

# 慶祝香港回歸 祖國25周年暨 西貢區青少年 跆拳道觀摩大匯演

賽制：品勢 / 搏擊 / 競速王

**簡介：**推廣及交流跆拳道搏擊及品勢技術。在邀請各跆拳道會之精英參與下，以一個高水平的比賽，增加學員對比賽興趣及感受到比賽氣氛，提高本港跆拳道水準，發揚跆拳道精神為宗旨。

**Purpose :** To promote and exchange Taekwondo Sparring and Poomsae skills, with the aim of increasing students' interest in competition and making students feel the atmosphere of competition, improving the level and promoting the spirit of Taekwondo in Hong Kong.

**參賽資格：**凡年滿 5-17 歲男女子青少年(以出生年份計算)

須持有香港跆拳道協會發出之色帶會員證或黑帶段證才可參加

**Eligibility :** All male and female students aged 5-17 (Based on the year of birth) MUST hold a colour belt membership card or a black belt certificate issued by the Hong Kong Taekwondo Association.

**日期：**2022年 11月 6日 (星期日)

**Date :** November 6th, 2022 (Sunday)

**時間：**上午八時至下午八時

**Time :** 8:00 AM - 8:00PM

**地點：**將軍澳翠嶺路2號 調景嶺體育館 – 主場 (調景嶺地鐵站 A 出口)

**Location :** Tiu Keng Leng Sports Centre (Tiu Keng Leng MTR Station Exit A)  
2 Tsui Ling Road, Tseung Kwan O

**費用：**請與韓國跆拳道青道館查詢

**Fee :** Please check with Korea Taekwondo Cheung Do Kwan

**報名日期：**由即日起至 2022 年 10 月 17 日(星期一)下午 23:59 正

**Registration Date :** From now until 17 October, 2022 (Monday) 23:59

賽程公布：2022年 10月 26日 (星期三)

Schedule Announcement：October 26, 2022 (Wednesday)

賽制 Competition System：

1	<b>品勢</b> <b>Poomsae</b>	(男女子個人賽) 以相同品勢 (黑帶除外) 不少於兩人一組進行，並依世盟評分方式 (Individual male and female ) With the same poomsae (except for the black belt), at least two people According to the World Taekwondo scoring method.
2	<b>品勢(團體)</b> <b>Poomsae (Group)</b>	不分男女及組合人數，以相同品勢， 不少於兩隊組合進行比賽，並依世盟評分方式 Regardless of gender or number of groups, with the same poomsae no less than two teams will play together. According to the World Taekwondo scoring method.
3	<b>搏擊</b> <b>Sparring</b>	不少於兩人一組進行。每場比賽共分二回合，每回合為一分鐘三十秒， 中場休息一分鐘。比賽時間如有任何更改，於比賽當日再另行通知 Do it in groups of no less than two people. Each game is divided into two rounds, each round is 1 minute 30 seconds with 1 minute intermission any changes to the competition time will be notified on the day.
4	<b>搏擊(專業組)</b> <b>Sparring (Pro)</b>	以世盟 2022 年新賽制，不少於 4 人 1 組進行。 每場比賽 共分 3 回合，每回合為 1 分鐘 30 秒，中場休息 30 秒。 According to the New World Taekwondo Competition System in 2022, No less than 4 people will play in a group each game is divided into 3 rounds. Each round is 1 minute and 30 second with 40 second intermission.

獎項：各項組別均設冠、亞、雙季軍。完成賽事的參賽者均獲紀念證書乙張。

Awards: Champions, runners-up and second runners-up in each category.

Competitors who complete in the event will receive a commemorative certificate.



西貢區體育會 主辦

Organised by Sai Kung District Sports Association



西貢民政事務處 贊助

Sponsored by Sai Kung District Office



康樂及文化事務署 全力支持

Fully supported by The Leisure and Cultural Services Department

## 評審準則：

### 品勢

- (1)品勢純熟程度 (2)正確程度 (3)品勢勁度 (4)品勢節奏性
- (5)品勢最後動作後能否返回原位間 (6)是否在指定動作中作出呼叫
- (7)時間安排(二分鐘為 指定品勢時間) (8)是否有多餘動作混雜其中

### 搏擊

依照世盟搏擊規則為準

### 個人競速王

- 1) 個人以限制內以指定腳法(前踢或橫踢)擊中目標靶，以次數較多者為準。  
每組不多於八人一組進行。相同分數者會再重賽決定名次。
- 2) 競速王以電子計分系統讀數及計時，系統以選手之擊中力量及速度計算次數

## Judging Criteria :

### Poomsae

- (1) The skill of the poomsae (2) The degree of correctness
- (3) The stiffness of the poomsae (4) The rhythm of the poomsae
- (5) Whether the poomsae can return to the original position after the last movement of the poomsae)
- (6) Whether it is performed in the specified movement Call
- (7) Time limit (within 2 minutes)
- (8) Are there any extra actions mixed in it

### Sparring

In accordance with the World Taekwondo Sparring Rules

### Speed Kicking Competition

- 1) Individual : hit the target with the designated kick (front or turning) within the limit time, whichever is more frequent  
Every groups of no more than 8 people.  
Those with the same score will be replayed to determine the ranking.
- 2) The Speed Kicking Competition uses the electronic scoring system to read and time, and the system calculates the number of times based on the player's hitting power and speed.



## 注意事項：

### 1. 品勢

- 報名表需清楚及準確填妥參加組別。
- 如比賽人數不足，賽會有機會將比賽組別混合 (以年齡/級別為準)
- 是次賽事設有品勢電子計分系統

### 2. 搏擊

- 此組別只設 9-11 歲、12-14 歲及以 15-17 歲組別
- 由於疫情關係，參賽選手「必須」在比賽前 14 天完成接種新冠疫苗。
- 每組不少於四人一組進行
- 報名表需清楚及準確填妥參加組別、重量(kg)。
- 以年份方式計算年齡：如 2008 年出生，即 14 歲、  
如 2005 年出生，即 17 歲。
- 必須佩戴牙膠進行比賽 (牙膠顏色為白色或透明)，並需自備白色毛巾、白色護手套、護手脛、護腳脛、白色護陰、藍色及紅色(面罩)頭盔。
- 是次賽事設有搏擊電子計分系統, 但不設錄像審議 (Video Replay)。

### 初級組

- 選手須為黃綠帶至藍紅帶，並於公開賽沒有獲獎紀錄。
- 選手須自備比賽護具
- 賽制以 WT 世盟比賽規則，即兩回合總分制。累積分數較多者勝出 專業組
- 選手須為紅帶或以上或有公開賽獲獎紀錄
- \*\*注意:專業組沒有設出級別上限，選手必須注意安全風險。
- 大會將提供電子護具(包括頭盔)、選手必須自備電子襪
- 賽制以 WT 世盟 2022 年比賽規則，即三回兩勝制，每回合較多分數者勝出該回合，自先勝出兩局者勝出該場比賽。

### 3. 個人競速王

- 如比賽人數不足，賽會有機會將比賽組別混合 (以年齡/級別為準)
- 比賽結果以電子計分系統顯示結果為準。



## Precaution :

### 1. Poomsae

- The registration form must be filled out clearly and accurately to participate in the category.
- If there are not enough participants, the competition will have the opportunity to mix the competition groups (according to age/level)
- There is an electronic scoring system for this competition

### 2. Sparring

- This category is only for 9-11 years old, 12-14 years old and 15-17 years old
- Due to the epidemic, contestants "must" complete the vaccination against the new virus 14 days before the competition.
- Each group should be performed in groups of no less than four people
- The registration form must be clearly and accurately filled in the participating group and weight (kg).
- Calculate age by year: if born in 2008, i.e. 14 years old,  
if born in 2005, i.e. 17 years old.
- You must wear mouthguard (in white or clear color), and you need to bring your own White towel, White Gloves, Arm Guard, Foot Guard, White Shin Guard, Blue and Red (mask) helmets.
- This event has a fighting electronic scoring system, but there is no Video Replay.

### Junior group

- Players must be from yellow-green to blue-red belts and have no winning record in the Open Championship.
- Competitors must bring their own protective gear
- The competition system is based on the WT World League competition rules, that is, a two-round total points system.

The one with the most accumulated points wins the professional group

### Professional Sparring

- Players must be red belt or above or have open competition record
- \*\*Note: The professional group does not set a level cap,  
and players must pay attention to safety risks.
- The conference will provide electronic protective gear (including helmets), players must bring their own electronic socks
  - The competition system is based on the WT World League 2022 competition rules, that is, the best-of-three-round system, with more points in each round  
Whoever wins the round first wins the match.

### 3. Kicking

- If the number of participants is insufficient, the competition will have the opportunity to mix the competition groups (according to age/level) - The results of the competition are subject to the results displayed by the electronic scoring system.



## 注意事項：

- 一. 比賽學員必須穿著整齊之跆拳道道袍參賽(品帶或黑帶，可穿品勢道袍)
- 二. 參賽者必須出示 跆拳道段證 或 品段證 或 協會色帶會員證。
- 三. 教練必須於比賽當日出示有效之教練證，方可擔任有關教練工作。
- 四. 因組別不能成組外，將會退還報名費; 但因資料錯誤或不足，均一律不獲退還報名費。
- 五. 如比賽場地前 2 小時懸掛 8 號風球或黑色暴雨警告，有關比賽將會取消。
- 六. 持有香港跆拳道協會 色帶會員證或黑帶段證若比賽期間意外死亡，才會得到賠償 (如參加者認為保障不足，自行另購其他有關之保險)。
- 七. 就本賽事所引起之一切爭議，本會保留一切最終之決定權，不設上訴。
- 八. 本章程如有未盡善處，本會保留修章之權利。
- 九. 報名費用不包括獲獎證書。如需要獲獎書，請於比賽當日向工作人員登記購買證書 (每張證書收費為港幣卅十元)

## Precautions :

1. Competition students must wear neat taekwondo uniform to participate in the competition (Poom belt or black belt, can wear Poomsae uniform)
2. Participants must present HKTA Taekwondo Dan Certificate or Taekwondo Poom Certificate or HKTA Colour Belt Membership Card.
3. Coaches must present a valid coaching certificate on the day of the match before they can act as coaches.
4. Application fee can be refunded because the group cannot be grouped; however, the application fee will not be refunded due to incorrect or insufficient information
5. If Typhoon Signal No. 8 or black rainstorm warning is hoisted 2 hours before the game, the game will be cancelled.
6. Holders of the HKTA Colour Belt membership card or black belt segment certificate insurance covers accidental death during the competition. (if the participant thinks that the protection is insufficient, he/she should purchase other related insurance by himself/herself).
7. The Association reserves the right of final decision on all disputes arising from this competition without appeal.
8. If there are any imperfections in this constitution, the Association reserves the right to amend the constitution.
9. If you need the award certificate, please register with the staff on the day of the competition  
Purchase of certificates (HK\$30 per certificate)

