

主辦機構  
Organized  
By:



中國香港游泳總會  
Hong Kong China  
Swimming  
Association

資助機構  
Subvented  
By:



二零二六年香港韻律泳分齡比賽  
(由中國香港游泳總會舉辦 及 康樂及文化事務署資助)  
**HONG KONG ARTISTIC SWIMMING AGE GROUP COMPETITION 2026**  
(Organized by HKGSA & Subvented by LCSD)

比賽地點  
Venue: 九龍公園游泳池 – 跳水池  
Kowloon Park Swimming Pool - Diving Pool

日期  
Date: 2026年3月1日(星期日)  
1<sup>st</sup> March 2026 (Sunday)

時間  
Time: 上午十時至下午八時  
1000 – 2000 hour

報名費用  
Entry Fee: 每位參加者 \$160  
\$160 per head

截止報名日期  
Application Deadline: **2026年2月10日(星期二)**  
**10<sup>th</sup> February 2026 (Tuesday)**

報名資格  
Entry Requirement: 參加者須為中國香港游泳總會 2025 至 26 年度之韻律泳註冊運動員  
(註冊費用為 \$100)  
HKGSA Registered Artistic Swimmer for the year 2025-26  
(Registration Fees \$100)

比賽項目  
Events: 規定動作、集體技術自選必做動作 及 節奏游  
Figure, Team Technical Routine Elements and Sequence Swim

	規定動作 Figure	節奏游 Sequence Swim	集體技術自選必做動作 Team Technical Routine Elements
年齡組: Age Group:	10 歲或以下組 Age 10 or under	6 至 8 歲組 Age 6 - 8	青少年組:15 歲至 18 歲 Junior: Age 15 – 18
		9 至 10 歲組 Age 9 – 10	
	11 至 12 歲組 Age 11 – 12	11 至 12 歲組 Age 11 – 12	公開組 Open
	13 至 15 歲組 Age 13 – 15	13 歲或以上組 Age 13 or above	

**備註 Remarks:**

- 1) 年齡以 2026 年 12 月 31 日計算。  
Age calculated as at 31<sup>st</sup> December 2026.
- 2) 按照世界泳聯 2022-2025 規例，15 歲運動員可自由選擇參與 13-15 歲組規定動作或青少年組集體技術自選必做動作。  
According to World Aquatics Rules 2022-2025, swimmer who aged 15 can enroll either Age Group 13-15 Figure or Junior Group Team Technical Routine Elements.
- 3) 以上項目均為男女混合組別。  
The above events are in mixed group.

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## Sequence Swim 節奏游

內容/ Content:

- 1) 從前屈體姿勢開始，單腿抬起至鶴立姿勢，然後收腿成垂直下沉姿勢 (Form a Front Pike Position the leg is lifted to Crane Position, the horizontal leg is lifted to a Vertical Descent)
- 2) 定位仰浮，不少於 5 秒 (Back Layout, maintain not less than 5 seconds)
- 3) 交替仰浮屈膝 (Alternate Sailboats)
- 4) 水桶轉 180 度 (Tub Turning 180°)
- 5) 腳向魚雷，移動不少於兩個身位 (Propeller, travel for at least 2 body length)
- 6) 結形旋轉 180 度，接單芭蕾舞腿 (Pretzel Turning 180°, Ballet Leg Single Position)
- 7) 單芭蕾舞腿接後筋斗 (Ballet Leg Single Position to Back Somersault)
- 8) 側向踩水，移動不少於 7 米 (Eggbeater Traveling Sideway, travel for at least 7m)
- 9) 踩水躍起 (Eggbeater Boost)

備註 Remarks:

- 項目 1-9 須依次序完成，直前行  $\geq 15$  公尺 Elements 1-9 are to be performed in the order listed, traveling in Straight line  $\geq 15$ m
- \* 無需音樂伴奏/ No music accompany

規則

Rules:

節奏游

Sequence Swim:

獎項

Prizes:

備註

Remark:

報名

Application:

比賽賽程

Programme

比賽採用世界泳聯及中國香港游泳總會之規則。

World Aquatics rules and HKGSA rules will apply.

只適用於從未參加過雙人或集體自由自選項目之運動員，包括本地及海外賽事。

**Only for those who have not participated in the free duet or free team events including local or overseas competition.**

每項比賽之前四名將獲發獎牌，前八名將獲發證書。

Medals will be presented to the first fourth places and certificates will be presented to the first eighth places of each event.

若比賽組別少於三人參加，該組別比賽將會被取消。

Events will be cancelled if less than 3 swimmers participate.

比賽結果以裁判長之決定為準。

Referee's decisions are final.

填妥報名表格後連同報名費用(只接受支票#)郵寄及電郵至中國香港游泳總會辦事處

電郵地址: [yandyng@hkgswimming.org.hk](mailto:yandyng@hkgswimming.org.hk)

地址:九龍官塘海濱道 133 號萬兆豐中心 9 樓 L 室

# 請用劃線支票繳交報名費用(支票抬頭請書寫"HKGSA")

\*\*截止後的報名將不獲受理。

Return the completed entry form with entry fee (cheque ONLY#) to HKGSA office by post and email.

Email address: [yandyng@hkgswimming.org.hk](mailto:yandyng@hkgswimming.org.hk)

Address: Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong

# Crossed cheque payable to "HKGSA".

\*\*Late application will not be accepted.

比賽賽程將於 2026 年 2 月 23 日或之前於泳總網站公佈

Competition programme will be post on HKGSA website on or before 23<sup>rd</sup> February 2026.

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二零二六年香港韻律泳分齡比賽  
(由中國香港游泳總會舉辦及康樂文化事務署資助)  
**HONG KONG ARTISTIC SWIMMING AGE GROUP COMPETITION 2026**  
報名表格  
**Entry Form**

**Entry Closing Date: 10<sup>th</sup> February 2026 (Tuesday)**

備註：你所提供的個人資料只供本比賽報名之用。如欲更改或查詢你申報的個人資料，請向本會作出書面申請。

*Note: Collection of Personal Data (Privacy) will be used for Registration only. For correction of or access to personal data after submission of this form should be made in writing to the HKGSA office.*

姓名/ Name (Eng): \_\_\_\_\_ (中文): \_\_\_\_\_

出生日期: (月份-年份)/ Date of Birth (MM-YYYY): \_\_\_\_\_ - \_\_\_\_\_ 性別/Sex: \_\_\_\_\_

年齡/Age\*: \_\_\_\_\_ \*以 2026 年 12 月 31 日計算/ Age calculated as at 31<sup>st</sup> December 2026

聯絡電話/Contact Number: \_\_\_\_\_ 電郵/Email: \_\_\_\_\_

請於有關參加項目欄填“✓”:

Please put a tick in appropriate box:

	規定動作 Figure	節奏游* Sequence Swim*	集體技術自選必做動作 Team Technical Routine Elements
年齡組: Age Group:	10 歲或以下組 Age 10 and under	6 至 8 歲組 Age 6 - 8	青少年組:15 歲至 18 歲 Junior: Age 15 - 18
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13 至 15 歲組 Age 13 - 15	13 歲或以上組 Age 13 or above		

**\*聲明 (只適用於節奏游項目)/ Declaration (Only apply for Sequence Swim event):**

本人未曾參與任何雙人或集體自由自選項目，包括本地及海外賽事。

I declare that I have not participated in the free duet or free team events including local or overseas competition.

**責任聲明/ Declaration:**

我聲明：我 \_\_\_\_\_ (參加者姓名) 的健康及體能良好，適宜參加此活動。如果我因本人的疏忽或健康或體能欠佳，而引致於參加這項活動時傷亡，中國香港游泳總會則無須負責。

I declare that: \_\_\_\_\_ (Swimmer's name) is physically fit without any physical defect, and suitable to participate in the above activity. Organizer shall not be liable for any injury or illness that may suffer in this activity.

簽署 Signature

簽署人姓名 Name of Signature

日期 Date

(18 歲以下之參加者須由家長簽署/Signed by Parent if Age under 18)

**For HKGSA office use only**

Date: \_\_\_\_\_ Received by: \_\_\_\_\_ cheque no.: \_\_\_\_\_