



# 中國香港棍網球總會有限公司

CHINA HONG KONG LACROSSE ASSOCIATION LIMITED

Unit B, 16/F, North Point Industrial Building, 499 King's Road, Hong Kong

Tel: 852-2114 3405 Fax: 852-2580 5322 Email: info@hklax.org Website: www.hklax.org

## 2024 春季兒童棍網球聯賽

### 一般資訊

**日期:** 2024 年 1 月 28 日，2 月 18 日，3 月 17 日，4 月 14 日 (日)

**時間:** 13:00 – 17:30 (實際比賽賽程將稍後公佈)

**地點:** 九龍華仁書院硬地足球場 (窩打老道 56 號)

#### 注意事項:

1. 場地會比賽前 30 分鐘開放。
2. 於九龍華仁書院舉辦之比賽日，所有參加者必須在學校入口旁登記。請預留時間。
3. 參加者須帶備球棍。
4. 惡劣天氣措施會在比賽前 2 小時公布。如持續下雨令地面濕滑，比賽將會擇日再賽。
5. 請帶備蚊怕水、防曬及足夠飲用水。

如有任何疑問，請 WhatsApp 聯絡傅先生 **24582017**。



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## 賽例簡介

- 4v4 小型棍網球賽例
- 男女混合
- 龍門大小：120 厘米(闊) x 100 厘米(高)。不設守門員
- 場地呎吋: 36 x 18 米
- 比賽時間：
  - (U8) 比賽分為上下半場，每半場 8 分鐘，半場之間休息時間為 3 分鐘，不設暫停。
  - (U12) 比賽分為上下半場，每節 10 分鐘，半場之間休息時間為 3 分鐘，不設暫停。
- 完整球例：  
[https://www.hklax.org/userfiles/file/%E5%85%92%E7%AB%A5%E6%A3%8D%E7%B6%B2%E7%90%83%E7%90%83%E4%BE%8B%20Mini%20Lacrosse%20Rules%20\(2023%E5%B9%B4%E6%9C%88%E6%9B%B4%E6%96%B0\).pdf](https://www.hklax.org/userfiles/file/%E5%85%92%E7%AB%A5%E6%A3%8D%E7%B6%B2%E7%90%83%E7%90%83%E4%BE%8B%20Mini%20Lacrosse%20Rules%20(2023%E5%B9%B4%E6%9C%88%E6%9B%B4%E6%96%B0).pdf)

## 賽制

詳細賽制將於報名結束後一星期公佈。



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## 2024 Spring Mini-Lacrosse League

### General Info

**Date:** 2024 Jan 28, Feb 18, Mar 17, Apr 14 (Sun)

**Time:** 13:00 – 17:30 (Please refer to the schedule below)

**Location:** Wah Yan College Kowloon Hard Surface Football Ground (56 Waterloo Road)

#### Reminders:

1. The venue will be available 30 mins before game time of the 1<sup>st</sup> game of the day.
2. For the game day playing in Wah Yan College (Kowloon), all participants must register at the entrance of the school. Please reserve time.
3. Participants must bring their own sticks.
4. Bad weather arrangement will be announced 2 hours before the first game. If the continuous rain causes slippery floor, games will be rescheduled.
5. Please prepare mosquito repellent, sunscreen, and enough water for drinking.

Should you have any questions, please contact **Raymond Foo via WhatsApp 24582017**.



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## Brief Rules

- 4v4 Mini-Lacrosse Rules
- Mixed Genders
- Goal size: 120cm(wide) x 100cm(hight) No Goalies.
- Field Size: 36m x 18m
- Game Time
  - (U8) 16 mins. 2 halves with 8 mins each, 3 min rest in between.
  - (U12) 20 mins. 2 halves with 10 mins each, 3 mins rest in between.
- Complete rules:  
[https://www.hklax.org/userfiles/file/%E5%85%92%E7%AB%A5%E6%A3%8D%E7%B6%B2%E7%90%83%E7%90%83%E4%BE%8B%20Mini%20Lacrosse%20Rules%20\(2023%E5%B9%B4%E6%9C%88%E6%9B%B4%E6%96%B0\).pdf](https://www.hklax.org/userfiles/file/%E5%85%92%E7%AB%A5%E6%A3%8D%E7%B6%B2%E7%90%83%E7%90%83%E4%BE%8B%20Mini%20Lacrosse%20Rules%20(2023%E5%B9%B4%E6%9C%88%E6%9B%B4%E6%96%B0).pdf)

## Format

Format details will be announced one week after the application deadline.



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## 家長觀看比賽備忘錄

希望家長能夠鼓勵、支持孩子參加比賽，並享受比賽的過程及分享比賽的成果。

### 1. 尊重

一場運動比賽，可能有很多不能預計的因素出現，例如對手犯規或意外擊打我們的球員、隊友失誤引致失球、球證誤判等等。然而，這都不是我們可控的因素。作為家長，希望大家能夠尊重對手、尊重球隊中其他球員、尊重球證。

### 2. 鼓勵

作為家長，大家都會非常著緊自己孩子，以至整隊球隊的表現。有時候，著緊時會出現一些過份著急的行為，例如不自覺地走進場區中、不斷大聲吶喊指示球員動作、甚至出現指責球員的言語。作為家長，相信大家都希望自己的孩子一個正向的環境中成長，多鼓勵球員能夠增加他們的自信心，從而表現得更好。

### 3. 協助

將自己的小朋友，交給教練全權負責，幫助培訓自己小朋友的身心發展需要很大的勇氣及信心。希望大家能夠有信心將小朋友以及球隊，全權交予教練負責。例如，比賽時鼓勵球員，但不要指導或責罵球員、比賽時給予空間教練，不需要過份著緊，更不要影響教練的決定。對於教練而言，家長最大的協助，是鼓勵球員、鼓勵球隊，讓球員知道他們有你們的支持，成功時可與你們分享，失敗時有你們分擔。

### 4. 享受

在這個年齡層的運動比賽中，開心永遠是最重要。教練、家長共同營造一個愉快學習，開心比賽的氣氛，既能讓球員學習技巧及如何比賽，最重是的是令大家都能享受於比賽之中。



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## REMINDERS FROM YOUR CHILD:

- I'm a **KID**
- It's Just a **GAME**
- My Coach is a **VOLUNTEER**
- The Officials are **HUMANS**
- **NO** College Scholarships will be Handed Out Today



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## Memo for Parents Watching Children's Competition

Parents could encourage and support their children to play in the competition, enjoy the competition and share the success of the result.

### 1. Respect

During a game, there are so many unpredictable events happening. For example, a foul by the opponent or our player being hit by the opponent, an error by our player leading to a goal, a mistake by the officials, etc. However, these are all uncontrollable in our end. As a parent, we should respect our opponent, respect our teammates, and respect the referees.

### 2. Encourage

As a parent, you must care about your children and the performance of his team. Sometimes, this care could lead to some anxious behavior, for example, entering the playing field without noticing; yelling and coaching the players, or even shouting and criticizing the players. As a parent, I believe you wish your children is growing in a positive environment. Encouraging your children will increase their confidence, and thus improving their performance.

### 3. Assist

Handing your children fully to the coach and let them develop your children physically and mentally needs courage and trust. I wish parents could have faith on our coaching staff and let them do their job. For example, during a game, encourage your team but not coach or criticize them; give time and space for our coaches during the game, do not over-react, and do not affect the decision of the coaches. To assist coaches, parents should encourage the player, encourage the team, let the players know you have their support, that they can share the success with you, and they can also share the failure with you.



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## 4. Enjoyment

Happiness is the most important in this age group. Coaches and parents collectively build up a happy learning and competing atmosphere, it will not only help the players to learn the technical skills and the game, it will also make everyone enjoying the beauty of lacrosse.

