



THE BASEBALL ASSOCIATION
OF HONG KONG, CHINA

中國香港棒球總會

五人制棒球 簡介

Introduction of Baseball5

2023. 8

1



INTRODUCTION OF BASEBALL5

A New Discipline in Multi-Games

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

WBSC President - Riccardo Fraccari



WBSC
Game Time!

**Base
5Ball**

#playeverywhere



INTRODUCTION OF BASEBALL5

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



INTRODUCTION OF BASEBALL5

WBSC Baseball5 Official Website: <https://baseball5.wbsc.org/>



WBSC
Game Time!

**Base
5Ball**

#playeverywhere

任何場地均可進行

Baseball5 can be played on any surface, indoors or outdoors

硬地球場

7-a-side Soccer Pitch



操場
Playground



禮堂
Hall



五人制棒球青年軍(青苗)培訓計劃

BASEBALL5 YOUNG ATHLETES TRAINING SCHEME



第一階段 Stage 1

訓練日期： 2023年10月至2024年3月
每堂2小時, 12堂, 共24小時
Training Period： October 2023 - March 2024
2hrs/session, 12 sessions, total 24 hrs

場地： 學校操場/禮堂
Venue： Playground/ hall

服飾： 體育服 + 運動鞋
Dress code： Sportswear + Trainer

參加資格： 男女均可
Eligibility： Boys or Girls or Mixed
青少年組 Youth Division (age 7-13)
公開組 Open Division (age 14-35)

訓練費用： 全期 24小時每人港幣100元
Training fee： HK\$100/person (24 training hours)

第二階段 Stage 2

比賽日期： 2024年3月 (待定)
Competition： March 2024 (TBC)

比賽費用： 每隊港幣300元
Competition fee： HK\$300/team

主辦 Organized by:



資助 Subvented by:



五人制棒球青年軍(青苗)培訓計劃

BASEBALL5 YOUNG ATHLETES TRAINING SCHEME

參加者可免費獲發 Free to participants

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



深綠色 Dark Green



棗紅色 Crimson



深藍色 Dark Blue



主辦 Organized by:



資助 Subvented by:



地區五人制棒球訓練計劃 (荃灣區)

BASEBALL5 DISTRICT TRAINING SCHEME IN TSUEN WAN

集合各路熱愛運動的青年及成年人，在課餘及工餘時間體驗新興運動；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。

Apply your talent to explore a new sport, Baseball5. Any sports lovers are welcome.

❖ 活動詳情 **Programme Details**

由**2023年6月5日**至**2024年3月25日**期間，每兩周一課，逢星期一晚上**7時至9時**

5 Jun 2023 to 25 Mar 2024, twice a week, Mondays, 19:00 – 21:00

新界荃灣路德圍**31號** 路德會聖十架學校

Holy Cross Lutheran School, No. 31 Lo Tak Court, Tsuen Wan, N. T.

❖ 參加資格 **Eligibility :**

年齡**18歲或以上**，男女均可 **Age 18 & above, male or female**

❖ 報名費 **Application fee : 全免 Free of charge**

ROAD TO BE TEAM HONG KONG, CHINA



青苗期間表現優秀者獲推薦參加棒總區隊訓練
Outstanding athletes will be promoted to join BAHKC Regional Squad

Talent Assessment
潛質評估

Training & Interim Assessment
訓練及中期評估

Games & Final Assessment
比賽及終期評估

青年軍(青苗)培訓計劃

Baseball5 National Squad
代表隊備戰

Team Hong Kong, China 代表隊
(8名代表運動員)



#Notes: Only HKSAR passport holders shall be eligible to recommend as Squad members and National Team members

註：只有香港特區護照持有者方合資格被推薦為區隊成員及香港代表隊成員。

Youth Mixed (age 14-18)/Open Mixed (age 15 or above) – 因應比賽而異 Depends on different competitions

Baseball5 World Cup Calendar Overview

Event	2021	2022	2023	2024	2025	2026	2027	2028	2029
Baseball5 World Cup	I B5WC Continental Qualifier (MAS) HKG 4th/9	I B5WC (MEX) HKG 12th/12	II B5WC Continental Qualifier	II B5WC Hosted by HKG	III B5WC Continental Qualifier	III B5WC	IV B5WC Continental Qualifier	IV B5WC	V B5WC Continental Qualifier
Youth Baseball5 World Cup		I YB5WC Continental Qualifier (MAS) HKG 5th/9	I YB5WC	II YB5WC Continental Qualifier	II YB5WC	III YB5WC Continental Qualifier	III YB5WC	IV YB5WC Continental Qualifier	IV YB5WC

Source: <https://www.wbsc.org/en/organisation/wbsc-events/competition-formats/baseball5-world-cup-calendar-overview>

TEAM HONG KONG, CHINA

IN WBSC BASEBALL5 WORLD CUP | 11.2022 MEXICO



BASEBALL5
WORLD CUP





查詢ENQUIRY

- 中國香港棒球總會
The Baseball Association of Hong Kong, China
- 辦事處地址: 香港 銅鑼灣 大球場徑一號 奧運大樓一樓 1003 室
Office address: Room 1003, 1/F., Olympic House, 1 Stadium Path, Causeway Bay, Hong Kong
- 電話 Tel : (852) 2504 8330
- 傳真 Fax: (852) 2504 4663
- 電郵 Email: hkbsa@hkolympic.org
- 網頁 Website: www.hkbaseball.org
- 聯絡人 Contact Person: Ms. Chloe MAK 電話 Tel : (852) 2504 8389