



10th Hong Kong Indoor Dragon Boat Championships

Bulletin
24 January, 2024

Event Information

Date :	24 March, 2024 (Sunday)
Time :	0830 – 1630 hours
Venue :	Lok Fu Place Zone B Atrium Address: 198 Junction Road, Wang Tau Hom, Kowloon. (Lok Fu MTR Station Exit B)
Enrolment deadline :	Enrolment through https://forms.gle/eLWa3qA2pc171Wsu5 on or before 23 February 2024 (Friday), please refer to Enrolment Procedure for details. Entry fee will not be refunded upon successful enrolment. Payment receipt will be distributed on the event day. (Acceptance of enrolments are made on a first-come, first-served basis.)
Enrolment Result :	1 March, 2024 (Friday)

Race Categories

Individual Race									
Race Categories	Open	Corporate	Senior A O40	Senior B O50	Senior C O60	Youth U24	Secondary School (F.1-F.3)	Secondary School (F.4-F.6)	Para
	Men / Women		Open			Men / Women			
Distance (Meters)	200								
Quota (Individual)	40								10
Entry Fee (per race)	HK\$50					HK\$30			

Team Relay (A maximum of 6 athletes per team)									
Race Categories	Open	Corporate	Senior A O40	Senior B O50	Senior C O60	Youth U24	Secondary School (F.1-F.3)	Secondary School (Unlimited)	Youth Uniformed Groups
	Men / Women / Mixed			Open			Men / Women / Mixed		
Distance (Meters)	4 x 200								
Quota (Teams)	10								
Entry Fee (per race)	* (2023-24 members) HK\$160 (Non-members) HK\$200					HK\$100			

*** For all entries submitted under the name of the member, the team name MUST include the full name of that member.**



Entry requirement

1. All participants should be aged 12 or above as of 1 January 2024.
2. Youth U24: All participants should be under aged 24 as of 1 January 2024.
3. Senior A O40: All participants should be aged 40 or above as of 1 January 2024.
4. Senior B O50: All participants should be aged 50 or above as of 1 January 2024.
5. Senior C O60: All participants should be aged 60 or above as of 1 January 2024.

Awards

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

Team races: 6 Medals will be awarded to the Champion, 1st and 2nd runner-ups of each category.

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

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

Race Format

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.

Team 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.

Enrolment Procedure

Date	Items
From now on until 23 February 2024, Friday	<p><u>Enrolment Deadline</u> Teams/Individuals must submit <u>online application before 2359 hours on 23 February 2024</u> via https://forms.gle/eLWa3qA2pc171Wsu5. A notification email will be received by each team manager as to indicate the categories they applied. All quota(s) will be assigned on a 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.)</p>



	<p><u>Payment</u> Once the team/individual receives an email confirmation of successful registration, he or she has to submit all entry fee before the enrolment deadline as above. <u>Late payment may be considered as unsuccessful application</u></p> <p><u>Payment Method</u> Submit the Entry Fee by either way:</p> <ol style="list-style-type: none"> 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 email to HKCDBA secretariat by hkdba@hkolympic.org <p>Or</p> <ol style="list-style-type: none"> 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, Kowloon. <p><u>Note:</u></p> <ol style="list-style-type: none"> 1) All the bank-in slips must be sent to HKCDBA Secretariat. If there is no bank in slip, it may be considered as unsuccessful application. 2) Retain the copies of deposit/ bank in slips for record; 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> 4) Entry fee will not be refunded upon successful enrolment. Payment receipt will be distributed on the race day. 								
24 March 2024, Sunday	<p><u>Race day</u> <u>10th Hong Kong Indoor Dragon Boat Championships</u></p> <table border="0"> <tr> <td style="vertical-align: top;">0830 to 0930 hours</td> <td>Registration and Practice Session (8 mins per session)</td> </tr> <tr> <td style="vertical-align: top;">0930 to 1430 hours</td> <td>Individual Race & Prize Presentation Ceremony</td> </tr> <tr> <td style="vertical-align: top;">1430 to 1600 hours</td> <td>Team Relay Race</td> </tr> <tr> <td style="vertical-align: top;">1600 to 1630 hours</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>	0830 to 0930 hours	Registration and Practice Session (8 mins per session)	0930 to 1430 hours	Individual Race & Prize Presentation Ceremony	1430 to 1600 hours	Team Relay Race	1600 to 1630 hours	Prize presentation ceremony
0830 to 0930 hours	Registration and Practice Session (8 mins per session)								
0930 to 1430 hours	Individual Race & Prize Presentation Ceremony								
1430 to 1600 hours	Team Relay Race								
1600 to 1630 hours	Prize presentation ceremony								



Date for Request to Change Information

Charge	Period
HKD\$100 / athlete / category	24 February to 8 March 2024
Change of information will NOT be allowed on or after 9 March 2024	

Race by-law

1. There is no limitation on the number of entries for each organization/individual team.
2. Corporate Category: All teams of this category should provide the copy of Business Registration Certificate; 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 Youth Unit, 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 Girl Scouts Association, Hong Kong Scout Association, Hong Kong Army Cadets Association, JPC & Youth Corner, Rehabilitation Pioneer Project, Fire & Ambulance Services Teen Connect and Immigration Department Youth Leaders Corps; 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 identity cards for identity check on the race day** except for Secondary School/Youth Uniform/Para Category.
8. **All participants of Secondary School** Category should provide the valid Student Card (2023-2024)
9. **All participants of Para** Category should provide the valid Card for People with Disabilities (issued by HKSAR).
10. **All participants of Youth Uniform Group** Category should provide the valid acknowledgment of the organization.
11. For Team 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 2 female athletes and 2 male athletes.
15. Substitutions should also meet the entry requirement of the categories participated.
16. HKCDBA reserved 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 Team Relay races should wear their own team uniforms during the race.
3. Athletes shall report to the registration counter ten (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 (1) 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 first athlete shall 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 to 10 seconds penalty or disqualified.
8. In special circumstance, HKCDBA 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 procedure

(A) Registration

1. Athletes shall report to the registration counter with their identity cards 30 minutes prior to the race.
2. Each athlete will receive a [Wristband] and MUST be wear on his/her wrist which can be easily seen.

(B) Practice Session

1. Athletes can practise under the arrangement of Organizing Committee before the race for 2 minutes.
2. Practice session will be arranged on a first-come first-served basis within the set timeframe.
3. Athletes shall not leave the practice area unless there is instruction from the race officials.

(C) Marshalling

1. Athletes shall reach [marshalling area] 10 minutes prior to the race.
2. Athletes shall show their identity cards and [Wristband] to the race officials for cross-checking.
3. Athletes shall wait at the marshalling area and shall not leave that zone until there is a signal from the race officials.
4. 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. All races will start when the [Are you ready] signage is being held up followed by the [Go] signage.
3. Once the race finishes, it is compulsory for all athletes to confirm the result with race officials before leaving the race area.
4. Athletes shall leave the race area after completing the race and shall not disturb other athletes.

Organised by



Subvented by



Arrangement under inclement weather

1. If typhoon signal No. 8 or above is in force at 0700 hours on the race day, all the races will be cancelled. Entry fee would not be refunded.
2. If thunderstorm warning, typhoon signal No. 1, No. 3 or 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.
4. If any event is cancelled due to extreme weather conditions, the reschedule would be launched in a new date.

Organised by



Subvented by



Location and Map of race venue



Public Transport

MTR Lok Fu Station Exit B
Bus 1, 7, 7B, 7M, 11D, 11K, 75X, 84M, 85, 85A, 85B, 103, 113, 211A
Mini-Bus 13, 13A, 39M, 53M, 54, 66S

Enquiry

Hong Kong China Dragon Boat Association

Tel: (852) 3618 7510

Website: www.hkcdba.org

Fax: (852) 2577 1873

Email: hkcdba@hkolympic.org