



## 紓適寧有限公司籃球比賽

### Vitas Limited Basketball Competition

主辦：  
Organiser



康樂及文化事務署  
Leisure and Cultural  
Services Department

冠名贊助：  
Title Sponsor



金贊助：  
Gold Sponsors



養和醫療  
HKSH Medical Group



SINO GROUP  
信和集團



### 參賽者須知

#### Notes to Participants

1. 各參賽者／參賽隊伍領隊／教練／機構聯絡人請注意：所有參賽者或其家長／監護人必須簽署「年滿十八歲的參賽者聲明」或「未滿十八歲的參賽者聲明」，並寄回、交回或傳真（傳真號碼：2634 0786）至新界沙田排頭街 1 至 3 號康樂及文化事務署總部 2 樓康樂及文化事務署大型活動組。

**All participants/team leaders/coaches/contact persons of participating organisations should be noticed:** All participants or their parents/guardians must sign the “Declaration by Participants aged 18 or above” or “Declaration by Participants aged below 18” and return it by post, in person or by fax to the Major Events Section of the Leisure and Cultural Services Department (Address: 2/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin, New Territories; Fax no.: 2634 0786) .

2. 比賽地點  
Venue of  
Competition : 港灣道體育館、香港公園體育館、官涌體育館、荔枝角公園體育館、深水埗體育館及黃竹坑體育館  
Harbour Road Sports Centre, Hong Kong Park Sports Centre, Kwun Chung Sports Centre, Lai Chi Kok Park Sports Centre, Sham Shui Po Sports Centre,  
Wong Chuk Hang Sports Centre
3. 比賽日期  
Date of  
Competition : 2025 年 7 月 13 日至 9 月 28 日  
13 July to 28 September 2025

#### 4. 賽制：

##### Format

- (i) 男子/女子甲組的初賽採分組單循環制，以 3 隊 / 4 隊為一組，每組首名出線。出線隊伍再採單淘汰制進行比賽。

For **Men's / Women's Group A**, a single round robin system on group basis will be adopted in the preliminary round. **Each group will consist of 3 teams / 4 teams.** Single knock-out system will be applied to matches among each group's top team.

- (ii) 男子乙組的初賽採分組單循環制，以 4 隊為一組，每組首兩名出線。出線隊伍再採單淘汰制進行比賽。

For **Men's Group B**, a single round robin system on group basis will be adopted in the preliminary round. Each group will consist of 4 teams. Single knock-out system will be adopted to matches among **each group's top two teams.**

組別 Group	參賽隊數 Number of participating teams	初賽（分組單循環制） Preliminary round (Single round robin system on group basis)	出線 Qualify for the next round	餘下賽事（單淘汰制） Remaining matches (Single knock-out system)
男子甲組 Men's Group A	48	分 16 組，每組 3 隊 16 groups of 3 teams each	每組首名出線 Top team of each group	採單淘汰制 角逐冠、亞、及季軍 Teams compete for the champion, first and second runners-up by single knock-out system
男子乙組 Men's Group B	8	分 2 組，每組 4 隊 2 groups of 4 teams each	每組首兩名出線 Top two teams of each group	
女子甲組 Women's Group A	16	分 4 組，每組 4 隊 4 groups of 4 teams each	每組首名出線 Top team of each group	

- (iii) 全場比賽時間為 40 分鐘，分 4 節，每節 10 分鐘。第一與第二節比賽和第三與第四節比賽之間的休息時間為 1 分鐘，半場（第二與第三節比賽之間）休息時間為 5 分鐘。比賽計時鐘將按「中國香港籃球總會」的規定，於休息時間暫停。

The duration of each match will be 40 minutes, consisting of 4 periods of 10 minutes each. There will be intervals of 1 minute between the first and second periods, and between the third and fourth periods. The half-time interval (i.e. between the second and third periods) is 5 minutes. The game clock will be stopped at intervals according to the Rules and Regulations of the Basketball Association of Hong Kong, China.

- (iv) 如在第四節比賽時間結束時得分相等，加時 5 分鐘；再和，則每隊指派 5 名球員互射罰球，採用「即時死亡」制決定勝負。

If the score is tied at the end of playing time for the fourth period, there will be an extra period of 5 minutes. If the match still ends in a draw after the extra time, 5 players of each team should be assigned to shoot a free throw and the "Sudden Death" rule will be adopted.

- (v) 在單循環制賽事中，每場勝方得 2 分，負方得 1 分，而棄權得 0 分。棄權隊伍作 0:20 落敗論。In matches adopting the single round robin system, the winner gains 2 points and the loser gains 1 point. The withdrawer gains no points and will be taken as being defeated in the match by 0:20.

- (vi) 在單循環制賽事中，如 2 隊積分相同，則以該 2 隊對賽成績勝者為勝；若同分者超過 2 隊，則以有關隊伍的相關比賽得失球差額以決定勝負；若未分出勝負，則以全部比賽總得失球差額決定名次。如仍然相同，則以抽籤決定名次。

In matches adopting the single round robin system, if 2 teams score the same points, the winner will be the win side of the match between the 2 teams. If more than 2 teams score equal points, the winner will be determined by the goal differences of the respective matches played by the teams involved. If the tie persists, the ranking will be determined by the goal differences of all matches. If the scores are still equal, ranking will be decided by balloting.

5. 雙方領隊、教練或隊長須填妥出場表並於球賽開始前 15 分鐘交到報到處。各參賽者亦須親自攜同附有相片的有效身份證明文件正本（例如：香港永久性居民身份證、香港居民身份證）到報到處報到。參賽者如無法出示證件或被發現身份不符，一律不准出賽，以及不得換人補上。各參賽隊伍必須依照大會編定的時間出場比賽。於裁判召集出場 5 分鐘後，仍未能出場作賽或當比賽進行時參賽者不足 2 人者，將作自動棄權論，大會將判對賽隊伍以 20:0 勝出。（時間以大會計時鐘為準）

Team leaders/coaches/captains of both teams shall duly complete and **submit the lists of participants to the registration counter 15 minutes before the commencement of the competition.** All participants shall report to the registration counter in person with the originals of their valid photo-bearing identity documents (e.g. Hong Kong Permanent Identity Card, Hong Kong Identity Card). Any participant who fails to produce his/her valid identity document or whose identity is unmatched will not be allowed to participate in the competition and no replacement of athletes will be allowed. All participating teams shall turn up at the scheduled time for the match. Any team that fails to turn up within 5 minutes after the roll call made by the referee or dispatches less than 2 participants during the match will be regarded as having withdrawn from the match, and the opponent will be judged as the winner by the Organiser at a score of 20:0. (The Organiser's clock shall be the official clock)

6. 如被發現冒名頂替，或有參賽者／參賽隊伍違反賽規或有不良行為而影響賽事，大會有權取消其個人／有關隊伍的參賽資格，所得成績亦會作廢。

Any participant is found to be imposters or participant/team who violates the regulations or has any misconduct which might affect the competition, the Organiser has the right to disqualify him/her/the team from the competition and the results he/she/the team has achieved will be cancelled.

7. 每隊每場比賽具有比賽資格的隊員不超過 12 人。

No more than 12 team members for each team are entitled to play in each match.

8. 如有參賽隊伍在分組單循環制的任何 1 場賽事棄權，棄權隊伍會在該賽事中被判 0:20 落敗，但仍可繼續參與其他賽事。而在採單淘汰制的賽事中，棄權隊伍則會被取消資格，不能繼續參與餘下賽事，其所得名次及積分會被全數取消，惟以下情況除外：

- 進入 4 強賽至決賽的參賽隊伍，如有球員因傷病或公事未能參賽，導致該隊伍人數不足無法出賽，須提供由註冊醫生或該公司簽署的相關證明文件，方可保留參賽隊伍在最後賽事的名次和積分。該隊領隊／教練／聯絡人必須於該參賽隊伍開賽前或缺席賽事後 2 個工作天內向大會提供有關證明文件。逾時提交者作棄權論。

If a team withdraws from a match under the single round robin system on group basis, it will be judged as the loser at a score of 0:20 but they can still participate in other matches. For matches where a single knockout system is adopted, the withdrawn teams will be disqualified from playing in the remaining matches, and all the positions obtained and points scored by the team will be cancelled except in the following circumstance.

- If a team fails to turn up in full in semi-finals and finals due to absence of player(s) on the grounds of injury/illness or work engagement, the position the team attained and the points it scored in the last match can be retained if the absent player(s) can produce relevant supporting documents issued by registered medical practitioners or the organisation. The team leader/coach/contact person is required to provide the relevant supporting documents before the start of the match or within 2 working days after the match from which the participating teams were absent. Late submission will be regarded as withdrawal from the match.

9. 於 2025 年 6 月 12 日（星期四）後，所有參賽隊伍均不得更改參賽者名單。如有參賽者受傷或辭職，而有關機構欲更改參賽者名單，須盡快於辦公時間內向大會提出書面申請，並提交受傷參賽者的醫生證明書或有關機構認可的證明，大會會因應個別情況作出考慮。

Any change of the list of participants is not allowed after 12 June 2025 (Thursday). In case of injury or resignation of any participant, application for change of the list will only be considered on a case-by-case basis provided that the application is made in a written form within the office hours to the Organiser as soon as possible and attached with the medical certificate(s) of the injured person(s) or approved document issued by the organisation.

10. 參賽者在賽事中，如被裁判判處取消比賽資格犯規（判罰離場），除即時自動停賽一場外，大會仍保留進一步處罰的權利。

If any participant is punished disqualifying foul, he/she will be suspended from playing in the match immediately. The Organiser will reserve the right to impose further penalty.

11. 大會有權取消嚴重犯規者的比賽資格。

The Organiser has the right to disqualify a participant who has seriously breached the regulations of the competition.

12. 所有賽事均使用由大會提供的合規格籃球作賽。

Approved basketball provided by the Organiser shall be used in all matches.

13. 各參賽隊伍必須預備 2 套顏色不同的比賽球衣參賽，球衣號碼必須根據籃球比賽規例為 00 至 99 號。在比賽時間表上的「主隊」參賽隊伍應穿着淺色球衣，「客隊」則應穿着深色球衣。如遇 2 隊參賽隊伍球衣顏色相同或相若，則違反顏色規定的參賽隊伍須更換其球衣，或穿着大會供應的號碼背心。

Each team shall prepare 2 sets of numbered jerseys in different colours for competition and the numbers indicated on the jerseys should be from 00 to 99 in accordance with the basketball competition rules. The “home team” on the competition schedule should wear light-coloured jerseys, and the “away team” should wear dark-coloured jerseys. If 2 teams wear jerseys of the same or similar

colour(s), the team who has violated the colour rules on jerseys should change their jerseys, or wear the numbered vests provided by the Organiser.

14. 參賽者必須穿着不脫色的運動鞋作賽。

Participants should wear nonmarking sports shoes for the competition.

15. 參賽者不得穿戴任何飾物例如戒指、頸鏈及耳環等，以免對其他參賽者構成危險。

Participants shall not wear any ornament such as rings, necklace and earrings, etc. which is dangerous to other participants.

16. 如在比賽當日，第一輪賽事報到時間前 2 小時，香港天文台發出 8 號熱帶氣旋警告信號預警，或 8 號或以上熱帶氣旋警告信號或黑色暴雨警告信號仍然生效，該日賽事即告取消。大會稍後會通知各參賽者相應安排。

If the Pre-No. 8 Special Announcement has been issued by the Hong Kong Observatory 2 hours before the reporting time for the first round of matches on the competition day, or the Tropical Cyclone Warning Signal No. 8 or above or Black Rainstorm Warning Signal is still in force, the competition on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangements separately in due course.

17. 如環境保護署(環保署)於比賽當日公布的空氣質素健康指數為 7 級或以上，有關比賽的安排如下：

When the “Air Quality Health Index (AQHI) of 7 or above” has been issued by the Environmental Protection Department (EPD) on the competition day, the arrangement of the competition as follows:

**「高」健康風險級別（空氣質素健康指數：7）**

比賽如期舉行。環保署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。心臟病或呼吸系統疾病患者在參與體育活動前應諮詢醫生意見，在體能活動期間應多作歇息。由於空氣污染對不同人士的影響不一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

**“High” health risk category (AQHI of 7)**

Competition will be held as scheduled. The EPD advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

**「甚高」健康風險級別（空氣質素健康指數：8 至 10）**

比賽如期舉行。環保署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應盡量減少戶外體力消耗，以及盡

量減少在戶外逗留的時間，特別在交通繁忙地方。一般市民應減少戶外體力消耗，以及減少在戶外逗留的時間，特別在交通繁忙地方。由於空氣污染對不同人士的影響不一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

**“Very High” health risk category (AQHI of 8-10)**

Competition will be held as scheduled. The EPD advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

**「嚴重」健康風險級別（空氣質素健康指數：10+）**

比賽如期舉行。環保署呼籲心臟病或呼吸系統疾病患者（如冠狀心臟病和其他心血管疾病、哮喘及慢性阻礙氣管疾病，包括慢性支氣管炎和肺氣腫）、兒童和長者應避免戶外體力消耗，以及避免在戶外逗留，特別在交通繁忙地方。

一般市民應盡量減少戶外體力消耗，以及盡量減少在戶外逗留的時間，特別在交通繁忙地方。由於空氣污染對不同人士的影響不一，參賽者如有疑問或感到不適，應徵詢醫生的意見。

**“Serious” health risk category (AQHI exceeding 10+)**

Competition will be held as scheduled. The EPD advises those with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly to avoid outdoor physical exertion, and to avoid staying outdoors, especially in areas with heavy traffic. The general public is advised to reduce to the minimum outdoor physical exertion, and to reduce to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

18. 當天文台發出酷熱天氣警告時，參賽者請留意於運動期間，應經常飲水以補充水分。若大量出汗，則需要補充少量鹽分。如感不適，應立刻停止運動，並盡快向醫生求診，切勿掉以輕心。

When the “Very Hot Weather Warning” has been issued by the Observatory, participants are advised to drink water or fluid at frequent intervals when exercising. If sweating is excessive, replenishment with small amount of salt is recommended. Stop immediately when feeling unwell during exercise and consult a doctor without delay.

19. 若因特殊情形，大會有權改期作賽或另作編排，如在比賽中發生特殊情況，繼續舉行與否得由當場裁判或大會全權決定，參賽者不得異議。

The Organiser reserves the right to postpone any competition or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during the competition, the referee on the spot or the Organiser will decide whether the competition should continue or not and the participants shall not raise objection.

20. 比賽期間，參賽隊伍如已進行其中一項比賽或初賽，即使其後因天氣惡劣或其他原因而不能參加餘下賽事，已繳交的報名費概不退還。

For a team who has already taken part in one of the events or the preliminary round during the competition period, if the participant/team cannot participate in the remaining competitions due to inclement weather or any other reasons, there shall be no refund of the entry fee already paid.

21. 參賽者必須任職於有關機構為連續性合約受僱的「僱員」，及年滿 15 歲和只可代表一間機構參賽。A participant shall represent only 1 organisation and 15 years of age who has been working continuously under a continuous contract in Hong Kong for the participating organisation.

22. 「僱員」的定義為該僱員須在比賽截止遞交參賽者資料日期前，已在香港連續為參賽機構工作最少 4 星期，每星期工作最少 18 小時，而且在整段比賽期間一直受僱於該機構。

The definition of “Employee” — An employee who has been working continuously in Hong Kong for the participating organisation for at least 4 weeks and at least 18 hours per week before the deadline for submission of participants’ particulars for the competition, and is employed by the same organisation throughout the competition period.

23. 為確保參賽者為參賽機構的僱員，大會在收到參賽者資料後，有權要求參賽機構於 5 個工作天內提交證明文件，例如有效的「僱傭合約」及強制性公積金供款紀錄，以證明參賽者為該機構的現職僱員。如未能提供有關文件，該機構於相關比賽的參賽資格會被取消，已繳交的報名費概不退還。

**To ensure all the participants are employees of the participating organisations, upon receipt of the participants’ particulars, the Organiser reserves the right to request the participating organisation to produce documents such as valid “Employment Contract” and pay-record of Mandatory Provident Fund (MPF) within 5 working days to prove that the participants are existing employees of the organisation. The organisation failing to produce such documents will be disqualified from the concerned competition and there shall be no refund of the entry fees already paid.**

24. 參賽者必須遵守比賽場地內的各項守則及大會的各項宣布。

Participants shall comply all the rules and regulations prescribed by the competition venue and the announcements of the Organiser.

25. 大會保留權利拒絕讓違反以上規則的機構參加日後的工商機構運動會。

The Organiser reserves the right to refuse participation of any organisation in breach of the above rules in the Corporate Games in future.

26. 大會有權把比賽成績向外公布。

The Organiser has the right to release the result of the competition to the public.

27. 大會將會在賽事期間進行拍攝／錄影／播放，並有權在互聯網、康樂及文化事務署轄下場地、主辦機構的專題網頁、刊物和其他宣傳渠道展示／刊載活動照片或片段，以作活動宣傳或紀錄。

The Organiser will carry out photo shoots/video-filming/arrange broadcasting during the competitions, and has the right to display/publish the event photos or videos on the Internet, at venues of the Leisure and

Cultural Services Department, on the dedicated website, in publications of the Organiser and through other publicity channels, for promotion of activities or record purposes.

28. 大會不接受參賽隊伍提議的改期申請。

No application for changing the date of any competition from a participant/team is accepted.

29. 各場比賽的執法工作由中國香港籃球總會合資格裁判擔任，各參賽者須服從裁判的判決。

Judges of all matches will be served by qualified referees of the Basketball Association of Hong Kong, China. All participants should abide by their decisions.

30. 大會不設上訴，所有賽果以當場裁判最後判決為準。

No appeal will be accepted. The referees' decision on the competition results shall be final.

31. 參賽者攜來物品，請自行保管，如有遺失，大會概不負責。

Participants are required to take care of their belongings. No liability shall be borne by the Organiser for loss.

32. 除本參賽者須知規定外，其餘均依照中國香港籃球總會的現行比賽規則辦理。

Unless explicitly stated in this Notes to Participants, all rules and regulations will follow those presently adopted by the Basketball Association of Hong Kong, China.

33. 本參賽者須知如有未盡善處，大會保留權利隨時修改而無需事先通知。

If there is any inadequacy in this Notes to Participants, the Organiser reserves the right to amend at any time without giving any prior notice.