



中國香港龍舟總會 HONG KONG CHINA DRAGON BOAT ASSOCIATION

Founding Member of International Dragon Boat Federation
Founding Member of Asian Dragon Boat Federation
Affiliate Member of Sports Federation & Olympic Committee of Hong Kong, China
Founding Member of Hong Kong Water Sports Council

國際龍舟聯合會創會會員
亞洲龍舟聯合會創會會員
中國香港體育協會暨奧林匹克委員會附屬會員
香港水上運動總會創會會員



6th Hong Kong Indoor Dragon Boat Championships

Bulletin

Released on December 1, 2015

To celebrate Hong Kong China Dragon Boat Association 25th Anniversary, the “25 Years of Commitment Empowered to Excel” Dragon Boat Exhibition cum “6th Hong Kong Indoor Dragon Boat Championships” will be held at Hollywood Plaza for the first time on February 25 - 28, 2016. This will offer Hongkongers an opportunity to experience the joy of dry land dragon boat machines. The 6th Hong Kong Indoor Dragon Boat Championships will also be held on February 28, 2016 (Sunday). Details of the race are as follows:-

Date : February 28, 2016 (Sunday)
Time : 10:00am – 4:30pm
Venue : Hollywood Plaza
Address: 3 Lung Poon Street, Diamond Hill, Kowloon.
(Diamond Hill MTR Station Exit C2)

Enrollment deadline : 22nd January 2015, Friday. Completed set of entry form, required document and entry fee must be postmarked no later than this date. No refund will be accepted upon successful enrollment. Payment receipt will be distributed at the Team Managers' meeting.

(Note: Successful entries will rest with the total number of participating teams.)

Administration charge for alteration and incomplete application:

Charge	Item
\$200/participant	Submit or change personal information within 25 Jan to 16 Feb, 2016.

Race Categories

Race Cat.	Individual Race							
	Men - Open	Women - Open	Men - Corporate	Women - Corporate	Men - Youth	Women - Youth	Men - Sec. School	Women - Sec. School
Format	200 meters							
Fee	HK\$50 per race						HK\$30 per race	

Race Cat.	Group Relay (A maximum of 6 athletes per team)											
	Men - Open	Women - Open	Mixed - Open	Men - Corporate	Women - Corporate	Mixed - Corporate	Men - Youth	Women - Youth	Mixed - Youth	Men - Sec. School	Women - Sec. School	Mixed - Sec. School
Format	4 X 200 meters (Relay, each athlete is responsible for 200m)											
Fee	(2015-16 voting and ordinary members) HK\$210 (non-voting and ordinary members) HK\$300									HK\$120		

* For all entries submitted under the name of a voting member, the team name MUST start with the full name of that voting/ordinary member.

地址：香港銅鑼灣掃桿埔大球場徑一號奧運大樓一〇三二室
Add: Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
電話Tel: (852) 8106 8134 | 傳真Fax: (852) 2577 1873 |
電子郵箱Email: hkdba@hkolympic.org | 網頁Website: http://www.hkdba.com.hk



We Awake the World by Dragon Boating 以龍舟喚醒世界



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Entry requirement

1. Open / Corporate: All participants should be aged 12 or above as of 1st January 2016.
2. Youth: All participants should be in the age of 18 to 23 as of 1st January 2016.
3. Secondary School: All participants **MUST** be holders of valid 2015-2016 secondary school student cards and should be aged 12 or above as of 1st January 2016.

Awards

Individual races: 1 Medal will be awarded to the Champion, 1st and 2nd runner-ups of each category.

Group races: 1 Trophy and 4 Medals will be awarded to the Champion, 1st and 2nd runner-ups of each category.

Race by-law

1. There is no limitation on the number of entries for each organization/individual team.
2. Any category with less than 3 entries received will be cancelled.
 - 2.1 Each athlete can **ONLY** represent one team in EACH category. That is, an athlete is not allowed to represent XXX Team A and XXX Team B in the same category although both teams are under the same organization.
3. **All participants MUST present the original copy of their 2014-2016 or 2015-2017 HKCDBA Athlete Cards for identity check on the race day** except for Secondary School teams. For those who cannot present valid HKCDBA athlete cards for any reasons, a card replacement charge of HK\$100 should be made on the spot.
4. For Group Relay races, the maximum number of participants in each team should be 6 (i.e. 4 athletes and 2 substitutions, 1 of them must be the team captain).
5. For Individual races, **NO** substitution is allowed. In case of absence for any reasons, athletes will be regarded as withdrawal and entry fee will not be refunded.
6. All athletes must be female in Women Category.
7. Mixed Category must consist of at least 1 female athlete and up to a maximum of 3.
8. Substitutions should also meet the entry requirement of the categories participated.
9. HKCDBA organizing committee reserves the right to refuse any entry into the races at its sole discretion.
10. Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and will not be entitled for any awards.
11. In case of discrepancies between the Chinese and English versions, the Chinese version shall prevail.

Race rules and regulation

1. Athletes should use the Ergometers (i.e. dry land dragon boat machines) provided by the organizer. No adjustment is allowed. In case of malfunction of equipment:
 - 1.1 If the damage of the ergometer and/or related equipment was caused by an athlete during the race, the athlete will be fouled immediately and is required to stop the race, sit back and wait until the race finishes.
 - 1.2 If the damage of the ergometer and/or related equipment was caused by natural malfunction and/or deterioration, the following measurements will be taken:
 - 1.2.1 Except for the finals, the athlete will be arranged to compete in another heat or an individual race of the same category so as to produce a record of time for the overall ranking;
 - 1.2.2 In the finals, the race will be re-started if the malfunction of equipment occurs within the first 30 seconds of the race else that race will continue and that athlete will be treated as fouled;
 - 1.2.3 If there is failure on the central timing system, the Chief Race Official will make a final decision if to continue the race depending on the situation.



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- Athletes in Group Relay races should wear their own team uniforms during the race.
 - Athletes shall report to the registration counter 10 minutes prior to the race. In case of absence for any reasons, race will not be re-scheduled.
 - Athletes shall be ready and sit on the Ergometers at least one minute prior to the race and listen to the instructions from race officials.
 - Any paddling before starters command [Go] or related signal will be regarded as [False starts]. Any athlete who commits a false start twice will be disqualified.
 - Each athlete can only race ONCE. In relay races, the athlete shall first pass the paddle to the race official then leave the Ergometer after completing his/her required distance. The next athlete shall pick up the paddle from the race official and get onto the Ergometer before the race continues.
 - Any team who severely contravenes rules and regulations or disciplinary code may be given of 5-10 second penalty or disqualified.
 - In special circumstance, HKCDBA organizing committee reserves the right to reschedule the race or make other arrangements. Cancellation or delay of races is subject to the final decision of the organizing committee. All athletes should obey the arrangement announced by the organizing committee.
 - Except for the above-mentioned rules and regulations, all other arrangements must comply with HKCDBA's existing competition rules and regulations of racing.
 - No appeal will be accepted. The decisions of the race officials on the spot will be treated as final.
 - In case of discrepancy between Chinese and English versions, Chinese version shall prevail.
 - HKCDBA organizing committee reserves the right to amend the above rules and regulations.
- ** All team managers and participants MUST be familiar with the race rules and regulations.**

Race Format

Group Relay races – 800m Races (4 x 200m)

- Each team is allowed to choose left- or right-handed ergometers before the commencement of the race. No change of ergometer is allowed after the event started.
- Each team consists of FOUR (4) athletes. When the first athlete reached the 200m meter mark, he/she should pass the paddle to the next athlete and leave the ergometer immediately until the completion of the race.
- The team completing the race in the shortest time will be the winner.
- Each team will only have ONE chance to perform. All participating teams will be ranked according to the time taken in completing the 800m meter mark.

Individual races – 200m Races

- Athletes can choose the ergometer whether left or right handed before the race but no change request is allowed after the event started.
- All athletes will start the race at the same time. Athlete who reaches the 200m meter mark is regarded as race finished.
- The individual completing the race in the shortest time will be the winner.

Race procedure

(A) Registration

- Athletes shall report to the registration counter with their **2014-2016 or 2015-2017** HKCDBA athlete cards 30 minutes prior to the race. Except for Secondary School students with full time student cards, athletes who cannot present their **2014-2016 or 2015-2017** HKCDBA athlete cards will not be allowed to join the race.



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2. Each athlete will receive a [Race label] and MUST be placed on his/her clothing which can be easily seen.
3. No substitution is allowed after the completion of registration.

(B) Practice Session

1. Athletes can practice under the arrangement of organizing committee before the race.
2. Athletes shall bring along their valid athlete card when warm up at practice area for 2 minutes. Practice session will be arranged on first-come first-served basis within the set timeframe.
3. One left- and one right-handed ergometers will be arranged to the Teams for practice in pair. Each practice session is limit to 10 minutes and will be arranged on a first-come first-served basis.
4. Athletes shall not leave the practice area unless there is instructions from the race officials.

(C) Marshaling

1. Athletes shall reach [marshaling area] 10 minutes prior to the race.
2. Athletes shall bring along their **2014-2016 or 2015-2017** HKCDBA athlete cards.
3. Athletes shall show their [Race label] to the race officials for cross-checking.
4. Athletes shall wait at the marshaling area and shall not leave that zone until there is a signal from the race officials.
5. Athletes must follow the race official in entering the race area.

(D) Race Area

1. Athletes shall get ready on the Ergometers 1 minute prior to the commencement of the race. When the race official puts up the [last 1 minute] signage, latecomers of this race will NOT be entertained.
2. Once the race finishes, it is compulsory for all athletes to confirm the result with race officials before leaving the race area.
3. Athletes shall leave the race area after completing the race and shall not disturb other athletes.
4. All races will start when the [Are you ready] signage is being held up followed by the [Go] signage.
5. A warning will be given to the athlete / team who have made a false start. The athlete / whole team will be disqualified if he/she/a team member makes a false start a second time.
6. If an Ergometer is malfunctioned, athletes shall start the race again.
7. If malfunction of Ergometer is caused by improper use or mistakes caused by an athlete, race will not be restarted.
8. If an athlete falls down from the Ergometer or slip off the paddle, he / she shall go back to the Ergometer and continue to race within his/her race time

Arrangement under inclement weather

1. If typhoon signal No. 3 or above, red or black rainstorm warning signal is in force at 8am on the race day, all the races will be cancelled. Entry fee would not be refunded.
2. If thunderstorm warning, typhoon signal No. 1, amber rainstorm warning signal is in force on the race day, all teams shall report on time. Cancellation or delay of races is subject to the final decision of organizing committee. All teams should obey the arrangement announced by organizing committee.
3. In case weather condition is getting worse during the races, the organizer reserves the right to cancel or postpone the race. Entry fee would not be refunded.



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Enrollment Procedure

Date	Items
Jan 22, 2016 (Friday)	Enrollment deadline
Feb 25 (Thurs) 4:00pm – Feb 28, 2016	“25 Years of Commitment Empowered to Excel” Dragon Boat Exhibition
Feb 27, 2016 (Sat)	Fun Day (include: Dry Land Dragon Boat Machine Experience Session and game booths)
February 28, 2016 (Sunday) 10:00am to 4:30pm	<u>6th Hong Kong Indoor Dragon Boat Championships</u> 10am to 12pm Practice Session (10 mins per session) 11:00am to 12pm Registration and Practice Session 12:15pm Hong Kong Team Demonstration 12:30pm to 2:30pm Individual Race 2:30pm to 4:00pm Group Relay Race 4:00pm to 4:30pm Prize presentation ceremony * Selection of ergometers will be arranged by draw lot before the commencement of each race.

Enrollment method

Please send the following documents to HKCDBA Secretariat by email / fax / post before deadline:

1. Complete “(1) Entry Form” ;
2. Entry Fee:
 - a. Crossed cheque; or
 - b. Direct deposit to HSBC A/C 600-650-568-002
3. Administration charge for alteration and incomplete application (if appropriate):
 - a. Crossed cheque; or
 - b. Direct deposit to HSBC A/C 600-650-568-002

Points to note

- i、 Please make the fees payable to “Hong Kong China Dragon Boat Association”.
- ii、 Write down your team name and participating categories at the back of cheque or deposit slip.
- iii、 Retain a copy of the cheque or deposit slip for your own record.
- iv、 It will be deemed as outstanding payment if there is problem banking in your cheque.
- v、 Postal address: Room 1032, Olympic House, 1 Stadium Path, So Kon Po, Causeway Bay.

**** All personal data collected will be solely used for the purpose of arranging this event.**



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Location and Map of race venue

Venue: Hollywood Plaza, 3 Lung Poon Street, Diamond Hill, Kowloon



Public Transport

MTR Diamond Hill Station Exit C
Bus 10, 11, 38, 80, 89, 91, 92, 302, 671, 11C, 286M, 3B, 61X, 74X, 75X, 80P, 82X, 84M, 85M, 906R, 91M, 96R, E22, E22A
Mini-Bus 19, 19A, 19M, 33A, 70, 72

Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 2504 8332

Website: www.hkcdba.org

Fax: (852) 2577 1873

Email: hkdba@hkolympic.org

We look forward to your joining us for a wonderful event!

Organizing Committee of
6th Hong Kong Indoor Dragon Boat Championships



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6th Hong Kong Indoor Dragon Boat Championships

28 February 2016 at Hollywood Plaza, Diamond Hill, Kowloon

Entry Form – For Individual Races Only

Name _____ (Chi) _____ (Eng)

Athlete number / *HKID first 4 digits _____

Tel _____ Date of Birth _____ Year _____ Month _____ Day _____

Email _____

Address _____

In case of emergency, the contact person and phone number is _____

* For participant whose taken part in Secondary ONLY.

Participating category

Race Cat.	Individual Race							
	Men - Open	Women - Open	Men - Corporate	Women - Corporate	Men - Youth	Women - Youth	Men – Sec. School	Women – Sec. School
Please put a tick if applicable								

*Participant without a valid HKCDBA athlete registration card should submit a separate application of Athlete Registration and leave the Athlete Registration Number blank.

Declaration

I, _____ hereby certify that I am physically fit, trained and suitable to join the Indoor Dragon Boat Championships. I understand that I am entering this race at my own risk. I hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.

Athlete Signature _____ Date _____

Declaration (To be signed by parents / Guardian of athletes aged below 18)

I, hereby certify that the participant _____ is physically fit, trained and suitable to join the Indoor Dragon Boat Championships. I understand that the participant entering this race at his / her own risk. I hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.

Name of Parent / Guardian _____ Signature of Parent / Guardian _____ Date _____



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6th Hong Kong Indoor Dragon Boat Championships

28 February 2016 at Hollywood Plaza, Diamond Hill, Kowloon

Entry Form (1) – For Group Relay Races

Team name _____ (Eng)
 _____ (Chi, if any)

Name of club / team / organization _____ **Member No.** _____
 (If applicable)

Address _____

Contact person _____ **Tel number** _____

Email _____ **Contact person** _____

In case of emergency, the contact person and phone number is _____

Participating category

Race Cat.	Group Relay (A maximum of 6 athletes per team)												
	Men - Open	Women - Open	Mixed - Open	Men - Corporate	Women - Corporate	Mixed - Corporate	Men - Youth	Women - Youth	Mixed - Youth	Men - Sec. School	Women - Sec. School	Mixed - Sec. School	
Please put a tick if applicable													

Declaration

- We, the club / team / organization, hereby certify that all the participants of our crew are members our club / team / organization. All participants are physically fit, trained and suitable to join the Indoor Dragon Boat Championships. We understand that they are entering this race at their own risk. We hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.
- We, the club / team / organization, hereby certify that we have obtained the prior approval from parent(s) / legal guardian(s) of each member of the team participating in this race under 18 years old and we take full responsibility for the care and safety of each of our members. We further confirm our acceptance of the conditions set out in the above paragraph.

Signature _____
 Name _____
 Position _____
 Date _____

Stamp of club / team / organization

Declaration (To be signed by parents / Guardian of athletes aged below 18)

I, hereby certify that the participant _____ is physically fit, trained and suitable to join the Indoor Dragon Boat Championships. I understand that the participant entering this race at his / her own risk. I hereby expressly agree to abide by all the rules & conditions of the Race Organizer, and to discharge the Hong Kong Dragon Boat Association as well as any other individuals or organizations connected directly or indirectly with this race from any responsibility in the event of injury, death or loss of property incurred during, as a consequence of or while traveling to and from the races.

Name of Parent / Guardian _____

Signature of Parent / Guardian _____

Date _____



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28 February 2016 at Hollywood Plaza, Diamond Hill, Kowloon

Entry Form (2) – For Group Relay Races

Crew Registration

(please make photocopies of this form if needed)

Team Name	(中文)			(英文)		
Race	<input type="checkbox"/>	Men	<input type="checkbox"/>	Women	<input type="checkbox"/>	Mixed
	<input type="checkbox"/>	Men - Corporate	<input type="checkbox"/>	Women - Corporate	<input type="checkbox"/>	Mixed - Corporate
	<input type="checkbox"/>	Men - Youth	<input type="checkbox"/>	Women - Youth	<input type="checkbox"/>	Mixed - Youth
	<input type="checkbox"/>	Men – Sec. School	<input type="checkbox"/>	Women – Sec. School	<input type="checkbox"/>	Mixed – Sec. School

Information of participants :

	English name in full	Sex	HKID first 4 digits
Team Manager			
	English name in full	Sex	Athlete registration number/*HKID first 4 digits
Athlete 1			
Athlete 2			
Athlete 3			
Athlete 4			
Substitute 1			
Substitute 2			

* Applicable only for those participating in the Secondary School race category.