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

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二零二五年香港韻律泳比賽 HONG KONG ARTISTIC SWIMMING ROUTINE COMPETITION 2025

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

日期: 2025年7月13日(星期日)
Date: 13th July 2025 (Sunday)

時間: 早上九時三十分至下午八時
Time: 0930 - 2000 hours

比賽項目: 節奏游、規定動作及自由自選(單人、雙人)
Events: Sequence Swim, Figure & Free Routine (Solo, Duet)

報名費用: Entry Fee:	規定動作 Figure	節奏游 Sequence Swim	單人自由自選 Free Solo	雙人自由自選 Free Duet
	每人 \$150 \$150 per competitor	每人 \$150 \$150 per competitor	每人 \$200 \$200 per competitor	每人每項 \$200 \$200 per event per competitor

截止報名日期: 2025年6月13日(星期五)
Entry Closing Date: 13th June 2025 (Friday)

報名資格: 參加者須為中國香港游泳總會 2025-26 年度之韻律泳註冊運動員
Entry Requirement: Registered Artistic Swimmer under HKGSA of the year 2025-26

規定動作: 只適用於是次比賽沒有參加自由自選項目之運動員參加
Figure Event: Applicable only to athletes who have not participated in the Free Solo or Free Duet in this event

節奏游: 只適用於從未參加過自由自選項目之運動員
Sequence Swim: Applicable only to athletes who have never participated in the free routine events only

節奏游內容:

- 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

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自由自選年齡組別及時限:

Free Routine Age Group and Time limit:

組別 Group	年齡組* Age Group*	單人自由自選# Free Solo#	雙人自由自選# Free Duet#
A	10 歲或以下組 Age 10 and under	2'00" ± 5s	2'30" ± 5s
B	11 至 12 歲組 Age 11 – 12	2'00" ± 5s	2'30" ± 5s
C	少年組 (13 至 15 歲) Youth (Age 13 – 15)	2'00" ± 5s	2'30" ± 5s
D	青年組 (15 至 19 歲) Junior (Age 15 -19)	2'15" ± 5s	2'45" ± 5s
E	公開組 Open	2'15" ± 5s	2'45" ± 5s

*年齡以 2025 年 12 月 31 日計算。

*Age calculated as at 31st December 2025.

規則: Rules:	<ul style="list-style-type: none">- 比賽採用世界泳聯 2022-2025 及中國香港游泳總會之規則。- World Aquatics rules 2022-2025 and HKGSA rules will be applied.
教練卡: Coach Card:	<ul style="list-style-type: none">- 教練必須於 2025 年 6 月 27 日 (星期五) 或之前電郵教練卡至 evangelinechan@hkgswimming.org.hk; 教練卡一經提交即不可修改。如逾期提交者, 中國香港韻律泳委員會 (韻律泳委員會) 有權取消該運動員比賽之參賽資格, 恕不另行通知。- Coaches must submit the coach cards by email to evangelinechan@hkgswimming.org.hk on or before 27th June 2025 (Friday); NO modifications will be accepted after submission. Late submissions may result in the disqualification of relevant athletes by Hong Kong China Artistic Swimming Committee (Artistic Swimming Committee) with further notice.
音樂: Music:	<ul style="list-style-type: none">- 各自由自選項目 (單人, 雙人) 參加者須自行繳交音樂, 於 2025 年 6 月 27 日 (星期五) 或之前以 mp3 檔電郵至 evangelinechan@hkgswimming.org.hk。 <p>音樂存檔名稱: 年齡組別_項目_參加者名稱</p> <ul style="list-style-type: none">- Each Free Routine (Solo, Duet) competitor is required to submit the music in mp3 format to evangelinechan@hkgswimming.org.hk on or before 27th June 2025 (Friday). <p>Music Title Format: Age Group_Event_Competitor's Name</p>
獎項: Prizes:	<ul style="list-style-type: none">- 每項比賽前四名將獲頒發獎牌, 前八名則獲發證書。- Medals will be awarded to the top fourth competitors and certificates will be presented to the top eight in each event.

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備註: Remark:	<ul style="list-style-type: none">- 各年齡組別自由自選（單人、雙人）項目中排名前四的運動員將被獲資格參加「Panasonic 二零二五年泛亞韻律泳錦標賽暨第二十一屆香港韻律泳公開賽」的單人及雙人自由自選項目；如參加者少於 4 名，則不受此限制。- 組別 A 及組別 B（即 10 歲或以下組及 11 至 12 歲組）將合併計算，總排名前四的運動員將會獲得參賽資格（最終遴選結果以韻律泳委員會決定為準）。- 如某比賽組別參賽者少於二人或二隊，該組別比賽將會被取消。- 所有比賽結果均以裁判長之決定為準。- The top four ranked swimmers in each age group's Free Routine (Solo and Duet) events will be qualified to participate in the Free Routine (Solo and Duet) Events at the "Panasonic Pan Asia Artistic Swimming Championships cum 21st Hong Kong Artistic Swimming Open Competition 2025". If there are fewer than four participants, this restriction will not apply.- Group A & Group B (Ages 10 and under & Ages 11-12) rankings will be combined in a group and the top four ranked swimmers will be qualified to participate in the event. (Please note that the Artistic Swimming Committee is at the sole and absolute discretion to the final selection.)- All events will be cancelled if there are fewer than 2 swimmers or 2 teams participating.- All competition results are subjects to the referee's final decisions.
報名: Application:	<ul style="list-style-type: none">- 填妥報名表格後連同報名費用（只接受支票#）郵寄到中國香港游泳總會辦事處- Return the completed entry form with entry fee (Cheque ONLY#) to HKGSA office by post- #請用劃線支票繳交報名費用（支票抬頭請寫"HKGSA"）- #Crossed cheque payable to "HKGSA"
查詢: Enquiry:	地址：香港觀塘海濱道 133 號萬兆豐中心 9 樓 L 室 Address: Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong, Hong Kong 電話 Tel.: (852) 2572 8594 傳真 Fax.: (852) 2591 0792 網址 Web-site: www.hkgswwimming.org.hk
辦公時間: Office Hour:	Monday – Friday 星期一至星期五 10:00 a.m. – 12:00 noon; 1:00 p.m. – 5:00 p.m. 上午十時至中午十二時及下午一時至五時 Closed on Saturday, Sunday and Public Holiday 星期六、日及公眾假期休息

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節奏游報名表格

Sequence Swim Entry Form

Entry Closing Date: 13th June 2025 (Friday)

只適用於從未參加過自由自選項目之運動員。請選擇:

Applicable only to athletes who have never participated in the free routine events. Please select:

- 青苗/ Young Athlete 青訓/ Youth Development
 基本課程/ Basic Course 改良班/ Refinement Course

中文姓名: _____ English Name: _____

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

年齡/Age*: _____ 聯絡電話/Contact Number: _____

*以 2025 年 12 月 31 日計算/ Age calculated as at 31st December 2025

電郵/ Email: _____ 教練姓名/Coach Name: _____

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

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。

請於有關參加項目欄填“✓”:

Please mark “✓” in appropriate box:

年齡組 Age Group	節奏游 Sequence Swim
10 歲或以下組 Age 10 & under	
11 至 12 歲組 Age 11 – 12	
13 歲或以上組 Age 13 & above	

備註 Remark:

- 1) 每人\$150/ \$150 per competitor
- 2) 比賽結果以裁判長之決定為準/ Referee decisions are final

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: I _____ (Swimmer's name) am healthy, physically fit, and suitable to participate in this activity. The Hong Kong China Swimming Association shall not be liable for any injury or death which I may suffer in this activity, if the cause of injury or death is due to my own negligence or inadequacy in health and fitness.

簽署 Signature

姓名 Name

日期 Date

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

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規定動作報名表格 Figure Entry Form

Entry Closing Date: 13th June 2025 (Friday)

只適用於是次比賽沒有參加自由自選項目之運動員參加

Applicable only to athletes who have not participated in the Free Solo or Free Duet in this event

中文姓名: _____ English Name: _____

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

年齡/Age*: _____ 聯絡電話/Contact Number: _____

*以 2025 年 12 月 31 日計算/ Age calculated as at 31st December 2025

電郵/ Email: _____ 教練姓名/Coach Name: _____

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請於有關參加項目欄填“✓”:

Please mark “✓” in appropriate box:

年齡組 Age Group	規定動作 Figure
10 歲或以下組 Age 10 & under	
11 至 12 歲組 Age 11 – 12	
13 歲或以上組 Age 13 & above	

備註 Remark:

- 1) 每人\$150/ \$150 per competitor
- 2) 比賽結果以裁判長之決定為準/ Referee decisions are final

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簽署 Signature

姓名 Name

日期 Date

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自由自選報名表格 Free Routine Entry Form

Entry Closing Date: 13th June 2025 (Friday)

中文姓名: _____ English Name: _____

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

年齡/Age*: _____ 聯絡電話/Contact Number: _____

*以 2025 年 12 月 31 日計算/ Age calculated as at 31st December 2025

電郵/ Email: _____ 教練姓名/Coach Name: _____

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請於有關參加項目欄填“√”:

Please mark “√” in appropriate box:

組別 Group	年齡組 Age Group	單人自由自選 Free Solo	雙人自由自選 Free Duet	雙人自由自選 隊員姓名 Name of Partner (Free Duet)
A	10 歲或以下組 Age 10 and under			
B	11 至 12 歲組 Age 11 – 12			
C	少年組 (13 至 15 歲) Youth (Age 13 – 15)			
D	青年組 (15 至 19 歲) Junior (Age 15 -19)			
E	公開組 Open			

備註 Remark:

- 1) 單人自由自選每人\$200/ Free Solo \$200 per competitor
- 2) 雙人自由自選每人每項\$200/ Free Duet \$200 per event per competitor
- 3) 比賽結果以裁判長之決定為準/ Referee decisions are final

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。

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簽署 Signature

姓名 Name

日期 Date

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