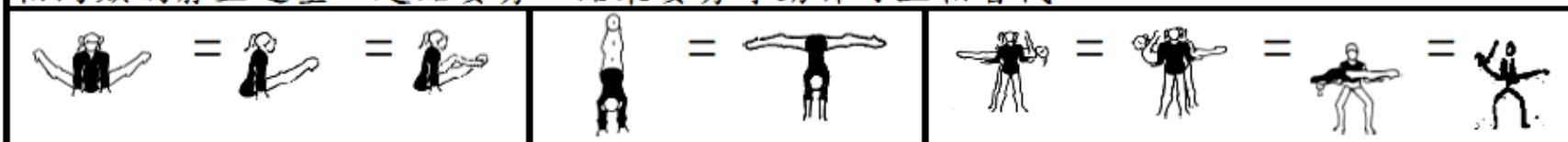


技巧體操比賽動作圖表

附註：

相同類的靜止造型、起始姿勢、結束姿勢等動作可互相替代：



只適用於專項組合動作之上

圖表一(1)拋接動作：拋離--騰空--接住或下法

雙人拋接			女三拋接		男四拋接		單人動作第二類	
	180° 			180° 				
						180° 		360°
	180° 			180° 			180° 	

圖表一(2) (每個平衡造型動作須靜止3秒)							單人靜止造型須保持2"	
雙人平衡			女三平衡		男四平衡		單人動作第一類	
							2"	
							2"	
							2"	
							2"	
							2"	
							2"	

附註：牽引動作的握手方法為普通握和對面握，若採用深握或大臂握，會被扣技術分。

圖表二：男雙、女雙、混雙平衡動作(每個靜止造型必須保持3")

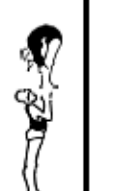
列一								180° 									
	0.05	0.15	0.15	0.2	0.25	0.25	0.3	0.35	0.5	0.6	0.9	1.4	1.7	1.4	1.6		
列二																	
	0.1	0.15	0.3	0.4	0.45	0.8	0.8	0.3	0.4	0.1	0.55	0.6	0.6	0.75	0.75		
列三																	
	0.9	1.0	1.8	0.8	0.4	1.0	0.7	0.7	0.9	1.4	1.0	1.5	1.4	1.7			
列四																	
	0.9	1.5	1.8	下面人 單手/雙手 0.8/0.6	0.9	1.5	1.5	2.0	2.0	1.2	列五						
												0.2	0.35	0.55	0.6	1.0	1.0
列六																	
	1.4	0.9	1.5	2.0	2.0	2.5	2.0	2.5	2.5								

動態平衡動作：
起始造型1秒
結束造型3秒

3

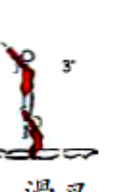
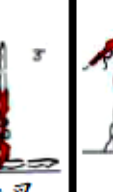
動態平衡動作：
起始造型1秒
結束造型3秒

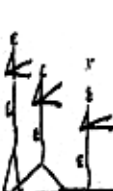
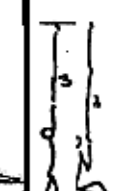
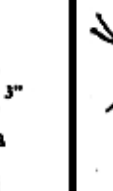
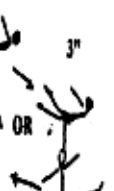
圖表二：男雙、女雙、混雙平衡動作(每個靜止造型必須保持3")

列七										
	0.2	0.2	0.4	0.5	0.3	0.8	1.0	1.0	1.1	1.4

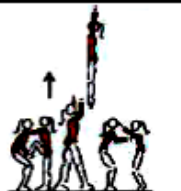
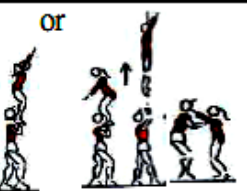
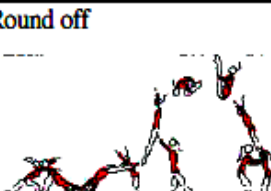
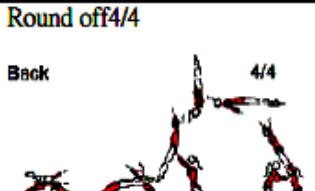
列八	Roll 360-sit				Roll 360-sit							
												
	front	back	down	up	front	back	down	up				
	2.1	2.1	1.2	1.2	2.5	2.5	1.4	1.4				
										站手1.2 / 倒立 2.5		

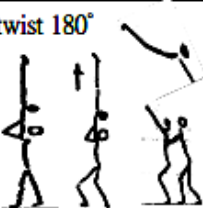
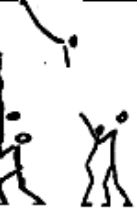
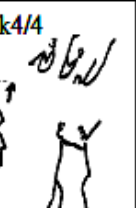
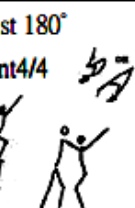
動態平衡動作：
起始造型1秒
結束造型3秒

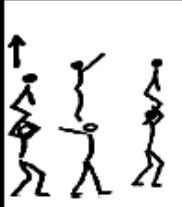
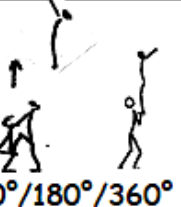
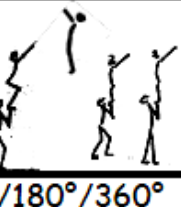
列九			or								or			
	跪叉	滑叉	跪叉	滑叉	跪叉	滑叉	跪叉	滑叉	Base 360°		跪叉	滑叉	跪叉	滑叉
	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.9	0.7		0.15	0.25		

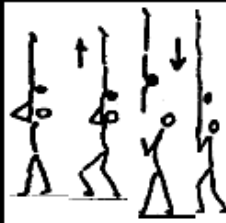
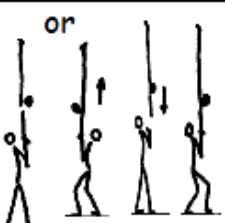
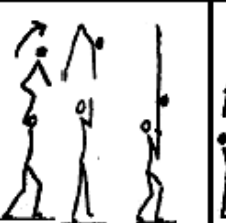
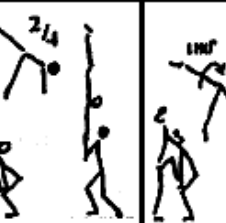
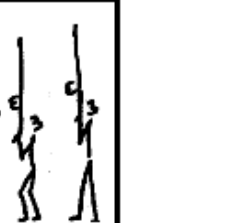
列十								
	0.9	1.6	Base 360	2	1.2	1.8	2.0	0.75

圖表二：男雙、女雙、混雙一拋接動作

列一		or 		Back 4/4 	Round off 	Round off 4/4 Back 
	0°/180°/360°	0°/180°/360°	下180°			
	0.05/0.1/0.15	0.15/0.2/0.25	0.25	0.7	1.0/1.1	1.3

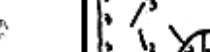
	twist 180° 					back 4/4 	back 4/4 	front 4/4 	twist 180° front 4/4 
0.4	0.55	0.7	0.75	0.85	1.3/1.4	1.0/1.1/1.2	1.0/1.1/1.2	1.1/1.2	1.3/1.4

列二				or 		
	0°/180°/360°	0°/180°/360°	180°	0°/180°/360°		
	0.2	0.4/0.65/0.9	0.65	0.4/0.65/0.9	1.5	1.5

列三		or 			
	0.9	1.3	1.8	1.8	2.0

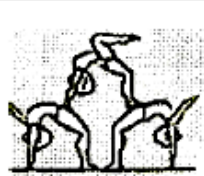
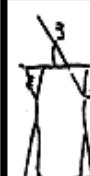
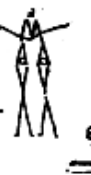
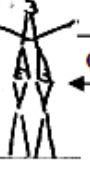
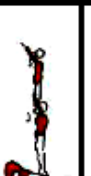
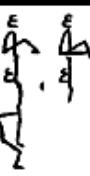
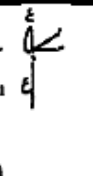
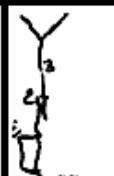
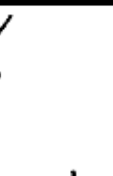
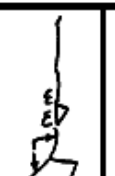
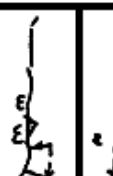
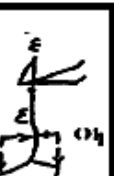
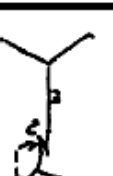
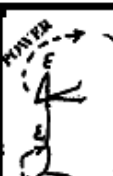
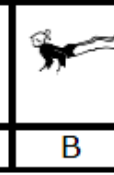
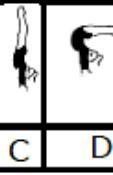
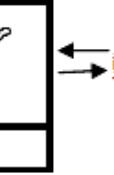
圖表二：男雙、女雙、混雙一拋接動作

列 四										
		180°	or	front or back 1/4					180°	180°
	0.05	0.1	0° / 180° / 360°	° / 180° / 360° / 540°	0° / 180° / 360°	0° / 180° / 360°	0.9	0.5	0.5	0.6

Round off	360°			back3/4	front3/4	back3/4	Back 6/4
							
0.7	0.9	1.2	1.6	1.2/1.3/1.4	1.2/1.3	1.2/1.3/1.4	1.8

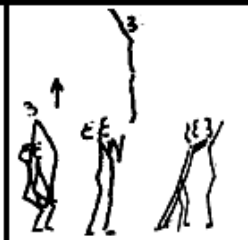
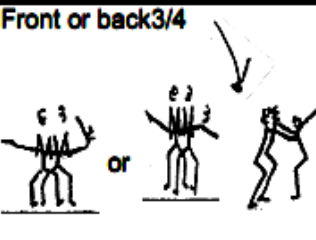
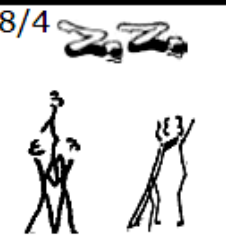
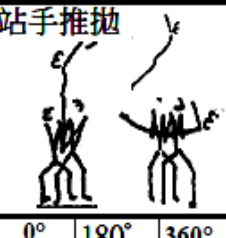
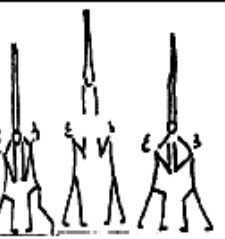
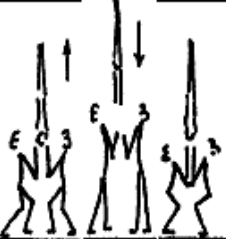
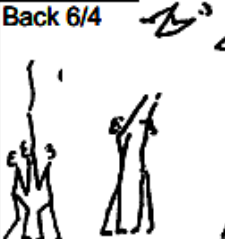
列 五				front 5/4	back 5/4	front 5/4
	0° / 180° / 360°	0° / 180° / 360°				
	0.35/0.55/0.8	0.4/0.6/0.85	1.2	1.7	1.5/1.2	2.0/2.1/2.2

圖表二： 女三平衡（每個靜止造型必須保持3"）

列一				雙拉上成站手 		列二							列三																																							
	0.05	0.15	0.2	0.25	0.25		0.35	0.35	0.3	0.35	0.3	0.35		0.4																																						
						列四		<table><tr><td>A</td><td>0.7</td><td>A → B</td><td>1.6</td></tr><tr><td>B</td><td>0.9</td><td>A → C</td><td>1.8</td></tr><tr><td>C</td><td>1.6</td><td>A → D</td><td>2.0</td></tr><tr><td>D</td><td>1.8</td><td>A → E</td><td>1.1</td></tr><tr><td>E</td><td>0.9</td><td></td><td></td></tr></table>	A	0.7	A → B	1.6	B	0.9	A → C	1.8	C	1.6	A → D	2.0	D	1.8	A → E	1.1	E	0.9				<table><tr><td>A</td><td>1.3</td><td>A → B</td><td>1.6</td></tr><tr><td>B</td><td>1.4</td><td>A → C</td><td>2.0</td></tr><tr><td>C</td><td>1.8</td><td>A → D</td><td>2.2</td></tr><tr><td>D</td><td>2.0</td><td>A → E</td><td>1.6</td></tr><tr><td>E</td><td>1.4</td><td></td><td></td></tr></table>	A	1.3	A → B	1.6	B	1.4	A → C	2.0	C	1.8	A → D	2.2	D	2.0	A → E	1.6	E	1.4			列五	
A	0.7	A → B	1.6																																																	
B	0.9	A → C	1.8																																																	
C	1.6	A → D	2.0																																																	
D	1.8	A → E	1.1																																																	
E	0.9																																																			
A	1.3	A → B	1.6																																																	
B	1.4	A → C	2.0																																																	
C	1.8	A → D	2.2																																																	
D	2.0	A → E	1.6																																																	
E	1.4																																																			
0.45	0.35	0.6	1.4	1.5	0.9									0.7																																						
							<table><tr><td>A</td><td>1.2</td><td>A → B</td><td>1.6</td></tr><tr><td>B</td><td>1.4</td><td>A → C</td><td>2.0</td></tr><tr><td>C</td><td>1.8</td><td>A → D</td><td>2.2</td></tr><tr><td>D</td><td>2.0</td><td></td><td></td></tr></table>	A	1.2	A → B	1.6	B	1.4	A → C	2.0	C	1.8	A → D	2.2	D	2.0			列六																												
A	1.2	A → B	1.6																																																	
B	1.4	A → C	2.0																																																	
C	1.8	A → D	2.2																																																	
D	2.0																																																			
0.9	0.9	0.85	1.1	0.8	1.1	1.2	1.3		1.5	1.55	1.6	1.7	1.75	1.8																																						
	<table><tr><td>A</td><td>1.2</td><td>A → B</td><td></td></tr><tr><td>B</td><td>1.4</td><td>A → C</td><td>2.0</td></tr><tr><td>C</td><td>1.8</td><td>A → D</td><td>2.2</td></tr><tr><td>D</td><td>2.0</td><td></td><td></td></tr></table>	A	1.2	A → B		B	1.4	A → C	2.0	C	1.8	A → D	2.2	D	2.0			列七							列八																											
A	1.2	A → B																																																		
B	1.4	A → C	2.0																																																	
C	1.8	A → D	2.2																																																	
D	2.0																																																			
			0.6	0.55	0.55	0.75	1.0	1.5			1.2	0.6																																								
	<table><tr><td>A</td><td>1.3</td><td>A → B</td><td>1.6</td></tr><tr><td>B</td><td>1.4</td><td>A → C</td><td>2.0</td></tr><tr><td>C</td><td>1.8</td><td>A → D</td><td>2.2</td></tr><tr><td>D</td><td>2.0</td><td>A → E</td><td>1.6</td></tr><tr><td>E</td><td>1.4</td><td></td><td></td></tr></table>	A	1.3	A → B	1.6	B	1.4	A → C	2.0	C	1.8	A → D	2.2	D	2.0	A → E	1.6	E	1.4				上面人圖表						↔動態平衡動作	動態平衡動作： 起始造型3秒 結束造型3秒																						
A	1.3	A → B	1.6																																																	
B	1.4	A → C	2.0																																																	
C	1.8	A → D	2.2																																																	
D	2.0	A → E	1.6																																																	
E	1.4																																																			
				A	B	C	D	E																																												

7

圖表二： 女三拋接

列一	 0.1	 0.15	Front or back 3/4  0.5 / 0.4	Front 4/4 站轆  0.9 / 1.0	列二	站轆  0.2	或  0.25	180° 站轆 Front 3/4  0.6																																													
	Front 5/4  1.3 / 1.5	Back 4/4 或  0.8 / 0.9 / 1.0	5/4  1.3	8/4  2.0		站手推拋  0° 0.2	or  0.2	180° 0.25	360° 0.3	0.6																																											
 0.6 / 0.7 / 0.8		列四	<table><tr><td>360</td><td>540</td><td>720</td></tr><tr><td>0.2</td><td>0.35</td><td>0.5</td></tr><tr><td>900</td><td>1080</td><td></td></tr><tr><td>0.65</td><td>0.8</td><td></td></tr></table>			360	540	720	0.2	0.35	0.5	900	1080		0.65	0.8		列五	<table><tr><td>橫軸</td><td>2/4</td><td>4/4</td><td></td><td></td><td></td><td></td></tr><tr><td></td><td>0.3</td><td>0.6</td><td></td><td></td><td></td><td></td></tr><tr><td>轉體</td><td>180</td><td>360</td><td>540</td><td>720</td><td>900</td><td>1080</td></tr><tr><td></td><td>0.1</td><td>0.3</td><td>0.5</td><td>0.7</td><td>0.9</td><td>1.2</td></tr></table>							橫軸	2/4	4/4						0.3	0.6					轉體	180	360	540	720	900	1080		0.1	0.3	0.5	0.7	0.9	1.2
360	540		720																																																		
0.2	0.35	0.5																																																			
900	1080																																																				
0.65	0.8																																																				
橫軸	2/4	4/4																																																			
	0.3	0.6																																																			
轉體	180	360	540	720	900	1080																																															
	0.1	0.3	0.5	0.7	0.9	1.2																																															
列六	3/4  0.7	 0.4	 1.4	 1.2	Back 6/4  1.5																																																

圖表二：男四平衡（每個靜止造型必須保持3"）

列一					列二							列三	
	0.05	0.1	0.1	0.15		0.15	0.2	0.3	0.35	0.3	0.35		0.05

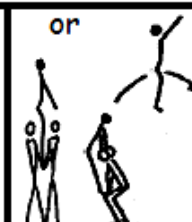
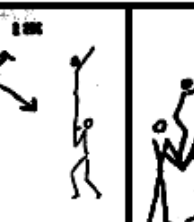
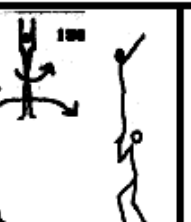
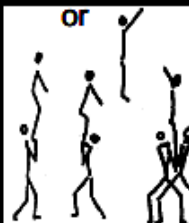
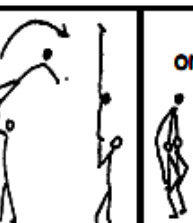
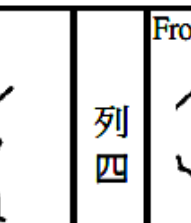
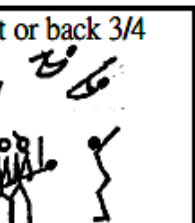
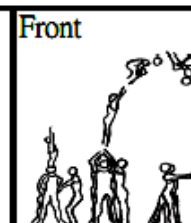
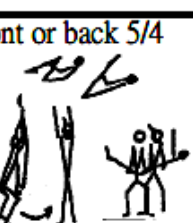
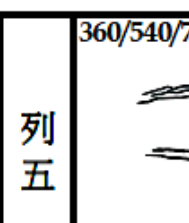
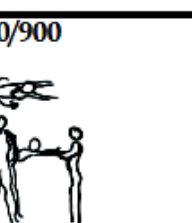
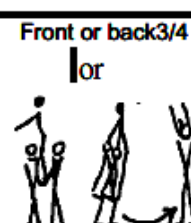
	or		列四	肩上動作 	手上動作 	or	or	or	or	列五		
0.1	0.1	0.2		0.3	0.45	0.35 / 0.4			0.5 / 0.55		1.0	1.5

上面人圖表									
	0.05	0.1	0.15	0.2	0.15	0.5	0.35	0.7	0.9

動態平衡動作：
起始造型3秒
結束造型3秒

上面人圖表											
	0.4	0.55	0.45	0.3	0.6	0.6	0.8	0.9	1.0	1.0	1.0

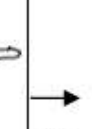
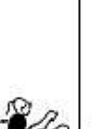
圖表二：男四拋接

列一			or 					
	0.1	0.2	0.45	0.5	0.6	0.7	0.7	1.5
列二		or 			Turn 180 	列三		
	0.2	0.4	0.55	0.6	1.45		1.1	1.4
	or 		列四	Front or back 3/4 	Rack 	Front 	Front or back 4/4 	
1.3	1.3	1.4		0.35	0.5	0.6	0.9	
Front or back 5/4 or 	列五	360/540/720/900 			Front or back 3/4 or 	360° 720° 		
1.3		0.2	0.3	0.4	0.5	0.7	0.3	0.5

link = 連拋

link = 連拋

圖表二：單人動作第一類 (每個靜止造型必須保持2")

平衡力量	 2"	 2"	 2"	 2"	 2"	 2"	 選1 2"	 2"	 選1 2"	 2"	 2"	 2"	 2"	 2"	 2"	 2"	 2"
	0.05	0.05	0.15	0.15	0.05	0.25	0.3	0.25	0.1	0.2	0.3	0.35	0.35	0.4	0.3		
柔韌	 0.1	 選1 0.05	 0.1	 或 0.15	 或 0.15	 0.15	 0.2	 0.1	 0.2	 0.2	 0.3	 0.15	 0.3	 0.15	 0.3	 0.15	 0.15
靈巧	 0.05	 0.15	 0.15	 or 0.25	 0.4	 0.35	 0.15	 0.2	 0.35	 0.15	 0.2	 0.35	 0.15	 0.2	 0.35	 0.15	 0.35

單人動作第二類	
1 前手翻併腿著地	0.1
2 內轉	0.1
3 後手翻	0.2
4 後空翻 (團身/屈體/直體)	0.3 / 0.35 / 0.4
5 前空翻 (團身/屈體/直體)	0.3 / 0.35 / 0.4
6 側空翻 (團身/分腿屈體)	0.3/0.35

*附註：中級組、高級組平衡套路之單人動作必須包括第一類列表的三種類型。