

SCAA X FunKids

# FREE TO RUN

2023-2024



南華體育會-賽馬會運動場



FUNKIDS  
FUNKIDS SPORTS ASSOCIATION

## 項目

	2021	2020	2019	2018	2017	2016	2015	2014
20米	✱	✱	✱	✱				
30米	✱	✱	✱	✱	✱			
30米跨欄	✱	✱	✱	✱				
60米			✱	✱	✱	✱	✱	✱
60米跨欄			✱	✱	✱	✱	✱	✱
立定跳遠	✱	✱	✱	✱	✱	✱	✱	✱
擲豆袋	✱	✱	✱	✱	✱	✱	✱	✱
親子接力爸爸組	✱	✱	✱	✱	✱	✱	✱	✱
親子接力媽媽組	✱	✱	✱	✱	✱	✱	✱	✱
親子二人三足	✱	✱	✱	✱	✱	✱	✱	✱
爸爸60米	✱	✱	✱	✱	✱	✱	✱	✱
媽媽60米	✱	✱	✱	✱	✱	✱	✱	✱

## 登記及報到

- ✱ 請家長記下參賽者之賽員編號，並於比賽時間40分鐘前到報到處領取 號碼布及場刊，號碼布須張貼於胸前。
- ✱ 請家長閱讀場刊上之場地地圖，參閱召集及比賽位置。
- ✱ 當日不設現場報名、加減或更改項目。
- ✱ 請各家長為所有參賽者準備身份證明文件(可以相片出示)，本會職員有權抽樣查核。

## 召集

- ✱ 請家長於比賽前20鐘帶同號碼布與參賽者到召集處點名。
- ✱ 請家長詳細閱讀場刊內之時間表及線道。
- ✱ 2021年出生的參賽者只可由1位家長陪同協助起跑。
- ✱ 2020-2014年出生的參賽者不可由家長陪同協助起跑。
- ✱ 參賽者請依據比賽時間表及召集時間準時到召集處點名，如沒有前往召集處報到者，將當作棄權論，並取消該項目比賽資格。費用不設退回。

## 規則

- ✳ 除本會制定之規則外，所有規則乃按國際田徑聯會及香港業餘田徑總會規則進行，本會對賽事之裁決擁有最終決定權。是次比賽不設上訴 機制。
- ✳ 如田項 (立定跳遠/擲豆袋) 和跑項 (短跑) 同時進行，請先到跑項召集及比賽，再回到田項作賽 (必須於該項田賽項目比賽時間1小時內完成補賽)。
- ✳ 如參加者未能準時於跑項作賽而該項跑項賽事已完成，將當作棄權論，並不設補賽；如田項已作賽則可以補賽(必須於該項田賽項目比賽時間1小時內完成補賽)。
- ✳ 所有徑項賽事(包括接力賽事)將以分組時間作最後成績, 並將計入該年份及組別的總成績來排列名次，將不設決賽；手計時作最後判決並以分組成績作為最後名次。
- ✳ 爸爸及媽媽接力賽事起跑的40米由家長作賽，而最後20米則由小朋友作賽。於接力賽事跑道35米至45米位置設立10米的接棒區域，必須於指定接棒區接棒。
- ✳ 爸爸及媽媽60米賽事將會以小朋友的出生年份分為兩組 (2021-2018及2017-2014) 作賽，賽事不設家長年齡分組。
- ✳ (立定跳遠/擲豆袋) 將以兩次跳或擲進行並取錄其中最佳成績作最後成績。
- ✳ 擲豆袋拋擲方式必須用單手擲出，投擲時須高過於頭，不可以拋的方式擲出，擲豆袋不可以用手指夾豆袋角擲出。
- ✳ 如田賽最佳成績相同，將以第二佳成績決定名次，如第二佳成績再次相同，則列同等名次。
- ✳ 所有比賽進行時家長請勿協助，後推，陪同子女完成比賽。
- ✳ 兩人三足 (30米)：家長及小朋友站成一線，將各自一隻腳與對方的腳固定在一起。比賽時須一起前進，不可以抱起小朋友前進。(不限由爸爸/媽媽作賽)

## 獎項

- ✳ 每位參賽者將獲發參與證書一張。
- ✳ 個人賽事總成績首3名將獲發獎盃，4-8名則獲發獎牌。
- ✳ 接力賽事總成績首3名將獲發獎盃，其餘名次則獲發獎牌。
- ✳ 成績證書每張90元(由FUNKIDS發出)，家長可填妥申請表格於賽事完結後到報到處辦理，可用PayMe、WeChat Pay、FPS 轉數快、信用卡付款，證書會在比賽後14個工作天後完成，並以平郵或順豐到付方式寄出。

計算全場總冠軍績分方式為：

冠軍	亞軍	季軍	殿軍	第5名	第6名	第7名	第8名
9分	7分	6分	5分	4分	3分	2分	1分

\*如同等分數會再按冠軍數量決定名次，如次類推

## 場地

- ✿ 南華體育會 – 銅鑼灣加路連山道88號賽馬會運動場(田徑練習場地)
- ✿ 田項比賽於室外場地進行；徑項賽事於室外泰坦地進行。
- ✿ 場地不設熱身區域。

## 比賽安排

- ✿ 只有認可人士方能進入比賽場地。本會職員會於進場前派發個人通行證以作辨認，認可人士必須出入時出示通行證，以便職員查核。
- ✿ 如進場人士體溫達到攝氏 37.5 度或以上，或有上呼吸道感染徵狀（如咳嗽、氣促等），將不獲准進入比賽場地範圍，並請儘早求診。
- ✿ 大會將實施人流管制，運動員及陪同者須按照指定時間及工作人員指示進場，詳情請參閱相關賽事 場次時間表。
- ✿ 徑項賽事將會利用 1至6線道作賽。
- ✿ 認可人士完成比賽後請盡快離開賽場，避免人羣聚集。
- ✿ 本會有權要求不遵從防疫安排人士離開比賽場區，並不設補賽及退款。

## 惡劣天氣安排

- ✿ 如遇天氣惡劣問題，本會將於當日早上7時正於 FunKids Facebook 專頁公佈取消與否及賽事安排詳情。如當天比賽期間遇上惡劣天氣，本會有機會延遲或暫停比賽，等天氣許可再作賽，敬請家長當時留意中央廣播。

## 聲明

- ✿ 家長須明白子女參與本會的田徑比賽性質及體適能要求，並願意遵守有關規則。家長須承擔自身的意外風險及責任；如不幸因上述比賽而導致任何損失或傷亡，無權向本會或有關人士索償或追討責任。
- ✿ 樂動兒童體育會擁有是次比賽所有最終解釋及決定權。
- ✿ 比賽一經確定報名一概不設退款或延後報名費用，所有費用均用作本會之行政開支。
- ✿ 本會有權使用參加比賽時之相片/影片作為教學、訓練及推廣用途。
- ✿ 參加者於截止報名後資料修改/增加/刪減；須繳付\$100行政費用（如須重新印刷號碼布及出席證書須另付印刷費用\$90）。

# EVENT

	2021	2020	2019	2018	2017	2016	2015	2014
20 Meter	✱	✱	✱	✱				
30 Meter	✱	✱	✱	✱	✱			
30 Meter Hurdles	✱	✱	✱	✱				
60 Meter			✱	✱	✱	✱	✱	✱
60 Meter Hurdles			✱	✱	✱	✱	✱	✱
Standing Long Jump	✱	✱	✱	✱	✱	✱	✱	✱
Bean Bag Throwing	✱	✱	✱	✱	✱	✱	✱	✱
Dad Relay	✱	✱	✱	✱	✱	✱	✱	✱
Mom Relay	✱	✱	✱	✱	✱	✱	✱	✱
three-legged race	✱	✱	✱	✱	✱	✱	✱	✱
Dad 60 Meter	✱	✱	✱	✱	✱	✱	✱	✱
Mom 60 Meter	✱	✱	✱	✱	✱	✱	✱	✱

## REGISTRATION AND CHECK-IN

- ✱ Participants/team leaders/coaches/representatives/Parents should be noticed: Parents are required to record the participant's number and report to the registration counter 40 minutes before the event time to collect the number bib and event brochure, and all participants should wear a number bib issued by FunKids on the chest.
- ✱ Parents should realize the roll-call and competition location by reading the venue map in the event brochure.
- ✱ There will be no on-site registration, addition, subtraction, or change of event(s) items on the day.
- ✱ Parents are requested to prepare valid photo-bearing identity documents (copy) of the participant, and our staff has the right to conduct random checks.

## ROLL CALL

- ✱ Parents and participants of all events must bring along their number bib and arrive at the Roll Call Area 20 minutes before the event to wait for Roll Call.
- ✱ Parents must thoroughly read and understand the competition schedule and route from the event brochure in detail.
- ✱ Participants born in the year 2021 can only be accompanied by one parent/guardian to the assembly and entry area.

- ✿ Participants born in the years 2020 to 2014 are not allowed to be accompanied by parents/guardians to the assembly and entry area.
- ✿ Participants are required to arrive at the Roll Call Area on time according to the competition schedule and Roll Call time. Participants who fail to report to the Roll Call on time or who do not report to the Roll Call will result in the disqualification from the competition, and no refunds will be issued.

## Rules

- ✿ Unless stated in the prospectus and the above guidelines, all rules and regulations will follow those adopted by the IAAF and those currently adopted by the Hong Kong Amateur Athletic Association. No appeal will be accepted. The decisions of the Chief Referee on the spot will be final.
- ✿ If field events (standing long jump/beanbag toss) and track events (sprint) are taking place simultaneously, please report to the track event assembly and compete first, and then return to the field event for competition (the makeup event must be completed within 1 hour of the scheduled field event time).
- ✿ If a track event finishes before the participant returns, the participant's opportunity to play will be deemed as lapsed. If the field event has already taken place, a makeup event can be arranged (must be completed within 1 hour of the scheduled field event time).
- ✿ All track events (including relay events) will be scored based on group timings, and the overall rankings for the respective year and category will be determined by these results. There will be no final event held. Hand time keep will be used for final determinations, and the group timings will be considered for the final rankings.
- ✿ Parents will run the first 40 meters in the parent-child relay, and children will run for the last 20 meters. A 10-meter baton exchange zone in 35-45 meters of the track will be set up. Participants in relay events must receive the baton in the designated exchange zone.
- ✿ The Mom and Dad 60-meter race will be divided into two groups based on the children's birth years (2018-2021 and 2014-2017) for competition. There will be no age groups for parents.
- ✿ In the standing long jump/bean bag throwing event, participants will have two attempts, and the best result will be recorded as the final score.
- ✿ The beanbag throwing must be performed using a single hand, with the throwing being higher than the head. The beanbag cannot be thrown using the fingertips to flick it.
- ✿ In the field events, if the best scores are tied, the second-best scores will be used to determine the rankings. If the second-best scores are also tied, the rankings will be considered equal.
- ✿ Parents are not allowed to assist, push, or accompany their children during the competitions.
- ✿ Two-legged race (30 meters): Parents and children stand in a line, with one foot of each person tied together. They must move forward together during the race. (It is not limited to parents participating; it can be either Mom or Dad).

## AWARDS

- ✿ Each participant will receive a participation certificate.
- ✿ The top 3 participants in individual events will be awarded trophies, while participants ranking 4th to 8th will receive medals.
- ✿ The top 3 teams in relay events will be awarded trophies, and the remaining teams will receive medals.
- ✿ The cost for a performance certificate is HKD 90. Parents can complete the application form and make payment through PayMe, WeChat Pay, FPS, or credit card at the registration counter after the event. The certificates will be completed within 14 working days after the competition and sent via regular mail or paid upon delivery through SF Express.

The scoring system for calculating the overall champion points for the entire event is as follows:

Champion	Runner-up	Third place	Fourth place	Fifth place	Sixth place	Seventh place	Eighth place
9 points	7 points	6 points	5 points	4 points	3 points	2 points	1 points

## VENUE

- ✿ South China Athletic Association - 88 Caroline Hill Road, Causeway Bay (Athletics training venue)
- ✿ Field events take place in an outdoor venue; track events take place on an outdoor tartan track.
- ✿ There is no designated warm-up area on the premises.

## COMPETITION ARRANGEMENTS

- ✿ Only authorized individuals are allowed to enter the competition venue. Our staff will distribute personal passes for identification purposes. Authorized individuals must present their passes upon entry for verification by the staff.
- ✿ Individuals with a body temperature of 37.5 degrees Celsius or above or exhibiting symptoms of upper respiratory tract infection (such as coughing, shortness of breath, etc.), will not be allowed to enter the competition venue. Please seek medical attention as soon as possible.
- ✿ The event will implement crowd control measures. Athletes and accompanying individuals must enter the venue according to the designated time and follow the instructions of the staff. For more details, please refer to the schedule of the respective events.
- ✿ Track events will be conducted using lanes 1 to 6.
- ✿ Authorized individuals are requested to leave the competition venue promptly after completing their events to avoid gatherings.
- ✿ The association reserves the right to request individuals who do not comply with the epidemic prevention arrangements to leave the competition area. No makeup events or refunds will be provided.

## ADVERSE WEATHER ARRANGEMENTS

- ✿ In the event of adverse weather conditions, the association will announce the cancellation, rescheduling, or detailed arrangements of the competition on the association's Facebook page at 7:00 AM on the day. If inclement weather occurs during the competition, there may be delays or temporary suspensions until conditions allow for the event to continue. Parents are advised to stay tuned to radio broadcasts for updates.

# DISCLAIMER

- \* Parents should understand the nature of their children's participation in the athletics competition organized by FunKids Sports Association and the physical fitness requirements and agree to abide by the relevant rules. Parents must assume the risk and responsibility for any accidents. In the unfortunate event of any loss or injury resulting from the competition, parents have no right to claim or seek compensation from FunKids Sports Association or related individuals.
- \* FunKids Sports Association reserves the right to make the final interpretation and decision regarding the competition.
- \* Once registration is confirmed, no refunds or deferrals of registration fees will be provided. All fees collected will be used for the administrative expenses of the association.
- \* FunKids Sports Association has the right to use photos/videos taken during the competition for teaching, training, and promotional purposes.
- \* Participants who wish to make changes/additions/deletions to their registration information after the deadline will be required to pay an administrative fee of HKD 100. (If participants wish to reprint the competition certificate and number bib, participants will be required to pay an additional fee of HKD 90).



