

香港健力裁判班及裁判考試

日期及地點:

理論課: 12/11/2021, 19/11/2021, 26/11/2021 下午 6:30-9:30; 銅鑼灣奧運大樓

實習課: 30/11/2021 下午 6:00-9:00; 灣仔田徑場舉重室

筆試: 10/12/2021 下午 6:30-9:30; 銅鑼灣奧運大樓;

補考(如需要): 16/12/2021 下午 6:30-9:30; 銅鑼灣奧運大樓

實習試: 如筆試合格, 可在 17/12/2021 亞太資格賽出場裁判

課程大綱:

- IPF 健力規則
- 比賽組織及管理
- 反禁藥培訓

費用: 理論課 - 非本會裁判\$3000; 本會裁判作為覆習或預備應考國際裁判 \$1000

實習課 - 非本會裁判\$1000; 本會裁判免費

理論筆試 - 須完成理論課及實習課 \$1000, 補考\$500

實習試 - 須已在筆試合格; \$1000, 此費用已包括裁判章、領呔、裁判手冊

如未能通過實習試, 須在下次 3 項健力賽補考筆試及實習試, 及交下次考試所需費用。

報名資格:

- (1) 本會永久會員
- (2) 曾最少 3 年內 4 次參加由本會或 IPF 舉辦之比賽, 並在過往 3 年內曾代表香港參加由 IPF 認可之國際比賽。

Hong Kong Powerlifting Referee Course and Referee Examination

Date and Time:

Theory session: 12/11/2021, 19/11/2021, 26/11/2021 6:30-9:30pm at Olympic House

Practical session: 30/11/2021 6:00-9:00pm at Wan Chai Sportsground Weightlifting Room

Written Examination: 10/12/2021 6:30-9:30pm at Olympic House;

Make-up written Examination (If necessary): 16/12/2021 6:30-9:30pm at Olympic House;

Practical Examination: If candidate pass the written exam, he/she can take the practical exam in the Asian Pacific Powerlifting Championships Qualification Event on 17/12/2021.

Course Outline:

- IPF Powerlifting Rules
- Organizing and Management of competition
- Anti-Doping Rules

Fee: Theory session – Non HKWPA registered referee \$3000

– HKWPA registered referee or IPF referee exam candidate \$1000

Practical session – Non HKWPA registered referee \$1000

– HKWPA registered referee Free of charge

Written Examination – \$1000 (Must finish Theory and Practical session first)

Make-up written Examination – \$500

Practical Examination – \$1000 (Must finish Written Exam first, this fee including the referee badge, referee tie and referee handbook.)

If candidate failed in the Practical Examination, he/she have to retake both the Written and Practical examination in the next Local Powerlifting Competition and pay the exam fee accordingly.

Application Requirements:

- (1) Must be a permanent member of HKWPA
- (2) Have Participated in any competition organized by HKWPA or IPF for at least 4 times in pass 3 years, and represented Hong Kong to participate in IPF sanctioned competition for at least 1 time in pass 3 years.