



# 中國香港龍舟總會 HONG KONG CHINA DRAGON BOAT ASSOCIATION

Founding Member of International Dragon Boat Federation 國際龍舟聯合會創會會員  
Founding Member of Asian Dragon Boat Federation 亞洲龍舟聯合會創會會員  
Associate Member of Sports Federation & Olympic Committee of Hong Kong, China 中國香港體育協會暨奧林匹克委員會屬會會員  
Founding Member of Hong Kong Water Sports Council 香港水上運動議會創會會員

## 香港龍舟代表隊入隊選拔

- 測試日期及時間：2023年11月11及12日（星期六及日）下午一時至五時
- 測試地點：中國香港龍舟總會石門訓練中心
- 參加資格：  
1. 持有有效的香港身份證、香港特別行政區護照及港澳居民來往內地通行證（回鄉證）  
2. 為有效中國香港龍舟總會個人會員  
3. 青少年組介乎16-17歲之男女子青少年U18、介乎18-23歲之男女子青少年U24，公開組年齡24歲或以上  
(年齡以1月1日起計算)
- 截止報名：2023年11月6日（星期一）上午10時

### 入隊測試標準（年齡16-17歲）

測試項目	跑步測試 (1000米)	掌上壓 (10次)	仰臥起坐 (15次)
完成時間	10分鐘	1分鐘內完成	1分鐘內完成

### 入隊測試標準（年齡18-23歲）

測試項目 組別	跑步測試 (3000米)	龍舟機 (500米)	掌上壓	臥拉
男子隊	18分30秒或之內完成	3分30秒以內完成	50次/1分鐘內完成	15次(40KG)/1分鐘內完成
女子隊	21分30秒或之內完成	4分20秒以內完成	15次/1分鐘內完成 (雙手置於長槳上)	15次(20KG)/1分鐘內完成



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## 入隊測試標準（年齡 24 歲或以上）

組別 \ 測試項目	跑步測試 (3000 米)	龍舟機 (500 米)	掌上壓	卧拉
男子隊	18 分鐘或之內完成	2 分 50 秒以內完成	50 次/ 1 分鐘內完成	20 次 (40KG) / 1 分鐘內完成
女子隊	21 分鐘或之內完成	3 分 30 秒以內完成	20 次/ 1 分鐘內完成 (雙手置於長槳上)	20 次 (20KG) / 1 分鐘內完成

### 備註：

1. 掌上壓、仰卧起坐及卧拉需按照指示完成，如動作過分偏離或許不會計算。
2. 測試當天守時、禮貌及態度亦都是考核範圍。
3. 請進入以下連結完成報名手續。(連結：<https://forms.gle/2shg8pJ6pyjUZE4d8>)
4. 測試時間將於 2023 年 11 月 8 日（星期三）通過電郵通知參加者。
5. 由於每節人數有限，各參加者的測試日期和時間最終由總會安排，不得異議。
6. 完成測試後，招募結果經香港代表隊總監及教練確認後通知參加者。通過選拔之參加者才會接獲電郵通知。

2023 年 10 月 20 日





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## Hong Kong Dragon Boat Team Open Recruitment

- Selection Date / Time : 11 & 12 November 2023 (Saturday & Sunday) 1300 - 1700 hours
- Venue : Hong Kong China Dragon Boat Association Shek Mun Training Centre
- Eligibility : 1. Holder of Hong Kong Identity Card, HKSAR Passport and Mainland Travel Permit for Hong Kong and Macau Residents (Home Return Permit)
2. Participant be a valid Individual Member of the HKCDBA
3. Youth Team U18: Aged 16 to 17; Youth Team U24: Aged 18 to 23;  
Open Team: Aged 24 or above  
(Age is calculated from 1 January)
- Deadline : 6 November 2023 (Monday) 1000 hours

### Selection Criteria (Aged between 16 and 17)

Test Items	Running (1000m)	Push-ups (10 nos)	Sit-ups (15 nos)
Time Limit	10 minutes	within 1 minute	within 1 minute

### Selection Criteria (Aged between 18 and 23)

Test Items	Running (3000m)	Ergometer (500m)	Push-ups	Bench Lifting
Men's Team	Finish within 18 minutes and 30 seconds	Finish within 3 minutes and 30 seconds	50 nos within 1 minutes	15 nos (40KG) within 1 minutes
Women's Team	Finish within 21 minutes and 30 seconds	Finish within 4 minutes and 20 seconds	15 nos within 1 minutes (with hands on bench)	15 nos (20KG) within 1 minutes



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## Selection Criteria (Aged 24 or Above)

Test Items Teams	Running (3000m)	Ergometer (500m)	Push-ups	Bench Lifting
Men's Team	Finish within 18 minutes	Finish within 2 minutes and 50 seconds	50 nos within 1 minutes	20 nos (40KG) within 1 minutes
Women's Team	Finish within 21 minutes	Finish within 3 minutes and 30 seconds	20 nos within 1 minutes (with hands on bench)	20 nos (20KG) within 1 minutes

### Remark:

1. Push-ups, Sit-ups and Bench Lifting must be done properly according to the instruction. Improper movement will not be counted.
2. Punctuality, politeness and attitude are also included in the assessment.
3. Please click the link below for registration. (Link: <https://forms.gle/2shg8pJ6pyjUZE4d8>)
4. Participants will be notified the testing arrangement by email on 8 November 2023 (Wednesday).
5. Due to the limited number of participants in each session, the testing date and time of each participant will be arranged by the association and no objection shall be raised.
6. The selection result will be announced via E-mail after reviewed by the Director and Coaches of Hong Kong Team. Qualified participants will be notified only.

20 October 2023

