



中國香港足球總會 D 級教練課程 [D-80 女子教練]
HKFA D Coaching Certificate Course [D-80 Female Coaches]

《 報 名 須 知 GENERAL INFORMATION 》

日期: 2026 年 5 月 31 日至 2026 年 7 月 4 日
Date: 31st May 2026 – 4th July 2026

時間及地點:: 請參閱時間表
Time & Venue: Please refer to the Timetable

名額: 24 人
Maximum No.: 24 seats

內容: 1) 理論課 Theory Session
Contents: 2) 實習課 Practice Session

評核: 實習教授評核 1 次 One Practical Coaching Assessment
Assessments: 理論考試 1 次 One Theory Exam
球例考試 1 次 One Laws of the Game Exam

教授語言: 粵語 (另備有英語筆記及考試題目)
Medium of Instruction: Cantonese (English handout & Exam available)

報名資格: **年滿 18 歲或以上之女性**
Requirements: **Female Aged 18 or above**

課程費用: 港幣 \$5,400.00 元正 HKD \$5,400.00
Course Fee: (包括運動裝備: 套裝一套、球衣、球褲及球襪兩套及有領上衣一件)
(Fee Include: 1 set of tracksuit, 2 sets of jersey, shorts and socks and 1 polo shirt)
(課程由國際足協贊助出席率達 100% 之參加者可於課程完結後獲全數退回課程費用。)
(The course is sponsored by FIFA, the course fee will be refunded with 100% course attendance.)
*尺碼表請查看附件一
* Please refer to Appendix 1 for the size chart

報名日期: 即日起至 2026 年 5 月 4 日
Application Period: From now – 4th May 2026

報名方法: 電郵至本會 coach@hkfa.com
How to apply: E-mail to coach@hkfa.com

備註 Remarks :

1) 報名所需文件 Documents Required :

- a. 身份證或護照副本
HKID or Passport Copy
- b. 履歷及球員經驗 (電郵至本會 coach@hkfa.com)
CV & playing experience (e-mail to coach@hkfa.com)
- c. 球會推薦信正本及球員註冊證明文件副本
Women's Football League clubs recommendation letter and registration proof copy



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中 國 香 港 足 球 總 會

2) 課程費用需於確認取錄後三天內繳付，繳費方法如下：

Course fee **MUST** be paid within three days from acceptance, payment can be made by:

支票 - 郵寄(地址:九龍何文田佛光街55號)或親身到本會遞交劃線支票(抬頭寫“THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LTD”)。*如支票未能兌現，本會將收取港幣\$100之行政費用。

Crossed Cheque – by post or in person (payable to “THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LTD”). *Please be advised that any cheque payment that has been rejected will incur an addition HK\$100 administrative charge.

2) 本會技術發展部將根據《評選方法》審核申請並挑選 24 名學員，有關結果將經電郵通知。

The HKFA Technical Development Department will select the final 24 candidates according to the “Selection Criteria”. The results of the selection will be notified by email.

4) 出席率需要達到 100%、考試合格並完成實習之學員方合乎資格完成課程。

Participants who have 100% attendance, passed the examinations and completed practical coaching experience, are entitled to complete the course.

5) 如學員於理論或球例考試中未能取得合格，需接受本會安排之補考並繳交行政費。第一次補考費用為港幣\$200，如未能合格者，第二次補考費用為港幣\$500，兩次補考而未能合格者需重新報讀課程。

If a participant fails the Theory or the Laws of the Game exam, he/she has to attend a supplementary exam and pay administrative fee of HK \$200. If 2nd supplementary exam is needed, the administrative fee will be HK\$500 respectively. If a participant failed the 2nd supplementary exam, he/she has to retake the course.

6) 合格之學員，必須於本會發出成績後，提交 30 小時之教練實習證明 及 向本會教練培訓部申請註冊後，方可獲發證書。另外，學員必須承諾以教練身份服務本會女子足球發展部門之任何項目 2 年。若學員未能於指定時間內完成實習，可以書面申請，經本會審批後而被接納之申請者將可逾期提交。

Upon receipt of the course result, the passed participant has to hand in proof of a total of 30 hours practical coaching AND register with HKFA Coach Education before a certificate can be awarded. Participant has to stay as an active coach in the following 2 YEARS for any women’s program. Should any participant need to extend the practical period; he/she has to submit a written notice to the HKFA for approval.

7) 請假及補課安排 Arrangement of leave and make-up lesson:

- 學員請假必須提供有效證明 (例如醫生證明書或公司信等)。在獲得教練培訓部確認後將可安排補課。

Please provide valid medical or company proof for class absence. Make-up class will be arranged after the approval from Coach Education.

- 補課費用: 每堂港幣\$200 (課程只接受一堂的補課)

Make-up class fee is HK\$200 per class (Maximum one make-up class per course)

- 若未經預先通知教練培訓部而缺席課堂，將不獲補堂。電郵: coach@hkfa.com

Absent without notifying Coach Education, NO make-up class will be permitted. Email: coach@hkfa.com

8) 參加者必需自行購買意外保險。

All participants must arrange their own personal accident insurance.

9) 學員必須出席所有的課堂及課堂整體操守表現良好。

Students MUST attend ALL sessions and with good conduct.

10) 主辦機構保留修改章程的權利，參加者不得異議。

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

* 完 End *

附件一 (制服尺碼表)

Appendix 1 (Uniform Size Chart)

Kelme size chart

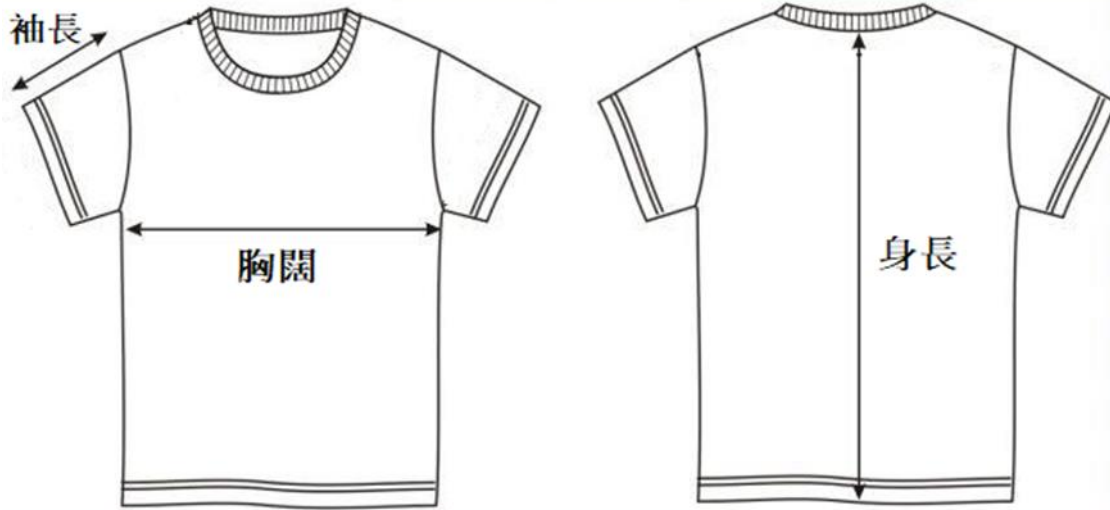


THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中 國 香 港 足 球 總 會

球衣及 Polo 恤

Sizes (Asian)	S	M	L	XL	2XL	3XL	4XL
身長 (cm)	65	67	69	71	73	75	77
胸闊 (cm)	48	50	52	54	56	58	60
袖長 (cm)	21	21.5	22	22.5	23	23.5	24



衛衣、外套及風褸

Sizes (Asian)	S	M	L	XL	2XL	3XL	4XL
身長 (cm)	64	66	68	70	72	74	76
胸闊 (cm)	52	54	56	58	60	62	64
袖長 (cm)	74	76	78	80	82	84	86





短褲

Sizes (Asian)	S	M	L	XL	2XL
褲長 (cm)	44.5	46	47.5	49	50.5
腰闊 (cm)	32	33.5	35	36.5	38
腳口闊 (cm)	27	28	29	30	31



長褲

Sizes (Asian)	S	M	L	XL	2XL
褲長 (cm)	93.5	96	98.5	101	103.5
腰闊 (cm)	32	33.5	35	36.5	38

