

Stanley Dragon Boat Warm Up Races 2024

赤柱龍舟熱身賽

Bulletin 2 - Team Briefing Notes

參賽備忘

2024 年 5 月 16 日

- 1 比賽日期為 2024 年 5 月 18 日 (星期六)。這幾年報名非常踴躍，今年共 154 隊 (標準龍 131，小龍 23)；大會在赤柱正灘設線道 8 條，出動兩組中龍；比賽將有 63 場。第一場比賽 9 時正開始。
- 2 賽前準備 — 除非特別聲明，否則請到本會網站(www.dragonboat.org.hk)之參賽手冊端午大賽規則內之條文，在本賽也適用，請下載並熟讀。也請各隊負責人尤其要讓舵手、教練及隊長傳閱此文件。下文附有規則摘錄及特別附例。
- 3 帳篷 – 各隊必須自行向賽會預訂，各隊不能自行搭建。帳篷位置會在賽前兩天在本會網站更新。請留意有關廣告及旗幟的規限。帳篷不提供桌椅，如有必要可提早向大會租借。
- 4 由於賽程緊密，提醒各隊務必留意每次出場上線時間，也請留意各場比賽有可能提前舉行。每隊必需在起步前最少 20 分鐘由領隊向「詢問台」報到，並要求全隊在有關線道對正之沙灘位置列隊就位，準備登艇。建議至少 10 分鐘前準備登艇。
- 5 如遇天氣或其他不利情況，大會可能會取消所有底層「名次賽」(遺材賽)，或執行「一次起步規則」，以進一步壓縮賽程。如發生這情況而取消決賽，則以復賽或初賽成績時間排名分發獎盃。
- 6 出艇「倒槳」時舵手請留意淺水區有繩纜浮面，尾舵要盡量提起，否則弄壞舵架照價賠償，每個 2000 港元。
- 7 任何時候舵手應是最後一人離開，直至有工作人員或下一隊接管為止；舵手也應一直把龍舟保持與海岸線成 90 度角。如在大風大浪日子這措施尤為重要。
- 8 中午時的開幕點睛儀式，當嘉賓或司儀演講時請保持安靜，勿打鼓，以示尊重。
- 9 下午全部為決賽，二時開始陸續頒獎。碟賽及以下的獎項請自行領取，不會廣播。
- 10 比賽成績會即時透過手機應用程式「Stanley Dragonboat」公佈，參加者請於 5 月 17 日下載。
- 11 所有大會器材必需歸還，包括鼓棒和划槳。有興趣購買者可向大會查詢。
- 12 各隊請留意環境衛生，在離開時必需把帳篷內的垃圾一併帶到海風徑的垃圾站，為大家生活環境著想，敬請自備水樽，以及自行廢物分類，把能回收的物品放到訓練中心樓梯旁的回收袋，或自行放到食環處的回收桶。
- 13 本會設有飲水機可斟水。隊伍亦可到鄰近的政府設施斟水：赤柱水上活動中心、赤柱正灘泳屋、赤柱海濱長廊及赤柱室內運動場。
- 14 大會禁止任何人士在賽道方圓五百米範圍內使用任何形式的遙控飛行裝置拍攝。
- 15 所有「小龍」比賽，改為用標準龍作賽，但依照小龍所限數目，即 10 划手，該組別又叫「半標準龍」。請留意以下新附例。
- 16 賽會安排兩組標準龍。敬請留意號碼牌以兩種不同顏色(黃、白色)來區別該兩組船，每場一種顏色。登船時聽從工作人員指示，以免登錯船而引起延誤。

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重要規則摘錄

敬請留意

1. 標準龍 划手人數為 18 人；小龍划手 10 人：
2. 標準龍混合組比賽女子划手必須為 8 至 12 位，小龍 4 至 6 位。鼓手及舵手性別不限。
3. 各隊鼓手到達起步區後必需全部執起「頭繩」，然後裁判才會發出起步訊號。划手可以在準備起步時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。
4. 舵手不容許產生任何前進助划動力。因此，舵手也不得推或拉「起步浮台」之金屬把手借力向前，以幫助起步，否則被取消該場資格。比賽不會召回重新起步。
5. 起步口令為(英文)“Are You Ready” >> Go (或氣笛)
6. 起步過了 50 米標誌後如有撞船，一律不重賽，比賽繼續。
7. 容許鼓手不打鼓，但必須至少一手執鼓棒，並嚴禁敲打鼓身黑色部分。
8. 過終點標誌杆後必須闌水停船，如衝向沙灘人群 並構成危險有機會被取消資格。
9. 如要對比賽提出抗議或上訴，一律依國際規定由領隊填寫 IDBF 標準表格兼繳交相關費用。此表格在司令台和詢問處均可索取，也可在本會網站下載。請大家盡情享受比賽，投訴抗議可免則免。所有隊伍與賽會之間的交涉，必須由「領隊」一人親身提出；
10. 運動員最小要年滿 12 歲；
11. 所有本地及海外隊舵手必須配戴合格舵手證作賽。
12. 各隊必須穿統一制服出賽（鼓手舵手可獲寬待，但不鼓勵），不接受赤身上陣。
13. 除鼓棒及淘水用水殼外，所有器材由大會提供。但必須合乎規格；鼓棒兩端必須削圓，成半球狀；不可用私家槳。
14. 禁用哨子。

特別附例

1. 起步浮台安排採用「赤柱式起步」（又稱白點對齊法）－ 到達起步浮台時舵手請立即手執把手（金屬欄杆），並將舵手右邊 船邊白點 對齊金屬把手的白標記（即起步浮台最前端，也即第一支直桿，已包上白膠布為記），但不能超越此標記。直到起步訊號發出後才放手。
2. 小龍賽事以標準龍作賽。
3. 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（賽會可提供）。
4. 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。
5. 標準龍划手人數原為 18 人，只有部分加插的「特別賽事」除外，如大專邀請賽，因男女子隊同場較量，「純女子」隊伍在這情況下才特別准許多 2 位女划手。
6. 賽道範圍不准游泳，包括淺水處緩緩區。
7. 請各隊伍保持沙灘及環境清潔，切勿亂拋垃圾。

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Released on 2024.5.16

- 1 The Event takes place on 18 May 2024 Saturday at Stanley Main Beach. There will be 8 lanes, 2 sets of dragon boats and, 63 races with 154 teams (131 Standard Boats, 23 Small Boats). The first race will start at 9:00 am.
- 2 Team Preparations – please visit our web site www.dragonboat.org.hk and familiar yourselves with “Race Manual & Rules”. Unless specified, Rules and Guidelines for Tuen Ng Festival (Main Race) also apply to this event. **Please circulate this important document to team members especially the steersman, coach and team captain.** Below please find a digest of some important rules as well as by-laws specific for the event.
- 3 Team Marquee (booth) – please book in advance with a charge of HK\$800; otherwise it will not be provided. No personal marquees are allowed without authorization. Map of Marquees Location will be emailed to teams 2 days before the event. Please note restrictions on advertisement and banner sizes. No chairs and tables will be provided unless rented from the Organizer.
- 4 Due to tight schedule, teams are reminded to pay attention to racing time and get ready early. Please note that there is possibility of putting forward racing schedule. All teams should have the Team Manager to report to the “Information Booth” at least 20 minutes before each race (heat or final), with the team already lined up right in front of the respective water lanes, ready for marshalling and loading and we recommend teams load the boat at least 10 minutes in advance.
- 5 In case of bad weather or other unfavorable conditions, “tail races” may be cancelled. In such circumstances, the Chief Official may announce also executing the “One-start Rule” so as to compress the race programme further. In case a final is cancelled due to the above-mentioned situation, trophies will be decided by finishing time in previous rounds.
- 6 When backing off from the shore (back paddles), steerers should beware of ropes at shallow water area and thus should keep the steering rudder off water to avoid the ropes from damaging steering rack; otherwise compensation of HKD 2000 should be paid to the organizer for repair.
- 7 When reaching the shore, steerer should be the last person to leave the boat and should wait for Officials or other steerer of the next team to take over. Steerer should also keep the boat 90 degrees to the shore line all the time. This is especially important during unfavorable weather.
- 8 There will be opening ceremony at noon. When VIP or MC is speaking, teams should pay attention and be respectful by keeping quiet and refraining from beating drums.
- 9 All races in the afternoon are finals and prize presentation will take place at around 2 pm onwards. However, all trophies for tail races, i.e. Plate Finals and below will NOT be announced.
- 10 Results will be released through Mobile App “Stanley Dragonboat” available on iOS system. Please

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赤柱龍舟熱身賽

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參賽備忘

download the App on 17 May 2024 at night.

- 11 All official equipments must be returned after races, including drumsticks and paddles. Anyone interested to buy equipment, and make enquiries, are welcome. (Stanley Residents Assn also offers a wide range of products, like new and old dragon boats, wood-crafted dragonheads, drum-sticks, paddle bags, dry bags, gloves, outfit, etc.)
- 12 Please keep our beach clean. When leaving, all teams should clean the marquee area and bring the trash bag to the garbage collection point at Hoi Fung Path. For the sake of environment, please bring your own water bottles, put recyclable items in the recycling bags which will be set next to the stairs of our training center, or put them in the recycling bins of FEHD.
- 13 Team can refill their bottles at training centre. To avoid long queue, please also consider the government facilities nearby: Stanley Water Sports Centre, Stanley Main Beach Pavilion, Stanley Promenade and Stanley Sports Centre.
- 14 The Organizer forbids any drones/ flying equipment/toys be used within 500m diameter around the race course.
- 15 Standard boat will be used in all our "Small Boat Races", with the number of paddlers following specific rules of the small boat races, i.e. 10 paddlers. As such, it is also called the "Half Standard Boat Race". Please read special by-laws below.
- 16 As two sets of boats will be deployed, we will use two different colors (white and yellow) for the number plates on the bow of the boats for easier identification. When loading the boats, please follow instructions of Race Officials and avoid boarding the wrong set of boat and causing delay for yourself and others.

Digest of Racing Rules and Regulations

**** Please pay special attention ****

1. Maximum 18 paddlers on board for Standard boats. Maximum 10 paddlers for Small boats.
2. In Mixed Category, there should be at least 8 but maximum 12 female paddlers (in comparison 4 and 6 respectively in Small Boat events.) Gender of drummer and steerer are not restricted.
3. Only when all drummers have picked up the "Bow Rope" should the start signal be given by the starter. It is our effort to make our Rules and Regs more closely in line with those of IDBF, from 2010 onward paddles are allowed to stay in water as a "ready position" and it is no longer compulsory for the steersman to keep the steering blade in water during the race (as long as NO forward propelling force is created as such);
4. Steerers are NOT allowed to make any forward propulsion force during the race. As such, steerer pushing or pulling of the handrail during the start to help the forward motion will result in his/ her team disqualified at the finish. There will NOT be a recall for race in this circumstance.

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赤柱龍舟熱身賽

Bulletin 2 - Team Briefing Notes

參賽備忘

5. Start signal is "Are You READY" >> GO (or the horn).
6. After the 50- meter mark, if collision happens, the race will carry on and there will NOT be any recall for start or re-race.
7. Drummers NOT beating the drum will not be penalized, but the drummer must hold a drum-stick with at least one hand.
8. Drummers are NOT allowed to hit the side of the drum (the part painted black).
9. Teams MUST immediately stop paddling and slow down by holding water after crossing the finishing line. Any boat that continues to approach the beach at speed risking the safety of spectators and damage to boats will be disqualified.
10. All protests and appeals must be lodged in writing and submitted with the appropriate fee designed by the organizer and must be signed by Team Manager. Standard IDBF Protest Forms & IDBF Appeal Forms will be available at the information booth. Please fully enjoy the race and avoid complaints and protest. All matters of the team dealing with the organizer should only be handled by the Team Manager.
11. All competitors must be at least 12 years old.
12. All steersmen, including local and oversea teams, must wear the Steersman License (Permit) issued by the Organization during the race.
13. All competitors must put on uniform.
14. Private bailers and drum-sticks are allowed on the boat but must comply to restrictions. No private paddles.
15. No Whistle is allowed.

Special By-Laws

1. The "Stanley Start" arrangement will be adopted at the starting pontoon. Once at the starting pontoon, the steerer should hold the metal handrail and align the triangular white mark (on the right-hand side of gunnel right in front of him) with the front edge of start pontoon, i.e. the first vertical shaft of the handrail, and should NOT go beyond it. The steerer should only release his hand after the start signal.
2. After marshalling procedures, once a team paddles out from the beach, no members could be changed; no material could be exchanged with another party, and no team should intentionally row towards an un-official vessel without the Chief Official's approval;
3. Small boat races will be using standard boat to race.
4. 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 team found crossing or entering the race course with this kind of shuttle boat(s) or using the pier for such purpose will be disqualified. The pier will be used as official stand and race control tower.
5. Swimming in shallow water area extending from the race course is NOT allowed.
6. Please keep the beach area tidy and clean. Do not litter.