


中國香港大專體育協會女子手球比賽 2025-26

比賽附例


1. 比賽採用由賽會提供之“Kampa Spectrum Synergy Pro size 2”手球。
2. 比賽時間：- 女子初賽及名次賽全場五十分鐘，上下半場各二十五分鐘。中場休息五分鐘。準決賽及決賽全場六十分鐘，上下半場各三十分鐘。中場休息五分鐘。
 - 初賽賽和及不加時作賽，雙方各得一分。
 - 準決賽及決賽賽事，如於法定時間賽和者，將會加時上、下半場各五分鐘決勝負，中場休息一分鐘，再和才以射七米球決勝負。其餘複賽賽事如賽和者，則直接射七米球決勝負。
3. 每隊報名人數不得超過 16 人。比賽開始時，每隊可派最多 5 名職員及 16 名已註冊的球員出賽。
4. 暫停：上下半場各一次 1 分鐘暫停。球隊暫停必須由比賽中的球隊職員向記錄台申請。
5. 比賽將設“教練區”，該區距離中場線 3.5 米，以一限制線標示，球隊職員除要求球隊暫停外，不可越過限制線。若場地未有標示教練區位置，將由裁判訂出大約位置讓球隊職員遵守。
6. 比賽中如遇有被判紅牌取消資格者，無須停賽下一場。但遇有被判藍牌取消資格者，賽會將會議決跟進裁決。
7. 比賽時間各球員之球衣及球褲（除守門員外）須為同一款式及同一顏色。而正/副選守門員的球衣亦須為同一款式及同一顏色。球衣前後須印上**清晰、端正、明顯、易見**及與球衣有明顯區別的**實心球員號碼**，號碼的顏色必須與球衣及其圖案的颜色有**明顯對比**，**不可以使用同一色系**；球衣背面印有高度不少於 20 厘米而前面高度不少於 10 厘米的號碼，由 1 號至 99 號，隊中不能有相同號碼。亦不得以箱頭筆或膠布更改或填寫號碼。
8. 如需穿號碼衣作賽，整隊必須穿著同一顏色有袖上衣。
9. 球員如需戴眼鏡者必須為不碎纖維鏡片、膠質眼鏡架且鏡片四周必須被膠架包圍起來及需佩帶眼鏡帶。
10. 所有參賽之隊伍不得穿著黑/較深色球衣(避免與黑色裁判制服相撞)。
11. 於整個賽事中，所有球員不得使用手膠。如被裁判或主委發現任何球員使用手膠者，該隊該場比賽即被判罰取消資格，賽果為負 0 比 12。
12. 由於每場比賽須於 1 小時內完成，請各參賽院校必須在法定比賽時間 10 分鐘前辦妥一切登記及檢查手續。(以場地大鐘為準)

13. 其他事項：

- a. 場地守則：
 - 除於香港中文大學（嶺南運動場戶外手球場）之『戶外體育空間或場地內』，所有球隊不可於香港中文大學之校院內隨意使用『手球』以作熱身之活動，及必須遵從校園內管理人員之指示及勸籲。
 - 各球隊職球員須保持球員席之清潔，離開時帶走空瓶及其他雜物。各隊有義務按裁判或監場的要求協助清理場地，球隊不得異議。
 - 除於香港中文大學（嶺南運動場戶外手球場）指定範圍外，請勿擅自進入其他場地。
- b. 受傷：若球員於賽前練習，比賽後或比賽中受傷，須由球隊或球員自行承擔，請各隊自行安排合資格人士協助救傷工作。主委及裁判並非專業救護人員，故此會盡量避免觸碰傷者，以免因不當處理傷者而影響其傷勢，但賽會將盡力提供合理及可行的協助，並在該受傷球員/球隊負責人/隊員提出要求及在情況許可下，協助召喚救護服務，或尋求場地/場館負責人提供合適的協助。
- c. 觀眾及人群控制
各球隊負責人對該隊職球員及與球隊有關之觀眾，應勸導和約束，恪守球場秩序，以免發生不愉快事件。

2025 – 26 USFHK Women’s Handball Competition

1. Balls: “Kampa Spectrum Synergy Pro size 2” will be used and shall be provided by the Federation.
2. Playing Time
 - (a) A game shall consist of 2 halves of 25 minutes in the preliminary round and position match. The half-time break is 5 minutes. For semi-finals and final, a game shall consist of 2 halves of 30 minutes. The half-time break is 5 minutes.
 - (b) For preliminary round competitions, no overtime will be adopted and each team will gain 1 point in case of a tie.
 - (c) In the position match, 7-meter-throwing is used as a tie-breaker. While in semi-finals and final competitions, 7-meter-throwing is used as a tie-breaker upon a tie after an **overtime** period consists of 2 halves of 5 minutes, with a 1-minute half-time break.
3. Each team may register a maximum of 16 players. Each team may roster at most 5 team officials and 16 players for each game.
4. Time Out: Each team has the right to receive one 1-minute team time-out in each half of the regular playing time by having a team official place a green card on the table in front of the timekeeper.
5. Coaching Zone: The ‘coaching zone’ is the area directly in front of the bench and, if this is feasible, also directly behind it. The officials are ***permitted*** to move around within the ‘coaching zone’. It is, of course, permitted for one team official to leave the ‘coaching zone’ when he immediately wants to submit the ‘green card’ to request a team time-out.
6. Players may be allowed to play in the next game after receiving a disqualification (red card) in a game. However, if a player has been disqualified with a BLUE card, the organizing committee will reserve the right to take further action.
7. All court players of a team must wear same style and same colour (except for the goalkeepers). Key/ Substitute goalkeepers must wear identical uniforms. The players must wear uniforms with **visible solid numbers** that is **clear, obvious** and **distinguishable** of at least 20 cm high in the back of the shirt and at least 10 cm in the front. ***The colour of the numbers must clearly contrast*** with the colour and pattern of the jersey, the numbers used shall be from 1 to 99. There should be no duplicate number on the same team. Using side-pen or rubber tape to write or correct numbers is not allowed.


8. If wearing number vests, the whole team must wear a sleeved shirt of the same colour.
9. Players who need spectacles must wear fully-rimmed spectacles with shatter-resistant lenses and plastic frames. In this case, players must use spectacle cords.
10. No team can wear Black / DARK-coloured jersey that has been reserved for the referees, which is BLACK in colour.
11. During the whole period of competition, players are not allowed to use resin (hand wax). If being found of using it, the team will be disqualified from the match and the score shall be recorded as 0:12.
12. Since every single match must be finished within 1 hour, all teams must finish the registration process

and checking procedure 10 minutes prior to the scheduled competition start time (according to the clock at the stadium).

13. Other Matters:

- a. Site regulation:
 - Please observed that warm-up activities using BALL are NOT allowed other than designated playing ground/field inside the Chinese University of Hong Kong campus.
 - Team officials are responsible for clearing all litters from the facilities / areas they have ever used before leaving.
 - Teams are advised not to intrude areas other than the designated area of Chinese University of Hong Kong (Outdoor Handball Court, Lingnan Stadium).
- b. Injury: The Federation would like to point out that all participants take part in the tournament at their own risk. Each team shall have a medical staff in case of emergency or to treat minor injuries. In case of an injury that requires hospitalization, the participants are responsible themselves for the costs of the treatment or hospitalization charges.
- c. Spectators and Crowd Control
Each team shall be responsible for ensuring that its players, officials, medical staff, representatives, spectators and all persons purporting to be its supporters or followers conduct themselves in an orderly fashion and refrain from any one or a combination of the following:
 - racist
 - violent
 - threatening
 - abusive
 - obscene or
 - provocative behaviour, conduct or language whilst attending or taking part in any match in which they are involved.