



**中國香港腕力協會**  
ARMWRESTLING FEDERATION OF HONG KONG, CHINA

MEMBER OF:

WORLD ARMWRESTLING FEDERATION (WAF)



ASIAN ARMWRESTLING FEDERATION (AAF)



## **Asian Armwrestling Championship 2026 亞洲腕力錦標賽**

### **運動員選拔 Selection**

主辦： 中國香港腕力協會 AFHK  
日期 Date： 2026-3-22 Sunday  
地點 Venue： 香港數碼港 Cyberport  
開始 Time： 13:00

#### **1. 【目標 MISSION】**

為備戰亞洲腕力錦標賽2026，本次選拔旨在遴選優秀運動員組成香港代表隊，目標爭取國際佳績。藉此推廣腕力運動，提升賽事品質，同時發掘潛力新秀，促進各地選手交流，為腕力愛好者提供展現技巧與才華的競技舞台，在香港展示腕力發展實力。

In preparation for the Asian Armwrestling Championship 2026 in Kyrgyzstan (June 5 – 13), this selection aims to form a Hong Kong team of elite athletes to achieve outstanding results internationally. The event also seeks to promote Armwrestling, enhance competition quality, discover emerging talent, foster exchanges among athletes, and provide a platform for fighters to showcase their skills, thereby strengthening the future development of Armwrestling in Hong Kong.

\*本選拔基準之評量項目，亦將作為年度內各級賽事選派代表隊選手之共通指標。

The evaluation items of this selection criteria shall also serve as the common indicators for the selection of national team athletes in all levels of competitions throughout the year.

#### **2. 【報名辦法 APPLICATION】**

報名一經接受，報名費將不獲發還及不能轉讓。

Once registration is accepted, the registration fee is non-refundable and non-transferable.

報名費 Fee：HK\$200 per hand

截止日期 Deadline：2026-3-10

報名表 Application Form: <https://event.mcsf.hk>

#### **3. 【過磅安排及賽例檢閱 WEIGHT-IN & RULES REVIEW】**

過磅日期 Weigh-in Date： 2026-3-21 Saturday

正式過磅時間 Weigh-in Time: 08:00-12:00

錄像過磅 Video Taking：

參賽者請於比賽前一天 08:00-12:00 拍攝過磅錄影片段，並發給我們記錄作實穿著輕便衣服，運動員過磅時之體重必須符合規定並不設偏差寬限，如體重超出分級範圍將有可能被取消資格。

Athletes are required to take a weighing video between 08:00-12:00 the day before the competition and send it to us thru WhatsApp for record keeping. Wearing light clothes, athletes' weight must meet the regulations and there is no tolerance for deviation. If the weight exceeds the classification range, the athlete may be disqualified.



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#### 4. 【賽制 COMPETITION SYSTEM】

- a) 採用「世界腕力協會 World Armwrestling Federation」規則和裁判法，一切規則以世界腕力協會為準。
- b) 每人每只手只能參加一個級別。
- c) 如單一體重組中的報名人數不足兩人，該級別賽事將會取消，或經賽事競賽監督委員會和本人同意也可改入其他級別作賽。
- d) 各級別參加人數如是4人以下，將以三局兩勝制進行；參加人數如是4人以上，將以雙循環賽制進行。

- a) Adopting the rules and refereeing guidelines of the World Armwrestling Federation WAF, all regulations shall be in accordance with the WAF.
- b) Each participant may enter only one category per hand.
- c) If the number of registered participants in a single weight category is fewer than two, the event for that category will be canceled. Alternatively, with the agreement of the event competition supervisory committee and the participant, they may be allowed to compete in another category.
- d) If the number of participants in any category is four or fewer, the competition will be conducted in a best-of-three tournament. If there are more than four participants, a double round-robin tournament will be used.

#### 5. 【競賽級別 CATEGORY】

**身體障礙(PID) 坐姿組 及 身體障礙(PIU) 站立組，不分年齡及級別**  
Para Sports (PID Sitting Group) & (PIU Standing Group)  
Open Age Limit & Weight Categories

**兒童組 Cadet U13，不分性別 (No gender distinction)**

級別 Weight Categories : 45kg, +45kg

**少年組 Junior U17,**

級別 Weight Categories : 55kg, 65kg, 75kg, +75kg

**青年組 Youth U23 / 先進組 Master (Age 50歲以上 or above)**

女子級別 Female : 55kg, 65kg, 75kg, +75kg

男子級別 Male : 65kg, 75kg, 85kg, +85kg

**公開組 Open**

女子級別 : 65kg 以下，+65kg

男子級別 : 75kg 以下，+75kg



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#### 6. 【服裝護具 APPAREL】

短袖衫、長褲、波鞋 T-shirt, Long pants, Sport shoes

#### 7. 【遴選專責小組成員名單 Members of the Selection Team】

排名不分先後：

- a) 魏振輝 Ngai Chun Fai - 運動員遴選委員會
- b) 楊家祺 Yeung Ka Ki - 殘疾人發展委員會
- c) 曾海蘭 Tsang Hoi Lan - 教練及裁判委員會

#### 4. 【選拔準則 Selection Criteria】

根據本會的選拔政策，以下列準則作選拔 In accordance with the association's selection policy, athletes will be evaluated based on the following criteria:

- a) 技術熟練度 Technical Proficiency (10%)
- b) 戰術應用能力 Tactical Application Ability (10%)
- c) 體能條件 Physical Fitness (10%)
- d) 比賽經驗 Competition Experience (10%)
- e) 心理素質 Psychological Quality (10%)
- f) 訓練態度與紀律 Training Attitude and Discipline (10%)
- g) 對戰表現（實戰評比） Combat Performance (Actual Bout Evaluation) (10%)
- h) 運動精神與品格 Sportsmanship and Character (10%)
- i) 潛力與發展性 Potential and Development (10%)
- j) 綜合評比 Overall Comprehensive Assessment (10%)