

Rules & Regulations

1. Objective: To provide students and staff of Lingnan University with a competitive platform for swimming. This not only elevates the overall swimming proficiency within the university, but also promotes a healthy lifestyle. Through this competition, we hope to further ignite the passion for swimming, enhance the sports atmosphere on campus, and add more vibrancy to campus life.
2. Organiser: Organised by the Office of Student Affairs Physical Education Team, Lingnan University.
3. Date and Time: 22/09/2026(Tuesday), 18:00 – 21:30.
4. Venue: Tin Ka Ping Swimming Pool.
5. Events:
 - a. (Individual) 50m, 100m, and 200m Freestyle and Breaststroke; 50m Backstroke and Butterfly;
 - b. (Relay) Inter-Hostel Mixed 4x50m Freestyle Relay and Medley Relay; Open 4x50m Freestyle Relay.
 - i. Each team in the inter-Hostel mixed freestyle relay and medley relay must have at least one female and one male participant.

6. Points & Prizes

- a. Men's & Women's Individual Champions and Overall Champions are based upon the

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

following points:

- b. No position points will be granted for athletes/teams if ranking at Position 9 or thereafter.
- c. All athletes/teams who have successfully finished the individual event and relay event will receive an extra 1 point and 2 points as the "Participation Point" respectively.
- d. The athletes/teams who have broken a record will score extra 3 points.
- e. Medals will be awarded to the 1st, 2nd, and 3rd places in each event.
- f. Men's and Women's Individual Champions:
 - i. A trophy will be awarded to the athlete with the highest point in each individual event;
 - ii. If 2 or more athletes accumulate the same points, the one who holds more first places will be the Champion. The same method applies to the first-runner-up and second-runner-up;
 - iii. If all the results are the same, the athlete who breaks more records will win;

- iv. If all the results and the number of breaking records are the same, these athletes will all be awarded the overall champion.
- g. Overall Champion: A pennant will be awarded to the top 3 hostels acquire the highest points.

The overall champion will be awarded a trophy.

- 7. If the Pre-No. 8 Typhoon Signal Warning, Typhoon Cyclone Warning Signal No. 8 or above, “Extreme Conditions” or the Black Rainstorm Warning Signal is in force at or after 13:00 on the competition day, all events scheduled for that day will be cancelled.
- 8. In case of inclement weather, e.g. Thunderstorm Warning, Rainstorm Signal, Tropical Cyclone Warning, the event will be arranged according to the actual situation.
- 9. If the event is cancelled, there will not be any re-arrangement.
- 10. If any team or participant maliciously damages the competition or seriously violates the spirit of sportsmanship, organiser reserves the right to revoke that team or participant's eligibility to compete and their competition results.
- 11. Amendments to the rules/regulations may be made if needed by the Organiser.
- 12. 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. 宗旨：為嶺南大學的學生和教職員提供一個競賽的機會。這不僅提高校內的游泳水平,也促進學生和教職員養成健康生活方式的。通過這樣的比賽平台,希望能夠進一步激發大家對游泳運動的熱情,提高學校運動氛圍,為校園生活增添更多活力。
2. 主辦單位：嶺南大學學生事務處體育組主辦。
3. 比賽日期及時間：22 / 09 / 2026（星期二），18:00 - 21:30
4. 地點：田家炳游泳池
5. 比賽項目：
 - a. （個人） 50 米、100 米及 200 米自由泳及胸泳；50 米背泳及蝶泳；
 - b. （接力）舍際男女混合 4x50 米自由泳接力及四式接力；公開 4x50 米自由泳接力。
 - i. 舍際男女自由泳接力及四式接力每隊最少要有一名女及一名男隊員參賽

6. 計分辦法及獎項

- a. 男女子個人全場冠軍及團體總錦標基於以下得分：

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

- b. 名次在第 9 位或之後的運動員/團隊將不會獲得任何位置積分。
- c. 所有完成賽事之運動員或接力隊伍，個人項目額外可得 1 分參與分，接力項目額外可得 2 分參與分。
- d. 凡於該項賽事破紀錄之運動員或接力隊伍，可額外得 3 分。
- e. 個人及接力項目前三名者皆可獲獎牌乙面。
- f. 男子及女子個人全場冠軍：
 - i. 所有個人項目總分最高之運動員，可獲獎盃乙座。
 - ii. 如遇總分相同，金牌數多者為勝，如此類推至銅牌；
 - iii. 如遇總分及金牌數相同，以破紀錄項目多者為勝；
 - iv. 如遇總分、金牌數及破紀錄項目數相同，則並列冠軍。
- g. 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。冠軍隊將獲得獎盃乙座。

7. 如在比賽當天 13:00 或以後，「預警八號熱帶氣旋警告信號」、八號或以上熱帶氣旋警告信

號、「極端情況」或黑色暴雨警告信號仍然生效，當日所有賽事即告取消。

8. 如遇惡劣天氣（雷暴警告、暴雨警告、熱帶氣旋警告等），比賽將視乎當時實際情況而作出安排。
9. 如比賽取消，將不會安排補賽。
10. 如有隊伍或參賽者行為惡意破壞比賽或嚴重違背體育精神，賽會有權褫奪該隊伍或參賽者參賽資格及比賽成績。
11. 本比賽章則如有未盡善之處，賽會可隨時修訂。
12. 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。