



## Baseball5 明日之星地區訓練計劃暨挑戰賽 (油尖旺區) – 章程

### Baseball5 Rising Stars District Training Scheme cum Challenge Cup in Yau Tsim Mong - Leaflet

#### 宗旨 Objectives

五人制棒球是國際棒壘球總會(WBSC)簡化傳統棒壘球玩法的新興運動項目，更是青年運動會的項目之一，而中國香港棒球總會(棒總)亦積極配合 WBSC 於香港推行五人制棒球普及化。

「Baseball5 明日之星地區訓練計劃」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；同時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。

亦鼓勵學員完成課堂後，可持續參加由棒總主辦的各項培訓計劃，包括由康樂及文化事務署資助的「五人制棒球青年軍（青苗）培訓計劃」及「香港五人制棒球賽」，表現優秀的學員更有機會被推薦參加「五人制棒球區隊培訓計劃」。

The Baseball Association of Hong Kong, China (BAHKC) makes its great effort to promote new trend discipline “Baseball5” that promoted by the World Baseball Softball Confederation (WBSC).

“Baseball5 Rising Stars District Training Scheme” aims to introduce Baseball5 to students. Encourage young people to participate in more sports, engage in mental and physical activity, also boost their vitality, so as to establish an active and healthy lifestyle. At the same time, it strengthens the affective development of young people, including generic skills, values and attitudes permeate through various levels of training, lays as a good foundation for lifelong learning.

After completed the course, students are encouraged to take part in other training scheme that organized by BAHKC, including the “Baseball5 Young Athletes Training Scheme” and “Hong Kong Baseball5 Competition” that are funded by Leisure and Cultural Services Department. Students with outstanding performance will have opportunity to be recommended to participant in “2023-24 Baseball5 Regional Squad Training Scheme”.

#### 簡介 Introduction

Baseball5 在面積 21 米 x 21 米的場地進行，約半個足球場或室內禮堂/體育館亦可。

比賽以五對五的形式進行，不需使用手套和球棒，場上不設投手，擊球員只須徒手把空心軟膠球擊出，以逆時針方向繞過一壘、二壘、三壘，最後跑回本壘便有一分，雙方完成五局後則代表比賽結束。

Baseball5 is playing on a 21m x 21m field, approximately half a football field or an indoor hall/ Sports Centres.

The game is played in a five-on-five format, without the use of gloves or bats. There is no pitcher on the field. The attacker only needs to hit the soft rubber ball with bare hands and bypass the first base, second base and third base in an anti-clockwise direction, finally run back to home plate will result in one point. Game ends when both sides completed five innings.



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#### 內容 Content

#### 第一階段：訓練計劃 Stage 1: Training Course

6 節訓練，每節 2 小時，共 12 小時  
6 sessions, 2 hours per session, 12 hours in total

| 課堂 | 日期         | 星期  | 場地     | 開始時間  | 完結時間  | 時數 |
|----|------------|-----|--------|-------|-------|----|
| 1  | 01/12/2023 | (五) | 詩歌舞遊樂場 | 19:00 | 21:00 | 2  |
| 2  | 03/12/2023 | (日) |        | 15:00 | 17:00 |    |
| 3  | 08/12/2023 | (五) |        | 19:00 | 21:00 |    |
| 4  | 10/12/2023 | (日) |        | 15:00 | 17:00 |    |
| 5  | 15/12/2023 | (五) |        | 19:00 | 21:00 |    |
| 6  | 17/12/2023 | (日) |        | 15:00 | 17:00 |    |

#### 第二階段：挑戰賽 Stage 2: Challenge Cup

|    | 日期         | 星期  | 場地     | 開始時間  | 完結時間  | 時數 |
|----|------------|-----|--------|-------|-------|----|
| 比賽 | 30/12/2023 | (六) | 詩歌舞遊樂場 | 15:00 | 18:00 | 3  |

◇ 場地資料：九龍旺角柳樹街 12 號 詩歌舞遊樂場

- 由棒總指派合資格 Baseball5 教練教授  
BAHKC shall appoint qualified Baseball5 coaches
- 每位參加者免費獲贈訓練服乙件  
Each participant is given a Baseball5 training shirt
- 參加者出席率達 100% 可獲發計劃修業證書乙張  
To get a Certificate of Completion, participants must achieve 100% of attendance

#### 參加資格 Eligibility

10 歲至 18 歲青少年，男女均可。於油尖旺區學校在學。  
名額：24

Aged 10 to 18, both boys and girls. Studying at Yau Tsim Mong District school.  
Quota: 24

#### 報名費 Enrollment Fee

免費  
Free of charge



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報名辦法  
Application  
Procedure

透過中國香港棒球總會「網上登記系統」報名，名額有限，先報先得。  
Enroll on BAHKC Online Registration System. Enrolment is on a first-come-first-served basis.  
[https://www.hkbaseball.org/product\\_details.php?id=588027](https://www.hkbaseball.org/product_details.php?id=588027)

查詢  
Enquiry

中國香港棒球總會  
The Baseball Association of Hong Kong, China  
電話 Tel : 2504 8330 傳真 Fax : 2504 4663 電郵 Email : [hkbsa@hkolympic.org](mailto:hkbsa@hkolympic.org)  
網址 Website : [www.hkbaseball.org](http://www.hkbaseball.org)

備註  
Remarks

1. 參加者需穿著運動服上課。  
Participants should wear sneakers, athletic wear
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. 本會已為參加者投保團體意外保險，保障內容詳見本會網頁。參加者可按自己需要，自行安排額外投保。  
All participants are covered by Group Personal Accident Insurance, please refer to our website for the coverage. Participants may arrange an extra insurance for themselves if needed.
4. 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.
5. 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).
6. 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。

主辦

Organized by



鳴謝

Acknowledgment:



民政事務總署  
Home Affairs Department

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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

7. 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.
8. 上課地點及時間最終按場地供應者所批出場地為準。  
The venues, date and time will be finalized upon receiving the approval of LCSD.

詳情可登入本會網頁[www.hkbaseball.org/](http://www.hkbaseball.org/)查閱或來電本會查詢。

Please check the details in BAHKC website [www.hkbaseball.org/](http://www.hkbaseball.org/) or contact us.