

# 第六屆中國香港國際摔跤比賽 2026

## 章 程

- 一、 宗旨：致力在中國香港積極推廣歷史悠久的奧運摔跤項目，提升項目的專業性及普及度，使其在本港持續發展及盛行，重點培養本地選手的競技水平，力爭未來在國際舞台上為香港爭取優異成績，同時透過訓練與比賽，強身健體增進會員之間的情義與團結精神，並弘揚公平競技，尊重對手，奮勇拼搏的體育道德風尚。
- 二、 比賽日期：2026年8月9日星期日，早上8時至晚上8時
- 三、 比賽場地：沙田馬鞍山體育館
- 四、 參加組別：u7/u10/u13/u15/u17，成人男子 FS 6級重量自由式，成人女子 WW 6級重量自由式。
- 五、 參賽資格：1)本地賽:5-17歲兒童及青少年、成人,(參加者必須具有摔跤經驗人仕)。
- 六、 賽制：1. 全部賽事二人制，成人全場比賽6分鐘，每半場3分鐘，30秒休息；兒童全場比賽4分鐘，每半場2分鐘，30秒休息；  
2. 採用單淘汰賽制，如全場賽和，不加時，採「進攻得分高者」決勝；
- 七、 賽則：1. 所有選手必須持有本會有效之香港摔跤運動會員証，該會員証僅在當年有效，並且必須每年更新；  
2. 逾時五分鐘不到作賽，作棄權論；  
3. 設上訴，比賽途中，教練如覺得分錯誤，可有30秒向當值裁判作出反對，以當值裁判之最後判決為準，每場賽事只能一次上訴；  
4. 摔跤選手因犯規被罰離場者，則須於隨後賽事自動停賽一場；  
5. 除因天氣(黑色暴雨訊號、8號風或以上)關係或場地故障,所有賽事，(由當值裁判決定)不能作賽，一經確定絕不改期；所有報名費報，扣除行政費20%之後，80%會退還該運動員。  
6. 如有需要，賽會有權更改比賽場地或比賽時間，參賽者不得異議；  
7. 所有已報名選手，如賽會對其年齡有疑問，可有權索取該選手之身份證以核對澄清；  
8. 已報名選手的團隊如未經出賽，可增/減或更改，而未出賽過的選手，不可代表另一選手出賽；  
9. 每位選手需自備合資格比賽的摔跤比賽服(紅色及藍色)及摔跤鞋、背面及腿邊位置須有清晰的7厘米闊顏色的顏色帶。  
10. 賽前一日必須參與過磅程序，並符合報名的重量，否則自動歸當日重量的組別；
- 八、 報名日期：2026年5月10日至7月10日(額滿即止)
- 九、 報名地點：網上報名(必須截止日期或以前完成網上報名否則報名將有機會不被接納。報名一經確認費用將不設退款)
- 十、 費用：港幣550.正
- 十一、 獎勵：勝出冠、亞、2個季軍者可獲獎牌乙面、團隊獎獎杯乙個
- 十二、 過磅/抽籤：2026年8月8日，下午5時-7時過磅，所有運動員必需持有個人保險，抽籤如有缺席者，由賽會代表抽籤，結果不得異議。
- 十三、 修章：本章程如有未盡善之處，賽會有權隨時修改，不得異議。
- 十四、 責任：在賽事進行期中，如有選手遭意外受傷，賽會恕不負責。
- 十五、 特殊情況：如果是天氣情況惡劣參賽者可於比賽前兩小時致電91497227查詢，如遇天文報告發出8號或以上風球或黑雨暴雨信號時，比賽將會取消。

組別重量級:

Age Category & Weight Category

U7/U10 MAX :20KG+

U13:27 kg/28 kg/30kg/32kg/34kg/36kg/38kg/40kg/42kg/44kg/48kg/50kg/ 52kg/55kg/57kg/59kg/61kg/65kg

U15: 34-38kg/41kg/44kg/48kg/52kg/57kg/62kg/68kg/75kg/85kg

U17: 41-45kg/48kg/51kg/55kg/60kg/65kg/71kg/65kg/80kg/92kg/110kg+

Senior: 57kg/61kg/65kg/70kg/74kg/79kg/86kg/92kg/97kg/120kg

WW

U13: 27 kg/28 kg/30kg/32kg/34kg/36kg/38kg/40kg/42kg/44kg/48kg/ 50kg/52kg/55kg/57kg/59kg/61kg/65kg

WW

U15: 29-33kg/36kg/39kg/42kg/46kg/50kg/54kg/58kg/62kg/66kg

WW

U17: 36-40kg/43kg/46kg/49kg/53kg/57kg/61kg/65kg/69kg/73kg

WW

Senior: 50kg/53kg/55kg/57kg/59kg/62kg/65kg/68kg/72kg/76kg

比賽摔跤墊及國際認可摔跤裁判

Number of Mat & Referee Category

比賽摔跤墊 3 個 three Mats / UWW International category/National category 國際認可資格/國家級認可資格

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Co-organized by:

Sha Tin Sports Association

Hong Kong Chian Wrestling Association Ltd.

The 6th China Hong Kong International Wrestling Competition 2026

### Regulations

1. Purpose:

To promote the long-established Olympic sport of wrestling in Hong Kong, enhance its professionalism and popularity, and ensure its sustainable development and prevalence. The focus is on developing the competitive standards of local athletes, striving for excellent results on the international stage for Hong Kong. Through training and competitions, we aim to strengthen physical fitness, foster camaraderie and team spirit among members, while promoting sportsmanship based on fair play, respect for opponents, and a fighting spirit.

2. Date:

Sunday, August 9, 2026, from 8:00 AM to 8:00 PM

3. Venue:

Ma On Shan Sports Centre, Sha Tin

4. Competition Categories:

U7 / U10 / U13 / U15 / U17, Senior Men's FS (6 weight classes – Freestyle), Senior Women's WW (6 weight classes – Freestyle)

5. Eligibility:

1) Local competition: Children and youth aged 5–17, and adults. Participants must have prior wrestling experience.

6. Competition System:

1. All matches are between two wrestlers. Senior matches last 6 minutes (two 3-minute periods with a 30-second break). Children's matches last 4 minutes (two 2-minute periods with a 30-second break).

2. Single elimination system. In case of a tie at full time, no overtime is given; the winner is determined by "higher offensive score."

7. Rules:

1. All wrestlers must hold a valid Hong Kong Wrestling Membership Card issued by the organizing association. The membership card is valid for the current year and must be renewed annually.

2. A wrestler who is more than 5 minutes late for a match will forfeit the match.

3. A coach may challenge a referee's scoring decision once per match, within 30 seconds of the decision. The referee's final decision stands.

4. A wrestler who receives a caution for foul play must automatically sit out the next match.

5. Except for weather-related reasons (Black Rainstorm Warning, Typhoon Signal No. 8 or above) or venue failure, once a match is declared unplayable by the referee, it will not be rescheduled. Entry fees will be refunded at 80% after deducting 20% administrative fee.

6. The organizing committee reserves the right to change the competition venue or time if necessary. Participants may not object.

7. If there is any doubt regarding a contestant's age, the organizing committee may request the contestant's ID card for verification.

8. For registered wrestlers whose team has not yet competed, changes (additions/deletions/substitutions) are allowed. A wrestler who has already competed cannot represent another wrestler.

9. Each wrestler must bring their own competition-approved wrestling singlet (red and blue) and wrestling shoes, with a clearly visible 7 cm colored band around the back and leg area.

10. All participants must attend the weigh-in procedure the day before the competition. Those who do not meet their registered weight category will be automatically assigned to the day's actual weight category.

8. Registration Period:

May 10, 2026 – July 10, 2026 (or until full capacity)

9. Registration Method:

Online registration only (must be completed before the deadline, otherwise registration may not be accepted). Once registration is confirmed, fees are non-refundable.

10. Fee:

HKD \$550

11. Awards:

The champion, runner-up, and two joint-bronze medalists will each receive a medal. Team trophies will also be awarded.

12. Weigh-in / Drawing:

Weigh-in will be held on August 8, 2026, from 5:00 PM – 7:00 PM. All athletes must possess their own insurance. If a competitor is absent during the draw, a committee representative will draw on their behalf. Results cannot be disputed.

13. Amendment Rights:

The organizing committee reserves the right to modify these regulations if necessary. Amendments are not subject to objection.

14. Liability:

The organizing committee shall not be held responsible for any accidents or injuries sustained by wrestlers during the competition.

15. Special Circumstances:

If weather conditions are severe, participants may call 91497227 two hours before the competition for inquiries. If the Hong Kong Observatory issues a No. 8 typhoon signal or above, or a black rainstorm warning, the competition will be canceled.

Weight Categories

U7 / U10

MAX: 20kg+

U13

27 / 28 / 30 / 32 / 34 / 36 / 38 / 40 / 42 / 44 / 48 / 50 / 52 / 55 / 57 / 59 / 61 / 65 kg

U15

34–38 / 41 / 44 / 48 / 52 / 57 / 62 / 68 / 75 / 85 kg

U17

41–45 / 48 / 51 / 55 / 60 / 65 / 71 / 65 / 80 / 92 / 110+ kg

Senior Men

57 / 61 / 65 / 70 / 74 / 79 / 86 / 92 / 97 / 120 kg

Women's Wrestling (WW) U13

27 / 28 / 30 / 32 / 34 / 36 / 38 / 40 / 42 / 44 / 48 / 50 / 52 / 55 / 57 / 59 / 61 / 65 kg

WW U15

29–33 / 36 / 39 / 42 / 46 / 50 / 54 / 58 / 62 / 66 kg

WW U17

36–40 / 43 / 46 / 49 / 53 / 57 / 61 / 65 / 69 / 73 kg

WW Senior

50 / 53 / 55 / 57 / 59 / 62 / 65 / 68 / 72 / 76 kg

Number of Mats & Referee Category

Number of mats:\*\* 3 mats

Referee category:\*\* UWW International category / National category

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