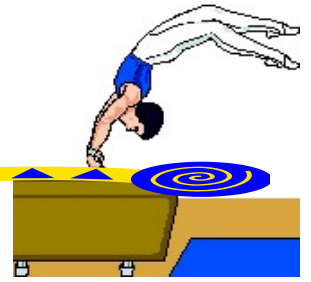


# 2020年度體育先鋒

## 學界體操預備賽

~~~~ Fun, Challenge & Reward ~~~~



比賽目的：  
1.提高學習興趣及挑戰自我為目標，享受比賽帶來的樂趣  
2.為迎接來年之體操比賽作熱身賽及技術提升

比賽日期：23-2-2020 (星期日)

比賽時間：下午08:00-18:00(暫定)

比賽地點：香港澳洲國際學校四樓體育館 [地址:九龍塘羅福道 3A 號]

比賽組別：

|    |                         |
|----|-------------------------|
| 小學 | 男 / 女子丙組— 出生於 2010 年或以後 |
|    | 男 / 女子乙組— 出生於 2009 年或以後 |
|    | 男 / 女子甲組— 出生於 2007 年或以後 |
| 中學 | 男 / 女子丙組— 出生於 2006 年或以後 |
|    | 男 / 女子乙組— 出生於 2004 年或以後 |
|    | 男 / 女子甲組— 出生於 2001 年或以後 |

Excellent,  
Respect,  
Friendship

獎項：  
個人全能六名；個人單項八名  
丙組只設個人單項獎項；比賽組別人數少於三人只設個人全能獎項

服裝：參賽者需穿著體操制服或技巧鞋

報名截止日期：30-11-2019

報名費：每項港幣\$110元正(一經報名，費用恕不退回)

查詢：請致電: 2757-4324, 傳真: 2549-6041 或 電郵: [enquiry@sportsceneltd.com](mailto:enquiry@sportsceneltd.com)

報名方法：1) 請連同報名表及支票，寄回香港天后琉璃街 7號柏景中心27樓。支票抬頭請書寫  
“SPORTSCENE Ltd” 並於支票背面寫上學員姓名、訓練地點及訓練時間

2) 將報名費存入匯豐銀行 028-416-253-838，報名表連收據一併電郵到本公司

備註：  
—本賽事不設上訴

—本機構有權酌情修改章程

—基於安全及保安理由,參賽者及觀眾須遵守大會、比賽場內及外之規則

—動作難度表可於體育先鋒網頁下載 [www.sportscene.com.hk](http://www.sportscene.com.hk)

—若因特殊情形,大會有權通知各參賽者改期作賽或另作編排,因在比賽中發生特殊情況,賽事繼續舉行與否,得由賽會全權決定，各參賽者不得異議

—比賽詳情將於1月16日後公佈。

女子組比賽項目如下:

| 項目     | 自由體操                | 跳箱/跳檯                | 高低槓             | 平衡木   |
|--------|---------------------|----------------------|-----------------|-------|
| 小學女子丙組 | 14m(長) X<br>1.5m(闊) | 三格直箱 60cm(一跳)        | /               | /     |
| 小學女子乙組 |                     | 四格橫箱 80cm(一跳)        | /               | 30cm  |
| 小學女子甲組 |                     | 五格橫箱 1m/1.15m 跳檯(兩跳) | 低槓 1.5m         | 1m    |
| 中學女子丙組 |                     | 五格橫箱 1m(一跳)          | /               | /     |
| 中學女子乙組 |                     | 五格橫箱 1m/1.2m 跳檯(兩跳)  | /               | 1m    |
| 中學女子甲組 |                     | 五格橫箱 1m/1.25m 跳檯(兩跳) | 高槓 2.5m,低槓 1.7m | 1.25m |

男子組:

| 項目     | 自由體操                | 跳箱/跳檯            | 單槓          | 雙槓   |
|--------|---------------------|------------------|-------------|------|
| 小學男子丙組 | 15m(長) X<br>1.5m(闊) | 80cm 高墊(一跳)      | /           | /    |
| 小學男子乙組 |                     | 跳箱,跳墊 40cm 各(一跳) | 1.8m        | 1.5m |
| 小學男子甲組 |                     | 跳箱,跳墊 40cm 各(一跳) | 1.8m        | 1.8m |
| 中學男子丙組 |                     | 80cm 高墊(一跳)      | /           | /    |
| 中學男子乙組 |                     | 跳箱,跳墊 40cm 各(一跳) | 2.0m/ 2.04m | 1.6m |
| 中學男子甲組 |                     | 跳箱,跳墊 40cm 各(一跳) | 2.0m/ 2.04m | 1.8m |

服飾:

學員可瀏覽 Milano 網址: [www.milano-pro-sport.com](http://www.milano-pro-sport.com) 挑選款式。每套體操制服價格取決於當時匯率浮動、款式、運費及總訂購數目(實際價錢稍後會作個別通知)。

截止報名日期 : 30-11-2019

查詢電話: 27574324

傳真: 25496041

體育先鋒網頁: [www.sportscene.com.hk](http://www.sportscene.com.hk)



### 體育先鋒學界預備賽 2020

參賽者姓名: \_\_\_\_\_ (中文) \_\_\_\_\_ (英文-正楷)

訓練地點: \_\_\_\_\_ 訓練時間: \_\_\_\_\_ 出生日期: \_\_\_\_\_ 年 月 日 性別: \_\_\_\_\_

聯絡電話: \_\_\_\_\_ 聯絡人: \_\_\_\_\_ 電郵: \_\_\_\_\_

就讀學校: \_\_\_\_\_ 班別: \_\_\_\_\_

體操制服:

| 選擇次序 | 女:體操衣(型號) | 女:(頭飾/T-shirt/褲) | 男:體操衣(型號) | 男:褲(型號) |
|------|-----------|------------------|-----------|---------|
| (1)  |           |                  |           |         |
| (2)  |           |                  |           |         |

| 組別 | 男    | 小學      | 甲組  | 乙組      |
|----|------|---------|-----|---------|
|    | 女    | 中學      | 丙組  | 高低槓     |
| 項目 | 自由體操 | 跳箱 / 跳檯 | 平衡木 | 單槓 / 雙槓 |

(\*請 "O" 出以下適當組別)

負責教練: \_\_\_\_\_

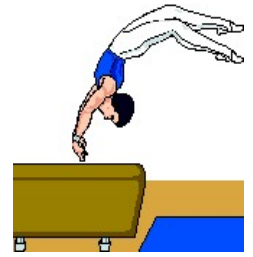
學員參加 \_\_\_\_\_ 項項目 X (HK\$110) = 合共港幣 \_\_\_\_\_

本人聲明敝子弟 \_\_\_\_\_ 的健康及體能良好,適宜參加上述運動,如果申請人因她或他的疏忽或健康體能欠佳,而引致於參加這項運動時傷亡,體育先鋒或其職員將無需負責。

家長簽署: \_\_\_\_\_ 參觀人數: \_\_\_\_\_ 日期: \_\_\_\_\_



## Sportscene Inter-School Gymnastics Competition 2020



~~~~ Fun, Challenge & Reward ~~~~

- Aim of Competition:** 1. To improve the quality of work and encourage gymnasts to set their own target, gain the happiness through the competition  
2. To be skillful at and well prepare for the Gymnastics Competition of year 2020.
- Date:** February 23 2020 (Sunday).
- Time :** 08:00 to 18:00(provisional)
- Venue :** 4/F Gymnasium, Australian International School, 3A Norfolk Road, Kowloon Tong



**Group :**

|                  |   |
|------------------|---|
| Primary School   | Boy / Girl Grade C-Born on or after 1 <sup>st</sup> Jan 2010  |
|                  | Boy / Girl Grade B-Born on or after 1 <sup>st</sup> Jan 2009  |
| School           | Boy / Girl Grade A-Born on or after 1 <sup>st</sup> Jan 2007  |
| Secondary School | Men / Women Grade C-Born on or after 1 <sup>st</sup> Jan 2006 |
|                  | Men / Women Grade B-Born on or after 1 <sup>st</sup> Jan 2004 |
| School           | Men / Women Grade A-Born on or after 1 <sup>st</sup> Jan 2001 |

- Awards :** 6 awards in Individual All-Around Champion; 8 awards in Individual Single Event  
\*Only Individual Single Event Award is given to Grade C.  
\*Only Individual All Around Champion for the group(s) less or equal to 3 gymnasts
- Uniform:** Gymnasts are recommended to wear Gymnastics uniform or T-shirt & tight pants.
- Deadline:** Nov 30 2019
- Registration Fee:** HK\$110.00 per event (Non-refundable in any case)
- Enquires:** Please call 2757 4324, Fax: 2549 6041 or Email: [enquiry@sportsceneltd.com](mailto:enquiry@sportsceneltd.com)
- Application Method:** (1) Please fill in the registration form below together with cheque (cheque payable to **SPORTSCENE LTD**) with the name and the center of your child written on the back and send it to 27/F, Parkview Center, 7 Lau Li Street, Causeway Bay, Hong Kong.  
(2) Transfer to HSBC **028-416-253-838** and return the receipt along with the form
- Remarks:**  
—No objection about the competition result  
—The competition has the right to make any adjustment in the schedule  
—All gymnasts and audiences must follow the competition rules  
—Routines code can be download from Sportscene Website [www.sportscene.com.hk](http://www.sportscene.com.hk)  
—In case of any incidence, the competition has the right to re-arrange or reschedule.  
—Competition details will be announced after **January 16 2020.**

**Girls' / Women's Group:**

| Group / Events         | Floor Ex.           | Vault/Vaulting Table                          | Uneven Bar                     | Beam  |
|------------------------|---------------------|---|--------------------------------|-------|
| Primary Girl Grade C   | 14m(L) X<br>1.5m(W) | 3 Layers Vertical 60cm (1 jump)               | /                              | /     |
| Primary Girl Grade B   |                     | 4 Layers Horizontal 80cm (1 jump)             | /                              | 30cm  |
| Primary Girl Grade A   |                     | 5 Layers Box / Vaulting Table 1.15m (2 jumps) | Low Bar 1.5m                   | 1m    |
| Secondary Girl Grade C |                     | 5 Layers box (1 jump)                         | /                              | /     |
| Secondary Girl Grade B |                     | 5 Layers Box / Vaulting Table 1.2m (2 jumps)  | /                              | 1m    |
| Secondary Girl Grade A |                     | 5 Layers Box / Vaulting Table 1.25m (2 jumps) | High Bar 2.5m,<br>Low Bar 1.7m | 1.25m |

**Boys' / Men's Group:**

| Group / Events        | Floor Ex.           | Vault/Vaulting Table                                | Horizontal Bar | Parallel Bar |
|-----------------------|---------------------|---|----------------|--------------|
| Primary Boy Grade C   | 15m(L) X<br>1.5m(W) | 80 cm High Mats (1 Jump)                            | /              | /            |
| Primary Boy Grade B   |                     | Vaulting Table and 40cm High Mats (1 jump for each) | 1.8m           | 1.5m         |
| Primary Boy Grade A   |                     | Vaulting Table and 40cm High Mats (1 jump for each) | 1.8m           | 1.8m         |
| Secondary Boy Grade C |                     | 80 cm High Mats (1 Jump)                            | /              | /            |
| Secondary Boy Grade B |                     | Vaulting Table and 40cm High Mats (1 jump for each) | 2.0m-2.04m     | 1.6m         |
| Secondary Boy Grade A |                     | Vaulting Table and 40cm High Mats (1 jump for each) | 2.0m-2.04m     | 1.8m         |

**Costume:** Gymnasts can visit the Milano website at: [www.milano-pro-sport.com](http://www.milano-pro-sport.com) for models. The price will depend on the currency rate, model, transportation fee and number of order and will be informed individually.

Deadline: 30-11-2019

Tel. No. ☎ : 27574324 Fax No.: 25496041

Sportscene Limited Website: [www.sportscene.com.hk](http://www.sportscene.com.hk)



**Sportscene Inter-School Gymnastics Competition 2020**

**REGISTRATION FORM**

Name of Gymnast: \_\_\_\_\_ (Eng) \_\_\_\_\_ (Chi)

Training Center: \_\_\_\_\_ Time: \_\_\_\_\_ Date of birth (D/M/Y): \_\_\_\_\_ Gender: \_\_\_\_\_

Contact No: \_\_\_\_\_ Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

Name of School: \_\_\_\_\_ Grade: \_\_\_\_\_

Costume:

| Choice | Girl: Leotard | Girl: Others | Boy: Leotard | Boy: Pants |
|--------|---------------|--------------|--------------|------------|
| (1)    |               |              |              |            |
| (2)    |               |              |              |            |

|        |       |                 |         |                |
|--------|-------|-----------------|---------|----------------|
| Group  | Men   | Primary         | Grade A | Grade B        |
|        | Women | Secondary       | Grade C | Uneven Bar     |
| Events | Floor | Box/Vault Table | Beam    | Bar(Par./Hor.) |

(Please "circle" the suitable items)

Coach in-charge: \_\_\_\_\_

Gymnast will join \_\_\_\_\_ event(s) X HK\$110@ = Total HK\$ \_\_\_\_\_

I agree that my child is in health to attend the above activities. I will not hold SPORTSCENE Ltd. responsible for any injury to my child or damages or loss to property as a result of participation in this event.

Parent's Signature: \_\_\_\_\_ No of visitors: \_\_\_\_\_ Date: \_\_\_\_\_

Sample