



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

第八屆香港半馬拉松龍舟錦標賽（慈善籌款）
The 8th Hong Kong Half Marathon Dragon Boat
Championships (Charity)

領隊會議

Team Manager Meeting
2017.11.17

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會議內容

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參賽隊數 No. of Teams

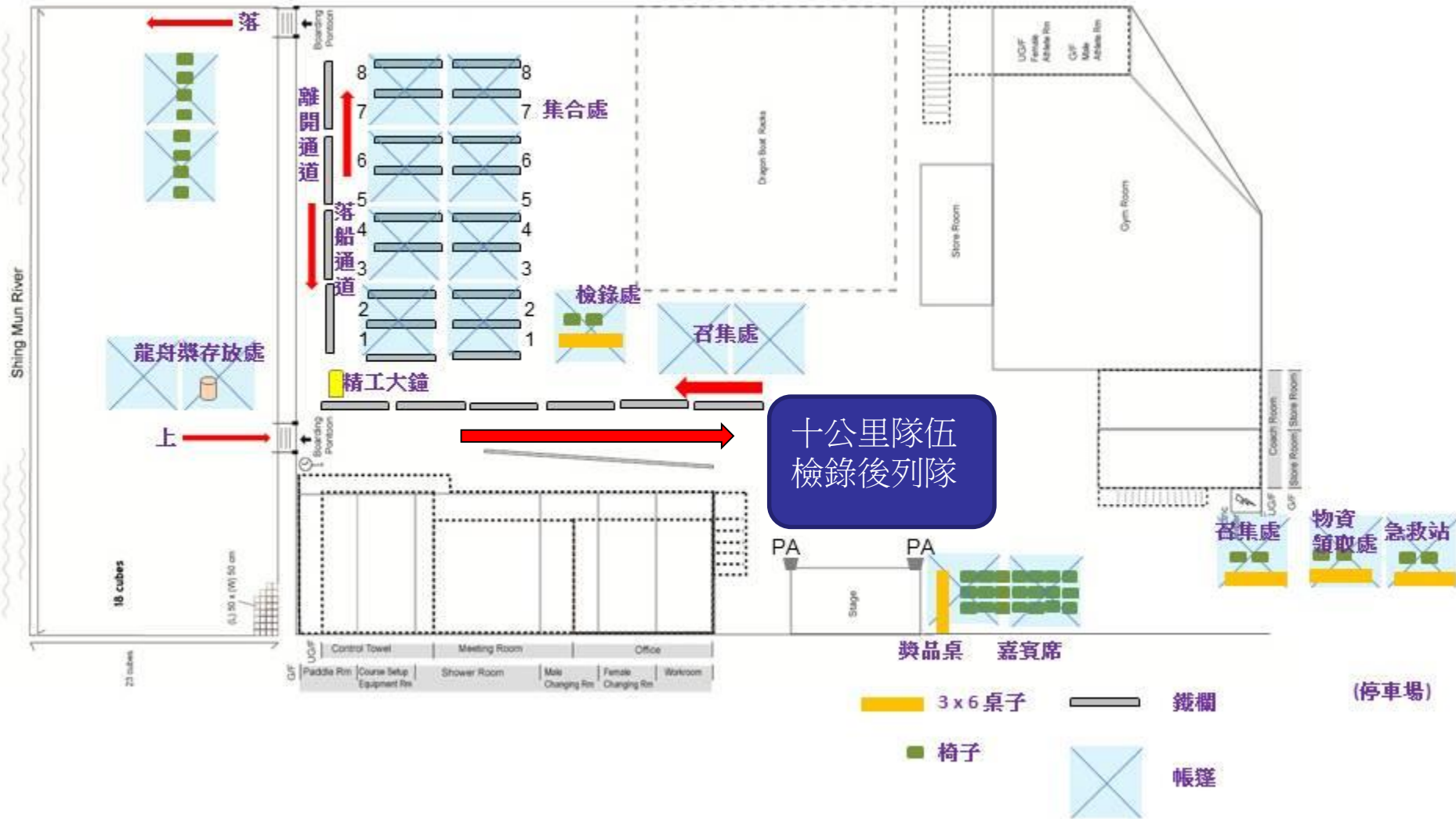
10公里 10KM	標準龍 Standard Boat
混合邀請錦標賽 Invitational Mixed Championships	3
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場地簡介

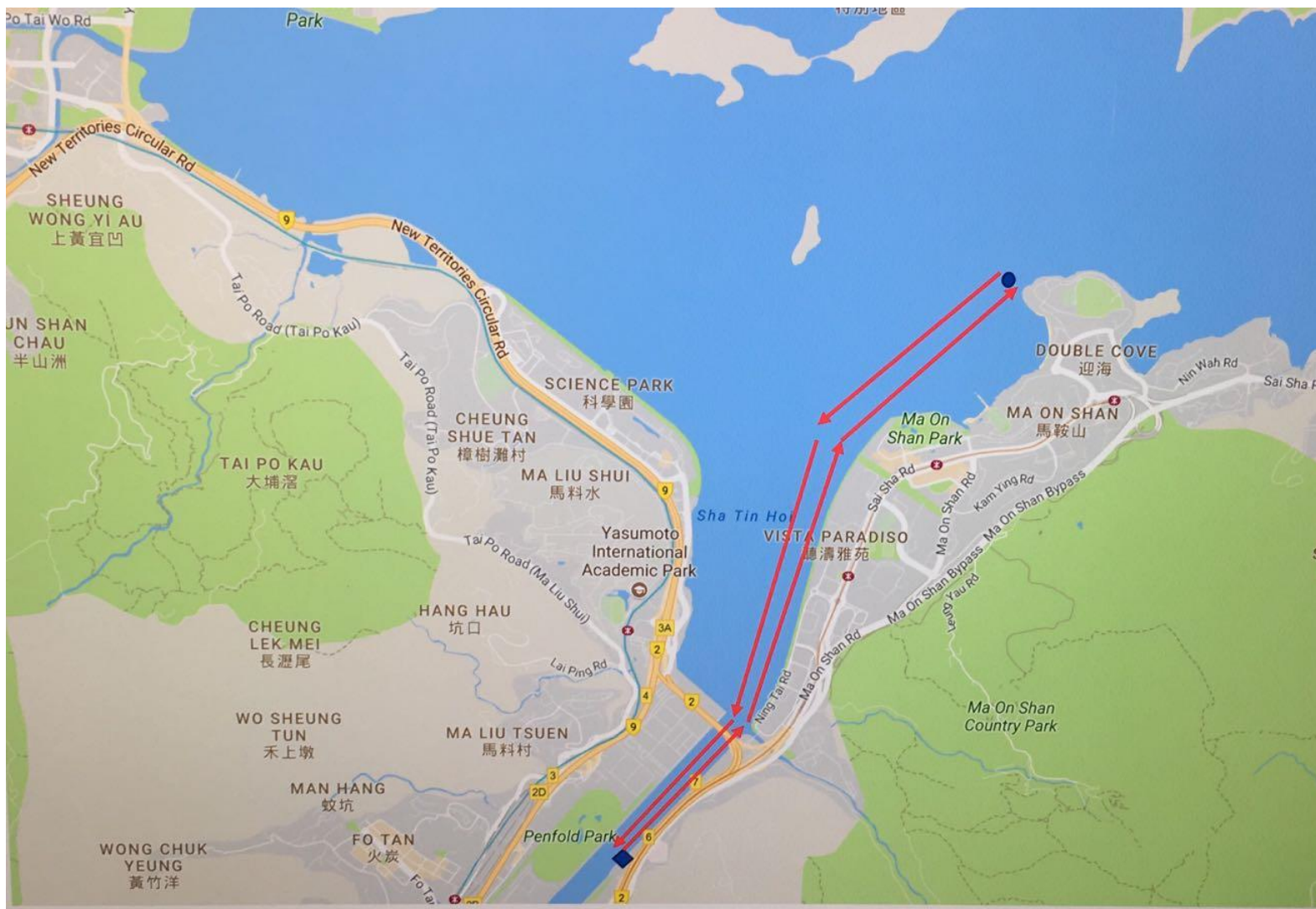
Race Venue



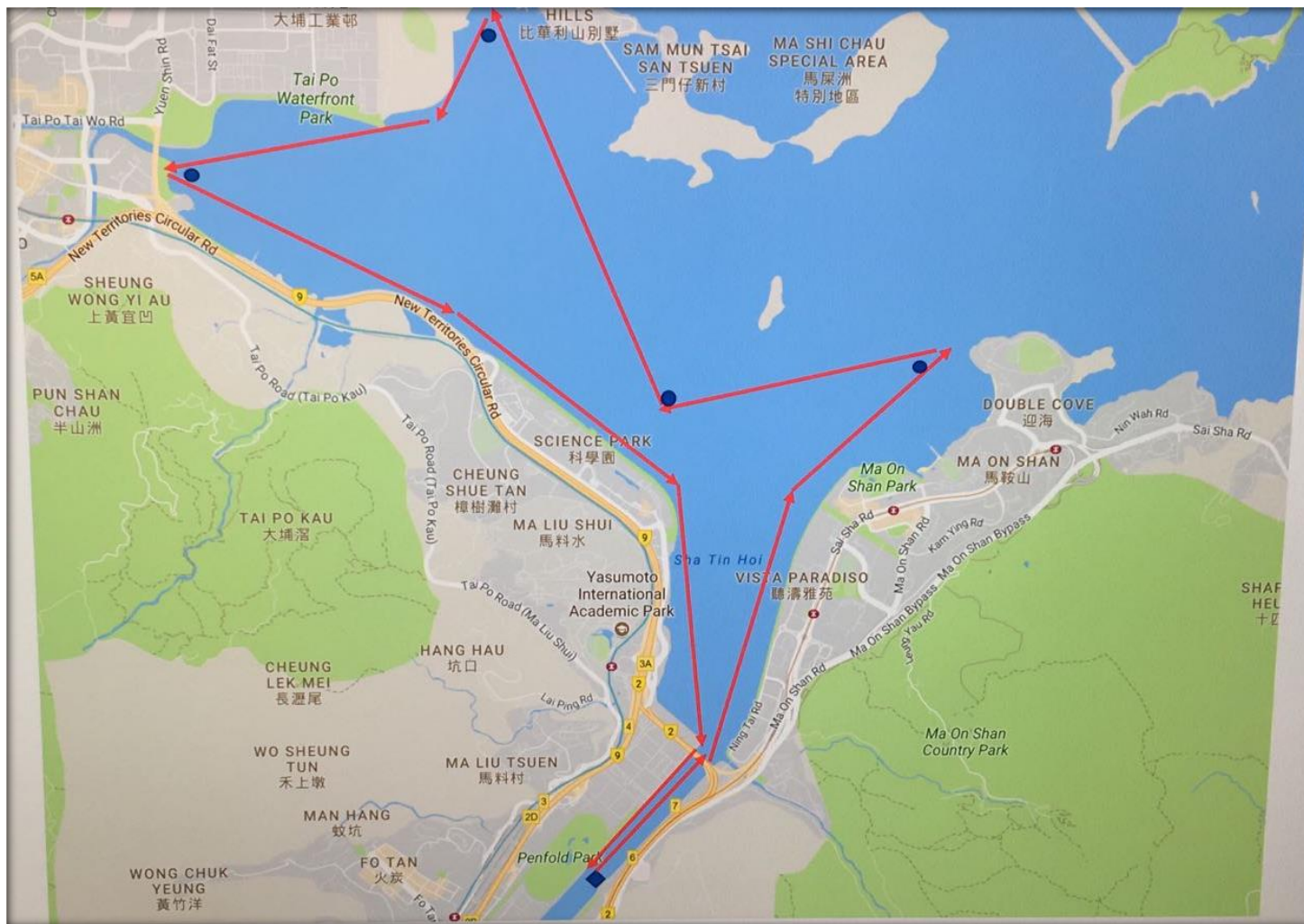
場地簡介 Race Venue



場地簡介 Race Venue – 10公里賽場

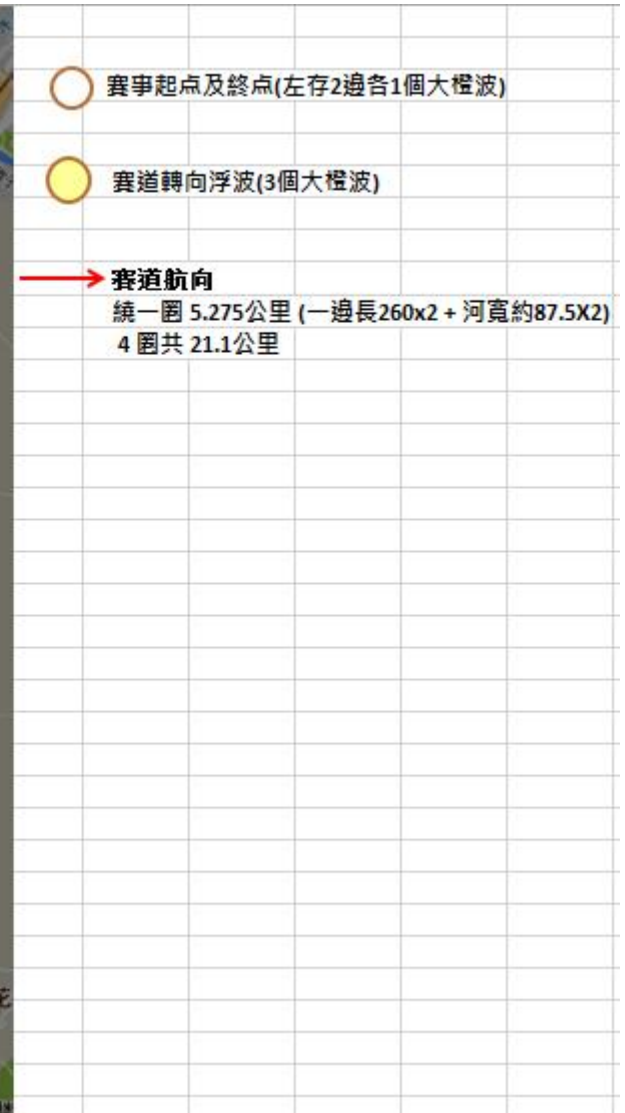


場地簡介 Race Venue – 半馬拉松賽場



惡劣天氣下-半馬拉松後備賽場

Half Marathon Contingency Plan under inclement weather conditions



賽道簡介會

Race Course Briefing

- 參賽隊伍領隊/舵手/鼓手需於早上八時五十分到達石門中心VIP房，出席簡介會。
- All team manager/helms/drummer should arrive at 0850 at VIP room of shek mun centre for briefing.

報到及水安排

Registration & Water Arrangement

- 參賽隊伍領隊/代表需於早上八時正到達報到處報到;
- 參賽隊伍隊員需於早上九時二十分前到達檢錄區檢錄;
- 每個隊伍每項目將獲派22枝水 (中龍);
- 午膳須自行安排。
- All team manager or representative should arrive at 8 am for registration.
- All team members should arrive Crew Marshalling Area before 920 am.
- Each team is allowed to entitle 22 bottle of water (Standard Boat).
- Each team need to prepare the lunch.

檢錄後安排

Arrangement after Crew Marshalling

- 所有隊伍檢錄後不得離開石門訓練中心位置;
- 十公里參賽隊伍於檢錄後到頒獎台前列隊參與開幕典禮;
- 半馬拉松參賽隊伍檢錄後隨即登船準備點睛儀式。
- All teams must stay in the centre after crew marshalling.
- Teams of 10km race will line up in front of the stage for Opening Ceremony right after Crew Marshalling.
- Teams of half marathon race will get on the boat right after Crew Marshalling.

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。

Race venue rules and Regulation

- **Outside HKCDBA parking lot 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。
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。

Inclement Weather Arrangement

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.



中國香港龍舟總會本地比賽修訂條例及規則

第四版

2015年3月1日生效

Amendments for HKCDBA

Competitions-Regulations and Rules of Racing

Forth Edition

Effective from 1st March 2015

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

所有組別擔任鼓手或舵手之人士可不限性別及年齡。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**)

Age and gender of steerers or drummers of all classes and categories will not be restricted. 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。
- 另每艘龍舟須有鼓手、舵手各一名。
- 每隊後備人數最多**12**人。
- **A Standard Dragon Boat may carry up to 18 paddlers or not less than 16 paddlers.**
- **Each boat must carry 1 drummer and 1 steerer.**
- **Each team may carry with maximum of 12 reserve athletes.**

* 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。
- **A mixed crew in Standard Dragon Boat must consist of at least 8 and no more than 12 female 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

鼓手 Drummer

鼓手應坐在座位上。並應全力有節奏地在鼓面或鼓邊敲擊，直至比賽結束。

The Drummer shall sit on the designated drummers seat throughout the race. The drummer must actively beat the Drum with reasonable rhythm throughout the race.

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)

比賽期內，參賽隊伍艇上所有成員(包括鼓手及舵手)**必須穿著個人助浮設備 (PFD)**作賽，「充氣式」**PFD**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. (Local Reg, revised 2015)

Participating crews, including drummers and helms, are required to wear **Personal Floatation Device (PFD)** (except the Inflatable PFD) , 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

參賽隊伍必須按比賽時間 **40 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 40 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本年度之運動員註冊證。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 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

隊員的變更或人數的增加必須在離開登舟碼頭前得到總糾察的同意。隊員上船離開登舟碼頭後，將不予批准。

Once a crew has loaded in a boat and left the boarding pontoon, changes of crew members or additions to the number of racers in the boat, will not be permitted unless expressly agreed to by the Chief Boat Marshal, before the boat leaves the pontoon.

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

- 採用「同時起步」方式
- 河道兩旁設置兩個大橙色浮泡，各隊起步時必需在其後方等候起步 (向馬鞍山方向)
- **In the format of “staggered start”**
- **The start line is set between the 2 big orange buoys, all teams should wait for the starting signal behind the start line towards Ma On Shan.**

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，比賽正式開始
- 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”**
- **The starting signals of the word “ATTENTION” , followed by the word “GO” or a sound signal within 5 seconds**

競賽航線 The Racing Lane and Line of Racing

- 若在被超前或有可能被超前時，龍舟因突然改變航線而令別隊受干擾，可被判罰時**5至30**秒；若實質上已影響賽果，有關隊伍可被取消比賽資格。
- **When a crew is being overtaken or is likely to be overtaken and alters its course and makes difficulties for the other boat, a penalty of 5 to 30 seconds may be awarded. If such impeding materially affects the result, the crew may be disqualified.**

浮泡 Buoys

- 沿途設有四個浮泡，各隊必須在指定浮泡的左或右方經過
- 若賽隊未能在指定浮泡左或右方經過，則每個浮泡罰時**10秒**
- **There are 4 buoys set, each team must pass each specify buoy from the left or right side**
- **The penalty of 10 seconds for each buoy applied to the team that fail to pass the specify buoy from the left or right side**

超船 Overtaking

- 超船可在左邊或右邊，包括彎道區段
- 但必須確保兩船之間保持至少**2米**空檔距離
- 比賽途中划槳當作龍舟一部分。

- **Overtaking can be carried out to the left or right of the boat (port or starboard side) of the boat being overtaken, including the turns.**
- **The overtaking crew must be sure it can maintain a clearance of at least 2 meters between itself and the boat being overtaken.**
- **During the race, paddles are considered part of the crew.**

超船 Overtaking

- 若一隊的「舵手」已被別隊「龍頭」追平或超前，就必須主動保持合理航線以避免碰撞；
- 若一隊的「鼓手」已被別隊「舵手」超前，該隊實質上被視為已被超前，則必須避讓 (**give way**)
- **No matter in the straight sections or the turns, a boat to be overtaken must maintain its course once the Head of the overtaking boat is level with or has passed the Steerer in the boat being overtaken, and must not steer in a manner that is likely to cause a collision with another boat;**
- **When the Steerer of the overtaking boat is level with or has passed the Drummer in the boat being overtaken, then that boat is deemed to have been “overtaken”. The overtaken boat must then give way and maintain its station.**

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.**

撞船 Collisions

- 若發生碰撞或阻礙，引發碰撞或阻礙之隊伍可被罰時**5-30秒**；
- 若引起其他參賽者安全受威脅等嚴重情況，可被罰取消比賽資格。總裁判長有權決定判受害一隊減時最多**20秒**作補償。
- **If Impeding / Collision happens, the crew causing impeding or collision may be awarded time penalty of 5 to 30 seconds;**
- **Disqualified when crew safety is compromised. The Chief Official may award the impeded team a Time Deduction Bonus of maximum 20 seconds.**

沉船定義 Capsize Definition

- 隊伍在不需外界協助下，可繼續比賽，但大會會視乎當時情況，有權終止該隊繼續比賽。大會有責任確保所有參賽隊員安全完成比賽或及安全登岸。
- **Teams can continue racing if they can fix it without the help from others. However, RO and safety officer will make the final decision depends on initial situation. HKCDBA is responsible for ensuring everyone's safety.**

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。
- 終點線為兩個橙色浮波之間。
- **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.**
- **The Finish Line is set between the 2 orange buoys.**

全程時限 Time Limit

- 浮泡(check point) 1號，在**45分鐘**內完成(**10公里**)
 - 浮泡(check point) 2號，在**70分鐘**內完成(**半馬**)
 - 全程必須在 **1小時45分鐘**內完成(**10公里**)
 - 全程必須在 **4小時**內完成(**半馬**)
-
- **For Buoy (check point) 1, complete within 45min(10km)**
 - **For Buoy (check point) 2, complete within 70min(half marathon)**
 - **Complete the whole journey within 1hour 45min(10km)**
 - **Complete the whole journey within 4hours(half marathon)**

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**

線道抽籤

請於 www.hkcdba.org 下載

多謝

**期待在2017年11月26日
與各位見面！**