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By:



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

Subvented
By:



康樂及文化事務署
Leisure and Cultural
Services Department

二零二四年香港韻律泳比賽 HONG KONG ARTISTIC SWIMMING ROUTINE COMPETITION 2024

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

日期及時間: 2024年7月5日(星期五) 晚上八時至十時
Date & Time: 5th July 2024 (Friday) 2000 - 2200 hours

2024年7月7日(星期日) 早上九時三十分至下午八時
7th July 2024 (Sunday) 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 Swim & Free Routine (Solo, Duet)

報名費用及日期:
Entry Fee and Competition Date:

2024年7月5日(星期五) 5th July 2024 (Friday)	
項目 Event	報名費用 Entry Fee
規定動作 Figure	每人 \$150 \$150 per competitor
節奏游 Sequence Swim	每人 \$150 \$150 per competitor

2024年7月7日(星期日) 7th July 2024 (Sunday)	
項目 Event	報名費用 Entry Fee
單人自由自選 Free Solo	每人 \$200 \$200 per competitor
雙人自由自選 Free Duet	每人每項 \$200 \$200 per event per competitor

截止報名日期: 2024年6月14日(星期五) *逾期遞交的報名將不獲接受*
Entry Closing Date: 14th June 2024 (Friday) *Late applications will not be accepted*

報名資格: 參加者須為中國香港游泳總會 2024 至 25 年度之韻律泳註冊運動員
Entry Requirement: Registered Artistic Swimmer under HKGSA of the year 2024-25

節奏游: 只適用於從未參加過自由自選項目之運動員。
Sequence Swim: Application for athletes who have not participated in the free routine events only.

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。
Figure Swim: Application for athletes who have not participated in the Free Solo or Free Duet in this event.

控制員需要預留 6 月 25 日(星期二)及 6 月 30 日(星期日)觀看賽前音樂訓練
Technical Controller need to attend the music training on 25th & 30th June 2024 (Tuesday & Sunday)

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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

規則: Rules:	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:	教練須於 2024 年 6 月 20 日(星期四)或之前電郵教練卡致 evangelinechan@hkgswimming.org.hk 。遞交後不再作任何更改。如逾期繳交，香港韻律泳委員會將有權取消該運動員比賽資格。 To submit the coach card to evangelinechan@hkgswimming.org.hk on or before 20th June 2024 (Thursday). No change will be considered after submission. For late submissions, Hong Kong Artistic Swimming Committee have the right to disqualify the athletes.
音樂: Music:	各自由自選項目 (單人, 雙人) 參加者須自行繳交音樂, 於 2024 年 6 月 20 日(星期四)或之前以 mp3 檔電郵至 evangelinechan@hkgswimming.org.hk 。 音樂存檔名稱: 年齡組別_項目_參加者名稱 Each Free Routine (Solo, Duet) competitor is required to submit the music in mp3 format to evangelinechan@hkgswimming.org.hk on or before 20th June 2024 (Thursday). Music Title Format: Age Group_Event_CompétitorName
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:	- #每年齡組別自由自選 (單人、雙人) 項目排名前四名的運動員將被獲得參加「Panasonic 二零二四年泛亞韻律泳錦標賽暨第二十屆香港韻律泳公開賽」單人及雙人自由自選項目的資格。如少於 4 名參加者, 將不受此限制。而組別 A 及 B (即 10 歲或以下組及 11 至 12 歲組) 會合併計算, 總排名前四名的運動員將會獲得參加比賽資格。(遴選結果以香港韻律泳委員會決定為準) - 若比賽組別少於二人或二隊參加, 該組別比賽將會被取消。 - 比賽結果以裁判長之決定為準。 - # The ranked top Four swimmers in each group Free Routine (Solo and Duet) events will be qualified to participate in the Free Routine (Solo and Duet) Event in the "Panasonic Pan Asia Artistic Swimming Championships cum 20th Hong Kong Artistic Swimming Open Competition 2024". It will not be restricted if less than 4 participants. Group A & B (Ages 10 and under & Ages 11-12) are calculated in a group. The ranked top Four swimmers will be qualified to participate in the event. (Please note that the Hong Kong Artistic Swimming Committee have the sole and absolute discretion to the final selection.) - Events will be cancelled if there are less than 2 swimmers or 2 teams participating. - Final decisions are made by the judge.

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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 and email

#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 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: 14th June 2024 (Friday)

只適用於從未參加過自由自選項目之運動員。請選擇:

Application for athletes who have not participated in the free routine events only. 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*: _____ *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: _____

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 put “✓” in appropriate box:

年齡組 Age Group	節奏游 Sequence Swim
6 至 8 歲組 Age 6 – 8	
9 至 10 歲組 Age 9 – 10	
11 至 12 歲組 Age 11 – 12	
13 歲或以上組 Age 13 & 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: 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

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)

備註 Remark: 比賽結果以裁判長之決定為準/ Referee decisions are final

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規定動作報名表格 Figure Swim Entry Form

Entry Closing Date: 14th June 2024 (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*: _____ *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: _____

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 put “✓” in appropriate box:

年齡組 Age Group	規定動作 Figure Swim
6 至 8 歲組 Age 6 – 8	
9 至 10 歲組 Age 9 – 10	
11 至 12 歲組 Age 11 – 12	
13 歲或以上組 Age 13 & 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: 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

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)

備註 Remark: 比賽結果以裁判長之決定為準/ Referee decisions are final

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自由自選報名表格 **Free Routine Entry Form**

Entry Closing Date: 14th June 2024 (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*: _____ *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: _____

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 put “✓” 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
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		

隊員姓名 / Name of Partner

1. 雙人自由自選 (Free Duet): _____

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

(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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簽署人姓名 Name of Signature

日期 Date