



西貢區鄉事委員會

Sai Kung Rural Committee

龍舟活動中心 Dragon Boat Activities Centre

西貢鄉事會里一號 1 Rural Committee Lane, Sai Kung

Tel: 2792 1956 Fax: 2792 3884



香港業餘龍舟總會有限公司

Hong Kong Amateur Dragon Boat Assn Ltd

P.O.Box 21, Sai Kung Post Office, Sai Kung.

Web site: www.dragonboat-hk.org

Tel# 8103 8233 Fax#: 2363 2727

夏日活力小龍 2010 比賽賽制

Summer Vigor 2010 Rules & Regulations

日期：二零一零年七月四日

Date: 4th July 2010

地點：西貢碼頭

Venue: Sai Kung Pier

賽程：約 250 米

Distance: 250 meters



組別 CATEGORIES:

男子公開組

六十四隊抽籤分八組進行二場比賽，兩場得分總和最高第 1-8 名進入金盃決賽；第 9-16 名進入銀盃決賽；第 17-24 名進入金碟決賽；第 25-32 名進入銀碟決賽；第 33-40 名進入金碗決賽；第 41-48 名進入銀碗決賽；第 49-56 名進入金盾決賽；第 57-64 名進入銀盾決賽。如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。

進入以上各組決賽線道安排為：每組第一名進入 4 號線道；第二名進入 5 號線道；第三名進入 3 號線道；第四名進入 6 號線道；第五名進入 2 號線道；第六名進入 7 號線道；第七名進入 1 號線道，第八名進入 8 號線道。

Men's Open

Sixty-four teams will be divided into 8 groups (e.g. GpA, GpB, GpC, GpD, GpE, GpF, GpG and GpH) through drawing lots. Each team will race twice, Tier 1 Race and Tier 2 Race (T1R and T2R). Each team will accumulate points in each race.

The total points for the 2 races will be used to determine the order of teams. The first 8 teams with the highest points will enter the Golden Cup Final. The 9th to 16th highest points teams will enter the Silver Cup Final. The 17th to 24th highest points teams will enter the Golden Plate Final. The 25th to 32nd highest points teams will enter the Silver Plate Final. The 33rd to 40th highest points teams will enter the Golden Bowl Final. The 41st to 48th highest points teams will enter the Silver Bowl Final. The 49th to 56th highest points teams will enter the Golden Shield Final. The 57th to 64th highest points teams will enter the Silver Shield Final. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

Line up for the Final races: the team with the highest points will be assigned to lane 4, the team with the 2nd highest points in lane 5, the team with the 3rd highest points in lane 3, the team with the 4th highest



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points in lane 6, the team with the 5th highest points in lane 2, the team with the 6th highest points in lane 7, the team with the 7th highest points in lane 1 and the team with the 8th highest points in lane 8.

男女子混合組

五十六隊抽籤分七組進行二場比賽，兩場得分總和最高第 1-8 名進入金盃決賽；第 9-16 名進入銀盃決賽；第 17-24 名進入金碟決賽；第 25-32 名進入銀碟決賽；第 33-40 名進入金碗決賽；第 41-48 名進入銀碗決賽；第 49-56 名進入金盾決賽。如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。

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Mixed Open

Fifty-Six teams will be divided into 7 groups (e.g. GpA, GpB, GpC, GpD, GpE GpF and GpG) through drawing lots. Each team will race twice, Tier 1 Race and Tier 2 Race (T1R and T2R). Each team will accumulate points in each race. The total points for the 2 races will be used to determine the order of teams. The first 8 teams with the highest points will enter the Golden Cup Final. The 9th to 16th highest points teams will enter the Silver Cup Final. The 17th to 24th highest points teams will enter the Golden Plate Final. The 25th to 32nd highest points teams will enter the Silver Plate Final. The 33rd to 40th highest points teams will enter the Golden Bowl Final. The 41st to 48th highest points team will enter the Silver Bowl Final. The 49th to 56th highest points team will enter the Golden Shield Final. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

Line up for the Final races: the team with the highest points will be assigned to lane 4, the team with the 2nd highest points in lane 5, the team with the 3rd highest points in lane 3, the team with the 4th highest points in lane 6, the team with the 5th highest points in lane 2, the team with the 6th highest points in lane 7, the team with the 7th highest points in lane 1 and the team with the 8th highest points in lane 8.

工商機構組

三十二隊抽籤分四組進行二場賽事，兩場得分總和最高第 1-8 名進入金盃賽決賽；第 9-16 名進入銀盃賽決賽；第 17-24 名進入金碟賽決賽；第 25-32 名進入銀碟賽決賽。如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。進入以上各項決賽線道安排為：每組第一名進入 4 號線道；第二名進入 5 號線道；第三名進入 3 號線道；第四名進入 6 號線道；第五名進入 2 號線道；第六名進入 7 號線道；第七名進入 1 號線道，第八名進入 8 號線道。



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Corporate

Thirty-two teams will be divided into 4 groups (e.g. GpA, GpB, GpC and GpD) through drawing lots. Each team will race twice, Tier 1 Race and Tier 2 Race (T1R and T2R). Each team will accumulate points in each race. The total points for the 2 races will be used to determine the order of teams. The first 8 teams with the highest points will enter the Golden Cup Final. The 9th to 16th highest points teams will enter the Silver Cup Final. The 17th to 24th highest points teams will enter the Golden Plate Final. The 25th to 32nd highest points teams will enter Silver Plate Final. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

Line up for the Final races: the team with the highest points will be assigned to lane 4, the team with the 2nd highest points in lane 5, the team with the 3rd highest points in lane 3, the team with the 4th highest points in lane 6, the team with the 5th highest points in lane 2, the team with the 6th highest points in lane 7, the team with the 7th highest points in lane 1 and the team with the 8th highest points in lane 8.

學界/青少年組

七隊抽籤分二組進行二場賽事，兩場得分總和最高為優勝。如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。

Students/ Youths

Seven teams will race twice. Each team will accumulate points in each race. Total points from the 2 races will determine the champion and the runner-ups. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

女子公開組

十六隊進行二場賽事，兩場得分總和最高 1-8 名進入金盃賽決賽；9-16 名進入銀盃賽決賽。如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。

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Women's Open

Sixteen teams will be divided into 2 groups (e.g. GpA and GpB) through drawing lots. Each team will race twice, Tier 1 Race and Tier 2 Race (T1R and T2R). Each team will accumulate points in each race. The total points for the 2 races will be used to determine the order of teams. The first 8 teams with the highest points will enter the Golden Cup Final. The 9th - to 16th highest points teams will enter the Silver Cup Final. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

Line up for the Final races: the team with the highest points will be assigned to lane 4, the team with the 2nd highest points in lane 5, the team with the 3rd highest points in lane 3, the team with the 4th highest points in lane 6, the team with the 5th highest points in lane 2, the team with the 6th highest points in lane 7, the team with the 7th highest points in lane 1 and the team with the 8th highest points in lane 8.

香港醫學會邀請盃

八隊進行二場賽事，兩場得分總和最高為優勝；如相同分數，以第二場最高名次之隊伍為優勝。如再有名次相同，以第二場最快時間隊伍為優勝。如再有相同，抽籤為實。

HKMA Invitational Cup

Eight teams will race twice. Each team will accumulate points in each race. Total points from the 2 races will determine the champion and the runner-ups. In case of same accumulated points from the 2 tier races, the team with the highest ranking in the 2nd race will be regarded as the fastest team. If there are still teams with same ranking in the 2nd race, the team with the fastest time in the 2nd race will be regarded as the fastest team. Finally, if there are still teams with same time in the 2nd race, the fastest team will be determined through drawing lots.

每組每輪得分計法如下：

The Calculation of each Tier is as follow:

	第一名 1 st	第二名 2 nd	第三名 3 rd	第四名 4 th	第五名 5 th	第六名 6 th	第七名 7 th	第八名 8 th
第一場 Tier 1	40	35	30	25	20	15	10	5
第二場 Tier 2	35	31	27	23	19	15	11	7



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比賽規則 RULES & REGULATIONS

1. 一般事項

- 1.1 賽隊如有違反比賽規則，會被取消資格。
- 1.2 各參賽隊伍在整個賽事過程中必須服從香港業餘龍舟總會有限公司（主辦單位）的各項指示，以保障各參賽隊伍在賽事中的安全及避免對其他航道使用者做成不便。
- 1.3 每隊由一位隊長代表，負責與大會聯絡。

1. General

- 1.1 Any team that breaks the rules or regulations will be disqualified.
- 1.2 Each team must obey The Hong Kong Amateur Dragon Boat Association Limited's (the 'Organizer') instructions and requests throughout the race to ensure safety and prevent inconvenience to other teams.
- 1.3 **Each team must have a team captain** who will liaise with the Organizer.

2. 安全措施

- 2.1 所有賽員必須能和衣服游泳至少 100 米。
- 2.2 賽員可穿上自備的救生衣或浮水設備，但此舉並不表示賽員或隊員不用遵守上列第 2.1 項規則。
- 2.3 所有參加學界/青少年組的賽員，於比賽進行期間均必須穿上救生衣包括鼓手及舵手。所有參賽者必須年齡由 16 歲-18 歲之學生或青少年，鼓手及舵手除外。
- 2.4 所有參加者須在整個賽事中自行負責本身及其物品的安全。香港業餘龍舟總會有限公司、主辦單位及其人員、以至任何其他與賽事直接或間接有關之人仕或機構對所有參加者遭受任何傷亡、財物之破壞或損失，均不須負上任何責任。

2. Safety

- 2.1 All competitors must be able to swim at least 100m.
- 2.2 Competitors may choose to use their own life-jackets but must first fulfill Rule 2.1.
- 2.3 All competitors in the Students/Youths Category must wear life-jackets including the Drummer and Steersperson. All paddlers must between age 16-18 excluding Drummer and Steersperson.
- 2.4 All competitors are responsible for their own belongings and personal safety. The Organizer, its agents, volunteers, sponsors or anyone who is directly or indirectly involved with this event will not be responsible for any claims including and not limited to loss of life, bodily injuries, or loss or damage of personal effects arising from this event.

3. 賽隊

- 3.1 除了鼓手及舵手外，參加混合組之隊伍落船出賽**必須不少於四位女划手**及女子組落船出賽**必須全是女划手**；其餘組別之隊伍可以是男性、女性，或混合隊伍。每隊可登船之人數**最少 8 名，最多 12 名**，包括鼓手及舵手在內。
- 3.2 每隊必須自行對本隊之紀律負責，確保全隊遵守大會所訂的比賽規則。



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3.3 隊員必須穿著統一服飾。

3. Forming of Teams

3.1 With the exception of the drummer and steersperson, the **Mixed category must have at least 4 women paddlers** and the **Women's Open category must have all women paddlers.**

The minimum number of crew members is 8; the maximum is 12 including drummer and steersperson.

3.2 Each team member must be responsible for their own actions and must obey all rules and regulations.

3.3 Each team must have a team uniform.

4. 集合上船

4.1 各參賽隊伍必須於賽前二十分鐘於報到處集合，並於指定地點列隊等候出賽，逾時未能報到者作棄權論。

4.2 各參賽隊伍必須遵照大會指示登船，不得自選賽艇，只可登上由抽籤決定之艇隻。

4.3 各參賽龍舟離開登艇區後，須直划往起步點報到，途中不得任意停泊以免防礙賽事進行，違者將被取消資格。

4. Marshalling/Boarding

4.1 All team members of each team must report to the marshalling area 20 minutes before the race or else the team will be disqualified from that race.

4.2 **All teams must board the boat assigned by drawing of lots.**

4.3 The team must leave the boarding area once all team members are on board. Do not block or interfere with the boats that are racing. Interfering team will be disqualified.

5. 起步程序

5.1 參賽隊伍須在起步點前靜止並排列妥當，鼓手及舵手須拉頭尾繩，準備起步。

5.2 當司線員確認所有隊伍已排成一直線及確定鼓手及舵手已拉頭尾繩後，依響號（horn）開始正式比賽。

5.3 如有偷步，將發訊號一響停止比賽，偷步之隊伍會被警告，所有賽艇必須立即返回起步點，重新起步。如第二次發令時仍有隊伍偷步，則比賽照常進行，而犯規的隊伍則被取消即場競賽資格。

5. At the Starting Line

5.1 All teams must line up at the starting line and all movement of paddles in the water must stop. The drummer and steersperson must hold onto the rope.

5.2 Once the linesman has confirmed that all boats are aligned and all drummers and steerspersons are holding onto the rope, the linesman will alert all teams with the sounding of the horn signifies the start of the race.

5.3 The horn will sound once for a false start. All teams must return to the starting line immediately



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for a second start. The team that jumped the start will receive a warning from the linesman. The remaining teams will again return to the start line for a second start. If there is still a second false start, the race will continue. The team that jumped the start on the second start will be disqualified.

6. 比賽守則

- 6.1 每艘賽艇的正確賽道由起點至同線終點的直線，**賽艇必須依原有線位衝線**，不得橫越其賽道及不得在賽道上干擾其他賽艇，違者將被取消資格。
- 6.2 如任何賽艇不在其本身賽道上前進而導至干擾其他賽艇前進；或遇上賽艇相撞，大會將取消犯規賽艇之資格。如在起步五十米範圍內發生相撞，大會將安排該場賽事重賽。如該場重賽，無論在任何賽道範圍內再有賽艇相撞，比賽繼續進行，大會將會取消犯規賽艇，被撞之賽艇可繼續進行比賽，或返回登艇區以免影響其他賽事進行。
- 6.3 每隊參賽之舵手，于賽事進行期間**不得撻舵**，如有違反者，大會將取消該賽艇之資格。
- 6.4 于賽事進行期間，所有划手**不准站立划或跪划**，必須坐著划。**舵手及鼓手不得手持划槳進行划水動作**，如有違反者，大會將取消該賽艇之資格。
- 6.5 各隊參賽之鼓手，于賽事進行期間**不得離開其鼓手的座位**，如有違反者，大會將取消該賽艇之資格。

6. During the Race

- 6.1 **Each racing team must remain in its designated lane throughout the race.** If any team fails to remain in the designated lane, that team will be disqualified.
- 6.2 Any boat that interferes or collides with another boat will be disqualified. If this occurs within 50 meters of the starting line, all boats must immediately return to the starting line for re-starting the race. If another collision occurs, at any point of the race, the race will continue. The boat that collides into another boat will be disqualified. The boat that was hit has the option of finishing the race or returning to the boarding area without delay and interfering with other racing teams.
- 6.3 **Any action of prying or any attempt from the steersperson to help the boat advance forward will cause that team to be disqualified.**
- 6.4 All paddlers must stay seated during the race. **No standing or kneeling during the race.** Should a team be found standing or kneeling, it will be disqualified. **The drummer and the steersperson cannot have a paddle in their hands during the race.**
- 6.5 The drummer may not leave his/her seat during the race. Should a drummer leave his/her seat, his/her team will be disqualified.

7. 終點線

- 7.1 終點線以比賽道旁之標誌界定。龍頭到達終點線，方作完畢賽事。
- 7.2 賽事完畢后，所有賽隊必須馬上返回登艇區上岸。
- 7.3 所有賽事成績以大會公佈為準。大會公報之成績乃經總裁判審核後作出之最後判決，各參賽隊伍不得異議，**賽會概不接受上訴**。



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7. At the Finishing Line

- 7.1 The finishing line is fixed with a marker on either side of the racecourse. The dragon head must reach this line at the finishing line.
- 7.2 Once a team has reached the finishing line, the team must immediately return to the boarding area.
- 7.3 Race results, once announced, are final. The judging panel's decision is the final decision. **No objection is allowed and no appeal will be accepted.**

8. 器材

- 8.1 主辦單位會提供艇隻、舵、划槳及水殼。如大會認為器材是被參賽隊伍故意破壞，則大會有關要求該隊伍支付修理損壞之器材及其他費用。
- 8.2 除大會所提供之比賽用具外，動力器材/抽水等均禁止使用，違者將被取消資格。
- 8.3 各隊伍亦可自攜私家槳參賽，質料不限。

8. Equipment

- 8.1 The Organizer will provide a boat, a steering blade, paddles and bailers. Each team is fully responsible for any damage to the boat and equipments.
- 8.2 No other equipment other than that provided by the Organizer may be used. Should a team use equipment not provided by the Organizer, it will be disqualified.
- 8.3 Each team can bring along their own paddles, regardless of the paddles material.

9. 場地

所有參賽隊伍及其人員有責任保持場地(地面及水上)與環境整齊清潔，不得破壞草木及其他設施或遺下垃圾。

9. Racing Areas and Surroundings

All participants are responsible for the cleanliness of the racing areas. Do not damage grass and trees and do not litter.

10. 頒獎典禮

男子公開組： 進入金盃賽第一至三名均可獲獎盃及獎牌乙個，第四至八名可獲獎盃乙個。進入銀盃、金碟、銀碟、金碗、銀碗、金盾及銀盾賽第一至三名均可獲獎盃乙個。

男女子混合組： 進入金盃賽第一至三名均可獲獎盃及獎牌乙個，第四至八名可獲獎盃乙個。進入銀盃、金碟、銀碟、金碗、銀碗及金盾賽第一至三名均可獲獎盃乙個。

工商機構組： 進入金盃賽第一至三名均可獲獎盃及獎牌乙個，第四至八名可獲獎盃乙個。進入銀盃、金碟及銀碟賽第一至三名均可獲獎盃乙個。

學界/青少年組： 第一至三名隊伍均可獲獎盃及獎牌乙個，第四至七名可獲獎盃乙個。

女子公開組： 進入金盃賽第一至三名均可獲獎盃及獎牌乙個，第四至八名可獲獎盃乙個。進入銀盃賽第一至三名均可獲獎盃乙個。

香港醫學會邀請盃： 第一至三名隊伍均可獲獎盃及獎牌乙個，第四至八名可獲獎盃乙個。



西貢區鄉事委員會

Sai Kung Rural Committee

龍舟活動中心 Dragon Boat Activities Centre

西貢鄉事會里一號 1 Rural Committee Lane, Sai Kung

Tel: 2792 1956 Fax: 2792 3884



香港業餘龍舟總會有限公司

Hong Kong Amateur Dragon Boat Assn Ltd

P.O.Box 21, Sai Kung Post Office, Sai Kung.

Web site: www.dragonboat-hk.org

Tel# 8103 8233 Fax#: 2363 2727

10 Award Presentation

Men's Open – The first three winning teams in the Golden Cup Final, will receive a trophy and medals, the 4th to 8th will receive a trophy only. In the Silver Cup, Golden Plate, Silver Plate, Golden Bowl, Silver Bowl, Golden Shield and Silver Shield Final, the first three winning teams will receive a trophy only.

Mixed Open – The first three winning teams in the Golden Cup Final, will receive a trophy and medals, 4th to 8th will receive a trophy only. In the Silver Cup, Golden Plate, Silver Plate, Golden Bowl, Silver Bowl and the Golden Shield Final the first three winning teams will receive a trophy.

Corporate - The first three winning teams in the Golden Cup Final, will receive a trophy and medals, 4th to 8th will receive a trophy only. In the Silver Cup, Golden Plate and Silver Plate Final, the first three winning teams will receive a trophy.

Students/Youths -The first three winning teams will receive a trophy and medals, 4th to 7th will receive a trophy.

Women – The first three winning teams in the Golden Cup Final will receive a trophy and medals, 4th to 8th will receive a trophy only. In the Silver Cup Final, the first three winning teams will receive a trophy.

HKMA Invitational Cup – The first three winning teams will receive a trophy and medals, 4th to 8th will receive a trophy.

11. 其他

11.1 若天文台於賽事當日上午六時或之前懸掛三號或以上之風球、發出紅色或黑色暴雨訊號，賽事即告取消，已交的費用概不發還。

11.2 上述賽制及規則若有未盡完善之處，或於比賽途中因天氣突變或突發事件發生，大會有權作最後修正/修改之權利而無須事前通知各參賽隊伍。

11.3 如有任何查詢，可致電 6880 1036 鍾偉民先生或 9262 5285 曹潔娣小姐。

11. Others

11.1 Should the Hong Kong Observatory issue typhoon signal no.3 or higher, red rain, black rain or thunderstorm warning before 6am on 4th July, the Race will be cancelled. No refund will be given.

11.2 Due to sudden change of weather conditions and unforeseen matters during the Race, the Organizer reserves the right to change and amend the above without notice.

11.3 Should you have any questions, please contact Mr. Chung Wai Man at 6880 1036 or Ms. Florence Cho at 9262-5285.