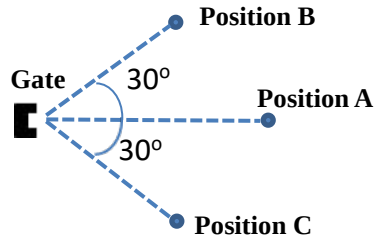
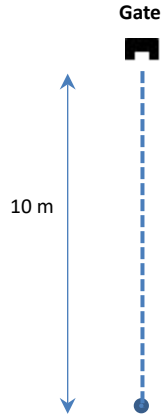


Woodball (Men/Women)

(Aug 2025 Version)

Skills (54%) : Results in each item 15% + Quality of skill in each item 3%								Attendance & Participation	Written Examination												
Exam	Par 1 Shooting (4 Shots) [Men / Women]	Par 2 Shooting (3 Shots) [Men / Women]	Distance Control - Medium and Long Stroke (4 Shots) [Men / Women]	Par 1	Par 2	Distance control	Marks	26%	20%												
Content	➤ Shoot at each three positions ➤ Students can only choose 1 shot to make-up among the missed positions <table border="1" data-bbox="284 812 669 1043"><thead><tr><th>Position</th><th>Distance</th><th>Angle</th></tr></thead><tbody><tr><td>A</td><td>2 m</td><td>Normal</td></tr><tr><td>B</td><td>1 m</td><td>30° rightwards</td></tr><tr><td>C</td><td>1 m</td><td>30° leftwards</td></tr></tbody></table> ➤ Marks will only be given when the ball passes through the gate with only 1 shooting	Position	Distance	Angle	A	2 m	Normal	B	1 m	30° rightwards	C	1 m	30° leftwards	➤ 10m shooting ➤ Fairway width: 5 m  ➤ Marks will only be given when the ball passes through the gate with NOT more than 2 shootings	Distance control for 3 zones : ➤ Fairway width: 5 m ➤ 1 shot for each zone and 1 remedy only if lose the shots ➤ The shot will only be scored when the ball stop within the zone ➤ Exam order from near to far Distance Ranges (Men): Zone 1 15 – 20 m Zone 2 20 – 25 m Zone 3 25 m or above Distance Range (Women): Zone 1 10 – 15 m Zone 2 15 – 20 m Zone 3 20 m or above	4	3	3	15		
	Position	Distance	Angle																		
	A	2 m	Normal																		
	B	1 m	30° rightwards																		
	C	1 m	30° leftwards																		
				14																	
				13																	
	3			12																	
				11																	
		2	2	10																	
				9																	
	2			8																	
				7																	
			6																		
	1	1	5																		
1			4																		
Quality of Skills	3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful																				
Trial No.	1	1	1																		