中國銀行（香港）
港珠澳大橋（香港段）半馬拉松 2026
〈親子 MAX Fun 一起跑〉

附件(一)

活動項目規則及成績計算方法

項 目	活 動 規 則	參 賽 方 式	成 績 加 成	成 績 計 算
前拋藥球	參加者先投擲加成骰子，根據擲骰結果決定該回合的計分方式。 然後參加者手持藥球，屈膝並向下擺動後，向前上方投擲。每次投擲完成後，按藥球首次著地的位置計算分數：落入 1 分區得 1 分、落入 3 分區得 3 分、落入 5 分區得 5 分，落入獎分區得 10 分。	每名參加者各有 2 次試擲機會	加成骰子： 如骰子擲中 ×1、×2、×3 或 ×5，該次投擲所得分數將按相應倍數計算； 如擲中「+5」，隊伍總分即時加 5 分 如擲中「+1 擲」，隊伍可獲得額外試擲機會，隊伍合共可作 5 次投擲。	計算 2 名參加者各自 2 次試擲所得分數的總和，連同加成骰子的結果，計算該隊的最終成績。
擲標槍	參加者先投擲加成骰子，根據擲骰結果決定該回合的計分方式，然後參加者必須以頭上或肩上向前投擲的方式投擲膠火箭。每次投擲後，將按膠火箭首次接觸地面的位置計算分數：落入 1 分區得 1 分；落入 3 分區得 3 分；落入 5 分區得 5 分；落入獎分區：該次所得分數將 乘以 2。	每名參加者各有 3 次試擲機會		計算 2 名參加者各自 3 次試擲所得分數之總和連同加成骰子的結果，計算該隊的最終成績。
立定跳遠	雙腳平排立定，屈膝擺臂向前跳，參加者跳至定點後，工作人員標記腳踵位置，然後再以腳尖位置對齊標記開始第二跳。	每隊各有 2 次試跳機會	不適用	以隊伍兩次跳躍中最遠的一次距離作為成績
十字跳	兩名參加者分別進行。參加者須站在井字中間(0)，以雙腳跳的方式，按順序跳向，前面(1)、中間(0)、左邊(2)、中間(0)、後面(3)、中間(0)、右邊(4)、中間(0)，並計算 30 秒時限內的完成次數。	按順序雙腳跳 **犯規:** 未能按順序或雙腳跳的方式完成 未能於標誌格內完成		計算 2 名參加者完成的次數總和
來回節奏跑接力賽	以站姿作為起跑，聽到口令後起步，雙腳必須不間斷地接觸梯形標誌間格內，用手或接力棒觸碰雪糕筒後返回終點將接力棒交予第二位隊員，如此類推。	犯規: 錯過梯型標誌間格，每格則需加時 0.5 秒		計算兩名參加者完成項目的總時間
速度跨欄接力賽	以站姿作為起跑，聽到口令後沿賽道跑進並跨越所有矮欄，繞過標記桿後，再次跨越所有矮欄，然後跑回終點，將接力棒交予第二位隊員。	**犯規:** 沒跨越矮欄，每個需加時 1 秒		計算兩名參加者完成項目的總時間
A 級方程式接力賽	以站姿作為起跑，聽口令後起跑，依次通過梯形標誌、繞過標記桿及跨越矮欄後，然後跑回終點，將接力棒交予第二位隊員。	**犯規:** 錯過梯型標誌間格，每格需加 0.5 秒 沒跨越矮欄，每個需加時 1 秒 沒繞過標記桿，每支需加時 3 秒 **碰跌矮欄或標記桿不計算犯規**		計算兩名參加者完成項目的總時間

The Bank of China (Hong Kong)
Hong Kong-Zhuhai-Macao Bridge (Hong Kong Section) Half Marathon 2026
< Family MAX Fun Athletics >

Annex A

Rules and Scoring System for Events

Event	Rules	Format	Score Bonus	Scoring
Medicine Ball Throw	Participants first roll the bonus dice to determine the scoring method for that round. Then hold the medicine ball, bend their knees and swing the ball downward before throwing it forward and upward. Each throw will be scored according to the area where the medicine ball first lands: 1 point for the 1-point zone, 3 points for the 3-point zone, 5 points for the 5-point zone, and 10 points for the bonus zone.	Two attempts per participant	Bonus Dice: If the dice lands on **×1, ×2, ×3, or ×5**, the score achieved in that medicine-ball throw will be multiplied by the corresponding multiplier. If the dice lands on "**+5**", 5 points will be added directly to the team's total score. If the dice lands on "+1 Throw", the team will receive one additional attempt, giving them a total of five throws.	The team's final score is the sum of the scores from two attempts by each of the two participants, plus the bonus score.
Kid Javelin Throw	Participants first roll the bonus dice to determine the scoring method for that round. Throw the kid javelin using an overarm or shoulder throw. Each throw will be scored according to the area where the kid javelin first lands: 1 point for the 1-point zone, 3 points for the 3-point zone, 5 points for the 5-point zone, and double points for the bonus zone.	Three attempts per participant		The team's final score is the sum of the scores from three attempts by each of the two participants, plus the bonus score.
Standing Long Jump	From a starting line, jump forward and land on both feet; The landing point, in turn, becomes the starting line for the second jump.	Two attempts per team	**Not Applicable**	The longest distance from the team's two jumps will be recorded as the score.
Cross Hop	The two participants shall perform the activity separately. Starting from the centre square (0), each participant must jump with both feet in the following sequence: forward (1), centre (0), left (2), centre (0), backward (3), centre (0), right (4), and centre (0). The number of completed sequences within 30 seconds will be recorded.	Participants must jump with both feet in the prescribed sequence. Foul: Fail to complete in right order. Fail to complete within the marked box.		Total number of times of both participants
Shuttle Run Relay	Get set in a standing position. Upon command, run back and forth with feet continuously in the ladder. After touching the cone with either a hand or the baton, the participant shall return to the finish line and pass the baton to the second participant, who shall complete the course in the same manner.	Foul: A penalty of 0.5 seconds for each square missed.		The combined completion time of both participants
Speed Hurdle Relay	Get set in a standing position. Upon command, start running and cross all short hurdles, then go around the marking pole, then cross all short hurdles and run back to the finish line. The participant shall then pass the baton to the second participant, who shall complete the course in the same manner.	Foul: A penalty of 1 second for each hurdle not cleared.		The combined completion time of both participants
Formula A Relay	Get set in a standing position. Upon command, run forward with feet continuously in the ladder, run around poles and across short hurdles. The participant shall then pass the baton to the second participant, who shall complete the course in the same manner.	Foul: A penalty of 0.5 seconds for each square missed. A penalty of 1 second for each hurdle not cleared. A penalty of 3 seconds for each pole missed. ***No penalty on crushing down the hurdles or poles***		The combined completion time of both participants