

ORGANISER
JUST CLIMB
全港中小學
運動攀登挑戰賽

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比賽詳情 Information Sheet

比賽詳情更新 Competition Information Update
20/3/2026

比賽日期 Competition Date	23 th May 2026-24 th May 2026 (SAT&SUN)
參賽組別 (男/女) Categories (Boy/Girl)	U9 BOY(2018-2019) U9 GIRL(2018-2019) U11 BOY(2016-2017) U11 GIRL(2016-2017) U13 BOY(2014-2015) U13 GIRL(2014-2015) U15 BOY(2012-2013) U15 GIRL(2012-2013) U18 BOY(2009-2011) U18 GIRL(2009-2011)
比賽地點 Competition Venue	JC Kai Tak 香港啟德啟德體育園啟德體育大道(啟德體藝館外)攀岩牆 Hong Kong; Kai Tak Sports Avenue (outside Kai Tak Sports Centre) Climbing Wall
比賽時間 Competition Time	09:00 – 19:00 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

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賽員須知 Event Information

1. 所有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.

2. 賽員在報到後，必須自行安排熱身。

All competitors are required to independently manage and schedule their warm-up times

3. 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 they violate this rule.

4. 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. 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.

7. 大會將提供比賽用之「安全帶」。

"Harness" will be provided by the Organizer.

8. 每組賽事(總成績除外)均設冠、亞、季軍，每名得獎者可獲獎盃及證書乙張。參加人數不足5人的組別，只設冠軍。

Each competition group (Except Overall) will have a champion, first runner-up and second runner-up, and each winner will receive a trophy and a certificate. In groups with fewer than 5 participants, only a champion will be awarded.

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9. 另設有團體盃, 計分方法如下:

The School Team Championship will be awarded to the school with the highest score.

Details are listed below:

1. 每組賽事的冠軍得3分, 亞軍得2分, 季軍得1分。

The Champion, 1st runner-up and 2nd runner-up in each division will have 3, 2 and 1 mark respectively.

2. 總結各組賽事得分, 累積最高分數之學校將獲得團體盃獎杯乙座。

To sum up the marks for each division, the school with the highest accumulated mark will be awarded the School Team Championship. c. Certificates of Attendance will be issued to all participants as encouragement.

10. 2023 至 2026 年度之香港代表隊(領攀 + 抱石)成員及青苗運動攀登 / 競賽攀登培訓計劃學員 / JUST CLIMB 精英隊或於攀總舉辦之難度賽(Lead Climbing)獲得任何獎項不可參加頂繩攀登項目。

Members of Hong Kong Representative Team (Lead + Boulder) and Youth Athletes Sport Climbing / Competition Climbing Training Scheme during 2023 to 2026 / JUST CLIMB PRO team students or previously won any prize at HKCMCU's lead climbing competitions are not allowed to participant in the Top Rope Climbing.

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比賽賽程 **Competition Schedule**

23 May 2026

所有組別 All Category (17.5米難度賽 17.5M Lead Climbing)

內容 **Content**

報到及集合

Registration & Call-in

合照+比賽規則講解

Group Photo + Briefing Session on Rules & Regulations

初賽

Qualification

隔離所有賽員

Isolation

決賽名單公佈+規則講解

Finalist Announcement + Briefing Session

決賽路線觀察

Final Routes Observation

決賽

Finalist

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

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比賽賽程 **Competition Schedule**

23 May 2026

U9/ U11組別 U9/ U11 Category (15米速度賽 15M Speed Climbing)

內容 Content
報到及集合 Registration & Call-in
合照+比賽規則講解 Group Photo + Briefing Session on Rules & Regulations
隔離所有賽員 Isolation
初賽 Qualification
四分之一決賽名單公佈 Quarterfinalist Announcement
四分之一決賽 Quarterfinal
準決賽名單公佈 Semifinalist Announcement
準決賽 Semifinal
決賽名單公佈 Finalist Announcement
決賽 Finalist
頒發獎項 Prize Presentation
比賽結束 End of Competition

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比賽賽程 Competition Schedule

24 May 2026

U13/ U15/ U18組別(15米速度賽)

U13/ U15/ U18 Category (15M Speed Climbing)

內容 Content

報到及集合
Registration & Call-in

合照+比賽規則講解
Group Photo + Briefing Session on Rules & Regulations

隔離所有賽員 Isolation

初賽
Qualification

四分之一決賽名單公佈 Quarterfinalist Announcement

四分之一決賽
Quarterfinal

準決賽名單公佈 Semifinalist Announcement

準決賽
Semifinal

決賽名單公佈 Finalist Announcement

決賽
Finalist

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。
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比賽賽程 **Competition Schedule**

24 May 2026

所有組別 All Category (10米頂繩攀登賽 10M Top Rope Climbing)

內容 **Content**

報到及集合

Registration & Call-in

合照+比賽規則講解

Group Photo + Briefing Session on Rules & Regulations

初賽

Qualification

隔離所有賽員

Isolation

決賽名單公佈+規則講解

Finalist Announcement + Briefing Session

決賽路線觀察

Final Routes Observation

決賽

Finalist

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。

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17.5米難度賽規則

17.5M Lead Climbing Rules and Regulations

1. 初賽將以非隔離形式進行，決賽會以隔離形式進行。

Flash Competition System will be applied in the Qualification Round. And the Final Round will be using an on-sight Competition System.

2. 賽員必須按照自己的組別攀爬線路。

Athletes should climb the specific route 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5分鐘時間限制及一次嘗試機會。

Each route has a 5-minute time limit and one attempts.

5. 當賽員離開地面時，即被視為一次嘗試，并會計算為完成比賽

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

6. 賽員必須按順序將繩索扣入路線預設的所有快掛(Quickdraws)。若遺漏任何一個，之後到達的高度將不被計入成績。

Athletes must attach the rope to all the pre-set quickdraws in sequence. If any is missed, the height reached afterward will not be counted in the score.

7. 賽員只能使用標示該路線顏色的岩點，並且只能接觸規定的區域(如牆身、造型點)。觸碰任何標識線以外的區域(如其他顏色的點、岩壁邊框)即視為犯規。

Athletes may only use the markers indicated by the color of the route and may only touch designated areas (such as walls or volume). Touching any area outside the marked lines (such as markers of other colors or the edges of the rock face) is considered a foul.

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17.5米難度賽計分及排名

17.5M Lead 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 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.

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15米速度賽規則

15M Speed Climbing Rules and Regulations

1. 比賽將會進行資格賽, 半決賽, 準決賽及決賽

Speed Climb Competition will have Qualification, quarter-final, semi-final and Final.

2. 每次嘗試的攀爬限時2分鐘

The time limit is 2 minutes for every attempt.

3. 每位參賽者 Each competitor:

- a. 必須在官方出發名單規定的時間前到達集合區。

Must report to the assembly area by the time stated on the Official Start List for the round.

- b. 嘗試比賽時, 必須依照官方出發名單上的順序出發。

When making an attempt, must start in the order set out on the Official Start List.

4. 資格賽中, 每位賽員會進行兩次攀爬, 並取兩次中最快的一次成績作為排名依據。

In the Qualification round, each competitor will climb twice, and the fastest time of the two climbs will be used as the ranking.

5. 在四分之一決賽中, 將會根據資格賽排名, 進行一對一淘汰賽。

In the quarter-final, a one-on-one elimination tournament will be held based on the qualifying rankings.

6. 在準決賽中, 將會根據半決賽成績, 進行一對一淘汰賽。

In the semi-final, a one-on-one elimination tournament will be held based on the quarter-final results.

7. 在決賽中, 將會根據半決賽成績, 進行一對一淘汰賽。

In the final, a one-on-one elimination tournament will be held based on the semi-final results.

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15米速度賽計分及排名

15M Speed Climbing 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:

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or

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

4. 排名會按得分高低。

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

5. 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.

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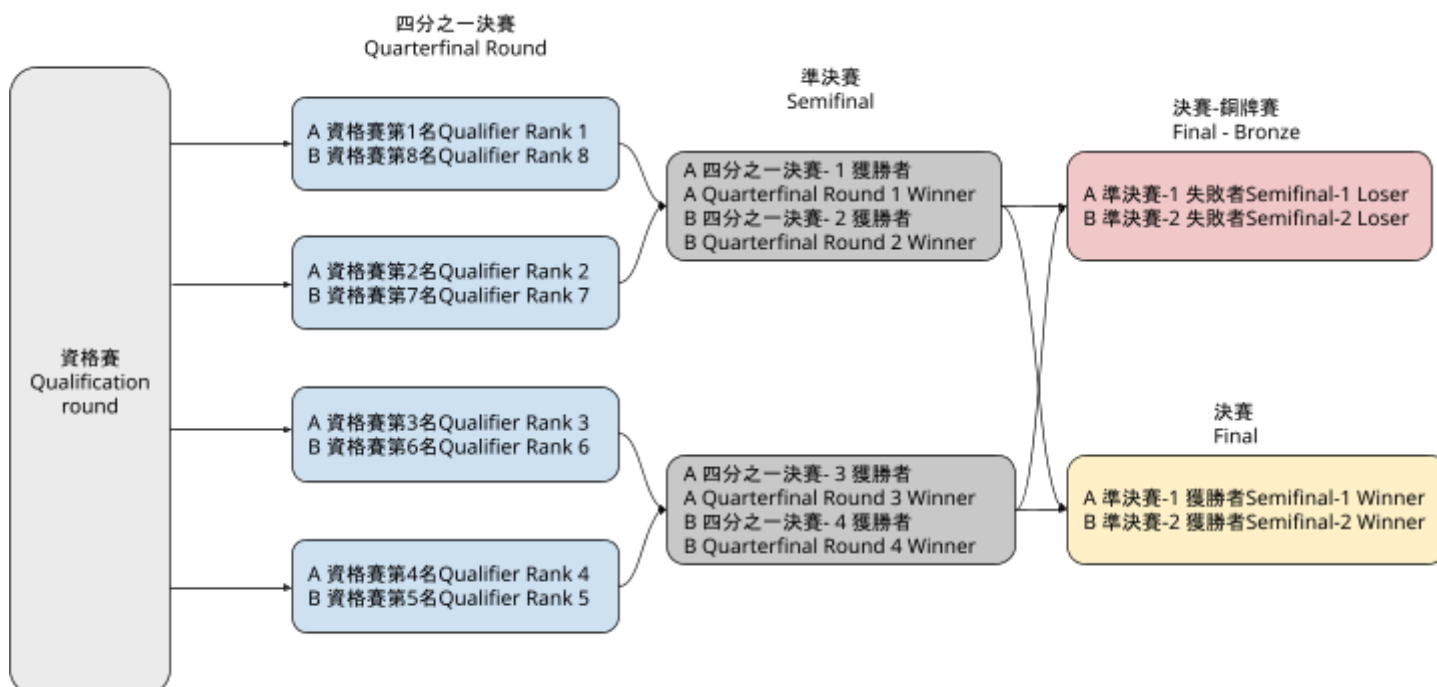
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15米速度賽比賽對陣表

15M Speed Climbing Tournament Brackets

資格賽 Qualification round	所有參賽者需要在A/B賽道進行各一次比賽 All competitors need to compete once on each of tracks A and B.	
四分之一決賽-1 Quarterfinal Round 1	資格賽第1名 Qualifier Rank 1	資格賽第8名 Qualifier Rank 8
四分之一決賽-2 Quarterfinal Round 2	資格賽第2名 Qualifier Rank 2	資格賽第7名 Qualifier Rank 7
四分之一決賽-3 Quarterfinal Round 3	資格賽第3名 Qualifier Rank 3	資格賽第6名 Qualifier Rank 6
四分之一決賽-4 Quarterfinal Round 4	資格賽第4名 Qualifier Rank 4	資格賽第5名 Qualifier Rank 5
準決賽-1 Semifinal-1	四分之一決賽 1 獲勝者 Quarterfinal Round 1 Winner	四分之一決賽 2 獲勝者 Quarterfinal Round 2 Winner
準決賽-2 Semifinal-2	四分之一決賽 3 獲勝者 Quarterfinal Round 3 Winner	四分之一決賽 4 獲勝者 Quarterfinal Round 4 Winner
決賽-銅牌賽 Final - Bronze	準決賽-1 失敗者 Semifinal-1 Loser	準決賽-2 失敗者 Semifinal-2 Loser
決賽 Final	準決賽-1 獲勝者 Semifinal-1 Winner	準決賽-2 獲勝者 Semifinal-2 Winner



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10米頂繩攀登賽規則

10M Top Rope Climbing Rules and Regulations

1. 初賽將以非隔離形式進行，決賽會以隔離形式進行。

Flash Competition System will be applied in the Qualification Round. And the Final Round will be using an on-sight Competition System.

2. 賽員必須按照自己的組別攀爬線路。

Athletes should climb the specific route 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. 每次路線有5分鐘時間限制及一次嘗試機會。

Each route has a 5-minute time limit and one attempts.

5. 當賽員離開地面時，即被視為一次嘗試，并會計算為完成比賽

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

6. 賽員只能使用標示該路線顏色的岩點，並且只能接觸規定的區域（如牆身、造型點）。觸碰任何標識線以外的區域（如其他顏色的點、岩壁邊框）即視為犯規。

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10米頂繩攀登賽計分及排名

10M Top Rope 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 athletes can control/match the marked finishing hold with both hands and required by the applicable competition regulations, the climbing time.

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

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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. 10米頂繩攀登賽排名 X 15米速度賽排名 X 17.5米難度賽排名 = 總分

10M Top Rope Climbing Rank X 15M Speed Climbing Rank X 17.5M Lead Climbing Rank
= Total Score

例子E.g.

A參賽者於頂繩攀登賽排名第2名 X 速度賽排名第4名 X 難度賽排名第3名 = 24 分

Climber A in Top Rope Climbing Rank 2 X Speed Climbing Rank 4 X Lead Climbing Rank 3
= 24 Scores

B參賽者於頂繩攀登賽排名第5名 X 速度賽排名第2名 X 難度賽排名第2名 = 20 分

Climber B in Top Rope Climbing Rank 5 X Speed Climbing Rank 2 X Lead Climbing Rank 2
= 20 Scores

所以在總成績排名上B參賽者會高過A參賽者

In Overall Rank Climber B will **HIGHER** than Climber A.

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).