大型體育活動事務委員會
Major Sports Events Committee

大型體育活動
Major Sports Events

政府資助計劃
Government-funded programme

Recognised as an "M" Mark event by the Major Sports Events Committee
獲大型體育活動事務委員會認可為「M」品牌活動

BASEBALL5 WORLD CUP
HONG KONG 2024

2024 年 WBSC 五人制棒球世界盃
WBSC Baseball5 World Cup 2024

報告書
Report



ORGANISER
主辦單位

WBSC
WORLD BASEBALL SOFTBALL CONFEDERATION

HOST
承辦單位

BAHKC 中國香港棒球總會
THE BASEBALL ASSOCIATION OF HONG KONG, CHINA

OFFICIAL COMMUNITY PARTNER
官方社區合作夥伴

香港賽馬會
The Hong Kong Jockey Club

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簡介
Introduction

2024 年 WBSC 五人制棒球世界盃獲大型體育活動事務委員會認可為「M」品牌活動，中國香港棒球總會擔任「以體塑旅」的角色，推廣香港多元、具活力的城市面貌。除了歷史性首次在香港舉辦五人制棒球世界盃外，棒總更大力推動「運動旅遊」，包括在賽前安排 4 架貼滿比賽宣傳資料的電車，讓球隊的代表享受 1 小時的特色觀光之旅，亦帶一眾外隊到訪 SKY 100 欣賞 360 度的壯麗天際線，完美地感受“Welcome to Hong Kong”熱情的同時。

除了舉辦國際級賽事外，中國香港棒球總會與作為「2024 年 WBSC 五人制棒球世界盃」官方社區合作夥伴的香港賽馬會聯合舉辦了「賽馬會五人棒球社區計劃」一系列活動，讓學生、基層人士和社會大眾參加，藉此加深認識五人制棒球這項已全世界超過 40 多個國家 / 地區積極參與的新興運動，享受箇中樂趣，並讓他們感受這項國際體壇盛事所帶來的歡樂和刺激體驗。

WBSC Baseball5 World Cup 2024 was recognised as an "M" Mark event by the Major Sports Events Committee. The Baseball Association of Hong Kong, China took on the role of "Sports Tourism" to promote Hong Kong as a diverse and vibrant city. In addition to hosting the historic first Baseball5 World Cup in Hong Kong, the Association actively promoted "sports tourism. "They arranged four trams decorated with promotional materials to provide a unique one-hour sightseeing tour for the teams' representatives. They also brought the visiting teams to SKY 100 to enjoy the stunning 360-degree skyline, perfectly displaying the message of "Welcome to Hong Kong."

The Baseball Association of Hong Kong, China and The Hong Kong Jockey Club, the Official Community Partner of the WBSC Baseball5 World Cup 2024 co-organised a series of Jockey Club Baseball5 Community Programmes for the underprivileged students.

This deepens the understanding of Baseball5 within the community, an emerging sport that over 40 countries / regions worldwide actively participate in.







倡議階段
Initiative Stage

2022 年 11 月，主席何廸夫先生以觀察員身份與中國香港代表隊參加了首屆在墨西哥舉行的 WBSC 五人制棒球世界盃。

賽事期間與世界棒壘球總會會長 Riccardo Fraccari 先生及專案負責人 Valerio Cianfoni 先生探討香港申辦來屆五人制棒球世界盃的可能性。

In November 2022, Chairman Dave Ho participated as an observer with Team Hong Kong, China in the first WBSC Baseball5 World Cup held in Mexico.

During the event, Mr. Ho explored the possibility of Hong Kong bidding for the next WBSC Baseball5 World Cup with President Riccardo Fraccari and Mr Valerio Cianfoni, Head of Special Projects.









視察場地
Site inspection

中國香港棒球總會榮幸地於 2024 年 10 月 7 日至 12 日承辦了第二屆 WBSC 五人制棒球世界盃 (世界盃)，是次賽事獲大型體育活動事務委員會認可為「M」品牌活動。比賽場地設於中環海濱活動空間，棒總在該地搭建兩個五人制棒球場，配合維港兩岸的天際線，除了向世界各地展示香港的美，亦充分展現五人制棒球運動的特色 — #Playeverywhere。

2024 年 3 月，世界棒壘球總會（WBSC）執行董事 Mr. Michael Schmidt 聯同商業及業務夥伴主管 Mr. Yusuke Nagai 一同到港視察世界盃的場地，另外亦參觀了本港棒球設施—晒草灣遊樂場、正在施工的啟德體育園區及本會位處奧運大樓之辦公室。在是次兩位貴賓訪港過程中，本會范駿華先生、主席何廸夫先生及時任秘書長莊岐鳴先生與兩位貴賓就本港棒球運動發展及即將舉行的 B5 世界盃進行了深入的交流，亦讓 WBSC 對本港棒球發展有更深入的了解。

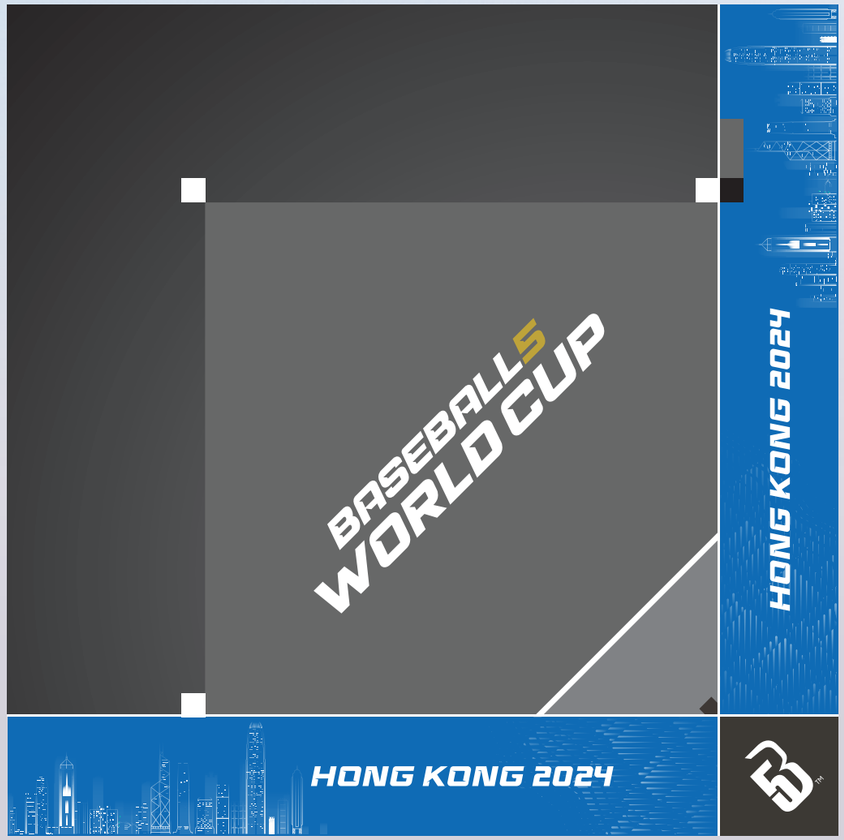
The Baseball Association of Hong Kong, China is honored to host the II WBSC Baseball5 World Cup (World Cup) from 7 to 12 October, 2024. This event had been recognised as an “M” Mark event by the Major Sports Events Committee. The competition venue was set at the Central Harbourfront Event Space, where the Association has set up two Baseball5 courts, showcasing Hong Kong's beauty against the backdrop of Victoria Harbour's skyline while also fully demonstrating the unique characteristics of Baseball5 — #Playeverywhere.

In March 2024, Mr. Michael Schmidt, the Executive Director of the World Baseball Softball Confederation (WBSC), along with Mr. Yusuke Nagai, the Director of Business and Commercial Partnerships, visited Hong Kong to inspect the World Cup venue. They also toured local baseball facilities, including the Sai Tso Wan Recreation Ground, the under-construction Kai Tak Sports Park, and the association's office located in the Olympic House. During the visit of these two esteemed guests, the Mr. Andrew Fan, then Chairman Dave Ho, and Secretary-General Mr. Stanley Chong engaged in in-depth discussions with the guests regarding the development of baseball in Hong Kong and the upcoming B5 World Cup, giving WBSC a deeper understanding of local baseball development.





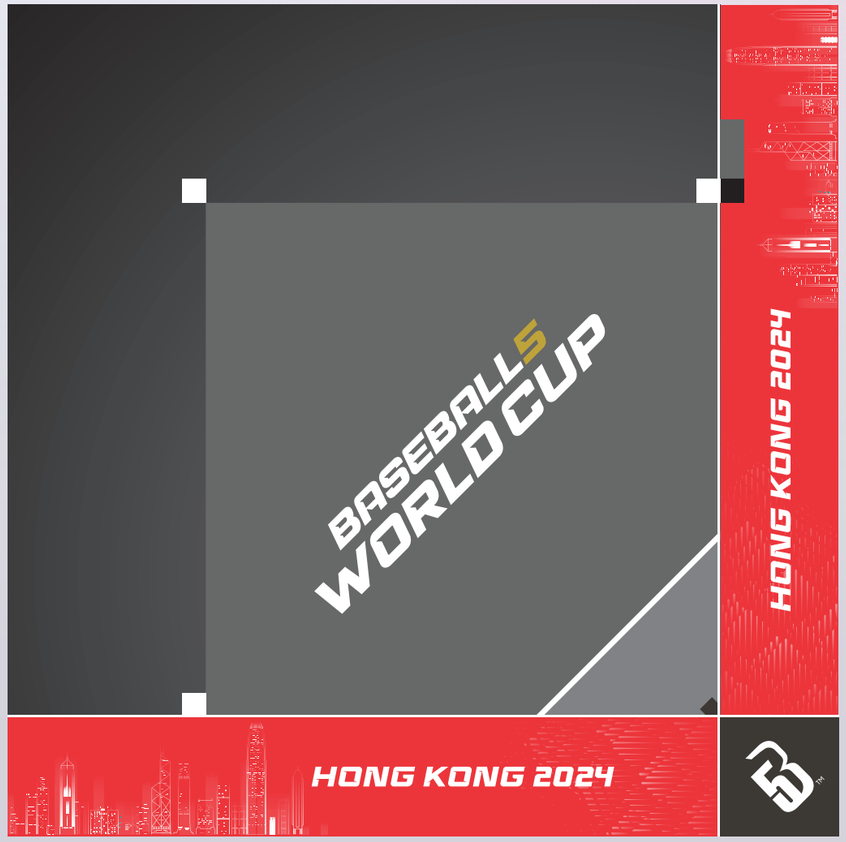
賽馬會五人棒球社區計劃 - 賽馬會快閃五人棒球賽場地
Jockey Club Baseball5 Community Programmes - Jockey Club High Five Baseball5 Flash Games Court



五人棒球世界盃比賽場地
Baseball5 World Cup Competition Court

- SES 比賽級運動地板
  SES Battle III Sports Flooring

高端運動地板，橡膠物料有彈性，環保物料製造，具吸震防滑功能
A high-end sports flooring, a type of rubber material elastic floor, is made up of environmental friendly material with excellent performance on shock absorption and slip resistance.




HONG KONG 2024
5B
WORLD CUP


BASEBALL5 WORLD CUP
WORLD CUP

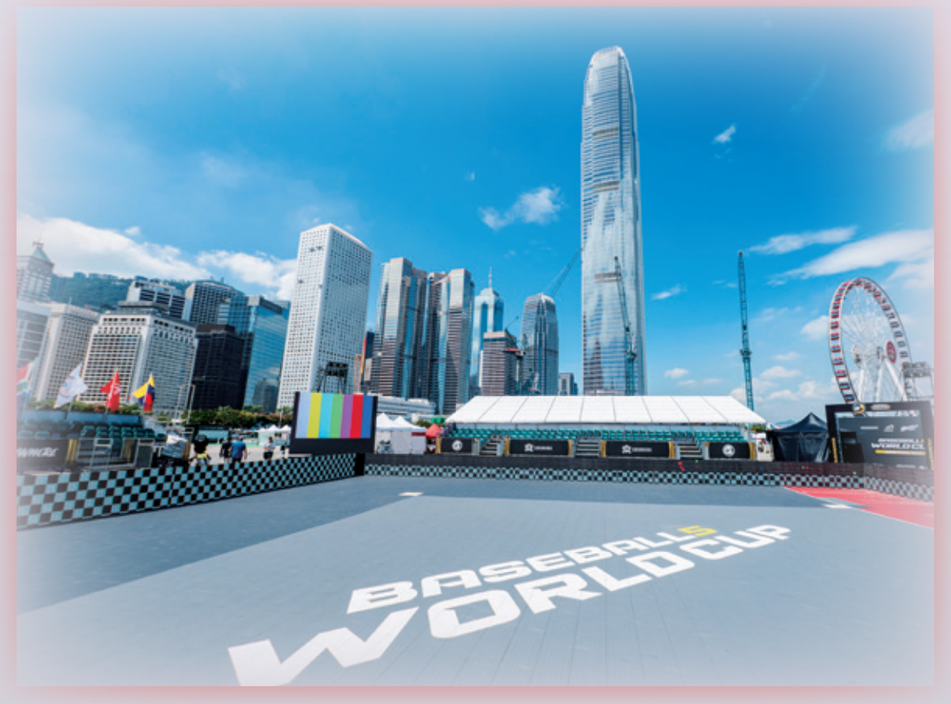

ASIA'S WORLD CITY


2024 年 WBSC 五人制棒球世界盃
WORLD CUP


BAUHINIA COURT
紫荊


BASEBALL5
WORLD CUP




BASEBALL5
WORLD CUP

五人棒球世界盃比賽場地
Baseball5 World Cup Competition Court

中環海濱活動空間
Central Harbourfront Event Space

香港首屈一指的戶外節目場地
The best outdoor events venue in Hong Kong

中環海濱活動空間位處最繁華璀璨的市中心，占地達三萬六千平方米，交通四通八達，更可飽覽維港兩岸無與倫比的景致。

With an amazing 360-degree view of the iconic Hong Kong skyline, Central Harbourfront Event Space offers 36,000 square metres of outdoor, open-air space with easy accessibility to public transportation.



交通便捷
Transportation connected :



- 香港站
  Hong Kong Station
- 中環站
  Central Station
- 金鐘站
  Admiralty Station
- 中環天星碼頭 往來 尖沙咀
  Central Star Ferry Pier - Tsim Sha Tsui

- 中環海濱活動空間鄰近
  Around Central Harbourfront Event Space
- 中區政府總部及添馬公園
  The Central Government Complex and Tamar Park
- 中環天星碼頭
  The Central Pier
- 香港摩天輪
  The Hong Kong Observation Wheel
- 國際金融中心
  The IFC





賽事組織委員會
Event Organising Committee

WBSC Executive Committee

President
Riccardo Fraccari (ITA)

Secretary General
Beng Choo Low (MAS)

WBSC Staff

Tournament Director
Valerio Cianfoni (ITA)

Event Leader
Mattia Berardi (SMR)

Event Coordinator
Krisztian Toth (HUN)

Media Officers
Richard Baker (NZL)
Anna Liza Tomas (PHI)
Grega Valančič (SLO)

Game Officials & Medical Doctor

Game Officials Director
Andrea D'Auria (ITA)

Game Officials Assistant Director
Jason Frank Bell (RSA)

Medical Director
William Wan (HKG)

International Game Officials
Brian Manyeki (KEN)
Alessia Cicconi (ITA)
Ivana Dineva (BUL)
Tony Jones (CUB)
Inoke Seru Niubalavu (FJI)
Nor Hajar Abd Hamid (MAS)

Local Game Officials
Chan Sin Yee
Chan Tak Fat
Chan Yat Chung
Cheng Ka Lun Harry
Cheung Wing Yan
Hung Wai Chung
Lai Wai Tat Pazu
Leung Wai Hung Jacky
Moo Yee Wah Eva
Ng Kwong Yuen Patrick
Wong Cheuk Kiu
Wong Kwok Kwung
Yip Ka Leung

Commentators

English	Craig Durham (USA)
	Kenneth Chiu (HKG)
Cantonese	Kwok Tsz Lung Jacko (HKG)
Mandarin	Qi Jinglang (CHN)

本地籌備委員會
Local Organising Committee

The Baseball Association of Hong Kong, China (BAHKC)

Chairperson
Andrew Fan, President of BAHKC

Executive
Dave Ho, Chairman of BAHKC

Secretary
Stanley Chong, Secretary-General of BAHKC

Legal Advisor
Charles To, Director of BAHKC

Venue Support
Raymond Chan, Director of BAHKC

Technical Support
Ng Kwong Yuen Patrick, Vice-chairman of BAHKC
Leung Wai Hung Jacky, Director of BAHKC

BAHKC Secretariat

Senior Sports Manager
Nicky To

Sports Executive
Cody Sih
So Siu Long Jeffrey
King Ho
Lau Tsz Hong Victor

Sports Officer
Mak Ho Yee Chloe

Assistant Sports Executive
Andy Lo

Accounting Officer
Law Chi Hong Benny

工作小組與合作夥伴
Working Group & Partners

支持機構
Supporting Organisations

- 大型體育活動事務委員會
  Major Sports Events Committee
- 香港品牌
  Brand Hong Kong

官方社區合作夥伴
Official Community Partner

- 香港賽馬會
  The Hong Kong Jockey Club

賽事主要贊助商
Major Tournament Sponsors

- Lick Sang Naturism
- 逆齡雅典
  Athenaeum
- Avanti Group

賽事贊助商
Tournament Sponsors

- JM Network
- SmarTone
- Kelme
- C'estbon
- 廣州廣播電視台
  Guangzhou Broadcasting Network
- Media Savvy
- New Era
- 龍昌集團
  Lung Cheong Group
- Sky 100

賽事合作夥伴
Tournament Partners

- 民眾安全服務隊
  Civil Aid Service
- Hong Kong Baptist University
  Marketing Concentration
- 香港聖約翰救護機構
  Hong Kong St. John Ambulance
- 香港志願者協會
  Hong Kong Volunteers Association
- 香港交通安全會
  The Hong Kong Road Safety Association

賽事供應商
Tournament Suppliers

- Enlio
- Plan B
- Bannershop

禁藥管制機構
Anti-doping Agent

- International Doping Tests & Management

售票平台
Ticketing Agent

- Klook

表演團體
Performance Teams

- DanceBeat
- 廣州體育學院
  Guangzhou Sport University
- 華鐸文化
  LUCKY 舞團

學校
Schools

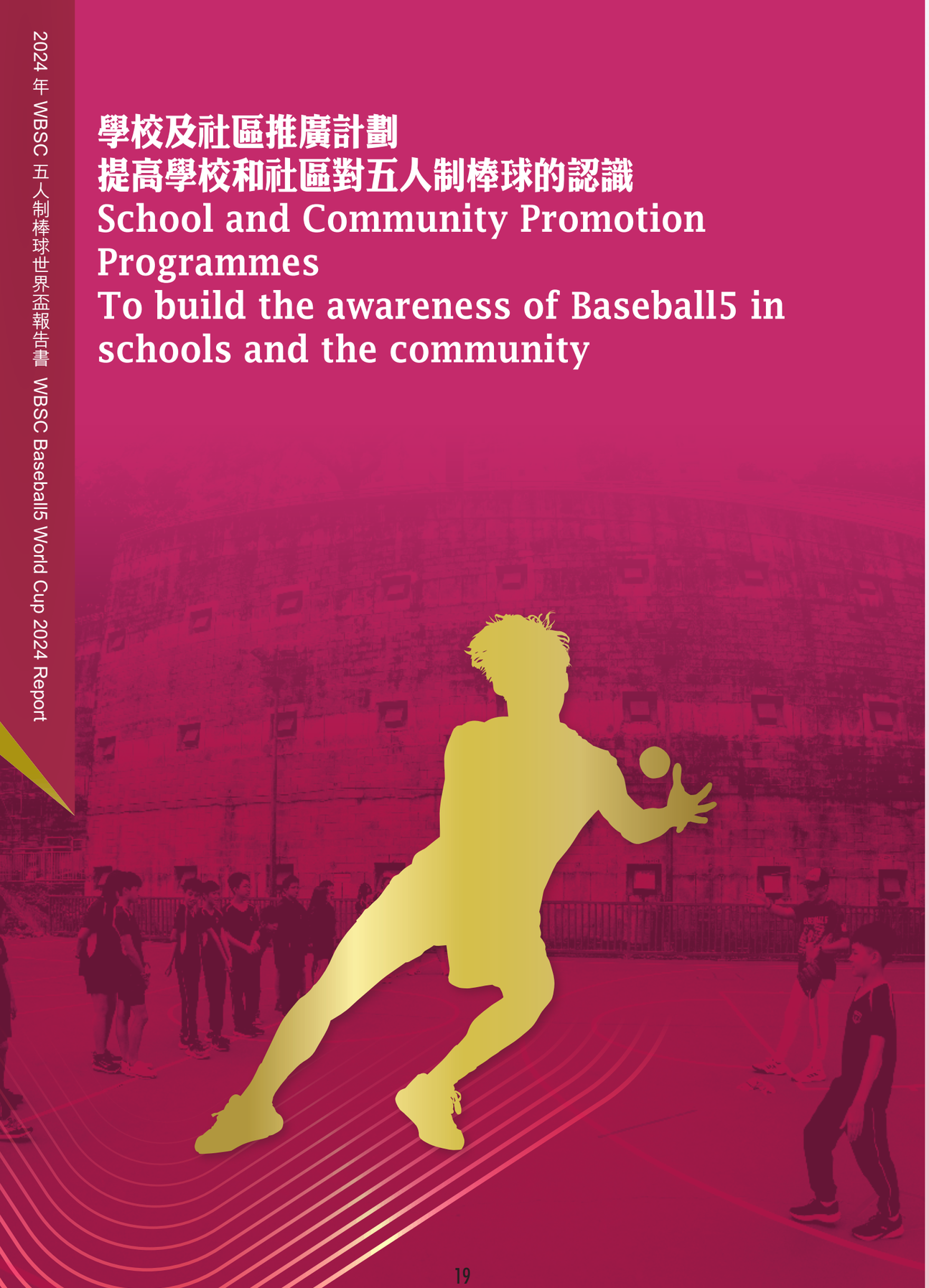
- 香港浸會大學持續教育學院
- Oxbridge British School
- 保良局林文燦英文小學
- 聖公會聖安德烈小學
- 中華基督教會基慈小學
- 香港道教聯合會雲泉學校
- 樂善堂楊仲明學校
- 英皇書院同學會小學
- 崇真小學暨幼稚園
- 海怡寶血小學
- 新界婦孺福利會梁省德學校
- 基督教培恩小學
- 通德學校
- 香港浸會大學附屬學校王錦輝中小學（小學部）
- 馬鞍山靈糧小學
- 基督教香港信義會馬鞍山信義學校
- 香港道教聯合會純陽小學
- 慈幼葉漢千禧小學
- 圓玄學院陳國超興德小學
- 路德會聖十架學校
- 禮賢會彭學高紀念中學
- 獻主會聖母院書院
- 保良局顏寶鈴書院
- 麗澤中學
- 天主教新民書院
- 德雅中學
- 滙基書院
- 聖公會梁季彝中學
- 地利亞修女紀念學校 (協和)
- 瑪利諾中學
- 聖公會李福慶中學
- 嘉諾撒培德書院
- 孫方中書院
- 伊利沙伯中學舊生會湯國華中學
- 順德聯誼總會翁祐中學
- 伯特利中學
- 博愛醫院鄧佩瓊紀念中學
- 明愛粉嶺陳震夏中學
- 香海正覺蓮社佛教正覺中學
- 嗇色園主辦可藝中學
- 迦密主恩中學
- 荃灣官立中學
- 嶺南鍾榮光博士紀念中學
- 佛教善德英文中學
- 皇仁舊生會中學
- 博愛醫院任永賢夫人幼稚園
- 广州暨大港澳子弟学校

機構
Organisations

- 香港青年協會
- 循道衛理中心學校支援服務
- 中國香港智障人士體育協會
- 救世軍竹園青少年中心
- JCI Victoria
- JEI MATH & ENGLISH WORKSHOP (耆青會)
- 東華三院賽馬會利東綜合服務中心
- AC Pro Consultants Limited
- 香港中華基督教青年會天水圍天晴會所
- Kingland Sports
- 香港聖公會屯門綜合服務 - 賽馬會青年幹線
- 明愛荃灣廳堂 - 劏房戶延展生活空間計劃
- 東華三院樂融地區支援中心 (離島)

* 排序不分先後

學校及社區推廣計劃
提高學校和社區對五人制棒球的認識
School and Community Promotion Programmes
To build the awareness of Baseball5 in schools and the community



賽馬會社區持續抗疫基金 －五人棒球學校推廣計劃
HKJC Community Sustainability Fund - Baseball5 School Promotion Programme

棒總於 2021 年上半年在香港賽馬會的「賽馬會社區持續抗疫基金」支持下，順利舉辦了「五人棒球學校推廣計劃」，到訪全港六所中小學，推廣 Baseball5 運動，並在疫情下讓學生們保持良好的健康及體魄。

In the first half of 2021, with the support of "The Hong Kong Jockey Club's Community Anti-Epidemic Fund", the Association successfully organised the "Baseball5 School Promotion Programme" visiting six primary and secondary schools across Hong Kong to promote the Baseball5 sport and to help students maintain good health and fitness during the pandemic.

參加學校名單
List of Participating Schools

1. 東華三院鄺錫坤伉儷中學
   TWGHs Mr & Mrs Kwong Sik Kwan College
2. 聖保羅書院小學
   St. Paul's College Primary School
3. 順利天主教中學
   Shun Lee Catholic Secondary School
4. 保良局馬錦明中學
   Po Leung Kuk Ma Kam Ming College
5. 香島中學
   Heung To Middle School
6. 萬鈞匯知中學
   Man Kwan QualiEd College
7. 伊利沙伯中學舊生會湯國華中學
   Queen Elizabeth School Old Students' Association Tong Kwok Wah Secondary School
8. 聖士提反女子中學
   St. Stephen's Girls' College
9. 中華基督教會基灣小學
   The Church of Christ in China Kei Wan Primary School
10. 聖公會呂明才中學
    SKH Lui Ming Choi Secondary School
11. 天水圍香島中學
    Heung To Middle School (Tin Shui Wai)
12. 茵維特中學
    Invictus Secondary School











自資 Baseball5 校園計劃
Self-funded Baseball5 School Promotion Scheme

此項推廣計劃為於 2023-24 年度由棒總自資推廣，積極讓更多青少年認識這項新興運動。

Self-funded Baseball5 School Promotion Scheme was independently funded by the Baseball Association in the 2023-24 academic year, actively encouraging more young people to learn about this emerging sport.





報名學校數 Number of registered schools	12
報名班數 Number of registered classes	94
總教學時數 Total teaching hours	96.5 小時
總參加人次 Total number of participants	3,053













頌夏棒球節@中環夏誌
Summer BaseballFest@SummerFest 2023

中國香港棒球總會於 2023 年再度與 Central Venue Management 合作於中環海濱活動空間舉辦中環夏誌，名為「2023 年頌夏棒球節」。活動分別於 7 月 15 日及 16 日兩天舉行以不同的主題呈獻給公眾人士免費入場參與。

7 月 15 日主題為「全民體驗 - 共融棒球齊齊玩」，除傳統棒球技巧外，有五人制棒球、六人制棒球、盲人棒球及健球，讓市民體驗棒球多元化及共融。當日設有特備節目 2023 奧運日 – 香港五人制棒球表演賽，邀得中國五人制棒球 U18 青年代表隊與中國香港五人制棒球代表隊進行表演賽。並有香港交通安全隊步操表演。

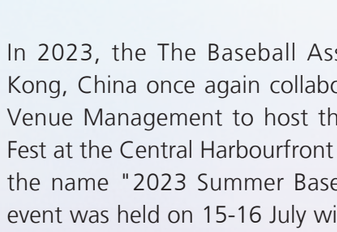
我們很榮幸邀請到文化體育及旅遊局局長政治助理招文亮先生，中國香港體育協會暨奧林匹克委員會 (港協暨奧委會) 副會長余國樑 BBS 太平紳士及港協暨奧委會奧運日籌備委員會委員馮世富博士擔任活動嘉賓。

In 2023, the The Baseball Association of Hong Kong, China once again collaborated with Central Venue Management to host the Central Summer Fest at the Central Harbourfront Event Space, under the name "2023 Summer Baseball Festival." The event was held on 15-16 July with different themes presented to the public for free admission.

Theme on 15 July: "Everyone Can Play – Inclusive Baseball": In addition to traditional baseball skills, there were Baseball5, Baseball SIX, baseball for the blind, and adaptive baseball, allowing the public to experience the diversity and inclusiveness of baseball. A special event, the 2023 Olympic Day – Hong Kong Baseball5 Exhibition Match, featuring the China U18 Youth Representative Team and the Hong Kong Baseball5 Representative Team. There was also a drill performance by the Hong Kong Road Safety Patrol.

We are honored to invite Mr. Alvin Chiu, Political Assistant to Secretary for Culture, Sports and Tourism, Mr. Tony K. L. YUE, BBS, JP, SF&OC Vice-chairman, and Dr. Simon S. F. Fung, SF&OC Olympic Day Committee Member to be the guests at the event.







7 月 16 日主題為「2023 年頌夏棒球節 - 香港五人制及六人制棒球賽」，以比賽為主打。適逢港女隊及 U15 青少棒代表隊分別於八月出征加拿大雷灣舉行的第九屆 WBSC 女棒世界盃及威海舉行的第十一屆亞洲青少棒錦標賽，棒總於下午為代表隊舉行授旗儀式。

Theme on 16 July: "2023 Summer Baseball Festival – Hong Kong Baseball5 and Baseball SIX Competition. The focus was on competitions. Coinciding with the Hong Kong women's team and the U15 youth baseball team, respectively, preparing to compete in the 9th WBSC Women's Baseball World Cup in Thunder Bay, Canada, and the 11th Asian U15 Baseball Championship in Weihai in August, the Association held a flag presentation ceremony for the teams in the afternoon.













Baseball5明日之星地區訓練計劃暨挑戰賽（油尖旺區）

Baseball5 Tomorrow Star Regional Training Program and Challenge Cup (Yau Tsim Mong District)

獲油尖旺民政事務處、油尖旺區青年發展及公民教育委員會、「2023-24 年度青年發展計劃油尖旺區地區青年活動」撥款資助，於油尖旺區推廣五人制棒球。」

「Baseball5 明日之星地區訓練計劃暨挑戰賽（油尖旺區）」於詩歌舞街遊樂場舉辦共 6 節的訓練課程及 1 節挑戰賽，計劃不但能指導學生認識五人制棒球，更能學習與不同的人溝通，展現團隊精神。球員們經過一個月的訓練，於最後一節於分組進行挑戰賽，發揮所學！

是次計劃旨在讓學員認識五人制棒球，鼓勵青少年多參加體育活動，鍛鍊身心，提高活力，從而建立活躍健康的生活模式；油尖旺民政事務專員余健強先生更親臨 12 月 3 日的訓練，與球員們一同訓練、切磋球技。

參加球員於比賽過後均有獲得由本會頒發的紀念獎牌及證書，當中兩名球員林錦浩及徐哲更獲頒個人獎項 -「Most Talented Player」，以表揚他們在整個計劃中的出色表現。

Baseball5 Tomorrow Star Regional Training Program and Challenge Cup (Yau Tsim Mong District)

With the funding support from the Yau Tsim Mong District Office, the Yau Tsim Mong District Youth Development and Civic Education Committee, and the "2023-24 Youth Development Program Yau Tsim Mong District Community Youth Activities" to promote Baseball5 in the Yau Tsim Mong District.

The "Baseball5 Tomorrow Star Regional Training Program and Challenge Cup (Yau Tsim Mong District)" held a total of 6 training sessions and a competition at Sycamore Street Playground. The programme not only guides students to understand Baseball5 but also teaches them to communicate with different people and demonstrate teamwork. After a month of training, the players participated in a challenge based on groups during the final session to showcase what they have learned!

The purpose of this programme is to help participants understanding Baseball5 and encourage youth to participate more in sports activities, exercise their bodies and minds, and enhance vitality, thereby establishing an active and healthy lifestyle; Mr. Edward Yu, the District Officer (Yau Tsim Mong), even personally attended the training on 3 December to train and improve skills alongside the players.

All participating players received commemorative medals and certificates issued by the Association after the competition, and two players, Lam Kam Ho and Tsui Chit, were awarded individual prizes - "Most Talented Player" - in recognition of their outstanding performance throughout the programme.











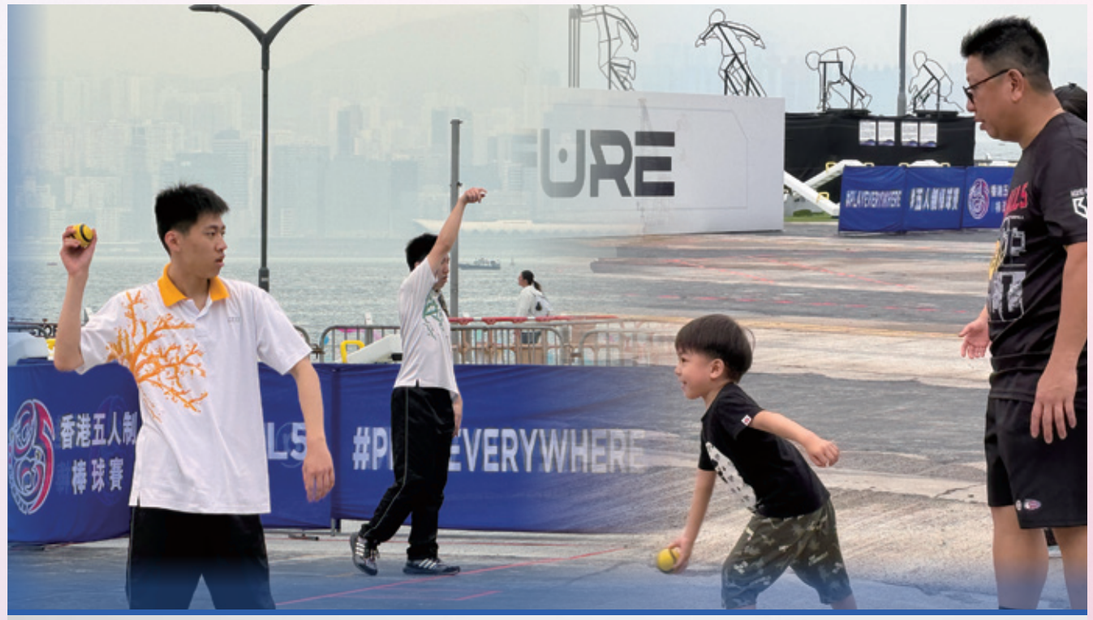
2023 中大運動醫學日 SMART Fun Day

中國香港棒球總會於 10 月 14 日及 15 日一連兩日，前往中文大學鄭裕彤樓參加「2023 中大運動醫學日 SMART Fun Day」，設立體驗攤位。活動由中大運動醫學團隊舉辦，現場除了棒總以外，還有其他不同的體育機構設立攤位。大會亦舉辦多場講座和體驗工作坊，供前來的參加者參加。

除了棒總職員，本會主席何廸夫先生，以及董事温文灝醫生，亦親自前來向參加者更深入介紹 Baseball5 這一項新興運動。除了講解 Baseball5 的基本規則和玩法外，我們亦在體驗活動中傳授 Baseball5 的基本發球，讓參與者了解到 Baseball5 與傳統九人棒球之間的差別。







2024年度灣仔夏誌 - Hong Kong Baseball5 學校體驗日

中國香港棒球總會與「灣仔夏誌：海濱喜動」合作，於 2024 年 4 月 23 日在灣仔海濱活動空間舉辦 Hong Kong Baseball5 學校體驗日，即使當日天氣變幻無常，亦無阻一群入場人士與學生前來感受 Baseball5 的樂趣。

當中，亦設置紀念品售賣攤位及擋網給喜歡 Baseball5 的人群進行互動，更吸引不少小朋友齊齊試玩 Baseball5，我們有幸邀請到中國香港棒球總會副主席（賽事）吳光遠教練教導他們如何開球、感受五人制棒球的初體驗及認識不同的棒球產品。



五人制棒球比賽
Baseball5 Competitions











2023-24 香港五人制棒球賽（社區組）

2023-24 香港五人制棒球賽（社區組）一共分為少年組（U12）、青年組（U18）及公開組一三個年齡組別賽事，2023 年 12 月 3 日於荃灣西約體育館順利舉行，賽事吸引了 18 支球隊角逐三個年齡組別的賽事，現場的參加者及觀眾在高峰期內達三百人，場內、外的氣氛都相當熱熾！

少年組方面，基督教培恩小學在決賽以 13：3 擊敗 ST ANDREW'S，勇奪冠軍。季軍戰方面，R4NGERS 則以 33：0 大勝 CB CUBS。

少年組最終排名如下：

冠軍　基督教培恩小學

亞軍　ST ANDREW'S

季軍　R4NGERS

青年組方面，SSP - TEAM B 在決賽以 9：5 戰勝 NOTRE DAME COLLEGE，贏得冠軍。季軍戰方面，NDC 則以 20：3 擊敗 NDC_DOLPHIN。

青年組最終排名如下：

冠軍　SSP - TEAM B

亞軍　NOTRE DAME COLLEGE

季軍　NDC

公開組方面，SSP - TEAM A 三戰全勝，勇奪冠軍，亞軍、季軍依次為 2B 高班茂木夏樹及 HEROES 5。

公開組最終排名如下：

冠軍　SSP - TEAM A

亞軍　2B 高班茂木夏樹

季軍　HEROES 5









2023-24 香港五人制棒球賽（屬會組）

2023-24 香港五人制棒球賽（屬會組） 分別分為一青少年組（U15）及公開組一兩個年齡組別賽事，賽事吸引了 10 支球隊角逐，2024 年 1 月 27 日於荔枝角公園三期硬地足球場順利舉行。賽事期間，有不少屬會家長、朋友前來為球員們打氣，現場氣氛相當熱鬧！

青少年組（U15）方面，一共派出三支代表隊伍的深水埗棒球會，最終三支隊伍都分別殺入決賽或季軍戰，決賽上演「深水埗內戰」，SSP - TEAM I 最終以 12：1 擊敗 SSP - TEAM II，奪得冠軍，季軍戰方面，HATO HGSS 則以 18：7 戰勝 SSP - TEAM III。

青少年組最終排名如下：

冠軍　SSP - TEAM I

亞軍　SSP - TEAM II

季軍　HATO HGSS

公開組方面，深水埗棒球會代表 SSP - TEAM A 三戰全勝贏得冠軍，亞軍、季軍則依次為 AOI 2B 及 SSP - TEAM B 。

青年組最終排名如下：

冠軍　SSP - TEAM A

亞軍　AOI 2B

季軍　SSP - TEAM B



2023-24 香港五人制棒球賽（新秀組）

2023-24 香港五人制棒球賽（新秀組） 分別分為一青少年組（U15）及公開組一兩個年齡組別賽事，賽事吸引了 10 支球隊角逐，2024 年 1 月 28 日於荔枝角公園三期硬地足球場順利舉行。

今次賽事旨在為新秀球員提供比賽平台，球員參賽資格是在上一個球季（2022-23 年度球季）或之前未曾參與過本會舉辦的五人制棒球賽事。

青少年組（U15）方面，球員整體年齡較小的 R4NGERS 及基督教培恩小學在小組賽分別擊敗以中學生組成的 HGSS 及 KTLS 晉級決賽，最終 R4NGERS 以 5：0 擊敗基督教培恩小學勇奪冠軍，季軍戰方面，HGSS 則以 13：2 戰勝 KTLS。

少年組最終排名如下：

冠軍　R4NGERS

亞軍　基督教培恩小學

季軍　HGSS

公開組方面，由港隊上屆世界盃參賽成員戴文君及羅嘉慧所執教的 WEARONE 三戰全勝獲得冠軍，而亞、季軍依次為 GROUP OF PEOPLE WHO LOVE AND HATE BASEBALL 及 FINE GUYS 。

公開組最終排名如下：

冠軍　WEARONE

亞軍　GROUP OF PEOPLE WHO LOVE AND HATE BASEBALL

季軍　FINE GUYS





2023-24 香港五人制棒球賽（學校組）

2023-24 香港五人制棒球賽（學校組） 一共分為小學組及中學組兩個組別，2024 年 3 月 28 日於荃灣西約體育館圓滿結束。

賽事吸引一共 15 支學校隊伍角逐，爭奪五人制棒球的校際錦標，在現場一共有超過 200 名球員、隊職員及觀眾到場，氣氛相當熱熾！

小學組方面，A 組首名一基督教培恩小學 B 隊與 B 組首名一ST ANDREW'S JUNIORS 會師決賽，最終 ST ANDREW'S JUNIORS 以 15：5 贏出比賽，勇奪冠軍。季軍戰方面，基督教培恩小學 A 隊則以 21：1 輕取 HKBUAS，贏得季軍。

小學組最終排名如下：

冠軍　ST ANDREW'S JUNIORS

亞軍　基督教培恩小學 B 隊

季軍　基督教培恩小學 A 隊

中學組方面，關鍵一戰落在 B 組分組賽的第二輪賽事，由勁旅獻主會聖母院書院代表 NDC 迎戰首次參賽的弘立書院代表 ISF，雙方激戰四局之後仍然未分高下，最終 ISF 在五局下擊出再見安打，以 10：9 險勝對手取得決賽席位。

ISF 在決賽的對手是獻主會聖母院書院另一代表球隊 NOTRE DAME COLLEGE，最終 NOTRE DAME COLLEGE 成功為同校代表「復仇」，以 16:1 擊敗對手，奪得冠軍。季軍戰方面，仁濟醫院王華湘中學以 13：8 戰勝 NDC，贏得季軍。

中學組最終排名如下：

冠軍　NOTRE DAME COLLEGE

亞軍　ISF

季軍　仁濟醫院王華湘中學

本會會長范駿華先生亦有到場觀賞賽事並擔任頒獎嘉賓，范會長在致辭時笑言在場有部份同學接觸棒球運動的年齡比他當年初接觸棒球運動時還要早，並勉勵他們持續努力、繼續進步，同時亦呼籲各校學生在十月入場觀賞由本會舉辦的 2024 年 WBSC 五人制棒球世界盃。


FRIDAY
SCHEDULE
Feb 10 | Day 3
KOR 2 - 0 HKG
MAS 2 - 0 SGP
TPE 2 - 1 CHN
HKG 2 - 0 IND
SGP 13:30 KOR
CHN 14:45 MAS
IND 16:00 TPE
HKG 11
IND 1


23年全国五人制
球俱乐部锦标赛




adidas


2023年
棒球俱


2023年全国五人制
棒球俱乐部锦标赛




WBSC
ASIA


A

與官方社區合作夥伴香港賽馬會舉辦
賽馬會五人棒球社區計劃
推動社區參與 2024 年 WBSC 五人制棒球世界盃
2024 WBSC Baseball5 World Cup Community Partnership Programmes with Official Community Partner The Hong Kong Jockey Club

賽馬會五人棒球社區計劃
Jockey Club Baseball5 Community Programmes

賽馬會五人棒球「擊」動全城
Jockey Club High Five Baseball5 Roadshow

賽馬會青少年五人棒球評述員培訓班
Jockey Club Junior Baseball5 Commentators Training

賽馬會五人棒球世界盃導賞團
Jockey Club Baseball5 World Cup Guided Tour

賽馬會快閃五人棒球賽
Jockey Club High Five Baseball5 Flash Games



賽馬會五人棒球社區計劃啟動禮暨體驗日
Jockey Club Baseball5 Community Programmes Launching Ceremony & Xperience Day

賽馬會五人棒球社區計劃啟動禮暨體驗日於2024年8月11日假中環海濱活動空間順利進行，為隨後展開的一系列社區推廣活動及10月舉辦的「M」品牌盛事「第二屆世界棒壘球總會（WBSC）五人制棒球世界盃」打響頭炮。出席活動的主禮嘉賓包括文化體育及旅遊局副局長劉震先生、香港賽馬會慈善事務總經理（體育）麥偉彬先生、中國香港棒球總會會長范駿華先生及中國香港棒球總會主席何廸夫先生親臨主禮。

活動更特別邀請到八位來自不同界別的運動員參與嘉賓示範賽，包括蹼泳運動員阮偉衡、空手道運動員蔡韻瑜、壘球運動員黃楚曦、籃球運動員任栩燕、藝人兼女子足球員植詠珊、五人制棒球運動員戴文君、足球運動員謝家榮以及飛盤運動員李晉滔。八位運動員都非常投入，為活動增添了不少色彩及活力。



The Jockey Club Baseball5 Community Programmes Launching Ceremony & Xperience Day was successfully held 11th August 2024 at the Central Harbourfront Event Space. This event marks the beginning of a series of community promotional activities leading up to the October "M" Mark Event, the II WBSC Baseball5 World Cup 2024. The ceremony was officiated by Mr Raistlin LAU, JP, Under Secretary for Culture, Sports and Tourism, Mr Robbie McRobbie, Executive Manager, Charities (Sports), The Hong Kong Jockey Club, Mr. Andrew FAN, JP, President of The Baseball Association of Hong Kong, China, and Mr. Dave HO, Chairman of The Baseball Association of Hong Kong, China.

The Jockey Club Baseball5 Community Programmes (the Programmes) offers a rich and diverse array of activities alongside the Xperience Day today, including experience workshops, the Jockey Club High Five Baseball5 Roadshow, Jockey Club Junior Baseball5 Commentators Training, Jockey Club Baseball5 World Cup Guided Tour, and Jockey Club High Five Baseball5 Flash Games. These initiatives aim to cultivate public interest, especially among the younger generation, in both participating in and watching Baseball5. The successful launch of the Programmes is attributed to the dedicated support of experts from various sectors of the sports community., to whom the organizers expressed their gratitude by presenting certificates of appreciation to these individuals.



當日特備節目
Special Programmes of the Day

五人制棒球明日之星衛冕賽
Baseball5 Stars of Tomorrow Defender Cup

精英運動員 X 嘉賓示範賽
Elite Athlete x Guest Demonstration Game

賽馬會青少年五人棒球評述員培訓班
Jockey Club Junior Baseball5 Commentators Training Programme

賽馬會五人棒球社區計劃啟動禮 暨 體驗日
Jockey Club Baseball5 Community Programmes Launching Ceremony & Xperience Day

WBSC 五人制棒球競賽官員研習課程
WBSC Baseball5 Game Officials Seminar

The event invited eight athletes from different fields to participate in a guest Baseball 5 match, including fin swimmer Mr. YUEN Wai Hang Ringo, karate athlete Ms. CHOI Wan Yu, softball player Ms. WONG Cho Hei, basketball player Ms. YAM Hui Yin, artist and footballer Ms. CHEK Wing Shan, 5. Hong Kong Baseball5 athlete Ms. TAI Man Kwan, football player Mr. TSE Ka Wing, and flying disc athlete Mr. LEE Chun To. These athletes were deeply engaged and added excitement and energy to the event.







棒總於 2024 年中起，在全港各大社區舉辦「賽馬會五人棒球社區計劃」，目的為喚醒大眾對是項運動的關注之外，亦為 2024 年年底於本港舉辦的「五人棒球世界盃」造勢。

Starting from mid-2024, the Association organised the "Jockey Club Baseball5 Community Programmes" across major communities in Hong Kong, aiming to raise public awareness of the sport and build momentum for the "Baseball5 World Cup" to be held in Hong Kong at the end of 2024.











賽馬會五人棒球社區計劃啟動禮暨體驗日
Jockey Club Baseball5 Community Programmes Launching Ceremony & Xperience Day















賽馬會五人棒球「擊」動全城
Jockey Club High Five Baseball5 Roadshow

賽馬會五人棒球『擊』動全城，目標是到訪全港各大專院校、中、小學或社區組織，並舉辦五人制棒球體驗工作坊，五人制棒球為世界棒壘球總會 (WBSC) 近年積極推廣之一項新興運動，已列入青年奧運會正式項目之一，特點是玩法簡易和方便，亦可以訓練學生的團隊精神及應變決策能力。

Jockey Club High Five Baseball5 Roadshow aiming to visit various universities, secondary and primary schools, and community organisations across Hong Kong to hold Baseball5 experience workshops.

Baseball5 is an emerging sport that the World Baseball Softball Confederation (WBSC) has actively promoted in recent years, and it has been included as an official event in the Youth Olympic Games. It is characterized by its simplicity and convenience, and it also helps train students' team spirit and decision-making skills.

日期 Date	2024 年 5 月至 2025 年 1 月 May 2024 to January 2025
地點 Venue	本地學校或其他室內 / 室外設施 Local schools or other indoor/outdoor facilities
目標對象 Target	學校或社區組織 Schools or community organisations







簡要
Brief Review

截至 2025 年 1 月的最新成果如下：
As of January 2025, the latest outputs of Roadshow are as below:

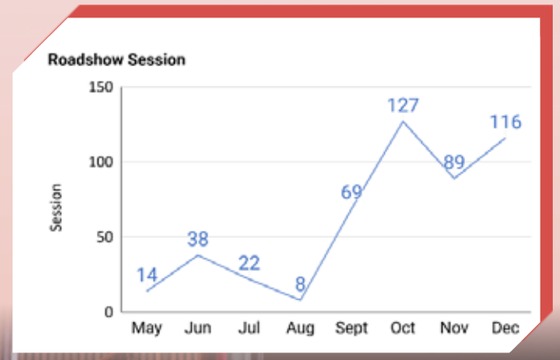
參與的學校 / 組織 Participated schools/organisations	41 schools 學校 10 organisations 組織
課程數量 Number of sessions	480
參加人數 Number of participants	15,390

在 2024 年 WBSC 五人棒球世界盃前後，我們邀請了香港中國五人棒球隊的主教練塞爾吉奧·阿圖羅先生參加不同的巡迴展活動，並與學生分享他的專業技術和經驗。大多數學生對課程非常投入，並對五人棒球產生了濃厚的興趣。

這種互動為學生提供了寶貴的見解，並激發了他們對這項運動的熱情和欣賞。

Before and after the 2024 WBSC Baseball5 World Cup, we have invited Mr. Sergio Arturo, the Head Coach of Team Hong Kong, China, to visit different Roadshow sessions, and to share his professional techniques and experiences to the students. Most of the them were deeply engaged to the classes, and were interested in Baseball5.

參與人數超過 15,000 人







賽馬會青少年五人棒球評述員培訓班
Jockey Club Junior Baseball5 Commentators Training

「賽馬會青少年五人棒球評述員培訓班」，目標是培養更多優秀的五人棒球評述員，為觀眾們帶來更清晰及精彩的賽事解說，以提升五人棒球知名度。本會特別邀請了資深體育傳媒人 郭子龍先生 及中華職棒主播 陳雄威先生，共同擔任本次培訓之導師，以傳授他們多年於賽事評述領域所累積的寶貴經驗。學員完成本次培訓後，將有機會成為本會指定的五人棒球賽事評述員，邁向專業評述員發展之路。

Jockey Club Junior Baseball5 Commentators Training aims to cultivate more excellent Baseball5 commentators to provide clearer and more exciting match commentary for the audience, thereby enhancing the visibility of Baseball5.

We invited Mr. Kwok Tsz Lung, a seasoned sports media professional, and Mr. Tom Chen, a Chinese Professional Baseball League (CPBL) anchor, to be the instructors for this training. They shared their valuable experience accumulated over many years in the field of match commentary. Upon completing this training, participants were invited to be a commentator trainee in the guided tour and live games.



日期 **Date**	2024 年 8 月 9 日至 11 日（星期五至星期日） 9-11 August 2024 (Fri-Sun)
地點 **Venue**	奧運大樓、M21、中環海濱活動空間 Olympic House, M21, Central Harbourfront Event Space
目標對象 **Target**	公眾 Public





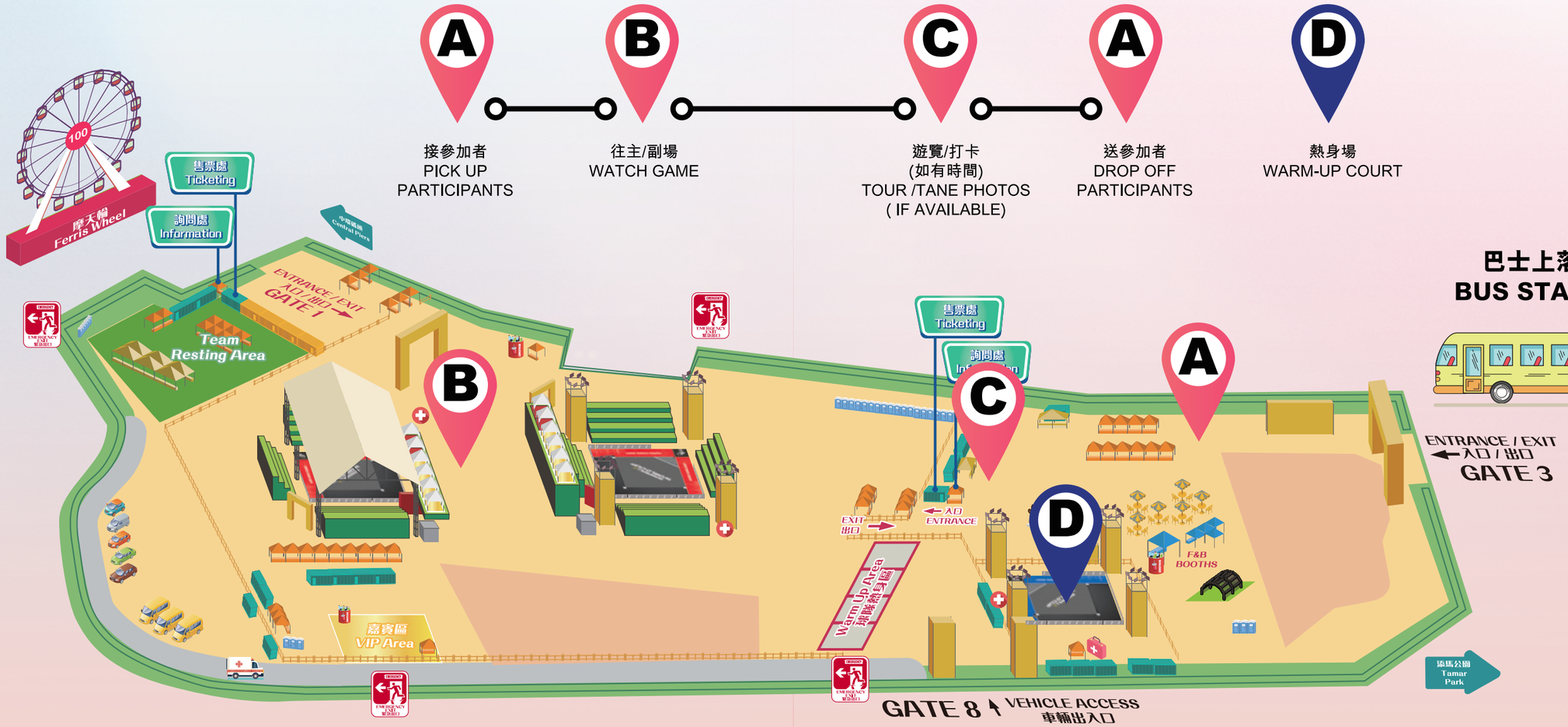




2024 年 WBSC 五人制棒球世界盃報告書 WBSC Baseball5 World Cup 2024 Report
與官方社區合作夥伴香港賽馬會舉辦賽馬會五人棒球社區計劃
2024 WBSC Baseball5 World Cup Community Partnership Programmes

導賞團路線
GUIDED TOUR ROUTE

快閃五人棒球賽
B5 FLASH GAME



D 熱身場
WARM-UP COURT

- 公眾參與 Baseball5 比賽 安全體驗為主
  For guest to experience baseball5, safety experience first
- 每時段 30 分鐘
  30 MINUTES PER SESSION
- 每隊需至少 1 名導賞員擔任教練，帶領參賽者體驗比賽
  EACH TEAM NEEDS AT LEAST 1 GUIDE TO SERVE AS A COACH, TO LEAD THE PARTICIPANTS TO EXPERIENCE THE GAME

- 教練需先帶領參賽者熱身（5-10 分鐘）
  WARM UP FIRST (5-10 MINUTES)
- 兩隊教練可因應情況決定比賽規則
  COACHES CAN DECIDE THE RULES ACCORDING TO THE SITUATION
- 比賽結束後，每位參賽者將獲得一塊靚靚獎牌（每隊最多 10 位參賽者）
  AFTER GAME, EACH PARTICIPANT WILL RECEIVE A BEAUTIFUL MEDAL (MAXIMUM 10 PARTICIPANTS PER TEAM)"

賽馬會五人棒球世界盃導賞團
Jockey Club Baseball5 World Cup Guided Tour

活動詳情如下
Details of the event are as below:

參與的學校 / 組織 Participated schools/ organisations	28 所，包括 23 所學校和 5 個組織 28, including 23 schools & 5 organisations
導覽次數 Number of tours	52
參加人數 Number of attended participants	1630







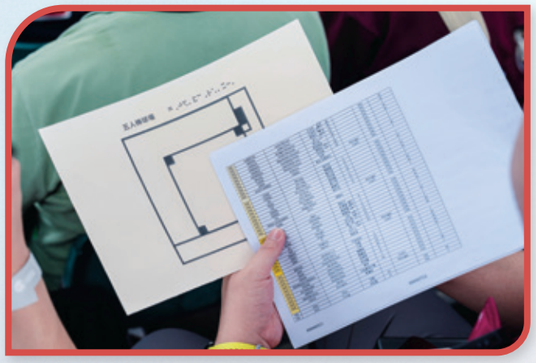


賽馬會五人制棒球社區計劃：賽馬會五人棒球世界盃導賞團

Day 1 (7 Oct 2024 Mon)	香港道教聯合會雲泉學校 通德學校 路德會聖十架學校 香港青年協會
Day 2 (08 Oct 2024 Tue)	瑪利諾中學 HKJC Hub Project 香港失明人協進會
Day 3 (09 Oct 2024 Wed)	香港道教聯合會異泉學校 英皇書院同學會小學 獻主會聖母院書院中二 HKJC Hub Project 循道衛理中心學校支援服務
Day 4 (10 Oct 2024 Thur)	保良局林文燦英文小學 聖公會聖安德烈小學 劍津英國學校 香港道教聯合會純陽小學 路德會聖十架學校 麗澤中學 東華三院賽馬會利東綜合服務中心 明愛荃灣堂 東華三院賽馬會利東綜合服務中心 Central Baseball Club
Day 5 (11 Oct 2024 Fri)	基督教培恩 馬鞍山靈糧小學 基督教培思小學 基督教香港信義會馬鞍山信義學校 中國香港智障人士體育協會 東華三院賽馬會利東綜合服務中心 中國香港智障人士體育協會 東華三院賽馬會利東綜合服務中心
Day 6 (12 Oct 2024 Sat)	崇真小學暨幼稚園 東華三院賽馬會利東綜合服務中心 广州暨大港澳子弟学校東華三院賽馬會利東綜合服務中心 聖公會聖安德烈小學

* 排序不分先後

賽馬會五人棒球世界盃導賞團
Jockey Club Baseball5 World Cup Guided Tour























導賞團
Guided Tour

A 接參加者
PICK UP PARTICIPANTS

- A 點集合，會合參加者
  WAIT AT POINTA, MEET WITH PARTICIPANTS
- 導賞員自我介紹
  GUIDEINTRODUCTION
- 簡述導賞行程 (可參考路線圖)
  EVENT BACKGROUND:FIRST HK B5WC, M-MARK...
- 介紹活動背景 : 香港首辦 B5 世界盃 ,M 品牌
  GUIDEDTOUR ROUTE
- 前往 B 點入場
  GO TO POINT B, READY FOR THE GAME

B 往主 / 副場
WATCH GAME

- 介紹比賽 (隊伍，實力，特色)
  GAME BACKGROUND: TEAMS CHARACTERISTICS
- 比賽期間，導賞員可以解釋賽事流程
  EXPLAIN GAME SITUATIONS TO PARTICIPANTS AT AN APPROPRIATE VOLUME

C 遊覽 / 打卡
TOUR /TANE PHOTOS

- 導賞員可帶領參加者前往 C 點遊覽
  LEAD PARTICIPANTS TO POINTC
- 遊戲攤位，飲食攤位，紀念品店，打卡位
  GAME BOOTHS,F&BBOOTHS,GIFT SHOPS, TAKE PHOTOS

A 送參加者
DROP OFF PARTICIPANTS

- 派發紀念品了予每位參加者，並大合照
  SOUVENIRS,GROUP PHOTOS
- 簽出席表
  SIGN ATTENDANCE SHEET
- 送參加者搭乘巴士離開
  SEND PARTICIPANTS AWAY BY BUS











賽馬會快閃五人棒球賽
Jockey Club High Five Baseball5 Flash Games

日期 Date	2024 年 10 月 8 日至 11 日（星期二至星期五） 8-11 October 2024 (Tue-Fri)
地點 Venue	中環海濱活動空間 Central Harbourfront Event Space
目標對象 Target	學校或社區組織 Schools or community organisations
























Jockey Club High F Baseball5 Ro w
賽馬會五人 「擊」動全城




賽馬會快閃五人棒球賽
JOCKEY CLUB HIGH FIVE BASEBALL5
FLASH GAME


賽馬會快閃五人棒球賽
JOCKEY CLUB HIGH FIVE BASEBALL5
FLASH GAME










賽馬會快閃五人棒球賽
JOCKEY CLUB HIGH FIVE BASEBALL5
FLASH GAME


Special Olympics Hong Kong



提升專業度
Enhance Professionalism

若要推動運動項目予群眾，教練培訓不可或缺。

中國香港棒球總會從 2018 年起，邀請世界棒壘球總會委派五人棒球大使來港教授五人棒球予本地練及教師。

To promote sports to the community, coach training is essential.

Since 2018, The Baseball Association of Hong Kong, China invited the World Baseball Softball Confederation to send Baseball5 ambassador to Hong Kong to teach baseball5 to local coaches and teachers.



The Baseball Association of Hong Kong, China (BAHKC) hosted WBSC Baseball5™ Seminar on Friday, 8 June 2018 for BAHKC registered coaches and the interested parties with WBSC BB5 Instructor Miss Francesca Altomonte.

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





教師工作坊
Teachers Workshop
2021.03 & 2021.08

世界棒壘球總會及中國香港棒球總會 (前稱香港棒球總會) 逐步推行新型的棒球活動 Baseball5™ 及 Baseball SIX，這兩項棒球的特點是簡易、快捷、安全和方便，不論在室內或室外亦能進行，對場地的要求大大降低。由於 Baseball5™ 及Baseball SIX不受地方限制，故十分適合於本地學校內舉行，讓各大專院校及中、小學生亦可提早接觸棒球活動，感受棒球的樂趣。香港棒球總會現舉辦 Baseball5™/Baseball SIX 教師工作坊予各老師或準備投身運動教育行業的學生參加，讓參加者認識這兩種新型棒球活動，並於校內體育課指導同學參與。

The World Baseball Softball Confederation (WBSC) and The Baseball Association of Hong Kong, China (formerly known as The Hong Kong Baseball Association) have been gradually promoting new baseball activities Baseball5™ and Baseball SIX. The characteristics of these two forms of baseball are simplicity, speed, safety, and convenience. They can be conducted indoors or outdoors, greatly reducing the requirements for space. Because Baseball5™ and Baseball SIX are not limited by location, they are well-suited for local schools, allowing universities, as well as primary and secondary school students, to gain early exposure. The Hong Kong Baseball Association is currently holding Baseball5™/Baseball SIX teachers workshops for teachers and students preparing to enter the sports education industry, allowing participants to learn about these two new baseball activities and guide students to participate in physical education classes.









Baseball5 Coach Certification Programme

隨著 Baseball5 在國際上的知名度愈來愈高，不同國家/地區也紛紛舉辦 Baseball5 比賽，為了緊貼運動浪潮， 棒總舉行了「Baseball5 Coach Certification Programme」，旨在培育更多專業的 Baseball5 教練，從而更有效地在香港推廣這項運動。

The rising popularity of Baseball5 around the world, different countries/regions are organising Baseball5 competitions. To keep up with the trend of the sport, the BAHKC held the "Baseball5 Coach Certification Programme,"

aimed at cultivating more professional Baseball5 coaches to promote the sport more effectively in Hong Kong.







與中國五人制棒球裁判交流
Exchange with China Baseball5 Game Officials

棒總於 2023 年 1 月底派遣職員及裁判員到國內中山市與中國隊五人棒球裁判交流並舉行指導活動。本會相信透過更多的交流和教學，國內與本港的關係會更緊密，亦會在五人棒球發展上互相指點，互相進步。

In late January 2023, the Association sent staff and umpires to Zhongshan China, to exchange with China Baseball5 Game Officials.

The Association believes that through more exchanges and teaching, the relationship between the mainland and Hong Kong will become closer, and they will also provide mutual guidance and improvement in the development of Baseball5.









WBSC ASIA Baseball5 Game Official Seminar
WBSC 亞洲五人制棒球競賽官員研討會

為提升 Baseball5 競賽官員執法水平及了解世界盃籌備工作，棒總和壘總派出了裁判，同時棒總作為本地籌備委員會，亦指派了棒總職員參加了 2024 年 4 月在韓國亞洲盃前舉辦的 WBSC ASIA Game Official Seminar。為 10 月份的 WBSC Baseball5 World Cup 2024 提供更多統籌管理和合作發展方面的寶貴資訊，有助籌備及執行各項細節，務求為一眾參賽球隊和選手們提供更佳體驗。

To improve the umpiring standards of Baseball5 Game Officials and to understand the preparation work for the World Cup, both the baseball association and softball associations nominated umpires to attend the WBSC ASIA Game Official Seminar which will be held in April 2024 in South Korea before the Asia Cup. As the local organizing committee, the baseball association also assigned staff members to participate in the WBSC ASIA Game Official Seminar. This seminar aims to provide valuable insights into overall management and collaborative development for the WBSC Baseball5 World Cup 2024 in October, helping to prepare and execute various details to ensure a better experience for all participating teams and athletes.



Cheung Wing Yan, Tiger
Umpire Representative of
the Hong Kong China Softball Association





Hung Hoi Git
Umpire Representative of
The Baseball Association of Hong Kong, China



Sih Chung Kwan, Cody
The Baseball Association of Hong Kong, China
Staff Members



Mak Ho Yee, Chloe
The Baseball Association of Hong Kong, China
Staff Members



ORGANIZER

SUPPORTING ORGANIZATIONS

FUNDING BODIES

WBSC 五人制棒球教練培訓課程
WBSC Baseball5 Coach Training Programme
8-10. 6. 2024

棒總舉辦了 WBSC 五人制棒球教練培訓課程作為世界盃賽前活動之一，為本地教練和體育人員提供培訓機會，以促進和提升資格。

培訓更多的 Baseball5 大使，以推廣在十月於香港舉行的第二屆 WBSC 五人制棒球世界盃。讓更多學校和社區體驗 Baseball5 的樂趣。此計劃將由 WBSC Baseball5 競賽官員委員會主席 Andrea D'AURIA 先生（意大利）和 WBSC Baseball5 競賽官員委員會成員 Chedli MOKRANI 先生（突尼西亞）教授。

計劃由國際奧委會奧林匹克團結基金（Olympic Solidarity (OS)）資助，參加證書將由 OS 頒發。

中國香港體育協會暨奧林匹克委員會（港協暨奧委會）將此計劃納入 2024 奧運日體育總會活動之一。

BAHKC Organised the WBSC Baseball5 Coach Programme as one of the pre-events, to provide training opportunities for local coaches and sports personnel for the advancement and betterment of qualifications.

To train more Baseball5 Ambassadors to promote the II WBSC Baseball5 World Cup in Hong Kong in October. Let more schools and communities experience the fun of Baseball5. The programme will be led by Mr. Andrea D'AURIA (ITA), Chair of the WBSC Baseball5 Game Official Commission and Mr. Chedli MOKRANI (TUN), WBSC Baseball5 Game Official Commission Member.

The programme is funded by the International Olympic Committee Olympic Solidarity (OS), Certificate of Participation will be awarded by OS.

Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) included this programme as one of the NSAs Activities in support of the 2024 Olympic Day.



















主辦單位 Organizer

中國香港棒球總會 THE BASEBALL ASSOCIATION OF HONG KONG, CHINA

支持單位 Supported by

WBSC WORLD BASEBALL SOFTBALL CONFEDERATION

資助機構 Subvented by

政府文體旅計劃 Government culture, sports and tourism programme

康樂及文化事務署 Leisure and Cultural Services Department

WBSC 五人制棒球競賽官員研習課程
WBSC Baseball5 Game Officials Seminar

為十月在港舉行的第二屆五人制棒球世界盃
選拔競賽官員 To select Game Officials for
the II WBSC Baseball5 World Cup

WBSC 五人制棒球競賽官員研習課程 WBSC
Baseball5 Game Officials Seminar
2024. 8. 8-11











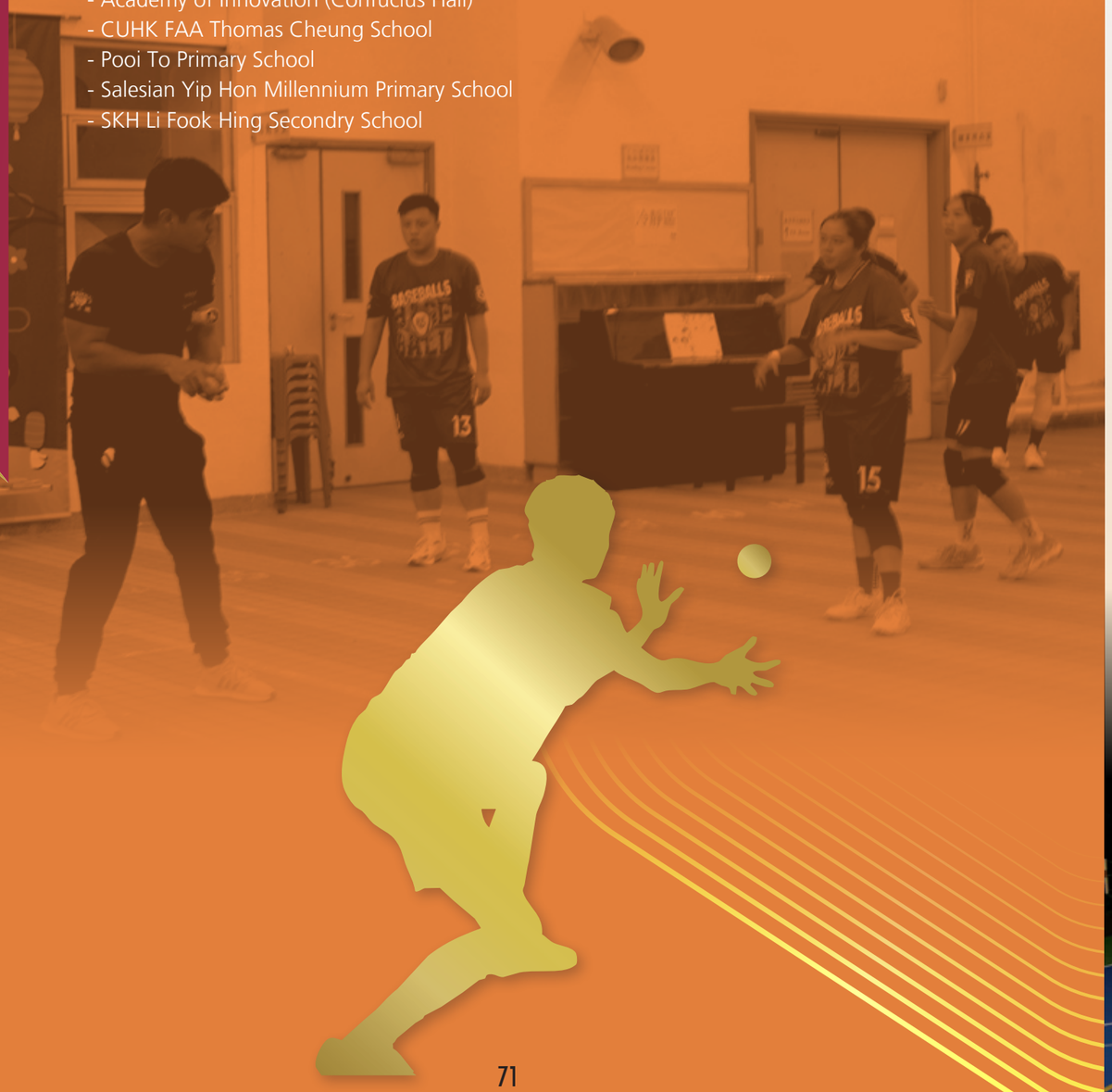


備戰世界盃
Prepare for the World Cup

感謝下列學校提供學校設施予香港隊備訓世界盃：
- 孔聖堂中學
- 香港中文大學校友會聯會張煊昌學校
- 香港培道小學
- 慈幼葉漢千禧小學
- 聖公會李福慶中學

Thank you for the listed schools to hiring us schools facilities for the Hong Kong Team's preparation training:

- Academy of Innovation (Confucius Hall)
- CUHK FAA Thomas Cheung School
- Pooi To Primary School
- Salesian Yip Hon Millennium Primary School
- SKH Li Fook Hing Secondry School

















參加五人制棒球亞洲盃及世界盃積蓄競賽經驗
Participate in Baseball5 Asia Cup and World Cup to gain competition experience

2024 年香港將迎來一場前所未有的盛事—WBSC 五人制棒球世界盃！香港首次主辦此項國際賽事，吸引來自世界各地的頂尖球隊，不但標誌著本地體育發展的新里程碑，還展現香港獨特的城市魅力與熱情好客精神，為來自五大洲的參賽隊伍與觀眾提供一個世界賽事的平台，讓香港在國際體育舞台上閃耀光芒，進一步加強其作為亞洲體育盛事之都的地位。

此次賽事吸引了來自五大洲的 12 支世界級勁旅參賽，這些隊伍來自非洲的突尼西亞和南非、美洲的古巴、墨西哥和委內瑞拉、亞洲的日本、中華台北、中國及承辦地區中國香港、歐洲的法國和立陶宛，以及來自大洋洲的澳大利亞。這些隊伍將在六天內展開激烈的比拼，爭奪冠軍的榮耀，為觀眾帶來一場場精彩的賽事，感受到五人制棒球的魅力。

In 2024, Hong Kong will host an unprecedented event—the WBSC Baseball5 World Cup! This marks the first time that Hong Kong will host this international competition, attracting top teams from around the world. It not only signifies a new milestone in the development of local sports but also showcases Hong Kong's unique urban charm and hospitality. The event will provide a global platform for teams and audiences from five continents, allowing Hong Kong to shine on the international sports stage and further strengthen its status as Asia's sports event capital.

The competition will feature 12 world-class teams from five continents: Tunisia and South Africa from Africa; Cuba, Mexico, and Venezuela from the Americas; Japan, Chinese Taipei, China, and host region Hong Kong from Asia; France and Lithuania from Europe; and Australia from Oceania. These teams will compete fiercely over six days for the championship honor, bringing exciting matches to the audience and highlighting the charm of Baseball5.

非洲 Africa	美洲 Americas	亞洲 Asia	歐洲 Europe	大洋洲 Oceania
突尼西亞 Tunisia	古巴 Cuba	日本 Japan	法國 France	澳洲 Australia
南非 South Africa	墨西哥 Mexico	中國 China	立陶宛 Lithuania	
	委內瑞拉 Venezuela	中華台北 Chinese Taipei		
		香港 Hong Kong		

FOR THE TITLE OF WORLD CHAMPION

BASEBALL5 WORLD CUP HONG KONG 2024

GROUP A
- CUBA
- HONG KONG, CHINA
- LITHUANIA
- SOUTH AFRICA
- CHINESE TAIPEI
- VENEZUELA

GROUP B
- AUSTRALIA
- CHINA
- FRANCE
- JAPAN
- MEXICO
- TUNISIA

* Super/Placement Rounds: In games between equal seeds, a coin toss during the Pre-Tournament Technical Meeting determines the home team.

NOTE: Head-to-head results of Opening Round games between the three teams that advance to the Super Round will carry over and will count to determine four teams qualified for the medal games as well as overall competition standings. The same methodology applies to the Placement Round.

WBSC.ORG @WBSC
#B5WorldCup

OPENING ROUND

OCT 7 - DAY 1

Bauhinia Court				Asia's World City Court			
2 | 10:00	FRANCE	VS	TUNISIA	1 | 09:30	CUBA	VS	LITHUANIA
4 | 11:30	CHINESE TAIPEI	VS	VENEZUELA	3 | 11:00	MEXICO	VS	AUSTRALIA
6 | 13:00	SOUTH AFRICA	VS	CUBA	5 | 12:30	CHINA	VS	FRANCE
8 | 15:30	TUNISIA	VS	MEXICO	7 | 15:00	LITHUANIA	VS	CHINESE TAIPEI
18:00 - OPENING CEREMONY				9 | 16:30	AUSTRALIA	VS	JAPAN
10 | 19:30	HONG KONG, CHINA	VS	SOUTH AFRICA				

OCT 8 - DAY 2

Bauhinia Court				Asia's World City Court			
11 | 10:00	CHINA	VS	AUSTRALIA				
13 | 11:30	HONG KONG, CHINA	VS	CHINESE TAIPEI	12 | 11:00	LITHUANIA	VS	SOUTH AFRICA
14 | 13:00	FRANCE	VS	JAPAN	15 | 15:30	SOUTH AFRICA	VS	VENEZUELA
16 | 16:00	CUBA	VS	HONG KONG, CHINA	17 | 17:00	JAPAN	VS	CHINA
18 | 17:30	MEXICO	VS	FRANCE	19 | 18:30	AUSTRALIA	VS	TUNISIA
20 | 19:00	VENEZUELA	VS	CUBA				

OCT 9 - DAY 3

Bauhinia Court				Asia's World City Court			
21 | 10:00	LITHUANIA	VS	HONG KONG, CHINA				
23 | 11:30	TUNISIA	VS	CHINA	22 | 11:00	MEXICO	VS	JAPAN
25 | 13:00	AUSTRALIA	VS	FRANCE	24 | 12:30	SOUTH AFRICA	VS	CHINESE TAIPEI
27 | 16:00	JAPAN	VS	TUNISIA	26 | 15:30	VENEZUELA	VS	LITHUANIA
29 | 17:30	CHINESE TAIPEI	VS	CUBA	28 | 17:00	CHINA	VS	MEXICO
30 | 19:00	HONG KONG, CHINA	VS	VENEZUELA				

SUPER ROUND & PLACEMENT ROUND

OCT 10 - DAY 4

Bauhinia Court				Asia's World City Court			
TBD	A3	VS	B3	TBD	A6	VS	B6
TBD	A2	VS	B2	TBD	A5	VS	B5
TBD	A1	VS	B1	TBD	A4	VS	B4
TBD	A3	VS	B2	TBD	B6	VS	A5
TBD	A2	VS	B1	TBD	A6	VS	B4
TBD	B3	VS	A1	TBD	B5	VS	A4

OCT 11 - DAY 5

Bauhinia Court							
TBD	A3	VS	B1	TBD	B3	VS	A2
TBD	B2	VS	A1	TBD	B6	VS	A4
TBD	A5	VS	B4	TBD	A6	VS	B5

WORLD CHAMPIONSHIP FINAL & BRONZE MEDAL GAME

OCT 12 - DAY 6

49 | TBD	4th Place Super Round	VS	3rd Place Super Round	BRONZE MEDAL GAME	Bauhinia Court
50 | TBD	2nd Place Super Round	VS	1st Place Super Round	WORLD CHAMPIONSHIP FINAL	

大會於 10 月 6 日（星期日）中午舉辦賽前記者會，世界棒壘球總會（WBSC）會長 Mr.Riccardo Fraccari 在會上表示，對第二屆 WBSC 五人制棒球世界盃在香港舉辦感到振奮，香港作為國際金融中心，能夠吸引來自世界各地的媒體和觀眾，為五人制棒球運動提供廣泛的曝光機會，亦感謝香港政府支持今次活動。

A pre-event press conference was held at noon on October 6 (Sunday). Mr. Riccardo Fraccari, President of the World Baseball Softball Confederation (WBSC), expressed his excitement about hosting the second WBSC Baseball5 World Cup in Hong Kong. As an international financial center, Hong Kong can attract media and audiences from around the world, providing extensive exposure opportunities for the Baseball5 sport. He also thanked the Hong Kong government for supporting the event.





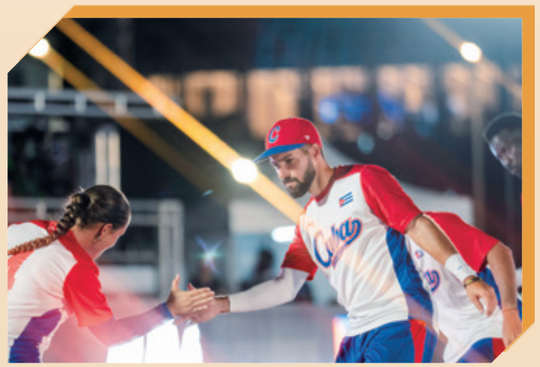


參加五人制棒球亞洲盃及世界盃積蓄競賽經驗
Participate in Baseball5 Asia Cup and World Cup to gain competition experience



財政司司長陳茂波晚上出席 10 月 7 日開幕儀式致辭時表示，活動獲大型體育活動事務委員會頒授「M」品牌認可，會繼續支持更多體育盛事在港舉行，藉著各項大型賽事更好推廣香港多元、具活力的城市面貌，「以體塑旅」，並鼓勵運動更好融入社區，讓市民參與。

Financial Secretary Mr. Paul Chan attended and delivered a speech at the opening ceremony on the evening of October 7. He stated that the event has been awarded the "M" brand by the Major Sports Events Committee and that more major sports events will continue to be supported in Hong Kong. These events better promote Hong Kong's diverse and vibrant city image, encourage sports to better integrate into the community, and encourage public participation.





開幕戰由中國香港迎戰世界排名第 6（* 世界排名截於 2024 年 8 月 9 日）的南非，得到在場數百名球迷大力支持下，港隊眾志成城，以 9:7、6:5 擊退強敵！首局，香港隊一度大幅領先 7:3 下，被爆發力極強的南非迫至 7:7 平手，幸好最終以 9:7 的優勢奪得勝利。進入第二局，南非隊不甘示弱，展開反擊，不過香港隊的防守如磐石般穩固，最終以 6:5 再下一城，寫下世界盃第一勝。

In the opening match, Hong Kong, China faced South Africa, ranked 6th in the world (as of August 9, 2024), with the strong support of hundreds of fans present, the Hong Kong team united to defeat the strong opponent with scores of 9:7 and 6:5! In the first game, the Hong Kong team once led 7:3 but was pushed to a 7:7 tie by the explosive South African team. Fortunately, they ultimately won with a final score of 9:7. In the second game, the South African team fought back, but Hong Kong's defense remained solid, ultimately winning 6:5 and securing the first victory of the World Cup.



賽事成績排名
Tournament Results:

1		古巴 Cuba	7		突尼西亞 Tunisia
2		日本 Japan	8		立陶宛 Lithuania
3		法國 France	9		中國 China
4		委內瑞拉 Venezuela	10		中國香港 Hong Kong, China
5		中華台北 Chinese Taipei	11		南非 South Africa
6		墨西哥 Mexico	12		澳洲 Australia





其他獎項
Other Awards

B5HIGH5 獎 **B5HIGH5 Award**	日本棒球總會 Japan Baseball Association
最佳教練獎 **Best Coach Award**	Sergio Arturo（中國香港） Sergio Arturo (Hong Kong, China)
本屆世界盃的最佳陣容 **Best Lineup of the World Cup**	Tsuji Harutomo（日本） Tsuji Harutomo (Japan)
	Humberto Molina（委內瑞拉） Humberto Molina (Venezuela)
	Omar Diodene（法國） Omar Diodene (France)
	Valeria Sanchez（墨西哥） Valeria Sanchez (Mexico)
	Yu-Ying Hsieh（中華台北） Yu-Ying Hsieh (Chinese Taipei)
最有價值男球員 **Most Valuable Male Player**	Briandy Molina（古巴） Briandy Molina (Cuba)

冠軍 Champion

古巴 Cuba



亞軍 Runner-Up

日本 Japan



季軍 Third Place

法國 France





B5HIGH5 獎
B5HIGH5 Award

日本棒球總會
Japan Baseball Association



2024 年 WBSC 世界盃最佳陣容
Best Lineup of the 2024 WBSC World Cup

Yu-Ying Hsieh
（中華台北 , Chinese Taipei）

Valeria Sanchez
（墨西哥 , Mexico）

Humberto Molina
（委內瑞拉 , Venezuela）

Omar Diodene
（法國 , France）

Tsuji Harutomo
（日本 , Japan）

（左起）(From left to right)

個人獎項
Individual Awards



最有價值男球員
Most Valuable Male Player

Briandy Molina（古巴 Cuba）



最有價值女球員
Most Valuable Female Player

(右 right) Gonzalez Collazo（古巴 Cuba）



最佳教練獎
Best Coach Award

Sergio Arturo（中國香港）(Hong Kong, China)



巴士廣告
Bus Advertising





戶外電視廣告
Outdoor TV Advertising





電車廣告
Tram Advertising

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Mini Carnival





迷你嘉年華
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World-class Athletes













世界級運動員
World-class Athletes









我們的團隊
Our Team



















我們的團隊
Our Team













參賽隊伍本地旅遊
Local Tour with the Visiting Teams



與冠軍獎杯合影
Photo shot with Champion Trophy





與冠軍獎杯合影
Photo shot with Champion Trophy



電車巡遊
Tram Tour

為推動「運動旅遊」，中國香港棒球總會特地在賽前安排 4 架貼滿比賽宣傳資料的電車，讓球隊的代表，享受特色觀光之旅、感受 "Welcome to Hong Kong" 熱情，當日各隊更近距離接觸 2024 年 WBSC 五人制棒球世界盃的冠軍獎盃！在賽事舉行期間，特色電車都會繼續遊走港島，宣傳今次盛事！

To promote "sports tourism," the Hong Kong Baseball Association arranged four trams covered with promotional materials before the match. This allowed representatives of the teams to enjoy a special sightseeing tour and experience the warmth of "Welcome to Hong Kong." On that day, each team also had a close encounter with the championship trophy of the 2024 WBSC Five-Aside Baseball World Cup! Throughout the event, these special trams will continue to roam around Hong Kong Island, promoting this grand event!





參觀 Sky100
Visit Sky100

一眾隊伍在賽事最後一日到訪 SKY 100 欣賞 360 度的壯麗天際線，完美地感受”Welcome to Hong Kong”熱情。

On the final day of the tournament, all the teams visited SKY 100 to admire the magnificent 360-degree skyline, fully experiencing the warm welcome of "Welcome to Hong Kong."





參觀 Sky100
Visit Sky100



記者會及賽前會議
Press Conference & Pre-tournament Meeting







開幕禮
Opening Ceremony

是次頂級賽事獲大型體育活動事務委員會頒發「M」品牌，並於 10 月 7 日於中環海濱活動空間舉辦開幕典禮，由主禮嘉賓財政司司長 陳茂波先生，大紫荊勳賢，GBS, MH, JP 及中國香港棒球總會會長范駿華先生致辭。

出席嘉賓包括署理文化體育及旅遊局局長劉震先生，JP、大型體育活動事務委員會主席吳守基先生，GBS, MH, JP、體育專員蔡健斌先生、康樂及文化事務署署長劉明光先生，JP、官方社區合作夥伴香港賽馬會慈善事務部主管（文化、體育及社區聯繫協作）葉巧兒女士、世界棒壘球總會（WBSC）會長 Mr.Riccardo Fraccari、中國香港棒球總會主席何廸夫先生、中國香港棒球總會祕書長莊岐鳴先生以。

This top-tier event has been awarded the "M" brand by the Major Sports Events Committee and held its opening ceremony on October 7 at the Central Harbourfront Event Space, with officiating guests including Financial Secretary Mr. Paul Chan, GBM, GBS, MH, JP., and President of The Baseball Association of Hong Kong, China, Mr. Andrew Fan.

Guests in attendance included Acting Secretary for Culture, Sports and Tourism, Mr. Lau Chun, JP; Chairman of Major Sports Events Committee, Mr Wilfred NG Sau kei, GBS, MH, JP; Commissioner for Sports, Mr. Choi Kin-bun; Director of Leisure and Cultural Services, Mr. Lau Ming-kwong, JP; Head of Charities (Culture, Sports and Community Engagement), The Hong Kong Jockey Club, Ms Winnie YIP; President of the World Baseball Softball Confederation (WBSC), Mr. Riccardo Fraccari; Chairman of The Baseball Association of Hong Kong, China, Mr. Dave Ho, Secretary-General of the Baseball Association of Hong Kong, China, Mr. Chong Ki Ming.





財政司司長陳茂波晚上出席開幕儀式致辭時表示，活動獲大型體育活動事務委員會頒授「M」品牌認可，會繼續支持更多體育盛事在港舉行，藉著各項大型賽事更好推廣香港多元、具活力的城市面貌，「以體塑旅」，並鼓勵運動更好融入社區，讓市民參與。中國香港棒球總會會長范駿華先生感謝政府頒發 M 品牌認可予今次五人棒球世界杯，令大會可以拿到中環海濱的黃金地段舉辦比賽，向全世界說好香港故事，推廣棒球運動發展。

During his speech at the opening ceremony in the evening, Financial Secretary Mr. Paul Chan mentioned that the event has been awarded the "M" brand by the Major Sports Events Committee and that more major sports events will continue to be supported in Hong Kong. These events will help promote Hong Kong's diverse and vibrant city image, encourage sports to better integrate into the community, and allow citizens to participate. Mr. Andrew Fan, President of The Baseball Association of Hong Kong, China, expressed his gratitude to the government for awarding the "M" brand recognition to this Baseball5 World Cup, enabling the event to be held at the prime location of Central Harbourfront Event Space and promoting the development of baseball by telling Hong Kong's story to the world.











閉幕及頒獎典禮
Closing & Awards Ceremony

開幕禮表演亦特地邀請廣州體育學院及華鐸文化 LUCKY 團來港表演，分別是舞龍表演及鼓舞，向世界展示中華文化，讓觀眾感受到中華民族的傳統魅力和活力。至於開幕禮及閉幕禮都設有煙火表演，不論是外國遊客或香港市民，在高樓大下觀賞煙火表演及賽事，都能感受到活動的氛圍與城市的活力，共同慶祝這場盛會的成功舉行！

經過連日賽事後，冠軍戰重演第一屆的戲碼，由古巴對戰日本，最後古巴以 2:0（16:1 及 7:5）勝出，成功衛冕 2024 年 WBSC 五人制棒球世界盃冠軍，並在中環海濱高捧冠軍金盃！

The opening ceremony performances included a special invitation to the Guangzhou Sport University and the Huadu Culture LUCKY Group to perform in Hong Kong. They presented dragon dances and drum performances, showcasing Chinese culture to the world and allowing the audience to experience the traditional charm and vitality of the Chinese nation. Both the opening and closing ceremonies featured fireworks displays, allowing both foreign tourists and Hong Kong residents to enjoy the fireworks and events from the skyscrapers, experiencing the atmosphere of the event and the city's vibrancy, and celebrating the success of this grand event together.

The championship game repeated the scenario of the first edition, with Cuba facing Japan. Ultimately, Cuba won 2:0 (16:1 and 7:5), successfully defending their title as the 2024 WBSC Baseball5 World Cup champions and proudly hoisting the championship gold cup at Central Harbourfront.



媒體報導
Media Coverage

媒體平台 **Media Platforms**	超過 20 個媒體機構 / 平台 Over 20 media organisations/platforms
報導日期 **Reporting Period**	十月初至十月尾 From early October to late October
報導數量 **Number of Reports**	5 0 篇 Approximately 50 articles



2 October, 2024 星島



5 October, 2024 香港電台



5 October, 2024 商業電台



5 October, 2024 星島



5 October, 2024 信報



5 October, 2024 巴士的報



5 October, 2024 大公文匯



5 October, 2024 TOPICK



5 October, 2024 東網



6 October, 2024 體路



6 October, 2024 星島



6 October, 2024 星島



7 October, 2024 港生活



6 October, 2024 香港新聞網



7 October, 2024 體路



6 October, 2024 商業電台



7 October, 2024 巴士的報



8 October, 2024 星島



7 October, 2024 星島



7 October, 2024 大公文匯



7 October, 2024 香港電台



7 October, 2024 NOW 新聞



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11 October, 2024 星島



13 October, 2024 體路



10 October, 2024 星島



11 October, 2024 星島



13 October, 2024 明報



10 October, 2024 花城新聞
(廣州電視台)



12 October, 2024 星島



18 October, 2024 香港商報



11 October, 2024 星島



12 October, 2024 星島

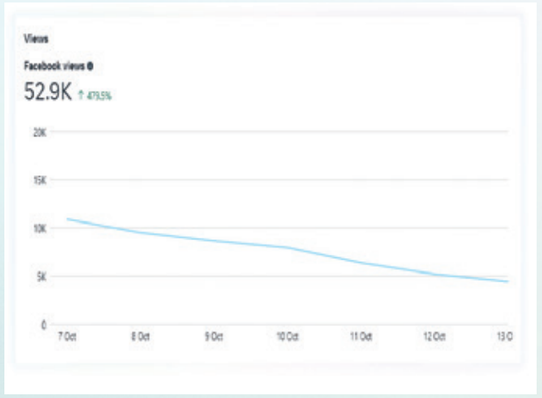


19 October, 2024 星島

平台數據
Platform data October 6 - October 13

Facebook 及 Instagram
比賽期間 Facebook 及 Instagram 的觸及人數、瀏覽次數及專頁瀏覽數
瀏覽次數：比賽期間發帖內容瀏覽總數接近五萬三千次 (比起非比賽期間高出 479%)

Facebook and Instagram
During the competition period, the reach, views, and page visits on Facebook and Instagram
Views: Total post views during the competition period were nearly 53,000 (an increase of 479% compared to the non-competition period)



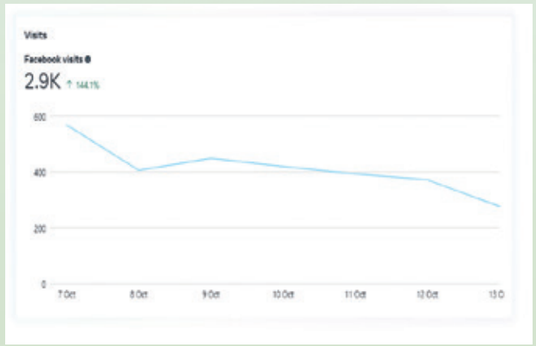
觸及人數
比賽期間發帖 (包括外部分享) 觸及人數超過八千人 (比起非比賽期間高出 329%)

Reach
During the competition period, the reach (including external shares) of posts exceeded 8,000 people (an increase of 329% compared to the non-competition period).



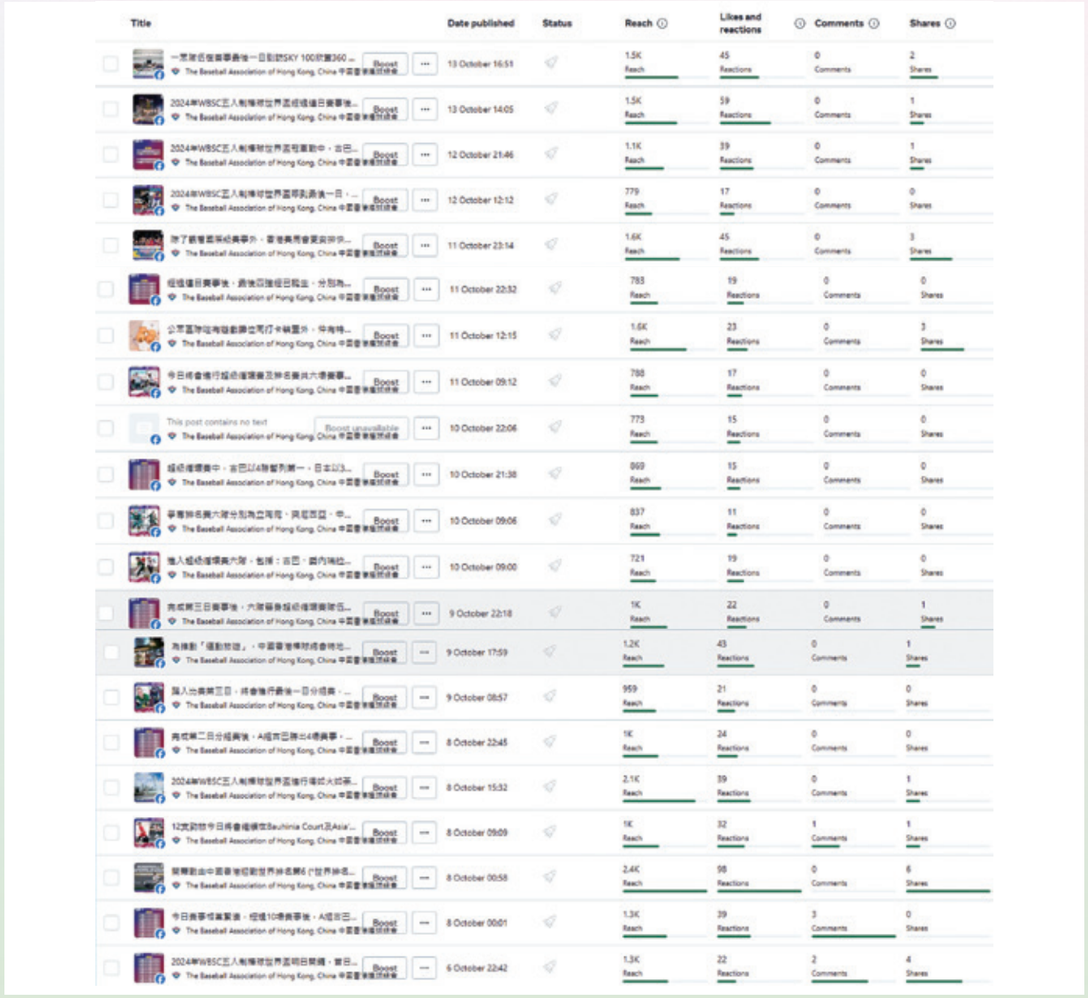
專頁瀏覽數
比賽期間專頁被瀏覽次數接近 三千次 (比起非比賽期間高出 144%)

Page Views
During the competition period, the page was viewed nearly 3,000 times (an increase of 144% compared to the non-competition period).



2024 年 WBSC 五人制棒球世界盃 Facebook 帖文數據分佈，平均每個帖文都過千次瀏覽次數

Distribution of Facebook Post Data for the 2024 WBSC Baseball5 World Cup:
On average, each post received over 1,000 views.



Title	Date published	Status	Reach	Likes and reactions	Comments	Shares
一覽精彩棒壇事最強一日創訪SKY 100欣賞360 ...	13 October 16:51		1.5K	45	0	2
2024年WBSC五人制棒球世界盃經過精華回顧事強...	13 October 14:05		1.5K	59	0	1
2024年WBSC五人制棒球世界盃明星賽中，吉巴...	12 October 21:46		1.1K	39	0	1
2024年WBSC五人制棒球世界盃明星賽換一日，...	12 October 12:12		779	17	0	0
除了觀賞精采經典事外，香港典男會更與伊伊...	11 October 23:14		1.6K	45	0	3
經過精彩賽事後，最強召隊經已誕生，分別為...	11 October 22:32		783	19	0	0
公眾直播現場有驚動世界打卡機置外，中海特...	11 October 12:15		1.6K	23	0	3
今日將會進行經過精彩及特名賽共六場賽事...	11 October 09:12		788	17	0	0
This post contains no text	10 October 22:06		773	15	0	0
經過精彩賽中，吉巴以4勝暫列第一，日本以3...	10 October 21:38		869	15	0	0
掌握特色與大隊分別為立陶宛，與尼西亞，中...	10 October 09:06		837	11	0	0
強人經過精彩賽大隊，包括：吉巴，國內瑞拉...	10 October 09:00		721	19	0	0
完成第三日賽事後，六隊最後經過精彩伍...	9 October 22:18		1K	22	0	1
為精彩「運動放題」，中國香港棒球總會特地...	9 October 17:59		1.2K	43	0	1
強人出賽第三日，將會進行最後一日分組賽，...	9 October 08:57		959	21	0	0
完成第二日分組賽後，A組共已誕生4強賽事，...	8 October 22:45		1K	24	0	0
2024年WBSC五人制棒球世界盃進行精彩大結幕...	8 October 15:32		2.1K	39	0	1
12次訪訪今日將會繼續在Saulnia Court及Asia'...	8 October 09:09		1K	32	1	1
開幕戰由中國香港招戰對世界排名第6（世界排名...	8 October 00:58		2.4K	98	0	6
今日賽事精采緊張，經過10場賽事後，A組共已...	8 October 00:01		1.3K	39	3	0
2024年WBSC五人制棒球世界盃明日開幕，首日...	6 October 22:42		1.3K	22	2	4

Instagram 上載港隊比賽精華影片，曝光次數及觸及人數都是平均過千，成績相對理想。

On Instagram, the highlight videos of the Hong Kong team's matches achieved relatively impressive results, with both the number of impressions and reach averaging over 1,000.

天天體育
播放中國隊賽事總觀看人數量約 六千一百人次

Tiantian Sports
Approximately 6,100 viewers watched the Chinese team's matches.(內地) 天津

威風直播在抖音
直播共六日賽事，觀看直播總人數達 二十五萬人次

Mainland China
Tianjin T5 Sports: Approximately 14,000 viewers watched the live stream

鳴謝
Acknowledgements

Supporting Organisations
支持機構

大型體育活動事務委員會
Major Sports Events Committee

大型體育活動
Major Sports Events

政府資助計劃
Government-funded programme

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ORGANISER
主辦單位

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WORLD BASEBALL SOFTBALL CONFEDERATION

HOST
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BAHKC
中國香港棒球總會
THE BASEBALL ASSOCIATION OF HONG KONG, CHINA

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香港賽馬會
The Hong Kong Jockey Club

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香港電車 HK TRAMWAYS EST. 1904
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五人制棒球在燃
Ongoing Baseball5 in the town



五人制棒球球員發展晉升階梯
Development Path for Baseball5 Athletes

透過體驗性質的五人棒球校園工作坊，引起學員們對是項運動的興趣，並以現有機制之校隊/ 青苗/ 聯校訓練中心的形式建立其基礎技術。

具潛質或有一定實力的球員，會被獲邀請、透過選拔或試訓等形式加入區隊，甚至是晉升為各級代表隊的行列。

Through experiential Baseball5 campus workshops, spark interest in the sport among participants and establish foundational skills through existing mechanisms such as school teams, seedling programs, and inter-school training centers.

Promising or skilled players will be invited to join district teams, or even advance to the ranks of various representative teams, through selection or trial training.



香港戶外用品及運動博覽 暨 健身科技及器材博覽
2024 Hong Kong Outdoor & Sports Expo X FITechXpo 2024

香港戶外用品及運動博覽 暨 健身科技及器材博覽 2024 Hong Kong Outdoor & Sports Expo X FITechXpo 2024.

「香港戶外用品及運動博覽 暨 健身科技及器材博覽 2024」於 11 月 22-24 日圓滿結束 . 由展覽集團主辦的「香港戶外用品及運動博覽 暨 健身科技及器材博覽 2024」是一個不可錯過的運動主題盛會。匯聚各類精彩活動、運動比賽、多項運動體驗同戶外教室，現場活動多樣化 . 棒總作為參展方，一連三日為大家帶來精彩的運動活動！透過三大遊戲讓大眾接觸棒球運動。

"Hong Kong Outdoor Products and Sports Expo & Fitness Technology and Equipment Expo 2024"
The "Hong Kong Outdoor Products and Sports Expo & Fitness Technology and Equipment Expo 2024" successfully concluded on November 22-24. Organised by the Exhibition Group, the "Hong Kong Outdoor Products and Sports Expo & Fitness Technology and Equipment Expo 2024" is a must-attend sports-themed event. It brings together a variety of exciting activities, sports competitions, multiple sports experiences, and outdoor classrooms. The on-site activities are diverse. As an exhibitor, the Baseball Association offered a series of exciting sports activities over the three-day event, introducing the public to baseball through three major games.













康文署資助 Baseball5 區隊培訓計劃
Baseball5 Regional Squad Training Scheme subvented by the LCSD

獲康樂及文化事務署 (康文署) 資助，棒總由 2023 年 10 月起舉辦「五人制棒球區隊培訓計劃」，招募具潛質球員參加常規訓練並推薦優秀球員到代表隊集訓，以備戰國際賽事。

區隊培訓計劃分青年組（14 歲至 18 歲）及公開組（19 歲至 35 歲）。

With the support of the Leisure and Cultural Services Department (LCSD), the Association has been organising the "Baseball5 Regional Squad Training Programme" since October 2023, aiming to recruit talent players to participate in the regular training and recommend them for national team preparation to prepare for international competitions.

The regional squad training programme has two age categories: Youth (ages 14-18) and Open (ages 19-35).













2025-26 五人制棒球活動
2025-26 Baseball5 Programmes

Period	Programme/Event	Location	Target
2025. 04 ~ 2026. 03	康文署資助「學校體育推廣計劃」 LCSD School Sports Programmes • 運動示範 Sport Demonstration • 簡易運動計劃 Easy Sport Programme • 外展教練計劃 - 非校隊訓練 Outreach Coaching Programme (Non-School Team) • 外展教練計劃 - 校隊訓練 Outreach Coaching Programme (School Team)	學校場地 School facility	本地註冊中小學 Locally registered primary and secondary schools
2025. 04 ~ 2026. 03	康文署資助「五人制棒球區隊培訓計劃」 LCSD Baseball5 Regional Squad Training Programme	康文署 / 學校場地 LCSD venue/ school facility	選拔潛質運動員提供常規訓練，推薦表現優秀運動員參加大型比賽備戰，代表香港，為港爭光。 Selecting potential athletes provides regular training and recommends outstanding athletes to participate in major competitions, representing Hong Kong and bringing glory to the city.
2025. 06. 28	灣仔夏誌 SummerFest *1st Hong Kong High Five Baseball5 Championship Pre-event 1.0* 五人制棒球動力歡樂時 Baseball5 Dynamic Happy Hour	灣仔海濱 Wan Chai Harbourfront Event Space (WCHES)	透過五人制棒球的簡易比賽模式，推動本港五人制棒球發展，提高本地五人制棒球水平，並進一步擴大本港參與棒球運動的人口，發揚體育精神、促進友誼。 匯聚五人制棒球賽各組別的參賽球隊，以增加比賽的可觀性及緊湊程度，亦可助代表隊或精英培訓計劃之教練探查運動員水平。 To extend the baseball population by using simplified game format. The competition aims to improve the standard of the local Baseball5 sport, promote sportsmanship and enhance friendship. Gathering the participating teams from the Hong Kong Baseball5 Competition, to increase the excitement of the matches and assist the Hong Kong, China Baseball5 Representative Team or Elite Training Programme to scout potential athletes.
2025. 06. 29	灣仔夏誌 SummerFest 五人制棒球明日之星衛冕賽 Baseball5 Stars of Tomorrow Defender Cup		
2025. 07. 06	《棒總盃》快閃五人棒球賽 "BA Cup" Baseball5 Flash Game	西沙 Go Park 創夢館 Go Park Dreamland Sai Sha	免費入場觀看比賽。 Free admission to watch the game.
2025. 07. 06	2024-25 年度周年頒獎禮 2024-25 Annual Awards Ceremony		頒發《棒總盃》快閃五人棒球賽, 2024-25年度全港棒球公開賽（包括男子、女子、混合、新秀、校際）及 2024-25 年度全港青少年棒球季後賽得獎隊伍獎項。 Awarding prizes to winning teams in the "BA Cup" Baseball5 Flash Game, 2024-25 Hong Kong Baseball Open League (including Men, Women, Mixed, Novice and School) and 2024-25 Hong Kong Youth Baseball Playoffs.
2025. 7. 19	全民棒球新體驗 @ 中環夏誌 Other Experience with Baseball for All @SummerFest *1st Hong Kong High Five Baseball5 Championship Pre-event 2.0* • 體驗五人制棒球及 eBASEBALL Sport Trial of Baseball5 and eBASEBALL	中環海濱 活動空間 Central Harbour Front Event Space	歡迎任何有興趣人士登記，免費入場。 Welcome anyone interested to register, free admission.
2025. 07. 20	2025 年頌夏棒球節 @ 中環夏誌 Summer BaseballFest 2025@SummerFest • 五人制棒球明日之星衛冕賽 Baseball5 Stars of Tomorrow Defender Cup		透過五人制棒球的簡易比賽模式，推動本港五人制棒球發展，提高本地五人制棒球水平，並進一步擴大本港參與棒球運動的人口，發揚體育精神、促進友誼。 匯聚五人制棒球賽各組別的參賽球隊，以增加比賽的可觀性及緊湊程度，亦可助代表隊或精英培訓計劃之教練探查運動員水平。 To extend the baseball population by using simplified game format. The competition aims to improve the standard of the local Baseball5 sport, promote sportsmanship and enhance friendship. Gathering the participating teams from the Hong Kong Baseball5 Competition, to increase the excitement of the matches and assist the Hong Kong, China Baseball5 Representative Team or Elite Training Programme to scout potential athletes.

Period	Programme/Event	Location	Target
2025. 08 ~ 2026. 03	康文署資助「五人制棒球青年軍 (青苗) 培訓計劃」 LCSD Baseball5 Young Athletes Training Scheme	康文署 / 學校場地 LCSD venue/ school facility	歡迎本地非牟利團體報名開課，自行安排場地，棒總派教練分預備組 (7-12 歲)，青年組 (13-18 歲)，公開組 (18-35 歲) 每班 15 - 30 人 Local non-profit making organizations are welcome to sign up for classes, arrange their own venues, and the Association will send coaches. There are preliminary groups (ages 7-12), youth groups (ages 13-18), and open groups (ages 18-35). Each class accommodate 15-30 people
2025. 09. 05 ~ 2025. 09. 07	ASDF 資助本地大型賽事 第一屆香港 High Five 五人棒球錦標賽 Local International Event supported by ASDF 1st Hong Kong High Five Baseball5 Championship	荃灣 愉景新城 D • PARK Tsuen Wan	除選拔「五人制棒球區隊培訓計劃」精英運動員組建代表隊外，本會將邀請海外隊伍如大灣區及東南亞國家參賽。讓五人制棒球比賽成為本地大型活動年曆活動之一。 In addition to selecting elite athletes for the "Baseball5 Regional Squad Training Programme" to form a representative team, the Association will extend the invitation to overseas teams from the Greater Bay Area and Southeast Asian countries to participate in the competition. This will make Baseball5 one of the major events in the local annual activity calendar. 設少年組 (7-12 歲)、青年組 (13-18 歲) 及公開組 (18 歲或以上) Division: Junior Division (ages 7-12), Youth Division (ages 13-18), and Open Division (18 years or older)
2025. 10 ~ 2026. 03	康文署資助本地聯賽 「香港五人棒球賽」	康文署場地 LCSD venue	透過定期舉辦本地五人制棒球比賽，增加參加者對五人制棒球的興趣，進一步擴大本地參與五人制棒球人口，發揚體育精神、促進運動普及化。 比賽中表現優異的球員有機會被推薦參加五人制棒球區隊訓練；從而有機會被選拔參加五人制棒球大型比賽。 By regularly organizing local Baseball5 competitions, we aim to increase participants' interest in Baseball5, further expand the local population participating in this sport, promote the spirit of sportsmanship, and foster the popularization of sports. Outstanding players in the competition will have the opportunity to be recommended for Baseball5 Regional Squad Training; having the opportunity to be selected to participate in major Baseball5 competitions.
2026. 01 / 2026. 02	申請 ASDF 承辦 Major Local International Event (MLIE) 2026 年亞洲盃五人制棒球錦標賽 WBSC Baseball5 Asia Cup 2026	荃灣 愉景新城 D • PARK Tsuen Wan	向 WBSC-ASIA 申請承辦 WBSC Baseball5 Asia Cup 2026, 預計參賽隊數 7-9 隊；亞洲盃前三名將晉級 2026 年在意大利舉行的 WBSC Baseball5 World Cup。 Apply to WBSC-ASIA to host the WBSC Baseball5 Asia Cup 2026, with an expected number of participating teams ranging from 7 to 9; the top three teams of the Asia Cup will qualify for the WBSC Baseball5 World Cup to be held in Italy in 2026.
2026. 02 / 2026. 03	康文署資助「學校體育推廣計劃」 LCSD School Sports Programmes 簡易運動大賽 – 五人制棒球比賽 Easy Sports Competition – Baseball5 Competition	康文署 / 學校場地 LCSD venue/ school facility	讓曾參與「學校體育推廣計劃」簡易運動計劃棒球訓練的學生藉此交流，增加學生對籃球運動的興趣，提高他們的技術水平和累積比賽經驗。 To offer former participants of the Easy Sport Programme – Baseball under the School Sports Programme (SSP) an opportunity for exchanges to develop their interests in Rugby and enhance their skills and gain experience in competitions.
2026. 03 / 2026. 04	康文署資助 2025-26 青年軍 (青苗) 五人制棒球比賽 2025-26 Young Athletes Baseball5 Competition	康文署 / 學校場地 LCSD venue/ school facility	本賽事由中國香港棒球總會 (棒總) 主辦，康樂及文化事務署 (康文署) 資助。專為已完成 2025-26 年度五人制棒球青年軍 (青苗) 培訓計劃第一階段學員而設。透過五人制棒球的簡易比賽模式，推動本港五人制棒球發展，提高本地五人制棒球水平，並進一步擴大本港參與棒球運動的人口，發揚體育精神、促進友誼。 The competition is organized by The Baseball Association of Hong Kong, China (BAHKC) and subvented by the Leisure and Cultural Services Department (LCSD). It is designed for participants who have completed Phase 1 of the Baseball5 Young Athletes Training Scheme in 2025-26. To extend the baseball population by using simplified game format. The competition aims to improve the standard of the local Baseball5 sport, promote sportsmanship and enhance friendship

開展地區聯校訓練中心前哨工作
Carry out the preliminary work for the regional inter-school training center.

地區五人制棒球訓練計劃 (荃灣區)
路德會聖十架學校
Baseball5 District Training Scheme in Tsuen Wan with Holy Cross Lutheran School

前言
Preface
集合各路熱愛運動的青少年，體驗新興運動；不管你是那一路體育項目高手，總能夠應用到五人制棒球上。

Gathering sports-loving youth to experience new emerging sports; no matter which sports discipline you excel in, you can always apply it to Baseball5.

活動導師
Instructors
五人制棒球教練及五人制棒球代表隊成員

Baseball5 Coaches and Baseball5 representative team members

活動目標
Activity Objectives
- 讓學員學會 Baseball5 技術，讓他們認識這項新興運動

  To teach participants the techniques of Baseball5 and to familiarize them with this emerging sport.

- 鼓勵青少年多參加體育活動，鍛鍊身心，提高活力，從而建立活躍健康的生活模式

  To encourage youth to engage more in physical activities, enhancing their physical and mental well-being, thereby establishing an active and healthy lifestyle.

- 加強青少年情意發展，包括共通能力、價值觀和態度，為終身學習奠定良好的基礎

  To strengthen the emotional development of youth, including common skills, values, and attitudes, laying a solid foundation for lifelong learning.





活動內容簡介
Activity Content Overview
教授 Baseball5 場地規格、比賽規則、擊球、跑壘、接球技巧，比賽戰術訓練中，安排比賽環節，讓學員學以致用，體驗團隊合作。

Teaching the specifications of Baseball5 fields, competition rules, hitting, base running, fielding techniques, and game strategies. The training includes competitive segments to allow participants to apply what they have learned and experience teamwork.

完成課堂的學員，可持續參加中國香港棒球總會（棒總）主辦，由康樂及文化事務署（康文署）資助的「五人制棒球青年軍 (青苗) 培訓計劃」及「香港五人制棒球賽」。表現優秀的學員有機會被推薦參加「五人制棒球區隊培訓計劃」

Participants who complete the course may continue to join the "Baseball5 Youth Program (Seedlings)" organized by the Hong Kong Baseball Association and funded by the Leisure and Cultural Services Department. Outstanding participants may be recommended to join the "Baseball5 District Team Training Program."

預期活動成效
Expected Activity Outcomes

知識 Knowledge
Baseball5 發展歷史、用具、技術及規則的認識。

Understanding the history, equipment, techniques, and rules of Baseball5.

技術 Skills
課堂學習 Baseball5 場地規格、比賽規則、擊球、跑壘、接球技巧，比賽戰術；循序漸進，連貫銜接，由最基本動作學起，至後期應用於比賽上

Classroom learning on the specifications of Baseball5 fields, competition rules, hitting, base running, fielding techniques, and game strategies; a gradual and interconnected approach, starting from the most basic movements to later application in competitions.

情意發展 Emotional Development
透過 Baseball5 活動，加強學員團隊精神，溝通能力、協作能力、創造力等； 培養學員的正確價值觀及態度

Through Baseball5 activities, strengthen participants' team spirit, communication skills, collaboration skills, and creativity; cultivate correct values and attitudes among participants.







備戰第二屆五人制棒球青年亞洲盃
Prepare for the II Youth Baseball5 Asia Cup 2025

備戰 2025 年 3 月 11 日至 14 日在台北舉行的第二屆青少年棒球 5 亞洲盃，參賽隊伍來自中華台北、中國香港、伊拉克、日本、馬來西亞、南韓和泰國。是次亞洲盃為世界盃資格賽，亞洲前三名隊伍將晉級 2025 年在墨西哥舉行的第二屆青少年五人制棒球世界盃。按世界棒壘球總會審批參加達喀爾 2026 青奧會五人制棒球賽資格，球隊必須為世界盃參賽球隊。亞洲盃冠軍及世界盃冠軍將直接獲得達喀爾 2026 青奧會五人制棒球賽參賽資格。

To prepare for the 2nd Youth Baseball5 Asia Cup 2025, scheduled to be held from March 11-14, 2025, in Taipei. Participating teams will include Chinese Taipei, Hong Kong, China, Iraq, Japan, Malaysia, South Korea, and Thailand. This Asia Cup serves as a World Cup Qualifier, with the top three teams from Asia advancing to the II Youth Baseball5 World Cup 2025 in Mexico. It is also part of the WBSC qualification process for the Youth Olympic Games Dakar 2026 (YOG Dakar 2026), Asia Champion and World Champion are being allocated a direct spot to the YOG Dakar 2026.















第二屆五人制棒球青年亞洲盃
II Youth Baseball5 Asia Cup 2025

2025 年第二屆五人制棒球青年亞洲盃於 3 月 11 至 14 日在台北市舉行。中華台北，衛冕冠軍，與韓國、日本、馬來西亞、泰國、中國香港以及首次參賽的伊拉克競爭冠軍寶座。冠軍將可直接獲得明年在達卡所舉辦的青年奧運參賽資格。

The II Youth Baseball5 Asia Cup 2025 to be held in Taipei City from March 11 to 14. Chinese Taipei, the defending champion, will compete for the championship title against South Korea, Japan, Malaysia, Thailand, Hong Kong, China and Iraq, which is participating for the first time. The champion will qualify directly for the Youth Olympics to be held next year in Dakar.





















五人制棒球一般規則

由教育局課程發展處編製

五人制棒球

「躍動校園 活力人生」計劃

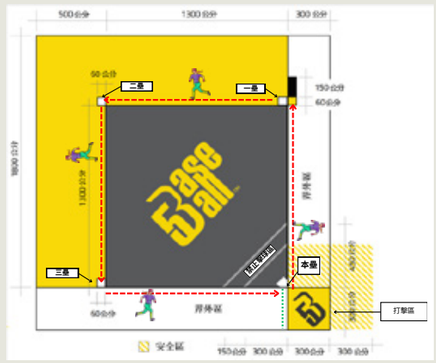
一般規則

ALL YOU NEED IS A BALL



1. 「五人制棒球」的比賽單位「局」，包括了兩隊在進攻及防守上的交換。一場比賽共有五局。
2. 每隊球隊人數五至八人（正選五人、後備三人）。
3. 球隊必須在比賽前15分鐘在打擊順序卡上填上打擊球員之號碼。
4. 若比賽以「混合性別」形式進行，防守方必須維持兩名同性別運動員在場上。（3男2女 或 2男3女）
5. 比賽開始時，主隊先進行防守，客隊先進行進攻。

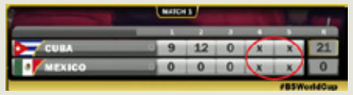




6. 當擊球球員擊球時，防守方的五位球員都得要在界內區域
7. 球第一次觸地必須要在「禁止擊球區」外。U-15及其他年齡的組別，如果非法擊球或是打成界外球，選手可以有第二次機會。
8. 防守球隊在每一局使進攻隊三名球員出局，攻守雙方可交換攻守角色。
9. 賽事進行中，若代表成員公然地反對裁判員的判決，該成員將獲口頭或書面警告。若再次受到警告，該成員將自動被驅逐出場。



10. 比賽結束 (領先一隊為勝方)：
    a) 五局結束，一方球隊的分數比對賽球隊的分數要多；
    b) 三局結束，一隊領先達十五分；
    c) 四局結束，一隊領先達十分；
    d) 五局後，誰得分多為勝隊。



11. 若五局後雙方得分相同，則以延長比賽局數直到一方球隊得分超越對方：
    a) 延長賽第一局：開始時，進攻一方直接進佔一壘 (上一局最後一位擊球手)；
    b) 延長賽第二局：開始時，進攻一方直接進佔一、二壘 (上一局最後兩位擊球手)；
    c) 延長賽第三局開始，每局皆以滿壘開始，進攻一方直接進佔一、二及三壘 (上一局最後三位擊球手)
    d) 所有壘上跑者必須依照打擊順序進佔。



參考資料：Official Baseball5 Rulebook 2024
此資訊圖由教育局課程發展處編製
鳴謝中國香港棒球總會協助製作

五人制棒球

「躍動校園 活力人生」計劃

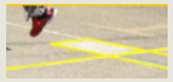
進攻

得分方式：
→一名進攻球員自行拋球並擊球（手掌或拳頭擊/拍出）後，完成繞過每個壘包，便得到一分。也就是依照順序接觸到一壘、 二壘、三壘以及本壘(或打擊區)。
→在跑壘期間，進攻球員可在一壘、 二壘或三壘停留期間持續觸壘，以避免出局。

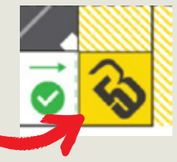


進攻球員會因為以下非法行為/舉動而讓成自己出局：
1. 當擊球時，踏出打擊區的任一條線；
2. 當將球擊到界外區（包括「禁止擊球區」）；
3. 當球接觸界內區域後，在第一壘或第三壘前飛越界外區；
4. 被自己擊出的球擊中；
5. 試圖揮擊下完全沒有打到球；
6. 故意假裝要擊球；
7. 在球觸及圍牆或是越過圍牆前，沒有與比賽場地接觸；
8. 在未有觸及防守球員情況下，球未能觸及外野圍欄；
9. 不依打擊順序進行打擊；
10. 壘上跑者在打擊者擊到球之前離開壘包；
11. 在跑壘時，超越同時正在跑壘的隊友；
12. 當兩名、或超過兩名跑者同時佔據同一壘包，而被防守一方持球觸碰。在打擊順序上居後的跑者應該要被判決「出局」。
13. 擊出的球在接觸界內區前，擊球手踏出打擊區；
14. 跑壘者利用「鑽壘」及「飛躍」等動作進佔壘板。





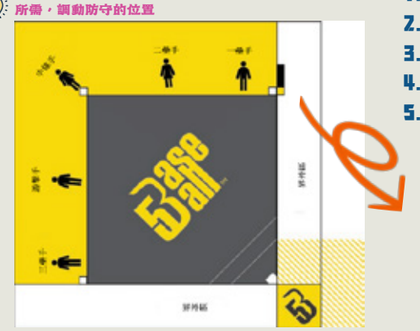
* 跑者應該要盡一切可能，避免與防守一方接觸相撞。
* 避免在本壘發生碰撞，來自三壘的跑手可跑越「打擊區」而取得分數，而不用踏上「本壘」壘板。

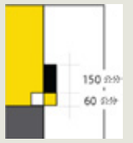


防守

目標：防止進攻方得分，透過以下方式使進攻球員「出局」：
1. 持球並先於跑壘者觸碰壘包（封殺）；
2. 將進攻球員所擊出的球第一次觸地前將球接住（接殺）；
3. 「接殺」擊球手後，持球並先於跑壘者觸碰壘包；
4. 手持球時，觸碰沒有接觸壘包的跑者（觸殺）；
5. 如果打者成功上到一壘，但無法保持在安全區內，並且被防守球員持球在安全區外觸碰。

這只是典型的守備陣勢，防守球員可以根據球隊所需，調動防守的位置







參考資料：Official Baseball5 Rulebook 2024
此資訊圖由教育局課程發展處編製
鳴謝中國香港棒球總會協助製作

資料來源：
https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Baseball5_Chi.pdf

五人制棒球

躍動校園 活力人生 計劃

（簡易版）

比賽形式

ALL YOU NEED IS A BALL

- 「五人制棒球」的比賽單位「局」，包括了兩隊在進攻及防守上的交換。一場比賽共有五局。
- 防守球隊在每一局使進攻隊三名球員出局，攻守雙方可交換攻守角色。

進攻

得分方式：

- 一名進攻球員自行拋球並擊球（手掌或拳頭擊/拍出）後，完成繞過每個壘包，便得到一分。也就是依照順序接觸到一壘、二壘、三壘以及本壘（或打擊區）。
- 在跑壘期間，進攻球員可在一壘、二壘或三壘停留（期間持續觸壘），以避免出局。

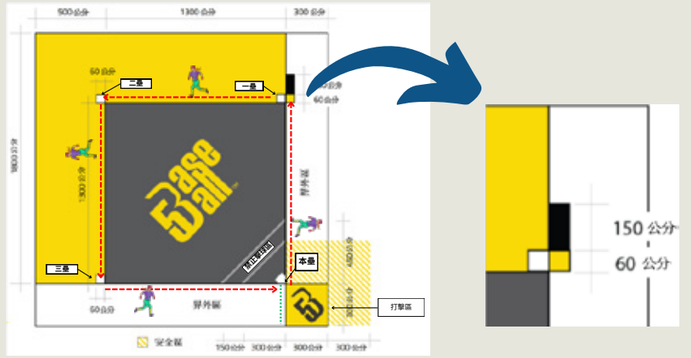


防守

目標：防止進攻方得分，透過以下方式使進攻球員「出局」：

- 持球並先於跑壘者觸碰壘包（封殺）；
- 將進攻球員所擊出的球第一次觸地前將球接住（接殺）；
- 「接殺」擊球手後，持球並先於跑壘者觸碰壘包；
- 手持球時，觸碰沒有接觸壘包的跑者（觸殺）；
- 如果打者成功上到一壘，但無法保持在安全區內，並且被防守球員持球在安全區外觸碰。





參考資料：Official Baseball5 Rulebook 2024
此資訊圖由教育局課程發展處編製
鳴謝中國香港棒球總會協助製作

Baseball5 General Rules

Designed by the Education Bureau Curriculum Development Institute

Baseball5

Active Students Active People ASAP Campaign

GENERAL RULES

ALL YOU NEED IS A BALL

1. An inning is a division of a Baseball5™ game consisting of a turn at bat for each team. A Baseball5 game is made of 5 innings.
2. The maximum number of players on the roster is 8 (5 in play and 3 reserves).
3. Athletes must be registered in the line-up card with a number 15 minutes before the start of the game.
4. In mixed gender competitions the defensive team must have at all times a minimum of 2 athletes per gender on the field. (3 male 2 female or 2 male 3 female)
5. The Home team starts the game in defense and the Visitor team starts in offense.





6. The 5 players of the defensive team shall all be in fair territory when the batter hits the ball.
7. The first bounce has to be after the no-hit zone line. In the U-15 category and other age-group categories, players will have a second chance in the case of an illegal hit or foul-ball.
8. The goal of the defensive team is to eliminate (make “outs”) three offensive team players in order to end the innings. Following the end of innings, the teams switch sides with the defensive team becoming the offensive team and vice versa.
9. If the delegation member, during the game, should blatantly protest a Game Official decision, a verbal or written warning could occur. A second warning to the same delegation member will automatically result in an ejection.



10. End of Game (The leading team wins):
    a) The game ends at the end of the fifth inning if one team has scored more runs than the opponent ;
    b) A game is over if a team leads by 15 runs at the end of the third inning ;
    c) A game is over if a team leads by 10 runs at the end of the fourth inning ;
    d) The game ends at the end of the fifth inning if one team has scored more runs than the opponent.



11. In case of a tied game, the teams shall play and complete extra inning(s) until one team scores more runs than the opponent :
    a) The first extra inning will start with a runner on first base (the last batter of the previous inning);
    b) The second extra inning will begin with runners on 1st and 2nd base (the last batter and second-last batter of the previous inning);
    c) Runners will start on all bases from the third extra inning onwards (the last batter, the second-last batter and the third to last batter of the previous inning;
    d) Runners must be placed on base(s) without modifying the batting order.



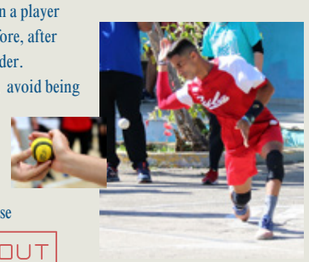
Reference: Official Baseball5 Rulebook 2024
This infographic is developed by Curriculum Development Institute, Education Bureau
In acknowledgement of The Baseball Association of Hong Kong, China

Baseball5

OFFENCE

Points / Runs

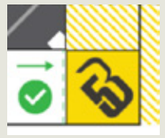
- An offender release and hit/slap the ball either with a fist or a palm. A point (run) is scored when a player reaches home plate having passed all the bases during an offensive session of his/her team, therefore, after having touched in order 1st base, 2nd base, 3rd base and home plate (or Batter's Box) in this order.
- During the run, the offender may stay at the 1st base, 2nd base or 3rd base by touching the base, avoid being ruled "out".



Offensive players eliminate themselves due to illegal behavior/action:

1. By crossing (passing) on one of the batter's box lines while hitting the ball ;
2. By hitting the ball into foul territory;
3. If, after bouncing in fair territory, the ball reaches foul territory before it passes first or third base
4. By hitting the ball into themselves;
5. By completely missing the ball in the attempt of hitting;
6. By intentionally faking to hit the ball;
7. By not making a hit ball touch the fairground at least once before touching the fences or going over the fences;
8. By not making the hit ball reach the outfield fence (in case of no touch by any defensive player);
9. By not respecting the batting order and hitting in place of a teammate;
10. By a runner leaving the base before the batter hits the ball;
11. By passing a teammate while in the action of running the bases;
12. By being tagged while two or more runners are on the same base by (the player listed later in the batting order shall be called "out" if we are in a non-force situation);.
13. By stepping outside the batter's box before the ball reaches fair territory;
14. By sliding/diving in the attempt to safely reach a base in the attempt to avoid a tag.

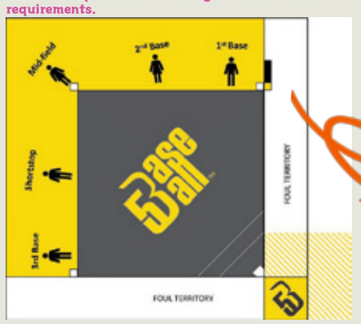




NOTE
- Runners must do everything possible to avoid a collision with the defenders.
- To Avoid collisions at home plate, the runner coming from third base can use the batter's box to score a run instead o having to step on home plate.

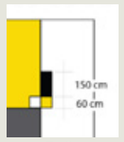
DEFENCE

This is a typical formation. However, the defensive players may change their position before every action according to their team requirements.



Aims : Stop offenders from scoring by eliminating 3 offenders in an inning by making "outs" :

1. By touching the base (while in possession of the ball) where the runner is "forced" to run to ;
2. By catching a hit ball before it touches the ground (fly out) ;
3. By touching the base (while in possession of the ball) where the runner is "forced" to return to after a fly out;
4. By tagging a runner when he/she is not on a base; Tagging = touching the runner with the ball in hand;
5. If a batter reaches first base safely but fails to remain in the safe area and is tagged by a defender while outside the safe area.





Reference: Official Baseball5 Rulebook 2024

This infographic is developed by Curriculum Development Institute, Education Bureau
In acknowledgement of The Baseball Association of Hong Kong, China

Sources:
https://www.edb.gov.hk/attachment/en/curriculum-development/kla/pe/asap/Baseball5_Eng.pdf

Baseball5

(Simplified Version)

THE GAME

ALL YOU NEED IS A BALL

- An inning is a division of a Baseball5™ game consisting of a turn at bat for each team. A Baseball5 game is made of 5 innings.
- The goal of the defensive team is to eliminate (make "outs") three offensive team players in order to end the innings. Following the end of innings, the teams switch sides with the defensive team becoming the offensive team and vice-versa.

OFFENCE

Points / Runs

- An offender release and hit/slap the ball either with a fist or a palm. A point (run) is scored when a player reaches home plate (or Batter's Box) having passed all the bases during an offensive session of his/her team, therefore, after having touched in order 1st base, 2nd base, 3rd base and home plate (or Batter's Box) in this order.
- During the run, the offender may stay at the 1st base, 2nd base or 3rd base by touching the base, avoid being ruled "out".

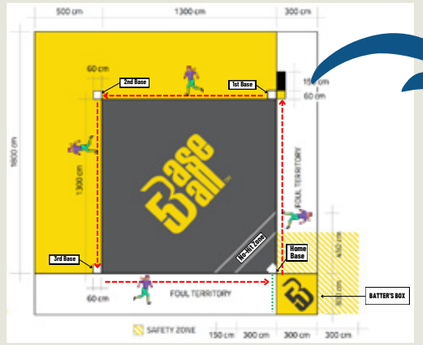


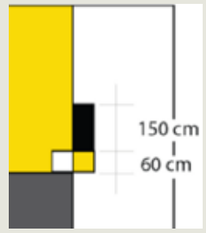
DEFENCE

Aims : Stop offenders from scoring by eliminating 3 offenders in an inning by making "outs" :

- By touching the base (while in possession of the ball) in which a runner is "forced" to run to ;
- By catching a hit ball before it touches the ground ;
- By touching the base (while in possession of the ball) where the runner is "forced" to return to after a fly out;
- By tagging a runner when he/she is not on a base; Tagging = touching the runner with the ball in hand;
- If a batter reaches first base safely but fails to remain in the safe area and is tagged by a defender while outside the safe area.







Reference: Official Baseball5 Rulebook 2024

This infographic is developed by Curriculum Development Institute, Education Bureau
In acknowledgement of The Baseball Association of Hong Kong, China

五人制棒球建議教學活動

資料來源 : https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Baseball5_Teaching_Activities.pdf

五人制棒球
建議教學活動

	體育 技能	健康及 體適能	運動相關的 價值觀和態度	安全知識 及實踐	活動 知識	審美能力
傳接球（防守）						
1. 傳接樂無窮 **老師先示範傳球動作:** 持球→跨步→轉腰→投出 **老師先示範接球動作:** 在球的正前方，接球時眼睛注視球，雙手與肩同寬放鬆 2 人一組，進行對傳練習，距離約 5 米，如學生能力許可，可逐漸把距離加長。	● 傳球時能順序流暢做到持球、跨步、轉腰、投出 ● 接球時能做到注視來球，穿戴手套的手對準來球，另一隻手做輔助	● 傳、接球者的反應 ● 肌肉耐力 ● 身體及手眼協調性，望準來球	● 挑戰自己，超越自我 ● 從傳接球中體會合作精神的重要性	● 要傳球前必須要確認對方有看球才出手 ● 要提醒隊友接球	● 兩人傳球時，強調手不能低於肩膀 ● 瞄準目標為對方的胸口 ● 改變傳球方向角度、距離和速度對成功傳接的關係	● 動作美：傳球動作熟練，良好協調性 ● 氣氛美：隊員間互相提醒接球，表現團結

	體育 技能	健康及 體適能	運動相關的 價值觀和態度	安全知識 及實踐	活動 知識	審美能力
2. 我要做守門員 放置雪糕筒(相距 3 米)，每組約 4-5 人，1 人做守門員，其他人則以滾地球方式向龍門方向進攻。如守門員能擋住來球可得 1 分，接穩來球可得 2 分。 如攻方能比球滾進龍門可得 1 分。最快得到 10 分為之勝出，再互相交換擔當守門員。	● 接球者眼睛直視接球點 ● 接球者重心降低，視線貼近地面	● 接球者的反應及移動能力 ● 肌肉耐力 ● 身體及手眼協調性，望準來球	● 勇於嘗試，不輕言放棄 ● 遵守規則，只可以滾地球進攻 ● 應互相鼓勵，公平競技	● 滾球前必須要確認守門員有看球才出手	● 接球點在左腳前方，重心放低，左腳稍前，右腳在後 ● 接球位置不可太靠近身體，要稍微延伸出去 ● 接球手自然下放，與腳的相對位置可構成三角形	● 動作美：接球動作熟練，良好協調性 ● 出手時機及策略運用的美感
3. 四角傳球任務 由老師分組比賽，每組在 4 角以正方形放置雪糕筒(每個相距約 5 米，按學生能力而定)，進行傳接球比賽。 (1) 順時針傳接球 3 圈，完成後全組坐下。 (2) 逆時針傳接球 3 圈，完成後全組坐下。 (3) 以順時針/逆時針形式，限時一分鐘，傳接最多球數一組勝出。	● 接球後拿球，球不可握太緊，拿球後手臂直接向上方提起，肩上高度與上臂一致。 ● 側身向傳球目標走一步跨步，非持球手指向傳球目標。	● 傳、接球者的反應 ● 接球者的反應及移動能力 ● 身體及手眼協調性，望準來球	● 勇於嘗試，不輕言放棄 ● 遵守規則，要站在壘包上傳接球 ● 隊員間互相鼓勵，公平競技	● 要傳球前必須要確認對方有看球才出手 ● 要提醒隊友接球	● 瞄準目標為對方的胸口 ● 改變傳球方向、角度、距離和速度對成功傳接的關係	● 動作美：傳球動作熟練，良好協調性 ● 氣氛美：隊員間互相提醒接球，表現團結

	體育 技能	健康及 體適能	運動相關的 價值觀和態度	安全知識 及實踐	活動 知識	審美能力
跑壘						
1. 壘包概念（熱身） 在熱身時給學生加入跑壘概念，並向學生介紹一壘、二壘、三壘及本壘。 - 慢跑踩壘(3 圈) - 側跑踩壘(3 圈) - 兩人牽手跑壘(3 圈) - 猜包剪揼跑壘(3 圈) (每次到達壘包都要猜包剪揼，贏的去下一個壘，輸的留下)	● 以曲線跑踩壘爭取最短上壘距離	● 鍛鍊心肺耐力	● 遵守安全規則，以免受傷 ● 遵守規則，公平競技	● 熱身可降低運動受傷風險 ● 需眼睛注視前方，避免與他人發生碰撞	● 棒球運動需靠跑壘取分，完成一圈可得一分	● 氣氛美：氣氛融洽、二人一組時表現團結
2. 跑壘接力賽 全班平均分兩組，每組拿一個球當接力棒。 A 組起點及交棒點在本壘，B 組起點及交棒點在二壘，老師站在中間發號施令出發。第一個人需依逆時針跑三個壘包(都要踩到壘包)完交棒給下一個人，如此類推。最後一個接力者完成後跑到中間，把球交給老師為之勝利。	● 以曲線跑踩壘爭取最短上壘距離 ● 棒球交接時需望準隊友，避免失誤 	● 鍛鍊心肺耐力 ● 訓練下肢肌群。 ● 敏捷度	● 遵守安全規則，以免受傷 ● 遵守規則，公平競技	● 熱身可降低運動受傷風險 ● 需眼睛注視前方，避免與他人發生碰撞	● 利用競賽遊戲讓學生體驗跑壘的感覺，同時也帶出每完成一圈可得一分之比賽概念	● 氣氛美：氣氛融洽、全組人表現團結

	體育 技能	健康及 體適能	運動相關的 價值觀和態度	安全知識 及實踐	活動 知識	審美能力
小型比賽						
1. 五人棒球比賽 5 人一隊，分為攻方及守方。 比賽不用球棒擊球，擊球手只需自行拋球、並用手掌擊球作進攻(可用軟式棒球或海綿球)。 防守者則用徒手傳接球，壘包配置相同。 擊球手把球擊出，跑到一壘後可決定跑上二壘、三壘、本壘或停在該壘包。如擊球手未有被「觸殺」、「封殺」或「接殺」(即防守者在球未著地前把球接到)，便到另一位隊員上場。 防守者如成功把擊球手「觸殺」、「封殺」或「接殺」，則為之 1 個出局。 每 3 個出局便完成該局，攻守交換。老師可根據課堂時間決定比賽局數。	● 擊球手用手掌擊球能增強成功感，同時應用跑壘技術於比賽中 ● 內野手能理解「觸殺」、「封殺」或「接殺」是棒球比賽中所有令對手出局之技術。 	● 訓練身體協調 ● 訓練手眼協調，注視棒球位置 ● 訓練壘上跑者的判斷能力 ● 接球者的反應及移動能力	● 遵守比賽規則 ● 隊員間互相鼓勵，兩組之間公平競技 ● 勝不驕，敗不餒	● 「觸殺」只能用球輕碰對方，避免對方受傷 ● 「封殺」後不用觸碰對手，避免對方受傷 ● 攻方之等候同學不能進入場內，避免碰撞受傷	● 利用模擬真實棒球比賽讓學生學習擊球後需迅速跑壘，並同時讓跑壘學生判斷能否安全地到達下一個壘包 ● 同時亦令防守方明白傳接球在棒球運動上的重要性 ● 以 3 出局之形式模擬真實棒球比賽，並加入「接殺」，讓學生能初步理解棒球運動之比賽規則	● 動作美：傳球動作熟練，良好協調性 ● 氣氛美：氣氛融洽、隊員間表現團結 ● 時機及策略運用的美感

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