

**Organised by the Hong Kong Chinese Martial Arts Dragon and Lion
Dance Association Ltd.**

Subvented by the Leisure and Cultural Services Department

Co-organised by the Education Bureau

School Sports Programme – Badges Award Scheme

〈 Dragon Dance 〉

Purpose: To provide systematic testing standards and awards for dragon dance trainees so that they can understand their personal skills and get the badges and certificates through the tests and accelerate the development of the School Sports Event through the advanced training and promotion system.

Type of Badges:

1. Three levels of award, namely Bronze, Silver and Gold
2. Content of Tests

Levels of Award	Assessment Items
Bronze	Circle Posting, Running in a circle, Running in a circle And jump over the ball, Salute, Go through the tail Circle Posting, Go under the head
Silver	Jump over the dragon, Jump over the tail, Go under the fifth Part, Head and tail pass through the stomach, Switch, Switch and run in S shape, Wave like no eight 4 times, Wave on single side 6 times
Gold	Head and tail Jump over the stomach together, Wave on single side running in circle, Wave on single side and jump over the ball, Head and tail wave together, Dragon boat posing, Go under the Dragon, Continuously jump over and pass through , Wave like no. eight

Award/ Participation Method: All trainees participating in dragon dance training courses of the Easy Sport Programme and the Outreach Coaching Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests.

Collection of Badges and Certificates: Schools can buy the badges and certificates or inquire about the fees through Hong Kong Chinese Martial Arts Dragon and Lion Dance Association Ltd.

Enquiries (1): Address: The Leisure and Cultural Services Department
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School Sports Programme – Badges Award Scheme

Standards and Assessment of the Dragon Dance Medal

Badges Skill	Bronze	Silver	Gold
Content Information and Requirements	Circle Posting (Ensure the dragon's body is full)	Jump over the dragon (Do not touch or step on the dragon's body)	Head and tail Jump over the stomach together (Synchronise the head and tail, do not touch or step on the dragon's body)
	Running in a circle (Maintain the smooth dragon's movement)	Jump over the tail (Do not touch or step on the dragon's tail)	Wave on single side running in circle (Maintain the smooth dragon's movement)
	Running in a circle and jump over the ball (Do not touch or step on the ball when crossing)	Go under the fifth Part (Do not touch or step on the dragon's body, and athletes should not collide with each other)	Wave on single side and jump over the ball (Maintain the smooth dragon's movement, do not touch or step on the ball when crossing)
	Salute (Bow the dragon's head for 3 times)	Head and tail pass through the stomach (Synchronise the head and tail, and athletes should not collide with each other)	Head and tail wave together (Synchronise the head and tail, and ensure the dragon's body is smooth. Maintain the wave from the waist to the head)
	Go through the tail circle (Athletes should not collide with each other)	Switch (Hold the bottom of the stick)	Dragon boat posing (Ensure the dragon's body is full)
	Go under the head (Athletes should not collide with each other)	Switch and run in S-shape (Maintain the smooth dragon's movement, and hold the bottom of the	Go under the Dragon (Do not touch or step on the dragon's body)

		stick)	
	--	Wave like no. eight for 4 times (Maintain the smooth dragon's body, and maintain the wave from the waist to the head)	Continuously jump over and pass through (Maintain the smooth dragon's movement, do not touch or step on the dragon's body, and athletes should not collide with each other)
	--	Wave on single side 6 times (Maintain the smooth dragon's body, and maintain the wave from the waist to the head)	Advanced wave like no. eight (Maintain the smooth dragon's body, and maintain the wave from the waist to the head)
Remarks	Bronze badges will be awarded if all 6 tests above are passed.	Silver badges will be awarded if all 8 tests above are passed.	Gold badges will be awarded if all 8 tests above are passed.