



中國香港體操總會 主辦

康樂及文化事務署 資助

第二十屆香港中學彈網錦標賽
規定動作套路

男、女子甲組

	Routine A	Diff.
1	Back Somersault (O)	0.5
2	Pike jump	-
3	Seat drop	-
4	½ twist To Seat drop	0.1
5	To Feet	-
6	Full Twist	0.2
7	Pike Straddle Jump	-
8	½ twist	0.1
9	Tuck jump	-
10	Front Somersault (<)	0.6
		1.5

	Routine B	Diff.
1	Seat drop	-
2	½ twist To Seat drop	0.1
3	To Feet	-
4	Full twist	0.2
5	Pike Jump	-
6	Pike Straddle Jump	-
7	½ twist	0.1
8	Tuck Jump	-
9	Back Somersault (O)	0.5
10	Barani (O)	0.6
		1.5

男、女子乙組 及 雙人同步

	Routine A	Diff.
1	Back somersault (O)	0.5
2	Tuck jump	-
3	½ twist	0.1
4	Seat drop	-
5	To feet	-
6	Pike jump	-
7	½ twist to front drop	0.2
8	To feet	0.1
9	Pike Straddle jump	-
10	Full twist	0.2
		1.1

	Routine B	Diff.
1	½ twist to seat drop	0.1
2	½ twist to seat drop	0.1
3	To feet	-
4	½ twist	0.1
5	Pike Straddle jump	-
6	Back drop	0.1
7	½ twist to feet	0.2
8	Pike jump	-
9	Tuck jump	-
10	Front somersault (O)	0.5
		1.1

男、女子丙組

	Routine A	Diff.
1	½ twist to seat drop	0.1
2	½ twist to seat drop	0.1
3	To feet	-
4	½ twist	0.1
5	Tuck jump	-
6	Pike Straddle jump	-
7	Back drop	0.1
8	To feet	0.1
9	Pike jump	-
10	Full twist	0.2
		0.7

	Routine B	Diff.
1	½ twist to seat drop	0.1
2	½ twist to seat drop	0.1
3	To feet	-
4	½ twist	0.1
5	Tuck jump	-
6	Pike Straddle jump	-
7	Front drop	0.1
8	To feet	0.1
9	Pike jump	-
10	Full twist	0.2
		0.7

※ 規定動作採用規定套路，運動員必須根據整套規定套路的次序來完成第一套規定動作，不可改變，否則作動作終止論。