



室內賽艇比賽 Indoor Rowing Competition

參賽者須知 Guidelines for Participants

- 各參賽者／參賽隊伍／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」，大會有權取消其參賽資格。**
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.**
- 賽制及規則:**
Format:
 - 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。
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.
 - 在倒數時拉動划艇機之手柄將會啟動電腦而導致[偷步]。任何一位參賽者犯上兩次[偷步] 將會被取消資格。
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.
 - 參賽者必須要在其比賽項目開始前 10 分鐘（即指定召集時間）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。
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.
 - 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。
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.
 - 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。
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.

- (f) 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。
For Individual 1000m/2000m event, each participant has to row 1000m/2000m with time taken as his/her record.
- (g) 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。
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.
- (h) 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。
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.
- (i) 隊際 30 分鐘長途接力賽事：每隊由 4 名男隊員和 2 名女隊員組成，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。
For Mixed 30-minute Long Distance Relay events, each team will include 4 men and 2 women. 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.

3. 比賽流程:

Rundown of the Competition:

(a) 登記 Registration

- 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。
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) 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。
Participants will obtain a "Race Label" with their Race Number and Ergometer Number on. Please stick it on your Team Racing Uniform.
- 3) 所有項目不得換人。
No substitution is allowed.

(b) 熱身 Warm Up

- 1) 參賽者登記後須往熱身區報到，並於指定時間進行熱身。
Participants should then report to the officials at the Warm Up Area and start warm up according to the Warm Up Schedule.
- 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。
No participants are allowed to leave the Warm Up Area unless they are told to do so.
- 3) 每隊接力隊(或個人)均被安排一部划艇機作熱身，個人 1000 米及隊際 1000 米的熱身時間為 10 分鐘，其餘項目為 15 分鐘。
Each individual / relay team can have an ergometer to warm up. Each participant can have a maximum of 10 minutes for individual 1000m and pair 1000m event and 15 minutes for other event to do so.
- 4) 熱身後每場參加者須即時往「召集處」集合。
All participants will then gather to line up in the Marshalling Area.

(c) 召集處 Marshalling

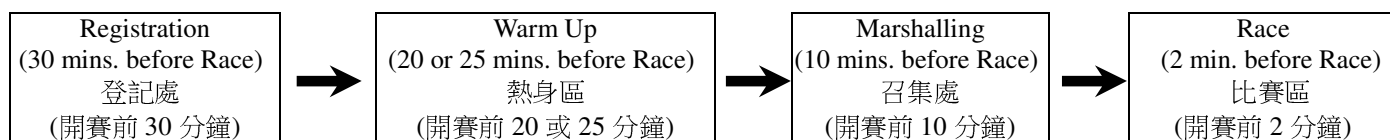
- 1) 所有參賽者必須於開賽前 10 分鐘到「召集處」集合。
Participants should report at the Marshalling Area at least 10 minutes before their race.
- 2) 所有參賽者集合時須出示「參賽標籤」，以便工作人員核對比賽資料。
Participants should show their “Race Label” to the officials.
- 3) 所有參賽者必須排隊等候比賽，並不得擅自離開候賽區，直至工作人員示意方可離去。
Participants should line up and wait. No participants are allowed to leave the Marshalling Area unless they are told to do so.
- 4) 比賽開始前所有參賽者均由工作人員帶領入場。
Officials will lead all participants to the Race Area.

(d) 比賽區 Race Area

- 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。
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) 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。
After finish the race, participants should confirm their records with the officials before leaving the ergometers.
- 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。
Participants should leave the Race Area as soon as possible, and do not disturb other participants.
- 4) 所有比賽起步由電腦發出，其倒數為「5-4-3-2-1-ROW」。
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) 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。
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) 比賽途中如有機械故障，有關運動員將被安排重賽。
If the ergometer is out of order during a race, re-row will be arranged for the affected participant.

- 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。
If the failure of (6) is caused by the improper skill of the participant, no re-row will be arranged.
- 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。
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.

(e) 流程圖 Flow Chart



4. 所有參賽機構均不得再更改參賽者名單。如有參加隊際賽的隊員辭職或受傷，而有關機構欲更改參賽者名單，便須提出書面申請，並提交受傷隊員的醫生證明書，大會才會因應個別情況作出考慮。
Any change of the participant list is not allowed. In case of resignation or injury of any team member in team events, application for change of the participant list will only be considered on a case by case basis provided that the application is made in a written form and attached with the medical certificate(s) of the injured person(s).
5. 參賽者只能代表一間機構，如轉換代表機構，參賽者必須已離開前任職機構，並在該項比賽首場賽事進行時已在新代表的機構連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
Each participant can only represent one organisation. A participant may represent another organisation provided that he/she has resigned from the previous organisation and has been working continuously for the current organisation for not less than 4 weeks when the first match of the competition takes place, for at least 18 hours each week and is still being employed by the organisation during the competition period.
6. 如被發現冒名頂替，或有參賽者／參賽隊伍違反規則或有不良行為而影響賽事，大會有權取消其個人／有關隊伍的參賽資格，所得成績亦會作廢。
If any participant is found to be imposters or participant/team having violated the regulations or has any misconduct which might affect the competition, the Organiser has the right to disqualify him/her/the team from the competition and the results he/she/the team has achieved will be cancelled.
7. 如在比賽當日，天文台於比賽當日首場賽事開始前兩小時已發出八號預警(天文台在發出八號熱帶氣旋警告信號之前兩小時內發出預警信息)、仍發出八號或以上熱帶氣旋警告信號或黑色暴雨警告信號，該日賽事即告取消。賽會稍後會通知各參賽者相應安排。
Should Pre-No.8 special announcement (an advance notice to the public issued by the Observatory when the tropical cyclone warning signal No.8 is expected within two hours), tropical cyclone warning signal No.8 or above or black rainstorm warning signal is in force 2 hours before the time scheduled for the first match on the event day, all matches on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangement in due course.
8. 當天文台發出酷熱天氣警告時，球員請留意於運動期間，應經常飲水以補充水分。若大量出汗，則需要補充少量鹽分。如感不適，應立刻停止運動，並盡快向醫生求診，切勿掉以輕心。

When the “Very Hot Weather Warning” has been issued by the Observatory, participants are advised to drink water or fluid at frequent intervals when exercising. If sweating is excessive, replenishment with small amount of salt is recommended. Stop immediately when feeling unwell during exercise and consult a doctor without delay.

9. 若因特殊情形，大會有權通知各參賽者改期作賽或另作編排，如在比賽中發生特殊情況，繼續舉行與否得由當場裁判或大會全權決定，參賽者不得異議。
The Organizer reserves the right to postpone any match or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during a match, the referee on the spot or the Organizer will decide whether the match should continue or not and the participants shall not raise objection.
10. 參賽者攜來物品，請自行保管，如有遺失，大會概不負責。
Participants are required to take care of their clothing and belongings. No liability shall be borne by the Organiser for loss.
11. 大會不接受參賽者／參賽隊伍提議的改期申請。
No application for changing the date of any match from a participant / team is accepted.
12. 大會不設上訴，一切賽果以當場裁判的判決為準。
No appeal will be accepted. The decisions of the Umpire on the spot will be final.
13. 比賽時參賽者必須穿着不脫色的運動鞋。
Participants must wear proper non-marking shoes during the competition.
14. 除章程及本須知明文規定外，其餘均依照中國香港賽艇協會的現行比賽規則辦理。
Unless explicitly stated in the prospectus and the guidelines of this competition, all rules and regulations will follow those used by the Hong Kong, China Rowing Association.
15. 本須知如有未盡善處，大會保留修改權利。
If there is any inadequacy in these guidelines, the Organiser reserves the right for appropriate amendments.