

## **Little Monkey Cup 小小馬騮杯**

### **比賽詳情 Information Sheet**

比賽詳情更新 Competition Information Update  
12/12/2025

<b>比賽日期</b> <b>Competition Date</b>	18 <sup>th</sup> January 2026 (SUN)
<b>參賽組別</b> <b>(男/女)</b> <b>Categories</b> <b>(Boy/Girl)</b>	A4 BOY (2022) A4 GIRL (2022) A5 BOY (2021) A5 GIRL (2021) A6 BOY (2020) A6 GIRL (2020)
<b>比賽地點</b> <b>Competition Venue</b>	JC Tuen Mun 新界屯門建發里4號 地下1號舖  Shop No.1, Ground Floor, Lane Up, No. 4 Kin Fat Lane, Tuen Mun
<b>比賽時間</b> <b>Competition Time</b>	<b>10:00 – 18:00</b>  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

## 比賽賽程 **Competition Schedule**

### Age 4 BOY & GIRL

內容 <b>Content</b>
報到及集合 Registration & Call-in
合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations
橫向攀石 <b>Transverse Climb</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
戶外8米高牆 <b>Outdoor Climbing</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
頂繩攀登 <b>Top Rope Climb</b>
頒發獎項 Prize Presentation
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

## 比賽賽程 **Competition Schedule**

### **Age 5 BOY & GIRL**

內容 <b>Content</b>
報到及集合 Registration & Call-in
合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations
頂繩攀登 <b>Top Rope Climb</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
橫向攀石 <b>Transverse Climb</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
戶外8米高牆 <b>Outdoor Climbing</b>
頒發獎項 Prize Presentation
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

## 比賽賽程 **Competition Schedule**

### Age 6 BOY & GIRL

內容 <b>Content</b>
報到及集合 Registration & Call-in
合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations
戶外8米高牆 <b>Outdoor Climbing</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
頂繩攀登 <b>Top Rope Climb</b>
頒發獎項 Prize Presentation
報到及集合 Registration & Call-in
比賽規則講解 Briefing Session on Rules & Regulations
橫向攀石 <b>Transverse Climb</b>
頒發獎項 Prize Presentation
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

## 橫向攀石規則 Transverse Climb Rules and Regulations

1. 比賽以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. 每位賽員有2次嘗試機會及嘗試的攀爬限時3 分鐘, 嘗試後需要重新排隊。

**Each athlete has two attempts and a three-minute time limit for each attempt. After each attempt, they must rejoin the queue.**

## **橫向攀石計分及排名 Transverse Climb Scoring & Ranking**

1. 按賽員攀爬高度計分，每抓住一個石頭得1分。

Scoring is based on the height climbed by the athletes, with 1 point awarded for each hold they can control/match.

2. 如果賽員能夠雙手控制終點石頭，該次嘗試將被判為成功。並會記錄相關攀爬時間。

An Attempt in top rope will be ruled successful if athletes can control/match the marked finishing hold with both hands and required by the applicable competition regulations, the climbing time.

3. 若未能完成整條攀爬路線(下跌)將以最後一次用手控制的得分點為準，該得分點需滿足以下條件之一：The result of an unsuccessful attempt in Top Rope will be last scoring hold

Controlled with the hands to:

A) 完成一個穩定動作 complete an Establishing Movement,

or

B) 完成一個向前移動動作 make an Advancing Movement.

4. 如果控制一個點是為了完成一個前進動作，則結果將以「+」後綴標記。

If a hold is Controlled to make an Advancing Movement, the result will be marked with the postfix "+".

5. 排名會按得分高低。

Rankings will be based on scores, from highest to lowest.

6. 若攀爬成績一樣，則攀爬時間較短獲勝。

If the score are same, the athletes who are using shorter time will be ranked higher.

## 頂繩攀登規則 Top Rope Climb Rules and Regulations

1. 比賽以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兩條線路。

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. 每條路線有2分鐘時間限制及兩次嘗試機會。

Each route has a 2-minute time limit and two attempts.

5. 當賽員離開地面時，即被視為一次嘗試。

An attempt is considered to have started when a climber leaves the ground.

## 頂繩攀登計分及排名 Top Rope Climb Scoring & Ranking

1. 按賽員攀爬高度計分，每抓住一個石頭得1分。

Scoring is based on the height climbed by the athletes, with 1 point awarded for each hold they can control/match.

2. 如果賽員能夠雙手控制終點石頭，該次嘗試將被判為成功。並會記錄相關攀爬時間。

An Attempt in top rope will be ruled successful if athletes can control/match the marked finishing hold with both hands and required by the applicable competition regulations, the climbing time.

3. 若未能完成整條攀爬路線(下跌)將以最後一次用手控制的得分點為準，該得分點需滿足以下條件之一：The result of an unsuccessful attempt in Top Rope will be last scoring hold

Controlled with the hands to:

A) 完成一個穩定動作 complete an Establishing Movement,

or

B) 完成一個向前移動動作 make an Advancing Movement.

4. 如果控制一個點是為了完成一個前進動作，則結果將以「+」後綴標記。

If a hold is Controlled to make an Advancing Movement, the result will be marked with the postfix “+”.

5. 排名會按得分高低。

Rankings will be based on scores, from highest to lowest.

6. 若攀爬成績一樣，則攀爬時間較短獲勝。

If the score are same, the athletes who are using shorter time will be ranked higher.



## 戶外8米高牆規則 Outdoor Climb Rules and Regulations

1. 比賽以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. 當賽員離開地面時，即被視為一次嘗試。

An attempt is considered to have started when a climber leaves the ground.

5. 賽員只能夠使用有標示石頭，腳並沒有任何限制。

Athletes can only use the marked stones; there are no restrictions on their feet.

6. 賽員只可以在一條路線上進行一次得分嘗試，時間限制為 4 分鐘。

Athletes may make a single scoring attempt and time limit 4 minute on a route. .

## 戶外8米高牆攀登計分及排名

### Outdoor Climb Scoring & Ranking

1. 按賽員攀登高度計分，每抓住一個石頭得1分。

Scoring is based on the height climbed by the athletes, with 1 point awarded for each hold they can control/match.

2. 如果賽員能夠雙手控制終點石頭，該次嘗試將被判為成功。並會記錄相關攀登時間。

An Attempt in top rope will be ruled successful if a climber can control/match the marked finishing hold with both hands and required by the applicable competition regulations, the climbing time.

3. 若未能完成整條攀登路線(下跌)將以最後一次用手控制的得分點為準，該得分點需滿足以下條件之一：The result of an unsuccessful attempt in Top Rope will be last scoring hold

Controlled with the hands to:

A) 完成一個穩定動作 complete an Establishing Movement,

or

B) 完成一個向前移動動作 make an Advancing Movement.

4. 如果控制一個點是為了完成一個前進動作，則結果將以「+」後綴標記。

If a hold is Controlled to make an Advancing Movement, the result will be marked with the postfix “+”.

5. 排名會按得分高低。

Rankings will be based on scores, from highest to lowest.

6. 若攀登成績一樣，則攀登時間較短獲勝。

If the score are the same, the athletes who are using shorter time will be ranked higher.

## 總成績計分及排名 Overall Scoring & Ranking

1. 如參與三項比賽項目會自動參與總成績排名

If athletes who participate in three competition events, it will automatically be included in the overall ranking.

2. 橫向攀石排名 X 頂繩攀登排名 X 戶外8米高牆排名 = 總分

Transverse Climb Rank X Top Rope Climb Rank X Outdoor Climb Rank = Total Score

3. 總分越低，排名越高

The lower the total score, will be higher the ranking.

4. 當總分相同時，比較運動員之間在各階段的勝出次數（三局兩勝制）

When the total scores are the same, the number of wins by each athlete in each stage is compared (best-of-three format).