



Hong Kong Junior Squash Award Scheme

香港青少年壁球章別獎勵計劃



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簡介

Introduction

香港青少年壁球章別獎勵計劃是香港唯一認可之青少年壁球技術獎勵計劃。

此計劃旨在香港提供機會讓青少年壁球愛好者能夠挑戰、考驗及發展其壁球技術。

- 是項計劃共設有四個級別的獎章：銅章、銀章、金章、白金章。
- 所有參加者必須由銅章開始測試，通過後才可報考銀章，如此類推。
- 所有參加者年齡必須為十九歲以下（以考試當日計算）。
- 每位成功通過測試之參加者，均可獲得該級別獎章乙個及證書乙張。

此計劃將每年舉辦四次測試（分別在二月份、五月份、八月份及十一月份舉行），

欲查詢有關詳情，可致電中國香港壁球總會教練及發展部(電話：2869-0053)或

瀏覽中國香港壁球總會網頁(www.hksquash.org.hk)。

中國香港壁球總會將保留一切決策之權利。

Hong Kong Junior Squash Award Scheme is the only locally recognized junior squash proficiency awards scheme in Hong Kong, with the objective of offering junior squash players the opportunity to challenge themselves to test and develop their squash skills.

- The scheme comprises of four levels :
Bronze Award, Silver Award, Gold Award and Platinum Award.
- All participants are required to pass the Bronze Award first, and then move onto the next levels - Silver, Gold and the last level Platinum Award.
- To be eligible to sit for this scheme, all participants must be under 19 years of age on the day of examination.
- After passing each award, participants will receive a relevant badge plus a certificate.

This scheme will be held 4 times each year in February, May, August, and November respectively. For any queries, please contact our Coaching & Development Team (Tel:2869-0053) or browse our website (www.hksquash.org.hk).

All decisions made in this scheme are rightfully under the discretion of the Squash Association of Hong Kong, China.

香港青少年壁球章別獎勵計劃

中國香港壁球總會主席獻詞

Message from the Chairman of Squash Association of Hong Kong, China

中國香港壁球總會很高興舉辦「香港青少年壁球章別獎勵計劃」，此項是香港唯一認可的壁球技術獎勵計劃，這不但能夠提高本港青少年壁球愛好者對此運動的興趣，而且在幫助建立正確的壁球技巧方面亦具有重大意義。

為給予青少年不同挑戰的目標，該獎勵計劃共分為四個不同層次的獎項。參加者須通過一系列壁球技術及體能測試以考取各個獎項。

我們深信此計劃的推行對近年壁球運動在本港的發展有極大的貢獻。本會在此衷心感謝康樂及文化事務署的鼎力支持。

最後，我們希望大家勇於接受挑戰，積極參與「香港青少年壁球章別獎勵計劃」。

邱達根議員
中國香港壁球總會

It is with great delight that Squash Association of Hong Kong, China announces the launch of the “Hong Kong Junior Squash Award Scheme” which is the only recognized award scheme for squash in Hong Kong. Through this scheme not only do we hope to enhance the public’s enthusiasm towards squash, we also aim to build up participants’ awareness of the elements of correct squash skills.

To provide a challenge for the youngsters and to help them set the appropriate goals, this scheme has four levels of difficulties representing four awards. Participants must meet the skill requirements of a chosen level in order to be presented with the corresponding award.

I truly believe that the scheme will make an immeasurable contribution to the growth of squash in Hong Kong and for this, I would like to sincerely thank you the Leisure & Cultural Services Department for their full support towards the scheme.

Last but not least, I sincerely hope that you will take part in the “Hong Kong Junior Squash Award Scheme” and face the challenge with courage and determination.

Hon. Duncan Chiu
Chairman of Squash Association of Hong Kong, China

銅章 The Bronze Award

Oral Test (口試) (Answer 3 out of 6 questions which is chosen by the assessor)

1. Point out where the board is. 請指出“底線”的位置。
2. Point out where the out line is. 請指出“出界線”的位置。
3. How to hold the grip? 正確握拍的方法。
4. List out any 3 essential pieces of squash equipment.
請列舉出其中三項主要壁球裝備。
5. Point out which one is the official ball for the competition.
請辨別出那一個是進行比賽時用的壁球。
6. List out any two squash shots.
請列舉出其中兩種壁球技術。

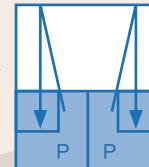


Skill and Technique (技術測試) - Time : 5 minutes 限時5分鐘

* P = Participant 參加者

1 Ball Bouncing (控球)

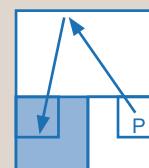
Control 8 continuous ball bouncing for forehand & backhand respectively. (連續向上控球，正手及反手各八球。)



②

2 Straight Drive (直線球)

3 forehand and backhand straight drives in succession with the ball bouncing behind the short line. [Serve included] (以正手及反手每邊各連續三次成功以直線球回擊到短線後之場區內。[發球那一次亦計算在內])



③

3 Service (發球)

3 successful serves from the right box & 3 from the left box. (成功發球，左、右發球區各發三球。)

Fitness (體能測試)

Court Sprinting (2 sets) 前後場來回跑 (兩組)

1 set = 15 lengths within 1 minute

在場內(前場與後場之間) 直線來回跑，一分鐘內完成十五次為一組，共跑兩組。

Rest time : 1 minute between sets 每組之間休息時間為一分鐘。

[Sprinting from front wall to back wall counts as once, backwall to front wall counts as twice]
[由前場跑到後場為一次、後場跑回前場為第二次、如此類推]

Remarks: Participant must touch the front wall or back wall in each length.

注意：參加者每次來回跑均需要觸碰前或後牆。

銀章 The Silver Award

Oral Test (口試) (Answer 3 out of 6 questions which is chosen by the assessor)

- Point out where the half-court line is? 請指出“半場線”的位置。
- Point out where the service line is? 請指出“發球線”的位置。
- Explain the meaning of “OUT”? 請解釋壁球球例“出界”定義。
- List out any 3 squash shots? 請列舉出其中三種壁球技術。
- How to hit a good service? 如何發出一個成功的發球？
- List out all three decisions of a referee 請列舉全部三個球證的判決。

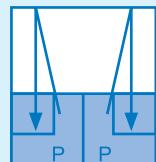


Skill and Technique (技術測試) - Time : 6 minutes 限時6分鐘

* P = Participant 參加者 A = Assessor 評審員

1 Straight Drive (直線球)

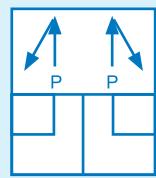
6 forehand and backhand straight drives in succession with the ball bouncing behind the short line. [Serve included] (以正手及反手每邊各連續六次成功以直線球回擊到短線後之場區內。[發球那一次亦計算在內])



①

2 Volley (截擊球)

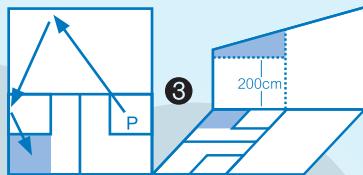
Participant stands near the short line and hits 3 straight forehand & backhand volleys in succession respectively. [Volley Serve included] (參加者站在短線附近，以直線截擊球連續打球，正手及反手每邊各三球。[發球那一次如以截擊球的方式發出亦計算在內])



②

3 Service (發球)

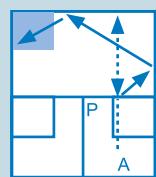
Lob serve with ball hitting the side wall high [*above 2 meters high on the side wall after the short line*] and bouncing on the floor behind the service box. 1 from the left box and 1 from the right box. (以高吊方式發球，球於前牆回彈後，要先打中接發球區內的側牆較高位置 [短線後側牆兩米高以上的位置]，然後落在發球格以後之場區內。左、右發球區各發一球。)



③

4 Boast (側牆球)

Assessor feeds straight drive (slow & high), landing near the short line, participant hits a boast to the side wall, front wall to land on the other side of the front court. The ball must hit over the board, below the service line. 2 forehand and 2 backhand. (評審員在後場以直線(較慢及較高)餵球至短線附近。參加者則以側牆球方式回擊，把球先擊中側牆，再反擊到前牆，然後落在另一邊的前場區內，反擊到前牆的球必需要在底界線以上及發球線以下位置。正手及反手各兩球。)



④

Fitness (體能測試)

Court Sprinting (2 sets) 前後場來回跑 (兩組)

1 set = 18 lengths within 1 minute

在場內(前場與後場之間)直線來回跑，一分鐘內完成十八次為一組，共跑兩組。

Rest time : 1 minute between sets 每組之間休息時間為一分鐘。

[Sprinting from front wall to back wall counts as once, backwall to front wall counts as twice]

[由前場跑到後場為一次、後場跑回前場為第二次、如此類推]

Remarks: Participant must touch the front wall or back wall in each length.

注意：參加者每次來回跑均需要觸碰前或後牆。

香港青少年壁球章別獎勵計劃



金章

The Gold Award

Skill and Technique (技術測試) - Time : 8 minutes 限時8分鐘

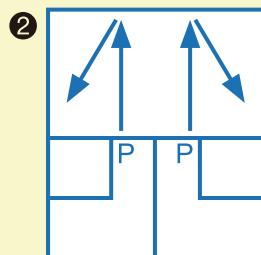
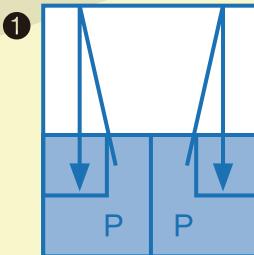
* P = Participant 參加者 A = Assessor 評審員

1 Straight Drive (直線球)

8 forehand and backhand straight drives in succession with the ball bouncing behind the short line. [Serve included] (以正手及反手每邊各連續八次成功以直線球回擊到短線後之場區內。[發球那一次亦計算在內])

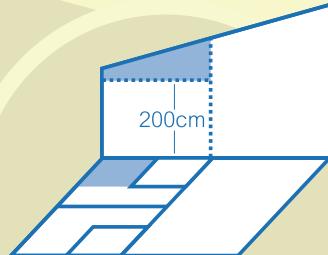
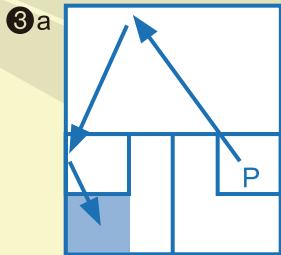
2 Volley (截擊球)

Participant stands behind the short line to hit 5 straight forehand & backhand volleys in succession respectively. [Volley Serve included] (參加者站在短線以後之場區內，以直線截擊球連續打球，正手及反手每邊各五球。[發球那一次如以截擊球的方式發出亦計算在內])

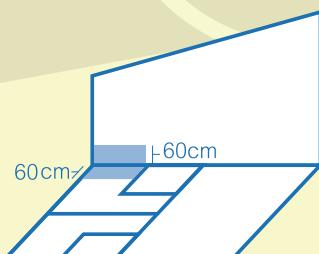
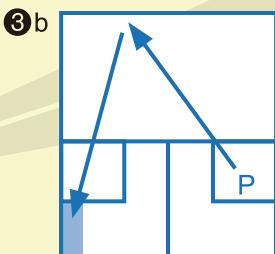


3 Service (發球)

a. Lob serve with ball hitting the side wall high [*above 2 meters high on the side wall after the short line*] and bouncing on the floor behind the service box. 2 from the left box and 2 from the right box. (以高吊球方式發球，球於前牆回彈後，要先打中接發球區內的側牆較高位置 [短線後側牆兩米高以上的位置]，然後落在發球格以後之場區內。左、右發球區各發兩球。)



b. Overhead serve with ball hitting the nick or to the side wall low near the nick behind the service box. 1 from the left box and 1 from the right box. (以上手發球，球於前牆回彈後，球的落點須先打中發球格後的牆腳或近牆腳的側牆位置。左、右發球區各發一球。)



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金章

The Gold Award

Skill and Technique (技術測試) - Time : 8 minutes 限時8分鐘

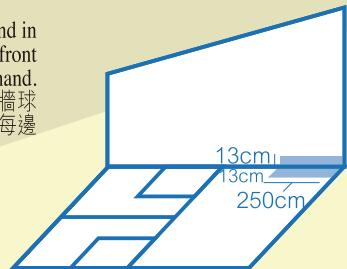
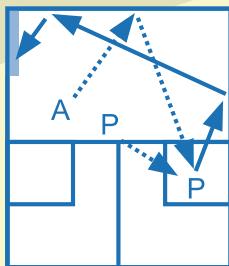
* P = Participant 參加者 A = Assessor 評審員



4 Boast (側牆球)

Participant first stands at the T. Assessor feeds a cross-court drive and the balls land in the service box. Then, participant hits a boast which the ball must hit to side wall, front wall over the board and then nick or the floor near the nick. 2 forehand and 2 backhand. (參加者先站於T位，評審員以斜線餵球至發球格內的位置，參加者則以側牆球方式回擊，球的落點要在對角前場的牆腳或近牆腳的側牆位置。正手及反手每邊各打出兩球。)

4



5 Figure Eight (打“8”字)

Participant stands at the T and plays figure eight. Complete 6 forehands and 6 backhands continuously. [Serve included] (參加者站於球場中間T位，以正手及反手各一球的方式，分別將球連續擊向前場兩邊角位，每邊六次。[發球那一次亦計算在內])

Fitness (體能測試)

Court Sprinting (3 sets) 前後場來回跑 (三組)

Girls aged under 11: 18 lengths within 1 minute (1 set)

Girls aged 11 or above: 19 lengths within 1 minute (1 set)

Boys aged under 11: 19 lengths within 1 minute (1 set)

Boys aged 11 or above: 20 lengths within 1 minute (1 set)

11歲以下女子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成十八次為一組，共跑三組。

11歲或以上女子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成十九次為一組，共跑三組。

11歲以下男子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成十九次為一組，共跑三組。

11歲或以上男子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成二十次為一組，共跑三組。

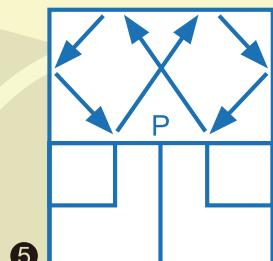
Rest time : 1 minute between sets 每組之間休息時間為一分鐘。

[Sprinting from front wall to back wall counts as once, backwall to front wall counts as twice]

[由前場跑至後場為一次、後場跑回前場為第二次、如此類推]

Remarks: Participant must touch the front wall or back wall in each length.

注意：參加者每次來回跑均需要觸碰前或後牆。



5

白金章 The Platinum Award

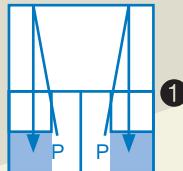


Skill and Technique (技術測試) - Time : 10 minutes 限時10分鐘

* P = Participant 參加者 A = Assessor 評審員

1 Straight Drive (直線球)

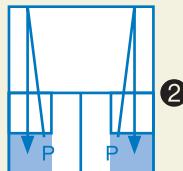
8 forehand and backhand straight drives in succession with the ball bouncing behind the service box. [Serve included] (以正手及反手每邊連續八次成功以直線球回擊到發球格以後之場區內。[發球那一次亦計算在內])



①

2 Volley (截擊球)

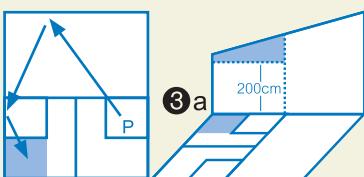
Participant stands behind the service box and hits 5 straight forehand & backhand volleys in succession respectively. [Volley Serve included] (參加者站在發球格以後之場區內，以直線截擊球連續打球，正手及反手每邊各五球。[發球那一次如以截擊球的方式發出亦計算在內])



②

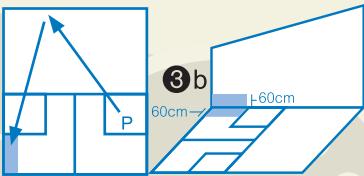
3 Service (發球)

a. Lob serve with ball hitting the side wall high [*above 2 meters high on the side wall after the short line*] and bouncing on the floor behind the service box. 2 from the left box and 2 from the right box. (以高吊球方式發球，球於前牆回彈後，要先打中接發球區內的側牆較高位置[短線後側牆兩米高以上的位置]，然後落在發球格以後之場區內。左、右發球區各發兩球。)



③a

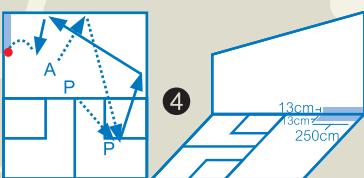
b. Overhead serve with ball hitting the nick or to the side wall low near the nick behind the service box. 2 from the left box and 2 from the right box. (以上手發球，球於前牆回彈後，球的落點須先打中發球格後的牆腳或近牆腳的側牆位置。左、右發球區各發兩球。)



③b

4 Boast (側牆球)

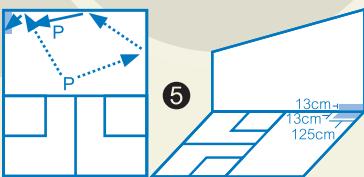
Participant first stands at the T. Assessor feeds a cross-court drive and the ball land behind the services box. Then, participant hits a boast which the ball must hit 2 walls - side wall, front wall over the board and then nick or the floor near the nick on the second bounce. 2 forehand and 2 backhand. (參加者先站於T位，評審員以斜線餵球至發球格以後位置，參加者則以“兩牆式”側牆球回擊，而球第二次著地時落點要在對角前場的牆腳或近牆腳的側牆位置。正手及反手每邊各打出兩球。)



④

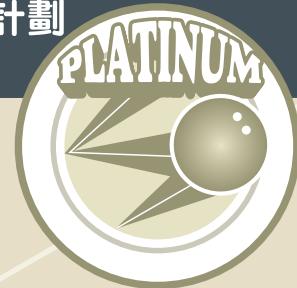
5 Drop Shot (短球)

Participant stands at the T and sets up with a reverse boast to the front corner, then hit a drop shot to the front wall then to the nick. 2 forehand and 2 backhand. (參加者站於球場中間T位，自行以反向側牆球餵球，於球落地後再擊出直線短球，球的落點要在前場的牆腳或近牆的側牆位置。正手及反手每邊各打出兩球。)



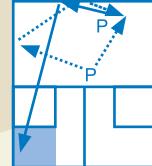
⑤

白金章 The Platinum Award



6 Lob (高吊球)

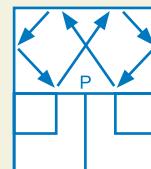
Participant stands at the T and sets up with a reverse boast to the front corner, then hits a cross court lob. The ball must hit front wall high and soft above the service line and land behind the service box. 2 forehands and 2 backhands. (參加者站於球場中間T位，自行以反向側牆球餽球，於球落地後再以斜線高吊球將球擊向高於發球線之前牆上，球於回彈後球的落點要在發球格以後之場區內。正手及反手每邊各打出兩球。)



⑥

7 Volley Figure Eight (截擊打“8”字)

Participant stands at the T and plays volley figure eight. Complete 8 forehands and 8 backhands continuously. [Volley Serve included] (參加者站於球場中間T位，正手及反手各一球分別將球連續以截擊球方式擊向前場兩邊角位，每邊八次。[發球那一次如以截擊球的方式發出亦計算在內])



⑦

Fitness (體能測試)

Court Sprinting (3 sets) 前後場來回跑 (三組)

Girls aged under 11: 19 lengths within 1 minute (1 set)

Girls aged 11 or above: 20 lengths within 1 minute (1 set)

Boys aged under 11: 20 lengths within 1 minute (1 set)

Boys aged 11 or above: 21 lengths within 1 minute (1 set)

11歲以下女子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成十九次為一組，共跑三組。

11歲或以上女子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成二十次為一組，共跑三組。

11歲以下男子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成二十次為一組，共跑三組。

11歲或以上男子組：在場內(前場與後場之間)直線來回跑，一分鐘內完成二十一次為一組，共跑三組。

Rest time : 1 minute between sets 每組之間休息時間為一分鐘。

[Sprinting from front wall to back wall counts as once, backwall to front wall counts as twice]

[由前場跑至後場為一次、後場跑回前場為第二次、如此類推]

Remarks: Participant must touch the front wall or back wall in each length.

注意：參加者每次來回跑均需要觸碰前或後牆。

測試小提示 Tips for Test

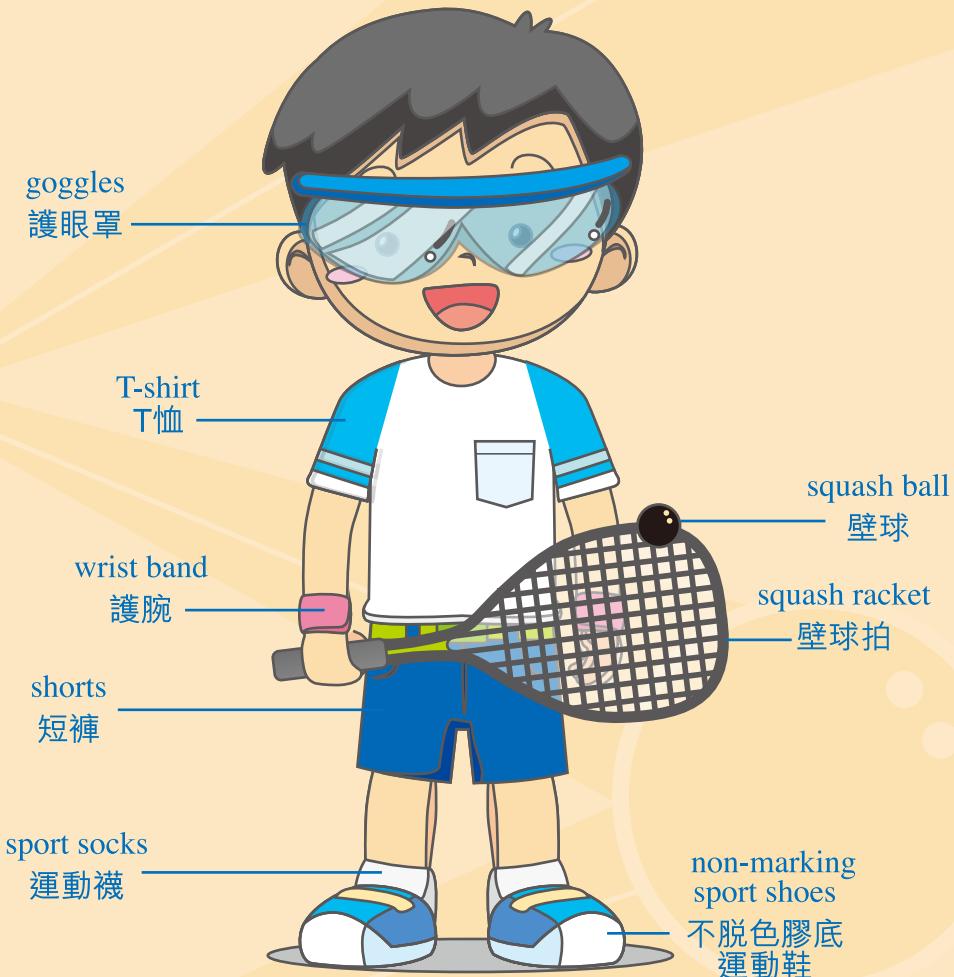
在接受章別測試前最好先諮詢醫生或其他醫護專業人士，以確定自己的身體狀況是否適合參加此章別測試，並須注意以下事項：

1. 測試時應穿着合適的運動衣服及不脫色運動鞋；
2. 測試前不宜空腹或吃得太飽；
3. 測試前後必須要有足夠的熱身及緩和運動；
4. 測試期間如有不適，應立即停止，並向在場工作人員求助。如情況嚴重，應即時前往醫院求助。

Before you are going to attend the test, you are advised to consult doctor or medical professional to ensure that your physical condition is suitable for taking the award test. Participants should also heed the tips laid down as below:

1. Put on proper sportswear and non-marking sports shoes;
2. No full or empty stomach before taking the award test;
3. Do sufficient warm-up and cool-down exercises before and after taking the award test;
4. Stop immediately and seek for assistance from the on-site officials if you feel unwell during the test. For any severe sickness, go to the hospital immediately for medical assistance.

壁球員裝備 Squash Equipment



Hong Kong Junior Squash Award Scheme 香港青少年壁球章別獎勵計劃

www.hksquash.org.hk

主辦機構 Organized by:



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SQUASH ASSOCIATION OF HONG KONG, CHINA

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