

Organized by:



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

Subvented
by:



青少年韻律泳推廣計劃評核賽 2025 - 2026

Assessment of Youth Artistic Swimming Promotion Scheme 2025-2026

比賽日期: 2025 年 12 月 7 日 (星期日)

Date: 7th December 2025 (Sunday)

地點: 九龍公園游泳池 (跳水池)

Venue: Kowloon Park Swimming Pool (Diving Pool)

時間: 下午 1 時至下午 5 時

Time: 1300 – 1700 hour

截止報名日期: **2025 年 11 月 7 日 (星期五)**

Entry Closing Date: **7th November 2025 (Friday)**

報名費用: 費用全免

Entry Fee: Free of Charge

報名資格

Entry Requirement:

- 參加者須為 2024 – 2025 或 2025 – 2026 年度青少年韻律泳推廣計劃之學員
Applicants should be student of Youth Artistic Swimming Promotion Scheme 2024 – 2025 or 2025 – 2026
- 項目 1 – 6: 每名參加者只可參加不多於三個動作的評核，一星套花及二星套花除外
Event 1 – 6: Swimmers can participate not more than **THREE** events, except Star I & Star II Routine
- 節奏游項目只接受 2025 – 2026 年度青苗學員報名
Sequence Swim event is only open for athletes of Young Athlete 2024 – 2025

男女混合組別/ Mixed Groups:

年齡組別/ Age Group
6 及 7 歲組/ Age 6 and 7
8 及 9 歲組/ Age 8 and 9
10 及 11 歲組/ Age 10 and 11
公開組/ Open Group

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

(生於 2007 年 1 月 1 日至 2019 年 12 月 31 日之間)

比賽項目/ Events:

一星課程動作/ Star I Course figure	二星課程動作/ Star II Course figure
1. Head First Scull (仰浮頭向)	4. Propeller (魚雷腳向)
2. Foot First Scull (仰浮腳向)	5. Paddle Scull (俯浮倒推)
3. Back Flutter Kick (仰泳腿)	6. Side Eggbeater (側踩水)
Star I Routine (一星套花)	Star II Routine (二星套花)

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節奏游:

Sequence Swim:

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

獎項/ Prizes:

- 所有參賽者均獲發參賽證書。
Participating certificate will be awarded to all participants.
- 每項比賽之頭三名將獲發獎牌，每項比賽頭六名的參加者將獲發證書。
Medal will be presented to first third places swimmers of each event and certificates will be presented to the first sixth places swimmers of each event.
- 所有證書將即場派發，學員需在頒獎禮時親身領取，否則過後不獲補發。
All certificates should be collected during the prize presentation ceremony by the swimmer, untaken certificate will be destroyed with no replacement.

備註/ Remark:

- 所有比賽項目均不設決賽 – 以完成賽程之時間定排名。
All events will be carried out by Time Final – finishing time will be used for ranking.
- 曾於 2024 – 2025 年度評核賽取得獎項之參加者將不獲發獎牌。
Medal will not be presented to those who were awarded in the previous assessment (2024 – 2025).
- 若任何一項比賽項目少於二人參加，該項目的參加者將會自動進入公開組。
If there are less than 2 swimmers to participate in the competition, the swimmers will automatically enter the Open Group.
- 比賽結果以裁判長之決定為準。任何異議將交由上訴委員會 – 中國香港游泳總會韻律泳委員會作最後決定。
Final decision is subjected to the referee. Protest will be forwarded to appeal board, the Artistic Swimming Committee of the HKGSA for decision.

報名:

填妥報名表格後，以郵寄及電郵形式交回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)

Application:

Return the completed entry form to HKGSA office by post and email
(Address: Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong)