慈濟大學 115 學年度校慶運動會競賽規程總則

Tzu Chi University Anniversary Sports Day General Competition Regulations

一、主　　旨：為促進全校師生培養規律運動的生活習慣，提升健康體適能，維持身體健康，凝聚慈大全體師生情感，特舉辦本項活動。

1. Purpose: To encourage regular exercise, improve health and fitness, and bring the TCU community together through sport.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校教職員工生(包含研究生)、慈誠懿德會、社教處學員

5. Participants: All TCU faculty, staff and students, including postgraduate students; members of the Tzu Cheng and Yi De Association; and learners enrolled in continuing education programs.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參賽單位：

8. Participating groups:

（一）本校各系(所)之學生

(1) Students from all TCU departments and graduate institutes.

（二）本校教職員工、慈誠懿德會、社教處學員

(2) TCU faculty and staff, members of the Tzu Cheng and Yi De Association, and continuing education learners.

九、 參加資格：

9. Eligibility:

（一）115 學年度第 1 學期具本校正式學籍之在學學生（含研究生）

(1) Students officially enrolled at TCU in Semester 1 of the 2026/27 academic year, including postgraduate students.

（二）本校教職員工(含約聘人員)、慈誠懿德會、社教處學員

(2) TCU faculty and staff, including contract staff; members of the Tzu Cheng and Yi De Association; and continuing education learners.

十、參加辦法：

10. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：請填寫 115 學年度運動會報名表 google 表單。

(2) How to register: Complete the Google Form for the 2026/27 Sports Day.

（三）聯絡方式：關於競賽任何問題請電洽陳聰毅老師(分機 11214)或 email 至 tichen@gms.tcu.edu.tw

(3) Enquiries: Contact Professor Tsung-I Chen on extension 11214 or email tichen@gms.tcu.edu.tw.

附註：報名經確認後，不得增減及更改運動員人數、姓名及參賽項目。

Note: Once registration has been confirmed, no changes may be made to the number or names of competitors or to their events.

十一、競賽分組及項目：

11. Divisions and events:

（一）個人競賽:

(1) Individual events:

1.學生個人項目：

1. Student events:

(1)男生組：100M、200M、400M、1500M、5000M。

(1) Men: 100 m, 200 m, 400 m, 1,500 m and 5,000 m.

(2)女生組：100M、200M、400M、800M、5000M。

(2) Women: 100 m, 200 m, 400 m, 800 m and 5,000 m.

2.教職員組個人項目：

2. Faculty and staff events:

(1)男生組：60M、1500M、5000M

(1) Men: 60 m, 1,500 m and 5,000 m.

(2)女生組：60M、5000M

(2) Women: 60 m and 5,000 m.

（二）團體項目：

(2) Team events:

1.學生組團體項目:

1. Student team events:

(1)4x100M 接力

(1) 4 × 100 m relay

(2)100Mx20 大隊接力

(2) 20 × 100 m team relay

2.教職員團體項目：

2. Faculty and staff team event:

4x100M 大隊接力

4 × 100 m relay

3.趣味競賽：

3. Fun team events:

(1) 齊心桿球趣

(1) Team Ball Carry

(2) 穿圈接長龍

(2) Hoop Chain Challenge

(3) 越跑越有伴

(3) Run Together Relay

(4) 解開千千結

(4) Untangle the Team

(5) 錐錐向前衝

(5) Cone by Cone Relay

十二、競賽辦法-學生組：

12. Student competition rules:

（一）、田徑賽競賽項目：

(1) Track events:

種類		項　　目
男	徑賽	100M、200M、400M、1500M、5000M、4x100M 接力
女	徑賽	100M、200M、400M、800M、5000M、4x100M 接力

Events | Men: 100 m, 200 m, 400 m, 1,500 m, 5,000 m and 4 × 100 m relay. Women: 100 m, 200 m, 400 m, 800 m, 5,000 m and 4 × 100 m relay.

（二）個人及團體項目合計每位學生至多報名 2 項，5000M 及 100M×20 大隊接力不列入計算。參賽選手以人次方式每人 1 分計入精神總錦標成績。

(2) Each student may enter up to two events in total, including individual and team events. The 5,000 m and 20 × 100 m team relay do not count towards this limit. Each competitor earns one point per event entered towards the Overall Team Spirit Award.

（三）4x100M 接力: 自由組隊，不限科系，2 男 2 女共 4 名，每人跑 100 公尺，若該隊男生人數不足，可由女生替代。

(3) 4 × 100 m relay: Students may form teams across departments. Each team has four runners: two men and two women, each running 100 meters. Female participants may substitute for unfilled male slots.

（四）100Mx20 大隊接力：以班或系為報名單位。男、女生各 10 名，每人跑 100 公尺，若該隊男生人數不足，可由女生替代。

(4) 20 × 100 m team relay: Register as a class or department. Each team has ten men and ten women, each running 100 meters. Female participants may substitute for unfilled male slots..

十三、競賽辦法-教職員組

13. Faculty and staff competition rules

（一）田徑賽：

(1) Track events:

1.競賽項目:60M、1500M、5000M

1. Events: 60 m, 1,500 m and 5,000 m.

2.以競賽單位報名參加，報名人數不限。

2. Register through your participating unit. There is no limit on the number of entrants.

（二）4x100M 接力：

(2) 4 × 100 m relay:

1.可依各院、處、室、中心組隊或跨單位自由組隊報名。

1. Teams may represent a college, office or centre, or be formed across units.

2.報名人數每隊 2 男 2 女生，每人跑 100 公尺，若該隊男生人數不足，可由女生替代。

2. Each team has two men and two women, each running 100 meters. Female participants may substitute for unfilled male slots..

十四、競賽辦法-趣味競賽

14. Fun team event rules

（一）學生與教職員合併進行比賽，不另行分組。

(1) Students, faculty and staff compete together in a single division.

（二）組隊報名方式：

(2) Team registration:

1.學生：自由組隊，男女人數不限制，每隊選手須來自至少 2 個不同科系(所)，每隊 6 名，可候補 2 名。

1. Students: Form your own team of six, with up to two reserves. Team members must come from at least two different departments or graduate institutes. There are no gender requirements.

2.教職員：可依各院、處、室、中心組隊或跨單位自由組隊報名，男女人數不限制，每隊 6 名，可候補 2 名。

2. Faculty and staff: Form a team within a college, office or centre, or across units. Each team has six members, with up to two reserves. There are no gender requirements.

十五、競賽程序：

15. Competition schedule:

(一)除 5000M 比賽時間於 11 月 20 日(星期五) 15：00 外，其餘賽事皆於 11 月 25 日(星期三)進行。

(1) The 5,000 m races take place at 15:00 on Friday 20 November 2026. All other events take place on Wednesday 25 November 2026.

（二)各種運動競賽程序，由大會競賽組公開抽籤或按運動規則規定編排之。

(2) The Competition Section will arrange the program by public draw or in accordance with the relevant competition rules.

十六、獎　勵

16. Awards

(一)學生組

(1) Student division

1.田徑各單項(含大隊接力)，各項錄取名次如下：報名人(隊)數未滿 3 人(隊)取消賽事；3 人(隊)取 1 名；4-7 人(隊)取 2 名；8 人(隊)以上取前 6 名。第 1 名至第 3 名頒發獎牌、獎狀及獎金，第 4 名至第 6 名僅頒發獎狀。

1. For each track event, including the 20 × 100 m team relay, the number of places awarded depends on the number of registered competitors or teams: fewer than 3, the event is cancelled; 3, first place only; 4–7, the top two; 8 or more, the top six. First to third place receive medals, certificates and cash prizes. Fourth to sixth place receive certificates only.

2. 100M、200M、400M、女生組 800M、男生組 1500M 前 3 名獎金為第 1 名 600 元、第 2 名 500 元、第 3 名 400 元。

2. 100 m, 200 m, 400 m, women's 800 m and men's 1,500 m: NT$600 for first place, NT$500 for second and NT$400 for third.

3.5000M 前 3 名獎金為第 1 名 1000 元、第 2 名 800 元、第 3 名 600 元。

3. 5,000 m: NT$1,000 for first place, NT$800 for second and NT$600 for third.

4.4x100M 接力賽前 3 名獎金第 1 名 2,500 元、第 2 名 2,000 元、第 3 名 1,600 元。

4. 4 × 100 m relay: NT$2,500 for first place, NT$2,000 for second and NT$1,600 for third.

5.大隊接力前 3 名獎金為第 1 名 10,000 元、第 2 名 8,000 元、第 3 名 6,000 元，並各頒發錦旗 1 面，不另頒發獎牌及獎狀。

5. 20 × 100 m team relay: NT$10,000 for first place, NT$8,000 for second and NT$6,000 for third. Each of these teams also receives one award pennant. No medals or certificates are awarded for this event.

6.精神總錦標：以系為單位，錄取前 6 名，各頒發錦旗 1 面及獎金；前 3 名獎金為第 1 名 6,000 元、第 2 名 5,000 元、第 3 名 3,000 元，第 4-6 名不頒發獎金。

6. Overall Team Spirit Award: Departments are ranked, with the top six receiving an award pennant each. Cash prizes are NT$6,000 for first place, NT$5,000 for second and NT$3,000 for third. Fourth to sixth place receive no cash prize.

(二)教職員組

(2) Faculty and staff division

1.各比賽項目錄取名次如下：報名人 (隊) 數未滿 3 人(隊)取消賽事；3 人 (隊) 取 1 名；4-7 人(隊)取 2 名；8 人(隊)以上取前 3 名。第 1 名至第 3 名頒發獎牌、獎狀及獎金。

1. For each event, the number of places awarded depends on the number of registered competitors or teams: fewer than 3, the event is cancelled; 3, first place only; 4–7, the top two; 8 or more, the top three. First to third place receive medals, certificates and cash prizes.

2.60M 及男生組 1500M 前 3 名獎金為第 1 名 600 元、第 2 名 500 元、第 3 名 400 元)，

2. 60 m and men's 1,500 m: NT$600 for first place, NT$500 for second and NT$400 for third.

3.5000M 獎金為第 1 名 1000 元、第 2 名 800 元、第 3 名 600 元)。

3. 5,000 m: NT$1,000 for first place, NT$800 for second and NT$600 for third.

4.4x100M 接力：獎金為第 1 名 2,500 元、第 2 名 2,000 元、第 3 名 1,600 元。

4. 4 × 100 m relay: NT$2,500 for first place, NT$2,000 for second and NT$1,600 for third.

(三)趣味競賽:

(3) Fun team events:

1.學生及教職員同場比賽，且「共同排名／不分組」

1. Students, faculty and staff compete together and are ranked in a single division.

2.前 3 名獎金為第 1 名 5,000 元、第 2 名 3,000 元、第 3 名 1,000 元，並各頒發獎狀 1 幀。

2. The top three teams receive NT$5,000, NT$3,000 and NT$1,000 respectively, plus one certificate per team.

十七、競賽規則：採用中華民國田徑協會審訂之最新規則規定。

17. Competition rules: The technical rules approved by the Chinese Taipei Athletics Association (World Athletics rules) apply.

十八、申　訴：

18. Protests and appeals:

（一）比賽爭議之判定

(1) Decisions on competition disputes

1.規則上有明文規定者，以裁判員之裁判為依據。

1. Where the rules expressly cover the matter, the official's ruling applies.

2.規則無明文規定者，由該競賽種類之審判委員會議判決之，其判決為依據。

2. Where the rules do not expressly cover the matter, the Jury of Appeal for the relevant event will meet and issue a ruling.

3.規則無明文規定者，由大會再組技術委員會議判決之，其判決為最終依據。

3. Where the rules do not expressly cover the matter, the organising committee will convene a Technical Committee, whose ruling is final.

（二）申訴程序

(2) Protest procedure

1.有關運動會競賽爭議申訴案件，應依據國際單項運動總會規則及相關規定辦理；若規則無明文規定者，得先以口頭提出申訴，並於比賽結束後 30 分鐘內，提出書面(應使用大會印製之規格)申訴，未依規定時間提出者，不予受理。

1. Competition protests must follow the rules and relevant provisions of the international governing body for the sport. Where these do not expressly cover the matter, an initial protest may be made verbally, followed by a written protest on the official form within 30 minutes of the end of the event. Late protests will not be accepted.

2.書面申訴應由該代表隊領隊或教練簽章，向該競賽種類之審判委員或裁判長正式提出，並繳交保證金新台幣 500 元整，如經審判委員會議裁定其申訴理由為成立時，得沒收其保證金。

2. A written protest must be signed or stamped by the team leader or coach and formally submitted to a member of the relevant Jury of Appeal or the Chief Referee, together with a deposit of NT$500. If the Jury of Appeal upholds the protest, the deposit may be forfeited.

3.經審判委員會議裁定不服時，應向運動競賽技術委員會在提出行政申訴，並由運動技術委員會開會決議之，該決議亦為最後終決。

3. A team wishing to challenge the Jury of Appeal's ruling may lodge a further administrative appeal with the Sports Competition Technical Committee. The Committee will meet to decide the appeal, and its decision is final.

十九、罰　則：

19. Penalties:

（一）凡在比賽期間倘有冒名頂替出場比賽者，經證實即取消該運動員參賽資格，及已得或應得之名次及分數。

(1) Any competitor confirmed to have competed under another person's name will be disqualified and lose all placings and points already earned or otherwise due.

（二）報名參加各單項比賽之單位，無故棄權者，每項扣總積分 1 分。

(2) A participating unit that withdraws from an event without a valid reason loses one point from its overall score for each such event.

（三）運動員在大會期間，若有不正當之行為違背運動員精神，毆打裁判人員或不服從判決等情形，經查證屬實者，取消該運動員資格，及已得之個人或團體名次，並簽請學務處議處。

(3) Competitors found to have behaved improperly or unsportingly, assaulted officials or refused to accept a ruling will be disqualified and lose any individual or team placings already earned. The matter will also be referred to the Office of Student Affairs for disciplinary action.

二十、比賽細則：

20. Competition arrangements:

比賽前 30 分鐘應攜帶學生證或其他足資證明身分之證件至檢錄處報到，點名 2 次未到者以棄權論，參加兩項以上競賽項目之選手，若點名時間與正在比賽項目衝突，請至檢錄處以口頭告知檢錄員並在該項比賽結束後直接至下一比賽場，進行比賽。

Report to the Call Room 30 minutes before your event with your student ID or another valid form of identification. Withdrawal / Disqualification. If you are competing in another event when check-in is called, notify a check-in official verbally and go straight to your next event as soon as your current event finishes.

（二）比賽時間或項目有所異動，以大會播報台播報之時間為準。

(2) If an event or its scheduled time changes, the time announced over the public address system takes precedence.

（三）各院總領隊由院長擔任、各系領隊由系主任擔任。

(3) Each college dean serves as the college's head team leader; each department head serves as the department's team leader.

（四）大會審判委員會，負責審理競賽發生之問題，並依其判決為終決。

(4) The Sports Day Jury of Appeal is responsible for competition disputes, and its rulings are final.

（五）參加開、閉幕典禮之運動員均需穿著休閒服或各班、系團體服裝。

(5) Competitors attending the opening and closing ceremonies must wear casual clothing or their class or department team clothing.

（六）開、閉幕時間：

(6) Ceremony and rehearsal times:

1.開幕時間：115 年 11 月 25 日（星期三）08:30

1. Opening ceremony: 08:30, Wednesday 25 November 2026.

2.閉幕時間：115 年 11 月 25 日（星期三）16:30

2. Closing ceremony: 16:30, Wednesday 25 November 2026.

3.預演時間：115 年 11 月 20 日（星期五）14:00

3. Rehearsal: 14:00, Friday 20 November 2026.

二十一、本辦法如有未盡事宜，請隨時注意承辦單位公告。

21. Please check announcements from the Implementing unit for any matters not covered by these regulations.

二十二、本規程總則經運動會籌備委員會審議，陳校長核定後施行之，修正時亦同。

22. These General Regulations take effect following review by the Sports Day Preparatory Committee and approval by the University President. The same procedure applies to amendments.

慈濟大學 115 學年度校慶運動會

Tzu Chi University Anniversary Sports Day

田徑競賽規程

Track Competition Regulations

一、主　旨：為促進全校師生規律運動的生活習慣,提升健康體能,維持身體健康,凝聚慈大全體師生情感,特舉辦本項活動。

1. Purpose: To encourage regular exercise, improve health and fitness, and bring the TCU community together through sport.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校學生(包含研究生)

5. Participants: All TCU students, including postgraduate students.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、預賽時間：115 年 11 月 25 日(三)上午

7. Heats: Wednesday morning, 25 November 2026.

八、決賽時間：115 年 11 月 25 日(三)下午

8. Finals: Wednesday afternoon, 25 November 2026.

九、參賽單位：本校各系(所)之學生

9. Participating groups: Students from all TCU departments and graduate institutes.

十、參加資格：115 學年度第 1 學期前(含)註冊之本校學生

10. Eligibility: TCU students registered in or before Semester 1 of the 2026/27 academic year.

十一、參加辦法：

11. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：請填寫 115 學年度運動會報名表 google 表單。

(2) How to register: Complete the Google Form for the 2026/27 Sports Day.

聯絡方式：關於競賽任何問題請電洽陳聰毅老師(分機 11214)或 email 至 tichen@gms.tcu.edu.tw

Enquiries: Contact Professor Tsung-I Chen on extension 11214 or email tichen@gms.tcu.edu.tw.

附註：報名經確認後，不得增減及更改運動員人數、姓名及參賽項目。

Note: Once registration has been confirmed, no changes may be made to the number or names of competitors or to their events.

十二、競賽種類：

12. Events:

種類	項　　目
男　徑賽	100M、200M、400M、1500M、5000M、4x100M 接力
女　徑賽	100M、200M、400M、800M、5000M、4x100M 接力

十三、競賽辦法：

Events | Men: 100 m, 200 m, 400 m, 1,500 m, 5,000 m and 4 × 100 m relay. Women: 100 m, 200 m, 400 m, 800 m, 5,000 m and 4 × 100 m relay.

13. Competition format:

（一）自由報名參加，個人及團體賽每人限參加兩項；5000M 及大隊接力除外。

(1) Students may register freely. Each person may enter up to two individual or team events in total, excluding the 5,000 m and 20 × 100 m team relay.

（二）100M、200M 及 400M 先進行計時預賽，依據預賽成績擇優錄取成績最優前 8 名晉級決賽。

(2) The 100 m, 200 m and 400 m begin with timed heats. The eight fastest competitors qualify for the final.

（三）女生 800M、男生 1500M、5000M 直接進行決賽。

(3) The women's 800 m, men's 1,500 m and 5,000 m are held as finals only.

（四）個人項目報名不足 8 名(隊)時，採 1 次決賽。

(4) Individual events with fewer than eight registered competitors or teams are held as a single final.

(五）4x100M 接力項目報名不足 16 隊時，採 1 次計時決賽。

(5) The 4 × 100 m relay is held as a single timed final if fewer than 16 teams register.

（四）比賽前 30 分鐘應至檢錄處報到，點名 2 次未到者以棄權論，參加兩項以上競賽項目之選手，若點名時間與正在比賽項目衝突，請至檢錄處以口頭告知檢錄員並在該項比賽結束後直接至下一比賽場地，進行比賽。

(4) Report to the Call Room 30 minutes before your event. Withdrawal / Disqualification. If you are competing in another event when check-in is called, notify a check-in official verbally and go straight to your next event as soon as your current event finishes.

十四、獎　　勵：依據競賽總則第 15 條規定辦理之。

14. Awards: As specified in Article 15 of the General Regulations.

十五、競賽規則：採用中華民國田徑協會審訂之 2009~2010 年國際田徑規則。

15. Competition rules: The technical rules approved by the Chinese Taipei Athletics Association (World Athletics rules) apply.

十六、申　訴：依據競賽總則第 17 條規定辦理之

16. Protests and appeals: As specified in Article 17 of the General Regulations.

慈濟大 115 學年度學校慶運動會

Tzu Chi University Anniversary Sports Day

大隊接力競賽規程

20 × 100 m team relay Competition Regulations

一、宗　旨：為促進全校師生規律運動的生活習慣,提升健康體能,維持身體健康,並促進學生身心健康及增進系際情誼,特舉辦本大隊接力競賽。

1. Purpose: To promote regular exercise, health and fitness, support students' physical and mental wellbeing, and build friendships across departments through the 20 × 100 m team relay.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校學生(包含研究生)

5. Participants: All TCU students, including postgraduate students.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參賽單位：本校各系(所)之學生

8. Participating groups: Students from all TCU departments and graduate institutes.

九、參加資格：115 學年度第 1 學期前(含)註冊之本校學生

9. Eligibility: TCU students registered in or before Semester 1 of the 2026/27 academic year.

十、參加辦法：

10. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：請填寫 115 學年度運動會報名表 google 表單。

(2) How to register: Complete the Google Form for the 2026/27 Sports Day.

（三）聯絡方式：關於競賽任何問題請電洽陳聰毅老師(分機 11214)或 email 至 tichen@gms.tcu.edu.tw

(3) Enquiries: Contact Professor Tsung-I Chen on extension 11214 or email tichen@gms.tcu.edu.tw.

附註：報名經確認後，不得增減及更改運動員人數、姓名及參賽項目。

Note: Once registration has been confirmed, no changes may be made to the number or names of competitors or to their events.

十一、比賽組別與人數：

11. Team composition:

（一）以班或系為單位，自由報名參賽。

(1) Classes and departments may register their own teams.

（二）男生 10 人，女生 10 人混合，共 20 人，若該隊男生人數不足，可由女生替代。

(2) Each mixed team has 20 runners: ten men and ten women. Female participants may substitute for unfilled male slots..

（三）替補人員男、女生各 2 名。

(3) Each team may name two male and two female reserves.

十二、比賽規則：

12. Competition rules:

（一）可自行決定棒次安排，每人均跑 100 公尺，計 2000 公尺。

(1) Teams may choose their running order. Each runner completes 100 meters, for a total of 2,000 meters.

（二）不得穿著釘鞋及打赤腳參賽。

(2) Spikes and barefoot running are not permitted.

（三）同一人不得跑兩棒以上(含)。

(3) No competitor may run more than one leg.

（四）如有違反規定者，取消資格。

(4) Breaching these rules results in disqualification.

十三、獎　　勵：依據競賽總則第 15 條規定辦理之。

13. Awards: As specified in Article 15 of the General Regulations.

慈濟大學 115 學年度校慶運動會

Tzu Chi University Anniversary Sports Day

趣味競賽規程

Fun Team Event Regulations

一、宗　旨：為促進全校師生規律運動的生活習慣，提升健康體能，維持身體健康，並促進師生身心健康及增進師生情誼，特舉辦本趣味競賽。

1. Purpose: To encourage regular exercise, improve health and fitness, support physical and mental wellbeing, and build friendships among students, faculty and staff through fun team events.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校師生(包含研究生)

5. Participants: All TCU students, including postgraduate students, and teaching staff.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參加資格：

8. Eligibility:

（一）115 學年度第一學期前(含)註冊之本校學生

(1) TCU students registered in or before Semester 1 of the 2026/27 academic year.

（二）本校教職員工

(2) TCU faculty and staff.

（三）慈誠懿德會

(3) Members of the Tzu Cheng and Yi De Association.

（四）社教處學員

(4) Continuing education learners.

九、參加辦法：

9. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：請填寫 115 學年度運動會報名表 google 表單。

(2) How to register: Complete the Google Form for the 2026/27 Sports Day.

（三）聯絡方式：關於競賽任何問題請電洽陳聰毅老師(分機 11214)或 email 至 tichen@gms.tcu.edu.tw

(3) Enquiries: Contact Professor Tsung-I Chen on extension 11214 or email tichen@gms.tcu.edu.tw.

附註：報名經確認後，不得增減及更改運動員人數、姓名及參賽項目。

Note: Once registration has been confirmed, no changes may be made to the number or names of competitors or to their events.

十、競賽項目與方法：

10. Events and how to take part:

（一）齊心桿球趣

(1) Team Ball Carry

1. 場地介紹：以運動場中央草地為比賽場地，設置起點、折返點及終點，起點與終點為同一位置，並於該處分別設置紅桶（放置待運送的球）及藍桶（放置完成運送的球）。每趟須由起點出發，繞過折返點 (25 公尺) 後返回終點。全程距離為 50 公尺。

1. Course: The event takes place on the central grass area of the sports ground. The start and finish share the same location, with a red bucket for balls awaiting transport and a blue bucket for balls successfully delivered. Each trip goes around a turning point 25 meters away and back, covering 50 meters.

2. 競賽方法：

2. How to play:

（1）每隊由 6 名選手組成，每人手持一支塑膠桿，6 人共同組成一隊進行運球，並於預備線後就位。

(1) Each team has six members, each holding one plastic pole. Stand behind the preparation line, ready to carry a ball together.

（2）聽到「預備」口令時，全隊須保持靜止；聽到起跑槍響後開始計時。由第一位選手自紅桶取出 1 顆球，6 名選手共同利用手持塑膠桿架住球，確認球穩定放置後，全隊一起出發

(2) Keep still on the command “Set”. Timing starts at the starting gun. The first member takes one ball from the red bucket. All six members use their poles to support the ball, then set off together once it is stable.

（3）6 名選手須共同合作運送球，依指定路線前進至折返點，再共同將球運送返回起點，並將球放入藍桶內，始完成一趟。

(3) Carry the ball together along the marked route, around the turning point and back to the start. Place it in the blue bucket to complete one trip.

（4）完成一趟後，再由紅桶取出下一顆球，依相同方式進行。每趟僅能運送 1 顆球，6 名選手須共同完成 6 趟運送，將 6 顆球全部放入藍桶內。

(4) Take the next ball from the red bucket and repeat. Carry only one ball per trip. All six members must work together on all six trips to deliver all six balls to the blue bucket.

（5）當第 6 顆球確實放入藍桶內後，裁判立即停止計時，以全隊完成 6 顆球運送的總時間計算成績。

(5) Timing stops as soon as the sixth ball is securely in the blue bucket. The team's score is the total time taken to deliver all six balls.

（6）比賽採計時決賽制，以各隊完成 6 顆球運送的時間，加計違規罰秒後，作為最終成績，依時間由短至長排序名次，時間最短之隊伍為優勝。

(6) This is a timed final. Penalty seconds are added to the time taken to deliver all six balls. Teams are ranked from fastest to slowest; the lowest total time wins.

3. 規則界定與罰則：

3. Rules and penalties:

（1）比賽進行中，如球或任何一支塑膠桿掉落，全隊須立即停止前進，將掉落物品撿回，並返回掉落位置重新架設完成後，才能繼續運送。

(1) If the ball or any pole is dropped, the whole team must stop immediately. Retrieve the dropped item and return to the point where it fell. Reposition the ball on the poles before continuing.

（2）球或塑膠桿掉落後，如未返回掉落位置重新架設完成，即繼續向前移動，每違規 1 次，該隊總成績加罰 10 秒，違規次數累計計算。

(2) Continuing forward without returning to the drop point and repositioning the ball incurs a 10-second penalty each time. Penalties are cumulative.

（3）比賽如有其他未盡事宜，由裁判依現場實際狀況判定，參賽隊伍應遵守裁判指示。

(3) Officials will decide any matters not covered by these rules according to the circumstances. Teams must follow their instructions.

（二）穿圈接長龍

(2) Hoop Chain Challenge

1.場地介紹：以運動場中央草地為比賽場地，每條繩長 3 公尺，競賽路線全長 15 公尺，起點與終點設於同一位置。場地依序設置第 1 至第 6 位選手之定位點，各選手須依比賽進行順序移動至指定定位點，並依規定完成呼拉圈穿越及傳遞動作。

1. Course: The event takes place on the central grass area. Each rope is 3 meters long, and the course is 15 meters long. The start and finish share the same location. Positions are marked for members 1–6. Move to your assigned position in sequence and pass the hoop along as instructed.

2. 競賽方法：

2. How to play:

（1）每隊由 6 名選手組成，第 1 位選手不持繩，第 2 至第 6 位選手每人各持一條 3 公尺長的繩子，依序配合完成呼拉圈穿越及傳遞動作。

(1) Each team has six members. Member 1 holds no rope; members 2–6 each hold one 3-metre rope. Work together to pass the hoop over each person and along the ropes.

（2）各隊選手依序於預備線後就位。聽到「預備」口令時，第 2 位選手持繩移至第 2 定位點，其餘選手依規定位置準備；聽到起跑槍響後開始計時，各選手依序進行穿圈及傳遞。

(2) Line up in order behind the preparation line. On “Set”, member 2 takes their rope to position 2; the others prepare in their assigned places. Timing starts at the gun, and members begin passing the hoop in sequence.

（3）第 1 位選手站於起點指定位置，負責配合各階段呼拉圈的穿越及傳回動作；第 2 位選手於指定定位點就位，第 3 至第 6 位選手則於起點準備，依序參與比賽。

(3) Member 1 stays at the designated starting position and helps with each round of hoop passing and return. Member 2 stands at position 2. Members 3–6 wait at the start to join in turn.

（4）比賽開始後，由第 3 位選手取得呼拉圈，依序讓呼拉圈穿過第 1 位、第 2 位選手及第 3 位選手自身，三人均完成穿圈後，再利用繩子將呼拉圈傳回第 1 位選手，完成第一階段。

(4) Member 3 first receives the hoop and passes it over member 1, member 2 and themselves, in that order. After all three have passed through it, use the ropes to return the hoop to member 1. This completes the first stage.

（5）第一階段完成後，由第 4 位選手接續取得呼拉圈，依序讓呼拉圈穿過第 1、第 2、第 3 位選手及自身，完成後再利用繩子將呼拉圈傳回第 1 位選手。接著由第 5 位、第 6 位選手依相同方式進行，每增加一位選手，呼拉圈均須依序穿過前方所有已定位選手及當次執行選手自身，再傳回第 1 位選手。

(5) Member 4 then receives the hoop and passes it over members 1, 2 and 3 and themselves before returning it to member 1 along the ropes. Members 5 and 6 repeat this process in turn. Each time a new member joins, the hoop must pass over every member already in position and the member taking that turn before returning to member 1.

（6）當第 6 位選手完成穿圈動作，並依規定將呼拉圈傳回第 1 位選手後，呼拉圈須確實回到起、終點指定位置，裁判始停止計時，完成比賽。

(6) After member 6 has passed through the hoop and returned it to member 1 as required, the hoop must reach the designated start/finish position. Timing then stops and the event is complete.

（7）比賽過程中，6 位選手須共同合作，依指定順序利用繩子及身體動作完成呼拉圈穿越與傳遞，不得跳過任何一位應完成穿圈的選手。

(7) All six members must cooperate, using the ropes and body movements to pass the hoop in the required order. No member who is required to pass through the hoop may be skipped.

（8）項比賽採計時決賽制，以完成比賽之實際時間加計違規罰秒，作為該隊最終成績，依時間由短至長排列名次，時間最短之隊伍為優勝。

(8) This is a timed final. Penalty seconds are added to the completion time. Teams are ranked from fastest to slowest; the lowest total time wins.

3. 規則界定與罰則：

3. Rules and penalties:

（1）比賽進行中，各選手所持繩子須保持拉直狀態，不得任意鬆開或放下；呼拉圈的穿越及傳遞須利用繩子與身體動作完成，不得以手直接拿取、搬動或推動呼拉圈。

(1) Keep the ropes taut; do not loosen or put them down. Move the hoop using the ropes and body movements. Do not pick up, carry or push the hoop directly by hand.

（2）比賽過程中如呼拉圈掉落，須由當次負責執行之選手撿回，返回掉落位置，依原定穿圈順序繼續完成動作，不得跳過應完成之穿圈程序，或移至其他位置後直接繼續比賽。

(2) If the hoop falls, the member taking that turn must retrieve it, return to the drop point and resume the required sequence. Do not skip any part of the sequence or restart from a different position.

（3）第 2 至第 6 位選手於比賽進行期間，均須持續握住各自的繩子，不得任意放手、丟棄或交由其他選手代持。

(3) Members 2–6 must keep hold of their own ropes throughout. Do not let go, discard a rope or ask another member to hold it for you.

（4）比賽過程中，各隊不得故意拉扯、碰觸其他隊伍的繩子或呼拉圈，亦不得阻擋其他隊伍路線，或以其他方式干擾比賽進行。

(4) Do not deliberately pull or touch another team's ropes or hoop, block their route or otherwise interfere with their progress.

（5）比賽過程中，如違反上述任一規定，每發生 1 次違規，該隊總成績加罰 10 秒；如有多次違規，罰秒累計計算。

(5) Each breach of any rule above incurs a 10-second penalty. Penalties are cumulative.

（6）比賽如有其他未盡事宜，由裁判依現場實際情況判定，參賽隊伍應遵守裁判指示。

(6) Officials will decide any matters not covered by these rules according to the circumstances. Teams must follow their instructions.

（三）越跑越有伴

(3) Run Together Relay

1.場地介紹：以運動場中央草地為比賽場地，設置起點、折返點及終點，起點與終點為同一位置。選手每趟須由起點出發，繞過折返點標誌錐一圈後返回起、終點線。每趟往返距離為 25 公尺，全程距離為 50 公尺。

1. Course: The event takes place on the central grass area. The start and finish share the same location. For each trip, follow the route, go all the way around the turning cone and return to the start/finish line. Each return trip is 25 meters; the total distance is 50 meters.

2.競賽方法：

2. How to play:

（1）每隊由 6 名選手組成，賽前須排定第 1 至第 6 位選手的順序，比賽中不得任意更換；起點與終點設於同一位置。

(1) Each team has six members. Decide the order of members 1–6 before the event; this order must not change during the race. The start and finish share the same location.

（2）各隊選手依排定順序於預備線後就位。聽到「預備」口令時，全隊須保持靜止；聽到起跑槍響後開始計時，由第 1 位選手出發。

(2) Line up in the agreed order behind the preparation line. Keep still on “Set”. Timing starts at the gun, when member 1 sets off.

（3）第 1 位選手先單獨出發，依指定路線繞過折返點標誌錐一圈後返回起、終點線，再牽起第 2 位選手的手，兩人共同出發，完成相同的繞錐折返路線。

(3) Member 1 goes alone around the turning cone and returns to the start/finish line. They then take member 2's hand, and both complete the same route together.

（4）第一階段採逐次增加隊員方式進行。 每次返回起、終點線後，依選手順序增加 1 名隊員，依序由 1 人、2 人、3 人、4 人、5 人至 6 人共同牽手完成折返路線，共完成 6 趟。

(4) Stage 1: Add one member after each return to the start/finish line, in the agreed order. Complete six trips with 1, 2, 3, 4, 5 and then 6 members holding hands.

(5) 第二階段採逐次減少隊員方式進行。 第一階段 6 人共同完成折返後，第 1 位選手留在起點，其餘 5 人牽手出發完成折返；返回後，第 2 位選手留在起點，其餘 4 人繼續出發。依此類推，直到最後由第 6 位選手單獨完成最後一趟折返並返回終點。全程共 11 趟，每位選手均完成 6 趟，最後一位選手通過終點線後停止計時。

(5) Stage 2: After all six return together, member 1 stays at the start while the other five complete another trip holding hands. Member 2 then stays behind, leaving four to continue. Repeat until member 6 completes the final trip alone. There are 11 trips in total, and each member completes six. Timing stops when the last member crosses the finish line.

（6）比賽過程中，選手可採快走或小跑方式進行，須配合隊友步伐及速度，不得高速奔跑、強行拖拉隊友或做出可能造成跌倒、碰撞等危險動作。

(6) Walk briskly or jog gently, matching your teammates' pace. Do not sprint, drag teammates or make dangerous movements that could cause falls or collisions.

（7）比賽進行中，凡 2 人以上共同出發時，隊員須依序持續牽手，不得任意放開；單人出發時不受牽手規定限制。

(7) Whenever two or more members travel together, they must hold hands in the agreed order throughout. This requirement does not apply to a member travelling alone.

（8）本項比賽採計時決賽制，以完成全部 11 趟折返的實際時間，加計違規罰秒後作為最終成績，依時間由短至長排列名次，時間最短之隊伍為優勝。

(8) This is a timed final. Penalty seconds are added to the time taken to complete all 11 trips. Teams are ranked from fastest to slowest; the lowest total time wins.

3. 規則界定與罰則：

3. Rules and penalties:

（1）比賽過程中，每趟所有參與選手均須依指定路線完整繞過折返點標誌錐；如有漏繞或未完成規定路線，須由當趟參與選手共同返回補繞，完成後始得繼續比賽。

(1) Every member on each trip must follow the full route around the turning cone. If anyone misses the cone or part of the route, everyone on that trip must return and complete the missed section before continuing.

（2）2 人以上共同進行比賽時，如有任何隊員牽手中斷，全隊須立即於原地停止，重新牽手後才能繼續前進；每發生 1 次牽手中斷，總成績加罰 5 秒，累計計算。

(2) If a handhold breaks when two or more members are travelling together, everyone must stop immediately and join hands again before moving on. Each break incurs a 5-second penalty. Penalties are cumulative.

（3）第一階段須依第 1 至第 6 位選手順序逐次加入；第二階段則須依第 1 至第 5 位選手順序逐次留在起點。 不得提前加入、退出、遺漏或跳過隊員；如有違反，須返回起、終點線，依正確順序重新組隊後再繼續比賽。

(3) In Stage 1, members must join in order from 1 to 6. In Stage 2, members 1–5 must stay behind in that order. Do not join or leave early, omit a member or skip a turn. If this happens, return to the start/finish line and regroup in the correct order before continuing.

（4）第一階段最後一趟須由 6 名隊員牽手共同通過起、終點線，始得進入第二階段；第二階段最後一趟由第 6 位選手單獨完成折返並通過終點線後，始判定全隊完成比賽。

(4) All six members must cross the start/finish line holding hands on the final trip of Stage 1 before Stage 2 begins. The team finishes only when member 6 completes the final solo trip and crosses the finish line.

（5）比賽過程中，如有未依指定路線前進、危險拉扯或其他違反競賽規則之行為，由裁判依現場實際情況判定並要求改善。

(5) Officials will assess any failure to follow the route, dangerous pulling or other breach of the rules and require it to be corrected.

（6）比賽如有其他未盡事宜，由裁判依現場實際情況判定，參賽隊伍應遵守裁判指示。

(6) Officials will decide any matters not covered by these rules according to the circumstances. Teams must follow their instructions.

（四）解開千千結

(4) Untangle the Team

1. 場地介紹：以運動場中央草地為比賽場地，設置起點、各選手指定位置及完成區。每隊 6 名選手依編號順序於指定位置就位，並依規定順序進行繩夾交接、繩帶纏繞及解繩動作。

1. Course: The event takes place on the central grass area, with a start, assigned positions and a completion area. Six members stand at their numbered positions and follow the required sequence for passing the rope clip, winding the rope and untangling it.

2. 競賽方法：

2. How to play:

（1）每隊由 6 名選手組成，賽前依序排定第 1 至第 6 位選手，並站於各自指定位置，比賽進行中不得任意更換順序。

(1) Each team has six members. Decide the order of members 1–6 before the event and stand in your assigned positions. The order must not change during the event.

（2）各隊選手依序於指定位置就位。聽到「預備」口令時，第 1 位選手須將繩夾固定於腰部，並將長 300 公分之繩帶依規定方式環繞腰部，其餘選手保持預備姿勢；聽到起跑槍響後開始計時。

(2) Take your assigned positions. On “Set”, member 1 secures the rope clip at their waist and wraps the 300-centimetre rope around their waist as instructed. The others remain ready. Timing starts at the gun.

（3）第 1 位選手出發至第 2 位選手指定位置，將繩夾交接予第 2 位選手，由第 2 位選手將繩夾固定於腰部後，依規定原地轉圈，使繩帶形成交錯狀態；完成指定動作後，再將繩夾交接予第 3 位選手。

(3) Member 1 moves to member 2's position and passes over the clip. Member 2 secures it at their waist and turns on the spot as instructed to cross the rope. After completing the required movements, they pass the clip to member 3.

（4）第 3、第 4、第 5 及第 6 位選手依序接續進行繩夾交接及繩帶纏繞動作。 各選手須依規定順序完成操作，並由隊員相互配合，利用轉身、跨步及身體移動等方式，逐步解除繩帶交錯，不得以直接拆除繩夾或其他違規方式解繩。

(4) Members 3, 4, 5 and 6 take turns passing the clip and winding the rope. Follow the required order and work together, turning, stepping and moving your bodies to undo the crossed rope. Do not untangle it by removing the clip or using any other prohibited method.

（5）第 6 位選手完成繩夾交接及繩帶整理後，全隊須確認繩帶已完全解除交錯及纏繞，並將整理完成之繩帶放置於裁判指定位置；經裁判確認符合規定後，停止計時。

(5) Once member 6 has completed the clip transfer and rope adjustment, check that the rope is fully untangled and place it where the official directs. Timing stops when the official confirms that all requirements have been met.

（6）比賽過程中，6 名隊員須相互合作，利用身體移動及位置調整解除繩帶交錯，使繩帶恢復為無交叉、無纏繞之直線或圓形狀態，並完成所有指定動作。

(6) All six members must work together, moving their bodies and adjusting positions to remove all crossings and tangles. The rope must return to a straight line or circle without crossings or tangles, and all required movements must be completed.

（7）比賽開始後，隊員得以轉身、跨步、移動位置或由繩帶下方通過等方式協助解繩。除依規定進行繩夾交接外，繩夾須固定於當次執行選手腰部，不得任意取下、鬆脫或移至其他部位。

(7) You may turn, step, change position or move underneath the rope to help untangle it. Except during the required handovers, the clip must remain secured at the waist of the member taking that turn. Do not remove it, loosen it or move it to another part of the body.

（8）比賽過程中，各隊員須注意自身及隊友安全，不得強行拉扯繩帶、拖拽隊友或進行可能造成跌倒、碰撞及受傷之動作。 如需調整姿勢，可暫停動作，確認安全後再繼續比賽，計時不中斷。

(8) Take care of yourself and your teammates. Do not pull the rope forcefully, drag others or make movements that could cause falls, collisions or injury. You may pause to adjust safely, then continue. The clock keeps running.

（9）本項比賽採計時決賽制，以各隊完成全部指定動作之實際時間，加計違規罰秒後作為最終成績，依時間由短至長排序名次，時間最短之隊伍為優勝。

(9) This is a timed final. Penalty seconds are added to the time taken to complete all required movements. Teams are ranked from fastest to slowest; the lowest total time wins.

3. 規則界定與罰則：

3. Rules and penalties:

（1）比賽過程中，除規定之繩夾交接動作外，如有繩夾脫離腰部、任意更換固定位置，或以直接拆卸繩夾等不符規定方式解繩，每發生 1 次違規，該隊總成績加罰 5 秒，累計計算。

(1) Except during the required handovers, any clip coming off the waist, unauthorised change of its position or use of a prohibited method such as removing the clip to untangle the rope incurs a 5-second penalty each time. Penalties are cumulative.

（2）比賽進行中，僅限該隊 6 名選手共同完成繩帶纏繞及解繩動作，不得由其他隊伍、候場選手或場外人員協助操作。 每發生 1 次違規，該隊總成績加罰 5 秒。

(2) Only the six team members may wind and untangle the rope. No assistance is allowed from other teams, waiting competitors or anyone outside the event. Each breach incurs a 5-second penalty.

（3）比賽過程中，如繩帶意外形成無法自行解開之繩結，選手須立即停止操作並舉手通知裁判，不得自行拆除繩夾或強行拉扯。 經裁判確認後，由裁判協助處理，處理期間暫停計時；完成後恢復原比賽狀態，再繼續計時及比賽。

(3) If a knot forms that the team cannot undo, stop immediately and raise a hand to alert an official. Do not remove the clip or pull forcefully. After checking the knot, the official will assist, with timing paused. Once the original competition setup has been restored, timing and play resume.

（4）比賽如有其他未盡事宜，由裁判依現場實際情況判定，參賽隊伍應遵守裁判指示。

(4) Officials will decide any matters not covered by these rules according to the circumstances. Teams must follow their instructions.

（五）錐錐向前衝

(5) Cone by Cone Relay

1. 比賽場地設於運動場中央草地，每隊設置 3 個呼拉圈及 6 個三角錐。3 個呼拉圈依距離由近至遠，分別設置於第 1、第 2 及第 3 指定位置，6 個三角錐則集中放置於起點。各隊依指定路線，以接力方式將 6 個三角錐逐次搬運至第 1、第 2 及第 3 個呼拉圈。

1. Course: The event takes place on the central grass area. Each team has three hoops and six cones. Hoops 1, 2 and 3 are placed progressively further from the start; all six cones begin at the start. Follow the assigned route to move the cones by relay, first into hoop 1, then hoop 2 and finally hoop 3.

2. 競賽方法：

2. How to play:

（1）每隊 6 人，採接力方式進行，共分 3 個階段，每階段由 6 名選手依序各搬運 1 個三角錐，完成 6 個三角錐的搬運後，始進入下一階段。

(1) Each team has six members. The relay has three stages. In each stage, all six members take turns moving one cone each. All six cones must be moved before the next stage begins.

（2）各隊 6 名選手依序於起點預備線後就位。聽到「預備」口令時，全隊須保持靜止；聽到起跑槍響後開始計時，由第 1 位選手出發，其餘選手依序等待接力。

(2) Line up in order behind the preparation line at the start. Keep still on “Set”. Timing starts at the gun. Member 1 sets off while the others wait their turn.

（3）第一階段（起點至第 1 個呼拉圈）： 第 1 位選手從起點拿取 1 個三角錐，依指定路線跑至第 1 個呼拉圈，將三角錐放入圈內後，返回起點與第 2 位選手接力。第 2 至第 6 位選手依相同方式進行，直到 6 個三角錐全部放入第 1 個呼拉圈，完成第一階段。

(3) Stage 1 — Start to hoop 1: Member 1 takes one cone from the start, follows the route to hoop 1, places the cone inside it and returns to the start to hand over to member 2. Members 2–6 repeat in turn. The stage ends when all six cones are inside hoop 1.

（4）第二階段（第 1 個至第 2 個呼拉圈）： 由第 1 位選手重新從起點出發，跑至第 1 個呼拉圈取出 1 個三角錐，再搬運至距離更遠的第 2 個呼拉圈內，完成後返回起點與第 2 位選手接力。其餘選手依序進行，直到 6 個三角錐全部移至第 2 個呼拉圈，完成第二階段。

(4) Stage 2 — Hoop 1 to hoop 2: Member 1 sets off from the start, collects one cone from hoop 1 and moves it to hoop 2, further away. They then return to the start to hand over to member 2. The others follow in turn until all six cones are inside hoop 2.

（5）第三階段（第 2 個至第 3 個呼拉圈）： 由第 1 位選手再次從起點出發，跑至第 2 個呼拉圈取出 1 個三角錐，再搬運至最遠的第 3 個呼拉圈內，完成後返回起點與下一位選手接力。第 2 至第 6 位選手依序完成搬運。當第 6 位選手將最後 1 個三角錐確實放入第 3 個呼拉圈內，即完成比賽並停止計時。

(5) Stage 3 — Hoop 2 to hoop 3: Member 1 sets off from the start, collects one cone from hoop 2 and moves it to hoop 3, the furthest hoop, before returning to hand over. Members 2–6 follow in turn. Timing stops as soon as member 6 places the final cone fully inside hoop 3; no return to the start is required for this final turn.

（6）比賽採計時決賽制，以各隊完成 3 階段、共 18 次三角錐搬運的實際時間，加計違規罰秒後作為最終成績，依時間由短至長排列名次，時間最短之隊伍為優勝。

(6) This is a timed final covering three stages and 18 cone transfers. Penalty seconds are added to the completion time. Teams are ranked from fastest to slowest; the lowest total time wins.

3. 規則界定與罰則：

3. Rules and penalties:

（1）各階段搬運之三角錐須完整放置於指定呼拉圈內，不得放置於圈外或錯誤位置；每階段須完成 6 個三角錐的搬運，始得進入下一階段。

(1) Place every cone fully inside the correct hoop. Do not leave cones outside a hoop or in the wrong place. All six cones must be moved before the next stage begins.

（2）三角錐於搬運過程中如掉落，選手須立即撿回，返回掉落位置後，再繼續依指定路線搬運，不得直接從其他位置繼續前進。

(2) If you drop a cone, retrieve it immediately and return to the point where it fell before continuing along the assigned route. Do not continue directly from a different position.

（3）比賽過程中，選手須依各階段指定路線完成搬運，不得抄捷徑、跳過指定呼拉圈或未完成前一階段即提前進行下一階段搬運。

(3) Follow the assigned route at each stage. Do not take shortcuts, skip a required hoop or start the next stage before the previous one is complete.

（4）比賽過程中，選手不得故意碰觸、移動其他隊伍之三角錐或呼拉圈，亦不得阻擋、干擾其他隊伍進行比賽。

(4) Do not deliberately touch or move another team's cones or hoops, block their route or interfere with their event.

（5）三角錐如未完整放入當階段指定呼拉圈內，或放置於錯誤呼拉圈，視為該次搬運尚未完成，須由當次選手返回正確位置重新放置後，始得繼續接力。

(5) A transfer is incomplete if the cone is not fully inside the required hoop or is in the wrong hoop. The member taking that turn must return and place it correctly before the relay continues.

（6）比賽過程中，如違反上述任一規定，每發生 1 次違規，該隊總成績加罰 10 秒；違規次數累計計算。須補正之違規，仍應完成補正後始得繼續比賽。

(6) Each breach of any rule above incurs a 10-second penalty. Penalties are cumulative. Any breach requiring correction must still be corrected before the team continues.

（7）比賽如有其他未盡事宜，由裁判依現場實際情況判定，參賽隊伍應遵守裁判指示。

(7) Officials will decide any matters not covered by these rules according to the circumstances. Teams must follow their instructions.

十一、獎　　勵：依據競賽總則第 15 條規定辦理之。

11. Awards: As specified in Article 15 of the General Regulations.

慈濟大學 115 學年度校慶運動會

Tzu Chi University Anniversary Sports Day

精神錦標競賽規程

Team Spirit Award Regulations

一、宗　旨：藉由本校校慶運動會精神錦標設置，採取融入式倡導「品德、品質、品味，有品校園；他好、你好、我好，慈大真好」運動，除藉由運動讓學生發揮團隊精神外，更期許在運動道德中培育良好三品生活教育。

1. Purpose: The Team Spirit Award promotes TCU's values of character, quality and good taste, and a campus where everyone cares for one another. Through teamwork and sportsmanship, it encourages students to put these values into everyday practice.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校學生(包含研究生)

5. Participants: All TCU students, including postgraduate students.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參賽單位：本校各系(所)之學生

8. Participating groups: Students from all TCU departments and graduate institutes.

九、參加資格：115 學年度第 1 學期前(含)註冊之本校學生

9. Eligibility: TCU students registered in or before Semester 1 of the 2026/27 academic year.

十、參加辦法：凡參加運動會之系、班級，均為參加對象。

10. Entry: All departments and classes taking part in Sports Day are included.

十一、競賽方式：由大會聘請評審委員若干名，在大會期間考查各系學生之各項表現，並參照大會各有關單位提供之資料評定之。

11. Assessment: Judges appointed by the organising committee will assess each department's students during Sports Day, with reference to information provided by the relevant organising units.

十二、評分項目及標準：

12. Assessment criteria:

（一）精神(50)：各系教師與學生參加開、閉幕人數、開閉幕典禮進場團隊整體精神 (進場表演)、集合秩序、出席表現。

(1) Team spirit (50): Numbers of faculty and students attending the opening and closing ceremonies; overall team spirit during the entry parade, including performances; orderly assembly; and attendance.

（二）整潔(20)：各系休息場地之整理、佈置狀況、清潔維護。

(2) Cleanliness (20): The arrangement, decoration and upkeep of each department's rest area.

（三）服裝(20)：各系團體服裝整齊、美觀。

(3) Clothing (20): Neat, coordinated and presentable team clothing.

（四）品德(10)：各系個人、團體禮節、展現榮譽及責任等運動員風度。

(4) Character (10): Courtesy, a sense of honour and responsibility, and sportsmanship in individual and team conduct.

（五）參與度：依報名且完成參賽者，每人次加 1 分。(累計積分)

(5) Participation: One additional point for each registered competitor who completes an event, accumulated across events.

（六）棄權扣分：凡無故棄權者，每 1 人扣 1 分。

(6) Withdrawals: One point is deducted for each person withdrawing without a valid reason.

（七）其他扣分：凡違反運動會相關規定，由評分單依情節嚴重程度，決定扣分之多寡。

(7) Other deductions: The assessment unit will determine deductions for breaches of Sports Day regulations according to their seriousness.

十三、獎　　勵：依據競賽總則第 15 條規定辦理之。

13. Awards: As specified in Article 15 of the General Regulations.

慈濟大學 115 學年度校慶運動會

Tzu Chi University Anniversary Sports Day

教職員工組田徑競賽規程

Faculty and Staff Track Competition Regulations

一、宗　旨：為促進全校師生規律運動的生活習慣,提升健康體能,維持身體健康,並促進師生身心健康及增進系際情誼,特舉辦本趣味競賽。

1. Purpose: To promote regular exercise, health and fitness, support physical and mental wellbeing, and build friendships across departments through these fun team events.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校教職員工、慈誠懿德會、社教處學員

5. Participants: All TCU faculty and staff, members of the Tzu Cheng and Yi De Association, and continuing education learners.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參賽單位：

8. Participating groups:

（一）本校教職員工

(1) TCU faculty and staff.

（二）慈誠懿德會

(2) Members of the Tzu Cheng and Yi De Association.

（三）社教處學員

(3) Continuing education learners.

九、參加資格：

9. Eligibility:

（一）慈濟大學教職員工

(1) TCU faculty and staff.

（二）慈誠懿德會

(2) Members of the Tzu Cheng and Yi De Association.

（三）社教處學員

(3) Continuing education learners.

十、參加辦法：

10. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：填寫 google 表單 https://forms.gle/w6ShL9hGJvdu211YA

(2) How to register: Complete the Google Form at https://forms.gle/w6ShL9hGJvdu211YA.

（三）聯絡方式：關於競賽任何問題請電洽林筱瑋組員(分機 22356)或 email 至 lsw@gms.tcu.edu.tw

(3) Enquiries: Contact Lin Hsiao-Wei on extension 22356 or email lsw@gms.tcu.edu.tw.

十一、競賽單位：全校各院、處、室、中心

11. Participating units: All TCU colleges, offices and centres.

十二、競賽種類：

12. Events:

組別　種類　項　　目

男子組　徑賽　60M、1500M、5000M 跑步

女子組　徑賽　60M、5000M 跑步

2.以競賽單位報名參加，報名人數不限。

Division | Track events | Men: 60 m, 1,500 m and 5,000 m. Women: 60 m and 5,000 m.

2. Register through your participating unit. There is no limit on the number of entrants.

十三、競賽辦法：

13. Competition format:

（一）以競賽單位報名參加，個人項目報名人數不限。

(1) Register through your participating unit. There is no limit on entries for individual events.

（二）各徑賽項目 (5000M 除外) 採計時預賽，以最優前八名進入決賽。

(2) All track events except the 5,000 m begin with timed heats. The eight fastest competitors qualify for the final.

（三）各徑賽項目報名不足 8 名(隊)時，採 1 次決賽。

(3) Events with fewer than eight registered competitors or teams are held as a single final.

（四）比賽前 30 分鐘應至檢錄處報到，點名 2 次未到者以棄權論，參加兩項以上競賽項目之選手，若點名時間與正在比賽項目衝突，請至檢錄處以口頭告知檢錄員並在該項比賽結束後直接至下一比賽場地，進行比賽。

(4) Report to the Call Room 30 minutes before your event. Withdrawal / Disqualification. If you are competing in another event when check-in is called, notify a check-in official verbally and go straight to your next event as soon as your current event finishes.

十四、獎　　勵：依據競賽總則第 15 條規定辦理之。

14. Awards: As specified in Article 15 of the General Regulations.

慈濟大學 115 學年度校慶運動會

Tzu Chi University Anniversary Sports Day

教職員工組接力競賽規程

Faculty and Staff Relay Competition Regulations

一、宗　旨：為促進全校師生規律運動的生活習慣,提升健康體能,維持身體健康,並促進師生身心健康及增進系際情誼,特舉辦本競賽。

1. Purpose: To promote regular exercise, health and fitness, support physical and mental wellbeing, and build friendships across departments through this competition.

二、主辦單位：慈濟大學

2. Organizer: Tzu Chi University

三、協辦單位：秘書處、教務處、學務處、總務處、秘書處、研發處、人文處、人資處、醫學院、護理學院、工程科技學院、智慧永續管理學院、人文傳播暨社會科學院、博雅天空書院、社會教育推廣處

3. Co-organizers : Secretariat; Office of Academic Affairs; Office of Student Affairs; Office of General Affairs; Secretariat; Office of Research and Development; Office of Humanities; Office of Human Resources; College of Medicine; College of Nursing; College of Engineering and Technology; College of Management and Smart Sustainability; College of Humanities, Communication and Social Sciences; College of Liberal Arts; and Office of Continuing and Extension Education..

四、承辦單位：體育教學中心

4. Implementing unit: Physical Education Center

五、參加對象：全校教職員工、慈誠懿德會、社教處學員

5. Participants: All TCU faculty and staff, members of the Tzu Cheng and Yi De Association, and continuing education learners.

六、活動地點：介仁校區運動場

6. Venue: Sports ground, Jieren Campus

七、決賽日期：115 年 11 月 25 日(三)

7. Date of finals: Wednesday 25 November 2026

八、參賽單位：

8. Participating groups:

（一）本校教職員工

(1) TCU faculty and staff.

（二）慈誠懿德會

(2) Members of the Tzu Cheng and Yi De Association.

（三）社教處學員

(3) Continuing education learners.

九、參加資格：

9. Eligibility:

（一）本校教職員工

(1) TCU faculty and staff.

（二）慈誠懿德會

(2) Members of the Tzu Cheng and Yi De Association.

（三）社教處學員

(3) Continuing education learners.

十、參加辦法：

10. Registration:

（一）截止日期：自即日起至 115 年 10 月 30 日(星期五) 17：00 止。

(1) Deadline: Registration is open now and closes at 17:00 on Friday 30 October 2026.

（二）報名方式：請填寫 115 學年度運動會報名表 google 表單。

(2) How to register: Complete the Google Form for the 2026/27 Sports Day.

（三）聯絡方式：關於競賽任何問題請電洽林筱瑋組員(分機 22356 或 email 至 lsw@gms.tcu.edu.tw

(3) Enquiries: Contact Lin Hsiao-Wei on extension 22356 or email lsw@gms.tcu.edu.tw.

十一、競賽單位：全校各院、處、室、中心。

11. Participating units: All TCU colleges, offices and centres.

十二、競賽規定：

12. Competition requirements:

（一）以參加競賽為單位，4x100M 接力（男、女生各 2 名，每人跑 100 公尺）。

(1) Teams enter the 4 × 100 m relay as participating units. Each team has two men and two women, each running 100 meters.

（二）當該隊男生不足時，可由女生替代。

(2) Female participants may substitute for unfilled male slots..

十三、比賽規則：

13. Competition rules:

（一）可自行決定棒次安排，每人均跑 100 公尺，計 400 公尺。

(1) Teams may choose their running order. Each runner completes 100 meters, for a total of 400 meters.

（二）不得穿著釘鞋以及打赤腳參賽。

(2) Spikes and barefoot running are not permitted.

（三）同 1 人不得跑兩棒以上(含)。

(3) No competitor may run more than one leg.

（四）如有違反規定者，取消資格。

(4) Breaching these rules results in disqualification.

十四、獎　勵：視報名人數調整錄取名次，最多錄取前 3 名，各頒發獎牌及獎金(第 1 名 2,500 元、第 2 名 2,000 元、第 3 名 1,600 元)。

14. Awards: The number of places awarded depends on the number of entries, up to a maximum of three. Each placed team receives medals and a cash prize: NT$2,500 for first place, NT$2,000 for second and NT$1,600 for third.

115 學年度校慶運動會競賽報名連結

Sports Day 2026/27 Registration Links

組別／項目 Division / Event	個人徑賽 Individual track events	4*100M 接力賽 4 × 100 m relay	100M*20 大隊接力 20 × 100 m team relay
學生組 Students			
教職員 Faculty and staff			
趣味競賽 Fun team events			