



Co-organized by
Caritas Community Center – Tsuen Wan
Hong Kong Youth Sports Association (HKYSA)



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【zenecom】9th Preschooler & Children Gymnastics Competition 2019

Prospectus

**Victory belongs to the most persevering
 who affords to lose today**

- (1) **Purpose :** ● Enhance the skills and discover good gymnasts in Artistic Gymnastics.
- (2) **Apparatus :** ● Floor, Beam, Vault
- (3) **Date & Time :** ● 26 May 2019, Sunday, 10:00 am – 5:00 pm
- (4) **Venue :** ● Auditorium of Caritas Community Centre - Tsuen Wan, 2nd Floor, No. 9, Shing Mun Road, Tsuen Wan
- (5) **Category :** ● **Apparatus and Category :**

Apparatus	Category
Floor	Boy – Preschooler A, Preschooler B, Preschooler C, Elementary, Intermediate, Advanced, Open
	Girl- Preschooler A, Preschooler B, Preschooler C, Elementary, Intermediate, Advanced, Open
Beam	Boy - Preschooler A, Preschooler B, Preschooler C, Elementary, Intermediate
	Girl - Preschooler A, Preschooler B, Preschooler C, Elementary, Intermediate
Vault	Boy - Preschooler, Elementary, Intermediate, Advanced, Open
	Girl - Preschooler, Elementary, Intermediate, Advanced, Open

- (6) **Entry Regulations :**
- All gymnasts must be current or former students of gymnastics courses of HKYSA, or
 - Current or former students of gymnastics courses jointly held by HKYSA and a partner organization or school
 - Organizations invited by HKYSA
 - Gymnasts can participate in more than one category or apparatus. Please refer to the table below.
 - Apparatus and categories of various age groups (Date of competition, 26 May 2019, will be taken to determine to which age group a gymnast belongs.)



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Age	Floor
Over 3	Preschooler A, Elementary, Intermediate, Advanced, Open
Over 4	Preschooler B, Elementary, Intermediate, Advanced, Open
Over 5	Preschooler C, Elementary, Intermediate, Advanced, Open
Over 6 - 8	Elementary A, Elementary B, Intermediate, Advanced, Open
Over 9 - 11	Intermediate, Advanced, Open
Over 12 - 17	Advanced, Open

Age	Beam
Over 3	Preschooler A, Elementary, Intermediate
Over 4	Preschooler B, Elementary, Intermediate
Over 5	Preschooler C, Elementary, Intermediate
Over 6 - 8	Elementary, Intermediate
Over 9 - 12	Intermediate

Age	Vault
Over 3 - 5	Preschooler, Elementary, Intermediate, Advanced, Open
Over 6 - 8	Elementary, Intermediate, Advanced, Open
Over 9 - 12	Intermediate, Advanced, Open
Over 12 - 17	Advanced, Open

(7) Dress :

- All gymnasts must wear leotards.
- Please refer to dress regulation stated in Scoring of Appendix II.

(8) Enrollment :

- Online application (Google form) by clicking on the below links:

website www.hkysa.hk/2019gymmatch

主頁 > 比賽資訊 > 網上報名(中文)

主頁 > 比賽資訊 > on-line application (English)

中文版 : <https://goo.gl/forms/iwRu3qgcUabh5ar92>



English : <https://goo.gl/forms/vzLFMI670gPvGXR92>



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(9) Enrollment Fee :

- HK\$150 per category. For example, for 2 categories of 1 apparatus or 1 category of 2 apparatus, enrollment fee is HK\$150 x 2 = HK\$300.
- Receipt of enrollment fee will be sent via email before the competition date. Please inform us for a hard copy of receipt.

(10) Payment :

- Enrollment fee MUST be paid by 30 April 2019, otherwise, the application will not be entertained.
- Payment by deposit or transfer to our bank account
Account Name : Hong Kong Youth Sports Association Limited
Bank Name : HSBC Hong Kong
Account Number : 642-003461-838
- After payment, please send an email to cs@hkysa.hk with the below documents :
 1. Copy of bank advice of payment
 2. Copy of ID card or Birth Certificate

Email format for reference:

Subject: Bank advice and document for gymnastics competition

Content: Name: XXX Category: XXX Contact Number: XXX

***** Remark: Enrollment fee is non-refundable. Applicants are responsible for covering all bank fees, if any. Otherwise, application will not be entertained.**

(11) Enrollment Deadline :

- 30 April 2019 (Tuesday). No application will be entertained after the deadline.
- In case of insufficient number of participants of a category, the category will be cancelled and a refund will be made to gymnasts. HKYSA will notify the coach who shall advise the gymnasts to participate in an alternative category or to cancel enrolment in the original category. The coach must confirm with HKYSA of the decision of the gymnasts by 4 May 2019.



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- (12) Award :**
- A medal will be awarded to the champion, first and second runners-up of each category. A certificate will be awarded to the fourth, fifth and sixth places.
 - If the number of participants of a category is 12 or more, a certificate will be awarded to the fourth, fifth, sixth, and seventh places.
 - Category Championship will be awarded to the gymnast who gets the highest sum of the scores for his/her performance in Floor, Beam, and Vault. If more than one gymnasts get the same highest sum of scores for these 3 apparatus, the score for Vault will be taken to determine the Category Champion.
 - Award Ceremony will be held right after the competition.
 - The organizers' decision on awards shall be final.
- (13) Certificates :**
- All gymnasts can apply for a 「Result Certificate」 for each category. Administration fee is HK\$120 per certificate.
 - Application for 「Result Certificate」 shall be made via the competition website within 3 days after competition (by 29 May 2019) and finish payment by 31 May 2019. Certificates will be sent to coaches or organizations for distribution within 20 days after payment deadline.
 - If application is made more than 3 days, or payment more than 5 days, after competition, a handling fee of HK\$200 will be charged.
 - An 「Attendance Certificate」 will be issued for free to all gymnasts.
- (14) Prize :**
- Awarded gymnasts will also get a prize sponsored by the below companies.
- (15) Enquiry :**
- General enquiry and application for 「Result Certificate」, please call HKYSA at 2247 5252.
 - Enquiry on routines, moves and execution skills, please contact your coach.
 - Enquiry on purchase of leotards, Price List and Order Form are available for download on the competition website.
- (16) Points to Note :**
- Applicant providing false information will be disqualified. His/her results attained will be cancelled. Enrolment fee will not be refunded.



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- When the number of participants of a category is less than FIVE, the category will be cancelled and a refund will be made to gymnasts. No refund will be made to gymnasts who withdraw from the competition.
- For apparatus, Floor, Beam, and Vault, when the number of participants of a category is less than 6, the organizer will group genders together to create a mixed category of the apparatus. If the number of participants of the mixed category is still less than 5, the mixed category will also be cancelled.

(17) Appendix : Appendix I Routine and Category List

Appendix II Scoring Regulations

(18) Important Information :

- Competition website for details and updates.
- Starting Order will be announced on the competition website by 18 May 2019.
- Amendments, if any, of the prospectus will be announced on the competition website.
- Competition website: www.hkysa.hk/2019gymmatch
- QR Code of the competition website



(19) Inclement Weather

Arrangement:

- Should the tropical cyclone warning signal No. 8 or above, red rainstorm warning signal or above, is issued by 8:00 am, the competition will be cancelled.
- Should the strong wind signal No. 3 or standby signal No. 1 is issued on the day of competition, the competition will be held as usual.
- Should the red rainstorm warning signal or black rainstorm warning signal is in force during competition, the competition will continue as usual.



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- Should the tropical cyclone warning signal No. 8 is issued during competition, the competition will be cancelled.

Key Dates Summary

Date	Content
15 March 2019	Launch of competition website for online application www.hkysa.hk/2019gymmatch
30 April 2019	Deadline for enrollment and payment
4 May 2019	Deadline for coaches' confirmation on category changes if any
8 May 2019	Announcement of participants name list and the respective categories. Coaches and gymnasts are responsible for reviewing the list and notify HKYSA of any errors, if any, by 15 May 2019.
18 May 2019	Announcement of Starting Order
22 May 2019	Gymnasts reviewing Starting Order and inform HKYSA of errors, if any, by 22 May 2019
23 May 2019	Announcement of Amendment to Starting Order
26 May 2019, Competition Day	On-site announcement for reporting and results
3 June 2019	Photos taken by organizers available for download

Be environmentally friendly, hard copy of Appendixes is not provided. But the appendixes are available for download via the below links or QR Code:

http://www.hkysa.hk/2019gymmatch/Child_Gym_Match_Intro_2019_eng.pdf

<https://goo.gl/629E4H>



Hard copy for page 1 - 7 only, excluding appendixes on page 8 – 15.



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Thanks for all your support

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Sponsor of Competition



(Name not listed in order, please forgive me if you have any omissions)



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Appendix I

自由體操各組別動作

男子幼兒 A 組 / 女子幼兒 A 組
<ol style="list-style-type: none"> 1. 大字一字 8 拍 2. 燕式平衡(靜止 2 秒) 3. 前滾翻躺下 4. 拱橋 (靜止 2 秒) 5. 轉身，仰挺身 6. 半字馬(靜止 2 秒)(如一字馬，可加 1 分) 7. 站立蹲腿跳 8. 橫分腿跳
套路分數：8 分

男子幼兒 B 組 / 女子幼兒 B 組
<ol style="list-style-type: none"> 1. 大字一字 8 拍 2. 燕式平衡(靜止 2 秒) 3. 前滾翻躺下 4. 拱橋 (靜止 2 秒) 5. 轉身，仰挺身 6. 半字馬(靜止 2 秒)(如一字馬，可加 1 分) 7. 站立蹲腿跳 8. 橫分腿跳
套路分數：8 分

男子幼兒 C 組 / 女子幼兒 C 組
<ol style="list-style-type: none"> 1. 大字一字 8 拍 2. 燕式平衡(靜止 2 秒) 3. 前滾翻站立 4. 一字馬(如一字馬轉大字馬轉一字馬,可加 1 分) 5. 兩腿併腿，成屈體坐 6. 拱橋 (靜止 2 秒) 7. 站立蹲腿跳 8. 橫分腿跳
套路分數：8 分



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男子初級組
<ol style="list-style-type: none"> 單腳倒立，站立 前滾翻接分腿跳 上體前倒成屈臂俯撐 (承接俯撐)腳擺起前滾翻成分腿坐 一字馬 兩腿併腿接手支撐腰的肩胛倒立(靜止 2 秒) 半轉跳(180 度) 燕式平衡 (靜止 2 秒) 側手翻接側手翻 (2 分)
套路分數：10 分

女子初級 A 組	女子初級 B 組
<ol style="list-style-type: none"> 向前併步兩步 燕式平衡(靜止 2 秒) 由站立向後往做拱橋(靜止 2 秒)，推手起再站立 一字馬(如三面叉，可加 1 分) 前併腿成屈體坐 肩胛倒立，起身 半轉跳(180 度) 前踢腿左右各一次 分腿跳 側手翻 	<ol style="list-style-type: none"> 前併步兩步 燕式平衡接前滾分腿坐 前併腿成屈體坐 肩胛倒立，起身 倒立前滾 側手翻連續兩個 一字馬轉大字馬轉一字馬 後軟翻 舞蹈動作
套路分數：10 分	套路分數：9 分

男子中級組	女子中級組
<ol style="list-style-type: none"> 倒立前滾翻起立 上體前倒右(左)腿後舉成屈臂俯撐 兩臂撐直，右(左)腿前擺成三個方向的劈叉 左(右)腿後擺成俯撐 (承接俯撐)腳分腿移近手位，跳起上倒立(靜止 2 秒) 前滾翻成分腿坐 兩腿併腿接手不支撐腰的肩胛倒立(靜止 2 秒) 併腿坐，後滾翻起 	<ol style="list-style-type: none"> 向前併步兩步 前滾翻接西松跳 一字馬轉大字馬轉一字馬 前併腿成屈體坐 肩胛倒立，起身 站立落拱橋推手起再站立 Y 字站立 連續蹲腿跳分腿跳 單足轉 360 度 原地蹬腿側手翻接側手翻(2 分)



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9. 半轉跳(180 度)	
10. 跳起側手翻接側手翻(2 分)	
套路分數：11 分	套路分數：11 分

男子高級組	女子高級組
1. 三步助跑魚躍前滾翻 2. 頭手翻 3. 跳轉 180 站立 4. 手倒立(停 2 秒)前滾翻起立 5. 上體前倒右(左)腿後舉成屈臂俯撐 6. 兩臂撐直，右(左)腿併攏成俯撐 7. 慢起頭手倒立(停 2 秒) 8. 前滾翻直腿起 9. 跳轉 180(站立) 10. 後倒直腿後滾翻 11. 燕式平衡(停 2 秒) 12. 三步助跑側手翻內轉體 90 挺身跳下 結束	1. 前併步 2. 倒立前滾接西松跳(2 分) 3. 一字馬轉大字馬轉一字馬 4. 前併腿 5. 後滾翻 6. 後軟翻 7. 燕式平衡(靜止 2 秒)接分腿體前屈接 手不按腰的肩胛倒立(靜止 2 秒) 8. 跨跳，橫分腿體跳(舞蹈段落) 9. 單足轉 360 度 10. 原地蹬腿側手翻接側手翻(2 分)
套路分數：12 分	套路分數：12 分

男子公開組	女子公開組
1. 手倒立(停 2 秒)(1 分)前滾翻起立(1 分) 2. 三步助跑跳起魚躍前滾翻直腿起(1 分) 3. 上體前倒右(左)腿後舉成屈臂俯撐(1 分) 4. 兩臂撐直，右(左)腿前擺成縱劈叉，兩臂側平舉(稍停)(1 分) 5. 轉體 180°成左(右)腿在前的縱劈叉，兩臂側平舉(稍停)(1 分) 6. 左(右)腿後擺成俯撐(1 分) 7. 慢起頭手倒立(停 2 秒)(1 分) 8. 前滾翻成分腿坐(1 分) 9. 分腿支撐(停 2 秒)，還原成分腿坐(1 分) 10. 兩腿併腿，後滾翻直腿起(1 分) 11. 燕式平衡(停 2 秒)(1 分) 12. 跳起側手翻接側手翻併腿站立結束(1	1. 舞蹈動作(1 分) 2. 倒立前滾翻(1 分)接西松跳(1 分) 3. 原地蹬腿側手翻(1 分)接側手翻(1 分) 4. 燕式平衡(靜止 2 秒)(1 分)接分腿體前屈(1 分)接手不按腰的肩胛倒立(靜止 2 秒)(1 分) 5. 三個方向的劈叉(1 分) 6. 站立落拱橋，推手(1 分) 7. 單足轉體 360 度(1 分) 8. 跨跳，橫分腿體跳(舞蹈段落)(1 分) 9. 舞蹈結束動作(1 分) (次序可自由編排)



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分)	
套路分數：13 分	套路分數：13 分

備註欄

1. 開始位置不限，可自行隨時轉方向
2. 體操墊總長度為10米，闊1.2米

平衡木各組別動作

男子幼兒 A 組 / 女子幼兒 A 組
<ol style="list-style-type: none"> 1. 上法：任何方法上木 2. 前行三步 3. 蹲下(靜止 2 秒) 4. 起身半轉(腳尖轉) 5. 後行三步 6. 下法：向橫木直跳落
套路分數：6 分

男子幼兒 B 組 / 女子幼兒 B 組
<ol style="list-style-type: none"> 1. 上法：任何方法上木 2. 前踢腿三下 3. 蹲下(靜止 2 秒) 4. 起身半轉(腳尖轉) 5. 後行三步 6. 下法：向橫木大字跳落
套路分數：6 分

男子幼兒 C 組 / 女子幼兒 C 組
<ol style="list-style-type: none"> 1. 上法：任何方法上木 2. 前踢腿三下 3. 單足站立 4. 蹲下(靜止 2 秒) 5. 起身半轉(腳尖轉) 6. 後行三步 7. 下法：向橫木分腿跳落
套路分數：7 分

男子初級組 / 女子初級組



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- | |
|---|
| <ol style="list-style-type: none"> 1. 上法：浮撐 2. 站立（任何姿勢動作） 3. 前高踢腿兩下 4. 前手按木後踢腿一下 5. 單足站立（腳尖站立 3 秒） 6. 直跳 7. 下法：向橫木分腿跳落 |
|---|

套路分數：7 分

男子中級組 / 女子中級組

- | |
|---|
| <ol style="list-style-type: none"> 1. 上法：彈板直跳上木 2. 前高踢腿兩下 3. 手按木後踢腿一下 4. 單足轉 180 5. 直跳接抱膝跳 6. 原地半轉 7. 下法：向橫木側手翻落 |
|---|

套路分數：7 分

備註欄

1. 平衡木高度約30cm高
2. 若參加人數少於6人，該組別成為男女子混合組。

跳箱各組別動作

男子幼兒組 / 女子幼兒組

規格：三格跳箱(橫箱)(約 60cm)加彈板

- | |
|--|
| <ol style="list-style-type: none"> 1. 助跑踏彈板，直跳上箱，直跳落墊 |
|--|

分數：10 分

男子初級組 / 女子初級組

規格：四格跳箱(直箱)(約 80cm)加彈板

- | |
|---|
| <ol style="list-style-type: none"> 1. 助跑踏彈板，直跳上箱，擺倒立躺臥厚墊 |
|---|

分數：10 分

男子中級組 / 女子中級組

規格：四格跳箱(橫箱)(約 80cm)加彈板

- | |
|---|
| <ol style="list-style-type: none"> 1. 助跑踏彈板，騰越前手翻，躺臥厚墊 |
|---|

分數：10 分

男子高級組 / 女子高級組



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規格：四/五格跳箱(橫箱)(約 80-100cm)加彈板 1. 助跑，彈板起跳，騰越前手翻，腳落厚墊企
--

分數：10 分

男子公開組 / 女子公開組

規格：10 米長加彈板起跳 1. 助跑，彈板起跳，團身前空，腳落厚墊企
--

分數：10 分

備註欄

1. 若參加人數少於6人，該組別成為男女子混合組。



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Appendix II

自由體操評分規則

1. 每個體操動作為 1 分。
2. 總分是由所選級別之動作分數總和加上整體印象分。
3. 總分表

自由體操

男子	幼兒 ABC 組	初級組	中級組	高級組	公開組
動作分數	8	10	11	12	13
整體印象分	2	2	2	2	2
總分	10	12	13	14	15

女子	幼兒 ABC 組	初級 A 組	初級 B 組	中級組	高級組	公開組
動作分數	8	10	9	11	12	13
整體印象分	2	2	2	2	2	2
總分	10	12	11	13	14	15

4. 各裁判得出總分後會以平均分計算作為**得分**。
5. 裁判會按該動作之技術表現而扣分，小錯為 0.1，中錯為 0.3，大錯為 0.5。
6. 如沒有做出該動作或動作完全不同，則沒有動作分數，而印象分不會扣減。
7. 以下情況下，會以整體印象分評
 - 動作與動作之間之過度動作
 - 動作美感/形態/流暢
 - 參賽者面容及笑容
 - 參賽者禮貌及尊重比賽表現
 - 因動作失誤離開體操地墊

平衡木評分規則

1. 裁判會按該動作之技術表現而扣分，小錯為 0.1，中錯為 0.3，大錯為 0.5。
2. 如沒有做出該動作或動作完全不同，則沒有動作分數。
3. 除指定規則外，**得分會**以依據 2017-2020 年度國際體操聯盟評分規則進行。

跳箱評分規則

1. 參賽者把動作做兩次，裁判以兩次中最高分為**得分**。
2. 裁判會按該動作之技術表現而扣分，小錯為 0.1，中錯為 0.3，大錯為 0.5。
3. 除指定規則外，**得分會**以依據 2017-2020 年度國際體操聯盟評分規則進行。



Co-organized by
Caritas Community Center – Tsuen Wan
Hong Kong Youth Sports Association (HKYSA)



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評分通則

1. 適用於自由操，跳箱，平衡木所有組別。
2. 以下情況下，總裁判會在平均分/得分後扣減。
 - a) 開始時參賽者須將雙手/單手舉高，以示準備，如沒有則扣 0.2 分。
 - b) 完成後參賽者須作出結束動作或向裁判表達完成，如沒有則扣 0.2 分。
 - c) 裁判發出指令示意開始後方可開始，如違規須扣 0.5 分。
 - d) 所有參賽者必須穿著體操衣，如沒有則被扣 1 分。
3. 參賽者可自行選擇穿著技巧鞋或赤腳參賽。
4. 所有動作必須於比賽體操地墊上完成。如參賽者比賽期間離開體操地墊以外，參賽者需從回體操地墊上繼續作賽。
5. 參賽者如不聽從裁判及主辦機構人員指示或作出不君子行為，一律均會被取消比賽格，而參賽費用一概不獲發還。
6. 本賽事不設技術或評分上訴制度。
7. 本賽事只接受計算上的覆核。