

2026 年端午嘉年华

夹粽子接力赛规则与条例

一、活动资料

项目	详情
日期	2026 年 6 月 14 日 (星期日)
活动时间	下午 2 时至晚上 7 时
地点	大巴窑 Courts 前方活动场地
现场报到时间	下午 2 时
比赛时间	下午 3 时至 4 时半
颁奖典礼	下午 6 时
参赛名额	最多 36 支队伍, 名额有限, 先到先得。

二、参加资格

- 参赛者年龄须介于 4 岁至 65 岁。
- 每支队伍须由 4 名参赛者组成。
- 参赛者可参加“夹粽子”与“旱龙舟”的现场竞赛项目, 惟须符合其他比赛规则与条例。

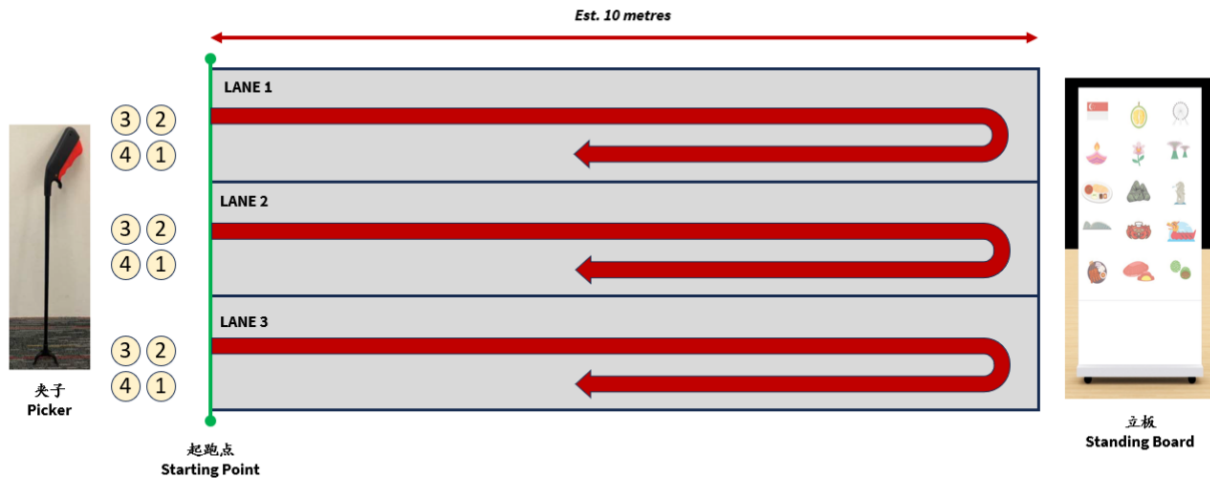
三、比赛形式及规则

- 请参阅附件了解比赛所使用的物品。

初赛

1. 比赛以接力形式进行, 每位队员须使用主办单位提供的夹子夹取物品。
2. 比赛区域设有 A 点及 B 点, 两点相距 10 米。A 点篮子内将放置 20 个不同形状及重量的物品, B 点则放置一个空篮子。参赛队员须在限定时间内, 使用夹子将物品从 A 点夹送至 B 点, 方视为完成一次挑战。若物品途中掉落地面, 该物品分数将作废, 队员须返回 A 点重新开始。
3. 比赛开始前, 工作人员将示范比赛流程。裁判发出开始口令后即开始计时。首位队员须从 A 点夹取一件物品并送至 B 点后返回 A 点; 下一位队员须待前一位队员完全越过 A 点起跑线后方可出发。比赛进行期间, 每条赛道仅限两名队员同时进行挑战。参赛者不得用手直接拿取物品, 只能使用夹子操作; 双手握持夹子时亦不得超过夹子上的指定标记。
4. 初赛限时 5 分钟。不同物品将依据形状及重量设有不同分值, 比赛成绩将以成功运送物品所得总分计算。若队伍于 5 分钟内成功完成全部 20 件物品, 工作人员将停止计时; 完成时间将作为同分队伍之间的排名依据, 以较短时间者为胜。
5. 若两支或以上队伍取得相同分数, 相关队伍将进行 1 分钟 PK 赛。PK 赛规则与初赛相同, 以所得最高分队伍为胜; 若仍同分, 则以完成时间较短者排名在前。
6. 初赛结束后, 总分最高的 10 支队伍将晋级决赛。

决赛 | FINALS



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四、排名及奖项

- 队伍将根据决赛完成时间排名，完成时间最短者为冠军。

奖项	NTUC 礼券
冠军	S\$400
亚军	S\$200
季军	S\$120
优胜奖 (7名)	每队 S\$40

五、安全及其他事项

- 为确保参赛安全，参赛者须穿着适合运动的鞋履。穿着拖鞋、凉鞋或其他不适合运动鞋履者，主办方有权不允参赛或取消其参赛资格。
- 所有参赛者须于活动当天签署免责声明。未满 18 岁的参赛者，签署免责声明以及家长/监护人同意书须由家长或监护人签署。
- 参赛者须自行确保身体状况适合参与竞赛。如在比赛过程中感到不适，应立即停止比赛并通知现场工作人员。
- 因比赛而导致的任何意外或受伤，主办方将不承担责任。
- 主办方保留修改比赛规则、安排及奖项的权利，并对所有比赛相关事项拥有最终决定权。主办方恕不受理任何申诉或复核申请。
- 参赛者报名及参与本活动，即表示已阅读、理解并同意报名表内所列的隐私政策及相关条款。若由队长或代表代为报名，队长或代表须确保所有队员已知悉并同意本比赛规则与条例、隐私政策、免责及相关同意安排。
- 活动期间将进行摄影、录音及/或录像。参赛者报名及参与本活动，即表示同意主办单位及/或合作单位可将相关照片、声音及影像用于活动宣传、报道、存档、网站、社交媒体及其他相关用途。未满 18 岁的参赛者，须取得家长或监护人的同意。

Duan Wu Carnival 2026

Dumpling Dash Relay Tournament Rules and Regulations

1. Event Information

Item	Details
Date	14 June 2026 (Sunday)
Event Time	2.00pm to 7.00pm
Venue	Toa Payoh – Area in Front of Courts
On-site Reporting Time	2.00pm
Competition Time	3.00pm to 4.30pm
Award Ceremony	6.00pm
Team Capacity	Limited to 36 teams on a first-come, first-served basis.

2. Eligibility

- Participants must be between 4 and 65 years old.
- Each team must comprise 4 participants.
- Participants may take part in both the “Dumpling Dash” and “Land Dragon Boat” competitions, subject to the respective rules and regulations.

3. Competition Format and Rules

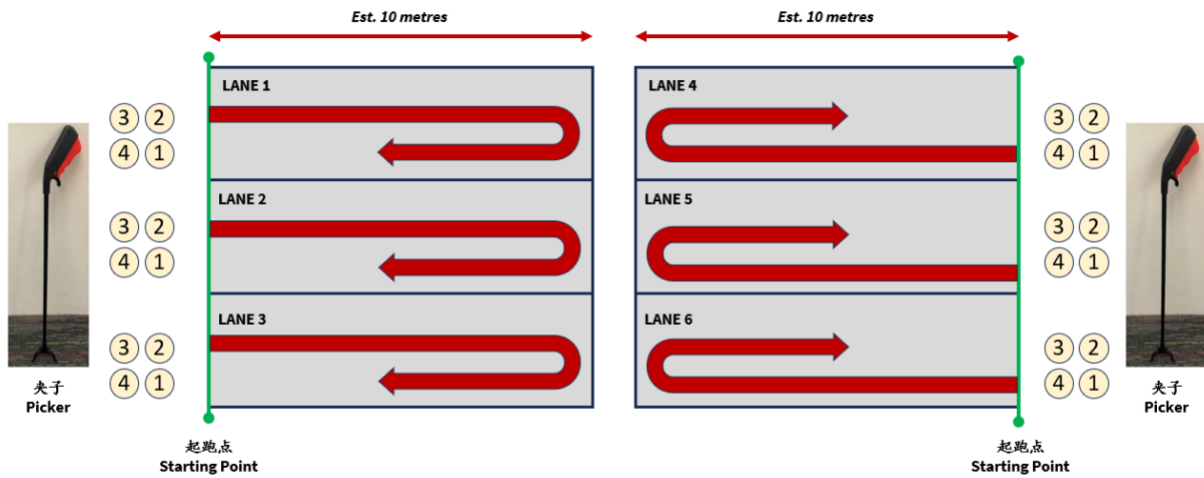
- Please refer to the Annex for the items used in the competition.

Preliminary Round

1. The tournament will be conducted in a relay format. Each participant will use a picker provided by the organiser to transport items.
2. The tournament area consists of Point A and Point B, which are 10 metres apart. A basket containing 20 items of different shapes and weights will be placed at Point A, while an empty basket will be placed at Point B. Participants must use the clip to transfer one item from Point A to Point B to complete one challenge. If an item is dropped during the process, the item will be deemed invalid and the participant must restart from Point A.
3. A demonstration will be conducted before the start of the competition. Timing will commence once the referee gives the signal. The first participant must clip one item from Point A, transport it to Point B, and return to Point A before the next participant may proceed. The next participant may only begin after the previous participant has completely crossed the starting line at Point A. During the competition, only two participants per lane are allowed to compete simultaneously. Participants are not allowed to touch the items directly with their hands and must only use the clip provided. Participants’ hands must not cross the marked section on the clip while holding it.
4. The preliminary round is limited to 5 minutes. Different items will carry different point values based on their shapes and weights. Teams will be ranked according to the total score accumulated. If a team successfully transfers all 20 items within 5 minutes, the timing will stop immediately. Completion time will be used as the tie-breaker, with the shorter timing ranked higher.
5. In the event of a tie, affected teams will compete in a 1-minute PK round. The PK round will follow the same rules as the preliminary round. The team with the highest score will win. If scores remain tied, the team with the shorter completion time will rank higher.

- The top 10 teams with the highest scores in the preliminary round will advance to the final round.

初赛 | PRELIM

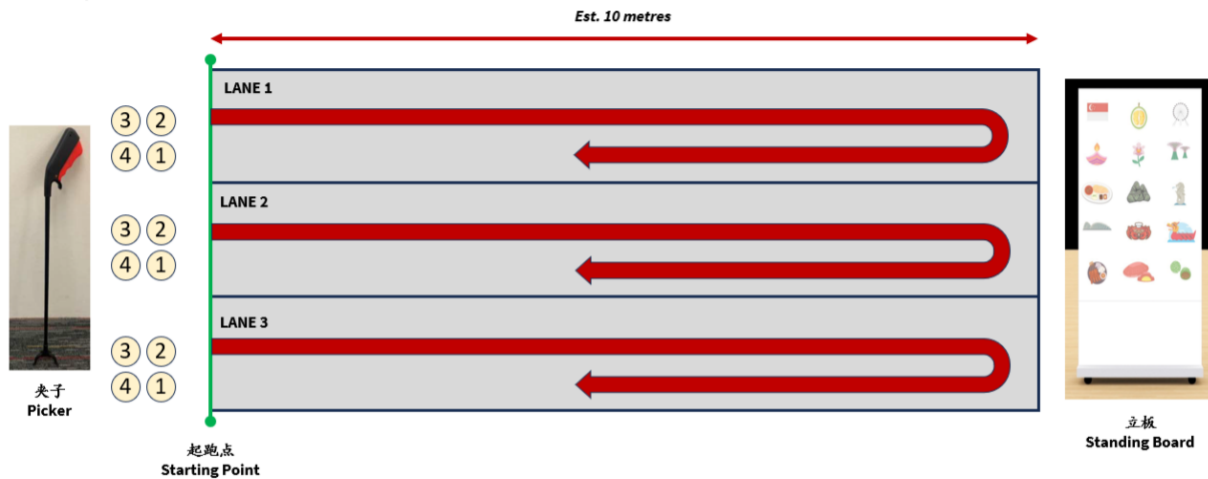


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Final Round

- The final round will also be conducted in a relay format. Each participant will use a clip to transport picture cards.
- The competition area consists of Point A and Point B, which are 10 metres apart. At Point A, a basket containing 20 picture cards featuring Singapore landmarks and cultural elements will be placed, of which 15 correspond to the images displayed on the board at Point B. Participants must clip one picture card from Point A and hang it onto the matching image hook at Point B to complete one challenge. If the picture card is dropped or not successfully hooked, it will be deemed invalid and the participant must restart from Point A. Each participant may only transport one picture card at a time.
- A demonstration will be conducted before the start of the competition. Timing will commence once the referee gives the signal. Participants must transport a picture card from Point A and successfully match it at Point B before returning to Point A. The next participant may only begin after the previous participant has completely crossed the starting line at Point A. During the competition, only one participant per lane is allowed to compete at any point in time.
- The final round is limited to 5 minutes. Teams will be ranked based on the number of correct matches completed. If a team successfully completes all 15 correct matches within 5 minutes, timing will stop immediately. In the event of a tie, the team with the shorter completion time will rank higher.
- In the event of a tie in the final round, affected teams will compete in a 1-minute PK round. During the PK round, participants must transport one picture card from Point A and hook it onto the correct matching image at Point B. The team with the highest score will win. If scores remain tied, the team with the shorter completion time will rank higher.

决赛 | FINALS



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Please note that the diagram is not drawn to scale. The final game layout and space allocation will be subject to the actual on-site measurements and event space available.

4. Ranking & Prizes

- Teams will be ranked according to their completion time in the final round, with the shortest completion time crowned champion.

Prize	NTUC Vouchers
First Place	S\$400
Second Place	S\$200
Third Place	S\$120
Merit Prize (7 teams)	S\$40 per team

5. Safety & Other Matters

- For participants' safety, all participants are required to wear suitable sports footwear. The organiser reserves the right to disallow participants wearing slippers, sandals, or other unsuitable footwear from taking part, or to disqualify them from the competition.
- All participants are required to sign an indemnity form on the event day. For participants below 18 years old, the indemnity and consent form must be signed by a parent or guardian.
- Participants are responsible for ensuring that they are physically fit to take part in the competition. Participants who feel unwell during the race should stop immediately and inform the on-site officials.
- The Organiser shall not be responsible for any accidents or injuries arising from the competition.
- The Organiser reserves the right to amend the rules, arrangements and prizes, and shall have the final decision on all matters relating to the competition. Requests for appeals or review may not be entertained.
- By registering for and participating in this event, participants acknowledge that they have read, understood and agreed to the Data Protection Policy and related terms stated in the registration form. Where a team leader or representative submits the registration on behalf of the team, the team leader or representative shall ensure that all team members are aware of and agree to the competition rules and regulations, Data Protection Policy, indemnity and related consent arrangements.

- Photography, audio recording and/or videography will be conducted during the event. By registering for and participating in the event, participants consent to the Organiser and/or its partners using the photographs, voice recordings and videos for publicity, reporting, archival, website, social media and other related purposes. For participants below 18 years old, consent from a parent or guardian is required.


比赛所使用物品 Items used in tournament

夹子 Picker

初赛及决赛使用

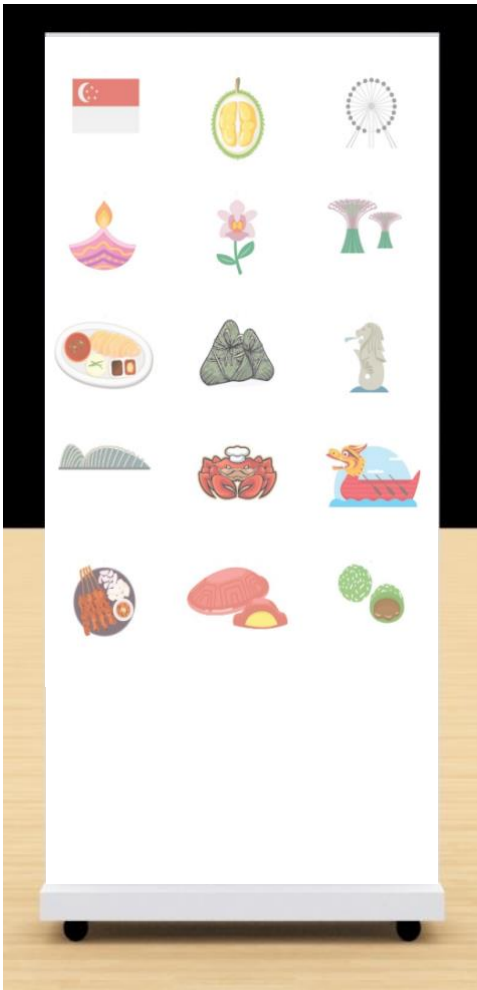
Used in both prelim and final rounds

初赛 Preliminary Round

Title (名称)	图示 (Illustration)	分数 (Points)
大型粽子 Big Size Dumpling	 总数：2 件	20
中型粽子 Medium Size Dumpling	 总数：4 件	20
小型粽子 Small Size Dumpling	 总数：4 件	10

<p>橘子 Orange</p>	 <p>总数：2 件</p>	<p>10</p>
<p>大型球 Big-sized Ball</p>	 <p>总数：1 件</p>	<p>30</p>
<p>中型球 Medium-sized Ball</p>	 <p>总数：1 件</p>	<p>20</p>
<p>小型球 Small-sized Ball</p>	 <p>总数：2 件</p>	<p>10</p>
<p>多边形魔方 Polygon Rubik's Cube</p>	 <p>总数：2 件</p>	<p>30</p>
<p>三角形魔方 Triangle Rubik's Cube</p>	 <p>总数：1 件</p>	<p>30</p>
<p>正方形魔方 Square Rubik's Cube</p>	 <p>总数：1 件</p>	<p>10</p>

决赛 Final Round



2026 端午嘉年华 旱龙舟比赛规则与条例

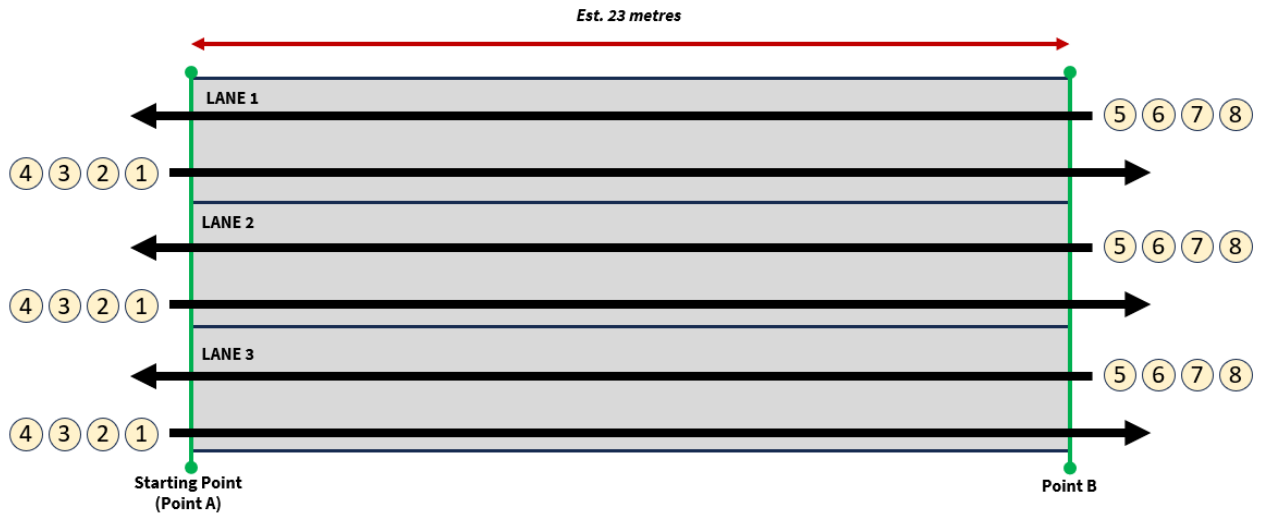
一、活动资料

项目	详情
日期	2026 年 6 月 14 日 (星期日)
活动时间	下午 2 时至晚上 7 时
地点	大巴窑 Courts 前方活动场地
现场报到时间	下午 4 时
比赛时间	下午 5 时至 6 时
颁奖典礼	下午 6 时至 7 时
参赛名额	最多 30 支队伍，名额有限，先到先得。

二、参加资格

- 参赛者年龄须介于 16 岁至 65 岁。
- 每支队伍须由 8 名参赛者组成。若队伍无法组成 8 人队伍，可以 4 人小组报名；主办单位将协助安排与另一支 4 人小组配对，组成 8 人队伍。
- 参赛者可参加“夹粽子”与“旱龙舟”的现场竞赛项目，惟须符合其他比赛规则与条例。
- 主办单位将于活动前安排比赛说明会，请队长留意电邮通知。

三、比赛形式及规则



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- 比赛将以接力形式进行，共一轮。比赛距离预计长达 23 米，最终距离将视现场设置而定。
- 每支 8 人队伍须分成两组，每组 4 人，分别为 A 组及 B 组。A 组须在 A 点起跑线后方待命，B 组则须在 B 点起跑线后方待命。
- 两组将分别使用不同组的木板龙舟，完成各自的比赛路段。
- 比赛将在主办单位发出开始信号后正式开始，计时也将从该时刻开始。

- A 组须使用木板龙舟，从 A 点前进至 B 点。B 组须待 A 组 4 名队员以及“龙尾”全部越过 B 点终点线后，方可从 B 点出发。
- B 组随后须使用木板龙舟，从 B 点返回 A 点。
- 比赛计时将在 B 组 4 名队员以及“龙尾”全部越过 A 点终点线后停止。
- 主办单位将记录每支队伍完成比赛所用的总时间。
- 参赛者须遵守主办单位及现场工作人员的指示，并在指定赛道内完成比赛。

四、排名及奖项

- 队伍将根据完成时间排名，完成时间最短者为冠军。
- 最快完成比赛的 10 支队伍将依排名获奖。
- 若出现成绩相同的情况，相关队伍须进行加赛（PK 赛），以决定最终排名。

奖项	NTUC 礼券
冠军	S\$400
亚军	S\$200
季军	S\$120
优胜奖（7 名）	每队 S\$40

五、安全及其他事项

- 建议参赛者自备护膝。
- 为确保参赛安全，参赛者须穿着适合运动的鞋履。穿着拖鞋、凉鞋或其他不适合运动鞋履者，主办方有权不允许其参赛或者取消其参赛资格。
- 所有参赛者须于活动当天签署免责声明。未满 18 岁的参赛者，签署免责声明以及家长/监护人同意书须由家长或监护人签署。
- 参赛者须自行确保身体状况适合参与竞赛。如在比赛过程中感到不适，应立即停止比赛并通知现场工作人员。
- 因比赛而导致的任何意外或受伤，主办单位将不承担责任。
- 主办单位保留修改比赛规则、安排及奖项的权利，并对所有比赛相关事项拥有最终决定权。主办方恕不受任何申诉或复核申请。
- 参赛者报名及参与本活动，即表示已阅读、理解并同意报名表内所列的隐私政策及相关条款。若由队长或代表代为报名，队长或代表须确保所有队员已知悉并同意本次比赛规则与条例、隐私政策、免责及相关同意安排。

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Duan Wu Carnival 2026

Land Dragon Boat Race Rules and Regulations

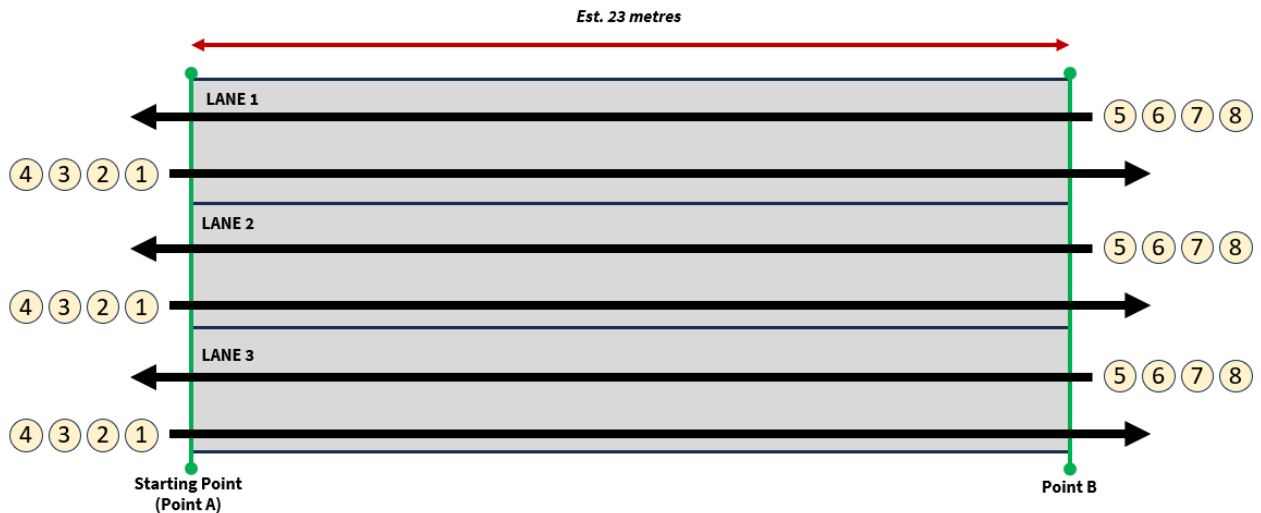
1. Event Information

Item	Details
Date	14 June 2026 (Sunday)
Event Time	2.00pm to 7.00pm
Venue	Toa Payoh – Area in Front of Courts
On-site Reporting Time	4.00pm
Competition Time	5.00pm to 6.00pm
Award Ceremony	6.00pm to 7.00pm
Team Capacity	Limited to 30 teams on a first-come, first-served basis.

2. Eligibility

- The competition is open to participants aged 16 to 65.
- Each team shall consist of 8 participants. If a team is unable to form a team of 8, they may register as a team of 4. The Organiser will assist to pair them with another team of 4 to form a team of 8.
- Participants may take part in up both on-site game competitions, “Dumpling Dash” and “Land Dragon Boat Race” , subject to compliance of the individual games’ rules & regulations.
- The Organiser will arrange a competition briefing before the event. Team leaders are requested to look out for the email notification.

3. Competition Format and Rules



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- The race consists of one round and will be conducted in a relay format. The race distance is estimated to be approximately 23 metres, subject to the final on-site set-up.
- Each 8-member team shall be divided into two groups of 4 participants, namely Team A and Team B. Team A shall stand by behind the start line at Point A, while Team B shall stand by behind the start line at Point B.
- Each group will use a separate set of wooden stilts dragon boat for their respective segment of the race.
- The race will begin upon the sounding of the start signal by the Organiser. Race timing will start from this point.

- Team A shall use the wooden stilts dragon boat to move from Point A to Point B. Team B may only start from Point B after all 4 members of Team A and the “dragon tail” have fully crossed the line at Point B.
- Team B shall then use the wooden stilts dragon boat to move from Point B back to Point A.
- Race timing will stop only after all 4 members of Team B and the “dragon tail” have fully crossed the finish line at Point A.
- Each team’s total completion time will be recorded by the Organiser.
- Participants must follow the instructions of the Organiser and on-site officials and complete the race within the designated race lane.

4. Ranking and Prizes

- Teams will be ranked based on their completion time. The team with the shortest completion time will be declared the Champion.
- The 10 fastest teams will be placed accordingly and awarded prizes.
- In the event of a tie, a play-off race (PK round) will be conducted to determine the final ranking.

Prize	NTUC Vouchers
First Place	S\$400
Second Place	S\$200
Third Place	S\$120
Merit Prize (7 teams)	S\$40 per team

5. Safety and Other Matters

- Participants are advised to bring their own knee pads.
- For participants’ safety, all participants are required to wear suitable sports footwear. The organiser reserves the right to disallow participants wearing slippers, sandals, or other unsuitable footwear from taking part, or to disqualify them from the competition.
- All participants are required to sign an indemnity form on the event day. For participants below 18 years old, the indemnity and consent form must be signed by a parent or guardian.
- Participants are responsible for ensuring that they are physically fit to take part in the competition. Participants who feel unwell during the race should stop immediately and inform the on-site officials.
- The Organiser shall not be responsible for any accidents or injuries arising from the competition.
- The Organiser reserves the right to amend the rules, arrangements and prizes, and shall have the final decision on all matters relating to the competition. Requests for appeals or review may not be entertained.
- By registering for and participating in this event, participants acknowledge that they have read, understood and agreed to the Data Protection Policy and related terms stated in the registration form. Where a team leader or representative submits the registration on behalf of the team, the team leader or representative shall ensure that all team members are aware of and agree to the competition rules and regulations, Data Protection Policy, indemnity and related consent arrangements.

Photography, audio recording and/or videography will be conducted during the event. By registering for and participating in the event, participants consent to the Organiser and/or its partners using the photographs, voice recordings and videos for publicity, reporting, archival, website, social media and other related purposes. For participants below 18 years old, consent from a parent or guardian is required.