

自由龍鐵人龍舟賽 2019 比賽規則

- (一) 比賽日期：2019 年 5 月 5 日 (星期日)
- (二) 比賽時間：上午 8 時至下午 5 時半
- (三) 比賽地點：沙田城門河道—沙田體育會水上活動中心(石門)
- (四) 比賽賽程：200 米直道
- (五) 所用龍船：小龍 + 中龍
- (六) 比賽組別：公開組、飛龍組混合、猛龍組混合、女子組、工商組、專業團體組、050 壯年組。
- (七) 比賽人數限制：
 - 7.1 小龍每組落龍人數共 12 名;鼓手 1 名、舵手 1 名及划手 10 名。
 - 7.2 中龍每組落龍人數共 14 名;鼓手 1 名、舵手 1 名及划手 12 名。
 - 7.3 混合組小龍及中龍, 限定女划手人數最少 4 名, 其餘是男划手。
 - 7.4 女子組全部划手必須是女性。
 - 7.5 050 壯年組所有划手之年齡必須達 50 歲或以上, 年齡以年份計算。
 - 7.6 所有組別之舵手及鼓手, 性別不限。

(八) 賽制

8.1 混合組及公開組賽制：一

8.1.1 每隊要比賽三場，二場初賽，一場決賽。三場賽事均為拔旗比賽。
二場初賽 1 場用小龍，1 場用中龍，決賽用中龍。

8.1.2 飛龍組混合以二場初賽總時間相加計算決定排位，總時間排位最快第 1-6 名進入金盃決賽；第 7-12 名進入銀盃決賽；第 13-17 名進入金碟決賽。（共 17 隊）

8.1.3 猛龍組混合以二場初賽總時間相加計算決定排位，總時間排位最快第 1-6 名進入金盃決賽；第 7-11 名進入銀盃決賽；第 12-16 名進入金碟決賽。（共 16 隊）

8.1.4 公開組以二場初賽總時間相加計算決定排位，總時間排位最快第 1-6 名進入金盃決賽；第 7-12 名進入銀盃決賽。

8.1.5 決賽會以中龍賽拔旗時間為排名，最快時間為該組別冠軍、亞軍、季軍、殿軍、第五名及第六名。

8.1.6 決賽線道編排，以二場初賽時間相加：

- 時間最快被編 3 號線道
- 次快時間被編 4 號線道
- 第三快時間被編 2 號線道
- 第四快時間被編 5 號線道
- 第五快時間被編 1 號線道
- 第六快時間被編 6 號線道

8.1.7 如二場初賽總時間相同，則以抽籤方式決定進入決賽的組別及線道。

8.2 女子組、工商組、專業組、050 壯年組賽制：—

8.2.1 每隊要比賽三場，三場賽事均為拔旗比賽。第 1 場用小龍；第 2 及第 3 場用中龍。

8.2.2 以三場賽事時間相加計算排名，最快時間為該組別冠軍、亞軍、季軍、殿軍、第五名及第六名。

8.2.3 如三場賽事時間相加總時間相同，則以第三場名次分冠軍、亞軍、季軍、殿軍、第五名及第六名。

8.3 龍鳳盃參賽資格：—

8.3.1 飛龍組混合金盃冠軍、飛龍組混合金盃亞軍、猛龍組混合金盃冠軍、猛龍組混合金盃亞軍、女子組金盃冠軍、女子組金盃亞軍，六組隊伍可擠身龍鳳盃賽事爭奪龍鳳盃寶座。

8.3.2 女子組金盃冠軍、女子組金盃亞軍，二組隊伍可允許更換八名男划手作賽。

8.4 鐵人盃參賽資格：公開組金盃冠軍、公開組金盃亞軍、公開組金盃季軍、商行組金盃冠軍、專業組金盃冠軍、050 壯年組金盃冠軍，六組隊伍可擠身鐵人盃賽事爭奪鐵人盃寶座。

(九) 比賽規則：

9.1 所有賽事為 200 米拔旗賽，每隊必須拔出插在終點浮波上的旗幟，並必須由奪標手以最快時間用手將旗幟伸直舉高過頭方算完成賽事。[大會會取錄旗幟用手伸直舉高過頭的時間為準]

9.1.1 所有奪標手必須由左邊其中一名划手同時兼任，並且奪標手必須要穿著大會指定救生衣登龍以作識別。

9.1.2 鼓手不能拔旗。

9.1.3 如在拔旗時不小心將旗幟跌落在海上，奪標手必須拾回並將旗幟用手伸直舉高過頭方算完成賽事。如果船上其他隊員幫忙拾起旗幟，必須要交回奪標手將旗幟用手伸直舉高過頭方算完成賽事。如果由船上其他隊員拾起旗幟舉高即屬違規，大會裁判會加時 10 秒給該違規隊伍。

9.1.4 船隻如入錯線道拔錯旗則屬違規，大會裁判會加時 20 秒給該違規隊伍。而被入錯線道的隊伍，則會取錄違規隊伍未被加時前的時間，例子如下：—

A 隊入錯線，拔錯 B 隊之旗幟。[拔旗時間 1 分 10 秒完成]

➤ A 隊（違規隊伍）的記錄時間為：1 分 30 秒（因違規被大會加時 20 秒）

➤ B 隊（被入錯線隊伍）的記錄時間為：1 分 10 秒（因為 B 隊旗幟已被 A 隊拔走，B 隊無法完成賽事，所以 B 隊會取錄 A 隊的完成時間，大會不設重賽。）

9.1.5 所有賽事每隊在起步後至完成拔旗，必須要在 5 分鐘內完成；任何隊伍如無法在 5 分鐘內完成拔旗，則會被終止該場賽事，而該隊該場被記錄的時間為 5 分鐘。

9.2 撞船

9.2.1 賽事進行期間，船隻如因失控發生碰撞並能互相繼續完成賽事的；首先撞人的船隻屬違規隊伍，大會裁判會加時 20 秒給該違規隊伍；而被撞隊伍則按完成的衝線時間作記錄，大會不設重賽。

9.2.2 賽事進行期間，船隻如因失控發生碰撞，導致互相未能完成賽事；首先撞人的船隻屬違規隊伍，違規隊伍的完成時間會被記錄為 5 分鐘；而被撞隊伍的完成時間會被記錄為 3 分鐘，大會不設重賽。

所有成績公佈必須以大會裁判為準，參賽隊伍不得異議。

Freedom Dragon Boat Iron Man Race 2019

Race Details

- (1) Race Date: Sunday 5 May 2019
- (2) Race Time: 8AM to 5:30PM
- (3) Race Location: Shatin Shing Mun River – Shatin Sports Association Water Sports Centre (Shek Mun)
- (4) Race Distance: 200m flag catching race
- (5) Race Boats: Small boat + Standard boat
- (6) Race Categories: Open, Flying Dragon Mixed, Soaring Dragon Mixed, Women, Commercial, Professionals, O50 Senior
- (7) The Team Composition:
 - 7.1 Number of team member on small boat is limited to 12 people; 10 paddlers, 1 drummer, 1 steersman.
 - 7.2 Number of team member on standard boats is limited to 14 people; 12 paddlers, 1 drummer, 1 steersman
 - 7.3 For mixed category, there should be a minimum of 4 female paddlers.
 - 7.4 For Women's teams, all paddlers must be female (except steersmen and drummer).
 - 7.5 For O50 Senior category, all paddlers must be older than 50 inclusive(except steersman and drummer).
 - 7.6 There is no gender restriction for drummer and steersman.

(8) Race Format

8.1 Mixed and Open Category Race Details:

- 8.1.1 There are three races for each team. All races are 200m flag catching race. The First race is small boat race; the Second race and the Final race are standard boat race.
- 8.1.2 Allocation of Flying Dragon Mixed Group finalist shall be based on the accumulated time of the first Two races where the fastest time ranks first. (Total 17 teams)
 - Gold cup final: Rank 1-6
 - Silver cup final: Rank 7-12
 - Gold plate final: Rank 13-17
- 8.1.3 Allocation of Soaring Dragon Mixed Group finalist shall be based on the accumulated time of the first Two races where the fastest time ranks first. (Total 16 teams)
 - Gold cup final: Rank 1-6
 - Silver cup final: Rank 7-11
 - Gold plate final: Rank 12-16
- 8.1.4 Allocation of Open Group finalist shall be based on the accumulated time of the first Two races where the fastest time ranks first.
 - Gold cup final : Rank 1-6
 - Silver cup final: Rank 7-12
- 8.1.5 The final flag catching race is a standard boat race. Fastest time shall be winner, followed by 1st runner-up, 2nd runner-up, 3rd runner-up, 4th runner-up and 5th runner-up.
- 8.1.6 All the Final race lane allocation shall be based on accumulated time of the first Two races:
 - Lane 1 : Fifth fastest time
 - Lane 2 : Third fastest time
 - Lane 3: Fastest time
 - Lane 4: Second fastest time
 - Lane 5: Fourth fastest time
 - Lane 6: Sixth fastest time
- 8.1.7 If two or more teams get the same accumulated time after the first Two races, the allocation of lane will be determined by random draw.

8.2 Women, Commercial, Professional and O50 Categories Race Details: -

- 8.2.1 There are three races for each team. All races are 200m flag catching race. The First race is small boat race; the Second race and the Third race are standard boat race.
- 8.2.2 Ranking shall be determined by the total time of three (3) races. Fastest time shall be winner, followed by 1st runner-up, 2nd runner-up, 3rd runner-up, 4th runner-up and 5th runner-up.
- 8.2.3 If two or more teams get the same accumulated time, the third race shall be treated as the final race and the corresponding time shall be used to determine the winner, followed by 1st runner-up, 2nd runner-up, 3rd runner-up, 4th runner-up and 5th runner-up.

8.3 Dragon Phoenix Cup pre-qualification:

- 8.3.1 The champions and 1st runners-up of Flying Dragon Mixed Gold Cup, Soaring Dragon Mixed Gold Cup and Women's Gold Cup, total six teams shall be eligible to participate in the Dragon Phoenix Cup. Race winner takes all.
- 8.3.2 Women's Gold Cup champion and 1st runner-up teams may substitute up to eight (8) male paddlers for this race.

8.4 Iron Man Cup pre-qualification:

- 8.4.1 The champions, 1st runner-up and 2nd runner-up of Open Gold Cup, the champions of Commercial Gold Cup, Professionals Gold Cup, O50 Senior Gold Cup categories, total six teams shall be eligible to participate in the Iron Man Cup. Race winner takes all.

(9) Competition Rules:

9.1 All the races shall be 200m flag catching race. Each team must catch the flag in their corresponding lane and the race shall end when the flag catcher raises the flag above their heads. (Recorded time shall be based on when the flag is raised above the flag catcher's head)

9.1.1 All the flag catchers must be one of the left paddlers at the same time, and all the flag catchers must wear life jackets / floatation assistance device provided.

9.1.2 The drummer cannot catch the flag.

9.1.3 Should the flag catcher miss or drop the flag, the flag must be retrieved and raised for the race to be considered finished. If the flag is retrieved by others, the flag must still be raised by the flag catcher for the race to be considered finished. If the flag is raised by anyone other than the flag catcher, the team shall be penalized 10 seconds.

9.1.4 If any team finishes in the wrong lane or catches the wrong flag, the team shall be penalized 20 seconds. If the flag has been wrongly taken by the other team, you will inherit the time when they raise the flag. For example:

Team A crosses wrong lane and catches Team B's flag. (Race finished / Flag raised at 1:10.00)

> Team A finishing time: 1:30.00 (due to 20 seconds penalty)

> Team B finishing time: 1:10.00 (the time when flag was raised by Team A)

No re-race will be held.

9.1.5 All teams must complete the race and raise their flag within five (5) minutes. The race shall be terminated at the five (5) minutes. If there is any team had not yet completed the race within five (5) minutes, their completion time shall be recorded as five (5) minutes.

9.2 Boat Collision

9.2.1 Any team losing control of their boat resulting in a collision with another team (but still able to finish the race) shall be penalized 20 seconds. The recorded time of the team being collided (also able to finish the race) shall be the time that crosses the finish line. No re-race will be held.

9.2.2 Any team losing control of their boat resulting in a collision with another team (and unable to finish the race) shall have a recorded time of five (5) minutes. The recorded time of the team being collided (and unable to finish the race) shall have a recorded time of three (3) minutes. No re-race will be held.

Teams should respect decision of the Judges and the Organizer. The Finishing Judger reserves all rights to the decision. All results announced by the organizer are the final decision, objections from participants may not be entertained.

If any difference between Chinese and English, all related items shall refer to Chinese version.