

中國香港柔道總會  
The Judo Association of Hong Kong, China



活動大綱  
Event Outlines for Enrollment

2024年香港柔道形錦標賽  
Hong Kong Judo Kata Championships 2024

(2024年世界柔道形香港代表隊選拔賽)  
(Selection Tournament of World Championships Kata 2024)

2024年9月22日 (星期日)  
22nd September 2024 (Sunday)

石硤尾公園體育館  
Shek Kip Mei Park Sports Centre

Tel: 2504 8360  
Fax: 2834 8935  
Email: [competition@hkjudo.org](mailto:competition@hkjudo.org)  
Address: Room 1024, Olympic House,  
No. 1, Stadium Path, Causeway Bay, HK

資助機構：  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department



## 比賽詳情



### 年齡和組別

兒童組：參賽者應為 8 歲至 12 歲，持有五級（黃帶）或以上者。

少年組：參賽者應為 13 至 16 歲，持有四級（橙帶）或以上者。

青年組：參賽者應為 16 至 23 歲，持有三級（綠帶）或以上者。

公開初級組：參賽者不限年齡，持有一級（啡帶）或以下者。

公開高級組：參賽者不限年齡，持有中國香港柔道總會初段或以上者。

\*所有組合不分男女，可兩男、兩女或一男一女為一組。

\*參賽者可報名參加在適合條件下的不同組別及在不同組別中參加多於一個柔道形的項目。

### 柔道形項目

兒童組：投之形（一本背負投、浮腰、支釣進足）。運動員可選擇展示左方或右方的動作，惟三個動作必須為相同方向。

少年組：投之形（手技「肩車不需要投擲」、腰技、足技）、柔之形（第一教、第二教）。

青年組：投之形（手技、腰技、足技、前捨身技、橫捨身技）、柔之形、固之形。

公開初級組及公開高級組：投之形、柔之形、固之形、極之形、講道館護身術。

### 比賽形式

兒童組：金牌頒予總分最高的首五對組合（不少於 30 分）；銀牌頒予總分排名第六至第十高的組合（不少於 20 分）；銅牌頒予餘下的組合（不少於 15 分）。

少年組、青年組、公開初級組及公開高級組：各決賽中，總分最高的組合可獲授予金牌，總分第二高的組合可獲授予銀牌；如此類推，第三組合可獲授予銅牌。經初賽進入決賽而最終總分第四高的組合可獲授予銅牌。

### 評分體系

兒童組：評判將根據動作的完美度及流暢度評分。起始禮儀、完結禮儀及每項技術各佔 10 分；最高總分為 50 分。

少年組、青年組、公開初級組及公開高級組：評判將根據國際柔道聯盟柔道形評分標準及講道館柔道形教科書作為柔道形評分的依據。

裁判：由中國香港柔道總會安排。

報名費：各項目**每位參賽者港幣六十元正**，即**每對組合港幣一百二十元正**。

服裝及裝備：參賽者需自備符合柔道比賽規例的白色柔道袍，女運動員必須穿著純白圓領 T-恤。參加極之形、講道館護身術的組合必須自備演示器材。

衛生：參賽者手腳的指甲應剪短、頭髮過肩應綁起、禁止佩戴眼鏡和首飾。

報名：只接受網上報名（網址：<https://forms.gle/VT6gGEdTQVkWkTU7>）。**逾期報名，恕不接受。**

賽程：有關當天賽事詳細程序，請於比賽期間留意大會公佈。

### 參賽者須知：

1. 參加者需要負責自己的身體狀況及健康，並考慮是否適宜報名參加本賽事。如有疑問，請徵詢醫生的意見。
2. 報名經確實後，參加者有責任繳付所需費用。
3. 除非發生特殊情況，所有項目一經報名，不得申請退款、轉換比賽項目或由他人代替參加。
4. 本會有權決定接受或拒絕任何申請。
5. 活動舉行期間，參加者須顧及自身安全，並須遵從工作人員之指示。如遇意外事故，包括財物遺失、身體損傷等，本會概不負責。如有任何不適，須立即向有關工作人員尋求協助。
6. 如參加者不守紀律，或所作行為騷擾或煩擾其他參加者，活動負責人及本會職員有權拒絕讓其繼續參與活動，已繳費用概不退還。
7. 本賽事不設上訴，所有賽果以評判最後判決為準。
8. 當天文台懸掛八號或以上颱風訊號或黑色暴雨訊號，是次活動將自動取消。如在活動舉行前兩小時已取消八號或以上風球或黑色暴雨訊號，並在場地許可的情況下，是次活動照常舉行。參加者應考慮實際天氣及交通情況自行判斷是否參加活動。
9. 若活動舉行前兩小時，天文台懸掛雷暴警告訊號、黃色暴雨戒備訊號、紅色暴雨警告訊號、三號或以下颱風訊號，是次活動將依天氣情況及場地許可的情況下，活動負責人決定是否繼續進行，如參加者收不到任何通知，則活動按原定時間、地點舉行。
10. 本條款如有未完善之處，本會有最終修改權。

### \*注意：

1. 所有報名單位必須填妥網上報名表格全部所須的資料，並完成報名費繳付手續。任何資料不全的報名將不獲接納。
2. 請留意參賽者須知。

**截止報名日期：2024 年 9 月 13 日(星期五)**

資助機構：  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department



## Competition Details



### Age & Grade

Children Division: Participants are to be between 8 - 12 years of age with a minimum of 5th kyu grade (yellow belt).

Cadets Division: Participants are to be between 13 - 16 years of age with a minimum of 4th kyu grade (orange belt).

Junior Division: Participants are to be between 16 - 23 years of age with a minimum of 3rd kyu grade (green belt).

Open Junior Division: There is no age limit for participants. They shall have a maximum of 1st kyu grade (brown belt).

Open Senior Division: There is no age limit for participants. They shall have a minimum of 1st dan grade (black belt).

\*Each pair can be formed of either 2 males, 2 females, or a male and a female.

\*Participants can apply for more than one Kata, in one or more division(s).

### Kata

For Children Division, only one category will be recognized: Nage-no-Kata (3 techniques: Ippon-Seoi-Nage, Uki-Goshi, Sasae-Tsurikomi-Ashi). The pair can perform techniques on either the left side or the right side. However, all 3 techniques must be of the same side.

For Cadets Division, two categories will be recognized: Nage-no-Kata (3 sets: Te-Waza [Kata-Guruma does not require throwing], Goshi-Waza, Ashi-Waza) and Ju-no-Kata (2 sets – Dai-Ikkyo, Dai-Naikyo).

For Junior Division, three Kata will be recognized: Nage-no-Kata (5 sets: all techniques), Ju-no-Kata and Katame-no-Kata.

For Open Junior Division and Open Senior Division, five Kata will be recognized: Nage-no-Kata, Ju-no-Kata, Katame-no-Kata, Kime-no-Kata and Kodokan-Goshin-Jutsu.

### Competition Formula

Children Division: The 1st to 5th pairs with the highest points and at least 30 points will be awarded the gold medals. The following 6th to 10th pairs with at least 20 points will be awarded the silver medals. The rest of the pairs with at least 15 points will be awarded the bronze medals.

Cadets Division, Junior Division, Open Junior Division, Open Senior Division: For each kata, the pair with the maximum points in the final will be awarded the gold medal, the pair with the second most points will be awarded the silver medal; and the third pair, the bronze medal. For categories with preliminaries, the pair with the fourth most points in the finals will also be awarded the bronze medal.

### Scoring System

Children Division: Judges will evaluate the kata performance based on accuracy and fluidity. Opening ceremony, closing ceremony and each technique account for 10 points each. The maximum final score is 50 points.

Cadets Division, Junior Division, Open Junior Division, Open Senior Division: The IJF "Criteria for Kata Evaluation 2024" will be used to judge the kata with reference also to the official Kodokan kata textbooks.

**Judges:** Arranged by The Judo Association of Hong Kong, China.

**Entry Fee:** HK\$60 per participant for each kata category (i.e. HK\$120 per pair).

**Judogi and equipment:** Participants must wear white judogi in accordance with the regulations of judo competitions. The T-shirt for female participants must be white and a round neck. Pairs participating in Kodokan-Goshin-Jutsu and Kime-no-Kata are responsible to bring their weapons.

**Hygiene:** The nails of feet and hands shall be cut short; hair pass shoulder-length has to be bound with an elastic band; spectacles and jewellery pieces are prohibited.

**Entries:** Participants must apply online through <https://forms.gle/VT6gGEtQVkwKgTU7>. (Late entries will not be accepted)

**Competition Schedule:** Please pay attention to the organizing committee's announcements during competitions.

**Deadline for Entry: 13<sup>th</sup> September 2024 (Friday)**

資助機構：  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department



政府資助計劃  
Government-funded  
programme

## Competition Details



### Notes to Participants:

1. Participants should be aware of their health conditions and consider whether it is suitable for them to enroll in this competition. In case of doubt, please consult a doctor prior to the enrollment of competition.
2. All entry fees must be settled once enrollment is confirmed.
3. Unless under special circumstances, no application for refund, change of category or making substitution will be allowed after enrollment.
4. The Judo Association of Hong Kong, China reserves the right to accept or reject any application.
5. Participants should be responsible for their own safety and should follow the instructions from our staff. The Association is not liable for any loss of personal belongings or harm caused to the participants during the activities. A participant should report to a member of staff if he/she feels unwell.
6. Instructors and staff of The Judo Association of Hong Kong, China can terminate the participation of individuals who behave in an undisciplined manner or whose behaviour may disturb or annoy other participants. A refund of the fees paid will be not be made.
7. All decisions taken by the judges shall be final and without appeal.
8. In case the typhoon signal No.8 or above or black rainstorm warning signal is issued, the competition will be cancelled. (In case that the No.8 or above or black rainstorm warning signal is cancelled two hours before the competition commences and that the venue condition permits, the competition will be held as scheduled. Participants should consider the actual weather and traffic conditions when deciding whether or not to attend the activity.)
9. In case the thunderstorm warnings or amber rainstorm warning or red rainstorm warning signals, typhoon signal No.3 or below is issued two hours before an activity commences and the venue condition permits, it should be assumed that the competition will be held as scheduled or cancelled. The activity will be held as scheduled without further notice.
10. The Judo Association of Hong Kong, China reserves the right to amend the terms and conditions without notice.

### \*Remarks:

1. Application with insufficient information and/or unsettled payment will not be accepted.
2. Participants should read thoroughly the respective notes.

**Deadline for Entry: 13<sup>th</sup> September 2024 (Friday)**

資助機構：  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department

