



中國香港摔跤理事會有限公司

HONG KONG, CHINA WRESTLING ASSOCIATION LIMITED

全民摔跤體驗同樂日 2023

HONG KONG WRESTLING SEMINAR FUN DAY 2023

主辦: 中國香港摔跤理事會有限公司

協辦: 屯門體育會

比賽地點 VENUE: 屯門兆麟體育館 TUEN MUN SIU LUN COMPLEX

比賽日期 DATE :29/12/2023

參加資格 QUALIFICATION: HONGKONG RESIDENT

組別 GROUP	項目 ITEM	日期 DATE	上午 開始時間 TIME	下午 開始時間 TIME	報名費 FEE \$75 位/EACH
	WRESTLING 5 STEPS		@TAKE DOWN @LOWER BODY TECHNIQUES	@THROWING @UPPER BODY TECHNIQUES	
kid 兒童組 U10/U13	體驗摔跤基本 五步曲	29/12/2023	10:00-10:45	16:00-16:45	
kid 兒童組 U10/U13	體驗摔跤基本 五步曲	29/12/2023	10:00-10:45	16:00-16:45	
youth 青少年組女 U15/U17	體驗摔跤基本 五步曲	29/12/2023	10:00-10:45	16:00-16:45	
youth 青少年組男 U15/U17	體驗摔跤基本 五步曲	29/12/2023	10:00-10:45	16:00-16:45	
Adult male 成人組男	絆腳摔/抱腳摔	29/12/2023	10:00-10:45	16:00-16:45	
Adult female 成人組女	別子摔/過背抱 摔	29/12/2023	10:00-10:45	16:00-16:45	
已體驗五步曲人仕 After 5 setps training	與代表隊訓練 體驗 With national team training	29/12/2023	10:30-10:45	16:30-16:45	
完成訓練體驗人仕 After team training	認識裁判計分 法/摔跤裝備 Knowledge of judge	29/12/2023	10:45-11:00	16:45-17:00	
完成訓練體驗人仕 After knowledge of judge	分組比賽體驗 認識摔跤 compete trail	29/12/2023	11:00-12:00	17:00-18:00	
頒獎時間 AWARDS CEREMONY		29/12/2023		18:00-19:00	

- 參加者如學校或團體,必須填寫所屬會名稱,就讀學校及班別。

賽制:

淘汰賽形式進行,勝出者將出賽下一輪比賽,直至得分為冠、亞、季軍。

The lockout form will be played, and the winner will go to the next round of the competition, and the instant score will be the first, second and third place.

比賽裝束規定:

A)藍色及紅色指定摔跤服,背面 7cm 闊橫條,用以該組別顏色,摔跤服雙腿邊界定為 7cm 闊.

B)整體紅色或藍色

Singlet:

Red and Blue Markings

Each Singlet will have a total of three markings consisting of:

- Two 7cm bands, one on each leg, shall be positioned across the bottom edge of the leg. For clear distinction the marking shall cover the circumference of the leg.

- One 7 cm band positioned below athlete's name and NOC code on the backside of the upper torso.

The band should be exclusively placed on the back half of the singlet, not visible on the front half.

B)all red or all blue

摔跤鞋:

摔跤鞋是摔跤運動比賽和練習中使用的運動服。一般來說,它們輕便靈活,試圖模仿赤腳,同時提供更多的牽引力和腳踝支撐,減少感染疾病或用暴露的腳趾甲傷害對手的機會。因此,摔跤鞋往往採用高幫設計,以提供腳踝支撐和緩衝。

Wrestling shoes:

Wrestling shoes are active wear used in competition and practice for the sport of wrestling. Generally light and flexible, they try to mimic the bare foot, while providing slightly more traction and ankle support and less chance of contracting a disease or hurting the opponent with exposed toe nails. As a result, wrestling shoes tend to have a high top design to provide ankle support and cushioning.

上訴: 不設上訴,所有賽果以裁判最後判決為準;而所有甄選結果以本區選拔委員會/工作小組的最後決定為準。

Appeal: There is no appeal, all results are subject to the final judgment of the referee; All selection results will be determined by the District Selection Committee/The final decision of the Working Group shall prevail

報名詳情:

#先到先得,截止日期為 2023 年 12 月 28 日

#填妥表格後,並以下列其中一種方式繳付報名費:

1.PAYME [HTTPS://PAYME.HSBC/WRESTLING](https://payme.hsbc/wrestling)

2.FPS :**104601190**

3. 銀行轉賬入數 BANK TRANSFER(中國銀行 BANK OF CHINA:012-898-2-023175-3, 香港摔跤運動理事會有限公司 HONG KONG WRESTLING ASSOCIATION LIMITED)

註 NOTICE: 完成後請以電郵或 WHATSAPP 91497227 提交收據。(切勿郵寄現金)

有關惡劣天氣安排:

- 活動開始前 2 小時
天文台懸掛 8 號或以上颱風信號/黑色暴雨警告，比賽將取消，並不會安排退款。
天文台懸掛 3 號颱風信號/ 黃色暴雨/紅色暴雨警告，比賽如期舉行；參賽者可自行決定是否出席比賽，然而參賽者須負責個人之安全。
- 比賽進行中
天文台懸掛 8 號或以上颱風信號，所有比賽中斷，參賽者須盡快離開。
天文台懸掛 3 號颱風信號或暴雨警告，比賽繼續進行；參賽者可自行決定是否留下繼續比賽，然而參賽者須負責個人之安全。

截止報名日期：2023 年 12 月 28 日，晚上 8 時。

Inclement Weather Arrangement

In the event that the Pre-No. 8 special announcement/Tropical Cyclone Warning Signal No. 8 or above/Black Rainstorm Warning Signal are issued at 7:00 am on December 29 by the Hong Kong Observatory, the Sports Demonstrations by Hong Kong,China wrestling association will be cancelled. In the event that such weather warnings and signals are still in force at 2:00 pm on that day, Hong Kong,China wrestling association Variety Show will be cancelled as well.

Registration deadline: December 28, 2023, 8 p.m. HongKong time.



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HONG KONG, CHINA WRESTLING ASSOCIATION LIMITED

報名表格 APPLICATION FORM

申請人須知：

1. 報名表一經遞交，即代表申請人／未滿 18 歲的申請人及其家長或監護人已細閱並同意遵守章程／報名表的各項細則。
2. 申請人必須填寫所有資料及簽妥聲明，如填寫資料不全、有誤或重複遞交報名表，申請將不獲受理，恕不另行通知。
3. 如以電郵寄方式遞交申請表格，寄電郵地址：info@hkwrestling.org
4. 申請人提供的資料只作主辦機構處理報名事宜、公布名單、統計、日後聯絡及意見調查之用；所提供的個人資料只限獲主辦機

構授權的人員查閱。如欲更正或查詢已遞交的個人資料，請聯絡相關事務辦事處的職員。而其他填報資料則不得更改。

(一) 個人/摔跤隊/會名稱名稱：

(二) 申請人姓名：

	申請人姓名 NAME		性別 GENDER	年齡 AGE		
	英文 ENGLISH	中文 CHINESE				
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						

全民摔跤體驗同樂日 2023
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【申請人個人資料及聲明】

(所有參加者必須填寫本表格，並連同報名表格一併遞交)

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構授權的人員查閱。如欲更正或查詢已遞交的個人資料，請聯絡相關事務辦事處職員。而其他填報資料則不得更改。

(一) 隊名稱：_____

(二) 申請人資料：(請以正楷填寫英文字母)

姓名：(中文) _____ (英文) _____ 性別：_____

香港身份證號碼：_____

出生日期：_____年_____月_____日

住址：_____

#緊急聯絡人姓名：_____ #緊急聯絡人電話：_____

(註有「#」號的欄目可選擇填寫與否。在填報緊急聯絡人姓名及電話號碼前，請考慮應否先徵得其同意。)

(三) 申請人聲明：(未滿 18 歲的申請人，必須由其年滿 18 歲或以上的家長或監護人作聲明)

本人聲明：

(1) 本人／(申請人姓名) 在香港居住，否則本人／申請人會被取消參加資格。

(2) 本人／申請人在報名表格內所填報的資料全部屬實，亦符合主辦機構所訂的參加資格。本人／申

請人明白，若有虛報資料或填報資料與事實不符，將會被即時取消所有參加資格，所得成績亦告作廢。

(3) 本人／申請人願意服從主辦機構的安排。

(4) 本人／申請人聲明已詳細閱讀有關活動章程及同意遵守有關內容。

(5) 本人／申請人願意遵守主辦機構規則進行比賽及服從裁判判決，

(6) 本人／申請人的健康及體能良好，適宜參加上述活動。

*申請人／家長／監護人姓名：_____

*申請人／家長／監護人簽署：_____

日期：_____

* 請刪去不適用者

(請自行影印本表格)

全民摔跤體驗同樂日 2023
HONG KONG WRESTLING SEMINAR FUN DAY 2023

Organizer: Hong Kong,China Wrestling Association Limited

Co-Organizer: Tuen Mum Sport Association

【Applicant's Personal Information and Statement】

(All participant are required to complete this form and submit it together with the application form)

Notes to Applicants:

1. By submitting the application form, the applicant/applicant under the age of 18 and his/her parent or guardian have read and agreed to abide by the Constitution/Conditions of the Application Form.

2. Applicants are required to fill in all the required information and sign a declaration that the application will not be considered without prior notice if the application form is incomplete, incorrect or submitted repeatedly.

3. If the application form is submitted by email, (info@hkwrestling.org)

4. The information provided by the applicant will only be used by the Organiser for the purpose of processing the application, announcing the list, statistics, future contact and opinion survey, and the personal data provided will only be used by the Organiser.

Authorized Personnel. If you wish to correct or enquire about the personal data submitted, please contact the staff of the relevant office. Other information cannot be changed.

(1) Name: _____

(2) Applicant's information: (Please fill in the letters in block letters)

Name: (Chinese)_____ (English)_____ Gender: _____

Hong Kong Identity Card Number:_____

Date of Birth: _____

Address.. _____

Name of emergency contact : _____

Contact of emergency contact: _____

(The fields marked with "#" can be filled in or not.) Before providing the name and telephone number of the emergency contact person, please consider whether they should obtain their consent.)

(3) Applicant's Declaration: (For applicants under the age of 18, a declaration must be made by their parent or guardian who is 18 years of age or above)

I declare that:

(1) (Applicant's Name) reside in Hong Kong ,if not I/the applicant will be disqualified.

(2) All the information provided by me/the applicant in the application form is true and meets the eligibility criteria set by the Organiser. I/Shen

Please understand that if there is any false information or inconsistent information

(3) I/the applicant is willing to submit to the selection results of the Organiser.

(4) I/the applicant declare that I/the applicant have read the relevant terms and conditions of the event in detail and agree to abide by them.

(5) I/Applicant is willing to abide by the rules of the Organiser and obey the referee's decision

(5) I/the applicant is willing to abide by the rules of the organizer to conduct the competition and obey the referee's judgment, and submit the identity document (original) to the organizer for inspection before the competition.

(6) I/the applicant is in good health and physical condition to participate in the above activities.

(7) I/the applicant understand that if I/the applicant impersonates another person to participate in the competition, I/the applicant's results obtained and my qualification for the competition will be cancelled.

*Name of Applicant/Parent/Guardian : _____

*Signature of Applicant/Parent/Guardian : _____

Date: _____

* Please delete those that do not apply

(Please make a photocopy of the form)