

主辦機構:

Organized By:



資助單位:

Subvented By:



2025-26 年度五/六人棒球推廣計劃 2025-26 Baseball5™ / Baseball SIX Training Scheme

章 程

Leaflet

宗旨:
Aims: 以簡易安全的棒球器材，在面積較少的場地，用簡易的玩法，使比賽過程來得緊湊，讓不同年齡層的參加者享受棒球比賽的樂趣，欣賞棒球。
“Baseball5™ / Baseball SIX”, an innovative game with 5/6 players to play in a smaller area with safety equipment, in order to speed up the game and make the game more exciting and enjoyable to everyone.

內容:
Content: 五/六人棒球推廣計劃全年一期。
Baseball5™ / Baseball SIX Training Scheme distributed in one phase in the year.

少年及青成組棒球訓練班：全期十二課，每課兩小時。
Baseball Training Course for Children, Youth & Adult: Total 12 classes, each class 2 hours.

由本會資深教練教授棒球基本技術及理論。
Teach by the experienced coach for the basic skill and theories of baseball.

參加資格:
Eligibility:

組別 Group	日期 Period	班別 Class	年齡* Age*
青年混合組 Youth Mixed	2026.01 ~ 2026.03	五人制棒球及六人棒球訓練班(初級) Baseball5™ and Baseball SIX Training Course (Elementary)	13 - 17 歲 13 - 17 years old
公開混合組 Open Mixed	2026.01 ~ 2026.03	五人制棒球及六人棒球訓練班(初級) Baseball5™ and Baseball SIX Training Course (Elementary)	18 - 35 歲 18 - 35 years old

***參加者於上課當日起計，必須年屆所選組別之所列年齡，年齡不足或超齡者，恕不接納。**

***Participant should meet the age requirement, under-aged or over-aged would not be accepted.**

報名費:
Enrollment
Fee: 初級五/六人棒球訓練班(初級)
Baseball5tm / Baseball SIX Training Course (Elementary) 港幣 \$ 205 元
HKD \$ 205

(參考備註 4-5 See Remark 4-5)

報名辦法: 網上報名 Online Registration

Enrollment

: 登入本會網頁 <https://www.hkbaseball.org/login.php>

完成用戶登記後，登入網頁報名課程，並以「傳款易」網上付款系統繳交費用。

1. 以「PPS 繳費靈」付款，需事先開啟「PPS 繳費靈」戶口。
2. 以 Visa 和 Mastercard 付款。
3. 以「Apple Pay」、「PayMe」、「ALIPAY」、「AlipayHK」、「WeChat Pay」、「Samsung Pay」付款，需事先開通付款戶口。

Click the link provided https://www.hkbaseball.org/product_cat_course.php?lang_id=2%20 to login to the BAHKC Online Registration system and select the course, then complete the payment online via "PayDollar".

1. Pay by 「PPS」, please sign up a PPS account in advance
2. Pay by Visa and Mastercard.
3. Pay by 「Apple Pay」、「Payme」、「ALIPAY」、「Alipay HK」、「WeChat Pay」 or 「Samsung Pay」, please sign up an account in advance.



報名日期: **2025 年 11 月 25 日**

Enrollment **25th November, 2025**

Date:

截止日期: **2025 年 12 月 20 日**

20th December, 2025

先報先收，額滿即止。接納報名與否，本會有最後決定權。

Start to enroll until the quota full. BAHKC reserves the final discretion in accepting the application.

如參加者出席率不足三成，下一期報名之優次將排至最後。

Participants whose attendance less than 30%, will have the lowest priority to enroll the next phase.

實際報名日期及時間可登入本會網頁 <https://www.hkbaseball.org/> 查閱或來電本會查詢。

Please check the exact enrollment date and time on <https://www.hkbaseball.org/> or contact us.

查詢: 中國香港棒球總會

Enquiries: The Baseball Association of Hong Kong, China

中國香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室

Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong

電話 Tel : 2504 8330 傳真 Fax : 2504 4663 電郵 Email : office@hkbaseball.org

網址 Website : <https://www.hkbaseball.org/>

- 備註:
Remarks:
1. 為貫徹棒球精神，請參加者自備棒球手套及穿著棒球制服上課（包括：棒球衫、棒球褲、帽、皮帶）。如無手套及棒球制服，參加者不得上課。**(五人制棒球徒手打橡膠球不用手套；六人棒球用軟棒球，建議自備手套學習接球)**
Participants should wear sneakers, athletic clothing (baseball uniform preferable), cap and bring a glove to attend training. **(No glove for Baseball5, hitting a rubber ball with bare hand; recommend to bring a glove to learn how to catch ball with glove for Baseball SIX, Soft Baseball will be used in the class)**
 2. 報名資料不全，恕不受理。報名的資料，只作中國香港棒球總會的活動報名事宜、統計、日後聯絡及活動意見調查之用，亦只限於本會授權人員方可查閱有關資料作前述目的之用。遞交申請表後，如欲更正或查詢個人資料，請與本會職員聯絡。
All of the information is used for applying course, statistical analysis, contact and survey only. Only authorized person of the Association allows to access the relevant information for the above purposes.
 3. 參加者如需於課程完結後領取「參加證書」，請於申請課程時別選，申領「參加證書」費用港幣 30 元正；以郵寄領取者，費用港幣 40 元正。
Participant can apply for a Participation Certificate optionally, it will be issued after completion of the course. It will charge HKD30 for collecting in person or HKD40 for mailing.
 4. 本會已為參加者投保團體意外保險，費用港幣 35 元已包括在報名費內（保障內容詳見本會網頁 <https://www.hkbaseball.org/>）。參加者可按自己需要，自行安排額外投保。
All participant are covered by Group Personal Accident Insurance, a premium of HKD35 included in the enrollment fee, please refer to the website <https://www.hkbaseball.org/> for the coverage. Participant can arrange an extra insurance for themselves if needed.
 5. 由網上付款系統公司所收取之手續費亦已包括在報名費內。
Handling charge for online payment is included in enrollment fee.
 6. 無論任何情況，本課程不設補課，包括因天氣問題取消的課堂，所繳費用，概不發還。
Makeup classes, refund of application fee will not be arranged in this program (Includes bad weather).
 7. 如天氣欠佳，上課與否，視乎場地是否關閉，如有疑問，請於出發前致電主教練查詢。如遇以下情況，場地政策均會封場：
-天然草場及人造草場：當上課時間內黑雨警告或 8 號熱帶氣旋警告信號生效。
-體育館：當上課時間內 8 號熱帶氣旋警告信號正在生效。
In case the course is not closed despite a bad weather, the participants or his/her parent should decide whether to attend the class or not. Please contact the coach before go to the venue in case there is any concern. The venue will be closed in below situation: Natural Turf Surfaces/ Artificial Turf Surfaces : Typhoon Signal No. 8 or above or Black Rainstorm Warning is in force during the course. Sports Centres : Typhoon Signal No. 8 is in force during the course
 8. 主教練如因判斷天氣或場地不適宜進行訓練，將於上課前致電通知學員。
The coach will inform the participants in advance if the venue or weather is not suitable to continue the course.

2025-26 年度五人及六人棒球推廣計劃 2025-26 Baseball5 and Baseball SIX Training Scheme							
五人及六人棒球訓練班(初級) 2025-26 Baseball5 and Baseball SIX Training Course (Elementary)							
組別 Group	班別 Class	地點 Venue	開班人數 Quota / Participants per class	上課日期 Date	星期 Week	時間 Time	截止日期 Application Deadline
青年混合組 Youth Mixed	BB5&6- EY1HMKR	紅梅谷路遊樂場 (鄰近大圍港鐵站) Hung Mui Kuk Road Playground (near Tai Wai MTR)	15/30	<u>2026</u> JAN 3, 10, 17, 24, 31 FEB 7, 14, 21, 28 MAR 7, 14, 21	六 SAT	15:00 17:00	2025.12.20
公開混合組 Open Mixed	BB5&6- EO1HMKR	紅梅谷路遊樂場 (鄰近大圍港鐵站) Hung Mui Kuk Road Playground (near Tai Wai MTR)	15/30	<u>2026</u> JAN 3, 10, 17, 24, 31 FEB 7, 14, 21, 28 MAR 7, 14, 21	六 SAT	15:00 17:00	2025.12.20

上課地點及時間最終按康文署所批出場地及時間為準。

The booking of venues, date and time will be finalized upon receiving approval of LCSD.

詳情可登入本會網頁 <https://www.hkbaseball.org/> 查閱或致電本會查詢。

Please check the details in BAHKC website: <https://www.hkbaseball.org/> or contact us via telephone.