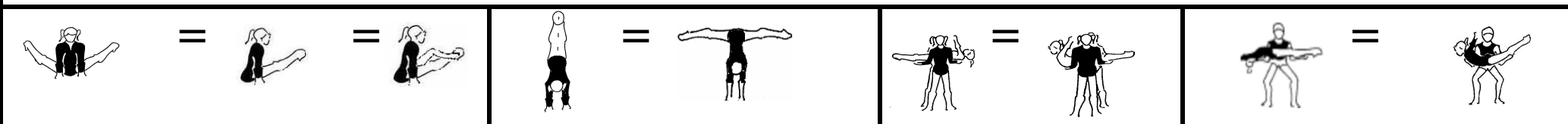


技巧體操比賽動作圖表 (共11頁)

附註：

相同類的靜止造型、起始姿勢、結束姿勢、單人動作等動作可互相替代：



圖表一(1)拋接動作：拋離--騰空--接住或下法

雙人拋接			女三拋接		男四拋接		單人動作第二類	
	180°		180°					
	180°					180°		
	180°			or 			180°	

圖表一(2) (每個平衡造型動作須靜止**3**秒)

單人靜止造型須保持**2"**

雙人平衡			女三平衡		男四平衡		單人動作第一類	
							2" 	
							2" 	
							2" 	
							2" 	
							2" 	
							2" 	
							1 sek 	

附註：牽引動作的握手方法為普通握或對面握，若採用其他握法，按程度扣分。

頁_2

圖表二：男雙、女雙、混雙平衡動作(每個靜止造型必須保持3")

列一																
	0.05	0.15	0.15	0.2	0.25	0.25	0.3	0.35	0.5	0.6	0.9	1.4	1.7	1.4	1.6	

列二																
	0.1	0.15	0.4	0.3	0.1	0.3	0.4	0.8	0.8	0.6	0.6	0.75	0.75			

列三																
	0.9	1.0	1.8	0.8	0.4	1.0	0.7	0.9	1.4	1.0	1.5	1.4	1.7			

列四																
	0.9	1.5	1.8	0.8 / 0.6	0.9	1.5	1.5	2.0	2.0	1.2	0.55	0.65	0.75 / 0.85	1.0 / 1.1	1.0 / 1.1	

列五																
	0.9	1.5	1.8	0.8 / 0.6	0.9	1.5	1.5	2.0	2.0	1.2	0.55	0.65	0.75 / 0.85	1.0 / 1.1	1.0 / 1.1	

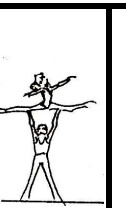
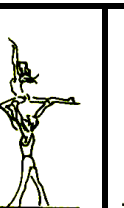
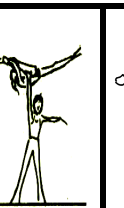
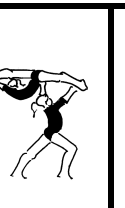
列六																
	1.4	0.9	1.5	2.0	2.5	2.0	2.2	2.5								

動態平衡動作：
起始造型1秒
結束造型3秒

頁_3

動態平衡動作：
起始造型1秒
結束造型3秒

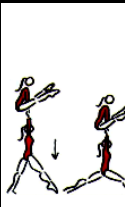
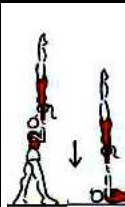
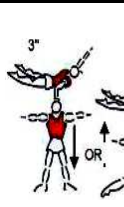
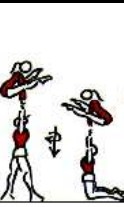
圖表二：男雙、女雙、混雙平衡動作(每個靜止造型必須保持3")

列七										
	0.2	0.2	0.4	0.5	0.3	0.8	1.0	1.0	1.1	1.4

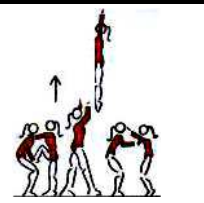
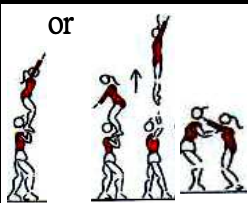
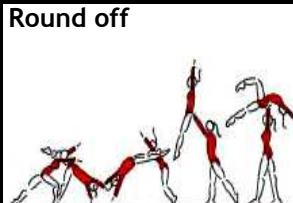
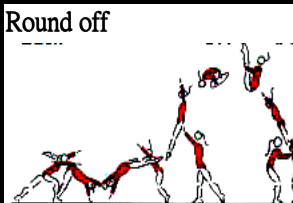
動態平衡動作：
起始造型1秒
結束造型3秒

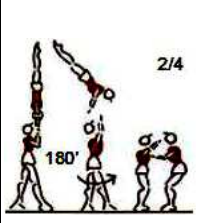
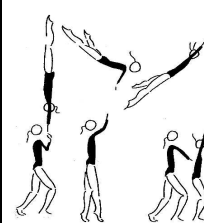
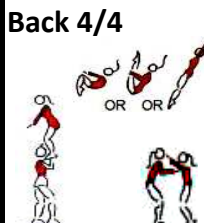
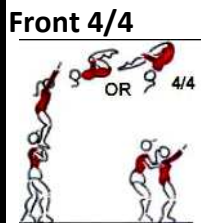
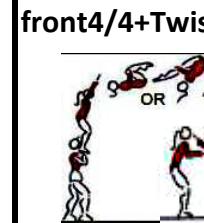
列 八	Roll360-sit 				Roll360-sit 							
	frontbackdownup				frontbackdownup							
	2.12.11.21.2				2.52.51.41.4				站手1.2 / 倒立 2.5			

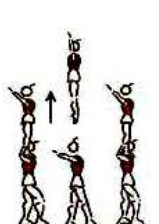
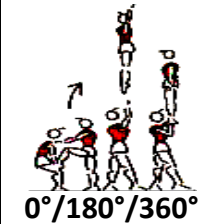
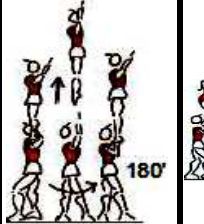
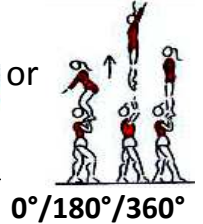
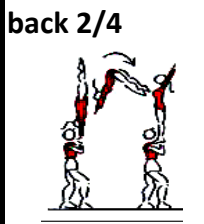
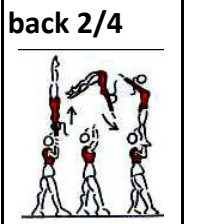
列 九			or						or																		
	跪叉		滑叉		跪叉		滑叉		跪叉		滑叉		跪叉		滑叉		Base 360										
	0.1		0.2		0.2		0.25		0.5		0.6		0.3		0.4		0.35		0.45		0.7		0.9		0.7		0.75

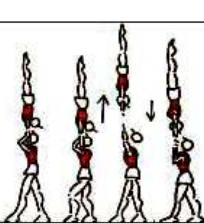
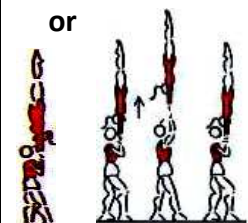
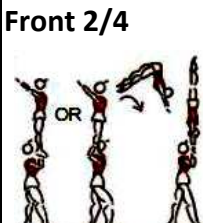
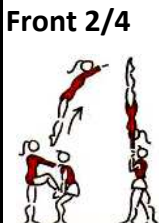
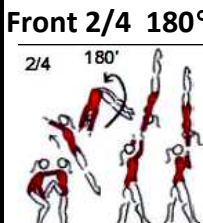
列十			Base 360									
	0.9	1.6	2.0	1.8	2.0	0.75	1.2					

圖表二：男雙、女雙、混雙—拋接動作

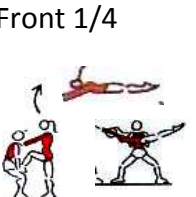
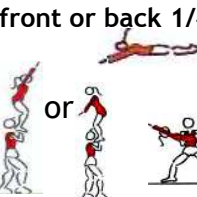
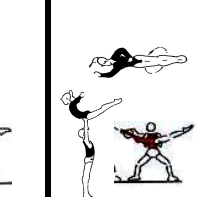
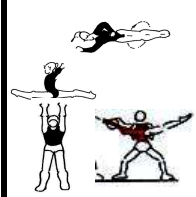
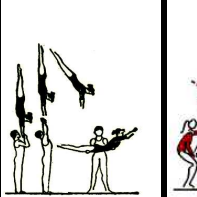
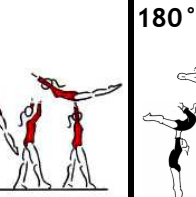
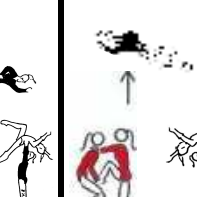
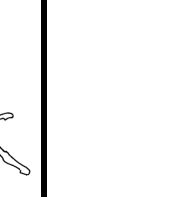
列 一		or 		Round off 	Round off 	Round off 4/4 Back 
	0°/180°/360°	0°/180°/360°	下180°	back handspring+0.1	back handspring+0.1	back handspring+0.1
	0.05/0.1/0.15	0.15/0.2/0.25	0.3	0.7	1.0/1.1	1.3

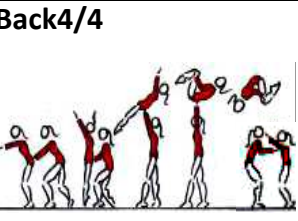
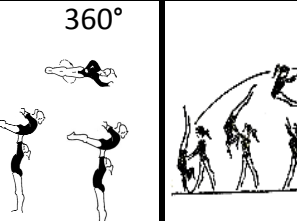
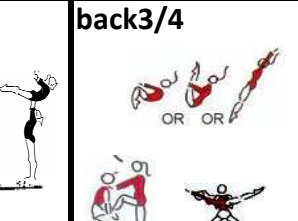
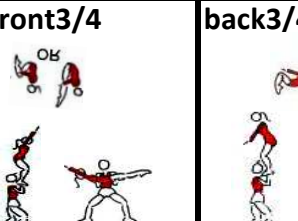
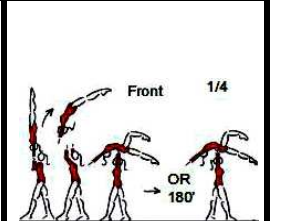
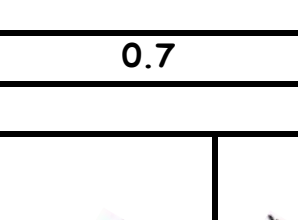
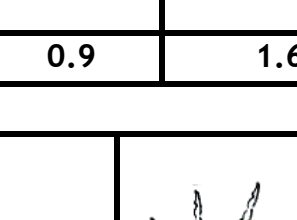
列 二				Back 5/4 	Back 4/4 	Back 4/4 	Front 4/4 	front 4/4+Twist 180 
	0.7	0.75	0.85	1.2/1.3/1.4	1.0/1.1/1.2	1.0/1.1/1.2	1.1/1.2	1.3/1.4

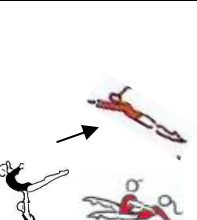
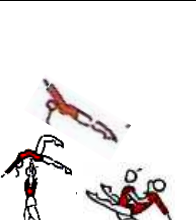
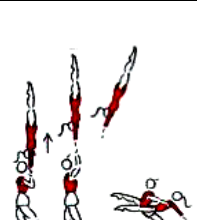
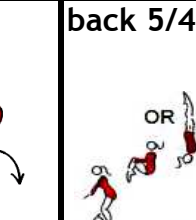
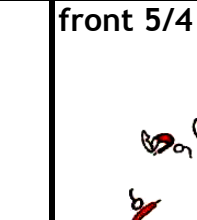
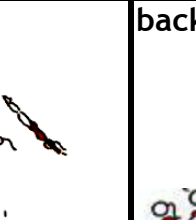
列 三				or 	back 2/4 	back 2/4 
	0.2	0.4/0.65/0.9	0.65	0°/180°/360° 0.4/0.65/0.9	1.5	1.5

列 四		or 	Front 2/4 	Front 2/4 	Front 2/4 180° 
	0.9	1.3	1.8	1.8	2.0

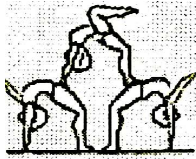
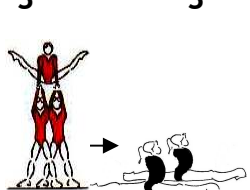
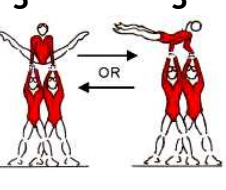
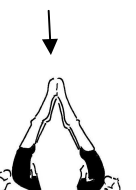
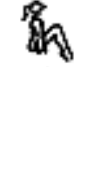
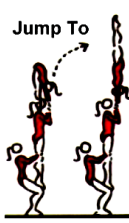
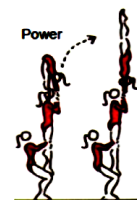
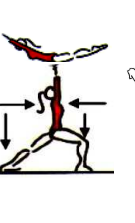
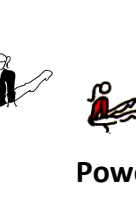
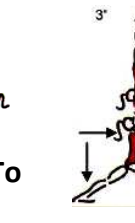
圖表二：男雙、女雙、混雙—拋接動作

列五		Front 1/4 	front or back 1/4 or 					180° 	
	0°/180°/360°	0°/180°/360°	0° / 180° / 360° / 540°	0°/180°/360°	0°/180°/360°				
	0.05 / 0.1 / 0.2	0.2 / 0.25 / 0.45	0.35 / 0.55 / 0.8 / 1.1	0.3/0.4/0.6	0.5 / 0.65 / 0.8	0.9	0.6	0.6	0.6

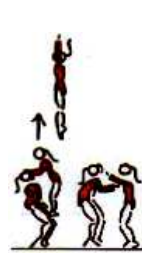
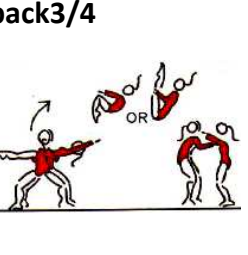
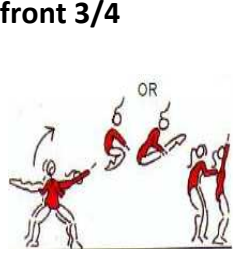
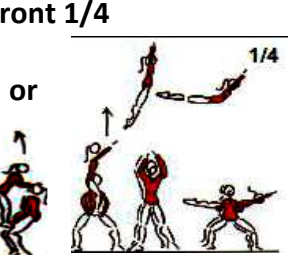
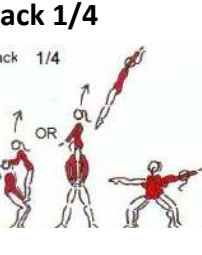
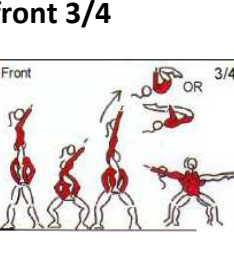
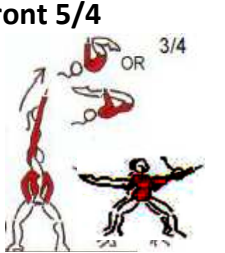
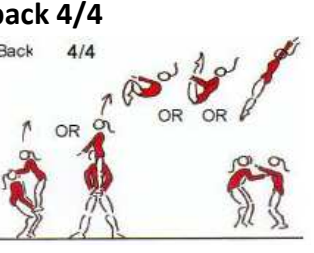
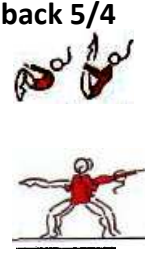
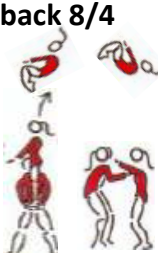
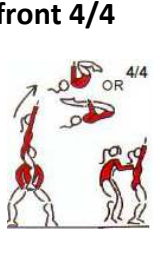
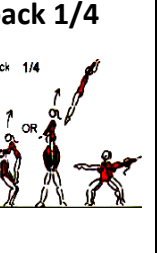
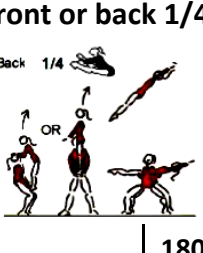
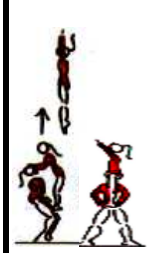
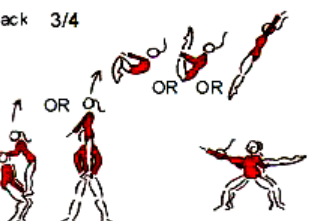
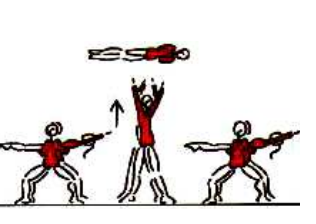
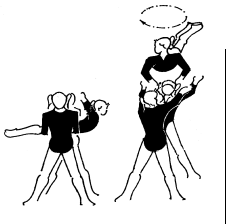
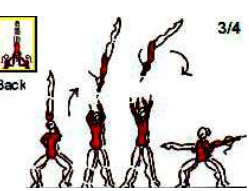
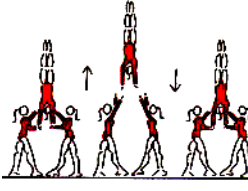
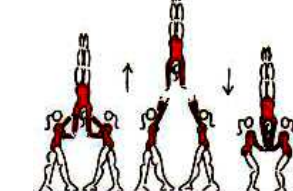
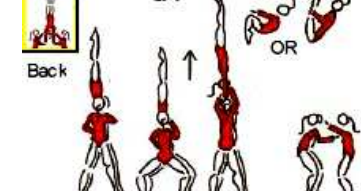
列六	Back4/4 	360° 		back3/4 OR OR 	front3/4 OR 	back3/4 OR OR 	Back 6/4 	
	0.7	0.9	1.6	1.2/1.3/1.4	1.2/1.3	1.2/1.3/1.4	1.8	1.2

列七				front 5/4 or 	back 5/4 OR 	front 5/4 	back 5/4 
	0° / 180° / 360°	0° / 180° / 360°					
	0.4 / 0.6 / 0.9	0.4 / 0.6 / 0.9	1.2	1.7	1.2 / 1.5	2.0 / 2.1 / 2.2	base turn 180° 1.2

圖表二： 女三平衡（每個靜止造型必須保持3"）

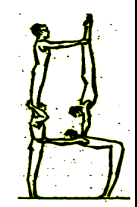
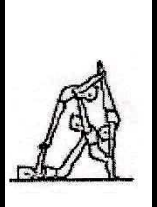
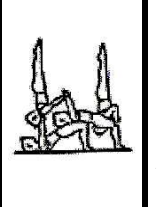
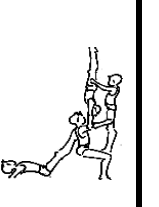
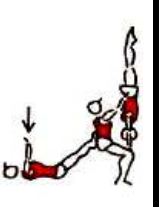
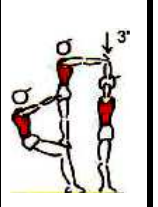
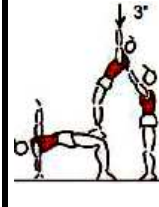
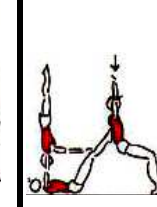
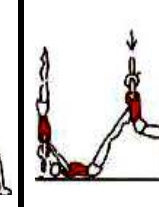
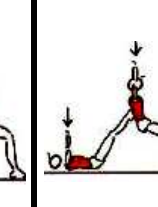
列一			雙拉上成站手			列二							列三																										
	0.15	0.2	0.25		0.25		0.35	0.35	0.3	0.35	0.3	0.35		0.4																									
					列四		<table><tr><td>A</td><td>0.6</td></tr><tr><td>B</td><td>0.8</td></tr><tr><td>C</td><td>1.2</td></tr><tr><td>D</td><td>1.4</td></tr><tr><td>E</td><td>0.9</td></tr></table>	A	0.6	B	0.8	C	1.2	D	1.4	E	0.9		<table><tr><td>A</td><td>1.0</td></tr><tr><td>B</td><td>1.2</td></tr><tr><td>C</td><td>1.4</td></tr><tr><td>D</td><td>1.6</td></tr><tr><td>E</td><td>1.2</td></tr></table>	A	1.0	B	1.2	C	1.4	D	1.6	E	1.2	列五									
A	0.6																																						
B	0.8																																						
C	1.2																																						
D	1.4																																						
E	0.9																																						
A	1.0																																						
B	1.2																																						
C	1.4																																						
D	1.6																																						
E	1.2																																						
0.45	0.35	0.6	1.4	1.5	0.9					0.7	1.0																												
					列六		<table><tr><td>A</td><td>1.1</td></tr><tr><td>B</td><td>1.5</td></tr><tr><td>C</td><td>1.6</td></tr><tr><td>D</td><td>1.8</td></tr></table>	A	1.1	B	1.5	C	1.6	D	1.8		<table><tr><td>A</td><td>1.1</td></tr><tr><td>B</td><td>1.3</td></tr><tr><td>C</td><td>1.6</td></tr><tr><td>D</td><td>1.8</td></tr></table>	A	1.1	B	1.3	C	1.6	D	1.8				<table><tr><td>A</td><td>0.4</td></tr><tr><td>B</td><td>0.8</td></tr><tr><td>C</td><td>1.2</td></tr><tr><td>D</td><td>1.4</td></tr></table>	A	0.4	B	0.8	C	1.2	D	1.4	A power to C 1.5 A power to D 1.6	
A	1.1																																						
B	1.5																																						
C	1.6																																						
D	1.8																																						
A	1.1																																						
B	1.3																																						
C	1.6																																						
D	1.8																																						
A	0.4																																						
B	0.8																																						
C	1.2																																						
D	1.4																																						
1.0	0.9	1.0	1.1	1.2																																			
列七							列八					<table><tr><td>A</td><td>1.3</td></tr><tr><td>B</td><td>1.5</td></tr><tr><td>C</td><td>1.7</td></tr><tr><td>D</td><td>1.8</td></tr><tr><td>E</td><td>1.4</td></tr></table>	A	1.3	B	1.5	C	1.7	D	1.8	E	1.4																	
	A	1.3																																					
B	1.5																																						
C	1.7																																						
D	1.8																																						
E	1.4																																						
1.3	1.5	0.6	0.75	1.5	0.9	1.2	1.2	0.8	1.4																														
			↓ +0.1		上面人圖表		A 	B 	C 	D 	E 	動態平衡動作： 起始造型3秒 結束造型3秒																											
												頁 7																											

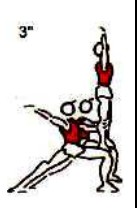
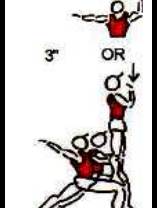
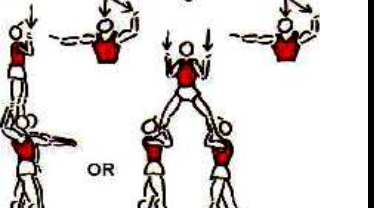
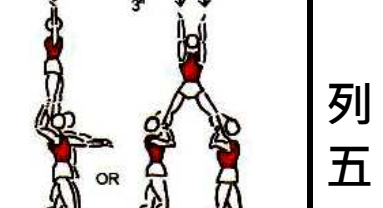
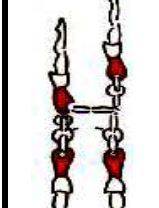
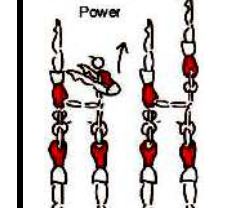
圖表二： 女三拋接

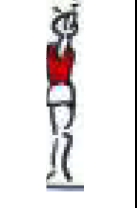
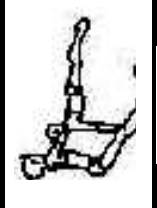
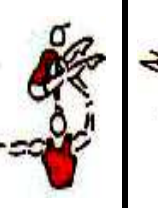
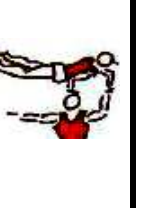
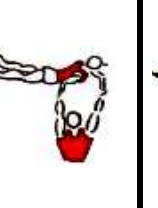
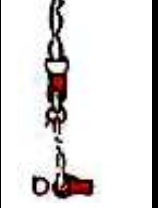
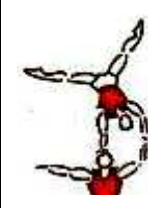
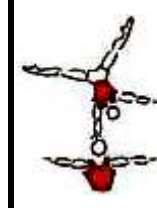
列一			back 3/4 		front 3/4 		列二	front 1/4 or 			back 1/4 Back 1/4 			front 3/4 Front 																																								
	0.1	0.15	0.4		0.5			0° / 180° / 360° 0.2 / 0.25 / 0.3			0° / 180° / 360° 0.25 / 0.3 / 0.35			0.6																																								
front 5/4 		back 4/4 Back 4/4 		back 5/4 		back 8/4 		front 4/4 		列三	站手推拋 front 1/4 			back 1/4 Back 1/4 			front or back 1/4 Back 1/4 																																					
1.3/1.5		0.8 / 0.9 / 1.0		1.3 / 1.5		2.0		0.9 / 1.0			0° 0.2			180° 0.25			360° 0.3			180° 0.5			0.6																															
back 3/4 Back 3/4 			列四						360 0.2			540 0.4			720 0.6			列五						<table><tr><td>橫軸</td><td>2/4</td><td>4/4</td><td></td><td></td><td></td><td></td></tr><tr><td></td><td>0.4</td><td>0.7</td><td></td><td></td><td></td><td></td></tr><tr><td>轉體</td><td>180</td><td>360</td><td>540</td><td>720</td><td>900</td><td>1080</td></tr><tr><td></td><td>0.1</td><td>0.3</td><td>0.5</td><td>0.7</td><td>0.9</td><td>1.2</td></tr></table>			橫軸	2/4	4/4						0.4	0.7					轉體	180	360	540	720	900	1080		0.1	0.3	0.5	0.7	0.9	1.2
橫軸	2/4	4/4																																																				
	0.4	0.7																																																				
轉體	180	360	540	720	900	1080																																																
	0.1	0.3	0.5	0.7	0.9	1.2																																																
0.6 / 0.7 / 0.8									900 0.8			1080 1.0																																										
列六	back 3/4 Back 3/4 									Front 2/4 			Back 6/4 																																									
	0.7			0.4			1.4			1.2			1.5																																									

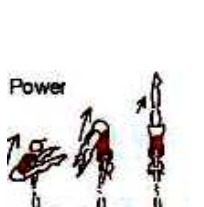
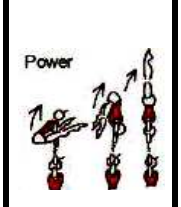
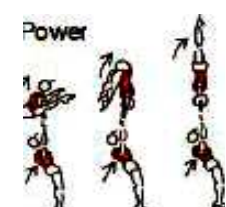
頁 8

圖表二：男四平衡（每個靜止造型必須保持3"）

列一					列二							
	0.1	0.3	0.2	0.2		0.3	0.35	0.45	0.5	0.45	0.5	0.5

列三			列四			列五		
	0.4	0.3		手上0.45 / 頭手0.5	0.5 / 0.5		1.5	1.8

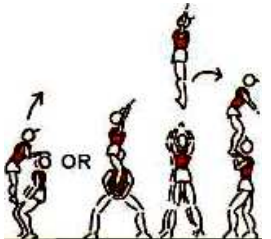
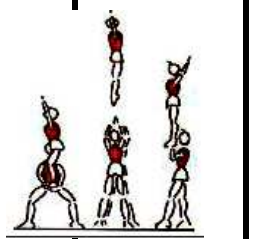
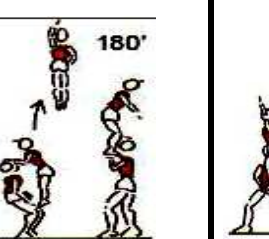
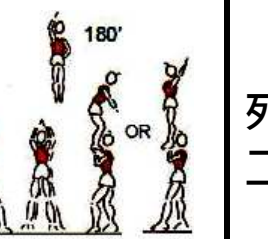
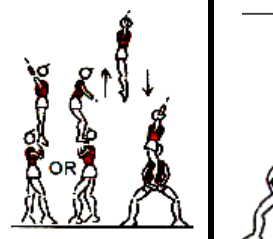
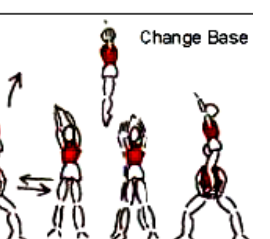
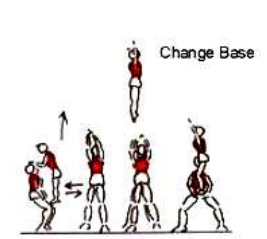
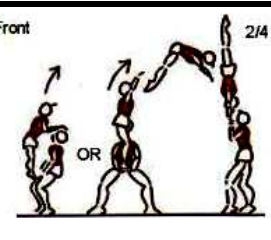
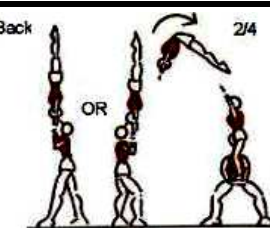
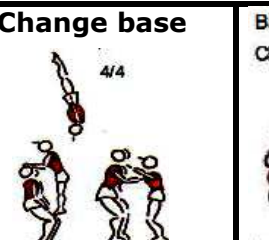
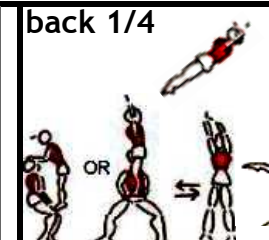
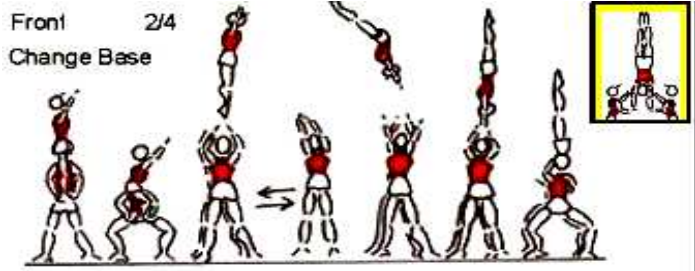
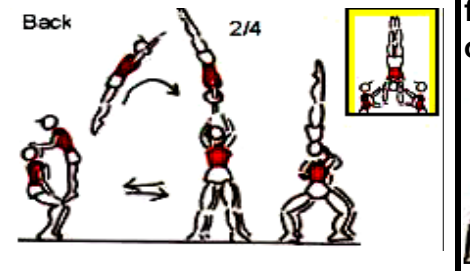
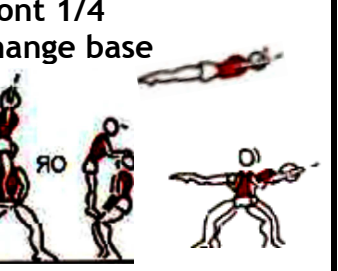
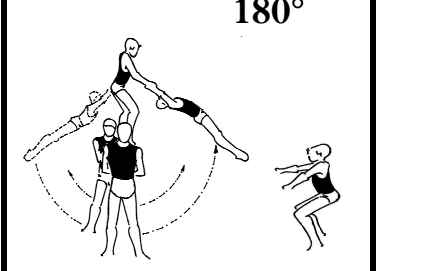
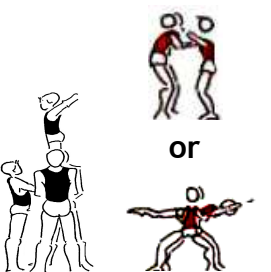
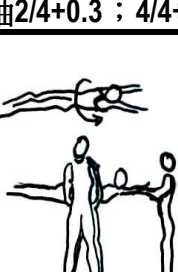
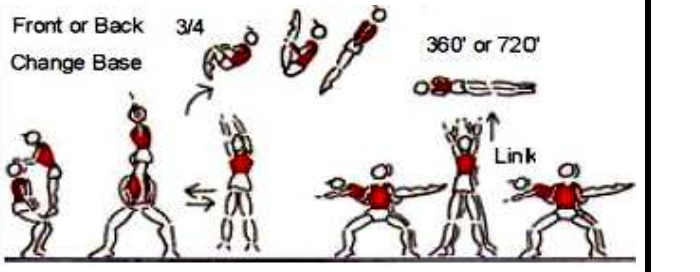
上面人圖表												
	0.1	0.2	0.35	0.3	0.4	0.9	1.0	1.0	1.2	0.9	1.0	1.8

上面人圖表								
	0.9	1.0	1.0	1.5	1.0	2.0	1.5	1.0

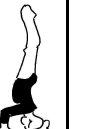
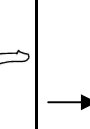
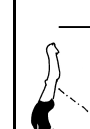
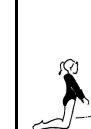
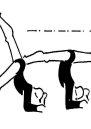
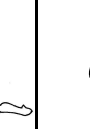
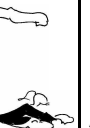
動態平衡動作：
起始造型3秒
結束造型3秒

圖表二：男四拋接

註：列七之落法或橋接允許第三人加入扶持

列一					列二											
	0.45	0.5	0.6	0.7		0.4	0.55	0.6								
列三			列四													
	1.3	1.4		1.0	front or back 1.8/1.5	0.6/0.5	change base'0.4									
列五				列六												
	1.1	1.4	0.4		1.5											
列七			前團	前屈	前直	後團	後屈	後直	列八		列九					
		1/4	0.15	0.2	0.25	0.15	0.2	0.25					橫軸2/4+0.3 ; 4/4+0.6			
		3/4	0.5	0.6	0.7	0.5	0.6	0.7								
		4/4	0.7	0.8	1.1	0.7	0.8	0.9								
		5/4	1.1	1.2	1.5	1.1	1.2	1.3								
7/4	1.5	1.6	2.0	1.5	1.6	1.8		360° 540° 720° 900°	0.8 / 0.9 / 1.2	0.4	0.6					
8/4	2.0	2.2	2.5	2.0	2.2	2.4		0.2 0.3 0.4 0.5								
		每加轉體180° 加 0.1														
		180°+0.1<360°+0.2<540+0.3<etc..														
	Start	End														link=連拋

圖表二：單人動作第一類 (每個靜止造型必須保持2")

平衡力量																		
	2"	2"	2"	2"	2"	選1 2"	2"	2"	2"	2"	2"	2"	2"	2"	2"	2"	2"	2"
	0.05	0.05	0.15	0.2	0.05	0.25	0.3	0.25	0.1	0.2	0.3	0.35	0.35	0.4	0.3			
柔韌																		
	0.1	選1 0.05	0.1	或 0.15	或 0.15	0.15	0.2	0.1	0.2	0.2	0.3	360° 0.15						
靈巧																		
	單手側手翻 0.05	0.15	or 0.15	0.25	0.4	0.35	0.15	0.2/0.25	0.35									

單人動作第二類

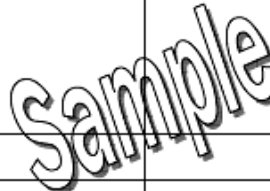
- | | |
|------------------|------------------|
| 1 前手翻併腿著地 | 0.1 |
| 2 內轉 | 0.1 |
| 3 後手翻 | 0.2 |
| 4 後空翻 (團身/屈體/直體) | 0.3 / 0.35 / 0.4 |
| 5 前空翻 (團身/屈體/直體) | 0.3 / 0.35 / 0.4 |
| 6 側空翻 (團身/分腿屈體) | 0.3/0.35 |

* 單人動作的表演須與同伴同時或依次緊接進行，動作及數量可以不相同，但必須選擇同一類型；如選擇第一類靈巧，所有同伴表演第一類靈巧。中級組、高級組平衡套路之單人動作必須包括第一類列表的三種類型。

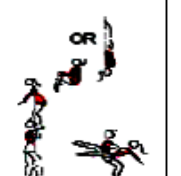
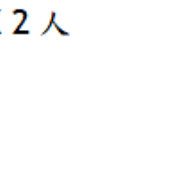
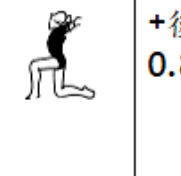
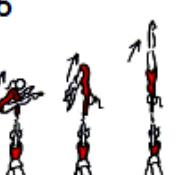
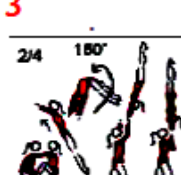
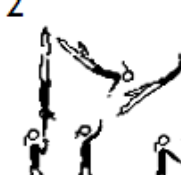
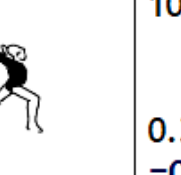
XXXX 年全港技巧體操 XX 賽_比賽卡

套路：平衡 ☐動力 ☐聯合 ☒

組別 \ 項目	男子雙人	女子雙人	混合雙人	女子三人	男子四人
初級組 6 至 13 歲					
中級組 8 至 17 歲					
高級組 10 歲或以上			✓		

參賽者					註： 1.比賽動作必須按表演順序填寫。必須附上圖像及註明圖表頁碼。 2.有選擇之動作必須標明動作類型及轉體度數。 3.單人動作計算：單人動作數量的總分除以同伴數量。 教練姓名： <u>XXX</u> 電話： <u>1234567</u>
姓名	XXX	XXX			
出生年份	1996	2001			

動作次序

1. 頁 5 列 3 1.8 	2. (膝拋站手 NV) 頁 6 列 5 1.5 	3. 頁 11 CAT.2 內轉 0.1 X 2 人 =0.2 	4. 頁 11 CAT.1  0.2 X 2 人 =0.4 	5. 頁 5 列 1 +後手 0.8 
6. 頁 3 列 6 2.0 	7. 頁 5 列 3 2.0 	8. 頁 5 列 2 0.85 	9. 頁 11 CAT.1  0.15 X 2 人 =0.3 	10. 頁 11 CAT.1  0.3 X 2 人 =0.6 (魚躍前滾 NV)

技巧動作難度分： $1.8+1.5+0.8+2.0+2.0+0.85=8.95$ 單人動作難度分： $(0.2+0.4+0.3+0.6) \div 2=0.75$ 總難度分起評： 9.7教練簽署： XXX 日期： 20XX.X.X (年月日)

註：NV=不報難度