

Organised by Hong Kong, China Mountaineering and Climbing Union Limited  
Subvented by the Leisure and Cultural Services Department  
Co-organised by the Education Bureau

**學校體育推廣計劃 – 2026 運動攀登比賽**  
**School Sports Programme – 2026 Sport Climbing Competition**

**體驗組賽員須知**

**Event Information for Explorer Category**

(1) 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。但比賽場次、時間及入圍人數，將依據參賽人數而有所更改。體驗組中，初賽及決賽各一條路線。以下為相關連結：

IFSC 賽例 2025 v2.0:

[https://images.ifsc-climbing.org/ifsc/image/private/t\\_q\\_good/prd/s3ihxcisocdpc8ty6mtg.pdf](https://images.ifsc-climbing.org/ifsc/image/private/t_q_good/prd/s3ihxcisocdpc8ty6mtg.pdf)

IFSC 國際賽事規則 v2.0:

[https://images.ifsc-climbing.org/ifsc/image/private/t\\_q\\_good/prd/ypdexi0lm2vigggen95iz.pdf](https://images.ifsc-climbing.org/ifsc/image/private/t_q_good/prd/ypdexi0lm2vigggen95iz.pdf)

The IFSC Rules 2025 v2.0 and IFSC COMPETITION REGULATIONS INTERNATIONAL EVENTS v2.0 will be applied in this competition. However, the number of rounds, climbing time and quota shall be adjusted according to the number of participants enrolled. In Explorer Category, the qualification and final rounds will each have a single route. Here are the related links:

IFSC RULES 2025 V2.0:

[https://images.ifsc-climbing.org/ifsc/image/private/t\\_q\\_good/prd/ugfyikgetemtmujhwky.pdf](https://images.ifsc-climbing.org/ifsc/image/private/t_q_good/prd/ugfyikgetemtmujhwky.pdf)

IFSC COMPETITION REGULATIONS INTERNATIONAL EVENTS v2.0:

[https://images.ifsc-climbing.org/ifsc/image/private/t\\_q\\_good/prd/ypdexi0lm2vigggen95iz.pdf](https://images.ifsc-climbing.org/ifsc/image/private/t_q_good/prd/ypdexi0lm2vigggen95iz.pdf)

(2) 比賽程序 Competition Procedure

A. 初賽 Qualification Round

- I. 初賽將以非隔離形式進行，賽員必須於指定時間報到，否則會被取消參賽資格。  
Flash Competition System will be applied in the Qualification Round. All competitors shall register on time. Otherwise, they would be disqualified.
- II. 賽員須於報到時向大會工作人員出示清楚而載有相片的身分證明文件，如身份證、學校手冊或學生證件等，以確實其參賽身分 (參賽者姓名及出生年份)。  
All competitors shall provide proof of identity (with full name and year of birth) bearing explicit photos, e.g. HKID card, student handbook or student card, etc. to the official for identity verification during registration.
- III. 初賽不設現場示範，會以示範片段取代。大會將於 2026 年 2 月 7 日上午 6 時開始，於網上播放比賽線道的示範片段，請瀏覽以下網址：  
<https://www.youtube.com/channel/UCZa12d2eqL9Lshff4O-SUKg>

The qualification round will not have an on-site demonstration and will be replaced by demonstration videos. The demonstration videos of the competition lanes will be streamed online starting at 6:00 AM on February 7, 2025. Please visit the following website:  
<https://www.youtube.com/channel/UCZa12d2eqL9Lshff4O-SUKg>

IV. 賽員在報到後，必須自行安排熱身。熱身區將不設示範片段播放。  
All competitors are required to independently manage and schedule their warm-up times. The demonstration videos will not be played in the warm-up area.

V. 賽員在進入過渡區後，必須立即穿上所有裝備（包括攀石鞋及安全座帶），等候召喚出賽。如有遲誤，會被裁判出示「黃牌」警告；再犯者會被出示「紅牌」，取消參賽資格。  
On arrival at the transit zone, competitors shall put on their climbing shoes and harness, and make all final preparations for their attempt on a route. Any undue delay to do so may result in the immediate award of a Yellow Card, and further delay shall result in immediate disqualification by awarding a Red Card.

VI. 賽員在進入比賽區後，有 40 秒最後準備時間（不包括在法定的 4 分鐘攀登時間內）。當被通知開始作賽時，賽員必須立即開始攀登，如有遲誤，會被裁判出示「黃牌」警告，再有遲誤則會被出示「紅牌」，取消參賽資格。  
Any competitor shall be ready to leave the transit zone and enter the competition area when instructed to do so, and each shall be allowed 40 seconds (not included in the official climbing time of 4 minutes) for final preparation after entering to the competition area. Any undue delay to do so may result in the immediate award of a Yellow Card, any further delay shall result in immediate disqualification by awarding a Red Card

## B. 決賽 Final Round

I. 決賽將以隔離形式進行。賽員必須在隔離區關閉時間前報到，並進入隔離區，否則會被取消參賽資格。  
Isolation rules will be enforced during the Final Round. All competitors must register and enter the isolation zone before its closure. Failure to comply with this requirement will result in disqualification.

II. 賽員在進入隔離區後，必須自行安排熱身。  
After entering the isolation zone, competitors are responsible for independently managing and scheduling their warm-up times.

III. 隔離區內不可使用任何通訊設備，包括但不限於手提電話、手提電腦等。進入隔離區後不可與隔離區外人士作任何方式的聯絡。如需離開隔離區，必須得到工作人員的同意。否則會被取消參賽資格。  
All communication devices, including but not limited to mobile phones and computers etc. are not allowed to be used in isolation zone. Competitors shall not communicate in any way with any person outside the isolation zone. If competitors need to leave the isolation zone, they must get the approval of the authorized official. Otherwise, they would be disqualified.

IV. 比賽前大會將安排 4 分鐘的路線觀察時間。在觀線期間，須遵守隔離規則（不可與外界聯絡），如有疑問，可向裁判查詢。賽員在觀線期間，在雙腳不離地的情況下可接觸把手點。  
A 4-minute observation period will be scheduled prior to the competition. During this time, competitors must adhere to isolation rules, meaning no contact with anyone outside the competition area. Competitors may seek clarification only from the Judges. They are permitted to touch the holds, but they must remain on the ground.

V. 路線觀察時間完畢後，賽員必須返回隔離區。當被工作人員召喚到過渡區時，必須立即帶齊私人物品進入過渡區。如有遲誤，將會被裁判出示「黃牌」警告，再犯者將會被出示「紅牌」，取消參賽資格。

At the end of the observation period, competitors shall immediately return to the isolation zone. On receiving the official instruction to leave the isolation zone and proceed to the transit zone, competitors shall bring along all their belongings and not be accompanied by any person other than the authorized official. Any undue delay to do so may result in the immediate award of a Yellow Card, and further delay shall result in immediate disqualification by awarding a Red Card.

VI. 賽員在進入過渡區後，必須立即穿上所有裝備（包括攀石鞋及安全座帶），等候召喚出賽。如有遲誤，會被裁判出示「黃牌」警告；再犯者會被出示「紅牌」，取消參賽資格。

On arrival at the transit zone, competitors shall put on their climbing shoes and harness, and make all final preparations for their attempt on a route. Any undue delay to do so may result in the immediate award of a Yellow Card, and further delay shall result in immediate disqualification by awarding a Red Card.

VII. 賽員在進入比賽區後，有 40 秒最後準備時間（不包括在法定攀登時間 4 分鐘內）。當被通知開始作賽時，賽員必須立即開始攀登，如有遲誤，會被裁判出示「黃牌」警告，再有遲誤則會被出示「紅牌」，取消參賽資格。

Any competitor shall be ready to leave the transit zone and enter the competition area when instructed to do so, and each shall be allowed 40 seconds (not included in the official climbing time of 4 minutes) for final preparation after entering to the competition area. Any undue delay to do so may result in the immediate award of a Yellow Card, any further delay shall result in immediate disqualification by awarding a Red Card.

VIII 決賽時賽員之出賽次序以初賽成績反順序出賽。

The starting order of the Final Round will be determined in reverse order based on the rankings from the Qualification Round.

C. 如有任何「技術意外」發生，賽員必須立即向賽事裁判提出對「技術意外」的要求，繼後對該「技術意外」的上訴將不獲受理。

Competitors should indicate the technical incident immediately if any. No appeal regarding such technical incidents would be accepted afterwards.

D. 賽員如被兩次「黃牌」警告，會被取消參賽資格。

Competitors shall be disqualified after receiving two yellow cards.

E. 所有賽員必須穿著攀石鞋參賽，但不可於攀石場以外穿著攀石鞋。如有違反，可被取消資格。

All competitors MUST wear climbing shoes during competition and can only wear the climbing shoes in the climbing wall facility. They may be disqualified if violate this rule.

F. 賽員觀線及出席頒獎禮必須穿著包趾鞋，各項賽事的頒獎禮將設於整場比賽完成後進行。

Competitors must wear closed shoes present observation period and prize presentation ceremony. Prize Presentation Ceremony will be held after all the competition events finished.

### (3) 成績 Results :

A. 決賽時如有相同成績(高度)，初賽成績亦會計算以分別名次。如決賽與初賽高度成績相同時，將以決賽時間分別名次。初賽及決賽均會計算攀爬高度及所需時間。

In the event of a tie in the Final Round, the count-back procedure will be applied. If the tie remains unresolved, climbing time will be taken into consideration. Both climbing height and climbing time will be recorded for ranking purposes.

B. 比賽成績將會上載到本會網頁，請掃描下方 QR CODE，或自行瀏覽以下連結。  
<https://hkcmcu.org.hk/hk/news/all/659-2026>  
The competition results will be published on our official website. Please scan the QR code or visit the following link. <https://hkcmcu.org.hk/hk/news/all/659-2026>

C. 頒獎禮將設於整場比賽完成後 (約 **5 時 15 分**)於會場進行。請得獎者必須出席頒獎禮。  
The award ceremony will take place at the venue after the competition concludes, approximately at 5:15 PM. All winners are required to attend the award ceremony.

(4) 上訴 Appeal :

大會不設上訴，大會判決為最終裁決。

The decisions of the Jury President and Route Judges are final, no appeal will be entertained.

(5) 大會將會按實際情況就比賽時間作出適當的調整，並以大會的最後公佈為準。  
The competition schedule is subject to change, the Organizer will announce if there is any change.

(6) 保險 Insurance :

大會只購買第三者保險，如有需要，賽員須自行購買個人保險。

A third-party insurance shall cover the competition. Competitors may seek for their own personal insurance if they think necessary.

(7) 惡劣天氣應變 Inclement weather arrangement :

A. 如天文台在比賽當天早上 **6 時正**發出黃、紅、黑色暴雨、三號風球或以上之訊號或教育局宣佈停課，或於比賽當日空氣質數健康指數達「嚴重」健康風險級別(即 10+)，所有賽事將會取消。

At **6:00 am** on the day of competition, either when the Yellow and Red and Black Rainstorm Signal, Typhoon No. 3 or above signal is issued or the Education Bureau announced suspends classes, or the air Quality Health Index at "serious" health risk category (exceeding 10+), all competitions will be cancelled.

B. 如比賽進行中天氣惡劣或有上述任何警告，大會有權將比賽賽程改變或取消正在進行中的比賽。

In case of inclement weather or issuance of any of the above warning signals during the competition, the Organizer reserves the right to revise the competition schedule or cancel the competition in progress.

(8) 有關比賽的一切事宜，以大會的最終判決為準。

All affairs related to the competition shall be determined & finalized by the panel only.

# 示範片段

## DEMONSTRATION VIDEOS



初賽不設現場示範，會以示範片段取代。  
大會將於比賽當日上午 6 時開始，於網上播放比賽線道的示範片段。  
請掃描 QR CODE，或瀏覽以下網址。

The qualification round will not have an on-site demonstration and will be replaced by demonstration videos. The demonstration videos of the competition lanes will be streamed online starting at 6:00 AM on the day of the competition. Please scan the QR code or visit the following link.

<https://www.youtube.com/channel/UCZa12d2eqL9Lshff4O-SUKg>

# 比賽成績

## COMPETITION RESULTS



比賽成績將會上載到本會網頁，請掃描 QR CODE，或自行瀏覽以下連結。

The competition results will be published on our official website.  
Please scan the QR code or visit the following link.

<https://hkcmcu.org.hk/hk/news/all/659-2026>