



中國香港體操總會 主辦



康樂及文化事務署 資助

第十五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	To feet	-
5	Full twist	0.2
6	Pike Straddle jump	-
7	Back Somersault (<)	0.6
8	½ twist	0.1
9	Tuck jump	-
10	Front Somersault (<)	0.6
		2.0

	Routine B	Diff.
1	Seat drop	-
2	To feet	-
3	Full twist	0.2
4	Pike jump	-
5	Pike Straddle jump	-
6	Back Somersault (<)	0.6
7	½ twist	0.1
8	Tuck jump	-
9	Back Somersault (O)	0.5
10	Barani (O)	0.6
		2.0

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**。