

2nd Asian Indoor Games
第二屆亞洲室內運動會



Technical Handbook
技術手冊 **2nd Edition**
第二版



Aerobic Gymnastics
健美操



OLYMPIC COUNCIL OF ASIA



MAIGOC

第二屆亞洲室內運動會澳門組織委員會 ■ Macao 2nd Asian Indoor Games Organising Committee

Rua do Desporto n° 185 e 195, Taipa, Macau ■ 澳門氹仔體育路 185 - 195 號
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I. GENERAL SCHEDULE OF THE MACAU 2007, 2ND ASIAN INDOOR GAMES

Sports		Date	October						November		
		Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		26	27	28	29	30	31	1	2	3	
Opening Ceremony		○									
Aerobic Gymnastics		●	●	●							
Bowling			●	●	●	●	●	●	●		
Chess Sports	Chess	●	●	●	●	●	●	●	●	●	
	Xiangqi		●	●	●	●	●	●	●		
Cue Sports			●	●	●	●	●	●	●	●	
DanceSport			●	●							
Dragon & Lion Dance	Dragon Dance							●	●		
	Northern Lion							●	●		
	Southern Lion							●	●		
Electronic Sports (E-Sports)			●	●	●	●					
Extreme Sports (X-Sports)	BMX Freestyle	●	●	●		●		●	●		
	Inline Stunt	●	●	●			●		●		
	Skateboard	●	●	●							
	Sports Climbing					●	●	●	●		
Finswimming (25m)			●	●							
Futsal		●	●	●	●	●	●	●	●	●	
Hoop Sepaktakraw							●	●	●	●	
Indoor Athletics						●	●	●			
Indoor Cycling	Artistic Cycling	●	●								
	Cycle ball	●	●								
Indoor Hockey		●	●	●	●	●		●	●		
Kabaddi						●	●	●	●	●	
Muay					●	●	●	●		●	
Short Course Swimming (25m)						●	●	●	●		
Kickboxing (Demonstration sport)		●	●								
Kurash (Demonstration sport)									●		
Closing Ceremony										○	

The above schedule is subject to changes depending on the final number of competitors and teams.

II. ORGANISATIONS

1. Olympic Council of Asia (OCA)

Executive Board of Olympic Council of Asia (OCA)

President	H.H. Sheikh Ahmad Fahad Al-Sabah
Secretary General	Raja Randhir Singh
Vice Presidents	
Central Asia	Mr. Rakhimov Gafur Arslanbek
East Asia	Mr. Timothy Fok
South Asia	Lt. Genl. Syed Arif Hasan
South East Asia	Maj. Genl. Charouck Arirachakran
West Asia	Sheikh Issa Bin Rashid Al-Khalifa
16 th Asian Games, Guangzhou	Mr. Yu Zaiqing
7 th Asian Winter Games, Almaty	Mr. Temirkhan Dosmukhambetov
2 nd Asian Indoor Games, Macau	Mr. Manuel Silvério
1 st Asian Beach Games, Bali	Mrs. Rita Subowo

Chairmen

Coordination Committee	Mr. Tsunekazu Takeda
Advisory Committee	Mr. Ser Miang Ng
Athletes Committee	Mrs. Yuko Arakida
Education & Culture Committee	Mr. Hemasiri Fernando
Finance Committee	Dr. Feng-Shu Chang
Information & Statistics Committee	Mr. Bahram Afsharzadeh
Media Committee	Mr. Manuel Silvério
Medical Committee	Dr. M. Jegathesan
Rules Committee	Sheikh Talal Fahad Al-Sabah
Sports & Environment Committee	Mr. Jyung Sun Yu
Sports & Peace Committee	HRH Prince Faisal Al-Hussein
Sports For All Committee	Genl. Souhail Khoury
Sports Committee	Mr. Wei Jizhong
Women's Committee	Mrs. Natalya Sipovich
Director General	Mr. Husain Al-Musallam

OCA Address

P.O. Box 6706
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(965) 5717196 / 5734972

Facsimile

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E-mail

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Website

www.ocasia.org



II. ORGANISATIONS

2. The Macao 2nd Asian Indoor Games Organising Committee (MAIGOC)

Chairman	Manuel Silvério
Secretary	Armando Manuel da Silva Aparício
Directors	Peter, Ung Hoi Ian Isabel da Silva Eric, Chau Ka Lai Sylvester, Cheong Hung Fat Vasco Bismark Willia, Hong Wai Eddie, Laam Wah Ying Charles, Lo King Chiu
Address	Rua do Desporto, n° 185 – 195, Taipa, Macau
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E-mail	macau@maigoc2007.com
Website	www.maigoc2007.com

II. ORGANISATIONS

3. Sports Federations

3.1 Fédération Internationale de Gymnastique (FIG)

President	Bruno Grandi
Secretary General	André .F. Gueisbuhler
Address	Rue des Oeuches 10, Case Postale 359 2740 Moutier 1, Switzerland
Telephone	(41) 32-494-6410
Facsimile	(41) 32-494-6419
E-mail	fig-gymnastics@worldsport.org
Website	www.gymnastics.worldsport.com

3.2 Asian Gymnastics Union (AGU)

President	Hidenori Futagi
Secretary General	Kyoji Itsukaichi
Address	1-1-1 Jinnan Shibuya-ku Tokyo 150, Japan
Telephone	(81) 3-3481-2341
Facsimile	(81) 3-3481-2344
E-mail	gymnastics@japan-sports.org.jp

3.3 The Gymnastic Association of Macau (GAM)

Chairman of	LEONG Sio Pui
General Assembly	
President of Board	CHAN Meng lok
of Directors	
Address	Avenida Dr. Rodrigo Rodrigues, S/N. Edf. First International C. Center, 21ºA, Macau
Telephone	(853) 28 421 999
Facsimile	(853) 28 421 333



III. COMPETITION INFORMATION

1. Date and Place

The Aerobic Gymnastics competition for the Macau 2007, 2nd Asian Indoor Games will be held in Macao from 26th of October to 28th of October, 2007 with Workers Sports Pavilion A as the competition venue. This schedule is, however, subject to changes depending on the final number of entries.

2. Venues

2.1 Competition Venue

The Workers Sports Pavilion A is located approximately 4 km from Macao city centre, with a seating capacity of approximately 500 and a competition area of 47m X 21m.

2.2 Training Venue

The Workers Sports Pavilion B.

3. Event

The Competition will be carried out in accordance with the Technical Regulations of the Federation International Gymnastics (FIG) and will consist of the following:

Qualification Competition will consist of 4 categories:

- Individual Men
- Individual Women
- Mixed Pair
- Trio

Final Competition will consist of 4 categories:

- Individual Men
- Individual Women
- Mixed Pair
- Trio

III. COMPETITION INFORMATION

4. Tentative Competition Schedule

Date	Time	Event	Gender	Phase
Oct. 26 (Fri.)	9:30	Opening Parade Rehearsal Mass Dance Rehearsal	Mix	----
	10:00-14:00	Individual Women	W	Semi-Final
	14:00-18:00	Mixed Pair	Mix	Semi-Final
Oct.27 (Sat.)	9:00-10:30	Free training for the finalists	Mix	----
	10:30-11:45	Individual Women	W	Final
	11:45-13:00	Mixed Pair	Mix	Final
	13:30-17:30	Individual Men	M	Semi-Final
	17:30-21:30	Trio	Mix	Semi-Final
Oct.28 (Sun.)	9:00-10:30	Free training for the finalists	Mix	----
	10:30-11:45	Individual Men	W	Final
	11:45-13:00	Trio	Mix	Final

Note: This schedule is subject to changes depending on the final number of entries.

5. Eligibility

5.1 The 2nd Asian Indoor Games Aerobic Gymnastics competition is exclusive for teams representing the National Olympic Committee (NOC).

5.2 Only competitors who comply with the conditions integrated in OCA constitution are entitled to participate.



III. COMPETITION INFORMATION

- 5.3 Age of competitors: The age of competitors must be at least 18 years, at the day of the competition (Competitor who was born before 26th October, 1989).
- 5.4 Each team representing their NOC for Aerobic Gymnastics competition, may enter a maximum of fourteen (14) competitors in Aerobic Gymnastics competition. A number of staffs are limited to 40% of the number of athletes from each NOC.
- 5.5 The Qualification Competition consist of 4 categories as follow:

Individual Men: Each NOC may enter maximum of two (2) men competitors.

Individual Women: Each NOC may enter maximum of two (2) women competitors.

Mixed Pair: Each NOC may enter maximum of two (2) pairs of competitors.

Trio: Each NOC may enter maximum two (2) teams of three (3) competitors of optional sex.

In four categories, each competitor may subject to compliance with the following requirement, performing to decide for qualification and for Finals Competition. The Competitors will perform one routine only in each of the rounds.

- 5.6 The Final Competition follow:

Individual Men: The best eight (8) men (maximum one (1) competitor per NOC.) may participate in the finals competition.

Individual Women: The best eight (8) women (maximum one (1) competitor per NOC.) may participate in the finals competition.

Mixed Pair: The best eight (8) Mixed Pair women (maximum one (1) Mixed Pair category competitors per NOC.) may participate in the finals competition.

Trio: The best eight (8) Trio (maximum one (1) Trio category competitors per NOC.) may participate in the finals competition.

- 5.7 Each NOC must bring a minimum of two (2) judges with a valid FIG brevet in Aerobic Gymnastics Competition.

III. COMPETITION INFORMATION

6. Entries

- 6.1 Entries of each participating NOC must be submitted in accordance with the regulations laid by MAIGOC.
- 6.2 Deadline for Entry Forms by number (Preliminary)
Preliminary Entry Forms by number from Technical Officials and each participating NOC, forwarded through the respective National Olympic Committee (NOC) must be completed and should be received by MAIGOC no later than **22nd of June, 2007 at 18:00 hours, Macau Local time.**
- 6.3 Deadline for Entry Forms by Name (Final)
The Entry Forms by name must be received by MAIGOC no later than **14th of September, 2007 at 18:00 hours, Macau Local time.**

The completed Entry by Name forms must be submitted for each athlete and must include all necessary information including the athlete's full name.

NOCs may make changes or submit amended Entry by Name forms up to and including the day of deadline, but no such amendments will be permitted after the deadline.

- 6.4 Both entries by number and by name forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

Macau 2007, 2nd Asian Indoor Games Organising Committee (MAIGOC)

Address: Rua do Desporto, no 185-195 Taipa, Macau

Telephone: (853) 28-70-2007

Fax: (853) 28-71-2007

E-mail: macau@maigoc2007.com

Website: www.maigoc2007.com

7. Technical Meeting

- 7.1 A joint meeting of jury and referees will be held on 24th of October, 2007 (two days before commencement of competition).
- 7.2 A Team Manager Meeting will be held on 25th of October, 2007 (one day before commencement of competition).



III. COMPETITION INFORMATION

8. General Rules and Regulations

8.1 Competition rules

The Aerobic Gymnastics Competition will be conducted in accordance with the Latest FIG code of Points for Aerobics and the FIG Technical Regulation (Latest version). In case of disagreement in the interpretation of Rules, the English text shall prevail. Any unforeseen incident not addressed by the rules shall be resolved as follows:

1. Technical questions shall be resolved in accordance with the FIG Rules.
2. Cases of general nature shall be resolved in accordance with the OCA constitution.

9. Technical Officials and Jury of Appeal

9.1 Technical Delegate

The Aerobics Technical Delegate of Macau 2007, 2nd Asian Indoor Games shall be appointed by AGU and approved by OCA and MAIGOC.

9.2 Judges and Jury of Appeal

The necessary Technical Officials (referees, judges, umpires, timekeepers, inspectors, etc.) and a Jury of Appeal for Aerobics competition shall be appointed by AGU and approved by OCA and MAIGOC.

The Jury of Appeal shall be composed of a Chairman, which position shall be filled up by AGU with a representative of members chosen by OCA and AGU.

10. Marks Review (Inquires)

Inquiries for the difficulty scores are allowed, provided that they are made verbally immediately after the publication of the score or at the very latest before the end of the exercise of the following gymnast or group. The person designated to receive the official verbal inquiry has to note the time of receiving it and this starts the procedure. Only the accredited coaches in the competition area (ART) and next to the competition area (other disciplines) are entitled to submit an inquiry. Late verbal inquiries will be rejected. A NOC is not allowed

III. COMPETITION INFORMATION

to complain against a gymnast from another NOC. Inquiries for all other marks (Execution, Artistic and Synchro) are not allowed.

The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest and accompanied by a deposit of one hundred dollars (US\$100) or its equivalent. Should the inquiry not be confirmed in writing within 4 minutes, the procedure becomes obsolete.

Should the inquiry prove correct and is accepted, this sum will be reimbursed. Every inquiry must be examined by the Superior Jury and a final decision must be taken at the very latest.

11. Uniforms

No athlete or technical official may attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA, FIG and MAIGOC.

12. Equipment

Sport equipment to be used shall comply with the provision of the FIG Rules of Aerobics.

13. Penalties in Case of Fraud

A competitor proved fraudulently to have transgressed the Rules and Regulations of the Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's Member Organization is proven to have been a party to the fraud, his/her NOC shall be disqualified in the sport involved.

14. Doping Control / Gender Verification

14.1 Doping Control

Doping control for all events of the Macau 2007, 2nd Asian Indoor Games will be conducted according to OCA Medical Committee directions and will follow the procedures specified by the World Anti-Doping Agency (WADA).



III. COMPETITION INFORMATION

14.2 Gender verification.

Gender verification tests may be carried out in accordance with the OCA Constitution and Rules.

- 14.3 Competitor who is chosen to be tested will be notified after the match. When notified, the competitor must proceed to the Doping Centre within an hour for examination. The competitor must bring an AD / ID Card. Those who are notified, but do not arrive at the centre will be treated as testing positive. Competitor must be either accompanied by coach or team doctor. Gender examination will take place only when needed.

15. Prizes

15.1 Language

Chinese and English will be used for the Victory Ceremony.

15.2 Clothing

All awardees must wear their NOC's official clothing.

15.3 Order of Awards

The medals will be called out and conferred in following order: 3rd, 2nd, 1st

15.4 Prizes

- First Prize:** Gold medal and diploma for each participating member of the winning in each event.
- Second Prize:** Silver medal and diploma for each participating member of the first runner-up in each event.
- Third Prize:** Bronze medal and diploma for each participating member of the second runner-up in each event.
- Fourth to sixth prize:** Diploma to each participating member in each event.

IV. APPROVAL OF TECHNICAL HANDBOOK

Approval of the technical handbook for the Aerobic Gymnastics competition at the Macau 2007, 2nd Asian Indoor Games was obtained from AGU on 4th of August, 2006.

*** *In the event of discrepancy in the handbook, MAIGOC reserves the right to make clarification and OCA's decision to the said clarification shall be final.*



V. INTRODUCTION TO MACAO S.A.R.

1. Location & Area

Macao Special Administrative Region is located on the southeastern coast of China, at latitude 22°14' North and longitude 113°35' East. The territory comprises a peninsula and two islands in the Pearl River Delta of Guangdong Province.

The total area of Macao is 27.5 km² the peninsula has 8.8 km², Taipa 6.4 km², Coloane 7.6 km² and the reclaimed land between Taipa and Coloane has 4.7 km².

The city of Macao is built on the peninsula; three bridges of 2.2 km, 2.5 km and 4.5 km respectively link it to its nearest island of Taipa, which in turn is joined with Coloane by a 2.2 km-long causeway. At the extreme northern end of the peninsula, on a narrow isthmus, is the imposing gateway (Portas do Cerco, or Border Gate), that leads to the Zhuhai and Zhongshan areas of China.

2. Time

Macao is eight hours ahead of GMT.

3. Population

Macao's population is around 500,000 residents, of which about 95% of its population are Chinese and 5% are Portuguese, Europeans and from other countries.

The majority of the population lives in the Macao peninsula. The two islands are places devoid of the hustle and bustle of the city centre, especially Coloane which is the garden of the Territory with lots of parks and greenery areas.

4. Language

Chinese and Portuguese are the official languages, with Cantonese being most widely spoken. English is generally used in trade, tourism and commerce.

V. INTRODUCTION TO MACAO S.A.R.

5. Currency

The Pataca (MOP) is Macao's official currency. There are bank notes and coins in the following denominations: Bank notes: 10, 20, 50, 100, 500 and 1,000 Patacas. Coins: 1, 2, 5 and 10 Patacas; 10, 20 and 50 avos. By the decision of the Macao Government, the Pataca is pegged to the Hong Kong dollar (HKD) and Renminbi (RMB), which freely circulate in Macao. The exchange rates are MOP\$103=HK\$100, MOP\$100.5=RMB\$100. There is an acceptable variation up to 10%. Roughly 8 Patacas is equivalent to 1 US dollar.

Foreign currency or travelers' checks can be easily changed in hotels, banks and authorized exchange dealers located all around the city. If the visitor needs to change money outside the usual working hours, there are 24 hours exchange counters operating in the Macao International Airport (Taipa Island) and in the Lisboa Hotel (Macao). Banks open normally from 9 a.m. to 5:30 p.m. through lunchtime. Most credit cards are accepted in many hotels, shops and restaurants. There are no restrictions on the amount of currency that can be brought in or taken out.



VI. WEATHER CONDITIONS

1. Climate

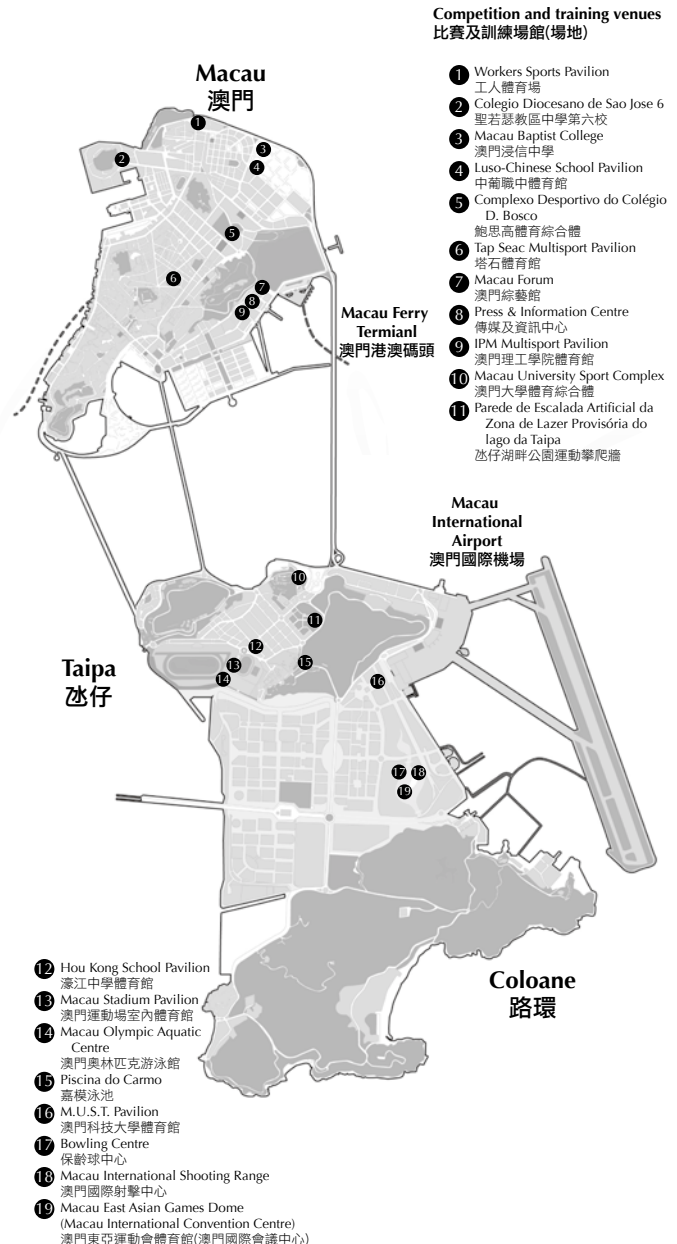
The climate is moderate to hot, with an average annual temperature of just over 20°C (68°F) and a yearly mean variation between 15°C (59°F) and 28°C (82.4°F). The humidity is high with an average range between 68% and 87%. The yearly rainfall is about 2,100 mm. The best period to visit Macao is between October and December, when days are sunny and warm, and the humidity low. The winter is cold but sunny. In April, the humidity becomes apparent and from May to September the climate is hot and humid with rain and occasional tropical storms (typhoons). Below is the average weather condition during the Games period in October and November:

	October	November
Average climate	24.7 °C	20.4 °C
Highest	27.4 °C	23.4 °C
Lowest	22.3 °C	17.8 °C
Average Relative Humidity	73%	69%
Insulation duration (hour)	195	177.6
Average wind velocity (km/h)	14.9	14.8
Average rainfall (mm)	116.9	42.6
Average days of rainfall	7	5

2. What to Wear

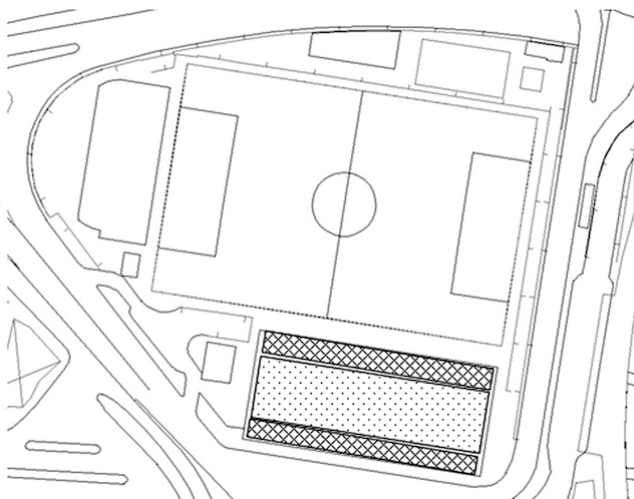
The dress code is usually casual in Macao. Cotton or light clothing is recommended for the summer. Woolen clothing and occasionally even a topcoat are required for the winter. Sweaters and jackets are sometimes necessary for the cooler evenings in March-May and September-November.

VII. MAP





Workers Sports Pavilion A 工人體育館A館



Seating Capacity: 500
座位：500個



Competition Area: 47m x 21m
比賽場地：47米 x 21米

I. 澳門2007年第二屆亞洲室內運動會競賽 總日程表

項 目		日期	10月						11月		
			五	六	日	一	二	三	四	五	六
			26	27	28	29	30	31	1	2	3
開幕禮			○								
健美操			●	●	●						
保齡球				●	●	●	●	●	●	●	
棋 類	國際象棋		●	●	●	●	●	●	●	●	●
	象 棋			●	●	●	●	●	●	●	
台 球				●	●	●	●	●	●	●	●
體育舞蹈				●	●						
龍獅運動	舞 龍								●	●	
	北 獅								●	●	
	南 獅								●	●	
電子競技				●	●	●	●				
極限運動	小輪車		●	●	●		●		●	●	
	直排輪滑		●	●	●			●		●	
	滑 板		●	●	●						
	攀 岩						●	●	●	●	
蹼 泳 (25米)				●	●						
室內五人足球			●	●	●	●	●	●	●	●	●
入籃藤球								●	●	●	●
室內田徑							●	●	●		
室內單車	花式單車		●	●							
	單車球		●	●							
室內曲棍球			●	●	●	●	●		●	●	
卡巴迪							●	●	●	●	●
泰 拳					●	●	●	●	●		●
短池游泳 (25米)						●	●	●	●		
自由搏擊 (示範項目)			●	●							
克柔術 (示範項目)										●	
閉幕禮											○

上述日程表將根據最終報名參賽人數或隊數作出修改。



II. 組織架構

1. 亞洲奧林匹克理事會（亞奧理事會）

亞洲奧林匹克理事會執行委員會（亞奧理事會）

主席：	艾哈邁德·法赫德·薩巴赫親王
秘書長：	拉加·金特爾·辛格
副主席：	
中亞	賈夫爾·拉基莫夫
東亞	霍震霆
南亞	賽阿里夫·哈桑中尉
東南亞	亞維華卓宏將軍
西亞	伊薩斌·謝赫拉·希德哈利親王
第十六屆亞運會 - 廣州	于再清
第七屆亞洲冬季運動會 - 阿拉木圖	多斯穆罕貝托夫
第二屆亞洲室內運動會 - 澳門	蕭威利
第一屆亞洲沙灘運動會 - 巴厘島	瑞塔·薩波沃

各委員會主席：

協調委員會：	竹田恒和
諮詢委員會：	黃思綿
運動員委員會：	荒木田由子
教育與文化委員會：	希瑪斯里·佛蘭度
財務委員會：	張豐緒
信息與統計委員會：	巴赫拉姆·阿夫沙爾扎德
傳媒委員會：	蕭威利
醫療委員會：	卓格辛醫生
規則委員會：	塔拉勒·法赫德·薩巴赫親王
體育與環境委員會：	柳京善
體育與和平委員會：	費薩爾侯賽因王子
大眾體育委員會：	考蘇耀將軍
體育委員會：	魏紀中
婦女委員會：	娜特莉亞·絲波維芝
總幹事：	侯賽因·阿·穆薩拉姆

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II. 組織架構

2. 第二屆亞洲室內運動會澳門組織委員會（亞澳組委）

主席：	蕭威利
秘書長：	蕭栢堯
董事：	吳海恩 沙倩瑩 鄒家禮 張雄發 麥俊華 康偉 藍鐸縵 盧景昭
地址：	澳門氹仔體育路185-195號
電話：	(853) 28-70-2007
傳真：	(853) 28-71-2007
電子郵件：	macau@maigoc2007.com
網頁：	www.maigoc2007.com



II. 組織架構

3. 國際聯會

3.1 國際體操聯合會(FIG)

主 席： Bruno Grandi
秘 書 長： André .F. Gueisbuhler
地 址： Rue des Oeuches 10, Case Postale 359 2740
Moutier 1, Switzerland
電 話： (41) 32-494-6410
傳 真： (41) 32-494-6419
電子郵件： fig-gymnastics@worldsport.org
網 頁： www.gymnastics.worldsport.com

3.2 亞洲體操聯盟(AGU)

主 席： Hidenori Futagi
秘 書 長： Kyoji Itsukaichi
地 址： 1-1-1 Jinnan Shibuya-ku Tokyo 150, Japan
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傳 真： (81) 3-3481-2344
電子郵件： gymnastics@japan-sports.org.jp

3.3 澳門體操總會(GAM)

會 長： 梁少培
主 席： 陳明旭
地 址： 澳門羅理基博士大馬路
第一國際商業中心21樓A座
電 話： (853) 28 421 999
傳 真： (853) 28 421 333

II. 組織架構

1. 日期及地點

澳門2007年第二屆亞洲室內運動會健美操賽事將於2007年10月26日至10月28日在工人體育館A館舉行。比賽日程表將根據最終報名參賽人數作出修改。

2. 場館

2.1 比賽地點

工人體育館A館距離澳門市中心約4公里，座位數超過500個，比賽場館面積為47米長，21米寬。

2.2 練習地點

工人體育館B館將作為練習場地。

3. 項目

賽事將按國際體操聯合會之規則進行，並設有以下賽事：

初賽將包括4個組別：

- 男子單人賽
- 女子單人賽
- 雙人賽
- 三人賽

決賽將包括4個組別：

- 男子單人賽
- 女子單人賽
- 雙人賽
- 三人賽

4. 臨時比賽日程表

日期	時間	項目	性別	階段
26/10 (星期五)	9:30	開幕列隊表演彩排 大眾舞蹈彩排	混合	----
	10:00-14:00	女子單人賽	女	準決賽
	14:00-18:00	雙人賽	混合	準決賽



III. 賽事資訊

日期	時間	項目	性別	階段
27/10 (星期六)	9:00-10:30	決賽運動員自由練習	混合	----
	10:30-11:45	女子單人賽	女	決賽
	11:45-13:00	雙人賽	混合	決賽
	13:30-17:30	男子單人賽	男	準決賽
	17:30-21:30	三人賽	混合	準決賽
28/10 (星期日)	9:00-10:30	決賽運動員自由練習	混合	----
	10:30-11:45	男子單人賽	男	決賽
	11:45-13:00	三人賽	混合	決賽

註：比賽日程表將根據最後報名人數而作出修改。

5. 參賽資格

- 5.1 澳門2007年第二屆亞洲室內運動會健美操賽事只接受具有其所屬奧委會的代表運動員報名。
- 5.2 參賽運動員必須符合亞洲奧林匹克理事會（亞奧理事會）憲章規定之條件。
- 5.3 參賽運動員年齡：參賽運動員於比賽當日必須年滿18歲（1989年10月26日前出生者）。
- 5.4 各奧委會於健美操賽事中最多可報不多於14名運動員；若只有一名運動員都可參加單人項目。各參賽奧委會隨隊人員數量不能多於運動員總數之40%。
- 5.5 初賽由下列4個項目組成：

男子單人賽：各奧委會最多可報2名男子運動員。

女子單人賽：各奧委會最多可報2名女子運動員。

雙人賽：各奧委會最多可報2隊。

三人賽：各奧委會最多可報2隊，每隊最多3名運動員，不限性別。

於初賽及決賽之四個組別中，各運動員必須遵從相關要求完成整套動作。於每一階段，參賽運動員只可表演一套動作。

III. 賽事資訊

5.6 決賽如下：

男子單人賽：初賽中成績最好的前8名運動員（各奧委會不多於1名運動員）進入決賽。

女子單人賽：初賽中成績最好的前8名運動員（各奧委會不多於1名運動員）進入決賽。

雙人賽：初賽中成績最好的前8隊運動員（各奧委會不多於1隊運動員）進入決賽。

三人賽：初賽中成績最好的前8隊運動員（各奧委會不多於1隊運動員）進入決賽。

- 5.7 各奧委會於健美操賽事中必須帶同不少於2名具有國際體操聯合會(FIG)裁判資格之裁判員。

6. 報名

- 6.1 各奧委會之報名程序將按亞澳組委相關的規則執行。

- 6.2 第一次報名（提交參賽人數）
由每個奧委會及技術官員填妥之**參賽人數表格**必須透過各奧委會遞交，亞澳組委必須在2007年6月22日18:00（澳門時間）前收到表格。

- 6.3 最後報名（提交參賽名單）
亞澳組委必須在2007年9月14日18:00（澳門時間）前收到**參賽名單表格**，已填妥之參賽名單表格必須包括運動員之全名及所有必須資料。各奧委會可於截止報名日前（包括當日）對報名表作出修改或補充，截止報名後更改將不獲批准。

- 6.4 上述報名表格接納以傳真形式遞交，但蓋章後之**報名表正本**必須郵寄到以下地址：

第二屆亞洲室內運動會澳門組織委員會（亞澳組委）

地 址：澳門氹仔體育路185-195號

電 話：(853) 28-70-2007

傳 真：(853) 28-71-2007

電子郵件：macau@maigoc2007.com

網 頁：www.maigoc2007.com



III. 賽事資訊

7. 技術會議

- 7.1 仲裁和裁判之聯合會議將於2007年10月24日舉行（賽事開始前兩天）。
- 7.2 領隊會議將於2007年10月25日舉行（賽事開始前一天）。

8. 競賽通則

8.1 競賽規則

健美操賽事將按國際體操聯合會(FIG)最新公佈之規則進行。如對規則解釋有爭議，將以英文版本為準。所有不可預見且規則內未盡清晰之處將按下列情況執行：

1. 技術事項：按國際體操聯合會(FIG)之競賽規章解決。
2. 總體事項：按亞奧理事會憲章解決。

9. 技術官員及仲裁委員會

9.1 技術代表

澳門2007年第二屆亞洲室內運動會健美操賽事的技術代表將由亞洲體操聯盟(AGU)指派，並經亞奧理事會和亞澳組委認可。

9.2 裁判和仲裁委員會

所需之技術官員（裁判員及計時裁判員）和仲裁委員會將由亞洲體操聯盟(AGU)指派，並經亞奧理事會和亞澳組委認可。仲裁委員會將由一名主席組成，且其他之成員將由亞奧理事會(OCA)和亞洲體操聯盟(AGU)揀選所組成。

10. 成績覆查（查詢）

成績公佈後或下一名運動員/隊伍完成該套動作前所提出有關難度分數之口頭查詢是被允許的。被選定的工作人員需記錄接受口頭查詢的時間，並且開始相關之程序。只有於比賽場地及比賽場地旁邊，並被確認之教練員才可作出口頭查詢。超過限時提出的口頭查詢將被拒絕。各運動隊伍不可投訴其他運動隊伍的運動員。有關其他的查詢（實踐性、藝術性及同步性）是不被允許的。

III. 賽事資訊

有關的查詢必須儘快以書面的形式提交，最多不超過4分鐘，並需同時繳交美元壹佰元正或相等款項之查詢費用。如有關的書面查詢未能於4分鐘內提交，相關程序將被取消。

如有關的查詢證實正確及被接納，已繳交之查詢費用將會退還。每個查詢的事件必須由評審委員會審查及作出最終之裁決。

11. 制服

若非事先得到亞奧理事會、國際體操聯合會(FIG)和亞澳組委同意，運動員及工作人員均不允許穿著含有廣告成份之比賽制服。

12. 器材

所有使用之器材均符合國際體操聯合會(FIG)之規則。

13. 欺詐之罰則

若參賽者被證實作出欺詐行為違反其競賽項目之聯會規則，其將被取消參賽資格外，一切獲得之名次及成績亦同時撤消。若該參賽者的組織成員被證實為欺詐行為之同夥，則該奧委會於有關項目之參賽資格將被取消。

14. 興奮劑和性別檢查

14.1 興奮劑檢查

澳門2007年第二屆亞洲室內運動會的所有競賽項目之興奮劑檢查將按照亞奧理事會醫務委員會之指引，並根據世界反興奮劑機構(WADA)之程序進行。

14.2 性別檢查

性別檢查的測試將按照亞奧理事會的章程和規則執行。

- 14.3 被揀選之參賽者將在比賽結束後獲得通知，且必須攜帶身份確認證由其隊伍教練或隊醫陪同前往興奮劑測試中心進行約1小時的測試。被挑選者收到通知而拒絕出席興奮劑測試中心進行測試，被視為對興奮劑測試呈陽性反應。性別驗證於有需要時才會進行。



III. 賽事資訊

15. 獎項

15.1 語言

頒獎儀式將採用中文和英文。

15.2 服裝

所有獲獎運動員必須穿著其所屬奧委會之制服。

15.3 獎項頒發順序

獎項將按以下次序頒發：季軍，亞軍，冠軍。

15.4 獎項

冠軍：	授予運動員金牌及證書
亞軍：	授予運動員銀牌及證書
季軍：	授予運動員銅牌及證書
第四至第六名獎項：	授予運動員證書

IV. 技術手冊認可

澳門2007年第二屆亞洲室內運動會健美操賽事之技術手冊於2006年8月4日獲亞洲體操聯盟(AGU)認可。

**** 技術手冊之內容如有未盡事宜，由亞澳組委負責解釋，並由亞奧理事會作最終決定。



V. 澳門特別行政區簡介

1. 地理位置及面積

澳門特別行政區位於中國東南沿海廣東省珠江三角洲，在北緯22°14'、東經113°35'。澳門由澳門半島、氹仔和路環兩個離島組成。總面積共27.5平方公里，其中澳門半島8.8平方公里、氹仔6.4平方公里、路環7.6平方公里、路氹填海區4.7平方公里。澳門半島是澳門之中心地帶，它與氹仔之間由三條分別長2.2公里、2.5公里及4.5公里的澳氹大橋連接；氹仔和路環之間也有一條約2.2公里的路氹連貫公路相連。經澳門半島最北面的關閘可到達中國的珠海市和中山市。

2. 時間

澳門的時間比格林威治標準時間早八小時。

3. 人口

澳門總人口約500,000人，其中95%為華人，葡國人及其他外國人只約佔5%。大部份居民住在澳門半島，兩個離島並不如市中心般充滿緊張的氣氛，特別是路環，四周充滿大量公園及綠化植物，可說是城市的綠洲。

4. 語言

中文和葡文是現行官方語言，居民日常溝通使用廣州話，英語在澳門也很廣泛應用於貿易、旅遊、商業用途。

5. 貨幣

澳門的官方貨幣單位是澳門幣(PATAKA)。紙幣面額計有10元、20元、50元、100元、500元及1,000元六種；硬幣有1毫、2毫、5毫、1元、2元、5元和10元七種。

在澳門售賣的商品和所提供的服務收費一律以澳門幣計算，但也可使用人民幣及港幣。港幣100元約兌換澳門幣103元；人民幣100元約兌換澳門幣100.5元。兌換率按市場浮動率釐定，而1美元約兌換澳門幣8元。

銀行、酒店或銀號均提供兌換外幣和旅行支票的服務，而且地點適中，十分方便。另外，澳門國際機場和葡京酒店內提供二十四小時兌換外幣服務。

本地銀行營業時間為早上九時至下午五時三十分，信用卡也可以在澳門部份商店流通使用。本地或外地貨幣可自由出入境，數量不限。

VI. 氣象資料

1. 氣候

澳門全年氣候溫和至炎熱，平均氣溫約20°C (68°F)，全年溫差變化在16°C (50°F)至25°C (77°F)之間；濕度較高，約73%至90%；全年降雨量約2,100毫米。

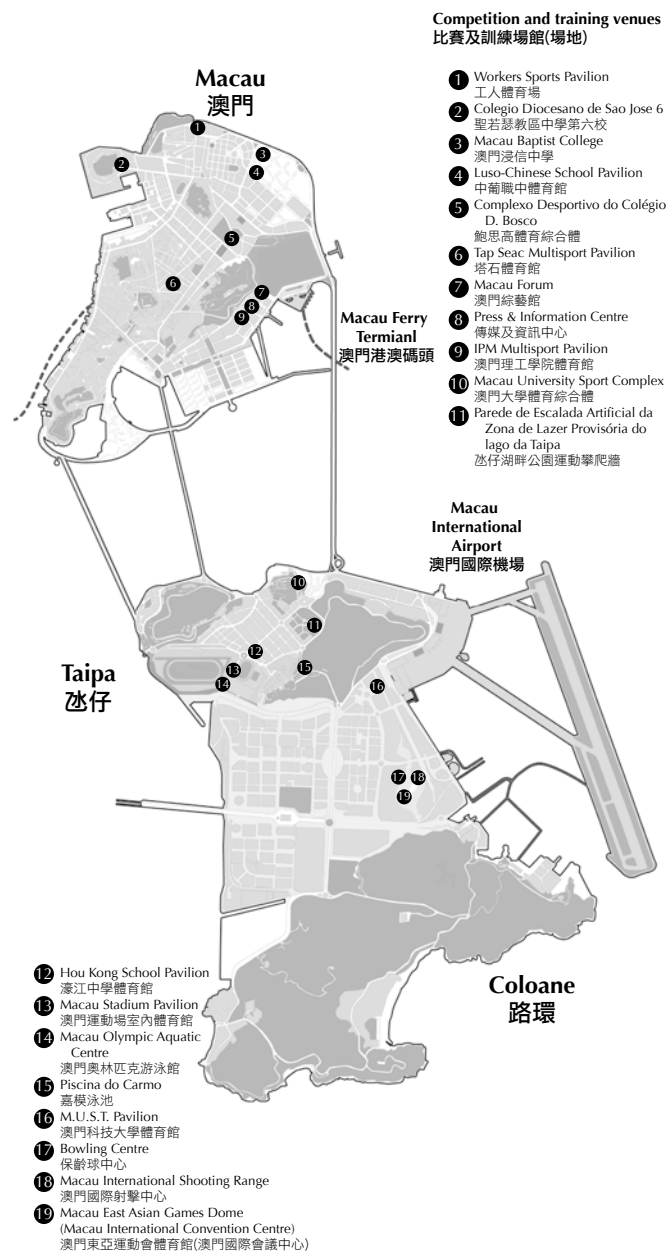
10月至12月為澳門旅遊的理想季節，氣候溫和，濕度低。冬季雖較寒冷，但陽光普照；踏入4月，濕度逐漸上升；5月至9月，天氣炎熱及潮濕，有時有雨及颱風。澳門2007年第二屆亞洲室內運動會（10月至11月）期間之預計天氣狀況如下：

	10月	11月
平均氣溫	24.7 °C	20.4 °C
最高	27.4 °C	23.4 °C
最低	22.3 °C	17.8 °C
平均相對濕度	73%	69%
日照時間（小時）	195	177.6
平均風速（公里／小時）	14.9	14.8
平均降雨量（毫米）	116.9	42.6
平均降雨日數：	7	5

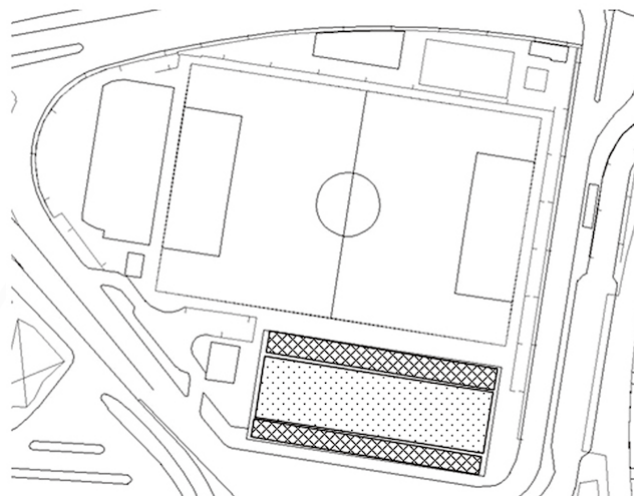
2. 建議服裝

本地人通常穿著輕便之服裝；夏季只需穿棉質或輕便衣服；冬季天氣較冷，應備羊毛衣物及外套；春秋兩季晚間稍涼，宜穿毛線衫或夾克。

VII. 地圖



Workers Sports Pavilion A 工人體育館A館



Seating Capacity: 500
座位：500個



Competition Area: 47m x 21m
比賽場地：47米 x 21米

NOTES
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記事簿[illegible]

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