

**The Gymnastics Association
of Hong Kong, China**

中國香港體操總會

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Affiliated to:

The Sports Federation &
Olympic Committee Hong Kong, China

Federation Internationale de Gymnastique

Asian Gymnastic Union

Pacific Alliance of National Gymnastic Federations

(Limited by Guarantee)

章別計劃規則與規定

Badge Scheme Rules and Regulations

課程考核 Exam

建議考核前，至少進行 15 分鐘或以上的熱身運動以及最少一次器械熱身。每個動作有 2 次機會試做。考核動作不必順序，考核員可以根據情況安排動作考核次序。

此課程的評分會以“1”分、“0.5”分和“0”分作分數。參與者第一次嘗試就完成該動作並達到所有標準則可以獲得“1”分；第二次嘗試才能完成動作，則只能獲得“0.5”分；參加者 2 次均未能完成動作則只可得“0”分。參加者必須完成所有動作以及分數為該組別最高可得分數的七成或以上，才為合格。

除了設施和設備的限制外，參加者必須參與所有技能的培訓和考核。如有任何設施或設備的限制，鼓勵將設備或動作稍作修改，以完成所有技能。

只有持有本會發出之彈網體操證書的教練才可考核此章別計劃課程。

At least 15 minutes of general warm-up and a touch warm-up is highly recommended before the assessment. Participants are allowed two trials for each skill and the highest score received will be counted as the score of that skill. Order of performing the skills during an assessment is not mandated, participants can perform the skills in each level in the order they choose and the judges and examiners can determine the examination procedure according to the circumstances.

The scoring system of the skill assessment for this program is "1", "0.5" and "0" for each skill. Participants will get 1 point at the 1st attempt for completing skill and fulfilling all the skill requirements; "0.5" point for completing the skill at the 2nd attempt; no point "0" if he or she fails to perform the skill within 2 attempts. For passing, participants must complete all the skills and the score for each group is more than 70% of the maximum possible score in the group of skills for that level.

Subject to the limitations of the facilities and equipment, participants have to be trained and assessed for all the skills. In case of any limitation, participants are encouraged to slightly modify the equipment and skills but should still be trained and assessed.

Only coaches who are holding a trampoline gymnastics coach certificate that is issued by The Gymnastics Association of Hong Kong, China be an examiner for this badges scheme course.