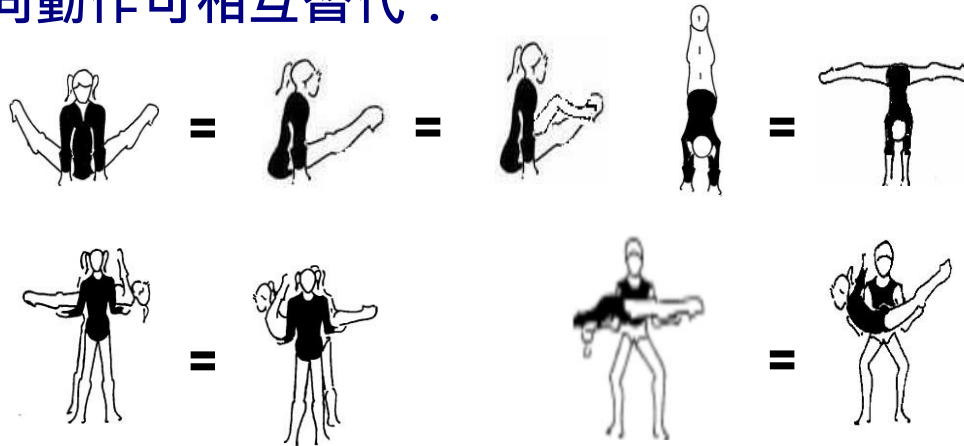


# 香港技巧體操本地比賽

## 1至3級動作圖表


















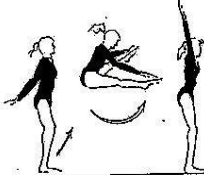



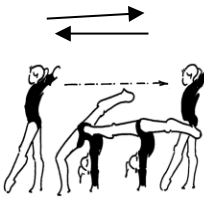
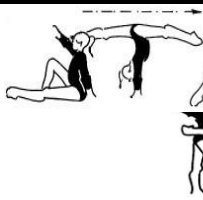
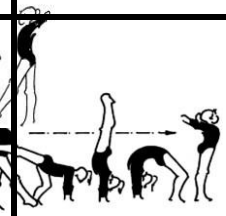
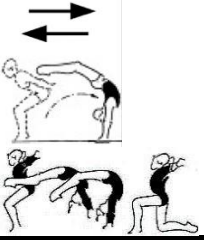

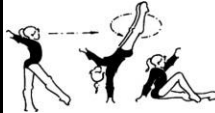



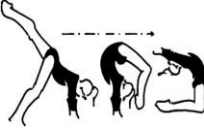
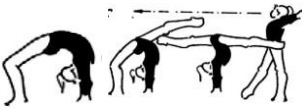


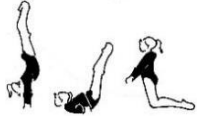
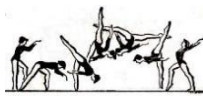


備註：

相同動作可相互替代：











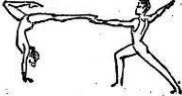





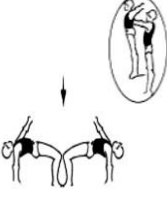






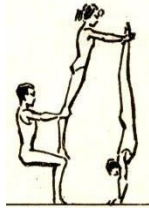
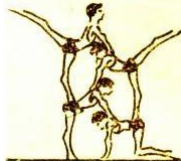




拋接動作：須經騰空，接住或下法。手掌互握等如深握不等如手臂握  
1-3級比賽不設身高量度，每缺少一個專門要求扣分為0.5  
全套比賽動作須於兩分鐘之內完成

1-3級單人動作，每個類型選擇3個動作。(平衡類須靜止2秒)

平 衡			柔 韌			靈 巧		
								
							360° 	
							cut in 	360° 
						180° 		
								

1級，選擇5-6個平衡動作。(平衡動作須靜止3秒)

雙 人			女 三			男 四		
								
								
								

2級，選擇4個平衡動作；1-2個動力動作。(平衡動作須靜止3秒)

雙 人			女 三			男 四		

3級，選擇3個平衡動作；2-3個動力動作。(平衡動作須靜止3秒)

雙 人			女 三			男 四		
						or 	or 	
	轉 180° 			360° 		back 1/4 	front 1/4 	0/4 轉體180° 換下面人接 
				front 1/4 		back 1/4 	front 1/4 	