

Format of Racing

1. Concept II Model D Indoor Rowers will be used. Participants may set the resistance setting of their choice, but this cannot be altered during the race.
2. Pulling on the handle during the countdown to the race start, before the "ROW" command, will activate the race system and result in a "False Start". A participant causing two false starts will be disqualified.
3. Participants must report to Marshalling area at least 10 minutes before their scheduled race time. If a participant misses his or her race for whatever reason he/she will no longer be able to compete.
4. A machine will be allocated to the participants on which they are to race. No change of assigned machine is permitted except in the case of damage when the Race Controller will decide if an alternative machine shall be allocated.
5. Participants must be seated on the machine on which they are to race at least 2 minutes before the scheduled start time and must obey all instructions from the Chief Umpire.
6. For Individual 1000m/2000m event, each participant has to row 1000m/2000m with time taken as his/her record.
7. For Pair Events 1000m (Slide mode), each of the participants in a team will row on different machine at the same time on a slide and each participant will row for 1000m. The time taken by all participants in the team will be averaged to give the team result.
8. For Team 4x500m Relay events, each team has to row a distance of 2000m and each of the participants must row 500m with participants changing at each 500m point. Changeover of participants must be made not more than two strokes after the team reaches each 500m mark. Any Team whose participant takes more than two strokes after reaching the changeover mark before changing participants will be excluded. Each participant may only row once in each race.
9. For Mixed 30-minute Long Distance Relay events, each team should change participant at every 3-minute mark. The change of participants MUST take place within 2 strokes after reaching the required time marks. The outgoing participant should pass the handle directly to the incoming participant. Each participant has to row for at least 3 consecutive minutes while four participants can row twice in each race. The team completing the longest distance within 30 minutes will be the winner.

附件三

比賽賽制及規則

1. 所有賽事均採用 CONCEPT II Model D 划艇機進行。參賽者可調較風阻，但比賽進行中不可改動。
2. 在倒數時拉動划艇機之手柄將會啓動電腦而導致 [偷步]。任何一位參賽者犯上兩次 [偷步] 將會被取消資格。
3. 參賽者必須要在其比賽項目開始前 10 分鐘到召集處報到，如參賽者不論在任何理由下未能出席，賽會將不會安排補賽。
4. 參賽者須依照大會安排之划艇機進行比賽，參賽者不能自行更改，若划艇機出現故障，賽事總監將安排另一划艇機進行比賽。
5. 參賽者必須在其比賽項目開始前最少 2 分鐘已在划艇機上和必須服從賽會總裁判之所有指示。
6. 在個人 1000 米/2000 米賽事：每位參賽者必須划畢全程 1000 米/2000 米距離，以最短時間完成賽事者為勝。
7. 在雙人賽 1000 米(滑軌模式)：隊中每位參賽者均須同時使用在滑軌上的獨立划艇機各自完成 1000 米距離，各隊成績以每隊參賽者所做出的總時間的平均值計算，並以此作為該隊的比賽成績。
8. 隊際 4x500 米接力賽事：每名參賽者只可坐上划艇機一次，並最少划 500 米，每划到 500 米之分段距離後，參賽者必須在兩槳內替換給下一位參賽者，違者將被取消資格。每隊必須划 2000 米，所得成績將用以決定名次。
9. 隊際 30 分鐘長途接力賽事：每名參賽者作賽 3 分鐘後，必須在兩槳內換人，並須將把手直接交予接力的參賽者，違者將被取消資格。每名參賽者在賽事中最少須連續划 3 分鐘，其中 4 名參賽者可重複接力。30 分鐘內划程最長的隊伍為勝。