

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 –2026-2027

Assessment of Youth Artistic Swimming Promotion Scheme 2026-2027

比賽日期: 2026 年 12 月 6 日 (星期日)
Date: 6th December 2026 (Sunday)
地點: 九龍公園游泳池 (跳水池)
Venue: Kowloon Park Swimming Pool (Diving Pool)
時間: 上午 10 時至下午 5 時
Time: 1000 – 1700 hours
截止報名日期: **2026 年 11 月 6 日 (星期五)**
Entry Closing Date: **6th November 2026 (Friday)**
報名費用: 費用全免
Entry Fee: Free of charge

報名資格/ Entry Requirements:

- 參加者須為 2025-2026 或 2026-2027 年度青少年韻律泳推廣計劃之學員
Applicants must be students of the Youth Artistic Swimming Promotion Scheme 2025-2026 or 2026-2027
- 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 in no more than **THREE** events, excluding Star I & Star II Routine
- 節奏游項目只接受 2026-2027 年度青苗學員報名
The Sequence Swim event is open only to athletes of Young Athlete Artistic Swimming Training Scheme 2026 – 2027

男女混合組別/ Mixed Groups:

年齡組別*/ Age Group*
5 至 7 歲組/ Age 5 to 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 2026 年 12 月 31 日計算/ Age calculated as at 31st December 2026
(出生於 2008 年 1 月 1 日至 2021 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
(From a Front Pike Position, one leg is lifted to Crane Position, then the horizontal leg is lifted to a Vertical Descent)
2. 定位仰浮，不少於 5 秒 (Back Layout, held for 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, traveling at least 2 body lengths)
6. 結形旋轉 180 度，接單芭蕾舞腿 (Pretzel Turning 180° to 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 must to be performed in the order listed, traveling in straight line ≥ 15 m

*無需音樂伴奏/ No music accompaniment

獎項/ Prizes:

- 所有參賽者均獲發參賽證書。
A certificate of participation 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 top third places swimmers of each event and certificates will be presented to the top 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 must be collected in person by the swimmer during the prize presentation ceremony, uncollected certificates will not be reissued and will be discarded.

備註/ Remarks:

- 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 as **Time Finals** – rankings will be determined by finishing times.
- 曾於 2025-2026 年度評核賽取得獎項之參加者將不獲發獎牌。
Medal will not be awarded to previous award recipients from the 2025–2026 assessment..
- 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 an event, the swimmers will automatically be moved to 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。
The referee's decision is final. Any protest will be submitted to Appeal Board (the Artistic Swimming Committee of the HKGSA) for final adjudication.

報名/ Application:

- 填妥報名表格後，以郵寄及電郵形式(電郵地址: info@hkgswimming.org.hk) 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)
Submit the completed entry form to HKGSA office by post (Address: Unit L, 9/F, MG Tower, 133 Hoi Bun Road, Kwun Tong) and email (Email: info@hkgswimming.org.hk)