



# 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

## Bulletin

Released on 11 October 2013

To promote diversified dragon boat events, 3<sup>rd</sup> Hong Kong Indoor Dragon Boat Championships which is organized by Hong Kong China Dragon Boat Association will be held 24<sup>th</sup> November 2013, Sunday at Heung Yee Kuk Building, Shatin. Details are as follows:-

**Date :** 24 November 2013, Sunday  
**Time :** 10:00am – 4:30pm  
**Venue :** G/F Exhibition Hall, Heung Yee Kuk Building, 30 On Muk Street, Shatin  
**Enrollment deadline :** 4 November 2013, Monday  
 \*As indicated by postmark with submission of completed entry form, all required documents and entry fee.  
 No refund after enrollment is confirmed by HKCDBA. Payment receipt will be distributed on the race day.  
 (Success entry rest with the total number of participating teams)

### Administration charge for alteration and incomplete application:

Charge	Item
\$200/participant	Submit or change personal information between 5 November 2013 and the event day

### Race Categories

Categories	Group (max. 14 athletes)			Individual			
	Open	Women	Mixed	Open	Women	Boys(U23)	Girls(U23)
<b>Quota</b>	6 teams	6 teams	6 teams	30pax	30pax	30pax	30pax
<b>Distance</b>	5km (Relay each athlete complete 500m race)			500m			
<b>Entry Fee</b>	(Voting Member)HK\$400 (Others)HK\$700			HK\$50			

\* Team(s) formed by voting members should be with their registered member title existed in the participating team name.

### Entry requirement

1. All participants should be aged 12 or above as of 1 January 2013.
2. Boys & Girls (U23): All paddlers should be aged 12 or above but under 23 as of 1 January 2013.

### Awards

Individual races: 1 Medal will be awarded to Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up of each category.

Group races: 1 Trophy and 14 Medals will be awarded to Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up of each category.



## 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

### Race by-law

- (1) There is no limitation on number of entries of each organization/individual.
- (2) Category with less than 3 participating teams will be cancelled.
- (3) Each paddler cannot represent different teams (sub-teams under the same team's name (Team A, Team B) are regarded as different teams) in the same category.
- (4) **All participants should be holders of 2013 HKCDBA registered athlete cards and present their ORIGINAL HKCDBA athlete cards for checking on the race day.** For those who cannot present the HKCDBA athlete cards for any reasons, replacement with payment (HK\$30) should be made on the spot.
- (5) Group races: Maximum number of participants in each team should be 18 including 1 team manager, 1 coach, 10 paddlers and 6 substitutions.
- (6) Individual races: No substitution is allowed. In case of absence for any reasons, athletes will be regarded as withdrawal and entry fee would not be refunded.
- (7) No gender limitation in Open Category.
- (8) All athletes must be female in Women Category.
- (9) Mixed Category must consist of at least 4 female paddlers and up to a maximum of 6.
- (10) Substitution should meet the entry requirement of the categories participated.
- (11) HKCDBA organizing committee reserves the right to refuse any entry into the races at its sole discretion.
- (12) Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and are not entitled for any awards.
- (13) In case of discrepancy between Chinese and English information in this Bulletin, Chinese version shall prevail.

### Race rules and regulation

1. Athletes should use the Ergometers provided by Organising Committee. No adjustment is allowed. In case of malfunction, replacement of Ergometer will be arranged.
2. Athletes in Group races shall be all in standard 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. Athletes shall be ready on the Ergometers 1 minute prior to the race and wait race officials' instruction.
5. Any athletic movement before starters command [Go] will be regarded as [False starts]. Any athlete makes a false start in the re-start will be qualified.
6. Each athlete can only race ONCE. In relay races, athlete shall pass the paddle to the race official before off the Ergometer. The next athlete shall take the paddle from race official and ready on the Ergometer before start.
7. Any team who severely contravenes rules and regulations or disciplinary code may be given of 5-10 seconds penalty or disqualified.
8. In special circumstance, HKCDBA organizing committee reserves the right to reschedule the race or make other arrangement. Cancellation or delay of races is subject to the final decision of organizing committee. All athletes should obey the arrangement announced by organizing committee.



## 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

9. Except the above-mentioned rules and regulations, all other arrangement will be comply with HKCDBA existing competition rules and regulations of racing.
  10. No appeal will be accepted, the decisions of the race officials on the spot will be final.
  11. In case of discrepancy between Chinese and English information in this Bulletin, Chinese version shall prevail.
  12. HKCDBA organizing committee reserves the right to amend the above rules and regulations.
- \*\* All team managers and participants should be familiar with the race rules and regulations.**

### **Race Format**

#### Group races

- (1) TWO (2) Ergometers (one left hand and one right hand) will be provided to each team. THREE (3) teams (SIX (6) Ergometers) will race at the same time in each category.
- (2) TEN (10) athletes in a team (five left hand and five right hand). First pair (one left hand and one right hand) starts at the same time. When one athlete reaches 500m meter mark (no need to complete the race at the same time), run to the waiting zone and high-five to next athlete. Race then relayed and so on. When the 5<sup>th</sup> pair reaches 500m meter mark and the whole team reach 5000m meter mark in total (each Ergometer recorded 2500m meter mark), the team is regarded as race finished.
- (3) Time taken for the whole team recorded from TWO (2) Ergometers (each Ergometer recorded 2500m meter mark) will determine the final result. The team completing the race with the least time will be the winner.
- (4) Each team is required to complete one race in each category. Team will be ranked according to the time taken for the whole team completing 5000m meter mark.

#### Individual races

- (1) SIX (6) athletes (SIX (6) Ergometers) will race at the same time in each category. Athletes can race on either side but no change after the race starts.
- (2) All athletes start race at the same time. Athlete who reaches 500m meter mark is regarded as race finished.
- (3) Athlete completing the race with the least time will be ranked high.

### **Race procedure**

#### **(A) Registration**

- (1) Athletes shall report to the registration counter with their 2013 HKCDBA athlete cards 30 minutes prior to the race. Late athletes shall report to the registration counter 15 minutes prior to the race. Athletes who cannot present their 2013 HKCDBA athlete cards will not be allowed to join the race.
- (2) Athletes will receive [Race label] and shall stick on their outer clothing visibly.
- (3) No substitution is allowed after registration.



## 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

---

### **(B) Practice Session**

- (1) Athletes can practice under the arrangement of organizing committee before the race.
- (2) 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.
- (3) One left hand and one right hand Ergometers will be arranged to the Teams for practice in pair.  
10 minutes team practice session will be arranged on first-come first-served basis.
- (4) Athlete shall not leave practice area until race officials give a sign.

### **(C) Marshaling**

- (1) Athletes shall reach [marshaling area] 15 minutes prior to the race.
- (2) Athletes shall bring along their 2013 HKCDBA athlete cards.
- (3) Athletes shall show their [Race label] to the race officials for checking.
- (4) Athletes shall wait at the marshaling area and shall not leave until race officials give a sign.
- (5) Athletes must be led by race official to enter the race area.

### **(D) Race Area**

- (1) Athletes shall be ready on the Ergometers 1 minute prior to the race. When race official gives [last 1 minute] sign, all late athlete shall not be allowed to join the race.
- (2) When finish the race, athlete shall confirm the result with race official before leaving.
- (3) Athlete shall leave the race area and shall not disturb other athletes after completing the race.
- (4) All races starts when starting signal of the word [Are you ready] followed by the word [Go].
- (5) A warning will be given to the athlete / team who have made a false start. Athlete / whole team will be qualified if he/she/one of their team member makes a false start in the re-start.
- (6) If Ergometer is malfunctioned, athletes shall start the race again.
- (7) If malfunction of Ergometer is caused by improper use or mistakes by the athlete, race will not re-start.
- (8) If athlete fall from the Ergometer or slip off the paddle, he / she shall be back to the Ergometer and continue to race within his/her race time

### **Indoor Dragon Boat Training Course**

Please download course pamphlet from HKCDBA website [www.hkdba.com.hk](http://www.hkdba.com.hk)

### **Arrangement under inclement weather**

- (1) If typhoon signal No. 3 or above, red or black rainstorm warning signal is in force at 8am on the race day, all the races will be cancelled. 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. Cancellation or delay of races is subject to the final decision of organizing committee. All teams should obey the arrangement announced by organizing committee.
- (3) 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.



Organised by  
Hong Kong China Dragon Boat Association

## 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin  
24 November 2013 (Sunday)

### Enrollment Procedure

Date	Items
4 November 2013, Monday	Enrollment deadline
24 December 2013, Sunday 10am - 4:30pm G/F Exhibition Hall, Heung Yee Kuk Building, 30 On Muk Street, Shatin	Race Day 1000 – 1100 : Crew registration and Practice 1100 – 1115 : Team / Athlete Briefing 1130 – 1630 : Race time (Draw for Ergometers held before each race)

### Enrollment method

Please **MAIL** the following documents to HKDBA Secretariat before deadline:

- 1) Completed "Entry Form" ; and
- 2) Entry Fee.

Crossed cheque payable to "Hong Kong China Dragon Boat Association", write team name and participated categories at the back of cheque.

Only cheque is accepted. Please retain the copy of cheque.

If cheque cannot be presented successfully, it will be deemed as outstanding payment.

Mailing address: Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay.

### **Enrollment sent by fax or email is not accepted.**

\*\* All personal data collected will be solely used for the purpose of conducting fair competition and will be shredded in one month after the event. If necessary, all related document can be returned and collected in person within one month with prior notice.

### Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 2504 8332

Website: [www.hkdba.com.hk](http://www.hkdba.com.hk)

Fax: (852)2577 1873

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



# 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

## Map of race venue



## Public Transport

### MTR

Main Entrance : Shek Mun Station Exit A (About 5 min walk)

Carpark : Shek Mun Station Exit C (About 5 min walk)

### Bus (Ravana Garden)

40X, 43P, 43X, 81C, 82X, 84M, 85C, 85K, 86C, 86K, 86P, 86S, 87D, 89C, 284, 299, 680, 680A, 682, 885, A41P, N42, N281, N680

### Green Minibus

801, 801K, 803, 803A, 810



Organised by  
Hong Kong China Dragon Boat Association

# 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

## Individual Entry Form

Name \_\_\_\_\_ (Chi) \_\_\_\_\_ (Eng)

Athlete number / HKID first 4 digits \_\_\_\_\_

Tel \_\_\_\_\_ Date of Birth \_\_\_\_\_ Year \_\_\_\_\_ Month \_\_\_\_\_ Day \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

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

### Participated category

	Open	Women	Boys(U23)	Girls(U23)
500m Race				

\* Team members who do not have HKDBA athlete registration card should submit application of Athlete Registration together with this form.

### 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 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 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 \_\_\_\_\_ Signature of \_\_\_\_\_ Date \_\_\_\_\_  
Parent / Guardian \_\_\_\_\_ Parent / Guardian \_\_\_\_\_





# 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

## Group Entry Form

Team name (Chi) \_\_\_\_\_ (Eng) \_\_\_\_\_

Name of club / team / organization \_\_\_\_\_ Member No. (If applicable) \_\_\_\_\_

Address \_\_\_\_\_

Contact person \_\_\_\_\_ Address \_\_\_\_\_

Email \_\_\_\_\_ Contact person \_\_\_\_\_

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

### Participated category

	Open	Women	Mixed
5000m Race			

### Declaration

- (1) 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 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.
- (2) 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 \_\_\_\_\_

Position \_\_\_\_\_

Date \_\_\_\_\_

Stamp of club / team / organization





Organised by  
Hong Kong China Dragon Boat Association

# 3rd Hong Kong Indoor Dragon Boat Championship

Heung Yee Kuk Building, Shatin

24 November 2013 (Sunday)

## Group Entry Form

### Crew Registration

Team name (Chi) \_\_\_\_\_ (Eng) \_\_\_\_\_

Category: ☐ Open ☐ Women ☐ Mixed

#### Information of participants :

	English name in full	Sex	HKID first 4 digits
Team Manager			
Coach			
	English name in full	Sex	Athlete registration number/HKID first 4 digits
Paddler 1			
Paddler 2			
Paddler 3			
Paddler 4			
Paddler 5			
Paddler 6			
Paddler 7			
Paddler 8			
Paddler 9			
Paddler 10			
Substitute 1			
Substitute 2			
Substitute 3			
Substitute 4			
Substitute 5			
Substitute 6			