

比賽章則

1. 賽制

- 1.1) 參加者必須為嶺南大學教職員、全日制的研究生、本科生、副學士學生或宿生。
- 1.2) 如參加者是宿生或宿舍附屬會員，其成績將計入團體總錦標。
- 1.3) 每名參加者不得報多於三項個人項目；接力項目則不受限制。
- 1.4) 截止報名後，如有任何個人項目少於三人或接力項目少於三隊，該項目將被取消。
- 1.5) 接力項目每宿舍只限報一隊。
- 1.6) 比賽項目：(個人) 50 米自由泳、胸泳、背泳、蝶泳；100 及 200 米自由泳、胸泳；
(接力) 男女 4x50 米混合舍際自由泳接力、四式接力及公開自由泳接力。
- 1.7) 男女混合舍際接力賽事，每隊最少要有一名女隊員及一名男隊員參賽，所有隊員須屬於同一宿舍。

2. 賽規

- 2.1) 除賽會特別訂明外，其他規則一律採用最新國際游泳協會編訂之規則。
- 2.2) 全部賽事均採用一次起跳 (One-Start-Rule)。
- 2.3) 蝶泳及胸泳之參賽者，於轉池及到達終點時必須雙手同時觸池。
- 2.4) 比賽當日即場報名只限仍未報滿三項個人項目的已登記參加者參加，參加者至少於比賽召集前 5 分鐘向召集處報名。
- 2.5) 50 米自由泳和胸泳，分初賽*及決賽；初賽首 8 名最佳成績者可進入決賽，決賽線道編排如下：

決賽線道	1	2	3	4	5	6	7	8
初賽名次	7	5	3	1	2	4	6	8

* 若初賽結束召集時，只有 8 名或以下運動員檢錄，將即時進行決賽。

- 2.6) 其餘項目均直接分組計時決賽。

3. 計分方法及獎項

3.1) 名次得分如下：

名次	1	2	3	4	5	6	7	8
個人項目	9	7	6	5	4	3	2	1
接力項目	18	14	12	10	8	6	4	2

3.2) 凡完成該項賽事之運動員或接力隊伍，個人項目可得 1 分，接力項目可得 2 分。

3.3) 凡於該項賽事破紀錄之運動員或接力隊伍，可得 3 分。

3.4) 個人及接力項目前三名者皆可獲獎牌乙面。

3.5) 男子及女子個人全場冠軍：所有個人項目總分最高之參加者，可獲獎盃乙座。如遇總分相同，金牌數多者為勝，如此類推至銅牌；如仍相同，以破紀錄項目多者為勝；如仍相同，則並列冠軍。

3.6) 團體總錦標：所有項目總分最高之首三隊宿舍，可獲錦旗乙面。冠軍隊將額外獲得獎盃乙座，該總冠軍獎盃會刻上該年度獲獎隊伍名稱及得獎年份，連續三年獲得總冠軍的宿舍，可永久保存該獎座。如遇總分相同，處理方法與 (3.4) 相同。

3.7) 最佳士氣大獎：全場最佳士氣、打氣及團隊精神之宿舍，可獲錦旗乙面。

4. 抗議及上訴

4.1) 所有抗議及上訴，須於成績公佈後 15 分鐘內，以書面方式連同保證金港幣貳佰圓正，提交賽會處理。

4.2) 若上訴成功，保證金將予以退還。

5. 其他

5.1) 如遇惡劣天氣，香港天文台於比賽當日下午 2 時 30 分已發出八號預警、八號或以上熱帶氣旋警告信號或黑色暴雨警告等信號，該日賽事即告取消。大會將會於水運會之網頁發出通告。

5.2) 如比賽因惡劣天氣而取消，將不會安排補賽。

5.3) 如有任何疑問，請致電黃先生 (2616 7310) 查詢。

5.4) 本比賽章則如有未盡善之處，賽會得隨時修訂。

5.5) 如中、英文兩個版本有任何抵觸或不相符之處，應以中文版本為準。

General Rules

1. Format

- 1.1) All participants should be Lingnan Staff, full-time Postgraduate, Undergraduate, Associate Degree students or residents.
- 1.2) If the participant is a resident or an affiliated member of the hostel, the results will be counted to the Overall Champion.
- 1.3) Each participant may enter a maximum of THREE individual events, excluding relay events.
- 1.4) If the total number of participants/teams enrolled in any events is less than three after the enrollment deadline, the event will be cancelled.
- 1.5) Each hostel should not enter more than ONE team in each relay event.
- 1.6) Events: (Individual) 50m Freestyle, Breast Stroke, Back Stroke and Butterfly; 100m and 200m Freestyle and Breast Stroke; (Relay) Mixed 4x50m Inter-Hostel Freestyle Relay, Medley Relay and 4x50m Open Freestyle Relay.
- 1.7) For the Mixed Inter-Hostel Relay, each team should consist of at least one female team member and one male team member. All team members should belong to the same hostel.

2. Regulations

- 2.1) Unless otherwise stated, FINA rules shall apply.
- 2.2) The One-Start-Rule will be adopted in all events.
- 2.3) In the Butterfly and Breast Stroke, both hands must touch simultaneously at the turn and finish.
- 2.4) On-the-spot enrollment is accepted for the enrolled participant who has not yet enrolled three individual events. The participant should report to the marshal before 5 minutes of that event's marshalling.
- 2.5) 50m freestyle and breast stroke will be run on a Heats* and Final basis. The 8 best times in heats will be qualified for finals. Finalists will be seeded in lanes according to times as follows:

Finals Lane	1	2	3	4	5	6	7	8
Heats Position	7	5	3	1	2	4	6	8

* If 8 or less competitors report to the marshal on heats, the event will be declared a straight final immediately.

- 2.6) All other events will be swum as timed final.

3. **Points and Prizes**

3.1) Positions Points are as follows:

Position	1	2	3	4	5	6	7	8
Individual Event	9	7	6	5	4	3	2	1
Relay Event	18	14	12	10	8	6	4	2

- 3.2) The participants/ teams who have successfully finished the individual event and relay event will score 1 point and 2 points respectively.
- 3.3) The participants/ teams who have broken a record will score 3 points.
- 3.4) Medals will be awarded to the 1st, 2nd and 3rd places in individual and relay events.
- 3.5) Men's and Women's Individual Champion: A trophy will be awarded to the highest points' participant in individual events. If 2 or more participants accumulate the same points, the one who holds more first places will win; The same method applies until the third places are determined. If all the results are the same, the one who breaks more records will win; If all the results are the same, they will all be awarded the overall champion.
- 3.6) Overall Champion: A pennant will be awarded to the 3 highest points' hostels in all events. The overall champion will be awarded an extra trophy with the name and year of the winning hostel. The trophy will be kept permanently by the hostel for winning the overall champion in three consecutive years. If 2 or more hostels accumulate the same points, the scoring method is the same as (3.4).
- 3.7) Cheering Champion: A pennant will be awarded to the best cheering and team spirit's hostel.

4. **Protests & Appeals**

- 4.1) Any protests or appeals should be submitted in writing and a deposit of \$200 within 15 mins after the announcement of the results of that particular event.
- 4.2) The deposit will be refunded if the appeal is upheld.

5. **Others**

- 5.1) If a Pre-No. 8 Special Announcement has been issued, or Tropical Cyclone Warning Signal No. 8 or above or Black Rainstorm Warning Signal is still in force at 2:30p.m. on the competition day, all events on that day will be cancelled. The Organizer will announce through the Aquatic Meet's website.
- 5.2) If the event is cancelled due to inclement weather, it will not be re-arranged.
- 5.3) If you have any enquiries, please contact Mr. Wong at 2616 7310.
- 5.4) Amendments of the rules/regulations may be made if needed by the Organizer.
- 5.5) If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail.