



小小馬騮杯 Little Monkey Cup

比賽詳情 Information Sheet

比賽詳情更新 Competition Information Update
13/1/2026

比賽日期 Competition Date	18 th January 2026 (SUN)
參賽組別 (男/女) Categories (Boy/Girl)	LM1 BOY AND GIRL (2022) LM2 BOY (2021) LM2 GIRL (2021) LM3 BOY (2020) LM3 GIRL (2020) LM4 BOY (2019) LM4 GIRL (2019)
比賽地點 Competition Venue	JUST CLIMB 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
比賽時間 Competition Time	09:50 – 18:10 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

LM1 BOY & GIRL

內容Content	
横向攀石 Transverse Climb	
14:20-14:30	報到及集合 Registration & Call-in
14:30-14:40	比賽規則講解 Briefing Session on Rules & Regulations
14:40-15:15	横向攀石 Transverse Climb
15:15-15:25	頒發獎項 Prize Presentation
戶外8米高牆 Outdoor Climbing	
15:25-15:35	報到及集合 Registration & Call-in
15:35-15:40	比賽規則講解 Briefing Session on Rules & Regulations
15:40-15:55	戶外8米高牆 Outdoor Climbing
15:55-16:05	頒發獎項 Prize Presentation
頂繩攀登 Top Rope Climb	
16:00-16:10	報到及集合 Registration & Call-in
16:10-16:15	比賽規則講解 Briefing Session on Rules & Regulations
16:15-16:50	頂繩攀登 Top Rope Climb
17:00-17:20	頒發獎項 Prize Presentation (Overall)
17:30	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

LM2 GIRL

內容Content	
橫向攀石 Transverse Climb	
14:20-14:30	報到及集合 Registration & Call-in
14:30-14:40	比賽規則講解 Briefing Session on Rules & Regulations
14:40-15:15	橫向攀石 Transverse Climb
15:15-15:25	頒發獎項 Prize Presentation
戶外8米高牆 Outdoor Climbing	
15:25-15:35	報到及集合 Registration & Call-in
15:35-15:40	比賽規則講解 Briefing Session on Rules & Regulations
15:40-15:55	戶外8米高牆 Outdoor Climbing
15:55-16:05	頒發獎項 Prize Presentation
頂繩攀登 Top Rope Climb	
16:00-16:10	報到及集合 Registration & Call-in
16:10-16:15	比賽規則講解 Briefing Session on Rules & Regulations
16:15-16:50	頂繩攀登 Top Rope Climb
17:00-17:20	頒發獎項 Prize Presentation (Overall)
17:30	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 change

比賽賽程 Competition Schedule

LM2 BOY

內容Content	
橫向攀石 Transverse Climb	
14:20-14:30	報到及集合 Registration & Call-in
14:30-14:40	比賽規則講解 Briefing Session on Rules & Regulations
14:40-15:15	橫向攀石 Transverse Climb
15:15-15:25	頒發獎項 Prize Presentation
戶外8米高牆 Outdoor Climbing	
15:25-15:35	報到及集合 Registration & Call-in
15:35-15:40	比賽規則講解 Briefing Session on Rules & Regulations
15:40-16:15	戶外8米高牆 Outdoor Climbing
16:15-16:25	頒發獎項 Prize Presentation
頂繩攀登 Top Rope Climb	
16:35-16:50	報到及集合 Registration & Call-in
16:50-16:55	比賽規則講解 Briefing Session on Rules & Regulations
16:55-17:45	頂繩攀登 Top Rope Climb
17:45-18:05	頒發獎項 Prize Presentation
18:10	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 change

比賽賽程 Competition Schedule

LM3 BOY

內容Content			
Group A		Group B	
頂繩攀登 Top Rope Climb			
0950-10:00	報到及集合 Registration & Call-in	10:25-10:35	報到及集合 Registration & Call-in
10:00-10:05	比賽規則講解 Briefing Session on Rules & Regulations	10:35-10:40	比賽規則講解 Briefing Session on Rules & Regulations
10:05-10:35	頂繩攀登 Top Rope Climb	10:40-11:10	頂繩攀登 Top Rope Climb
10:35-10:45	頒發獎項 Prize Presentation	11:20-11:30	頒發獎項 Prize Presentation
橫向攀石 Transverse Climb			
11:10-11:20	報到及集合 Registration & Call-in	11:45-11:55	報到及集合 Registration & Call-in
11:20-11:25	比賽規則講解 Briefing Session on Rules & Regulations	11:55-12:00	比賽規則講解 Briefing Session on Rules & Regulations
11:25-11:55	橫向攀石 Transverse Climb	12:00-12:25	橫向攀石 Transverse Climb
12:00-12:10	頒發獎項 Prize Presentation	12:30-12:40	頒發獎項 Prize Presentation
LUNCH			
戶外8米高牆 Outdoor Climbing			
13:20-13:35	報到及集合 Registration & Call-in		
13:35-13:40	比賽規則講解 Briefing Session on Rules & Regulations		
13:40-14:15	戶外8米高牆 Outdoor Climbing		
14:15-14:35	頒發獎項 Prize Presentation (Overall)		
14:40	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

LM3 GIRL

內容Content			
Group A		Group B	
橫向攀石 Transverse Climb			
10:15-10:25	報到及集合 Registration & Call-in		
10:25-10:30	比賽規則講解 Briefing Session on Rules & Regulations		
10:30-10:55	橫向攀石 Transverse Climb		
10:55-11:05	頒發獎項 Prize Presentation		
頂繩攀登 Top Rope Climb			
11:00-11:15	報到及集合 Registration & Call-in	11:35-11:45	報到及集合 Registration & Call-in
11:15-11:20	比賽規則講解 Briefing Session on Rules & Regulations	11:45-11:50	比賽規則講解 Briefing Session on Rules & Regulations
11:20-11:45	頂繩攀登 Top Rope Climb	11:50-12:20	頂繩攀登 Top Rope Climb
11:50-12:00	頒發獎項 Prize Presentation	12:20-12:30	頒發獎項 Prize Presentation
LUNCH			
戶外8米高牆 Outdoor Climbing			
14:00-14:15	報到及集合 Registration & Call-in		
14:15-14:20	比賽規則講解 Briefing Session on Rules & Regulations		
14:20-14:55	戶外8米高牆 Outdoor Climbing		
14:55-15:15	頒發獎項 Prize Presentation (Overall)		
15:20	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

LM4 BOY

內容Content			
Group A		Group B	
<u>戶外8米高牆 Outdoor Climbing</u>			
09:50-10:00	報到及集合 Registration & Call-in	10:30-10:45	報到及集合 Registration & Call-in
10:00-10:05	合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations	10:45-10:50	合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations
10:05-10:45	戶外8米高牆 Outdoor Climbing	10:50-11:25	戶外8米高牆 Outdoor Climbing
10:45-10:55	頒發獎項 Prize Presentation	11:25-11:35	頒發獎項 Prize Presentation
LUNCH			
<u>頂繩攀登 Top Rope Climb</u>			
13:05-13:20	報到及集合 Registration & Call-in	13:45-14:00	報到及集合 Registration & Call-in
13:20-13:25	比賽規則講解 Briefing Session on Rules & Regulations	14:00-14:05	比賽規則講解 Briefing Session on Rules & Regulations
13:25-14:00	頂繩攀登 Top Rope Climb	14:05-14:35	頂繩攀登 Top Rope Climb
14:00-14:10	頒發獎項 Prize Presentation	14:45-14:55	頒發獎項 Prize Presentation
<u>橫向攀石 Transverse Climb</u>			
15:10-15:20	報到及集合 Registration & Call-in	15:50-16:00	報到及集合 Registration & Call-in
15:20-15:25	比賽規則講解 Briefing Session on Rules & Regulations	16:00-16:05	比賽規則講解 Briefing Session on Rules & Regulations
15:25-15:55	橫向攀石 Transverse Climb	16:05-16:35	橫向攀石 Transverse Climb
16:40-17:00	頒發獎項 Prize Presentation		
17:05	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

LM4 GIRL

內容Content						
Group A	Group B					
<u>戶外8米高牆 Outdoor Climbing</u>						
11:15-11:30	報到及集合 Registration & Call-in					
11:30-11:35	合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations					
11:35-12:30	戶外8米高牆 Outdoor Climbing					
12:40-12:50	頒發獎項 Prize Presentation					
LUNCH						
<u>橫向攀石 Transverse Climb</u>						
13:25-13:35	報到及集合 Registration & Call-in	13:55-14:05	報到及集合 Registration & Call-in			
13:35-13:40	比賽規則講解 Briefing Session on Rules & Regulations	14:05-14:10	比賽規則講解 Briefing Session on Rules & Regulations			
13:40-14:05	橫向攀石 Transverse Climb	14:10-14:25	橫向攀石 Transverse Climb			
14:05-14:15	頒發獎項 Prize Presentation	14:35-14:45	頒發獎項 Prize Presentation			
<u>頂繩攀登 Top Rope Climb</u>						
14:35-14:50	報到及集合 Registration & Call-in	15:10-15:25	報到及集合 Registration & Call-in			
14:50-14:55	比賽規則講解 Briefing Session on Rules & Regulations	15:25-15:30	比賽規則講解 Briefing Session on Rules & Regulations			
14:55-15:25	頂繩攀登 Top Rope Climb	15:30-16:00	頂繩攀登 Top Rope Climb			
16:10-16:40	頒發獎項 Prize Presentation					
16:45	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

賽員須知 Event Information

為確保比賽公平及流暢，大會將根據分組制度及參賽者所報項目進行以下安排，請各位賽員務必仔細

閱讀：

To ensure the fairness and smoothness of the competition, the following arrangements will be made based on the grouping system and the events registered by participants. Please read carefully:

1. 分組安排 Grouping Arrangements

- 若所屬年齡組別報名人數超過 12 人，該組將平均分為 **A組** 與 **B組**。

If the number of registrations for an age group exceeds 12 people, that group will be divided equally into **Group A** and **Group B**.

- 分組名單已於網頁上公佈。

The grouping list has been announced on the website.

2. 項目時間安排 Event Schedule

由於分組進行，**A組**與**B組**的比賽時間將會不同。

As the competition is conducted in groups, the competition times for Group A and Group B will be different.

- 即使賽員參與多個項目（例如：橫向攀石、頂繩攀登及8米高牆），各項目的比賽時間亦可能分散於不同時段。

Even if a participant takes part in multiple events (e.g., **Transverse Climb**, **Top Rope Climb**, and **8m Outdoor Climbing**), the competition times for each event may be scattered across different time slots.

- 時間安排請以最終賽程為準

Please refer to the final schedule for the actual time arrangements.



3. 賽員責任 Participant Responsibilities

- 請務必根據 賽程 上所列之 組別 與 時間 準時到達比賽區域報到。
Please ensure you **arrive at the competition area** for registration **on time** according to the **group** and **time** listed on the schedule.
- 若賽員參與多於一個項目，請自行留意各項目之間的休息與準備時間，並預留足夠時間轉換場地。
If a participant is involved in more than one event, please keep track of the rest and preparation time between events, and reserve enough time to move between venues.
- 錯過比賽時間將視作棄權，不設補賽。
Missing the competition time will be regarded as a forfeit; no makeup matches will be provided.

4. 查詢與協助 Inquiries and Assistance

- 如有任何疑問，請向工作人員查詢。
Please contact our staff for any inquiries.

横向攀石規則

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.

横向攀石計分及排名

Transverse Climb Scoring & Ranking

1. 按賽員攀爬距離計分，每抓住一個石頭得1分。

Scoring is based on the distance 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 scores are the 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.

頂繩攀登上計分及排名

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 scores are the 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 minutes on a route. .

戶外8米高牆攀登計分及排名

Outdoor Climbing 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 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 scores 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, the 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).