



**MFI 人魚&水舞國際表演賽 (中國香港)**  
**MFI MERMAID & UNDERWATER DANCE**  
**INTERNATIONAL CHAMPIONSHIP (HONG KONG CHINA)**

**時間:** 2025 年 10 月 10 日到 12 日      **Date:** Oct 10-12, 2025

**地點:** 中國香港九龍觀塘海濱道 90 號 HKUPAT 香港水下表演藝術劇場  
**Location:** HKUPAT, No. 90 Kwun Tong Promenade, Kowloon, Hong Kong China.  
<https://maps.app.goo.gl/Q16waGdmk5xjq43NA/>

**建議住宿 (5 分鐘步行距離)** Recommended accommodation (5-minute walking distance):

悦品海景酒店·觀塘 Hotel COZi·Harbour View  
觀塘偉業街 163 號 163 Wai Yip Street, Kwun Tong  
<https://maps.app.goo.gl/Uby6gCczBqY5dhGL9/>

**重要日程** Key Dates:

- |                                   |  |
|-----------------------------------|--|
| 8 月 25 日 晚上 8 點:<br>Aug 25, 8 PM: | 比賽報名正式開始<br>Registration opens   |
| 8 月 29 日 晚上 8 點:<br>Aug 29, 8 PM: | 線上說明會 (講解比賽規則)<br>Online briefing (competition rules)  |
| 9 月 15 日 晚上 8 點:<br>Sep 15, 8 PM: | 報名截止<br>Registration closes  |
| 9 月 19 日 晚上 8 點:<br>Sep 19, 8 PM: | 線上講解會 (公佈比賽順序及 OT 名單, 選手 Q&A 環節)<br>Online session (order of performance & OT list announcement, Q&A)  |
| 10 月 3 日:<br>Oct 3:               | 提交表演編排及音樂截止<br>Deadline for submission of performance choreography & music   |
| 10 月 6-9 日:<br>Oct 6-9:           | 開放付費彩排 (需於 10 月 1 日前預訂, 費用: 480 港幣/1.5 小時 (獨享)   180 港幣/1.5 小時 (3 人共用) )<br>Paid rehearsal slots (book before Oct 1 Fee: HKD 480/1.5 hr (private)   HKD 180/1.5 hr (max 3 people)) |
| 10 月 10 日:<br>Oct 10:             | 總彩排 + 選手會議 + 檢錄<br>Full rehearsal + Contestant meeting + Check-in  |
| 10 月 11-12 日:<br>Oct 11-12:       | 比賽日正式開始<br>Competition days  |



## 賽事組別與費用 Group & Fee

個人賽 Individual Competition: 900HKD / 850RMB / 120USD

單人 Solo

人魚公開男子組 Mermen Open

人魚公開女子組 Mermaid Open

人魚兒童組 MerKid

人魚青少年組 MerTeen

水舞公開組 Underwater Dance Open

雙人賽 Doubles Competition: 1400HKD / 1300RMB / 180USD

雙人 Doubles (不限性別, 不限年齡 no gender or age limit)

人魚雙人組 Mermaid Doubles Open

水舞雙人組 UWD Doubles Open

團體賽 Team Competition: 1900HKD / 1800RMB / 250USD

團體 Team (3 人一組, 不限性別, 不限年齡 3p/team, Mixed, no age limit)

人魚團體組 Mermaid Team Open

水舞團體組 UWD Team Open

## 備註 Remark

1. 若組別不足 5 人/5 隊, 則該組取消或是整併賽事

If there are less than 5 people/5 teams in a group, the group will be cancelled or be merged to other group.

整併順序: 人魚兒童組 MerKid + 人魚青少年組 MerTeen 》人魚兒童青少年組 MerKid & Teen

Merge order: 人魚男子組 Mermen Open + 人魚女子組 Mermaid Open 》人魚公開組 Mermaid Mixed Open

2. 若報名個人賽人魚公開組 + 水舞公開組, 兩項目報名費優惠合共 1400HKD / 1300RMB / 180USD  
If you sign up for both the mermaid and UW dance individual, the registration fee is 1400HKD / 1300RMB / 180USD for 2 Game.



## 賽事賽程 Schedule (時間待定 time to be determined)

10/10 (周五 Fri.)

選手適應比賽場地 Athletes adapt to the venue

選手檢錄 Athletes registration

11/10 (周六 Sat.)

人魚公開男子組 Mermen Open

人魚公開女子組 Mermaid Open

人魚兒童組 MerKid (不限性別 no gender)

人魚青少年組 MerTeen (不限性別 no gender)

12/10 (周日 Sun.)

人魚雙人組 Mermaid Doubles Open

人魚團體組 Mermaid Team Open

水舞公開組 Underwater Dance

水舞雙人組 UWD Doubles Open

水舞團體組 UWD Team Open

頒獎典禮 Award Ceremony

(賽事時間會依照報名人數調整，待報名後公布 The schedule will be adjusted according to the number of registrations. It will be announced after registration))

## 賽事進行方式 Competition Format

1. 由 7-10 位 MFI 合資格裁判進行評分，每項評分扣掉最高與最低分進行平均。

7-10 MFI judges will score, and the highest and lowest scores will be averaged after deducting each score.

2. 個人組比賽時間時長為 4 分鐘+ 水中謝幕

Individual competition time : 4 minutes of music time (performance time) + Uw Curtain Call

雙人組/團體組比賽時間為 6 分鐘+ 水中謝幕

Doubles/Team competition time: 6 minutes of music time (performance time) + Uw Curtain Call (30 second)

3. 表演由指定動作開始，指定動作後動作自由編排（細節待選手說明會公布）。

Shows begin with designated movement dives, and the movements after the designated movement dive are freely choreographed (details will be announced at the briefing).

人魚個人/ 雙人/團體組：指定動作 1 → 指定動作 2 → 自由編舞... → 水中謝幕

水舞個人/ 雙人/團體組：指定動作 → 自由編舞... → 水中謝幕

Designated Moves:

Individual /Doubles/ Team Mermaid: Designated Move 1 → Designated Move 2 → Free Choreography... → Underwater Curtain Call

Individual /Doubles/ Team UW Dance: Designated Move → Free Choreography... → Underwater Curtain Call

4.表演結束：

音樂結束後，必須完成謝幕才算完整結束表演（未完成謝幕扣 5 分）

選手必須在音樂結束後 30 秒內完成謝幕動作，30 秒後所有動作均無效，視為未完成謝幕（未完成謝幕 5 分）

Performance Ending:

After the music ends, the curtain call must be completed for the performance to be considered complete (5 points will be deducted for incomplete curtain calls).

Athletes must complete their curtain call within 30 seconds of the music ending. Any movements performed after 30 seconds will be invalid and the curtain call will be considered incomplete (5 points will be deducted for incomplete curtain calls).

5. 表演音樂由參賽者/隊伍提供，音樂停擺即表演結束，表演音樂時長不足/超時予以扣分（細節待選手說明會公布）。 Music is provided by the athletes/teams. The performance ends when the music stops. Points will be deducted if the performance music is insufficient/overtime. (details will be announced at the briefing)

6. 出賽順序由公開抽籤決定。 The order of playing will be determined by a public draw



## 報名資格

### 1. 各組別參賽資格

人魚兒童組：比賽當天年滿 6~11 歲

MerKids group: 6~11 years old

人魚青少年組：比賽當天年滿 12~17 歲

MerTeen group 12~17 years old,

人魚公開組：比賽當天年滿 18 歲以上為公開組。

Mermaid/UWD Open group for those over 18 years old (age will be determined on the day of competition)

水舞公開組：比賽當天年滿 12 歲以上為公開組。UWD Open group for those over 12 years old (age will be determined on the day of competition)

### 2. 須具備認何之組織的“人魚/水舞進階證照”，並能輕鬆下潛 6 米基礎表演能力。

Must have a “Mermaid/UW dance advanced certificate” from a recognized organization. Must have the basic ability to dive 6 meters.

### 3. 每位選手可以同時報名多項，如：同時參加人魚個人組及水舞個人組，但不能報名兩個人魚團體組/兩個水舞團體組。

Each competitor can register for multiple events at the same time, such as participating in the Mermaid Individual and the UWD Individual at the same time, but cannot register for two Mermaid team or two UWD Team.

### 4. 兒童組&青少年組：男女同組，所有 18 歲以下參賽選手，必須額外提供“家長(監護人)同意書”，並簽名授權，兒童組必須自備一名戒護，可由教練擔任。

Kids and Teen Groups: no gender limit, all athletes under the age of 18 must provide "Parent Consent Form" and sign the authorization. Kids group must provide a safety, which can be a coach.

### 5. 水舞公開賽，男女同組，只有公開組。

Under water dance (UWD) : no gender limit, only open group.

### 6. 雙人組：男女同組，不設年齡限制，總數為 2 人，加第 3 位備用運動員。

Doubles Group: There is no gender restriction, no age limit for the team group. The total number is 3 people, plus 1 person(The third is backup athlete).



7. 團體組：男女同組，不設年齡限制，總數為 3 人，加第 4 位備用運動員。

Team Group: There is no gender restriction, no age limit for the team group. The total number is 3 people, plus 1 person (The fourth is backup athlete).

8. 雙人組及團體組，若臨時有一人棄賽，可由備用運動員補上，不能臨時頂替，若違反則視同整組棄賽。（賽前 2 星期完成名單）。

If one Athlete withdraws from the Doubles Group & Team Group competition, the backup athlete can be replaced, but cannot be replaced temporarily other people without list. If violated, it will be disqualified. (Provide the list before 2 weeks of competition).





## 備註事項

1. 個人賽事 OT 前 60 分鐘要完成檢錄,檢錄後就不能離開賽區,離開視同未檢錄。(OT:個人賽事開始的時間)。 The athletes must CHECK-IN in 60 minutes before the OT. The athletes cannot leave the competition area after CHECK-IN.(OT: official time ) After the CHECK-IN, you can't leave the competition area.
2. 賽前 24 小時內 禁止使用純氧與任何混合氣體,視同失格。 The use of pure oxygen and any mixed gas is prohibited before competition 24 Hours and will be deemed disqualifying.
3. 檢錄須出示健康聲明書、個人證件、攝影肖像權授權書,若未提供視同未檢錄。 A health declaration, personal ID, and photography authorization letter are required for CHECK-IN. Failure to provide them will be deemed as failure to inspect.
4. 健康聲明書需依自身狀況如實填寫,若未如實填寫則責任自負,並可能被追訴法律責任。 The health declaration form must be filled out truthfully based on your own situation. If you fail to fill it out truthfully, you will be responsible for your own responsibility and may be prosecuted for legal liability.
5. 所有選手/團隊必攜登錄一名擁有教練/裁判資格人員作為代表領隊,領隊需全程協助代表的選手(們)檢錄及進出賽場,只有代表領隊可以賽事期間進出後場,請於報到時領出領隊證,憑證進出賽場。 All athletes/teams must bring a qualified coach/referee as their team leader. The team leader must assist their athletes/team members with check-in and entry and exit of the competition venue. Only the team leader may enter and exit the backcourt during the competition. Please collect your team leader badge upon registration to enter and exit the competition venue.
6. 上述未完成檢錄選手視同失去比賽資格。報名費恕無法退還。 Athletes who have not completed the above inspection will be deemed to be disqualified from the competition. Registration fees are non-refundable.
7. 妝容、服飾、道具與其他裝備,不符合要求將被取消比賽資格。不可使用亮片,亮粉,需符合無污染要求,嚴重脫妝導致水質受影響(細節待選手說明會公布)。 Sequins and glitter are not allowed in makeup, costumes, props and other equipment. Must meet non-pollution requirements. Athletes whose makeup is severely removed, causing water quality to be



affected, will be disqualified from the competition. (Details will be announced at the briefing).

8. 不可展示或表達含不雅用語，人身攻擊的內容。Do not express content containing obscene language or personal attacks.
9. 若任何賽事選手 BO (黑視昏迷症 Black Out) ,當場比賽視同失格，亦不能繼續參加雙人/團體賽, 不予退費。If a Athlete in any competition has been Black Out, he will be disqualified in all competition in the championship, and he is not be able to participate in the Doubles/team competition and no refund.
10. 若要取消報名將依比例退款,賽前 60 天前退款 90%,賽前 50-60 天退款 80%,賽前 40-50 天退款 70%,賽前 30-40 天退款 50%。若比賽 30 日內提出,則不予退費。If you want to cancel your registration, you will be refunded according to the proportion. 90% refund 60 days before the competition, 80% refund 50-60 days before the competition, 70% refund 40-50 days before the competition, 50% refund 30-40 days before the competition . no refund within 30 days
11. 音樂版權授權需合法使用, 相關費用由選手自行負擔。Music copyright authorization must be used legally, and the relevant fees shall be borne by the athletes themselves.
12. 比賽期間拍攝畫面, 版權為主辦單位所有, 非經授權不得使用。The copyright of the competition footage taken on that day belongs to the organizer and may not be used without authorization.
13. 如有任何問題, MFI 及主辦單位保留所有最終決定權。In case of any issues, MFI & organizer reserves the right of final decision.

## 場地環境介紹 Venue Description

香港水下藝術表演劇場 Hong Kong Underwater Performing Arts Theatre Size:  
5.8m \* 2.1m \* 2.1m



九龍觀塘海濱道 90 號 90 Hoi Bun Road, Kwun Tong, Kowloon

## AquaBeat

### Hong Kong's New Pulse of Youth Culture 引領香港新一代文化脈搏

AquaBeat isn't just a venue — it's a movement. As Hong Kong's premier hub for youth culture, this is where the city's next generation gathers to create, connect, and celebrate. With cutting-edge event spaces and a vibrant, ever-evolving vibe, AquaBeat is redefining what waterfront living feels like. AquaBeat 不只是場地，它是一種潮流引領。作為香港年輕文化的熱點，這裡匯聚創意、交流與派對的能量，是新世代放膽表達、盡情釋放的舞台。結合靈活空間與時尚氛圍，AquaBeat 正重塑我們對海濱生活的想像。



## MFI 賽事 2024-2025 指定動作

### 人魚指定動作 1

1. **Dolphin Dive 豚式下潛** - 以流線型姿勢下潛，模仿海豚動作，身體保持柔軟且流暢。
2. **Forward Swim 正游 3 個 Wave** - 向前游動，保持身體平衡與節奏，呈現完美的人魚 Wave
3. **Half Back Roll 180 後翻** - 從正游姿勢向後翻轉 180 度，轉為背游姿勢。
4. **Back Swim 背游 3 個 Wave** - 以仰式游動，保持身體平穩。
5. **Half Back Roll 180 後翻** - 從背游姿勢再次向後翻轉 180 度，回到正游姿勢。
6. **Mermaid Bubble 人魚泡泡** - 配合雙手做出泡泡不同的形狀，展現優雅與創意。
7. **Angel Spin Up 手划旋轉上升** - 以手臂划水帶動身體旋轉，同時向上浮升，呈現天使般的姿態。

### 人魚指定動作 2

1. **Angel Dive 天使下潛 (直立入水)** - 以直立姿勢下潛，雙臂向兩側展開，模仿天使下凡的姿態。
2. **Back Roll x2 後翻 360 x2** - 連續兩次向後翻轉 360 度，展現旋轉的流暢性與控制力。
3. **Swirl x1 蠍底自轉 360 x1** - 以身體為軸心，自轉 360 度，保持動作優雅與穩定。
4. **Tornado 龍捲風** - 快速旋轉身體，模仿龍捲風的動態，展現力量與速度感。
5. **Up to Heaven 優雅上升** - 以緩慢且優雅的動作向上浮升，呈現輕盈與飄逸感。

### 水舞指定動作 - 「順序：跳躍-天使-跪-坐下-躺下-哭泣的嬰兒-Passes」

1. **跳躍 (Leap)** - 起跳：雙腳併攏，利用腿部力量向上躍起，身體保持直立，雙臂向兩側展開，呈現「Y」字形，腿部伸直並稍微分開。
2. **天使 (Angelic)** - 從直立姿勢開始，雙臂向兩側展開，單腿伸直，一腿向前彎，需精確控制浮力，避免身體下沉或上浮。
3. **跪 (Kneeling)** - 從站立姿勢緩緩下沉，雙膝或單膝跪於池底，雙臂可置於胸前或向兩側展開。
4. **坐下 (Sitting)** - 從跪姿勢緩緩下沉，臀部坐於池底，雙腿伸直或交叉，雙臂可置於膝上或向兩側展開。
5. **躺下 (Laying Down)** - 緩緩下沉，身體平躺於池底，雙臂向前或兩側展開，雙腿併攏，一腿伸直。
6. **哭泣的嬰兒 (Crying Baby)** - 身體蜷縮成球狀，雙臂環抱膝蓋，頭部埋於膝間。
7. **Passes** - 從直立姿勢開始，雙臂向兩側展開，一腿向旁彎，呈現優雅的姿態，過程中需精確控制浮力，避免身體下沉或上浮。



## **MFI Competition 2024-2025 Designated Movements**

### **Mermaid Competition Designated Sequence 1**

1. Dolphin Dive - Dive in a streamlined posture, mimicking dolphin movements, keeping the body soft and fluid.
2. Forward Swim 3Waves - Swim forward, maintaining balance and rhythm, showcasing a perfect mermaid wave.
3. Half Back Roll (180° Back Roll) - From the forward swim position, perform a 180-degree backward roll to transition to a back swim position.
4. Back Swim 3Waves - Face up Swim, maintaining balance and rhythm, showcasing a perfect mermaid wave.
5. Half Back Roll (180° Back Roll) - From the back swim position, perform another 180-degree backward roll to return to the forward swim position.
6. Mermaid Bubble - Use both hands to create bubbles in various shapes, showcasing elegance and creativity.
7. Angel Spin Up - Use arm strokes to rotate the body while ascending, presenting an angelic posture.

### **Mermaid Competition Designated Sequence 2**

1. Angel Dive (Upright Entry) - Dive in an upright position, arms extended to the sides, mimicking an angel descending.
2. Back Roll x2 (360° Back Roll x2) - Perform two consecutive 360-degree backward rolls, showcasing smooth rotation and control.
3. Swirl x1 (360° Self-Rotation x1) - Leg up like Scorpio, Rotate 360 degrees around the body's axis, maintaining elegant and stable movements.
4. Tornado - Rapidly spin the body, mimicking the dynamic motion of a tornado, showcasing strength and speed.
5. Up to Heaven - Ascend slowly and elegantly, presenting a light and ethereal quality.

### **UW Dance Competition Designated Sequence:**

#### **Leap - Angelic - Kneeling - Sitting - Lying Down - Crying Baby - Passes**

1. **Leap** - Takeoff: Feet together, use leg strength to jump upward, keeping the body upright, arms extended to the sides in a "Y" shape, legs straight and slightly apart.
2. **Angelic** - Start from a standing position, arms extended to the sides, one leg straight, the other bent forward, with precise buoyancy control to avoid sinking or floating.
3. **Kneeling** - Slowly descend from a standing position, kneel on one or both knees at the pool bottom, arms placed in front of the chest or extended to the sides.
4. **Sitting** - From the kneeling position, slowly descend to sit on the pool bottom, legs straight or crossed, arms resting on knees or extended to the sides.
5. **Laying Down** - Slowly descend to lie flat on the pool bottom, arms extended forward or to the sides, legs together, one leg straight.
6. **Crying Baby** - Curl the body into a ball, arms hugging the knees, head tucked between the knees.
7. **Passes** - Start from a standing position, arms extended to the sides, one leg bent to the side, maintaining an elegant posture with precise buoyancy control to avoid sinking or floating.