

I. Registration:

1. All participants/team leaders/coaches should report to the officials of the Organiser in the arena in presence with participants' identification documents (with photos on it) for verification 30 minutes before the scheduled time for the race. Latecomers should also report to Registration Counter at least 15 minutes before their scheduled race. Participants who fail to produce valid identification documents will not be permitted to participate in the race.
2. Participants will obtain a "Race Label" with their Race Number and Ergometer Number on. Please stick it on your Team Racing Uniform.
3. **No substitution is allowed.**

II. Warm Up:

1. Participants should then report to the officials at the Warm Up Area and start warm up according to the Warm Up Schedule.
2. No participants are allowed to leave the Warm Up Area unless they are told to do so.
3. Each individual / relay team can have an ergometer to warm up. Each participant can have a maximum of 15 minutes to do so.
4. All participants will then gather to line up in the Marshalling Area.

III. Marshalling:

1. Participants should report at the Marshalling Area at least 10 minutes before their race.
2. Participants should show their "Race Label" to the officials.
3. Participants should line up and wait. No participants are allowed to leave the Marshalling Area unless they are told to do so.
4. Officials will lead all participants to the Race Area.

IV. Race Area:

1. Participants should be seated on the machine 2 minutes before their race. **NO LATE COMPETITORS ARE ACCEPTED** once the "2 minutes announce" has been called.
2. After finish the race, participants should confirm their records with the officials before leaving the ergometers.
3. Participants should leave the Race Area as soon as possible, and do not disturb other participants.
4. For the Start of each race, participants should follow the count down by the computer. The count down order is "5-4-3-2-1-ROW". Participants should start after "ROW".
5. Participants / relay team will be given a "Warning" for the "False Start". Participants / relay team will be disqualified once they receive the second warning.
6. If the ergometer is out of order during a race, re-row will be arranged for the affected participant.
7. If the failure of (6) is caused by the improper skill of the participant, no re-row will be arranged.
8. If the participant drops his/her handle or falls down out of the seat or foot stretcher, he/she should continue to race without any restart.

V. Others:

1. All participants should bring along their drinking water for the sake of dehydration.
2. All races will perform on standard Concept II Model D rowing machine provides by the Organizer.
3. All participants/team leaders/coaches/representatives should be noticed: All participants or their parents/guardians must sign the "Declaration by Participants aged 18 or above" or "Declaration by Participants aged below 18" and "PAR-Q & You" and return it by mail, in person or by fax to the Major Events Section of the Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories; Fax no.: 2634 0786). If any participant fails to submit the "Declaration by Participants" and "PAR-Q & You" before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.

### 參賽者須知

附件四

## (一) 登記

1. 請各參賽者／參賽者領隊／教練在大會編定的比賽開始時間前 30 分鐘攜同參賽者附有相片的身份證明文件正本向比賽場內報到處的職員報到。遲到者亦必須於賽前最少 15 分鐘到登記處報到。未能出示有效身份證明文件的參賽者，不得出賽。
2. 參賽者可獲發「參賽標籤」，「參賽標籤」寫上其參加場次及比賽機號。參賽者須將「參賽標籤」貼於身上。
3. **所有項目不得換人。**

## (二) 熱身

1. 參賽者登記後須往熱身區報到，並於指定時間進行熱身。
2. 參賽者熱身時不得擅自離開熱身區，直至工作人員示意方可離去。
3. 每隊接力隊(或個人)均被安排一部划艇機作熱身，熱身時間為 15 分鐘。
4. 熱身後每場參加者須即時往「召集處」集合。

## (三) 召集處

1. 所有參賽者必須於開賽前 10 分鐘到「召集處」集合。
2. 所有參賽者集合時須出示「參賽標籤」，以便工作人員核對比賽資料。
3. 所有參賽者必須排隊等候比賽，並不得擅自離開候賽區，直至工作人員示意方可離去。
4. 比賽開始前所有參賽者均由工作人員帶領入場。

## (四) 比賽區

1. 所有參賽者必須於開賽前 2 分鐘就座準備比賽，當司令員作「最後兩分鐘」廣播時，所有遲到者不會被接納比賽。
2. 完成比賽後，所有參賽者必須與工作人員確認其成績，然後方可離開。
3. 所有完成比賽者必須盡快離開比賽區，並不得騷擾其他參賽者。
4. 所有比賽起步由電腦發出，其倒數為「5-4-3-2-1-ROW」。
5. 如有參賽者(或接力隊)偷步，該選手會被警告一次。參賽者(或接力隊)如接獲兩次警告即被取消其參加資格。
6. 比賽途中如有機械故障，有關運動員將被安排重賽。
7. 如以上之故障是由參賽者不小心或個人技術錯誤所至，將不獲安排重賽。
8. 比賽途中如參賽者跌離坐位或把手鬆脫，參賽者需用其比賽時間返回原位繼續比賽。

## (五) 其他

1. 所有參賽者均須自備飲品，以防劇烈運動後出現脫水情況。
2. 所有賽事均採用大會提供的 **Concept II Model D** 陸上划艇機進行。
3. 各參賽者/參賽者領隊/教練/代表請注意：所有參賽者或其家長/監護人必須簽署「年滿十八歲的參賽者聲明」或「未滿十八歲的參賽者聲明」及「體能活動適應能力問卷與你」，並寄回、交回或傳真(傳真號碼：2634 0786)至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。如任何參賽者未能於賽事開始前簽署及遞交「參賽者聲明」及「體能活動適應能力問卷與你」，大會將取消其參賽資格。

