



# Stanley Residents Association Ltd

赤柱居民會有限公司

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## 第五屆赤柱龍舟秋季拉力賽(2016) The 5th Stanley Dragon Boat Autumn Rally

### 章程及參賽備忘(1) Constitution and Bulletin 1

|                                 |  |   |
|---------------------------------|--|---|
| <b>Organizer</b><br>主辦單位        | Stanley Residents Assn, Stanley Dragon Boat Assn 赤柱居民會、赤柱龍舟協會                    |   |
| <b>Date &amp; Time</b><br>日期及時間 | Sunday 30 October, 2016, from 9am to 2pm<br>2016 年 10 月 30 日 (星期日) 上午 9 時至下午 2 時 |   |
| <b>Venue</b><br>地點              | Stanley Main Beach 赤柱正灘  |   |
| <b>Categories</b><br>參賽組別       | Men<br>男子組   | Teams in Men's Category have no gender restriction.<br>男子組隊員無性別限制   |
|                                 | Mixed<br>混合組   | Mixed Teams must have a minimum of 8 female paddlers on board in Standard Boat Races<br>混合組每隊中龍賽事出賽時不可少於 8 位女槳手   |
|                                 | Ladies<br>女子組  | Each member of Ladies' teams must be female except the helmsman & drummer<br>女子隊除舵手及鼓手外，其他隊員必須為女性   |
| <b>Classes</b><br>級別            | Class A & B<br>甲組、乙組   | <ol style="list-style-type: none"> <li>Each Category in Men's or Mixed events will include 2 divisions, i.e. Class A and B. Class A is an open class for premier and competitive teams. Class B is for corporate, youth groups and novice teams.<br/>男子及混合組比賽中，每組別再分為甲、乙兩個級別。甲組即公開精英組，乙組則較適合企業、青少年團體及新手參加。</li> <li>In case there are not enough entries, the Organizer may combine 2 classes in the start, but present prizes separately.<br/>賽會可能因應參賽各組別之報名情況而合併作賽，但分開或合併計算成績。</li> </ol> |
| <b>Crew</b><br>船員               | Standard Boat<br>中龍  | <p>Crew: 18 paddlers, 1 drummer and 1 steersman<br/>船員: 18位槳手, 1位鼓手及1 位舵手</p> <p>Age - 12 or above<br/>年齡 - 12歲或以上</p> <p>Minimum 16 people for each race (Including steersman and drummer)<br/>每場出賽人數不可少於16人，包括舵手及鼓手</p> <p>Unlimited backup (reserves), please prepare a list of team members<br/>後備人數不限，隊伍雖準備全隊名單以便大會審查</p>  |
| <b>Entry Fee</b><br>參賽費         | HK\$1000 / team  |   |

**Rules &  
Regulations**  
規則

1. Rules and Regulation as well as by-laws and race guidelines stipulated by the Organizer for Tuen Ng Festival are also valid for this event, unless the organizer has announced otherwise.  
除事先聲明外，本會曾頒布之端午節龍舟競度規則、附例及參賽指引於本比賽完全適用
2. Full version of the Rules and Regulations (including By-Laws) can be found in the official website. Teams are advised to download them for reference.  
原整版本請到本會網頁下載，各隊應自行下載參考
3. Teams who have never taken part in our events before, should pay particular attention and please read thoroughly the above-mentioned documents.  
沒有參加過本會比賽之隊伍尤其注意，請務必細閱這些文件。

**Course &  
System of  
play**  
賽程及賽制

1. Each team has to join the 1000m ring race and 2000m ring race, i.e. in total two round of races, with approximately 45 minutes break in between (each ring is 1KM in length, see diagram below). The first 5 finalists in each category in each round will receive trophies. Besides, the Organizer will present additional trophies for the first 3 teams with best overall combined results for the 2 distances in each category.  
各隊必須同時參加1000米及2000米環繞賽(每圈為1千米，見圖) 即共兩回合。兩回合中間相隔約45分鐘。在每個組別每個回合的首5名均獲頒獎盃一座。最後大會將再合併計算兩個回合的總成績，再頒發各組別的總冠、亞、季軍獎盃。
2. Each team will start in a 20-second interval. 繞賽暫定會隊每隔20秒出發。
3. Boat number/ start sequence in the first round is tentatively decided by the sequence of each team's enrollment.  
暫定第一回合以各隊「報名次序」排列上線次序(船號)，不作抽籤。
4. Boat Number (starting sequence) in the second round is decided by the result of the first round. Those finished with a slower time will start earlier.  
第二回合時各隊上線次序(船號)依對上一輪比賽來決定，越慢者越先出發。

## **(A) General Notes 一般事項**

- 1 Unless specified, all Rules and Guidelines for our Tuen Ng Festival (Stanley Main Race) will also apply to this event, e.g. team shirt requirements, start signals and 18-paddlers regulations. Team Managers should download and read thoroughly such documents, and attend Team Managers Meeting (45 before the first event of the day). Except drum sticks and bailers, all equipment provided by the Organizer. The event will follow mainly IDBF Rules and Regs, but adaptation and amendments have been made to cater for local situation.  
除非特別聲明，否則端午大賽規則以及參賽手冊內之條文，在本賽也適用，包括制服要求、起步口令及 18 名划手等，請各領隊在本會網站下載及熟讀各有關文件。除鼓棒及淘水用水殼外，所有器材由大會提供，包括划槳。領隊會議將於第一場開賽前 45 分鐘舉行，敬請出席。比賽盡量依國際規則及條例舉行，但因應條件所限，將有所修訂。詳見下文專項細則。
- 2 Once a team finishes marshalling procedure, without consent of Race Officials, no one on the boat should change seat or change member, or exchange material with others outside the boat. Each team should bring two spare paddles on board (provided by the Organizer)  
一旦完成檢錄或相關程序，未經裁判同意，各龍舟上人員不得再調換位置或換人，也不可與本艇以外人士交換任何物資；各隊應帶兩支後備槳上艇（賽會提供）。
- 3 No Warm up cruising will be allowed once a team load a boat.  
比賽不設熱身划行，請盡快就位。
- 4 Each team has responsibility to avoid collision, and to uphold the spirit of goodwill, mutual-understanding and mutual tolerance.  
各隊均有責任避免碰撞，也有責任互相體諒包容。
- 5 Any teams who need to shuttle between the shore and a private pleasure boat/junk should use the Superintendent Beach for loading and unloading passengers, i.e. the small beach south of the sea-school pier. Any teams found crossing or entering the race course with this kind of shuttle boats or using the pier for such purpose will be disqualified. The pier will be used as official stand and control tower.  
如參賽隊要往返接駁海中遊艇或各類私家船隻與陸地，必須使用校長灣上落，即航校碼頭以南之小沙灘，不能進入或橫過賽道，也不得使用碼頭，否則被取消比賽資格。碼頭會用作裁判席。
- 6 A team receiving an official warning may be disqualified, or in less serious situation, be penalized by a time penalty for 1 to 30 seconds.  
賽會也可因應某隊之行為而發出警告或取消其比賽資格，或每次以罰時至多 30 秒作處分。
- 7 No team should set up their own marquee /tents/booth without approval of the organizer. There are aluminum alloy frame marquees (3 x 3m) for rent from the Organizer. Please specify your choice in the entry form.  
比賽當日，隊伍不可私自擺放非大會帳篷。如需租用高質鋁合金支架帳篷（3x3 米），請在報名時註明。
- 8 The Organizer may request all steerers put on numbered vests which will match with boat numbers in the race. It should be returned to the organizer after use by putting onto the drummer's seat.  
大會將要求所有參賽舵手穿上有號碼之背心，以識別船號。賽後請放在鼓手 1 座椅上歸還。

### **By-laws for Distance Races**

#### **長途賽**

#### **- 比賽附例**

**Special Rules  
for Distance  
Races**

9. **Definition & Preface** – In IDBF documents, all races over 2000m are regarded as distance race. However, any race 1000m or above in ring race format held at Stanley Main Beach are also regarded by Stanley DBA as a distance race; In consideration of local condition, these races should be administrated and regulated under local rules as specified below. They shall replace all terms in R10 of IDBF Rules of Racing. Such local rules should be read in cross reference to each other and, should also be read in conjunction with IDBF Rules 7.1, 7.6, 7.7, 7.8, 7.10 and 7.11.

9.1 The **Racing Lane and Line of Racing** – a crew's occupation of the inner side (left side) of the course will NOT result in penalty. However, 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.

9.2 **Overtaking** - 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. However, 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. 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. "Give way" means reducing speed or go aside, but depends on specific situation and collision and impeding should be actively avoided. Rules below should also be referred to.

9.3 **Turning** – (A) When more than one boat are approaching the turn, all boats shall maintain their station through the turn, that is, maintain the relative position of its own boat with the first inner buoy marking the turn. (B) A crew that turns inside of a Turn Buoy (that is a buoy is passed to starboard) shall face a Time Penalty of 10 seconds, per offence. A crew that turns consecutively inside of 2 Turn Buoys may be disqualified.

9.4 **Impeding / Collision** – If this happens, the crew causing impeding or collision may be awarded time penalty of 5 to 30 seconds, or Disqualified when crew safety is compromised. The Chief Official may award the impeded team a Time Deduction Bonus of maximum 20 seconds

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|---|---|
| <p>長途賽<br/>專項<br/>規則</p>                      | <p>9 <b>定義及前言</b> - 在 IDBF 規例中，本來任何 2000 米或以上的比賽，包括環繞賽(又稱繞圈賽)，才視為長途賽；但因應本地情況，本會舉辦之 1000 米及以上之追逐賽，也以下述相關條文(本土規則)執行。(參考及取代 IDBF 規則第 10 項及 7.1、7.6、7.7、7.8、7.10 及 7.11 關於長途賽所有各條。)</p> <p>9.1 <b>競賽航線</b> - 參賽隊不會因佔用內線(即航道左側)而受罰，但某隊如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；如實質上已影響賽果，有關隊伍可被取消比賽資格。</p> <p>9.2 <b>超船</b> - 一隊龍舟可以任何時候從左邊或右邊超越別船，包括彎位區段，但必須能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。無輪直道還是彎位區段，如一隊的「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；如一隊的「鼓手」已被別隊「舵手」超前，該隊被實質上視為已被超前，則更應避讓 (give way)。所謂「避讓」指必需要減速退讓或轉向，視情況而定，但不能阻礙別隊(尤其後上隊伍)前進或引起碰撞為原則。參考上下文。</p> <p>9.3 <b>轉彎</b> - 如兩隊或以上一同入彎，在彎位區段各隊應一直保持入彎前一刻本身與賽道之相對位置，直到離開彎位區段為止；但如改變航線而不令別隊受任何干擾則除外。凡沒有繞過指定浮標，每次可被判罰加時最多 10 秒作懲罰。如某隊在同一次轉彎時連續兩次沒有繞過指定浮標而明顯得益，總裁判長有權取消其比賽資格。</p> <p>9.4 <b>阻礙及碰撞</b> - 如發生碰撞或阻礙，引發碰撞或阻礙之隊伍可被罰時 5-30 秒；如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。[參看上文航線部分]</p>        |
| <p>Team<br/>Managers<br/>Meeting<br/>領隊會議</p> | <p>1. 領隊會議安排在比賽當天 <b>9:30</b> 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，也可同邀舵手出席。<br/>The Team Managers Meeting will be held at 9:30 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, steerer or a representative attends it on his behalf.</p> <p>2. 賽前五天，大會將以電郵公布參賽備忘(2)，列明各項特別注意事項，特別附例等，並公布各隊上線排位表及帳篷位置，也會把這些文件放上網。各隊請留意本會網站及 facebook。<br/>Five days prior to the event, the Organizer will send by email "Bulletin 2", with special "Team Briefing Notes", as well as lanes/boat draw sheets, booth allocation map, etc. Please keep paying attention also to our web site and facebook.</p> <p>3. 所有隊伍，必須派代表出席領隊會議，否則喪失抗議及上訴權。<br/>All team should send a representative to attend the Team Managers' Meeting. Otherwise, their rights to make protest, and appeal, will be forfeit.</p> |
| <p>Marquee<br/>Rental<br/>帳篷租借</p>            | <p>所有隊伍均可在比賽日租用帳篷，費用為<b>400元</b>(3米 X 3米 X2.5米(H))，不可自備。隊伍可自備隊伍橫額，尺寸為<b>3米闊及30厘米高</b>。所有帳篷位置均由本會安排，帳篷位置有限，請盡快報名。</p> <p>Teams are entitled to rent booths/tents for their paddlers during the event day. Each booth is 3m x 3m in size and the <b>rental cost is HK\$400 per booth</b>. Only Association approved and produced booths are permitted. Teams are permitted to hang a specific size banner across the front of their booth and the banner size should be 3m (width) x 30cm (height) with a team name or logo. The location of the booths will be decided by the Association. Space for team booths is limited and they will be allocated on a first-come-first-served basis.</p>   |

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| <b>Remarks</b><br>備註 | <ol style="list-style-type: none"> <li>The Entry Fee is non-refundable, even in the cases of team withdrawal. Please keep a photocopy of your application forms for future reference.<br/>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。</li> <li>Your booking will only be confirmed when payment is received. Please allow 10 working days for processing your request.<br/>費用收訖方可作實。安排需時, 請提早10個工作天預約。</li> </ol> |
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## 賽前練習 Pre-race Practice

|  |  |                                       |             |                                     |  |                                       |   |                                      |  |
|--|--|---------------------------------------|-------------|-------------------------------------|--|---------------------------------------|---|--------------------------------------|--|
| <b>Fee</b><br>費用                         | Boat Rental<br>船租費   | HK\$500 per hour                      | 每小時港幣 500 元 |                                     |  |                                       |   |                                      |  |
|  | Trainer<br>教練  | HK\$450 per hour                      | 每小時港幣 450 元 |                                     |  |                                       |   |                                      |  |
|  | Steersman<br>舵手  | HK\$250 per hour                      | 每小時港幣 250 元 |                                     |  |                                       |   |                                      |  |
| <b>Cancellation Policy</b><br>取消預約       | <p>Once the practice timetable is confirmed, please inform us of any request of cancellations, alterations or additional practices and please await the approval from the Association 4 working days in advance, otherwise, no refund or reschedule will be provided.</p> <p>練習時間表分發後, 若有意取消、更改或增加原已預訂之練習時間, 請於4個工作天前知會及須經本會同意, 否則將不予退款或重新安排訓練時間。</p>  |                                       |             |                                     |  |                                       |   |                                      |  |
| <b>Type of Boat</b><br>練習船               | <p>Standard Dragon Boats will be provided for practices. Additional fee will be charged if your team would like to use a Small Dragon Boat.</p> <p>練習日只提供中龍(標準龍舟)。如需租用小龍, 需附額外收費。</p>  |                                       |             |                                     |  |                                       |   |                                      |  |
| <b>Location</b><br>練習地點                  | <p>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 passing Stanley Police Station you will arrive at the Center with a 2-minute walk, or take mini bus no. 40 or 52 and get down to Hoi Fung Path with 1-minute walk.</p> <p>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, 向赤柱警署方向步行約 2 分鐘, 亦可乘搭小巴 40 號或 52 號至海風徑站下車, 步行約 1 分鐘。</p>   |                                       |             |                                     |  |                                       |   |                                      |  |
| <b>Bad Weather Arrangement</b><br>惡劣天氣安排 | <p>In unfavorable weather conditions (see table below), please contact the Association at 2813 0564, 2813 2586 or 2813 2110 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.</p> <p>若天氣在以下情況(圖示), 請致電本會(2813 0564 / 2813 2586 / 2813 2110)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。</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px dashed gray; padding: 5px;"> <b>Thunderstorm Warning</b><br/>雷暴警告         </td> <td style="border: 1px dashed gray; padding: 5px;"> <b>Typhoon Signal #1 and #3</b><br/>一號、三號颱風訊號         </td> <td style="border: 1px dashed gray; padding: 5px;"> <b>Red Rainstorm Signal</b><br/>紅色暴雨警告         </td> </tr> <tr> <td style="border: 1px dashed gray; padding: 5px;"> <b>Strong Monsoon Signal</b><br/>強烈季候風信號         </td> <td style="border: 1px dashed gray; padding: 5px;"> <b>Strong Easterly Winds</b><br/>強勁東風         </td> <td style="border: 1px dashed gray; padding: 5px;"></td> </tr> </table> |                                       |             | <b>Thunderstorm Warning</b><br>雷暴警告 | <b>Typhoon Signal #1 and #3</b><br>一號、三號颱風訊號 | <b>Red Rainstorm Signal</b><br>紅色暴雨警告 | <b>Strong Monsoon Signal</b><br>強烈季候風信號 | <b>Strong Easterly Winds</b><br>強勁東風 |  |
| <b>Thunderstorm Warning</b><br>雷暴警告      | <b>Typhoon Signal #1 and #3</b><br>一號、三號颱風訊號   | <b>Red Rainstorm Signal</b><br>紅色暴雨警告 |             |                                     |  |                                       |   |                                      |  |
| <b>Strong Monsoon Signal</b><br>強烈季候風信號  | <b>Strong Easterly Winds</b><br>強勁東風   |                                       |             |                                     |  |                                       |   |                                      |  |

**Practice Policy**  
練習規定

1. Upon receipt of your application and the payment, your requested time slots will be confirmed by the Association.  
請連同報名表及有關費用交回本會，所要求的時段會由本會確認。
2. No reschedule of training or compensation will be provided to the Absentee and latecomers.  
如缺席者及遲到者，不得要求補時。
3. Dragon Boat facilities should only be used by staff/members from applicants (registered organizations/ clubs) without refund. If there are any violations, the Association will cancel the organization's application.  
所有龍舟設施使用者必須為申請機構之會員/員工，如有違規，本會有權取消該機構的申請而不須退還款項。
4. Any participant who breaches instructions given by the officials is liable to be expelled from using the Association's facilities without any refunds.  
本會職員有權拒絕違反場地使用者使用設施，而不予退款。
5. All Dragon Boat Facilities should be arranged by the Association.  
所有龍舟設施均由本會安排。
6. Your booking will only be confirmed when payment is received. Please allow 10 working days for processing your request.  
費用收訖方可作實。安排需時，請提早 10 個工作天預約。
7. In unfavorable weather conditions, there will be no refund for the fee of steersman and trainer.  
如因天氣欠佳暫停之練習，舵手費及教練費用概不發還。

**舵手/教練 Steersman/Trainer**

|                        |                       |  |
|------------------------|-----------------------|--|
| <b>Steersmen</b><br>舵手 | Official<br>大會指定舵手    | <p><b>[ Practice ]</b> Should you require a steersman from us during pre-race practice, please indicate the session(s) by marking an "S" respectively against the time slot requested in practice timetables. Charge is HK\$250 per hour. On-site ad hoc requests for steersman will be charged HK\$500/hr.</p> <p><b>[ Race Day ]</b> If you need to hire the official steersman on the race day, please indicate it under the table of "<b>Race Day Arrangement</b>" in the application form. Fee is HK\$500 per team for all races.</p> <p>* No team is allowed to deal with the SRA official steersmen or trainers directly and by-pass the proper booking procedures. Please make your payment to SRA officials during the practice if necessary.</p> <p><b>[ 練習 ]</b> 貴隊在練習期若需聘用賽會舵手，請於練習時間表填上符號 "S" = 舵手。費用為每小時250元，若臨時申請舵手，費用每小時500元。</p> <p><b>[ 比賽日 ]</b> 為方便賽會安排，如需在比賽當天聘用賽會舵手，請於報名表上"<b>比賽當日安排</b>"內表明。費用為每隊500元 (全日賽事)。如延誤辦理，賽會將額外收取手續費。</p> <p>* 任何隊伍不得私下與舵手/教練安排交易，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。</p> |
|                        | Unofficial<br>非大會指定舵手 | <ul style="list-style-type: none"> <li>· All steersmen must be assessed and registered with the SRA prior to practice and race day.</li> <li>· Please contact us before submitting the "race application form" if your team will use your own steersman.</li> <li>· 必需經本會考核，並獲發許可證方可在練習期間及比賽當日掌舵。</li> <li>· 如有需要，請務必在遞交「參賽表格」前與本會聯絡。</li> </ul>   |

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| <b>Trainer<br/>教練</b> | Official<br>大會指定   | <p><b>[ Practice ]</b> Should you require a trainer from us during pre-race practice, please indicate the session(s) by marking a "T" respectively against the time slot requested in practice timetables. Charge is HK\$450 per hour.</p> <p><b>[ 練習 ]</b> 貴隊在練習期若需聘用大會教練，請於練習時間表填上符號 "T" = 教練。費用為每小時450元</p> |
|                       | Un-official<br>非大會指定   | <ul style="list-style-type: none"> <li>· All trainers must be registered with the SRA prior to practice</li> <li>· Please refer to Appendix C for details .</li> <li>· 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</li> <li>· 申請書/詳情請參閱附件C 。</li> </ul>  |
| <b>Remarks<br/>備註</b> | Your booking will only be confirmed when payment is received. Please allow 10 working days for processing your request.<br>費用收訖方可作實。安排需時, 請提早10個工作天預約。 |  |

(圖 1) 1000 m 及 2000 m 環繞追逐賽路線圖  
Route for Ring Races

