



田徑比賽 Athletics Competition

參賽者須知

Guidelines for Participant

1. 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。如任何參賽者未能於賽事開始前簽署及遞交有關聲明，大會有權取消其參賽資格。
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 mail, in person or by fax to Major Events Section of 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). If any participant fails to submit the required declaration form before the commencement of the competition, the Organiser reserves the right to disqualify him/her from participating in the competition.
2. 大會報到處將於比賽當日上午 8 時正開始運作，參賽者本人必須於比賽前攜同有效身份證明文件到達大會「報到處」報到及領取號碼布。因遲到而未能簽署「參賽者聲明」而延誤及未能按參賽項目及按時到檢錄處報到者作自動棄權論。如參賽者未能出示有效身份證明文件或與報名表格的隊員資料不符，一律不得出賽。（大會建議各參賽者於當日盡早到「報到處」報到，以便賽事順利進行。）
On the day of the competition, the Registration Counter will be operated at 8:00a.m. Participants shall report to the Registration Counter and collect the number cloth in the presence of identification document with a photo on it. Latecomers or those delayed to register to Roll Call Station according to scheduled roll call time of the event due to late submission of “Declaration by Participants” will be regarded as withdrawal from the competition. If the participant fails to produce the valid identification documents or the personal particulars shown on the identification document are inconsistent with the submitted participant list, he/she will not be allowed to take part in the competition. (Participants are suggested to report to the Registration Counter on the event day as early as possible so as to ensure the smooth running of the event.)
3. 參賽者必須佩戴大會於比賽當日派發的號碼布，否則不准參加比賽。
All participants shall wear the number cloth provided by the Organizer on the event day, otherwise they will not be permitted to participate in the competition.
4. 號碼布必須扣於胸前（跳高項目於比賽時除外），大會概不補發，而遺失者不得參賽。如號碼布上項目不符者，亦不得參加比賽。大會可要求參賽者在短褲側面佩帶額外黏貼式的號碼。
All participants should wear a number cloth issued by the Organizer on the chest (except during high jump events). No replacement will be provided to those who have lost the number cloths. Participants without number cloths will not be allowed to participate in any event. Whenever any inconsistency with the number cloth is found, the athlete will not be allowed to play in the event. The Organizer may request participants to affix additional adhesive number stickers on the side of their shorts.
5. 今屆大會不設檢錄的廣播，所有項目的參賽者必須按照大會編訂的檢錄時間，攜同號碼布前往檢錄處報到。檢錄處設於副場對出的 G59 至 G62 室，大會於檢錄處入口設有大會大鐘，檢錄時間以該大鐘為準，逾時者或不到檢錄處報到者，即當作缺席棄權論。
No roll call announcements will be made by the Organizer. Participants of all events must bring along their number cloth and report to the Roll Call Station located at room G59 to G62 next to the secondary sports ground according to the scheduled roll call time. The clock provided at the entrance of the Roll Call Station shall be the official clock for the roll call. Participants who fail to report to the Roll Call Station on time or who do not report to the Roll Call Station will be regarded as absentees and having withdrawn from the competition.
6. 已進入檢錄處範圍的參賽者不得擅自離開，直至大會工作人員帶領到比賽場地。
No participants shall leave the Roll Call Station unless they are led by the staff of the Organizer to the competition area.

7. 檢錄處只限需要檢錄的參賽者才能進入，其他人仕一概不得進入。
No Persons other than the participants who need to report to the Roll Call Station shall enter the Station.
8. 如某項賽事的參賽者只有 8 人（8 隊）或以下，則直接進行決賽。
If there are only 8 participants (8 teams) or less in an event, only the final will be held.
9. 徑賽項目 400 米、800 米和 1500 米均不設初賽，所有名次以各組完成時間計算。100 米和 200 米初賽最佳時間的 8 名參賽者進入決賽。如初賽參賽者的時間相同，則以抽籤方式決定何人進入決賽。
For track events, no preliminary round will be held for 400m, 800m and 1500m events, the final ranking will be determined by the finishing times. For 100m and 200m events, the 8 participants with the best results achieved will be qualified for the finals. In case of same time being achieved in the preliminaries, selection of the participants for the finals will be determined by lots drawing.
10. 比賽當天，如有項目只得一名／一隊參賽者報到，該項目仍會照常比賽。
If there is only one participant / one team reporting for an event on the event day, the event will still be held.

11. 檢錄時間:

項目	開始檢錄時間	截止檢錄時間
徑項 (包括接力)	比賽前 25 分鐘	比賽前 15 分鐘
田項	比賽前 45 分鐘	比賽前 35 分鐘

Roll Call Time:

Events	Roll Call Starts	Roll Call ends at
Track Events (including relays)	25 minutes before the event	15 minutes before the event
Field Events	45 minutes before the event	35 minutes before the event

12. 如遇田項及徑項同時進行，參賽者應先向當值的田賽裁判長請假，然後由工作人員帶返回檢錄處進行徑賽之檢錄，當參賽者完成徑賽項目後，須立即返回田賽場地繼續比賽。
If a field event and a track event are held at the same time, participants shall first report to the referee of the field event and then they shall follow the staff of the Organizer to the Roll Call Station of the track event. Upon the completion of the track event, participants shall go back to the competition area of the field event immediately to continue participating in the competition.
13. 各參賽者請穿著合適的運動服裝參加比賽。
All participants should put on proper sportswear.
14. 接力賽的成員必須穿上同色同款的上衣。
Members in team relay events must wear shirts of same color and design.
15. 參賽者只可穿着膠鞋或釘長不超過 7 毫米的釘鞋參加比賽。
Participants shall only wear rubber-soled sports shoes or running shoes with stud not more than 7 mm long for the competition.
16. 按國際田聯規則第 162.7 條，凡偷跑之運動員將會即時被取消比賽資格。
According to Rule 162.7 of the Competition Rules adopted by IAAF, participants who have made a false start shall be disqualified from the competition immediately
17. 因參賽人數眾多，除跳高外，各參賽者可在田賽項目中試擲或試跳 2 次，成績最佳的首 8 名可獲額外 1 次試擲或試跳，最後排名以 3 之試擲或試跳之最佳成績計算。
Due to large number of participants in field events, except high jump, all participants will be given 2 trials, athletes with top 8 rankings after 2 trials will be given extra 1 trial. Final ranking will be counted according to their best results among the 3 trials.

18. 跳遠板與沙池的距離為 1 米
Distance between the take-off board and the sand pit is 1m.
19. 大會有權更改比賽時間，以當場宣布為準。
The Organizer shall have the right to change the time of all the events. Participants should listen to announcements through the competition.
20. 大會不設上訴，以競賽主任的最終判決為準。
No appeals will be accepted. The decision of the Race Director shall be final.
21. 參賽者只能代表一間機構，如轉換代表機構，參賽者必須已離開前任職機構，並在該項比賽首場賽事進行時已在新代表的機構連續工作 4 星期或以上，而每星期最少工作 18 小時，並在比賽進行期間，仍然受僱於該機構。
Each participant can only represent one organisation. A participant may represent another organisation provided that he/she has resigned from the previous organisation and has been working continuously for the current organisation for not less than 4 weeks when the first match of the competition takes place, for at least 18 hours each week and is still being employed by the organization during the competition period.
22. 參賽者如被發現不符合報名資格或虛報資料，大會有權取消其比賽資格。參賽者不得由他人代替作賽，一經發現，大會有權取消其參賽資格，及褫奪其所得到的獎項及所締造之成績。
Should any participants be found to be ineligible for entry to the games or have provided false information, he/she may be disqualified from participating in the games. No participants shall ask somebody else to participate in the event(s) for himself/herself. Should any participant be found to have done so, he/she will be disqualified from the competition. His or her award(s) and score will be revoked.
23. 如參賽者被發現於參賽期間並非該機構的僱員，該機構所參與的是項比賽的資格及所獲的成績將被取消。如被發現觸犯此規則超過一次，該機構所參與工商機構運動會全部比賽項目的成績及其參賽資格將被取消。所繳交的費用亦不會獲得發還。
If any participant is discovered that he/she is not the employee of the organisation during the competition, the results achieved by the organisation in that particular competition will be cancelled. If the organisation breaches this regulation more than once, the organisation will be disqualified from taking part in this year's Corporate Games and all the entry fee will not be refunded.
24. 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 clothes and belongings. Participants should not bring along valuables with them. No liability shall be borne by the Organizer for loss.
25. 比賽進行時，非該項比賽參賽者不得擅自進入比賽場地。參賽者如非參加該項賽事，必須留在觀眾席。
During competition, no person other than participants in that event should enter the track or field without permission. Participants not playing in that event should stay in the spectators' stand.
26. 接力賽事完成後將進行頒獎儀式，請留意大會的宣佈。其他個人項目可於獎牌領取處領取，參賽者在領取獎項時，必須出示號碼布及有效身份證明文件，並需簽署記錄。
Prize presentation will be held upon completion of team relay events. Participants are requested to take note of the announcement made by the Organizer. The prize for individual events can be collected at Prize Collection Area. Participants shall produce their number cloths and valid identification documents when collecting their medals and sign for record purpose.
27. 運動場內不准吸煙，而比賽場地範圍內則不准飲食。
No smoking is allowed on the venue and no eating or drinking is allowed on the track or in the area of competition for field events.
28. 不可擅自掛上任何橫額或旗幟。
No banners or flags shall be hung without permission.
29. 大會不會提供車位供各參賽者使用。
No parking spaces will be provided to the participants.

30. 參賽者必須遵守運動場的各项規則及大會的各项宣布。
Participants shall abide by regulations of the sports ground and announcements of the Organizer.
31. 如在比賽當日，天文台於比賽當日首場賽事開始前兩小時已發出八號預警(天文台在發出八號熱帶氣旋警告信號之前兩小時內發出預警信息)、仍發出八號或以上熱帶氣旋警告信號或黑色暴雨警告信號，該日賽事即告取消。大會稍後會通知各參賽者相應安排。
Should Pre-No.8 special announcement (an advance notice to the public issued by the Observatory when the tropical cyclone warning signal No.8 is expected within two hours), tropical cyclone warning signal No.8 or above or black rainstorm warning signal is in force 2 hours before the time scheduled for the first match on the event day, all matches on that day will be cancelled. The Organizer will notify the participants of the corresponding arrangement in due course.
32. 若因特殊情形，大會有權通知各參賽者改期作賽或另作編排，如在比賽中發生特殊情況，繼續舉行與否得由競賽主任或大會全權決定，參賽者不得異議。
The Organizer reserves the right to postpone or make any alternative arrangements under special circumstances. Should anything unforeseeable happen during the competition, the Race Director or the Organizer will decide whether the competition should continue or not and the participants shall not raise objection.
33. 大會建議運動員於比賽前在副場進行適量的熱身運動。
Participants are advised to have warm up exercise at Secondary Sports Ground before the competition started.
34. 當天文台發出酷熱天氣警告時，球員請留意於運動期間，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.
35. 當空氣污染水平甚高時（即空氣污染指數：101-200），比賽將如期舉行。環境保護署呼籲患有心臟病或呼吸系統毛病的人士（如冠狀動脈心臟病和其他心血管疾病，哮喘及慢性呼吸道阻塞疾病包括慢性支氣管炎和肺氣腫）宜減少體力消耗及戶外活動。他們在進行體育活動前，宜徵詢醫生的意見，並在活動期間多作歇息。兒童和長者宜減少體力消耗及戶外活動。
When there is “Very High” Air Pollution Level (Air Pollution Index: 101 to 200), the competitions will be held as scheduled. The Environmental Protection Department advises participants 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) to reduce physical exertion and outdoor activities, to seek advice from a medical doctor before participating in sports activities and take more breaks during the activities. Children and the elderly are advised to reduce physical exertion and outdoor activities.
36. 當空氣污染水平嚴重時（即空氣污染指數：201-500），比賽將如期舉行。環境保護署呼籲患有心臟病或呼吸系統毛病的人士（如冠狀動脈心臟病和其他心血管疾病，哮喘及慢性呼吸道阻塞疾病包括慢性支氣管炎和肺氣腫）、兒童和長者宜避免體力消耗及戶外活動。市民宜盡量減少體力消耗及戶外活動。在參加體育活動前，宜徵詢醫生意見，並在活動期間多作歇息。
When there is “Severe” Air Pollution Level (Air Pollution Index: 201 to 500), the competitions will be held as scheduled. The Environmental Protection Department advises participants 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 physical exertion and outdoor activities. The general public is advised to reduce physical exertion and outdoor activities, to seek advice from a medical doctor before participating in sports activities and take more breaks during the activities.
37. 除章程及本須知列明外，其他規則均根據國際田聯(2012-2013)年度比賽規則及香港業餘田徑總會現行的比賽規則執行；如有未盡善處，大會可隨時作出修改。
Unless stated in the prospectus and the above guidelines, all rules and regulations will follow those adopted by the IAAF in 2012-13 and those currently adopted by the Hong Kong Amateur Athletic Association. They can be amended at any time by the Organizer should the need arises.