



香港青少年發展聯會

Hong Kong Association of Youth Development

全港室內鐵人盃 2023

比賽章程

主辦機構： 香港青少年發展聯會

協辦機構： 香港青少年軍總會

賽事日期： 2023年7月8及9日（星期六及日）

賽事地點： 香港青少年軍總會（九龍九龍灣啟業村啟業道18號）

報名費用：

| 參賽項目 | 參加費用(每人/每隊) |
|--------------|-------------|
| 男子個人公開賽 | HK\$100 |
| 女子個人公開賽 | HK\$100 |
| 男子公開隊際接力賽 | HK\$300 |
| 女子公開隊際接力賽 | HK\$300 |
| 紀律部隊男子隊際接力賽 | HK\$300 |
| 紀律部隊女子隊際接力賽 | HK\$300 |
| 工商機構隊際接力賽 | HK\$300 |
| 十八區地區協會隊際接力賽 | HK\$300 |
| 中學男子公開賽 | HK\$50 |
| 中學女子公開賽 | HK\$50 |
| 中學男子隊際接力賽 | HK\$150 |
| 中學女子隊際接力賽 | HK\$150 |
| 制服團隊男子接力賽 | |
| 制服團隊女子接力賽 | |

報名方式： <https://bit.ly/41p9SGg>

截止報名日期： 2023年6月10日（星期六）



香港青少年發展聯會

Hong Kong Association of Youth Development

2023年7月8日(星期六)

| 賽事 | 賽程 |
|-----------|--------------------------------|
| 中學男子公開賽 | 滑雪(200米) + 單車(400米) + 賽艇(400米) |
| 中學女子公開賽 | 滑雪(200米) + 單車(300米) + 賽艇(300米) |
| 中學男子隊際接力賽 | 滑雪(250米) + 單車(500米) + 賽艇(500米) |
| 中學女子隊際接力賽 | 滑雪(200米) + 單車(400米) + 賽艇(400米) |
| 制服團隊男子接力賽 | 滑雪(250米) + 單車(500米) + 賽艇(500米) |
| 制服團隊女子接力賽 | 滑雪(200米) + 單車(400米) + 賽艇(400米) |

2023年7月9日(星期日)

| 賽事 | 賽程 |
|------------------|--------------------------------|
| 男子個人公開賽 | 滑雪(400米) + 單車(500米) + 賽艇(500米) |
| 女子個人公開賽 | 滑雪(300米) + 單車(400米) + 賽艇(400米) |
| 男子公開隊際接力賽 | 滑雪(400米) + 單車(800米) + 賽艇(800米) |
| 女子公開隊際接力賽 | 滑雪(300米) + 單車(600米) + 賽艇(600米) |
| 紀律部隊男子隊際接力賽 | 滑雪(400米) + 單車(800米) + 賽艇(800米) |
| 紀律部隊女子隊際接力賽 | 滑雪(300米) + 單車(600米) + 賽艇(600米) |
| 工商機構隊際接力賽 | 滑雪(300米) + 單車(600米) + 賽艇(600米) |
| 十八區地區協會 隊際接力賽 | 滑雪(300米) + 單車(600米) + 賽艇(600米) |



賽事方式及規則：

個人項目：

1. 需按照大會安排的次序及距離：1. 滑雪 → 2. 單車 → 3. 賽艇。如未能完成，將被警告或取消參賽資格。
2. 已登記參賽者不能替換，若因任何理由缺席，作棄權論。

隊際項目：

1. 每隊伍由**三名**參賽者組成。
2. 每隊隊伍需在比賽前自行分配隊員在所屬的機種比賽。在比賽開始時隊伍必需先在滑雪機、單車機及賽艇機上預備起步。
3. 按照大會安排的次序及距離：1. 滑雪 → 2. 單車 → 3. 賽艇，每隊隊伍必須在每個項目上完成指定次序及距離。如隊員未能完成指定次序及距離，將被警告或取消參賽資格。
4. 在比賽開始時，每隊隊員必須在所屬機種上完成指定次序及距離，並與下一位隊員“擊掌”，方可進行下一項比賽。如隊員未有完成“擊掌”、指定次序及距離進行下一項，將被警告或取消參賽資格。
5. 每隊參賽隊員在比賽進行時，隊員必需留在所屬機種區內，不能離開及協助其他隊員完成比賽（例如鬆或綁腳帶、調較座位/滑座/把手等）。如有發現將被警告或取消參賽資格。

一般賽事規則：

1. 本賽事所有項目均採用 Concept 2 滑雪機 (SkiErg)、單車機 (BikErg)、及賽艇機 (RowErg) 進行。
2. 賽事以電腦賽事系統控制整個流程。
3. 所有賽事均以大會所訂之比賽規則進行。
4. 所有領隊、參賽者及隨隊人員有責任閱讀及熟悉所有比賽規則，並服從大會裁判之指示。
5. 報到：
 - i. 所有參賽者必須於比賽時間**60分鐘**或之前到登記處報到；
 - ii. 所有參賽者登記時必須出示身份證明文件，12歲-18歲人士必須出示學生證/身份證明文件以供核對。如未能出示，大會有權取消其參賽資格；
 - iii. 參賽者將獲發「參賽卡」，參賽者須將「參賽卡」攜帶在身上；
 - iv. 如要退出比賽，必須在報到時向大會提出；
 - v. 個人項目一經報名，不接受換人安排；
 - vi. 隊際項目可於當日報到時，每隊可更換不超過一名隊員。



6. 所有參加者必須要按照大會指定時間到召集處集合。
7. 大會按照最更新之開賽時間去進行每場比賽；如有參賽者未能按指定時間到召集處並進入比賽場區，該人士會不被接納進行賽事，亦不會安排補賽。
8. 每場賽事開賽前，所有賽手必須調節好風阻，不得於賽事進行中再次調較。
(隊際項目適用)
9. 如有參賽者偷步，系統電腦會即時停止賽事，並顯示偷步之線道。
10. 偷步參賽者會被警告一次，偷步兩次會被取消參加該項賽事資格。
11. 參賽者如有違反比賽規則會被警告一次；累積兩次會被取消該項賽事成績。
12. 所有判決均以當日裁判發出最終決定為裁定。

成績計算：

1. 成績以完成所有項目時間去計算（當中亦包括接力所需之時間），並以賽事電腦系統紀錄成績為準。
2. 每項目或組別中，最短時間完成賽事之隊伍為該組冠軍。



香港青少年發展聯會

Hong Kong Association of Youth Development

Hong Kong Ergathlon 2023

Competition Schedule

Organizer: The Hong Kong Association of Youth Development

Co-organizer: Hong Kong Army Cadets Association

Date: 8th & 9th July, 2023 (Saturday and Sunday)

Venue: Hong Kong Army Cadets Association (18 Kai Yip Estate, Kai Yip Road, Kowloon Bay, Kowloon, Hong Kong)

Participation Fee:

| Events | Participation Fee (Each person/ team) |
|------------------------------------|--|
| Men's Open Individual | HK\$100 |
| Women's Open Individual | HK\$100 |
| Men's Open Relay | HK\$300 |
| Women's Open Relay | HK\$300 |
| Disciplined Services Men's Relay | HK\$300 |
| Disciplined Services Women's Relay | HK\$300 |
| Business Organization Relay | HK\$300 |
| 18th District Association Relay | HK\$300 |
| Secondary School Men's | HK\$50 |
| Secondary School Women's | HK\$50 |
| Secondary School Men's Relay | HK\$150 |
| Secondary School Women's Relay | HK\$150 |
| Uniformed Groups Men's Relay | |
| Uniformed Groups Women's Relay | |

Application: <https://bit.ly/41p9SGg>

Registration Deadline: 10th June, 2023 (Saturday)



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Hong Kong Association of Youth Development

8th July, 2023 (Saturday)

| Event | Schedule |
|--------------------------------|--|
| Secondary School Men's | Skiing (200m) + Cycling (400m) + Rowing (400m) |
| Secondary School Women's | Skiing (200m) + Cycling (300m) + Rowing (300m) |
| Secondary School Men's Relay | Skiing (250m) + Cycling (500m) + Rowing (500m) |
| Secondary School Women's Relay | Skiing (200m) + Cycling (400m) + Rowing (400m) |
| Uniformed Groups Men's Relay | Skiing (250m) + Cycling (500m) + Rowing (500m) |
| Uniformed Groups Women's Relay | Skiing (200m) + Cycling (400m) + Rowing (400m) |

9th July, 2023 (Sunday)

| Event | Schedule |
|------------------------------------|--|
| Men's Open Individual | Skiing (400m) + Cycling (500m) + Rowing (500m) |
| Women's Open Individual | Skiing (300m) + Cycling (400m) + Rowing (400m) |
| Men's Open Relay | Skiing (400m) + Cycling (800m) + Rowing (800m) |
| Women's Open Relay | Skiing (300m) + Cycling (600m) + Rowing (600m) |
| Disciplined Services Men's Relay | Skiing (400m) + Cycling (800m) + Rowing (800m) |
| Disciplined Services Women's Relay | Skiing (300m) + Cycling (600m) + Rowing (600m) |
| Business Organization Relay | Skiing (300m) + Cycling (600m) + Rowing (600m) |
| 18th District Association Relay | Skiing (300m) + Cycling (600m) + Rowing (600m) |



Format and rules:

Individual events:

1. Athletes must follow the sequence and distance. i.e.: 1. Skiing → 2. Cycling → 3. Rowing. Athletes could not complete the event will be disqualified.
2. If an athlete is absent from the roll call or start, he/she could not start.

Team events:

1. Each team consists of **THREE** athletes.
2. Each team must allocate each team member to their respective SkiErg, BikeErg and RowErg, and be ready before the start.
3. Each team must complete according to the sequence and distance: 1. Skiing → 2. Cycling → 3. Rowing. Athletes who fail to complete the event will receive warning or be disqualified.
4. At the start of the race, each team member must complete the specified sequence and distance on their respective Erg machine and give a "high-five" signal to the next team member before proceeding to the next sequence. The athlete failed to give "high-five" or complete the specified sequence and distance will receive warning or be disqualified.
5. During the competition, each team member must stay within their Erg machine area and cannot leave or assist other team members in completing the race (e.g. loosening or tightening foot straps, adjusting seats/sleds/handlebars, etc.). The team will be warned or disqualified.

General rules:

1. SkiErg, BikErg, and RowErg machines will be used in all competitions.
2. The competition is controlled by a computer system.
3. All events are conducted according to the rules set by the Racing Director.
4. All team leaders, athletes, and accompanying personnel should familiarize themselves with all competition rules and follow the instructions of the officials.
5. Registration:
 - i. All athletes must register at the registration desk 60 minutes before the competition; All athletes must show Identity Card at registration. Students aged 12-18 must show their student ID or Identity Card for verification. Failing to register may be disqualified;
 - ii. Athletes will be given an "athlete card" which they must carry with them;
 - iii. To withdraw from the race, athletes must inform the officials at registration desk;
 - iv. For individual events, there will be no replacement arrangements once registered;



- v. For team events, each team can replace no more than one team member on the day of the event.
6. All athletes must arrive the designated competition venues at the appointed time.
7. The events will start according to the most updated schedule starting time. Athletes who fail to report at the designated competition venue on time will not be allowed to start.
8. Before each race, all athletes can adjust the wind resistance once and are not allowed to adjust it again during the race. (Applicable to all team events)
9. If an athlete commences to start the Erg machine after the word “**Ready**”, before the start signal is given, the computer system will automatically stop the race and display the lane who make the “false start”.
10. A warning will be given to an athlete making a “false start”, and they will be disqualified from the event if they make a “false start” again.
11. Athletes who violate the competition rules will be given a warning. If they accumulate two warnings, they will be disqualified.
12. All judgments will be based on the final decision of the officials.

Scoring:

1. The score is based on the completion time of all events (including the time for changing machine in relay events) and is recorded by the competition computer system.
2. The team with the fastest completion time in each event will be the champion.