

# 2023 HONG KONG ROWING SCHOOLS CHAMPIONSHIPS

## 香港校際賽艇錦標賽

### 參賽者須知 Notice to Competitors

- 所有賽事均按照中國香港賽艇協會（賽協）之競賽守則進行。（請參閱 Please refer to <http://www.rowing.org.hk/rules-of-racing/>）  
The races shall be raced in accordance with the Rules of Racing of the Hong Kong, China Rowing Association (HKCRA).
- 舵手必須每天於參與比賽前一至兩小時內量度體重，中學及公開組舵手不得少於40公斤，舵手年齡不得少過13歲。  
Coxswains shall weigh-in not less than 1 hour and not more than 2 hours before their race on each day of racing. A coxswain's minimum weight is 40kg for open mixed & secondary events. Coxswain must be the age of 13 or over.
- 若艇隊欲退出已報名參與的項目，須盡早通知賽協，而在任何情況下，有關的通知均應在該項賽事第一場初賽1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，艇隊需繳付等值於比賽報名費的罰款。若有艇隊退出時，賽協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。  
If a crew withdraws from an Event for which it has been entered, it shall give notice on the designated form to the HKCRA as early as possible; at the latest, it shall give notice of withdrawal no later than 1 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 HKCRA may conduct a new draw if required. A withdrawal once made is irrevocable. There shall be no refund of entry fee.
- 學校可替換經其報名的艇隊內最多半數成員（適用時，包括舵手），唯換入的成員（舵手除外）必須為同一學校的學生及符合該項比賽之參賽資格，並在有關比賽開賽前30分鐘向本會發出有關替換成員的書面通知。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。  
Substitution of up to half the number of crew members (as well as the coxswain, if applicable) is permitted provided that any substitutes (except for coxswain) are entitled to represent the same School and fulfill the entry requirement in the event. The changes are advised in writing to the HKCRA at least 30 minutes before the start of the Heat concerned. No substitution shall be permitted once a crew has raced, other than for genuine reasons of injury or illness.
- 所有參賽者必須簽妥比賽個人聲明，否則一概不得參與任何賽事。  
All participants must sign and return the completed declaration form, otherwise, they are not allowed to compete in the event.

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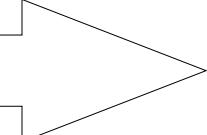
6. 筹委會不會廣播召集參賽隊伍。建議所有隊伍必須於參與項目預定開賽時間30分鐘前，持有效之學生証/學生手冊副本於艇隻登記處報到及登記。

Crews will not be called for their race. Crews shall register with their valid Student cards/ copy of the student handbook and are recommended to report to the Registration Counter at the 30 minutes before the scheduled start time of their race.

### 出艇程序 Outing Procedures

(賽馬會沙田賽艇中心 Jockey Club Sha Tin Rowing Centre / 賽馬會石門賽艇中心 Jockey Club Shek Mun Rowing Centre):

持有效之學生証/學生手冊副本到「艇隻登記處」報到 Report to Registration Counter with valid Student cards/ copy of the student handbook				
舵手過磅 Cox Weight-In	隊員登記及借號碼牌 Registration & borrow No. Plate	提交退出比賽表格 (如有需要) Withdrawal Form submission (if needed)	提交賽艇手替換表格 (如有需要) Crew Change Form submission (if needed)	把艇隻搬往碼頭及出艇 Move the race boat to the pontoon and outing
比賽前 1-2 小時 1-2 hrs. before the race start	建議開賽時間 30 分鐘前 Suggest 30 minutes before the race start	第一場初賽前 1 小時 1 hour before the first heat of the Event	比賽前 30 分鐘 30 mins before the race start	建議比賽前 20 分鐘 Suggest 20 mins. before start



7. 筹委會將會提供器材予私人器材不足的學校並以抽籤形式分配，唯參賽者不得大幅調校艇隻之槳架位置。如有任何賽協器材因損毀而未能提供與參賽隊伍使用，賽協將於稍後發還參賽費用。如參賽者是使用私人器材參賽，請在報名表格上列明。

HKCRA boats will be allocated to the competitors as indicated in the Draw. Major adjustments to rigging will not be permitted on shared boats. If any HKCRA boats cannot be provided by in view of the equipment failure, entry fee will be refunded to the participated school. If competitors will use their private boats for competition, please state in the Entry Form.

8. 為保障參賽者之安全，所有參賽艇隻的船頭須裝設一個直徑最少4厘米，實心白色圓球及繫上鞋包繩。

In order to protect the safety of rowers, the bows of all boats shall be fitted with a solid white ball shape, minimum 4 cm in diameter and crews should ensure the racing boat are tightened with heel restraints.

9. 於賽馬會沙田賽艇中心或賽馬會石門賽艇中心出艇之艇隻，必須依據「比賽航道規則」所示之路線前行，並需注意正在進行中之賽事，準備隨時讓道予競賽中之艇隻。

Boats leaving the pontoons at both Centres must do so in the direction of the Traffic Rule as shown and keep a careful lookout for races in progress and be prepared to give way.

10. 賽道南岸沿線每隔250米處會劃上距離標誌。

Distances are marked along the south bank at 250-meter intervals.

11. 所有參賽隊伍須於賽事預定開賽時間前5分鐘抵達起點(起點區)200米範圍內。參賽隊伍須有起點發令員的指示，方可將艇隻划至賽道起點。除非得到發令員的指示，否則所有隊伍必須於預定開賽時間前2分鐘到達起點位置。

All crews shall be within 200 meters of the start (the starting area) 5 minutes before the scheduled time of the race. Crews shall not proceed onto the course until instructed to do so by an official at the start. Crews shall be on their starting positions 2 minutes before the scheduled time of the race, unless otherwise instructed by an official.

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12. 起點發令員將不會理會缺席之隊伍而按時開賽。

The starter may start a race without reference to absentees.

13. 如有參賽隊伍退出賽事，並只餘下一個隊伍參賽，該隊伍可被要求完成賽事，以取得獎牌。

In the event of a crew or crews withdrawing and leaving only one crew, that crew may be required to row over the course to be entitled to the prize.

14. 如有需要，籌委會將保留修改賽程表之權利。

The Organizers reserve the right to amend the Schedule of Races should circumstances require.

15. 提出抗議：曾經提出反對而被否決或賽事裁判就反對而作出的判決使其受影響的艇隊，可在賽事裁判作出有關反對的判決後的30分鐘內以書面形式提出抗議，同時須繳付港幣500元按金。若抗議或上訴得直，所繳付按金可獲退還。如對賽事有任何爭議，將以裁判團之裁決為最終決定，而不得作進一步上訴。

Protests: A crew whose objection has been rejected or crews affected by the Race Umpire's decision on the objection may lodge a Protest in writing to the Jury not later than 30 minutes after the Race Umpire has advised his decision regarding the objection. The Protest shall be accompanied by a deposit of HK\$500, which amount shall be refunded if the Protest or Appeal is succeeded. In all cases of dispute, the decision of the jury shall be final and without further appeal.

16. 領隊會議將於2023年10月22日（星期日）上午7時50分在賽馬會沙田賽艇中心舉行，請各學校委派最少一名代表出席；

Each participating school shall assign at least **ONE** representative to attend the Team Managers' Meeting. Team Managers' Meeting at Jockey Club Sha Tin Rowing Centre at 07:50am on 22 Oct 2023 (Sunday).

17. 學校代表可於登記處借還號碼牌，如有遺失或損壞，賽協會向有關學校收取港幣150元費用。

School Representatives can borrow Number Plate at the Registration, but a fine of HKD150 will be charged for any loss or damage.