

## 競賽規例

### Rules of Racing

所有賽事均按照中國香港賽艇協會之競賽守則進行。賽事控制室內備有競賽守則以供查閱，以下規例為參賽者須特別注意之事項。

1. 各隊伍最多只可更換半數參賽隊員，而替換的隊員必須具備代表屬會參與該項賽事的資格，並且於該項目第一場賽事進行前30分鐘將一式兩份的「賽艇手替換表格」呈報艇隻登記處。任何已開始作賽的艇隊均不可替換艇隊成員，除非有關的替換是基於疾病或受傷等理由。
2. 每位參賽者於比賽時必須穿著所屬屬會之參賽服。
3. 公開組舵手的體重不得少於50公斤，混合/女子及青少年項目的舵手體重不得少於40公斤。舵手須穿著制服，在每天每個參賽項目第一場比賽前1-2小時內秤量體重。
4. 若艇隊欲退出已報名參與的項目，須盡早通知籌委會，而在任何情況下，有關的通知均應在該項賽事第一場初賽一小時之前發出，除非艇隊成員是因病或受傷，並能出示有關健康狀況證明，否則如未能於限期前通知籌委會，艇隊需繳付等值於比賽報名費的罰款。若有艇隊退出時，籌委會可按需要重新進行抽籤程序。退出申請提出後即不可撤回，報名費用亦不會獲得發還。
5. 賽艇隊伍必須於參與項目預定開賽時間前十五分鐘到達等候區。(任何隊伍不能於預定開賽時間前兩分鐘作好出發準備，將會被起點發令員給予一次黃牌，發令員亦有權取消該隊的參賽資格 - 計時賽除外。)
6. 所有比賽項目將會按照以下程序開賽：  
各參賽艇隊須在有關比賽開始前至少兩分鐘到達指定的起步浮台。在開賽前兩分鐘時，發令員會宣布：**"Two Minutes"**這表示各參賽艇隊已正式進入起步程序。當宣布離比賽時間尚餘「兩分鐘」後，即表示各參賽艇隊須作好比賽的準備，例如除下外衣、檢查設備等，並須在兩分鐘內作好準備。(在計時賽，發令員不會宣布：**"Two Minutes"**而直接點名起步。)  
在發出起步指令前，發令員須確保賽事裁判及起點裁判已準備妥當。艇隻排定位置而艇隊作好比賽準備後，發令員須進行點名程序，即按航道次序宣讀每支參賽艇隊的名稱。點名程序開始後，各艇隊必須確保其艇隻與賽道保持平直。完成點名時，各隊艇隻均應與賽道保持平直並可隨時作賽。開始點名後，發令員便不再理會參賽艇隊舉手或任何未作好準備或艇隻未能保持平直的示意。點名至最後一支參賽艇隊後，發令員須查看起點裁判是否仍舉起白旗以示各艇隊的位置已整齊排列，然後說出：**"Attention"**之後發令員應舉起紅旗。清楚停頓後，發令員即發出起步指令**"Go"**，同時向一邊迅速揮下紅旗。舉起紅旗至發出起步指令之間停頓時間的長短，可因應不同比賽的情況而有所不同。若起步程序受任何與參賽艇隊無關的外在因素影響或發生偷步而受阻，發令員須重新點名，及再次進行起步程序。
7. 如裁判員或起點發令員發現有隊伍搶航，發令員將會敲鐘及揮動紅旗，以示即時停止比賽。發令員會給予搶航隊伍一次黃牌。
8. 任何隊伍如被黃牌兩次，則會被取消該項目之參賽資格。
9. 賽事進行中，各隊伍須沿所屬航道划行。如裁判員認為個別隊伍有可能阻礙其他隊伍前進，便會舉起白旗，叫出該隊伍的名稱，並會揮旗向隊伍指示正確的方向。
10. 除非裁判員另有決定，否則每場比賽當以所有參賽隊伍越過終點為賽事完畢。

\*\*如果中文版本須知解釋有任何爭議，以英文版本為準。



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## HONG KONG ROWING CHAMPIONSHIPS

香 港 賽 艇 錦 標 賽

Races are conducted under the Rules of Racing of the Hong Kong, China Rowing Association, a copy of which is available for inspection in the Race Control Office. The following rules are particularly drawn to the attention of competitors.

1. Substitution of up to half the number of crew members is permitted provided that any substitutes are entitled to represent the club in the particular event, and that the "Crew Change Form" are submitted to the Registration Booth at least 30 minutes before the first race in the event. No substitution shall be permitted once a crew has raced, other than for genuine reasons of injury or illness.
2. Every competitor shall wear his/ her club colours when racing.
3. A coxswain's minimum weight shall be 50kg. Except for Mixed events, Women's events and Junior events where the minimum weight shall be 40kg. Coxswains shall be weighed wearing racing uniform not less than one hour and not more than two hours before their first Race in each Event on each racing day.
4. If a crew withdraws from an Event for which it has been entered, it shall give notice on the designated form to the Organizing Committee as early as possible; at the latest, it shall give notice of withdrawal no later than one hour before the first heat of the Event concerned. For any withdrawals received after this time, except when accompanied by a medical certificate, the club / crew shall pay a penalty equal to the entry fee. In the case of a withdrawal the Organizing Committee may conduct a new draw if required. A withdrawal once made is irrevocable. There shall be no refund of entry fee.
5. Crews shall be in the waiting area fifteen minutes before the scheduled start time of their race. (Except Time Trial race, any crew which is not in the starting area two minutes before the scheduled race start time may be given a yellow card by the Starter and the crew might also be excluded.)
6. Races will be started as follows:

Crews must attach themselves to their start pontoons at least two minutes before the starting time of their Race. When there are two minutes remaining to the start time, the Starter shall announce "Two Minutes". This means the crews are officially under Starter's orders. The announcement of "Two minutes" shall also mean that crews should prepare to race, such as remove additional clothing, check equipment, etc., and must be ready within two minutes. (\*\*for Time Trial race, Starter will not announce "Two minutes" before giving Start command)

Before giving the Start command, the Starter shall ensure that the Race Umpire and Aligner are ready. When the boats are aligned and the crews are ready to race, the Starter shall make a roll call by announcing - in lane order - the names of each of the crews in the race. Once the roll call begins, the crews must make sure their boats are straight. Each crew is responsible for being straight and ready to race at the end of the roll call. Once the roll call begins, the Starter shall take no further notice of crews raising their hands or indicating that they are not ready or not straight. After the last crew has been named in the roll call, the Starter shall check that the Aligner still has the white flag raised to indicate that the crews are aligned, and shall then say: "Attention" The Starter shall then raise the red flag. After a clear pause the Starter shall give the start command by dropping the red flag quickly to one side and simultaneously saying: "Go". The pause between the raising of the flag and the start command shall be variable from race to race. If the starting procedure is interrupted for any reason external to the crews or for a false start, then the Starter must begin the procedure again, starting with the roll call.

7. If the Umpire or Starter considers the start to be false, he will stop the race by ringing a bell and waving a red flag. The Starter shall give a yellow card to the crew which caused the false start.
8. If a crew causes two yellow cards, it shall be excluded from the race.
9. During the race each crew shall remain on its proper course. The Umpire may warn a crew which he considers may interfere with another crew by holding up a white flag, naming the crew, and indicating with the flag the direction in which the crew should move.
10. The race shall not finish until all crews have crossed the finish line, unless the Umpire shall determine otherwise.

