



HKEF Membership Activity

Video Collection – “1-Minute Exercise Challenge”

香港馬術總會會員活動 - 「1分鐘體能挑戰」短片徵集活動

The Hong Kong Equestrian Federation (HKEF) has been providing online sharing sessions on a variety of equestrian topics since last October. With the prevailing pandemic situation in Hong Kong, the HKEF continues to offer a variety of online activities as to keep all members, riders, officials and friends stay connected with our sport.

To encourage members to stay healthy by doing more exercises at home, a Video Collection on “**1-Minute Exercise Challenge**” will be carried out from 16 Feb 2021 (Tue) to 16 Mar 2021 (Tue), inviting all HKEF members aged 18 or above to accept two exercise challenges. Interested members can complete the required exercises and upload their videos on their Instagram account and challenge their peers!

香港馬術總會（馬術總會）自去年 10 月致力舉辦不同馬術相關的網上分享會。在疫情持續下，馬術總會將繼續推出一系列網絡活動，讓所有會員、騎手、賽事官員保持緊密聯繫。

為鼓勵會員於疫情期間在家鍛煉以保持身體健康，馬術總會由 2021 年 2 月 16 日（星期二）至 3 月 16 日（星期二）推出「1 分鐘體能挑戰」短片徵集活動，向 18 歲或以上會員發出挑戰，完成兩個 1 分鐘體能挑戰。參與會員可將挑戰短片上傳至你的 Instagram 賬號挑戰你的朋友！

Activity Platform 活動平台

- Instagram

Challenge Contents 挑戰內容

- 1st Exercise: Push-Up
第一項體能運動: 掌上壓
- 2nd Exercise: Sit-Up
第二項體能運動: 仰臥起坐

Eligibility 參加資格

- For HKEF members aged 18 years old or above only
只開放予十八歲或以上的香港馬術總會會員



Hong Kong Equestrian Federation 香港馬術總會

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Entry Fee 參加費用

- Free of Charge
費用全免



Entry Method 參加方法

Step 1: Each participant should upload their challenge videos on Instagram

第一步：每位參加者需上傳挑戰影片到 Instagram

Step 2: Follow HKEF Instagram (@hkefsecretariat)

第二步：每位參加者需追隨 HKEF 的 Instagram (@hkefsecretariat)

Step 3: Tag "@hkefsecretariat" and Hashtag "HKEFworkoutathome" under the post

第三步：每位參加者需於上傳影片的帖子下標註香港馬術總會"@hkefsecretariat"及標籤 "HKEFworkoutathome"

Step 4: Submit your entry on Google at <https://forms.gle/GDiaPbQUi7zpWDWy5>

第四步：每位參加者需到 Google 以下網址報名 <https://forms.gle/GDiaPbQUi7zpWDWy5>

Video Submission Requirements 影片要求

- Submitted video must be consistent with the exercise challenges (Push-Up & Sit-Up)
提交的影片必須符合運動挑戰（掌上壓和仰臥起坐）
- Submitted video length must be within 1 minute
提交的影片長度不能超過 1 分鐘
- Submitted video must be taken and recorded horizontally
提交的影片必須以水平方向錄製
- Submitted video must show your whole movement of the exercises
提交的影片必須顯示完整的體能動作

Video Submission Deadlines 上載影片截止日期

- 1st Exercise (Push-Up): 2 Mar 2021 (Tue) at 6:00 p.m. (GMT+8)
第一項體能運動(掌上壓): 2021 年 3 月 2 日 (星期二) 香港時間下午 6 時正
- 2nd Exercise (Sit-Up): 16 Mar 2021 (Tue) at 6:00 p.m. (GMT+8)
第二項體能運動(仰臥起坐): 2021 年 3 月 16 日 (星期二) 香港時間下午 6 時正



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Selection Criteria 評審準則

- Upon the submission deadline, HKEF will sum up the total number of 1st exercise: Push-Ups and 2nd exercise: Sit-Ups completed by each participant to determine the final result. Participant with the maximum number of both exercises will be declared as winner
挑戰結束後，香港馬術總會將計算每位參加者挑戰第一項體能：掌上壓和第二項體能：仰臥起坐的完成次數決定最終成績。挑戰體能總數最高分為優勝者
- In case of a tie in the combined score for both challenges, participants tied for first place will be declared joint winners
若挑戰結束出現同分時，並列第一名的參加者將被宣佈為禮品的冠軍

Awards & Prizes 獎項和獎品

- Upon submission, each participant will be given a HKEF mini rosette
每位參加者可獲得香港馬術總會迷你花牌乙個
- The winner of this challenge will be received a HK\$200 Cash Coupon* for HKEF merchandises
挑戰的優勝者可獲得香港馬術總會港幣 200 元正商品現金券*

*Cash Coupon expiry date will be within two months after the end of the challenge

*商品現金券的有效期為挑戰結束後的兩個月

Result Announcement 賽果公佈

- Result of the challenge will be announced on www.hkef.org on 22 Mar 2021 (Mon)
挑戰結果將於 2021 年 3 月 22 日(星期一)於香港馬術總會網站 www.hkef.org 公佈
- The winner will be informed separately by email
優勝者將以電郵個別通知

Rules and Regulations 條款及細則

1. For over 18 years old or above HKEF members only
僅限於十八歲或以上的香港馬術總會會員
2. Each Instagram account can only participate once
每個 Instagram 帳戶只限參加每項體能挑戰一次
3. Each challenge video can only be uploaded once
每項體能挑戰的影片只能上載一次
4. Videos exceed 1 minute in length will not be accepted
超過 1 分鐘的影片將不被接受



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5. Any edited videos will not be accepted
任何編輯過的影片將不被接受
6. Participants should complete all steps in the Entry Method. Failure to complete all steps will result in disqualification
參加者必須完成參加方法的全部步驟，否則將被取消是次挑戰的參加資格
7. Beyond the deadline, uploaded videos will not be processed
每項體能挑戰結束後上載的影片將不會計算分數
8. No prize will be offered for non-member participant
非會員參加者將不提供獎品
9. HKEF reserves the right, in its sole discretion, to explain and amend the activity Rules and Regulations at any time without notice
活動條款及細則如有未盡之處，馬術總會保留解釋權利，並可隨時修訂，不作另行通知

Enquiries 查詢

- Please see the enclosed Rules and Regulations. For any enquiries, please contact us at info@hkef.org
請參閱條款及細則。如有任何查詢請電郵至 info@hkef.org 與我們聯繫