



THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

中國香港足球總會

中銀香港草根足球策劃課程 [21]

BOCHK Grassroots Football Planner Programme [21]

《報名須知 GENERAL INFORMATION》

- 日期: 2026年1月4日至2026年1月24日  
Date: 4th January 2026 – 24th January 2026
- 時間: 請參閱附件時間表  
Time: Please refer to the attached timetable
- 地點: 請參閱附件時間表  
Venue: Please refer to the attached timetable
- 名額: 40人(30個名額: 符合資格人士; 10個名額: 本課程指定贊助機構)  
Maximum No.: 40 seats (30 seats for eligible individuals; 10 seats for people nominated by BOCHK)
- 內容: 1) 教練理論 Coaching Theory  
Contents: 2) 教練實習 Coaching Practice
- 課程要求: 100% 出席率  
Requirements: 100% Attendance
- 教授語言: 粵語 (提供中文或英文筆記)  
Medium of Instruction: Cantonese (Handouts in Chinese or English are available)
- 報名資格: 年滿18歲或以上; 及  
Application Requirements: Age 18 or above; AND  
**學校老師、社工、於非牟利機構全職人士**  
**(需持有相關機構發出及蓋印之推薦信)**  
**School teachers, social workers and NGOs, Full-time staff.**  
**(Recommendation letter with official chop issued by the related organizations is Required.)**
- 申請將以報名之先後次序決定入選資格。  
Applicants are enrolled on “first-come, first-serve basis”.
- 課程費用: 港幣 \$2,400.00 元正 HKD \$2,400.00  
Course Fee: (運動裝備一套包括, 球衣、球褲及球襪)  
(Including sport attire: 1 set of jersey, shorts and socks)  
(課程出席率達 100% 之參加者可於課程完結後獲全數退回課程費用。)  
(The course 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: 2025年12月3日至12月11日  
Application Period: (2025年12月3日上午10時正開始接受網上報名)  
3rd December, 2025 – 11th December, 2025  
(Online application starts at 10:00a.m. on 3rd December 2025)



備註 REMARKS :

- 1) 報名人士可於報名期間到以下網站報名。( <https://forms.gle/pJuG3R2c23et4xSk9> )  
Applicants please register on the following website during the registration period.  
(<https://forms.gle/pJuG3R2c23et4xSk9>)
- 2) 申請人必須將以下文件上載於 Google Form 報名表內。  
Applicants must upload the following document to the Google Form
  - 機構推薦表格 **Organizations Recommendation Form**
- 3) 若申請人所持報名資料不足，本會有權將其申請當作棄權論而不會再作任何通知。  
If applicant cannot provide sufficient documents within the application period, the HKFA reserves the authority to reject the application without prior notice.
- 4) 報名一經接納，費用概不發還。  
Course fee paid is non-refundable upon the completion of application procedures.
- 5) 課程完畢後之 12 個月內，學員需要提交 12 小時場地實習，方可領取證書。申請教練註冊後可報讀中國香港足球總會 "D" 級教練課程。  
Participants must provide 12-hours grassroots practice internship within 12 months after the course ended. After applying for coach registration, participants can apply for "HKFA D Coaching Certificate Course".
- 6) 請假及補課安排:
  - 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 (課程只接受一次的補課)  
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。  
Absent without notifying Coach Education Division, NO make-up class will be permitted.
- 7) 參加者必需自行購買意外保險。如在課程期間上學員遇上任何意外，本會恕不負責及作出任何賠償。  
All participants must arrange their own personal accident insurance. In case any accident arises, the HKFA will not make any reparation to the participants.
- 8) 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.
- 9) 申請人確認及同意足總根據其私隱政策聲明 ( [resource.hkfa.com/upload/rules/privacy.pdf](https://resource.hkfa.com/upload/rules/privacy.pdf) ) 收集及持有申請人的個人資料 ( 並可將該等資料調動給足總的代理商、承辦商或第三方服務供應商 )，並同意該等資料將用於有關足總之日常運作目的。  
The applicant acknowledges and gives consent to HKFA to collect and hold his/her personal data (and may transfer the same to HKFA's agent, contractor or third party service provider) for the purposes of and in relation to the daily operations of HKFA in accordance with its Privacy Policy Statement ([resource.hkfa.com/upload/rules/privacy.pdf](https://resource.hkfa.com/upload/rules/privacy.pdf)).

\* 完 End \*

(有關制服尺碼表，請轉至下一頁。)  
(For Size chart, please refer to the next page.)



# THE FOOTBALL ASSOCIATION OF HONG KONG, CHINA LIMITED

## 中國香港足球總會

附件一（制服尺碼表）

Appendix 1 (Uniform Size Chart)

球衣 / Jersey								
Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
胸闊/Chest (cm)	50	52	54	56	58	60	62	64
身長/Length (cm)	66	68	70	72	74	76	77	78
短褲 / Shorts								
Sizes	S	M	L	XL	2XL	3XL	4XL	5XL
褲長/Length (cm)	40	42	44	46	48	50	51	52
腰闊/Waist (cm)	32	33.5	35	36.5	38	39.5	41	42.5