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國際運動會訂定

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實 用 網 球 術

By J. C. Parke 著 氏 克 柏

本書著者柏克氏，爲前英國網球錦標之保持者，曾在台維斯杯賽中，擊敗世界第一流網球家，執全世界網球界之牛耳。柏氏不但精於各項擊法，且能善用應戰策略，故能所向皆捷。雄視全世界。近更出其多年比賽之經驗，著爲「實用網球術」一書，內容詳敘應戰時各項有效之擊法及克敵致果之必要策略，源源本本，闡發無遺，不但初學網球之人讀此能獲實際的指導，即經驗較富之網球專家，得此亦能改進其作戰之技術，誠關心網球者不可不備之要籍也。

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Far Eastern Athletic Association Official Rules For Track and Field Athletics and All-Around Track and Field Championship

TRACK AND FIELD

I. MANAGEMENT OF THE MEETING.

Rule 1.—The Contest Committee

1. All meets shall be under the direction of the Contest Committee, which shall be appointed by the controlling athletic organization of the country designated to conduct the Games.

2. The Contest Committee shall provide a place properly laid out and measured to conform to all the requirements of these rules, and shall also furnish all implements and equipment necessary for the satisfactory competition of the events scheduled in the official program. The Committee shall have jurisdiction over all matters not assigned by these rules to the Referee or other officials.

3. The Contest Committee shall appoint all officials.

Rule 2.—Officials (Optional)

1. One Manager,
2. One Referee,
3. Four or more Umpires (Inspectors).
4. One Clerk of the Course,
5. One Chief Field Judge,
6. Three or more Field Judges,
7. Two Scorers for Field Events,
8. Six or more Judges at Finish,
9. One or more Judges of Walking,
10. Three or more Timekeepers,
11. One Starter,
12. One Scorer for Track Events,
13. One or more Lap Scorers,
14. One Official Surveyor,
15. One Marshal,
16. One Press Steward,
17. One Field Doctor.

If deemed necessary, assistants may be provided for the Manager of the Meeting, the Clerk of the Course, the Marshal and the Press Steward, and official Announcers may also be appointed.

Rule 3.—The Manager

1. The Manager shall have the control of the Meeting and be responsible for the proper carrying out of the programme.

2. He shall attentively follow the events going on and decide when a new event shall begin.

3. Before the beginning of a new competition he shall in due time inform the officials concerned and have the competitors who are entered in the event called out on the field.

4. After the finish of each event he shall, through his assistants, receive the results from the scores. All announcements to the public, press, etc., shall be given by the Manager through the Official Announcer, Press Steward, loud speaker, etc.

5. He shall have the right to take action against any competitor whose clothing should not conform to regulations.

6. The Manager shall control his assistants and assign to them such duties as he may deem proper.

Rule 4.—The Referee

1. The Referee shall see that the Rules are observed. He shall decide all questions relating to the meeting, the final settlement of which not being otherwise covered by these rules.

2. In the case of a difference between the judges he shall decide, and in case of improper conduct of a competitor he has the right of exclusion. Any protest or objection which has reference to the conduct of a competitor in the actual competition shall be decided by the Referee on the ground, and his decision shall be final.

3. When, in any but the final heat of a race, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

4. When, in a final heat, a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

Rule 5.—Umpires (Inspectors)

1. It shall be the duty of an Umpire to stand at such point as the Referee may designate, to watch the competition closely, and in case of a foul or violation of the rules by a competitor or other person, to make a report to the Referee of the incident.

2. Such Umpires are merely assistants of the Referee, to whom they shall report, but have no power to give any decisions.

Rule 6.—The Clerk of the Course

1. The Clerk of the Course shall be provided with the names and the numbers of all entered, and he shall notify them to appear at the starting line before the start in each event in which they are entered.

2. In all track events he shall draw for the competitors' respective stations and assign the starting place to each competitor and to each national group.

3. He shall control his assistants and assign to them such duties as he may deem proper.

Rule 7.—Field Judges

1. The Chief Field Judge shall see that all implements and equipments are in accordance with these rules and that the field events are conducted expeditiously.

2. The Field Judges shall judge, measure and record each trial of each competitor in all events, whose record is of distance or height. Their decision as to the performance of each man shall be final and without appeal.

Rule 8.—Scorers for Field Events

1. The Scorers for Field Events of whom one shall act in throwing events, the other in jumping events, shall be provided with the names and the numbers of all entered in their respective events.

2. They shall receive the competitors at the start of each event in which they act and shall call over the names of the competitors.

3. They shall record the order in which each competitor finished his event, together with the height or distance furnished them by the Field Judges, and shall as soon as possible hand the results to the Manager.

Rule 9—Judges at Finish

1. The Judges at Finish shall decide the order in which the competitors finish in the competition. In case of a disagreement, the majority of the Judges concerned with the disputed place or places shall decide. Their decision as to the order in which the competitors finish shall be final and without appeal. It is recommended that one judge selects the first man to finish, one the first and second, one the second and third, and so on.

2. Judges should be placed at least two meters from and in line with the finishing point, and it is recommended that an elevated stand be used for the purpose of the judges in order to allow them to have a good view of the finishing line. (For apparatus, refer to Rule 53).

Rule 10.—Timekeepers

1. Three Timekeepers shall time every event. In case two of their watches agree, and the third disagrees, the time marked by the two shall be official time. If all watches disagree, the time marked by the watch recording the middle time shall be the official time.

2. If for any reason only two watches record the time of an event, and they fail to agree, the longest time of the two shall be accepted as the official time.

3. Time shall be taken from the flash of the pistol.

4. One of the above mentioned three timekeepers may be replaced by electric timing provided the system for electric timing used has been accepted by the National Association of the country where the competition is held.

NOTE:—The Congress of Amsterdam, 1928, has decided that the 1-10th of a second timing shall be allowed for races up to and including 250 metres. For races above that, the time in 1-5th of a second shall remain. The decision shall not be retrospective regarding the records already recognized.

Timing with verified watches showing 1-100th of a second shall be allowed provided the 1-100th of a second watches are used auxiliary to 1-10th of a second watches and that the timing recorded is the tenth slower than the indication of the watch.

Rule 11.—The Starter

1. All questions concerning the start shall be decided by the Starter.

2. The Starter shall have entire control of the competitors at marks, and shall be the sole judge of fact as to whether or not any man has gone over his mark.

3. All races shall be started by the report of a pistol.

4. At all international meetings, the words of the Starter, in his own mother tongue, shall be:

“On your marks”.

“Ready”.

Then the report of the pistol after a pause of about two seconds.

5. When any part of the body of the competitor shall touch the ground in front of his mark before the starting signal is given, it shall be considered a false start.

6. The starter must warn the offender or offenders and shall except in the Pentathlon and Decathlon, disqualify at the second false start.

7. Rocking starts are forbidden, i.e. the whole body of the competitor must be quite steady and motionless at the report of the pistol.

8. If, in the opinion of the Starter, the start has not been a fair one, he must recall the competitors by a second shot.

9. Should the starter have to warn the competitors on any point, he shall order the competitors to "Stand up".

Rule 12.—The Scorer for Track Events

1. The Scorer for Track events shall be provided with the names and the numbers of all entered in track events.

2. He shall receive the competitors at the starting line, and he shall there call over the names of the competitors.

3. He shall record the order in which each competitor finished his event, together with the time furnished him by the Timekeepers, and shall as soon as possible keep the results at the disposal of the Manager.

Rule 13.—Lap Scorers

The Lap Scorers shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

Rule 14.—The Official Surveyor

The Official Surveyor shall survey the track and all courses for the distances which are to be contested and furnish a statement of same to the Authorities conducting the Meeting or Referee before the games.

Rule 15.—The Marshal

The Marshal shall have full police charge of the enclosure and shall prevent any but officials and actual competitors from entering or remaining therein. He shall control his assistants and assign to them their duties.

Rule 16.—The Press Steward

The Press Steward shall obtain from the Manager of the games the names of all starters in each event, the names of all point winners, and the times or distances of each winning or record performance, and keep the Press thoroughly informed of all doings of the Meeting.

II. RULES FOR COMPETITIONS.

Rule 17.—Entries

1. The various competitions are confined exclusively to amateurs.

2. The amateur status of every competitor must be guaranteed by the Association that governs in the country from which the competitor has entered, according to the definition of the International Amateur Athletic Federation, and he shall not be permitted to compete in any foreign country unless he holds such guarantee and has permission to compete in any particular event.

3. This guarantee must accompany each entry. Entries must be made in duplicate, properly typed or printed.

Rule 18.—Heats and Groups

1. Preliminary trials shall be held in every event in which the number of competitors is too large to allow the competition to be conducted satisfactorily in a single round.
2. The heats and groups shall be arranged by the Committee conducting the Meeting, and the representatives of each nation shall be placed as often as possible in different heats or groups.
3. The final round shall not begin earlier than 30 minutes after the last trial of the last heat or group.
4. If possible, at least six competitors shall start in the final round.
5. In races up to and including 400 metres or 440 yards, the first and second in each heat should qualify for the next round, and in longer races at least the first and second should qualify for the next round.

Rule 19.—The Competition

1. Every competitor shall be supplied with and must wear on the breast during competition a distinctive number corresponding to his number on the programme. In races not exceeding 300 metres duplicate numbers shall be provided and worn, one on the breast, and one on the back.
2. Any competitor wilfully jostling, or running across, or obstructing another competitor so as to impede his progress, or evidently competing to lose, shall forfeit his right to be in the competition, and shall not be awarded any position or prize that he would otherwise have been entitled to.
3. No competitor shall be allowed to rejoin a race after leaving the track, either for the purpose of gaining a place or to pace or assist another competitor.

4. The officials shall have the power to change the place of the competition in any field event if in their opinion the conditions warrant the same.

Rule 20.—Clothing

Competitors shall be required to wear shorts or trunks reaching to within four inches of the knee, and the clothing must be clean and so designed and worn as not to make an indecent display of the competitor's person.

Rule 21.—Starting Order

1. The Authorities conducting the Meeting shall draw for the order of the competitors in each event, and the names of the competitors shall be printed in the programme in this order, in heats and groups.

2. In all field events the competitors shall make their trials in the order of their names as printed in the programme.

3. In the event of a competitor being entered in both a field event and a track event which take place at one and the same time, the field event officials shall allow the competitor to make his trials in another order than that of the programme.

4. In all track competitions competitors shall draw for their respective stations. The competitor with number one shall take the inside station, with number two next, and so on.

5. In track competitions of 3,000 metres and over, the best man of each nation shall be placed in the first line, the other competitors being stationed in the rank corresponding with their effective worth.

Rule 22.—Measurements

1. All measurements must be made with a steel tape, graduated in centimetres or in inches.
2. In all throwing events and broad jumps that portion of the tape showing the covered distance must be held by the Official at the take-off or at the circle.

Rule 23.—Attendants

No attendant or competitor who is not actually taking part in the race shall accompany any competitor on the mark or in the race, nor shall any competitor be allowed, without the permission of the Referee or Judges, to receive assistance or refreshment from anyone during the progress of a race, and in no case can assistance or refreshments be given to any competitor in a race of less than 16 kilometres (10 miles).

Rule 24.—Ties

1. In all contests where results are determined by measurements of height or distance, ties for first and other places shall be decided as follows:
2. If two or more competitors tie at any height in the standing or the running high jump, and the pole vault, an additional trial at the height failed at shall be allowed, and if no result, the bar shall be lowered to the previous height cleared and one more trial allowed. The bar shall then be raised or lowered until the tie is decided.
3. In case of a tie in any field event for distance, an additional trial shall be given to decide the ties.
4. In case of a tie in any field event, the subsequent performances only determine the relative position of those who are competing to decide the tie.

5. In case of a dead heat in any track event, the competitors shall not be allowed to divide the prize or points or to toss for them, but must compete again at a time and place appointed by the Referee.

Rule 25.—Protests

Verbal protests may be made before or at the meeting; but such protest must be made in writing and duly presented and accompanied by a deposit of £ 1 or its equivalent, before action thereon. Such deposit shall be forfeited at the discretion of the person or body deciding the protest.

Rule 26.—Official Athletic Implements

1. In all international competitions and in all record attempts under the sanction of the International Amateur Athletic Federation, the implements used must comply with the specifications for official implements adopted by the International Amateur Athletic Federation. These specifications are stated in the Rules 43-45.

2. All implements used at international competitions shall be provided by the organisers of the competitions, except in Pole Vault where the competitors may use their own poles.

3. Each Member of the Federation may stamp the implements approved of with its own mark which may be registered in accordance with the laws of the country in question.

III. JUMPING EVENTS.

Rule 27.—Jumping events in general

1. In the Running and the Standing High Jump and in the Pole Vault three jumps shall be allowed at each height, and a failure at the third attempt shall forfeit the right to compete further.

2. A competitor may commence at any height above the minimum height, and may jump at his own discretion at any subsequent height.

3. In the Broad Jumps and in the Hop, Step and Jump each competitor shall be allowed three jumps and the six best shall be allowed three more jumps.

4. In all jumping events each competitor shall be credited with the best of all his jumps, subject to conditions relating to ties.

5. The employment of weights or grips of any kind (grips of cork included) is forbidden.

6. The take-off ground about the jump must be level.

7. A competitor may place marks for his take-off and a handkerchief on the cross-bar for sighting purposes.

Rule 28.—Running High Jump

1. The competition shall start at a height of 160 centimetres, and the bar shall be raised as the judges may decide.

2. A fair jump is one where the head of the contestant does not go over the bar before the feet and is not below the buttocks in clearing the bar.

3. Neither diving nor somersaulting over the bar shall be permitted.

4. As soon as a competitor makes a spring in order to jump, this shall be counted as a trial jump.

5. When a competitor jumping to the side or going beneath the bar surpasses the perpendicular plane, this shall be counted as a failure trial.

6. All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.

7. The uprights shall not be moved during the competition unless the judges consider the take-off has become unsuitable. Such change shall be made only after a round has been completed.

(For apparatus, refer to Rule 43.)

Rule 29.—Pole Vault

1. The competition shall start at a height of 3 metres, and the bar shall be elevated as the judges shall decide. The take-off for the pole shall be from a wooden box as designed in the specification of Implements (Rule 43.)

2. A competitor must not, at the moment that he makes a jump, or after leaving the ground, place his lower hand above the upper one or move the upper hand higher up on the pole. If a competitor clears the bar, but in doing so the pole should remove the same, it shall be considered as a failed try.

3. As soon as a competitor has left the ground for the purpose of making a jump, this shall be counted as a trial jump.

4. When a competitor jumping to the side or going beneath the bar passes the perpendicular plane, this shall be counted as a failure trial.

5. No attendant should be allowed to touch the pole unless it is falling away from the bar or uprights.

6. Competitors may use their own poles. These may have a binding, but must not have any further support for the hands. No competitors shall be allowed to use any of the private poles except with the consent of their owners.

7. All measurements shall be made perpendicularly from the ground to the upper side of the bar where it is lowest.