



香港棒球總會
HONG KONG BASEBALL
ASSOCIATION

五人制棒球 青年軍(青苗)培訓計劃

Baseball5 Young Athletes Training Scheme
04. 2022 ~ 03. 2023



Baseball5

- A New Discipline in Multi-Games

“Baseball5 is a new five-on-five, five-inning street version of the game of Baseball/Softball that can be played anywhere. This faster urban discipline will help drive baseball and softball to new places not possible before.”
 WBSC President - Riccardo Fraccari



WBSC
Game Time!

Baseball5

#playeverywhere

Baseball5

- A New Discipline in Multi-Games



Introduction of Baseball5

<https://baseball5.wbsc.org/>



WBSC
Game Time!

Baseball5

#playeverywhere

Baseball5

- A New Discipline in Multi-Games

- ∞ Safe, easy to learn, fast-paced (around 30 minutes a game)
- ∞ A game for all (mixed team)
- ∞ All you need is a (rubber) ball
- ∞ Play everywhere (indoor/outdoor, half soccer field size)





2021-2029

WBSC BASEBALL5 WORLD CUP CALENDAR

WBSC WORLD CUPS	2021	2022	2023	2024	2025	2026	2027	2028	2029
BASEBALL5 WORLD CUP Open Mixed (age 15 & above)	B5WC		B5WC		B5WC		B5WC		V B5WC
	CONTINENTAL QUALIFIERS	EDITION I	CONTINENTAL QUALIFIERS	EDITION II	CONTINENTAL QUALIFIERS	EDITION III	CONTINENTAL QUALIFIERS	EDITION IV	CONTINENTAL QUALIFIERS
YOUTH BASEBALL5 WORLD CUP Youth Mixed (age 14-18)		YB5WC		YB5WC		YB5WC		YB5WC	
		CONTINENTAL QUALIFIERS	EDITION I	CONTINENTAL QUALIFIERS	EDITION II	CONTINENTAL QUALIFIERS	EDITION III	CONTINENTAL QUALIFIERS	EDITION IV

CONTINENTAL QUALIFIERS COULD TAKE PLACE IN THE SAME YEAR AS THE WORLD CUP

Age eligibility will be subject to the final decision of the World Baseball Softball Confederation.

www.wbsc.org



ROAD TO YOUTH OLYMPIC GAMES



High five: baseball5 hits the Youth Olympic Games (YOG)

“The YOG have always provided a testing ground for new and exciting event formats.”

Sources: <<https://olympics.com/en/news/high-five-baseball5-hits-the-yog>>



ROAD TO BE HONG KONG TEAM

Promote Baseball5 in the community & support elite development



#Notes: Only HKSAR passport holders shall be eligible to recommend as Squad members and National Team members
 註：只有香港特區護照持有者方合資格被推薦為區隊成員及香港代表隊成員。



五人制棒球 - 任何場地均可進行

Baseball5 can be played on any surface, indoors or outdoors

硬地球場

7-a-side Soccer Pitch



禮堂
Hall

操場

Playground



五人制棒球青年軍(青苗)培訓計劃

BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

主辦 Organized by:



資助 Subvented by:



第一階段 Stage 1

- 訓練日期: 2022年4月至2023年2月
Training Period: Apr 2022 – Feb 2023
- 場地: 半個硬地足球場大小/操場/禮堂
Venue: Half 7-a-side Hard-surface Soccer Pitch/
Playground/ School hall
- 參加資格 Eligibility: 男女均可 Boys or Girls or Mixed
 - 少年組 Children Division (age 7-12)
 - 青年組 Youth Division (age 12-18)
 - 公開組 Open Division (age 14-29)
- 訓練費用: 全期 24小時每人港幣100元
Training fee: HK\$100/person (24 training hours)

第二階段 Stage 2

- 比賽日期: 2023年3月12 & 19日(暫定)
Competition Period: 12th & 19th Mar 2022(Tentative)
- 比賽費用: 每隊港幣300元
Competition fee: HK\$300/team

參加者可免費獲發 Free to participants

- 訓練服 Training shirt X 1
- 證書 (出席達 70%)
Certificate (attendance reached 70%)



五人制棒球青年軍(青苗)培訓計劃

BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

主辦 Organized by:



資助 Subvented by:



參加者可免費獲發 Free to participants

- 訓練服 Training shirt X 1
- 證書 (出席達 70%)
Certificate (attendance reached 70%)



深綠色 Dark Green



棗紅色 Crimson



深藍色 Dark Blue



五人制棒球青年軍(青苗)培訓計劃

BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

主辦 Organized by:



資助 Subvented by:



Talent Assessment for Baseball5 Young Athletes Training Scheme

Test Item	Tryout	Interim	Final
Throwing (accuracy & timing)	Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base	Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base	Baseball5 ball Throwing 2 nd Base, shortstop & 3 rd base to 1 st Base
Leg power	Standing long jump	Standing long jump	Standing long jump
Agility	Hit and baserunning	Agility T-Test 5-0-5	Agility T-Test 5-10-5



查詢ENQUIRY

- 香港棒球總會
Hong Kong Baseball Association
- 辦事處地址: 香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室
Office address: Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
- 電話 Tel : (852) 2504 8330
- 傳真 Fax: (852) 2504 4663
- 電郵 Email: hkbsa@hkolympic.org
- 網頁 Website: www.hkbaseball.org
- 聯絡人 Contact Persons: 梁先生 Mr. Chris LEUNG

