

# 全港中學校際體操比賽

## 1. 組別

設男子組及女子組：甲組、乙組、丙組。

## 2. 比賽項目

組別 / 項目	男子組				女子組			
	自由體操	跳馬	單槓	雙槓	自由體操	跳馬	平衡木	高低槓
甲組	✓	✓	✓	✓	✓	✓	✓	✓
乙組	✓	✓	✓	--	✓	✓	✓	--
丙組	✓	✓	--	--	✓	✓	--	--

2.1 甲組：包括團體、個人全能及單項

2.2 乙組：包括團體、個人全能及單項

2.3 丙組：包括團體及單項

## 3. 報名資格及人數

3.1 團體賽每校每組限報1隊，每隊最多報5人，最少報3人。

3.2 個人全能及單項賽每校每組報名總人數最多15人。(參加個人全能運動員必須完成所屬組別之所有項目)

## 4. 「教練證」申請方法

4.1 為加強及保障運動員在比賽期間之安全，所有中國香港體操總會主辦的賽事，在比賽場區協助運動員熱身及作賽的人士，必須成為體操總會之註冊教練或體育教師。

4.2 於比賽期間，教練證持有人必須配帶「教練證」才能進入場區保護及協助運動員作賽。

4.3 有關中國香港體操總會註冊教練事宜，請直接聯絡中國香港體操總會查詢。

## 5. 比賽服裝

5.1 運動員應穿著合適之比賽服裝，如不符規定者，將被扣分。

5.1.1 乙組及丙組可穿著體操服或學校運動服。

5.1.2 甲組必須穿著體操服(按國際體操比賽規則)。

5.2 參加團體賽運動員必須穿著劃一比賽服裝。

5.3 所有參賽運動員號碼由賽會編訂，並由賽會提供號碼布。參賽運動員必須佩戴號碼布方能出賽，號碼布可用針線 / 扣針縫合於比賽服裝背面，以能清楚顯示為準。

## 6. 比賽規則

6.1 除特別聲明外，比賽將依照「中國香港體操總會」所訂之規則及學體會所訂之「中學體育比賽通則」執行。

6.2 所有參賽學校必須遵守賽會所訂定的各項規則及編排。

6.3 所有裁判員將由中國香港體操總會派出及執法。本賽事不設上訴，所有有關技術性事宜的裁決，應以當日總裁判決為最後裁決。

6.4 所有評分準則將依照『2017-2020年國際體操聯盟-評分規則』執行。

6.5 有關比賽動作及評分準則資料，將由中國香港體操總會編定。詳情請瀏覽學體會及體操總會網頁。

# All Hong Kong Inter-Secondary Schools Gymnastics Competition

## 1. Category

Boys Group & Girls Group : A Grade, B Grade & C Grade.

## 2. Events

Group/ Event	Boys				Girls			
	Floor Exercise	Vaulting	Horizontal Bar	Parallel Bars	Floor Exercise	Vaulting	Balance Beam	Uneven Bars
A Grade	√	√	√	√	√	√	√	√
B Grade	√	√	√	--	√	√	√	--
C Grade	√	√	--	--	√	√	--	--

2.1 A Grade: Including Team Event, Individual All-around & Individual Event

2.2 B Grade: Including Team Event, Individual All-around & Individual Event

2.3 C Grade: Including Team Event & Individual Event

## 3. Entries

3.1 Team Events: Each school can enter a maximum of 1 team, with a maximum of 5 gymnasts and a minimum of 3 gymnasts, for each category.

3.2 All-around and Individual events: Each school can enter a maximum of 15 gymnasts for each category. (Gymnasts participating in All-around Event must complete all events of his/her Group.)

## 4. Application for Coach Permit

4.1 To further reinforce the safety precautions to protect gymnasts, only registered coaches or P.E. teachers are allowed to enter the field of competition to protect gymnasts during warm-up and competition. This shall apply to all competitions organized by Gymnastics Association of Hong Kong, China (GAHK).

4.2 All Coach Permit Holders must show the valid Coach Permit when entering the Field of Competition; unregistered coaches are NOT allowed to enter the Field of Competition.

4.3 For details of Coaches registration, please contact GAHK staff.

## 5. Competition Attire

5.1 Gymnasts must be properly attired. There will be a deduction of points for competitors not meeting the following requirements:

5.1.1 B Grade & C Grade : Sportive non-transparent leotard or school sports wear

5.1.2 A Grade : According to FIG Regulations

5.2 Gymnasts competing in Team events must be in the same style of attire.

5.3 All gymnasts must ONLY compete with numbered bibs provided by HKSSF to be affixed at the back of the competition clothing using stitches or pins.

## 6. Rules and Regulation

6.1 Unless stipulated, all rules and regulations will follow the General Rules of HKSSF's Secondary Schools Sports Competition and the rules of the Gymnastics Association of Hong Kong, China.

6.2 All participating schools must follow the rules & regulations and the instructions of the Organizers.

6.3 Referees will be appointed by GAHK. The decision of the Referees shall be final. No appeals will be entertained for this competition after the Referees have confirmed their decision.

6.4 The 2017-2020 CODE of POINTS of the International Gymnastics Federation (FIG) will be adopted.

6.5 For details of routines and scoring schemes, please refer to HKSSF's and GAHK's website.