

The Gymnastics Association of Hong Kong, China

第一級 Level 1 - 分紙 Score Sheet

Artistic
Gymnastics

Name		Physical Preparation					Floor exercise				Vault	Full Score	Remarks	No. of certificate
		Japana to 45 degree	Long Dish and Long Arch (10s each)	Incline handstand (10s)	Bunny jumps	Push up on knees (5 times)	Forward roll	Backward roll	Straight jump, Tuck jump, Straddle jump	Shoulder stand (3s)	Run hurdle straight jump			
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Examiner: _____

Venue: _____

Signature: _____

Course number

(optional): _____

Contact

number: _____

Course end date: _____

Date of

examination: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第一級 Level 1 - 分紙 Score Sheet

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 分腿體前屈(45度) Japan to 45 degree	1. 體前屈成45度 Japan to 45 degree 2. 伸直腳及踮腳尖 Pointing toes with knee straight 3. 胸口貼膝蓋 Chest to knees			
2. 正、反船形兩手上舉-10秒 Long Dish and Long Arch (10s each)	1. 各控10秒 Holding 10s for dish and arch 2. 踮直腳及腳尖 Holding with pointing toes and straight knees 3. (正面) 只有下背和臀部接觸地面，兩手臂上舉，髖關節保持最小角度 (Dish) Only lower back and hip is on the floor with almost no angle at hip joint			
3. 斜靠倒立(10秒) Incline handstand (10s)	1. 控10秒 Incline handstand 10s 2. 手，肩膀，臀部和腳成一直線 Hands, shoulders, hip and feet in straight line 3. 全身繃緊，頂肩並略微含胸 Tightened and slight hollow tuck position			
4. 兔子跳 Bunny jumps	1. 手臂要伸直 Arms straight 2. 腳蹬起屈膝，臀部位置高於肩膀 When jumping, legs bent with hip position higher than shoulder 3. 不可出胸 No arch position of the trunk			
5. 跪膝掌上壓(5次) Push up on knees (5 times)	1. 完成跪膝掌上壓五次 Push up 5 times on knees 2. 肩膀、臀部和腳踝成一斜直線 Perform push ups with shoulders, hips and knees in a straight line 3. 作推撐時，胸部應低於肘部水平，但不可接觸地面 When in downward position, chest should be lower than elbow level but not touching ground			

自由體操 Floor exercise		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 前滾翻 Forward roll	1. 順暢地完成前滾翻後站立 Roll forward and stand up smoothly with control 2. 向前滾動成一直線 Roll forward in straight line 3. 在整個滾動過程保持(團身)姿勢 Maintain tuck position throughout rolling			
2. 後滾翻 Backward roll	1. 滾動時動作順暢；雙手作推撐動作 Roll backward smoothly with hands support and stand up 2. 向後滾動成一直線 Roll backward in straight line 3. 在整個滾動過程保持團身姿勢 Maintain tuck position throughout rolling			
3. 直跳，團身跳，屈體分腿跳 Straight jump, Tuck jump, Straddle jump	1. 標準的開始、起跳、着地和結束動作 Proper starting, take off, landing and ending position 2. 直跳時，身體和手臂向上完全伸直成一直線 Jumping up straight with fully extended body and arms (Straight jump) 3. 團身跳保持正確的團身動作姿勢(手抱小腿) Proper tuck position with hands wrapping knees (Tuck jump) 4. 屈體分腿跳保持正確的分腿動作姿勢(轉寬，膝蓋向上) Proper straddle position - rotate hip joints and turn legs out (Straddle jump)			
4. 肩倒立(3秒) Shoulder stand (3s)	1. 肩倒立維持3秒 Shoulder stand holding for 3s 2. 身體保持筆直 Straight body			

跳馬 Vault		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑踏板直跳 Run hurdle straight jump	1. 標準的助跑、上跳板 / 小彈床上起跳及落地動作 Proper hurdle, take off from springboard/ mini tramp with proper landing 2. 起跳時，垂直向上起跳 Jumping upward with vertical alignment 3. 助跑順暢；掌握快速有力的反彈技巧 Smooth hurdle with quick and powerful rebound 4. 空中身體和手臂向上完全伸直 Fully extend arms and body in the air			

REMARKS :

- The scoring system of this program is “1” , “0.5” and “0” for each skill. Participants can get “1” point for each skill by being able to fully handle the skill while only “0.5” point by being able to partly handle the skill or being assisted. Participants will get no point “0” by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
- There are 3 trails for each skill and the best trail with the best score will be counted.
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The Gymnastics Association of Hong Kong, China

第二級 Level 2 - 分紙 Score Sheet

Artistic
Gymnastics

Name	Physical Preparation					Floor exercise				Vault	Full Score	Remarks	No. of certificate
	Front splits and japa flat	Hollow rock (10 times), arch rock (10 times)	Tuck handstand with box or wall (10s)	Change leg handstand	Push up (5 times)	Forward roll piked	Jump half turn	Back Scale	Frog stand 3s	Run hurdle tuck jump			
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Examiner: _____

Venue: _____

Signature: _____

Course number
(optional): _____

Contact

number: _____

Course end date: _____

Date of
examination: _____

Remarks: _____

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中國香港體操總會
The Gymnastics Association of Hong Kong, China
第二級 Level 2 - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 前後一字馬、分腿體前屈 Front splits and japana flat	1. 前後一字馬分腿160度或以上 Front splits at least 160 degree 2. 分腿體前屈上半身貼地 Japana flat upper body flat on the ground 3. 分腿135度以上 Japana flat >135 degree straddle 4. 伸直膝蓋及腳尖 Pointing toes with legs straight			
2. 正船形前後搖動, 反船形前後搖動 (各10次) Hollow rock(10 times), arch rock(10 times)	1. 身體保持正船形/反船形姿勢, 雙手上舉, 前後搖動10次 Holding hollow and arch position with arms overhead and rock 10 times 2. 伸直膝蓋及腳尖 Holding with pointing toes and straight knees 3. 正船形-下背盡量接近地面 For hollow, elimilate space below lower back 4. 反船形-上背抬起, 腹部貼地 For arch, only the upper back in arch position with abdomen touching ground 5. 臀部肩膀盡量不移動 Minimize movement of hip and shoulders			
3. 靠牆或箱曲腿倒立(10秒) Tuck handstand with box or wall (10s)	1. 曲腿倒立10秒 Holding Tuck handstand for 10s 2. 手, 肩膀, 臀部成一直線 Hands, shoulders, hips in a straight line 3. 膝蓋於臀部水平或低於臀部 Knees level should be in line or lower than hip level			
4. 交換腿踢倒立 Change leg handstand	1. 雙手保持伸直 Arms straight 2. 踢倒立及交換腿時身體保持穩定 Kicking up and exchange leg in control 3. 身體保持筆直, 手, 肩膀, 臀部成一直線 No arch position of the trunk and hands, shoulders, hips in a straight line 4. 伸直膝蓋及腳尖 Keep legs straight with pointed toes			
5. 掌上壓(5次) Push up 5 times	1. 完成掌上壓五次 Push up 5 times 2. 正手支撐, 肩膀、臀部和腳踝成一直線 Perform push ups with shoulders, hips and ankles in a straight line 3. 作推撐時, 胸部應低於肘部水平, 但不可接觸地面 When in downward position, chest should be lower than elbow level but not touching ground			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 前滾翻直腳起 Forward roll piked	1. 順暢地完成前滾翻站立 Roll forward and stand up smoothly with control 2. 向前滾動成一直線 Roll forward in straight line 3. 屈體姿勢時膝蓋及腳尖伸直 Keep legs straight with toes pointed during pike position 4. 站立時腿伸直成屈體狀 Stand up with legs straight in piked position			
2. 直跳轉體180度 Jump half turn	1. 標準的開始, 起跳, 着地和結束動作 Proper starting, take off, landing and ending position 2. 起跳時,垂直向上起跳 Jumping upward with vertical alignment 3. 完成轉體180度 Fully complete with the twist			
3. 燕式平衡(3秒) Back Scale	1. 燕式平衡維持3秒 Back Scale for 3s 2. 後腳於或高於膊頭水平 Back foot at or above shoulder level 3. 身體保持穩定不晃動 Steady and stable without swaying			
4. 蛙式支撐 (3秒) Frog stand 3s	1. 蛙式支撐維持3秒 Holding Frog stand for 3s 2. 控制身體保持平衡不晃動 Balance with control without shaking 3. 伸直腳尖 Pointing toes			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑踏板團身跳 Run hurdle tuck jump	1. 標準的助跑、上跳板 / 小彈床上起跳及落地動作 Proper hurdle, take off from springboard/ mini tramp with proper landing 2. 起跳時,垂直向上起跳 Jumping upward with vertical alignment 3. 空中身體保持團身姿勢 Fully tuck position in the air 4. 助跑順暢; 掌握快速有力的反彈技巧 Smooth hurdle with quick and powerful rebound			

REMARKS :

- The scoring system of this program is “1” , “0.5” and “0” for each skill. Participants can get “1” point for each skill by being able to fully handle the skill while only “0.5” point by being able to partly handle the skill or being assisted. Participants will get no point “0” by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
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The Gymnastics Association of Hong Kong, China

第三級 Level 3 - 分紙 Score Sheet

Artistic
Gymnastics

Name	Physical Preparation					Floor exercise				Vault	Full Score	Remarks	No. of certificate
	Bridge	Dish to arch to dish (Both side x5)	Kick up handstand to the wall	Front kick, side kick, back kick	Bench dip (5 times)	Dive roll	Backward roll to front support	Jump full turn	Leap lead-up drill	Run hurdle straight jump on a 30cm height mat			
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Examiner: _____

Venue: _____

Signature: _____

Course number _____

(optional): _____

Contact _____

number: _____

Course end date: _____

Date of _____

examination: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第三級 Level 3 - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 拱橋 Bridge	1. 拱橋維持3秒 Perform bridge for 3s 2. 拱橋時雙手保持伸直 Perform bridge with arms straight 3. 肩胛打開，拱橋成明顯弧度 Keep upper back and shoulders open with an obvious curve			
2. 正船形橫轉至反船形橫轉至正船形 (兩邊各5次) Dish to arch to dish (Both side x5)	1. 橫轉時身體保持正船形/反船形姿勢 Keep dish and arch position while moving sideways to both sides 2. 雙手上舉，伸直膝蓋及腳尖 Holding arms overhead with legs straight and pointing toes 3. 橫轉速度不能過急，身體保持控制 Move to sideways slowly with control			
3. 靠牆踢上倒立 Kick up handstand to the wall	1. 雙手保持伸直 Arms straight 2. 踢上時身體保持控制 Kicking up in control 3. 身體保持筆直，手，肩膀，臀部和腳成一直線 No arch position of the trunk; hands, shoulders, hip and feet in straight line 4. 伸直膝蓋及腳尖 Keep legs straight with pointed toes			
4. 前、側、後踢腿 Front kick, side kick, back kick	1. 前和側踢腿至不低於135度 135 degree or more for front kick and side kick 2. 站立腳伸直 Keep supporting leg straight 3. 踢腿時伸直膝蓋及腳尖 Kicking with pointing toes and straight legs 4. 後踢腿至高於肩膀 Standing back kick higher than shoulder level			
5. 長凳深撐(5次) Bench dip (5 times)	1. 完成深撐5次 Bench dip for 5 times 2. 肩膀低於手肘 Shoulders should be lower than elbow level for each time 3. 以均速進行深撐 Lowering down slowly with control			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 魚躍前滾翻 Dive roll	1. 有明顯騰空 At least a moment in the air 2. 順暢直線滾動 Rolling smoothly and in a straight line 3. 起跳時雙腳蹬直 Fully extend legs while take off			
2. 後滾翻成俯撐 Backward roll to front support	1. 後滾成俯撐姿勢 Backward roll to front support 2. 滾動時雙手要作直臂推撐動作，支撐手指向內轉動 Keeping the arms straight with fingers inwards 3. 推起成俯撐（身體成一直線或稍含胸） Front support with body straight or in hollow position			
3. 跳轉360度 Jump full turn	1. 標準的開始、起跳、着地和結束動作 Proper starting, take off, landing and ending position 2. 完成完整轉體360度 Fully complete with the twist			
4. 跳步預備練習 Leap lead-up drill	1. 腳控於前水平位置向前小跳，前腳單腳落地，跨成半蹲同時後腳跳起並向後踢起 Lift leg to forward horizontal, single leg vertical hop to land, leap onto free leg landing in demi pile 2. 控腿時伸直膝蓋及腳尖 Free leg should be straight throughout, pointing toes 3. 雙手微微向後平舉 Arms pressed back sideways throughout			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑直跳上30厘米高墊 Run hurdle straight jump on a 30cm height mat	1. 標準的助跑、上跳板 / 小彈床上起跳及落地動作 Proper hurdle, take off from springboard/ mini tramp and landing techniques 2. 起跳時，垂直向上起跳 Jumping upward with vertical alignment 3. 直跳時，雙手上舉身體保持筆直 Fully extend arms and body in the air 4. 助跑順暢：掌握快速有力的反彈技巧 Smooth hurdle with quick and powerful rebound			

REMARKS :

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The Gymnastics Association of Hong Kong, China

第四級 Level 4 (男子 MAG) - 分紙 Score Sheet

Name		Physical Preparation			Floor exercise			Vault		Parallel bars	Horizontal bar	Full Score	Remarks	No. of certificate
		Side support (10s for each side)	Handstand facing wall (10s)	Pull up with knees raised (5s)	Cartwheel	Stag Jump	Headstand 3s	Run hurdle straight jump on a 60cm height mat	Handspring flat back	Support on Low Parallel bars (10s)	Jump to support on a low bar (5s), cast push off			
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Examiner: _____

Signature: _____

Contact number: _____

Date of examination: _____

Venue: _____

Course number (optional): _____

Course end date: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第四級 Level 4 (男子MAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 兩側單手旁支撐(10秒) Side support (10s for each side)	1. 兩側單手旁支撐維持10秒 Side support hold for 10s of side support 2. 身體成一直線 Body is in straight line			
2. 靠牆倒立(10秒) Handstand facing wall (10s)	1. 靠牆倒立維持10秒 Handstand facing wall for 10s 2. 手，肩膀，臀部和腳成一直線 Hands, shoulders, hips and ankles in a straight line			
3. 引體膝上舉(5秒) Pull up with knees raised (5s)	1. 引體膝上舉維持5秒 Hold for 5s 2. 曲腿抬高至90度 Knees raised and holding in 90 degree angle 3. 下巴高於槓 Chin above bar 注：如沒有槓，可考慮用舞蹈室內芭蕾舞扶手 Note: If no bar is available, consider using the ballet barre in a dance room or studio.			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 側手翻 Cartwheel	1. 按雙手按地、蹬腿、擺腿順序 Hands and feet in correct sequence 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			
2. 鹿跳 Stag Jump	1. 標準的開始、起跳、着地和結束動作 Proper starting, take off, landing and ending position 2. 鹿跳雙腿成不少於135度 >135 degree for Stag jump 3. 後腳膝蓋及腳尖伸直 Keep the back leg straight with toes pointed			
3. 頭手倒立(3秒) Headstand 3s	1. 頭手倒立維持3秒 Headstand hold for 3s 2. 身體保持筆直及伸直腳尖 Body in a straight line with pointing toes			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑直跳上60厘米高墊 Run hurdle straight jump on a 60cm height mat	1. 標準的助跑、上跳板/小彈床上起跳及落地動作 Proper hurdle, take off from springboard/ mini trampoline and landing techniques 2. 直跳時雙手上舉全身繃直成一直線 Fully extend arms and body in the air 3. 助跑順暢；掌握快速有力的反彈技巧 Smooth hurdle with quick and powerful rebound			
2. 前手翻推手臥墊上 Handspring flat back	1. 從跳板/單跳板/彈力氣墊/小彈床推手 Push off from springboard/tumbling track/ airtrack/ mini-trampoline 2. 推手後有明顯騰空 At least a moment in the air between push-off and flat back 3. 從倒立至平躺下，身體保持筆直 Passing through handstand with tightened straight body			

雙槓Parallel bars		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 低雙槓支撐 (10秒) Support on Low Parallel bars (10s)	1. 低雙槓支撐維持10秒 Support 10s 2. 雙肩向下推(身體及頭向上推) Shoulder depression (pushing trunk and head upward) 3. 保持身體筆直 Keeping body straight and tightened 注：如沒有槓，可考慮用兩個相同高度的箱。如箱子太矮，可曲雙腳。 Note: If no bars is available, consider using 2 boxes with same height. If boxes are too low, bending knees is allowed.			

單槓Horizontal bar		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 跳上成正手支撐(5秒)，推槓向後落 Jump to support on a low bar (5s), cast push off	1. 低槓正手支撐維持5秒，支撐時雙手伸直 Support on low bar for 5s, arms straight during support 2. 後擺後推槓落，標準落地動作 Cast push off; proper landing 注：如沒有槓，可考慮用與低槓差不多高度、能讓運動員跳起成手支撐的墊或平台。如器械不允許運動員後擺，可不作後擺。 Note: If no bar is available, consider using a cube mat or a platform of similar height (as long as the athlete can jump and support him/herself with the hands) instead. Cast is optional if the alternative equipment does not allow the athlete to cast.			

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The Gymnastics Association of Hong Kong, China

第四級 Level 4 (女子 WAG) - 分紙 Score Sheet

Name	Physical Preparation			Floor exercise			Vault		Beam (Low beam is also acceptable)	Horizontal bar	Full Score	Remarks	No. of certificate
	Side support (10s for each side)	Handstand facing wall (10s)	Pull up with knees raised (5s)	Cartwheel	Split leap jump	Passe turn lead-up drill	Run hurdle straight jump on a 60cm height mat	Handspring flat back	Walk along the beam in releve, 2 x straight jumps in series, walk along the beam backward in releve	Jump to support on a low bar (5s), cast push off			
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Examiner: _____

Venue: _____

Course number _____

Signature: _____

(optional): _____

Contact _____

number: _____

Course end date: _____

Date of _____

examination: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第四級 Level 4 (女子WAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 兩側單手旁支撐(10秒) Side support (10s for each side)	1. 兩側單手旁支撐維持10秒 Side support hold for 10s of side support 2. 身體成一直線 Body is in straight line			
2. 靠牆倒立(10秒) Handstand facing wall (10s)	1. 靠牆倒立維持10秒 Handstand facing wall for 10s 2. 手、肩膀、臀部和腳成一直線 Hands, shoulders, hips and ankles in a straight line			
3. 引體膝上舉(5秒) Pull up with knees raised (5s)	1. 引體膝上舉維持5秒 Hold for 5s 2. 曲腿抬高至90度 Knees raised and holding in 90 degree angle 3. 下巴高於槓 Chin above bar 注：如沒有槓，可考慮用舞蹈室內芭蕾舞扶手 Note: If no bar is available, consider using the ballet barre in a dance room or studio.			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 側手翻 Cartwheel	1. 按雙手按地、蹬腿、擺腿順序 Hands and feet in correct sequence 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			
2. 跨跳 Split leap jump	1. 助跑2-3步跨跳 2-3 steps to split leap jump 2. 空中身體挺直，伸直膝蓋及腳尖 Upper body straight, legs straight with pointed toes 3. 分腿不少於135度 >135 degree split			
3. 單足轉預備練習 Passe turn lead-up drill	1. 向側吸腿轉至前方，立踵上落(另一隻腳重複一次) Passe on one foot in side position, move free leg to forward passe position, releve up and down (repeat with another leg) 2. 吸腿保持90度 Free leg at 90 degree throughout 3. 立踵至最高 For releve - heel lifted to high releve			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑直跳上60厘米高墊 Run hurdle straight jump on a 60cm height mat	1. 標準的助跑、上跳板 / 小彈床上起跳及落地動作 Proper hurdle, take off from springboard/ mini trampoline and landing techniques 2. 直跳時雙手上舉全身蹦直成一直線 Fully extend arms and body in the air 3. 助跑順暢；掌握快速有力的反彈技巧 Smooth hurdle with quick and powerful rebound			
2. 前手翻推手臥墊上 Handspring flat back	1. 從跳板 / 單跳板 / 彈力氣墊 / 小彈床推手 Push off from springboard/tumbling track/ airtrack/ mini-trampoline 2. 推手後有明顯騰空 At least a moment in the air between push-off and flat back 3. 從倒立至平躺下，身體保持筆直 Passing through handstand with tightened straight body			

平衡木(可用矮木) Beam (Low beam is also acceptable)		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 沿直線立踵前行，2次連續直小跳，立踵向後行 Walk along the beam in releve, 2 x straight jumps in series, walk along the beam backward in releve	1. 行走時雙腿及腳尖保持伸直 Legs straight with pointed toes when walking in releve 2. 行走時兩手臂旁平舉，抬頭眼睛往前看 Arms on side, head up with eyes looking forward whilst walking 3. 小跳時，雙手上舉身體保持筆直 Jumping up straight with fully extended body and arms 4. 小跳起跳和落地時成前後腳 "Beam feet" (ie one feet halfway behind the other) before and after jump			

單槓Horizontal bar		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 跳上成正手支撐(5秒)，推槓向後落 Jump to support on a low bar (5s), cast push off	1. 低槓正手支撐維持5秒，支撐時雙手伸直 Support on low bar for 5s, arms straight during support 2. 後擺後推槓落，標準落地動作 Cast push off; proper landing 注：如沒有槓，可考慮用與低槓差不多高度、能讓運動員跳起成手支撐的墊或平台。如器械不允許運動員後擺，可不做後擺。 Note: If no bar is available, consider using a cube mat or a platform of similar height (as long as the athlete can jump and support him/herself with the hands) instead. Cast is optional if the alternative equipment does not allow the athlete to cast.			

REMARKS :

- The scoring system of this program is "1", "0.5" and "0" for each skill. Participants can get "1" point for each skill by being able to fully handle the skill while only "0.5" point by being able to partly handle the skill or being assisted. Participants will get no point "0" by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
- There are 3 trails for each skill and the best trail with the best score will be counted.
- Applicants who pass the examination can apply for the certificate. Each set of certificate costs HKD\$150 and application can be made three weeks after the course. Certificates will not be issued after a year.

The Gymnastics Association of Hong Kong, China

第五級 Level 5 (男子 MAG) - 分紙 Score Sheet

Artistic
Gymnastics

Name		Physical Preparation				Floor exercise				Vault	Parallel bars		Horizontal bar		Full Score	Remarks	No. of certificate
		From stand to bridge	Pull up (3 times)	Handstand facing wall (20s)	Burpee jump (10 times)	Hurdle Cartwheel	Scissor kick step forward and half turn	Stag Jump with half turn	Kick to handstand 2s and step down	Run hurdle handspring flat back	Upperarm support on Low Parallel bars (10s)	L sit support (3s)	Cast	Pullover on low bar			
1																	
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3																	
4																	
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6																	
7																	
8																	
9																	
10																	

Examiner: _____

Venue: _____

Signature: _____

Course number

(optional): _____

Contact number: _____

Course end date: _____

Date of examination: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第五級 Level 5 (男子MAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 站立落拱橋 From stand to bridge	1. 以站立式落橋，保持身體控制 Down to bridge from standing position in control 2. 拱橋時雙手保持伸直 Perform bridge with arms straight 3. 肩胛打開，拱橋成明顯弧度 Keep upper back and shoulders open with an obvious curve			
2. 引體上升(3次) Pull up (3 times)	1. 完成引體上升3次 Pull up 3 times 2. 身體保持筆直 Tightened body in a straight line 3. 下巴高於槓 Chin above bar			
3. 靠牆倒立(20秒) Handstand facing wall (20s)	1. 靠牆倒立維持20秒 Hold 20s 2. 手、肩膀、臀部和腳成一直線 Hands, shoulders, hips and ankles in a straight line			
4. 立臥撐跳(10次) Burpee jump (10 times)	1. 完成俯臥撐，收腿，跳起10次 From front support jump in and up 10 times 2. 俯臥撐和跳起時身體保持筆直 Body in straight line while front support and straight jump 3. 跳起時手向上伸直Arms overhead while take off for straight jump			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 雙腳起跳催步接側手翻 Hurdle Cartwheel	1. 催步接側手翻 Perform cartwheel with a hurdle 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			
2. 交換腿踢接向前踏步轉體180度 Scissor kick step forward and half turn	1. 在空中完成交換腿 Perform scissor kick 2. 順暢地完成交換腿跳接前踏轉體180度 Scissor kick with step forward and half turn smoothly			
3. 鹿跳轉體180度 Stag Jump with half turn	1. 標準的開始、起跳、着地和結束動作 Proper starting, take off, landing and ending position 2. 鹿跳分腿不少於135度 >135 degree for Stag jump 3. 後腳及腳尖伸直 Keep the back leg straight with toes pointed			
4. 擺倒立2秒落地成弓步 Kick to handstand 2s and step down	1. 擺倒立落地成弓步 Kick to handstand and step down 2. 倒立2秒，身體成一直線及伸直腳尖 Handstand 2s and in a straight line with pointed toes			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑前手翻平躺墊子上 Run hurdle handspring flat back	1. 上板和撐手之間要有明顯騰空 At least a moment in the air between take-off and hands contact 2. 有支撐倒立過程，不能收跨 Passing through handstand without bending hip			

雙槓Parallel bars		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 低雙槓掛臂支撐(10秒) Upperarm support on Low Parallel bars (10s)	1. 雙槓掛臂支撐維持10秒 Upperarm support on Low Parallel bars for 10s 2. 肩膀及手肘成一直線 Elbows are in line with shoulders 注: 如沒有雙槓，可考慮用兩個相同高度的箱。如箱子太矮，可曲雙腳。 Note: If no bars is available, consider using 2 boxes with same height. If boxes are too low, bending knees is allowed.			
2. 直角支撐(3秒) L sit support (3s)	1. 直角支撐維持3秒 Holding L sit support for 3s 2. 雙臂向下推(身體向上推) Shoulder depression (pushing body upward) 3. 雙腳膝蓋及腳尖伸直 Keep legs straight with toes pointed 4. 舉腳高於槓 Lift legs above bars level			

單槓Horizontal bar		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 正手支撐後擺落 Cast	1. 後擺後明顯要有支撐 At least a moment showing support on the bar after cast 2. 雙腿膝蓋及腳尖伸直 Keep legs straight and together with toes pointed			
2. 翻身上(低槓) Pullover on low bar	1. 翻上後成正支撐(手臂伸直) Pullover and support on bar; arms straight 2. 翻身上時保持身體控制及順暢 Pullover smoothly with control			

REMARKS :

- The scoring system of this program is “1” , “0.5” and “0” for each skill. Participants can get “1” point for each skill by being able to fully handle the skill while only “0.5” point by being able to partly handle the skill or being assisted. Participants will get no point “0” by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
- There are 3 trails for each skill and the best trail with the best score will be counted.
- Applicants who pass the examination can apply for the certificate. Each set of certificate costs HKD\$150 and application can be made three weeks after the course. Certificates will not be issued after a year.

The Gymnastics Association of Hong Kong, China

第五級 Level 5 (女子 WAG) - 分紙 Score Sheet

Artistic
Gymnastics

Name		Physical Preparation				Floor exercise				Vault	Beam (Low beam is also acceptable)		Horizontal bar		Full Score	Remarks	No. of certificate
		From stand to bridge	Pull up (3 times)	Handstand facing wall (20s)	Burpee jump (10 times)	Hurdle Cartwheel 1	Split jump and straddle jump	2 x passé half turns on the same foot, releve hold	Kick to handstand 2s and step down	Run hurdle handspring flat back	Front kick, side kick, back kicks	2-3 steps punch jump dismount from end of beam	Cast	Pullover on low bar			
1																	
2																	
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8																	
9																	
10																	

Examiner: _____

Venue: _____

Course number _____

Signature: _____

(optional): _____

Contact _____

Course end date: _____

Date of _____

examination: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第五級 Level 5 (女子WAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 站立落拱橋 From stand to bridge	1. 以站立式落橋，保持身體控制 Down to bridge from standing position in control 2. 拱橋時雙手保持伸直 Perform bridge with arms straight 3. 肩胛打開，拱橋成明顯弧度 Keep upper back and shoulders open with an obvious curve			
2. 引體上升(3次) Pull up (3 times)	1. 完成引體上升3次 Pull up 3 times 2. 身體保持筆直 Tightened body in a straight line 3. 下巴高於槓 Chin above bar			
3. 靠牆倒立(20秒) Handstand facing wall (20s)	1. 靠牆倒立維持20秒 Hold 20s 2. 手，肩膀，臀部和腳成一直線 Hands, shoulders, hips and ankles in a straight line			
4. 立臥撐跳(10次) Burpee jump (10 times)	1. 完成俯臥撐，收腿，跳起10次 From front support jump in and up 10 times 2. 俯臥撐和跳起時身體保持筆直 Body in straight line while front support and straight jump 3. 跳起時手向上伸直Arms overhead while take off for straight jump			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 雙腳起跳催步接側手翻 Hurdle Cartwheel	1. 催步接側手翻 Perform cartwheel with a hurdle 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			
2. 前後劈叉跳，橫分腿跳 Split jump and straddle jump	1. 標準的開始、起跳、着地和結束動作 Proper starting, take off, landing and ending position 2. 雙腿膝蓋及腳尖伸直 Legs straight with pointed toes 3. 分腿不少於135度 Split of 135 degree or more for the jumps			
3. 單腳立轉180度(2次成轉體一圈)，後保持立踵 2 x passé half turns on the same foot, releve hold	1. 向側吸腿轉至前方帶動轉體 - 重複2次 Free leg start in side passé position; initiate turn by bringing it to forward passé position. Repeat two times. 2. 轉體過程均須立踵 Turns completed on releve 3. 身體保持控制，不可搖擺 Body in control and aligned without swaying			
4. 擺倒立2秒落地成弓步 Kick to handstand 2s and step down	1. 擺倒立落地成弓步 Kick to handstand and step down 2. 倒立2秒，身體成一直線及伸直腳尖 Handstand 2s and in a straight line with pointed toes			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 助跑前手翻平躺墊子上 Run hurdle handspring flat back	1. 上板和撐手之間要有明顯騰空 At least a moment in the air between take-off and hands contact 2. 有支撐倒立過程，不能收跨 Passing through handstand without bending hip			

平衡木(可用矮木) Beam (Low beam is also acceptable)		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 前、側、後踢腿 Front kick, side kick, back kicks	1. 踢腿至水平以上 Kicks to above horizontal 2. 踢腿時膝蓋及腳尖伸直 Kicking with pointing toes and straight legs 3. 站立腳伸直 Keep supporting leg straight			
2. 助跑2-3步，於低木末端直跳下 2-3 steps punch jump dismount from end of beam	1. 助跳須帶有速度(不能行走) Run-up should be with speed (ie not walking) 2. 直跳有明顯跳躍，保持身體筆直 Jump should be dynamic with body vertical			

單槓Horizontal bar		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 正手支撐後擺落 Cast	1. 後擺後明顯要有支撐 At least a moment showing support on the bar after cast 2. 雙腿膝蓋及腳尖伸直 Keep legs straight and together with toes pointed			
2. 翻身上(低槓) Pullover on low bar	1. 翻上後成正支撐(手臂伸直) Pullover and support on bar; arms straight 2. 翻身上時保持身體控制及順暢 Pullover smoothly with control			

REMARKS :

- The scoring system of this program is “1”, “0.5” and “0” for each skill. Participants can get “1” point for each skill by being able to fully handle the skill while only “0.5” point by being able to partly handle the skill or being assisted. Participants will get no point “0” by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
- There are 3 trails for each skill and the best trail with the best score will be counted.
- Applicants who pass the examination can apply for the certificate. Each set of certificate costs HKD\$150 and application can be made three weeks after the course. Certificates will not be issued after a year.

The Gymnastics Association of Hong Kong, China

第六級 Level 6 (男子 MAG) - 分紙 Score Sheet

	Name	Physical Preparation				Floor exercise			Pommel horse	Vault		Parallel bars		Horizontal bar			Full Score	Remarks	No. of certificate
		From stand to bridge then up raise to standing	Pull up levers with knees bent (3times)	Dip (3 times)	Skipping 20s	Handstand 2s forward roll	Stretched dive roll	Cartwheel, cartwheel	Half mushroom circle	Handspring push off from high mat or platform	Run hurdle dive roll from springboard/ mini trampoline/ airtrack onto >60cm height mat	Glide swing	Swing in support (45 degree from vertical)	Cast (above shoulder height)	Tension swing (10 times)	Long swing (45 degree from vertical)			
1																			
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3																			
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9																			
10																			

Examiner: _____

Signature: _____

Contact number: _____

Date of examination: _____

Venue: _____

Course number (optional): _____

Course end date: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第六級 Level 6 (男子MAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 站立落拱橋推起 From stand to bridge then up raise to standing	1. 以站立式落橋 Down to bridge from standing position 2. 拱橋推撐起成站立 Rise up from bridge to standing position			
2. 曲膝引體上舉成倒懸垂(3次) Pull up levers with knees bent (3 times)	1. 完成引體上舉成倒懸垂 (3次) Perform pull up levers with knees bent 3 times 2. 全身(包括髖關節)蹦緊 Keep body (including hip) straight 3. 下巴高於槓及髖關節觸槓 Chin above bar and hip to the bar for each time			
3. 深撐(3次) Dip (3 times)	1. 完成深撐3次 Perform dip for 3 times 2. 身體保持筆直 Keep body straight 3. 手肘彎曲多於90度 Bend elbows for more than 90 degree 注: 如沒有雙槓, 可考慮用兩個相同高度的箱。如箱子太矮, 可曲雙腳。 Note: If no bars is available, consider using 2 boxes with same height. If boxes are too low, bending knees is allowed.			
4. 跳繩20秒 Skipping 20s	1. 完成跳繩20秒 Skip for 20s			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 手倒立(2秒)接前滾翻 Handstand 2s forward roll	1. 順暢地完成倒立前滾翻 Perform handstand with forward roll smoothly 2. 倒立維持2秒, 身體成一直線 Handstand 2s and in a straight line			
2. 魚躍前滾翻 Stretched dive roll	1. 有明顯的蹬起騰空動作 Showing a obvious jump off for the dive roll 2. 空中有展翅姿勢 Fully stretched in the air 3. 順暢向前滾動 Rolling smoothly			
3. 側手翻接側手翻 Cartwheel, cartwheel	1. 順暢地連續完成兩個側手翻 Perform 2 cartwheels connected 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			

鞍馬Pommel Horse		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 半圈全旋 Half mushroom circle	1. 於蘑菇(或箱)完成半圈全旋 Perform half circle on mushroom (or Box) 2. 身體保持筆直, 臀部和腳成一直線, 伸直腳尖 Straight body, hip and legs with pointing toes			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 從高墊/平台前手翻推手落 Handspring push off from high mat or platform	1. 從高處前手翻推手落, 標準落地動作 Handspring high to low with proper landing 2. 前手翻有明顯推手 Showing obvious push-off			
2. 助跑上跳板/ 小蹦床 / 彈力氣墊魚躍前滾翻上60米以上高墊 Run hurdle dive roll from springboard/ mini trampoline/ airtrack onto >60cm height mat	1. 魚躍前滾翻上60米以上高墊, 手和背依次著墊後順暢向前滾動 Dive roll onto >60cm height mat with supporting of hands and upper back then roll smoothly 2. 向上騰空 Direction of flight is upward rather than forward			

雙槓Parallel bars		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 放浪 Glide swing	1. 向前放浪時身體展開 Glide swing with extended body in the front 2. 伸直膝蓋及腳尖 Keeping legs straight with pointing toes 注：如沒有雙槓，可用低槓。 Note: If no Parallel bars is available, glide swing with a low bar is allowed.			
2. 支撐擺浪(45度以上) Swing in support (45 degree from vertical)	1. 完成前後擺浪3次 Perform 3 swing in support 2. 以髖關節計，擺動高度與垂直成45度或以上 Swinging more than 45 degree from vertical (hip point) 3. 身體保持筆直(允許臀部和身體略微收腹或弓背) Keeping body and legs straight (allow slightly arch or bend of hip and body) 注：如沒有雙槓，可考慮用兩個相同高度的箱。如箱子太矮，可曲雙腳。 Note: If no bars is available, consider using 2 boxes with same height. If boxes are too low, bending knees is allowed.			

單槓Horizontal bar		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 正手支撐後擺(高於肩) Cast (above shoulder height)	1. 支撐後擺臀部高於肩膀 Cast with the hip above shoulder height 2. 後擺後回槓成正手支撐 Cast and back to support on bar with control 3. 拼腿及伸直腳尖 Keeping legs together with pointing toes			
2. 震浪(10次) Tension swing (10 times)	1. 完成震浪10次 Perform tension swing for 10 times 2. 以背部和肩膀帶動含胸沉肩做出震浪 Initiate rounding and arching movement with back and shoulders rather than hips			
3. 擺浪(45度以上) Long swing (45 degree from vertical)	1. 完成前後擺浪3次 Perform long swings for 3 times 2. 前後擺動高度與垂直成45度或以上 Swing height 45 degree from vertical or more			

REMARKS :

1. The scoring system of this program is “1” , “0.5” and “0” for each skill. Participants can get “1” point for each skill by being able to fully handle the skill while only “0.5” point by being able to partly handle the skill or being assisted. Participants will get no point “0” by failing to perform the skill or meet none of the requirements. The passing score of this program is 70%.
2. There are 3 trails for each skill and the best trail with the best score will be counted.
3. Applicants who pass the examination can apply for the certificate. Each set of certificate costs HKD\$150 and application can be made three weeks after the course. Certificates will not be issued after a year.

The Gymnastics Association of Hong Kong, China

第六級 Level 6 (女子 WAG) - 分紙 Score Sheet

Name		Physical Preparation				Floor exercise				Beam (Low beam is also acceptable)		Vault		Horizontal bar			Full Score	Remarks	No. of certificate
		From stand to bridge then up raise to standing	Pull up levers with knees bent (3times)	Dip (3 times)	Skipping 20s	Handstand 2s forward roll	Bridge kickover	Full turn on one foot	Cartwheel, cartwheel	Forward entry kick to "L" handstand, step out to lunge	Half turn on 1 foot, half turn on 2 feet, releve hold for 2s	Handspring push off from high mat or platform	Run hurdle dive roll from springboard/ mini trampoline/ airtrack onto >60cm height mat	Cast (above shoulder height)	Tension swing (10 times)	Long swing (45 degree from vertical)			
1																			
2																			
3																			
4																			
5																			
6																			
7																			
8																			
9																			
10																			

Examiner: _____

Signature: _____

Contact number: _____

Date of examination: _____

Venue: _____

Course number (optional): _____

Course end date: _____

Remarks: _____

Remarks : See below for the rules and regulation and the requirements.

中國香港體操總會
The Gymnastics Association of Hong Kong, China
第六級 Level 6 (女子WAG) - 分紙Score Sheet

身體素質 Physical Preparation		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 站立落拱橋推起 From stand to bridge then up raise to standing	1. 以站立式落橋 Down to bridge from standing position 2. 拱橋推撐起成站立 Rise up from bridge to standing position			
2. 曲膝引體上舉成倒懸垂(3次) Pull up levers with knees bent (3 times)	1. 完成引體上舉成倒懸垂 (3次) Perform pull up levers with knees bent 3 times 2. 全身(包括髖關節)蹦緊 Keep body (including hip) straight 3. 下巴高於槓及髖關節觸槓 Chin above bar and hip to the bar for each time			
3. 深撐(3次) Dip (3 times)	1. 完成深撐3次 Perform dip for 3 times 2. 身體保持筆直 Keep body straight 3. 手肘彎曲多於90度 Bend elbows for more than 90 degree 注: 如沒有雙槓, 可考慮用兩個相同高度的箱。如箱子太矮, 可曲雙腳。 Note: If no bars is available, consider using 2 boxes with same height. If boxes are too low, bending knees is allowed.			
4. 跳繩20秒 Skipping 20s	1. 完成跳繩20秒 Skip for 20s			

自由體操 Floor exercise		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 手倒立(2秒)接前滾翻 Handstand 2s forward roll	1. 順暢地完成倒立前滾翻 Perform handstand with forward roll smoothly 2. 倒立維持2秒, 身體成一直線 Handstand 2s and in a straight line			
2. 拱橋踢起後軟翻 Bridge kickover	1. 拱橋頂肩至手掌位置上方 In bridge position, shoulders push to be above hands 2. 雙腳伸直準備踢起後軟翻 Legs push to full extension before kickover 3. 踢起後軟翻須經前後分腿倒立 Split handstand shown in the middle of kickover			
3. 單足立轉360度 Full turn on one foot	1. 轉體過程保持立踵 Full turn completed on releve 2. 支撐腿伸直 Support leg should be straight 2. 身體保持控制, 不可搖晃 Body in control and aligned without swaying			
4. 側手翻接側手翻 Cartwheel, cartwheel	1. 順暢地連續完成兩個側手翻 Perform 2 cartwheels connected 2. 身體保持一直線(不能收跨) Keeping the hips in straight line (no bending hips) 3. 側手翻成一直線 Cartwheel in a straight line			

平衡木(可用矮木) Beam (Low beam is also acceptable)		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. L形倒立後落下成弓步 Forward entry kick to "L" handstand, step out to lunge	1. 倒立必須經過手支撐 There should be momentary support on the hands 2. 倒立時, 一隻腳與身體成一直線, 一隻腳踢至水平或以上 Kick one leg to vertical, and second leg to at least horizontal			
2. 單腳立轉180度, 雙腳立轉180度, 後控2秒 Half turn on 1 foot, half turn on 2 feet, releve hold for 2s	1. 整個動作過程保持立踵 Turns completed on releve 2. 身體保持控制, 不可搖擺 Body in control and aligned without swaying			

跳馬Vault		分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements	1	0.5	0
1. 從高墊/平台前手翻推手落 Handspring push off from high mat or platform	1. 從高處前手翻推手落, 標準落地動作 Handspring high to low with proper landing 2. 前手翻有明顯推手 Showing obvious push-off			
2. 助跑上跳板/ 小蹦床 / 彈力氣墊魚躍前滾翻上60米以上高墊 Run hurdle dive roll from springboard/ mini trampoline/ airtrack onto >60cm height mat	1. 魚躍前滾翻上60米以上高墊, 手和背依次著墊後順暢向前滾動 Dive roll onto >60cm height mat with supporting of hands and upper back then roll smoothly 2. 向上騰空 Direction of flight is upward rather than forward			

單槓Horizontal bar			分數Score		
動作名稱 Name of exercise	動作規範指引 Requirements		1	0.5	0
1. 正手支撐後擺(高於肩) Cast (above shoulder height)	1. 支撐後擺臀部高於肩膀 Cast with the hip above shoulder height 2. 後擺後回槓成正手支撐 Cast and back to support on bar with control 3. 拼腿及伸直腳尖 Keeping legs together with pointing toes				
2. 震浪(10次) Tension swing (10 times)	1. 完成震浪10次 Perform tension swing for 10 times 2. 以背部和肩膀帶動含胸沉肩做出震浪 Initiate rounding and arching movement with back and shoulders rather than hips				
3. 擺浪(45度以上) Long swing (45 degree from vertical)	1. 完成前後擺浪3次 Perform long swings for 3 times 2. 前後擺動高度與垂直成45度或以上 Swing height 45 degree from vertical or more				

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