



全港搏擊新秀賽

帝鋒金融集團 呈獻

ENERGY FIGHT 2026

2026年6月21日 | 大埔蝶豆花園

詳細資料瀏覽我們網頁

www.energyfight.com.hk 及歡迎電郵或WhatsApp查詢。

電郵：info@energyfight.com.hk

WhatsApp：(852) 5506 9377



冠名贊助：
Title Sponsor:



合辦：
Co-Hosts:



協辦：
Co-Organized:



指定搏擊用品：
Equipment Sponsor:



大會指定運動飲料：
Official Sports Drink:



大會大會醫療團隊：
Official Medical Technician:



大會指定飲用水：
Official Water Sponsor:



全港搏擊新秀賽 2026

日期： 2026-6-21 (星期日) 13:00 – 17:00
地點： 大埔鳳園路8號 蝶豆花園
過磅時間： 比賽前一天錄像過磅
開賽時間： 查看對賽表

1. 【目標】

通過舉辦 Energy Fight，推廣這項運動、提供競技平台、培養新人、加強交流並提升比賽品質。我們希望這個比賽能夠激發公眾對於搏擊運動的興趣，並為選手們提供一個展現他們技巧和才華的舞台，同時促進搏擊運動在香港的發展和國際交流。

*本次比賽成績將作為年度參與國際及內地比賽選拔指標之一

2. 【報名辦法】

報名表： www.event.mcsf.hk
報名費： \$280
截止日期： 2026-5-30
WhatsApp查詢： 5506 9377

3. 【錄像過磅安排】

參賽者請於比賽前一天 08:00-14:00 之間拍攝過磅錄影片段，並發 WhatsApp 5506 9377 記錄作實！

錄像內容規格：

- 1) 煩請打開一個顯示有當日時間的網上版面(例如天文台網站 https://www.hko.gov.hk/gts/time/clock_uc.html)，需要清晰看見當時的日期及時間
- 2) 清晰拍下參賽者上磅前及後之磅數顯示
- 3) 清晰拍下參賽者樣貌
- 4) 請準時提交，逾時不候

* 如運動員於過磅的指定時間內未能到磅，最後出賽權將由本會裁判長決定。

** 穿著輕便衣服，運動員過磅當日之體重必須符合規定並不設偏差寬限，如體重超出分級範圍將有可能被取消資格。

4. 【體重不達標 懲罰】

運動員在過磅的指定時間過磅，當日之體重必須符合規定並**不設偏差寬限**。如其中一方未能達標，而對手又接受比賽時將有以下懲罰：

- a) 業餘賽超磅一方的所配帶之拳套需增加2oz。
 - i) 如超過約定體重1公斤以下：開賽前拳證將向超磅一方發出一張紅牌，扣1分；
 - ii) 如超過約定體重1-2公斤內：開賽前拳證將向超磅一方發出兩張紅牌，扣2分。
- b) 專業賽超磅一方將獲罰一半獎金。
- c) 如體重超出分級範圍將有可能被取消資格。

5. 【賽制】

賽制採用「China Hong Kong Shoot Boxing Association」規則和裁判法。如單一體重組中的報名人數不足兩人，該級別賽事將會取消，或經賽事競賽監督委員會和本人同意也可改入其他級別作賽。

6. 【合法技術】

- i) 賽例 **SHOOT BOXING**：拳擊、踢擊、膝擊、投摔技、站立關節鎖、站立窒息技
- ii) 有效擊打部位：頭部 (面部及兩側) (兒童組不允許)，軀幹(前部和兩側)、腿部 (使用脛部攻擊大腿)
- iii) *禁止擊打部位：後腦、頸部、襠部、脊柱及腎部

7. 【競賽級別】

兒童組 Cadet (2015年及以後出生) (兒童組不允許擊打頭部)

3-11歲：以上下2歲為一個組別，不分男女作賽

級別：25kg, 30kg, 35kg, 40kg, 45kg, +45kg

回合：1.5分鐘，2回合，回合間休息1分鐘，1回合加時回合

少年組 Teen (2009-2014年之間出生)

12-17歲：以上下3歲為一個組別，分男女作賽

級別：45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, +70kg

回合：2分鐘，2回合，回合間休息1分鐘，1回合加時回合

業餘組 Amateur (2008年及以前出生)

女子級別：45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, +65kg

男子級別：57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, 72.5kg, 75kg, 80kg, 85kg, 90kg, +90kg

回合：2分鐘，2回合，回合間休息1分鐘，1回合加時回合

隊際賽 Team Match

以4男1女業餘組組成，每人出戰一回合，出場次序以組別及磅數順序排列

回合：2分鐘，2回合，回合間休息1分鐘，1回合加時回合

8. 【獎項】

業餘賽冠軍	金牌和證書
業餘賽亞軍	銀牌和證書
隊際賽冠、亞、季軍	獎盃和證書

9. 【服裝護具】

	業餘賽
個人裝備	需穿戴大會指定的比賽服裝 (紅方紅色、藍方藍色)。
	非紅色護齒
	護襠
	纏手帶
	護膝 pad (兒童組、少年組強制；成人業餘組可協議)
大會提供裝備	拳套：10oz 拳套 ≤75kg 級別 12oz 拳套 >75kg 級別
	頭盔 (成人業餘組3場經驗以上，可協議是否佩戴)
	護甲 (成人業餘組3場經驗以上，可協議是否佩戴)
	護腿

10. 【備註】

- i) 報名者提供及填寫的資料必須確實無誤，並以真實身份參與大賽。如發現資料失實或不符合資格的情況，會被取消參賽資格；而於賽事中所得分數及名次亦將會被取消。
- ii) 由「中國香港綜合搏擊運動總會」派出裁判團擔任賽事裁判，一切裁決視為最後決定，不設上訴。
- iii) 專業組賽事不設個人報名。
- iv) 每位個人報名之運動員可獲1名助手證，而每個團體報名將視報名人數及組別分佈決定而獲配不多於4名助手證。
- v) 最終對賽表將由本會競賽總監以運動員的經驗值配對，將於比賽前兩星期公佈。

SHOOT BOXING Nova Cup 2026

Date: June 21, 2026 (Sunday) 13:00 – 17:00
Venue: Butterfly Bliss Garden, No. 8 Fung Yuen Road, Tai Po
Weigh-in: Video weigh-in one day before the competition
Start Time: Check the match schedule

1. MISSION

By organizing the Hong Kong Championships, we promote the sport, provide a competitive platform, cultivate new talents, strengthen communication and improve the quality of competitions. We hope that this championship will stimulate public interest in combat sports and provide a stage for players to showcase their skills and talents, while also promoting the development and international exchange of combat sports in Hong Kong.

*The results of this competition will be used as one of the selection criteria for annual participation in international and mainland competitions.

2. APPLICATION

Apply : www.event.mcsf.hk
Fee : \$280
Deadline : 2026-5-20
WhatsApp : 5506 9377

3. VIDEO WEIGHT-IN

Competitors must record a weigh-in video between 08:00–14:00 on the day before the competition, and send it via WhatsApp to 5506 9377 for verification.

Video Content Specifications:

1. Please display a webpage showing the current date and time (e.g., the Hong Kong Observatory clock page: https://www.hko.gov.hk/gts/time/clock_uc.html). The date and time must be clearly visible.
 2. Clearly show the weight reading on the scale both before and after the competitor steps on it.
 3. Clearly show the competitor's face.
 4. Submit on time; late submissions will not be accepted.
- * If an athlete fails to weigh in during the specified period, the final right to compete will be decided by the competition's referee-in-chief.
- ** Competitors should wear light clothing. Body weight on the day of weigh-in must strictly comply with the specified weight class, with no tolerance. Exceeding the weight class range may result in disqualification.

5. Weight-In & Penalty

Fighter's weight must be up to the standard of official weight range during the specific weight-in time and there is no tolerance for deviation. If either fighter has failed to meet the standard but the opponent still accepts to match,

- a) The overweight party of Amateur Group will have to increase their boxing gloves by 2oz.
 - iii) Under agreed weight by 0.5kg: The referee will issue 1 red card and deduct 1 point before match.
 - iv) Under agreed weight within 0.51 - 1kg: The referee will issue 2 red cards and deduct 2 points before match.

- b) Overweighted participant of Professional Group will be fined half of the prize.
- c) If the weight exceeds the classification range, the athlete may be disqualified.

6. COMPETITION

The "China Hong Kong Shoot Boxing Association" rules and scoring methods will be adopted for Shoot Boxing competition. If there are less than two applicants in a single weight group, the weight group will be cancelled, or may be changed to another group with the consent of the Competition Committee and the applicant.

7. LEGAL TECHNIQUES

- i) **SHOOT BOXING rule:** Punching, kicking, knee strikes, throws, standing joint locks and standing chokes.
- ii) Effective Striking Areas: Head (face and sides), Body (front and sides), Legs (using the shins to strike the thighs).
- iii) Prohibited Striking Areas: Back of the head, Neck, Groin, Spine, Kidney area.

7. CATEGORY

Cadet (2015 and after)

Head strikes are prohibited in the Cadet Group.

Yr 3-11: Participants are grouped in 2-year age brackets, competing regardless of gender.

Weight: 25kg, 30kg, 35kg, 40kg, 45kg, +45kg

Round: 1.5mins x 2 rounds, rest 1min, 1 extra round

Teen (2009-2014)

Yr 12-17: Participants are grouped in 3-year age brackets, competing regard of gender.

Weight : 45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, +70kg

Round: 2mins x 2 rounds, rest 1min, 1 extra round

Amateur (2010 and before)

Female: 45kg, 47.5kg, 50kg, 52.5kg, 55kg, 57.5kg, 60kg, 62.5kg, 65kg, +65kg

Males: 57.5kg, 60kg, 62.5kg, 65kg, 67.5kg, 70kg, 72.5kg, 75kg, 80kg, 85kg, 90kg, +90kg

Round: 2mins x 2 rounds, rest 1min, 1 extra round

Team Match (2010 and before)

Teams are composed of 4 male and 1 female amateur members. Each participant fights one round, and the lineup order follows group division and weight class sequence.

Round: 2mins x 2 rounds, rest 1min, 1 extra round

8. AWARDS

1st place of Amateur Group	Gold medal & certificate
2nd place of Amateur Group	Silver medal & certificate
1st, 2nd & 3rd of Team Match	Trophy & certificate

9. APPAREL & GEARS

	Amateur
Personal Equipment	Must wear officially designated competition attire (Red corner: red, Blue corner: blue).
	Non-red mouthguard.
	Groin protector.
	Hand wraps.
	Knee pads (mandatory for children & youth divisions; optional for adult amateur by mutual agreement).
Equipment Provided by the Organizer	Gloves: 10oz gloves ≤75kg 12oz gloves >75kg
	Headgear (optional for adult amateur by mutual agreement).
	Body protector (optional for adult amateur by mutual agreement).
	Shin guards.

10.REMARKS

- i) Participants must provide and fill in accurate information and participate in the competition under their real identity. If any information is found to be false or the participant does not meet the eligibility requirements, their qualification will be revoked, and any scores or rankings obtained during the event will be canceled.
- ii) The "China Hong Kong Mixed Combat Sports Federation" will appoint the judging panel for the competition. All decisions made by the referees are final, with no appeals allowed.
- iii) Individual registration is not permitted for the professional division.
- iv) Each individually registered athlete will receive one corner pass, while each team registration will be allocated a maximum of 4 corner passes, depending on the number of participants and category distribution.
- v) The final match schedule will be determined by the Competition Director of the association based on the athletes' experience levels and will be announced three weeks before the competition.