

# 68<sup>th</sup> Ming Chuan University Anniversary

## 48<sup>th</sup> Sports Festival

### Competition Rules

1. Purpose: The competition will be held to celebrate the university's 68<sup>th</sup> anniversary and to encourage faculty, staff, and student interest in sports, and to promote mental and physical health.

2. Date: **March 14, 2025 (Friday)**: Track and Field Championships

**March 22, 2025 (Saturday)**: Creative Cheerleading Dance Competition

3. Venue:

Track and Field Championships: Outdoor Track and Field, Taoyuan Campus

Creative Cheerleading Dance Competition: Outdoor Track Field, **Taoyuan** Campus

4. Competing Teams: Teams comprise students from the same department

5. Eligibility for Participation:

All students of Ming Chuan University are all eligible to form a team in their departments or graduate programs and sign up for the competition.

6. Sign up:

(1) When: From now until 5:00 pm, **January 3, 2025 (Friday)**.

(2) How: Applications should be made via cloud email. After emailing, please print out two copies, and send one to your Department Student Association to be stamped, and then submit it to the Physical Education Office. (On Taipei campus: Mr. Chen, Hung-Ting; on Taoyuan Campus: Ms. Ho, Chung-Hui.) Please keep one copy for reference. Please inform Mr. Chen on Taipei campus or Ms. Ho on Taoyuan Campus if there are any changes.

(二) 創意啦啦舞蹈錦標賽：以院、系為單位。

7. Competition:

- (1) Track and Field Competition: Teams based on departments
- (2) Creative Cheerleading Dance Competition: Teams based on departments

8. Championship: Group

- (1) Track and Field Championship
- (2) Creative Cheerleading Dance Championship
- (3) Overall Championships

9. Procedures for Competition: Please refer to sign-up form.

10. Awards: Awards are to be conferred to the winning teams in accordance with relevant competition procedures.

11. Punishments: Contestants will be punished in accordance with university regulations and have records cancelled if they violate the spirit of fair play or behave inappropriately, such as playing under someone else's name, playing while ineligible, withdrawing for unexplained reasons, or not accepting judges' decisions. Such cases will also be reported to the university.

12. Competition Regulations: Based on competition procedures announced by host unit.

13. Addendum:

- (1) First-year students of undergraduate programs on **Taoyuan** Campus are requested to participate in the university anniversary sports competition. Their Physical Education instructors will call the role on that day.
- (2) Upon being approved by the president, these regulations were announced and implemented. Any revision must follow the same procedure.

# 68<sup>th</sup> Ming Chuan University Anniversary

## 48<sup>th</sup> Sports Festival

### Track and Field Competition Procedures

1. Purpose: The competition will be held to celebrate the university's 68<sup>th</sup> anniversary and to encourage faculty, staff, and student interest in sports, as well as to develop team spirit and basic physical health.
2. Date: 13:00 on **March 14, 2025 (Friday)**
3. Venue: Track and Field, Taoyuan Campus (postponed in case of rain)
4. Competing Units: Student teams are based on their departments. All units are required to participate in every competition.
5. Registration Date: Until 5:00 pm, January 3, 2025 (**Friday**). Applications should be made via cloud email. After emailing.
6. Competition: Male and female teams.
  - (1) 100 meters
  - (2) 200 meters
  - (3) 400 meters
  - (4) High Jump
  - (5) Long Jump
  - (6) Relay Race
7. Rules:
  - (1) Each unit must register two male and two female contestants to participate in each event. One contestant is only eligible to sign up for two competitions at most (not including the relay race).
  - (2) Each team must choose one captain and one leader to take responsibility during the competition.

(3) All relay race contestants will race for 100 meters (10 male, 10 female) and then pass the baton to the next contestant. Numbers 1-10 will be female contestants and numbers 11-20 will be male contestants.

#### 8. Awards:

(1) Competition for Individuals: A certificate and prize will be awarded to persons in first, second, and third place. A prize will be awarded to the person in fourth place. According to the situation, some points may be added to the top 4 winners' physical education semester grade and merit points will be awarded to students in accordance with the Student Merit and Demerit Procedures.

(2) Individual departments comprise competition units. According to the final results, the first-place, second-place, third-place, and fourth-place units will be awarded with trophies. Scoring method: In individual competitions, first place will be 7 points, second place 5 points, third place 4 points, fourth place 3 points, fifth place 2 points, and sixth place 1 point. These points will be added to the unit to which participants belong. (If the final scores are the same, unit with most first places will win). The scores of the relay race will be doubled.

(3) Moreover, first-place winners in individual competitions will be awarded one 2<sup>nd</sup> level merit, second-place winners will be awarded two 3<sup>rd</sup> level merits; third-place and fourth-place winners will be awarded one 3<sup>rd</sup> level merit.

#### 9. Other regulations:

(1) Participants are requested to wear sports shoes and tops (Wearing spiked shoes or going barefoot is not allowed).

(2) During the competition, participants are requested to wear tops with numbers sewn on (not including the relay race).

- (3) All contestants must register at the registration points with their student ID cards 20 minutes before each competition. Student assistants will take the contestants to the track field after registration. Those who fail to register will be seen as having defaulted and will not be allowed to on the field. A deduction on the team score will given as a punishment.
- (4) All competitions will be decided on the basis of elapsed time. The awards will be presented immediately after the competition.
10. Upon being approved by the president, these regulations were announced and implemented. Any revision must follow the same procedure.

# 68<sup>th</sup> Ming Chuan University Anniversary

## 48<sup>th</sup> Sports Festival

### Creative Cheerleading Dance Competition

1. Purpose: The competition will be held to celebrate the university's anniversary, to promote students' physical health, to demonstrate student vitality, to provide students with a chance to observe and learn from others' dance techniques, and to promote team spirit.
2. Hosting Unit: Physical Education Office
3. Competing Teams: Teams comprised of students from the same department.
4. Rehearsal Schedule: 13:30 ~ 17:30, **March 21, 2025 (Friday)**.  
  
Teams that are eligible for the final round will be selected for division A and division B based on the results of this competition.
5. Final competition: **March 22, 2025 (Saturday)** : 14:00 ~16:30
6. Venue: Outdoor Track and Field, **Taoyuan** Campus.
7. Registration: From now through 5:00 pm, **January 3, 2025 (Friday)**. Applications should be made via cloud email. After emailing.
8. Contestant Restrictions: Number of contestants on each team is limited to 25~50 students, including the number of students who play the mascot role.
9. Time Limitations: Preparation time is two minutes, and competition time is four to five minutes (including time leaving field).
10. Venue Size: 15 x 15 meters
11. Scoring Standards 100%:
  - (1) Creativity: Innovation in performance
  - (2) Team Spirit: Team spirit, facial expression, eye contact, and level of liveliness

(3) Dancing Movements: Aesthetic sense, formation, difficulty, cadence, and the completion of performance

(4) Costume Design: Design, color, fit, and suitability for dance being performed

(5) Use of Sound: Music, songs, slogans, clapping, drumming, and so on.

12. Calculation of Final Score: The highest and lowest score given by the judges will be ignored and the average of the other scores will be the final score for each team.

13. Awards: The top **six** teams and **three** runner-ups will be awarded a trophy and prize. Prizes are as follows: First Place 30,000 NTD, Second Place 20,000 NTD, Third Place 15,000 NTD, Fourth Place 10,000 NTD, Fifth Place 8,000 NTD, Sixth Place 6,000 NTD. Three runners-up will receive 3,000 NTD each. One 2<sup>nd</sup> level merit will be added to the conduct grade of participants in the top six teams, two 3<sup>rd</sup> level merits added to the conduct grade of participants on runner-up teams, and one 3<sup>rd</sup> level merit will be awarded to all other contestants.

14. Important matters concerning moves and techniques, as well as deductions for violations:

(1) Jazz Dancing, Pom-pom Dancing, Funk Dancing, and Hip Hop Dancing are recommended as a way of showcasing the vitality of students.

(2) Traditional lifting is permitted. By lifting, it is meant that one dancer is lifted by one or several other dancers, allowing him or her to “float” in the air.

(3) It is recommended that participants use both hands or feet when landing after jumping, standing, or doing handstands.

(4) In order to create a distinctive style, students may wear clothing with sequins. Also, in order to prevent sports injuries, students are requested to wear soft shoes or dance shoes.

(5) Any one of the following violations will result in a one-point deduction, two violations a two-point deduction, and so on.

- A. Landing on knee, bottom, or thigh bone, or completely or partly sitting down when landing after jumping, standing, or doing a handstand.
- B. Going barefoot or failing to wear shoes.
- C. Wearing of body piercing ornaments or earrings, sharp hair ornaments, costume jewelry, rings, necklaces, belts, or tongue or nose hoops.
- D. Violation of number of contestants: Number of contestants on the team is less than 25 or more than 50.
- E. Violation of competition time: Performance is longer or shorter than the time limitations (The timer will start from the beginning of the music or any starting sound and end at the end of the music, any ending sound or all the contestants move out of the assigned boundaries).
- F. Music cannot be changed after the preliminary contest, unless required by the host unit.

(6) Any one of the following violations will result in a five-point deduction, two violations a ten-point deduction, and so on.

- A. Performing cheerleading tricks, pyramid stunts, or flings are prohibited.
- B. Not providing proper protection when lifting over the shoulders; hands should be placed in a fixed position, and not removed when moving or flinging.
- C. Having a posture with head orientated downward or doing somersaults or backflips when lifting is prohibited.
- D. Removing clothing, making inappropriate movements, or using inappropriate slogans or props is prohibited.
- E. Using dangerous props such as fire, water, powder, sequins, shredded paper,



animals and other materials on the field which will affect other teams using the field is prohibited.

F. Large props: maximum of 6 pieces, such as movable boards made of metal frame or wooden materials on wheels (The largest prop should not exceed 2.5m tall, 1.25m wide and 1m deep.).

G. Small props: Each prop is limited to the volume and weight which can be moved by one person; standing on stacked props is prohibited.

H. Using styrofoam materials is prohibited.

I. For individually-handled props such as cloth, rope, balloon, paper, paperboard, foam board, bamboo pole or wooden strip, the height of the prop during the performance is not limited.

J. Placement and assembly of props must not exceed a height of 2.5m, and the width must not exceed the competition area. No points will be deducted if performers move out of bounds during the performance.

K. Failure to attend the 1<sup>st</sup> rehearsal, fewer than 20 participants at the 2<sup>nd</sup> rehearsal.

L. Insufficient number of participants at the opening ceremony or failure to wear competition attire.

#### Supplementary Provisions:

(1). Competing teams must report practice times and venues to department chairs.

(2). Competing teams are required to handle insurance matters on their own during the practice period. Host unit will handle insurance matters during competition period.

(3). Teams are requested to record the music for the competition as the first track on an MP3 file with no other tracks or other music. These should be submitted to Mr. Chen

Hung-Ting (Taipei), Ms. Ho, Chung-Hui (Taoyuan) at the Physical Education Office one week prior to competition.

(4). Teams are requested to remove performance props on the date of the competition.

Organizing unit will hire contractors to remove the props if teams fail to do so by themselves, and the expenses will be paid from budget allocated to that team's department.

15. Upon being approved by the president, these regulations were announced and implemented. Any revision must follow the same procedure.

# 銘傳大學68週年校慶第48屆運動大會 總錦標評定辦法

68<sup>th</sup> Ming Chuan University Anniversary

48<sup>th</sup> Sports Festival

## Procedures for Scoring in Championship

一、宗旨：為慶祝本校創校68週年校慶暨培養青年學生之運動道德，  
激勵運動精神以擴大教育效果為宗旨。

1. Purpose: The competition will be held to celebrate the university's 68<sup>th</sup> anniversary and  
to promote athletic ethics and the spirit of fair play amongst students.

二、競賽組別：以各系為單位。

2. Competing Teams: Teams with students from the same departments.

三、評分方式：由總錦標評審委員於大會期間隨時就評分表所列各項實  
地考察記分，並參酌大會有關單位提供之意見來評定。

3. Scoring: The scoring committee will assign scores based on observations made during  
competitions, and will receive feedback from relevant units for  
reference.

四、獎勵：依成績錄取前四名，各頒發獎盃一座。

4. Awards: The final score will be announced based on overall competition results. The  
top four teams will be awarded with trophies.

五、評分項目：

5. Scored Items:

(一) 開幕典禮及競賽中之有關表現 (含第一、二次預演) (30%)

1. 開幕典禮前各單位集合之情形。
2. 各單位運動員繞場一週之精神表現。
3. 開幕典禮各單位運動員之精神表現及禮成隊伍之退場情形。
4. 各單位職隊員於大會期間守時守紀之情形。
5. 閉幕典禮之表現。

(1) Performance during the opening ceremony and competition, including the first and  
second rehearsals (30%).

- A. Assembly of each department before the opening ceremony
  - B. Participants' energy during the lap around the athletic field
  - C. Participants' energy during the opening ceremony and while leaving the athletic field
  - D. Participants' observation of time limitations and maintenance of discipline during the sports festival
  - E. Performance during the closing ceremony
- (二) 運動員於運動場內之有關表現 (10%)
- 1. 各單位運動員及有關人員之服裝儀容等之表現。
  - 2. 各競賽項目之點名與進場秩序之表現。
  - 3. 各單位運動員在比賽中服從裁判之表現。
- (2) Performance of participants on field (10%)
- A. Participants' and related assistants' outfits and appearances
  - B. Participants' performance during roll call and entry onto field
  - C. Participants' heeding of judges' rulings
- (三) 報名人數與出席率及比賽進行之精神表現 (20%)
- 1. 各單位運動員報名參加人數與出席率。
  - 2. 比賽進行中運動員之運動精神表現。
- (3) Registration, attendance and energy during the competition (20%)
- A. Registration and attendance
  - B. Participants' energy during the competition
- (四) 田徑錦標賽 (20%)
- (4) Track and Field Championship (20%)
- (五) 創意啦啦舞蹈錦標賽 (20%)
- (5) Creative Cheerleading Dance Competition (20%)

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## Registration Form for Track and Field Tournament

Department (Graduate School): :

Leader:

Team Captain:

Contact Telephone No.:

### 【Registration Form by Item】

Section	Men's Section				
Item	No.	Name	Class	Student ID No.	Telephone No.
100 M					
200 M					
400 M					
High Jump					
Broad Jump					

Section	Women's Section				
Item	No.	Name	Class	Student ID No.	Telephone No.
100 M					
200 M					
400 M					
High Jump					
Broad Jump					

✂ Each item requires 2 men and 2 women for registration. Each

player can only participate in two items (excluding relay race).

✘ Please fill in the detailed information for player for each item on the registration form.

✘ Do not write in the No. column; this will be completed by the responsible unit. Sealed by the Department Student Association

## Registration Form for Relay Race

No.	Class	Student ID No.	Name (female)	No.	Class	Student ID No.	Name (male)
1				11			
2				12			
3				13			
4				14			
5				15			
6				16			
7				17			
8				18			
9				19			
10				20			
Alter-nate				Alter-nate			

❖ Fill in the Relay Race registration form with 20 contestants (10 men and 10 women form a team); 1 male and 1 female alternate are also required when registering.

❖ Numbers 1-10 will be female contestants and numbers 11-20 will be male contestants. All contestants will race for 100 meters.

❖ Contestants are requested to wear sports shoes and clothes during the competition.

Sealed by the Department Student Association

# Registration Form for Creative Cheerleading Dance Competition

Department (Graduate School): :

Leader:

Team Captain:

Contact Telephone No.:

No.	Class	Student ID No.	Name	No.	Class	Student ID No.	Name	No.	Class	Student ID No.	Name
1				18				35			
2				19				36			
3				20				37			
4				21				38			
5				22				39			
6				23				40			
7				24				41			
8				25				42			
9				26				43			
10				27				44			
11				28				45			
12				29				46			
13				30				47			
14				31				48			
15				32				49			
16				33				50			
17				34							

※ Contestant Restrictions: Each team is to be comprised of 30~50 students.  
Each team must contain at least eight male members.

※ Official Leave for practicing Creative Cheerleading Dance:

1. 16 hours for group practice

2. 16 hours for each staff member (including the Student Associations  
Committee President)



※Official Leave Procedures:

1.Fill in the Official Leave Application

2.Submit the Official Leave Application:

Ms. Yang, Ya-Chen on Taipei Campus

Ms. Chen, Chiao-Chuan on Taoyuan Campus

Sealed by the Department Student Association