



香港中文大學(深圳)

The Chinese University of Hong Kong, Shenzhen

室外场地使用规定

Regulations of the Outdoor Court

目录

第一章 田径场使用规定	1
Regulations Governing the Use of the Track and Field Ground	2
第二章 足球场地使用规定	3
Regulations Governing the Use of the Soccer Field	4
第三章 场地使用规定	5
Regulations Governing the Use of the Basketball Court	6
第四章 网球场地使用规定	7
Regulations Governing the Use of the Tennis Court.....	8
第五章 排球场地使用规定	9
Regulations Governing the Use of the Volleyball Court	10

第一章 田径场跑道使用规定

- 一、 塑胶跑道是学校开展体育教学、体育活动、运动队训练和体育竞赛的特殊场所，爱护运动场人人有责，凡进入运动场活动者，应自觉爱护场内器材、设备。
- 二、 严禁翻越围栏或强行进入场地，未经批准严禁各类车辆进入运动场内。
- 三、 严禁挖、抓塑料胶粒、石英砂，禁止拔、割草叶。严禁乱扔瓜皮果壳、口香糖、废纸杂物等。严禁携带宠物进入场地，以免破坏环境，损伤场地。
- 四、 严禁携带具有可燃性、腐蚀性、污染性物品入内。如人为破坏草坪和塑胶场地等体育设施，一律以平方米为单位（不足一平方米按一平方米计算）照价赔偿，并按照学校有关制度严肃处理。
- 五、 进场人员必须穿软底鞋或专业训练的短钉跑鞋（其钉子长度不得超过1.2 cm），严禁穿高跟鞋、带钉皮鞋入场活动。随身物品自行妥善保管，遗失财物自行负责。
- 六、 严禁在塑胶跑道上踢足球、投掷铅球等活动，以免发生伤害事故，进行铅球、杠铃、哑铃、铁饼、标枪、跳远、跳高等项目训练应该在规定区域内进行，以延长场地的使用年限。
- 七、 跑步时请沿逆时针方向跑，慢速跑请尽量使用外跑道，快速跑者与慢速跑者应当互相礼让，避免发生碰撞、踩踏等事故。
- 八、 田径场塑胶跑道开放时间：周一至周五（7:00-9:00、17:00-22:00）、周六至周日（7:00-22:00）。凡遇雷雨、台风天气将会立即关闭场地。
- 九、 进入田径场锻炼应自觉执行上述规定，违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

注：以上规定的最终解释权归人文社科学院体育部所有。

Regulations Governing the Use of the Track and Field Ground

1. The plastic track is a special place for sports teaching, sport activities, sport team training and sport competitions. All users of the venue should take care of the equipment.
2. No climb over the fence or enter the venues by force. All kinds of vehicles are prohibited to enter the venues without approval.
3. Do not dig, grasp plastic pellets and quartz sand, no put and cut grass. No litter. No bring pet to the venue is allowed to damage the environment.
4. No dangerous articles such as flammable, corrosive, or pollution items are allowed in the venues. Artificial damage to sports facilities such as laws and plastic fields will be charged to the person at cost according to the square meter unit (less than one square meter will be calculated as one square meter), and in accordance with the relevant school system to handle.
5. Users should wear soft bottom sports shoes / professional stud running shoes (no more than 1.2 cm) on the venues. No high heels or spiked leather shoes are allowed on the field. Do not leave your personal belongings unattended.
6. No activities such as playing soccer and throwing shots on the track are allowed to avoid injury damage. The training of shot put, barbell, dumbbell, discus, javelin, long jump and high jump should be carried out in the specified area to extend the useful life of the venue.
7. Please run counterclockwise direction. Please use the outside track for slow running. Fast runners and slow runners should give way to each other to avoid collisions, stampedes and other accidents.
8. The track of the Track and Field Ground opening time: Monday to Friday (7:00-9:00, 17:00-22:00), Saturday to Sunday (7:00-22:00). In case of thunderstorm or typhoon, the venue will be closed immediately.
9. Users should follow the instructions on the Track and Field Ground. In case of misconduct or misuse of venue, the Physical Education Unit has the authority to reject or debar the offender from the venue, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第二章 足球场地使用规定

- 一. 本场地仅限校内师生使用，场地预定使用需提前在预定系统内预约。
- 二. 本场地非经许可，禁止从事非足球运动之活动与运动项目。
- 三. 进入场地锻炼必须穿着足球鞋（球鞋鞋钉塑料材质，且不超过1.2cm）、软底运动鞋等符合规定的鞋，禁止穿高跟鞋、铁钉鞋（包含钢钉及混钉）等硬底鞋进入场地。
- 四. 严禁携带宠物、机动车辆、自行车、平衡车、婴儿车等进入场内。
严禁携带有色、含糖饮料以及具有腐蚀性、污染性的物品和管制刀具入内。
- 五. 凡在本场内运动者请保持场地整洁，不得随意丢弃垃圾，不得将食物和其他与训练无关物品带入场地。禁止于场地范围内饮食、吸烟。
- 六. 自觉爱护场地公共设施和器材，未经允许不可随意搬动。
- 七. 严禁攀爬、拉拽和翻越安全防护网。
- 八. 足球场草坪养护期间任何人不得进入球场。
- 九. 请自行妥善保管个人物品，以免丢失。
- 十. 凡遇雷雨、台风天气将会立即关闭场地。如遇积水或地面潮湿时将暂停开放。
- 十一. 请服从工作人员安排与管理，如有违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Regulations Governing the Use of the Soccer Field

1. The field is only open to University students, teachers and staff. Reservation should be made in advance according booking procedure.
2. The field should not be used for any activities or sports other than soccer without prior permission from the Physical Education Unit.
3. Users should wear soft bottom sports shoes/soccer shoes (made of plastic, no more than 1.2 cm), or other shoes complied with regulation on the Soccer Field. No high heels, spiked shoes or hard bottom shoes are allowed on the field.
4. No pet is allowed. Motor vehicles, bicycles, balancing vehicles, and baby carriages are prohibited to enter the Soccer Filed. No sugary colored drinks or products with corrosive and polluting substances are allowed. Controlled weapons are prohibited.
5. Users should keep the field clean at all time. No littering. No food or any other articles unrelated to the training is allowed on the field. No eating, drinking, or smoking is allowed on the field.
6. Users should take care of the public facilities and equipment. It is not allowed to move facilities without permission.
7. No climbing, dragging or rolling over the safety net is allowed.
8. No enter the court during the period of lawn maintenance is allowed.
9. Do not leave your personal belongings unattended.
10. The Soccer Field will be closed immediately in case of thunderstorms or typhoons. The opening of Soccer Filed will be suspended in case of water or wet ground.
11. Users should follow the instructions of the Sports Complex Assistant. In case of misconduct or misuse of the Soccer Field, the Physical Education Unit has the authority to reject or debar the offender from the field, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第三章 篮球场地管理规定

- 一、本场地仅限校内师生使用。
- 二、本场地之使用，按以下优先顺序为原则：
 1. 校内体育课；
 2. 经核准之校内学院比赛及校代表队练习；
 3. 经核准之社团与各学院代表队之练习；
 4. 经核准举办之比赛活动；
 5. 本校师生之个人体育活动。
- 三、本场地非经许可，禁止从事非篮球运动之活动与运动项目。
- 四、为维护运动场地使用者之安全，如遇积水或地面潮湿时暂停开放。
- 五、凡在本场内运动者请保持场地整洁，禁止于场地范围内饮食。
- 六、进入本场地须穿着软底运动鞋，严禁学生打赤膊；各式车辆、轮鞋、滑板等禁止入内。
- 七、进入本场地者，对场地内各项设备及用具，均应善加爱护，如有污损，应负赔偿责任。
- 八、违反本规定且不听劝告者，管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

注：以上规定的最终解释权归人文社科学院体育部所有。

Regulations for the Use of the Basketball Court

1. The court is only open to University students, teachers and staff.
2. Priority in the use of the courts:
 - a) Approved University basketball teams training.
 - b) Approved School basketball teams.
 - c) Approved society basketball teams.
 - d) Approved basketball games.
 - e) Activities organised by individual students, teachers or staff.
3. The court should not be used for any activities or sports other than basketball without prior permission from the Physical Education Unit.
4. For the safety of users, the basketball court will be closed temporarily if the floor is flooded or wet.
5. All users should keep the court clean. No food is allowed on the court.
6. Users should wear appropriate attires and soft-soled sports shoes in the basketball court. No vehicles, bicycles, skating shoes and skateboard will be allowed to be taken into the court.
7. All users of the court should take care of the court and facilities inside. Any lost or damaged equipment will be charged to the person at cost.
8. In case of violation of these regulations, the Sports Hall Assistants shall have the authority to reject or debar the offender from the facilities, and will report the misconduct to related department as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第四章 网球场地使用规定

- 一、本场地仅限校内师生使用。
- 二、本场地为网球专用，未经许可，不得进行非网球运动之外的活动。
- 三、场地使用时间每次不得超过2小时。
- 四、请大家爱护公物；严禁擅自挪动场内设施，严禁攀爬挡网；禁止在场内嬉戏打闹。
- 五、严禁机动车辆、自行车进入场内。
- 六、进入网球场必须穿软底运动鞋，严禁穿钉鞋、硬底鞋和高跟鞋类进入场地。
- 七、场内严禁吸烟、禁止吃口香糖及携带含糖类有色饮料或食品入内；饮料瓶和杂物请自觉丢在垃圾桶内。
- 八、为保障运动场地使用者之安全，如遇积水或地面潮湿时将暂停开放。
- 九、出入场地需注意安全，请从场地外侧走动，防止与他人产生碰撞而受伤。
- 十、请保管好自己随身携带的物品，以防丢失。
- 十一、违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Regulations Governing the Use of the Tennis Court

1. The court is only available for University students, teachers and staff.
2. The court should not be used for any activities or sports other than tennis without prior permission from the Physical Education Unit.
3. Each booking session is 2 hours.
4. Please take good care of the public property. No unauthorized removal of the venue facilities is allowed. Users should not climb the safety fence and no rough-and-tumble play is allowed.
5. Motor vehicles and bicycles are not allowed to be taken inside.
6. Users should wear soft bottom sports shoes on the Tennis Court. No spiked shoes, high heels or hard bottom shoes are allowed.
7. No food, chewing gum or sugary colored drinks are allowed. No smoking. Please keep the tennis court clean at all times.
8. For the safety of users, the Tennis Court will be closed temporarily if the floor is flooded or wet.
9. Please pay attention to your safety when accessing to the venue. Users are suggested to walk along the fence of the venue to avoid any injuries from collision with each other.
10. Users should not leave valuables unattended on the Tennis Court. The University assumes no responsibility for any loss of personal property.
11. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the facilities, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

Notes: Physical Education Unit reserves all rights for the final explanation of the above rules and instructions.

第五章 排球场地使用规定

- 一、本场地仅限校内师生使用。
- 二、本场地为排球专用，未经许可，不得进行非排球运动之外的活动。
- 三、场地使用时间每次不得超过2小时；活动时间终止，应自觉退出。
- 四、请大家爱护公物；严禁擅自挪动场内设施；禁止在场内嬉戏打闹。
- 五、进入排球场必须穿软底运动鞋，严禁穿钉鞋、硬底鞋和高跟鞋类进入场地。
- 六、场内严禁吸烟、禁止吃口香糖及携带含糖类有色饮料或食品入内；饮料瓶和杂物请自觉丢在垃圾桶内。
- 七、为保障运动场地使用者之安全，如遇积水或地面潮湿时将暂停开放。
- 八、出入场地需注意安全，请从场地外侧走动，防止与他人产生碰撞而受伤。
- 九、请保管好自己随身携带的物品，以防丢失。
- 十一、违反本规定且不听劝告者，场馆管理人员有权令其离开，并视情节轻重，呈报给相关部门处理。

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Regulations Governing the Use of the Volleyball Court

1. The court is only available for University students, teachers and staff.
2. The court should not be used for any activities or sports other than tennis without prior permission from the Physical Education Unit.
3. Each booking session is 2 hours.
4. Please take good care of the public property. No unauthorized removal of the venue facilities is allowed. Users should not climb the safety fence and no rough-and-tumble play is allowed.
5. Motor vehicles and bicycles are not allowed to be taken inside.
6. Users should wear soft bottom sports shoes on the Volleyball Court. No spiked shoes, high heels or hard bottom shoes are allowed.
7. No food, chewing gum or sugary colored drinks are allowed. No smoking. Please keep the Volleyball court clean at all times.
8. For the safety of users, the Volleyball Court will be closed temporarily if the floor is flooded or wet.
9. Please pay attention to your safety when accessing to the venue. Users are suggested to walk along the fence of the venue to avoid any injuries from collision with each other.
10. Users should not leave valuables unattended on the Volleyball Court. The University assumes no responsibility for any loss of personal property.
11. In case of misconduct or misuse of sports facilities, the Physical Education Unit has the authority to reject or debar the offender from the facilities, or to refer him/her to the appropriate authority for disciplinary action, as appropriate.

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