



# 沙巴中華大會堂

## THE FEDERATION OF CHINESE ASSOCIATIONS, SABAH

主辦 Organized

### 2018年第5屆沙巴華堂國際龍舟賽

#### 5<sup>th</sup> SABAH FCAS INTERNATIONAL DRAGON BOAT RACE 2018

E-mail: fcasinfo@gmail.com Website: www.sabahdragonboat.my

### 報名表 REGISTRATION FORM



**RACE DAY: 12-13 MAY 2018**

- ❖ Please print legibly
- ❖ Additional forms may be photocopied
- ❖ Deadline of Entry: 2<sup>th</sup> May 2018  
截止日期

Lot No. 7CF04, 7<sup>th</sup> floor, Karamuning Complex, 88100 Kota Kinabalu.  
P.O. Box 16602, 88871 Kota Kinabalu, Sabah, Malaysia. 馬來西亞  
Tel: (+6)088-253433 Fax: (+6)088-268433

龍舟隊名稱 / TEAM NAME: \_\_\_\_\_

領隊 / TEAM MANAGER : \_\_\_\_\_

地址 / ADDRESS : \_\_\_\_\_

郵區 / POSTCODE : \_\_\_\_\_ 國家 / COUNTRY : \_\_\_\_\_

電話(辦公室) / TEL (O) : \_\_\_\_\_ 電話(家) / TEL (H) : \_\_\_\_\_

手機 / H/P : \_\_\_\_\_ 傳真 / FAX : \_\_\_\_\_

電郵 / E-MAIL : \_\_\_\_\_

請在合適組別打×號 / PLEASE MARK (X) FOR YOUR CATEGORY

- |                                                                                                                                                  |                                                                                                                                            |                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| ★ <input type="checkbox"/> 沙巴州元首杯<br>SABAH HEAD OF STATE TROPHY (800 METERS)<br><u>INTERNATIONAL</u> & TOP MALAYSIAN MEN TEAMS                   | <input type="checkbox"/> 中華大會堂杯(亞庇同鄉會) Min 6 Women<br>FCAS TROPHY (800 METERS), <u>LOCAL</u> K K<br>CHINESE COMMUNITIES ASSO.MIX TEAM ONLY | <input type="checkbox"/> 神山杯(青年組) KINABALU DRAGON TROPHY<br>(800 METERS) <u>LOCAL JUNIOR</u> TEAM UNDER<br>20 YEARS OLD, BORN ON OR AFTER 1-1-1998 |
| <input type="checkbox"/> 沙巴首席部長杯<br>SABAH CHIEF MINISTER TROPHY (800 METERS)<br>MALAYSIAN MEN'S TEAMS                                            | <input type="checkbox"/> 中華大會堂杯(男子組)<br>FCAS TROPHY (800 METERS)<br><u>LOCAL</u> CHINESE MEN'S TEAM ONLY                                   | ★ <input type="checkbox"/> 神山杯(男子組)<br>MEN TEAM OPEN 200 METER RACE<br>OPEN TO <u>INTERNATIONAL</u> & MALAYSIAN MEN'S<br>TEAMS (12 CREW)           |
| ★ <input type="checkbox"/> 沙巴華堂國際龍舟賽杯 SABAH FCAS DRAGON<br>TROPHY(800 METERS & MINIMUM OF 8 WOMEN)<br><u>INTERNATIONAL</u> & MALAYSIAN MIX TEAMS | <input type="checkbox"/> 中華大會堂杯(混合組) Min 8 Women<br>FCAS TROPHY (800 METERS)<br><u>LOCAL</u> CHINESE MIX TEAMS ONLY                        | ★ <input type="checkbox"/> 神山杯(混合組)<br>MIX TEAM OPEN 200 METER RACE OPEN TO<br><u>INTERNATIONAL</u> & MALAYSIAN MIX TEAMS ) (12 CREWS) Min 6 women |

POSITION 職位	NO	FULL NAME (fill in block letters) 全名	M/F 性別	BIRTH DATE 出生日期	PASSPORT/IC 身份證
教練 COACH	1				
鼓手 DRUMMER	1				
舵手 COXSWAIN	1				
龍舟手 ROWERS	1				
	2				
	3				
	4				
	5				
	6				
	7				
	8				
	9				
	10				
	11				
	12				
	13				
	14				
	15				
	16				
	17				
	18				
候補 RESERVES	1				
	2				
	3				



# 4<sup>th</sup> SABAH FCAS INTERNATIONAL DRAGON BOAT RACE 2017

## REGISTRATION FORM

RACEDAY: 12 & 13 MAY 2018

VENUE: LIKAS BAY, KOTA KINABALU

- \* Please print legibly
- \* Additional forms may be photocopied
- \* DEADLINE OF ENTRY: 2-5-2017



### INTRODUCTION

Welcome to Sabah Malaysian Borneo! The capital city of Kota Kinabalu is filled with things to do, places to see and gastronomic delights. Along the outskirts of the City, marvel in the splendour of Mount Kinabalu or go white water rafting along the rivers of Kiulu and Padas. Immerse yourself in the natural wonders of Sabah, from mountain high to ocean deep. Your adventure begins here!

### GENERAL INFO ON MALAYSIA

#### CLIMATE:

☞ Equatorial / Tropical

#### AVERAGE TEMPERATURE:

☞ Lowland - 32 degrees Centigrade

☞ Highland - 17 degrees Centigrade

#### CURRENCY:

☞ Malaysian Ringgit (RM). Travelers cheques and foreign currencies can be changed for Malaysian Ringgit at banks, hotels and at major shopping complexes.

☞ Most major hotels charge a nominal fee for currency conversion.

#### MAJOR CREDIT CARD AND CHARGE CARD:

☞ VISA, MasterCard, American Express, Diners Club

#### LOCAL TIME

☞ Standard Malaysian Time 8 hours ahead of GMT (GMT+8)

#### ELECTRICITY:

☞ 240 volts AC/50-Cycle system.

#### LANGUAGE:

☞ Bahasa Malaysia is the national language.

☞ However, English and Chinese are widely spoken.

#### ENTRY REQUIREMENT:

☞ A valid passport (and visa wherever applicable) is required.

☞ A Social or Tourist Visit Pass does not permit the holder to take up employment, business or professional work in Malaysia.

☞ The Business Visit Pass allows foreign visitors to enter the country for business negotiations or inspection of business premises. These pass however, cannot be used for employment purposes or for purposes of supervising the installation of new machinery or the construction of a factory.

☞ No fee is charged for a Business Visit Pass issued for a period of up to three months. A fee of RM5 is imposed for each month thereafter.

### EVENT INFORMATION

#### 1. RACE CATEGORIES AND DISTANCE

The Racing Categories that will be contested are listed at the entry form. A minimum of 3 entries from different Organizations are required per category to start the race.

#### 2. RULES AND REGULATIONS

5<sup>th</sup> Sabah FCAS International Dragon Boat Race 2018 will be conducted under the IDBF Competitor and local organizing committee Regulations and Rules of Racing.

#### 3. ENTRIES

Entry is open to all Dragon Boat Teams.

#### 4. ACCOMMODATION

All teams are required to make their own arrangements of accommodation. Please refer to [www.sabahdragonboat.com](http://www.sabahdragonboat.com) for the list of accommodation.

#### 5. TRANSPORTATION (For International Teams only)

The organizer will arrange for the team's transportation with a minimal cost. Transfers are from the Airport to the hotel, hotel to the training area at the Sutera Harbour Marina & Country Club and hotel to the race venue (please refer to the common itinerary).

#### 6. RACE DAY MEAL / FOOD

Meals or food can be purchased from the various stalls at the race venue. The organizer does not provide any meals for the teams however can assist in preparing packed lunch at a cost provided that the team inform the organizer at least 2 days before the event.

#### 7. PRIZES

Prizes will consist of trophy, medals and cash.

### COMMON ITINERARY OF INTERNATIONAL TEAMS

#### DAY 1 - 10<sup>TH</sup> MAY (THURSDAY) - ARRIVALS

Arrive in Kota Kinabalu, Sabah. Transfer to hotels.

#### DAY 2 - 11<sup>TH</sup> MAY (FRIDAY) - TRAINING AND BRIEFING DAY

8:00 AM - 11:00 AM Training for the various teams according to the schedule (International Team only)

10:00 AM Race briefing at Sutera Harbour Marina theatre room (2 representatives from each team only, all teams)

#### 06.00 PM WELCOME DINNER CUM BEACH PARTY (TBC)

歡迎宴兼沙灘派對

#### DAY 3 - 12<sup>TH</sup> MAY 2018 (SATURDAY) - HEATS DAY 初賽

06:30 AM Arrival of teams in Likas Bay,

07:30 AM SPORTSMEN OATH TAKING CEREMONY HEAT RACES BEGINS

08:00 AM Men's Open 200 meters race (12 crew) (International & Malaysian teams).

Mix team 200 meters race (12 crew) (International & Malaysian teams).

09:00 AM Local FCAS Trophy (for USCCA Mix Teams) FINAL 決賽  
Sabah Dragon Trophy (International & Malaysian Mix Teams).

Local FCAS Trophy (for Chinese Mix Teams).

Local FCAS Trophy (for Chinese Men Teams).

Sabah Chief Minister's Trophy (Malaysian Men's Teams).

Kinabalu Dragon Trophy (Junior Boys under 20 years old)

Sabah Head of State Trophy (International & Top Malaysian Men's Teams)

11:45 AM Race ends

Note: The time schedule of the heats indicated in the programme is subject to change depending on the number of entries in each category which will only be confirmed one week before the race day.

#### DAY 4 - 13<sup>TH</sup> MAY 2018 (SUNDAY) - FINAL RACE DAY 決賽

06:30 AM Arrival of teams in Likas Bay.

FINAL RACE BEGINS

08:00 AM Men's Open 200 meters race (12 crew) (International & Malaysian teams).

Mix Team 200 meters race (12 crew) (International & Malaysian teams).

Kinabalu Dragon Trophy (Junior Boys under 20 years old)

FCAS Trophy (For Chinese Mix Teams).

Sabah Dragon Trophy (For International & Malaysian Mix Team)

09:00 AM Arrival of guests.

Arrival of the Minister of Tourism Culture and Environment

09:25 AM Arrival of the Chief Minister of Sabah

09:30 AM Arrival of Sabah Head of State

Welcome by Dragon Dance & Lion Dance with 24 Chinese Drums.

ZUNG ZI OFFERING CEREMONY

10:15 AM FCAS Trophy (For Chinese Men Teams).

Sabah Chief Minister's Trophy (For Malaysian Men Teams).

Sabah Head of State Trophy (For International & Malaysian Top Teams).

11:15 AM PRIZE PRESENTATION CEREMONY

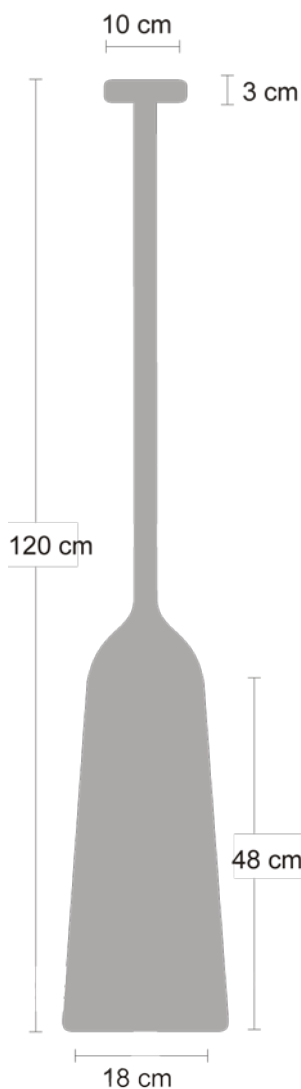
12:00 PM Ceremony ends.

Announcing the departure of Sabah Head of State

01.00pm Prizes Presentation for Chinese Dumpling Cooking Competition

Note: The time schedule of the heats indicated in the programme is subject to change depending on the number of entries in each category which will only be confirmed one week before the race day.

**PADDLE SPEC. 202a**  
THE IDBF SPORT RACING PADDLE



The outline drawing shown gives a basic description of the design of the Racing Dragon Boat Paddle for use in races organized or sanctioned by the IDBF and EDBF. The basic measurements shown are not exact and are based on the maximum dimensions used in the full Paddle Specification 202a.

The Outline drawing should not be used by anyone to manufacture paddles for formal Competitive use

The Paddle Specification 202a allows for building tolerances which may be below the maximum dimensions shown here. Therefore, undersized paddles may well be approved by the IDBF/EDBF for formal competitive use. Persons wishing to manufacture Racing Paddles must first obtain a full Paddle Specification 202a from the IDBF Technical Commissioner, and comply with its Licensing Terms & Conditions.

General Description:- The Racing Paddle can be made from any materials but there are specific design features that the IDBF wishes to retain in order to preserve the traditional form of the wooden Dragon Boat Paddles. The paddle may be divided into three sections, namely the Blade, Shaft and Handle. The Shaft shall not be "cranked" or bent in any way and the surface of the Blade must be smooth. Any paddles that exhibit a "dimpled" effect will be excluded as will paddles which have a rough or concave surface. The front and back views of the paddle shall be identical as shall the view from either side of the paddle. Its minimum length shall be 105cm and its maximum length 130cm. The Blade width shall be 18cm. The Shaft shall have a maximum width and shall generally be circular. The Handle may be of any shape which will fit within an imaginary box of the dimensions 100mm X 50mm x 40mm as shown in the Outline Drawing.

**PRIZES**

	組別/Category	冠軍/1 <sup>st</sup> Prize	亞軍/2 <sup>nd</sup> Prize	季军/3 <sup>rd</sup> Prize
1	州元首杯 Sabah Head of State Trophy (800 Meters) International & Top Malaysian Men Teams	RM10,000.00 + Medals	RM5,000.00 + Medals	RM2,000.00 + Medals
2	首席部長杯 Sabah Chief Minister's Trophy (800 Meters) Malaysian Men's Teams	RM8,000.00 + Medals	RM4,000.00 + Medals	RM2,000.00 + Medals
3	沙巴華堂國際龍舟賽杯 Sabah FCAS Dragon Trophy (800 Meters & minimum of 8 women) International & Malaysian Mix Teams	RM8,000.00 + Medals	RM4,000.00 + Medals	RM2,000.00 + Medals
4	中華大會堂杯(亞庇同鄉會館) Min 6 Women FCAS Trophy (800 Meters), Local K. Kinabalu Chinese Communities Asso. Mix Teams Only	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
5	中華大會堂杯(男子組) FCAS Trophy (800 Meters) Local Chinese Men's Teams Only	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
6	中華大會堂杯(混合組) Min 8 Women FCAS Trophy (800 Meters) Local Chinese Mix Teams Only	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
7	Kinabalu Dragon Trophy 神山杯(青年組) (800 Meters) Junior Team Under 20 Years old Born on or after 1 <sup>st</sup> Jan 1994	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
8	Kinabalu Dragon Trophy 神山杯(男子組) International & Malaysian Men's Team Open (200 Meters) 12 Crew Open to all Men's Team	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
9	Kinabalu Dragon Trophy 神山杯(混合組) International & Malaysian Mix Team Open (200 Meters) 12 Crew (Min 6 Women) Open to all Mix Team	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
		RM44,000.00	RM25,000.00	RM12,000.00

**RULES & REGULATIONS**

- General
  - Any team that fails to observe the rules and regulations herein may be disqualified.
  - A team must follow the directions of the Race Officials from the time it is called to the Embarkation Area, until it leaves the Embarkation area after its race.
  - Each team must have a Team Captain, who must be present in the Embarkation area during the time that the crew is under the control of the race officials. The Team Captain will represent the team at the prize presentation ceremony.
  - The entry fee paid is non-refundable should the team decide to withdraw from the race or should the races be cancelled for reasons beyond the Organizer's control.
  - The Organizer reserves the right to refuse the entry of a team in the race at its sole discretion.
- Safety
  - Each team member must be able to swim at least 100 meters in the light clothing. It is the responsibility of the team manager / captain entering a team to make sure that all members of the team comply with this rule.
  - Each competitor is solely responsible for his or her own safety during official practice sessions and during the races and no responsibility will be accepted by the Organizer or any individual or organization connected directly or indirectly with the race for any death, injury, damage or loss and whatsoever incurred or borne by competitors or member of a team.
- Attire
  - Each team shall be free to choose his / her own attire for the race provided that it is not transparent materials.
- Number of Categories Allowed
  - Each registered team is allowed to take part only in ONE (1) category of the 800 meters race and 1 category of the 200 meters race.
- Composition of Team
  - The number of persons registered in each team for 20 crew race shall be 25 consisting of: 1 Team Manager, 18 Rowers, 1 Coach / Trainer, 1 Coxswain, 1 Drummer, 3 Reserves.
  - The number of persons registered in each team for 12 crew race shall be 16 consisting of: 1 Team Manager, 10 Rowers, 1 Coach / Trainer, 1 Coxswain, 1 Drummer, 3 Reserves.
- Race Reporting Time
  - All Team Managers must report to the Race Secretariat at least One Hour before each race.
  - All team must be in the embarking enclosure at the Embarking Area fifteen (15) minutes before each race.
- Race Equipments
  - All boats and paddles shall be provided by the Organizer. The allocation of boats and paddles to the individual teams shall be the sole discretion of Organizer. Teams may use their own paddles with the conform IDBF specification (refer diagram 1).
  - No modifications or additions to the boat or the equipment may be made by any competitor or team. In particular:
    - Any pad device for the rower to sit on should be of flexible materials that should be able to be folded and should not be thicker than 2 inches.
    - No equipment for removing water from the boat is permitted except plastic hand held bailers with which the water is picked up and scooped out of the boat by a team member. No pumps of any kind are permitted.
    - No electrical, electronic or radio amplifying equipment of any kind is permitted in the boat.
- Team Managers Meeting
  - All registered Team Managers must attend the Team Managers Meeting.
  - All Managers shall be briefed on the rules and regulations at the meeting.
  - The heat / lane draws shall be conducted at the meeting.
  - All teams including those who are not able to attend this meeting must abide the results of this meeting.
- Race Distance
  - 800 meters and 200 meters.
- The Racing Team
  - All registered teams are required to attend the official opening and closing ceremonies without exceptions.
  - No woman may participate in a men's team or vice versa, except as a Coxswain and/ or drummer. A mixed team shall race with a minimum of eight (8) female rowers up to a maximum of twelve (12) in a 20 crew race and a minimum of four (4) female rowers up to a maximum of six (6) in a 12 crew race.
  - Each team must comply with the race rules and be fully responsible for its own conduct.
- Race Procedure
  - All racing team members must be at the Embarking Area when called Race Officials.
  - Any crew who turns up late shall be disqualified automatically.
  - The team is not permitted to choose which boat to use and must use the boat allocated to it by the Organizer.
  - All teams must place their boats behind the starting line and must position at their respective assigned lanes..
  - Each race shall be started by a single shot with a starting pistol.
  - A second shot immediately following the first shot shall call indicate false start and the race shall be restarted.
  - After the heats, the organizer will draw for the fastest team on lane 3, 4, 5 and 6. The balance teams will be in lane 1, 2 and 7.
- Race Misconduct / Penalties Indemnity
  - Any boat which fails to return to the starting line after a false start or causes two false starts shall be disqualified by the race officials.
  - Any boat which does not keep within its own assigned lane would be automatically disqualified.
  - If a collision affects the outcome of the race, the Race Officials have the right to restart the race without the participation of the disqualified team or teams.
  - The Organizer may required organization / club which enters a team to indemnify all the costs of repairs, replacement of racing equipment and boat willfully damaged by any of the entire team members including all related incidental costs.
  - Crew members of the racing teams except the coxswain and drummer, are not allowed to stand while on the boat in the water at all times from the departure to the arrival back at embarkation area. Standing on the boat will risk the boat from capsizing especially on high waves. Any teams who are seen to purposely capsize the boat during the race especially at the end of the race, will be disqualified, prohibited from entering the next race, prohibited from entering the Sabah FCAS International Dragon Boat Race for 2 years and fined RM300.00.
- The finisher
  - The Fishing Judges shall determine the winner of each race. In case of a close finish, the finishing video will be reviewed to determine the winner.
  - The decision of the finishing judges shall be final.
- Protest / Appeal
  - Any protest must be lodged with the Appeal Committee within fifteen (15) minutes after the result announcement in the prescribed Form, which is available at the Race Secretariat.
  - Each protest must be accompanied by a protest fee of RM300.00 (Ringgit Malaysia Three Hundred) in cash.
  - The Protest Form must be sent and lodged by Team Manager.
  - Any protest lodged without complying rules 14.1, 14.2 and 14.3 above will not be entertained.
- Appeal Committee.
  - Appeal Committee should consist of: A chairman and two (2) other members to be appointed by the Technical Committee and their decision shall be final.
  - No protest will be allowed concerning equipment or any matter other than the conduct of the team in the race.
- Breast cancer Survivor Race
  - Only breast cancer survivor teams or teams endorse by the Sabah Breast Cancer Survivor organization can take part in this category. The race is 200 metres with 12 crew. The cash by the winning teams must be donated to a charitable organization of the winning teams choice.
- Insurance
  - Teams are responsible to obtain their own liability insurance.
- Other
  - Participating in the race will be on self-hosted basis. Crews taking part will be responsible for all expenses incurred by the trip including air passage and accommodation in the country.

**SAFETY** is the concern of every crew member and is largely a matter of **COMMON SENSE – USE IT!** The overall responsibility for the crew off water is the crew Manager's and on on the water is the Boat Captain's.

## 免索償同意書(必須填寫)

自動放棄：吾等同意遵守競賽規則，謹此保證我們的身份資料皆屬實，而且已經過充分訓練以參加2018年第4屆沙巴華堂國際龍舟賽。鑒於過去曾有先例，假如在參與2018年第5屆沙巴華堂國際龍舟賽競賽中或賽後發生意外事件，我們將不會向龍舟賽主辦方索取任何受傷或死亡賠償。本人謹此向龍舟賽主辦方保證，任何可能在2018年第5屆沙巴華堂國際龍舟賽中發生的有關意外事件，我們將自動放棄全部索償。吾等謹此同意在參與第4屆沙巴華堂國際龍舟賽競逐時接受主辦方安排之任何媒體或其他授權組織的攝影員、影片及錄影團隊的拍攝，或是任何由主辦方所列出的規定。吾等同意賦予龍舟賽主辦方或是獲授權的第三方以不可撤銷、永久性的權利和執照，在全球媒體使用我們的名字、照片、影音、傳記材料等作為：

1. 新聞或資訊用途；
2. 我們所競逐賽事的宣傳用途；
3. 商業行銷用途。

## INDEMNITY (must be filled)

Waiver: we hereby agree to abide by the conditions of the competition and certify that our particulars are correct and we are sufficiently trained to participate in the 5<sup>th</sup> Sabah FCAS(Federation Chinese Association Sabah) International Dragon Boat Race 2018. We will not claim any damages from the Dragon Boat LOC(Local Organizing Committee) in the event of accident, injury or death which arise before, during and after our participation in the 5<sup>th</sup> Sabah FCAS International Dragon Boat Race.2018. I hereby indemnify the Dragon Boat LOC and keep them indemnified and waived against all claims that may arise in consequences of the above 5<sup>th</sup> Sabah FCAS International Dragon Boat Race 2018. We hereby agree to be filmed, video taped and photographed, and to have our images and voices otherwise recorded, in any media, during our participation in the 5<sup>th</sup> Sabah FCAS International Dragon Boat Race 2018 by the LOC official photographer(s), film crew(s) and video crew(s), and by any other entity authorized by the Dragon Boat LOC or under the condition specified by the Dragon Boat LOC. We hereby grant full permission to the Dragon Boat LOC the irrevocable, perpetual, worldwide right and license to use, and to authorize third parties to use, in all media, our names, pictures, likeness, voice biographical information for (1) news and information purposes, (2) promotion of the race in which we compete and (3) commercial marketing purposes.

Team Manager Name: \_\_\_\_\_ Signature: \_\_\_\_\_

I.C. / Passport: \_\_\_\_\_ Date: \_\_\_\_\_

### 報名費 REGISTRATION FEE: 馬幣RM 300 PER CATEGORY

- Mail / Fax completed registration form to:

- Cheque or bank-in to:

**THE FEDERATION OF CHINESE ASSOCIATIONS SABAH**

**A/C No: ABMB 1003900-100-76185**

P.O. Box 16602, 88871 Kota Kinabalu, Sabah, Malaysia. 馬來西亞

Lot No. 7CF04, 7<sup>th</sup> Floor, Karamuning Complex,

88100 Kota Kinabalu, Sabah, Malaysia. 馬來西亞

詳情請聯絡籌委會秘書處：

For further enquiries please contact Organizing Secretariat:

(+6)088-253433 / (+6)016-8062177 (Ms.Grace)

開放報名：

Open for Registration: 1-3-2018 有者供國際隊伍參賽

外地隊伍酒店住宿膳食自費 Outstation teams shall provide their own  
Hotel Accommodation & Meals.★

