heat.
- **The five teams with the most points will enter the Grand Final for the MI Cup.**
- **The Grand Final will take place using standard boats in an Open category and the course will be 2.5km around Middle Island.**



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Result & Awards:

- Points for races will be allocated based on the table below.
- Awards will be presented to teams as follows for each category:
- Standard Boat - Champion, 1st runner-up and 2nd runner-up of each category will be awarded a Trophy and 27 Medals
- Small Boat - Champion, 1st runner-up and 2nd runner-up of each category will be awarded a Trophy and 17 Medals

| Place | POINTS | |
|----------|----------|-------|
| | Standard | Small |
| Champion | 120 | 60 |
| 2nd | 100 | 50 |
| 3rd | 80 | 40 |
| 4th | 60 | 30 |
| 5th | 40 | 20 |
| 6th | 20 | 10 |
| 7th | 0 | 0 |
| 8th | 0 | 0 |
| 9th | 0 | 0 |
| 10th | 0 | 0 |

Middle Island Cup Overall Champion

- The top **five** teams with the highest number of points at the end of normal racing, will enter the Grand Final to determine the winner of the MI Cup.
- Points will be based on each team's top finish from each of the Standard boat category and Small boat category.
- In the event that two teams have the same number of points, the team with the fastest combined time from both their Standard and Small boat races that have been used to determine their points, will enter the Grand Final.
- Team Captains can raise any disputes of race results to the Race Director. Race Director will make the final decision.

Waiver forms & Safety Information:

- All competitors are required to sign a disclaimer/indemnity form before racing in registration area. Team representative will need to collect all the signs from the team members.
- Junior athletes must have their forms co-signed by a parent or guardian & submitted in advance.
- All participants must be able to swim 50m in open water & tread water for 3 minutes. IF participants cannot do the above, then they must wear a PFD.
- Participating Club Captains must be aware and responsible for any medical conditions of their team.
- Wear appropriate footwear and use reef friendly sunscreen.
- There will be boats providing safety cover on the race course at all times. If you require assistance, please shout and wave to attract their attention.

The Course:

The race will start and finish outside the RHKYC Clubhouse at Middle Island. Both boats head in opposite directions at the start and complete one full lap going in an anti-clockwise direction, finishing where they started. Boats must pass to on the outside (to the right) of the turning buoys.

*This race course is not applicable to Junior category.





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Grand Final race course:

The Grand Final will take place using standard boats in an Open category and the course will be 2.5km around Middle Island.

The Start/Finish line will be the same as earlier races on the day. (see white line below). Crews to race clockwise around Middle Island with a 15 second starting gap between boats.

Crews will need to pass to the **left** of the final turning mark before proceeding down the channel to the finish line.



Additional Information for Competitors:

Food and Drink – Food and beverages will be available to purchase with **Octopus Card** only. No outside food and drinks are permitted on Middle Island.

We wish to make this and all our events Green Events. We urge all teams to bring their own refillable water bottles. Our water-station is free of charge. We urge all our vendors, competitors, and guests to work to keep our environment clean.