

General Rules

1. Eligibility Requirements

Lingnan University and Lingnan Institute of Further Education - Full-time Students and Staff Members

2. Competition Event

2.1) Track Event:

- Men's: 110mH, 100m, 200m, 400m, 800m, 1500m & 3000m
- Women's: 100mH, 100m, 200m, 400m, 800m, 1500m & 3000m

2.2) Field Event:

- Men's: Shot Put, Discus, High Jump, Long Jump & Triple Jump
- Women's: Shot Put, Discus, High Jump & Long Jump

2.3) Relay Event:

a) Score to be counted in Overall Champion:

- Men's and Women's 4x100m and 4x400m Inter-faculty Relay Event (Each faculty may enter only one team in each event.)

b) Score not to be counted in Overall Champion:

- 4x100m Student Society, Sports Team and Open Relay Event (Regardless of gender)
- 4x100m Staff Relay Event (3 Men and 1 Woman) (If the participants are not 3 men and 1 woman, the result will be adjusted as follows.)
 - * 4M0W plus 3 seconds; 2M2W minus 3 seconds; 1M3W minus 6 seconds; 0M4W minus 9 seconds
- Men's and Women's 4x100m Hostel Relay Event (Each hostel may enter only one team in each event.)

c) Relay event teams are required to wear the same color T-shirts

3. Regulations

3.1) Unless otherwise stated, World Athletics rules shall apply.

3.2) Each participant may enroll in a maximum of 3 individual events (Either 2 fields & 1 track or 2 tracks & 1 field), excluding relay events.

3.3) 100m, 200m & 400m will be run on a Heats* and Final basis. The 6 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
Heats Position	5	3	1	2	4	6

* If 6 or less competitors report to the marshal on heats, the event will be declared a straight final immediately.

3.4) 100mH, 110mH, 800m, 1500m & 3000m will be run as a straight final.

3.5) Athletes who have made a false start shall be disqualified from the competition immediately.

3.6) A combined 3000m event will be held when both male and female athletes will run in the same race. The results of participants will be recorded separately in Men's group and Women's group.

3.7) In field events except High Jump, the 6 best results in Heats will be qualified for finals.

3.8) When there are more than 15 participants in Shot Put, Discus, Long Jump and Triple Jump, 2 trials will be given in heats and 3 trials will be given in finals.

3.9) If the total number of participants/teams enrolled in any events is less than three after the enrollment deadline, the event will be cancelled.

4. Points and Prizes

4.1) Positions Points are as follows:

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

- 4.2) The participants/ teams who have participated in the individual event and relay event will score 1 point and 2 points respectively.
- 4.3) The participants/ teams who have broken a record will score 2 points.
- 4.4) Medals will be awarded to the top 3 places in individual and relay events.
- 4.5) 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, it will be double overall champion.
- 4.6) Overall Champion: A pennant and an extra trophy which can be kept for a year will be awarded to the 3 highest points' faculties in all events. If 2 or more faculties obtain the same points, the scoring method is the same as (4.5).

5. Equipment

- 5.1) Information on the specification of equipment:

Event	Men's	Women's
Shot Put	7.26kg	4.00kg
Discus	2.00kg	1.00kg
110mH	1.067m	-
100mH	-	0.84m

- 5.2) Triple Jump athletes should use 9 meters take-off board.
- 5.3) The starting height for the Men's High Jump is 1.35m. The bar will be raised at 0.05m intervals until 1.55m and at 0.03m intervals thereafter. The starting height for the Women's High Jump is 1m. The bar will be raised at 0.05m intervals until 1.10m and at 0.03m intervals thereafter.

6. Protests & Appeals

- 6.1) Any protests or appeals should be submitted in writing and a deposit of HKD\$200 within 30 minutes after the announcement of the results of that particular event.
- 6.2) The deposit will be refunded if the appeal is upheld.

7. Others

- 7.1) If the sports day is cancelled due to inclement weather, the re-arrangement will depend on the circumstances later.
- 7.2) Amendments of the rules/regulations may be made if needed by the Organizer.
- 7.3) If there is any inconsistency or ambiguity between the English version and the Chinese version, the Chinese version shall prevail.

比賽章程

1. **參賽資格：**嶺南大學及嶺南大學持續進修學院 – 全日制學生及全職教職員

2. 比賽項目

2.1) 徑賽：

- 男子：110 米欄、100 米、200 米、400 米、800 米、1500 米及 3000 米
- 女子：100 米欄、100 米、200 米、400 米、800 米、1500 米及 3000 米

2.2) 田賽：

- 男子：鉛球、鐵餅、跳高、跳遠及三級跳遠
- 女子：鉛球、鐵餅、跳高及跳遠

2.3) 接力賽：

a) 計算團體分之項目：

- 男子、女子 4x100 米及 4x400 米院際接力賽（每學院每項接力賽只可派一隊）

b) 不計算團體分之項目：

- 4x100 米學生組織、校隊及公開接力賽（男女不限）
- 4x100 米教職員接力（三男一女）（如參賽者非三男一女，成績將作以下方法算。）
* 四男零女加三秒；二男二女減三秒；一男三女減六秒；四女零男減九秒
- 男子、女子 4x100 米舍際接力賽（每宿舍只可派一隊參加）

c) 接力隊伍需穿著一致顏色上衣

3. 賽規

3.1) 除賽會特別訂明外，其他規則一律採用最新世界田徑聯會編訂之規則。

3.2) 每位參賽者最多可參加三項個人項目（兩田一徑或兩徑一田），接力賽則不在此限。

3.3) 100 米、200 米及 400 米，分初賽*及決賽；初賽首 6 名最佳成績者可進入決賽，決賽線道道編排如下：

決賽線道	1	2	3	4	5	6
初賽名次	5	3	1	2	4	6

* 若初賽結束召集時，只有 6 名或以下運動員檢錄，將即時進行決賽。

3.4) 100 欄、110 米欄、800 米、1500 米及 3000 米賽事直接計時決賽。

3.5) 任何偷跑的運動員將會即時被取消該項目的比賽資格。

3.6) 田賽項目（跳高除外）初賽最佳成績之首 6 名運動員或與第 6 名成績相同之運動員可進入入決賽。

3.7) 鉛球、鐵餅、跳遠及三級跳遠，若實際報到參賽人數超過 15 人，初賽只有兩次

試擲/跳。決賽仍保持三擲/跳。

3.8) 截止報名後，個人項目少於三人或接力項目少於三隊報名之賽事，將被取消。

4. 計分方法及獎項

4.1) 名次得分如下：

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

4.2) 凡出席參與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。

4.3) 凡於該項賽事破紀錄之運動員或接力隊伍，可得 2 分。

4.4) 個人及接力項目前三名者皆可獲獎牌乙面。

4.5) 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。

4.6) 團體總錦標：所有項目總分最高之首三隊學院，可獲錦旗乙面及可保存獎盃一年。如遇總

分相同，處理方法與 (4.5) 相同。

5. 比賽器材

5.1) 比賽器材規格：

項目	男子	女子
鉛球	7.26 公斤	4.00 公斤
鐵餅	2.00 公斤	1.00 公斤
百一米欄	1.067 米	-
一百米欄	-	0.84 米

5.2 三級跳遠項目運動員需要使用 9 米起跳板。

5.3 男子跳高起跳高度為 1.35 米，每次升幅為 0.05 米；1.55 米以後則為 0.03 米。女子跳高之起

跳高度為 1 米，每次升幅為 0.05 米；1.10 米以後則為 0.03 米。

6. 抗議及上訴

6.1) 所有抗議及上訴，須於成績公佈後 30 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。

6.2) 若上訴成功，保證金將予以退還。

7. 其他

- 7.1) 如比賽該日因惡劣天氣而取消，補賽將會視乎情況而安排。
- 7.2) 本比賽章則如有未盡善之處，賽會得隨時修訂。
- 7.3) 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。

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