

GENERAL RULES FOR 4-CROSS

四人競速賽一般規則

General

概述

1. 4-Cross is an event where four riders compete side by side on the same downhill course. The nature of this competition is such that some unintentional contact between riders may occur; this will be tolerated by the commissaire in charge, as long as he judges it to be within the spirit of the race, fair play and sportsmanship towards the other competitors.

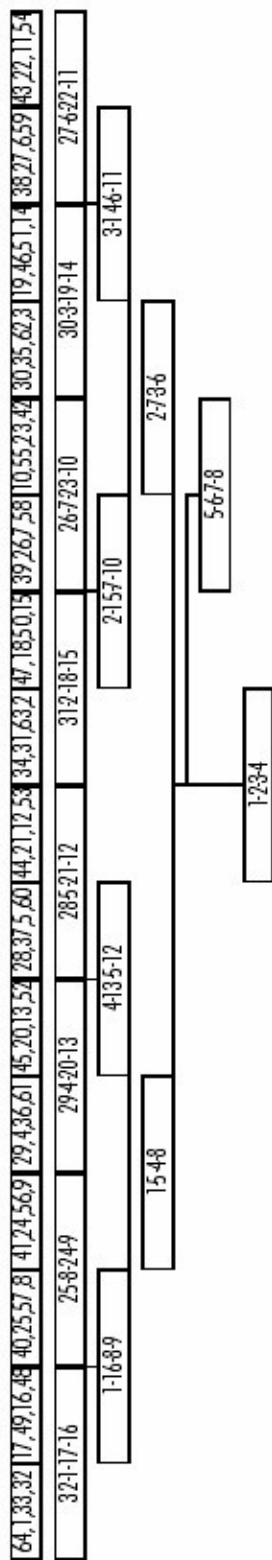
4人競速賽是4位選手肩並肩地在相同的下坡路線上競爭的比賽，這種比賽的性質，選手之間可能發生無蓄意的衝撞動作，這種動作只要負責的裁判認為對其他競賽者在乎合比賽精神、公平和體育精神範圍之內均可接受。

Event procedure

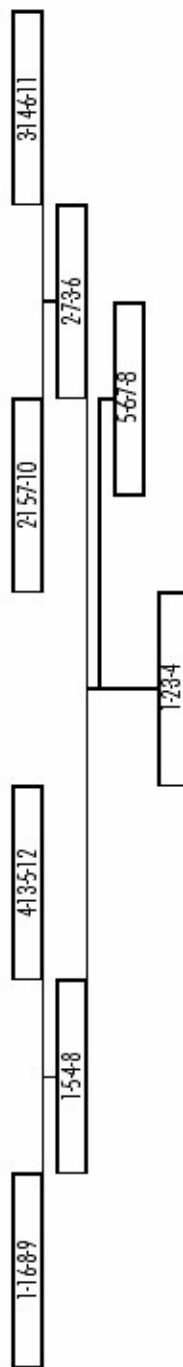
比賽程序

2. Practice runs must take place on the same day as the finals.
試路必須在決賽的同一天舉行。
3. The qualifying round must take place the same day as the finals.
資格賽必須在決賽的同一天舉行。
4. The qualifying round shall take the form of a timed run over the course by each rider. A list of starters will be drawn up, with which all riders must comply. Riders entered who fail to start as prescribed shall be deemed not to have qualified. The riders shall start when the order is given by the start commissaire. After the qualifying round, the fastest **64/32/16/8 (up to the total number of participants)** riders shall qualify for the main race.
資格賽將採用每一位選手在比賽路線以個人計時的方式進行，出發者的名單將被排列成出賽表，所有選手必須遵從。報名參加的選手沒有按規定出發時間出發將被視作沒有獲得資格，當起點裁判發號施令出發時選手必須開始比賽。資格賽後，最快的 **64/32/16/8 (視總參加人數而定)** 名選手將有資格參加主要賽事。
5. The groups of riders will be drawn as indicated in the table below, in order to ensure that the fastest qualifying rider will only meet the second qualifying rider in the final.
為了保證決賽獲資格參賽最快的選手能對上第二快的選手，這群選手將按下面列表中的指示來分組。

Men



Women



6. The riders in each group of four may choose their starting position in order of their qualifying times. The fastest rider shall get first choice.

每一組4名選手依資格賽時間排序選擇出發位置。時間最快的選手先選擇。

7. In addition to the final, a minor final shall be held for the four losers from the penultimate round, in order to determine the 5th to 8th placings.
除決賽外，一場較小的決賽要為準決賽中落敗的四位選手舉行，以決定5到8名。
8. The formula used will be the automatic elimination of the rider placed third and last in each group of four. The first and second placed riders shall qualify for the next round. Each group of four riders shall ride only once.
比賽晉級方式為每一組第三位及第四位選手自動淘汰，第一名和第二名選手將晉級下一回合賽事，每一組四位選手將只進行一次比賽。
9. The riders shall start from a standstill. A forward movement of the bicycle resulting in contact with the starting gate shall result in a disqualification for this round. Contact will be deemed to have occurred if the rider causes a malfunction of the gate or other starting mechanism by touching it or by forcing it open before the start signal. Breaking the starting gate shall be grounds for disqualification.
選手靜止起步出發，出發前如單車向前移動導致接觸出發閘門，會使選手喪失此回合的比賽資格，如果選手引起出發閘門故障或在出發信號尚未開始前觸摸或壓迫其他出發機械裝置導致出發閘門提前開啟，將被視為闖入行為已經發生。破壞出發門將被作為取消比賽資格的根據。
10. If a part of the front wheel passes the start line before the official starting signal the rider shall be disqualified.
如果單車前輪的部份在大會出發信號開始前通過出發線，將被取消比賽資格。
11. The riders are required to pass through each gate without straddling it: i.e. the wheels of the bicycle must follow a path outside each gate. The gate judges located along the course will check that the correct route is followed. A missed or straddled gate will result in the rider's disqualification unless the rider goes to the trouble of returning to pass it correctly.
選手需要通過每一個閘門但不可跨騎過它們：也就是說，單車的輪子必須沿著每一個閘門門外的路徑行進，閘門的裁判會站在適當位置檢查選手是否採用適當路徑通過閘門，遺漏閘門或跨騎閘門將導致選手喪失比賽資格，除非選手重返發生問題的閘門並正確通過。
12. If the four riders fall or fail to cross the finish line in a preliminary round, the winner will be the rider who covered the largest part of the course.
如果四位選手同時在初賽中摔倒或不能越過終點線，獲勝者將是完成比賽路程最多距離的選手。
13. The riders finishing below 12th place are ranked on the basis of the round which they reached followed by their qualifying time.
選手名次在12名以下者，其排名先根據選手所進入的回合繼之以資格賽時間。

Warnings

警告

14. A system of coloured cards will be used by the finish judge under the guidance of the Commissaire in charge.

在裁判長引導下，終點裁判將採用顏色牌制度。

a. A yellow card, confirmed by the commissaire in charge, will be shown by the commissaire to a rider who has ridden without due attention or has intentionally endangered his opponents. This card shall be the first and only warning.

經過裁判長確定後，裁判將對在騎行中沒有注意對手安全或有意危害對手的選手出示黃牌。這是第一次並且是僅有的一次警告。

b. A red card, confirmed by the commissaire in charge, will be shown by a Commissaire at the finish line to a rider who has been disqualified. This may be for a rider who has repeated the same action which led to an earlier yellow card warning, or if the rider is in breach of articles 1.10.3 to 1.10.6, or for any other reason which violates the spirit of fair play and sportsmanship.

經過裁判長的確定，終點裁判將對被取消比賽資格的選手出示紅牌。這也可能是因為同一選手重覆違反相同行為導致被出示黃牌警告、或者是選手違反 1.10.3 到 1.10.6 條的規定及在其他理由下妨害公平競爭和體育精神。

c. Any participant who receives two red cards in the same season shall automatically be suspended for one event. If the second red card is given in the final event of that season, the rider shall be suspended for the first round of the following season.

任何選手在同一賽季收到兩張紅牌將自動被停賽一次。如果第二張紅牌是在該賽季的最後一次比賽發出，這位選手在下一賽季的第一回合將被停止比賽。

15. Any maneuver with the intention of pulling a rider's jersey, or pulling or pushing a rider (by either the giver or the recipient of assistance), leaning on another competitor or offering irregular assistance to a rider from another team are all actions likely to give rise to declassification. Repeated offences shall render the riders involved liable to disqualification.

任何意圖拉扯選手賽衣，拉扯或推開選手(無論提供或接受協助)，牽引其他競賽者或提供不同隊的選手不合規則的協助等所有行為均很可能引致取消排名。重覆違反可取消選手比賽資格。

16. Obstruction of any rider in the final sprint, unsporting conduct towards another rider with the intention of restricting movement, taking a shortcut, substitution for another rider, taking both hands off the handlebars in the final sprint, that involves more than one rider, may result in relegation or disqualification.

阻礙選手最後衝刺，對其他選手意圖進行阻礙的非體育精神行為，抄捷徑，更換選手，在多於一名選手一起最後衝刺的情況下舉起雙手可導致降低名次或喪失比賽資格。

17. Indecent conduct or foul language, disrespect to officials and/or to the public will

be penalised. Repeated occurrences may lead to disqualification and a severe offence may justify a recommendation for suspension.

對大會職員和/或公眾有不禮貌行為或污穢言語，不尊重，選手將受處罰。重覆違反將導致取消比賽資格，嚴重的犯規可被建議停賽。

18. Fighting between competitors or with an official or member of the organisation or public will be penalised by disqualification and exclusion from the result. A severe offence can justify a recommendation for suspension.

競賽者之間或大會裁判、引領員或大會職員或大眾打架將受取消比賽資格處罰，並從成績中除名，嚴重犯規可被建議停賽。

19. Ignorance of the regulations is not admitted as an excuse.

不知道規則不會接受為理由。

Protection

保護裝備

20. Riders must wear the following protection when racing or training on the course:

選手於場地訓練及比賽時必須佩戴上：

- a. Full face helmets
全面罩頭盔
- b. Shin padding
小腿護甲
- c. Full fingers gloves
全罩式手套

Equipment

器材

21. Bikes must have three working gears and two working brakes. Bikes must also use a wheel on both front and back that is between 26 inches – 29 inches. Bike check will be carried out before the official training at sign on counter.

單車必須有3個有效變速檔及2個可用制剎。單車前後輪直徑也必須在26至29吋之間。大會將於正式試路前在簽到處進行驗車。

22. Competition protests must be initiated immediately after the run to the designated official. The decision of the official is final. No post race action is available.

反對賽果裁決必須於比賽後馬上向指定人員提出。有關人員之決定為最終結果，不得異議。大會不會接受比賽後之抗議。

23. Hong Kong Cycling Association preserves the right to refuse the rider from the race.

香港單車聯會保留拒絕讓選手參加比賽的權利。