



2026.3.7 (星期六 Saturday), 8:30am – 4:30pm  
紀律部隊人員體育及康樂會 Disciplined Services Sports and Recreation Club

每隊派出參賽者人數  
No. of Participant  
per team

## 競賽詳情 Race Details

1	<p><b>保齡球項目：混合接力</b>  <b>比賽場地：4/F, 保齡球場</b>          各隊可派 4 名參賽者，成員男女比例不限，比賽以隊制進行</p> <p>1. 每隊參賽者連續進行 2 局比賽，比賽以 10 瓶制進行，傳統式計分制          2. 每局共有 10 個計分格，4 名參賽者輪流接力，次序不得更換，次序可於比賽當日決定          3. 2 局累積得分最高的 3 隊為冠、亞、季軍          4. 如累積分數最高首 3 隊出現相同分數，需進行額外 1 格比賽（按第 10 格計分制進行）</p> <p><b>Bowling: Mixed Relay</b>  <b>Venue: 4/F, Bowling Alley</b>  <i>Each team will send 4 participants (no restriction on the gender ratio)</i></p> <p>1. Each team will play 2 consecutive games. The game will be played in a 10-pin system and a traditional scoring system          2. There are 10 scoring frames in each game. 4 participants take turns to relay. Once the sequence is fixed, it could not be changed. However, the sequence could be confirmed on the event day.          3. The 3 teams getting the highest accumulated scores of the 2 sets will be awarded as Champion, 1st runner-up and 2nd runner-up          4. If the 3 highest-scoring teams have the same score, the teams involved will proceed to an extra pin of match (according to the 10<sup>th</sup> pin scoring system)</p> <p>❖ 保齡球及保齡球鞋由場地提供，參賽者可自備專用保齡球及保齡球鞋          ❖ Participants can bring their own bowling balls and shoes if they have ones. If not, both will also be available at the venue</p> <p><b>禮儀</b></p> <p>1. 於保齡球比賽範圍，請務必換上保齡球專用的鞋          2. 準備、投球或完成動作後，請勿在球道上逗留，以免影響賽事進行          3. 請勿用扔的方式投球，以防損壞球道</p> <p><b>Etiquette</b></p> <p>1. Participants must wear bowling-specific shoes/ within the competition area          2. Do not linger on the lane during preparation, delivery, or follow-through to avoid delaying the competition          3. Avoid throwing the ball to prevent lane damage</p>	4
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2	<p>乒乓球項目：乒乓球男子單打、乒乓球女子單打 比賽場地：3/F, 乒乓球場 各隊可派1男1女參賽</p> <p><b>初賽、十六強及半準決賽</b></p> <ol style="list-style-type: none"> <li>賽事為單淘汰制，1局 21 分制（不設加分及暫停），每場勝出者皆可晉級</li> <li>大會將會以抽籤形式決定首輪對賽隊伍</li> </ol> <p><b>準決賽、季軍賽及冠軍賽</b></p> <ol style="list-style-type: none"> <li>賽事為單淘汰制，3局 2 勝制（每局為 21 分，不設加分及暫停）</li> <li>準決賽兩位勝出者將晉身冠軍賽，負方兩位則進行季軍賽</li> <li>各單打組別設冠、亞、季軍</li> </ol> <p><b>Table Tennis: Men's Singles and Women's Singles</b> <b>Venue: 3/F, Table Tennis Courts</b> <i>Each team will send 1 male and 1 female participants for the respective singles</i></p> <p><b>Preliminaries, Round of 16, Quarter-finals</b></p> <ol style="list-style-type: none"> <li>Matches will be conducted on a single-elimination basis (1 set, 21 points only and no timeout), in which only the winners proceed to the next round</li> <li>Grouping for matches in the first round will be decided through lots drawing by the Organiser</li> </ol> <p><b>Semi-finals, 3rd Place Play-off and Final</b></p> <ol style="list-style-type: none"> <li>Matches will be conducted on a single-elimination basis, in which only the winners proceed to the next round</li> <li>All matches will be the best of 3 games with each game played to 21 points only and no timeout. winners in the semifinals will proceed to final while the other 2 will proceed to 3rd place play-off</li> <li>Champion, 1<sup>st</sup> runner-up and 2<sup>nd</sup> runner-up will be given respectively</li> </ol> <p>❖ 所有參賽者必須自備球拍，乒乓球則由大會提供 <i>Participants will need to bring their own table tennis bats for the matches while the balls will be provided by the Organiser</i></p> <p>❖ 如有參賽者遲到或缺席，對賽對手將自動晉級 <i>If any participants are late or absent, their opponents will advance automatically</i></p>	2
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3	<p><b>手足射門</b>  <b>比賽場地：G/F, 草地足球場</b>          各隊可派 2 位參賽者，成員男女比例不限，比賽以隊制進行          賽事以累積加分制進行，每隊 2 位參賽者總分為最終成績</p> <ol style="list-style-type: none"> <li>每位參賽者有 3 次足球射門、3 次手球投擲機會</li> <li>每位參賽者須於 1 分 30 秒內完成 6 次射擊大型箭靶，計分員會於每位參加者完成 6 次射門後才計算分數</li> <li>每位參賽者須站於界線後射球，越線或踩線取消該球（無補射）。</li> <li>第 2 位參賽者於第 1 位完成 6 射及計分後，方可取球開始</li> <li>累積分數最高的 3 隊為冠、亞、季軍</li> <li>如累積分數最高首 3 隊出現相同分數，需進行額外 1 局比賽</li> </ol> <p><b>Dual Ball Target Challenge</b>  <b>Venue: G/F, Soccer Pitch</b>  <i>Each team will send 2 participants (no restriction on the gender ratio)</i></p> <p>The competition uses cumulative scoring. The total score of both team players determines the final result</p> <ol style="list-style-type: none"> <li>Each player has 3 soccer kicks and 3 handball throws</li> <li>Each player must complete 6 shots on the large arrow target within 1 minute 30 seconds. Scorers will calculate points only after each player finishes all 6 shots</li> <li>Players must shoot from behind the marked line. Crossing or stepping on the line voids that shot (no retry)</li> <li>Player 2 may start retrieving balls and shooting only after Player 1 completes 6 shots and scoring is recorded</li> <li>The 3 teams getting the highest accumulated scores will be awarded as Champion, 1st runner-up and 2nd runner-up</li> <li>If the 3 highest-scoring teams have the same score, the teams involved will proceed to an extra match</li> </ol> <p>❖ 依命中區域累計總分，球須黏附靶上至裁判計分方有效          Cumulative points by hit zone. Balls must stick to target until judge scores</p> <p>❖ 球覆蓋區域過半計分，靶心黑紅區 25 分          Counts if ball covers half or more of zone. Bullseye black/red zone scores 25 points</p> <p>❖ 如有任何爭議，裁判擁有最終決定權          In case of any dispute, the judge has final decision authority</p> <p>❖ 所有參賽者可以自備足球鞋，足球和手球則由大會提供          Players may wear own soccer boots. Soccer balls and handballs will be provided by organisers</p>	2
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4	<p><b>匹克球比賽：雙打</b>  <b>比賽場地：5/F (天台)，網球場</b>          各隊可派 2 位參賽者，成員男女比例不限，比賽以隊制進行</p> <p><b>初賽</b></p> <ol style="list-style-type: none"> <li>賽事為分組單循環賽，採用每球得分制，1 局 15 分 (15 分封頂，不設加分和暫停)：            機構組 - 每組首名可晉級半準決賽            紀律部隊組 - 每組首及次名可晉級準決賽</li> <li>大會將會以抽籤形式決定分組隊伍</li> </ol> <p><b>半準決賽（機構及會員機構組別適用）</b></p> <ol style="list-style-type: none"> <li>賽事為單淘汰制，採用每球得分制，1 局 15 分 (15 分封頂，不設加分和暫停)，每場勝出者皆可晉級</li> </ol> <p><b>準決賽</b></p> <ol style="list-style-type: none"> <li>賽事為單淘汰制，採用每球得分制，1 局 21 分 (21 分封頂，不設加分和各隊有一次一分鐘暫停)</li> <li>準決賽兩位勝出者將晉身冠軍賽，負方兩位則進行季軍賽</li> </ol> <p><b>季軍賽及冠軍賽</b></p> <ol style="list-style-type: none"> <li>賽事為單淘汰制，採用每球得分制，3 局 2 勝制 (每局為 15 分，15 分封頂，不設加分，各隊有一次一分鐘暫停)</li> <li>各雙打組別設冠、亞、季軍</li> </ol> <p><b>Pickleball: Doubles</b>  <b>Venue: 5/F (Rooftop), Tennis Court</b>  <i>Each team will send 2 participants (no restriction on the gender ratio)</i></p> <p><b>Preliminaries</b></p> <ol style="list-style-type: none"> <li>Matches will be conducted on a single round-robin tournament basis, with a scoring system of 15 points per game (Max 15 points, no timeouts):            Corporates &amp; Member Agencies: The first place in each group can advance            Disciplinary Forces: The first and second place in each group can advance</li> <li>Grouping for matches will be decided through lots drawing by the Organiser</li> </ol> <p><b>Quarter-finals (only for Corporates &amp; Member Agencies)</b></p> <ol style="list-style-type: none"> <li>Matches will be conducted on a single-elimination basis, with a scoring system of 15 points per game (Max 15 points, no timeouts), in which only the winners proceed to the next round</li> </ol>	2
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	<p><b>Semi-finals</b></p> <ol style="list-style-type: none"><li>1. Matches will be conducted on a single-elimination basis, with a scoring system of 21 points per game (Max 21 points, one timeout (1 min each) is allowed for each team)</li><li>2. Winners in the semifinals will proceed to final while the other 2 will proceed to 3rd place play-off</li></ol> <p><b>3rd Place Play-off and Final</b></p> <ol style="list-style-type: none"><li>1. Matches will be conducted on a single-elimination basis, matches will be the best of 3 games with each game played to 15 points (Max 15 points, one timeout (1 min each) is allowed for each team)</li><li>2. Champion, 1st runner-up and 2nd runner-up will be given respectively</li></ol> <p>❖ 匹克球及球拍由大會提供，參賽者可自備專用球拍 <i>Pickleballs and bats will be provided by the Organiser, participants can bring their bats if they have one</i></p> <p>❖ 如有參賽者遲到或缺席，對賽對手將自動勝出 <i>If any participants are late or absent, their opponents will win the game automatically</i></p> <p>❖ 大會或會因活動當天的天氣情況而調整賽制 <i>Race format might be adjusted depending on the weather condition on the event day</i></p> <p>❖ 請觀看公益金百萬運動會網頁的匹克球<u>介紹片段</u>及<u>基本規則</u>以了解其玩法及技巧 <i>Please watch the <u>introduction video</u> and <u>basic rules</u> (Chi version) on “The Community Chest Sports for Millions” website for Pickleball's instructions and techniques</i></p>	
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5	終極比賽 - 比賽場地 : G/F, 草地足球場 詳情將於稍後公佈  <b>Finale Game - Venue: G/F, Soccer Pitch</b> <b>Game details will be announced later</b>	全隊 10 人 同時參與 The whole team of 10 members
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備註 :

- 由於各項運動賽事將同時進行，參賽者只可參與其中一項賽事
- 賽事獎項將分為「機構組別」及「紀律部隊組別」
- 參賽者將於報到時獲發號碼布，所有項目參賽者須於賽事期間配戴號碼布，以便工作人員辨認
- 參賽者請於運動項目完結後保留號碼布，待下午「終極比賽」時再次使用
- 如有任何爭議，裁判長擁有最終決定權

Remarks:-

- Since all sports events will be held simultaneously, participants can only select one of the items to take part.
- Awards will be presented to "Corporates Category" and "Disciplinary Forces Category" respectively.
- Participants will be given their race bibs upon registration at respective sports venues. All participants should wear their race bibs at all times during the race for easy identification.
- After the races in the morning, participants should keep their race bibs for use in the "Finale Game" in the afternoon
- In case of any disputes, the Chief Referee's decision shall be final and conclusive.