



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

CENTUM
CHARITAS
FOUNDATION



百仁基金第十屆學界龍舟錦標賽
Centum Charitas Foundation
10th Inter-school Dragon Boat Championships

領隊會議

Team Managers Meeting

日期/Date : 17.4.2019 (Wed)

時間/Time : 1900 hrs.

地點/Venue : 香港銅鑼灣掃桿埔大球場一號一樓奧運大樓會議室

Meeting Room, Olympic House, So Kon Po, Causeway Bay, HK.



會議內容 Agenda

- 參賽隊數 No. of Teams
- 比賽時間表 Race Programme
- 場地簡介 Race Venue
- 飲食安排 Food and Beverages Arrangement
- 場地規則 Rules & Regulations of Venue
- 公眾觀賞區 Spectator Area
- 帳篷借用 Marquee Rental
- 大會舵手 Official Helm
- 惡劣天氣 Arrangement under inclement weather
- 比賽規則 Race By-law
- 比賽賽制 Race Format
- 線道抽籤 Lane Draw Result



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參賽隊數 No. of Teams

200米 200M	隊數No. of Team
男子組小龍錦標賽 Small Boat Men Championship	21
女子組小龍錦標賽 Small Boat Women Championship	11
混合組小龍錦標賽 Small Boat Mixed Championship	12
男子組標準龍錦標賽 Standard Boat Men Championship	6
女子組標準龍錦標賽 Standard Boat Women Championship	3
混合組標準龍錦標賽 Standard Boat Mixed Championship	4



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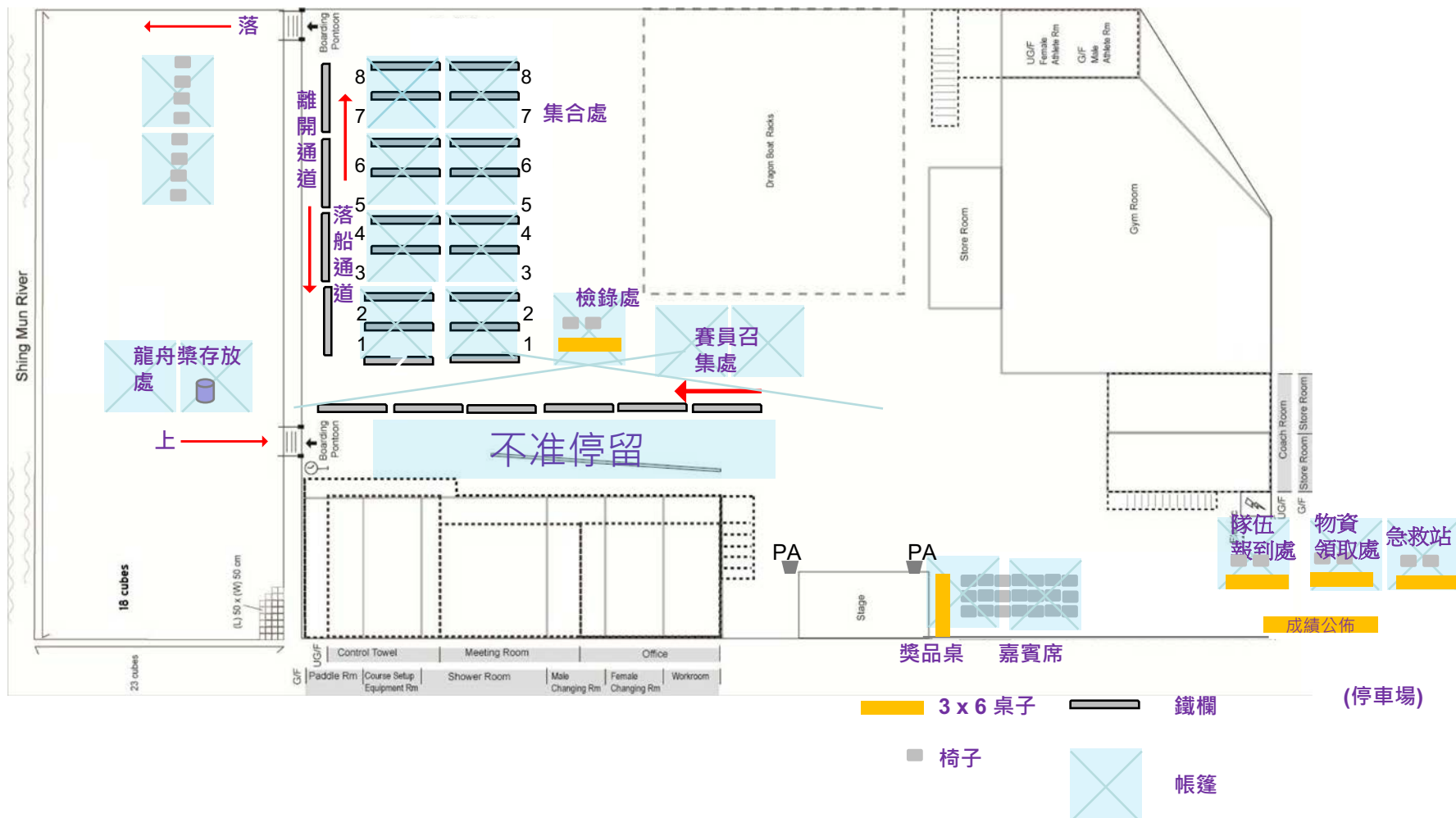


比賽須知 Race Information

- 參賽隊伍需於比賽前一小時到達大會報到處報到
All teams MUST report at registration counter ONE hour prior to race
- 比賽時間 - 上午10時至下午3時15分 (上午為小龍賽事，下午為標準龍賽事)
Race time - 10:00 to 15:15 (Small Boat in the morning, Standard Boat in afternoon)



場地簡介- 200米賽場 Race Venue- 200M





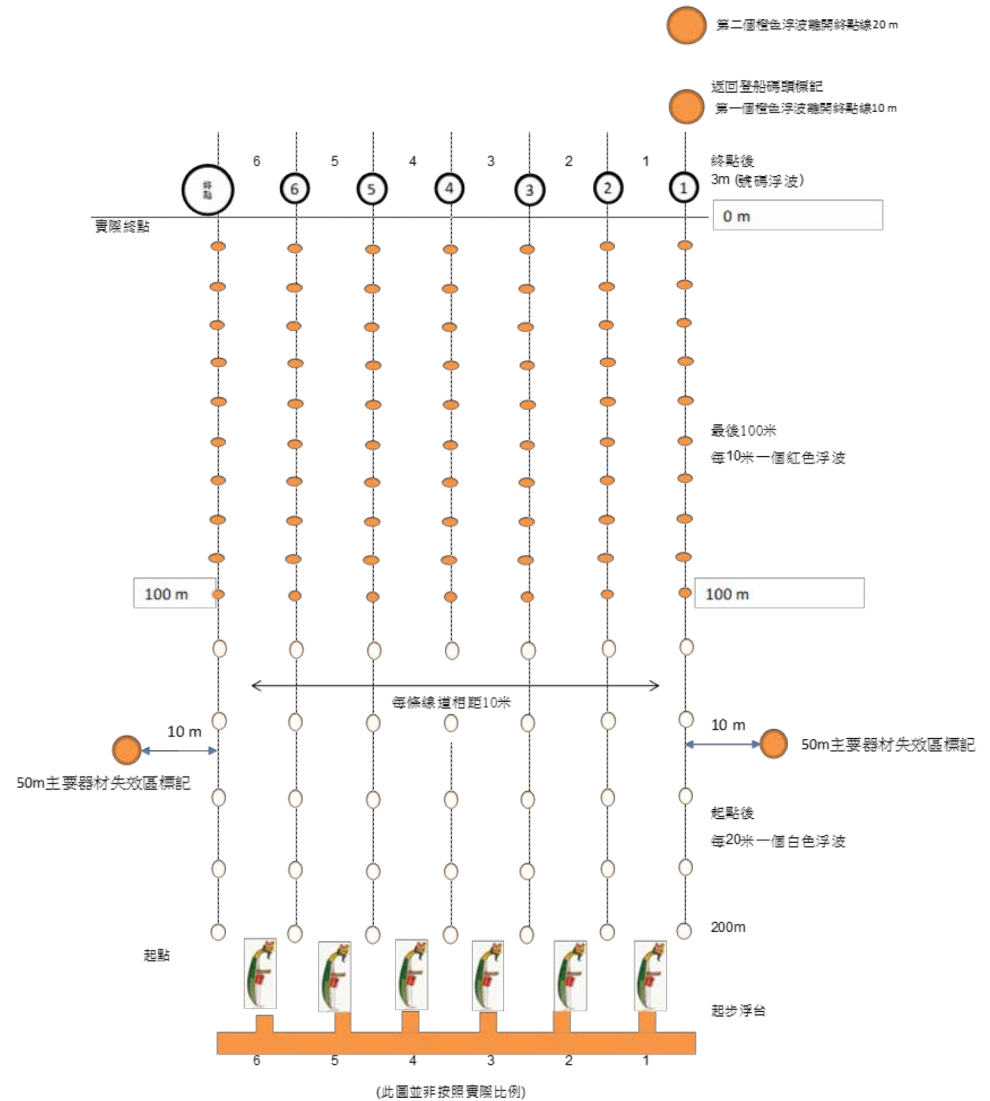
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海上場地簡介 - 200米賽場

Sea Venue – 200M





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場地簡介 Venue

賽場位置:

新界沙田石門安景街51E地段,中國香港龍舟總會訓練中心

從 Google Map 搜尋

(關鍵字:沙田石門龍舟訓練中心)

公共交通: 鐵路服務: 石門站C出口

巴士服務:

82X、284、40X、A41P、43X、81C、84M、85C、
85K、86C、86K、87D、89C、299、680、680A、
682、885

Event Location:

HKCDBA Training Centre, Section 51E On King
Street, Shek Mun, Shatin, N.T.

Using Google Map Search

(Key words: Shatin Dragon Boat Training Centre)

Public Transports:

MTR Service: Shek Mun Station Exit C

Bus Service:

82X、284、40X、A41P、43X、81C、84M、85C、
85K、86C、86K、87D、89C、299、680、680A、
682、885





飲食安排

Food & Beverages Arrangement

- 為響應環保，大會將停止派發樽裝水，並於比賽場地適當位置設置加水站，請各運動員自備水樽。

Being a Green association, we will NOT provide any bottled water. Water station will be available at venue. Athletes are encouraged to bring their own water bottles.

- 午膳須自行安排

Please arrange lunch for your team



場地規則

Rules and Regulation for Venue

- 由於訓練中心外的停車場將於活動期間封閉，建議參賽者使用公共交通工具到場
Public parking area outside race venue will be closed on race day. We strongly recommend athletes access via public transport
- 保持場地清潔
Keep clean
- 不得攀爬石壘或在石壘上坐立
Do not climb over to waterfront
- 賽事控制中心、起步裁判區均不得擅自進入；
Not allowed to access to the Race Control center and Referee's starting area



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場地規則

Rules and Regulation for Venue

- 所有賽員沖身後必須關閉水掣. 切勿於沖身區使用視液
Make sure water tap is turned OFF after use. No shampoo or body wash is allowed
- 請小心保管財物
Be aware of your personal belongings



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公眾觀賞區 Spectator Area







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
Please submit the marquee rental form upon registration
- 租借每個帳篷費用為 HK\$200 (一日)
Rental fee is HK\$200 per marquee per day
- 每個帳篷按金為 \$500. 歸還帳篷(沒有損壞)可退回按金 \$500
Deposit fee is HK\$500 per marquee. Full refund on deposit fee when the marquee is returned in good condition.
- 需自行裝拆
Please set up the marquee on your own
- 注意：帳篷不可懸掛任何物品(特別是背包及手提袋)
Attention: Do not hang anything on a marquee (especially backpacks and bags)



大會舵手 Official Helm

- 截止報名後提出申請大會舵手的隊伍，必須繳交 \$500 舵手費用，並不會獲發還
team apply for the official helm after the application deadline, the team must pay the helm fee HK\$500, and it is non-refundable
- 舵手由大會安排，不得異議
HKCDBA shall have the sole and absolute discretion to decide the official helm for the teams
- 獲安排的大會舵手為該隊伍的當然成員，必須於運動員登記表/出賽表舵手一欄註明「大會舵手」
The “official helm” should be included in the crew list.



獎項 Awards

- 所有隊員均獲發參賽證書乙份。

Each athlete will receive a Certificate of Participation.

- 各項賽事分組決賽之勝出隊伍可獲獎項：

Winners of different finals will receive the following awards:

- 金盃賽的冠、亞、季軍可獲獎盃乙個及獎牌 (小龍18面獎牌, 標準龍32面獎牌); 第4至6名皆為殿軍, 將獲殿軍獎盃乙個。

The Champion, 1st and 2nd runners-up will be awarded a Trophy and medals (18 medals for Small Boat and 32 for Standard Boat) ; 4th to 6th runners-up will be awarded a Trophy.

- 銀盃、金碟、銀碟、金碗、銀碗、金盾及銀盾賽的冠、亞、季軍; 均可獲獎盃乙個。其餘參加決賽隊伍均獲優異獎盃乙個。

The Champion, 1st and 2nd runners-up of the Silver Cup, Gold Plate, Silver Plate, Gold Bowl, Silver Bowl, Gold Shield and Silver Shield Races will be awarded a Trophy; 4th to 6th runners-up be awarded an Excellent Performance Trophy.



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獎項 Awards

- 「百仁基金學界邀請盃」每組別的冠、亞、季軍可獲獎盃乙個及18面獎牌；第4至6名皆為殿軍，將獲殿軍獎盃乙個。
The Champion, 1st and 2nd runners-up of Centum Charitas Foundation Inter-School Invitation Cup in each heat will be awarded a Trophy and 18 medals ; 4th to 6th runners-up will be awarded a Trophy.
- 第4至6名獎項需自行到頒獎處領取
For the award winners if 4th to 6th runner-up, please collect your trophy at trophy reception



百仁基金學界邀請盃 Centum Charitas Foundation Inter-School Invitation Cup

- 小龍**200米**男子、女子及混合錦標賽金盃的冠軍及亞軍隊伍將獲選競逐此項賽事。

The Champion and 1st Runner-up of Men, Women and Mixed Championship Gold Cup of 200M Small Boat Championships will be selected to join this race.

- 設有替補機制，如第一名/第二名未能參加。名額由第三名補上，如此類推。

If the first 2 teams cannot join the race, the remaining quota will be filled by other teams according to the ranking

- 如隊伍未能參賽，需於下午**1時30分**前通知，如沒有通知及不出席，將會取消該校所有隊伍參與本項賽事資格。

If the team cannot join the race, please be reminded before 1:30 p.m., who does not notice will be disqualified.



惡劣天氣安排

Arrangement under inclement weather

- 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，所有參賽費用恕不退還。
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.
- 如比賽當日天文台懸掛雷暴警告、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。
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.



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惡劣天氣安排

Arrangement under inclement weather

- 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，所有參賽費用恕不退還。

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.



中國香港龍舟總會本地修訂競賽條例及比賽規則

第五修訂版及
本賽事附例撮要

Amendments for HKCDBA Competition Regulations and Rules of Racing 5th Edition and Race By-law Highlights



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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.



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鼓手 / 舵手之性別 / 年齡

Gender / Age of Steerer / Drummer

所有組別擔任鼓手或舵手之人士可不限性別及年齡。本地各級比賽，船上所有運動員，必需年滿12歲。

Age and gender of steerers or drummers of all classes and categories will not be restricted. All members of the crew on a racing boat must be 12 years old or over (Except for helms provided by HKCDBA).



每隊人數 Crew Numbers

- 每艘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.**
- **Each boat must carry 1 drummer and 1 steerer.**

* 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.**



賽隊操守 Conduct of Crew

划手 Paddler

所有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, either stand-up or squat down position is prohibited.

舵手 Steerer

所有賽隊之舵手於比賽過程中使用尾舵，除調校航向及穩定艇隻外，舵手不能用尾舵或/及划槳幫助推進以增加龍舟速度。

During the race, the job of the steerer is primarily steering for direction and stabilizing the boat. 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

鼓手 Drummer

鼓手應坐在鼓手座位上。除了起步首 50 米可寬限外，一旦開始比賽，鼓手即應開始全力並有節奏地在擊鼓，即在鼓皮上敲擊，直至比賽結束。
The Drummer shall sit on the designated drummer's seat throughout the race. The drummer must actively beat the Drum with reasonable rhythm throughout the race, except inside the 50m Equipment Zone.

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，如經證實可被給予警告或取消當天出賽資格。
All members of a team, including athletes and team officials, must not enter the Race Control Tower without permission and shall not behave offensively or disrespectfully towards Race Officials. Any proven case may result in warning or disqualification.



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。
- 使用未得到(IDBF)認證的划槳，務必於比賽一小時前把該等划槳全數送達「驗槳區」供賽會驗證。
- **Competitors shall be permitted to use their own paddles with IDBF Racing Paddle specification(202a) and bear the IDBF approval mark.**
- **Non IDBF approval mark paddles, shall take all for proper checking and get approval from the Organizer at the “Paddle Checking Area” one 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
 - 若使用有別以上規定的鼓棍，必須先得檢錄裁判長批准
-
- 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.
 - Use of drum stick not conform to the above criteria, must be permitted by Chief Boat Marshall in advance.



賽隊制服 Crew Uniforms

- 作賽期間，參賽隊伍所有運動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（大會舵手除外）。
- 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 (Except for helms provided by HKCDBA).
- 作賽期間，參賽隊伍所有運動員，包括鼓手及舵手必須穿著助浮衣(PFD)、包跟包趾鞋。
- Participating crews, including drummers and helms, are required to wear Personal Floating Device (PFD), 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 cm²).



集合時間及查證 Marshalling and Identification Check

- 賽隊必須按比賽時間 **30 分鐘前**，到賽隊集合處集合並準備登船。裁判將會在賽隊集合處檢查運動員證。

A crew must be reported to the crew assembly area **30 minutes before the time of its race and be ready to embark the boat. Crew identity checks may be carried out by Race Officials.**



隊員人數變更 Changes to Crew Numbers

- 隊員的替換或增加人數必須在船離開浮碼頭前得到浮碼頭裁判長的同意。隊員上船離開浮碼頭後，將不予批准。

Once a crew has loaded in a boat and left the boarding pontoon, changes of crew members including additions to the number of racers in the boat, will not be permitted.



集合登船

賽隊責任 Crew Responsibility

- 賽隊有責任檢查龍舟及其設備功能完全正常，適宜下水作賽。因此，賽隊登船前，必須小心檢查龍舟及設備。
- **It is a crew's responsibility to check that the dragon boat and its equipment is fully functional and water-worthy. Boats and equipment must be carefully checked before embarking.**



起步區及起步程序 Starts and Starting Procedures

起步區 Start Area

- 龍舟隊隊長及教練必須確保所有運動員熟知起步程序。全體隊員必須在比賽開始前至少3分鐘前在起點線後方或起步區集合。
- It is the responsibility of the Boat Captain and Team Coach to make sure that each crew member is familiar with the starting procedures. All crews shall assemble behind the Start Line, or in a specially designated start area, at least 3 minutes before their Start Time.



起步區及起步程序 Starts and Starting Procedures

遲到 Late Arrivals

- 對於在規定時間過後才到達起步區，或在召集時沒有到達起點線就位的賽隊，發令員有權發出一次正式警告，該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。
- **Starter may warn a crew arriving late in the start area or the crew delaying its arrival at the start line after the assembly time. If such a warning is given, it 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

- 當每條賽道安置有頭繩時，各賽隊之鼓手須緊握頭繩以穩定龍舟；
 - 各舵手應依指示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。
-
- **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.**



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。
- 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.**



起步信號 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。
- **When the Starter is satisfied that all crews are ready, the starting signals of word “ATTENTION” followed by the word “GO” start signal.**
- 起步信號“**ATTENTION**”，跟著5秒內發出“**GO**”口令或響號。
- **The starting signals of the word “ATTENTION”, followed by the word “GO” or a sound signal within 5 seconds.**
- **鼓手及舵手可以在「ATTENTION」口令後放開頭繩及把手/繩索，但發令員可以按情況指示鼓手及舵手在「GO」口令/信號發出後才可鬆開頭繩及把手/繩索。(本賽事修訂)**
- **Drummer and Steerer can be release the bow rope and start handrail/pontoon rope after the word “ATTENTION”, Starter should made instruction to the drummer and steerer release the bow rope after the 「GO」 signal. (Amendment in This Race)**



偷步 False Starts

- 賽隊在“ATTENTION”口令後，“GO”口令之前起步或有任何動作(鼓手及舵手除外)，即被視為偷步。司線員會舉起紅旗示意偷步。
(本賽事修訂)
- If a crew (**Except drummer and Steerer**) starts or shows any athletic movement after the word “ATTENTION” and before the word “GO”, it has made a False Start.
(Amendment in This Race)



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.
- 賽隊衝終點後，必需先繞過大浮波才可折返碼頭。
- After crossing the Finish Line, all crews should pass the big buoy first and make U-turn to return to Embarking Pontoon.



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**



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

CENTUM
CHARITAS
FOUNDATION



線道抽籤 及 比賽賽制
請在本會網站下載：

For Lane draw result & Race Format
Please download from our website:

www.hkcdba.org

期待在百仁基金第十屆學界龍舟
錦標賽與各位見面！

See you at
Centum Charitas Foundation
10th Inter-school Dragon Boat
Championships!

多謝
Thank you

