



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

2024 中國香港足球總會新裁判員課程
HKFA New Referees Course 2024

《 色弱及體能檢測須知 》

《 General Information of Color Blindness and Fitness Check 》

檢測當日流程及注意事項：

Flow of Fitness Check:

1. 所有參加者必須於檢測開始時間**十五分鐘前**到達場地並於登記處報到，否則當作遲到。本會並不會重新安排檢測時間予遲到之參加者。

All applicants should arrive at the report counter **at least 15 minutes before** the test time. Late comer will not be arranged the check.

2. 所有參加色弱檢測之參加者，如未能通過色弱檢測，並不能參加體能檢測。參加者可在 Google Form 報名表內參考色弱檢測的樣辦。

Applicants are allowed to do warm-up out of the tracks area. Do not enter into the tracks without the permission from the instructor.

3. 所有完成並通過色弱檢測之參加者，可在體能檢測開始前於場邊熱身，但不可進入跑道範圍，以免影響檢測中之參加者。

Applicants who pass the Color Blindness Test are allowed to do the warm-up on the area off the tracks. Do not enter onto the tracks without the permission.

4. 於體能檢測開始前，本會工作人員將進行點名並派發號碼背心，各參加者必須穿著號碼背心進行檢測。

Before the beginning of the Fitness check, officials will have a roll call and distribute the bibs. All applicants should wear the bibs throughout the fitness check.



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色弱及體能檢測規則及注意事項：

Notes of Color Blindness and Fitness Check:

1. 每名參加者最多只有一次檢測機會，有關檢測不設補測。
Each applicant can only participate the fitness check once. Re-test is not available.
2. 參加者必須於本會編配之指定時間出席檢測。遲到或缺席者，將當作放棄檢測論。
Applicants should attend the fitness check on time, late comer or absentee will operate as a waiver on the physical fitness check.
3. 如欲更改已編配之時間，請於 2024 年 6 月 14 日前電郵 referee@hkfa.com 提出申請，逾期之申請將不受理。
If the applicant wants to change the time slot of the fitness check, please send an email with reason to referee@hkfa.com, on or before 14 June 2024. Late application will not be entertained.
4. 參加者必須明白每當參加者參加檢測，即有受傷，死亡及/或損失的風險。參加者參加檢測須自行承擔所有風險及責任。參加者免除足總的任何責任，包括但不限於因參加檢測或往返檢測時而造成的傷害，死亡或財產損失。
Applicants should understand that by participating in the fitness check will have risks of injury, death and/or loss of property. Applicants participating in the fitness check are at their own risks and responsibilities. Applicants discharge the HKFA from any responsibility in the event of including but not limited to injury, death or loss of property incurred during a consequence of or while travelling to or from the fitness check.

其他注意事項：

Other Notes:

1. 如檢測當日天文台懸掛八號或以上暴風訊號、黑色暴雨警告訊號或於檢測進行地區發出雷暴警告訊號，當日之檢測將被取消。此外，如遇上其他天氣不穩定情況，除本會透過電郵及於足總網頁所發出通知取消當日之檢測，否則各參加者仍需到達場地進行檢測。

When the Tropical Cyclone Warning Signal No. 8 or above; or Black Rainstorm Warning or Thunderstorm Warning is effect in district where the fitness check is held, is issued on the date of fitness check. The fitness check will be cancelled. If

Address 地址：55, Fat Kwong Street, Homantin, Kowloon, Hong Kong 香港九龍何文田佛光街55號

Tel 電話：(852) 2712 9122 Fax 傳真：(852) 2768 8825 / (852) 2760 4303 (Overseas) E-mail 電郵：hkfa@hkfa.com Website 網址：www.hkfa.com



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another unstable weather conditions, participants are requested to go to the fitness check on time unless the Referees Department announces any special arrangement of the fitness check.

2. 申請人必須通過由本會安排之檢測始獲接納參加本課程，測驗日期及時間可參閱課程時間表，時段則由本會決定。若參加者缺席測驗，其檢測費用亦將不獲發還。(體能測驗 - 男子：14 分鐘平地跑，最少完成 2,000 米；及 1 次 40 米短跑，6.8 秒或以下；女子：16 分鐘平地跑，最少完成 2,000 米，及 1 次 40 米短跑，7 秒或以下)

Applicant should fulfil the requirement of the fitness check. Please see the timetable of fitness check. The timeslot for participant of the fitness check is assigned by the Referees Department. If applicant who is absent from the test, the administrative fee for fitness check is non-refundable. (Fitness check Requirements: For men: Run at least 2,000 m in 14 mins, and 1 sprint with 40 m and should be 6.8 sec or below; For women: Run at least 2,000 m in 16 mins, and 1 sprint with 40 m and should be 7 sec or below.)

3. 檢測合格者，本會將於當日即場派發確認信件，參加者將根據確認信件內之程序繳交港幣\$3,300 元正之課程費用。

Letters of confirmation will be given on field to those who pass the fitness check. Applicants need to follow the instructions on the letter and pay HK\$3,300 for the course fee.

4. 報名一經接納，有關費用一概不獲退還。

Course fee is non-refundable upon the completion of application procedures.

5. 本會保留任何有關修訂本課程內容之權利，參加者不得異議。

The HKFA reserves the right of making any amendment in the course and the decision should be final.