

Women's Sport Physique

比賽服裝 *Competition Attire*

上身 (Upper part) : 運動 Bra-top (Sport Bra-top)

下身 (Lower Part) : 運動短褲及運動鞋 (Sports Tights and Sport Shoes)

衣著規定 (Requirement) : -不透明物料 Opaque material

-可自選款式 Design of competitors' own choice

-顏色不限 Color of competitors' own choice

● 比賽程序 *Competition Procedure*

初賽 *Prejudging*

決賽 *Finals*

● 比賽規則 *Competition Rules*

初賽及決賽 *Prejudging and Finals*

(a) 三點行走與定位造型 *Perform on the left, right and center of stage areas*

(b) 四個轉向 *Four Quarter Turn*



面向裁判

Start from the Front



四份一轉體 (右轉)

(左面向著裁判)

Quarter Turn Right



四份一轉體 (轉後)

Quarter Turn Back

Back to the judge



四份一轉體 (右轉) (右面向著裁判)

Quarter Turn Right



面向裁判

Quarter Turn Right

Face to the judge