



Co-organized by
Caritas Community Center – Tsuen Wan
Hong Kong Youth Sports Association (HKYSA)
9th Preschooler & Children Gymnastics Competition 2019
&



Title Sponsor:



【達摩元祖麵屋】 Forward Roll Challenge 2019

Prospectus

- (1) **Purpose :**
- Promote gymnastics and sporting culture by raising public awareness of Forward Roll as a fundamental movement of gymnastics which help strengthen muscle.
- (2) **Event :**
- Forward Roll
- (3) **Date & Time :**
- 26 May 2019, Sunday, 3:00 pm – 5:00 pm
- (4) **Venue :**
- Auditorium of Caritas Community Centre - Tsuen Wan, 2nd Floor, No. 9, Shing Mun Road, Tsuen Wan
- (5) **Categories :**
- Preschooler (Age of 3 – 5)
 - Little Kid (Age of 6 – 8)
 - Big Kid (Age of 9 – 11)
 - Teen (Age of 12 – 17)
 - Date of competition, 26 May 2019, will be taken to determine to which age group a gymnast belongs.
 - Male and female gymnasts of the same age group will be grouped into one category.
 - Quota per category: 25
- (6) **Eligibility :**
- Gymnasts who can perform forward rolls independently.
- (7) **Competition Rules :**
- Gymnasts move by forward rolling continuously, from the starting point to the end of a gymnastic mat of 10 meters long. Gymnasts with the shortest time in the race will be qualified for the final.
- (8) **Scoring Regulations :**
- Please refer to Appendix I: Scoring Regulations.



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- (9) Dress :
- All gymnasts must wear sportswear or leotards.
 - Gymnasts can be barefoot or wear gymnastic shoes / dancing shoes.
 - Failure in complying with dress regulations will result in score deduction as stated in Appendix I: Scoring Regulations.
- (10) 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/EL8KHh9G0kMRMKIR2>

English : <https://goo.gl/forms/3lyylinrYwDltytO2>

- (11) Enrollment Fee :
- HK\$150 per category
- (12) 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



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- 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: Forward Roll 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.

(13) Enrollment Deadline :

- 30 April 2019 (Tuesday). No application will be entertained after the deadline.

(14) Awards :

- A medal will be awarded to the champion, first and second runners-up of each category.
- The organizers' decision on awards shall be final.

(15) Certificates :

- All gymnasts can apply for a 「Result Certificate」 at a cost of 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.

(16) Prizes :

- Awarded gymnasts will also get a prize sponsored by the below companies.

(17) Enquiry :

- General enquiry and application for 「Result Certificate」, please call HKYSA at 2247 5252.



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- Enquiry on moves and execution skills, please contact your coach.
 - Enquiry on purchase of leotards, Price List and Order Form are available on the competition website.
 - Applicants providing false information will be disqualified. His/her results attained will be cancelled. Enrolment fee will not be refunded.
 - 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.
 - Competition website for details and updates:
www.hkysa.hk/2019gymmatch.
 - Amendments, if any, to the prospectus will be announced on the competition website.
- (18) Points to Note :**
- Appendix I: Scoring Regulations
- (19) Appendix :**



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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
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 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, if needed
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 Appendix is not provided. But the appendix is available for download via the below links or QR Code:

http://www.hkysa.hk/2019gymmatch/Forward_Roll_Match_Intro_2019_eng.pdf

or <https://goo.gl/mFKPDJ>



Hard copy for page 1 - 6 only, excluding appendix on page 5.



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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

Scoring Regulations

1. 前滾翻動作必須在 10 米長之體操墊上進行。(請參閱下方圖示一)
2. 參加者需鬥快完成連續前滾翻之動作，快者為勝，進入決賽。
3. 開始時參賽者須將雙手垂底/舉高，以示準備。
4. 如參賽者比賽期間離開體操地墊以外或指定範圍內，該前滾翻成績不獲計算直至參賽者重回比賽地墊上繼續作賽。
5. 裁判發出指令示意開始後方可開始，否則會被視為『偷步』，並於成績加三秒。
6. 未有穿著運動服裝或體操衣，成績將被加三秒。
7. 運動服飾素色為主，不可以有任何大形圖案或任何人物或卡通，如違規須成績將被加三秒。
8. 如於比賽內參賽者作出不君子行為(其行為直接或間接影響其他參加者)，一律會被取消比資格，而參賽費用一概不獲發還。

圖示一

