



中國香港體操總會 主辦

康樂及文化事務署 資助

2020 年香港彈網分齡賽

規定動作表

一. 個人項目 (Individual)

男子(Boys)及女子(Girls)規定動作相同

年齡 Age	規定動作 (Required Elements)
≥17	<ol style="list-style-type: none">1. One element with no less than 270° somersault rotation with or without twisting2. One element with no less than 270° somersault rotation and minimum of 180° twisting3. One element with no less than 270° somersault rotation landing on the back or front of the body
	<ol style="list-style-type: none">1. 270 度或以上空翻動作, 轉體或不轉體2. 270 度或以上空翻動作, 轉體 180 度或以上3. 270 度或以上空翻動作, 落腹彈或背彈
15-16	<ol style="list-style-type: none">1. One element with no less than 270° FRONT somersault rotation with or without twisting2. One element with no less than 270° BACK somersault rotation with or without twisting3. One element landing on front or back of the body
	<ol style="list-style-type: none">1. 270 度或以上前空翻動作, 轉體或不轉體2. 270 度或以上後空翻動作, 轉體或不轉體3. 任何一個動作, 落腹彈或背彈
13-14	<ol style="list-style-type: none">1. Full twist2. One element landing on front or back of the body
	<ol style="list-style-type: none">1. 轉體 360 度2. 任何一個動作, 落腹彈或背彈
≤12	No Requirement 不設規定

****規定動作以英文為準****

二. 雙人同步 (Synchronization)

男子(Boys)及女子(Girls)規定動作相同

年齡 Age	規定動作 (Required Elements)
≥17	<ol style="list-style-type: none"> 1. One element with no less than 270° somersault rotation with or without twisting 2. One element with no less than 270° somersault rotation and minimum of 180° twisting 3. One element with no less than 270° somersault rotation landing on the back or front of the body
	<ol style="list-style-type: none"> 1. 270 度或以上空翻動作, 轉體或不轉體 2. 270 度或以上空翻動作, 轉體 180 度或以上 3. 270 度或以上空翻動作, 落腹彈或背彈
15-16	<ol style="list-style-type: none"> 1. One element with no less than 270° FRONT somersault rotation with or without twisting 2. One element with no less than 270° BACK somersault rotation with or without twisting 3. One element landing on front or back of the body
	<ol style="list-style-type: none"> 1. 270 度或以上前空翻動作, 轉體或不轉體 2. 270 度或以上後空翻動作, 轉體或不轉體 3. 任何一個動作, 落腹彈或背彈
≤14	<ol style="list-style-type: none"> 1. Full twist 2. One element landing on front or back of the body
	<ol style="list-style-type: none"> 1. 轉體 360 度 2. 任何一個動作, 落腹彈或背彈

****規定動作以英文為準****