

## Little Monkey Cup 小小馬騮杯

### 比賽詳情 Information Sheet

比賽詳情更新 Competition Information Update  
15/5/2026

<p>比賽日期 <b>Competition Date</b></p>	<p>23<sup>th</sup> May 2026 (SAT)</p>
<p>參賽組別 (男/女) <b>Categories (Boy/Girl)</b></p>	<p>LM1 BOY (2022) LM1 GIRL (2022) LM2 BOY (2021) LM2 GIRL (2021) LM3 BOY (2020) LM3 GIRL (2020)</p>
<p>比賽地點 <b>Competition Venue</b></p>	<p>JUST CLIMB 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</p>
<p>比賽時間 <b>Competition Time</b></p>	<p><b>09:00 – 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</p>

## 賽員須知 Event Information

1. 自動保護攀登比賽, 頂繩攀登及速度攀登資格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 Auto Belay Climbing, Top Rope Climbing and Speed Climbing 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(個人總成績除外)均設冠、亞、季及殿軍, 每名得獎者可獲獎牌及證書乙張。參加人數不足5人的組別, 只設冠軍; 總成績只設有冠軍獎項。

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

9. 個人總成績賽事只設有冠軍, 每名得獎者可獲獎牌及證書乙張。

The personal overall competition only awards a champion, and each winner will receive a medal and a certificate.

## 比賽賽程 Provisional Programme

### **LM1 2022 BOY**

內容Content	
<b>頂繩攀登 Top Rope Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-10:05</b>	<b>頂繩攀登 Top Rope Climbing</b>
10:10-10:40	頒發獎項 Prize Presentation
<b>速度攀登 Speed Climbing</b>	
11:00-11:30	報到及集合 Registration & Call-in
11:40-11:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:55-12:55</b>	<b>速度攀登 Speed Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation
<b>自動保護攀登 Auto Belay Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-17:45</b>	<b>自動保護攀登 Auto Belay Climbing</b>
17:50-18:20	頒發獎項 Prize Presentation (Overall)
18:30	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 Provisional Programme

### **LM1 2022 GIRL**

內容Content	
<b>頂繩攀登 Top Rope Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-10:05</b>	<b>頂繩攀登 Top Rope Climbing</b>
10:10-10:40	頒發獎項 Prize Presentation
<b>速度攀登 Speed Climbing</b>	
11:00-11:30	報到及集合 Registration & Call-in
11:40-11:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:55-12:55</b>	<b>速度攀登 Speed Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation
<b>自動保護攀登 Auto Belay Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-17:45</b>	<b>自動保護攀登 Auto Belay Climbing</b>
17:50-18:20	頒發獎項 Prize Presentation (Overall)
18:30	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 Provisional Programme

### LM2 2021 BOY

內容Content	
<b>頂繩攀登 Top Rope Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-11:25</b>	<b>頂繩攀登 Top Rope Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation
<b>速度攀登 Speed Climbing</b>	
11:00-11:30	報到及集合 Registration & Call-in
11:40-11:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:55-12:55</b>	<b>速度攀登 Speed Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation
<b>自動保護攀登 Auto Belay Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-18:35</b>	<b>自動保護攀登 Auto Belay Climbing</b>
18:50-19:20	頒發獎項 Prize Presentation (Overall)
19:20	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 Provisional Programme

### LM2 2021 GIRL

內容Content	
<b>自動保護攀登 Auto Belay Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-11:25</b>	<b>自動保護攀登 Auto Belay Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation (Overall)
<b>速度攀登 Speed Climbing</b>	
11:00-11:30	報到及集合 Registration & Call-in
11:40-11:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:55-12:55</b>	<b>速度攀登 Speed Climbing</b>
13:00-13:30	頒發獎項 Prize Presentation
<b>頂繩攀登 Top Rope Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-16:55</b>	<b>頂繩攀登 Top Rope Climbing</b>
17:00-17:30	頒發獎項 Prize Presentation
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 Provisional Programme

### LM3 2020 BOY

內容Content	
<b>速度攀登 Speed Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-10:40</b>	<b>速度攀登 Speed Climbing</b>
10:50-11:10	頒發獎項 Prize Presentation
<b>自動保護攀登 Auto Belay Climbing</b>	
10:50-11:20	報到及集合 Registration & Call-in
11:20-11:35	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:35-13:15</b>	<b>自動保護攀登 Auto Belay Climbing</b>
13:25-13:55	頒發獎項 Prize Presentation (Overall)
<b>頂繩攀登 Top Rope Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-18:45</b>	<b>頂繩攀登 Top Rope Climbing</b>
19:00-19:30	頒發獎項 Prize Presentation
19:30	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 Provisional Programme

### **LM3 2020 GIRL**

內容Content	
<b>速度攀登 Speed Climbing</b>	
08:30-09:10	報到及集合 Registration & Call-in
09:10-09:25	比賽規則講解 Briefing Session on Rules & Regulations
<b>09:25-10:40</b>	<b>速度攀登 Speed Climbing</b>
10:50-11:10	頒發獎項 Prize Presentation
<b>頂繩攀登 Top Rope Climbing</b>	
10:50-11:20	報到及集合 Registration & Call-in
11:20-11:35	比賽規則講解 Briefing Session on Rules & Regulations
<b>11:35-14:35</b>	<b>頂繩攀登 Top Rope Climbing</b>
14:40-15:00	頒發獎項 Prize Presentation
<b>自動保護攀登 Auto Belay Climbing</b>	
15:10-15:40	報到及集合 Registration & Call-in
15:40-15:55	比賽規則講解 Briefing Session on Rules & Regulations
<b>15:55-18:45</b>	<b>自動保護攀登 Auto Belay Climbing</b>
19:00-19:30	頒發獎項 Prize Presentation (Overall)
19:30	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

## 7米速度攀登規則

### 7M Speed Climbing Rules and Regulations

1. 比賽將會進行資格賽,準決賽及決賽。

Speed Climb Competition will have Qualification, Semifinal 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. 在準決賽中, 將會根據資格賽成績, 進行一對一淘汰賽。

In the Semifinal, a one-on-one elimination tournament will be held based on the Qualification results.

6. 在決賽中, 將會根據準決賽成績, 進行一對一淘汰賽。

In the Final, a one-on-one elimination tournament will be held based on the Semifinal results.

## 7米速度攀登計分及排名

### 7M Speed Climbing Scoring & Ranking

1. 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。未按時報到者，將被標記為 DNS(未出發)。  
Must report to the assembly area by the time stated on the Official Start List for the round. Those who fail to report on time will be marked as DNS (not departed).
  - b. 比賽時，必須依照官方出發名單上的順序出發。
2. 每位參賽者的出發訊號均為電子計時系統發出「Ready」聲，後發出出發鳴響。  
Each competitor's starting signal is a "ready" sound from the electronic timing system, followed by a starting whistle.
3. 如果參賽者搶跑(在出發訊號發出前，身體的任何部位離開起跑壓力板超過0.10秒，即判為搶跑。)If a competitor false starts (any part of their body leaving the starting pressure plate for more than 0.10 seconds before the starting signal is given, it is considered a false start):
  - A) 第一次搶跑：召回所有運動員，該場對決重新開始。  
First false start: All Competitors recalled, the competition restarted.
  - B) 第二次搶跑：同一運動員在同一場對決中第二次搶跑，將直接判負。
4. 運動員在遵守所有規則的前提下，以身體任何部位主動、有控制地觸碰終點感應板，計時停止，記為一次有效完成。  
Provided that all rules are followed, Competitors can actively and in a controlled manner touch the finish line sensor with any part of their body to stop the timer and count it as a valid completion.

5. 在淘汰賽中 In Tournament Round:

A) 首先有效觸碰終點板的運動員獲勝。

The first athlete to successfully touch the finish line board wins.

B) 若一方運動員在同一場對決中連續兩次搶跑，則另一方運動員獲勝。

If an athlete false starts twice in the same race, the other athlete wins.

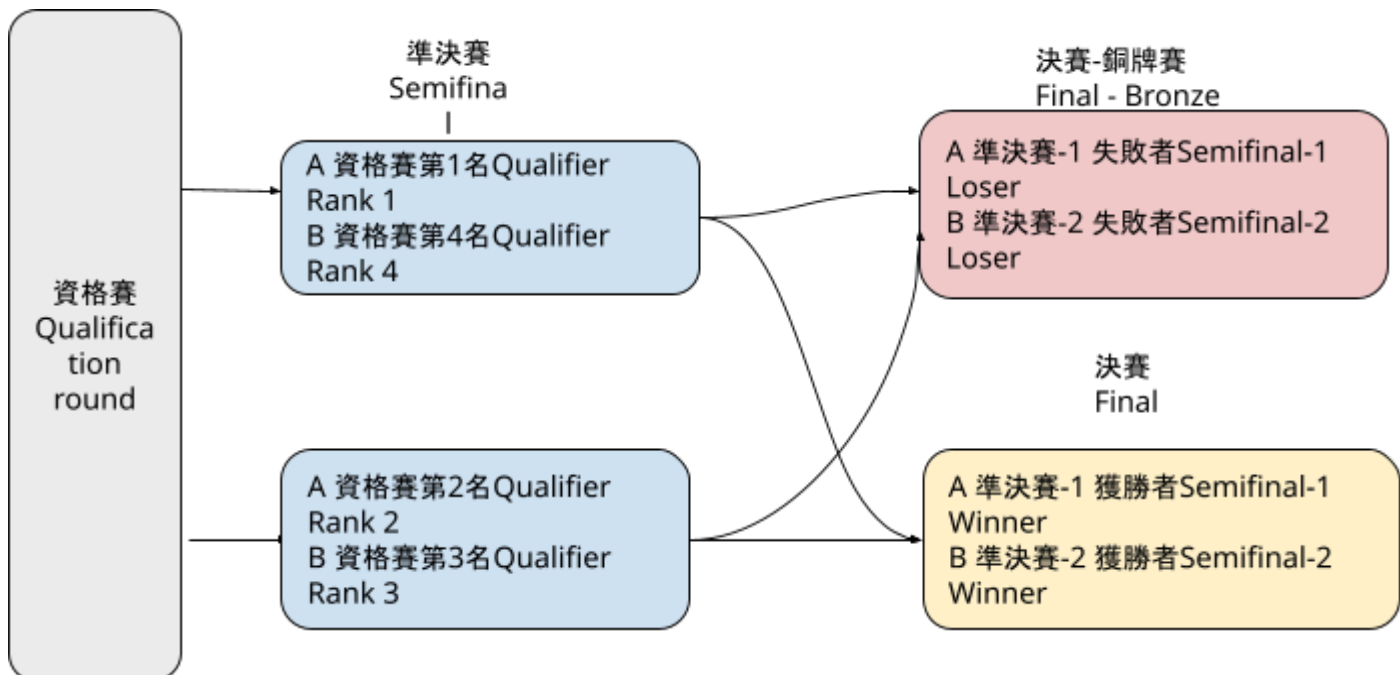
C) 若一方運動員攀登中脫落，則另一方運動員獲勝(若另一方也脫落，則視抵達高度)。

If an athlete falls off the ramp, the other athlete wins (if the other athlete also falls off, the athlete who reached the top of the ramp wins).

## 7米速度攀登比賽對陣表

### 7M 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.	
準決賽-1 Semifinal-1	資格賽第1名 Qualifier Rank 1	資格賽第4名 Qualifier 4
準決賽-2 Semifinal-2	資格賽第2名 Qualifier Rank 2	資格賽第3名 Qualifier Rank 4
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-1 Winner



## 10米頂繩攀登規則

### 10M Top Rope Climbing 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4分鐘時間限制及兩次嘗試機會。

Each route has a 4-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.

## 10米頂繩攀登計分及排名

### 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.

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.

## 8米自動保護攀登計分及排名

### 8M Auto Belay Climbing 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. 每次路線有4分鐘時間限制及兩次嘗試機會。

Each route has a 4-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.

## 8 米自動保護攀登計分及排名

### 8M Auto Belay 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.

## 個人總成績計分及排名 Personal 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. 速度攀岩排名 X 頂繩攀爬排名 X 自動保護攀爬排名 = 總分

Speed Climb Rank X Top Rope Climb Rank X Auto Belay Climb Rank = Total Score

例子 **E.g.**

A 參賽者於速度賽排名第2名 X 頂繩攀登賽排名第4名 X 自動保護攀爬排名第3名 = 24分

Climber A in Speed Climb Rank 2 X Top Rope Climb Rank 4 X Auto Belay Climb Rank 3  
= 24 Scores

B 參賽者於 速度賽排名第5名 X 頂繩攀登賽排名第2名 X 自動保護攀爬排名第2名 = 20分

Climber B in Speed Climb Rank 5 X Top Rope Climb Rank 2 X Auto Belay Climb Rank 2  
= 20 Scores

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).