



第十二屆香港中學彈網錦標賽

規定動作套路

男、女子甲組

	Routine A	Diff
1	Back somi (l)	0.6
2	Barani (o)	0.6
3	Straddle jump	-
4	Front drop	0.1
5	To feet	0.1
6	Half twist jump	0.1
7	Seat drop	-
8	Half twist to feet	0.1
9	Tuck jump	-
10	Front somi (o)	0.5
		2.1

	Routine B	Diff
1	1/2 twist to front drop	0.2
2	To feet	0.1
3	1/2 twist jump	0.1
4	Straddle jump	-
5	Back drop	0.1
6	1/2 twist to feet	0.2
7	Tuck jump	-
8	Back somi (o)	0.5
9	Barani (o)	0.6
10	Front somi (o)	0.5
		2.3

	Routine C	Diff
1	Back somi (o)	0.5
2	Straddle jump	-
3	Seat drop	-
4	1/2 twist to feet	0.1
5	Back drop	0.1
6	1/2 twist to feet	0.2
7	Piked jump	-
8	Back somi (<)	0.6
9	Tuck jump	-
10	Front somi (<)	0.6
		2.1

男、女子乙組

	Routine A	Diff
1	Back somi (o)	0.5
2	Straddle jump	-
3	1/2 twist to seat drop	0.1
4	1/2 twist to seat drop	0.1
5	1/2 twist to feet	0.1
6	Back drop	0.1
7	1/2 twist to feet	0.2
8	1/2 twist jump	0.1
9	Tuck jump	-
10	Front somi (o)	0.5
		1.7

	Routine B	Diff
1	Back drop	0.1
2	1/2 twist to feet	0.2
3	Piked jump	-
4	Front drop	0.1
5	To feet	0.1
6	Seat drop	-
7	1/2 twist to feet	0.1
8	Tuck jump	-
9	Back somi (l)	0.6
10	Barani (o)	0.6
		1.8

	Routine C	Diff
1	1/2 twist to seat drop	0.1
2	1/2 twist to seat drop	0.1
3	1/2 twist to feet	0.1
4	Piked jump	-
5	1/2 twist to front drop	0.2
6	To feet	0.1
7	Straddle jump	-
8	Back somi (o)	0.5
9	Tuck jump	-
10	Back somi (l)	0.6
		1.7

男、女子丙組

	Routine A	Diff
1	1/2 twist to seat drop	0.1
2	1/2 twist to seat drop	0.1
3	1/2 twist to feet	0.1
4	Front drop	0.1
5	To feet	0.1
6	1/2 twist jump	0.1
7	Seat drop	-
8	To feet	-
9	Back drop	0.1
10	To feet	0.1
		0.8

	Routine B	Diff
1	Back drop	0.1
2	1/2 twist to feet	0.2
3	Straddle jump	-
4	1/2 twist jump	0.1
5	Piked jump	-
6	Seat drop	-
7	1/2 twist to seat drop	0.1
8	To feet	-
9	Tuck jump	-
10	Full twist	0.2
		0.7

	Routine C	Diff
1	Front drop	0.1
2	to seat drop	0.1
3	To feet	-
4	Straddle jump	-
5	1/2 twist to seat drop	0.1
6	1/2 twist to seat drop	0.1
7	1/2 twist to feet	0.1
8	1/2 twist jump	0.1
9	Tuck jump	-
10	Full twist	0.2
		0.8

※ 規定動作採用規定套路，運動員必須根據整套規定套路的次序來完成第一套規定動作，不可改變，否則作 **動作終止論**。