



# 中國香港閃避球總會

Dodgeball Association of Hong Kong, China

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Dodgeball Association of Hong Kong, China (DAHKC) will host the 3rd ADC Asian Cup Dodgeball Championships this year. Elite committee will select appropriate players from HK Training Team. As a registered player, if you are 15 years old or above and interested in the HK Training Team selection, please log in <http://goo.gl/forms/nc5HM9pL67> by 22<sup>nd</sup> January 2016.

1. A basket of factors (including attitude, fitness, past experience, and authentic on-court performance) will be put into account for HK Training Team Selection;
2. Fitness assessments may include but are not limited to the percent body fat (BIA, <20%), the core muscle groups (e.g. plank for 3 to 6 minutes), lower limbs muscular endurance (e.g. wall-sit for 5 to 20 minutes), defensive skills (time limit, moving forth and back covering 3 to 4 meters to perform defensive posture), and agility (time limit, moving side to side way covering 3 to 4-meter distance);
3. If you cannot pass the fitness assessments by a one-off, you may not enter the second stage of authentic on-court evaluation;
4. Selection and training may be implemented outdoor;
5. Applicants who were found not meeting eligibility requirements or incomplete information would be entitled to cancel the applications;
6. DAHKC would have the right to ask participants to present the original or other relevant documents for verification;
7. Since the HK Training Team and HK Dodgeball Team are formed under DAHKC, DAHKC will retain the final decision for the selection and formation;
8. All participants must comply with DAHKC's rules and arrangement. If any areas are found in imperfect condition, DAHKC will retain the right to amend the constitutions. Dissent is not allowed from participants;
9. Athletes can purchase their own insurance according to personal needs.

Elite Committee

*Affiliated to :*



*World Dodgeball Association*



*Asian Dodgeball Federation*



*Asian Dodgeball Confederation*

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