



2011 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 2011

花樣滑冰競賽規程

Figure Skating Announcement

一、 競賽日期和地點 Date & Venue

日期： 2011 年 4 月 12 至 13 日 (星期二至星期三)
Date : April 12 -13, 2011 (Tuesday to Wednesday)
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、 參賽規定 Eligibility of Competitors

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運動員等級測驗第三級或以上，均可報名參賽。

Hong Kong Skating Union members with valid HKID who passed the Level 3 or higher level of HKSU Single Figure Skater Levels Test are qualified for the Championships.

四、 競賽項目及年齡限制 Competition Categories, Segments and Age Limits

香港花樣滑冰錦標賽設男子單人滑項目和女子單人滑項目，年齡分組和競賽項目如下：

The Men/Boys and Ladies/Girls Single Skating will be competed in the Hong Kong Championships, the age groups and competition segments as follows:

- 成年 Senior
 - 短節目 Short Program
 - 自由滑 Free Skating
- 青年 Junior
 - 短節目 Short Program
 - 自由滑 Free Skating
- 少年 Novice
 - 短節目 Short Program
 - 自由滑 Free Skating
- 年齡規定 Age Limits :

是次賽事將作為 2011-2012 賽季國際滑冰聯盟賽事的選拔依據之一。因此，年齡分組將根據國際滑冰聯盟 2011-2012 賽季限制規定，以 2011 年 7 月 1 日作為計算基準日期。

The result of this championships is one of the important selection criteria for the 2011-2012 ISU Events; therefore the ISU age limits base on July 1, 2011 will be applied.



成年 Senior:	至少年滿 15 周歲 not be younger than 15 (出生於 1996 年 7 月 1 日當日或之前 born on/before July 1, 1996)
青年 Junior:	至少年滿 13 周歲 not be younger than 13 並且尚未超過 19 周歲 and have not reached 19 (出生於 1992 年 7 月 2 日當日至 1998 年 7 月 1 日當日期間 Born between July 2, 1992 and July 1, 1998, both days inclusive.)
少年 Novice:	至少年滿 10 周歲 not be younger than 10 並且尚未超過 15 周歲 and have not reached 15 (出生於 1996 年 7 月 2 日當日至 2001 年 7 月 1 日當日期間 Born between July 2, 1996 and July 1, 2001, both days inclusive.)

*基於 **2011 年 7 月 1 日**計算, *The calculation based on the **July 1, 2011**.*

● **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 2011 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 2011-2012 賽季國際滑聯標準年齡組不同,則本會在 2011-2012 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, 2011 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 2011-2012 ISU age groups, this skater might lose the priority to participate in the overseas competitions which use the ISU 2011-2012 age groups.

五、 競賽辦法 Technical Data

2011 年香港花樣滑冰錦標賽將按 2010 國際滑冰聯盟會章, 2010 國際滑冰聯盟花樣滑冰特別條例, 國際滑冰聯盟公告第 1649 號和其它相關技術規定進行。

The 2011 Hong Kong Championships will be conducted in accordance with the "ISU Constitution and General Regulations 2010", the "Special Regulations and Technical Rules Single and Pair Skating and Ice Dance 2010", the "ISU Communication No. 1649" and all pertinent ISU technical requirements.

● **成年男子單人滑 Senior Men**

短節目 Short Program

Seven (7) Required Elements (ISU Rule 511, paragraphs 1 and 2):

- a) Double or triple Axel Paulsen;
- b) Triple or quadruple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- c) 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;
- d) Flying spin;
- e) Camel spin or 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) Step sequence (straight line, circular or serpentine).

節目時間 Duration : 2 分 50 秒以內 Max 2 min., 50 sec., but may be less.

**自由滑 Free Skating**

A well balanced Free Skating program for Senior Men must contain (ISU Rule 512):

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

節目時間 Duration : 4 分 30 秒±10 秒 4 min., 30 sec., +/- 10 sec.

● 成年女子單人滑 Senior Ladies**短節目 Short Program**

Seven (7) Required Elements (ISU Rule 511, paragraphs 1 and 2):

- a) Double or triple Axel Paulsen;
- b) Triple jump immediately preceded by connecting steps and/or other comparable Free Skating movements;
- c) Jump combination consisting of a double jump and a triple jump or two triple jumps;
- d) 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) Step sequence (straight line, circular or serpentine).

節目時間 Duration : 2 分 50 秒以內 Max 2 min., 50 sec., but may be less.

自由滑 Free Skating

A well balanced Free Skating program for Senior Ladies must contain (ISU Rule 512):

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

節目時間 Duration : 4 分±10 秒 4 min., +/- 10 sec.

● 青年男子單人滑 Junior Men**短節目 Short Program**

本次賽事青年短節目比賽將使用國際滑冰聯盟 2011-2012 賽季規定動作 :

Seven (7) Required Elements (ISU Rule 511, paragraphs 1 and 3, group for 2011-12):

- a) Double or triple Axel Paulsen;
- b) Double or triple Lutz jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- c) Jump combination consisting of a double and a triple jump or two triple jumps;
- d) Flying sit spin;
- e) Camel 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) Step sequence (straight line, circular or serpentine).



節目時間 Duration : 2 分 50 秒以內 Max 2 min., 50 sec., but may be less.

自由滑 Free Skating

A well balanced Free Skating program for Junior Men must contain (ISU Rule 512):

- 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 or a spin with a flying entrance and one a spin with only one position;
- maximum of 1 step sequence.

節目時間 Duration : 4 分 10 秒±10 秒 4 min., 10 sec., +/- 10 sec.

● 青年女子單人滑 Junior Ladies

短節目 Short Program

本次賽事青年短節目比賽將使用國際滑冰聯盟 2011-2012 賽季規定動作 :

Seven (7) Required Elements (ISU Rule 511, paragraphs 1 and 3, group for 2011-12):

- Double Axel Paulsen;
- Double or triple Lutz jump immediately preceded by connecting steps and/or by other comparable Free Skating movements;
- Jump combination consisting of two double jumps or one double and one triple jump or two triple jumps;
- Flying sit spin;
- Layback or sideways leaning spin;
- Spin combination with all the three basic positions (sit, camel, upright or any variation thereof) and with only one change of foot;
- Step sequence (straight line, circular or serpentine).

節目時間 Duration : 2 分 50 秒以內 Max 2 min., 50 sec., but may be less.

自由滑 Free Skating

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;

節目時間 Duration : 3 分 30 秒±10 秒 3 min., 30 sec., +/- 10 sec.

● 少年單人滑 Novice

本次賽事少年短節目比賽將根據國際滑冰公告 1649 號關於少年高級組的技術規定進行。

The Novice competition will be conducted by ISU Communication 1649, technical requirements for Advanced Novice.

少年男子短節目 Novice Boys Short Program

- Axel Paulsen or double Axel Paulsen;
- Double or triple jump immediately preceded by connecting steps, may not repeat jump in a);
- 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);
- Camel or sit spin (minimum of six (6) revolutions) with change of foot and 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);
- f) One step sequences with full utilization of the ice surface (straight line, serpentine/ circular).

節目時間 Duration : 2分30秒以內 Max 2 min., 30 sec., but may be less.

少年女子短節目 Novice Ladies Short Program

- a) Axel Paulsen or double Axel Paulsen;
- b) Double or triple jump immediately preceded by connecting steps, may 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);
- f) One step sequence with full utilization of the ice surface (straight line / circular / serpentine).

節目時間 Duration : 2分30秒以內 Max 2 min., 30 sec., but may be less.

少年男子/少年女子自由滑 Novice Boys/Novice Girls Free Skating

- a) Maximum 6 jump elements for Girls and 7 jump elements for Boys one of which must be an Axel type jump. There may be up to two (2) jump combinations or sequences. A jump combination can contain only two (2) 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) revolutions or more can be repeated either in a jump combination or in a jump sequence.
- b) There must be a maximum of two (2) spins of a different nature, one of which must be a spin combination (minimum of ten (10) revolutions) and one a flying spin or a spin with a flying entrance (minimum of six (6) revolutions).
- c) There must be a maximum of one (1) step sequence.

少年男子節目時間 Novice Boys Duration : 3分30秒±10秒 3 min., 30 sec., +/- 10 sec.

少年女子節目時間 Novice Girls Duration : 3分±10秒 3 min., +/- 10 sec.

少年技術動作級別 Novice levels explanations :

For Advanced Novice Singles, in all elements which are subject to Levels, only features up to Level 3 will be counted. Any additional features will not count for Level requirements and will be ignored by the Technical Panel.

少年節目內容分只有四個項目將被將被評判 The Novice Program Components are only judged in :

- Skating Skills
- Transitions
- Performance/Execution
- Interpretation

少年節目內容分系數為 The factors for the Novice Program Components is :

- 短節目 Short Program : 1.0 ;
- 自由滑 Free Skating : 男子 Boys = 1.5 ; 女子 Girls = 1.7.



六、 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.

七、 報名與報到 Entries

報名者須於 **2011 年 3 月 12 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 12, 2011:**

- 香港身份證影印本 a copy of HKID;
- 報名表格 an official entry form;
- 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.

花樣滑冰報名費為 HK\$ 300，請以劃線支票繳交，抬頭請寫：香港滑冰聯盟有限公司。香港滑冰聯盟有限公司將於 2011 年 3 月 21 日（星期一）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 entry fee of HK\$300 is required for all Figure Skating skaters. Please issue a crossed cheque payable to "Hong Kong Skating Union Limited". The skaters will be informed on/before Monday March 21, 2011 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.*

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.

八、 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.

九、 錄取名次和獎勵 Results and Prize

獲各組前三名的運動員將獲頒獎牌及獲獎證書，其他所有參賽運動員都將獲頒參賽證書。

The top three skaters in each group will be awarded medals and diplomas, all other skaters will be awarded Participation Certificate.

十、 技術專家組，裁判長與裁判員 Technical Panel, Referee and Judges

賽事技術專家組、裁判長和裁判員均由香港滑冰聯盟有限公司邀請或選派。

The Technical Panel, Referee and Judges will be invited or appointed by HKSU.



十一、 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.

十二、 申訴與仲裁 Protest and Arbitration

所有參與者均服從“參與聲明”中所聲明的內容，與賽事有關的投訴應以書面方式在有關競賽節目結束 30 分鐘內交到賽會組織委員會，每項投訴行政費用為 HK\$500。參與者不得以任何方式干擾技術專家組裁判長和裁判員的工作。仲裁的最高機構為賽會的仲裁委員會。

The contents in “Declaration for Participants” apply to all participants, the protest related with this Championships must be lodged with the Organizing Committee in writing with administration fee HK\$500 attached within thirty (30) minutes of the conclusion of the related competition segment. The participants should not interrupt or manipulate the Technical Panel, Referee and Judges in any manners. The superior arbitration organization is the Arbitration Committee of Organizing Committee.

十三、 暫定比賽日程 Tentative Schedule

日期 Date	事項 Event	地點 Venue
2011 年 4 月 11 日，星期一 Monday, April 11, 2011	正式練習及抽籤 Official Practice & Draw	又一城歡天雪地溜冰場 Festival Walk Glacier
2011 年 4 月 12 日，星期二 Tuesday, April 12, 2011	正式練習 Official Practice 比賽 Competition	
2011 年 4 月 13 日，星期三 Wednesday, April 13, 2011	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.