



2022 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 2022

花樣滑冰競賽規程 Figure Skating Announcement

一、 競賽日期和地點 Date & Venue

日期 : 2022 年 6 月 21 日至 22 日 (星期二至星期三)
Date : June 21 - 22, 2022 (Tuesday to Wednesday)
地點 : 又一城歡天雪地溜冰場
Venue : Festival Walk Glacier, Kowloon Tong

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
贊助機構 Subvented by : 康樂及文化事務署 Leisure and Cultural Services Department
場地贊助 Venue Sponsored by : 又一城 (2011) 有限公司 Festival Walk (2011) Ltd.

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且達到香港滑冰聯盟有限公司花樣滑冰技術等級第三級或以上，均可報名參賽。

Hong Kong Skating Union members with valid HKID who have passed the Level 3 or above of HKSU Figure Skating Level Test are qualified for the Championships.

特殊安排 Special arrangements

(A) 抽籤 Drawing

為避免人群聚集及保障各參加者的安全，所有短節目及自由滑的出場次序抽籤由本會職員安排及預先公布。

To ensure the safety of all participants, HKSU staff draw the starting orders, both short program and free skating, and publish in advance.

(B) 海外選手直播、錄製及評分 Live streaming, recording and judging for Oversea skaters

有鑑於現時疫情使海外運動員面臨隔離措施，海外選手可以在滿足以下規定下參加網上比賽：

Due to the quarantine policies among the world, overseas skaters are allowed to join live streaming competition if the conditions are fulfilled:

(1) 海外選手需要提供外地住址證明及無法到港的證明(下列 a 及 b 點)

To qualify for overseas recording, skaters must provide proof of foreign residency and proof that they are unable to return(point a and b as below)

a. 合格外地住址證明包括: (i)學校文件及 (ii)家長或監護人的公共費用單及關係證明

Qualifying foreign residency documents include: (i)School documents and (ii)Utility bill of parents or guardians and proof of relationship.

b. 合格的無法到港的證明包括: (i) 外地政府的政策及(ii)教練或校方信件。

Qualifying Proof of inability to return: (i) foreign government policy and (ii) Letter from

coach or school.

(2) 海外選手需要安排兩台設備。設備 A 需要達到至少 1080P 清晰度，拍攝運動員的整套節目，影片需要上載至雲端和傳送給本會。同時設備 B 應是一部手機，並連接 ZOOM 直播讓本會職員直播選手整套節目的錄製，從而見證上載片段與錄製的片段相同。設備 A 及 B 的拍攝者可以是教練、家者或其他人士。

Two devices are required. Device A's image resolution should be 1080p at least for recording full program. The video must be uploaded and send to HKSU. Device B is a mobile phone which is able to connect with ZOOM. Device B's camera should focus on Device A so that HKSU staff can confirm upload version are as same as the recording version.

(3) 如鏡頭未能清楚地拍攝的運動員所做的動作或鏡頭以外的動作，一論不予評分。

All movement outside the camera will not be judged.

(4) 直播比賽期間，冰面不能出現其他人物，即只有運動員一人在冰面上比賽。

Only skater is allowed on the ice during the period of video recording.

(5) 如所參加的組別有包括短節目及自由滑，自由滑必須在短節目錄製的同一天或之後的一天完成。

Free skating should be finished in the same day or in the following day of short program.

(6) 直播錄製應在本地現場比賽前的一週舉行，運動員需要與本會協商安排時間進行直播。

Video recording must be done a week before the HK local competition. Foreign skaters have to compromise with HKSU for the date and the time of video recording.

(C) 本地現場賽事 Local live competition

本會會錄影所有組別的現場比賽片段供技術組及裁判組成員評分。

All competition videos will be recorded and sent to technical officials and judges after the competition.

(D) 所有賽事成績公布

完整的成績冊會在 7 月 11 日或之前公佈。

Completed protocol will be published on or before 11 July.

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有男子/ 女子單人滑項目、雙人滑項目和冰上舞蹈項目，年齡分組和競賽項目如下：

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

- 成年組 **Senior**
 - 短節目/韻律舞 Short Program/Rhythm Dance
 - 自由滑/自由舞 Free Skating/Free Dance
- 青年組 **Junior**
 - 短節目/韻律舞 Short Program/Rhythm Dance
 - 自由滑/自由舞 Free Skating/Free Dance
- 高級少年組 **Advanced Novice**
 - 短節目/圖案舞 Short Program/Pattern Dance
 - 自由滑/自由舞 Free Skating/Dance
- 中級少年組 **Intermediate Novice**
 - 圖案舞 Pattern Dance (For ID only)
 - 自由滑/自由舞 Free Skating/Dance
- 初級少年組 **Basic Novice**

- 圖案舞 Pattern Dance (For ID only)
- 自由滑/自由舞 Free Skating/Dance

● 年齡規定 Age Limits

成年組 Senior	單人滑 Singles	至少年滿 15 周歲 has reached at least the age of fifteen (15) (出生於 2006 年 7 月 1 日之前 born before July 1, 2006)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	
青年組 Junior	單人滑 Singles	至少年滿 13 周歲 has reached at the least the age of thirteen (13) 及尚未超過 19 周歲 and has not reached the age of nineteen (19) (出生於 2002 年 7 月 1 日至 2008 年 6 月 30 日期間 Born between July 1, 2002 and June 30, 2008)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	至少年滿 13 周歲 has reached at least the age of thirteen (13) 及女伴尚未超過 19 周歲 and has not reached the age of nineteen(19) for Ladies 及男伴尚未超過 21 周歲 and has not reached the age of twenty-one(21) for Men (女伴出生於 2002 年 7 月 1 日至 2008 年 6 月 30 日期間 Born between July 1, 2002 and June 30, 2008 for Ladies ; 男伴出生於 2000 年 7 月 1 日至 2008 年 6 月 30 日 期間 Born between July 1, 2000 and June 30, 2008 for Men)
高級少年組 Advanced Novice	單人滑 Singles	至少年滿 10 周歲 has reached at least the age of ten (10) 及尚未超過 15 周歲 and has not reached the age of fifteen (15) (出生於 2006 年 7 月 1 日至 2011 年 6 月 30 日期間 Born between July 1, 2006 and June 30, 2011)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	至少年滿 10 周歲 has reached at least the age of ten (10) 及女伴尚未超過 15 周歲 and has not reached the age of fifteen (15) for girls 及男伴尚未超過 17 周歲 and has not reached the age of seventeen (17) for boys (女伴出生於 2006 年 7 月 1 日至 2011 年 6 月 30 日期間 Born between July 1, 2006 and June 30, 2011 for girls, 男伴出生於 2004 年 7 月 1 日至 2011 年 6 月 30 日期 間 Born between July 1, 2004 and June 30, 2011 for boys)
中級少年組 Intermediate Novice	單人滑 Singles	尚未超過 15 周歲 has not reached the age of fifteen (15) (出生於 2006 年 7 月 1 日或之後 Born on or after July 1, 2006)
	冰上舞蹈 Pairs and Ice Dance	
初級少年組 Basic Novice	單人滑 Singles	尚未超過 13 周歲 has not reached the age of thirteen (13) (出生於 2008 年 7 月 1 日之後 Born on or after July 1, 2008)
	雙人滑及 冰上舞蹈 Pairs and Ice Dance	

*按 **2021 年 7 月 1 日** 前計算。The calculation is based before **July 1, 2021**.

*低年齡組運動員可以參加高年齡組賽事，高年齡組運動員不可以參加低年齡組賽事。

Lower age group skaters can participate in the higher age group competition, higher age group skaters cannot participate in the lower age group competition.

五、 技術準則 Technical Data

2022 香港花樣滑冰錦標賽將根據 2021 國際滑冰聯盟會章· 2021 國際滑冰聯盟花樣滑冰特別條例· 國際滑冰聯盟最新公告其它相關技術規定進行。

The Hong Kong Championships 2022 will be conducted in accordance with the “ISU Constitution and General Regulations 2021”, the “ISU Special Regulations and Technical Rules Single & Pair Skating and Ice Dance 2021”, all pertinent ISU technical requirements and subsequent updates.

Senior Men Single 成年男子組 單人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rules 611, paragraphs 1 & 2. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 4 min., +/- 10 sec.
Senior Ladies Single 成年女子組 單人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rules 611, paragraphs 1 & 2. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 612 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 4 min. +/- 10 sec.
Senior Pair 成年組雙人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rule 620, paragraphs 1 and 2 for 2021/22. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 621 and the respective ISU Communication. Special attention should be paid to the “well balanced program” and the element value. Duration: 4 min., +/- 10 sec.
Senior Ice Dance 成年組冰上舞蹈	Rhythm Dance 韻律舞	In accordance with ISU Technical Rules Ice Dance 2021, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communication no. 2371, 2393 and subsequent updates. Duration: 2 min., 50 sec. +/- 10 sec.
	Free Dance 自由舞	In accordance with ISU Technical Rules Ice Dance 2021, Rules 710. The required elements to be skated are those listed in ISU Communication no. 2371, 2393 and subsequent updates. Duration: 4 min., +/- 10 sec.

Junior Men Single 青年男子組 單人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rules 611, paragraphs 1 and 3 for 2021/22 and ISU Communication no. 2382. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 612 and the respective ISU Communication. Special attention should be paid to the "well balance program "and the element value. Duration: 3 min., 30 sec, +/- 10 sec.
Junior Ladies Single 青年女子組 單人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rules 611, paragraphs 1 and 3 for 2021/22 and ISU Communication no. 2382. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 612 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min., 30 sec. +/- 10 sec.
Junior Pair 青年組雙人滑	Short Program 短節目	The required elements to be skated are those listed in ISU Technical Rules Single & Pair Skating 2021, Rules 620, paragraphs 1 and 3 for 2021/22 and ISU Communication no. 2382. Duration: 2 min., 40 sec. +/- 10 sec.
	Free Skating 自由滑	In accordance with ISU Technical Rules Single & Pair Skating 2021, Rules 621 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3min., 30 sec. +/- 10 sec.
Junior Ice Dance 青年組冰上舞蹈	Rhythm Dance 韻律舞	In accordance with ISU Technical Rules Ice Dance 2021, Rule 709. Rhythms, required elements and guidelines are those listed in ISU Communication no. 2371, 2393 and subsequent updates. Duration: 2 min., 50 sec. +/- 10 sec.
	Free Dance 自由舞	In accordance with ISU Technical Rules Ice Dance 2021, Rules 710. The required elements to be skated are those listed in ISU Communication no. 2371, 2393 and subsequent updates. Duration: 3 min., 30 sec. +/- 10 sec.

少年組單人滑和雙人滑 Novice Singles and Pairs

比賽將根據國際滑冰公告 2396 號關於少年組的技術規定進行。

Novice competition will be conducted in accordance with **ISU Communication no. 2396 Guidelines for International Novice Competition.**

Advanced Novice Boys Single	Short program 短節目	The required elements to be skated are those listed in ISU Communication no. 2396 and subsequent updates. Duration: 2 min. 20 sec. +/-10 sec.
高級少年男子組 單人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min., +/-10 sec.
Advanced Novice Girls Single	Short Program 短節目	The required elements to be skated are those listed in ISU Communication no. 2396 and subsequent updates. Duration: 2 min. 20 sec. +/-10 sec.
高級少年女子組 單人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min. +/-10 sec.
Advanced Novice Pair	Short Program 短節目	Required elements and guidelines are those listed in ISU Communication no. 2396 and subsequent updates. Duration: 2 min., 20 sec. +/- 10 sec.
高級少年組 雙人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3min., +/- 10 sec.
Advanced Novice Ice Dance	Pattern Dance 圖案舞	In accordance with ISU Technical Rules Ice Dance 2021. Required elements and guidelines are those listed in ISU Communication no. 2374 for Season 2021/2022 and subsequent updates.
高級少年組 冰上舞蹈	Free Dance 自由舞	In accordance with ISU Technical Rules Ice Dance 2021 Rule 710. The required elements to be skated are those listed in ISU Communication no. 2374 and subsequent updates. Duration: 3 min., +/- 10 sec.

Intermediate Novice Boys/Girls Single 中級少年 男/女子組 單人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min., +/-10 sec.
Intermediate Novice Ice Dance 中級少年組 冰上舞蹈	Pattern Dance 圖案舞	In accordance with ISU Technical Rules Ice Dance 2021. Required elements and guidelines are those listed in ISU Communication no. 2374 for Season 2021/2022 and subsequent updates.
	Free Dance 自由舞	In accordance with ISU Technical Rules Ice Dance 2021 Rule 710. The required elements to be skated are those listed in ISU Communication no. 2374 for Season 2021/2022 and subsequent updates. Duration: 2 min 30 sec, +/- 10 sec.
Basic Novice Boys/Girls Single 初級少年 男/女子組 單人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 2 min. 30 sec. +/-10 sec.
Basic Novice Boys/Girls Pair 初級少年 雙人滑	Free Skating 自由滑	In accordance with ISU Communication no. 2396 and the respective ISU Communication. Special attention should be paid to the "well balanced program" and the element value. Duration: 3 min., +/-10 sec.
Basic Novice Ice Dance 初級少年組 冰上舞蹈	Free Dance 自由舞	In accordance with ISU Technical Rules Ice Dance 2021 Rule 710. The required elements to be skated are those listed in ISU Communication no. 2374 for Season 2021/2022 and subsequent updates. Duration: 2 min., +/- 10 sec.

六、 音樂 Music

音樂光碟（僅限音訊光碟格式）需於第一次正式訓練前在溜冰場音樂播放台提交。請於光碟盒及碟片上清楚註明參賽者姓名及音樂時間。短節目/ 舞蹈及自由滑/ 舞蹈的光碟需分開。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 submitted to music desk at Ice Rink before the first official practice, and should be clearly labeled with competitors' name and the exact playing time of the music. 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.

**所有參賽節目均可以使用聲樂用作比賽音樂。Vocal music is permitted for all competition programs.*

七、 報名 Entries

報名者須於 **2022 年 5 月 15 日 (星期日)** 或之前完成網上報名並將支票郵寄到香港滑冰聯盟有限公司辦理。All entries should be submitted via Online Application System and mailed the crossed cheque to HKSU office on or before **Sunday, 15 May, 2022**:

- 報名費港幣 500 元 Entry Fee HKD500.

本會只接受劃線支票，支票抬頭請寫：**香港滑冰聯盟有限公司**。香港滑冰聯盟有限公司將於 2022 年 5 月 30 日 (星期五) 前通知報名者是否獲准參賽，未獲批准參賽之運動員的報名費將獲退還。

Only crossed cheque payable to **“Hong Kong Skating Union Limited”** is accepted. The skaters will be informed on or before Friday 30 May, 2022 if their entries are confirmed 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，而無須說明理由。*

HKSU reserves its rights to refuse any application without giving any reasons or explanation.

**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 opening ceremony and the draw before the competition at the time and place arranged by HKSU.

八、 正式練習時間 Official Practice

賽事組織委員會將在比賽前一天及比賽當天上午為運動員提供練習與合樂時間，詳細時間表將在報到時提供。

Official practice for skaters will be provided one day before the competition and in the morning of competition day. The detailed schedule will be issued at the time of registration.

九、 錄取名次和證書 Results and Certificates

獲各組前三名的運動員將獲頒獎牌及獲獎證書，其餘參賽運動員均獲頒參賽證書。

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

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，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. HKSU assumes no responsibility for or liability with respect to the 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“運動員及教練參賽聲明”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後 30 分鐘內呈交賽事組織委員會，同時繳交每項投訴行政費用港幣 500 元。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 of “Declaration for Competitor and Coach” apply to all participants. The protest related to the Championships must be lodged with the Organizing Committee in writing with administration fee HKD500 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
2022 年 6 月 20 日 20 June, 2022	報到 Registration	又一城歡天雪地溜冰場 Festival Walk Glacier
2022 年 6 月 21 日 21 June, 2022	正式練習 Official Practice 比賽 Competitions	
2022 年 6 月 22 日 22 June, 2022	正式練習 Official Practice 比賽 Competitions	

*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.