

**Organised by The Baseball Association of Hong Kong, China (BAHKC)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Baseball**  
**Baseball5**  
**Prospectus**

Key Information \ Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
			Non-School Team Training	School Team Training
Target Participants	Primary and secondary school students	Primary school students	Primary and secondary school students	
Outline	Demonstration covers: – Introduction to Baseball5 – Application of Baseball5 equipment – Demonstration of basic skills and concepts – Play-in session	Baseball5 unlike traditional Baseball, Baseball5 is simple and convenient to play with, could be played either Indoor or Outdoor. The only venue required is a plain ground and equipment required would be a rubber ball Programme covers training on: – Introduction of Baseball5 game rules – Base running – Catch and Throw	Programme covers basic knowledge of Baseball5, including : – Basic skills and theory – Game rules – Offensive and defensive concept – Batting – Base running – Catch and Throw	Programme covers basic knowledge of Baseball5, including: – Advanced skills and theory – Game rules – Game plans – Batting – Bunt – Base running – Catch and Throw
Venue	Hall, covered playground or basketball court		Outdoor venue or pitch not smaller than the size of 1 basketball court	
Fee	\$760 per session	\$2,350 per course	\$3,400 per course	\$3,780 per course
Equipment to be provided by the school	Loudspeakers and microphone	Schools may purchase Baseball5 ball.	Schools may purchase Baseball5 ball.	Schools must purchase Baseball5 ball.
		(If schools cannot provide the required equipment for students, they may borrow it from NSA.)		
Sports Equipment	Baseball equipment (to be provided by NSA)	Not applicable		

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			Non-School Team Training	School Team Training
Duration	2 hours per session	5 lessons per course, 2 hours per lesson (10 hours in total)	8 lessons per course, 2 hours per lesson (16 hours in total)	
Estimated No. of Participants per Session/Course	40	30		
Proposed Time of Activity	Monday to Friday: 9 am to 6 pm Saturday: 8 am to 1 pm			
Skills Assessment	Not applicable	Badges Award Scheme (see Points to Note 4)		
Enrolment Form	Sport Demonstration Enrolment Form (P.188-189)	Easy Sport Programme Enrolment Form (P.203)	Outreach Coaching Programme Enrolment Form (P. 206-207)	
How to Enrol	1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . 2. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.			
Points to Note	1. A person-in-charge aged 18 or above a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Schools have participated in the baseball training course under the Easy Sport Programme between September 2024 and December 2025 may take part in the “Easy Sport Competition – Baseball5” under the School Sports Programme in 2026. Details will be announced later. 4. Upon completion of training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standards of baseball. Participants who meet the required standard may obtain the certificates from LCSD free of charge. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details. 5. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$210 per Sport Demonstration; \$420 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. 6. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 7. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.			
Enquiry Phone No./Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			