



2010 香港花樣滑冰及短跑道速度滑冰錦標賽

Hong Kong Figure Skating and Short Track Speed Skating Championships

花樣滑冰競賽規程 Announcement

一 競賽日期和地點 **Date & Venue**

(1) 日期：二零一零年四月十三至十四日（星期二至星期三）

Date : April 13 -14, 2010 (Tuesday-Wednesday)

(2) 地點：又一城歡天雪地溜冰場

Venue : Festival Walk Glacier

二 主辦及贊助機構 **Organizer & Sponsors**

主辦協會 Organized by: 香港滑冰聯盟有限公司 Hong Kong Skating Union Limited

資助機構 Subvented by: 康樂及文化事務署 Leisure & Cultural Services Department

場地贊助 Venue Sponsored by: 太古地產 Swire Properties

三 競賽項目 **Events**

短節目和自由滑 Short Program & Free Skating

(1) 成年 Senior

(2) 青年 Junior

(3) 少年 Novice

四 參賽規定 **Entries of Competitors**

(1) 香港滑冰聯盟有限公司會員並持有效香港身份證的滑冰愛好者且達到香港滑冰聯盟有限公司花樣滑冰單人滑運動員技術等級測驗三級或以上水平，均可報名參加。

HKSU members with valid HKID card who passed the Level 3 of HKSU Single Figure Skater Levels Test are qualified for the Championships.

(2) 年齡規定 Age Limited :

是次賽事將作為香港滑冰聯盟選拔參加 2010-2011 賽季國際滑冰聯盟賽事的重要依據。因此，年齡分組將根據國際滑冰聯盟 2010-2011 賽季限制規定，以 **2010年7月1日** 作為計算基準日期。The result of 2010 Hong Kong Championships is one of the important selection criteria for the 2010-2011 ISU Competitions; therefore ISU age limits base on July 1, 2010 will be applied.

成年 Senior:	至少年滿 15 周歲 not be younger than 15 (出生於 1995 年 7 月 1 日當日或之前 born on/before July 1, 1995)
青年 Junior:	至少年滿 13 周歲 not be younger than 13 (出生於 1997 年 7 月 1 日當日或之前 born on/before July 1, 1997) 並且尚未超過 19 周歲 and have not reached 19 (出生於 1991 年 7 月 2 日當日或之後 born on/after July 2, 1991),



少年 Novice:	至少年滿 10 周歲 not be younger than 10 (出生於 2000 年 7 月 1 日當日或之前 birth on/before July 1, 2000) 並且尚未超過 15 周歲 and have not reached 15 (出生於 1995 年 7 月 2 日當日或之後 born on/after July 2, 1995)
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*基於 2010 年 7 月 1 日計算, *The calculation based on the July 1, 2010.*

(3) 特例 Exception:

如參賽運動員出生於上述年份的 4 月 1 日至 6 月 30 日之間, 則可以申請以 **2010 年 4 月 1 日** 作為計算基準日期。但如果該計算致使運動員在是次香港錦標賽中參賽年齡組與 2010-2011 賽季國際滑聯標準年齡組不同, 則本會在 2010-2011 賽季中會優先選拔參加國際滑聯標準年齡組比賽的選手代表香港參加有名額限制的海外賽事。

The participants can apply to use April 1, 2010 as their age base if he/she was born between April 1 to June 30 in the above mentioned years. In this case if his/her age group in the Hong Kong Championships is different with the 2010-2011 ISU age groups, this skater will lose the priority to participate in the overseas competitions which use the ISU 2010-2011 age groups.

五 競賽辦法 Technical Data:

2010 年香港花樣滑冰錦標賽將按 2008 國際滑冰聯盟會章及條例和國際滑冰聯盟花樣滑冰特別條例進行。The competition will be conducted in accordance with the ISU Constitution and General Regulations 2008, the ISU Special Regulations Single & Pair Skating 2008 and all pertinent ISU Communications.

(1) 節目內容 Program Content

成年短節目 Senior Short Program:

Senior Men Required Elements:

- Double or triple Axel Paulsen;
- One triple or one quadruple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- One jump combination consisting of a double jump and a triple jump or two triple jumps or a quadruple jump and a double jump or a triple jump;
- Flying spin;
- Camel spin or sit spin with only one change of foot;
- Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- Two step sequences of a different nature (straight line, circular or serpentine).

Senior Ladies Required Elements:

- Double Axel Paulsen;
- One triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- One jump combination consisting of a double jump and a triple jump or two triple jumps;
- Flying spin;



- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Spiral sequence;
- h) Step sequence (straight line, circular or serpentine).

成年自由滑 **Senior Free Skating:**

A well balanced Free Skating program for **Senior Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- maximum of 2 step sequences of a different nature.

A well balanced Free Skating program for **Senior Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- maximum of 1 step sequence;
- maximum of 1 spiral sequence.

青年短節目 **Junior Short Program:**

根據 ISU 規則第 510 條，本次賽事青年組短節目比賽將使用國際滑冰聯盟為 2010/2011 賽季規定的 C 組動作，動作列表如下。 The Junior Short Program shall consist of the following required elements which required by ISU Rule 510 Group C for 2010/2011:

Junior Men Required Elements:

- a) Double or triple Axel Paulsen;
- b) One double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) One jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying camel spin;
- e) Sit spin with only one change of foot;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- g) Two different step sequences of a different nature (straight line, circular or serpentine).

Junior Ladies Required Elements:

- a) Double Axel Paulsen;
- b) One double or triple Loop jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) One jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- d) Flying camel spin;
- e) Layback or sideways leaning spin;
- f) Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;



- g) Spiral sequence;
- h) Step sequence (straight line, circular or serpentine).

青年自由滑 **Junior Free Skating:**

A well balanced Free Skating program for **Junior Men** must contain:

- maximum of 8 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- maximum of 1 step sequence.

A well balanced Free Skating program for **Junior Ladies** must contain:

- maximum of 7 jump elements (one of which must be an Axel type jump);
- maximum of 3 spins, one of which must be a spin combination, one a flying spin and one a spin with only one position;
- maximum of 1 step sequence;

少年短節目 **Novice Short Program:**

Novice Boys Required Elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Camel or sit spin (minimum of six (6) revolutions). Change of foot is optional. No flying entrance.
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted.
- f) Two step sequences of a different nature with full utilization of the ice surface (straight line, serpentine or circular)

Novice Girls Required Elements:

- a) Axel Paulsen or double Axel Paulsen
- b) Double or triple jump immediately preceded by connecting steps not repeat jump in a)
- c) One jump combination consisting of two double jumps or one double and one triple jump, both jumps may not repeat jump in a) or b)
- d) Layback or sideways leaning spin (minimum of six (6) revolutions)
- e) Spin combination with only one change of foot and at least one change of position (minimum of five (5) revolutions on each foot). The minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted
- f) One spiral sequence consisting of at least two (2) spiral positions. Spiral sequence has to be according to the remarks in the ISU Technical Rules Single & Pair Skating 2008. A spiral position in order to be 2 counted must be held for at least three (3)



seconds.

- g) One step sequence with full utilization of the ice surface (straight line, circular or serpentine)

少年自由滑 **Novice Free Skating:**

A well balanced Free Skating program for Singles must contain:

- a) Maximum of 6 jump elements for **Novice Girls** and maximum of 7 jump elements for **Novice Boys** one of which must be an Axel type jump and there may be up to three (3) jump combinations or sequences. Only one jump combination can contain three (3) jumps. A jump sequence can contain any number of jumps, but only two most difficult jumps will be counted. Only two (2) jumps with two and a half (2 1/2) or three (3) revolutions can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of three (3) spins of a different nature, one of which must be a spin combination (minimum of ten(10) revolutions) and one a flying spin with no change of position and no change of foot (minimum of six(6) revolutions). In spins the minimum number of revolutions required in a position is two (2). In case this requirement is not fulfilled, the position is not counted. Number of changes of foot in the spin combination is optional.
- c) There must be a maximum of one (1) step sequence or one (1) spiral sequence consisting of at least two (2) spiral positions for both **Boys** and **Girls**.
A spiral position in order to be counted must be held for at least 3 seconds.

(2) 節目時間 Duration

a) 成年 Senior

- 男子/女子短節目 Men / Ladies Short Program:
2 分 50 秒以內 2 minutes and 50 seconds maximum, but may be less.
- 男子自由滑 Men Free Skating
4 分 30 秒 ± 10 秒 4 minutes 30 seconds ± 10 seconds
- 女子自由滑 Ladies Free Skating
4 分 ± 10 秒 4 minutes ± 10 seconds

b) 青年 Junior

- 男子/女子短節目 Men/Ladies Short Program:
2 分 50 秒以內 2 minutes and 50 seconds maximum, but may be less.
- 男子自由滑 Men Free Skating
4 分 ± 10 秒 4 minutes ± 10 seconds
- 女子自由滑 Ladies Free Skating
3 分 30 秒 ± 10 秒 3 minutes 30 seconds ± 10 seconds

c) 少年 Novice

- 男子/女子短節目 Boys/Girls Short Program:
2 分 30 秒以內 2 minutes and 30 seconds maximum, but may be less.
- 男子自由滑 Boys Free Skating



3 分 30 秒 ± 10 秒 3 minutes 30 seconds ± 10 seconds

- 女子自由滑 Girls Free Skating

3 分 ± 10 秒 3 minutes ± 10 seconds

(3) 音樂 Music

報到時請帶同音樂光碟（僅限音樂 CD 格式），光碟盒及碟片上均清楚註明參賽者姓名及音樂時間。短節目及自由滑的光碟需分開。各參賽者亦應自行準備後備音樂光碟。

Only Music CD may be used. All CDs should be handed over on registration which should be clearly labeled with competitors' name and exact playing time of the music (not the skating time) in accordance with Rule 343 paragraph 1. Each program (short/free) must be recorded on one track respectively on a separate CD. All skaters must prepare the back-up CD for each program.

六 報名與報到 Entries

- (1) 報名者須於 **2010 年 3 月 19 日 (星期五)** 前連同以下文件郵寄或於辦公時間內親身到香港滑冰聯盟有限公司辦理。All entries should submit the below documents by post or in person at HKSU office on/before Friday, March 19, 2010:

- a) 香港身份證影印本 a copy of HKID.
- b) 報名表格 an official entry form.
- c) 香港滑冰聯盟有限公司單人滑運動員等級證書影印本 a copy of the certificate of HKSU Single Figure Skater Level Tests.
- d) 報名費 HK\$ 300, 請以劃線支票繳交，抬頭請寫：香港滑冰聯盟有限公司。The entry fee of HK\$300 is required for all skaters. Please issue a crossed cheque payable to "Hong Kong Skating Union Limited".

- (2) 香港滑冰聯盟有限公司將於 **2010 年 3 月 31 日 (星期二)** 前通知報名者是否獲准參賽。未獲批准參賽的運動員的報名費將獲退還。The skaters will be informed on/before Tuesday March 31, 2010 if their entries are accepted and if not, the entry fee will be refunded.

*香港滑冰聯盟有限公司有權拒絕任何報名者參加比賽，而不需要說明理由。HKSU reserves its rights to refuse any application without giving any reasons or explanations.

- (3) 獲准參賽者須準時出席由香港滑冰聯盟有限公司安排的開幕及抽籤儀式。Skaters who are qualified to the Championships should attend the open ceremony and draw before the competition at the time and place arranged by HKSU.

七 正式練習時間 Official Practice

組委會將在比賽前一天及比賽當天上午為運動員提供正式練習與合樂時間。Official practice for skaters will be provided one day before the competition and in the morning time on the date of competition. The detailed schedule will be issued at the time of registration.

八 錄取名次和獎勵 Results and Prize

- (1) 獲各組前三名的運動員將獲頒獎牌及獲獎證書。The top three skaters in each group will be awarded medals and diplomas.



- (2) 其他所有參賽運動員都將獲頒參賽證書。All other skaters will be awarded Participation Certificate.
- (3) 賽會設最佳表演獎、最佳編排獎與體育精神獎各若干名。由賽會組委會根據各方意見評選。得獎者將獲頒證書。The winners of Best Presentation, Best Choreography and Best Sports Spirit may be selected and awarded certificate.

九 技術專家組，裁判長與裁判員 **Technical Group, Referee and Judges**

每個項目設二至三名裁判員、一名裁判長和技術專家組，由香港滑冰聯盟有限公司邀請或選派。Each event will consist of two or three Judges, one Referee and Technical Panel who will be invited or appointed by HKSU.

十 保險 **Liability**

賽事組織委員會不負責參賽者的各項保險，因此所有參賽者必須自行負擔保險責任及費用。It is the sole obligation of each member participating in HKSU Events, to provide medical and accident insurance for themselves. Such insurance must assure full medical attendance and also the return of the ill or injured person to the home country by air transport or by other expeditious. The HKSU assumes no responsibility for or liability with respect to bodily or personal injury or property damage incurred in connection with the event.

十一 投訴與仲裁 **Complaint and Arbitration**

所有投訴應以書面方式交到賽會組織委員會，每項投訴行政費用為 HK\$500。參賽者及其家屬與教練不得以任何方式干擾裁判員的工作。仲裁的最高機構為賽會的仲裁委員會。Complaints must be lodged with the Organizing Committee in writing with administration fee HK\$500 attached. Competitors and their families and coaches should not interrupt or manipulate the Panel of Judges in any manners. The superior arbitration organization is the Arbitration Committee of Organizing Committee.

十二 暫定比賽日程 **Tentative Schedule**

日期 Date	事項 Event	地點 Venue
2010 年 4 月 12 日 April 12, 2010	正式練習及抽籤 Official Practice & Draw	又一城歡天雪地溜冰場 Festival Walk Glacier
2010 年 4 月 13 日 April 13, 2010	正式練習 Official Practice 比賽 Competition	
2010 年 4 月 14 日 April 14, 2010	正式練習 Official Practice 比賽 Competition	

*以上日程只供參考，以賽事組織委員會最後公佈為準。 Subject to change.