



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

第六屆香港長途龍舟錦標賽

6th Hong Kong Long Distance Dragon Boat Championships

領隊會議

2015年11月15日

**Team Manager Meeting
15 November 2015**

會議內容 Meeting Content

- 參賽隊數 Team List
- 比賽時間表 Race Programme
- 場地簡介 Race Venue
- 飲食安排 Meal Arrangement

會議內容

Meeting Content

- 場地規則 Rules
- 惡劣天氣 Arrangement under inclement weather
- 比賽規則 Race By-law
- 比賽賽制 Race Format

參賽隊數 No. of Teams

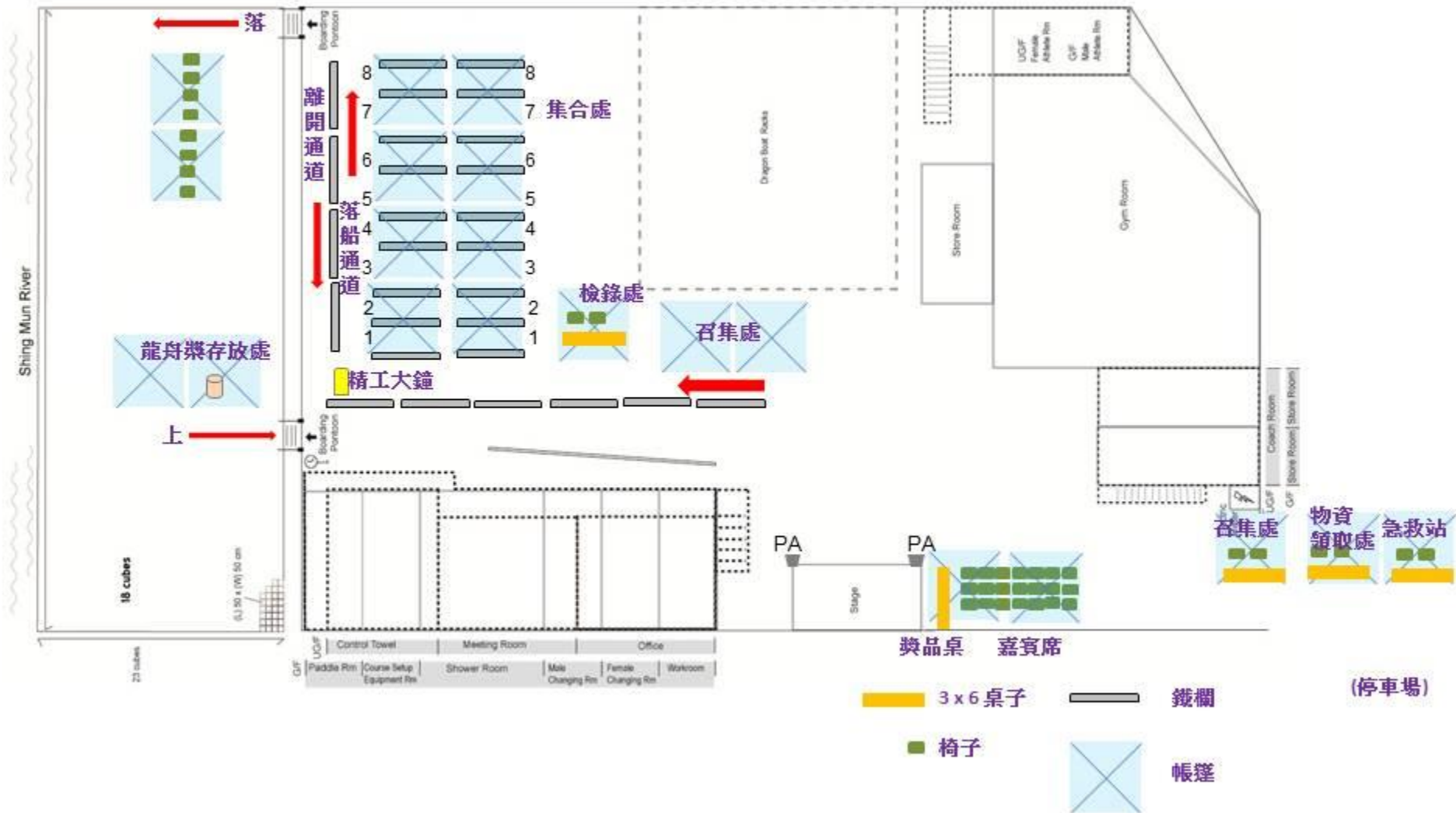
10 公里KM	標準龍
公開錦標賽 Open Championships	4
5 公里KM	小龍
公開錦標賽 Open Championships	4
混合錦標賽 Mixed Championships	4
元老錦標賽 O40 Championships	3

比賽時間表

Race Programme

場次	賽事	時間
1	標準龍10公里 公開組錦標賽	10:00
2	小龍5公里 公開組錦標賽	11:45
3	小龍5公里 混合組錦標賽	12:15
4	小龍5公里 O40錦標賽	12:17
	頒獎典禮	成績公佈

場地簡介 Race Venue



場地簡介 Race Venue

-10KM
賽場

Direction :
clockwise

10 K - Route (Clockwise)



場地簡介

Race Venue

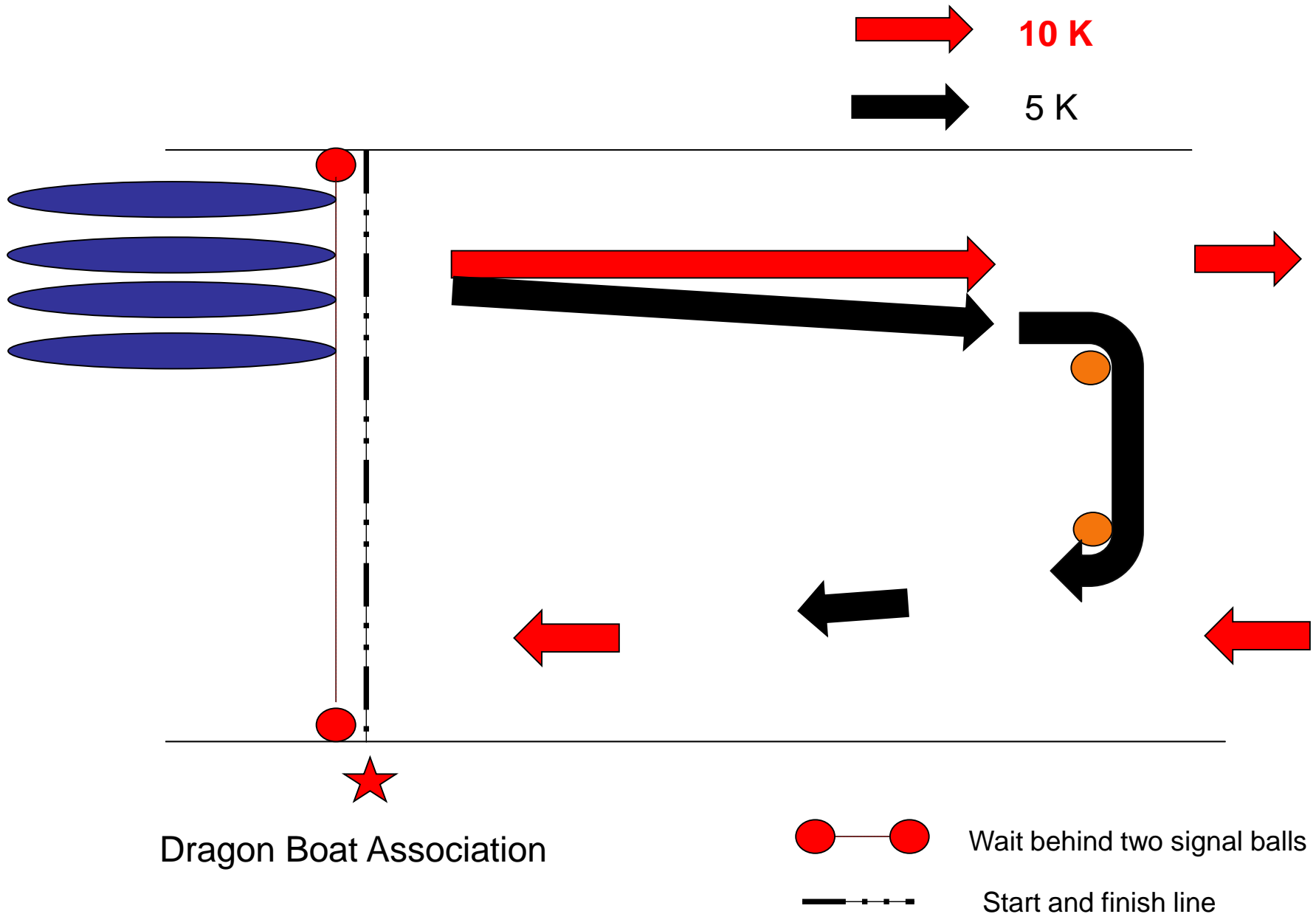
- 5KM
賽場

Direction :
clockwise

Route - 5 K (Clockwise)



場地簡介 Race Venue



場地簡介

Race Venue



飲食安排

Meal Arrangement

- 每個隊伍每項目將獲派24枝水 (標準龍)
 - 每個隊伍每項目將獲派12枝水 (小龍)
 - 午膳須自行安排
-
- Each team is allowed to entitle 24 bottle of water (Standard Boat)
 - Each team is allowed to entitle 12 bottle of water (Small Boat)
 - Lunch will be self-arranged

帳篷租賃 Marquee Rental

- 各隊須帶備租用表格，填妥並於報到時辦理手續
 - 租借每個帳篷費用為 \$200(一日)
 - 每個帳篷按金為 \$200
 - 自行裝拆
 - 歸還帳篷(沒有損壞)可退回按金 \$200
 - 注意：帳篷不可懸掛任何物品(特別是背包及手提袋)
-
- **Forms are required to submit** for renting marquee on race day. **Rental fee and deposit for each marquee will be HK\$200 accordingly.**
 - Please aware that things are not allowed to hang over inside the marquee.

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

1. 如比賽當日上午七時或以後天文台開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。所有報名費用將不獲退還。
2. 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。
3. 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

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. 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.



比賽規則 Race By-law

中國香港龍舟總會本地比賽修訂條例及規則/
國際龍舟聯合會競賽條例及規則撮要

第四版 4th Edition

2015年3月1日生效

隊伍的組合 Crew and Team Composition

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。

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.

鼓手 / 舵手之性別 / 年齡

Gender / Age of Steerer / Drummer

除女子組外，在其他所有組別擔任鼓手或舵手之人士可不限性別及年齡。女子組之划手、鼓手及舵手則依照 **IDBF** 規定之性別及年齡限制執行。但本地各級比賽，船上所有賽員，必需年滿**12歲**。(本地條例，**2015年修訂**)

Except Ladies' Categories, age and gender of steerers or drummers of all other classes and categories will not be restricted. Paddlers, drummers and steerers in Ladies' categories must comply with restrictions regarding age and gender as specified in IDBF Rules and Regulations. However, all members of the crew on a racing boat must be 12 years old or over. (Local Reg, revised 2015)

每隊人數 Crew Numbers

- 每艘標準龍最多可載划手 **18** 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。
- 每隊後備人數最多**6**人。
- **A Standard Dragon Boat may carry up to 18 paddlers or not less than 16 paddlers.**
- **A Small dragon boat may carry up to 10 paddlers with not less than 8.**
- **Each boat must carry 1 drummer and 1 steerer.**
- **Each team may carry with maximum of 6 reserve athletes.**

* 混合組 Mixed Team Composition

- 標準龍混合組男划手人數以**10**人為上限。
- 小龍混合組男划手人數以**6**人為上限。
- **A mixed crew in Standard Dragon Boat shall race with maximum of 10 male paddlers.**
- **A mixed crew in Small Dragon Boat shall race with maximum of 6 male paddlers.**

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.

賽隊操守 Conduct of Crew

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.

划槳 Paddle

- 參賽隊伍可使用已得到國際龍舟聯會(IDBF)認證的**202a**規格標準槳
 - 於一小時前到達“划槳驗證區”，進行驗證程序
-
- Competitors shall be permitted to use their own paddles with IDBF Racing Paddle specification(202a) and bear the IDBF approval mark.
 - The crews must take these paddles for random checking and get approval from the Organizer at the “Paddle Checking Area” 1 hour before the race.

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：必須為半圓球狀，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 : shall be in 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)

The crew shall be all in standard uniforms of the **same version**, i.e. **recognizable unified racing vest for the upper body**, be it singlet, short-sleeve or long, during the race. (Local Reg, revised 2015)

Safety measures

所有參賽隊員於龍舟上必須穿上助浮衣

All members of the crew on a racing boat **must** wear Personal Floating Device (PFD)

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 cm²).

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並準備登船。

A crew must report to the crew assembly area 30 minutes before the time of its race and be ready to embark the boat.

所有賽員在比賽日必須出示**2015**年運動員註冊證。在賽隊集合處及登舟碼頭，所有賽員必須掛上賽員證在頸上直至登舟前，隨後可交由領隊負責保管。

All participants must present their valid 2015 HKCDBA Athlete Registration Card on the race days, they must put on the Athlete Registration Card with the provided neck strap in the crew assembly area and boarding pontoon. The registration card can be collected and kept by Team manager before the crew embarks on the boat.

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

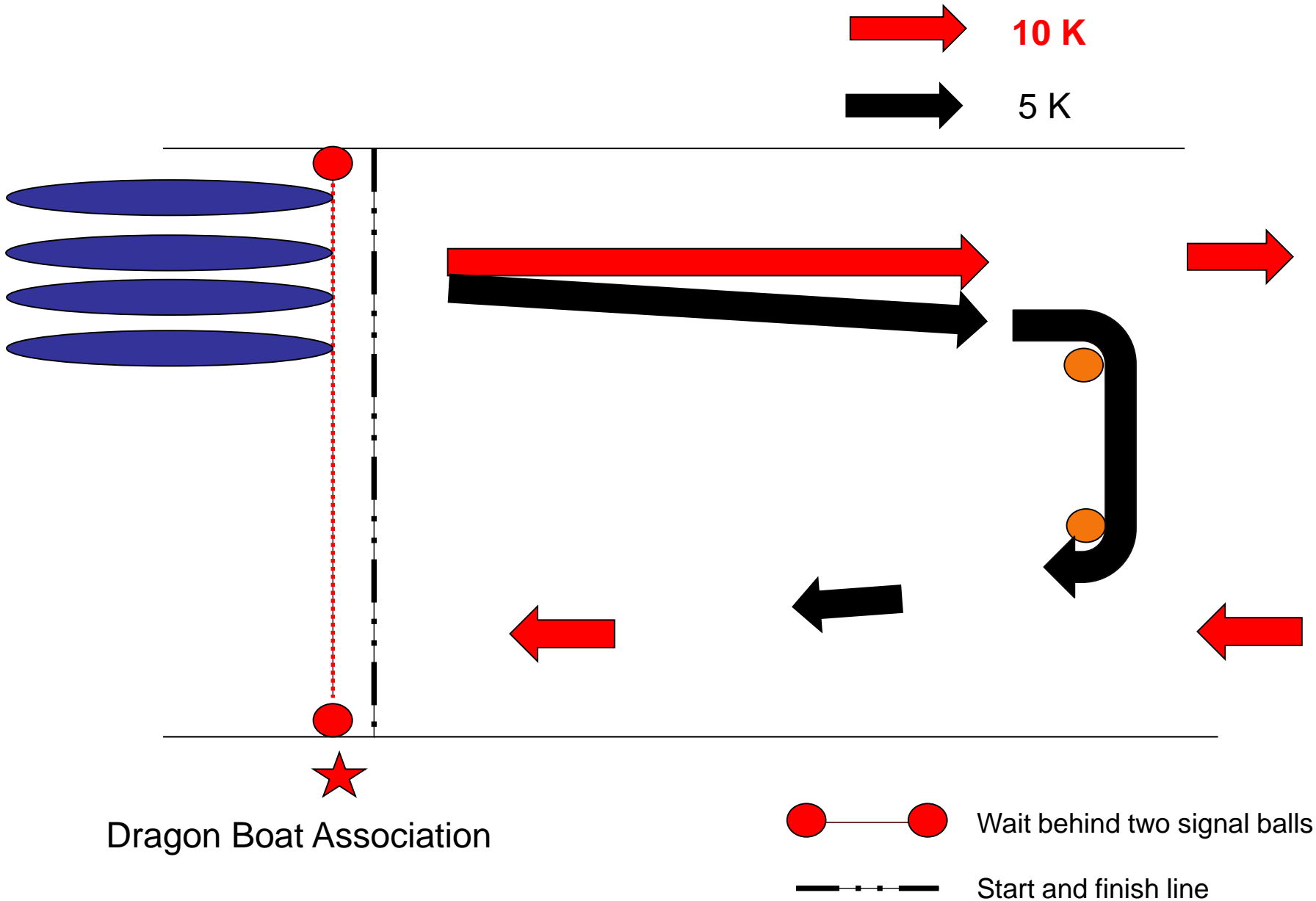
起步區 Start Area

- 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



司線 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。
- 若發令員或途中裁判發現有賽隊的划槳仍有動作，發令員可判罰一次警告，該警告與偷步警告效力相同。
- Once the Starter has alerted the crews by saying “ARE YOU READY” , then all movement of paddles in the water must stop.
- If movement of a crew's paddle(s) in water is then observed by the Starter or a Course Umpire, the Starter shall give a warning and such warning shall have the same effect as one given for a False Start, for that race.

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，比賽正式開始 (2015年修訂)
- 信號“**ATTENTION**”，跟著5秒內發出 “**GO**” 口令或響號。
- When the Starter is satisfied that all crews are ready, the starting signals of word “ATTENTION” followed by the word “GO”. Race then start .
(Revised 2015)
- The starting signals of the word “ATTENTION” , followed by the word “GO” or a sound signal within 5 seconds

偷步False Starts

賽隊在“**ATTENTION**”口令後，“**GO**”口令之前起步或有任何動作，即被視為偷步。司線員會舉起紅旗示意偷步。

If a crew starts or shows any athletic movement after the word “ATTENTION” and before the word “GO”, it has made a False Start.

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

- 遇有兩艘或以上龍舟相撞，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。
- 各隊有義務避免撞船。
- **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.**
- **All teams have obligation to avoid collision.**

衝過終點線 Crossing the Finish Line

- 當龍舟最前部分(龍鼻)穿過終點線，人數與出發時相同，則算完成了比賽。
- **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.**

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!