



沙巴中華大會堂

THE FEDERATION OF CHINESE ASSOCIATIONS, SABAH

2024年第九屆沙巴華堂國際龍舟賽

9th SABAH FCAS INTERNATIONAL DRAGON BOAT RACE 2024

E-mail: fcasinfo@gmail.com

報名表 REGISTRATION FORM

主辦

Organizer



RACE DAY: 08-09 JUNE 2024

- ❖ Please print legibly
- ❖ Additional forms may be photocopied
- ❖ Deadline of Entry: 27th MAY 2024 (12pm)

Lot No. 7CF04, 7th floor, Karamuning Complex, 88100 Kota Kinabalu.
P.O. Box 16602, 88871 Kota Kinabalu, Sabah, Malaysia. 馬來西亞
Tel: +60 88-253433 Fax: +60 88-268433

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 x 號 / PLEASE MARK (X) FOR YOUR CATEGORY / ★ FOR INTERNATIONAL TEAM ONLY

* 全體參賽者必須提交個人身份証/護照複印件 All Participants are required to submit a photocopy of Identity Card / Passport

- | | | |
|---|--|---|
| ★ <input type="checkbox"/> C1 沙巴州元首杯
SABAH HEAD OF STATE TROPHY (800 METERS)
INTERNATIONAL & TOP MALAYSIAN MEN TEAMS | <input type="checkbox"/> C4 中華大會堂杯(沙華堂會員) Min 8 Women
FCAS MEMBER TROPHY (800 METERS)
FCAS MEMBER MIX TEAM ONLY | <input type="checkbox"/> C7 神山杯(青年組) KINABALU DRAGON TROPHY
(800 METERS) LOCAL JUNIOR TEAM between
15-20 YEARS OLD (Date of birth between 01.01.2004 - 31.12.2009) |
| <input type="checkbox"/> C2 沙巴首席部長杯
SABAH CHIEF MINISTER TROPHY (800 METERS)
MALAYSIAN MEN'S TEAMS | <input type="checkbox"/> C5 中華大會堂杯(華人混合組) Min 8 Women
FCAS TROPHY (800 METERS)
MALAYSIAN CHINESE MIX TEAM ONLY | ★ <input type="checkbox"/> C8 神山杯(男子組)KINABALU DRAGON TROPHY
MEN TEAM OPEN 200 METER RACE
OPEN TO INTERNATIONAL & MALAYSIAN MEN'S
TEAMS (12 CREW) |
| ★ <input type="checkbox"/> C3 沙巴華堂國際龍舟賽杯 SABAH FCAS DRAGON
TROPHY(800 METERS & MINIMUM OF 8 WOMEN)
INTERNATIONAL & MALAYSIAN MIX TEAMS | <input type="checkbox"/> C6 中華大會堂杯(華人男子組)
FCAS TROPHY (800 METERS)
MALAYSIAN CHINESE MEN'S TEAMS ONLY | ★ <input type="checkbox"/> C9 神山杯(混合組) KINABALU DRAGON TROPHY
MIX TEAM OPEN 200 METER RACE OPEN TO
INTERNATIONAL & MALAYSIAN MIX TEAMS) (12 CREWS) Min 4 women |
| | <input type="checkbox"/> C11 大馬華總會長杯(混合組) (13州華堂)
HUAZONG PRESIDENT TROPHY
Mix Team 800meters (min.8 women) | <input type="checkbox"/> C10 神山杯(女子組) KINABALU DRAGON TROPHY
WOMEN TEAM 200 METER RACE OPEN TO
MALAYSIAN WOMEN TEAMS only) (12 CREWS) |

POSITION 職位	NO	FULL NAME (fill in block letters) 全名	M/F性別	CONTACT NO. 聯絡號碼	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				



9th SABAH FCAS INTERNATIONAL DRAGON BOAT RACE 2024 REGISTRATION FORM

RACEDAY: 08 & 09 JUNE 2024

VENUE: LIKAS BAY, KOTA KINABALU

- * Please print legibly
- * Additional forms may be photocopied
- * DEADLINE OF ENTRY: 27-05-2024 (12pm)



INTRODUCTION

Welcome to Kota Kinabalu, the Capital City of Malaysia's Sabah State in the Northern part of the island of Borneo.

Locals here often refer to Kota Kinabalu as "KK" in short. Visitors to KK can explore nearby attractions ranging from Mount Kinabalu, beaches, islands, cultural villages to various local markets, and be spoiled for choice as KK also offers a wide range of food. Your adventure begins here!!!

GENERAL INFO ON MALAYSIA

CLIMATE:

- ☞ Equatorial / Tropical
- ☞ AVERAGE TEMPERATURE:
- ☞ Lowland – 32degrees 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:

- ☞ 240volts 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 meeting 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

9th Sabah FCAS International Dragon Boat Race 2024 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.

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, [REDACTED] 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 do 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.

ITINERARY FOR INTERNATIONAL TEAMS

DAY 1 -7th JUNE 2024 (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 Teams Manager Meeting at [REDACTED]
(2 representatives from each team only)

11:00AM Group Photo / Refreshment

05.00 PM Beach Party (TBC)

沙灘派對

DAY 2 08th JUNE 2024 (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 (1)Men's Open 200 meters race (12 crew) (International & Malaysian teams).
- (2)Mix team 200 meters race (12 crew) (International & Malaysian teams)
- (3)Women's Open 200 meters race (12 crew) (Malaysian teams).
- (4)Kinabalu Dragon Trophy (Junior Boys under 20 years old)
- (5) Local FCAS Trophy (FCAS Member Only Mix Team Only)
- (6) FCAS Trophy (For Chinese Men Teams).
- (7)Sabah Chief Minister's Trophy (Malaysian Men's Teams).
- (8)FCAS Trophy (for Chinese Mix Teams).
- (9) Sabah Dragon Trophy (International & Malaysian Mix Teams).
- (10)Sabah Head of State Trophy (International & Top Malaysian Men's Teams)
- (11)Huazong President Trophy Mix Team 800meters (min.8 women)

11:45 AM Race ends

03.30pm 5 KM Dragon Run

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 3 09th JUNE 2024 (SUNDAY) - FINAL RACE DAY 決賽

06:00 AM Arrival of teams in Likas Bay.

FINAL RACE BEGINS

- 07:30 AM (1)Men's Open 200 meters race (12 crew) (International & Malaysian teams).
- (2)Mix Team 200 meters race (12 crew) (International & Malaysian teams).
- (3)Women's Open 200 meters race (12 crew) (Malaysian teams)
- (4) Kinabalu Dragon Trophy (Junior Boys under 20 years old)
- (5) FCAS Trophy (For Chinese Mix Teams).
- (6)Huazong President Trophy Mix Team 800meters (min.8 women)
- 08:30 AM Arrival of guests.
Arrival of the Minister of Tourism Culture and Environment
- 08:55 AM Arrival of the Chief Minister of Sabah
- 09:00 AM Arrival of Sabah Head of State (TYT)
Welcome by Dragon Dance & Lion Dance with 24 Chinese Drums.
ZUNG ZI OFFERING CEREMONY
- 09:30 AM (7) Local FCAS Trophy (FCAS Member Only Mix Team Only)
- (8) Sabah Dragon Trophy (For International & Malaysian Mix Team)
- (9)FCAS Trophy (For Chinese Men Teams).
- (10)Sabah Chief Minister's Trophy (For Malaysian Men Teams).
- (11)Sabah Head of State Trophy (For International & Malaysian Top Teams).

11:30 AM PRIZE PRESENTATION CEREMONY

12:00 PM Ceremony ends.

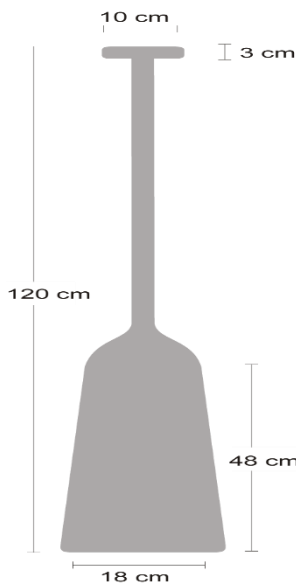
Announcing the departure of Sabah Head of State

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 獎金

組別/Category	冠軍/1 st Prize	亞軍/2 nd Prize	季軍/3 rd Prize
C1 州元首杯 Sabah Head of State Trophy (800 Meters) International & Top Malaysian Men Teams	RM10,000.00 + Medals	RM5,000.00 + Medals	RM3,000.00 + Medals
C2 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
C3 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
C4 中華大會堂杯(沙華堂會員) Min 8 Women FCAS TROPHY (800 METERS), LOCAL K K FCAS MEMBER ONLY.MIX TEAM ONLY	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C5 中華大會堂杯(華人混合組) Min 8 Women FCAS Trophy (800 Meters) Malaysian Chinese Mix Teams Only	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C6 中華大會堂杯(華人男子組) FCAS Trophy (800 Meters) Malaysian Chinese Men's Teams Only	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C7 Kinabalu Dragon Trophy 神山杯(青年組) (800 Meters) Junior Team between 15-20 YEARS OLD (Date of birth between 01.01.2004 - 31.12.2009)	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C8 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
C9 Kinabalu Dragon Trophy 神山杯(混合組) International & Malaysian Mix Team Open (200 Meters) 12 Crew (Min 4 Women) Open to all Mix Team	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C10 Kinabalu Dragon Trophy 神山杯(女子組) Malaysian Women's Team only (200 Meters) 12 Crew Open to all Malaysian Women's Team	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
C11 Huazong President Trophy 大馬華總會長杯 Mix Team 800 Meters (Min. 8 Women)	RM3,000.00 + Medals	RM2,000.00 + Medals	RM1,000.00 + Medals
	RM50,000.00	RM29,000.00	RM15,000.00

RULES & REGULATIONS

- General**
 - Any team that fails to observe the rules and regulations herein may be disqualified.
 - All teams must follow the directions of the Race Officials commencing from when they are called to the Embarkation Area until they leave the Embarkation Area after their race.
 - Each team must have a Team Captain, who must be present at the Embarkation Area when the team member is under the control of the Race Officials. The Team Captain shall represent the team at the prize presentation ceremony.
 - In the event that any team decide to withdraw from the race or the race is cancelled for any reason(s) beyond the Organizer's control, the paid entry fee shall be non-refundable.
 - The Organizer reserves the right to refuse the entry of any team in the race at its sole discretion.
- Safety**
 - Each team member must be able to swim at least 100 meters in light clothing. It is the responsibility of the Team Manager and/or Captain to make sure that all members of the team comply with this rule.
 - Each team member is solely responsible for his/her own safety during official practice sessions and races. The Organizer or any individual or organisation directly or indirectly connected with the race shall not bear any responsibility for any death, injury, damage, loss and/or whatsoever incurred or borne by any team member.
- Attire**

Each team member shall be free to choose his/her own attire for the race provided that it is not inappropriate or indecent.
- Number of Categories Allowed**

Each team is allowed to take part in only one (1) category, either the 800 meter race or the 200 meter race.
- Composition of Team**
 - The number of persons allowed to register in each team for the 20 team member race shall be 25 people, consisting of: 1 Team Manager, 18 Rowers, 1 Coach/Trainer, 1 Coxswain, 1 Drummer and 3 Reserves.
 - The number of persons allowed to register in each team for the 12 team member race shall be 16 people, consisting of: 1 Team Manager, 10 Rowers, 1 Coach/Trainer, 1 Coxswain, 1 Drummer and 3 Reserves.
- Conditions of Entry**
 - All team members must agree to abide by the regulations set forth by the Organizer as a condition of their participation in the event.

RULES & REGULATIONS

- All team members must sign a waiver form stating they have read the conditions of the waiver, and are aware of the risks associated with dragon boat racing, and accept the risk, waiving any right they may have to any cause of action against any or all sponsors, organizers, charities, volunteers, officials and Organizer for injury to person(s) or loss/ damage to personal property. The Team Captain is responsible for ensuring every team member has signed a waiver and the team may be required to submit their team roster.
- Each team member must have submitted a waiver before the start of the event.
- If you plan to double roster (paddle on more than one team), it is permitted, but not advisable for everyone because of the strenuous nature of the sport. Please use your own discretion and know your physical capabilities. Any paddler on multiple rosters should understand when signing the waiver that it presents an even greater risk for injury. If you are paddling with more than one team, keep in mind the Organizer shall not, under any circumstances, delay races to permit a paddler to join another team.
- Race Reporting Time**
 - All Team Managers must report to the Race Secretariat at least One Hour before each race.
 - Teams must be in the embarking enclosure at the Embarking Area fifteen (15) minutes before the start of each race.
- Race Equipment**
 - All boats shall be provided by the Organizer. The allocation of boats to the individual teams shall be at the sole discretion of the Organizer. Teams must use their own life vests and paddles with the approved IDBF specification (refer to Diagram 1).
 - All dragon boats, paddles, life vests, and any other ancillary equipment used by teams during the race must be returned to the Organizer intact. Replacement costs of damaged or missing equipment shall be charged to the responsible paddler or team if the Organizer and/or Race Officials determine negligence occurred.
 - No modifications or additions to the boats or the equipments may be made by any team member or team. In particular:
 - any pad device for the rower to sit on should be of flexible material that should be foldable and not thicker than 2 inches;
 - no equipment for removing water from the boat is permitted except hand-held plastic bailers. No pumps of any kind are permitted; and
 - no electrical, electronic or radio amplifying equipment of any kind is permitted on the boat.
- Team Captain's Meeting**
 - All registered Team Captains must attend the Team Captain's Meeting ("the Meeting").
 - All Team Captains 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 the Meeting must abide by the results of the Meeting.
- Race Distance**
 - The race distance is 800 meters for the 800 meters category and 200 meters for the 200 meters category.
- The Racing Team**
 - All teams are required to attend the official opening and closing ceremonies without exception.
 - No woman may participate in a men's team and 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 team member race and a minimum of four (4) female rowers up to a maximum of six (6) in a 12 team member race.
 - Each team must comply with the race rules and be fully responsible for its own conduct and safety.
- Race Procedure**
 - All team members must be at the Embarking Area when called by the Race Officials. Any team member who fails to when called by Race Officials shall be automatically disqualified.
 - Teams are not permitted to choose which boat to use and must use the boat allocated to them by the Organizer.
 - Teams must place their boats behind the starting line and must hold position at their respective assigned lanes.
 - Each race shall be started by a single shot with a starting pistol. No one can protest against the starter.
 - After the heats, the Organizer shall draw for the fastest teams on lanes 3, 4, 5 and 6 and the balance teams shall be drawn from lanes 1, 2 and 7.
 - The starter cannot be challenged.
- 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.
 - 2 umpires will follow and umpire 1 will look after Lane 1-4, umpire 2 will look after Lane 5-8.
 - Any boat which does not keep within its own assigned lane would be automatically disqualified.
 - If a collision occurs and affects the outcome of the race, the Race Officials have the right to restart the race without the participation of the disqualified team(s).
 - The Organizer may require an organisation or club which enters a team to indemnify all the costs, including all incidental costs thereto, of repair, replacement of racing equipment and boats willfully damaged by any of the team members.
 - From the time of departure to the time of return to Embarkation Area, no team member, except the coxswains and drummers, are allowed to stand while on the boat. Standing on the boat will risk capsizing the boat especially on high waves. Teams that purposely capsize boats 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 the following two (2) years and fined of RM300.00.
 - The Race Officials shall judge, stop the race under any circumstances, caution or disqualify any team or team member at his/her discretion. All rulings by the Race Officials are final.
 - Each captain is responsible for the conduct/sportsmanship of his/her team, and complying with race rules. A team is subject to disqualification from competition if any team member purposely exits the dragon boat into the water, or in any way endangers the crew.
- Distress/ Emergency**
 - If the team is in distress due to a capsizing, medical emergency, or any other unusual occurrence, each team member should listen to the team coach for instruction. In case of medical emergency, each paddler should turn their paddles upside down, blade up, to signal others to the emergency. The Coxswain should blow his/ her whistle for a few seconds three times to alert the Race Officials.
 - The Coxswain shall take control of the safety of the boat. The Coxswain and Captain should take note of the number of team members on board before embarking the boat. The Captain and Coxswain will work together to make sure all paddlers are safe in case of capsizing, or other emergency. In the case of capsizing, get to the boat and stay with it. Grab your paddle, if you can, and hang on to the boat and listen for instruction from your coach. Make sure you know where your seatmate is, and verify that he/she is safe. If you end up underneath the boat after a capsizing, get out as soon as possible. Everyone will count until all are deemed present. Everyone will be instructed to stay with the boat and then handle the emergency as instructed by the Coxswain/coach. DO NOT swim to shore unless instructed to do so by the coach and/or Coxswain. If safety personnel approach the dragon boat, they may take command, or help coordinate a rescue. When a capsizing occurs, the team members can usually get the boat up righted and then use bailers to empty the water before safely embarking again.
 - In the event someone inside the boat falls overboard, the dragon boat must stop immediately and implement the safety plan by following instructions from the Coxswain/coach.
- The Winner**
 - The Judges shall determine the winner of each race. In the event of a close finish, the recorded video will be reviewed to determine the winner.
 - The decision of the Judges shall be final.
- Protest / Appeal**
 - Any protest and/or appeal must be lodged with the Appeal Committee within fifteen (15) minutes after the announcement of the results, in the prescribed Protest/ Appeal Form which is available at the Race Secretariat.
 - Each protest/ appeal must be accompanied with a processing fee of RM300.00 in cash.
 - The Protest/ Appeal Form must be sent and lodged by the Team Captain.
 - Any protest/ appeal lodged without complying with the above rules 14.1, 14.2 and 14.3 will not be admitted and processed.
- Appeal Committee.**
 - The Appeal Committee should consist of a Chairman and two (2) other members to be appointed by the Technical Committee. 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 survivors teams or teams endorsed by the Sabah Breast Cancer Foundation can take part in this category. It is a 200 meters race involving 12 team members. The cash prize received by the winning teams must be donated to a charitable organisation of the winning team's choice.
- Insurance**

Teams are responsible to obtain their own liability insurance.
- Other**
 - Participation in the race will be on a self-hosted basis. Teams taking part will be responsible for all expenses incurred during their stay in Sabah including their travelling expenses, airfare and accommodation.
 - The Organizer, staff and volunteers will not be held responsible for lost or stolen articles left at the site.

DECLARATION OF RESPONSIBILITY

By registering for the 9th Sabah FCAS International Dragon Boat Race 2024 ("the Race"), We/I hereby declare that :-

- (i) we/I have fully read, understood, acknowledge, and will fully comply with and agree with the attached Rules and Regulations of the Event as set down by the Federation of Chinese Associations Sabah ("the Organizer") and the Disclaimer of Liability ;
- (ii) it is our/my responsibility to understand and abide by the Rules and Regulations before, during and after the Race, and that the decision of the Organizer will be final in all circumstances and no discussion will be entered into ;
- (iii) we/I agree to conduct ourselves/myself in a professional, courteous and cautious manner during our/my participation in the Race and understand that we/I may be dismissed if we/I do not do so ;
- (iv) we/I acknowledge that participation in the Race is physically strenuous and demanding. We/ I are/am aware that the nature of the Race and the associated medical and physical risk involved. We/I further certify that we/I are/am physically capable of competing in the Race and/or we/I are/am capable of completing this Race and we/I will only compete if we/I are/am fit enough to do so ;
- (v) if we/I have any medical condition(s), including allergies, which the Organizer might need to be aware of, we/I have provided details of this on our/my entry form ;
- (vi) we/I understand and agree that we/I participate in the Race entirely at our/my own risk, that we/I must rely on our/my own ability in dealing with all hazards and situations ;
- (vii) we/I assume all the risks deriving from my participation in the event: falls, contact with vehicles, with others participants, spectators or other, weather conditions, including scorching heat, extreme cold and/or humid conditions, traffic and road conditions, any type of risk well known and assessed by us/me and any consequence deriving from illness and/or injuries suffered or caused to ourselves/myself or to third parties, also attributable to the unsuitable physical condition, which may occur during and after participation in the event ;
- (viii) we/I agree to retire immediately from the Race if ordered to do so by the Organizer, any government official or member of the emergency services ;
- (ix) we/I will fully comply with any and all instructions of the Organizer, its agents or representatives issued from time to time ; and
- (x) in providing any information, personal or otherwise, to participate in the Race, it is deemed that we/I have given express permission to the Organizer and its agents to use such personal information for marketing, statistical and planning purposes.

DISCLAIMER OF LIABILITY

To the fullest extent permitted by law, we/I hereby :-

- (i) waive any rights to commence any proceedings whatsoever against the Federation of Chinese Associations Sabah ("the Organizer"), its officials, staff, employees, directors, representatives and the associations and/or companies which control, which are controlled by and which are associated with the Organizer and/or any representatives or agents of the Organizer ("the Exempted Parties"), releasing them from any liability whatsoever towards us/me, our/my heirs and beneficiaries, for any loss or damage, claim or demand whatsoever caused by personal injury or damage to property or with the subsequent death of ourselves/myself following or in connection with the Race, whether resulting from the fault of the Exempted Parties or another cause ;
- (ii) agree to indemnify, hold harmless and release all the Exempted Parties and each of them from any claim, loss, liability and damage or costs whatsoever sustained because of or in connection with the Race, whether caused by our/my own fault, negligence, wilful act or omission or any other cause and whether in relation to any claim brought by third parties against the Exempted Parties ; and
- (iii) assume full liability for any risks of physical injury, death or damage to property caused by or relating to the Race, whether caused by the fault of the Exempted Parties or another cause

Signature:

Team Manager Name:

IC / 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: Alliance Bank (M) Berhad 1003900-100-76185

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

Lot No. 7CF04, 7th Floor, Karamunsing Complex,

88100 Kota Kinabalu, Sabah, Malaysia. 馬來西亞

Fax: +60 88-268433 Email: fcasinfo@gmail.com

詳情請聯絡籌委會秘書處 :

For further enquiries please contact Organizing Secretariat:

+60 88-253433 / +60 11-55559428 (Ms. Seyi)

開放報名 :

Open for Registration: **20-03-2024 till 27-05-2024 (12pm)**

所有隊伍酒店住宿膳食自費 Board and lodging of all participants shall be borne by their own.

