

RULES & REGULATIONS

2026.07.V4

Rules & Regulations 比賽規則

1. Participant of 3.8KM must provide and upload proof of meeting at least one of the following criteria achieved within the past 3 years. 3.8公里游泳選手須提供並上載過去3年內符合以下任何一項條件之證明：
 - Official results from a swimming competition of 1.5km or above, with an average pace of less than 3 minutes 30 seconds per 100 meters. 1.5千米或以上的游泳比賽成績證明, 且平均每100米配速快於3分30秒。
 - A valid certificate of passing the Cross Harbour Race time trial. 「維港渡海泳」水試合格證明。
 - Participation records from swimming events OR training logs from a smartwatch (covering a distance of 1.5km or above), with an average pace of less than 3 minutes 30 seconds per 100 meters. 游泳活動參加紀錄或智能手錶訓練紀錄 (1.5千米或以上), 且平均每100米配速快於3分30秒。
2. Participants are required to meet the following cut-off times. 參賽者須於指定時限完成有關賽事。Race Cut Off time 完成時限為：
 - 400m Race 比賽 : 18 mins 分鐘
 - 400m x2 Relay Race 接力比賽 : 36 mins 分鐘
 - 1.7km Race 比賽: 70 mins 分鐘; 750m checkpoint cut-off : 31mins分鐘
 - 3.8km Race 比賽: 130 mins 分鐘; 1.3km checkpoint cut-off : 44mins分鐘 ; 2.3km checkpoint cutoff : 79 mins分鐘
3. No one should join the race unless he/she is physically fit, and in excellent health condition. 參賽者需確保具備良好體能及健康狀態，否則切勿參與此比賽。
4. The organiser reserves the right to request participants to provide proof of competence. Failure to do so will not be allowed to participate in the race. 比賽單位可能要求泳手提供能夠於時限內完成比賽的相關證明，無法提供相關證明者將不獲參加比賽。
5. Participants will take full responsibility and safety during the race. 泳手於比賽期間須為自己的安全負上全部責任。
6. Participants must obey instructions from kayakers, helpers, and personnel of the race. Failure to do so will not be allowed to participate in the race or will be disqualified. 泳手必須遵從艇手及支援人員的所有比賽安排指示。拒絕遵從者將被取消資格。
7. Participants will take full responsibility and safety during the race. 泳手於比賽期間須為自己的安全負上全部責任。
8. No swimmer is permitted to use any device that may be an aid to their speed or endurance such as fins, paddles, wetsuits. 泳手於比賽期間不可穿戴任何游泳輔助器具，包括但不限於wetsuits, 腳蹼及手蹼。
9. SAFETY BUOYS are mandatory during the ENTIRE race. Failure to do so will not be allowed to participate in the race or will be disqualified. 安全浮標必須於比賽期間全程戴上。違

者可者被取消資格。

10. Medals and prizes will be presented at the award ceremony on race day. Podium winners who cannot attend the award ceremony may request postal delivery of their medal and prize within one month of the event, subject to an HK\$80 administration fee. 獎品與獎牌僅限比賽當日於頒獎典禮現場頒發。未出席領獎者可於賽後一個月內申請經郵寄補發及需支付港幣80元行政費用。

Inclement Weather conditions
惡劣天氣安排

1. If Typhoon Signal No.8 or above is hoisted at any time from 13:00 on the day before the race, the race will be cancelled and entry fees will not be refunded. 如於比賽前一天下午一時懸掛八號颱風訊號或以上，是項賽事將取消及報名費用不會退回。
2. If the Typhoon Signal No.3 / Red Rainstorm/ Black Rainstorm warning is hoisted at any time after 05:00 a.m. on race morning, the race will be cancelled and entry fees will not

Postponement & Changes Policy
更改及取消條款

1. Refunds 退款 - Entry fees are not refundable under any circumstance, even in the event of cancellation. 任何情況下已繳付之費用不獲退款。
2. Rescheduling 比賽延期安排 - If the event is affected by bad weather or other reasons, such as government regulations, the organizer will try their best to reschedule the event. Your entry will automatically be transferred to the new date, which will be announced to all registrants by e-mail and via website announcement. There will be no refund even if the organizer is unable to reschedule the event. 若果活動因天氣或其他原因影響，我們會盡力安排賽期更改。活動日期更改將會以電郵及網站知會各參加者。若果比賽未能改期亦不會有退款安排。
3. Transfer 更改泳手 - Allowed no less than 7 days before the event day, subject to payment of an administration fee of HK\$50. 泳手可於比賽前不少於七日，更改泳手，費用\$50，Distance Upgrade 轉換至較長距離賽事 Allowed no less than 7 days before the event day, subject to payment of an administration fee of HK\$50 plus the price difference in entry fees between the price paid and the price at the time of request. 泳手可於比賽前不少於七日，轉換至較長距離賽事，費用為\$50及參賽費之差價。
4. Distance Downgrade 轉換至較短距離賽事 - Allowed no less than 7 days before the event day, subject to payment of an administration fee of HK\$50 without refund of the price difference in entry fees. 泳手可於比賽前不少於七日，轉換至較長短離賽事，費用為\$50。參賽費之差價將不獲退回。
5. Open Water Swim Series Hong Kong / Swim Bike Run Club reserves the right to final interpretation of all rules, regulations and policies. 香港渡游團/游踩跑會保留更改或取消活動日期及以上條款最終解釋權利。

The agreement, Waiver, and Release
免責聲明同意書

1. My medical status, physical ability, training, and fitness are capable and of a certain level to participate in the “4th Discovery Bay Open Water Race Challenge” or DBC; 本人的醫療狀況、身體能力、訓練強度及體能均符合並達到參與「第四屆愉景灣渡海泳挑戰賽」（簡稱 DBC）的特定水平。
2. I am voluntarily participating in the “4th Discovery Bay Open Water Race Challenge”. I am aware of the inherent risks and potential hazards associated with participating in “4th Discovery Bay Open Water Race Challenge” and in general, the activity of open water swimming, which may include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or others’ actions, inaction, or negligence; or the condition of the open water swimming location. Nonetheless, I assume all related risks of my participation in this race, both known or unknown to me. 本人自願參與「第四屆愉景灣渡海泳挑戰賽」。我深知參與「第四屆愉景灣渡海泳挑戰賽」以及一般公開水域游泳活動所帶來的內在風險與潛在危害，當中包括但不限於身體或心理受傷、疼痛、痛苦、疾病、毀容、暫時或永久性殘疾（包括癱瘓）、經濟或情感損失，以及/或死亡。我明白該等傷害或後果可能源於我自身或他人的行為、不作為或疏忽，亦可能源於公開水域游泳地點的環境狀況。儘管如此，我願意承擔與我參與是次賽事相關的所有已知或未知的風險。
3. I hereby release and hold harmless SWIM BIKE RUN CLUB (“SBRC”) or Open Water Swim Series Hong Kong (“OWSSHK”) and/or its volunteers and/or other organizations, and/or governmental departments directly or indirectly related to the training against any and all liability or damages for any claim or action arising directly or indirectly from the personal injury or death of myself or any other person as a result of my participation in “4th Discovery Bay Open Water Race Challenge”. If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. 本人特此保證並免除 SWIM BIKE RUN CLUB（簡稱 “SBRC”）或 香港渡游團（簡稱 “OWSSHK”）以及/或其義工、以及/或直接或間接與是次訓練相關的其他組織及/或政府部門的任何及所有法律責任或損害賠償，免受因我參與「第四屆愉景灣渡海泳挑戰賽」而直接或間接導致我自身或任何他人的身體受傷或死亡所引起的任何索償或訴訟。若我需要接受醫療，我同意承擔因該等治療而產生的任何費用。
4. In consideration of being permitted to participate in “4th Discovery Bay Open Water Race Challenge”. on behalf of myself and my next of kin, heirs, and representatives, I release from any and all liability and undertake not to bring legal action against “SBRC” / “OWSSHK” and/or its volunteers and/or other organizations including but not limited to “SBRC” / “OWSSHK” and/or government departments directly or indirectly related to the race for any and all claims, including negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss. 基於獲准參與「第四屆愉景灣渡海泳挑戰賽」的考慮，我代表我本人以及我的近親、繼承人和代表，免除 “SBRC” / “OWSSHK” 及/或其義工、及/或直接或間接與賽事相關的其他組織（包括但不限於 “SBRC” / “OWSSHK”）及/或政府部門的任何及所有法律責任，並承諾不對其提起法律訴訟，追究因任何及所有索償（包括疏忽）而導致的任何身體或心理受傷（包括癱瘓和死亡）、疾病、損害賠償、或經濟與情感損失。
5. The organizer has the right to change the race course & distance or arrangement or to cancel the race. There will be no refund in any of the circumstances. 主辦單位有權更改賽道、距離、賽事安排或取消賽事。在任何情況下均不設退款。

Parent / Guardian Waiver for Minor (UNDER 18 YEARS OLD)
未滿 18 歲參賽者之家長/監護人免責聲明

"If the participant is under 18 years of age, their parent or legal guardian hereby declares and confirms that they consent to the minor's participation in this event. To the maximum extent permitted by Hong Kong law, the parent/guardian agrees to waive all liabilities of the organizers. By completing this registration, the parent or legal guardian acknowledges that they have fully read, understood, and agreed to be bound by the terms of this disclaimer. 如參賽者未滿 18 歲，其家長或法定監護人特此聲明並確認已同意該未成年人參賽。在香港法律允許的最大範圍內，本家長/監護人代表該未成年人及自身，免除主辦方之所有法律責任。完成本登記即代表家長或法定監護人已完全閱讀、理解並同意受本免責聲明之條款約束。及承擔參賽之相關風險。