

## School Sports Programme

### 2026 Rhythmic Gymnastics Competition

#### Prospectus

1. Objective: To offer a competition opportunity for students who have joined the “Outreach Coaching Programme” and “Joint School Training Programme” for Rhythmic Gymnastics organised by the Leisure and Cultural Services Department (LCSD) to pit their skills against each other and improve physical fitness.
2. Date: 11 July 2026 (Saturday)
3. Time: 9:00am to 7:00pm
4. Venue: Multi-purpose arena in Wai Tsuen Sports Centre
5. Division and Event:

Division	Eligibility	Event			Quota	
A. Junior A	-Not open to <b>current</b> participants of the Joint School Training Programme -Not open to award-winning gymnasts of competitions specified in point 6c below	Students born between 1 Jan 2014 and 31 Dec 2015	Ball	Hoop	Ribbon	208 in total
B. Junior B		Students born between 1 Jan 2016 and 31 Dec 2017	Ball	Hoop		
C. Junior C		Students born between 1 Jan 2018 and 31 Dec 2019	Ball	Hoop		
D. Talent Group A	-Open only to <b>current</b> participants of the Joint School Training Programme (not open to current members of Hong Kong Team or Talents Team )	Students born between 1 Jan 2014 and 31 Dec 2015	Clubs	Ribbon		32 in total
E. Talent Group B		Students born between 1 Jan 2016 and 31 Dec 2017	Hoop	Clubs		
F. Talent Group C		Students born between 1 Jan 2018 and 31 Dec 2019	Ball	Hoop		
Remarks:	<p>1) To optimise resource allocation, the Gymnastics Association of Hong Kong, China (GAHK) reserves the right to adjust quotas for each event based on actual applications. Applicants shall raise no objections to such adjustments.</p> <p>2) If any event has fewer than 4 participants or involves fewer than 3 schools, the GAHK reserves the right to cancel that event.</p>					

6. Eligibility:
- a. Participants must be students of whole-day or half-day primary schools for the 2025/26 academic year.
  - b. Enrolments should be made on a school basis (with school chop on the enrolment form) and participants must be current students of their schools at the time of the competition.
  - c. The following gymnasts will not be accepted in Junior A, Junior B & Junior C divisions:
    - 1) Gymnasts who placed **top 8** in any individual event of the following competitions:
      - 2023/2024 Hong Kong Rhythmic Gymnastics Open Championship (4-5 & 18-19/11/2023)
      - 2024 Hong Kong Rhythmic Gymnastics Age Group Competition (13-14 & 27-28/4/2024)
      - 2024-2025 Hong Kong Rhythmic Gymnastics Open Championship (30/11;1/12/2024 & 18-19/1/2025)
      - 2025 Hong Kong Rhythmic Gymnastics Age Group Competition (5-6, 12-13 & 26-27/4/2025)
      - 2025-2026 Hong Kong Rhythmic Gymnastics Open Championship (1,2,8,9,15,16/11/2025)
      - 2026 Hong Kong Rhythmic Gymnastics Age Group Competition (10,17,25,30,31/5/2026)
    - 2) Gymnasts who placed **top 4** in any event of the following competitions, regardless of division:
      - School Sports Programme – 2019 Rhythmic Gymnastics Competition (13/7/2019)
      - School Sports Programme – 2023 Rhythmic Gymnastics Competition (5/8/2023)
      - School Sports Programme – 2024 Rhythmic Gymnastics Competition (14/7/2024)
      - School Sports Programme – 2025 Rhythmic Gymnastics Competition (13/7/2025)
    - 3) Current gymnasts of the Rhythmic Gymnastics Talents Team (Potential) or the Hong Kong Team.

7. Fee:	Competition Fee:	\$50 per event
	Insurance Fee:	\$30 per participant

8. Enrolment Method: Enrolment will be allocated by ballot. Late submission will not be accepted.

9. Submission Period: Until **9 June 2026**  
**(Applications received by mail will be dated by the postmark)**

10. Points to Notes on Enrolment:
- a. Applicants should submit the completed enrolment form, together with a crossed cheque payable to “The Gymnastics Association of Hong Kong, China Limited” with the school name written on the back **within the submission period** through the following channels:
    - i. By hand to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin; or
    - ii. By post to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. Please mark on the envelope “2026 Rhythmic Gymnastics Competition”. For submission by post, the date of postmark will be taken as the submission date; or

- iii. By email to [applicationssp@lcsd.gov.hk](mailto:applicationssp@lcsd.gov.hk). The crossed cheque should be submitted by post to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. For submission by email, the date of receipt of the cheque by the LCSD will be taken as the submission date.

Remarks: **Submission by fax or late submission will not be accepted.**

- b. Once enrolled, no changes to the list of participants will be accepted.
- c. If an Acknowledgement Receipt from the LCSD is not received by 11 June 2026, please contact our staff on 2601 7608.
- d. If oversubscribed, places will be allocated by ballot.
- e. In such case, the ballot will be held at the office of the School Sports Programme Unit on 1/F, Leisure and Cultural Services Headquarters at 3:00pm on 16 June 2026 (Tue). School representatives are welcome to attend.
- f. Successful schools will be notified via fax by the LCSD; **unsuccessful schools will not be contacted further.**
- g. Once admitted, the enrolment fees paid will not be refunded, except in cases of oversubscription or event cancellation.

11. Team Managers' Meeting:

Each successful school may delegate a representative (teacher/coach) to attend the team managers' meeting, details as follows:

Date	Time	Venue
18 June 2026 (Thu)	7:00pm	Conducted online via Zoom conference organised by the Gymnastics Association of Hong Kong, China (GAHK)

Remarks: A briefing on the competition schedule will be provided, followed by a ballot to determine the performance order. The competition schedule will be uploaded to the website of the GAHK (<http://www.gahk.org.hk>) within one week after the team managers' meeting.

12. Awards:

a. **Individual Events Award**

- i. In each event, the top 8 gymnasts with the highest scores in each division will receive the following awards:

Champion	1 <sup>st</sup> runner-up	2 <sup>nd</sup> runner-up	3 <sup>rd</sup> runner-up	5 <sup>th</sup> place	6 <sup>th</sup> place	7 <sup>th</sup> place	8 <sup>th</sup> place
Medal				Certificate			

- ii. Participates who complete any routine will be awarded a "Certificate of Attendance".

b. **Individual All-around Award**

To compete "Individual All-around Award", participants must participate in all events of their respective divisions. In each division, the top 8 gymnasts with the highest combined scores from all events will receive the following awards:

Champion	1 <sup>st</sup> runner-up	2 <sup>nd</sup> runner-up	3 <sup>rd</sup> runner-up	5 <sup>th</sup> place	6 <sup>th</sup> place	7 <sup>th</sup> place	8 <sup>th</sup> place
Trophy				Medal			

c. **Active Participation Award**

The school with the highest number of participants will be awarded the certificate of "Active Participation Award".

\* If the number of participants in an event/category is eight or fewer, the number of awards will be reduced by one from the total number of participants. For example, if there are 8 participants, only the top 7 will receive awards, and so on.

13. Scoring criteria:

Individual events

a. Junior A, Junior B and Junior C

Routines contained in the “Rhythmic Gymnastics New Routine Workshop” will be the designated routines for ball, hoop and ribbon events. **Details of the scoring criteria for elements in the routines are available at the website of GAHK (<http://www.gahk.org.hk>).**

Talent Group A, Talent Group B and Talent Group C

Current course routines of the “Joint Schools Sports Training Programme” are the designated routines for the events.

**Enquiries about details of the scoring criteria for elements in the routines can be directed to GAHK.**

- b. Starting score is 10 points. Deductions of 0.1 to 0.5 points will be made for each error depending on its severity.
- c. 0.1 points will be deducted for each small error in execution, 0.2 points for each medium error, and 0.3 points for each large error.
- d. 0.1 points will be deducted for each additional movement, empty movement in place of technical element, wrong direction or trajectory.
- e. 0.1 to 0.5 points will be deducted per routine for absence of harmony between music and movement, unfamiliarity with apparatus elements and insufficient amplitude in elements.
- f. All other scoring will follow the FIG (Federation Internationale de Gymnastique) “2025-2028 Rhythmic Gymnastics Code of Points”.

14. Points to note for the Competition:

- a. All team coaches must be registered rhythmic gymnastics coaches of the Gymnastics Association of Hong Kong, China (GAHK) (hereinafter referred to as “Coaches”) to meet insurance requirements.
- b. During the competition period (including warm up and competition), Coaches must be present on site to supervise the athletes.
- c. Athletes are not permitted to compete without a Coach present.
- d. Coaches must provide their registration number, validity period, and affiliated organisation (if applicable) when submitting their registration.
- e. Participating athletes must indicate their responsible Coach and/or affiliated organization in the application form.
- f. Staff of the GAHK reserve the right to verify the identity of Coaches at any time to ensure athlete safety.
- g. Coaches and parents are responsible for the logistics and conduct of their athletes to avoid disrupting others or the competition process.
- h. The published drawn lists do not guarantee final eligibility. Participants must ensure they meet all eligibility requirements. The GAHK will review the entry list and may conduct random checks. If any participant is found ineligible, once verified, their participation will be cancelled and any awarded prizes will be revoked.
- i. In cases of suspected false information, the GAHK reserves the right to contact the Coach and/or athlete for verification. If the provision of false information is confirmed, the team or athlete will be immediately disqualified, and all medals and rankings will be revoked. Fees paid will not be refunded.
- j. All music for the Competition will be provided by the GAHK.
- k. Participants must bring their own apparatus for the events:
- (i) Ball — 15 to 20cm in diameter and at least 300g in weight
  - (ii) Hoop — 60 to 90cm in diameter (a discrepancy of inner diameter not exceeding 1cm is allowed)
  - (iii) Clubs — 35 to 50cm in length and at least 90g in weight each
  - (iv) Ribbon — 4m to 5m or above in length and at least 30g in weight

- l. The performance order for all participants will be determined by ballot at the team managers' meeting. No objections will be entertained.
  - m. **Registration:** Participants must report to the "Registration Desk" at their scheduled reporting time with a valid photo-bearing identification document (e.g. Hong Kong Identity Card, student card or student handbook) for verification. Those who fail to present identification or whose registration details contain discrepancies will be disqualified.
  - n. **Roll Calls:** The Roll Call Area is restricted to participants scheduled for check-in and their coaches/school teachers/team managers (who must wear an official "Team Manager Pass"). Once roll call begins, gymnasts must remain in the area until their event concludes, unless otherwise authorised.  
Gymnasts must pay close attention to all announcements. They must report to the Roll Call Area immediately after the first call. The event will commence right after roll call concludes with the final call. Three unanswered calls will result in forfeiture of the right to compete and will be considered a voluntary withdrawal from the competition. The GAHK reserves the right to disqualify any gymnasts who are found to be unenrolled to the Competition.
  - o. **Access to the competition area is restricted to competing gymnasts and individuals wearing a "Team Manager Pass" or "Guardian Entry Pass". Spectators may watch the event from the spectator stands. Each participant may request up to three "Guardian Entry Passes", which grant access only to the warm-up area. "Team Manager Passes" and "Guardian Entry Passes" must be collected at the Registration Desk prior to the start of the competitions.**  
- Coaches or school teachers/team managers who need to assist participants in the competition area must submit the "Team Manager Pass Electronic Application Form" online by 25 June 2026 (Application URL: <https://forms.gle/2GmggTzkybVcTP2E6> ) to apply for the "Team Manager Pass". Holders of "Team Manager Passes" must be aged 18 or above. Late submissions will not be accepted.
  - p. For participants who fail to complete any event, the GAHK reserves the right to revoke their eligibility for prizes.
  - q. Details of the competition (such as competition schedule, gymnast no. and performance order) will be uploaded to the website of the Gymnastics Association of Hong Kong, China after the team managers' meeting. The competition schedule shall be as announced on-site.
  - r. No appeal will be entertained for this competition.
15. Inclement Weather Arrangements:
- a. If Tropical Cyclone Warning Signal No. 8 or above, or a Red/Black Rainstorm Warning Signal is in force two hours before the reporting time for the first round of events on the competition day; or the Environmental Protection Department announces an Air Quality Health Index (AQHI) of 10+ ("Serious" health risk category) recorded at its general monitoring station in the concerned area; or the Education Bureau announces class suspension, all events on that day **will be cancelled**. Participants will be notified of alternative arrangements in due course. Participants are still required to report to the venue on time under heavy rain. The judges will determine whether competitions proceed as scheduled.
  - b. All ongoing competitions **will be suspended immediately** if the AQHI recorded at the general monitoring station in the area reaches 10+ ("Serious" health risk category).

16. Notes:
- a. The information provided will only be used by the Gymnastics Association of Hong Kong, China (GAHK) and the Leisure and Cultural Services Department (LCSD) for matters relating to enrolment in recreation and sports programmes, future contact, compilation of statistics and opinion survey. Only staff duly authorised by the Gymnastics Association of Hong Kong, China and the LCSD can have access to such personal data. For correction of or enquiries about the personal data you have submitted in application forms, please contact the staff of the LCSD at 2601 7608.
17. Remarks:
- a. Gymnastics involves certain risks. To offer protection for participants, the Gymnastics Association of Hong Kong, China (GAHK) requires all participants to take out a personal accident insurance. Participants may also procure additional insurance according to their own needs.
  - b. Photocopying of the enrolment form is permitted.
  - c. The GAHK reserves the right to verify gymnast information with coaches/gymnasts. Teams or gymnasts providing false information will lead to immediate disqualification with all medals and results nullified. The enrolment fee will not be refunded.
  - d. Photographing or filming at the competition venue requires application via email to the GAHK two weeks prior to the event (Email Address: [mail@gahk.org.hk](mailto:mail@gahk.org.hk)). Photographers must register at the command post and wear the “Photo Pass” on the competition day. The GAHK reserves the right to prohibit any unauthorised person from photographing or filming at the venue. The “Photo Pass” is valid for this competition only. Photographing and filming should only take place in the permitted area.
  - e. Any enrolment submitted with incomplete information will not be considered without further notice.
  - f. The enrolment fee will not be refunded.
  - g. In case of any inadequacy or updates to this prospectus, the GAHK reserves the right of final interpretation.
  - h. The GAHK holds ultimate authority over all competition matters.

18. Enquiries:
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| The Gymnastics Association of Hong Kong, China | Tel: 2504 8233<br><a href="http://www.gahk.org.hk">http://www.gahk.org.hk</a>                                       |
| The Leisure and Cultural Services Department   | Tel: 2601 7608<br><a href="https://www.lcsd.gov.hk/en/ssp/index.html">https://www.lcsd.gov.hk/en/ssp/index.html</a> |

In case of any inadequacy in this Prospectus, the Organiser reserves the right to amend it at any time without prior notice.