

2022-2023 年度 全港中學校際比賽 - 中銀香港虛擬室內賽艇盃

All Hong Kong Inter-Secondary Schools Competition – BOCHK Virtual Indoor Rowing Cup 2022-2023

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 (“OC”), unless specific declaration.
- 2 參賽者必須要在其比賽項目開始前 10 分鐘或之前登入到「虛擬比賽大廳」。遲到恕不接受。
Rowers must login to “virtual race lobby” at least 10 minutes before their scheduled race time. Late comers will not be entertained.
- 3 參賽者必須於指定檢錄時間，透過網上平台 (Zoom) 出示有效之運動員註冊證以作核對。
Rowers must present valid Registration Card via Zoom at designated marshalling time of each event.
- 4 參賽者必須在其比賽項目開始前最少 5 分鐘已在划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 5 minutes before the scheduled start time, and they must follow the instruction given by chief umpire.
- 5 **替補程序**
如運動員於比賽當日生病或受傷，老師可於檢錄時間或之前，透過通訊群組提供醫生證明書申請替換運動員。

Substitution Procedure

Substitutions will not be considered unless supported by a registered doctor’s certificate on the day of the competition. All substitution applications and registered doctor’s certificates must be submitted to the HKSSF on or before registration time on the day of competition through the official whatsapp group.

- 6 **服裝**
 - 6.1 運動員須穿上永久性縫上、印上或標明學校名稱、簡稱或校徽之運動上衣。
 - 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 are required to wear their uniform tops bearing school name or abbreviation or badge, which should be sewn, stencilled or marked on permanently.
- 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 **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.

- 8 所有賽事需採用 CONCEPT II Model D 室內賽艇機進行。參加者可於比賽前調校風阻 (參加者只可自行調校風阻，不能要求隊員或教練協助調校風阻)，比賽一旦開始後，風阻將不可再作出任何改動：
Concept II Model D Indoor Rowing Machine will be needed to use 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 team member or team coach). The resistance could not be adjusted once the competition started.

9 開賽程序

當參賽者在陸上賽艇機上就位後，賽艇機的性能監察器會以英文顯示以下指令：

「 Stop Rowing, Sit Ready, Attention, Row 」

發出「Row!」的指令後，即表示賽事正式開始。

Starting Procedure

When rowers are seated on their rowing machines, the following instruction will be shown on the performance monitor screen in English:

“Stop Rowing, Sit Ready, Attention, Row”

The Race starts after the signal “Row!”

10 網絡故障

10.1 如比賽中遇到任何網絡故障，參賽者須繼續完成比賽。

10.2 核對有效成績：必須於比賽當日 23:59 或之前，將完整（未經剪接）及清楚望見參加者樣貌及動作的比賽影片及賽艇機表現監視器上的成績相片，上傳至 google drive，再分享該鏈接至大會的聯絡電話號碼 5623 1872。

10.3 如果參賽者未能符合 10.2 要求的影片及照片以供核對，其成績將不被接受。

Network Failure

10.1 Rower must complete the race in case you have encountered any network failure.

10.2 Verification of Result: Rower must upload the video **AND** the photo showing the results of the performance monitor screen to google drive on or before 23:59 on the day of the competition, and share the link to the OC at 5623 1872. The video must be taken in one continuous shot and cannot be edited, and it must show the face and movement of the participant clearly in the full duration of the race.

10.3 Failed to provide all supporting video and photo mentioned on 10.2 will not be entertained.

11 偷步

11.1 參賽者在未發出“ROW!”指令前開始操作賽艇機，即已偷步。

11.2 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。

11.3 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。

11.4 同一參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

11.1 A rower starting to row before the command “ROW!” is given has caused a false start.

11.2 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.

11.3 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.

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

12 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或比賽範圍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 or race area after the completion of race, until instruction has been given by the Umpire. Otherwise, OC reserves the right to disqualify the rowers.

13 只有受有關事件影響的學校可進行上訴。由負責老師於宣布有關成績 30 分鐘內以書面呈交至大會的聯絡電話號碼 5623 1872。學生及觀眾之上訴均不受理。

Protests should be made in writing by the teacher/s in charge of the school/s being affected at an incident within 30 minutes of the announcement of the results of that event concerned, and sent to the OC at 5623 1872. No protest will be accepted from student and spectator.