

2025 China–Cyprus Friendship Sports Day

Date: Sunday, 7th December 2025 (10:00 - 15:00)

Venue: Nicosia Athletic Lyceum (Kykkos B Lyceum)

Address: Ouranias Kokkinou 6, Egkomi 2404 ([Map](#))

Organizers:

- Chinese Solidarity Association in Cyprus
- [Confucius Institute at the University of Cyprus](#)

Collaborator/Supporter:

- Nicosia School Board

Participants: Divided into five teams - four city teams (Nicosia, Limassol, Larnaca and Paphos) and the Confucius Institute team

Participation Fee: Free

Confucius Institute Team Contact: Ms Yang Qing, 94344164

I. General Guidelines for Athletes

- Participants include overseas Chinese, international friends and Cypriots living in Cyprus. Each participant may register for no more than one individual event; team events are not limited.
- Individuals aged 16 and above may register for adult events. Children's events are limited to ages 6–16. Specific rules will be listed per event.
- All participants must be in good health and physically fit for their chosen events. A waiver of liability must be signed.
- On-site registration is not accepted. All participants must register with the designated contact person in their respective city before the deadline.

II. Awards

- For each individual track & field sports (100m men, 100m women, long distance men and long-distance women), the top three winners will receive prizes
- For all team sports, the top three teams will receive prizes. All participants will receive commemorative souvenirs
- Lucky draw with a Grand Prize

II. Event Schedule

10:00 – Spectators seated by staff according to pre-arranged positions

10:20 – Parade of delegations (5 people per row)

- Entry order: 8 flag bearers (2 per city), referees, city teams, Confucius Institute & Chinese Enterprises Joint Team

10:30 – Opening Ceremony

- National anthems
- Speeches by organizers
- Oaths by representative referee and athlete
- Speech by H.E. Ambassador Liu Yantao and official opening announcement

10:45 – Group performance: Baduanjin and cheerleading dance

11:00 – Start of Games

1. Tug-of-War: Preliminary, Semi-final, Final (4 cities + CI team)
2. 100m Sprint: Preliminary & Final
3. Synchronized Steps (Parent–Child)
4. Long-distance Run: Men’s 1500m / Women’s 1000m
5. Long Rope Jump (Team)
6. “Together Through Thick and Thin” (Children’s relay)

13:00 – Tai Chi Fan Performance

13:10 – Award Ceremony

13:20 – Lucky Draw

13:30 – End of the Sports Day

14:00–15:00 – Departure of all participants (to allow for possible delays in the schedule, the final departure time is set at 15:00)

III. Detailed Rules of Sports

1. Tug-of-War (Preliminary Round)

- Teams organized by city
- 15 members per team (10 men + 5 women)
- 5 teams will participate. A random draw will determine the two preliminary matchups. One team will automatically advance to the Semi-final round without competing in the preliminary phase.

2. 100m Sprint (Preliminary)

- Age: 16–30
- Separate men’s and women’s groups; top 6 from each qualify for final

3. Synchronized Steps

- 4 people per team: 2 adults + 2 children (under 16)
- Open to all, form your own team

- Team members form a row, legs tied at the ankle in sequence
- Complete 100m as a group — fastest time wins

4. Long-distance Run

- Men's 1500m / Women's 1000m
- Age: 16–45
- Top 3 finishers in each group will be awarded

5. Tug-of-War (Semi-final)

- The two winning teams from the preliminaries and the one team that advanced automatically will participate.
- The three qualifying teams will draw lots. The team that advanced automatically in the Preliminary Round will compete against one of the preliminary winners. The remaining team automatically moves on to the Final Round.

6. Long Rope Jump

- Teams of 8: 2 turning the rope, 6 jumping
- 1-minute time limit; team with most jumps wins

7. “Together Through Thick and Thin” (Children's Sport)

- Age: 6–16
- Open to all cities; form teams of 4
- 2-person groups pass a ball back-to-back from start to end and vice versa
- Fastest total time wins

8. 100m Sprint (Final)

- Top 6 men and women from preliminary round
- Final rankings: top 3 awarded

9. Tug-of-War Final

- Winners from the semi-finals compete for the championship title.

Organizers:



塞浦路斯大学孔子学院
The Confucius Institute
at the University of Cyprus



Collaborator-Supporter:



Εφορεία
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Λευκωσίας