

# 香港投球總會

## Hong Kong Netball Association

- 成立於 1979 年，旨在統籌及推廣香港的投球運動

Established in 1979, aiming at promoting and fostering the sport of netball in Hong Kong

- 為亞洲及國際投球聯會屬會會員，亦是中國香港體育協會暨奧林匹克委員會會員

Is member of the Asian Netball Federation, International Federation of Netball Associations and Sports Federation & Olympic Committee of Hong Kong, China

- 為康樂及文化事務署撥款資助的體育總會

Is Leisure and Cultural Services Department's subvented National Sports Association

## 主要投球比賽

### Major Netball Competitions

- 香港投球聯賽 (十月至四月)  
Hong Kong Netball League (Oct to Apr)
- 香港青少年投球聯賽 (十月至四月)  
Junior Netball League (Oct to Apr)
- 中學校際投球比賽 (九月至三月)  
Inter-school Netball Competitions (Sep to Mar)
- 投球新秀賽 (十二月及五月)  
Netball Development Tournament (Dec & May)
- 大專投球比賽 (二月至四月)  
Joint University Netball Tournament (Feb to Apr)
- 體育節投球比賽 (四月及五月)  
Festival of Sport Netball Tournament (Apr & May)
- 男子投球聯賽 (一月至三月)  
Men's Netball League (Jan to Mar)
- 混合投球聯賽 (五月至七月)  
Mixed Netball League (May to Jul)

# 認識投球

## Introducing Netball



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## 投球適合你嗎？

### Is Netball suitable for you?

- 任何人士都可以參與投球活動，傳統上以女士參與居多，但同其他隊際球類運動一樣，都是以性別分組比賽

Anyone can play netball, although traditionally identified as a sport for women, netball is suitable for single-gender or mixed competitions

- 投球運動講求隊員的合作性，特別適合喜愛群體活動的人士  
Netball is truly a team sport, and therefore promotes team work among players

- 不需要任何昂貴的器材或佔用很大的地方，你便能和友人享受投球的樂趣

No expensive equipment or special gear or a lot of space is required, so you can experience netball without paying much cost