



8th Hong Kong Indoor Dragon Boat Championships

Bulletin

Released on 6th June, 2018

We are pleased to announce that the 8th Hong Kong Indoor Dragon Boat Championships, subvented by Leisure and Cultural Services Department, organized by the Hong Kong China Dragon Boat Association. The indoor dragon boat race will hold on 19 August, 2018 and take place at Hollywood Plaza. All Hong Kong citizens can experience the joy of dry land dragon boating sports.

Event Information

Date : 19 August, 2018(Sunday)

Time : 08:30am – 4:30pm

Venue : Hollywood Plaza

Address: 3 Lung Poon Street, Diamond Hill, Kowloon.

(Diamond Hill MTR Station Exit C2)

Enrollment deadline : Using their computer or mobile phone via <https://form.jotform.me/81514872932461> on or before 27th July 2018(Friday), please refer to Enrollment Procedure for details. No refund will be accepted upon successful enrollment. Payment receipt will be distributed on the event day.

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

Race Categories

	Individual Race								
Race Categories	Open	Corporate	Senior A O40	Senior B O50	Senior C O60	Youth U23	Sec.School-(F.1-F.3)	Sec.School-(F.4-F.6)	Para
	Men/Women			Open		Men/Women			
Distance (Meters)	200								
Quota (Individual)	40								10
Fee (per race)	HK\$50					HK\$30			



	Group Relay (A maximum of 6 athletes per team)								
Race Categories	Open	Corporate	Senior A O40	Senior B O50	Senior C O60	Youth U23	Sec.School-(F.1-F.3)	Sec. School	Youth Uniform Organization
	Men/Women/Mixed			Open		Men/Women/Mixed			
Distance (Meters)	4 x 200								
Quota (Individual)	10								
Fee (per race)	* (2018-19 voting and ordinary members) HK\$160 (non-voting and ordinary members) HK\$200					HK\$100			

* 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.

Enrollment Procedure

Date	Items
From now on	Athletes Online Registration All athletes of local team are required to be a 2018-19 HKCDBA athlete. For registration and renewal of membership, please visit the HKCDBA website: https://www.hkcdba.org/-athlete-registration for details.
27 July 2018, Friday 2359hrs.	Enrollment deadline Teams/Individuals must submit <u>online application before 2359hrs on 27 July 2018 (Friday).</u> Via https://form.jotform.me/81514872932461 , a notification email will be received by each team manager as to indicate the categories they applied. All quota(s) will be assigned base on first-come-first-served basis. <u>Late Submission will not be accepted</u> (Note: Successful entries will rest with the total number of participating teams.) Payment Once the team manager/Individuals received the notification email, he or she has to submit all entry fee before the enrollment deadline



	<p>as above. <u>Late payment may be considered as unsuccessful application</u></p> <p><u>Payment method</u></p> <p>Submit the Entry Fee by either way:</p> <p>1) Direct deposit or make a payment transfer to HSBC A/C 600-650-568-003, take a picture of deposit/ bank in slips and state clearly the race name, categories enrolled and team name and WhatsApp to Race Committee Tel.: 52336228 or email to HKCDBA secretariat by hkdba@hkolympic.org</p> <p>Or</p> <p>2) Crossed cheque and make the fees payable to “Hong Kong China Dragon Boat Association” and state clearly the race name, categories enrolled and team name at the back of cheques. Submit the cheque by hand or by post to Unit 21, 28/F, New Tech Plaza, 34 Tai Yau Street, San Po Kong, KLN.</p> <p><u>Note:</u></p> <p>1) All the bank in slips must send to HKCDBA secretariat. If there is no bank in slip. It may be considered as unsuccessful application.</p> <p>2) Retain the copies of deposit/ bank in slips for record;</p> <p>3) It will be deemed as outstanding payment if there is problem banking in your cheque. <u>It may be considered as unsuccessful application</u></p> <p>4) No refund will be accepted upon successful enrollment. Payment receipt will be distributed on the race day.</p>								
19 August 2018, Sunday	<p><u>Race day</u></p> <p><u>8th Hong Kong Indoor Dragon Boat Championships</u></p> <table border="0"> <tr> <td>08:30am to 09:30am</td><td>Registration and Practice Session (8 mins per session)</td></tr> <tr> <td>09:30am to 2:30pm</td><td>Individual Race & Prize presentation ceremony</td></tr> <tr> <td>2:30pm to 4:00pm</td><td>Group Relay Race</td></tr> <tr> <td>4:00pm to 4:30pm</td><td>Prize presentation ceremony</td></tr> </table> <p>* Selection of ergometers will be arranged by draw lot before the commencement of each race.</p>	08:30am to 09:30am	Registration and Practice Session (8 mins per session)	09:30am to 2:30pm	Individual Race & Prize presentation ceremony	2:30pm to 4:00pm	Group Relay Race	4:00pm to 4:30pm	Prize presentation ceremony
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09:30am to 2:30pm	Individual Race & Prize presentation ceremony								
2:30pm to 4:00pm	Group Relay Race								
4:00pm to 4:30pm	Prize presentation ceremony								



Dates and Penalties for Request to Change Information

Charge	Period
HK\$50 / athlete / category	28 July to 8 August ,2018
HK\$100 / athlete / category	9-15 August ,2018
Change of information will NOT be allowed on or after 16 August 2018	

Payment method as same as enrollment.

Entry requirement

1. Open / Corporate/Secondary School/ Youth/Para: All participants should be aged 12 or above as of 1st July 2018.
2. Youth U23: All participants should be under aged 23 as of 1st July 2018.
3. Senior A O40: All participants should be aged 40 or above as of 1st July 2018.
4. Senior B O50: All participants should be aged 50 or above as of 1st July 2018.
5. Senior C O60: All participants should be aged 60 or above as of 1st July 2018

Awards

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

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

A trophy will be awarded to the Men and Women with the fastest time at individual races respectively.

A trophy will be awarded to the club or organization with the most participation.

Race by-law

1. There is no limitation on the number of entries for each organization/individual team.
2. Company Category: All teams of this category should provide the copy of BR; All participants must be full-time/oversea staff of the organization at the time the entry form is being submitted, the company should provide the copies of related Staff ID cards.
3. Youth Uniform Organization: This Category only for Civil Aid Service Cadet Corps, Hong Kong Road Safety Association, Hong Kong Sea Cadet Corps, Hong Kong Red Cross, The Boys' Brigade Hong Kong, Hong Kong Air Cadet Corps, Auxiliary Medical Service Cadet Corps, St. John Ambulance Brigade Youth Command, Association of Hong Kong Flag-guards, The Girls' Brigade Hong Kong, Hong Kong Adventure Corps, Hong Kong Army Cadets Association, Hong Kong Girl Scouts Association and Hong Kong Scout Association; All participants must be a member of the these organizations.
4. Para Category: All participants of this category should fulfil below requirement:
Having valid Card for People with Disabilities (issued by HKSAR). Hearing impairment, physical disability, speech disorders, mental retardation (mild), organ disability / long-term patients, visually impaired.
5. Any category with less than 3 entries received will be cancelled.
6. 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.
7. **All participants MUST present the original copy of their 2018-2019 HKCDBA Athlete Cards for identity check on the race day** except for Secondary School/Youth Uniform/Para Category. 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.



8. **All participants of Secondary School** Category should provide the valid Student Card (2017-2018)
9. **All participants of Para** Category should provide the valid Card for People with Disabilities (issued by HKSAR).
10. **All participants of Youth Uniform Organization** Category **should provide the valid acknowledgment of the organization.**
11. 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).
12. 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.
13. All athletes must be female in Women Category.
14. Mixed Category must consist of at least 2 female athlete and up to a maximum of 3.
15. Substitutions should also meet the entry requirement of the categories participated.
16. HKCDBA organizing committee reserves the right to refuse any entry into the races at its sole discretion.
17. Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and will not be entitled for any awards.
18. 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.
2. Athletes in Group Relay races should wear their own team uniforms during the race.
3. 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.
4. 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.
5. 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.
6. Each athlete can only race ONCE. In relay races, the athlete shall first pass the paddle to the next athlete then leave the Ergometer after completing his/her required distance. The next athlete shall pick up the paddle and get onto the Ergometer before the race continues.
7. Any team who severely contravenes rules and regulations or disciplinary code may be given of 5-10 second penalty or disqualified.
8. 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.
9. Except for the above-mentioned rules and regulations, all other arrangements must comply with HKCDBA's



existing competition rules and regulations of racing.

10. No appeal will be accepted. The decisions of the race officials on the spot will be treated as final.
11. In case of discrepancy between Chinese and English versions, Chinese version shall prevail.
12. 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

1. 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.
2. 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.
3. The team completing the race in the shortest time will be the winner.
4. 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

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

Race procedure

(A) Registration

1. Athletes shall report to the registration counter with their **2018-2019** HKCDBA athlete cards 30 minutes prior to the race. Except for Secondary School students with full time student cards, athletes who cannot present their **2018-2019** HKCDBA athlete cards will not be allowed to join the race.
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 8 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 **2018-2019** HKCDBA athlete cards, and/or, valid identities documents for specific para and youth uniform categories.
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. 8 or above is in force at 7am on the race day, all the races will be cancelled. Entry fee would not be refunded.
2. If thunderstorm warning, typhoon signal No. 1 or No.3, any 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.



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) 3618 7510

Website: www.hkcdba.org

Fax: (852) 2577 1873

Email: hkdba@hkolympic.org

We hope that you will join us in what will be a wonderful event!

Organizing Committee of

8th Hong Kong Indoor Dragon Boat Championships