



赤柱居民會有限公司

Stanley Residents Association Ltd.

96, Stanley Main Street, Stanley Hong Kong 香港 赤柱大街 96 號

Tel: 28130564 Fax: 2813 5704

www.dragonboat.org.hk info@dragonboat.org.hk

RACE MANUAL 2016

參賽手冊 2016

A. General Information 一般資料

(Revised 2016.4.7)

1 Race Info 比賽資料

Sun Life Stanley International Dragon Boat Championships 2016

2016 永明金融赤柱國際龍舟錦標賽

Date 日期:	Dragon Boat Festival Day Proper, 9 June 2016 端午節正日 2016 年 6 月 9 日
Venue 地點:	Stanley Main Beach 赤柱正灘
Time 時間:	08:00 – 18:30, provisionally. All heats will be staged in the morning, all finals and 2 nd round races in the afternoon. 上午八時至下午六時半；各場初賽於早上進行，下午為各場複賽及決賽

Team Manager Meeting 領隊會議

Date 日期:	29th May 2016, Sunday 2016 年 5 月 29 日, 星期日
Venue 地點:	5:00 – 6:30pm 下午 5 時至 6 時半
Time 時間:	Stanley Community Hall 赤柱社區會堂

2 Ceremonies 儀式

Tentatively, Eye-dotting and Ribbon-cutting Ceremony will be held from 13:30 to 14:30, Prize presentation from 17:40 to 18:15. Special Prizes like the Most-outstanding-outfit teams award will be presented at around 15:30. (Please read #4)

點睛及剪綵儀式大約於 13:30 至 14:30 舉行，盃賽頒獎禮於 17:40 至 18:15 舉行。最搶鏡服飾獎及其他特別獎在 15:30 頒發。(見下文第 4 項)

3 Enquiry 查詢

3.1 Team Managers and Team Captains should familiarize themselves with this Information Pack, Race Rules and details of the draw sheets as printed in the programme. Important information should be shared with and conveyed to all members of the team. This information booklet should be circulated in the team.

各領隊及隊長宜熟讀本手冊、比賽規則及場刊內印明之排位表，亦應把重要資訊自行發放予隊員。

3.2 On the event day, do NOT swamp the Umpires' Desk with questions or irrelevant requests. All enquiries should be made to the Information Desk in front of the Official Stand.

比賽當日請勿向裁判台發問或提出任何要求。所有查詢請向「詢問處」提出。

3.3 All racing documents and information can be found on official website at www.dragonboat.org.hk and Facebook page.

所有比賽資訊及文件亦會在大會官方網頁：www.dragonboat.org.hk 及大會官方臉書(facebook)發放。



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4 Prizes 獎項

4.1 The fastest 6 finalists in Plate and Cup Finals will receive trophies (unless otherwise stated). Special arrangements for Class B Men's and Mixed races are as follows: the fastest 3 teams of each heat in the first round will receive small trophies right after the heat. Note that there will not be any public announcement on this and teams should take initiative to go to Information Desk to claim the trophies.

盃賽、碟賽決賽的前 6 名均獲獎盃 [除非特別聲明]。男子乙組及混合組特別安排如下：初賽(第一輪) 每場前三名即場有小獎盃頒發，但不會有廣播，請自行到詢問處領取。

4.2 The "Most-Outstanding-Outfit Award" will also be held this year. Details can be found on the special application form. There will be announcement to call upon the contestants to parade 1 minute on the stage. Please note that all the winning teams must be fully dressed up when accepting the award in the prize giving ceremony.

大會設有「最搶鏡服飾獎」，詳情請參閱「最搶鏡服飾獎」報名表格。參賽者請留意大會廣播，參加隊伍將有 1 分鐘在台上展示服飾。得獎者須穿得獎服飾上台領獎。

4.3 Starting from 2005, a new trophy for the "Team Spirit of the Year" is introduced. Criteria of such include all pre-race practices of the season.

自 2005 年起本比賽增設「年度最佳團隊獎」。評審標準包括所有本年度賽前練習。

5 Land Transport 陸上交通

5.1 There will be a huge crowd on race day and serious shortage of parking space. It is advisable to set off early in the morning. Please use public transport and also prepare for evening after-event outbound traffic congestion. Bus companies will also provide extra service to ease the crowd.

比賽當日人潮厲害，本區也極為缺乏停車位。請提早出門並儘量使用公共交通工具。巴士公司亦會增派巴士疏導。比賽完畢時會出現塞車現象，敬請留意。

5.2 No parking space will be allocated, except Race Officials.

除工作人員外，本會一律不安排車位。

5.3 On the race day from 7:00 am to 8:00 pm, Stanley Link Road and Hoi Fung Path will be closed and reserved for logistics and athletes' warm-up.

大賽當天早上 7 時至晚上 8 時連合道及海風徑會封閉作後勤及熱身區之用。

5.4 Loading or unloading of team should be done at Tung Tau Wan Road (in front of Sea School) or Stanley Beach Road (in front of the mini car park near the waterfront cafe/ beach complex). Unloading at Tung Tau Wan Road is more advisable as it is closer to the main entrance (Entry 1 and 2 in the map, at Hoi Fung Path) and more convenient to get to the pier.

當天旅遊巴士請儘量在航海學校前之東頭灣道上落旅客。所有車輛不可停留。所有運動員及公眾人士均需利用海風徑(近航海學校)(即會場地圖之入口 1 及 2 號)進入沙灘，此路線進出賽區及碼頭將更方便。



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5.5 Parking meters along Stanley Beach Road and Stanley Mound Road will be suspended on the race day. Vehicles are only allowed to load and unload passengers. Please try to unload early at Stanley Mound Road (near petrol station) if there is congestion.

比賽當天赤柱灘道及赤柱崗道之停車收費咪表將停用，但容許旅遊巴士、的士及私家車上落客，唯不能停泊或等候。如交通擠塞，請提早在赤柱崗道(近油站)上落車。

6 Sea Transport 海上交通

6.1 All pleasure boats to be moored at the designated race area (including race course buffer zone) must first be registered with the Organizer and follow instruction from the Organizer and the Police. Defiance of such instructions may lead to disqualification of the team (s) involved.

所有駛入及停泊在賽事管制區範圍(包括賽道緩衝區)內之遊艇，必須向大會預先登記並遵守大會及警務人員之指示，否則相關隊伍的參賽資格將被取消。

6.2 Since 2005, as instructed by Marine Department, the Organizer has arranged its own official shuttle boats. Please liaise with the Organizer for shuttle boat tickets details. (Please refer to Appendix A of Application Form)

自 2005 年起，賽會應海事處指示自行承辦接駁船服務。如需購買接駁船船票，請預先向賽會購票。(見報名表格附頁 A)

6.3 Anyone opting for "unofficial" boat ride are at their own risk and should avoid overloading. 乘坐任何"非賽會"小艇者，請提防超載，且安全自負。

6.4 Team member(s) and their companion(s) traveling to and returning from pleasure boats must stay away from race courses. Unauthorized entry into the race courses and buffer zone is strictly prohibited. The wave and blocking caused by these shuttle boats are not only nuisance and lead to delay, but also endanger the paddlers and their own passengers. Anyone intentionally violate the rules and/or disobey proper instructions of designated official(s) will, perhaps accompanied by the whole team, be disqualified immediately, and/or be classified as a stand-by entry or even suspended in future events.

各隊員或親屬，若以小艇或快艇往返沙灘與觀眾船，必須遠離賽道範圍(不得橫越賽道或進入緩衝區或賽區)，否則其引起之浪花和阻礙，非但阻延比賽進度，更對他人與自己的生命構成威脅。故意違規或不聽從工作人員指示者，將可能連同全隊立刻被取消資格，或在來年被列作後補隊伍或被拒絕參賽資格。懇請合作。

7 Security and Safety 保安及安全

7.1 On the Race Day, temporary First Aid stands will be set up at Link Road, the Pier and our Training Centre. During official practice sessions on weekends (May & June), from 9am to 5pm, St John Ambulance Brigade will be on duty at the Training Base. Teams can also seek first aid service at Stanley Main Beach life guard post.

比賽當日，臨時救傷站將設於連合道、碼頭及本會訓練基地。在訓練高峰期(五、六月)週末早上 9 時



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至下午 5 時，於本會龍舟訓練基地亦有聖約翰救傷隊當值。如有需要，各隊亦可於赤柱泳灘的救傷站尋求協助。

7.2 All competitors are solely responsible for their own safety during official practice sessions and races. The Organizer or any other individuals or organizations connected directly or indirectly with the races bear NO responsibility for any death, injury, damage or loss incurred or borne by competitors or members of a team.

大會指定的練習時間內及比賽期間，各參賽者須完全負責其個人之安全。大會及任何其他與賽事有直接或間接關係之個人或團體，對於參賽者或賽隊成員的死亡、損傷或損失，概不負責。

7.3 Each participant's capacity and skill should not be overestimated. Each competitor must be able to swim at least 100 meters wearing light clothing.

所有參賽者必須能在穿著輕便衣服的情況下，游泳一百米。請勿高估參賽者的能力。

7.4 It is the responsibility of team managers and of individuals to decide for their teams or themselves whether or not to wear life jackets or personal floatation equipment and which are to be prepared by the participants themselves. (Amended 2010)

穿著救生衣或助浮設備與否須由參加者自行決定和自備。(2010 修訂)

7.5 Practice is restricted to the official racing area (i.e. 500m radius from the Stanley Main Beach). The length of Race course is about 270m.

只准在赤柱正灘 500 米半徑範圍內練習，免生危險。賽程約為 270 米。

7.6 For safety reasons, all team members must familiarize themselves with the essence of the "Capsize Drill". After sinking, all team members must return to the shore and line up in front of the Official Stand for Team Captain/ Manager to take roll call and report to the Organizer's officer-in-charge before dismissing or carrying on with the remaining race or practice.

Please read IDBF guidelines: <http://idbf.org/documents/watersafety/EventSafetyIssues.pdf>

為安全起見，各隊員出發前必須熟習「翻沉意外安全程序」之基本要點。若不幸出事，所有隊員必須立即回到岸邊司令台正前方列隊，讓隊長或領隊點名，並於確定全部隊員安全及向當值賽會人員報告後才可解散或繼續餘下之比賽或練習。

請參考國際龍聯的水上安全指引：

<http://idbf.org/documents/watersafety/EventSafetyIssues.pdf>

7.7 The Organizer takes no responsibility for taking care of any personal belongings. Locker rental is available.

請自行保管財物。如有需要可向本會租用儲物櫃。

7.8 To get into ready position, "side stokes" by athletes on one side to move the boat sideways are much more effective than relying only on the steersman. Besides, such team action can also avoid turning the boats at the rough sea of outer area and thus minimize the risk of capsizing. Each team should practice such maneuver. To avoid accident or damages to dragon boats, we request your co-operation and self-restraint during practice and the race to stop the boats immediately after crossing the finish line. Please DO NOT run them ashore. Both paddlers and drummer should always stay alert in water and be prepared to "Hold the



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boat" at any time necessary.

就位調較「準備」位置時，由單一邊划手們同作「橫划動作」會比單靠舵手更易拉直龍舟正向終點，亦可避免在外圍大浪地區拐彎而翻船的風險。故各隊必須練習此橫划動作。為免發生意外和減少對龍舟之損毀，請各領隊及隊長告知隊員自律。在練習和比賽當日，衝過終點線後務必立刻「開水」停船，請勿衝上沙灘；並於航行時常留意前方情況，隨時「開水」停船或後退。

8 Weather 天氣 / 應變

8.1 As it is an outdoor activity, weather is unpredictable, and due to safety reasons, the Police may require the Organizer to finish the race before dark by combining, shortening, suspending, terminating or cancelling certain race rounds. No appeal or request of refund will be accepted if such decision is made due to such weather or per request of Police. (For practice sessions read also 3.2 of part B)

戶外活動，風雨難料，比賽可能因安全理由或警方指示下必須在入黑前完成而需合併、刪減、延遲、中止、取消部分或全部賽程，參賽隊不得異議。賽會亦不會因而退回相關費用。(練習安排請參閱下文乙部 3.2 項)

8.2 At 6:00 am, if typhoon strong wind signal no. 3 or above, and/ or red or black rainstorm warning is announced by Hong Kong Observatory, the event will be postponed to 10:00 a.m. with race schedule streamlined. If the weather does not improve at 10:00 a.m., the whole event will be cancelled.

若天文台於賽事當日上午 6 時正懸掛三號或以上之風球、發出紅色或黑色暴雨訊號，賽事將順延至上午 10 時，賽程會相應刪減濃縮；如上午十時正天氣仍未好轉，當日比賽即告取消。

9 Marquee Rental 租用帳篷

9.1 Booths (Size: 3m X 3m X 2.5m) are provided by the Organizer and the rental fee is HK\$2,000 each. Teams are not allowed to use their own booths.

大會提供帳篷 (3 米 X 3 米 X 2.5 米(高)) 租借服務，每個港幣 2,000 元。參賽隊不可自備帳篷。

9.2 No promotional activity is allowed in athlete marquee(s). Teams can only hang a banner with size 3m (width) x 0.3m (height) with team name or logo on the front of their booth. Please note that only team name is allowed to be printed on the banner/flag; otherwise it will be treated as an advertisement act and HK\$10,000 will be charged. National flags are exempted.

隊伍帳篷不能進行任何宣傳活動。隊伍可自備隊伍橫額 (只可印有隊名或隊徽)，尺寸上限為 3 米闊乘 0.3 米高，掛於帳篷前。任何超出以上尺寸或印有隊名以外的橫額之隊伍，將被視作宣傳及須繳付港幣 10,000 元之廣告費。國旗不在此限。

9.3 The location of booths will be allocated by the Organizer. Specific location request of team marquees will be charged with additional HK\$1,000 per booth. Please contact the Organizer for more details.

所有帳篷位置均由本會安排。如特別要求預留帳篷位置需付額外港幣 1,000 元 (每個帳篷)，詳情請



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向本會查詢。

9.4 Teams should notify the Organizer of adding or cancelling marquee rental via email. The Organizer reserves all rights to the decision. Cancellation on marquee rental with less than 2 weeks prior to the races will not be accepted.

如需增加或取消帳篷，請以電郵通知並以本會回覆作實。比賽前兩星期不接受取消租用帳篷。

9.5 Please be considerate and keep the beach clean. Each team manager should claim a disposal bag from the Enquiry Desk and take care of cleanness of the team.

參加者請自重自律，保持沙灘清潔。各領隊請向詢問處領取垃圾膠袋一個，負責該隊之清潔。

10 Souvenirs & Promotional giveaways 紀念品及宣傳品

10.1 20 pieces of souvenir T-shirts and 1 piece of 20L Dry bag are included in the Championships Entry Package and they should be collected within Official Pre-race Period (2/4/2016 – 3/6/2016). Actual pick-up date will be announced. Any late collection of the souvenirs may not be accepted.

參賽隊伍所獲發之紀念 T-恤(每隊 20 件)及防水袋(每隊 1 個)必須於大會指定練習期(2/4/2016 – 3/6/2016)內領取。確實領取日期另行通知。

10.2 T-shirts and other souvenirs products will be available at official booths during practice and race day.

大會設有攤位，出售 T-恤、場刊、龍舟槳、鼓、鼓棒、旗幟等紀念品。

10.3 Without prior permission from the Organizer, NO teams or individuals are allowed to sell or give out any souvenirs, posters, leaflets or any form of giveaways within the official area (including the beach, warm-up area, car parks, booths, etc.). No commercial or promotional activities are allowed. If teams are interested in holding promotional activities, please contact and seek prior approval from the Organizer. All materials must be sent to the Organizer for scrutiny at least 2 weeks in advance.

一切在大會已租用之場地範圍(包括沙灘、運動員休息熱身區、停車場、帳篷等)，未經允許，不得從事任何宣傳、推廣或商業活動，不得派發或出售紀念品/宣傳品/傳單/海報之類的東西。若隊伍有意進行宣傳等活動，請與大會聯絡。相關物品必須至少兩星期前送抵賽會辦公室查驗和批核。

10.4 The Organizer accepts order for team uniform or souvenir shirts production. Please contact the Race Office for details.

賽會可為各隊代訂比賽制服(衫褲)及紀念服。請與賽會辦公室聯絡。

11 Payment & Entry 報名及付款

11.1 All payments have to be settled 2 weeks before the race. Afterwards, i.e. within the 2-week period prior to event day cheque payment will not be accepted. Please pay by bank transfer instead.

所有費用須在賽前至少兩星期繳付。賽前兩星期內再不接受支票付款，請改以銀行轉帳付款。



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- 11.2** Entry Fee is non-refundable, even in the cases of team withdrawal. Please keep a copy of your own application forms for future reference.
一經報名付費，不論退出或棄權，費用概不發還。報名表格寄出前請自行複印存檔。
- 11.3** Your enrollment and booking will only be confirmed when payment is received and confirmed.
參賽資格及所有預約均費用收訖方可作實。
- 11.4** Each team must provide both Chinese and English team names; otherwise it will be decided by the Organizer. No protest will be accepted on this issue. It is the responsibility of the team to submit the team name correctly together with the application form. The Organizer bears no responsibility and does not guarantee translating and/ or announcing the team names correctly or elegantly to suit the taste of the parties concerned. If a team requests to change or rectify team name after entry, administration cost of HK\$500 must be charged. If any members of the team are found harassing the commentator or other race officials regarding such dispute, a warning will be issued to the team (each time).
報名時任何隊伍必須同時提交中、英文名稱，否則由賽會代為決定，責任自負。賽會不保證也沒有責任翻譯或公佈時正確兼令各方合意。若隊伍於報名後要求更改或更正名稱，需繳付港幣 500 元行政費。如有關隊伍因此等爭議而騷擾評述員或其他賽會職員，該隊將每次獲警告一次。
- 11.5** Liability Waiver must be submitted to the Organizer at least 2 weeks prior to the Race.
「參賽聲明書」必須於比賽兩星期前交回賽會辦公室。
- 11.6** Membership Card will be distributed to teams on the first practice session during pre-race practice period (starting form 2 April 2016). Please bring the confirmation receipt to collect the membership card. The membership card must be shown for practice sign-in and registration on the race day. Only ONE card will be issued for each team. HK\$500 administration charge will be charged for re-issuing a new card.
每隊將於大會指定練習期開始後的第一次練習獲發會員證。請帶同報名收據領取會員證，並在往後的練習及比賽當日報到時出示此證。每隊只獲發一張，如需補領或轉換，本會將收取手續費港幣 500 元。



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B. Practice 練習

1 Practice Date 練習日期

Extra Practice 額外練習期	22 February 2016 - 1 April 2016 4 June 2016 - 18 June 2016 2016年2月22日至2016年4月1日 2016年6月4日至2016年6月18日	Not included in the entitled 10-hour practice. Training within this period will be charged separately. 報名時獲分配10小時練習並不適用於這段日子，此期間練習需另收費。
Official Pre-Race Practice 大會指定練習期	2 April 2016 - 3 June 2016 2016年4月2日至2016年6月3日	The entitled 10-hour practice must be chosen within this period. 報名時獲分配之10小時練習必須於此段日子中選擇。

2 Fees 收費

Extra Practice - Standard Boat Rental 額外練習 - 標準龍舟租船費	HK\$500 per hour 每小時港幣500元
Night Practice - Standard Boat Rental 晚間練習 - 標準龍舟租船費	HK\$600 per hour 每小時港幣600元
Extra Practice - Small Boat Rental *Include steersman 額外練習 - 小龍舟租船費 *包括舵手	HK\$1,000 per hour 每小時港幣1,000元
Official Trainer 大會教練	HK\$450 per hour 每小時港幣450元
Official Steersman 大會舵手	HK\$280 per hour 每小時港幣280元
Official Steersman - On site request 大會舵手 - 練習即日聘用	HK\$560 per hour 每小時港幣560元

3 Practice Arrangement 練習安排

3.1 Once the practice timetable is confirmed, please contact the Organizer 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，若需取消、更改或增加練習時段，請於 4 個工作天前通知本會，及取得本會同意方可作實，否則將不予退款或重新安排練習時間。

3.2 Cancellation of practice due to unfavorable weather conditions, no matter decided by the Organizer or the team, there will be NO refund for Steersman, Trainer as well as boat rental. 若因天氣欠佳而取消練習(無論是賽會決定或隊伍自行決定)，舵手、教練及租船費用概不發還。

3.3 NO TEAM SHOULD MAKE PERSONAL ARRANGEMENT WITH OR PAY OFFICIAL STEERSMAN and/or TRAINER DIRECTLY, or bypass proper booking procedure, including non-official



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events. Please make your payment to SRA officials during the practice if necessary.

所有隊伍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。

- 3.4 Since 2001, a registered steersman needs to be on duty on each boat during practice sessions. All Unofficial steersmen must be examined and registered with the Association prior to practice and race day. Please contact the Organizer before submitting the race application form if your team will use your own steersman. Since 2012, only teams that have hired Official Steersman during practice for at least 10 hours can have a discounted price on Race Day Steersman Fee at HK \$500 (up to 3 rounds). Otherwise, official race day steersman will be charged at normal rate: HK\$1,000 (up to 3 rounds).

從 2001 年開始，練習時每艘龍舟亦需有一名持合格舵手證的舵手當值。非大會舵手必需經本會考核，獲發許可證後方可在練習期間及比賽當日為該報名隊伍掌舵。如有需要，請在遞交參賽表格前與本會聯絡。由 2012 年開始，任何隊伍如要求賽會在「比賽當日」提供合格舵手，本年度該隊已經在至少 10 小時練習時段聘用大會舵手，才可享受特價優惠，即比賽當日二或三場共港幣 \$500 元。否則一律收取正價，每名舵手聘用費每天(二或三場)為港幣 1,000 元。請於比賽報名表註明並交付費用。

- 3.5 Every registered steersman can only steer for the team he/she registers for in that year as shown in the card. Starting from 2004, this rule also applies to practice sessions; otherwise the steersman qualification and the card will be forfeited.

比賽/練習時每名已經本會註冊之舵手只能為該年度註冊時註明的該支所屬隊伍掌舵(顯示於舵手証)。違反以上規定的舵手將被取消資格。

- 3.6 It is the responsibility of the steersman to tie up the boat at the beach after practice. New candidates need to demonstrate this skill in the assessment.

每次練習之後，舵手必需以適當之繩結把龍舟固定於岸邊。新舵手證考生必須展出此技能方能獲頒舵手證。

- 3.7 Even in calm sea condition, practice should be restricted to the official racing area (i.e. 500m radius from the Main Beach) so as to avoid accidents and difficulties in rescue and monitoring. (N.B. the shortest distance from Stanley Main Beach to To Tei Wan is 2000m while to the Shark Prevention Net is about 180m.)

即使風平浪靜，只准在沙灘 500 米半徑範圍賽區內練習，免生危險及增加救援和監察之難度。(註：由赤柱正灘至土地灣距離為 2000 米，練習地點距離赤柱正灘防鯊網為 180 米)

- 3.8 Please be punctual. Any teams returning the boats late, intentionally or otherwise, will need to pay a fine of HK\$500 on each occasion.

各隊伍必須合作守時。任何隊伍若交艇遲誤，不論有意與否，必須繳付港幣 500 元之罰款。

- 3.9 Under unfavorable weather condition (especially when strong easterly wind and/or thunderstorm warning is hoisted), please call the Organizer at 2813 0564 (Monday to Friday) or 2813 2110 (Saturday & Sunday) before setting off to confirm whether practice still goes on or not. When Red Flag is hoisted at Stanley Dragon Boat Training Base, all boats must return to the shore and practice will be cancelled. Since 2010, the official



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website has linked to a page of the HK Observatory which is specially set for water sports in Stanley Main Beach. The web page will be renewed every 15 minutes in daytime. Please make good use of it.

若天氣欠佳 (尤其強勁東風及雷暴警告)，請先致電本會：2813 0564 (星期一至五) 或 2813 2110 (星期六 / 日) 查詢練習是否取消。如本會龍舟訓練中心高掛紅旗，表示召回所有龍舟及所有練習暫停。自 2010 年 4 月起本會網站已連結到香港天文台特別為赤柱正灘水上活動而設的天氣網頁，其資料在日間每 15 分鐘更新一次。請善加利用。

3.10 Practice will be suspended one week before the race day so as to facilitate repair and maintenance.

比賽前一星期練習停止，以便維修及保養。

3.11 All teams should practice "side-strokes" (Please read Part C 5.9)

各隊必須練習「橫划」動作 (請見 B 部 5.9 項)

3.12 Unauthorized individuals have been found openly and unscrupulously soliciting for service at the beach during official practice hours and cause annoyance to our training teams. If such circumstance is encountered, please inform the Organizer or field-officers-in-charge for immediate actions.

本會曾發現有非授權人士向練習隊伍兜售服務，或聲稱可提供協助，造成滋擾。如遇上述情況，請向賽會或當值職員舉報。

C. Race Rules and Regulations 賽事規則及條例

1 GENERAL 一般事項

(Revised 2016 年 4 月 1 日 修訂)

1.1 Any team that fails to obey the terms in the Rules and Regulations herein, in the Race Manual and Application Form, may be disqualified or receive an official warning. Any team that has already received one official warning and commits another offence (disregard of the same item or not) on the same round of race will be disqualified. Serious disciplinary offences will be dealt with differently at the Chief Official's discretion. (Amended 2010, 2016)

任何不遵守本文件、參賽手冊及 / 或比賽申請表內之規例或條款之賽隊，可被取消資格或接受一次警告。任何隊伍犯規並收到警告後，在同一場再犯規 (不論同一項與否)，將被取消資格。嚴重紀律性違規，例如不君子行為，則另行處理，由總裁判長決定。(2010, 2016 修訂)

1.2 A team should compete only by racing in accordance with the recognized principles of fair play, good manners and sportsmanship. In particular any act of this nature against any of race officials, Judges or another competitor or other serious breaches of these principles will result in disqualification. Any offending team may be refused to any entry in future events.



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賽隊應具良好的品行，本著公平競爭的原則及體育精神作賽。任何隊伍若對賽事工作人員、裁判或對其他參賽者有違反此等原則的行為，將被取消資格。任何違規隊伍可能被拒絕參加來屆比賽。

1.3 A team must follow the instructions of the Race Officials within 15 minutes before their starting time.

在各賽事開始前十五分鐘內，賽隊必須按照賽事工作人員的指示行事。

1.4 Each team must have a Team Manager, who must be present in the Team Assembly Area (on the beach) and/or in the boat during the time that the team is under control of the Race Officials. (Amended 2011)

各賽隊須設領隊一名。賽事工作人員接管賽隊期間，該領隊須留在沙灘隊召集區及 / 或比賽龍舟內。(2011 修訂)

1.5 No matter due to team's decision to withdraw and/or due to cancelling of some or all of the races that beyond control of the Organizer, such as weather issue, the entry fee paid is NON-refundable.

賽隊若決定退出比賽，或大會由於一些不能控制之因素（如天氣問題）而必需取消某些或全部賽事，報名費概不退還。

1.6 The Organizer reserves all rights to refuse entry of any team in the races at its sole discretion.

大會有權拒絕讓個別隊伍參賽。

1.7 Each team is solely responsible for its own conduct and for complying with the race rules.

各隊伍須就各自之行為負責，並有責任遵守賽事規則。

1.8 All races will be governed by all notices and memos of the race, as well as any amendment issued by the Organizer on the race day, including the "Race Manual". Anyone in charge of a team should familiarize with all these documents.

本比賽也受賽會事前就本比賽發出之有關通告備忘及臨場公佈修改之事項所約束，包括「參賽手冊」內公布之各項條款。各隊負責人須熟讀之。

2 THE TEAM AND TEAM COMPOSITION 賽隊及隊員組合

2.1 Number of team members on each boat is limited to 20, including 18 paddlers, 1 steersman and 1 drummer. Average weight of the team must not exceed 200 pounds.

比賽人數為全船 20 人（包括 18 名槳手、1 名舵手及 1 名鼓手），且全隊體重平均值不得超過 200 磅。

2.2 All competitors must be 12 years of age or above. (Revised 2012)

參加者必須年滿 12 歲。(2012 修訂)

2.3 In case of undesirable weather and/or sea conditions, the Judge Panel is entitled to announce to reduce the number of paddlers on each boat as mandatory. (Amended 2015)

若比賽時天氣惡劣或海面浪大、或其他情況，裁判團有權及可能作出臨時宣佈，強制要求各隊減少登船出賽人數。(2015 修訂)



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- 2.4** Each paddler can only compete for ONE team. (If an organization registers 2 entries, each entry is considered a separate team). Each steersman or drummer may race for more than one team but only "of the same organization". Prior approval by the organizer is necessary. 各划手全日只能代表一支隊伍出賽。(同一機構派出兩隊參賽，當兩隊計!) 舵手或鼓手則可為「同一機構」的兩隊出賽。但事先要得賽會認可。
- 2.5** Since 2009, Men's division of Class A or B is no longer divided into Chinese and Expat. However, only Men's class A will be able to advance to the prestigious Overall Grand Finals. 自 2009 起男子組(甲、乙) 均不再保留外藉與華籍之分野，但仍然只有男子甲組隊伍可晉級至總決賽。
- 2.6** Class A is Elite Grade. All Class A Cup finalists and the fastest 3 in the Plate Final from previous year in Men's Category should stay and enter Class A. However, the Organizer allows negotiation. First entry will be decided by actual team profile. 甲組為精英組。在前一年甲組各盃賽決賽隊伍及碟賽決賽前三名均需在 / 報名時選擇保留在甲組。唯賽會容許協商。首次參賽隊亦視乎實力而定。(2015 修訂)
- 2.7** There is no gender restriction for drummer and steersman. For Ladies' teams, all team members must be female (except steersman and drummer); for men's races (open), there is no gender restriction on team members. There is no ceiling for reserves but a "full list" of team members should be submitted as per instructed. 舵手及鼓手不受性別限制。女子隊除舵手及鼓手外，其他隊員必須為女性。但男子組 (公開組) 則無性別限制。後備人數不設上限，唯「全隊名單」需稍後依指示呈交。(2016 修訂)
- 2.8** For mixed category, there should be a minimum of 8 and a maximum of 12 female paddlers on board during a race. Since a mixed team is considered a team, team members of the team are not allowed to take part in another team. 混合組比賽中女子「槳手」人數必需在 8 至 12 人之間。因混合隊也當獨立一隊計，故該隊隊員不得再出席其他組別比賽。
- 2.9** To facilitate commentating, teams can send a description of team profile of not more than 200 words to the Organizer via email one week before the race. Please do not submit any commercial information. 為方便評述，各隊可交來少於 200 字的簡介。請於賽前一星期以電郵方式交予本會。請勿呈交商業性質資料。(2016 修訂)

3 Steersman 舵手

- 3.1** Each team must have an experienced steersman (steerer). Unofficial steersman must register with the Stanley Residents Association and bring their Steersman card at all times while steering. The association can provide official steersman if notified in advance. Fee has to be paid in advance for this service. 每隊必須有一名有經驗而懂得正確掌舵的舵手。如非聘用賽會舵手，該舵手必須註冊為赤柱居民會認可的舵手並在為龍舟掌舵的任何時間配帶其舵手證。



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3.2 Each steersman can only race for the team he/she is registered for in that year as shown in the card.

比賽時每名舵手只能為該年度註冊時註明的一支所屬隊伍掌舵。

3.3 A steersmen hired from the organizer should be regarded as member of a team during the race. In case of unexpected incidence, such steerer should not be a reason for protest or appeal.

比賽中，從大會臨時聘用之舵手將視為該隊成員之一，因此，如有事故該舵手不應作為抗辯或上訴的理由。(2016 修訂)

3.4 A steersman not steering the boat properly or competently and causing collision regardless of his /her own mistake or caused by effects of alcohol or drugs, will have his/her registration and Steersman Identity Card suspended at once.

因技術不靈、或因酒精藥物影響而不能正確掌舵而引致撞船之舵手，其考核資格及其舵手證將即場被註銷。

4 EQUIPMENT 器材

4.1 Except drum sticks and bailers, all equipment used by competitors shall be provided by the Organizer. The allocation of boats and paddles to individual teams shall be at the sole discretion of the Organizer. **Private paddles are not allowed.** All official equipment must be returned in good order after use. Any participant not leaving the official equipment behind after crossing the finishing line shall be treated as a defiance of rules and/ or a case of theft.

除了鼓棒及掏水斗外，一切器材由大會提供及全權分派。**不能使用私家龍舟槳。**各隊伍於抵達終點後請立即把用具放回龍舟內歸還，違者可被取消資格或當盜竊事件處理。

4.2 The Organizer will not be responsible for any failure of equipment during the race and each team is advised to carefully check the boat and paddles allocated to it before the racing.

比賽期間，如器材出現任何故障，大會概不負責，故賽隊應在比賽前小心檢查大會所分派的龍舟及划槳。

4.3 No modifications or additions to the equipment within the boat should be made or carried out by any competitor or team. Yet any participants in need of the following items are permitted to bring onto the boat:

(a) Any pads or devices for paddlers to sit on- it should be made of flexible materials and to the extent that it is able to be folded and not thicker than 2 inches.

(b) Only plastic hand-held bailers are permitted for removing water from the boat. No pumps of any kind are permitted.

任何參賽者或參賽隊伍不能改裝或增加龍舟的設備，或自行攜帶器材上龍舟，除了以下兩項：

(a) 划手可自備坐墊，但其應具彈性且能夠相對摺疊，攤開後，厚度不能超過兩吋。

(b) 除塑膠水斗(水殼)外，隊員不得使用其他器具掏水出船外。任何類型的水泵，皆不准使用。

5 Marshalling, embarking and Starting Procedure 登船、召集及起步程序



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5.1 Team Managers / Captains should report to the "Beach Marshal Table" at the Information Counter 15 minutes before the races. Teams must board the dragon boats according to the Race Schedule and the bulletin board and get to the Start Line along "the buffer zone" on time.

比賽當日各領隊或隊長需於每次比賽前 15 分鐘到詢問處旁的「召集處」報到。各隊需依場刊及積分板上印明之時間提早登上龍舟，立即沿「緩衝區」駛往起點準時就位。

5.2 The Organizer will refine the schedule according to the final entry profile. If certain category adopts the accumulative points system as race format, then it will follow the formula below: (n= number of lanes)

賽會將按該年最後報名情況修訂每個組別之賽制。如某組別以累積得分制來決定總名次，每場各隊得分如下(n = 線道總數)：

Places 名次	1 st 第一名	2 nd 第二名	3 rd 第三名	4 th 第四名	...	DNF/DQ
Scores 得分	n+1	n-1	n-2	n-3	...	0

5.3 Absentees (DNS – Did not start) or those who did not finish (DNF) the race or disqualified (DQ) will score zero mark. If two teams get the same accumulative points, their final position will be decided by the result of their "last encounter". If such method cannot solve the dispute, then accumulated time of the heats may be a factor for the decision of the Judge Panel whose decision will be final.

缺席(DNS)、未能完成比賽(DNF)及被取消資格(DQ)的隊伍得 0 分。如兩隊同分，則以兩者最後一次同場對賽時之勝方為排名高者。如此法不能解決排名次序，則以初賽各場累積時間及/或裁判團之決定為依。

5.4 Boat allocation of Heats (first round) will be done by random draws. But allocation in subsequent rounds will all be determined by finishing places in previous rounds.

各場(第一輪)初賽之排位將由抽籤定，隨後的複賽編艇排位將取決於之前一輪比賽之名次。

5.5 (deleted 2016 刪除)

5.6 Each boat will be entitled with a number which indicates the lane that it belongs to. A team must race in the corresponding lane.

各龍舟均寫上編號，顯示比賽時所使用的線道(航道)。賽隊須在龍舟所屬的線道上作賽。

5.7 After a team has embarked, it must leave the beach and proceed to the starting area without delay.

賽隊登船後，須立即離開沙灘，駛往起點區。

5.8 To minimize the chance of sinking in area of choppy water, all boats must always stay in the official racing area. Please use the 2 spare lanes or buffer zone to go to the starting zone and avoid going beyond the Starting Boat to turn around (Instead, all dragon boats should turn just before crossing the Starting Boat and use back strokes to get in lane).



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為避開大浪區域減少沉船機會，各隊必須留在合法區域內航行，建議避免越過起步司令船調頭。(應在起步船之前已調頭，然後用「後划」槳法駛入線道就位)。

5.9 (deleted 2016 刪除)

5.10 It is the responsibility of each Team Captain to make sure that every team member is familiar with the starting procedure.

各隊隊長有責任確定隊員熟知開賽程序。

6 STARTING PROCEDURE & RESTART 開賽程序及重賽安排

6.1 Teams in the starting area must obey the instructions by the starter, umpires and other race officials under the control of the starter.

在起點區內之隊伍須服從起點發令員、裁判員及其他受起點發令員指揮之賽事工作人員的指示。

6.2 A team must immediately take up its correct position in the starting area in the allocated lane. Any team that deliberately paddles or edges forward to the start line to gain advantage will be disqualified.

賽隊須在指定線道(航道)的起點區內排好正確位置。任何故意在起步前在列隊中突出以取得優勢之隊伍將被取消資格。

6.3 If there are bow ropes, when instructed by the Marshal or starter, the drummer must pick the bow-rope up in order to hold the boat straight to its course. Stern-ropes or handrails attached to the starting line or start pontoon must be picked up and held by each steersman. The steersman may release the stern-rope or handrails ONLY when the starting signal is given. (Revised 2012, 2016)

如起步區設有頭繩，在起點裁判指示下，每隊鼓手必須拿起並緊執「頭繩」以拉正龍舟之前進方向。各舵手亦須拿起及緊執連接起步線浮標或浮台的繩索(尾繩)或金屬把手，直至聽到開賽的訊號為止方可放手。(2012,2016 修訂)

6.4 When the starter is satisfied that teams are correctly aligned, he will alert all teams with verbal warning "READY" (or "ARE YOU READY") and a green or white flag will be raised. Either a horn will be sounded or a gun will be fired or verbally "GO" is shouted (and / or with the flag lowered) to signify the start of the race. (Amended 2010)

發號員見各賽隊排好位置後，便會以英文說"READY"(或"ARE YOU READY")或「預備」並舉示綠或白旗，通知各賽隊準備，然後鳴響一聲或叫喊一聲(英文)"GO"，(或同時揮旗向下)以示開始比賽。(2010 修訂)

6.5 Once the boat is at the starting line waiting for the starting signal and the starter has shouted "READY" (or "ARE YOU READY"), all paddles must be static to facilitate the "ready" position. (Amended 2010)

等待起步響聲時，所有划槳必須靜止，作為「就位」動作。(2010 修訂)

6.6 If any team is found starting before the starting signal is sounded, a horn or gun will be sounded TWICE or more to signify a false start. All teams must stop paddling forward and immediately return to the start area. The race will be restarted. The starter will issue a warning to any team that actively causes or takes part in the false start.



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如發號員發現任何賽隊在起步響聲前已起步，將會發出兩下或以上響聲，通知賽隊此次為偷步。所有賽隊必須停止比賽，並立即返回起點，等待比賽重新開始。發號員會向任何引起或參與偷步之隊伍發出警告。)

- 6.7** If any team fails to return to the start line after a false start or causes another false start, the team will be disqualified. The race will carry on if the false start occurs again during the "Re-start". Thus, in each race, there will only be 2 starts at maximum. (Amended 2011)
任何隊伍如在偷步後未能即時返回起點，或再有任何隊伍在大會重新安排起步時偷步，均會被取消資格。如重新比賽時再有隊伍偷步，比賽仍會繼續，大會不會把賽隊召回再重新起步。即每場最多只有兩次起步。(2011, 2016 修訂)
- 6.8** If a steersman pushes or pulls the handle (handrail) of the starting pontoon to help his team during the start, it will be regarded as causing forward propelling force. Disqualification of that team will be resulted. (Added 2010, 2011, revised 2012)
舵手不得推或拉「起步浮台」之金屬把手借力向前，以幫助起步，否則被視為舵手為龍舟產生推動力而該隊被取消該場資格。(2010, 2011 年新增, 2012 修訂)
- 6.9** If collision occurs after the 50-meter mark, the race will carry on and the result stands as it is, and the Chief Official shall NOT call for any re-race. (Added 2010, 2011)
起步過了 50 米標誌後如有撞船，一律不重賽，比賽繼續。比賽成績依照過終點實際名次決定。(2010, 2011 年新增)

7 THE FINISH 終點及名次

- 7.1** The finish line will be indicated approximately by buoys. The exact finish line will be defined by a line formed by a fixed point at Finish Tower and a fixed point on the far side of the Beach.
終點是以賽道旁之浮標大約顯示出來。實際之終點線將介乎於一個終點裁判台上的固定點及沙灘對面之間的兩個陸上固定點。(2016 修訂)
- 7.2** The finishing order of a race and the time taken by each boat will be determined by Finishing Judges. The Finishing Judges reserves all rights to the decision. The time taken is determined by the moment when the dragon boat nose crosses the finish line.
比賽的名次及各賽艇的完成時間將由終點裁判員決定，不得異議。時間以龍鼻越過終點線為準。
- 7.3** Each team must return immediately to the Beach Assembly Area and disembark after the race.
賽後各賽隊須立即返回沙灘召集區並離船登岸。
- 7.4** Each boat must immediately stop paddling and slow down after the bow of their dragon boat crosses the finish line. Any boat continues to paddle or approaches the beach at speed that risking spectators' safety and causing damage to boats will be disqualified.
各隊必須在龍頭越過終點線後立即停止划艇及減速。任何一隊若因高速衝上沙灘而危及觀眾安全或損害艇身結構，將遭取消資格。



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8 Race Conduct 競賽操守

8.1 All participants should demonstrate high level of sportsmanship and race in the best ability with high respect to race officials. Any team deliberately slowing down or wasting time will be disqualified. This applies to team(s) deliberately slow down to obtain a poor result in order to enter the plate competition. (Amended 2016)

各隊應本著高尚的體育精神作賽，全力以赴，並尊重賽會職員與裁判之指示。任何隊伍若故意減慢或浪費時間將被取消資格。此規則適用於那些故意減慢，企圖以較差成績來入選碟賽的隊伍身上。

8.2 In consideration of the tight schedule, no team should capsize a boat deliberately.

由於賽程極緊密，不得無故弄翻龍舟。

8.3 Any team that has accumulated 2 warnings from the Judge Panel will be disqualified from that race. This will be applied in cases like conduct against sportsmanship or fouling of rules, e.g. snapping the blade of the paddle on water, intentional false start, impoliteness to race officials, etc.

任何隊伍如接獲裁判團兩次警告，即被取消該場比賽資格，包括非君子行為及違規動作，例如：以槳葉大力拍打水面以製造「咁」聲、故意在起步時偷步、對大會工作人員無禮等。

8.4 Since 2010, paddles are allowed to stay in water as a “ready position” and it is no longer compulsory to ask the steersman to keep the blade of the steering rudder in water during the race (as long as NO forward propelling force is created as such)

本會自 2010 年起修訂規則容許在準備起步時划手把槳葉放入水中等候發令，亦容許舵手把尾舵之槳葉在航行途中提離水 (只要舵手不產任何前進助划動力)。

8.5 (deleted 2016 刪除)

8.6 The proper course for each boat is a straight line from its starting position to a corresponding point on the finish line. Each boat must remain in its allocated lane and must not interfere with other boats.

各賽艇的正確航道為各艇自起點位置至終點線相對位置的直線。各賽艇須在指定的航道上作賽，不得阻礙其他賽艇。

8.7 Any boat failing to keep to its proper course may be warned by a Race Official and may be required to replace the steersman with one provided by the Stanley Residents Association for any future races at the prescribed fee. Boats should not pass outside buoys marking the edge of the course.

任何偏離正確航道之賽艇，可能會遭賽事工作人員警告；亦可能遭要求在之後的比賽中更換任何赤柱居民會提供之合格舵手並繳交已列明的費用。各艇不應越過標示航道邊緣的浮標。

8.8 If a boat fails to keep to its proper course and thereby interfering with the course of another boat which is on its proper course or causing collision between boats, the Chief Official may disqualify the offending boat(s). (Amended 2010,2011)

若賽艇因偏離正確航道而阻礙其他在正確航道上比賽的賽艇，又或者引致賽艇相撞，在這兩種情況下，總裁判長可取消該等賽艇的資格。(2010, 2011 修訂)



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8.9 If, in the opinion of a Race Director, a boat has been swamped or capsized deliberately by the team, the Organizer reserves the right to disqualify the competitor and to refuse such team's entry in future races. The team of the swamped boat must assist the Organizer in getting the boat back to the beach and bailing all the water, and ensure no paddles or equipment are lost.

若賽務總監覺得賽隊故意令龍舟擱淺或翻船，大會有權取消其資格及拒絕讓該隊伍參與日後的賽事。翻船之隊伍必須協助賽會把龍舟運返沙灘，掏清積水並確保龍舟槳及其他器材沒有遺失。

8.10 If, in the opinion of the Race Director, or a Race Official, a boat or its equipment is damaged deliberately by the team, the team will be disqualified and the Organizer reserves the right to impose a penalty of HK\$50,000 on “the organization to which the team belongs to”. The Organizer also reserves the right to require such organization to pay for the costs of repair.

若賽務總監、裁判或任何比賽召集員發現賽隊故意損壞賽艇，大會有權向「相關參賽團體」罰款港幣 50,000 元。同時，大會保留要求該團體支付修理船隻費用的權利。

8.11 . (deleted 2016 刪除)。

8.12 From the moment the team line up and get ready for a start, till they cross the finish line and finish the race, the steerer must NOT, in whatever way, assist the forward motion of the boat. The sole function of the steerer is to control direction of the boat.(Amended 2010, 2016)

龍舟在起點排好準備開始比賽，直到衝過終點線完成該場比賽為止，舵手不能用任何方式為龍舟產生前進動力。舵手的唯一職能是保持航向。(2010,2016 修訂)

8.13 All paddlers and the drummer shall sit and remain in the designated seats throughout the race and the drummer should hold drum-stick(s) in hand during the race.

槳手與鼓手必需坐在龍舟特定座位上完成全程比賽，且鼓手須拿至少一支鼓棒。

8.14 Each competitors must wear the team uniform during the race while the drummer and steerer can be exempted. (Amended 2016)

除鼓手及舵手外，參賽者必須穿著隊衣(制服)出賽。(2016 修訂)

9 PROTESTS 抗議 / 上訴

9.1 Teams should respect decision of the Judges and the Organizer. Should there be dissatisfactions towards the Organizer's decision or there is a need for a protest and an appeal, all protests and appeals must be lodged in writing and submitted with Team Manager's signature and the appropriate fee designated by the Organizer (respectively HK\$ 500 and HK\$1000). IDBF Protest Forms & IDBF Appeal Forms will be available at the information booth. Any team affairs dealing with the Organizer should ONLY be handled by Team Manager and with the team membership card shown. (Amended 2010, 2011)

各隊必須尊重大會決定。如對賽會所作決定不滿而需要正式抗議和上訴，必須書面提出，並只能由領隊提出，簽署作實，並繳付相關費用(分別為港幣 500 及 1000 元)。詢問處會備有國際龍聯 (IDBF) 之標準抗議表格和上訴表格提供。所有隊務方面之各項交涉，也必須由領隊提出，且出示會員卡。(2010·2011 年新增)。



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