



NEWSLETTER OF

THE 12TH NATIONAL GAMES FOR PERSONS WITH DISABILITIES AND THE 9TH NATIONAL SPECIAL OLYMPIC GAMES

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Mini Program

今期繼續送上精彩內容
Get ready for another
exciting issue

運動多面睇

Looking into Sports

剖析七人制橄欖球的最新戰術，探討速度與耐力的完美融合
Analysing the latest tactics in rugby sevens, exploring the seamless blend of speed and endurance

全運主場出擊

National Games in HK

介紹硬地滾球的基本技術，聚焦球手與助手間密不可分的協作關係
Introducing the fundamental techniques of boccia, spotlighting the vital teamwork between athletes and their assistants

全運全城運動

Ready Set Go

分享沙灘排球在沙地環境中的獨特挑戰及專業訓練方法
Highlighting the unique challenges of beach volleyball and the specialised training required to excel in sandy conditions

全運全視野

National Games Lens

多角度探索全運會，揭示其如何勾劃未來體育發展的藍圖
Exploring the National Games from multiple perspectives, uncovering how the Games shape the blueprint for the future of sports development

我們的故事

Our Stories

全運會香港統籌辦全力以赴，同事現身說法，分享籌辦運動盛事的經驗與點滴
Discovering the hidden talents within the NGCO, as colleagues share firsthand experiences and treasured insights from hosting mega sports events

LOOKING INTO SPORTS

突破極限的科學與藝術

Going Beyond Limits:
Science and Art of
Rugby Sevens

運動多面睇

七人制橄欖球以快節奏及高對抗性的特點，深受觀眾歡迎。相較於傳統15人制橄欖球，七人制使用的場地雖然相同，但球員數量減少，令比賽節奏更快、更刺激，觀賞趣味更大。

Rugby sevens, renowned for its fast pace and high intensity, is popular with the audience. Played on the same-sized pitch as traditional 15-a-side rugby but with fewer players, it delivers a dynamic, exhilarating experience that is highly engaging to watch.



Balancing speed and endurance 速度與耐力的平衡藝術

七人制橄欖球比賽節奏極快，球員每場平均約需衝刺1.2公里，並完成20次以上的高強度爆發動作。這種近乎「全程無氧」的狀態，對肌肉的爆發力與快速恢復能力要求極高。因此，訓練核心在於週期化訓練，分階段強化肌肉厚度、力量與爆發力，有助球員在關鍵時刻有最佳發揮。

然而，密集賽程容易導致球員下肢力量流失。為解決這個問題，多數球隊會採用「雙軌維持法」，每週安排兩次精簡但高效的力量訓練，聚焦六角槓硬舉和爆發力跳箱，以維持下肢力量。此外，搭配低負荷變阻式跑台訓練，模擬比賽中加速與減速的肌肉協調，確保球員的實戰表現。

Rugby sevens matches are exceptionally fast-paced, with players covering an average of approximately 1.2 kilometres of sprinting and performing over 20 high-intensity explosive actions per game. This near-anaerobic state demands exceptional muscle power and rapid recovery. Training focuses on periodised programmes that build muscle thickness, power, and explosiveness in phases, enabling players to perform at their peak during crucial moments.

However, the intense schedule can compromise lower-body strength. To counter this, most teams adopt a "dual-track maintenance method", incorporating two concise but high-impact strength training sessions per week. These emphasise hex bar deadlifts and explosive box jumps to preserve lower-body power. Additionally, low-load variable resistance treadmill training is used to simulate the muscle co-ordination during acceleration and deceleration, ensuring optimal performance in real-game scenarios.



空間博弈的智慧 The wisdom of spatial strategy

七人制橄欖球球場寬70米，但防守方僅有6名球員，每位防守球員平均需覆蓋12×15米的區域。因此，進攻一方的核心策略是「動態創造錯位」，透過壓縮陣型誘導防守失位，再迅速轉移球權至空檔，製造得分機會。然而，多數球隊每週僅有一至兩次戰術訓練，如何在有限時間內提升高效的戰術成一大挑戰。

The Rugby sevens pitch is 70 metres wide, yet the defending team has only six players, each covering an area of approximately 12 by 15 metres. The attacking team's core strategy is to create "mismatches" dynamically, inducing defensive gaps through compact formations and swiftly shifting ball possession into open spaces to generate scoring opportunities. However, with most teams limited to one or two tactical training sessions per week, developing effective tactics in such a short timeframe presents a significant challenge.

為此，有些球隊採用「三階速成法」：

To address this, some teams employ a "three-step accelerated training method":

1 進行壓縮進攻訓練：在四對四的小場地進行練習，利用較狹窄的空間培養傳球默契。
Compressed attacking drills: Practising four-on-four matches in a confined area to hone passing chemistry in tighter spaces.

2 實施防守運動系統：將防守區域劃分為「綠-黃-紅-黑」四級強度，根據球員狀態分配防守崗位。
Defensive movement system: Dividing the defensive area into four intensity levels — "green-yellow-red-black" and assigning defensive positions based on player condition.

3 定位球簡化練習：將爭球簡化為二人基本身體姿勢與發力訓練，只需五分鐘即可完成，大幅提升訓練效率。
Modular set pieces: Simplifying scrummaging into basic body positioning and exertion training for two players completed in just five minutes, significantly boosting training efficiency.

七人制橄欖球球場寬70米
防守方僅有6名球員
每位防守球員平均需覆蓋12×15米的區域

爭球是技術性極高的環節，球員需精準控制下肢蹬力與肩部推力的3：1比例，以維持穩定。傳統訓練方式經常因力量失衡導致約30%的球員出現頸部或耳部損傷，影響訓練效果與運動員生涯。因此，現代訓練引入智能監測裝置，透過感測器即時顯示肩部推力與下肢蹬力的曲線，自動調節阻力。此外，利用等速蹬力的跑台，模擬實戰中的對手推擠，幫助球員適應真實比賽情境。同時，採用循序漸進的接觸訓練法，從跪姿擒抱、行走擒抱到限制性對抗，分階段建立神經適應，降低受傷風險。

七人制橄欖球是一項融合體能、技術與戰術智慧的運動，需要球員與教練的直覺與經驗互相結合。當球員能在0.4秒內辨識防守空隙，憑藉爆發力突破爭球，所有汗水將化為賽場上的勝利。

Scrummaging is a highly technical aspect, requiring players to precisely control a 3:1 ratio of leg drive to shoulder push to maintain stability. Traditional training methods often result in about 30% of players sustaining neck or ear injuries due to imbalances, which reduce training effectiveness and shorten career longevity. Modern training incorporates smart monitoring devices that display real-time data on shoulder push and leg drive via sensors, automatically adjusting resistance. Isokinetic treadmills simulate opponent pushes in realistic scenarios, helping players adapt to actual match conditions. Additionally, a progressive contact training method — starting with kneeling tackles, advancing to walking tackles, and then restricted confrontations — builds neural adaptation and reduces injury risks.

Rugby sevens is a sport that combines physicality, technique, and tactical intelligence, relying on the intuition and experience of both players and coaches. When defensive gaps are identified within 0.4 seconds and explosive power is used to break through scrums, every drop of sweat translates into victory on the field.

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運動員受傷：「事前預防」vs「事後治療」

Athlete injuries: "Prevention" vs "Post-treatment"

高強度訓練與比賽難免伴隨傷患風險，但頂尖球隊已將焦點從「事後治療」轉向「事前預防」，透過肌肉力量掃描與關節活動度篩查，提前發現潛在問題，並制訂個人化強化方案，大幅降低重大傷患發生率。

此外，科學驗證的恢復策略同樣重要，例如「3：1恢復比例」，即每小時高強度訓練搭配三小時恢復，包括神經調節；或是每日十分鐘「死蟲式」核心訓練，強化身體核心抗旋轉能力；使用滾輪放鬆髖屈肌群，改善變向敏捷度促進肌筋膜再生；以至零下120°C超低温治療，促進微循環，加速新陳代謝，縮短恢復時間。

High-intensity training and competitions inevitably come with the risk of injuries, but top teams have shifted their focus from "post-treatment" to "prevention". Through muscle strength scans and joint mobility screenings, potential issues can be identified early, enabling personalised strengthening plans that significantly reduce serious injuries.

Equally critical are scientifically validated recovery strategies, such as the "3:1 recovery ratio", which pairs one hour of high-intensity training with three hours of recovery, including neural regulation. Daily ten-minute "dead bug" core training strengthens anti-rotation capacity, while foam rolling enhances hip flexors flexibility, agility, and myofascial regeneration. Advanced treatments, like ultra-low temperature therapy at -120°C are employed to improve microcirculation, accelerate metabolism, and shorten recovery times.

第十五屆全國運動會香港賽馬會盃七人制橄欖球比賽將於11月12日至14日在啟德主場館舉行，歡迎大家親臨現場，觀賞一場運動員挑戰人體極限的精彩賽事！

The 15th National Games of the People's Republic of China The Hong Kong Jockey Club Trophy Rugby Sevens Competition will take place from November 12 to 14, 2025 at the Kai Tak Arena. Come witness athletes push the limits of their performance in this thrilling competition!



NATIONAL GAMES IN HK

全運主場出擊

硬地滾球：不單靠力量，靠食腦！

Boccia: Not Just Power, But Strategy!

全國第十二屆殘疾人運動會暨第九屆特殊奧林匹克運動會（殘特奧會）的硬地滾球比賽將於今年12月9至14日在啟德體藝館舉行。

這項運動在平坦光滑的硬地上進行，設個人、雙人及團體賽，考驗技術、策略和合作默契。硬地滾球最初是為腦癱患者而設計，適合患有大腦麻痺、肌肉萎縮症或四肢有嚴重功能障礙的人士參與，有助提升專注力、穩定及肌肉協調。比賽中，運動員需將顏色球（紅色或藍色）投擲或滾動至靠近白色目標球（稱“Jack”），最接近目標球的一方得分。

The boccia competition of the 12th National Games for Persons with Disabilities (NGD) and the 9th National Special Olympic Games (NSOG) will take place from December 9 to 14, 2025 at the Kai Tak Arena.

Played on a flat, smooth, and hard surface, boccia tests skill, strategy, and teamwork in individual, pair and team format. Originally designed for individuals with cerebral palsy, it is also suitable for those with muscular dystrophy or severe limb impairments, helping to improve concentration, stability, and muscle co-ordination. During the competition, players throw or roll coloured balls (red or blue) as close as possible to a white target ball, known as the "Jack". The side with closest to the Jack scores pints.

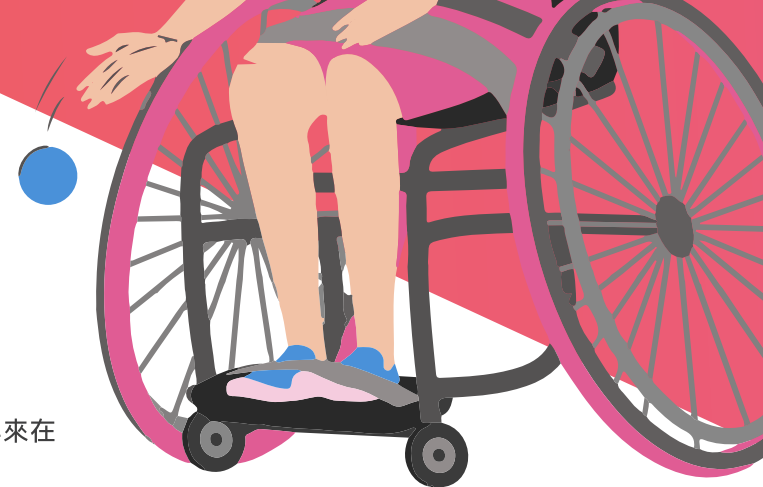
香港硬地滾球運動員國際舞台屢創佳績
Hong Kong boccia athletes
attaining global success

香港硬地滾球運動早已達世界級水平，多年來在國際賽事屢獲殊榮，例如：
Hong Kong's boccia athletes have already reached world-class levels, earning numerous accolades in international competitions:

2004年雅典殘奧會 2004 Athens Paralympics	梁育榮於首次參賽即包辦兩金 Leung Yuk-wing secured two gold medals in his debut
2008年北京殘奧會 2008 Beijing Paralympics	郭海瑩在女子BC2級個人賽摘金 Kwok Hoi-ying won gold in the women's BC2 individual event
2016年里約熱內盧殘奧會 2016 Rio Paralympics	梁育榮於男子BC4級個人賽摘金 Leung Yuk-wing won gold in the men's BC4 individual event
2024年巴黎殘奧會 2024 Paris Paralympics	港隊創出歷史最佳成績，奪得3金2銀：龍子健（男子BC1級個人賽）、何宛淇（女子BC3級個人賽及與謝德樺拍檔的BC3級混合雙人賽）均奪金；首次出戰殘奧會的張沅在女子BC4級個人賽取得一面銀牌，再夥拍「大師兄」梁育榮在BC4級混合雙人賽奪得銀牌。 The Hong Kong team achieved its best-ever results, winning three gold and two silver medals. John Loung won gold in men's BC1 singles, while Ho Yuen-kei won two golds in women's BC3 singles and BC3 mixed doubles with Tse Tak-wah. Cheung Yuen, made her debut and won a silver in women's BC4 singles and, alongside Leung Yuk-wing, won a silver in BC4 mixed doubles.
2025世界硬地滾球亞洲及大洋洲地區錦標賽 2025 World Boccia Asia and Oceania Regional Championships	港隊共奪得4金及1銅，其中個人賽中「世一」龍子健、梁育榮分別稱王，楊曉林則封后。 The Hong Kong team won four gold and a bronze medals, with John Loung and Leung Yuk-wing each crowned champions in individuals, and Yeung Hiu-lam achieving gold at the individual event.

今屆殘特奧會在港舉行，香港運動員享有主場之利，現場觀眾的支持和歡呼往往能激發鬥志，提升比賽表現。香港每年都舉辦多項硬地滾球賽事，包括學校聯賽、錦標賽及全港運動會比賽等。這些定期賽事讓本地運動員在不同壓力環境中累積經驗，增強應對能力與心理韌性。此外，香港提供場地設施完善，同時，香港傷殘人士體育協會自2021年亦推出硬地滾球區域訓練計劃，於全港不同地區設立訓練班，由社區開始提供及建立訓練機會予殘疾人參加者。這些因素為硬地滾球隊提供有利環境，幫助港隊持續進步。

With this year's NGD and NSOG being held in Hong Kong, local athletes enjoy home-ground advantage, with crowd support often boosting their spirit and performance. Hong Kong hosts regular boccia events every year, including school leagues, championships, and the Hong Kong Games allowing athletes to gain experience under different pressure and build psychological resilience. Additionally, Hong Kong offers well-equipped facilities, and the Sports Association for the Physically Disabled of Hong Kong, China in 2021, offers regional boccia training programme in different districts, providing opportunities for disabled participation in the community. These factors foster a supportive environment for Hong Kong's continued success in boccia.



一圖看懂硬地滾球

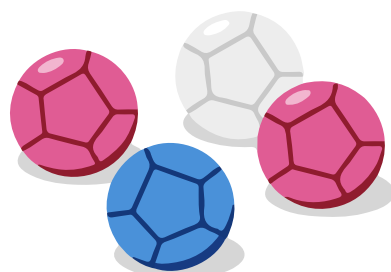
基本概念及規則

Basic concepts and rules of boccia

1

場地與球具 VENUE AND EQUIPMENT

- **場地** 12.5米長 x 6米闊，平滑木地或膠地。
- **滾球** 皮革製成，重量約275克，圓周約270毫米。



- **Venue** A smooth wooden or plastic surface, 12.5 metres long x 6 metres wide.
- **Boccia Balls** Leather, weighing approximately 275 grams, with a circumference of about 270 mm.

2

比賽分類 COMPETITION CATEGORIES

- **個人賽** 一場比賽分四局進行，每位球手每局投球六球。
- **雙人賽** 同樣設四局，每位球手在每局投三球（每隊共六球）。
- **團體賽** 分六局進行，每隊三名球手在每局各投兩球（每隊共六球）。
- **Individual Match** Four sets, with each player throwing six balls per set.
- **Pair Match** Four sets, with each player throwing three balls per set (six balls per team).
- **Team Match** Six sets, with each team of three players throwing two balls per set (six balls per team).

3

比賽規則 COMPETITION RULES

比賽採用小組循環制，晉級後進入淘汰賽。球手在輪椅上作賽，務求在指定區域內，把自己的滾球投擲至靠近白色目標球（Jack）。規則如下：

- 比賽分為紅方隊伍及藍方隊伍（擲毫方決定），每隊由一、二或三位選手組成，分別進行個人賽、雙人賽或團體賽。
- 每方獲六個紅色或藍色的球，白色球由雙方輪流發球，第一局紅色先發（紅藍交替）。
- 由紅隊先投擲白色目標球，白色目標球必須超越“V”線方為發球成功。
- 由紅隊投擲第一顆紅色球，藍隊隨後投擲第一顆藍色球。
- 由距離白色目標球較遠的一隊繼續投擲（即落後的一方）。
- 所有滾球投擲完畢，一局結束。靠近目標球的滾球便可得分，愈多球接近目標球分數愈高。舉例說，如有兩個紅色球比藍色球更接近目標球，紅方便得兩分。如果雙方均有一個球與目標球的距離相同，而且沒有其他球更接近，則各得一分。累積分數較高的一方勝出比賽。若分數相同，則進行附加局以分出勝負。

Matches adopt a round-robin format, progressing to knockout rounds. Players compete from wheelchairs, aiming to throw balls as close as possible to the white target ball (Jack) within a designated area. The rules include:

- Teams are divided into red and blue sides (decided by a coin toss), with one, two or three players for individuals, pairs or team events respectively.
- Each side has six red or blue balls. The white Jack is thrown alternatively.
- The red throws first in the opening end. The white Jack must cross the "V" line to be valid.
- The red side throws the first red ball, followed by the blue side's first blue ball.
- The side with the ball farthest from the Jack continues throwing (the trailing side).
- After all balls are thrown, the end concludes the game. The side closest to Jack scores points, with more points for additional balls closer than the opponent's. For example, if two red balls are closer than any blue ball, the red side scores two points. If both sides have one ball equidistant from the Jack with no other balls closer, each scores one point. The side with the higher cumulative score wins. If scores are tied, a tiebreaker round will be played.

球手與助手的關係 The relationship between players and assistants

硬地滾球按球手的醫學斷症、輪椅操控、軀幹控制及手抓握能力的分級，設BC1至BC4四個級別：

- **BC1級：**球手用手或腳發球，輔助人員可協助固定或調整球手的輪椅，並把球交給球手。
- **BC2級：**球手用手發球，無輔助人員協助。
- **BC3級：**球手使用管道發球，管道操作員依照球手的指示調校管道的斜度和方向。比賽進行期間，管道操作員必須背向場區，不得與球手交談。如球手獲勝，管道操作員也會獲頒獎牌。
- **BC4級：**球手用手或腳發球，僅用腳發球的球手可有輔助人員協助。

BC1和BC3級球手需要輔助人員或管道操作員協助發球，訓練中需要球手與輔助人員或管道操作員之間的密切協調，兩者需要有良好的溝通以確保發球準確和穩定。

Boccia is classified into four levels based on players' medical diagnosis, wheelchair control, trunk control, and gripping ability:

- **BC1 Level:** Players throw with hands or feet. Assistants may stabilise or adjust wheelchair and hand over balls to the player.
- **BC2 Level:** Players throw with hands and compete without assistants.
- **BC3 Level:** Players use a ramp to roll the ball, with a ramp operator adjusting the ramp's angle and direction according to the player's instructions. The ramp operator must face away from the court, cannot communicate during play, and receive a medal if the player wins.
- **BC4 Level:** Players throw with hands or feet. Only those using their feet may have assistant support.

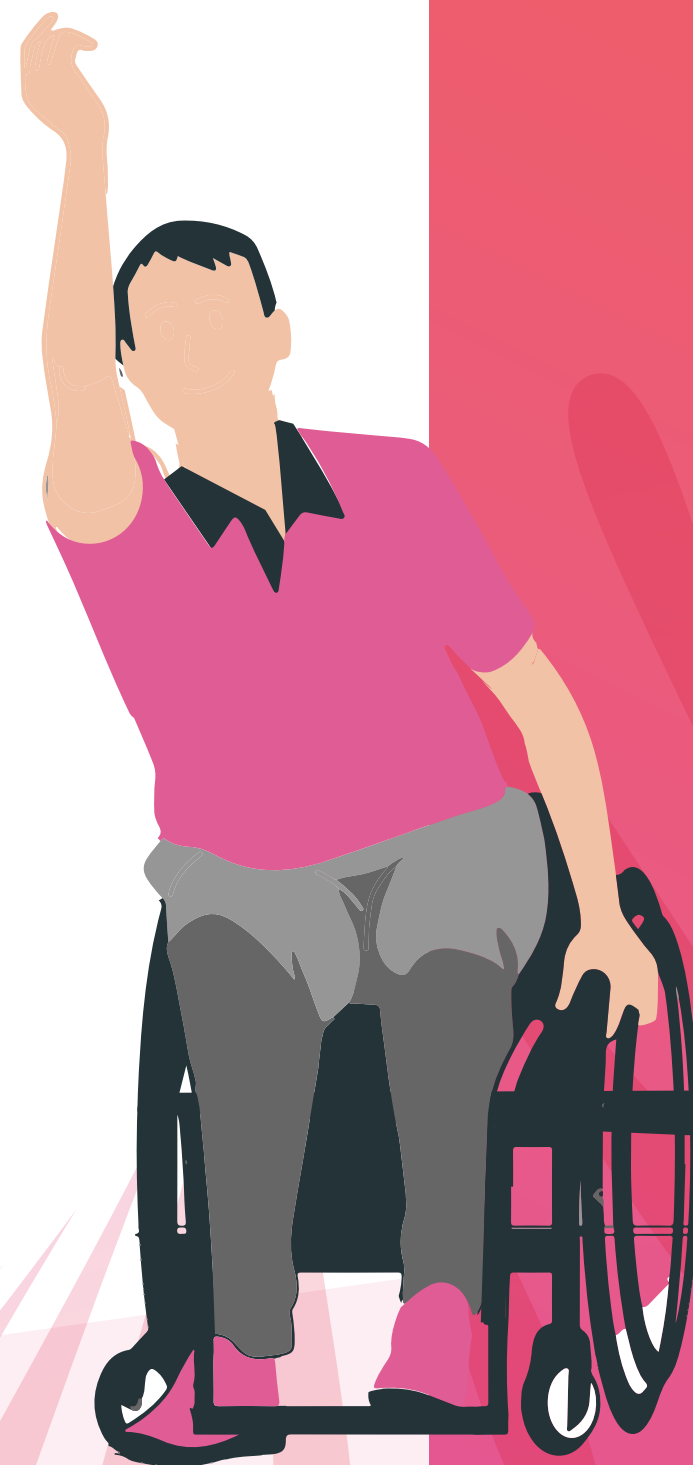
BC1 and BC3 players require support from assistants or ramp operator for throwing, requiring close co-ordination and good communication to ensure accurate and stable throws.

為什麼管道操作員在比賽中不能觀看賽事？ Why can't assistants watch the match?

在BC3級比賽中，球手因身體活動限制使用管道發球，管道操作員負責協助調整管道。為確保比賽的公平性，管道操作員必須背對比賽場地，不得觀看賽事或與球手交流，避免助手干擾比賽或提供不必要的協助或暗示，讓球手能完全依靠自己的判斷和策略，獨立決定發球位置、力度及方向。

同樣，BC1級的輔助人員亦限於協助固定輪椅或拾球，未發球時必須坐在比賽區外，不得干擾比賽。此規定旨在確保球手的自主性與獨立性，以及比賽的公正性。

In BC3 matches, players use a ramp to propel the ball, with the ramp operator adjusting the ramp per the player's instructions. To ensure fairness, the ramp operators must keep their backs to the court and are prohibited from watching the match or communicating with the players, preventing any interference or undue assistance. This ensures players rely solely on their own judgement and strategy. Similarly, assistants for BC1 players are restricted to stabilising wheelchairs or retrieving balls and must remain seated outside the competition area without interfering during opponent's turn. These rules promote player autonomy and independence, and the integrity and fairness of the competition.



READY SET GO

沙灘排球：跳高5cm，花多一半力
Beach Volleyball:
Jumping 5cm Higher Takes Twice the Effort

全運全城運動



第十五屆全國運動會（十五運會）沙灘排球賽將於10月31日至11月8日及11月10日在維多利亞公園激烈展開，屆時，維園足球場將臨時改建為兩個沙灘排球比賽場地及一個熱身場地。為實踐綠色辦賽理念，香港沒有新建專用場館，而是充分利用現有場地及設施，由香港排球總會負責場地設計。維園作為社區共享空間，改建後不僅節省辦賽成本，賽事前後亦持續開放給市民使用，滿足全民健身和體育發展的需求。

沙灘排球（沙排）比賽設男、女子組。第一階段，參賽隊伍將分成六組進行單循環賽，未能直接晉級16強的隊伍需參加附加賽。第二階段，16強隊伍將進行淘汰賽，直至決出勝負。

The beach volleyball competition of the 15th National Games (NG) will take place from October 31 to November 8 and on November 10, 2025, at Victoria Park. During this period, the football pitch at Victoria Park will be temporarily transformed into two beach volleyball courts and one warm-up area. To promote a green event concept, Hong Kong has maximised the use of existing facilities, avoiding the construction of new dedicated venues. The site design is overseen by the Hong Kong Volleyball Association. As a shared community space, Victoria Park reduces event costs and remains open for public use before and after the competitions, supporting the community's needs.

The beach volleyball competition includes men's and women's categories. In the first phase, participating teams are divided into six groups for a round-robin format, with teams that do not advance directly to the top 16 entering playoff matches. In the second phase, the top 16 teams compete in knockout matches until a winner is determined.

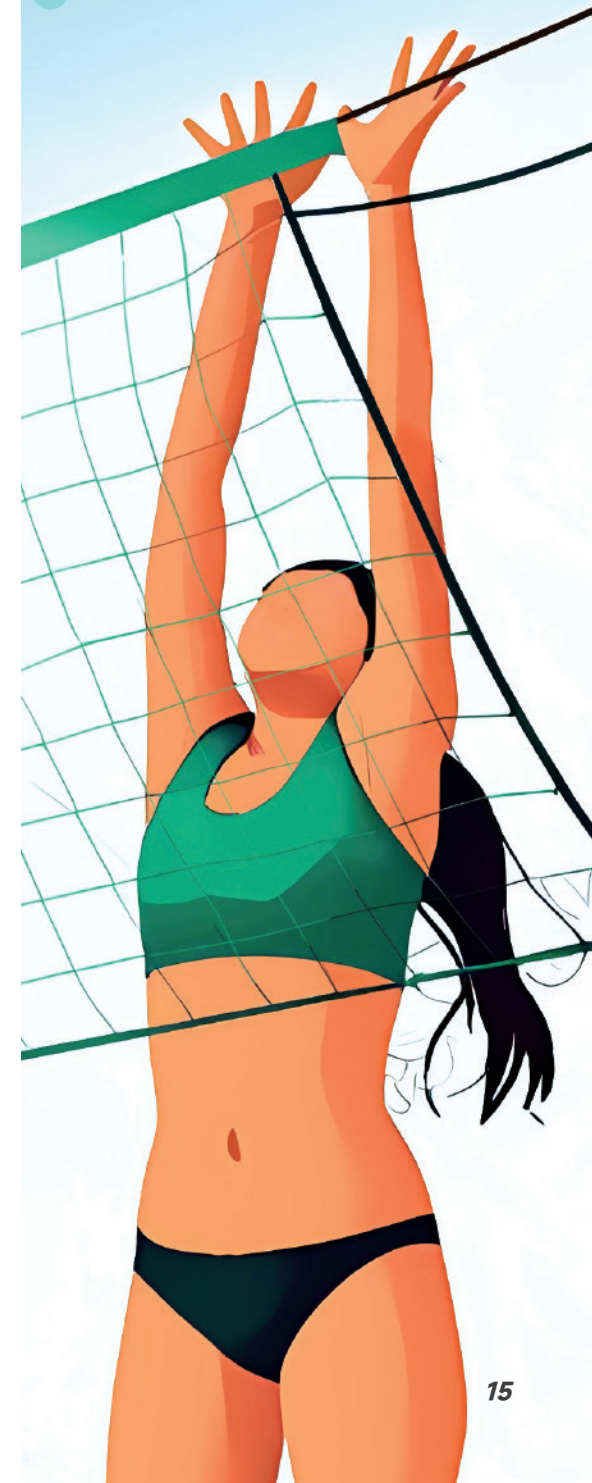
陽光肌能特訓 Fitness training in the Sun

沙排的沙地場地與室內排球的硬地環境截然不同，對運動員的技術和生理適應有不同要求。最明顯是由於是沙地，且比賽多在高溫環境下進行，運動員的體能需求遠超室內排球，所以需要陽光肌能特訓，主要有以下兩個方面：

- **更全面的技術要求：**沙排每邊場區範圍為8米 x 8米，雖然較室內排球（9米 x 9米）略小，但每隊僅兩位選手，不設換人，且需在高溫下比賽，體能消耗約為室內排球的兩至三倍。另外，沙排球員需具備全面的技術，包括發球、接球、攔網、傳球、扣球和防守，缺一不可，否則容易成為對手針對的弱點。
- **場地生理適應：**相對硬地，在沙地進行垂直跳躍時，身體需更大腕部伸展以維持穩定和動作速率，運動員在執行基本運動技能時，需額外克服沙地阻力，增加了運動過程中的能量消耗，每場比賽約跳躍240次，並需擴大跑動範圍，以覆蓋更大的接球面。總的來說，沙地所需的能量消耗較硬地高出1.2至1.6倍。

The sandy environment of beach volleyball differs significantly from the hard courts of indoor volleyball, requiring unique technical and physiological adaptations from athletes. Most notably, the physical demands on beach volleyball players far exceed those of indoor volleyball due to the sandy surface and the high-temperature competition environment. Specialised training focuses on two main aspects:

- **Comprehensive technical requirements:** A beach volleyball court measures 8m x 8m, slightly smaller than an indoor volleyball court (9m x 9m). However, with only two players per team, no substitution and high temperatures, energy expenditure is approximately two to three times greater than in indoor volleyball. Players require a broad skill set, including serving, receiving, blocking, passing, hitting and defending, as any weakness can be exploited by opponents.
- **Physiological adaptation to the venue:** Vertical jumps on sand require greater hip extension to maintain stability and movement speed compared to hard surface. Athletes must overcome additional resistance from the sand while executing fundamental skills, increasing energy expenditure. Each match involves about 240 jumps, and players need to expand their running range to cover a larger reception area. Overall, energy demands on sand are approximately 1.2 to 1.6 times higher than on hard courts.



沙排運動員需加強哪些特別訓練以適應沙地環境？ What special training do beach volleyball players need to adapt to the sand environment?

玩沙排猶如免費全身磨砂？

Playing beach volleyball is like a free full-body scrub?

有趣的是，玩沙排如同進行「免費全身磨砂」，因撲沙動作帶來天然去角質效果。然而，球員需掌握正確倒地姿勢，保持身體平衡，以手臂和身體側面着地，利用身體的緩衝來降低衝擊力，避免直接用手腕或手肘着地以防受傷。倒地後，球員應迅速起身，準備下一次進攻或防守。

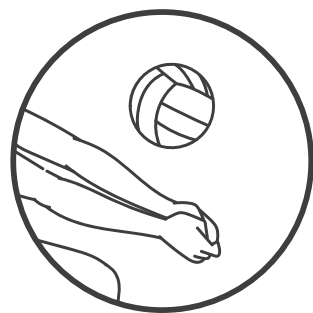
Interestingly, playing beach volleyball is like receiving a "free full-body scrub", as falling into the sand offers a natural exfoliation effect. However, players must master the correct falling technique, maintaining body balance and landing on the arms and the side of the body to cushion the impact, avoiding direct contact with wrists or elbows to prevent injuries. After falling, players should quickly rise to prepare for the next attack or defence.

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● 準備姿勢和移動技術

Preparation posture and movement technique

準備姿勢的重心不宜過低，重心高度介於半蹲至稍蹲之間，以保持平衡與爆發力。移動時避免交叉步，或滑步進行長距離移動，最佳方式是跑步移動，既方便又能迅速到達兩側。跑步時需抬高腿部以降低運動阻力，最後一步使用跨步制動，降低重心，順暢銜接倒地接球動作。

The preparation posture should maintain a centre of gravity between a half-squat and a slight squat to balance stability and explosiveness. When moving, players should avoid crossing steps or sliding steps over long distances; running is the most effective method to enable quick lateral movement. When running, players should lift their legs high to reduce resistance, and use a crossover stop on the final step to smoothly lower their centre of gravity into a diving reception.

● 適應彈跳方式

Adaptation of jumping technique

相比於室內排球的助跑跳，沙排的起跳方式多為原地垂直跳，可減少體能消耗，並提升靈活性。

Unlike indoor volleyball's running jumps, beach volleyball often relies on stationary vertical jumps to reduce energy expenditure and enhance agility.



● 扣球起跳技巧

Spike jump technique

扣球起跳不宜像室內排球跨大步降低重心，以免雙腳陷入沙中影響起跳力。因此，踏跳步不宜過大，採用三步或以上跑步助跑起跳，保持穩定和爆發力。

For spiking, players should avoid large take-off steps, as in indoor volleyball, to prevent their feet from sinking into the sand, which reduces jumping power. Instead, a three-step or longer running jump with smaller steps is recommended to maintain stability and explosiveness.



● 適應溫度和風速環境

Adaptation to temperature and wind conditions

沙地鬆軟，球員施力困難，加上高溫的戶外環境，球員需進行熱適應訓練，提升出汗和熱調節能力，並加強補充水分。此外，戶外風力影響球的落點，球員需在有風環境中進行訓練，模擬比賽風速，提升適應能力和穩定，學會更好地控制球的方向和力度，以及如何利用風向制定戰術，調整進攻和防守策略。

The soft sand makes it challenging to exert force, and high outdoor temperatures require players to undergo heat adaptation training to improve sweating, heat regulation, and hydration awareness. Wind can affect the ball's trajectory, so players must train in simulated windy conditions to enhance adaptability and stability. They should learn to control the ball's direction and force and use wind conditions strategically to adjust offensive and defensive tactics.

更重要的是，由於沙排賽不能換人，球員需強化持久力，通過有氧運動及力量訓練提升耐力，同時進行心理素質訓練，尤其在體力下降時，要有足夠心理韌性和比賽專注力。最後，團隊協作訓練亦不可少，以增強隊友間的默契，確保即使在不能換人的情況下，也能保持良好的比賽狀態。

As beach volleyball matches do not allow substitutions, players must strengthen their endurance through aerobic exercise and strength training to enhance stamina. Mental training is also critical to maintain psychological resilience and focus, especially when fatigued. Finally, teamwork training is essential to enhance the rapport between teammates, ensuring optimal performance throughout the match despite the absence of substitutions.



NATIONAL GAMES LENS

大灣區協作 會否開啟香港體育 產業新篇章？

*Will collaboration in the
Greater Bay Area open a new
chapter for Hong Kong's sports
industry?*

一股運動熱情即將籠罩香港，因為十五運會將於11月9日盛大揭幕。運動健兒已蓄勢待發：單車好手李思穎可否再創佳績？乒乓球搭檔黃鎮廷及杜凱琹能否發揮出色表現？擊劍新王者蔡俊彥能否力壓群雄？勇奪巴黎奧運銅牌的何詩蓓首次參加十五運會又會否在游泳池上掀起波瀾？連串精彩的比賽將在不同場地如單車館的極速追逐、乒乓球桌的激烈對壘，劍道上電光火石交鋒中上演。

十五運會不僅是運動員的競技舞台，更是粵港澳大灣區體育產業的試驗場。通過整合教育、產業資源與協作精神，**今日的十五運會將為未來的大灣區體育發展奠定基礎，推動其邁向更廣闊的國際舞台。**我們期待這場賽事呈現一次競技與文化的結合，為未來打造更完善的體育生態。

Hong Kong will ignite with passion for sports, as the NG is set to be grandly unveiled on November 9. Would cyclist Ceci Lee Sze-wing achieve another outstanding victory? Would the table tennis pair Wong Chun-ting and Doo Hoi-kem deliver an outstanding performance? Would the new fencing world champion Ryan Choi Chun-yin outshine all competitors? Would Paris Olympic bronze medallist Siobhan Bernadette Haughey make history? A series of thrilling contests will unfold across cycling tracks, table tennis courts, fencing and others arenas.

The NG is more than a stage for athletics excellence but also as a testing ground for the sports industry in the Guangdong - Hong Kong - Macao Greater Bay Area (GBA). By integrating education, industry resources and regional collaboration, **today's NG is developing a valuable foundation for the future development of the sports industry in the GBA, propelling the industry towards an international stage.** This event blends competition and culture, building a dynamic sports ecosystem for the future.

全運全視野

三地制度協調 Co-ordination mechanism of the three places

十五運會的籌辦過程中，粵港澳三地在場館與交通基礎設施方面加強建設外，還通過制度協調、數碼平台與全方位安全保障，為賽事順利舉辦提供支持。通過溝通，三地在跨境賽事、口岸通關、人車證件、食品安全、綠色辦賽和賽事日程等六大領域達成共識，探索出「三地三同」的聯合辦賽模式——「同頻溝通、同心決策、同步執行」。

例如：「港澳公路自行車賽」，便能具體展現出跨境合作：

In the preparation of the NG, in addition to strengthening construction of venues and transportation infrastructure, Guangdong, Hong Kong and Macao have provided solid support for the competitions through system and digital platform co-ordination and comprehensive security measures. Through close liaison and co-ordination, alignment has been reached in six key areas: cross-boundary events, port clearance, manpower and vehicle accreditation, food safety, green initiatives, and competition scheduling. The three locations have pioneered a "trilateral-integration" cohosting approach covering communication, direction, and operation.

Take the Guangdong-Hong Kong-Macao Road Cycling Race as an example, this cross-boundary cooperation embodies practical implementation:

- **硬聯通**：賽道全長230公里，運動員半天跨越珠海、澳門、香港三地，基礎設施互聯互通。

Connectivity of hardware: The route spans 230 kilometres, with athletes crossing Zhuhai, Macao, and Hong Kong in half a day, exemplifying infrastructure interconnectivity.

- **軟聯通**：在口岸協作下，運動員以時速40公里的速度「無感通關」，反映三地在優化路線、口岸通關、競賽組織、監管互認、資訊互通等方面的密切合作。

Connectivity of software: Through border co-operation, athletes experience "seamless clearance" at a speed of 40 kilometres per hour, reflecting institutional innovations in route optimisation, regulatory mutual recognition, and information sharing.

- **心聯通**：測試賽階段吸引大量觀眾，隨賽事感受灣區人文面貌文化融合。

Connectivity of culture: The trial event attracted many spectators who experienced the GBA's cultural charm, fostering cultural integration.

智慧技術：以小程序提升觀眾服務 Smart technology: enhancing spectator services through mini program

廣州賽區推出了「全運廣州」小程序，作為本屆賽會首個面向C端（觀眾、運動員等）的數碼綜合服務平台，被譽為「AI賽事智能助手」。平台涵蓋三大範疇——「賽事服務」、「城市服務」及「文化創意於一體的廣州賽區服務大腦」，為用戶提供便捷高效的賽事全場景服務。賽事服務功能融合了AI、數位人、AR導航等數位技術，即可即時掌握賽區賽事動態、場館導航、觀賽指引等信息，實現安心觀賽、便捷出行。智慧服務如「無障礙服務」，

包括打通無障礙用車預約、場館無障礙地圖等數據及服務信息，創新推出公共手語翻譯服務，用戶通過小程序可一鍵呼叫專業手語志願者，遠程提供手語在線翻譯支持，有效破除聽障群體溝通壁壘，在賽事期間為殘障人士提供即時服務。

香港賽區的官方小程序用戶可透過微信、AlipayHK或支付寶連結，隨時獲取賽事資訊，參與AR拍照與問答闖關。

The Guangzhou competition zone has launched the "National Games Guangzhou" mini program, the first intelligent digital service platform targeting end-users (spectators, athletes, etc.) at this edition of the Games. This initiative has been lauded as an "AI Sports Event Intelligent Assistant", and consists of three key sections: Event Services, City Services and Creative Activities, offering integrated information. Event Services incorporate AI and AR navigation technology, enabling users to access real-time schedules, venue

navigation, etc. Smart services such as "Accessibility Services" include access to data and service information such as barrier-free vehicle reservations and venue accessibility maps. The innovative public sign language interpretation service also allows users to call professional sign language volunteers with a single click through the mini program for remote online sign language interpretation support, effectively breaking down communication barriers for the hearing-impaired and providing real-time services to people with disabilities during the NG. Meanwhile, Hong Kong has introduced the official mini program, accessible through scanning via WeChat, AlipayHK, or Alipay, allowing users to access event information anytime and participate in AR photo and quiz challenges.

在場館資源方面，**十五運會籌辦以來堅持「綠色、共享、開放、廉潔」辦賽理念和「簡約、安全、精彩」的辦賽要求**。廣東賽區75個比賽場館中，逾90%為現有場館升級改造，實現科技力量，降低辦賽成本，也確保賽後資源可持續利用。

跨境合作亦讓三地各展所長：珠海利用港珠澳大橋承辦公路自行車賽事，串聯三地，成為標誌性跨境賽事；深圳利用深圳灣公路大橋承辦全運會首個跨境田徑馬拉松賽事；香港承辦的第十五屆全國運動會香港賽馬會盃七人制橄欖球比

賽等香港熱門運動項目，展現城市特色；佛山、梅州等地結合功夫、龍舟、足球等群眾基礎強的運動，推動全民參與。

Regarding venue resources, **the preparation of the NG has adhered to the principles of "green, inclusive, open and clean" and the event**

requirements of organising a "simple, safe and wonderful" Games.

In the Guangdong competition region, over 90% of its 75 competition venues are existing facilities upgraded by technology, reducing event costs and ensuring sustainable post-event utilisation.

Cross-boundary collaboration also enables the three places to leverage their respective strengths: Zhuhai uses the Hong Kong-Zhuhai-Macao Bridge to host the road cycling race, linking the three places as a landmark cross-boundary event; Shenzhen hosts the Games' first cross-boundary marathon via the Shenzhen Bay Bridge; Hong Kong hosts sports attracting strong local participation and enthusiasm, such as "The 15th National Games of the People's Republic of China The Hong Kong Jockey Club Trophy Rugby Sevens Competition", and cities like Foshan and Meizhou promote mass participation with sports rooted in local culture such as kung fu, dragon boat racing and football.

總結 Conclusion

粵港澳三地共同承辦十五運會，是大灣區發展體育事業、探索制度融合的良好機遇。

利用這次辦賽契機，便利粵港澳三地人員物資通關往來，支持三地運動員、教練員及技術人員加強合作、互學互鑒，挖掘培養專業體育人才。同時，申辦更多高水準、有影響力的體育賽事活動，推動建設「粵港澳體育灣區」，以體育進一步推動三地發展和交流，推動大灣區文化體育事業和經濟社會發展。

The co-hosting of the NG by Guangdong, Hong Kong, and Macao offers a prime opportunity for the GBA to promote its sports development and institutional integration. Leveraging this event, cross-border exchange of personnel and materials can be streamlined, enabling athletes, coaches and technical staff to deepen collaboration, share knowledge and identify and nurture professional sports talent. At the same time, by bidding for more high-calibre, influential sports events, co-hosting the Games further drives development and exchange among these three places through sports, promoting the cultural, sports and socio-economic progress of the GBA.

十五運會堅持辦賽理念

**綠色
共享
開放
廉潔**

辦賽要求

**簡約
安全
精彩**

NGCO HIDDEN TALENTS

NGCO GOES ALL OUT!

統籌辦全力以赴



立即去片
*Watch the
exclusive video*

全國運動會香港賽區統籌辦公室（統籌辦）背後匯聚了一群人才輩出的專業團隊，他們不少曾參與奧運及各類大型體育盛事，不僅具備豐富的實戰經驗，更深諳賽事運作流程，在體育管理、賽事策劃、國際交流等多個領域均展現卓越能力。統籌辦團隊會全力以赴，憑藉創新思維與國際視野，協助香港舉辦這場國家級運動會，讓香港在世界體壇舞台上閃亮。

The National Games Coordination Office (Hong Kong) (NGCO) is powered by a highly talented team of professionals, many of whom have previously participated in the Olympics and various major mega sports events. With extensive practical experience and deep knowledge of event operations, they demonstrate exceptional capabilities in sports management, event planning, and international co-ordination. The team, is fully committed, leveraging innovative thinking and a global perspective, to assist Hong Kong in co-hosting a national-level sport event, enabling Hong Kong to shine brightly on the international stage.



黃仲德是前香港沙灘排球代表，退役後轉任體育記者兼體育賽事現場司儀和DJ，以記者身分走訪過北京冬季奧運及巴黎奧運，2019年獲國際體育總會認可為國際賽事DJ主持，曾於世界錦標賽、杭州亞運和世界大學生運動會等國際賽事中負責播放歌曲及現場解說賽事，帶動現場氣氛。現職統籌辦推廣及展示組項目主任，負責全運會體育展示策劃。

劉煒麒是代表中國香港參加殘奧會硬地滾球隊的教練，曾分別以教練及體育行政人員身分參與東京及巴黎殘奧會、亞洲殘疾人運動會、全國殘疾人運動會等多屆大型綜合運動會賽事，並在2024年巴黎殘奧會中協助運動員謝德樺夥拍何宛淇贏得硬地滾球混合雙人BC3級金牌。現職統籌辦競賽2組項目主任，主要負責籌辦殘特奧會賽事。

Wong Chung-tak is a former Hong Kong, China beach volleyball representative who transitioned into a TV sports reporter, emcee, and DJ. As a reporter, he covered the Beijing Winter Olympics and the Paris Olympics. In 2019, he was officially certified by the International Sports Federation as a DJ host for global events, having managed DJing and on-site emceeing at international events such as the World Championships, Hangzhou Asian Games, and Universiade, to boost the event atmosphere. Currently working as a Project Officer for NGCO's Promotion and Presentation team, he oversees sports presentation planning for the Games.

Ricky Lau is a distinguished coach for the Hong Kong, China's Boccia team, representing the team at the Paralympic Games. He has extensive experience in multi-sport events, including the Tokyo and Paris Paralympics, Asian Para Games and NGD. At the 2024 Paris Paralympics, he assisted athletes Tse Tak-wah and Ho Yuen-kei in winning a gold medal in the Boccia Mixed Pairs BC3 event. He is currently a Project Officer for NGCO's Competition Team 2, focusing on organising the NSOG competitive events.

MESSAGE FROM NGCO

漫遊全運路線 欣賞特色建築裝置

Journey through the NG Routes and be Inspired by Iconic Installations

統籌辦話你知

隨着十五運會和殘特奧會開幕日臨近，你是否已熟悉各比賽的舉行地點？統籌辦特別推出的「全運GOAL全城GO」AR體驗活動，精心設計八條「期間限定」的「全運路線」，不單涵蓋香港賽區的競賽場地，也包羅周邊的特色地標，包括旅遊熱點和文化休閒場所。這八條路線分別是：鐘環律動、尖咀星光、綠悠北區、將軍築跡、啟德新銳、東岸樂遊、沙鞍巡行和荃探古今。

此外，你可有留意全港各處以全運會為主題的城市裝飾和宣傳？從出入境口岸、政府大樓、康文署轄下公園及體育場地，到有蓋行人通道、天橋梯級和特色路磚圖案及渠蓋，以至全港18區燈柱彩旗，到處均可見十五運會和殘特奧會的亮麗裝飾和布置，讓全城洋溢主場氣氛！



As the grand opening of the Games draws closer, have you familiarised yourself with the competition venues? **To get everyone in the spirit, the NGCO has launched the "National Games GOAL'n GO" AR experience, featuring eight exclusive, limited-time "NG routes".** These routes cover Hong Kong's competition venues and nearby iconic landmarks, including popular tourist spots and cultural attractions. The eight routes are: Admiralty ⇄ Central; Hung Hom ⇄ Tsim Sha Tsui; Sheung Shui ⇄ Fanling; Tseung Kwan O; Kai Tak; Causeway Bay ⇄ North Point; Ma On Shan ⇄ Sha Tin, and Tsuen Wan.

Hong Kong is buzzing with NG-themed decorations and publicity! From immigration checkpoints, government buildings, and LCSD-managed parks and sports venues to covered walkways, footbridge staircases, road-tile patterns and manhole covers, as well as colourful banners lining lamp posts across all 18 districts, the city is adorned with dazzling designs, creating a vibrant "host city" atmosphere.



探索八大全運路線
開展AR互動體驗
Embark on an immersive AR
journey through eight NG routes

建築裝置 增添藝術氣息

Architectural installations: adding an artistic touch

意猶未盡？統籌辦與香港建築師學會早前合辦了「十五運會和殘特奧會建築裝置設計比賽」，選出的優勝作品《光·花·聚》及《一步一腳印》，分別設置於中西區海濱長廊（中環段）及啟德車站廣場，為全運會注入獨特藝術氣息。

《光·花·聚》以藝術、自然與城市共生關係為主題，靈感源自大自然分形圖案，結合仿生設計，象徵粵港澳三地「同根」的互助繁榮。三根不銹鋼主幹從共同根基生長，逐漸「一變三」分形延展，呈現三地多元團結精神。裝置不僅可成為公園地標，更是市民休憩、遮蔭、聚會與活動的空間。夜間，當「光花」與維港夜景互相輝映，為城市景致增添詩意。

《一步一腳印》以分別設置於啟德車站廣場兩端的六米高運動鞋及地面大鞋印組成，寓意踏實、刻苦、堅忍不屈的運動員精神，也是當下大灣區以至中國成功的要素。單腳設計更表達了殘健共融的主題。鞋印上的圖案仿照中國篆刻中的閒章，以「同心」點出三地合力成就2025全運會，以至大灣區同心協力的精神。市民及遊客更可與巨鞋互動，將成為全新「網紅打卡熱點」！

Looking for more? The NGCO, in collaboration with the Hong Kong Institute of Architects, organised the "Architectural Installation Design Competition for the 2025 National Games in Hong Kong". The winning installations *The Glowing Blossom of Unity* and *One Step at a Time and Every Step Counts*, located at the Central and Western District Promenade (Central Section) and Kai Tak Station Square respectively, infuse the Games with a unique artistic touch.

The Glowing Blossom of Unity celebrates the symbiotic relationship between art, nature, and the city. Inspired by fractal patterns and biomimetic design, it symbolises the shared "root" and prosperity of Guangdong, Hong Kong, and Macao. Three stainless steel stems emerge from a common root, branching into a "one-becomes-three" fractal extensions, manifesting the diverse yet united spirit among the three regions. The installation serves not only as a park landmark but also a shaded space for rest, gatherings, and activities. At night, the glowing blooms intertwine with Victoria Harbour's iconic view, weaving poetic beauty into the urban landscape.

One Step at a Time and Every Step Counts features a six-metre-high sneaker and a giant shoe print on the ground at two locations of the Kai Tak Station Square, characterising the steadfastness, perseverance, and resilience of sportsmanship as well as the prevailing successful development of the GBA and China. The single-foot design expresses the inclusive collaboration, uniting athletes of all physical abilities by a shared spirit of tenacity. The two Chinese words on the sole and the shoe print highlight the collaborative effort of the three regions in achieving the Games with the spirit of teamwork in the GBA. Visitors can interact with the giant sneaker, making it a viral photo spot.

搶票要早！現場觀賞心水運動項目

Book early! Catch your favourite sports live

今次十五運會和殘特奧會採用「一個平台、三地購票」的模式作公開發售。市民可透過官方票務網站或微信小程序以「實名註冊」購買廣東、香港及澳門賽事門票，先登記，後購票。立即鎖定心水運動項目，親臨現場感受比賽的熾熱氣氛。尚未購票？即掃以下二維碼「撲飛」！！手快有，手慢無！

Don't miss out on tickets! The Games adopt the "one platform, ticket purchase across three places" approach, with tickets released for Guangdong, Hong Kong and Macao. Spectators can purchase tickets via the official ticketing website or the WeChat mini program using a real-name registration system — register first, then buy. Secure your favourite events now to experience the thrilling atmosphere live! Haven't got your tickets yet? Scan the QR code below to grab them before they're gone!

官方購票平台二維碼

QR Codes for Official Ticketing Platforms



十五運會二維碼
響應式網站
The 15th NG
responsive
website



殘特奧會二維碼響應式網站
The 12th NGD and 9th NSOG
responsive website



十五運會小程序碼
The 15th NG mini program



殘特奧會小程序碼
The 12th NGD and 9th NSOG
mini program



公眾購票及諮詢渠道

Public Ticketing and Enquiry Channels

購票平台 Ticketing Platform	地址 / 號碼 Address / Numbers
十五運會官方票務網站 The 15th NG official ticketing website	https://ticket.baygames.cn/
殘特奧會官方票務網站 The 12th NGD and 9th NSOG official ticketing website	https://ticket.baygamespara.cn/
官方票務小程序 Official mini program	微信搜索 “十五運會官方票務”或“2025殘特奧會官方票務” Search "The 15th NG official ticketing mini program" or "The 12th NGD and 9th NSOG official ticketing mini program" on WeChat
官方票務呼叫中心 Official ticketing call centre	內地公眾直接撥打：125305 港澳台地區及海外撥打：+86 4001-125305 [自助語音服務時間為7 x 24小時 人工座席服務時間為7 x 14小時 (8:00 - 22:00)] Direct number (Mainland): 125305 Direct number (Hong Kong, Macao, Taiwan, and overseas): +86 4001-125305
官方票務諮詢郵箱 Official ticketing enquiry email address	services@quanyun2025.com



為了讓觀眾有安全愉快的觀賽體驗，請務必遵守不同競賽場館的規則。請掃描此二維碼查看詳情：

To facilitate a safe and enjoyable spectator experience, please comply with the house rules at different venues. Check out the details by scanning this QR code:



第十五屆全國運動會
香港賽區賽事日期

The 15th National Games
(Hong Kong)
Competition Schedule

Competition day 產生的金牌及數目 Gold medals and number	十月 Oct	十一月 Nov																				
	五 Fri	六 Sat	日 Sun	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri
項目 Events	31	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
開幕禮 Opening Ceremony																						
沙灘排球 Beach Volleyball																						
手球男子組 Men's Handball																						
籃球（男子22歲以下組） Basketball (Men's U22)																						
七人制橄欖球 Rugby Sevens																						
高爾夫球 Golf																						
場地自行車 Track Cycling																						
鐵人三項 Triathlon																						
擊劍 Fencing																						
跨境公路自行車（男子個人賽） Cross-boundary Road Cycling (Men's Individual Race)																						
跨境田徑（馬拉松） Cross-boundary Athletics (Marathon)																						
閉幕禮 Closing Ceremony																						

全國第十二屆
殘疾人運動會
暨第九屆
特殊奧林匹克運動會
香港賽區賽事日期

The 12th National Games for
Persons with Disabilities
and 9th National Special
Olympic Games (Hong Kong)
Competition Schedule

比賽日 Competition day	十二月 Dec													
	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun	一 Mon	二 Tue	三 Wed	四 Thu	五 Fri	六 Sat	日 Sun	一 Mon
項目 Events	2	3	4	5	6	7	8	9	10	11	12	13	14	15
開幕禮 Opening Ceremony														
特奧乒乓球 Special Olympics Table Tennis														
硬地滾球 Boccia														
輪椅擊劍 Wheelchair Fencing														
殘奧乒乓球（TT11組） Para Table Tennis (TT11)														
閉幕禮 Closing Ceremony														