

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:



二零二四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)
ARTISTIC SWIMMING AGE GROUP COMPETITION 2024
(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: 2024 年 3 月 17 日 (星期日)
17th March 2024 (Sunday)

時間
Time: 上午十時至下午八時
1000 – 2000 hour

報名費用
Entry Closing Date: 每位參加者 \$150
\$150.00 per head

截止報名日期
Application: **2024 年 3 月 1 日 (星期五)**
1st March 2024 (Friday)

報名資格
Entry Requirement: 參加者須為中國香港游泳總會 2023 至 24 年度之韻律泳註冊運動員
(註冊費用為 \$100)
HKGSA Registered Artistic Swimmer for the year 2023-24
(Registration Fees \$100)

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

男女混合組別:
Mixed Group:

規定動作 Figure	節奏游 Sequence Swim	集體技術自選 Team Technical Routine
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
11 至 12 歲組 Age 11 – 12	9 至 10 歲組 Age 9 – 10	
13 至 15 歲組 Age 13 – 15	11 至 12 歲組 Age 11 – 12	公開組 OPEN
	13 歲或以上組 Age 13 or above	

*年齡以 2024 年 12 月 31 日計算。

*Age calculated as at 31st December 2024.

*按照世界泳聯 2022-2025 規例，在規定動作項目，15 歲運動員可自由選擇參與 13-15 歲組或青少年組。

*According to World Aquatics Rules 2022-2025, swimmer who aged 15 can enroll either Age Group 13-15 or Junior Group for Figure event.

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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)

* 項目 1-9 須依次序完成，直前行 ≥ 15 公尺

Elements 1-9 are to be performed in the order listed, traveling in Straight line ≥ 15 m

* 無需音樂伴奏/ No music accompany

規則

Rules:

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.

節奏游

Sequence Swim:

只適用於從未參加過雙人或集體自由自選項目之運動員。

Only for those who have not participated in the free duet or free team events.

獎項

Prizes:

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.

備註

Remark:

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.

報名

Application:

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 (地址:九龍官塘海濱道 133 號萬兆豐中心 9 樓 L 室)

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

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

請用劃線支票繳交報名費用(支票抬頭請書寫“HKGSA”)

Crossed cheque payable to “HKGSA”.

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(由中國香港游泳總會舉辦及康樂文化事務署資助)
ARTISTIC SWIMMING AGE GROUP COMPETITION 2024
報名表格
Entry Form

Entry Closing Date: 1st March 2024 (Friday)

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 2024 年 12 月 31 日計算/ Age calculated as at 31st December 2024

住址/Address: _____

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 Team Technical Routine	
	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
11 至 12 歲組 Age 11 - 12			9 至 10 歲組 Age 9 - 10			
13 至 15 歲組 Age 13 - 15			11 至 12 歲組 Age 11 - 12		公開組 OPEN	
				13 歲或以上組 Age 13 or above		

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: _____ Amount: HKD _____ cheque no.: _____