

20 24

HKRIC

○ 24-25 FEB 2024

○ 九龍公園體育館 KOWLOON PARK SPORTS CENTRE

香港室內賽艇錦標賽

HONG KONG ROWING INDOOR CHAMPIONSHIPS

暨慈善長途接力賽 & CHARITY ROWATHON

Organised by | 主辦機構

Subvented by | 資助機構

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Notice for Competitors

I. Registration

1. All competitors are advised to report to the Official at the Registration Counter 60 minutes before the scheduled start time of their event. Competitors in the Lightweight events must be weighed-in not more than 2 hours and not less than 1 hour before the scheduled start time of their event;
2. All competitors should show their identity documents for verification at the Registration Counter. If failed to do so, Organizer reserves the right to disqualify the participant from the competition;
3. Competitors will be given a "Race Card". Please bring along with you during the race;
4. A team may substitute up to one half the numbers of competitors in any crews entered by them, provided that the substitutes are members of the same Club /Registered Organizations and the changes are advised in writing to the Organizer at least 30 minutes before the start of the race concerned;
5. Members of the same crew shall compete wearing uniform clothing in the official uniform of their Club or Registered Organizations; and
6. For any withdrawal, should inform the Organizer and sign the withdrawal form as soon as possible. Refund will not be made.

II. Warm Up

1. Competitors should report to the Official at the Warm Up Area and do the warm-up 20 minutes before the scheduled start time of their event; Official reserves the right for denying any entrance before the designated time;
2. No competitors are allowed to leave the Warm Up Area unless they are instructed to do so;
3. Each individual/team will be assigned a rowing machine for warming up. Each crew will be allowed a maximum of 10 minutes for warming up; and
4. All competitors will then be directed to the Assembly Area right after warming up.



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III. Assembly

1. Competitors must report at the Assembly Area at least 10 minutes before the scheduled start time of their event. **Competitors not report in time will be sanction according to rule 70 & 74;**
2. Competitors must display their "Race Card" and a valid identification document (e.g. passport or identity card) for race official counter check;
3. Competitors will be gathered at the Assembly Area. No competitors are allowed to leave the Assembly Area unless they are instructed to do so; and
4. The official will direct and lead all competitors to enter the Race Area.

IV. Race Area

1. All competitors shall follow the official to enter the Race Area, **no late competitors are accepted.**
2. After all competitors finished the race, they should leave the Race Area as soon as possible according to the instruction of the official;
3. Competitors must follow the starting instruction made by the computer/Race Controller;
4. A competitor starting to row after the start procedure has started and before the command "GO!" or "Audible signal" is given has caused a False Start. If the computer programme detects that any competitor has caused a False Start the Chief Umpire / Race Controller shall stop the Race and the competitor or competitors causing the false start shall be given a Yellow Card or Yellow Cone. A Yellow Card (or Yellow Cone) shall be placed upright on the floor next to the machine of the competitor who has been given a Yellow Card. When a Yellow Card is given, the Chief Umpire shall advise the competitor receiving the Yellow Card that if he causes another False Start, he shall be excluded. A competitor having two False Starts or receiving two Yellow Card is applying to the same Race shall be excluded. Where the machines have no computer interconnection, the Timekeepers shall advise the Chief Umpire by raising a red flag if they consider that a rower has caused a false start. In such cases, the Chief Umpire shall have the authority to stop the Race or to allow it to continue. Where the Chief Umpire decides to allow the race to continue in such circumstances no Yellow Card shall be given.
5. In the event of damage or failure which is not caused by the competitor the following shall apply:



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- 5.1 In a preliminary heat or another round except a final, the competitor 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;
- 5.2 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 competitor shall be deemed to have stopped rowing; and
- 5.3 Except that where such damage or failure is part of the central computer and timing system, the Chief Umpire shall decide whether a re-row of the whole Race is required in the case that times or distances of all competitors cannot be recorded.
6. In the event of any damage caused by the competitor to a machine or to the installations which prevent the competitor from completing a Race or which causes their time or distance not to be recorded, the competitor shall be deemed not to have finished the Race and shall not take any further part in that Event;
7. If the competitor drops his/her handle or falls out of the seat or foot stretcher of the machine, he/she should continue to race. Neither re-starting of the race nor stoppage time will be arranged;
8. A competitor claiming that his/her Race has been improperly run or judged must make an Objection immediately after the finish of the race and before leaving the Competition Area; the Chief Umpire shall decide on the Objection and shall verbally advise the rower of his decision
9. Due to the tight race schedule, the race might be stopped by Organizing Committee in 10 minutes where the first 3 places of crews of each event are confirmed.

EVERYBODY ROWS EVERY



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Flow chart

