

2024年度體育先鋒

學界體操資格賽

~~~~ 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：

28-1-2024 (星期日)

比賽時間：(暫定)

08:00-18:00

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/女子甲組 | 參賽學生必須在 2011 年 1 月 1 日或以後出生者。 |
|    | 男/女子乙組 | 參賽學生必須在 2013 年 1 月 1 日或以後出生者。 |
|    | 男/女子丙組 | 參賽學生必須在 2014 年 1 月 1 日或以後出生者。 |
| 中學 | 男/女子甲組 | 參賽學生必須在 2005 年 1 月 1 日或以後出生者。 |
|    | 男/女子乙組 | 參賽學生必須在 2008 年 1 月 1 日或以後出生者。 |
|    | 男/女子丙組 | 參賽學生必須在 2010 年 1 月 1 日或以後出生者。 |

Excellent,  
Respect,  
Friendship

比賽動作：

(學界動作)自由體操、跳箱/跳板及(特定/自選動作)彈床

\*是次資格賽甲乙組不設平衡木及槓

獎項：

各組只設個人單項獎項八名；如組別人數少於三人只設個人全能獎項(N-1)

服裝：

參賽者需穿著體操制服或技巧鞋

報名截止日期：

30-11-2023

報名費：

每項港幣\$130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: [sportsceneltd@sportsceneltd.com](mailto:sportsceneltd@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；或
- 2) 存入匯豐銀行/Payme至 (004)028-416253-838 或 轉數快64113706 並把入數紙傳真/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12月22日後公佈。

查詢電話: 27574324

傳真: 25496041

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

女子組器械規格下:

| 項目     | 自由體操             | 跳墊 / 跳箱              | 彈床          |
|--------|------------------|----------------------|-------------|
| 小學女子丙組 | 14m(長) X 1.5m(闊) | 三格直箱 60cm(一跳)        | 分腿跳 / 手倒立敞墊 |
| 小學女子乙組 |                  | 四格橫箱 80cm(一跳)        | 分腿跳 / 前空翻   |
| 小學女子甲組 |                  | 五格橫箱 1m/1.15m 跳檯(兩跳) | 一字碼跳 / 前空翻  |
| 中學女子丙組 |                  | 五格橫箱 1m(一跳)          | 手倒立敞墊和前空翻   |
| 中學女子乙組 |                  | 五格橫箱 1m/1.2m 跳檯(兩跳)  | 分腿跳 / 前空翻   |
| 中學女子甲組 |                  | 五格橫箱 1m/1.25m 跳檯(兩跳) | 前空翻 及 側空翻   |

男子組器械規格下:

| 項目     | 自由體操             | 跳墊 / 跳箱              | 彈床          |
|--------|------------------|----------------------|-------------|
| 小學男子丙組 | 15m(長) X 1.5m(闊) | 60cm 高墊(一跳)          | 分腿跳 / 手倒立敞墊 |
| 小學男子乙組 |                  | 橫箱 1m, 跳墊 30cm 各(一跳) | 分腿跳 / 前空翻   |
| 小學男子甲組 |                  | 橫箱 1m, 跳墊 30cm 各(一跳) | 一字碼跳 / 前空翻  |
| 中學男子丙組 |                  | 90cm 高墊(一跳)          | 手倒立敞墊和前空翻   |
| 中學男子乙組 |                  | 跳檯, 跳墊 30cm 各(一跳)    | 分腿跳 / 前空翻   |
| 中學男子甲組 |                  | 跳檯, 跳墊 30cm 各(一跳)    | 前空翻 及 側空翻   |

**2024年度體育先鋒學界體操資格賽 — 報名表**

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:**

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)。

Deadline: 30-11-2023



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

**比賽組別及項目:** (\*請"○"出以下適當組別)

| 組別 | 男    | 小學 | 甲組      | 乙組 | 丙組 |
|----|------|----|---------|----|----|
|    | 女    | 中學 |         |    |    |
| 項目 | 自由體操 |    | 跳墊 / 跳箱 |    | 彈床 |

負責教練: \_\_\_\_\_

學員參加 \_\_\_\_\_ 項比賽項目 X (HK\$130) = 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: \_\_\_\_\_

請把報名表: 於課堂交給教練 / 電郵至: [sportsceneltd@sportsceneltd.com](mailto:sportsceneltd@sportsceneltd.com) / 傳真至: 25496041

# Sportscene Inter-school

## Gymnastics Qualifying Competition 2024

~~~~ 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.

Date: Jan 28 2024 (Public Holiday).

Time : 08:00-18:00 (provisional)

Venue : 4/F Gymnasium, Australian International School, 3A Norfolk Road, Kowloon Tong

Group:

| | | |
|-----------|------------------|--|
| Primary | Boy/Girl A Grade | must be born on or after 1 January 2011. |
| | Boy/Girl B Grade | must be born on or after 1 January 2013. |
| | Boy/Girl C Grade | must be born on or after 1 January 2014. |
| Secondary | Boy/Girl A Grade | must be born on or after 1 January 2005. |
| | Boy/Girl B Grade | must be born on or after 1 January 2008. |
| | Boy/Girl C Grade | must be born on or after 1 January 2010. |

Excellent,
Respect,
Friendship

Routines: (Inter-school moves) Floor Exercise & Vault (Selected moves) Trampoline

*No Balance Beam and Bar competition in Grade B and C

Awards: 8 awards in Individual Single Event

*Only Individual All Around Champion(N-1) for the group(s) less or equal to 3 gymnasts

Uniform: Gymnasts are recommended to wear Gymnastics uniform and gym shoes.

Deadline: Nov 30 2023

Registration Fee: HK\$130.00 per event (Non-refundable in any case)

Enquires: Please call 2757 4324, Fax: 2549 6041 or Email: sportsceneltd@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 by e-banking/Payme/FPS 64113706

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

—In case of any incidence, the competition has the right to re-arrange or reschedule.

—Competition details will be announced after **December 22 2023**.

Girls' Competition Apparatus:

| Group / Events | | Floor Ex. | Vault | Trampoline |
|----------------|---------|---------------------|-------------------------------------|---|
| Primary | Grade C | 14m(L) X
1.5m(W) | 3 Layers Vertical 60cm | Straddle jump /
Handstand lying on mat |
| | Grade B | | 4 Layers Horizontal 80cm | Straddle jump / Font somersault |
| | Grade A | | 5 Layers Box / Vaulting Table 1.15m | Split jump / Font somersault |
| Secondary | Grade C | | 5 Layers box | Handstand lying on mat &
Font somersault |
| | Grade B | | 5 Layers Box / Vaulting Table 1.2m | Straddle jump / Font somersault |
| | Grade A | | 5 Layers Box / Vaulting Table 1.25m | Font somersault & Aerial |

Boys' Competition Apparatus:

| Group / Events | | Floor Ex. | Vault | Trampoline |
|----------------|---------|---------------------|--------------------------------------|---|
| Primary | Grade C | 15m(L) X
1.5m(W) | 60 cm High Mats | Straddle jump /
Handstand lying on mat |
| | Grade B | | Vaulting Table 1m and 30cm High Mats | Straddle jump / Font somersault |
| | Grade A | | Vaulting Table 1m and 30cm High Mats | Split jump / Font somersault |
| Secondary | Grade C | | 90 cm High Mats | Handstand lying on mat &
Font somersault |
| | Grade B | | Vaulting Table and 30cm High Mats | Straddle jump / Font somersault |
| | Grade A | | Vaulting Table and 30cm High Mats | Font somersault & Aerial |

Sportscene Inter-school Gymnastics Qualifying Competition 2024

REGISTRATION FORM

Deadline: 30-11-2023

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: Gymnasts can visit the Milano (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.)

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



Competition Group: (Please "circle" the suitable items)

| Group | Boy | Primary | Grade A | Grade B | Grade C |
|--------|-------|-----------|----------------|---------|------------|
| | Girl | Secondary | | | |
| Events | Floor | | Vault(Box/Mat) | | Trampoline |

Coach in-charge: _____

Gymnast will join _____ event(s) X HK\$130@ = 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: _____

Please submit this form by: Hand in to the coach during class/Email to: sportsceneltd@sportsceneltd.com /

Fax to: 25496041