



2026-2027年度五人制棒球第一梯隊培訓計劃 2026-2027 Baseball5 National Squad Training Scheme (B5 NS)

2026-2027年度五人制棒球區隊培訓計劃 2026-2027 Baseball5 Regional Squad Elite Training Scheme (B5 RS)

球員招募章程 Players Recruitment Leaflet

1) 目標 Goals

挑選具潛質球員，推薦參加代表隊訓練，備戰大型賽事如下：

Select potential players to feed to national squad to prepare for major competitions as follows: -

日期 Date	賽事 Tournament	年齡 Age	地點 Place
2026.09.11 -	香港 High Five 五人棒球錦標賽	15歲或以上	香港
2026.09.13	Hong Kong High Five Baseball5 Championship	Age 15 & above	Hong Kong
2026.12.09 -	2026年WBSC五人制棒球世界盃	15歲或以上	波多黎各
2026.12.13	WBSC Baseball5 World Cup 2026	Age 15 & above	Puerto Rico
2027.01 -	2027年第三屆五人制棒球青年亞洲盃	15-18歲	待定
2027.03	III Youth Baseball5 Asia Cup 2027	Age 15-18	TBC

註：如有其他比賽，將另行公告。

Note: Announcements will be made for other competitions, if any.

2) 教練 Coaching Team

由中國香港棒球總會公開招募及委任

Open recruited and appointed by The Baseball Association of Hong Kong, China (BAHKC)

3) 集訓時間表 Training Schedule

1. 由 2026年 5 月至 2027 年 3 月
From May 2026 to March 2027

2. 培訓計劃包括由棒總主辦或協辦的五人棒球專項訓練、體能訓練及跨功能性訓練或座談會。
Training programme includes Baseball5-specific training, strength and conditioning training and cross-functional training or talks organized or co-organized by BAHKC.

3. 確實集訓時間表得按實際情況如場地安排、比賽日期等等因素作出調整，詳情將以電郵方式公佈。

The training schedule will be adjusted according to actual circumstance, e.g. venue availability, competition date. Please refer to email for the details announced.

組別 Division	訓練時間 Time	地點 Place
區隊 – 青年組 (B5RS-Youth) Regional Squad – Youth Mixed	逢星期五	聖公會聖安德烈小學 九龍深水埗海麗街3號
區隊 – 公開組 (B5RS-Open) Regional Squad – Open Mixed	1900-2200	SKH St. Andrew's Primary School 3 Hoi Lai Street, Sham Shui Po, Kowloon
第一梯隊 – 青年組 (B5NS-Youth) National Squad – Youth Mixed	逢星期日	明愛粉嶺陳震夏中學 新界粉嶺新運路28號
第一梯隊 – 公開組 (B5NS-Open) National Squad – Open Mixed	1500-1800	Caritas Fanling Chan Chun Ha Secondary School 28 San Wan Road, Fanling, New Territories

➤ 詳情請參閱「精英培訓」頁面上之訓練時間表。

For details, please see the Training Schedule on the "Elite Training" page.

4) 報名資格 Entry Requirements

1. 必須為2026-2027中國香港棒球總會有效會員(有效期限為2026年4月1日至2027年3月31日)；
Must be 2026-2027 BAHKC member (The valid period from 1 April 2026 to 31 March 2027)

2. 必須註冊為五人制棒球精英運動員，詳情請參閱2026-2027年度中國香港棒球總會五人制棒球精英運動員註冊制度章程：

	<p>Must register as a Baseball5 Elite Athlete, please refer to the 2026-2027 Baseball5 Elite Athlete Registration for the details https://www.hkbaseball.org/userfiles/file/Baseball5/2026-2027_B5_Elite_Athlete_Registration_Chi.pdf</p>
5) 報名程序 Registration Procedure	<p>3. 14歲以上球員 (2012年或以前出生)之男性或女性； Male or Female, aged 14 or above (born 2012 or before)</p> <p>4. 持有香港身份證或中國身份證。(代表中國香港出賽國際認可賽事，運動員必須持有香港特區護照。) Must hold either a Hong Kong Identity Card or a Chinese Identity Card. (Note: To represent Hong Kong, China in international recognized events, the athlete must be a holder of a HKSAR passport.)</p> <p>5. 登記參加並通過甄選／技術覆核。 Register and pass the tryout / skill review</p> <ul style="list-style-type: none"> ◆ 登入棒總「網上登記系統」，報名參加甄選 Log in to the BAHKC "Online Registration System", register the tryout. https://www.hkbaseball.org/product_cat_elite.php?catLevelTwold=595959&lang_id=1 ◆ 通過評核後，運動員需按其年齡註冊成為精英運動員。年度註冊有效期為每年4月1日至翌年3月31日。年度截止註冊日期為該年度完結前一個月(即2月28日)。 Passed the tryout and register as Baseball5 Elite Athlete according to the age range. The year-round valid membership period is from 1 April to 31 March of next year. The end of registration date is one month before the year end (which is 28 February) ◆ 通過測試之運動員需按其年齡註冊成為五人制棒球精英運動員： Athletes are required to register as Baseball5 Elite Athlete according to the age range: https://www.hkbaseball.org/product_cat_elite.php?catLevelTwold=596960&lang_id=1 <ul style="list-style-type: none"> ➢ 青年混合組: 14 至 18 歲球員 (2008年至2012年期間出生) Youth Mixed: aged 14 - 18 (born between 2008 and 2012) ➢ 公開混合組: 19 歲以上球員 (2007年或以前出生) Open Mixed: aged 19 or above (born in 2007 or before)
6) 集訓費 Training fee	<ul style="list-style-type: none"> ◆ 棒總註冊五人制棒球精英運動員將免除集訓費；如遇有海外訓練或比賽，備戰加操將收取額外費用，按個別活動訂定收費。 Training fee will be exempted for the BAHKC registered Baseball5 Elite Athletes; Participation fee will be charged if there are oversea training or competition. ◆ 參加棒總精英訓練或活動的五人制棒球精英運動員必須穿著指定的訓練衫。新加入的運動員或需要新訓練衫的運動員可以通過棒總網上系統購買。選購精英培訓集訓隊制服指引： Baseball5 Elite athletes, who attend in BAHKC elite trainings or activities, must wear assigned training shirt. New joiner or athletes who need a new one can purchase through BAHKC ORS. https://www.hkbaseball.org/eshop/load.php?link_id=625798&lang_id=2
7) 截止日期 Application deadline	<p>全年開放 Open all year round. Approval is necessary to join after the specified period</p>
8) 備註 Remarks	<ol style="list-style-type: none"> 1. 已遞交報名者，於截止日期後仍未收到電郵通知，請與本會聯絡。 Applicant who did not receive any email after the application deadline, please contact us. 2. 如出席或訓練表現未如理想，本會有權將球員除名。於同一年度內不可以再申請同一計劃。(如遇特別情況如考試或遠行，球員應書面向教練請假，批准與否由教練決定。) The Association reserves the right to dismiss athlete who attendance or training standard are unsatisfaction. Athletes can only apply same programme once in the registered year. (For any special circumstance, including exam or outing, athletes should submit a written application for leave to related programme coach, permission of leave is depended on coach decision.) 3. 集訓時間表須待確實場地後方能作實，本會得按情況隨時調整。 Training schedule depends on approval on venue. The Association will adjust the schedule from time to time accordingly. 4. 取錄與否，本會有最後決定權。 The BAHKC reserves the right to approve the application. 5. 獲接納參加培訓的球員須遵守相關訓練規定，如違反情節重大者，教練有權將其除名。 Players have to abide by training rules and regulations, coach reserves the right to dismiss critical offender. 6. 球員參賽資格，以賽事大會公布為準。 Athlete eligibility of participation in competition depends on event host.

7. 本會得按實際情況作出訓練調整或規條修訂。
The Association will adjust the training and amend the regulations according to actual circumstance.
8. 本訓練計劃獲康文署資助部份經費，不足之數將由本會精英運動員註冊基金資助
The training programme are partially subvented by the Leisure and Cultural Services Development, and the remaining source is from BAHKC Baseball5 Elite Athlete registration fund.
9. 有關中國香港棒球代表隊遴選機制及上訴程序，可參考本會網頁或以下連結：
For selection and appeal mechanism, please refer to the Association website or links:

中國香港棒球代表隊遴選機制:

Hong Kong Team Player Selection:

https://www.hkbaseball.org/userfiles/file/HKTeam_Player_Selection_2023-0916.pdf

就選拔結果/紀律處分提出上訴程序:

Appeal Proceedings on Selection Decision/ Disciplinary Decision:

https://www.hkbaseball.org/userfiles/file/Appeal_Proceedings_2023-0317.pdf

9) 查詢
Enquires

中國香港棒球總會

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