



主辦
Organised by



先進運動會 2014 – 太極比賽
Masters Games 2014 – Tai Chi Competition

參加者須知

Notes to Participants

日期和時間 : 2014 年 8 月 10 日及 24 日 10 & 24 August 2014
Date and Time 上午 9 時至晚上 10 時 9:00 am – 10:00 pm

地點 : 馬鞍山體育館
Venue Ma On Shan Sports Centre

報到時間 Reporting Time :

◇ 比賽日期 Competition Date: 10-8-2014 (AM)

報到時間 Reporting Time	比賽項目 Division	參賽者編號 Participant No.	比賽場區 Competition Area
08:15	女子個人太極劍 Women's Individual Tai Chi Sword	WS001 - WS022	A
		WS054 - WS073	B
09:35		WS023 - WS038	A
		WS074 - WS093	B
10:45		WS039 - WS053	A
		WS094 - WS113	B

◇ 比賽日期 Competition Date: 10-8-2014 (PM)

報到時間 Reporting Time	比賽項目 Division	參賽者編號 Participant No.	比賽場區 Competition Area
13:15	女子個人太極拳 Women's Individual Tai Chi Chuen	WC001 - WC024	A
		WC047 - WC072	B
14:55		WC025 - WC046	A
		WC073 - WC098	B
16:20		WC099 - WC122	B
		WC123 - WC139	A
17:25	WC140 - WC161	A	

◇ 比賽日期 Competition Date: 24-8-2014 (AM)

報到時間 Reporting Time	比賽項目 Division	參賽者編號 Participant No.	比賽場區 Competition Area
08:15	公開隊際太極拳 Team's Open Tai Chi Chuen	TC001 - TC010	A
09:15		TC011 - TC020	A
09:45	公開隊際太極劍 Team's Open Tai Chi Sword	TS001 - TS010	B
10:25	公開隊際太極拳 Team's Open Tai Chi Chuen	TC021 - TC030	A
10:55	公開隊際太極劍 Team's Open Tai Chi Sword	TS011 - TS019	B
11:25	公開隊際太極拳 Team's Open Tai Chi Chuen	TC031 - TC035	A

◇ 比賽日期 Competition Date: 24-8-2014 (PM)

報到時間 Reporting Time	比賽項目 Division	參賽者編號 Participant No.	比賽場區 Competition Area
13:15	男子個人太極拳 Men's Individual Tai Chi Chuen	MC001 - MC020	A
		MC077 - MC092	B
MC021 - MC036		A	
MC074, MC093 - MC104		B	
14:15	男子個人太極拳 Men's Individual Tai Chi Chuen	MC037 - MC056	A
		MS001 - MS022	B
15:10	男子個人太極拳 Men's Individual Tai Chi Chuen	MC057 - MC073, MC075 - MC076	A
	男子個人太極劍 Men's Individual Tai Chi Sword	MS023 - MS052	B
16:30	男子個人太極拳 Men's Individual Tai Chi Chuen		
	男子個人太極劍 Men's Individual Tai Chi Sword		

賽制
Format

- (1) 場內設有 2 個比賽場區同時進行比賽，比賽場地範圍為 14 米 x 18 米。
Two areas for competition is arranged in the venue for conducting competition at the same time. Area for competition will be 14m x 18m.
- (2) 評分標準方面，個人組別以該組派別的動作規格、勁力、協調、精神、意識、節奏等評分；隊際組別則以動作質量、內容風格及整體協調等，綜合各項而給予整體評分。
Assessment Criteria: A combined score will be given on the form of movement, power, coordination, spirit, consciousness, rhythm, etc, for individual division; the quality of movement, content of style and overall coordination, etc, for team division.
- (3) 參賽者／隊伍的績分以五名裁判中的三個積分總和計算(最高及最低績分不計算在內)。如績分相同，則以五名裁判績分總和計算，如總績分仍相同，則以裁判長評核級別決定賽果。
The score of participants/teams will be the sum of three scores from five judges (the highest and lowest scores will be excluded). The position will be subject to the total score of 5 judges in case of equal scoring. In case the total scores tie, the final position will be determined by the chief judge.
- (4) 比賽以參賽者／隊伍所獲的績分高低定冠、亞、季、殿軍名次。
The best 4 scorers of each division/school will be awarded.

賽規
Regulations

- (1) 參賽者號碼布將於比賽當日派發，所有參賽者必須佩帶該號碼布作賽。
Participants' number cloths will be distributed on the competition day. All participants should wear the number cloths during the competition.
- (2) 每名／隊參賽者演練時間為 3 至 4 分鐘，逾時或時間不足將會被扣分。
Duration of performance for each participant/team is 3 to 4 minutes, those who fail to meet this criteria will have their scores deducted.
- (3) 參賽者／隊伍進入比賽範圍預備，計時員響鐘一次，表示參賽者／隊伍可以開始演練；當演練時間到達 3 分 55 秒，計時員會響鐘兩次，提示參賽者／隊伍演練時間即將完畢；當 4 分鐘演練時間完畢，計時員會長響鐘聲，參賽者／隊伍須停止動作及離場，否則該參賽者／隊伍會被扣分，不得異議。
Participant/team gets ready in the competition area. When the time-keeper rings the bell once, the participant/team may start the performance. When the performance time reaches 3 minutes and 55 seconds, the time-keeper will ring

the bell twice to remind the participant/team that they should finish the performance promptly within 4 minutes. When time reaches 4 minutes but the performance continues, the time-keeper will ring the bell continuously, the participant/team is requested to stop the performance immediately and leave the competition area. Otherwise, their scores may be deducted and they shall not raise any objection.

- (4) 若比賽當日只有一名參賽者／一隊參賽隊伍出席並完成賽事，該名參賽者／隊伍仍可獲得獎項。

If only one participant/team shows up and completes the event on the competition day, the participant/team will still be given the respective award.

- (5) 除本章程明文規定外，其他賽規均依照香港太極總會現行的比賽規則辦理。 Unless otherwise specified in the prospectus, the competition will adopt all rules and regulations approved by the Hong Kong Tai Chi Association.

報到
Marshall

- (1) 參加者必須留意賽會宣布，準時報到及參賽，否則作棄權論。
Participants should pay attention to the announcements of the Organiser and report to the Organiser and take part in the competitions on time. Otherwise, they will be deemed to have forfeited the right to compete.
- (2) 參賽者須依照編定的時間到達比賽場地，並親身帶同報名時使用的身份證明文件正本到報到處報到（香港居民須出示香港身份證；而沒持有香港身份證的人士須出示有效旅遊證件，例如護照、往來港澳通行證），以及領取參賽號碼布。凡逾時 15 分鐘仍未能報到者，作自動棄權論。隊際賽的隊伍請先由領隊報到，大會職員將按出場次序核對各隊員的資料，逾時出賽的參賽者／隊伍或人數不足的隊伍均作棄權論。
Participants shall arrive at the competition venue at the scheduled time and report to the LCSD staff in person with their original copy of identity documents used for enrolment (Hong Kong residents should produce their Hong Kong Identity Cards. Persons without Hong Kong Identity Cards should produce their valid travel documents such as Passports, Exit-Entry Permits for Travelling to and from Hong Kong and Macao) in order to collect their number cloths. Those who report late for over 15 minutes will be considered as forfeiting their rights of participation. For team events, team manager should report to the LCSD staff first. The LCSD staff will verify the identities of respective team members according to the competition rundown. Those who are late for the competition or teams with insufficient members will be considered as forfeiting their rights of participation.
- (3) 參賽者須在報到時和出賽前向大會職員出示有效身份證明文件，以便核實參賽資格。未能出示有效身份證明文件者，康文署有權取消其參賽資格。
Participants shall produce their valid identification documents for verification of eligibility when they report in and before the competition begins. The LCSD reserves the right to disqualify those who fail to produce valid identification documents.
- (4) 如參賽者／隊伍棄權或未能完成賽事，其參賽資格將被取消，所得的成績及得獎資格亦會全部被取消，所繳費用不獲退還。
Participants/teams withdraw or fail to complete the competition will be disqualified. Their results and awards attained will be cancelled and the entry fee will not be refunded.

裁判
Judges

- : 由康文署安排裁判。
The judges will be arranged by the LCSD.

上訴
Appeal

- : 大會不設上訴，一切賽果以裁判即場的判決為準。
No appeal will be accepted. The decision of the judge on the spot will be final.

- 注意事項
Points to Note
- ： (1) 參賽者須留意大會在現場作出的公布／展示的公告，並遵守場地的各項規則。
Participants shall pay attention to the announcement made / notice displayed by the LCSD on the spot and observe all the regulations of the venue.
- (2) 如參賽者／隊伍違反規則或因行為不檢而影響賽事，本署有權取消其參賽資格。
If any participant(s) is/are found to be impostors or having violated the rules or engaged in improper conduct that affects the competition results, the LCSD reserves the right to disqualify the participant(s) from the competition.
- 服裝
Attire
- ： (1) 穿整齊太極服裝及不脫色膠底運動鞋。
Participants shall dress themselves in tidy Tai Chi attires and wear a pair of non-marking rubber-soled sports shoes during the competition.
- (2) 參賽者不得穿著香港太極總會的制服（即與裁判員相同的制服）作賽，以免引起不必要的爭議。
Participants should not wear in the uniform of the Hong Kong Tai Chi Association (i.e. same as judge's uniform) to avoid unnecessary disputes.
- 獎勵
Awards
- ： 每組別設冠、亞、季、殿軍；另如個人組別內同一派別的參加者達 20 人或以上，該派別將獨立評分及設立獎項，得獎者將獲贈獎牌乙枚。
A medal will be awarded to the champion, first, second and third runners-up of each division. If there are 20 or more participants perform in the same school in any individual divisions, scores and awards will be counted separately for that school.
- 惡劣天氣安排
Inclement
Weather
Arrangement
- ： 如在比賽當日，首場賽事報到前兩小時天文台已發出八號熱帶氣旋警告信號預警或八號或以上熱帶氣旋警告信號、紅色或黑色暴雨警告信號仍然生效，該日賽事即告取消。賽會稍後會通知各參加者相應安排。
Should Pre-No. 8 special announcement, tropical cyclone warning signal No. 8 or above or red/black rainstorm warning signal is in force 2 hours before the reporting time for the first competition event of the competition, all competition events on that day will be cancelled. The Organiser will notify the participants of the corresponding arrangement in due course.

「高」健康風險級別（空氣質素健康指數：7）

活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

“High” health risk category (Air Quality Health Index (AQHI) of 7)

Activities will be held as scheduled. Environmental Protection Department 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）

活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

“Very High” health risk category (Air Quality Health Index (AQHI) of 8-10)

Activities will be held as scheduled. Environmental Protection Department 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 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+）

活動如期舉行。環境保護署呼籲心臟病或呼吸系統疾病（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）患者、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，如參加者有疑問或感到不適，應諮詢醫生的意見。

“Serious” health risk category (Air Quality Health Index (AQHI) Exceeding 10)

Activities will be held as scheduled. Environmental Protection Department 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 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.

附則 Supplementary Regulations

- (1) 比賽日各分組比賽賽程均以即場宣布為準。
The schedule for each division and events on the event days should follow the on-the-spot announcements.
- (2) 各組別的得獎者名單將在本署「先進運動會」網頁上公布。
The list of the winners for each division will be announced on the LCSD ‘Masters Games’ webpage.
- (3) 本署保留權利隨時修改本章程而無需另行通知。
LCSD reserves the right to amend this prospectus at any time without giving any prior notice.

查詢電話
Enquiries

： 康文署 24 小時客務熱線：2414 5555

LCSD 24-hour Customer Hotline: 2414 5555

康文署大型活動組：2601 7672

辦公時間：星期一至五上午 8 時 45 分至下午 6 時

(下午 1 時至 2 時休息)

(星期六、日和公眾假期暫停辦公)

Major Events Section of the LCSD: 2601 7672

Office hours: Monday to Friday: 8:45am to 6:00 pm

(lunch break: 1 pm to 2 pm)

(closed on Saturday, Sunday and general holidays)