

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



活動大綱

Event Outlines for Enrollment

2025年香港柔道形錦標賽

Hong Kong Judo Kata Championships 2025

(2025年世界柔道形香港代表隊選拔賽)

(Selection Tournament of World Championships Kata 2025)

2025年9月21日 (星期日)

21st September 2025 (Sunday)

蒲崗村道體育館

Po Kong Village Road Sports Centre

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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

- 幼童組：參賽者須於 2016 年至 2018 年出生，持有五級黃帶或以上者。
- 兒童組：參賽者須於 2011 年至 2015 年出生，持有五級黃帶或以上者。
- 少年組：參賽者須於 2008 年至 2010 年出生，持有四級橙帶或以上者。
- 青年組：參賽者須於 2005 年至 2010 年出生，持有三級綠帶或以上者。
- 公開初級組：參賽者須於 2010 年或以前出生，持有一級啡帶或以下者，。
- 公開高級組：參賽者須於 2010 年或以前出生，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。
- *如合乎年齡及段級條件，參賽者可報名參加多於一個組別。
- *在單一組別中，參賽者可報名參加多於一個柔道形項目。
- *在單一組別的同一個柔道形項目中，參賽者最多能以 Tori 及 Uke 身份報名各一次。

柔道形項目

- 幼童組：投之形 - 背負投、浮腰及支釣進足 (3 招)。參賽者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。
- 柔之形 - 突出、肩押及兩手取 (3 招)。
- 兒童組：投之形 - 浮落、背負投、浮腰、掃腰、送足掃及支釣進足 (6 招)。參賽者可選擇展示左方或右方的動作，惟六個動作必須為相同方向。
- 柔之形 - 第一教 (5 招)。
- 固之形 - 壓制技 (5 招)。
- 少年組：投之形 - 手技、腰技及足技 (包括左右方的動作，9 招)。肩車不用落蓆。
- 柔之形 - 第一教及第二教 (10 招)
- 固之形 - 壓制技及絞技 (10 招)
- 青年組：投之形、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

- 幼童組：金牌頒予能流暢地完成的參賽者。
- 兒童組：金牌頒予總分最高的首三對組合；銀牌頒予總分排名第四至第六高的組合；銅牌頒予總分排名第七至第九高的組合。
- 少年組、青年組、公開初級組及公開高級組：各柔道形決賽中，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：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本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武器。

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/VT6gGEdTQVkwKgTU7>)。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。

截止報名日期：2025 年 9 月 12 日(星期五)



比賽詳情



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：2025年9月12日(星期五)

資助機構：
Subvented by:



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Competition Details



Age & Grade

Elementary : Participants must be born between 2016 - 2018 with a minimum of 5th kyu grade (yellow belt).

Children : Participants must be born between 2011 - 2015 with a minimum of 5th kyu grade (yellow belt).

Cadets : Participants must be born between 2008 - 2010 with a minimum of 4th kyu grade (orange belt).

Junior : Participants must be born between 2005 – 2010 with a minimum of 3rd kyu grade (green belt).

Open Novice : Participants must be born in 2010 or before. They shall have a maximum of 1st kyu grade (brown belt).

Open Advanced : Participants must be born in 2010 or before. They shall have a minimum of 1st dan grade (black belt),
certified by the Judo Association of Hong Kong, China.

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

*Participants may apply for multiple divisions if they meet the age and grade requirements.

*Participants may apply for multiple Kata events in the same division.

*Participants may apply only once as Tori and once as Uke in the same Kata event of the same division.

Kata

Elementary : Nage-no-Kata - Seoi-nage, Uki-goshi, Sasae-tsurikomi-ashi (3 techniques)

*The pair must perform all techniques exclusively on the left side or exclusively on the right side.

Ju-no-Kata – Tsuki-dashi, Kata-oshi, Ryote-dori (3 techniques)

Children : Nage-no-Kata - Uki-otoshi, Seoi-nage, Uki-goshi, Harai-goshi, Okuri-ashi-harai, Sasae-tsurikomi-ashi (6 techniques)

*The pair must perform all techniques exclusively on the left side or exclusively on the right side.

Ju-no-Kata - Dai-ikkyo (5 techniques).

Katame-no-Kata - Osaekomi-waza (5 techniques)

Cadets : Nage-no-Kata – Both sides of Te-waza, Koshi-waza, Ashi-waza (9 techniques). Kata-Guruma does not require throwing.

Ju-no-Kata - Dai-ikkyo, Dai-nikyo (10 techniques)

Katame-no-Kata - Osaekomi-waza, Shime-waza (10 techniques)

Junior : Nage-no-Kata, Ju-no-Kata, Katame-no-Kata.

Open Novice and Open Advanced : Nage-no-Kata, Ju-no-Kata, Katame-no-Kata, Kime-no-Kata, Kodokan-Goshin-Jutsu.

Competition Formula

Elementary : The pairs who can complete the performance smoothly will be awarded the gold medals.

Children : The 1st to 3rd pairs with the highest points will be awarded the gold medals. The following 4th to 6th pairs will be awarded the silver medals. Thereafter of the 7th to 9th pairs will be awarded the bronze medals.

Cadets, Junior, Open Novice and Open Advanced : 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 events with preliminaries, the pair with the fourth most points in the finals will also be awarded the bronze medal.

Deadline for Entry: 12th September 2025 (Friday)

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Competition Details



Scoring System

IJF Kata competition criteria for the evaluation - 01.2025 – (ENG) 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/VT6gGEdTQVkWkgTU7>. (Late entries will not be accepted)

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

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: 12th September 2025(Friday)

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