

中學校際室內賽艇錦標賽 Inter-School Indoor Rowing Championships
香港學界體育聯會 HKSSF 中國香港賽艇協會 HKCRA

比賽規則 Rules of Racing

- 1 除特別聲明外，所有比賽均依照中國香港賽艇協會(大會)所訂規則舉行。
All events will be held in accordance with the competitions rules and regulations of the Hong Kong, China Rowing Association (“HKCRA”), unless specific declaration.

- 2 參賽者必須要在其比賽項目開始五至十分鐘前到「召集處」報到，參賽者不論在任何理由下未能準時報到，賽會將不會安排補賽。
Rowers must report to the “Assembly Area” at least 5 to 10 minutes before their scheduled race time. No race will be rescheduled for any reasons of late report.

- 3 參賽者於召集時，必須出示有效之運動員註冊證以作核對。
Rowers must produce Registration Card and report to the official in Assembly Area.

- 4 參賽者必須在其比賽項目開始前最少兩分鐘已在賽艇機上預備和必須服從賽會總裁判之所有指示。
Rowers must be seated and ready on designated rowing machine at least two minutes before the scheduled start time, and they must follow the chief umpire instruction.

- 5 替補程序
 - 5.1 每一項個人項目每校最多可派出 2 人參賽，如已填報之後補運動員需作出替補，領隊必須填寫參賽証及於開賽前 30 分鐘交到報到處。
 - 5.2 如後補運動員進行替補後仍有運動員於比賽當日生病或受傷，必須提供醫生證明及填寫參賽証，於開賽前 30 分鐘交到報到處，方可向大會申請替換運動員。

Substitution Procedure

 - 5.1 School could enrol a maximum of two rowers to participate in each event. For any substitution (including reserve rower), the team manager should complete the race card form and return to registration counter 30 mins before the start.
 - 5.2 In the event of substitution have been made with the reserve rower and further substitution is still required, the team manager should complete the race card form, return to registration counter 30 mins before the start and doctor's certificate must be provided to OC for this replacement.

- 6 服裝
 - 6.1 運動員須穿上印有該校校徽或名稱之運動服裝。
 - 6.2 如參賽者服裝不合規格，大會有權取消其比賽資格。
 - 6.3 運動員於比賽場地內不可赤膊上身，否則可被取消資格。

Uniform

 - 6.1 All rowers must be properly dressed in Team/P.E. uniform, i.e. in vest/T-shirt bearing school name or badge or abbreviation.
 - 6.2 Rowers may be disqualified if they are incorrectly dressed.
 - 6.3 Bare skin is not allowed for all rowers and may lead to disqualification.

- 7 大會將安排熱身場地並提供賽艇機予參賽運動員作熱身之用。由於場地所限，參賽者請勿自行攜帶賽艇機到場館。

Rowing machines will be provided by OC in designated area for rowers' warm up. Due to the limitation of area, rowers are not allowed to bring their own rowing machine.

8 個人賽事

每位參加者必須完成有關賽事之比賽距離。而所做出之成績將被記錄為最後之成績。

Individual Race

Each rower should finish the designated distance for their races. And their result will be recorded as final result.

9 4 x 500 米接力賽

- 9.1 每隊伍由 4 名成員組成。每一名成員須完成 500 米距離。每隊隊伍必須划完 2000 米距離。並須於 1500 米, 1000 米及 500 米處轉換隊員。
- 9.2 當運動員到達指定之距離必須於兩槳內轉換隊員。剛完成 500 米距離之運動員亦必須直接將手柄交予下一位運動員，而下一位運動員須坐在滑坐上後，方可拉動手柄。根據本規則，推碰或以任何方式協助賽艇手作賽均屬違反比賽規則及被視為干擾比賽。惟接力隊成員可在比賽中抓緊同隊賽艇手的足部。
- 9.3 而每名隊員只可作賽一次。每隊最後完成之時間將會作為每隊之總成績。
- 9.4 若參賽者在未到達底或到達指定的轉換點後需要超過兩次划杆動作才能完成接力過程，整支艇隊即被取消資格。

4 x 500m Relay Race

- 9.1 Each relay team comprises of four rowers. Each rower is required to complete 500m distance. Each team is required to complete 2000m distance, where change of rowers is required at 1500m, 1000m and 500m distance points.
- 9.2 The outgoing rower shall physically pass over the handle to the next rower within 2 rowing strokes after reaching the specific distance points. The next rower can only row until he/she has been seated on the seat carriage. Under this Rule, pushing or assisting a rower in any way is not permitted and shall be regarded as interference. However members of the same relay team shall be permitted to hold the feet of the rower of their team only.
- 9.3 Each rower can compete once only. The finishing time of each team will be recorded as final result.
- 9.4 Where a rower before reaching the point or takes more than 2 rowing strokes after reaching the stipulated changeover point and to pass over the handle to the next rower, the whole team will be disqualified. It is the responsibility of each Team to change at the correct points.

- 10 所有賽事均採用 CONCEPT II Model D 室內賽艇機進行。參加者可於比賽前調較風阻(參加者只可自行調較風阻，不能要求工作人員、隊員或教練協助調較風阻)，下列情況下風阻將不可再作出任何改動：

- 10.1 個人項目：比賽一但開始後 或
- 10.2 接力項目：運動員接過手柄並拉動手柄後。

Concept II Model D Indoor Rowing Machine will be used for all competitions. The resistance setting could only be adjusted by the rower before the start of a race. (The adjustment could only be made by the rowers, but not HKCRA staff, team member or team coach). The resistance could not be adjusted during the following situation:

- 10.1 Individual Race: the competition has started, OR
- 10.2 Relay Race: adjustment could be made at the same time as the rowers change but not at any other time during a race.

11 開賽程序

11.1 當所有參賽者均已就在陸上賽艇機上就位後，賽事控制員須以英、粵語發出以下指令：

「請各參賽者放下手把」

11.2 當所有賽艇機的飛輪已經停止時，若任何參賽者在沒有合理解釋下仍未準備好作賽，即可被判罰一次警告，而該警告等同於一次偷步。

11.3 當賽事控制員看到所有參賽者均準備就緒後，會以英、粵語發出以下指令：

「請各參賽者拿起手把」

11.4 當電腦顯示所有飛輪已經停止時，電腦會開始開賽指令程序。這時電腦程式會顯示開始圖像，並進行如下的開賽前倒數，同時圖示顯示屏上亦會顯示相關的視像標記：

「“Five, Four, Three, Two, One, ROW!”」 或

「“Five, Four, Three, Two, One, - 響聲!”」

發出「“Row!”」 或「“響聲”」指令，即表示賽事正式開始。

Starting Procedure

11.1 When all rowers are seated on their rowing machines, the Race Controller will announce the following instruction in English and Cantonese:

“All rowers put down the handle”

11.2 By the time all machine flywheels have stopped and any rower who is not ready to race without good reason will be given a Warning which shall count as a False Start.

11.3 Once all rowers are ready on their rowing machines, the Race Controller will announce the following instruction in English and Cantonese:

“All rowers pick up the handle”

11.4 The Race Controller shall check that all rowers are ready and when the computer displays indicates that all flywheels have stopped. The computer programme will display the start graphic, and follow by the countdown as follow. At the same time, the computer will display the visual symbols on the graphic display screens.

“Five, Four, Three, Two, One, ROW!” or

“Five, Four, Three, Two, One – (Audible signal)”

The command “Row!” or “Audible signal” is the signal to start the Race..

12 偷步

12.1 參賽者在開始倒數但未發出“ROW!”指令前開始操作賽艇機，即已偷步。

12.2 若電腦程式探測到有任何參賽者偷步，賽事控制員須將賽事中止，而偷步的參賽者會被判罰一次警告，被警告參賽者的陸上賽艇機旁地面須擺放黃色標記。

12.3 發出警告後，總裁判須告誡被警告的參賽者如再次偷步，將會被取消比賽資格。

12.4 參賽者如有兩次偷步或已被警告兩次，即會喪失比賽資格。

False Start

12.1 A rower starting to row after the countdown has started and before the command “ROW!” is given has caused a false start.

12.2 If the computer programme detects any rower has caused a false start, the Race Controller shall stop the Race and a Warning will be given to the rower(s) who has/have caused the false start. A yellow marker shall be placed on the floor next to the machine of the rower who has been warned.

12.3 When a Warning is given to the rower, the Chief Umpire shall advise the warned rower that disqualification will be applied for another false start.

12.4 A rower who has two false starts or receiving two Warnings in the same Race shall be disqualified.

13 完成比賽

所有參賽者於整個項目完結後必須留在賽艇機上直至賽會裁判指示後方可離開，否則大會有權取消該運動員的資格。

Completion

All rowers should stay on the rowing machine after the completion of competition, until instruction has been given from the Umpire. Otherwise, OC reserves the right to disqualify the rowers.

14 參賽者須依照大會安排之賽艇機進行比賽，參賽者不能自行更改，若賽艇機出現故障，大會將安排另一賽艇機進行比賽。

Rowers should compete the race by the OC assigned rowing machine. OC will arrange another rowing machine in case of any breakdown of rowing machine.

15 任何抗議或投訴必須在賽事完結後及離開比賽區前由運動員即時提出反對，帶隊老師需於 30 分鐘內以書面呈交大會。仲裁委員會之決定為最終決定。

Any objection / protest to the result should be lodged right after the completion of race or before leaving the Competition Area **BY THE ATHLETE**, and should be followed by writing from the Team Manager within 30 minutes. The decision of the Board of Jury shall be final.