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Hong Kong Boulder League 抱石聯賽 2026

比賽詳情更新 Competition Information Update
24/03/2026

比賽詳情 Information Sheet

比賽日期 Competition Date	28 th MAR 2026 (SAT)
參賽組別(男/女) Categories (Boy/Girl)	U13 BOY (2015-2014) U13 GIRL (2015-2014) U15 BOY (2013-2012) U15 GIRL (2013-2012)
比賽地點 Competition Venue	JC Shek Mun 沙田安平街6號 新貿中心地下4室 Shop 4, G/F, New Trade Plaza , 6 On Ping Street, Shatin
比賽時間 Competition Time	08:30 – 14:00 (包括登記及頒獎 Inclusive of Registration & Award Ceremony)



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比賽賽程 Provisional Programme

時間Time	內容Content
08:30 - 09:00	所有組別報到及集合 All Categories Registration & Call-in
09:00 - 09:15	合照及比賽規則講解 Group Photo & Briefing Session
09:15 - 11:15	初賽 (120分鐘) Qualification (120 mins)
11:15 - 12:15	轉換決賽路線 (60分鐘) Reset Final Routes (60 mins)
12:05 - 12:19	隔離區開放 Isolation Zone Open
12:20	隔離區關閉 Isolation Zone Close
12:25	賽員介紹 Athlete Presentation
12:30 - 12:40	決賽路線觀察 Final Routes Observation
12:40 - 13:30	決賽 (50 分鐘) Final (50 mins)
13:45 - 14:00	頒發獎項 Prize Presentation
14:00	比賽結束 End of Competition

備註：比賽時間可能因實際情況作出適當調整。

Remark: The competition schedule is subjected to changes



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初賽規則 Qualification Rules and Regulations

1. 初賽以FLASH模式進行。
FLASH format will be used during the competition.
2. 賽員必須按照自己的組別攀爬指定線路。
Athletes should climb the specific route number according to their assigned group.
3. 賽員於比賽前一星期不可進入比賽場地自行攀爬。
Athletes are not allowed to enter the competition venue and climb on their own **during the week leading up** to the competition.
4. FLASH 模式以「先到先攀」的方式進行，可自行選擇攀爬次序，總攀爬時數按各組人數不同。嘗試後若未能登頂，須重新排隊攀爬該線路。
FLASH format follows a “first-come-first-climb” basis. Athletes can decide their climbing order within a given time limit in accordance to their category. Athletes must queue again to climb the route if they couldn't top the route.
5. 比賽進行時，賽員四肢離地後若未能成功起步/控制/踏穩起步點，可無須排隊即時嘗試最多一次。One extra attempt will be given if athletes failed to the start or control or step the starting holds on their first try.
6. 每次嘗試的攀爬限時**90秒**，嘗試後需要重新排隊。
Time limit is 90 seconds for every attempt, athletes need to queue up again for the next attempt.



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初賽計分及排名 Qualification Scoring & Ranking

1. 每條線路各設2個得分區域及1個完攀點，以獲得分區域 (5分/10分) 及完攀點 (25分) 的數目計算成績，會計算攀爬次數。

There are 2 “ZONE”s and 1 “TOP” in each boulder. Only the number of “5 or 10 points”, and “25 points”, achieved will be counted as the result. The result will be affected by the number of attempts.

2. 成績計算將按以下準則計算 The final ranking will be calculated as follows:

A) 若賽員到達首個得分區域，則為 5分，在獲得該個得分區域之前，每次嘗試將被扣除 0.1 分，

where the competitor has been awarded as 10 points, with a deduction of 0.1 points for each attempt made before the Zone is awarded,

B)若賽員到達第二個得分區域，則為 10分，在獲得該個得分區域之前，每次嘗試將被扣除 0.1 分，

where the competitor has been awarded as 10 points, with a deduction of 0.1 points for each attempt made before the Zone is awarded,

C) 若賽員到達完攀點，則為 25分，每次不成功次數會被扣減0.1分

where successfully completed, as 25 points, with a deduction of 0.1 points for each unsuccessful attempt.

最終得分將為 (A) 或 (B) 計算出的數值中的較大者，或 0.0(得分不能為負數)

The final score for a boulder will be the greater of the value calculated under (A) or (B), and 0.0 (i.e., the point score on a boulder cannot be negative).

3. 若依然同分，將以交分紙次序決定排名，先遞交分紙張者排名較高。

For tied scoring, competitors who submitted the scoresheet earlier will be placed at a higher position.



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決賽規則 **Final Rules and Regulations**

1. 決賽將設隔離區，期間不能與外界溝通或觀察其他賽員攀爬。
All finalists will gather in an Isolation zone, such that they will not receive any information about the final routes.
2. 若5人或以下組別將不設決賽。
There will be no final round for categories with 5 or less competitors.
3. 男女組別將取最高名次4人進入各組決賽。
4 competitors with the highest ranking from each category in the qualification round will enter the final round.
4. 每條路線觀線時間為2分鐘。
There will be 2 minutes observation time for each boulder.
5. 共設3條路線，每條路線時4分鐘。
There are 3 boulders for the final round. Time limit is 4 minutes for each boulder.
6. 每位賽員觀線後，將按初賽最低至高排名輪流出攀爬。(第四名先攀 → 第一名最後出場)
After observation, finalists starting order will be the reverse of their qualification ranking.
(The fourth will climb first → Qualification first place climb last)



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決賽計分及排名 **Final Scoring & Ranking**

1. 每條線路各設1個得分區域及1個完攀點，以獲得分區域 (10分) 及完攀點 (25分) 的數目計算成績，計算攀爬次數。

There are 1 “10 points” and 1 “25 points” in each boulder. Only the number of “10 points” and “25 points” achieved will be counted as the result. Attempts will be counted for each boulder.

2. 成績計算將按以下準則計算 The final ranking will be calculated as follows:

A) 若賽員到達得分區域，則為 10 分，在獲得該個得分區域之前，每次嘗試將被扣除 0.1 分，

where the competitor has been awarded as 10 points, with a deduction of 0.1 points for each attempt made before the Zone is awarded,

B) 若賽員到達完攀點，則為 25分，每次不成功次數會被扣減0.1分

where successfully completed, as 25 points, with a deduction of 0.1 points for each unsuccessful attempt.

最終得分將為 (A) 或 (B) 計算出的數值中的較大者，或 0.0 (得分不能為負數)

The final score for a boulder will be the greater of the value calculated under (A) or (B), and 0.0 (i.e., the point score on a boulder cannot be negative).

3. 若依然同分，賽員將以初賽排名決定勝負。

If any competitors remain tied on criteria (iv), their relative ranking shall be determined by count-back to their rankings from the qualification round.