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## 12th Hong Kong Indoor Dragon Boat Championships

**Bulletin 1**  
6 February 2026

### Event Information

**Date :** 29 March 2026 (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/JCDF1RSQjoLE1cQp6> on or before 9 March 2026, 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.)

### 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 (Unlimited)	Secondary School	
	Men / Women			Open			Men / Women			
Distance (Meters)	200								100	
Quota (Pax)	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)	* (2025-26 members) HK\$160 (Non-members) HK\$200					HK\$100				

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



## Age requirements

1. All participants should be aged 12 or above as at 29 March 2026.
2. Youth U24: All participants should be under aged 24 (Birth from 1 January 2001 or after).
3. Senior A O40: All participants should be aged 40 or above on or before 1 January 2025.
4. Senior B O50: All participants should be aged 50 or above on or before 1 January 2025.
5. Senior C O60: All participants should be aged 60 or above on or before 1 January 2025.

## Awards

Individual races: 1 Medal will be awarded to the Champion, 1<sup>st</sup> and 2<sup>nd</sup> runner-up of each category.

Team races: 6 Medals will be awarded to the Champion, 1<sup>st</sup> and 2<sup>nd</sup> runner-up 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

1. Athletes can choose the ergometer whether left or right hand 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 (within  $\pm 10$ m), he/she should pass the paddle to the next athlete and leave the ergometer immediately. So on and so forth 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 9 March 2026 1159 hours	<p><b><u>Enrolment Deadline</u></b> Teams/Individuals must submit <b><u>online application before 1159 hours on 9 March 2026</u></b> via <a href="https://forms.gle/JCDF1RSQjoLE1cQp6">https://forms.gle/JCDF1RSQjoLE1cQp6</a> . 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. <b><u>Late Submission will not be accepted</u></b> (Note: Successful entries will rest with the total number of participating teams.)</p>



	<p><b><u>Payment</u></b> 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. <b><u>Late payment may be considered as unsuccessful application</u></b></p> <p><b><u>Payment Method</u></b> Submit the Entry Fee by either way:</p> <ol style="list-style-type: none"> <li>1) Direct deposit or make a payment transfer to HSBC A/C No.600-650568-003, 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 <a href="mailto:championships@hkcdba.org">championships@hkcdba.org</a></li> </ol> <p>Or</p> <ol style="list-style-type: none"> <li>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 9, 15/F, Laurels Industrial Centre, 32 Tai Yau Street, San Po Kong, Kowloon.</li> </ol> <p><b><u>Note:</u></b></p> <ol style="list-style-type: none"> <li>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.</li> <li>2) Retain the copies of deposit/ bank-in slips for record;</li> <li>3) It will be deemed as outstanding payment if there is problem banking in your cheque. <b><u>It may be considered as unsuccessful application.</u></b></li> <li>4) Entry fee will not be refunded upon successful enrolment. Payment receipt will be distributed on the race day.</li> </ol>								
29 March 2026	<p><b><u>Race day</u></b> <b><u>11th Hong Kong Indoor Dragon Boat Championships</u></b></p> <table> <tr> <td>0830 to 0930 hours</td> <td>Registration and Practice Session (8 mins per session)</td> </tr> <tr> <td>0930 to 1330 hours</td> <td>Individual Race &amp; Prize Presentation Ceremony</td> </tr> <tr> <td>1330 to 1600 hours</td> <td>Team Relay Race</td> </tr> <tr> <td>1600 to 1630 hours</td> <td>Prize Presentation Ceremony</td> </tr> </table>	0830 to 0930 hours	Registration and Practice Session (8 mins per session)	0930 to 1330 hours	Individual Race & Prize Presentation Ceremony	1330 to 1600 hours	Team Relay Race	1600 to 1630 hours	Prize Presentation Ceremony
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### Date for Request to Change Information

Charge	Period
HK\$100 / athlete / category	10 to 17 March 2026
<b>Change of information will NOT be allowed on or after 18 March 2026</b>	

### Special Race Rules and Regulation

- 1 Except for the Rules and Regulations mentioned below and in the race Bulletins, all other arrangements must comply with HKCDBA's existing Competition Rules and Regulations of Racing.
- 2 There is no limitation on the number of entries for each organization/team/individual.
- 3 Besides restrictions on the age of the athlete, there are restrictions on their identities as follows:
  - 3.1 Team members register as 2025-26 HKCDBA Individual member.
  - 3.2 Corporate Category: All teams of this category should provide the copy of valid Business Registration Certificate; All participants must be full-time local/oversea staff of the organization at the time the entry form is being submitted; the company should provide copies of related Staff ID cards or credentials.
  - 3.3 Youth Uniform Groups: This Category is only FAST Connect, Junior Police Call, Civil Aid Service Cadet Corps, Immigration Department Youth Leaders Corps, Auxiliary Medical Service Cadet Corps, Rehabilitation Pioneer Leaders, Customs Youth Leader Corps, Hong Kong Air Cadet Corps, Scout Association of Hong Kong, The Hong Kong Girl Guides Association, Hong Kong Adventure Corps, Hong Kong Sea Cadet Corps, Hong Kong Road Safety Patrol, St. John Ambulance Brigade Youth Command, Boys' Brigade, Hong Kong, Girls' Brigade, Hong Kong, Association of Hong Kong Flag-Guards, Red Cross Youth Unit and Hong Kong Army Cadets Association; All participants must be a member of the these organizations.
  - 3.4 Para Dragon Category: All participants of this category should fulfil requirements below: Having a valid registration Card for People with Disabilities issued by HKSAR Government, including those with hearing impairment, physical disability, speech disorders, mental retardation (mild), organ disability, as well as those long-term patients and visually impaired.
  - 3.5 Women Category: All athletes must be female.
  - 3.6 Mixed Category: In relay events, each competing team must consist of 2 female athletes and 2 male athletes. Each athlete should paddle the same distance in each section, but their line-up sequence is optional.
- 4 Each athlete can ONLY represent one team in EACH category. (If an organization is sending Team A and Team B, they are regarded as 2 separate teams.)
- 5 Athlete should present the following ID and credentials for marshalling:
  - 5.1 All participants MUST present the original, or true copy of their identity cards for identity check on the race day except for Secondary School/Para Category.
  - 5.2 All participants of Secondary School Category should provide the valid Student Card (2025-2026)
  - 5.3 All participants of Para Dragon Category should provide the valid Registration Card for People with Disabilities (issued by HKSAR Govt).
  - 5.4 All participants of Youth Uniform Group Category should provide the valid credentials issued by the organization.



- 6 Arrangements for reserves/substitutions:
- 6.1 For Relay races, the maximum number of entries in each team (crew list) should be 6 participants (i.e. 4 paddlers and 2 substitutes, among them 1 must be assigned as team captain). The actual 4 competing in each race must all be in the crew list.
  - 6.2 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.
  - 6.3 Each Reserve/Substitute must also meet the entry requirements on age and identity of that particular category concerned, and be weighed on-site by the organizer.
- 7 Marshalling: Athletes shall report to the “Registration Counter” at least 30 minutes prior to the race, to have his/her body weight registered (one time only for the whole day), and report to the “Marshalling Area” 15 minutes in advance. Thereafter, athletes should accept instructions by the race officials. In case of absence for any reasons, race will not be re-scheduled.
- 8 Outfit requirements:
- 8.1 For safety reasons, all participants must put on shoes fully covering the heel and toes.
  - 8.2 Athletes in Team Relay races should wear their own team uniforms during the race.
- 9 Lane allocation and Groupings:
- 9.1 Anticipating a high turn-out, the organizer decides to cancel drawing for lanes. All “Start Lists” for heats will be decided according to the sequence of application entry.
  - 9.2 Lanes for the Finals will be allocated similar to normal races on water, i.e. participants with the best to 6<sup>th</sup> best results in the heat will be allocated to Lane 3,4,2,5,1,6 respectively.
  - 9.3 For an event with only 6, or less than 6 lanes being occupied, final results will be decided by one heat. The Chief Official is also entitled to execute his discretion, in cases when absentees make it possible to combine 2 or more heats, to have similar “Strict Finals”.
  - 9.4 Any category with less than 3 entries will be cancelled
- 10 Settings and adjustment of the Ergometers :
- 10.1 Athletes should use the Ergometers (i.e. indoor dragon boat machines) provided by the Organizer. No adjustment is allowed, except the handle length, footrest position and angle of the monitor.
  - 10.2 Once the race started, any kind of mechanical adjustment on the machine is NOT allowed. Besides, no one should have any physical contact with the athlete on the machine.
  - 10.3 The organizer will set the same wind resistance for each Ergometer. Athletes are not allowed to request alteration.
  - 10.4 The organizer will set different “Drag Factor” for each athlete according to their body weight. As such, all athletes must have his body weight verified and registered on site.
- 11 Starting Procedure: When the starter sees all athletes are in position, he will call out the verbal command “Are you ready”. When all athletes and the machines are completely static, the race will enter the phase taken over by computer. Then and screen will show the words “Attention in 10 Seconds”, that means the race will start anytime within 10 seconds. Athletes can only start paddling when they see the word “GO” on the screen (at the same time there should be a sound signal). Any athlete pulling the machine prior to these signals will be regarded as a “False Start”. The Chief Official will issue an “Official Warning” to the athlete concerned (without Time Penalty). Any athlete being caught with 2 false starts will be disqualified. Whenever there is a false start, the race will be stopped, and start again.
- 12 In case of malfunction of equipment:
- 12.1 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. His/her result is regarded as DNF, and will NOT be allowed to participate in the following events of the day.
  - 12.2 If the damage of the ergometer and/or related equipment was caused by natural malfunction



and/or deterioration, the following measures will be taken:

- 12.2.1 Except for the finals, the athlete will be arranged to take another heat or an individual time trial, so as to produce a record time for the overall ranking;
  - 12.2.2 In the finals, the race will be re-started if the malfunction of equipment occurs within the first 30 seconds of the race, otherwise the race will continue and that athlete will be treated as withdrawal (DNF);
  - 12.2.3 If there is failure on the central timing system, the Chief Official will make a final decision whether to continue, or arrange a re-race.
- 13 The following behavior/offences will result in “official warning” and a time penalty of 5 to 20 seconds will be given (each single time):
- 13.1 The hip is off the seat, or the hand/leg touches the ground (Remarks: In relay events, athlete of the “2<sup>nd</sup> leg” are allow to have 1 foot on the ground only for the 1<sup>st</sup> stroke, as long as she/he has the butt and other foot proper in place on the machine.) (TP 5 Sec)
  - 13.2 Leaving the seat prematurely after the race, without consent of the Race Officials. (Remarks: Athletes should wait for all his rivals to finish, and the ROs to verify results, then guidance given to stand up and leave.) (TP 5 Sec)
  - 13.3 In team relay races, change-over takes place outside the “takeover zone”. (Remarks: The zone is defined by an area 10m before and after the optimal division line of each relay section. Change-over should be done within this area, with the former athlete already finished his/her last stroke beforehand, and the following athlete finished the first stroke, in this area.) (TP 10 Sec)
  - 13.4 Throwing the paddle violently or impolitely after the race. (TP 10 Sec) (Remarks: If the same offense is taken by the same athlete, the Organizer may take to the “Disciplinary Warning” IDBF principals, and disqualify all his/her results and rewards of the day.)
  - 13.5 Any athlete or team official who severely contravenes rules and regulations or disciplinary code may lead to himself or his team being given of 5 to 20 seconds penalty or disqualified.
- 14 The following will be regarded as not finishing the race (DNF)
- 14.1 Intentionally leave the seat prematurely before crossing finish line. ( NOT allowed to return to seat) ;
  - 14.2 Overtime: The time limit for individual event is 3 minutes (Except for Secondary School/U24, with 1 minute extra allowance), for relay events 6 minutes (Except for Secondary School/U24, with 2 minutes extra allowance) (Note: There maybe a count-down in the last 20 seconds, then the Chief Official will cut off the race. )
  - 14.3 Mechanical failure after start 30 seconds.
- 15 Arrangements for equal results:
- 15.1 For Individual events, if one or more results are found equal, the one with less warning/foul will win, if this still cannot solve the issue, the one with lower body weight will win. Otherwise, a draw will be done to decide the position.
  - 15.2 For Team Relay events, if one or more results are found equal, the team with less warning/foul will win, if this still cannot solve the issue, the team’s member with lowest body weight will be compared, the lower will win. Otherwise, a draw will be done to decide the position.
- 16 Special circumstances:
- 16.1 For health or injury reasons, an athlete may apply for special excuse to be allowed to have one foot on the ground all the way during the race. Such application must be sent, in person, to the secretariat or race secretary’s desk at least 30 minutes prior to the first event of the morning / afternoon session, together with valid medical certificates, and a simple application letter signed by the applicant. The Chief Official will sign to verify consent and issue a wrist band for the athlete to put on. Verbal application will NOT be entertained.

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16.2 In special circumstance, HKCDBA reserves the right to re-schedule the race or make other arrangements. Cancellation or delay of races is subject to the final decision of the Organizer. All athletes should obey the arrangement announced by the Organizer.

- 17 There will be simple briefings on competition rules, and demonstrations before the first race of the morning/afternoon sessions. (We welcome athletes of the later events, i.e. 4<sup>th</sup> heat or after, to take part in the “demo race”. Please register 15 minutes in advance with the secretariat and stand by.)
- 18 Practice sessions: Athletes can practise under the arrangement of Organizer before the race for 2 minutes, on a first-come-first-served basis within the set timeframe.
- 19 Protest and Appeal: Time limit is 10 minutes (according to the time of official announcement). Overdue cases will NOT be entertained. Protest/ Appeal forms can be obtained at the Secretary’s Desk. It should be signed by the applicant with the fee of HKD2000/item.
- 20 The Organizer reserves the right to amend the above rules and regulations and reserved the right to refuse any entry into the races at its sole discretion.
- 21 Any team who severely contravenes rules and regulations or disciplinary code will be disqualified, and will not be entitled for any awards.
- 22 Participants are prohibited from committing or attempting to commit any act in violation of the laws of the HKSAR and the National Security Law governing the HKSAR. Participants’ act must not be contrary to the interest of national security. HKCDBA has the right to prohibit any participant who performs any act or displays any form of message that arouses public concern or is otherwise deemed inappropriate by HKCDBA to participate in the event from joining / continuing the event. The organizer reserves the right to use any images, audio recordings or photos taken during the event for promotional purposes without prior consent from participants.
- 23 The organizer reserves the right to use any images, audio recordings or photos taken during the event for promotional purposes without prior consent from participants.
- 24 In case of discrepancies between the Chinese and English versions, the Chinese version shall prevail.

**\*\*\*All team leaders and participants are responsible for familiarizing themselves with the competition regulations and rules\*\*\***

#### **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.

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## 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

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