



室內賽艇比賽 Indoor Rowing Competition

參賽者須知 Guidelines for Participants

1. **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」和「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」和「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 “Physical Activity Readiness Questionnaire (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 “Physical Activity Readiness Questionnaire (PAR-Q) & You” before the commencement of the match, the Organiser reserves the right to disqualify him/her from participating in the competition.**

2. 比賽地點 : 源禾路體育館
Venue of Competition Yuen Wo Road Sports Centre

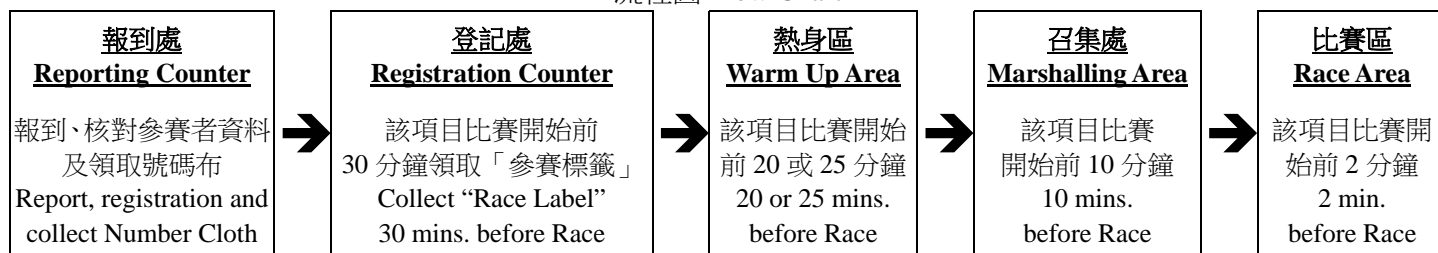
3. 賽制：
Format:

- (a) **個人 1000 米/ 2000 米賽事 Individual 1000m/2000m Event :**
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。
Each participant has to row 1000m/2000m with time taken as his/her record.
- (b) **雙人 1000 米(滑軌模式) 賽事 Pair Events 1000m (Slide Mode) Event :**
隊中每位運動員均須同時使用在滑軌上的獨立划艇機各自完成 1000 米距離，各隊成績以每隊划手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。
Each of the rowers in a crew will row on different machine at the same time on a slide and each rower will row for 1000m. The time taken by all the rowers in the crew will be averaged to give the crew result.
- (c) **隊際 4x500 米接力賽事 Team 4x500m Relay Event :**
每隊必須由 4 名隊員組成。隊員划至 1500 米、1000 米和 500 米的標記處，必須在兩槳內替換給下一位隊員，違者將被取消資格。每名隊員只可作賽一次。每隊必須划 2000 米，所得成績將用以決定名次。
Each team will include 4 rowers. Each team should change rowers at the 1500M, 1000M and 500M marks. The change of rowers MUST take place within 2 strokes after reaching the required meter marks. Each team member may only row once in this race. Each team has to row 2000M and the time taken for the whole team will determine the final result.
- (d) **隊際混合 30 分鐘長途接力賽事 Team Mixed 30-minute Long Distance Relay Event :**
每隊必須由 4 名男隊員和 2 名女隊員組成。每名隊員作賽 3 分鐘後，必須在兩槳內換人，並須將把手直接交予接力的隊員，違者將被取消資格。每名隊員在賽事中最少須連續划 3 分鐘，其中 4 名隊員可重複接力。30 分鐘內划程最長的隊伍為勝。
Each team will include 4 men and 2 women. Each team should change rowers at every 3-minute mark. The change of rowers MUST take place within 2 strokes after reaching the required time marks. The outgoing contestant should pass the handle directly to the incoming contestant. Each contestant has to row for at least 3 consecutive minutes while 4 team members can row more than once in each race. The team completing the longest distance within 30 minutes will be the winner.
- (e) 所有項目不得換人。
No substitution is allowed.

4. 比賽流程及賽規：

Rundown of the Competition and Rules:

流程圖 Flow Chart



(a) 報到處 Reporting Counter

- i. 大會報到處將於比賽當日中午 12 時正開始運作，參賽者請在參加的首個「參賽項目」大會編定的比賽時間開始前 45 分鐘，親身連同參賽者附有相片的有效身分證明文件(正本)交予該場比賽幹事核對及報到，未能出示上述證明文件的參賽者不得出賽。如發現機構呈交的參賽者資料與參賽者身份證上的資料不符，大會有權取消其參賽資格。

On event day of the competition, the Reporting Counter will be operated from 12:00 noon. All participants shall report in person together with the participants' valid photo-bearing identity documents (original) to the officials of the Organiser for verification 45 minutes before the scheduled time of the first participated event. Participant(s) who fail to produce the aforesaid identity documents will not be permitted to participate in the match. The Organiser reserves the right to disqualify a participant if there is any discrepancy between personal information shown on his/her identity document and those submitted by his/her organisation.

- ii. 參賽者須辦妥報到及登記手續方可往熱身區及召集處報到，未能依其參賽項目比賽開始前 10 分鐘（即大會編定的最後召集時間）（時間以大會計時鐘為準）到召集處報到，不論在任何理由下，參賽者如未能依時到召集處報到視作自動棄權論，賽會將不會安排補賽。

Participants should complete the reporting and registration procedures before proceed to Marshalling Area. Participants must report to Marshalling Area at least 10 minutes (scheduled final marshaling time) (the Organiser's game clock shall be the official clock) before the scheduled race time of participated event. If a participant fails to turn up at the scheduled final marshalling time for whatever reason he/she will be regarded as having withdrawn from the event and no longer be able to compete.

- iii. 號碼布上清晰顯示其姓名、代表機構及參加項目。如參賽項目與號碼布不符，不得參加該項目。遺失號碼布者不得參賽，大會概不補發。

Participant's name, organisation, and participating events are clearly showed on the number cloth. Whenever any inconsistency between the participating event and number cloth is found, the participant will not be allowed to play in the event. No replacement will be provided to those who have lost the number cloths and will not be allowed to participate in any event.

(b) 登記處 Registration Counter

- i. 參賽者必須在每個參賽項目比賽開始前 30 分鐘到登記處領取「參賽標籤」。
Participants should collect a "Race Label" before **EVERY participated event** at Registration Counter 30 minutes before the scheduled time of participated event.

- ii. 「參賽標籤」上清晰顯示參賽場次及大會安排之划艇機編號。

Race code and number of assigned machine are clearly showed on the "Race Label".

- iii. 領取「參賽標籤」後，參賽者請往「熱身區」報到。

All participants will then report in the Warm Up Area after collection of "Race Label".

(c) 熱身區 Warm Up Area

- i. 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.

- ii. 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.

- iii. 每隊接力隊（或個人）均被安排一部划艇機作熱身，個人 1000 米及雙人 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 events to do so.

- iv. 熱身後，每場參賽者須即時往「召集處」集合。

All participants will then gather to line up in the Marshalling Area.

(d) 召集處 Marshalling Area

- i. 參賽者必須要在其參賽項目比賽開始前 10 分鐘（即大會編定的最後召集時間）（時間以大會計時鐘作準）到召集處報到，不論在任何理由下，如參賽者未能依時到召集處報到視作自動棄權論，賽會將不會安排補賽。
Participants must report to Marshalling Area at least 10 minutes (scheduled final marshaling time) (the Organiser's game clock shall be the official clock) before the scheduled race time of participated event. If a participant fails to turn up at the scheduled final marshaling time for whatever reason he/she will be regarded as having withdrawn from the event and no longer be able to compete.
- ii. 參賽者必須佩戴大會於比賽當日派發的號碼布，否則不准參加比賽。
All participants shall wear the number cloth provided by the Organiser on the event day, otherwise they will not be permitted to participate in the competition.
- iii. 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.
- iv. 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.
- v. 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.

(e) 比賽區 Race Area

- i. 所有賽事均採用大會提供的 Concept II Model D 陸上划艇機進行。參賽者可調較風阻，但比賽進行中不可改動。
All races will be performed on standard Concept II Model D rowing machines provided by the Organiser. Participants may set the resistance setting of their choice, but this cannot be altered during the race.
- ii. 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。
A machine will be allocated to the participants on which they are to race. No change of assigned machine is permitted.
- iii. 參賽者必須在其比賽項目開始前最少 2 分鐘已在划艇機上就座準備比賽和必須服從賽會總裁判之所有指示。當司令員作「最後兩分鐘」廣播時，**所有遲到者不得參賽。**
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. **Late competitors are NOT accepted** once the "2 minutes announce" has been called.
- iv. 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".
- v. 在倒數時拉動划艇機之手柄將會啟動電腦而導致「偷步」。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。
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". Participants / relay team will be given a "Warning" for the "False Start". Participants / relay team will be disqualified once they receive the second warning.
- vi. 參賽者如在比賽途中跌離座位或鬆掉把手，須返回原位繼續比賽。
If the rower drops the handle or falls from the seat during the competition, he/she should continue the competition and will not be entitled to any re-row.
- vii. 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.
- viii. 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.

5. 比賽途中若遇機器故障：

If damage to equipment occurs during the race:

- (a) 若划艇機出現故障，賽事總監將安排另一划艇機進行比賽。
In the case of damage of assigned machine, the Race Controller will decide if an alternative machine shall be allocated.
- (b) 除非該場賽事為決賽，否則在初賽或其他賽次中受影響的運動員可以在下一輪的比賽中重賽。如無下一輪比賽，有關運動員可獲准單獨作賽，並以所錄得時間或距離為比賽成績。
In a preliminary heat or other round except a final, the rowers shall be permitted to compete again in a later heat, or, if there are no further heats, shall be permitted to row alone and the result shall be the time or distance so recorded.

- (c) 如在決賽的首 30 秒內出現機件故障或失靈的情況，賽事會立刻中止，然後重新作賽；否則賽事會繼續進行，而受影響的運動員將視作停止比賽論。除非出現故障的器材屬中央電腦及計時系統的一部分，否則將由裁判決定會否重賽；在此情況下，全體運動員在重賽前的時間及距離均不予記錄。

In a Final, where the damage or failure occurs within 30 seconds of the Start, the race will be stopped and restarted. In other cases, the race will continue and the rower shall be deemed to have stopped rowing. Except that where such damage or failure is part of the central computer and timing system, the Umpire shall decide whether a re-row of the whole Race is required in the case that times or distances of all rowers cannot be recorded.

- (d) 如機器或裝備的任何損毀是由運動員所引致，並且令有關運動員未能完成賽事或令其時間或距離不能獲得記錄，該運動員將被視為未能完成賽事，不能繼續參與該項目。

In the event of any damage caused by the rower to a machine or to the installations which prevents the rower from completing a Race or which causes their time or distance not to be recorded the rower shall be deemed not to have finished the Race and shall not take any further part in that Event.

6. 參賽者必須年滿 15 歲及只能代表一間機構，並在比賽首場賽事舉行前，已在香港連續為參賽機構工作 4 星期或以上，每星期工作最少 18 小時，而且在比賽進行期間，仍然受僱於該機構。

A participant can only represent one organisation and must be an employee aged 15 or above who has been working continuously in Hong Kong for the participating organisation for 4 weeks or more, for at least 18 hours per week, before the first match of the competition takes place, and is still employed by the same organisation during the competition period.

7. 如參賽者被發現於參賽期間並非該機構的僱員，該機構所參與的是項比賽的資格及所獲的成績將被取消。如被發現觸犯此規則超過一次，該機構所參與工商機構運動會全部比賽項目的成績及其參賽資格將被取消。所繳交的費用亦不會獲得發還。

If any participant is discovered that he/she is not the employee of the organisation during the competition, the results achieved by the organisation in that particular competition will be cancelled. If the organisation breaches this regulation more than once, the organisation will be disqualified from taking part in this year's Corporate Games and all the entry fee will not be refunded.

8. 如被發現冒名頂替，或有參賽者／參賽隊伍違反賽規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，所得成績亦可能作廢。

If any participant is found to be imposters or participant/team having violated the rules 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 may be cancelled.

9. 比賽時參賽者必須穿着不脫色的運動鞋。

Participants shall wear non-marking sports shoes during the competition.

10. 如在比賽當日，第一場賽事報到前兩小時天文台已發出八號熱帶氣旋警告信號預警或八號或以上熱帶氣旋警告信號或黑色暴雨警告信號仍然生效，該日賽事即告取消。大會稍後會通知各參賽者相應安排。

If a Pre-No.8 Special Announcement has been issued, or Tropical Cyclone Warning Signal No.8 or above or Black Rainstorm Warning Signal is still in force 2 hours before the reporting time 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 arrangements separately in due course.

11. 如環境保護署於比賽當日公布的空氣質素健康指數為 7 級或以上，有關比賽安排如下：

When the "Air Quality Health Index (AQHI) of 7 or above" has been issued by the Environmental Protection Department on the Competition day, the arrangement of the competition as at below:

(a) 「高」健康風險級別 (空氣質素健康指數：7)

比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。心臟病或呼吸系統疾病患者在參與體育活動前應諮詢醫生意見，在體能活動期間應多作歇息。由於空氣污染對不同人士的影響不一，如參賽者有疑問或感到不適，應徵詢醫生的意見。

“High” health risk category (AQHI of 7)

Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly are advised to **reduce** outdoor physical exertion, and to **reduce** the time of their stay outdoors, especially in areas with heavy

traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

(b) 「甚高」健康風險級別 (空氣質素健康指數：8 至 10)

比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應**盡量減少**戶外體力消耗，以及**盡量減少**在戶外逗留的時間，特別在交通繁忙地方。一般市民應**減少**戶外體力消耗，以及**減少**在戶外逗留的時間，特別在交通繁忙地方。由於空氣污染對不同人士的影響不一，如參賽者有疑問或感到不適，應徵詢醫生的意見。

“Very High” health risk category (AQHI of 8-10)

Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to **reduce to the minimum** outdoor physical exertion, and to **reduce to the minimum** the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to **reduce** outdoor physical exertion, and to **reduce** the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

(c) 「嚴重」健康風險級別 (空氣質素健康指數：10+)

比賽如期舉行。環境保護署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應**避免**戶外體力消耗，以及**避免**在戶外逗留，特別在交通繁忙地方。一般市民應**盡量減少**戶外體力消耗，以及**盡量減少**在戶外逗留的時間，特別在交通繁忙地方。由於空氣污染對不同人士的影響不一，如參賽者有疑問或感到不適，應徵詢醫生的意見。

“Serious” health risk category (AQHI Exceeding 10)

Competition will be held as scheduled. Environmental Protection Department advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to **avoid** outdoor physical exertion, and to **avoid** staying outdoors, especially in areas with heavy traffic. The general public is advised to **reduce to the minimum** outdoor physical exertion, and to **reduce to the minimum** the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

12. 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.
13. 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 Organiser 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 Organiser will decide whether the match should continue or not and the participants shall not raise objection.
14. 大會不接受參賽隊伍提議的改期申請。
No application for changing the date of any match from a participating team is accepted.
15. 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 referees on the spot will be final.
16. 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 belongings. No liability shall be borne by the Organiser for loss.
17. 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現行比賽規則辦理。
Unless explicitly stated in the prospectus and these guidelines, all rules and regulations will follow those presently adopted by the Hong Kong, China Rowing Association.
18. 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.