

# 赤柱龍舟熱身賽 2024

## STANLEY DRAGON BOAT WARM UP RACES 2024

2024 年 5 月 18 日, 星期六  
赤柱正灘  
賽程: 250 米  
上午八時至下午五時  
報名截止日期 - 2024 年 5 月 3 日

18 May, 2024, Saturday  
Stanley Main Beach  
Course Length: 250m  
8am - 5 pm  
Registration Deadline – 3 May, 2024



### Race Registration 比賽申請

\* Please print in BLOCK letters \* 請用正楷填寫

Team Name 隊伍名稱	Chinese 中文名 English 英文名	隊伍名稱將會刊登在大會刊物 It will be shown in race publication		
Organization 機構				
Address 通訊地址				Fax 傳真
Team Manager 領隊	Name 名字	Email 電郵		
		Tel 電話	Mobile 手提	
Contact Person 聯絡人	Name 名字	Email 電郵		
		Tel 電話	Mobile 手提	

#### Entry Group 參賽組別

##### Standard Dragon Boat 標準龍

Category 組別	Restricted Requirement 限制要求	Crew 船員	Fee 費用		
<input type="checkbox"/> Men 男子組	Female paddlers can participate in this category 女槳手可參與此組別	Paddlers 槳手 X 18 Drummer 鼓手 X 1 Steersman 舵手 X 1	X _____	team(s) 隊	X HK\$4,600
<input type="checkbox"/> Mixed 混合組	With at least 8 female paddlers 最少 8 位女槳手		X _____	team(s) 隊	
<input type="checkbox"/> Ladies 女子組	Female paddlers only 只接受女槳手參與	Total 20 people 人	X _____	team(s) 隊	

##### Small Dragon Boat 小龍 (Standard Boat will be used in this Races 以標準龍比賽)

Category 組別	Restricted Requirement 限制要求	Crew 船員	Fee 費用		
<input type="checkbox"/> Men 男子組	Female paddlers can participate in this category 女槳手可參與此組別	Paddlers 槳手 X 10 Drummer 鼓手 X 1 Steersman 舵手 X 1	X _____	team(s) 隊	X HK\$2,800
<input type="checkbox"/> Mixed 混合組	With at least 4 female paddlers 最少 4 位女槳手		X _____	team(s) 隊	
<input type="checkbox"/> Ladies 女子組	Female paddlers only 只接受女槳手參與	Total 12 people 人	X _____	team(s) 隊	

Sub Total: \_\_\_\_\_

#### Race Day Arrangement 比賽當日安排

Item 項目	Details 詳情	Rent / Fee 租金/費用			
<input type="checkbox"/> Marquee 帳篷	<ul style="list-style-type: none"> <li>- Marquee Size: 3m x 3m X 2.5m(H) 帳篷尺寸: 3 米 x 3 米 X 2.5 米(高)</li> <li>- No promotional activity can be held 不能進行任何推廣宣傳活動</li> <li>- Team can only hang one team banner (300cm (W) x 20cm (H) 只可橫掛隊名/隊徽的橫額一條 (尺寸: 300 厘米 (闊) X 20 厘米 (高))</li> </ul>	HK\$800	X _____	Marquee (s) 帳篷	HK\$ _____
<input type="checkbox"/> Official Steersman * 大會舵手*	<ul style="list-style-type: none"> <li>- Up to 3 rounds 最多 3 場</li> </ul>	HK\$800	X _____	person(s) 人	HK\$ _____

\* Please provide a copy of a valid SRA steersman license along with this application, if you do not require the official steersman on the race day

Sub Total: \_\_\_\_\_

\* 如比賽當日無需聘用大會舵手, 必須付上經本會考核及認可之有效舵手註冊証影印本

Grand Total: \_\_\_\_\_

#### Remarks 備註

A completed liability waiver form on behalf of their crews must be submitted with the application form, failure to submit the form will result in disqualification.  
遞交參賽表格時必須連同已填妥免責聲明書, 以確保參賽資格。

#### Payment Method

<input type="checkbox"/> Cheque No. 支票號碼 _____  1. Cheque should be crossed and made payable to "Stanley Residents Association Limited". 劃線支票抬頭為「赤柱居民會有限公司」。  2. Please mail the cheque or the copy of payment reference to the SRA office, 96 Stanley Main Street, Stanley, HK. 請將劃線支票或轉帳收據郵寄到本會辦公室 - 香港赤柱大街 96 號。	<input type="checkbox"/> Bank Transfer No. 銀行轉帳號碼 _____  1. Bank Transfer 銀行轉帳: Account name 戶口名稱: Stanley Residents Association Ltd. Account number 戶口號碼: 046-007829-001 (HSBC)  2. Please email payment proof to <a href="mailto:info@dragonboat.org.hk">info@dragonboat.org.hk</a> 請電郵付款收據至 <a href="mailto:info@dragonboat.org.hk">info@dragonboat.org.hk</a>  Teams are responsible for the bank admin. charges. 銀行手續費自付。
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*\*In the event of withdrawal from the entry, team still need to pay for the entry of the package enrolled.*

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[W]

### Liability Waiver 參賽聲明書

本會謹此聲明，如因前往或離開比賽場地比賽及練習而引致的傷亡或財物損失，主辦機構（赤柱居民會有限公司）或任何與比賽有直接或間接關係之人士或機構，均無須負任何責任。

To discharge the Organization (Stanley Residents Association Limited) as well as any other individuals or organizations connected directly or indirectly with the 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 race and practices

領隊 (姓名) \_\_\_\_\_ 代表 (隊伍名稱) \_\_\_\_\_  
證明所有參與是次練習及比賽之隊員均體格健全，適合參與龍舟比賽，是次比賽之一切後果概由隊員自己負責。我等已閱讀並同意遵守主辦機構（赤柱居民會有限公司）所訂的一切規則。

Team Manager (Name) \_\_\_\_\_ on behalf of Team \_\_\_\_\_  
\_\_\_\_\_ hereby certify that the participants of our team who have entered into this race and practices are physically fit. We understand that they are entering this race at their own risk. We have read and hereby expressly agree to abide by all the rules and conditions of the Organization (Stanley Residents Association Limited).

隊伍名稱 Team Name	Chinese 中文名	
	English 英文名	
機構 Organization		
領隊 Team Manager	Name 名字	Emergency Contact No.: 緊急聯絡電話
舵手* Steersman*	Name 名字 (如適用) (If applicable)	
舵手註冊號碼 Steersman Registration No	(如適用) (If applicable)	
領隊簽名 Signature of Team Manager		
日期 Date		

\*如果隊伍是用私人舵手

\* If your team is using your own steersman

### Remarks 備註

1. Please read the Notes of Application, Guidance for participant and rules and regulations thoroughly before submitting your application and this waiver.  
遞交報名表格及參賽聲明書前，請仔細閱讀報名須知、參賽須知及比賽規則。
2. Please kindly return this waiver with the application form via fax (2813 5704) or email to the SRA on or before the 1st practice session.  
請將參賽聲明書連同申請表格一併遞交，或在第一節練習前傳真 (2813 5704) 或電郵至赤柱居民會

## 赤柱龍舟熱身賽

## 1. Race Application 比賽申請

## 1.1 Team Information 隊伍資料

## 1.1.1 Team Manager and contact person 領隊與聯絡人

1.1.1.1 Team manager is the emergency contact of the team and is liable for all issues of the team happen during the period of practices and races.

各隊領隊是隊伍之緊急聯絡人並有責任處理各隊員於練習及比賽期間發生的任何事情。

1.1.1.2 Only inquiries and requests made by Team Manager would be accepted. Should there be any inquiries or amendments on race entry, race arrangements and practice schedule, please contact the organizer via written notification and the organizer would confirm upon receipt.

如各隊伍有任何有關報名、賽事及練習安排之疑問或更改，本會只接受各隊伍隊長的查詢及有關安排之決定。請以書面形式通知賽會並以賽會回覆作實。

## 1.1.2 Amendments on enrollment information 更改參賽資料

1.1.2.1 Teams are allowed to change their team name once and notify the organizer via email **within 2 weeks after your submission** of the application. Administration Fee of HK\$500 will be charged for any amendments afterward.

各隊伍只可更改名稱一次並於提交報名表的兩星期內以電郵通知為實。如需再次更改，賽會將收取行政費用港幣500元。

1.1.2.2 Team must notify the association via email anytime if there is any changes on contact information (such as change of contact person, address and contact number) of the team.

如隊伍有任何聯絡資料（如更改領隊或聯絡人、地址及聯絡電話），必須以電郵通知本會。

## 1.2 Entry Group 參賽組別

## 1.2.1 Men Class 男子組

Female paddlers are allowed.

男子組別可允許女性隊員參加。

## 1.2.2 Mixed 混合組

Mixed Teams must have a minimum of 8 and maximum of 12 female paddlers on board.

混合組每隊出賽時不可少於8位及不可多於12位女槳手。

## 1.2.3 Ladies 女子組

Each member of Ladies' teams must be female except the helmsman & drummer.

女子隊除舵手及鼓手可用男子外，其他隊員必須為女性。

## 1.3 Crew 船員

## 1.3.1 Standard Boat 標準龍

Each boat must carry at least 12 paddlers and up to 18, and must carry 1 steersman and 1 drummer.

每船比賽人數為20人，包括18名槳手及1名舵手、1名鼓手，每場出賽槳手不可少於12人。

## 1.3.2 Small Boat 小龍

Each boat must carry at least 6 paddlers and up to 10, and must carry 1 steersman and 1 drummer.

每船比賽人數為12人，包括10名槳手及1名舵手、1名鼓手，每場出賽槳手不可少於6人。

1.3.3 No gender restriction for drummers and steersmen. All competitors must be 12 years of age or above.

舵手及鼓手不設性別限制。所有參賽者須年滿12歲。

1.3.4 Unlimited backup, please prepare a list of team members.

後備人數不限，隊伍雖準備全隊名單以便大會審查

## 2. Race Day Arrangement 比賽當日安排

## 2.1. Marquee Rental 帳篷租借

2.1.1. Rented Booths (Size: 3m X 3m X 2.5m) are provided by the Association, the rental fee is HK\$800 per booth. Teams are not allowed to use their own booths.

帳篷（3米 X 3米 X 2.5米(高)）由大會提供租借服務(每個港幣800元)，不可自備。

2.1.2. No promotional activity can be held. Teams can only hang a banner which size is **3m (width) x 30cm (height) with a team name or logo** across the front of their booth. The team banner, flag, etc. should be put inside the booth/ tent only for identification purpose, otherwise a fee of HK\$10,000 will be charged as for advertisements.

不能進行任何推廣宣傳活動，隊伍可自備隊伍橫額（只可印有隊名/隊徽），尺寸為3米闊及30厘米高。任何橫額、旗

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幟、巨型海報或貼紙只可放帳篷內，只供識別之用，超出以上尺寸/印有隊名以外之隊伍，須繳付港幣10,000元之廣告費。

- 2.1.3. The location of the booths will be allocated by the Association. Specific location of the team marquee will be charged an additional HK\$500 per booth. Please contact the Organizer for more details.

所有帳篷位置均由本會安排。預留帳篷位置需付額外港幣500元（每個帳篷），請向本會查詢。

- 2.1.4. Please notify the Association via email for the cancellation or addition of marquee rental. The cancellation has to be confirmed by the association. Cancellation on marquee rental is not accepted 2 weeks prior to the races.

如需取消或租用額外帳篷，請以電郵通知並以本會回覆作實。比賽前兩星期不可取消租用帳篷。

## 2.2. Race Day Steersman 比賽日舵手

- 2.2.1. **Official Steersman 大會舵手**

HK\$800 (up to 3 rounds)

全日賽事港幣800元

- 2.2.2. **Unofficial Steersman 非大會舵手**

Refer to Point 4.5.3. of this note.

請查閱第4.5.3項。

## 3. Team Manager Meeting 領隊會議

Special topics will be covered including new rules, starting procedure, draws and system of play, etc. All team Managers should attend, or bring the team captain along. The Short Course Races and the Warm-up Races are different with our mega event for Tuen Ng Festival in some aspects. The Team Managers Meeting will be held at 07:30 on the race day at the Official Stand at the Beach. In case the Team Manager of a team is not available, make sure the team captain or a representative attend it on his behalf.

讓各隊可了解新賽例、起步、抽籤及賽制等措施。各隊領隊務必出席，可聯同隊長等出席。這兩個比賽不同於端午節大賽，領隊會議安排在比賽當天07:30於沙灘司令台舉行。如領隊未能出席，也請務必派出隊長代表。

## 4. Practice 練習

### 4.1. Practice Booking 預約練習時間

- 4.1.1. Please contact the Association if practice is needed. Note that practice booking has to be confirmed by the Association. Please allow 10 working days for processing your booking or request.

如需預約練習，請與本會聯絡並等待本會回覆確認，處理需時約為10個工作天。

### 4.2. Fees 費用

Standard Boat Rental 標準龍舟租船費		HK\$600 per hour 每小時港幣600元
Small Boat Rental 小龍舟租船費	<b>*Include steersman *包括舵手</b>	HK\$1,150 per hour 每小時港幣1,150元
Official Trainer 大會教練		HK\$550 per hour 每小時港幣550元
Official Steersman 大會舵手		HK\$350 per hour 每小時港幣350元

### 4.3. Cancellation Policy 取消預約

- 4.3.1. Once the practice timetable is confirmed, please contact the Association 4 working days in advance for any cancellations, alterations or addition of practice, otherwise, no refund or reschedule will be provided.

練習時間表分發後，若有意取消、更改或增加練習時間，請於4個工作天前作出通知及經本會同意，否則將不予退款或重新安排練習時間。

- 4.3.2. Cancellation of practice due to unfavorable weather conditions, no matter decided by the Association or decided by the team, there will be no refund for Steersman, Trainer as well as boat rental.

因天氣欠佳取消練習(無論由賽會決定或隊伍自行決定)，舵手費、教練費及租船費用一概不發還。

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## 4.4. Type of Boat 練習船

Standard Dragon Boat will be provided for practices. Additional fee will be charged for hiring a Small Dragon Boat.  
練習日只提供標準龍舟。如果需租用小龍舟，需付額外收費。

## 4.5. Location 練習地點

The location of practices and races is Stanley Dragon Boat Training Centre, which situated at Stanley Main Beach (Next to Hong Kong Sea School). Participants can get to the Stanley Bus Terminus by bus no. 6, 6X, 63, 65, 73, 260, 973 or 14, then reach the training centre from Stanley Police Station side with 2-minute walk, or take mini bus no. 40 or 52 to Hoi Fung Path with 1-minute walk.

訓練和比賽地點為赤柱正灘·赤柱龍舟協會龍舟訓練中心(香港航海學校旁)。參加者可以乘坐6、6X、63、65、73、260、973和14號巴士到達赤柱巴士總站。往赤柱警署方向步行約2分鐘，亦可乘搭小巴40、52號或16號至海風徑下車，步行約1分鐘。

## 4.6. Bad Weather Arrangement 惡劣天氣安排

In unfavorable weather conditions (see below table), please contact the Association at 2813 0564 or 2813 2586 to confirm whether or not it is still safe for practice. When the red flag is hoisted on Stanley Main Beach, all boats are required to return to shore immediately and all practices will be cancelled.

若天氣在以下情況(圖示)，請致電本會(2813 0564)查詢練習是否進行。如賽會掛出紅旗或響起訊號，即表示召回所有龍舟，所有練習暫停。

Thunderstorm Warning 雷暴警告	Typhoon Signal #1 and #3 一號、三號颱風訊號	Red Rainstorm Signal 紅色暴雨警告
Strong Monsoon Signal 強烈季候風信號	Strong Easterly Winds 強勁東風	

## 4.7. Steersman 舵手

4.7.1. NO TEAM SHOULD MAKE PERSONAL ARRANGEMENT WITH THE OFFICIAL STEERSMAN &/or TRAINER OR PAY THEM DIRECTLY and bypass the proper booking procedure. Please make your payment to SRA officials during the practice if necessary.

所有隊伍均不可私下與大會舵手及教練預約練習時間(包括非本會所舉辦之比賽或練習)，亦不可把現金交予舵手/教練。如有需要，請於練習當日將款項交予本會職員。

4.7.2. All **Unofficial** steersmen must be assessed and registered with the SRA prior to practice and race day. Please contact us before submitting the race application form if your team will use your own steersman.

非大會舵手必需經本會考核，獲發許可證方可在練習期間及比賽當日掌舵。如有需要，請在遞交參賽表格前與本會聯絡。

## 4.8. Trainer 教練

4.8.1. SRA trainers are experienced and familiar with our races and can deliver Dragon Boating Technique and DB race related information to teams.

本會教練經驗豐富並熟悉賽事，能為隊伍提供龍舟活動專業技巧及有關比賽信息。

4.8.2. All unofficial trainers must be registered with the SRA prior to practice.

所有參賽隊自行安排之教練，必須持有本會發出的有效許可證。

## 5. Payments 收費

5.1. The Entry Fee is non-refundable, even in the cases of team withdrawal. Please keep a photocopy of your application forms for future reference.

一經報名付費，如退出或棄權，費用概不發還。寄出前請自行複印存檔。

5.2. Your enrollment and booking will only be confirmed when payment is received. All pre-race payment must be settled at least one day before the race.

費用收訖方可作實。

5.3. All payments have to be settled 2 weeks before the race. Cheque payment is not accepted 2 weeks before the race, please pay by bank transfer.

所有費用須在賽前至少兩星期繳付。賽前兩星期不接受以支票付款，請以銀行轉帳付款。

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#### 6. Important notes 重要事項

- 6.1. Please read all documents related to the races and practices including but not limited to “Guidance for participants” and “Race rules and regulation” thoroughly.  
請仔細閱讀本會有關賽事及練習之文件，包括並不限於參賽指引及參賽規則。
- 6.2. Liability Waiver must be submitted to SRA office 2 weeks before the races.  
「參賽聲明書」必須於比賽兩星期前交回本會。
- 6.3. Confirmation receipt will be sent to teams upon completion of race enrollment. Please allow no less than 10 working days to process your application.  
報名完成後，隊伍將收到本會發出之確認收據。處理比賽申請需時大約並不少於10個工作天。
- 6.4. All rights reserved by the Organizer (Stanley Residents Association Limited).  
赤柱居民會有限公司保留最終決定權。