



1. 比賽宗旨：

- 為本校同學提供體能競技機會及增進友誼
- 激發本校同學對室內三項鐵人的興趣

2. 比賽日期和地點：

- 日期：2025 年 2 月 21 日(五)
- 時間：14:00-17:00
- 地點：龐萬倫學生中心地下禮堂

3. 比賽項目：

- 滑雪機 (SkiErg) * 200m
- 單車機 (BikErg) * 1000m
- 賽艇機 (RowErg) * 200m

4. 參賽資格：凡本校全日制本科學生、研究院學生及教育文憑課程學生均可報名參加

5. 報名方法：

- 網上報名：每隊必須三人組隊參賽
- 參賽名額：共 50 隊；先到先得，額滿為止
- 截止日期：2025 年 2 月 14 日 (五) 23:59

6. 比賽組別：

- 男子組
- 女子組

7. 規則：

- 隊際賽：比賽以團隊接力形式進行
- 每組隊伍在轉換到下一個項目之前，必須完成指定距離
- 成績以完成所有項目時間計算，總時間短者獲勝

8. 比賽獎勵：

- 每組均設冠、亞、季、殿軍獎
- 獲獎隊獲獎杯一枚，獲獎同學各獲獎牌一枚

9. 比賽裁判：由比賽主辦方安排。

10. 比賽上訴：不設上訴，一切賽果均以當場裁判判決為最後判決。

11. 比賽服裝：比賽須著運動服裝、不脫色膠底運動鞋/室內鞋。（不合適穿著將不能參賽）

12. 比賽安全：身體不適時，不可勉強作賽；不可有妨礙其他隊比賽的行為

13. 查詢：體育部，電話 3943 6097；電郵 peunit@cuhk.edu.hk

14. 本章程如有未盡善之處，主辦方有權隨時修改而不作另行通知。



The Chinese University of Hong Kong
2024-2025 Indoor Triathlon Open
Rules and Regulations



1. **Objectives:**

- To provide students with opportunities for physical competition and enhance friendship.
- To inspire students' interest in indoor triathlon.

2. **Date and Venue:**

- **Date:** 21st February 2025 (Friday)
- **Time:** 14:00-17:00
- **Venue:** Multi-purpose Hall (G01), Pommerenke Student Centre

3. **Events:**

- SkiErg * 200m
- BikErg * 1000m
- RowErg * 200m

4. **Eligibility:** All full-time undergraduate students, postgraduate students, and students of the Education Diploma program are eligible to participate.

5. **Enrolment Method:**

- **Online Enrolment:** Each team of three students enrol to the competition.
- **Quota:** Total 50 teams; first come, first served until full.
- **Deadline:** 14th February 2025 (Friday) at 23:59.

6. **Categories:**

- Men's Group
- Women's Group

7. **Rules:**

- The competition will be conducted in a team relay format.
- Each team must complete the specified distance before switching to the next event.
- The results will be based on the total time taken to complete all events; the shortest time wins.

8. **Awards:**

- Trophies will be awarded to the Champion, 1st Runner-up, 2nd Runner-up, and 3rd Runner-up of each group.
- Winning teams will receive a trophy, and each winning participant will receive a medal.

9. **Referee:** Arranged by the organizer.

10. **Appeal:** No appeal is allowed; all results are final as determined by the on-site referee.

11. **Dress Code:** Participants must wear sports clothing and non-marking rubber-soled sports shoes/indoor shoes. (Inappropriate attire will result in disqualification.)

12. **Safety:** Do not force yourself to compete if you feel unwell; do not obstruct other teams during the competition.

13. **Enquiries:** Physical Education Unit, Tel: 3943 6097; Email: peunit@cuhk.edu.hk.

14. The organizer reserves the right to amend these rules and regulations without prior notice.