

5<sup>th</sup> Asian Beach Games Organizing Committee



5<sup>th</sup> Asian Beach Games  
DA NANG  
VIETNAM 2016

# Beach Rowing

Sport Technical Handbook



# The 5<sup>th</sup> Asian Beach Games

Official Sponsors



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## I. ORGANIZATIONS

### 1. Olympic Council of Asia

#### OCA Executive Board

President	Sheikh Ahmad Al-Fahad Al-Sabah (Kuwait)
Honorary Life Vice-Presidents	Raja Randhir SINGH (India)
	Mr. Jizhong WEI (China)
Vice Presidents	Maj. Gen. Charouck Arirachakaran (Thailand)
	Mr. Timothy Fok Tsun Ting (Hong Kong, China)
	Lt Gen. Syed Arif Hasan (Pakistan)
	HE Sheikh Isa Bin Rashed Al Khalifa (Bahrain)
	Mr. Temirkhan Dosmukhambetov (Kazakhstan)
	Mr. Tsunekazu Takeda (Japan)
	Mr. Yu Zaiqing (China)
	Prof. Dr. Hoang Vinh Giang (Vietnam)
	Mr. Sapardurdy Toylyyev (Turkmenistan)
Honorary Vice-President	Mr. Hemasiri FERNANDO (Sri Lanka)
Chairman of Rules Committee	Sheikh Talal Fahad Ahmad J Al-Sabah (Kuwait)
Chairwoman of Women and Sports Committee	Mrs. Natalya Sipovich (Kazakhstan)
Chairman of Advisory Committee	Mr. Ng Ser Miang (Singapore)
Chairman of Peace through Sport Committee	HRH Prince Faisal Bin Al-Hussein (Jordan)
Chairman of Athletes Committee	Mr. Koji Murofushi (Japan)
Chairman of Sports Environment Committee	Mr. Kyung-Sun Yu (Korea)
Chairman of Medical Committee	Dr. Manikavasagam Jegathesan (Malaysia)
Chairman of Sports for All Committee	Brig Gen. Mowaffak Joumaa (Syria)

Chairman of Media Committee	Mr. Charles King Chiu Lo (Macau, China)
Chairman of Finance Committee	Mr. Kevin Kuo-I Chen (Chinese Taipei)
Chairman of Culture Committee	Mr. Mohammad Al-Kamali (United Arab Emirates)
Chairman of Entourage Committee	Mr. Daesung MOON (Korea)
Chairman of Education Committee	HRH Prince Abdulhakim Bin Mosaa (Saudi Arabia)
Chairman of Coordination Committee	Mr. Tsunekazu Takeda (Japan)
Chairman of Ethics Committee	Mr. Jizhong WEI (China)
Chairman of Information & Statistics Committee	Dr. Demchigjav ZAGDSUREN (Mongolia)
Chairman of International Relations Committee	HRH Prince Jigyel Ugyen WANGCHUCK (Bhutan)
Chairman of Sports Committee	Mr. SONG Luzeng (China)
Members	HRH Prince Haji Sufri Bolkiah (Brunei Darussalam)
	Mr. Mirabror Usmanov (Uzbekistan)
	Mr. Kieumers Hashemi (Iran)
	Mr. Raad Hamoodi Salman AL-DULAIMI (Iraq)
Honorary Members	Mr. ZHANG Jilong (China)
	Mr. Habib Abdul Nabi Yousuf MACKI (Oman)
	Gen. Souhail Khoury (Lebanon)
Director General & Technical Director	Mr. Husain A H Z Al-Musallam (Kuwait)

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## 2. The 5<sup>th</sup> Asian Beach Games Organizing Committee

Chairman	<p><b>Le Khanh Hai</b> Deputy Minister of Culture, Sports &amp; Tourism</p>
Standing Deputy Chairman	<p><b>Vuong Bich Thang</b> Chairman of Vietnam Sports Administration</p>
Deputy Chairman	<p><b>Nguyen Van Tuan</b> Chairman of Vietnam Tourism Administration</p> <p><b>Huynh Duc Tho</b> Chairman of Danang City People's Committee</p> <p><b>Hoang Vinh Giang</b> Standing Vice President of Vietnam Olympic Committee</p> <p><b>Dang Viet Dzung</b> Deputy Chairman, Danang City People's Committee</p>
Members	<p><b>Tran Dang Yen</b> Lieutenant-General, Ministry of Public Security</p> <p><b>Dau Dinh Toan</b> Major General, Ministry of National Defence</p> <p><b>Pham Van Tuan</b> Deputy Chairman of Vietnam Sports Administration</p> <p><b>Tran Duc Phan</b> Deputy Chairman of Vietnam Sports Administration</p> <p><b>Luong Ngoc Khue</b> Director of Diagnosis and Treatment, Ministry of Health</p> <p><b>Ho Viet Ha</b> Director of Planning and Finance, Ministry of Culture, Sports and Tourism</p> <p><b>Phan Dinh Tan</b> Chief of Office - Ministry of Culture, Sports and Tourism</p> <p><b>Pham Cao Phong</b> Director of Foreign Culture Affairs and UNESCO, Ministry of Foreign Affairs</p> <p><b>Tran Van Manh</b> Secretary General of Vietnam Olympic Committee</p>

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**Members****Nguyen Manh Hung**

Director of Elite Sport Department I, Vietnam Sports Administration

**Nguyen Trong Ho**

Director of Elite Sport Department II, Vietnam Sports Administration

**Nguyen Van Binh**

Director of Finance Planning, Vietnam Sports Administration

**Tan Le Minh**

Director of Personnel Department, Vietnam Sports Administration

**Nguyen Hong Minh**

Chief of Office, Vietnam Sports Administration

**Hoang Quoc Vinh**

Director of International Relation Department, Vietnam Sports Administration

**Vu Van Thanh**

Director of Hotel Department, Vietnam Tourism Administration

**Nguyen Manh Hung**

Director of Ha Noi National Sports Training Center

**Le Hong Son**

Director of Danang National Sports Training Center

**Dang Ha Viet**

Director of Ho Chi Minh National Sports Training Center

**Phan Ngoc Tien**

Director of Sport Program production Center, Vietnam Television

**Dam Quoc Chinh**

Director of Sport information Center, Vietnam Sports Administration

**Hoang Du**

Editor-in-chief, Vietnam Sport Newspaper

**Nguyen Phuc Linh**

Deputy Director of Danang Department Culture, Sports and Tourism



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**Members****Tran Quoc Phuong**

Deputy Director of Labor, Culture, Social, Ministry of Planning and Investment

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**Le Manh Hung**

Deputy Director of Student Affairs, Ministry of Education and Training

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**Representative**Ministry of Finance

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### Vietnam Canoeing, Rowing and Sailing Federation (VCRSF)

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Website	

## 5. OCA Members

No	NOC	Code	No	NOC	Code
1	Afghanistan	AFG	23	Malaysia	MAS
2	Bahrain	BRN	24	Maldives	MDV
3	Bangladesh	BAN	25	Mongolia	MGL
4	Bhutan	BHU	26	Myanmar	MYA
5	Brunei	BRU	27	Nepal	NEP
6	Cambodia	CAM	28	Oman	OMA
7	China	CHN	29	Pakistan	PAK
8	D.P.R. Korea	PRK	30	Palestine	PLE
9	Hong Kong, China	HKG	31	Philippines	PHI
10	India	IND	32	Qatar	QAT
11	Indonesia	INA	33	Saudi Arabia	KSA
12	Iran	IRI	34	Singapore	SIN
13	Iraq	IRQ	35	Sri Lanka	SRI
14	Japan	JPN	36	Syria	SYR
15	Jordan	JOR	37	Chinese Taipei	TPE
16	Kazakhstan	KAZ	38	Tajikistan	TJK
17	Korea	KOR	39	Thailand	THA
18	Kuwait	KUW	40	Timor- Leste	TLS
19	Kyrgyzstan	KGZ	41	Turkmenistan	TKM
20	Laos	LAO	42	United Arab Emirates	UAE
21	Lebanon	LIB	43	Uzbekistan	UZB
22	Macau, China	MAC	44	Viet Nam	VIE
			45	Yemen	YEM

## II. GENERAL INFORMATION

### 1. Viet Nam country profile

Viet Nam is located on the Indochina peninsula in Southeast Asia. It has a long land border of 4,550 km, bordering China to the North, Laos and Cambodia to the West, and Eastern Sea of Pacific Ocean to the East. On the map, Viet Nam is an S-shaped strip of land, stretching from 23°23' to 8°27' North latitude. The country's total length is 1,650 km from the northernmost point to the southernmost point. Its width, from the Eastern coast to the Western border, is about 500 km at the widest part and about 50 km at the narrowest part.

Viet Nam faces the Eastern Sea to the East and the Gulf of Thailand to the South and Southwest. The country has a long coastline of 3,260 km running from Mong Cai in the North to Ha Tien in the Southwest. Viet Nam's territorial waters in the Eastern Sea extend to the East and Southeast, including the continental shelf, islands and archipelagos. There is a group of around 3,000 islets belonging to Viet Nam in the Tonkin Gulf, including Ha Long Bay, Bai Tu Long Bay, Cat Hai, Cat Ba and Bach Long Vi Island. Farther in the Eastern Sea are Hoang Sa Archipelago (Paracel Islands) and Truong Sa Archipelago (Spratly Islands). To the West and the Southwest, there are groups of islands including Con Son, Phu Quoc and Tho Chu.

Viet Nam is located in the tropical zone. Its climate is characterized by high temperature and humidity all year round. The Northern part, under the impact of the Chinese mainland, has more or less mainland climate. In addition, the Eastern Sea greatly affects the country's tropical monsoon climate. As the monsoon climate does not spread evenly, there are different regions with different climates all over the Vietnamese territory. Viet Nam's climate changes by seasons and by regions from

the lowland to the highland, from North to South and from East to West. Given the strong influence of the Northeast monsoon, the average temperature in Viet Nam is lower than that of many other Asian countries of the same latitude.

There are two major climate regions in Viet Nam: (1) Northern Viet Nam (from Hai Van Pass northwards) has a highly humid tropical monsoon climate with four distinguishable seasons (spring, summer, autumn and winter) and is influenced by the Northeast and Southeast monsoon. (2) Southern Viet Nam (from Hai Van Pass southwards) has a rather moderate tropical climate given the weak influence of monsoon and is characterized by dry and rainy seasons and warm weather all year round.

The average temperature varies between 21°C and 27°C and increases from north to south. The average temperature is 25°C in summer (Ha Noi 23°C, Da Nang 25°C, Ho Chi Minh City 26°C). In winter, the temperature in the North reaches its lowest point in December and January.

It is known as an agricultural civilization based on wet rice cultivating. The country has an age-long and special culture that is closely attached to the history of the formation and development of the nation.

The total population in Viet Nam was last recorded at 91.7 million people in 2015. Viet Nam is a multi-ethnic country with 54 ethnic groups living across the country, each with has its own cultural color, the Vietnamese culture is a diversified unification.

Vietnamese is official language. However, various other languages are spoken by several minority groups in Viet Nam. English, French, Russian and Chinese are widely spoken.

The monetary unit of Viet Nam is Dong (VND). The currency exchange is approximately 1 US dollar = 22,000 VND. Most foreign currencies are easily changed at airports, banks, hotels or money changers.

## 2. Da Nang

Da Nang, the host city of the 5<sup>th</sup> Asian Beach Games is located in the central part of Viet Nam with a coastline 30 kilometers long, famous for many beautiful beaches stretching from the North to the South.

Da Nang is one of the largest tourist destinations in the country, and located in the central point of three World Cultural Heritage Sites in Central Viet Nam including My Son Holy Land, Hoi An Ancient Town and Hue Citadel.

### Geography

Da Nang is situated in the centre of Viet Nam, 764km from Ha Noi and 964km from Ho Chi Minh City. It lies on the North - South transport axis of land, rail, sea and air routes.

The city has a natural land area of 1,283.42km<sup>2</sup>, comprising 241.51km<sup>2</sup> of urban districts and 1,041.91 km<sup>2</sup> of rural districts.

### Climate

Da Nang is located in the zone of typical tropical monsoon, temperate and equable climate. There are two seasons: the wet from August to December and the dry season from January to July.

Average temperature is about 26°C, the highest is 28-30°C in June - August. The average humidity is 83.4%; highest in October - November the average of 85.67 to

87.67%.

### Climate data for Danang

Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Record high °C	32	35	37	41	39	38	38	38	37	36	35	32	41
(°F)	90	95	99	106	102	100	100	100	99	97	95	90	106
Average high °C	24.8	26.1	28.7	31.0	33.4	33.9	34.3	33.9	31.5	29.6	27.0	24.9	29.9
(°F)	76.6	79	83.7	87.8	92.1	93	93.7	93	88.7	85.3	80.6	76.8	85.8
Daily mean °C	21.7	23.0	25.1	27.2	29.2	29.7	29.8	29.7	27.8	26.4	24.3	22.1	26.3
(°F)	71.1	73.4	77.2	81	84.6	85.5	85.6	85.5	82	79.5	75.7	71.8	79.3
Average low °C	18.5	19.8	21.5	23.3	24.9	25.5	25.3	25.5	24.1	23.2	21.6	19.3	22.7
(°F)	65.3	67.6	70.7	73.9	76.8	77.9	77.5	77.9	75.4	73.8	70.9	66.7	72.9
Record low °C	8	7	11	7	18	20	17	21	21	12	7	11	7
(°F)	46	45	52	45	64	68	63	70	70	54	45	52	45
Avg. precipitation mm	96.2	33.0	22.4	26.9	62.6	87.1	85.6	103.0	349.7	612.8	366.2	199.0	2,044.5
(inches)	3.787	1.299	0.882	1.059	2.465	3.429	3.37	4.055	13.768	24.126	14.417	7.835	80.492

### Transportation

Da Nang is on the North - South axis of roads, railways, waterways and airlines.

**Road:** National Highways No. 1A and No. 14B run through the city, providing road connections to Ha Noi in the north and Ho Chi Minh city in the south, as well as the Central Highlands and Laos to the west.

**Railway:** Da Nang station is located in the center of city. The railway from Lang Son to Ho Chi Minh city goes through Da Nang. Da Nang is a major station along the North-South Railway, also known as the Reunification Express.

**Waterway:** Tien Sa is one of the largest deep-water ports in central Viet Nam. This is an international seaport receiving big vessels and is an excellent harbour located in a wonderful position.

**Airline:** Da Nang International Airport, located at the center of the city, is the third largest international airport in Viet Nam. It is an important gateway to access central of Viet Nam. The airport has domestic connections to Ha Noi, Ho Chi Minh city, Hai Phong, Da Lat, Nha Trang, Buon Ma Thuot, Vinh, Can Tho and Pleiku, as well as international connections to China (Guangzhou, Kunming, Chengdu, Xian...), Siem Reap (Cambodia), Singapore, Korea (Incheon, Busan), Kuala Lumpur (Malaysia), Macau, Hong Kong and Narita (Japan).



### 3. The 5<sup>th</sup> Asian Beach Games in brief

#### Games Overview

Duration	September 24 <sup>th</sup> ~ October 3 <sup>rd</sup> , 2016 (10 days)
Location	In Da Nang city
Games Venue	4 sections
Sports Program	14 sports / 172 events
Patron	Olympic Council of Asia (OCA)
Host	The 5 <sup>th</sup> Asian Beach Games Organizing Committee (DABGOC)

The Asian Beach Games is a multi-sport event held every two years among athletes representing 45 National Olympic Committees from Asia. The Games is regulated by the Olympic Council of Asia. The Asian Beach Games celebrates cooperation and unity despite differences. Athletes from a wide variety of nations are able to travel, meet new people, and bring back memories about the rest of the world to their home nations.

The Asian Beach Games forge unity and friendship between their member nations by joining athletes, trainers, and officials together. The 5<sup>th</sup> Asian Beach Games is to be held in Viet Nam by 2016. The Olympic Council of Asia (OCA), the highest governing body of sports in Asia, has awarded the right to Viet Nam to host the 5<sup>th</sup> Asian Beach Games during the 16<sup>th</sup> Guangzhou Asian Games in November, 2010.

The 5<sup>th</sup> Asian Beach Games is being pegged as the biggest ever in terms of the number of sports and participants that will revel in the pristine beaches of Da Nang - coming into mind the sea, sun and sand - these attributes make Da Nang a complete sporting destination that offers a lot beyond its beauty. Visitors to Da Nang will be

welcome with the warm and beautiful smiles of its people, and will definitely be smitten by the distinct charm of the city.

### Games Emblem



5<sup>th</sup> Asian Beach Games  
DA NANG  
VIETNAM 2016

- The 5<sup>th</sup> Asian Beach Games emblem is designed to simulate waves and sand in the shape of young, healthy and dynamic athletes performing sports (volleyball, handball) with the symbol of the Olympic Council of Asia inside.

- With the power and strength of sports, all parts of the logo rise up to form a big V shape (which means “Viet Nam”, “Victory”, “V”- the fifth in Greek symbol...) that affirm the role of the host country, highlight the competition spirit as well as the athletes’ aspirations of winning.

The combination between the sea and the sand waving together reflects the strength and strong will of Viet Nam Sports as well as carries the message of friendliness and welcome to all sport delegations; represents the solidarity and friendship of the Asian family with the expectation of a successful 5<sup>th</sup> Asian Beach Games.

### Games Mascots



- The 5<sup>th</sup> Asian Beach Games Mascot is swift, a special characteristic of the coastal Central South of Vietnam which is famous for bird nests - a high economic value product in general and a specialty of Da Nang in particular.

- The mascot is a stylized boy with funny hair on top of the head, small V-shaped tail (a characteristic of swift), holding a lighted torch which represents solidarity, peace and vitality of mankind. The sun of the Olympic Council of Asia and the traditional waves on the outfit of the Mascot symbolize the Asian Beach Games.

The colors used for the Mascot are blue, red, black and yellow which represent blue sea, yellow sand and the bird's feathers. The Mascot with childish, lovely and innocent facial expression, simple shape and various colors is expected to touch people's hearts and easily to become a popular souvenir.

## Slogan of the Games

### SHINING SEA, BRIGHT FUTURE

“Shining” means the glory that gathers and spreads from the sea. It also looks like the sunshine, with gentle and intense moments, representing an exciting beach sports event taking place in the Asia. It highlights a dynamic and strong growing Asia with the power to inspire the world in not only sport but also the socioeconomic of the continent for the development in the future.

The slogan conveys a message from Viet Nam to the world about a beautiful Viet Nam with glorious sunshine, blue sea, white sand, friendly and hospitable people who always express their solidarity and integration together in a peaceful world for a bright future.

### 4. Competition Program

No	Sports	Code	Day	No. of Events	September 24 <sup>th</sup> - October 3 <sup>rd</sup>													
					M	T	W	T	F	S	S	M	T	W	T	F	S	S
	19				20	21	22	23	24	25	26	27	28	29	30	1	2	3
	<b>Opening Ceremony</b>									OC								
1	Aquatic Sports																	
1.1	Marathon Swimming	AMS	2	4					2		2							
1.2	Beach Water Polo	ABW	7	1													1	
2	Beach Kabaddi	KAB	4	2														
3	Beach Soccer	FBS	10	1													1	
4	Beach Volleyball	BV	8	2													2	
5	Beach Handball	HBH	8	2													2	
6	3x3 Basketball	B33	4	2													2	
7	Beach Sepaktakraw	SBS	8	6													2	
8	Beach Martial Arts																	
8.1	Wrestling	BWR	3	8													3 3 2	
8.2	Sambo	SB	3	8													3 3 2	
8.3	Ju-Jitsu	JJ	3	18													3 8 7	
8.4	Kurash	KU	3	10													3 3 4	
8.5	Pencak Silat	PSB	5	18													6 12	
8.6	Vovinam	VV	3	9													9	
8.7	Muay	MY	5	16													7 5	
8.8	Traditional Martial Art	TMA	4	11													11	
9	Beach Shuttlecock	SC	6	7													7	
10	Beach Petanque	PQ	6	9													3 2 2 2	
11	Beach Bodybuilding	BO	2	7													7	
12	Beach Woodball	WOB	8	11													7 4	
13	Beach Rowing	ROB	5	6													2 2 2	
14	Beach Athletics	ABA	4	14													2 4 1 7	
	<b>Closing Ceremony</b>			<b>172</b>														<b>CC</b>

- Opening/Closing Ceremony
- Competition dates
- Technical/Jury meeting

### III. COMPETITION TECHNICAL INFORMATION

#### 1. Dates

Beach Rowing competition for the 5<sup>th</sup> Asian Beach Games 2016 will be held in Da Nang, Viet Nam from September 27<sup>th</sup> to October 1<sup>st</sup>, 2016.

#### 2. Competition Venue

The 5<sup>th</sup> Asian Beach Games will be held along Vo Nguyen Giap and Truong Sa coastline Road, Da Nang city, which is divided into 4 competition clusters.

Beach Rowing competition venue is located in the Cluster 1 at Bien Dong Park, Da Nang city.

#### 3. Events

No.	Total		Events	Athletes entry				Medal Detail			
	Date	Events		M	F	Res.	Max	G	S	B	Total
1	5	6	Men's Solo (MC1x)	1	-	-	10	1	1	1	3
2			Men's Double Sculls (MC2x)	2	-	1		2	2	2	6
3			Men's Coxed Quadruple Sculls (MC4x+)	5	-	1		5	5	5	15
4			Women's Solo (WC1x)	-	1	-	10	1	1	1	3
5			Women's Double Sculls (WC2x)	-	2	1		2	2	2	6
6			Women's Coxed Quadruple Sculls (WC4x+)	-	5	1		5	5	5	15

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Each NOC can entry only 1 boat per event.

**Individual Events:** Each NOC may enter maximum of one (1) player/crew boat in each event.

The maximum numbers of athletes per event per NOC are:

**Men's events**

- Solo (MC1x): one (1) athlete
- Double Sculls (MC2x): two (2) athletes plus one (1) reserve
- Coxed Quadruple Sculls (MC4x+): five (5) athletes plus one (1) reserve

**Women's events**

- Solo (WC1x): one (1) athlete
- Double Sculls (WC2x): two (2) athletes plus one (1) reserve
- Coxed Quadruple Sculls (WC4x+): five (5) athletes plus one (1) reserve

**Boat Handlers**

Each NOC will be eligible to declare two (2) boat handlers who will hold the accreditation as coaches/team support.

---

## 4. Competition management

### 4.1 Technical Delegate

Mike Tanner

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### 4.2 Competition Manager

Duong Thi Hong Hanh

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## 5. Competition Schedule

Date	Time	Events
26/9	09:00 - 11:30	Team training
	15:00 - 18:00	Team training
27/9	Morning	MC1x - Time Trials/ Heats / Repechages
		WC1x - Time Trials/ Heats / Repechages
	Afternoon	MC2x - Time Trials/ Heats / Repechages
		WC2x - Time Trials/ Heats / Repechages
28/9	Morning	MC1x - non-last 8 places
		MC1x - last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		<b>* Medal Ceremony MC1x</b>
	Afternoon	WC1x non-last 8 places
		WC1x - last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		<b>* Medal Ceremony WC1x</b>
29/9	Morning	MC2x non-last 8 places
		MC2x - last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		<b>* Medal Ceremony MC2x</b>
	Afternoon	WC2x non-last 8 places
		WC2x - last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		<b>* Medal Ceremony WC2x</b>
30/9		<b>Reserve Day</b>



1/10	Morning	MC4x+ last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		* <b>Medal Ceremony MC4x+</b>
1/10	Morning	WC4x+ last 8 continuous schedule (Quarter-finals; Semi-finals; Finals)
		* <b>Medal Ceremony WC4x+</b>

**Note:** This schedule is subject to change upon confirmation of final entries.

## 6. General Rules and Regulations

### 6.1 Competition Rules

The Beach Rowing competition will be conducted in accordance with the FISA Rules of Racing for Beach Rowing Sprints. In case of different interpretation of rules from versions in different languages, the English text will prevail.

### 6.2 Competition Format

#### 6.2.1 The racing course for Beach Rowing shall comprise three sections:

The first section of the course shall be a beach run by one member of each crew from a point on the beach (the start/finish line) to the water edge, a distance of between approximately 30 and 50 meters.

The next section of the course shall comprise, for each lane, a series of 3 lane buoys in a straight line, positioned approximately 85 meters apart. Crews shall race from the beach in a slalom fashion around each of the three buoys in turn in their respective racing lanes, turning around the last buoy. After rounding the last buoy they shall then race directly in a straight line back to the designated point on the beach.

The third section of the course shall be a beach run by one member of each crew back to the start/finish line on the beach. The result of each race shall be determined by the order of finish.

The finish of the race shall be marked by one flag or similar device for each crew, standing in the sand, and which must be picked up by the runner from each crew to mark their finish.

The distances stated here shall be a general guide and will depend on local conditions.

The course diagram is shown below.

### **6.2.2 Progression and Final Eight**

The competition for all events with more than 8 entries shall begin with a series of time trials, heats and repechages to determine the final eight teams. The final eight teams in each event shall then compete in quarter-finals, semi-finals and finals in a continuous series of races in the same racing session to determine the medalists.

## **7. Eligibility**

**7.1** Only OCA member NOCs are entitled to send athletes to participate in the 5<sup>th</sup> Asian Beach Games.

**7.2** The 5<sup>th</sup> Asian Beach Games competition is reserved only for those athletes affiliated international sports federations.

**7.3** All athletes participating in the 5<sup>th</sup> Asian Beach Games should be in conformity with OCA Constitution eligibility rules.

**7.4** Each athlete must possess an International Competitor's Medical License; valid through 2016. The medical examinations should be carried out in the competitor's home country before taking part in the 5<sup>th</sup> Asian Beach Games.

## **8. Entries**

**8.1** Entries of each participating NOC must be submitted in accordance with the regulations laid-out by DABGOC.

**8.2** Deadline for Entry by number (Preliminary): Each participating OCA member NOC must submit Entry by number to DABGOC by 2400 hrs. Viet Nam local time (GMT+7) by 30<sup>th</sup> April, 2016.

**8.3** Deadline for Entry by name (final): The Entry by name must be received by DABGOC no later than 30<sup>th</sup> June, 2016 at 2400 hrs. Viet Nam local time (GMT+7). The completed Entry by name must be submitted for each athlete and include all necessary information. Original form must be presented during the Delegation Registration Meeting (DRM).

*NOC may make changes or submit amended Entry by name up to and including the day of deadline, but no such amendments will be permitted after the deadline.*

**8.4** Both Entry by number and Entry by name may be sent by fax or email and subsequently confirmed with stamped original by posting to the following address:

## 5<sup>th</sup> Asian Beach Games Organizing Committee

### Technical & Sports Sub Committee

Address	No 36 Tran Phu street, Ba Dinh district, Ha Noi, Viet Nam
Website	www.abg2016.com
Email	technical@abgdanang2016.com
Phone	+84 4 3747 6187
Fax	+84 4 3823 2455

**8.5** Any late entries will be decided by OCA for acceptance or rejection.

NOCs that withdraw their athletes after the submission of the final entries by name will be faced with disciplinary action by the OCA.

## 9. Technical Meeting

Date	Time	Activity	Venue
September 25 <sup>th</sup> 2016		- Organizing Committee Meeting - Preliminary Team Manager Meeting	TBC
September 26 <sup>th</sup> 2016	09:00 15:00	- Team Manager Meeting and Draw - Jury Meeting	TBC

## 10. International Technical Officials

**10.1** All International Technical Officials including the technical delegates will be proposed by the ISF or ASF and approved by OCA. OCA reserves the right to propose to the ASF or ISF to change any international technical official with justified reason.

**10.2** All the international technical officials should have international recognition.

**10.3** All National technical official and competition officials will be proposed by the NSF and approved by DABGOC.

## **11. Protests and Appeals**

**11.1** All technical protests should be carried out according to ISF or ASF procedures. A jury will be established by the ISF or ASF including representatives of OCA and the organizing committee.

**11.2** Appeal against the Jury's decision can be brought to CAS.

## **12. Equipment and Clothing**

**12.1** The equipment used in the competition and clothes worn by the athletes and officials must comply with the rules and regulations of the OCA first then with ISF regulations.

**12.2** Each team must possess two different color sets of playing jerseys.

## **13. Penalties in Case of Fraud**

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC may be disqualified in the sport involved, by decision of OCA.

## **14. Doping Control/Gender Verification**

**14.1** Doping Control during the 5<sup>th</sup> Asian Beach Games will be conducted in accordance with OCA Anti- Doping Rules.

**14.2** Gender Verification tests may be carried out in accordance with the OCA Constitution and Rules.

## **15. Victory Ceremony**

Gold, silver and bronze medals will be awarded to the athletes ranked top three of each event respectively.

Fifteen minutes before the Victory Ceremony starts, the medalists shall be escorted to the Waiting Area to get ready for the ceremony. Medalists must wear their NOC official uniforms.

## **16. Media Interview**

All athletes should pass through the Mixed Zone. Athletes and/or coaches should attend press conferences and interviews when requested.

## **17. Sport Information Center (SIC)**

All sports information will be available at the sport information desks at the competition venue.

## **18. Approval of the Technical Handbook**

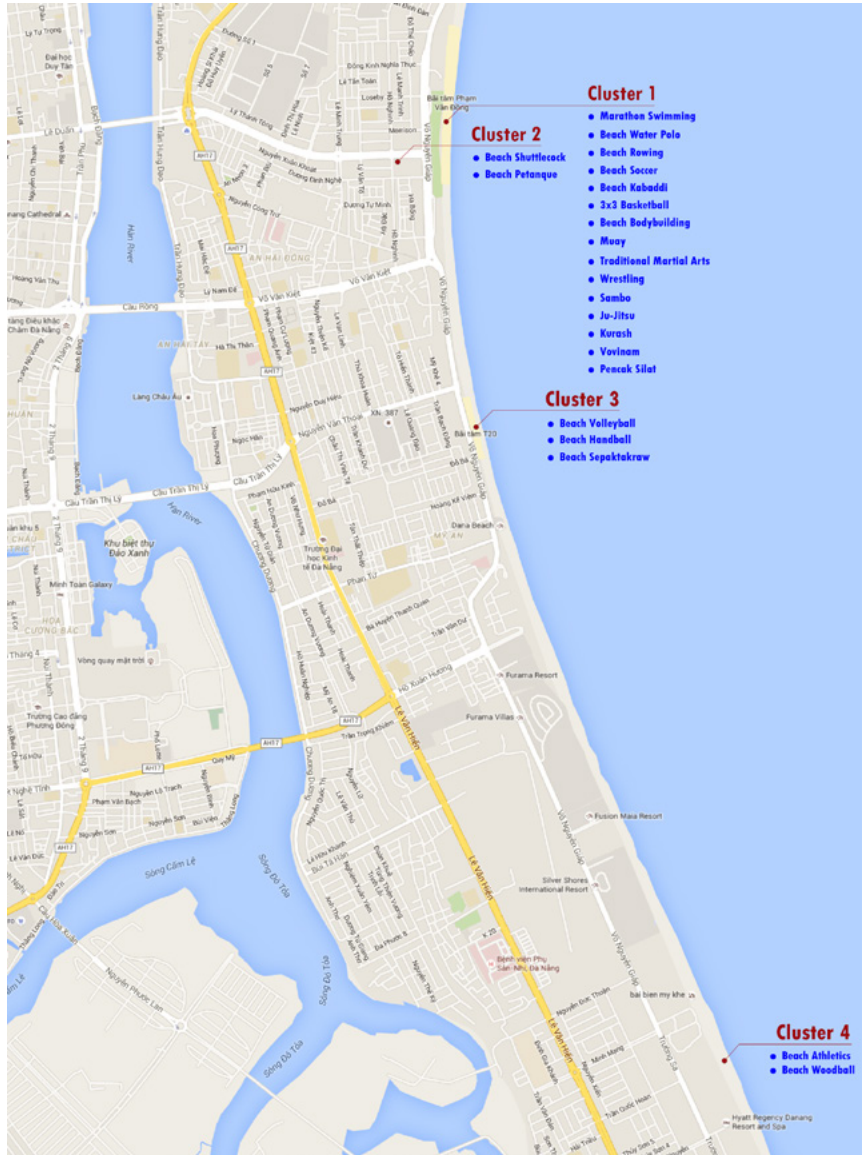
This Technical Handbook was approved by Asian Rowing Federation (ARF).

## **19. General Clause**

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.

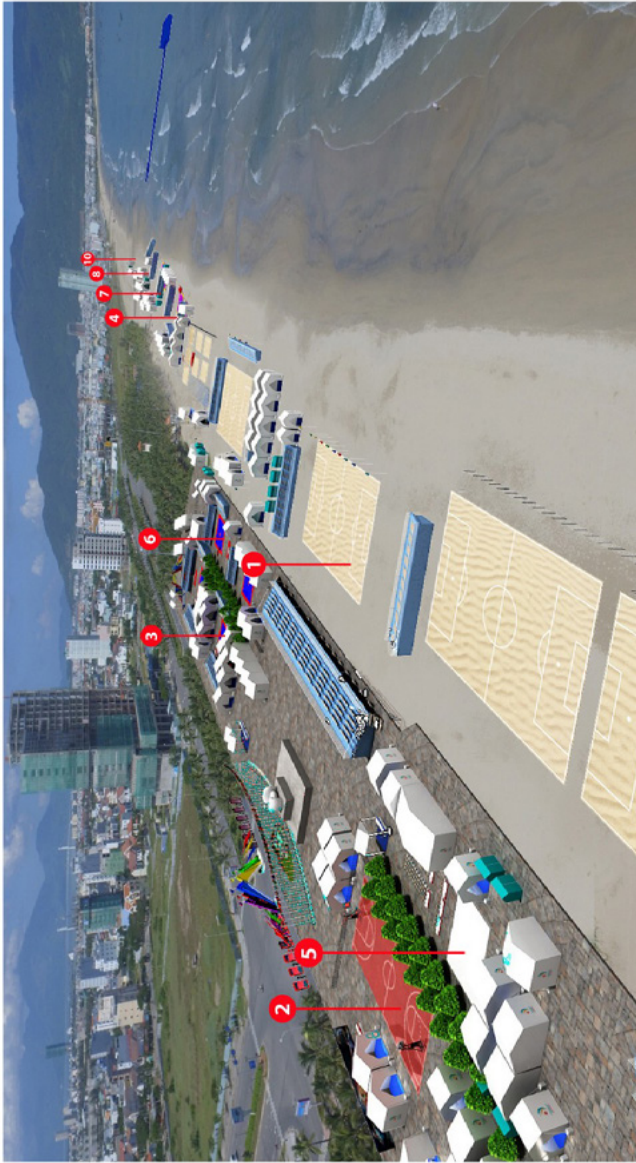
## V. VENUES MAP

### 1. Cluster locations



## 2. Cluster model layout

### BIEN DONG PARK



No.	Sport	No.	Sport	No.	Sport
1	BEACH SOCCER	4	BEACH KABADDI + WRESTLING	7	SAMBO + KURASH
2	3x3 BASKETBALL	5	BEACH BODYBUILDING	8	PENCAK SILAT
3	TRADITIONAL MARTIAL ARTS + MUAY	6	JU-JITSU + VOVINAMI	9	BEACH ROWING
				10	MARATHON SWIMMING BEACH WATER POLO



### 3. Venue model layout

