

# 中國香港體操總會

## The Gymnastics Association of Hong Kong, China

### 藝術體操港隊 B（試升）運動員內部測試安排

### Testing for Squad B of Rhythmic Gymnastics

#### 測試目的 Aims of Testing

- 檢視過去一段時間（三個月）運動員的訓練成果  
Review the achievements and performance of gymnasts after a training period of 3 months
- 處理運動員的升遷或去留問題  
To determine the promotion or de-selection of gymnasts concerned

#### 測試內容及準則 Contents and criteria for testing

1. 技術：參閱附件一  
Skills: Please refer to App. 1
2. 體能：參閱附件一  
Fitness: Please refer to App. 1
3. 運動員的發展潛質  
Gymnasts' potentials

#### 運動員注意事項 Notes to Gymnasts

- 運動員應認真對待每一次的測試，除測試成績外，總會將根據運動員的過往表現作為評審運動員的部分準則。Gymnasts must take it serious toward all test events/items. In addition to test results, the GAHK will also take into consideration of all the past performances of gymnasts as part of the test criteria.
- 總會將評核準則預先上載本會網頁，以供參考。Test items and criteria will be uploaded to GAHK web page for reference before tests.
- 總會對評核結果有最終決定權。The GAHK reserves the final decision of all the test results.

## 測試內容及準則 Testing Contents and Criteria

### 技術 Skills

(1) 柔軟度 Flexibility

- a. 一字馬 Front Splits
- b. 大字馬 Splits
- c. 腰 Waist
- d. 肩 Shoulder

(2) 身體難度及驚險 (需配合自選器械: 圈、球、棒、帶)

Difficulty of Body and Risk (Hoop, Ball, Clubs, Ribbon)

- a. 身體難度：跳步、平衡及轉體各自選2個0.4分值或以上動作，  
轉體其中一個動作可為0.3分值或以上

Difficulty of Body: Jumps/Leaps, Balances, Rotations

– 0.4 points or above x 2 (One could be 0.3 points or above for rotations)

- b. 驚險：4項器械之中 Risk: among 4 apparatus

- (圈、球、棒) 各完成2個0.5分值或以上動作，  
(Hoop, Ball, Clubs) 0.5 points or above x 2
- (帶) 完成2個0.3分值以上的動作  
(Ribbon) 0.3 points or above x 2

- c. 按 F.I.G 的分值的完成計法來評定 Evaluate according to FIG Code of Points

- d. 以上所有身體難度及驚險動作均有2次機會完成

There are two chances for each Difficulty of Body and Risk

### 體能 Fitness

彈跳力、協調性、爆發力、速度、敏捷性、加速反應等表現

Plyometrics, Coordination, Power, Speed, Agility, Quickness, etc.

(1) 立定跳遠 Standing Long Jump

(2) 垂直跳 Vertical Jump

(3) 跳繩 (單車步及雙搖) Rope Skipping (Speed Step and Double Under)

(4) 仰臥起坐 Sit-up

(5) 超人式 Superman

### 運動員潛質 Gymnasts' Potential

表現能力、進步空間、心理及情緒、使命感等

Expression, Progression, Psychological skills & Emotion, Commitment, etc.

**\*基本達標要求 Basic Requirements:** 達 65%或以上分數 Score 65% or above