

# 中銀香港第五十一屆體育節

## 2008 年全港彈網分齡比賽

第二頁

### 分齡賽規定動作表

#### 個人項目 (Individual)

	BOYS (男子)	GIRLS (女子)
18 歲或以上	<ul style="list-style-type: none"><li>● 3/4 front somi ( / ) or</li><li>● 3/4 back somi ( / )</li></ul>	<ul style="list-style-type: none"><li>● Back somi ( / )</li><li>● Back somi ( o )</li></ul>
18 Years old or Above	<ul style="list-style-type: none"><li>● 1 1/4 front somi ( from back drop ) or</li><li>● 1 1/4 back somi ( from <u>front</u> drop )</li><li>● Back somi ( / )</li><li>● Barani</li></ul>	<ul style="list-style-type: none"><li>● 3/4 front somi ( / )</li><li>● Barani</li></ul>

#### 雙人同步 (Synchronization)

	BOYS (男子)	GIRLS (女子)
18 歲或以上	<ul style="list-style-type: none"><li>● 3/4 front somi ( / ) or</li><li>● 3/4 back somi ( / )</li></ul>	<ul style="list-style-type: none"><li>● Back somi ( / )</li><li>● Back somi ( o )</li></ul>
≥18 Years old	<ul style="list-style-type: none"><li>● 1 1/4 front somi ( from back drop ) or</li><li>● 1 1/4 back somi ( from <u>front</u> drop )</li><li>● Back somi ( / )</li><li>● Barani</li></ul>	<ul style="list-style-type: none"><li>● 3/4 front somi ( / )</li><li>● Barani</li></ul>