

The Gymnastics Association
of Hong Kong, China
中國香港體操總會

Room 1002, Olympic House, 1 Stadium Path,
So Kon Po, Causeway Bay, Hong Kong
香港銅鑼灣大球場徑一號奧運大樓1002室
電話 : (852) 2504 8233 傳真 : (852) 2882 8590
網址 : www.gahk.org.hk 電郵 : mail@gahk.org.hk



Affiliated to:

The Sports Federation &
Olympic Committee of Hong Kong, China
Fédération Internationale de Gymnastique
Asian Gymnastics Union
Pacific Alliance of National Gymnastic Federations
(Limited by Guarantee)

Trampoline Asian Championships Returns to Hong Kong on 23-24 May
Top 10 teams from Chinese Mainland, Hong Kong, China and Across Asia
Set to Battle for Aichi-Nagoya 2026 Asian Games Spots!
Free admission for the public to witness top-level trampoline competition

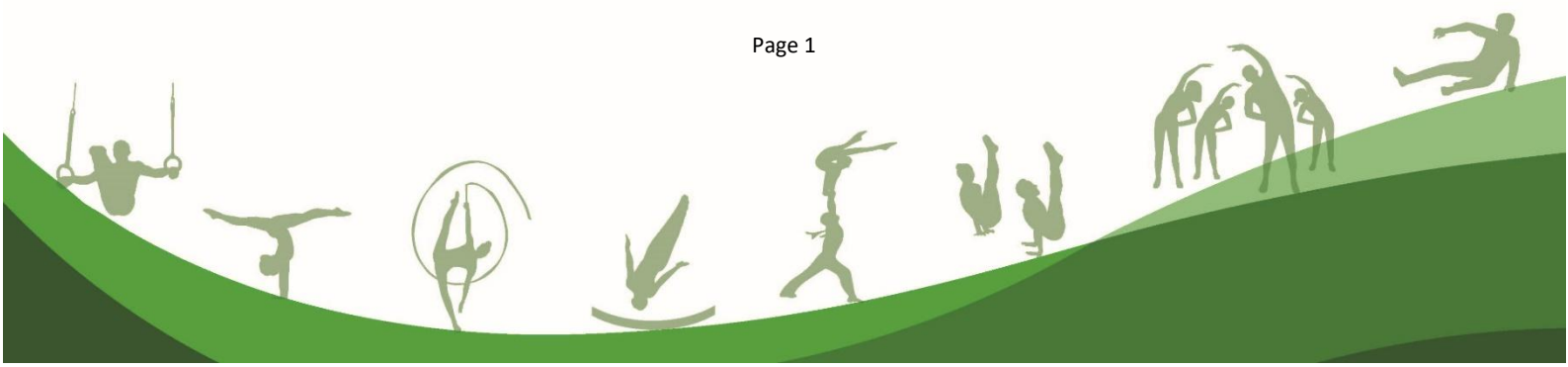


For hi-res photos:

https://drive.google.com/drive/folders/11RVBPV3mFu-qTQveF5EwHBud_icBdobu?usp=sharing
@gahkgymnastics #TrampolineAsianChampionships

[Hong Kong, 21 April, 2026] Organised by The Gymnastics Association of Hong Kong, China, subvented by The Leisure and Cultural Services Department, and sanctioned by the World Gymnastics and the Asian Gymnastics Union, the 7th Trampoline Asian Championships 2026 will be held at Runway 11, AsiaWorld-Expo on 23 and 24 May. As one of Asia's premier trampoline events, this year's Championships return to Hong Kong, bringing together athletes from Chinese Mainland, Hong Kong, China and 10 countries and regions across Asia to compete for qualification places at the Aichi-Nagoya 2026 Asian Games.

This year's event will also introduce Men's & Women's Synchro for the first time. Running alongside the Championships will be the 7th Junior Trampoline Asian Championships and the 2nd Asian Trampoline Age Group Competition, offering athletes of different age groups a shared platform to compete and exchange, while further strengthening the sport's pathway from youth development to elite competition.





Hong Kong, China to compete on home ground alongside Asia's best for Asian Games qualification



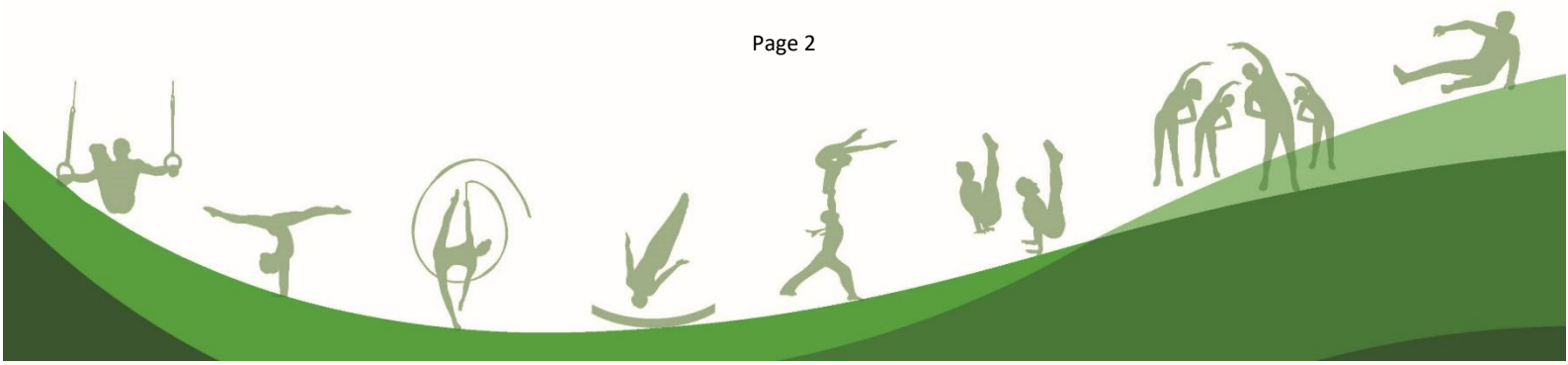
The Trampoline Asian Championships are widely recognised as one of the region's leading trampoline events and have long served as an important platform for national and regional teams. This year's event will feature around 200 athletes from 10 countries and regions, including Chinese Mainland; Hong Kong, China; Democratic People's Republic of Korea; India; Iran; Japan; Kazakhstan; Philippines; Tajikistan and Uzbekistan. As the Championships also serve as a qualifier for the Aichi-Nagoya 2026 Asian Games, Asia's strongest teams are expected to arrive with high-calibre line-ups, setting the stage for an intense and closely watched competition in Hong Kong.



(Left) The Hong Kong, China team completed an intensive training programme in Chinese Mainland over Easter in preparation for this year's Trampoline Asian Championships.
(Right) LIU Jennifer from Hong Kong, China will compete on home soil at this year's event.

As the host delegation, Hong Kong, China will field a squad of 13 athletes across the competitions. The team completed an intensive training camp in Chinese Mainland during the Easter period as part of its preparations for this important qualifying event. Leading the home side will be LIU Jennifer, who finished fourth in the women's individual at the Hangzhou 2022 Asian Games.

The Chinese Mainland team, meanwhile, is expected to feature WANG Zisai, who won gold in the men's individual at the 2026 - FIG World Cup 2026 ALKMAAR (NED) in March, having also claimed gold at the 2025 - 38th FIG Trampoline Gymnastics World Championships and silver at the Paris 2024 Olympic Games, alongside other leading athletes.





Hon Kenneth Fok: Hong Kong hopes to showcase its standing as a city for major sporting events

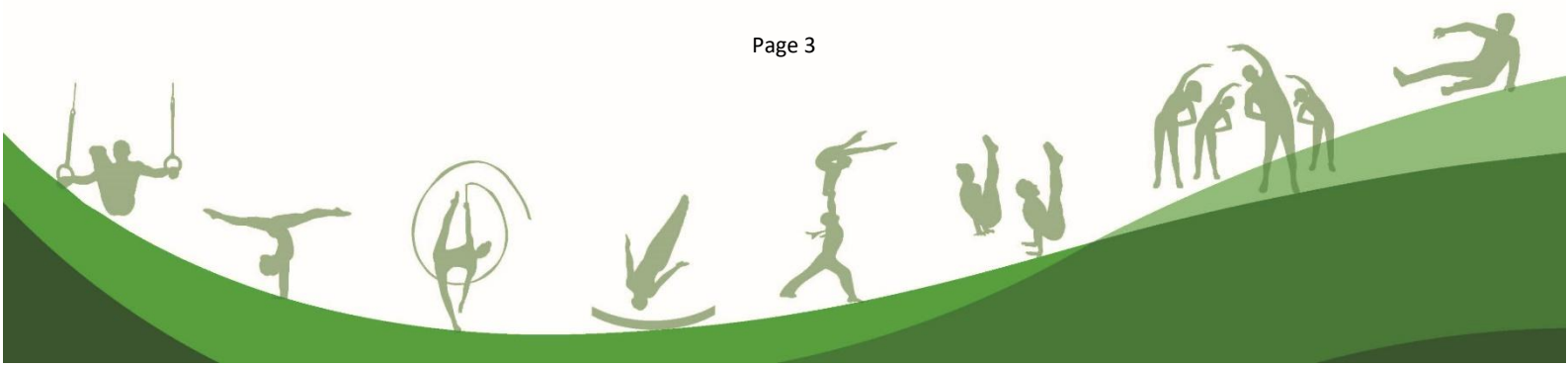


Hon Kenneth Fok Kai-kong, BBS, JP, President of the Gymnastics Association of Hong Kong, China, said he was pleased to see the Championships return to Hong Kong. “Securing the right to host a top-tier Asian sporting event is never an easy task. Competition across the region is intense, and the bidding process is highly challenging. Through the unity, passion and perseverance of everyone at the Gymnastics Association of Hong Kong, China, Hong Kong has successfully become the host city of this premier Asian trampoline event for the second time in a row.”

He added, “through this competition, we hope athletes and guests from across Asia will see Hong Kong at its best — our energy, our international outlook and the warmth of our people. We want them to see that Hong Kong is not only an international financial centre, but also a vibrant city for major sporting events.”

The above remarks are also available in video format on the official social media platforms of The Gymnastics Association of Hong Kong, China: <https://youtu.be/OAWHy7z3xM>

7th Trampoline Asian Championships 2026	
Date	23 May (Saturday) — Qualifications and Opening Ceremony 24 May (Sunday) — Finals and Prize Presentation Ceremony
Location	Runway 11, AsiaWorld-Expo
Admission	<p>Free admission</p> <ul style="list-style-type: none"> • Public who want to apply for free tickets may complete the registration form via either of the following channels: <ul style="list-style-type: none"> ○ Google Form: https://forms.gle/RM5fY7wcpsemDyfS9 ○ Tencent: https://docs.qq.com/form/page/DTEpjZXhCc1ZucWhz * Each person may register for a maximum of two tickets per day. E-tickets are expected to be issued by email after 5 May 2026. • For group ticket registration, please contact the organiser directly.



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About The Gymnastics Association of Hong Kong, China

The Association was officially established on April 1, 2003, and its predecessor was the Hong Kong Amateur Gymnastics Association, founded in 1965 by a group of individuals passionate about gymnastics. The aim was to promote the development of gymnastics in Hong Kong. In its early years, the Association focused on promoting Artistic Gymnastics. Through continuous efforts, the Association has successfully promoted and developed various types of gymnastics activities. Currently, gymnastics activities in Hong Kong, including Men's Artistic Gymnastics, Women's Artistic Gymnastics, Rhythmic Gymnastics, Gymnastics For All, Acrobatic Gymnastics, Trampoline, Aerobics Gymnastics, and Parkour.

Media Contact:

Ms. ANGEL AU

Tel: +852 6039 2337 (media@aplusk.com.hk)

