

香港抱石系列賽 2025 – 第一站
Hong Kong Bouldering Series 2025 – 1st Event

賽員須知

Event Information

- (1) 比賽日期：2025 年 7 月 26 日(星期六)
- (2) 比賽時間：下午 2 時 (詳情請參閱比賽時間表)
- (3) 比賽場地：Crux Boulder Gym (地址：太子荔枝角道 33 號百匯軒一樓)
- (4) 報到時間：請參閱賽員名單
- (5) 技術工作人員：
 - i. 裁判長：廖淑儀
 - ii. 主定線員：柯德倫
- (6) 賽事將主要以[IFSC 賽例 2025 v2.0](#)及[IFSC 國際賽事規則v2.0](#)為藍本。
- (7) 男女子初級賽均採用 **Flash** 賽制。如有任何改動，以比賽當日裁判長之宣佈為準。

比賽設有 5 條路線 (Flash);

每條路線各設有 1 個得分把手(ZONE)及 1 個終點把手(TOP) ,

成績根據[IFSC 國際賽事規則v2.0](#) Annex C Boulder Event 5.1 項方式計算。

Flash = 無須隔離及不設指定出場序以「先到先攀」的方式進行。

各賽員可自行決定試攀路線的次序，但必須在開始前將記分卡交予該路線裁判，完成比賽後請將分卡交了計分裁判。

如攀爬中途跌下，須重新排隊攀爬該線路。每條路線每次試攀不可多於 90 秒。

比賽進行時，賽員四肢離地後若未能成功起步/控制/踏穩起步後的第一個把手，可無須排隊即時嘗試最多一次。

- (8) 如比賽途中發生技術事故，必須即時提出。若有關事故能於 5 分鐘內解決，將不作任何加時。若有關事故未能於 5 分鐘內解決，有關線路成績將會取消。上訴事項會由賽事統籌及裁判長處理，作出最終裁決。
- (9) 所有上訴（「技術意外」事件例外），必須在該項賽事成績公佈後五分鐘內以書面提出及向大會繳交港幣伍佰圓之上訴費。如上訴得值，上訴費會發還予上訴人。如上訴被駁回，有關上訴費將會沒收。
- (10) 賽員如被兩次「黃牌」警告，會被取消參賽資格。
- (11) 賽員須自備個人器材，包括攀石鞋、粉袋等。
- (12) 賽員須按指定時間準時報到，遲到者將被取消參賽資格。



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賽員須知

Event Information

(13) 賽員在所屬組別報到前 15 分鐘不准進入比賽場地。

(14) 比賽成績將會上載於以下連結，請自行瀏覽：

<https://1drv.ms/f/c/6a7b718797ca610b/ElkiljlbVydAnyUZQHZX3MUBHTwiNokWDF5BxMPE89K7gw>



(15) 各項賽事的頒獎禮將設於整場比賽完成後進行，賽員必須穿著包趾鞋出席頒獎禮。

(16) 賽員必須妥善保管自己的個人財物，及需穿着合適的衣著參賽。若發生任何意外，總會恕不負責。

(17) 賽員必須遵守工作人員的指示。

(18) 請保持場地清潔。

(19) 比賽場地內不准進食。

(20) 除參加者及工作人員外，**其他人士不可進入攀石場範圍**。

(21) 大會只購買第三者保險，如有需要，賽員須自行購買個人之出賽保險。

(22) 如天文台在比賽當日**中午 12 時**發出紅色、黑色暴雨、八號風球或以上之訊號，當日賽事將會取消。

(23) 如環保署公佈空氣質素健康指數為(7) / (8-10) / (10+)，即健康風險級別為「高」/「甚高」/「嚴重」時，賽事將如常舉行。由於空氣污染對不同人士的影響不一，如有疑問或感到不適，宜徵詢醫生的意見。

(24) 有關比賽的一切事宜，以大會的最終判決為準。

(25) 如有查詢，可致電 2504 8429 與總會職員聯絡。



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賽員須知

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- (1) Date of Competition: 26 July 2025 (Saturday)
- (2) Time of Competition: 14:00 pm (Please refer to the competition schedule for details)
- (3) Competition Venue: Crux Boulder Gym (Address: 1/F, Cite 33, 33 Lai Chi Kok Road, Sham shui po, Kowloon)
- (4) Reporting Time: Please refer to the participants' list.
- (5) Technical Officials:
 - i. Jury President: Virgo Liu
 - ii. Chief Route Setter: Alan Ngor
- (6) The [IFSC Rules 2025 v2.0](#) and [IFSC COMPETITION REGULATIONS INTERNATIONAL EVENTS v2.0](#) will be applied in this competition.
- (7) **Flash** format will be used in Male and Female Amateur Competition. The Jury President will announce the final decision on the day of competition.

There are 5 routes (Flash);
Each boulder will have ONE "ZONE"s and ONE "TOP" and
the result based on point Annex C Boulder Event 5.1 of [IFSC COMPETITION REGULATIONS INTERNATIONAL EVENTS v2.0](#)

Flash = Flash format follows a "first-come-first-climb" basis. There shall be no isolation and no fixed starting order.

Each competitor shall choose the sequence to attempt the boulders in the order he/she wants but **must submit the score card to the Boulder Judge before making an attempt and submit the score card to the Result Judge after the competition. All boulders shall be attempted within 90 seconds.**

One extra attempt will be given for competitors failed to the start/ control/ step the next hold on their first try.

- (8) Any technical incident during the competition should be claimed immediately. If the incident could resolve within 5 minutes, no addition time will be added. If the technical incident cannot be resolved within 5 minutes, that boulder result shall be cancelled. The Technical Organizer and Jury President shall make the final decision of any appeal.
- (9) Any appeal (except technical incident) against a published result shall be raised within 5 minutes by written form together with an appeal fee of HK\$500. If an appeal is upheld, the appeal fee shall be returned. If an appeal is rejected, the appeal fee shall not be returned.
- (10) Competitors shall be disqualified after receiving two yellow cards.
- (11) All competitors must bring their own climbing equipment, i.e. climbing shoes, chalk bag etc.



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賽員須知

Event Information

- (12) All competitors are required to be present on registration period. Latecomers will be disqualified from the competition.
- (13) All competitors not allowed to enter the competition venue 15 minutes before their respective registration start.
- (14) The competition result will be released at
<https://1drv.ms/f/c/6a7b718797ca610b/ElkiljlbVydAnyUZQHZX3MUBHTwiNokWDF5BxMPE89K7gW>



- (15) Prize Presentation Ceremony will be held after all the competition events finished, competitors must wear closed shoes present ceremony.
- (16) All competitors must take good care of their personal belongings and wear appropriate attire. HKCMCU is not responsible for any accident.
- (17) Competitors must comply with all the instructions given by event officials.
- (18) Please keep the venue clean and tidy.
- (19) No eating is allowed in competition venue.
- (20) **Only participants and officials are allowed to enter the climbing wall area.**
- (21) A third-party insurance shall cover the competition. Competitors may seek for their own personal insurance if necessary.
- (22) When the Red, Black Rainstorm Signal、Typhoon No. 8 or above signal is issued at **12:00 Noon**, the competition on that day will be cancelled.
- (23) IF the Air Quality Health Index in Hong Kong is high (7), very high (8-10) and serious (10+), the competition will be run as scheduled. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
- (24) All affairs related to the competition will be determined & finalized by the panel only.
- (25) For inquiries, please contact us at 2504 8429.