

「跳繩強心」校際花式跳繩比賽 2026

2026年7月5日(星期日) 宣道國際學校

評判：	
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隊伍：	
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比賽時間：	
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(1) Variation + Skill Level (Group A – Single Ropes)

	Marks	Max. no. of Styles	Team 1	Team 2	Team 3	Team 4
(a) Single Ropes (Each style counts for 0.1 marks)	0 - 5	40	Level 1: _____ (a1) Level 2: _____ (a2) Level 3: _____ (a3)	Level 1: _____ (a1) Level 2: _____ (a2) Level 3: _____ (a3)	Level 1: _____ (a1) Level 2: _____ (a2) Level 3: _____ (a3)	Level 1: _____ (a1) Level 2: _____ (a2) Level 3: _____ (a3)
Total no. of styles A = (a1+a2+a3):						
Total Score for Variations = A x 0.125 (Max. 5 marks)						

Please mark the skill levels of every tricks performed without mistake in the following box. No mark for repeated tricks.

Team 1	Team 2	Team 3	Team 4