

# 章別計劃規則與規定

## Badge Scheme Rules and Regulations

### 課程考核 Exam

建議考核前，至少進行15分鐘或以上的熱身運動以及最少一次器械熱身。每個動作有3次機會試做，得分最高的一次為最後分數。考核動作不必順序，考核員可以根據情況安排動作考核次序。

此課程的評分會以“1”分、“0.5”分和“0”分作分數。參與者完成該動作並達到所有標準則可以獲得“1”分；而達到部分標準或得到幫助才能完成動作，則只能獲得“0.5”分；參加者未能完成動作或未能符合任何一項標準只可得“0”分。銅星、銀星、金星合格分數為該級別最高可得分數的七成或以上。

除了設施和設備的限制外，參加者必須參與所有技能的培訓和考核。如有任何設施或設備的限制，鼓勵將設備或動作稍作修改，以完成所有技能。

只有經過本會認可的人士才可教授及考核此章別計劃課程。認可人士如下：國際體操聯盟認證的競技體操教練、持有本會發出之競技體操教練證書的教練或參加了本會舉辦的教練課程、指定研習班或工作坊的註冊體育老師。

At least 15 minutes of general warm-up and a touch warm-up is highly recommended before the assessment. Participants are allowed three trials for each skill and the highest score received will be counted as the score of that skill. Order of performing the skills during an assessment is not mandated, participants can perform the skills in each level in the order they choose and the judges and examiners can determine the examination procedure according to the circumstances.

The scoring system of the skill assessment for this program is “1”, “0.5” and “0” for each skill. Participants will get “1” point for completing skill and fulfilling all the skill requirements; “0.5” point for completing a skill but only fulfilling some of the skill requirements or was being assisted; no point “0” if he or she fails to perform the skill or meets none of the skill requirements. The passing score for each level is **70%** of the highest possible score for that level.

Subject to the limitations of the facilities and equipment, participants have to be trained and assessed for all the skills. In case of any limitation, participants are encouraged to slightly modify the equipment and skills but should still be trained and assessed.

For Pre-Level 1-3, only certified instructors can teach and be an examiner for this badges scheme course. Certified instructors are F.I.G Academy certified Artistic Gymnastics coaches, coaches who are holding an artistic gymnastics coach certificate that is issued by The Gymnastics Association of Hong Kong, China, and registered P.E. teachers who have attended coaching courses, specific seminars or workshops that are held by The Gymnastics Association of Hong Kong, China.



# 章別計劃規則與規定

## Badge Scheme Rules and Regulations

### 目的 Aim and objection

推廣體操運動，並為香港的學生及熱愛體操運動人士提供指導、機會和發展。

本章別計劃涵蓋不同的動作技術和規則，為對體操有興趣的初學者和業餘體操運動員所制訂的訓練和考核，讓他們得以激勵和挑戰自己，並向着成為能代表學校和屬會參加本地體操比賽，甚至代表香港登上國際舞台的高水平體操運動員。

This Badges Scheme is designed to promote gymnastics and to provide guidance, opportunities and motivation for students and people who are interested in gymnastics in Hong Kong.

It is a set of skills and rules for beginners and recreational gymnasts who wish to participate in gymnastics, to motivate and test themselves, as well as to provide direction to the high-performance gymnasts who wish to represent their schools or clubs in local competitions or even represent the national team on the international stage.

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### 課程 Program

課程為發展兒童的身體控制和身體能力，以及為本地校際比賽，在訓練基本技術和技巧上提供參考。

課程共分為3個級別，銅星、銀星、金星，建議年齡為三歲或以上。男、女子均可使用同一標準。所有參加者必須從銅星開始，並通過每一級的訓練及考核。

This program aims to help children develop motor control and physical abilities as well as serves as a reference of age, basic technique and skills development for local inter-school competitions.

This program is divided into 3 levels in total, Pre-Levels 1-3 are designed and recommended for participants of three year old or older. The skills and requirements are the same for male and female participants, and they are required to start from Pre-Level 1.

銅星  
Pre-Level 1

PRE-LEVEL 1

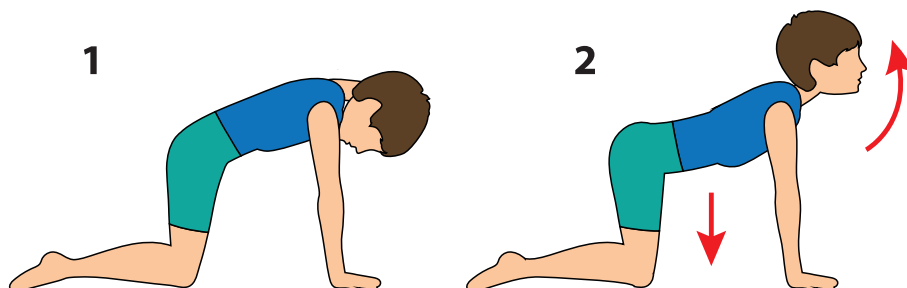
## 銅星 Pre-Level 1

### 身體素質 Physical Preparation

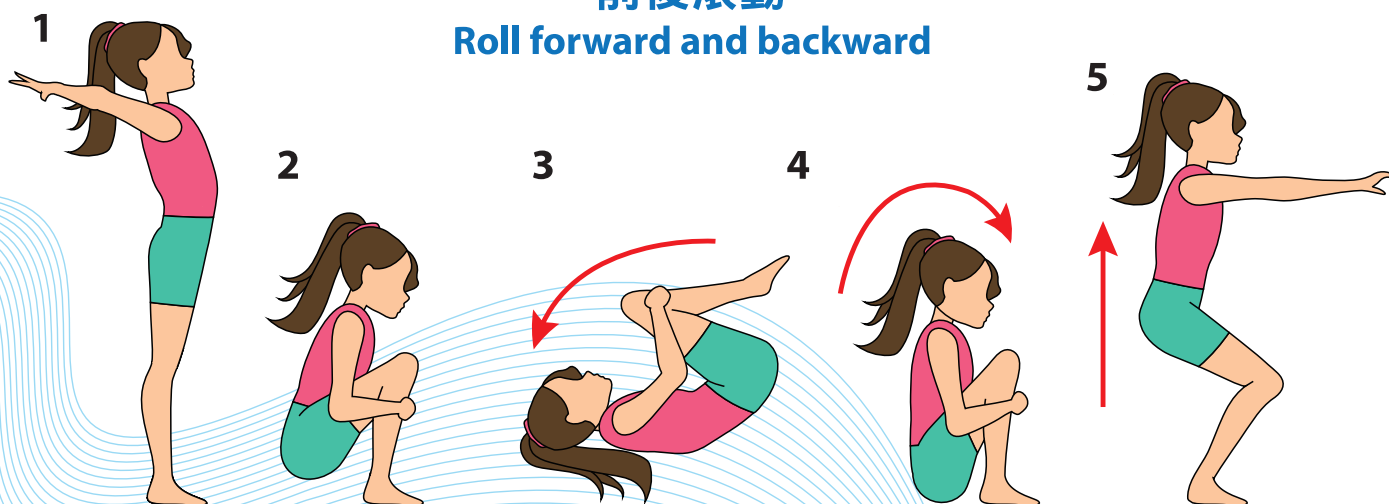


屈體坐  
Pike sit

### 正手支撐、雙膝跪立弓背和挺胸 Hands and knees support with hollow and arch



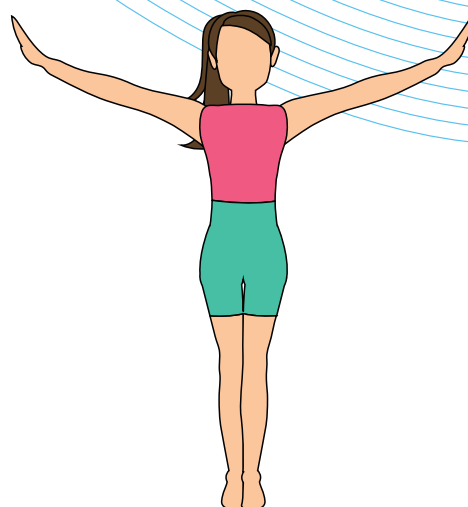
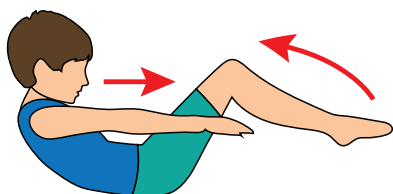
### 前後滾動 Roll forward and backward



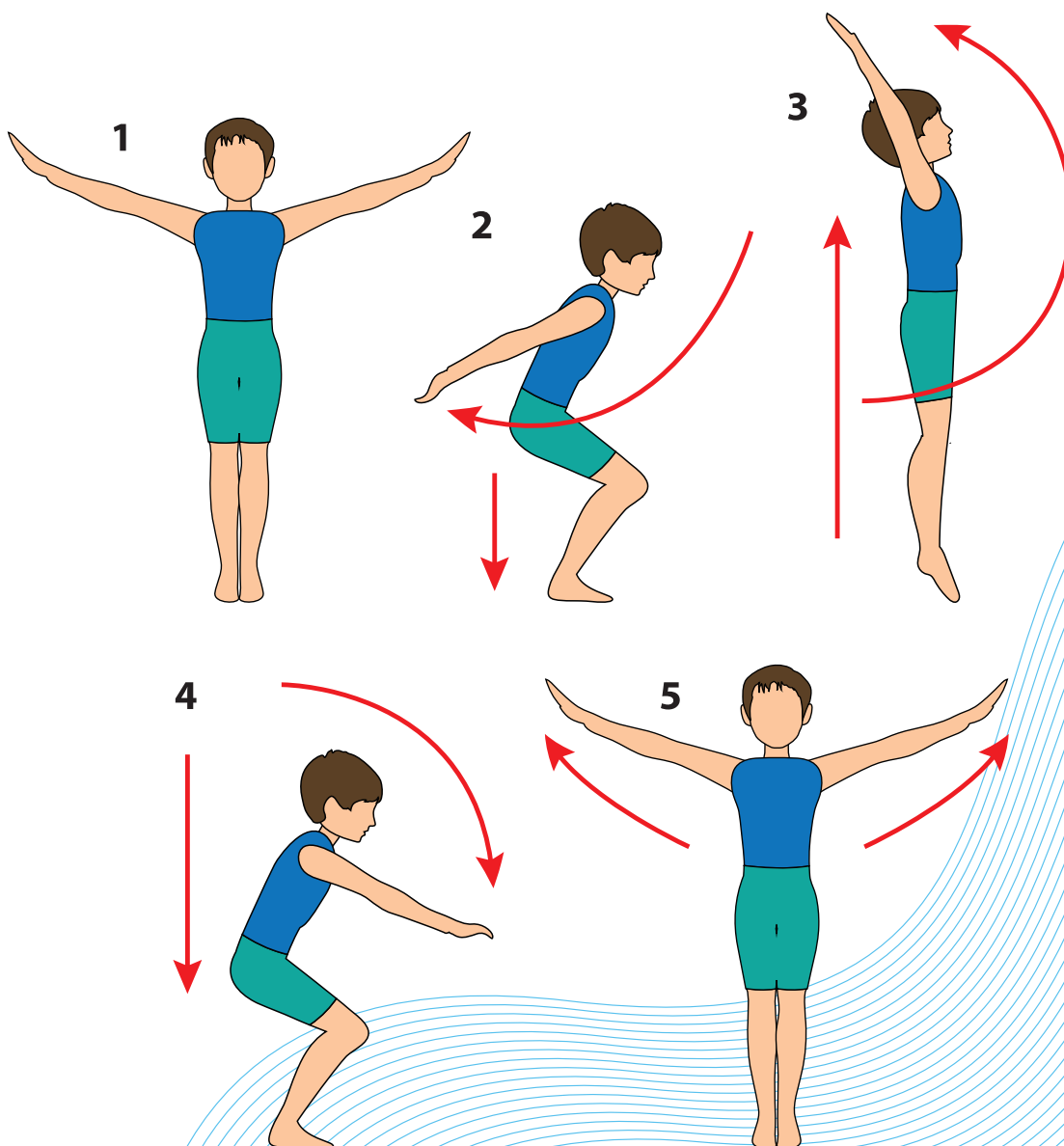


## 基本的體操開始動作姿勢 Gymnastics pose

### 團身抱坐 (5秒) Tuck dish (5s)



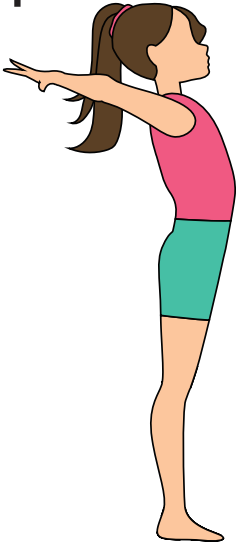
### 直跳落地 Straight jump



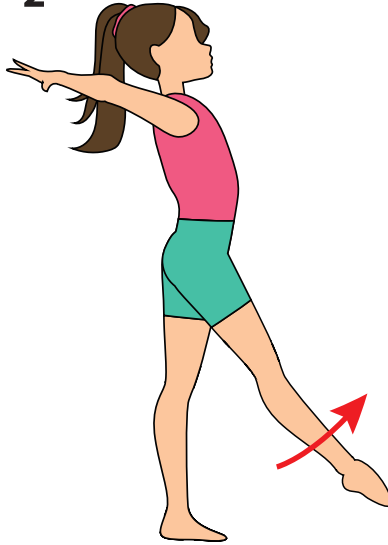
# 沿地面直線前行

Walk along straight line

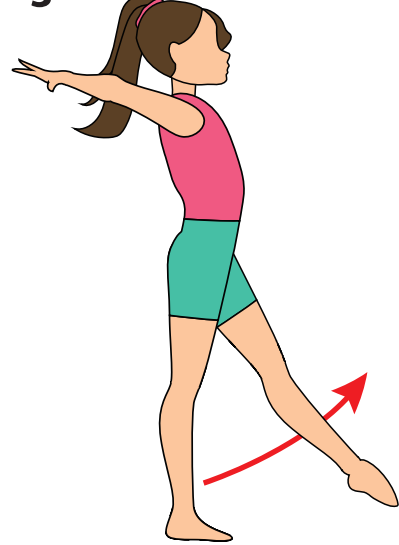
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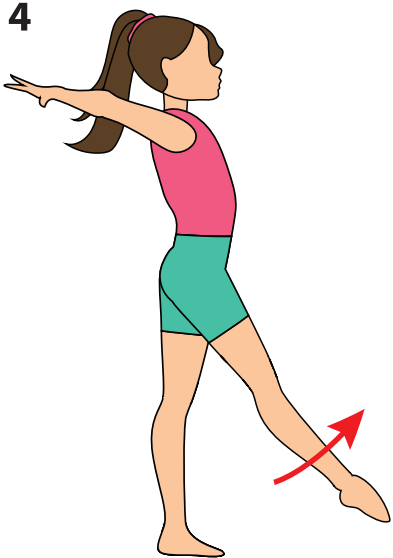
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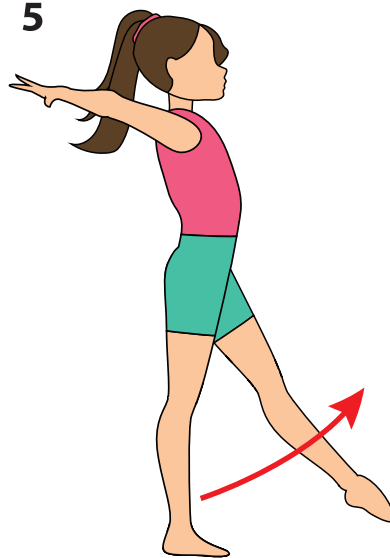
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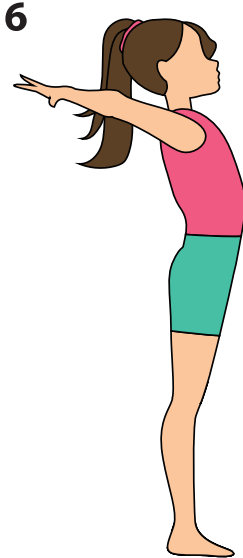
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5

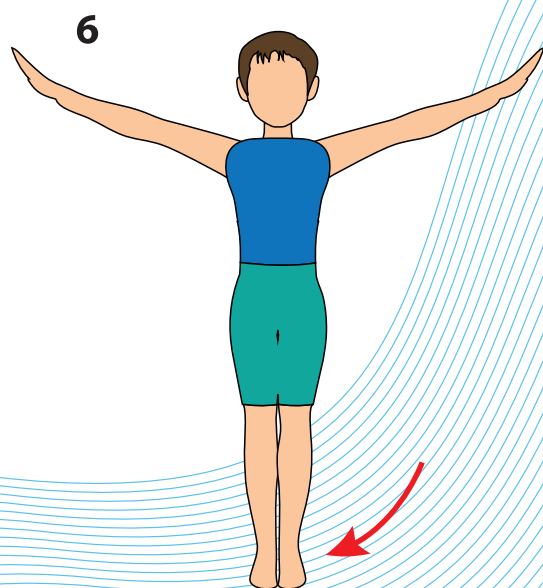
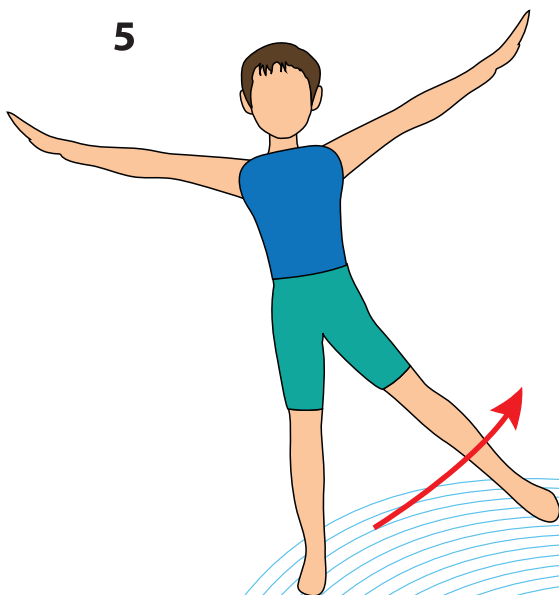
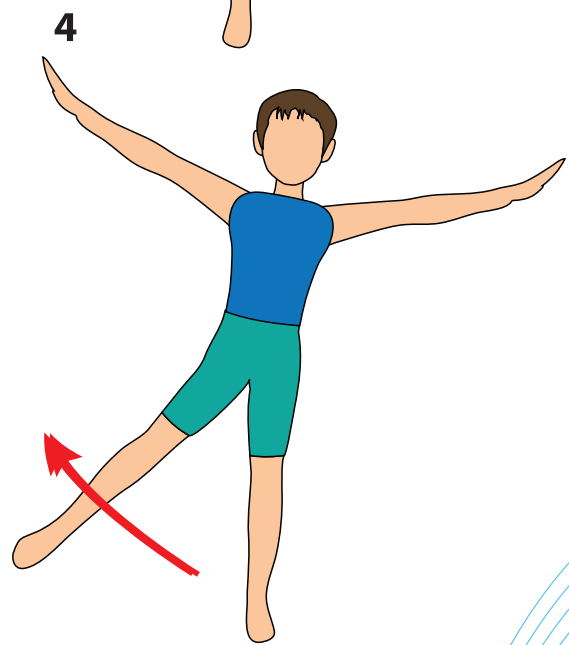
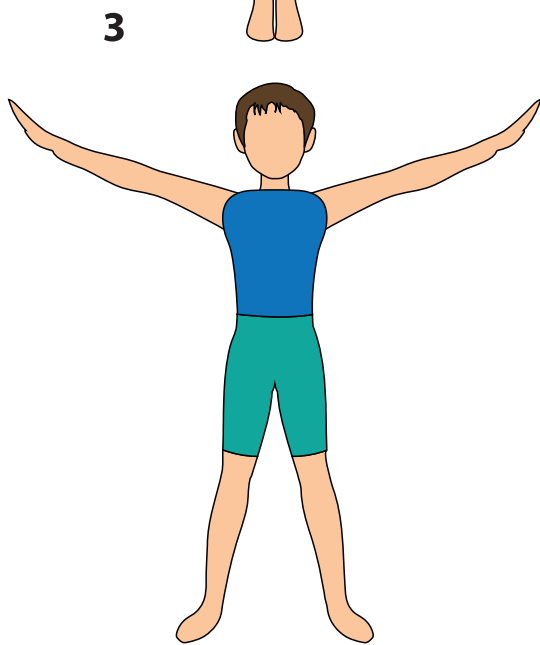
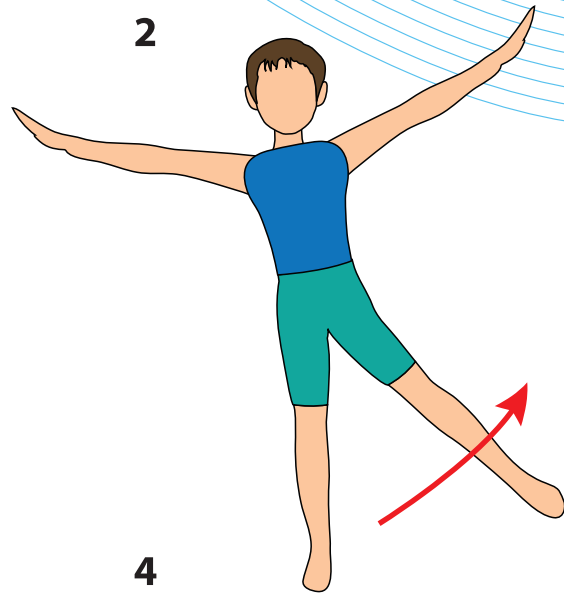
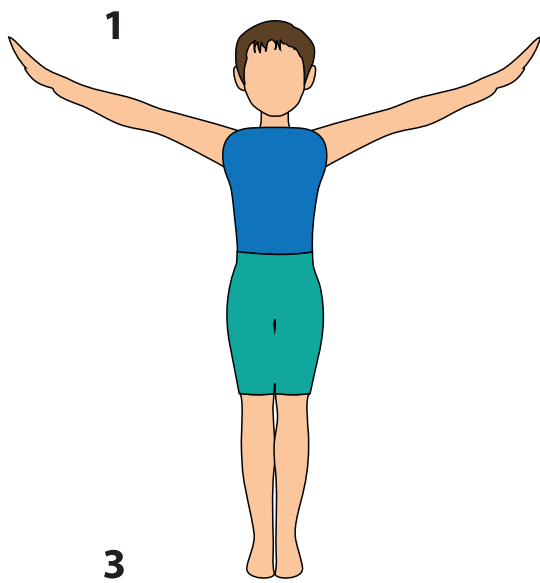


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## 左右星形擺動

Transfer weight from 1 foot to another with star shape





# 銅星 評分表

## Pre-Level 1 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
屈體坐 Pike sit	1. 踮腳尖 Pointing toes 2. 腿伸直 Knees straight 3. 兩手臂旁平舉，掌心向下 Arms straight hold in between shoulders and head level, palms facing downwards			
正手支撐、 雙膝跪立弓背和挺胸 Hands and knees support with hollow and arch	1. 手臂伸直 Arms straight when supporting 2. 支撐時明顯做出弓背和挺胸動作 Significantly showing hollow and arch position			
前後滾動 Roll forward and backward	1. 在整個滾動過程保持(團身)姿勢 Holding body in tuck position throughout 2. 含胸，踮腳尖 Upper body in hollow position; pointing toes			
團身抱坐(5秒) Tuck dish (5s)	1. 保持(團身)姿勢時，腰的底部貼地面 Tuck dish with lower back touching floor at all time 2. 踮腳尖 Pointing toes			
基本的體操 開始動作姿勢 Gymnastics pose	1. 挺胸站立，下巴微微向上抬 Standing straight with chest and chin up 2. 兩手臂旁斜上舉，肩膊垂下 Arm straight with shoulder down hold in between shoulders and head level			

# 銅星 評分表

## Pre-Level 1 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>直跳落地</b> Straight jump	1. 正確的開始、起跳、落地和結束動作 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			
<b>沿地面直線前行</b> Walk along straight line	1. 直線前行 Walking along a straight line 2. 兩手臂旁平舉 Keeping arms at the side 3. 眼睛往前看 Eyes looking forward 4. 前擺動腿踮腳尖 Stepping forward with toes pointed			
<b>左右星形擺動</b> Transfer weight from 1 foot to another with star shape	1. 左右兩邊移動重心 Transfer weight to and from both side 2. 兩手臂旁平舉，抬起的腳踮腳尖 Keeping arms at the side, and pointing toes for the leg in air the entire time			

銀星  
Pre-Level 2

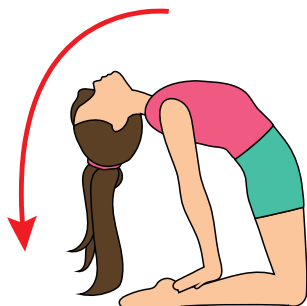
PRE-LEVEL 2



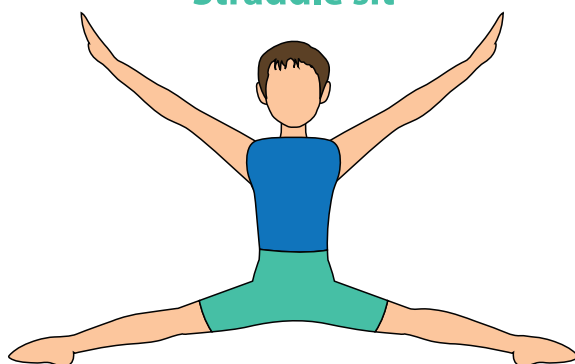
## 銀星 Pre-Level 2

### 身體素質 Physical Preparation

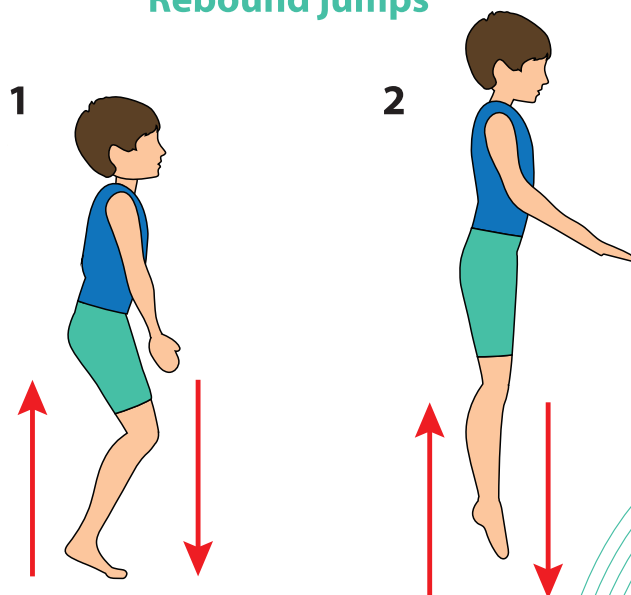
雙膝跪立後彎腰  
Kneeling backbend (hand on heel)



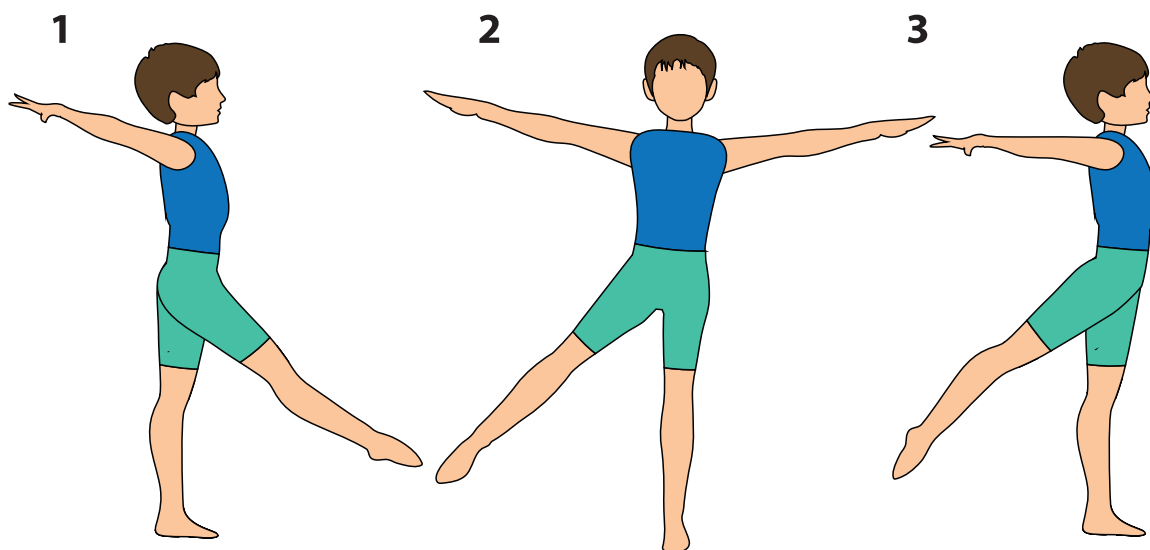
分腿坐  
Straddle sit



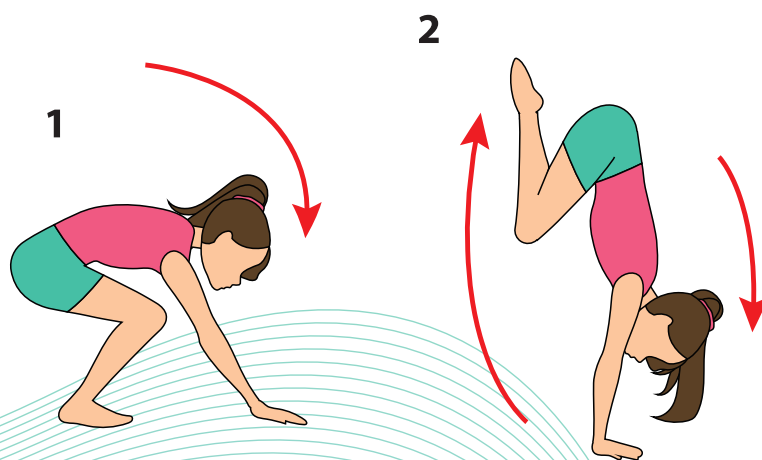
連續彈跳  
Rebound jumps



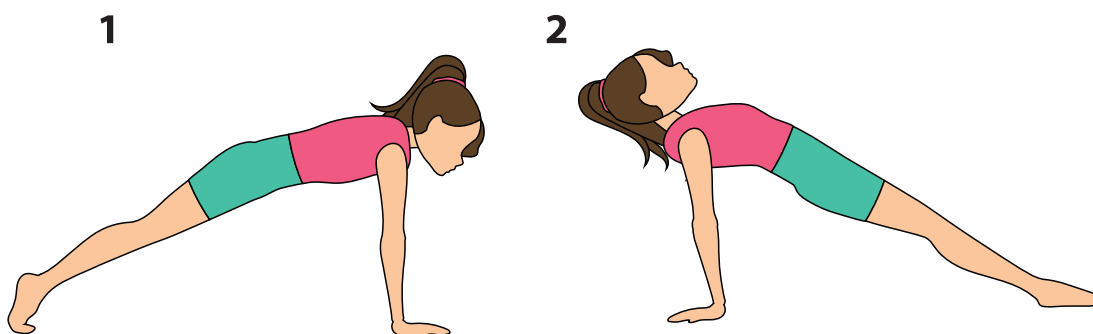
單腳平衡 (每腿均需作前、旁、後平舉)  
One foot balance  
(raise leg to front, side and back for each leg)



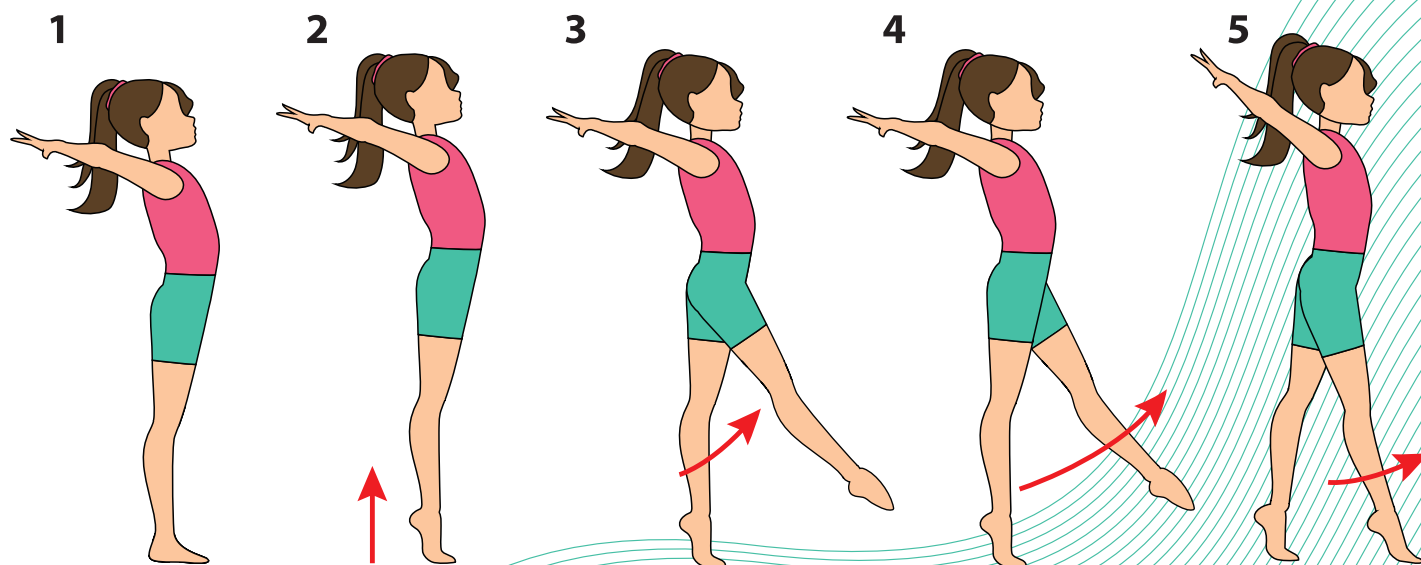
兔子跳  
Bunny jumps



## 俯撐和仰撐 (10秒 / 10秒) Front and back support



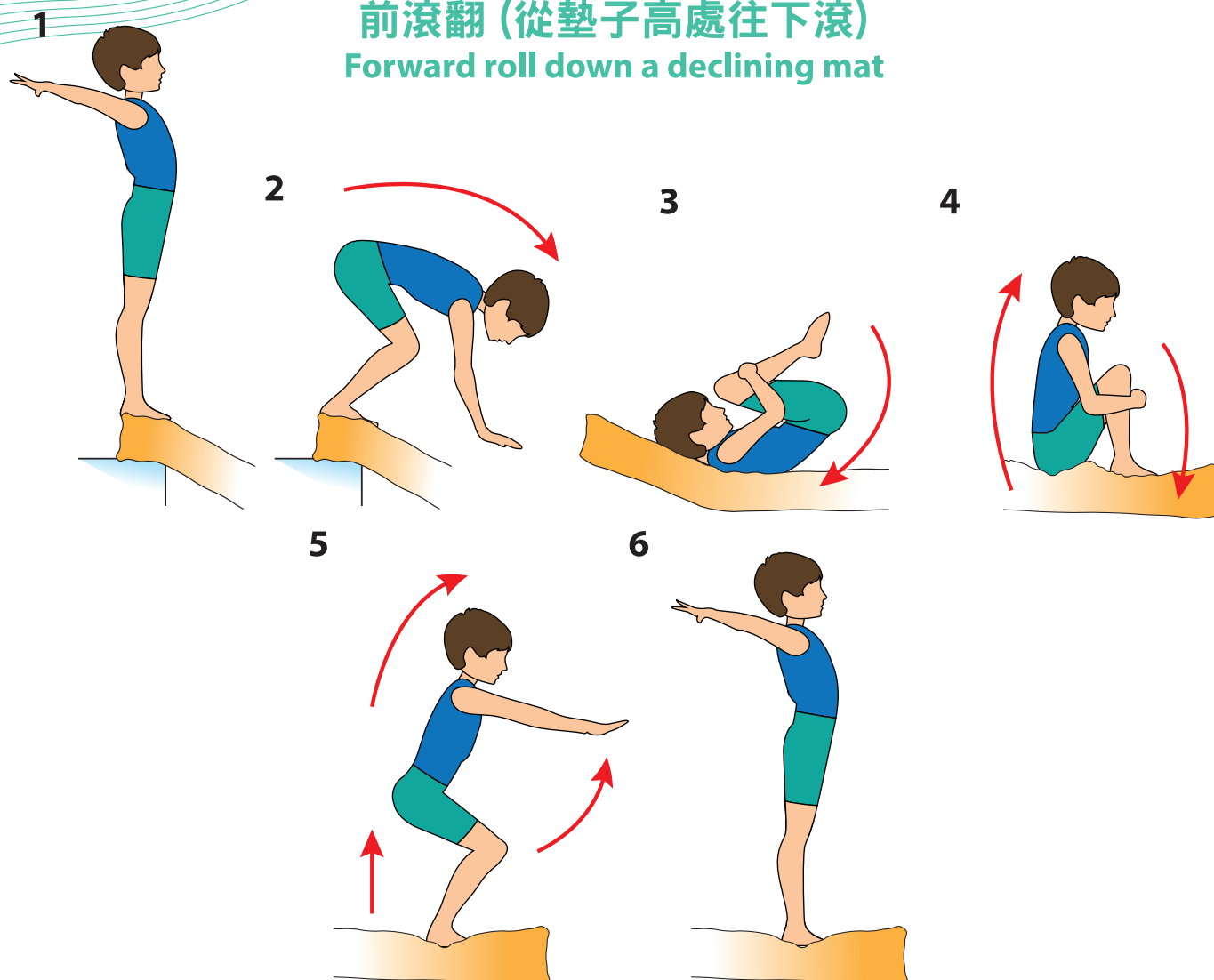
## 沿地面直線 / 長橈 / 橫樑立足前行 Walking forward with tiptoes along straight line/ bench/ beam



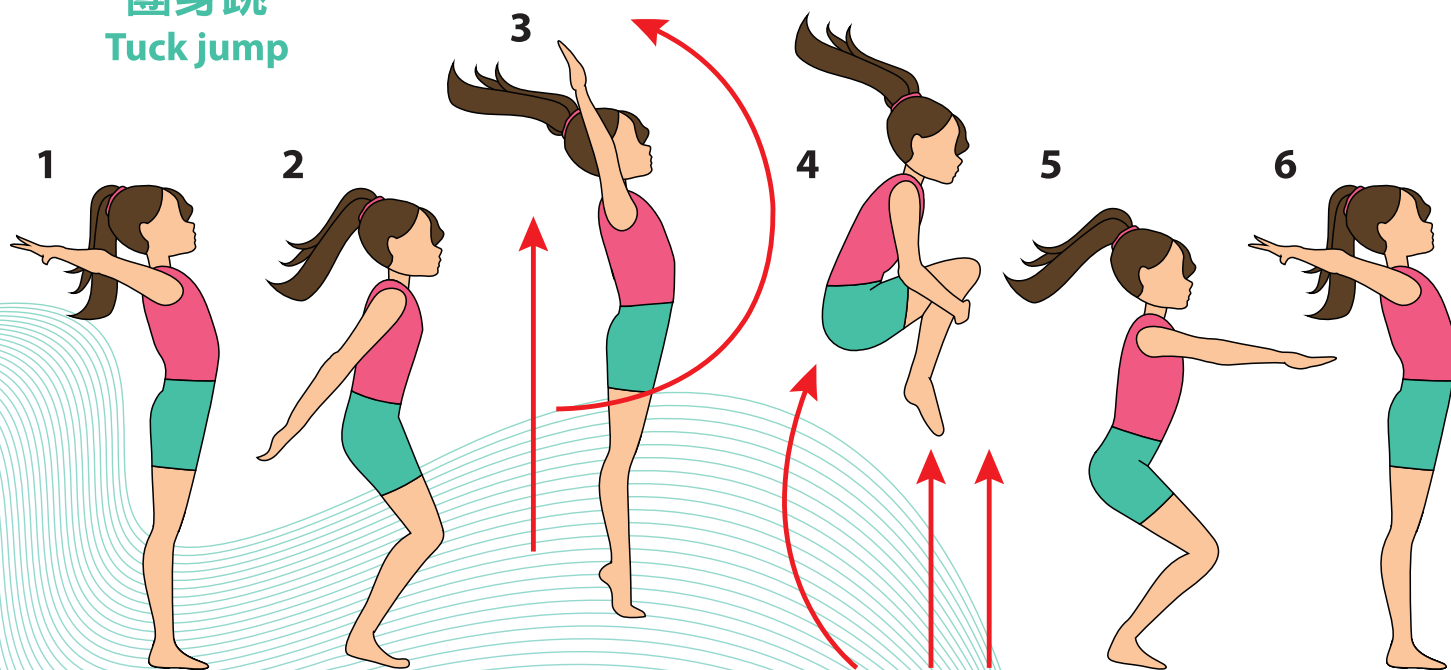


# 自由體操 Floor exercise

## 前滾翻 (從墊子高處往下滾) Forward roll down a declining mat

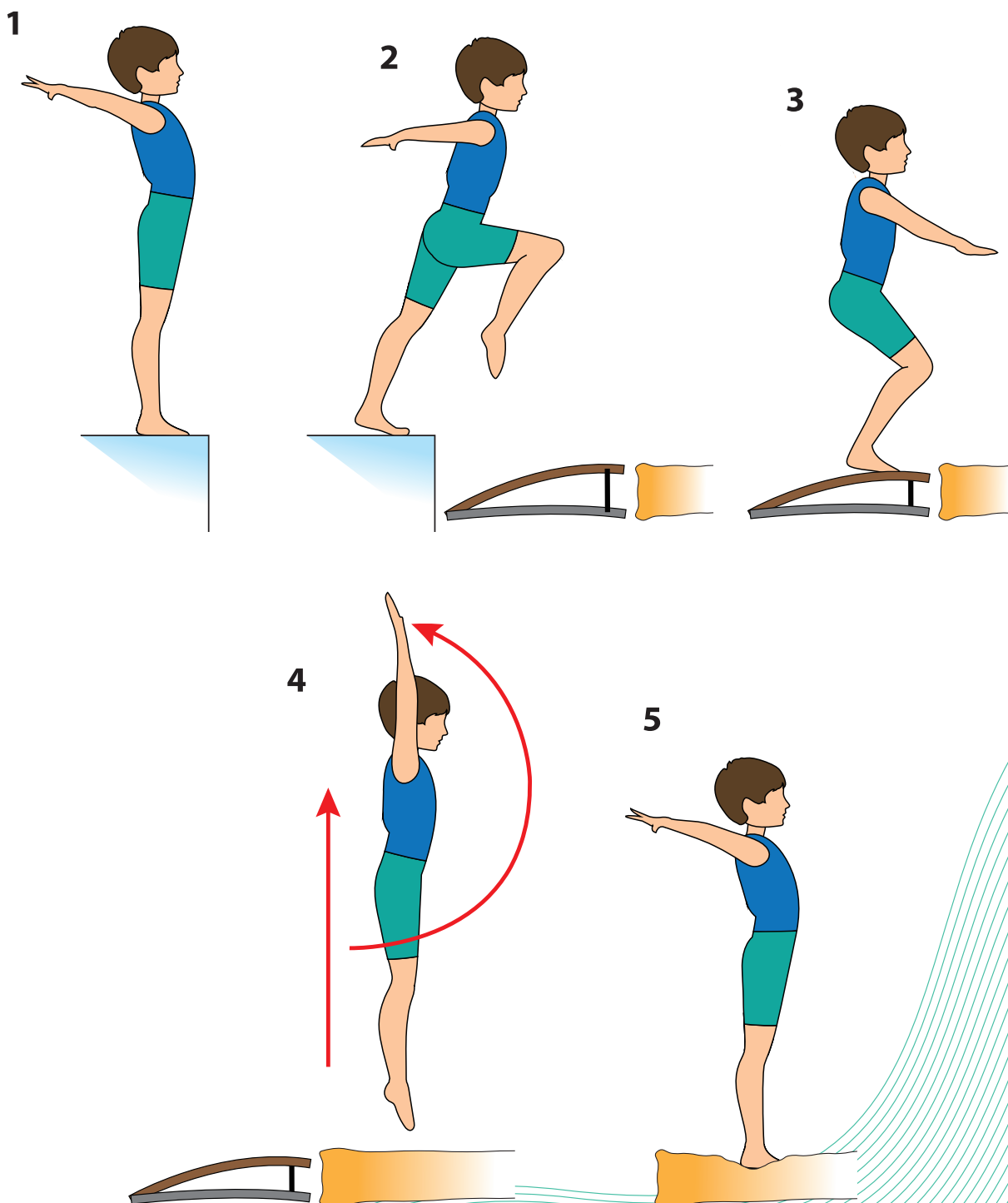


## 團身跳 Tuck jump



# 跳馬 Vault

踏板跳 (跳板 / 小彈床)  
From box top, jump  
(springboard / mini trampoline)



# 銀星 評分表

## Pre-Level 2 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
雙膝跪立後彎腰 Kneeling backbend (hand on heel)	1. 雙手按在腳跟上作支撐, 挺跨、手觸腳筋 Arch back with hands touching the heels 2. 雙膝併攏 Legs together			
分腿坐 Straddle sit	1. 分腿時不可少於135度 Split with 135 degree or more 2. 腳踭直, 腳尖踭直 Pointing toes with knee straight 3. 靜止時間2秒 Hold for 2 second			
俯撐和仰撐 (10秒 / 10秒) Front and back support (10s each)	1. 身體成一直線 Body in straight line 2. 各支撐10秒 Holding front and back support for 10s each			
連續彈跳 Rebound jumps	1. 掌握快速的反彈技巧 Quick and powerful rebound jumps 2. 全身繃緊 Jumping with tightened body 3. 前腳板著地 Rebounding with front part of the feet			



# 銀星 評分表

## Pre-Level 2 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>兔子跳</b> Bunny jumps	1. 兩手按地時手臂要伸直 Arms straight when in support 2. 腳蹬起屈膝，臀部位置高於肩膀 Hip position higher than shoulder 3. 不可出胸 No arch position of the trunk			
<b>單腳平衡</b> (每腿均需作前、旁、後平舉) One foot balance (raise leg to front, side and back for each leg)	1. 擺動腿膝蓋伸直腳尖踮直 Legs straight with toes pointed 2. 兩手臂旁斜上舉 Hold arms straight at the side in between shoulders and head level 3. 保持平衡，腳伸直 Balancing without shaking, legs straight			
<b>沿地面直線/長凳/橫樑 立足前行</b> Walking forward with tiptoes along straight line/ bench/ beam	1. 兩手臂旁平舉、立足，眼睛往前看 Walk in releve, keeping arms at the side, eyes looking forward 2. 行走速度平均及暢順 Walking smoothly without hesitation			

# 銀星 評分表

## Pre-Level 2 Score sheet

### 自由體操 Floor Exercise

自由體操 Floor exercise		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>前滾翻</b> <b>(從墊子高處往下滾)</b> Forward roll down a declining mat	1. 順暢向前滾動 Roll forward smoothly  2. 在整個滾動過程保持(團身)姿勢及向前的直線軌跡 Able to roll forward in straight line, body in tuck position  3. 結束動作，兩手臂旁斜上舉 Arms straight hold in between shoulder and head level when in ending pose			
<b>團身跳</b> Tuck jump	1. 正確的開始、起跳、落地和結束動作 Proper starting, take off, landing and ending position  2. 跳向上方及正確的團身動作姿勢(手緊抱小腿) Jumping upward with proper tuck position (Hand wrapping knees)			

# 銀星 評分表

## Pre-Level 2 Score sheet

### 跳馬 Vault

跳馬 Vault		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>踏板跳</b> <b>(跳板 / 小彈床)</b> From box top straight jump (springboard / mini trampoline / air track)	1. 從箱頂 / 高墊上跳下，並以適當的 著陸方式從跳板 / 小彈床上作直跳下 From box top, step to take off and straight jump from springboard, mini trampoline or air track  2. 掌握快速的反彈技巧,起跳及落地技術 Quick and powerful rebound, proper take off and landing technique  3. 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			

金星  
Pre-Level 3

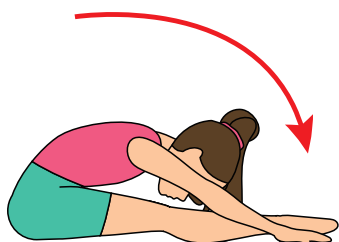
PRE-LEVEL 3



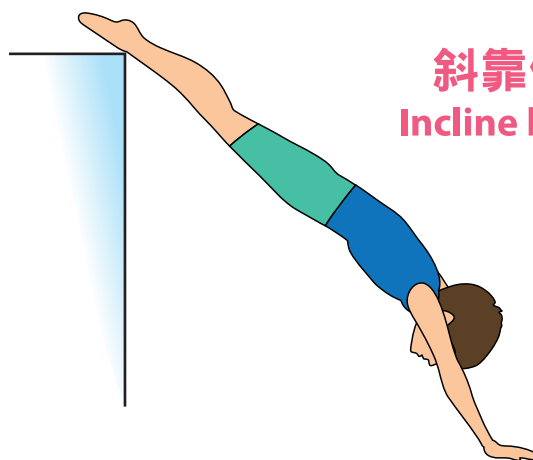
金星  
Pre-Level 3

## 身體素質 Physical Preparation

體前屈 (2秒)  
Sit and reach pike (2s)



斜靠倒立 (10秒)  
Incline handstand (10s)

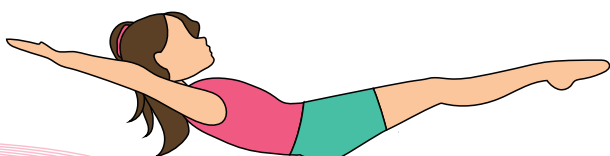


直角舉腿 (3秒)  
Piked V sit with support (3s)

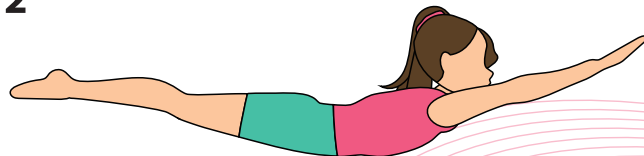


正、反兩面船形 -10秒 / 10秒  
Dish and Arch (10s each)

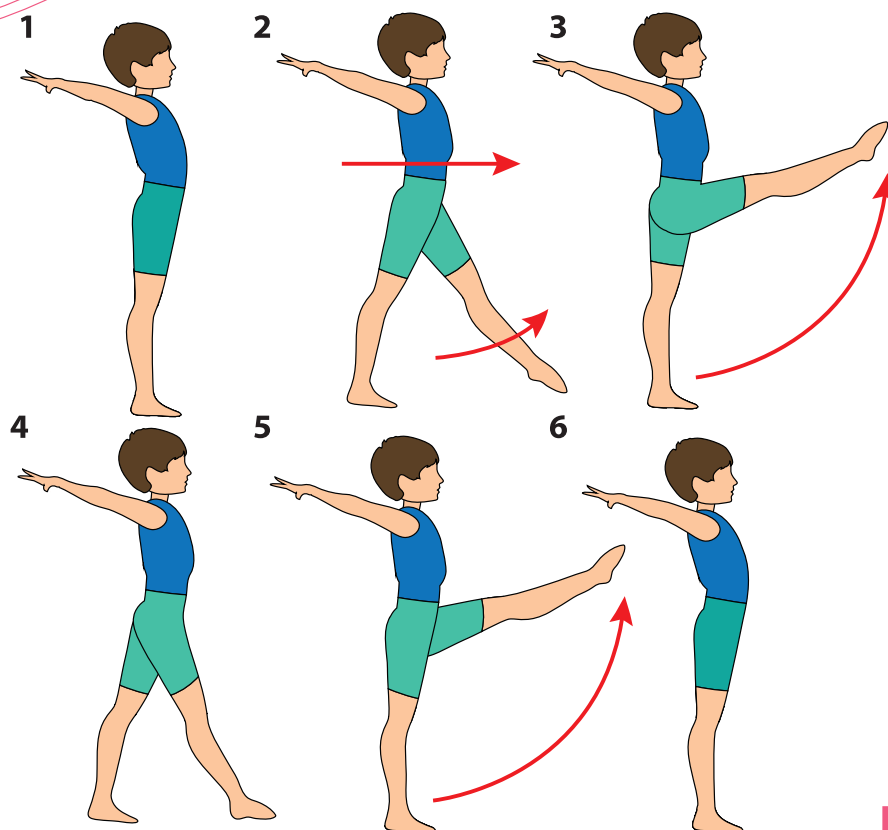
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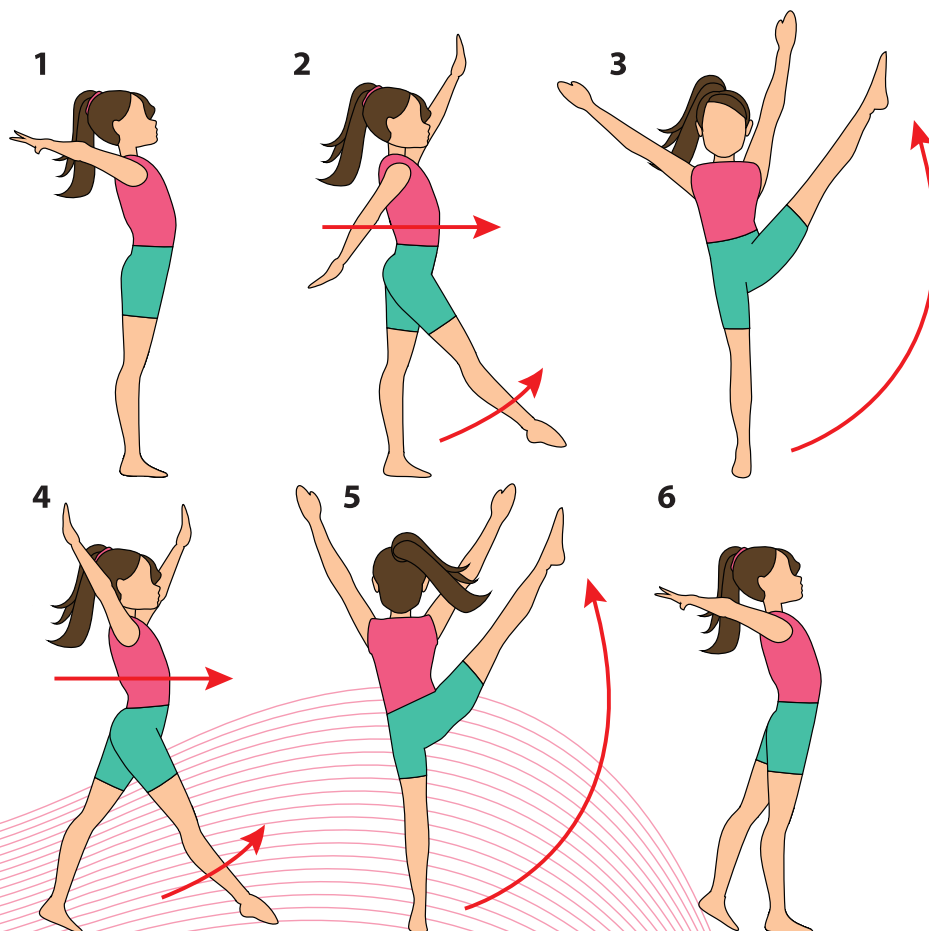
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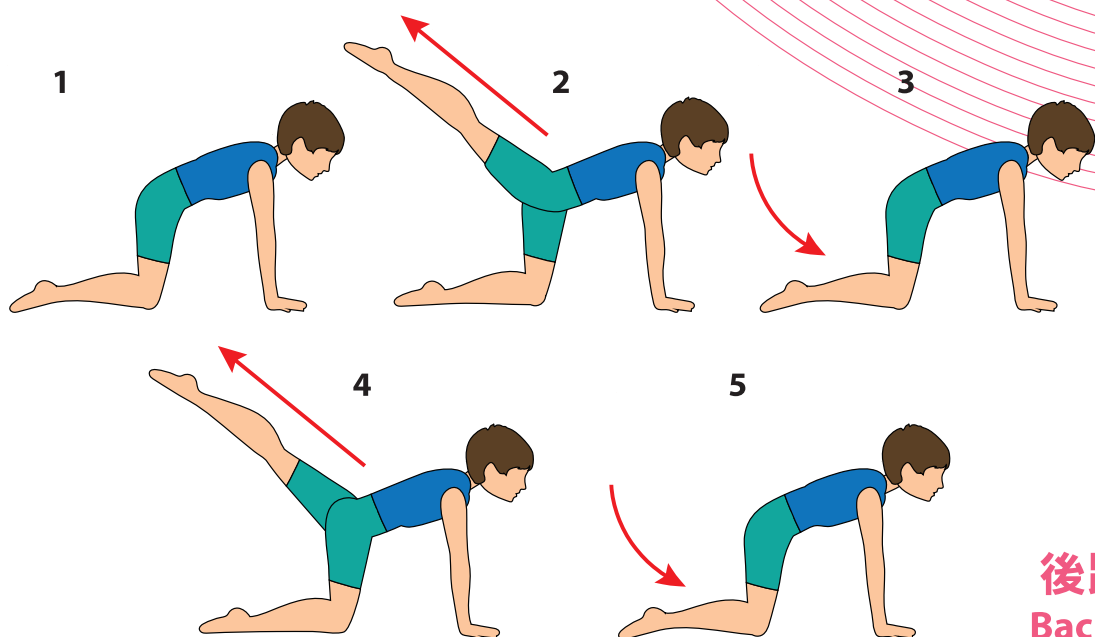
# 前、側、後踢腿 Front kick, side kick, back kick



前踢腿  
Front kick

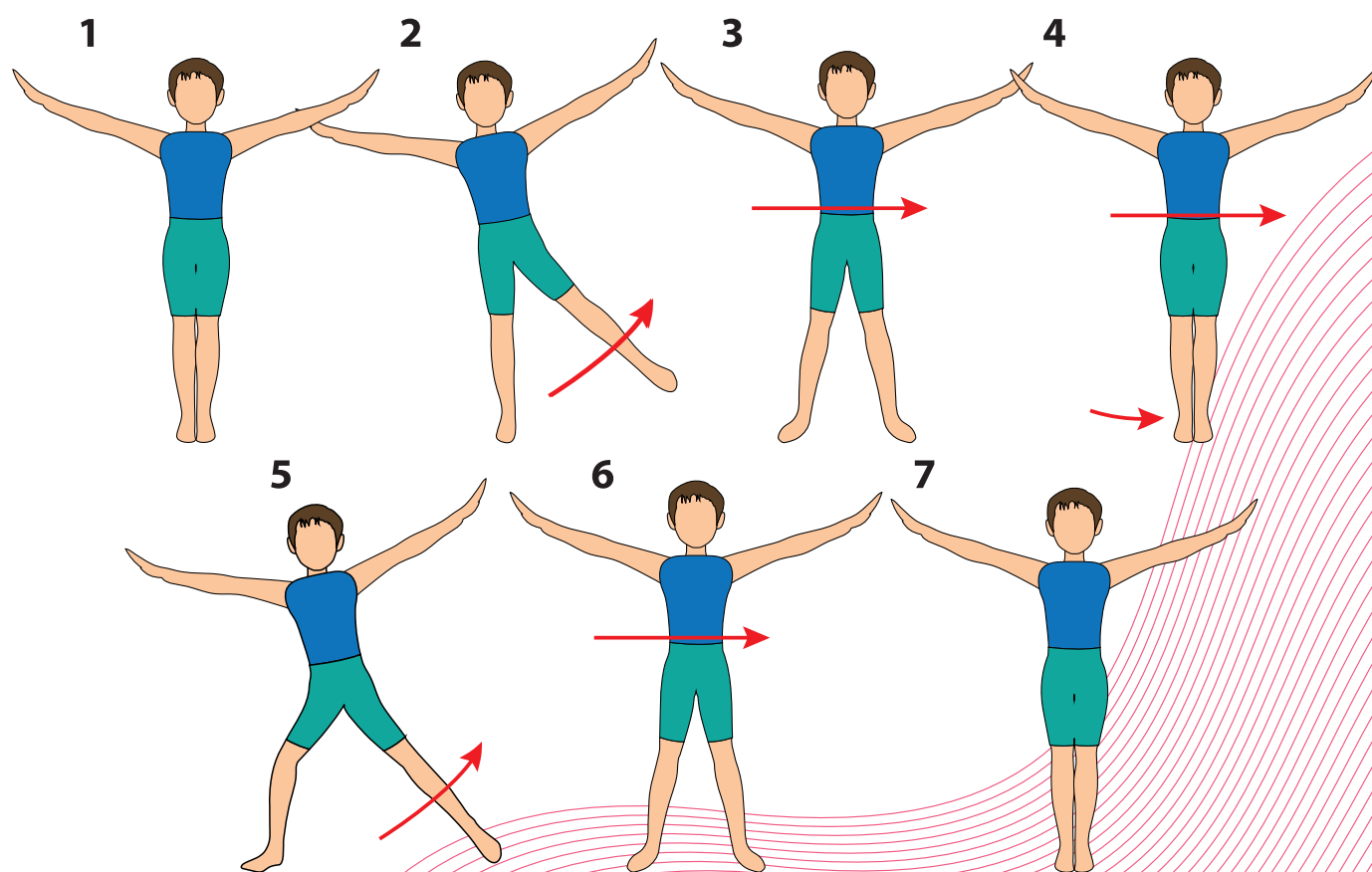


側踢腿  
Side kick

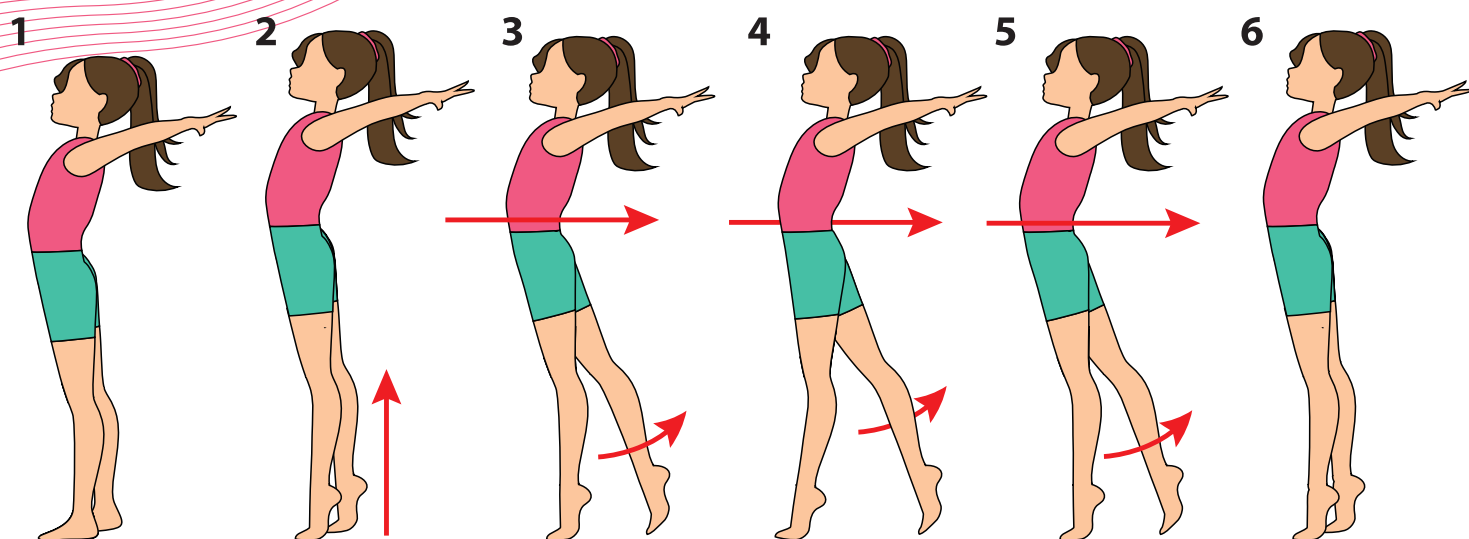


後踢腿  
Back kick

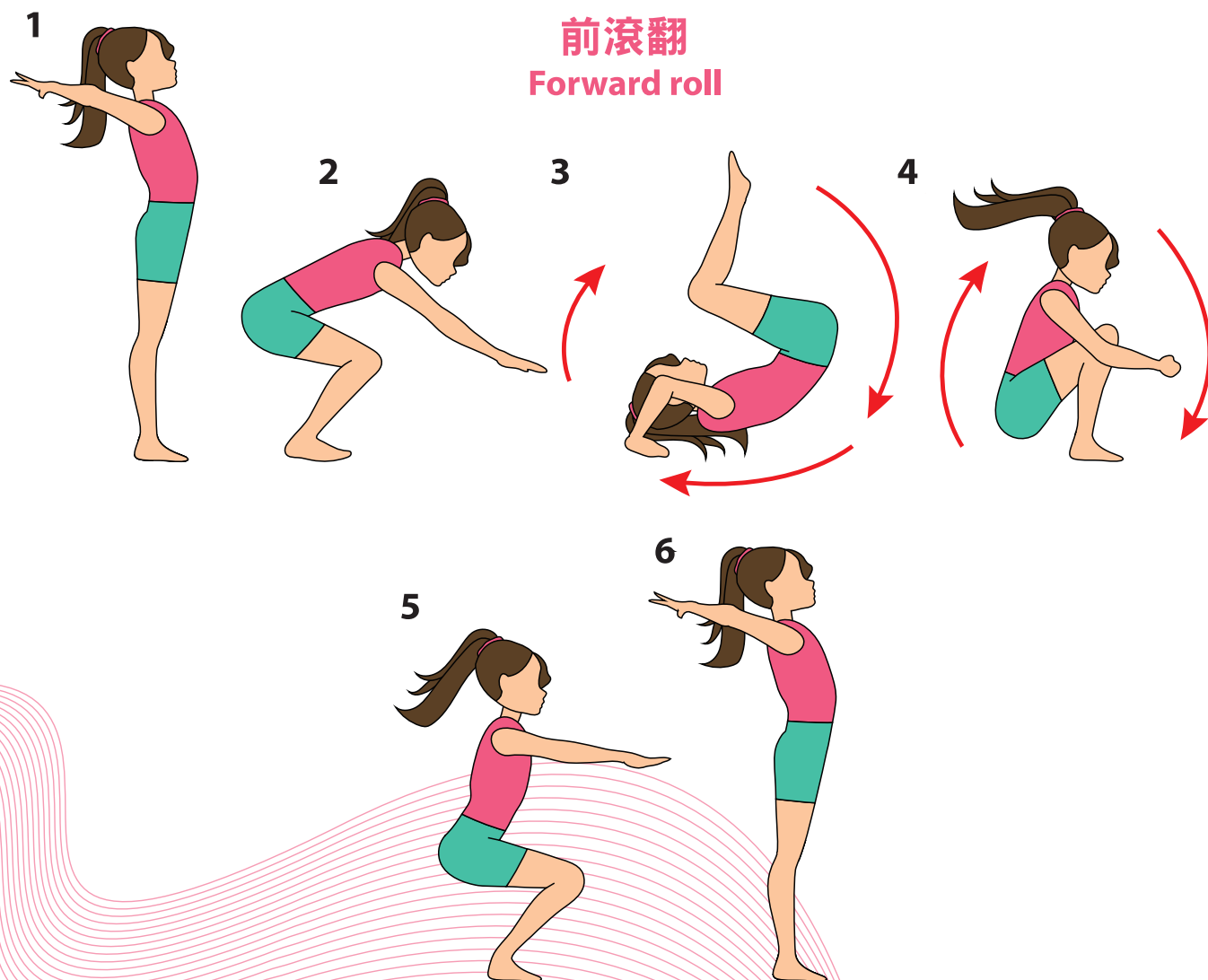
## 左右側併步 Chassis steps (both side)



沿地面直線長凳 / 橫樑立足後行  
Walking backward along straight line/ bench/ beam with tiptoes

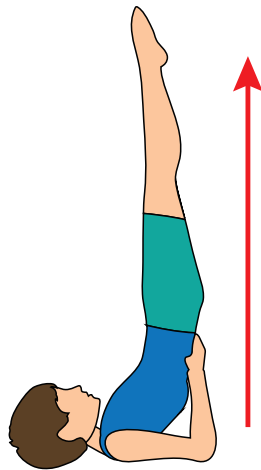


自由體操 Floor exercise





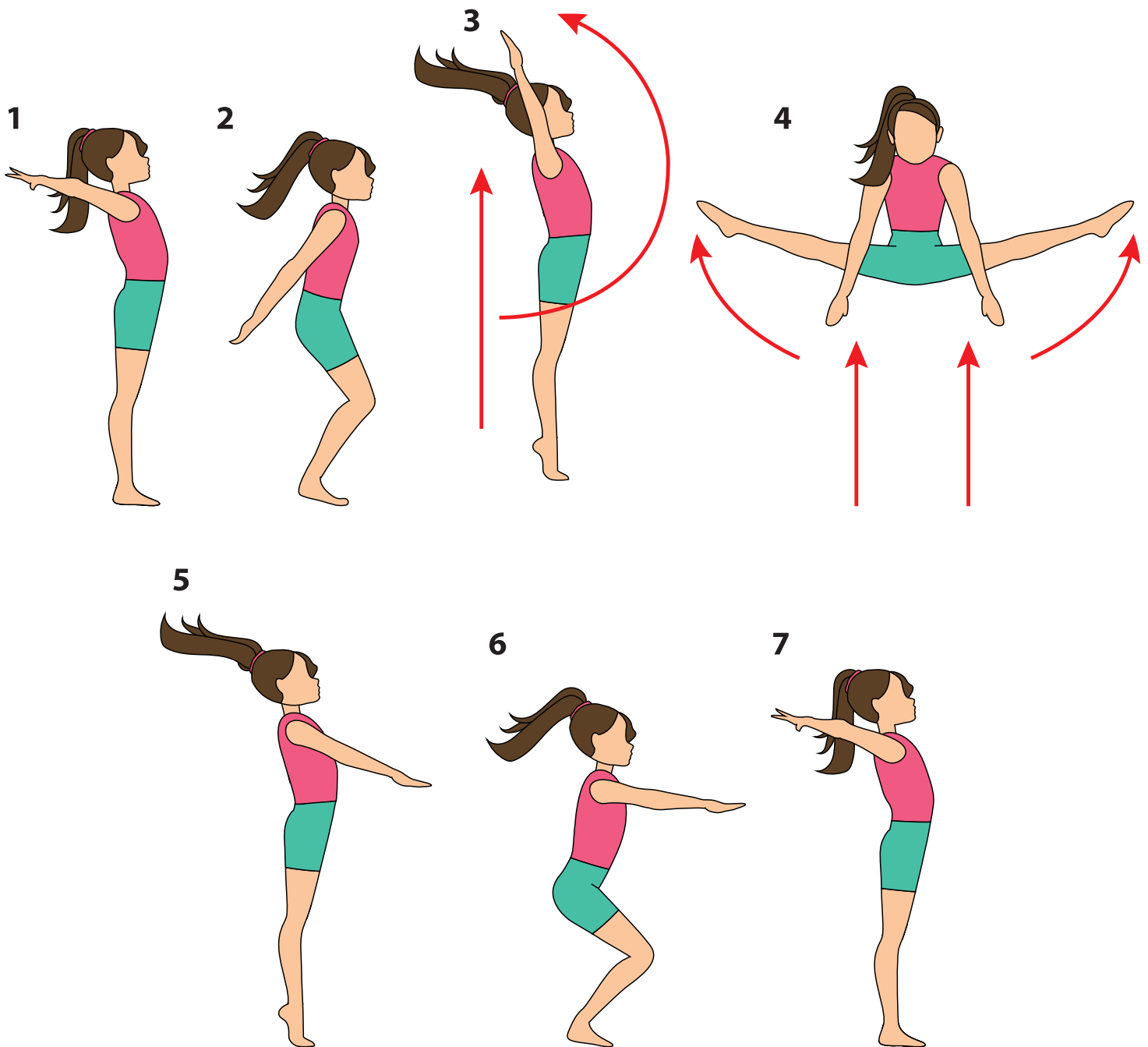
## 手撐肩倒立 (3秒) Shoulder stand with hip support (3s)



## 後滾翻 (從墊子高處往下滾) Backward roll down a declining mat



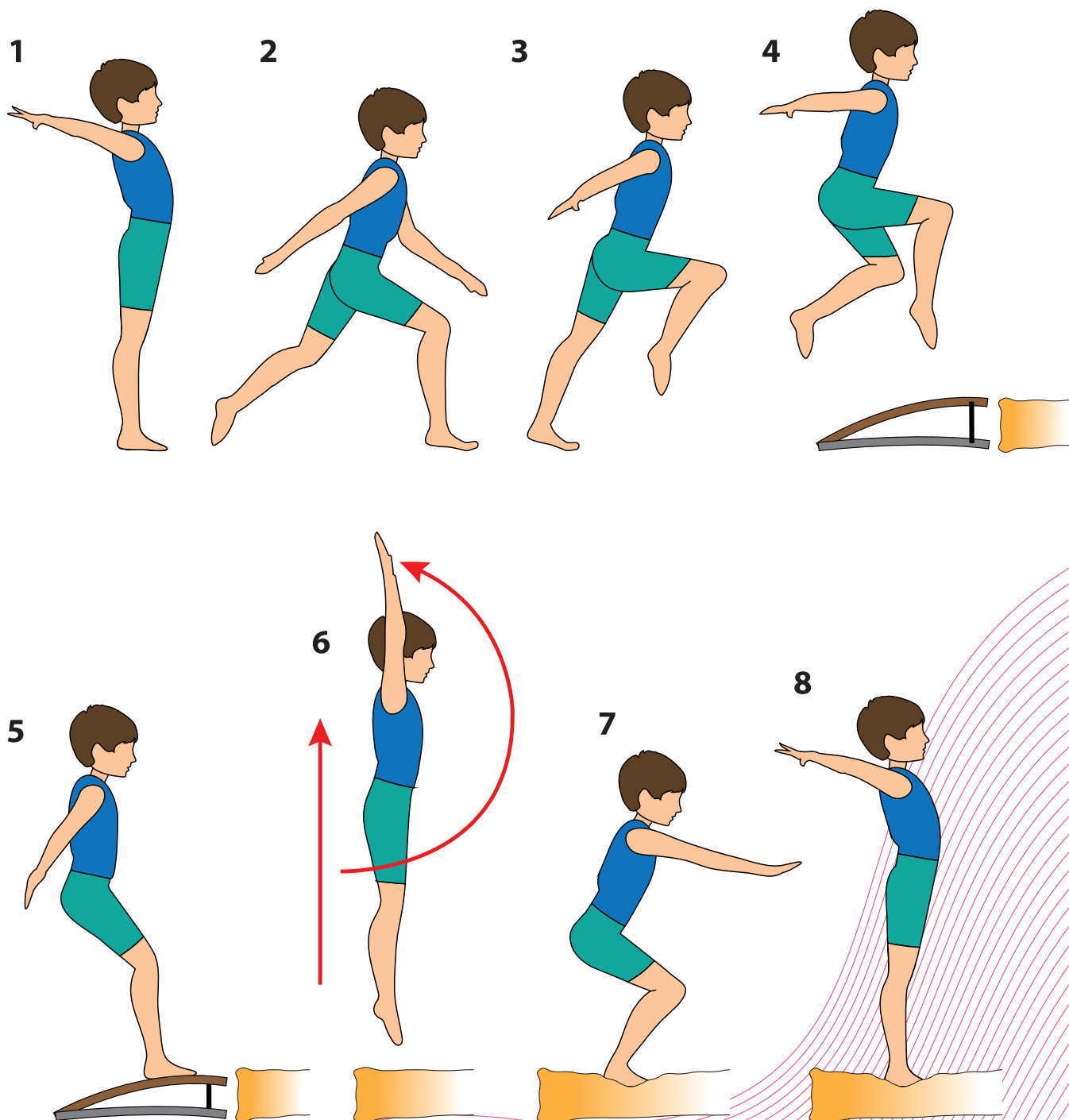
## 屈體分腿跳 Straddle jump



# 跳馬 Vault

助跑踏板跳 (跳板 / 小蹦床)

Run hurdle straight jump  
(springboard / mini trampoline)



# 金星 評分表

## Pre-Level 3 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>體前屈 (2秒)</b> Sit and reach pike (2s)	1. 腳踭直，踭腳尖 Pointing toes with straight knees 2. 上身前摺姿勢 (胸部貼近大腿) Proper pike position (chest to legs)			
<b>斜靠倒立 (10秒)</b> 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. 全身踭緊，頂肩並略微含胸 Body tightened and slight hollow tuck position			
<b>正、反兩面船形 - 10秒 / 10秒</b> Dish and Arch (10s each)	1. 控10秒 Holding 10s for dish and arch each 2. 全身繃緊，腳踭直，踭腳尖 Body tightened with pointing toes and knee straight 3. 正面 (只有下背和臀部接觸地面) Only lower back and hip is on the floor with almost no angle at hip joint (for dish)			
<b>前、側、後踢腿</b> Front kick, side kick, back kicks	1. 前、側踢腿須在90度或以上 90 degree or more for front kick and side kick 2. 前、側踢腿時，主力腿要伸直 Keep supporting leg straight 3. 踢腿時，腳踭直，腳尖帶動踢 Kicking with pointing toes and straight legs 4. 後踢腿雙手正支撐、單膝跪立 One knee on floor with backbend for back kicks			

# 金星 評分表

## Pre-Level 3 Score sheet

### 身體素質 Physical Preparation

身體素質 Physical Preparation		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>直角舉腿 (3秒)</b> Piked V sit with support (3s)	1. 控3秒 Hold for 3s 2. 屈體少於45度 V position in less than 45 degree 3. 兩腳踭直，踭腳尖 Keep legs straight with toes pointed			
<b>左右側併步</b> Chassis steps (both side)	1. 向左右併步 Chassis steps to the right and left 2. 眼睛往前看 Eyes looking forward 3. 併步蹬起時，兩腿有合併過程並踭直腳及腳尖 Legs together at a point in time, pointing toes with legs straight when in air			
<b>沿地面直線/長檣 / 橫樑立足後行</b> Walking backward with tiptoes along straight line/ bench/ beam	1. 行走時速度平均及順暢 Walking smoothly without hesitation 2. 兩手臂旁平舉，立腳跟，眼睛往前看 Walk in releve and keep arms at the side, eyes looking forward			



# 金星 評分表

## Pre-Level 3 Score sheet

### 自由體操 Floor Exercise

自由體操 Floor Exercise		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>手撐肩倒立 (3秒)</b> Shoulder stand with hip support (3s)	1. 控3秒 Shoulder stand holding for 3s  2. 身體蹦直 Straight body			
<b>前滾翻</b> Forward roll	1. 順暢向前滾動 Roll forward and stand up smoothly with control  2. 在整個滾動過程保持(團身)姿勢及向前的直線軌跡 Roll forward in straight line, body in tuck position  3. 結束動作，兩手臂旁斜上舉 Arms straight hold in between shoulders and head level when in ending pose			
<b>後滾翻 (從墊子高處往下滾)</b> Backward roll down a declining mat	1. 滾動時雙手要作推撐動作 Roll backward smoothly with hands support  2. 能夠直線向後滾動 Roll backward in straight line			
<b>屈體分腿跳</b> Straddle jump	1. 正確的開始，起跳，落地和結束動作 Proper starting, take off, landing and ending positions  2. 向上騰空，空中分腿(轉寬) Jumping upward with proper straddle position (rotate hip joints and turn legs out)  3. 兩腳蹦直 Legs straight			

# 金星 評分表

## Pre-Level 3 Score sheet

### 跳馬 Vault

跳馬 Vault		分數 Score		
動作名稱 Name of exercise	動作規範指引 Requirements	0	0.5	1
<b>助跑踏板跳</b> <b>(跳板 / 小彈床)</b> Run hurdle straight jump (spring board / mini trampoline)	1. 掌握上板起跳及落地技術 Proper take-off and landing technique  2. 助跑順暢，掌握快速的反彈技巧 Smooth hurdle with quick and powerful rebound			