



MAIGOC

第二周亞洲室內運動會峽門組織委員會 ■ Macao 2st Asian Indoor Games Organising Committee Rua do Desporto n° 185 e 195, Taipa, Macau ■ 澳門还仔體有路 185 – 195 號

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Macau 2nd Asian Indoor Games

Technical Handbook ⁵



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I. General Schedule of the Macau 2007, $2^{\mbox{\tiny ND}}$ Asian Indoor Games

	Date			Oct	ober			No	veml	oer
C		Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Sports		26	27	28	29	30	31	1	2	3
Opening Cere	mony	0								
Aerobic Gymr	nastics	•	•	•						
Bowling			•	•	•	•	•			
	Chess	•	•	•	•	•	•		•	
Chess Sports	Xiangqi		•	•	•	•	•		•	
Cue Sports			•	•	•	•	•			
DanceSport			•	•						
	Dragon Dance			\				•	•	
Dragon & Lion Dance	Northern Lion							•		
LIOIT Delice	Southern Lion								•	
Electronic Spo	rts (E-Sports)			•	•	•				
	BMX Freestyle	•	•	•		•		•	•	
Extreme	Inline Stunt	•	•	•			•		•	
Sports (X-Sports)	Skateboard	•	•	•						
, , , ,	Sports Climbing					•	•	•	•	
Finswimming	(25m)		•	•						
Futsal		•	•	•	•	•	•	•	•	•
Hoop Sepakta	kraw						•	•	•	•
Indoor Athletic						•	•			
Indoor	Artistic Cycling	•	•							
Cycling	Cycle ball	•	•							
Indoor Hockey		•	•	•	•	•		•	•	
Kabaddi						•	•	•	•	•
Muay					•	•	•	•		•
Short Course Swimming (25m)						•	•	•	•	
Kickboxing (Demonstration sport)		•	•							
Kurash (Demonstration sport)									•	
Closing Ceremony										0

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

16th Asian Games, Guangzhou Mr. Yu Zaiqing

7th Asian Winter Games, Almaty Mr. Temirkhan Dosmukhambetov

2rd Asian Indoor Games, Macau Mr. Manuel Silvério 1st 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 Dr. Feng-Shu Chang Finance Committee Information & Statistics Committee Mr. Bahram Afsharzadeh Mr. Manuel Silvério Media Committee 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

Women's Committee Mrs. Natalya Sipovich
Director General Mr. Husain Al-Musallam

OCA Address P.O. Box 6706

32042 – Hawalli

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Kuwait

 Telephone
 (965) 5717196 / 5734972

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 (965) 5734973 / 5726622

E-mail <u>info@ocasia.org</u>
Website <u>www.ocasia.org</u>



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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

Peter, Ung Hoi lan Isabel da Silva Eric, Chau Ka Lai

Sylvester, Cheong Hung Fat

Vasco Bismark Willa, Hong Wai Eddie, Laam Wah Ying Charles, Lo King Chiu

Address Rua do Desporto, nº 185 – 195,

Taipa, Macau

 Telephone
 (853) 28-70-2007

 Facsimile
 (853) 28-71-2007

 E-mail
 macau@maigoc2007.com

 Website
 www.maigoc2007.com

II. ORGANISATIONS

3. Extreme Sports Federation

Asian Extreme Sports Federation (A.X.F.)

President Apichat Rutnin

Address 610/6 Ekamai 28, Sukumvit 63 Rd.

Bangkok 10110, Thailand

 Telephone
 (66)-1585-1747

 Facsimile
 (66)-2711-4450

 E-mail
 excel@samarts.com

Secretary Chiang, Chin Ming

Address No. 1, Yu-Men St. Taipei, Taiwan

Telephone (62)-2594-4204

E-mail <u>cxsa.cxsa@masa.hinet.net</u>



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II. ORGANISATIONS

4. Sports Climbing Federation

1 International Council of Competition Climbing (ICC)

President Marco Scolaris

Address 1, Piazza Perotti 10143 Torino, Italy

Telephone (39) 335 625 1097 Facsimile (39) 011 746 744 E-mail icc@aerre.it

4.2 Asian Council for Competition Climbing (ACC)

President LI Zixhin

Address c/o CMA 5 Tiyuguan Road, Beijing, China

 Telephone
 (86) 10671 43177

 Facsimile
 (86) 10671 44859

 E-mail
 cmaclimbing@sohu.com

General Secretary Anthony Seah

Address c/o SMF 10, Hoe Chiang Road, #01-04,

Keppel Tower Singapore 089315

Telephone (65) 9699 33 57 Facsimile (65) 6220 7411

E-mail <u>aswlmfyp@singnet.com.sg</u>

4.3 Clube de Escalada Guia Macau

President Sharoz Datarama Pernencar

Secretary Rogerio Antonio da Conceicao Nogueira

Facsimile (853) 28 827 887

E-mail <u>cegm_macau@yahoo.com.hk</u>

III. COMPETITION INFORMATION i) EXTREME SPORTS INFORMATION

1. Date and Place

The competitions of Extreme Sports (BMX Freestyle, Inline Stunt and Skateboard) for the Macau 2007, 2nd Asian Indoor Games will be held in Macao from 26th to 31th of October, 2007. This schedule is, however, subject to changes depending on the final number of entries.

2. Venues

2.1 Competition Venue

The M.U.S.T. Pavilion located approximately 6 km from Macao city centre, with a seating capacity of over 700 and a competition area of 1140m² (48mx30m)

2.2 Training Venue

The Training will be conducted at the competition site.

3. Events

BMX Freestyle:

BMX Freestyle - Park BMX Freestyle - Half Pipe

Inline Stunt:

Inline Stunt - Park Inline Stunt - Half Pipe

Skateboard:

Skateboard - Park

,



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X - Sports



III. COMPETITION INFORMATION

) EXTREME SPORTS INFORMATION

4. Tentative Competition Schedule

Date	Time	Contents		
	09:00-12:45	BMX Freestyle - Park	Preliminary	
Oct. 26 (Fri)	12:45-15:15	Inline Stunt - Park	Preliminary	
(11)	15:15-1 <i>7</i> :30	Skateboard - Park	Preliminary	
0.07	09:00-12:00	BMX Freestyle - Park	Preliminary	
Oct. 27 (Sat)	12:00-16:00	Inline Stunt - Park	Preliminary	
(Oat)	16:00-18:00	Skateboard - Park	Preliminary	
Oct 28	10:00-14:00	BMX Freestyle - Park	Final	
(Fri.)	14:00-16:00	Inline Stunt - Park	Final	
	16:00-18:00	Skateboard - Park	Final	
	18:00	Awarding Cerem	iony	
Oct 29 (Sat.)		Rest Day		
	10:00-12:30	BMX Freestyle - Half Pipe	Preliminary	
Oct 30	12:30-14:00	Inline Stunt - Half Pipe	Preliminary	
(Sun.)	16:00-18:00	BMX Freestyle - Half Pipe	Preliminary	
	18:00-20:00	Inline Stunt - Half Pipe	Preliminary	
	10:00-12:00	BMX Freestyle - Half Pipe	Final	
Oct 31 (Mon.)	12:00-14:00	Inline Stunt - Half Pipe	Final	
14:00		Awarding Ceremony		

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

5. Eligibility

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- 5.1 The 2nd Asian Indoor Games Extreme Sports (BMX Freestyle, Inline Stunt and Skateboard) 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.
- 5.3 Number of participants
 Each team representing their NOC for Extreme Sports competition,

III. COMPETITION INFORMATION

i) EXTREME SPORTS INFORMATION

may be composed of no more than thirty one (31) persons - nine (9) officials, ten (10) athletes in BMX Freestyle, eight (8) athletes in Inline Stunt and four (4) athletes in Skateboard. There is no restriction in gender, athletes may choose to participate in the group of events within each discipline (BMX Freestyle, Inline Stunt and Skateboard) with restriction.

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

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(MAIGOC)

Address: Rua do Desporto, no 185-195 Taipa, Macau Telephone: (853) 28-70-2007

 Telephone:
 (853) 28-70-2007

 Fax:
 (853) 28-71-2007

 E-mail:
 macau@maigoc2007.com

 Website:
 www.maigoc2007.com



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III. COMPETITION INFORMATION i) EXTREME SPORTS INFORMATION

6.5 Final Confirmation

An NOC representative shall submit a final confirmation of athlete entries at Team Manager Meeting to be held one day before the start of the competition.

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 The team manager meeting will be held on 22nd of October, 2007 (four days before commencement of competition).

8. General Rules and Regulations

- 8.1 Technical Organization: The Asian Extreme Sport Federation (A.X.F.) is responsible and has full control of the technical organization of the competition.
- 8.2 All competitors will begin at their schedules dates and times unless otherwise indicated by official communication and by announcements.
 - .General issues: Resolved in accordance with the OCA Constitution. .Technical issues: Resolved in accordance with the spirit of the A.X.F. Rules.

9. Technical Officials and Jury of Appeal

The A.X.F. will nominate the international commissaries of the competition and approved by OCA and MAIGOC. All assistant commissaries and the other persons will be selected by MAIGOC.

10. Claims and Protests

Claims and Protest made to the judges on the ground concerning matters of fact are decided by the Technical Committee without appeal. Appeals against other decisions of the judge or with regard to any other matter must be addressed in due time to the Chairman of the Jury of Appeal, by a representative of the Member Organization of the NOC making the appeal.

III. COMPETITION INFORMATION i) EXTREME SPORTS INFORMATION

Any claim must be made within thirty (30) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision and this decision shall be irrevocable, except for the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the Games, which shall be decided by the Court of Appeal. All claims and appeals must be made in writing.

Protest will be dealt with in accordance to the A.X.F. rules. All protests must be accompanied by a deposit of one hundred dollars (US\$100) or its equivalent. Any protest without the deposit will be considered void.

11. Uniforms

Competitors must wear their official competition uniforms as duly registered and published according to the A.X.F. regulations. No athlete or technical official may attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA, A.X.F.and MAIGOC.

12. Competition Equipment

Sports equipment will be in accordance with the specification set by A.X.F. Rules and Regulations.

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.



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III. COMPETITION INFORMATION i) EXTREME SPORTS INFORMATION

14. Prizes

14.1 Language

Chinese and English will be used for the Victory Ceremony.

14.2 Clothing

All awardees must wear their NOC's official clothing.

14.3 Order of Awards

The medals will be called out and conferred in following order: $3^{\rm rd}$, $2^{\rm nd}$, $1^{\rm st}$

14.4 Prizes

Individual Events

First Prize: Gold medal and diploma for the winner in

each event.

Second Prize: Silver medal and diploma for the first runner-

up in each event.

Third Prize: Bronze medal and diploma for the second

runner-up in each event.

Fourth to sixth prize: Diploma to the competitors place fourth to

sixth in each event.

III. COMPETITION INFORMATION

ii) Sports Climbing Information

1. Date and Place

The competitions of Extreme Sports (Sports Climbing) for the Macau 2007, 2nd Asian Indoor Games will be held in Macao from 29nd of October to 2nd of November, 2007. This schedule is, however, subject to changes depending on the final number of entries.

2. Venues

2.1 Competition Venue

The M.U.S.T. Pavilion located approximately 6 km from Macao city centre, with a seating capacity of over 700 and a competition area of 1140m² (48mx30m)

2.2 Training Venue

The Training will be conducted at the competition site.

3. Events

Men: Speed Competition

Lead Competition

Women: Speed Competition

Lead Competition

4. Tentative Competition Schedule

Date	Time	Contents	
	09:00	Women's Speed	Qualification Round
Oct. 29 (Mon.)	10:30	Men's Speed	Qualification Round
	14:00	Women's Speed	Finals
	16:00	Men's Speed	Finals

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III. COMPETITION INFORMATION

ii) Sports Climbing Information

Date	Time	Contents				
	07:30	Women's Lead Isolation Open	Preliminary			
	08:30 Women's Lead Isolation Close 08:35 Women's Lead Observation		Preliminary			
			Preliminary			
	09:00	Women's Lead Start	Preliminary			
Oct. 30	12:30	Women's Lead Completed	Preliminary			
(Tue.)	12:30	Men's Lead Isolation Open and Closed	Preliminary			
	13:35	Men's Lead Observation	Preliminary			
	14:00	Men's Lead Start	Preliminary			
	17:30	Men's Lead Completed	Preliminary			
Oct. 31 (Wed.)	Rest Day					
	07:30	Women Lead Isolation Open	Semi Final			
	08:30	Women Lead Isolation Closed	Semi Final			
	08:35	Women Lead Observation	Semi Final			
	09:00	Women Lead Start	Semi Final			
Nov. 1	11:00	Women Lead Completed	Semi Final			
(Thu.)	11:00	Men Lead Isolation Open and Closed	Semi Final			
	13:00	Men Lead Observation	Semi Final			
	13:30	Men Lead Start	Semi Final			
	16:00	Men Lead Completed	Semi Final			
	07:30	Women Lead Isolation Open	Finals			
	08:30	Women Lead Isolation Closed	Finals			
	08:35	Women Lead Observation	Finals			
	09:00	Women Lead Start	Finals			
Nov.2	10:15	Women Lead Completed	Finals			
(Fri.)	10:15	Men Lead Isolation Open and Closed	Finals			
	11:30	Men Lead Observation	Finals			
	12:00	Men Lead Start	Finals			
	13:15	Men Lead Completed	Finals			

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

III. COMPETITION INFORMATION ii) SPORTS CLIMBING INFORMATION

5. Eligibility

- 5.1 The 2nd Asian Indoor Games Sports Climbing 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.
- 5.3 To take part in the competition, in men and women, Speed Competition must be at least sixteen (16) years of age on 26th of October, 2007.
- 5.4 Each team representing their NOC for Sports Climbing, may be composed of no more than six (6) men athletes and six (6) women athletes including alternates. A number of each event is limited to three (3) participants from each NOC. A number of staffs are limited to 20% of number of athletes from each NOC.

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.

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III. COMPETITION INFORMATION ii) Sports Climbing Information

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

6.5 Final Confirmation

An NOC representative shall submit a final confirmation of athlete entries at Team Manager Meeting to be held one day before the start of the competition.

7. Technical Meeting

- 7.1 A joint meeting of jury and referees will be held on 27th of October, 2007 (two days before commencement of competition).
- 7.2 The team managers meeting will be held on 28th of October, 2007 (one day before commencement of the competition).

8. General Rules and Regulations

- 8.1 The Sports Climbing competition will be conducted in accordance with the latest International Council of Competition Climbing (ICC) Rules. In case of translation related disagreements over the rules, the English text shall prevail. Any unforeseen incident not addressed by the rules shall be resolved as follows:
 - . General issues: Resolved in accordance with the OCA Constitution. . Technical issues: Resolved in accordance with the spirit of the ICC Rules.

III. COMPETITION INFORMATION ii) SPORTS CLIMBING INFORMATION

9. Technical Officials and Jury of Appeal

The necessary Technical Officials and Jury of Appeal for the Sports Climbing competition will be appointed by the Asian Council for Competition Climbing (ACC), and approved by OCA and MAIGOC. These personnel include: one (1) Technical Delegate, one (1) President of Jury, two (2) ICC Judges, two (2) Route Judges, two (2) International Route Settlers, twenty (20) Competition staffs and one (1) Result Service.

10. Claims and Protests

Claims and Protest made to the judges on the ground concerning matters of fact are decided by the Technical Committee without appeal. Appeals against other decisions of the judge or with regard to any other matter must be addressed in due time to the Chairman of the Jury of Appeal, by a representative of the Member Organization of the NOC making the appeal.

Any claim must be made within thirty (30) minutes of the decision giving rise to the claim. The Jury of Appeal after an investigation shall then give a decision and this decision shall be irrevocable, except for the case of disqualification of a team or of a competitor for infraction of the Rules and Regulations of the Games, which shall be decided by the Court of Appeal. All claims and appeals must be made in writing.

Protest will be dealt with in accordance to the ICC rules. All protests must be accompanied by a deposit of one hundred dollars (US\$100) or its equivalent. Any protest without the deposit will be considered void.

11. Uniforms

Competitors must wear their official competition uniforms as duly registered and published according to the ICC regulations. No athlete or technical official may attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA, ICC and MAIGOC.



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III. COMPETITION INFORMATION

i) Sports Climbing Information

12. Competition Equipment

Sports equipment will be in accordance with the specification set by ICC Rules and Regulations.

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.

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: 3^{rd} , 2^{rd} , 1^{st}

15.4 Prizes

Individual Events

First Prize: Gold medal and diploma for the winner in

each event.

Second Prize: Silver medal and diploma for the first runner-

up in each event.

Third Prize: Bronze medal and diploma for the second

runner-up in each event.

Fourth to sixth prize: Diploma to the competitors place fourth to

sixth in each event.

III. COMPETITION INFORMATION iii) DOPING CONTROL/GENDER VERIFICATION

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).

2. Gender verification

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

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.



IV. APPROVAL OF TECHNICAL HANDBOOK

Extreme Sports

Approval of Technical Handbook for the Extreme Sports (BMX Freestyle / Inline Stunt / Skateboard) competition for the Macau 2007, 2nd Asian Indoor Games was obtained from the Asian Extreme Sport Federation (A.X.F.) on 13th of July, 2006.

Sports Climbing

Approval of Technical Handbook for the Extreme Sports (Sports Climbing) competition for the Macau 2007, 2nd Asian Indoor Games was obtained from the ACC on 28th of June, 2006.

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

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.

Language

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

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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

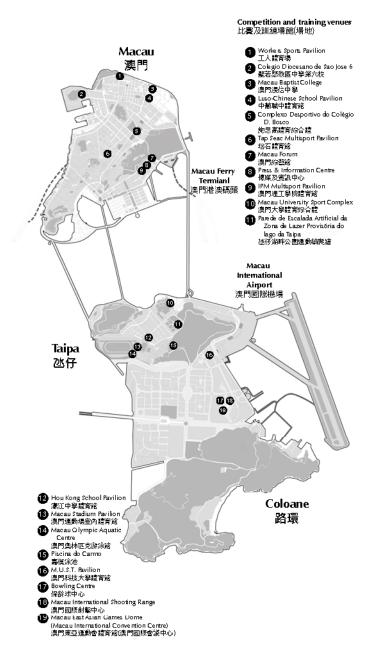
The dress code is usually casual in Macao. Cotton or light clothing is recommended for the summer. Woolen clothing and occasionally even a topcoat are required for the winter. Sweaters and jackets are sometimes necessary for the cooler evenings in March-May and September-November.



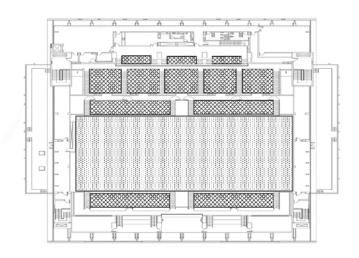
Technical Handbook Second Edition



VII. MAP



M.U.S.T. Pavilion 澳門科技大學體育館



Seating Capacity: 1,600 座位:1,600個



Competition Area: 48m x 38m 比賽場地:48米 x 38米



第二屆亞洲室內運動會 技術手冊_{第二版}

極限運動会學

I. 澳門2007年第二屆亞洲室內運動會競賽 總日程表

	日期			10	月				11月	
項目		五	六	日		11	_	四	五	六
切り		26	27	28	29	30	31	1	2	3
開幕	禮	0								
健美	操	•	•	•						
保齡			•	•	•	•	•	•	•	
棋類	國際象棋		•					•	•	•
150 大只	象棋		•	•	•	•		•	•	
台						•				•
體育	舞蹈		•							
	舞龍							•	•	
龍獅運動	北獅							•	•	
	南獅							•	•	
電子	競技			•	•	•				
	小輪車	•	•	•		•		•	•	
極限運動	直排輪滑	•	•	•			•		•	
極限建劃	滑 板	•	•	•						
	攀岩					•	•	•	•	
蹼泳(25米)		•							
室內五,	人足球	•	•	•	•	•	•	•	•	•
入籃	藤球						•	•	•	•
至內日							•	•		
室內單車	花式單車	0	•							
	單車球	•	•							
室內曲棍球		•	•	•	•	•		•	•	
卡巴迪						•	•	•	•	•
泰 拳					•	•	•	•		•
短池游泳 (25米)								•		
自由搏撃(示範項目)			•							
克柔術 (万	(範項目)								•	
閉幕	禮									0

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

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 巴里島 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: 英思綿 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・法赫徳・薩巴赫親王

體育與環境委員會: 柳京善

婦女委員會: 娜特莉亞·絲波維芝 總幹事: 侯賽因·阿·穆薩拉姆

地 址: P.O. Box 6706

32042 – Hawalli

27

Kuwait

電 話: (965) 5717196 / 5734972 傳 真: (965) 5734973 / 5726622

電子郵箱: <u>info@ocasia.org</u> 網 頁: <u>www.ocasia.org</u>



第二層亞洲室內運動會 技術手冊_{第二版}



II. 組織架構

第二屆亞洲室內運動會澳門組織委員會(亞澳組委)

席: 薫威利 主 秘 書: 薫栢堯 董 事: 吳海恩 沙倩瑩 鄒家禮 張雄發 麥俊華 康偉 藍鏵纓

盧景昭

地 址: 澳門氹仔體育路185-195號

話: 電 (853) 28-70-2007 真: (853) 28-71-2007

macau@maigoc2007.com 電子郵箱: www.maigoc2007.com 頁:

II. 組織架構

3. 極限運動體育聯會

3.1 亞洲極限運動聯會 (A.X.F.)

主 席: Apichat Rutnin

地 610/6 Ekamai 28, Sukumvit 63 Rd., 址:

Bangkok 10110, Thailand

(66)-1585-1747 電 話: 倳 真: (66)-2711-4450 電子郵箱: excel@samarts.com

秘書長:

Chiang, Chin Ming No. 1, Yu-Men St. Taipei, Taiwan 地 址:

電 話: (62)-2594-4204

電子郵箱: cxsa.cxsa@masa.hinet.net



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II. 組織架構

4. 攀岩體育聯會

4.1 國際競技攀登委員會 (ICC)

主 席: Marco Scolaris

地 址: 1, Piazza Perotti 10143 Torino, Italy

電話: (39) 335 62 5 1 097 傳真: (39) 011 746 744 電 郵: <u>icc@aerre.it</u>

4.2 亞洲競技攀登委員會 (ACC)

主 席: LI Zixhin

地 址: c/o CMA 5 Tiyuguan Road, Beijing, China

電話: (86) 10671 43177 傳真: (86) 10671 44859 電郵: <u>cmaclimbing@sohu.com</u>

秘書長: Anthony Seah

地 址: c/o SMF 10, Hoe Chiang Road, #01-04,

Keppel Tower Singapore 089315

電 話: (65) 96993357 傳 真: (65) 62207411

電 郵: <u>aswlmfyp@singnet.com.sg</u>

4.3 澳門東望洋攀登會

主 席: 白世樂 秘書長: 羅浩明

傳 真: (853) 28 827 887

電 郵: cegm macau@yahoo.com.hk

III. 賽事資訊

i) 極限運動項目資訊

1. 日期及地點

澳門2007年第二屆亞洲室內運動會極限運動(小輪車、直排輪滑、滑板)賽事將於2007年10月26日至31日假澳門科技大學體育館舉行。比賽日程表將根據最後報名人數作出變更。

2. 場館

2.1 比賽地點

澳門科技大學體育館距離澳門市中心約6公里,座位數超過700個,比賽場地面積為1140平方米(48米 x 30米)。

2.2 練習地點

比賽地點同時作為練習場地。

3. 項目

小輪車:

小輪車 - 公園賽 小輪車 - U型管賽

直排輪滑:

直排輪滑 - 公園賽 直排輪滑 - U型管賽

滑板:

滑板 - 公園賽



第二周亞洲室內運動會 技術手冊_{第二版}

III. 賽事資訊

i) 極限運動項目資訊

4. 臨時比賽日程表

日期	時間	項目	
10000	09:00-12:45	小輪車 公園賽	預賽
10月26日 (星期五)	12:45-15:15	直排輪滑 公園賽	預賽
(生物五)	15:15-17:30	滑板 公園賽	預賽
10000	09:00-12:00	小輪車 公園賽	預賽
10月27日 (星期六)	12:00-16:00	直排輪滑 公園賽	預賽
(427)/1/	16:00-17:00	滑板 公園賽	預賽
	10:00-14:00	小輪車 公園賽	決 賽
10月28日	14:00-16:00	直排輪滑 公園賽	決 賽
(星期日)	16:00-18:00	滑板 公園賽	決 賽
	18:00	頒獎典禮	
10月29日 (星期一)		休息	
	10:00-12:30	小輪車 U型管賽	預賽
10月30日	12:30-16:00	直排輪滑 U型管賽	預賽
(星期二)	16:00-18:00	小輪車 U型管賽	預賽
	18:00-20:00	直排輪滑 U型管賽	預賽
	10:00-12:00	小輪車 U型管賽	決 賽
10月31日 (星期一)	12:00-14:00	直排輪滑 U型管賽	決 賽
(生物)	14:00	頒獎典禮	

註: 比賽日程表將根據最後報名人數作出變更。

5. 參賽資格

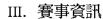
- 5.1 第二屆亞洲室內運動會極限運動賽事只接受具有其所屬奧委會的代表隊伍報名。
- 5.2 參賽運動員必須符合亞洲奧林匹克理事會(亞奧理事會)憲章 規定之條件。

5.3 参賽人數

在極限運動賽事中,各奧委會最多可報31名人員:9名隨隊官員、10名小輪車項目的運動員、8名直排輪滑項目的運動員和4名滑板項目的運動員。在參與分項或小項的運動員不受性別之限制。



極限運動



i) 極限運動項目資訊

6. 報名

- 6.1 各奥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至名及所 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

電子郵箱:<u>macau@maigoc2007.com</u> 網 頁:<u>www.maigoc2007.com</u>

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22日舉行(賽事開始前四天)。

8. 競賽通則

- 8.1 技術架構:亞洲極限運動聯會(A.X.F.)負責在賽事中所有有關技術之問題。
- 8.2 除非官方正式公報有所更改,否則所有參賽者將按照其報名之項目日程表進行比賽。

總體事項:按亞奧理事會憲章解決。

技術事項:按亞洲極限運動聯會(A.X.F.)最新公佈規則之精神解決。



第二層亞洲室內羅聯會 技術手冊_{第二版}

III. 賽事資訊

i) 極限運動項目資訊

9. 技術官員及仲裁委員會

具國際資格之技術官員需由亞洲極限運動聯會(A.X.F.)指派。其 他輔助之技術員將由亞澳組委指派。

10. 上訴和抗議

在場地上向裁判作出對一些事實的上訴和抗議將由技術委員會 作出最終裁決。不接受裁判判決或因其他事情提出上訴,申訴 者必須是其代表奧委會的成員,向上訴委員會主席提出。對於 裁判的其他裁決或其他事項之上訴,必須由奧委會組織成員代 表向相關項目的仲裁委員會主席上訴。

任何申訴須於成績公佈後30分鐘內以書面形式提出。除了參賽 運動員或隊伍達反了其競賽項目之規則會被取消參賽資格外, 所有申訴以仲裁委員會之判決為終決。

賽事所有抗議將根據亞洲極限運動聯會(A.X.F.)之規則處理。所有申訴需同時繳交美元壹佰元正(US\$100.00)或相等款項之申訴費用,任何不繳交上訴費用之上訴將視為無效。

11. 制服

在賽事進行及公開活動期間,參賽者必須按亞洲極限運動聯會 (A.X.F.)之規定穿著制服。若非事先得到亞奧理事會、亞洲極限 運動聯會(A.X.F)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. 比賽器材

所有使用之器材均符合亞洲極限運動聯會(A.X.F.)之規則。

13. 欺詐之罰則

若參賽者被證實作出欺詐行為達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。



極限運動

III. 賽事資訊

i) 極限運動項目資訊

第四至第六名獎項:

14. 獎項

14.1 語言

頒獎儀式將採用中文和英文。

14.2 服裝

所有獲獎運動員必須穿著其所屬奧委會之制服。

14.3 獎項頒發順序

獎項將按以下次序頒發:季軍,亞軍,冠軍。

14.4 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

授予運動員證書

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極限運動

III. 賽事資訊

ii) 攀岩項目資訊

1. 日期及地點

澳門2007年第二屆亞洲室內運動會攀岩賽事將於2007年10月 29日至11月2日假澳門科技大學體育館舉行。比賽日程表將根據 最後報名人數作出變更

2. 場館

2.1 比賽地點

澳門科技大學體育館距離澳門市中心約6公里,座位數超過700個,比賽場地面積為1140平方米(48米 x 30米)。

2.2 練習地點

比賽地點同時作為練習場地。

3. 項目

男子 - 速度攀岩 難度攀岩

女子 - 速度攀岩 難度攀岩

4. 臨時比賽日程表

日期	時間	項目	
	09:00	女子速度攀岩	預賽
10月29日	10:30	男子速度攀岩	預賽
(星期一)	14:00	女子速度攀岩	決賽
	16:00	男子速度攀岩	決賽
	07:30	女子難度攀岩隔離區開放	預賽
	08:30	女子難度攀岩隔離區封閉	預賽
	08:35	女子難度攀岩前視察	預賽
	09:00	女子難度攀岩開始	預賽
10月30日 (星期二)	12:30	女子難度攀岩結束	預賽
(生物二)	12:30	男子難度攀岩隔離區開放及封閉	預賽
	13:35	男子難度攀岩前視察	預賽
	14:00	男子難度攀岩開始	負賽
	1 <i>7</i> :30	男子難度攀岩結束	預賽

III. 賽事資訊

ii) 攀岩項目資訊

日期	時間	項目	
10月31日 (星期一)		休息	
	07:30	女子難度攀岩隔離區開放	準決賽
	08:30	女子難度攀岩隔離區封閉	準決賽
	08:35	女子難度攀岩前視察	準決賽
	09:00	女子難度攀岩開始	準決賽
11月1日 (星期四)	11:00	女子難度攀岩結束	準決賽
(生物四)	11:00	男子難度攀岩隔離區開放及封閉	準決賽
	13:00	男子難度攀岩前視察	準決賽
	13:30	男子難度攀岩開始	準決賽
	16:00	男子難度攀岩結束	準決賽
	07:30	女子難度攀岩隔離區開放	決賽
	08:30	女子難度攀岩隔離區封閉	決賽
	08:35	女子難度攀岩前視察	決賽
	09:00	女子難度攀岩開始	決賽
11月2日 (星期五)	10:15	女子難度攀岩結束	決賽
(生物五)	10:15	男子難度攀岩隔離區開放及封閉	決賽
	11:30	男子難度攀岩前視察	決賽
	12:00	男子難度攀岩開始	決賽
	13:15	男子難度攀岩結束	決賽

註: 比賽日程表將根據最後報名人數作出變更。

5. 參賽資格

- 5.1 第二屆亞洲室內運動會攀岩賽事只接受具有其所屬奥委會的代表隊伍報名。
- 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 不論男女運動員,速度攀岩賽選手必須於2007年10月26日達到 16歲。
- 5.4 各奧委會於攀岩賽事中最多可派出6名男運動員及6女運動員,包括替補運動員。 在每個小項中各奧委會最多可派出3名運動員。各奧委會之隨隊人員數量不能多於運動員總數的百分之二十。



第二屆亞洲室內運動會 技術手冊_{第二版}

極限運動

III. 賽事資訊

ii) 攀岩項目資訊

6. 報名

- 6.1 各奥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

電子郵箱:<u>macau@maigoc2007.com</u> 網 頁:<u>www.maigoc2007.com</u>

7. 技術會議

- 7.1 仲裁和裁判之聯合會議將於2007年10月27日舉行(賽事開始前兩天)。
- 7.2 領隊會議將於2007年10月28日舉行(賽事開始前一天)。

8. 競賽通則

極限運動(攀岩)賽事將按國際競技攀登委員會(ICC)最新公佈規則進行。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:

總體性事項:按亞奧理事會憲章解決;

技術性事項:按國際競技攀登委員會(ICC)最新公佈規則之精神

解決。

III. 賽事資訊

ii)攀岩項目資訊

9. 技術官員及仲裁委員會

攀岩之技術官員及仲裁委員會將由亞洲競技攀登委員會(ACC)指派,並經亞奧理事會和亞澳組委認可。這些人士包括1名技術代表、1名上訴委員會主席、2名國際競技攀登委員會(ICC)裁判、2名路線裁判、2名國際路線設計員、20名助理及1名成績處理員。

10. 上訴和抗議

在場地上向裁判作出對一些事實的上訴和抗議將由技術委員會 作出最終裁決。不接受裁判判決或因其他事情提出上訴,申訴 者必須是其代表奧委會的成員,向上訴委員會主席提出。對於 裁判的其他裁決或其他事項之上訴,必須由奧委會組織成員代 表向相閱項目的仲裁委員會主席上訴。

任何申訴須於成績公佈後30分鐘內以書面形式提出。除了參賽 運動員或隊伍達反了其競賽項目之規則會被取消參賽資格外, 所有申訴以仲裁委員會之判決為終決。

賽事所有抗議將根據國際競技攀登委員會(ICC)之規則處理。所有申訴需同時繳交美元壹佰元正(US\$100.00)或相等款項之申訴費用,任何不繳交上訴費用之上訴將視為無效。

11. 制服

在賽事進行及公開活動期間,參賽者必須按國際競技攀登委員會(ICC)之規定穿著制服。若非事先得到亞奧理事會、國際競技攀登委員會(ICC)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。

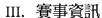
12. 比賽器材

所有比賽器材包括攀岩牆及其他設施均為國際競技攀登委員會 (ICC)及亞洲 競技攀登委員會(ACC)認可。

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ii) 攀岩項目資訊

13. 欺詐之罰則

若參賽者被證實作出欺詐行為達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. 獎項

14.1 語言

頒獎儀式將採用中文和英文。

14.2 服裝

所有獲獎運動員必須穿著其所屬奧委會之制服。

14.3 獎項頒發順序

獎項將按以下次序頒發:季軍,亞軍,冠軍。

14.4 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

III. 賽事資訊

iii) 興奮劑和性別檢查

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。

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。

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。



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V. 技術手冊認可

極限運動

澳門2007年第二屆亞洲室內運動會極限運動(小輪車、直排輪滑及滑板)賽事之技術手冊於2006年7月13日獲亞洲極限運動聯會(A.X.F.認可。

攀岩

澳門2007年第二屆亞洲室內運動會極限運動(攀岩)賽事之技術手冊於2006年6月28日獲亞洲競技攀登委員會(ACC)認可。

**** 技術手冊之內容如有未盡事宜,將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一角洲,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,它與氹仔之間由一條分別長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公里的路氹建貫公路相建。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緣化植物,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(PATACA)。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元約兑換澳門幣103元;人民幣100元約兑換澳門幣100.5元。兑換率按市場浮動率釐定,而1美元約兑換澳門幣8元。

銀行、酒店或銀號均提供兑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 十四小時兑換外幣服務。

本地銀行營業時間為早上九時至下午五時一十分,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。



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極限運動。多人

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。

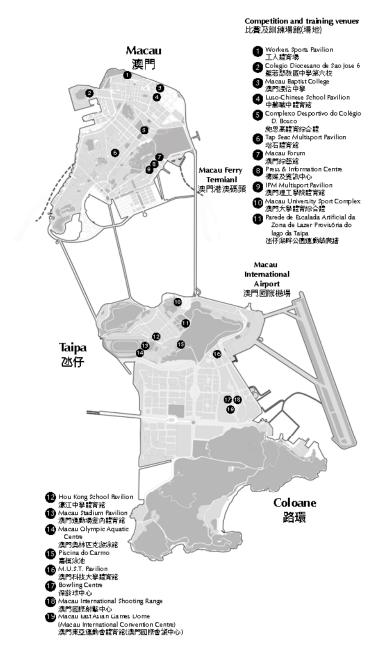
10月至12月為澳門旅遊的理想季節,氣候溫和,濕度低。冬季雖較寒冷,但陽光普照;踏入4月,濕度逐漸上升;5月至9月, 天氣炎熱及潮濕,有時有雨及颱風。澳門2007年第二屆亞洲室 內運動會(10月至11月)期間之預計天氣狀況如下:

	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

建議服装

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



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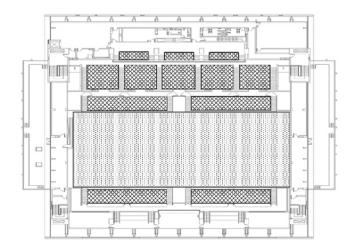


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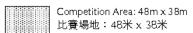


NOTES 記事簿

M.U.S.T. Pavilion 澳門科技大學體育館



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