

# ROWSport

# 2021 香港室內賽艇虛擬錦標賽

## Hong Kong Rowing Virtual Indoor Championships

### 比賽資料 INFORMATION SHEET

主辦單位 :	中國香港賽艇協會	Organizer :	Hong Kong, China Rowing Association
日期 :	2021 年 3 月 6 日至 3 月 28 日	Date :	6 – 28 March 2021

### 1. 簡介 INTRODUCTION

今年已是中國香港賽艇協會（賽協）第 22 年舉辦此全港性的大型賽事，並獲民政事務局藝術及體育發展基金資助。我們的目標是推動大眾參與，並鼓勵以賽艇精神建立生活態度。鑑於受疫情影響，今年賽事將以虛擬形式進行，並繼續以「Everybody Rows」作為我們的口號及目標，讓室內賽艇融入生活的每一部份！

The 22<sup>nd</sup> Hong Kong Rowing Indoor Championships is an annual spectacular indoor rowing event organized by the Hong Kong, China Rowing Association (HKCRA) and subvented by the Arts and Sport Development Fund of the Home Affairs Bureau. Our wish is to drive public participation and encourage “rowing for life” for everyone. Due to the impact of the epidemic, the events will be in virtual format. Let’s get “Everybody Rows”!

### 2. 比賽項目 EVENT LIST

#### 個人項目 Individual Events

編碼 Code	項目 Event	編碼 Code	項目 Event
<b>青少年組 (1000 米) Junior (1000m)</b>			
J01	男子 12 歲或以下 Boy's Aged 12 or Under	J02	女子 12 歲或以下 Girl's Aged 12 or Under
J03	男子 14 歲或以下 Boy's Aged 14 or Under	J04	女子 14 歲或以下 Girl's Aged 14 or Under
<b>青少年組 (2000 米) Junior (2000m)</b>			
J05	男子 16 歲或以下 Boy's Aged 16 or Under	J06	女子 16 歲或以下 Girl's Aged 16 or Under
J07	男子 18 歲或以下 Boy's Aged 18 or Under	J08	女子 18 歲或以下 Girl's Aged 18 or Under
<b>輕量級組 (2000 米) Lightweight (2000m)</b>			
L01	男子 19 至 29 歲 Men's Aged 19-29	L02	女子 19 至 29 歲 Women's Aged 19-29
L03	男子 30 至 39 歲 Men's Aged 30-39	L04	女子 30 至 39 歲 Women's Aged 30-39
L05	男子 40 至 49 歲 Men's Aged 40-49	L06	女子 40 至 49 歲 Women's Aged 40-49
L07	男子 50 至 59 歲 Men's Aged 50-59	L08	女子 50 至 59 歲 Women's Aged 50-59
L09	男子 60 歲或以上 Men's Aged 60 or above	L10	女子 60 歲或以上 Women's Aged 60 or above
<b>ROWSport 公開組 (500 米) Open (500m)</b>			
E01	ROWSport 男子公開組 500 米 ROWSport Men's Open 500m	E02	ROWSport 女子公開組 500 米 ROWSport Women's Open 500m
<b>ROWSport 公開組 (2000 米) Open (2000m)^</b>			
E03	ROWSport 男子公開組 2000 米 ROWSport Men's Open 2000m	E04	ROWSport 女子公開組 2000 米 ROWSport Women's Open 2000m
<b>展能組 (1000 米) Para-Rowing (1000m)</b>			
P01	男子 PR1 級 Men's PR1	P02	女子 PR1 級 Women's PR1
P03	男子 PR2 級 Men's PR2	P04	女子 PR2 級 Women's PR2
P05	男子 PR3 級 Men's PR3	P06	女子 PR3 級 Women's PR3
P07	男子智障級 Men's ID	P08	女子智障級 Women's ID

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### Hong Kong Rowing Virtual Indoor Championships

#### 個人項目 Individual Events

##### 大師組 (2000 米) Masters (2000m)

M01	男子 30 至 39 歲 Men's Aged 30-39	M02	女子 30 至 39 歲 Women's Aged 30-39
M03	男子 40 至 49 歲 Men's Aged 40-49	M04	女子 40 至 49 歲 Women's Aged 40-49
M05	男子 50 至 59 歲 Men's Aged 50-59	M60	女子 50 至 59 歲 Women's Aged 50-59
M07	男子 60 至 69 歲 Men's Aged 60-69	M08	女子 60 至 69 歲 Women's Aged 60-69
M09	男子 70 歲或以上 Men's Aged 70 or above	M10	女子 70 歲或以上 Women's Aged 70 or above

##### 大師組 (500 米) Masters (500m)

M21	男子 30 至 39 歲 Men's Aged 30-39	M22	女子 30 至 39 歲 Women's Aged 30-39
M23	男子 40 至 49 歲 Men's Aged 40-49	M24	女子 40 至 49 歲 Women's Aged 40-49
M25	男子 50 至 59 歲 Men's Aged 50-59	M26	女子 50 至 59 歲 Women's Aged 50-59
M27	男子 60 至 69 歲 Men's Aged 60-69	M28	女子 60 至 69 歲 Women's Aged 60-69
M29	男子 70 歲或以上 Men's Aged 70 or above	M30	女子 70 歲或以上 Women's Aged 70 or above

#### ROWSport 大專盃 - 邀請賽 ROWSport University Cup - Invitation Event

##### 個人組 (500 米) Individual (500m)

U01	ROWSport 男子 500 米 ROWSport Men's 500m	U02	ROWSport 女子 500 米 ROWSport Women's 500m
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##### 個人組 (2000 米) Individual (2000m)

U03	ROWSport 男子 2000 米 ROWSport Men's 2000m	U04	ROWSport 女子 2000 米 ROWSport Women's 2000m
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##### 隊際四人賽 (4x500 米) Team Race (4 x 500m)

U05	ROWSport 男子 4x500 米四人賽 ROWSport Men's Team Race 4x500m	U06	ROWSport 女子 4x500 米四人賽 ROWSport Women's Team Race 4x500m
U07	ROWSport 混合 4x500 米四人賽 ROWSport Mixed Team Race 4x500m		

#### 隊際項目 Team Events

##### 隊際四人賽 (4x500 米) Team Race (4 x 500m)

T01	男子紀律部隊 Men's Disciplined Forces	T02	女子紀律部隊 Women's Disciplined Forces
T03	男子政府部門 Men's Government Departments	T04	女子政府部門 Women's Government Departments
T05	男子專業團體 Men's Professional Bodies	T06	女子專業團體 Women's Professional Bodies
T07	男子中學組 Men's Secondary Schools	T08	女子中學組 Women's Secondary Schools
T09	男子青少年團體 Men's Youth Organizations	T10	女子青少年團體 Women's Youth Organizations
T11	男子工商機構 Men's Corporations	T12	女子工商機構 Women's Corporations
T13	男子體育會 A 組 Men's Sports Clubs (Group A)	T14	女子體育會 A 組 Women's Sports Clubs (Group A)
T15	男子體育會 B 組 Men's Sports Clubs (Group B)	T16	女子體育會 B 組 Women's Sports Clubs (Group B)

##### 隊際混合四/八人賽 Mixed Team Event

T31	大學組混合八人賽 2000 米 Universities Mixed Eight 2000m**
T32	展能組 PR3 級混合四人 500 米 Para-Rowing PR3 Mixed Four 500m**
T33	展能組智障級混合 4x500 米四人賽 Para-Rowing ID Mixed Team Race 4x500m

##### 家庭歡樂二人賽 (2x250 米) Family Fun Race (2x250m)

T41	家庭歡樂二人賽 A 組 Family Fun Race (Group A)
T42	家庭歡樂二人賽 B 組 Family Fun Race (Group B)

\*\*請參閱參加資格及規則 C 段 Please refer to Section C of **ELIGIBILITY AND REGULATIONS**

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### 3. 參加資格及規則 ELIGIBILITY AND REGULATIONS

#### A. 一般規則 General Rules

1. 除非「參賽者須知」有列明，否則所有賽例均按照中國香港賽艇協會之競賽守則進行。
1. All rules and regulations will follow the Rules of Racing of the Hong Kong, China Rowing Association except any other rules as specified on the "Notice for Competitors" of the event.
2. 參賽年齡以比賽當天為準。
2. For the age group events, the age of the participant is taken on the day of racing.
3. 男性隊員不可參與女子組賽事，女性隊員亦不可參加男子組比賽。
3. Men may not enter a Women's event and vice versa.
4. 混合組隊員(除展能組外)必須包括半數女子及半數男子隊員。展能組最少有一名女子隊員。
4. Mixed event (except Para-rowing) half of the crew shall be women and a half shall be men. Para-rowing mixed team one of the crew shall be a woman.
5. 輕量級個人項目的最高體重限制為男子組 75 公斤，女子組 61.5 公斤。
5. The maximum weight limit for individual lightweight men is 75 kg and for individual lightweight women is 61.5 kg.
6. 所有輕量級組別的參賽者必須提交個人在比賽當日的磅重影片作證明，而影片必須清晰顯示以下內容：
  - 6.1. 參賽者磅重時需穿著比賽裝束，並以正面姿態站在電子磅上
  - 6.1. The competitor's full body and face stepping onto a digital scale in their racing clothes
  - 6.2. 電子磅上的讀數需以公斤(kg)為單位，並能夠顯示小數後至少 1 位的數字，即 0.1 公斤(kg)
  - 6.2. The digital scale reading visible in kilograms, showing the weight to 0.1 kilograms
  - 6.3. 日期及時間證明（如顯示日期及時間的電話主屏幕，或電腦屏幕）。
  - 6.3. A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time).
  - 6.4. 參賽者可以使用任何攝錄機或照相機錄製此影片，並合乎以上內容。
  - 6.4. Competitors may use any video camera or camera phone to record this video on the condition that the quality is sufficient to see all of the above listed details.
- 6.1. 範例影片 ([https://youtu.be/Q\\_0qar\\_yx4M](https://youtu.be/Q_0qar_yx4M))
- 6.1. Example video ([https://youtu.be/Q\\_0qar\\_yx4M](https://youtu.be/Q_0qar_yx4M))
7. 如任何輕量級組別參賽者未能完成上述要求，或沒有進行磅重，該參賽者將不能作賽。
7. Any competitor who is not able to meet the above requirements appropriately, or who fails to make weight, will not be eligible to compete in that lightweight event.
8. 所有賽事均需要使用 CONCEPT 2 (Model C/D/E) 賽艇機進行。參賽者可在比賽開始前調較風阻，賽事進行期間不得再作任何調校。
8. Concept2 static rowing ergometer (Model C/D/E) should be used for all events. Participants may set the resistance setting of their choice only before the start of the race, but no adjustment is permitted during a Race.
9. 提交成績：
  - 9.1. 參賽者提交成績時，需要同時拍照記錄表現監測器上的 16 位字母編碼，並於提交成績期限內上傳照片至網上平台
  - 9.1. Participant is required to take a photo of your score with 16-digit verification code\* from the memory section of your performance monitor and
9. Submission of Results:
  - 9.1. Participant is required to take a photo of your score with 16-digit verification code\* from the memory section of your performance monitor and

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(<https://reg.pikapage.com/hkric/submission/>)

\*如何檢視認證編碼 (<https://bit.ly/3bQIUkk>)

#### 10. 核對成績：

##### 10.1. 拍攝影片記錄整個參賽過程 -

- ◆ 並非所有參賽者都需要提交影片，但是如果該參賽者在項目的成績排列在前三名，賽協會要求該參賽者提交比賽影片作核實。如果參賽者未能提交影片以進行驗證，其成績將不獲認證。
- ◆ 影片必須在無剪接下完整拍攝整個比賽過程。而影片必須清楚地顯示表現監測器螢幕及參賽者的動作。
- ◆ 影片的開始及結束時，必須清楚地顯示（放大）表現監測器螢幕。

##### 10.2. 見證人

- ◆ 並非所有參賽者都需要提交見證人資料，除非參賽者在項目的成績排列在前三名，賽協會或會要求該參賽者提交見證人資料作核實。而見證人最好是賽協職員、或所屬屬會/機構/團體的成員。

##### 10.3. 賽協保留權利取消有疑問的成績。

submit it through the online platform

(<https://reg.pikapage.com/hkric/submission/>)

within the Competition period.

\*step-by-step information on how to check verification code (<https://bit.ly/3bQIUkk>)

#### 10. Verification of Result:

##### 10.1. Take video recording throughout the race -

- ◆ Submission of video is NOT required for everyone, but HKCRA may require you to submit for proof of performance if your position are at the top 3. If you failed to submit the video for verification, the score may not be recognized.
- ◆ The video must be a one continuous shot. The performance monitor screen & the participant movement must be shown clearly in the full duration of the race.
- ◆ You must show (zoom in) the performance monitor screen at the beginning AND at the end of the race.

##### 10.2. Witness

- ◆ Submission of witness information is NOT required for everyone, but HKCRA may require you to submit for proof of performance if your position are at the top 3. It is preferable that the witness should be the official of HKCRA, or the member of your Club / Institution / Organization.

##### 10.3. HKCRA reserves the right to disqualify the result if it seems suspect.

### B. 家庭歡樂二人賽 Family Fun Race

1. 這是一項 2x250 米二人賽事。
2. A 組隊伍須由 1 位 18 歲以上的成年人及 1 位 8-11 歲小童組成。
3. B 組隊伍須由 1 位 18 歲以上的成年人及 1 位 12-15 歲小童組成。
4. 本項目隊員性別不受限制。

1. This is a 2x250m race.
2. The team members of Group A comprise an adult (aged 18 or above) and a kid (aged 8 to 11).
3. The team members of Group B comprise an adult (aged 18 or above) and a kid (aged 12 to 15)
4. The members of this event have no gender restriction.

### C. 隊制賽 Team Event

1. 隊制賽並非以接力方式進行。每位隊員可分別在不同的賽艇機上，於不同時間分別進行比賽，划行指定的距離。在完成後，集合各自的成績組成隊伍，一同提交成績。最快完成指定距離的隊伍為冠軍。

1. Team race is NOT a relay. Each team can row a specific distance at different time and on different machines. After completion, all result should be submitted at the same time. The winner of this event will be the fastest team completing the specific distance.

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2. 「中學組」的隊員必須來自同一所中學的職員及師生。
3. 「大專盃」的隊員必須來自同一所院校的學生。
4. 「政府部門組」的隊員必須受僱於同一個政府部門。紀律部隊不能參與此項目。
5. 「紀律部隊組」的隊員必須受僱於香港警察、消防處、懲教署、入境處、香港海關或政府飛行服務隊。
6. 「青少年團體組」的隊員必須來自同一個團體的成員。
7. 「專業團體組」同一隊的隊員必須是同一註冊專業團體之會員。
8. 「工商機構組」同一隊的隊員必須是同一香港註冊工商機構的員工。
9. 「體育會/團體 A 組」同一隊的隊員必須為同一註冊的賽艇、獨木舟及龍舟會會員。其他體育會/團體可參加「體育會/團體 B 組」項目。

2. All members of a team entered in the "Secondary School" event must be the staff and students of the same school.
3. All members of a team entered in the "University Cup" event must be the students of the same institutes.
4. All members of a team entered in the "Government Departments" event must be employees of that Government Departments. Members of the Disciplined Forces are not eligible to enter the Government Departments events.
5. All members of a team entered in the "Disciplined Forces" event must be the employees of Hong Kong Police Force, the Fire Services Department, the Correctional Services Department, the Immigration Department, the Customs and Excise Department or the Government Flying Service.
6. All members of a team entered in the "Youth Organization" event must be members of that organization.
7. All members of a team entered in the "Professional Bodies" event must be members of that organization which must be registered Professional Organization.
8. All members of a team entered in the "Corporations" event must be employees of that company which itself must be a company registered in Hong Kong.
9. All members of a team entered in the "Sports Clubs and Societies (Group A)" event must be members of that club or society which itself must be an official registered sports club or society of Rowing, Canoeing and Paddling. Other Sports Clubs and Societies should enter "Sports Clubs and Societies (Group B)" events.

#### D. 展能組 Para Rowing Race

1. 展能組 PR3, PR2 及 PR1 分級是根據國際賽艇聯會的相關條例而定。
2. PR3 隊員可包括體障及視障人士。
3. 在 PR3 混合四人賽隊員不可超過兩名視障人士。
4. 參賽者報名時須提交殘疾證明文件。

1. The sport class of PR3, PR2 and PR1 is based on the related rules and regulations of FISA.
2. Sport class PR3 members include physically disabled and visually impaired people.
3. In PR3 Mixed Four event, no more than 2 visually impaired members may be included in a team.
4. Documentary proof for disability should be provided when submitting an entry.

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### 4. 參賽費用 ENTRY FEE

所有參賽費用以每位計算

展能組、家庭組、中學組及青少年組：每位港幣 30 元  
其他組別：每位港幣 80 元

All entry fee counts as per heads as below

Para-rowing, Family, Secondary School & Junior: HK\$30/head  
Others: HK\$80/head

### 5. 報名手續 ENTRY PROCEDURE

報名時段為 2021 年 3 月 6 至 28 日。

所有報名必須經由網上進行，網址為：  
<https://reg.pikapage.com/hkcra/hkric.html>

亦可經賽協官方網頁(<http://www.rowing.org.hk/hk/>) 進入報名頁面。

付款方法：

除「中學組」外，其他組別均需使用網上付款，其他方式恕不接受。

「中學組」：可以現金或支票方式付款。

- ◆ 現金：請於辦公時間內親臨沙田賽艇中心繳付。
- ◆ 支票：劃線支票抬頭為「中國香港賽艇協會」。請於支票背面寫上「2021HKRIC」、學校名稱、聯絡人姓名及電話號碼。支票請寄回新界沙田源禾路 27 號 中國香港賽艇協會 (請於信封面註明「2021HKRIC」)。

如資料不齊或未完成繳付報名費，申請一概不會受理。

The registration period begins from 6 to 28 March 2021.

The application should be made online:  
<https://reg.pikapage.com/hkcra/hkric.html>

The registration page can also be accessed through the official website (<http://www.rowing.org.hk>) of HKCRA.

Payment Method:

Online payment only. Other payment methods would not be accepted.

“Secondary Schools” categories only

Payment can be made by cash or by cheque.

- ◆ Cash payment should be made in person at the HKCRA Shatin Rowing Centre during office hours.
- ◆ A crossed cheque made payable to “Hong Kong, China Rowing Association” can be sent to the HKCRA at 27 Yuen Wo Road, Sha Tin, N.T. Please write “2021HKRIC”, school name, contact person and telephone number at the back of the cheque. (Please state “2021 HKRIC” on the envelope.)

Application will NOT be accepted if information provided is insufficient or payment is not completed.

### 6. 截止報名日期 ENTRY DEADLINE

2021 年 3 月 28 日 (星期日)，香港時間 23:59

<https://reg.pikapage.com/hkric/submission/>

28 March 2021 (Sunday), HKT 23:59

<https://reg.pikapage.com/hkric/submission/>

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# ROWSport

# 2021 香港室內賽艇虛擬錦標賽

## Hong Kong Rowing Virtual Indoor Championships

### 7. 獎項 PRIZES

#### 隊際項目

冠、亞、季軍：獎盃及獎牌\*

#### 個人項目

冠、亞、季軍：獎牌\*

#### ROWSport 公開組

冠軍：[ROWSport 亞洲賽艇有限公司](#)送出價值港幣 500 元現金禮券^

#### ROWSport 大專盃

項目冠軍：[ROWSport 亞洲賽艇有限公司](#)送出價值港幣 2,000 元現金禮券^

\* 得獎者需要親自到賽協辦公室領取獎盃及獎牌，亦可授權他人代領

^ 現金券可用作購買室內賽艇機之用，有效期 1 年

#### Team Events

1st, 2nd, 3rd Place: Trophy and Medal\*

#### Individual Events

1st, 2nd, 3rd Place: Medal\*

#### ROWSport Open

Winners: HK\$500 cash coupon sponsored by [ROWSport Asia Limited](#)^

#### ROWSport University Cup

Event Winners: HK\$2,000 cash coupon sponsored by [ROWSport Asia Limited](#)^

\* Award winners are required to collect the prize at HKCRA office in person, or authorize a representative to collect the prize on your behalf

^ The Cash Coupon can be used for purchasing the indoor rowing machine, valid for 1 year.

### 8. 參賽者紀念品 SOUVENIRS TO COMPETITORS

1. 所有參加者可獲賽事紀念 T 恤乙件#

An Event Tee will be given to the participants#

2. 所有參加者可獲 [OXD Asia](#) 送出「全方位運動護理系列」乙盒#

A pack of "Comprehensive Sports Care Collection" sponsored by [OXD Asia](#) will be given to the participants#

3. 所有完成賽事之參賽者可獲電子證書乙張

All participants who finish the race successfully will award an e-certificate

4. 參加者需要親自到賽協辦公室領取紀念品，亦可授權他人代領

Participants are required to collect the souvenirs at HKCRA office in person, or authorize a representative to collect the souvenirs on your behalf

### 9. 查詢 ENQUIRIES

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Facebook: [www.facebook.com/hkrowing](http://www.facebook.com/hkrowing)

Instagram: [www.instagram.com/hkrowing/](http://www.instagram.com/hkrowing/)

Hong Kong, China Rowing Association

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Website: [www.rowing.org.hk](http://www.rowing.org.hk)

Facebook: [www.facebook.com/hkrowing](http://www.facebook.com/hkrowing)

Instagram: [www.instagram.com/hkrowing/](http://www.instagram.com/hkrowing/)

主辦機構  
Organiser



資助機構  
Subvented by

民政事務局  
(藝術及體育發展基金)  
Home Affairs Bureau  
(Arts and Sport Development Fund)

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