

2019 Hong Kong Rowing Indoor Championships cum Charity Rowathon
Notice for Competitors

I. Registration:

1. All competitors should 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, Organiser 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.
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.
4. All competitors will then be directed to the Assembly Area right after warming up.

III. Assembly:

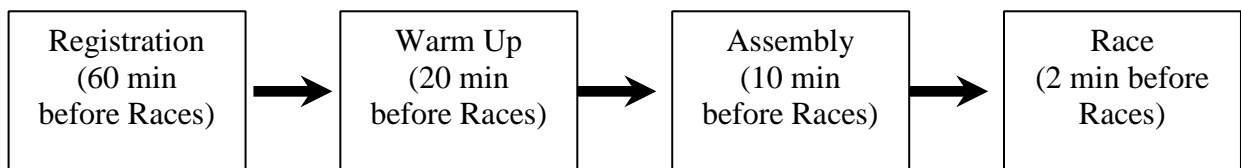
1. Competitors must report at the Assembly Area at least 10 minutes before the scheduled start time of their event. **No late competitors are allow to race and will be treated as withdrawal.**
2. Competitors must display their “Race Card”.
3. Competitors will be gathered at the Assembly Area. No competitors are allowed to leave the Assembly Area unless they are instructed to do so.
4. The official will direct and lead all competitors to enter the Race Area.

IV. Race Area:

1. Competitors must be ready for racing 2 minutes before the scheduled start time of their event. **NO LATE COMPETITORS ARE ACCEPTED** once the “2 minutes” signal has been announced.
2. Competitors 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 countdown has started and before the command “ROW!” or “Audible signal” is given has caused a False Start. If the computer programme detects that any competitor has caused a False Start the 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:
 - 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.
 - 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.
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.



2019 香港室內賽艇錦標賽暨 慈善長途接力賽

參賽者須知

1) 報到

1. 所有參賽者必須於比賽時間一小時或之前到登記處報到。參加輕量級比賽者必須在其項目開賽前一小時至兩小時內量度體重。
2. 所有參賽者登記時必須出示身份證明文件以供核對。如未能出示，大會有權取消其參賽資格。
3. 參賽者將獲發「參賽卡」，參賽者須將「參賽卡」攜帶在身上。
4. 隊伍可替換隊內最多半數成員，唯換入的成員必須為同一屬會或機構的成員，及在有關比賽開始前三十分鐘向大會發出有關替換成員的書面通知。
5. 同一隊伍的所有成員必須統一穿著其屬會或註冊機構的正式制服作為比賽制服。
6. 如要退出比賽，必須盡早向大會提出及填寫退出表格，已繳費用將不獲發還。

2) 熱身

1. 參賽者可於比賽時間前二十分鐘往熱身區進行熱身。如未到指定時間，工作人員有權阻止參與者進入熱身區。
2. 參賽者不得擅自離開熱身區，直至工作人員示意方可離去。
3. 每隊接力隊或個人參加者均被安排一部划艇機作熱身，熱身時間為十分鐘。
4. 熱身後每場參加者須即時往「召集處」集合。

3) 召集

1. 所有參賽者必須於開賽前十分鐘到「召集處」集合。如未能在指定時間到達，將視為放棄比賽，參賽者會被禁止作賽。
2. 所有參賽者集合時須展示「參賽卡」，以便工作人員核對參賽者資料。
3. 所有參賽者必須於「召集處」等候比賽，除有工作人員示意外，否則不得擅自離開召集區。
4. 參賽者均須在工作人員帶領下，才可以進入比賽區。

4) 比賽

1. 所有參賽者必須於開賽前兩分鐘就座準備比賽，當司令員作出「最後兩分鐘」的廣播時，所有遲到者將不會被接納比賽。
2. 所有完成比賽者必須按指示盡快離開比賽區。
3. 所有比賽起步指令由電腦/賽事控制員發出。
4. 參賽者在開始倒數但未發出“ROW!” 或“聲音响號”指令前開始操作賽艇機，即為偷步。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黃牌，被發出黃牌的參賽者室內賽艇機旁地面須擺放黃色標記。總裁判會向被發出黃牌的參賽者作出告誡，如再次偷步，將會被取消比賽資格。參賽者如有兩次偷步或已被發出黃牌兩次，即會喪失比賽資格。若賽艇機未有接駁電腦儀器，計時員如認為有參賽者偷步，會高舉紅旗以向總裁判發出有關訊息。在此情況下，總裁判有權決定是否中止賽事或讓比賽繼續；若總裁判決定讓比賽繼續，則不會發出任何黃牌。

5. 每名參賽者須對其所使用的室內賽艇機負責。若器械損壞或故障而非因參賽者所致，會採取以下措施：
 - 5.1 在初賽階段或除決賽外的其他各輪比賽中，參賽者可參加其他場次的賽事；或在無其他場次賽事的情況下，獲安排單獨完成比賽，並以記錄所得的時間或比賽距離來計算成績；
 - 5.2 在決賽中，若損壞或故障情況在開賽後 30 秒內出現，裁判可中止比賽並重新開賽；若在開賽 30 秒之後發現損壞或故障情況，則賽事必須繼續而有關的參賽者應被視為已停止作賽。
 - 5.3 若為中央電腦及計時系統損壞或發生非由參賽者所引致的故障，總裁判須決定是否有需要在未能記錄所有參賽者時間及比賽距離的情況下安排重賽。
6. 若參賽者導致賽艇機及相關裝置受損而致使其未能完成賽事或所做出的時間及距離未被記錄，則會視作未能完成比賽論，有關參賽者不可再參與該項目的餘下賽事。
7. 比賽途中如參賽者跌離坐位或把手鬆脫，運動員需用其比賽時間返回原位繼續比賽。賽事不會重新開始，亦不會補時。
8. 參賽者若認為比賽過程或裁判不當，必須在賽事完結後及離開比賽區前即時提出反對。總裁判須就有關抗議作最後裁決，然後將結果以口頭通知有關參賽者。
9. 由於賽事時間緊迫，大會或會在每場賽事開始 10 分鐘並每組項目前 3 名參賽者衝線後終止賽事。

流程圖

