

第 22 屆藝術體操少年亞錦賽及第 17 屆藝術體操成年亞錦賽
22nd Junior Rhythmic Gymnastics Asian Championships &
17th Senior Rhythmic Gymnastics Asian Championships

名稱 Name	日期及時間* Date & Time*	地點* Location*	港隊名額 Quota for Hong Kong Team Members	非港隊名額 Quota for non-Hong Kong Team Members
第 22 屆藝術體操少年亞錦賽 22nd Junior Rhythmic Gymnastics Asian Championships	21-27/5/2026	Bishkek, Kyrgyzstan 比什凱克，吉爾吉斯	2	2
第 17 屆藝術體操成年亞錦賽 17th Senior Rhythmic Gymnastics Asian Championships			2	不適用 N/A

(*暫定 Tentative)

參加者資格及條件：

Participant Eligibility and Requirements:

- 任何持有香港永久性居民身份證及香港特區護照包括居住在香港本地，海外及中國內地運動員
Any athlete holding a Hong Kong permanent resident identity card and a Hong Kong SAR passport, including those residing in Hong Kong, Overseas, and Mainland.
- 年齡限制：成年組-比賽年份滿 16 歲；少年組-比賽年份滿 14-15 歲
Age Limits: For Senior-16 years old in the year of the competition;
For Junior- 14-15 years old in the year of the competition
- 需要參加個人全能：圈、球、棒、帶
Participation in individual all-around is required: hoop, ball, club, ribbon
- 2025-2026 年中國香港體操總會的註冊會員
2025-2026 the Gymnastics Associations of Hong Kong, China registered members
- 2026 年度藝術體操現役港隊成員 或
-曾參與 2025-2026 年度全港藝術體操公開賽一級個人全能比賽，並獲得首 3 名 或
-曾於 2025-2026 年參加海外藝術體操比賽，所獲得的分數必須達到基本分數*
-Current Members of the 2026 Hong Kong Rhythmic Gymnastics Squad Team OR
-Participated in the Level 1 Individual All-Around Competition of the 2025-2026 Hong Kong Rhythmic Gymnastics Open Championships and achieved a top 3 placement OR
-Participated in overseas Rhythmic Gymnastics competitions in 2025-2026. The scores achieved must reach the minimum required score*
- 經過選拔測試*
Passed selection tests*

* (詳情請見「選拔流程及標準」) (Please find the Selection Procedure and Criteria in details)

選拔目的：

Objective:

- 賦予所有參賽者公平競爭平台
Provide equal opportunities for all eligible participants
- 公開、公平、公正
Ensure an open, fair, and just selection process
- 良性的競爭與挑戰
Foster healthy competition and challenges

選拔目標 Goal:

1. 挑選最佳和合符資格的運動員
To select the most qualified and best performing athletes.
2. 爭取在競賽中獲取獎牌
To strive for medal achievements in the competitions.

報名截止日期：9/3/2026 16:00

Deadline for registration: 9/3/2026 16:00

報名費用： 藝術體操港隊運動員 - 免費；地區運動員 - HK\$200

Registration Fee: Rhythmic Gymnastics Hong Kong Team Athletes - Free; Local Athletes - HK\$200

報名方式 Registration Methods:

1. 填寫 Google form: <https://forms.gle/eRECCTH8PHrpXTFYA>，並郵寄/親身遞交支票到中國香港體操總會辦公室(如適用)
2. 參加者必須填寫及提交報名表，若 2026 年 3 月 9 日香港時間 16:00 前未能提交所需文件予中國香港體操總會者，一概不能參與選拔測試。

*遞交報名表前請仔細閱讀各項選拔條款

*請確保所填寫的資料均屬正確，資料不齊全或有誤之報名恕不接納。

1. Fill out the application form and mail/personally submit the application fee cheque to the Gymnastics Association of Hong Kong, China (if necessary).
2. Participants must fill out and submit the form to The Gymnastics Association of Hong Kong, China before 16:00 (Hong Kong Time) on 9 March 2026. Failure to submit the required documents as instructed will result in the rejection of your registration.

選拔流程及標準 Selection Procedure and Criteria:

名稱 Name	港隊 Hong Kong Team Members
第 22 屆藝術體操少年亞錦賽 22nd Junior Rhythmic Gymnastics Asian Championships	按總教練所公佈的體制下進行甄選 Selection will be conducted according to the system announced by the head coach.
第 17 屆藝術體操成年亞錦賽 17th Senior Rhythmic Gymnastics Asian Championships	

名稱 Name	非港隊 non-Hong Kong Team Members																
第 22 屆藝術體操少年亞錦賽 22nd Junior Rhythmic Gymnastics Asian Championships	<ul style="list-style-type: none"> ● 提供 2025-2026 年度全港藝術體操公開賽一級個人全能成績 或 Provide the 2025-2026 Hong Kong Rhythmic Gymnastics Open Championships, Level 1, Individual All-Around results ● 提供一個海外藝術體操比賽之影片及成績冊，並必須達到以下分數（難度分(D)，最後得分(FS)） Provide videos of 1 Overseas Rhythmic Gymnastics competitions, the results book and achieve the minimum scores (Difficulty score(D), Final Score (FS)) <table border="1"> <tr> <td>圈</td> <td>球</td> <td>棒</td> <td>帶</td> </tr> <tr> <td>D:8</td> <td>FS:20</td> <td>D:7.5</td> <td>FS:20</td> </tr> <tr> <td>D:7.5</td> <td>FS:20</td> <td>D:7.5</td> <td>FS:20</td> </tr> <tr> <td>D:7</td> <td>FS:19</td> <td>D:7</td> <td>FS:19</td> </tr> </table> <p>→截止報名後，評選委員會會將按成績，遴選出最佳及符合資格的 1-2 名運動員。評選委員會有最終決定權 After the deadline, the Selection Committee will choose the best and eligible 1–2 athletes based on results, with final decision authority held by the Committee</p>	圈	球	棒	帶	D:8	FS:20	D:7.5	FS:20	D:7.5	FS:20	D:7.5	FS:20	D:7	FS:19	D:7	FS:19
圈	球	棒	帶														
D:8	FS:20	D:7.5	FS:20														
D:7.5	FS:20	D:7.5	FS:20														
D:7	FS:19	D:7	FS:19														
第 17 屆藝術體操成年亞錦賽 17th Senior Rhythmic Gymnastics Asian Championships	不適用 N/A																

評選委員會：

1. 中國香港體操總會代表
2. 藝術體操技術委員會代表
3. 香港體育學院體操總教練

Selection Panel

1. Representative(s) from The Gymnastics Association of Hong Kong, China
2. Representative(s) from the Rhythmic Gymnastics Technical Committee
3. Gymnastics Head Coach of the Hong Kong Sports Institute

上訴機制：

中國香港體操總會設上訴小組包括成員如下：

1. 中國香港體操總會上訴委員會
2. 藝術體操技術委員會代表
3. 香港體育學院體操總教練

(詳情可參閱中國香港體操總會網站上之「[運動員參加海外比賽選拔事宜](#)」)

(運動員必須在成績公布後 2 天內提出上訴並繳交 HK\$1,000。限期過後提出之上訴，上訴小組不予接受)

Appeal System

The Gymnastics Association of Hong Kong, China has an Appeals Panel consisting of the following members:

1. The appeal committee of The Gymnastics Association of Hong Kong, China
2. Representative(s) from the Rhythmic Gymnastics Technical Committee
3. Gymnastics Head Coach of the Hong Kong Sports Institute

(For details, please refer to the “Selection of Gymnasts for Overseas Competitions” on our website)

(Gymnasts must file an appeal within 2 days after the announcement of the results and pay a fee of HKD1,000.

Appeals submitted after the deadline will not be accepted)

入選後要求：

1. 運動員必須把避免任何受傷作為準備工作的一部分
2. 比賽前，運動員任何時候都不能隱瞞任何影響訓練的傷病
3. 比賽前，運動員如不能出席教練員安排的集中訓練，有可能被取消參加比賽的資格

Requirements after being selected

1. Gymnasts must prioritize injury prevention as part of their preparation
2. Gymnasts must not conceal any of their injuries or illnesses that might affect the training at any time before the competition
3. If gymnasts are unable to attend the training arranged by the coach(es) before the competition, their eligibility to participate in the competition may be revoked

替換和受傷：

如運動員入選後受傷，她需要立即向總教練及中國香港體操總會報告及提交醫生證明。總教練及中國香港體操總會如認為該名運動員無法再有效地訓練或比賽，運動員將被取消比賽資格，總教練及中國香港體操總會並保留替換名單的權利。

Substitution and Injuries

If selected gymnasts sustain injuries after being selected, they must immediately report to the head coach and the Gymnastics Association of Hong Kong, China, and provide valid medical proof. If the head coach and the association determine that the gymnast is unable to train or compete effectively, their eligibility for the competition may be revoked, and the right to substitute from the reserve list will be reserved.

比賽費用：

1. 體院全職及兼職運動員全免
2. 體院潛質運動員（自費）其中的費用包括機票、本地及海外交通、食宿、比賽體操衣服等，所有參賽有關費用需繳交給中國香港體操總會。
3. 如非港隊運動員入選，參賽者需自費，並負責支付其教練的所有參賽費用，如賽前之訓練、機票、本地及海外交通、食宿、比賽體操衣服等，所有參賽有關費用需繳交給中國香港體操總會，由總會統一代辦。比賽期間，所有參加人員必須絕對服從總會所派領隊的指示與安排。如未有教練一同出發，將無法參賽。
4. 任何入選的運動員或教練，如因個人緣故中途退出將須負責所有已交付的費用。

Competition expenses

1. Full-time and part-time athletes from the HKSI are exempt from fees.
2. Potential athletes from the HKSI (self-funded) will have expenses that include airfare, local and overseas transportation, accommodation, competition attire, etc. All related competition fees must be paid to the Gymnastics Association of Hong Kong, China.
3. If non-Hong Kong Team Members are selected, participants must self-fund and are responsible for all competition-related expenses for their coach, including pre-competition training, airfare, local and overseas transportation, accommodation, competition attire, etc. All related competition fees must be paid to the Gymnastics Association of Hong Kong, China, which will handle the arrangements. During the competition, all participants must strictly follow the instructions and arrangements of the designated team manager from the Association. If a coach is not traveling with them, participation will not be allowed.
4. Any selected athlete or coach who withdraws for personal reasons will be responsible for all fees already paid.

藥物檢測：

運動員應了解各種構成違反「反興奮劑規則」的行為以及被禁止的藥物，並應確保被禁止的藥物不進入其身體。如在藥物檢測的樣品中發現任何違禁物質或代謝物或標記物，該運動員應負

上全責。任何運動員如違反國際體操聯盟（FIG）有關「反興奮劑規則」的行為會被取消比賽資格。

<https://www.gymnastics.sport/site/pages/antidoping-about.php>
www.antidoping.hk/education/education-materials/pamphlets

Drug Testing

Athletes are responsible for understanding the behaviours that constitutes a violation of anti-doping rules, as well as the substances and methods included in the Prohibited List. Gymnasts should understand that it is their responsibility from not intaking any prohibited substances. Athletes are responsible for any prohibited substances, metabolites, or markers found in their samples during drug testing. Any gymnasts who commits an anti-doping rule violation set by the International Gymnastics Federation (FIG) will have their selection eligibility revoked.

<https://www.gymnastics.sport/site/pages/antidoping-about.php>
www.antidoping.hk/education/education-materials/pamphlets

隱私聲明：

根據《個人資料（私隱）條例》，除用作有關選拔活動用途外，本會在收集、使用、保留參加者的個人資料時絕對保密。

閣下提供有關資料純屬自願。如果你向我們提供任何有關第三方的個人資料時，當向我們提交有關資料前，你必須確保已通知第三方有關個人資料政策的條款，並已取得他的同意。若須確認或了解更多個人資料收集的政策，可瀏覽 <http://www.legislation.gov.hk>

Privacy Statement

According to The Personal Data (Privacy) Ordinance, the association will strictly keep confidential the personal information of participants, except for purposes related to the selection activities.

The provision of your information is voluntary. If you provide us with any personal information about a third party, you must ensure that you have informed the third party about the terms of the personal data policy and obtained their consent before submitting the information to us. For more information about the policies regarding the collection of personal data, please visit <http://www.legislation.gov.hk>

政策更改：

中國香港體操總會致力確保所有政策是最新和反映目前的做法。

政策的更改將經由中國香港體操總會管理委員會的審查和批准。一旦更改獲得批准，該政策的更新將張貼於中國香港體操總會網址。

中國香港體操總會將保留一切上述各條款之演繹權及最終決定權。

Policy Changes

The Gymnastics Association of Hong Kong, China is committed to ensuring that all policies are up-to-date, fair and reflect the current situations. Policy changes will be reviewed and approved by The Gymnastics Association of Hong Kong, China. Once approved, the updated policy will be published on the website of The Gymnastics Association of Hong Kong, China. The Gymnastics Association of Hong Kong, China reserves the right to interpret and make final decisions on all the above terms.

中國香港體操總會
參加者健康及體能須知

1. 參加者/參加者之監護人應確定參加者於進行相關課程/比賽/活動時：
 - 未曾有醫生說過參加者的心臟有問題，以及只可進行醫生建議的體能活動
 - 參加者未曾於進行體能活動時會感到胸口痛
 - 過去一個月內，參加者未曾在沒有進行體能活動時也感到胸口痛
 - 參加者未曾因感到暈眩而失去平衡，或曾否失去知覺
 - 參加者的骨骼或關節(例如脊骨、膝蓋或腕關節)沒有毛病，且不會因改變體能活動而惡化
 - 醫生現時沒有處方血壓或心臟藥物（例如water pills）給參加者服用
 - 沒有其他理由令參加者不應進行有關活動
2. 本會建議各參加者評估自己的體能，以便參加者擬定最佳的運動計劃，同時亦需定期量度血壓，並先徵詢醫生的意見才參加此活動。
3. 如參加者因傷風或發燒等暫時性疾病而感到不適，請在康復後才參加此活動。
4. 如參加者懷孕或可能懷孕，請先徵詢醫生的意見才參加此活動。
5. 開始參加此活動時應慢慢進行，量力而為，然後逐漸增加運動量，這是最安全和最容易的方法。
6. 如參加者有以上各項健康狀況的轉變，便應告知醫生或活動教練，評估應否繼續參加此活動。
7. 如參加者有任何可能影響其安全的疾病或其他身體狀況，必須以書面通知本會。
8. 如有需要，本會有權要求參加者提供有關的醫生證明文件，以作參考。
9. 如有疑問，請先徵詢醫生的意見才參加此活動。

The Gymnastics Association of Hong Kong, China

Physical Activity Readiness

1. I certify that:
 - My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
 - I have never felt pain in my chest when I do physical activity.
 - In the past month, I did not have had chest pain when I was not doing physical activity.
 - I have never lost my balance because of dizziness or I have never lost consciousness.
 - I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
 - My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
 - I do not know of any other reasons why I should not do physical activity.
2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.
3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.
4. If you are or may be pregnant, please talk to your doctor before you join this event.
5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.
6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.
7. If you know of any other reasons such as safety, disease, or condition changes that may influence you to join the event, you should notice the GAHK in writing.
8. If necessary, the GAHK has the right to request your medical certificate for reference.
9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event.