



## **The 18 Districts' Pledging cum Cheering Team Competition**

Organised by the Sports Commission      Co-ordinated by the Community Sports Committee

Co-organised by the Home Affairs Department, the Leisure and Cultural Services Department,  
the Sports Federation & Olympic Committee of Hong Kong, China

Assisted by the Cheerleading Federation of Hong Kong, China

### **【Prospectus】**

- (1) Purpose : The 18 Districts' Pledging cum Cheering Team Competition is aimed at encouraging members of the public to give active support to the athletes from the 18 districts and creating a cheerful atmosphere for the 9th Hong Kong Games (HKG). It is an ideal community platform to showcase the local characteristics and vitality of the districts as well as to promote sporting culture.
- (2) Participating Units : Each district may enter one team only.
- (3) Team Size : Each team shall consist of 16 to 50 members. Persons aged 5 or above (born before or in 2019) and of all genders are welcome. Each person shall represent only 1 district in the competition. (There is no restriction on the number of team officials but they are not allowed to step on the protective mat.)
- (4) Date, Time and Venue of Competition:

Date	Time	Venue
25 February 2024 (Sunday)	From 2:00 p.m. to 5:30 p.m.	Sun Yat Sen Memorial Park Sports Centre

- (5) Performance : The winning teams shall attend the Opening Ceremony of the 9th HKG to be held at Hong Kong Coliseum from 2 p.m. to 6 p.m. on 21 April 2024 (Sunday) (tentative), and showcase their performances. The awards will be forfeited if the winning teams fail to show up for the performance. The rehearsal schedule of the Opening Ceremony will be notified separately.
- (6) Awards : The Best Performance Award (Champion, the 1st Runner-up and the 2nd Runner-up), the Best Local Characteristics Award (Champion, the 1st Runner-up and the 2nd Runner-up) and the Highest Popularity Award.
- (7) Enrolment Method : Participating teams should send the duly completed "Enrolment Form" together with the "Declaration by Participant" to the Secretariat of the 9th

HKG Organising Committee (Address: Major Events Section, Leisure and Cultural Services Department, 2/F, Leisure and Cultural Services Headquarters, 1-3 Pau Tau Street, Sha Tin; Fax No.: 2692 0531) **on or before 3 January 2024 (Wednesday)**.

(8) Rules and Regulations of Competition

- : 1. Duration and Timing of Performance:
- a. Participating teams shall complete the whole set of movements within the time range of 1 minute and 30 seconds to 2 minutes and 15 seconds. The whole set of movements shall include the slogan of 30 seconds (+/- 5 seconds). Recording and music should not be used in place of the slogan. The respective district shall be adopted as the team name and theme. Slogan can be used at the beginning or in the middle of the routines.
- Method of Timing of Performance:
- b. After the name of a participating team is announced by the Organiser, the team will be given 35 seconds of Set Up Time to move into the competition area and set up props before timing begins.
  - c. All team members shall move into the designated competition area as quickly as possible and stand with at least one foot touching the ground to get ready for the performance within the Set Up Time.
  - d. When all team members are ready, the captain shall raise his/her hand to indicate that the competition may begin. After the captain puts down his/her hand, timing starts on the first note of music/the first vocal command/the first movement and stops on the last note of the music/the end of the cheer/when all team members come to a stationary position.
  - e. Participating teams will be given 35 seconds of Move Off Time to clear away the props and move off after the performance.
2. Designated Competition Area:
- a. The size of the rectangular competition area is 15 m (length) x 12 m (width), with an area of 180 m<sup>2</sup>.
  - b. The competition area is covered with a protective mat. A colour marking tape of 5 cm in width is used to mark the competition area (the parts covered by the marking tape is included in the competition area). There is also a marking at the front middle part of the competition area.
  - c. Participating teams shall perform within the designated competition area.
3. Music for Performance:
- a. Participating teams shall prepare their own music, the duration of which shall match the duration of their performances. Either a single song or mixed songs may be used and special sound effects may also be added.
  - b. Participating teams shall email the soundtracks, saved in MP3 format with the names of their districts as filenames, to the Organiser on or before 18 January 2024 (Thursday) for playing during the

competition. Participating teams shall also put the soundtracks onto a USB drive as backup and bring it along on the day of competition.

- c. The Organiser will apply to the Composers and Authors Society of Hong Kong Ltd., the Hong Kong Recording Industry Alliance Limited and the Phonographic Performance (South East Asia) Limited for playing the music and handle the copyright issues. Participating teams shall handle the copyright issues on their own and pay the charges required if the copyright of the music played is not owned by the three organisations mentioned above.
  - d. The Organiser suggested that participating teams should assign a representative to assist in playing the music during competition.
4. Arrangement of the whole set of movements and the entire process:
- a. The theme is to showcase the characteristics and vitality of respective districts. Participating teams may cheer on the participating athletes of their own districts through different means and forms (e.g. slogans, shouting and cheering, clapping, hand gestures, standing postures, jumping or dancing).
  - b. Arrangement of movements shall adhere to the principle of safety. For performances involving movements such as lifting/jumping/tumbling/tosses/stunts/pyramids, etc., participating teams shall refer to the Safety Rules provided by the Organiser (see Annex for details) to ensure the safety of their team members.
  - c. Participating teams shall submit slogans (the name of the respective district shall be adopted as the team name and theme), lyrics of self-composed songs, if any, and a summarised description of the performance and an information list on the arrangement of the team on or before 18 January 2024 (Thursday) for the Organiser's reference.
5. Costumes, Accessories and Props for the Competition:
- a. Participating teams shall prepare their own costumes, accessories and props for the competition, and shall provide the Organiser with the designs and styles of their costumes, accessories and props (in the form of design drawings or photos) on or before 18 January 2024 (Thursday).
  - b. Costumes and accessories of team members and the props used shall be safe for the team members performing the skills and people in the competition venue. No potentially dangerous props (e.g. Fa Pau (花炮) and sharps) are allowed.
  - c. As the size of the designated competition area is 180 m<sup>2</sup>, the person-in-charge/team leaders/coaches of the participating teams shall take note of the number and size of props for arranging appropriate and safe movements and routines, and facilitating the entrance into and exit from the competition field.
6. Arrangements will be made for participating teams to have their rehearsals on the morning of the competition day. They shall follow the

instructions of the Organiser and have their clothes changed, put on their make-up and rehearse at the specified time and place(s).

7. The Organiser has the right to terminate any performance that may cause danger, libel or disturbance, or may be indecent, and disqualify the team concerned. All the results of the team will be cancelled accordingly.
8. During the competition, if the number of members of a participating team is found to be less than 16 or more than 50, or any team member is found representing more than 1 cheering team in the competition, the team concerned will be disqualified with all its results cancelled.
9. For participants who have violated any rules/regulations or displayed any misbehaviour which may affect the competition, the Organiser has the right to disqualify them and their teams from the competition and the results obtained by them/their teams will be cancelled.
10. The decisions of the Judge Panel on all the competition results shall be final. No appeal will be accepted.

(9) Judge Panel : The panel consists of 5 members, including 2 representatives from the Community Sports Committee, 1 representative from the Sports Federation & Olympic Committee of Hong Kong, China and 2 representatives from the Cheerleading Federation of Hong Kong, China.

(10) Referee : Apart from the Judge Panel, the Organiser has invited the Cheerleading Federation of Hong Kong, China to assign referees, linesmen and time-keepers to provide referee services and administer the rules and regulations of the competition (including those on the “point deduction item”).

(11) Assessment Criteria : The assessment criteria are as follows:

1. The Best Performance Award (full marks: 100 points)
  - a. Content of the performance and arrangement of the whole set of movements (20 points)
    - i. Design of movements, dance and music arrangements are creative, unique in style, varied and smooth.
    - ii. The music selected and/or props used match the content of the performance and arrangement of the whole set of movements.
    - iii. The competition area is optimally used to showcase the varieties in the team formation and movements (e.g. arrangement of patterns and words, and dimensional variations).
    - iv. Efficiency, tidiness and distinctiveness are shown when entering and leaving the competition area.
  - b. Performance on the spot (20 points)
    - i. The whole set of movements matches the music well and the transition is smooth and flawless.
    - ii. There is a tacit understanding among team members so that movements of all members in the team are neat and in step with each other.
    - iii. Team members perform their movements accurately and within the marked competition area.
    - iv. The slogan is explicitly expressed; the shouts and cheers are

full of vigour; and the voices are loud, clear, synchronised and spirited.

- c. Techniques of movements (20 points)
  - i. Good varieties in team formation and movements
  - ii. Correct technique(s) with safe and stable movements
  - iii. Smooth linkage between movements
  - iv. Team members perform no dangerous movements that are beyond their own capacities
- d. Overall assessments (40 points)
  - i. Overall performance is appealing, demonstrating team spirits and co-operation.
  - ii. Team members are full of confidence, vigour and vitality, and neat and clean in appearance. Costumes and accessories are of high aesthetic quality.
  - iii. The joyful, festive and cheering atmosphere is enhanced through the expressions in team members' eyes, smiling faces, bodies and limbs, movements, etc.
  - iv. The costumes and accessories of team members and the props used are creative in design and unique in style.
  - v. Overall performance is successful in cheering on the participating athletes of the district.

2. The Best Local Characteristics Award (full marks: 100 points)

- a. Overall impression and the whole set of movements bringing out the characteristics of the district (40 points)
  - i. Local characteristics are properly injected into the performance (e.g. traditional and cultural customs) to bring out the uniqueness of the district.
  - ii. The performance resonates with the audience.
- b. Costumes, accessories, appearance and the like bringing out the characteristics of the district (30 points)

Costumes, accessories, hair styles, appearance, make-up, props and the like which reflect the distinctive features of the district are properly used to bring out the local characteristics of the district.
- c. Slogan(s), music and song(s) bringing out the characteristics of the district (30 points)

Slogan(s)/music/song(s) and the like which reflect the distinctive features of the district are properly used to bring out the local characteristics of the district.

3. Point deduction items of "The Best Performance Award":

- a. 10 points will be deducted if the duration of the whole set of movements is in excess or falling short of not more than 20 seconds. Participating teams will be disqualified if the duration is in excess or falling short of 21 seconds or more.
- b. The Set Up Time (from the moment the name of a participating team

is announced to the moment the captain gives a signal by raising his/her hand) and Move Off Time (from the moment the timing stops to the moment that all props have been cleared away and all team members have moved off the designated competition area) shall not exceed 35 seconds each. 10 points will be deducted if the duration is exceeded by not more than 20 seconds. Participating teams will be disqualified if the duration is exceeded by 21 seconds or more.

- c. Team members are not allowed to do any jumping or tumbling movements when moving into and moving off the competition area. Any violation of this rule will result in a deduction of 5 points (per team member and to be counted separately).
- d. When performing a basket toss on a stunt, top person(s) aged 15 or below are not allowed to make movements like flipping and twisting. Any violation of this rule will result in a deduction of 10 points (per movement).
- e. 1-5 points will be deducted if the participating team violates the “Rules and Regulations of Competition” or “Safety Rules”.

4. No points will be deducted in “Best Local Characteristics Award”.

5. The Highest Popularity Award: each member of the audience will have one vote to choose his/her favourite participating team on the competition day. The Highest Popularity Award will go to the team with the highest number of votes.

- (12) Team Leaders’ Meeting : A team leaders’ meeting will be held **in the Dance Room of Sun Yat Sen Memorial Park Sports Centre at 7:30 p.m. on 18 January 2024 (Thursday)**, and a site visit will be arranged for the participating teams. All team leaders/persons-in-charge or their representatives are invited to the meeting, during which the order of performance and seating arrangements for respective districts on the competition day will be determined by drawing lots. Absent team(s) will be represented by the Organiser’s staff in the fixture draw. Participating teams shall raise no objection to the results of the lot drawing.
- (13) Announcement of Results : Competition results will be available from 9 p.m. on the competition day at the dedicated website of the 9th Hong Kong Games.
- (14) Prize Presentation : Prizes will be presented at the Closing cum Prize Presentation Ceremony of the 9th HKG to be held **at Kowloon Park Sports Centre from 2:30 p.m. to 5:00 p.m. on 9 June 2024 (Sunday)**. The winning teams must attend and perform at the ceremony. Participating teams will be notified of the arrangements separately.
- (15) Inclement Weather Arrangements : 1. If a Pre-No. 8 Special Announcement (The Observatory issues the Pre-No. 8 Special Announcement to give an advance notice to the public when Tropical Cyclone Warning Signal No. 8 is expected within two hours) has been issued two hours before the scheduled reporting time of the first match/the match on the competition day, or Tropical Cyclone Warning Signal No. 8 or above or Black Rainstorm Warning Signal is still

in force on the competition day, the competition will be cancelled and rescheduled for 17 March 2024 (Sunday) at the same time and same venue.

2. If the Air Quality Health Index (AQHI) issued by the Environmental Protection Department (EPD) on the competition day is 7 or above, the arrangements of the competition are as follows:

- a. **“High” Health Risk Category (AQHI: 7)**

Competitions shall be held as scheduled. The EPD advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **reduce** outdoor physical exertion, and **reduce** the time of their stay outdoors, especially in areas with heavy traffic. Persons with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sport activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- b. **“Very High” Health Risk Category (AQHI: 8 to 10)**

Competitions shall be held as scheduled. The EPD advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **reduce** to the minimum outdoor physical exertion, and **reduce** to the minimum the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to **reduce** outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- c. **“Serious” Health Risk Category (AQHI:10+)**

Competitions shall be held as scheduled. The EPD advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **avoid** outdoor physical exertion, and **avoid** staying outdoors, especially in areas with heavy traffic. The general public is advised to **reduce** to the minimum outdoor physical exertion, and to **reduce** to the minimum the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- (16) Points to Note : 1. Should any incident happen during the competition, the Organiser will have the sole right to decide whether or not the competition should continue or determine the order of performance and all participating teams shall raise no objection.
2. Participants may take out their own personal accident insurance if necessary.
3. Participants shall comply with the rules and regulations of the Organiser and the venue.
4. Participants shall take care of their personal belongings. The Organiser shall not be liable for any loss.
5. Participants should bring their own drinking water and personal hygiene products.
6. The Organiser reserves the right to amend this prospectus at any time without further notice.

(17) Enquiries : **2601 7658**



Annex

## The 9th Hong Kong Games

### The 18 Districts' Pledging cum Cheering Team Competition

#### Safety Rules

If the performance includes movements such as tumbling, tosses, stunts or pyramids, the participating team is required to arrange the movements according to the age and ability of team members with reference to the following safety rules so as to ensure the safety of team members.

**(I) Recommended Levels of Difficulty of Movements Performed by Team Members of Different Age Groups and Abilities:**

Age of Team Member Difficulty of Movement		5 to 6	7 to 12	13 to 15	16 or above
		1.	Tumbling	Rolls (Forward / Backward / Sideward)	Rolls, cartwheel, front, handspring
2.	Basket Toss/ Stunts	NOT allowable	Flipping and twisting is NOT allowable during toss	Flipping and twisting is NOT allowable during toss	Limited to 1 flip and 2 twists
3.	Stunts with height limit	NOT allowable	Maximum height of 2 layers and 2 high	Maximum height of 2 layers and 2.5 high	Maximum height of 2 layers and 2.5 high
4.	Pyramid with height limit	Maximum height of 2 layers and 1.5 high	Maximum height of 2 layers and 2 high	Maximum height of 2 layers and 2.5 high	Maximum height of 3 layers and 2.5 high
5.	Landing/drops	Landing directly by head, knee, hip, thigh or front/back of the body is not allowed. Athletes should use their hands or feet to bear the impact when performing landing/drops.			
6.	Airborne inverted skills	Not allowed while holding poms or props.			
7.	Hip-over-head rotation with hand support	Allowed, such as "Windmill" in Hip Pop, but not more than twice in a row.			
8.	Simultaneous tumbling	Performing hip-over-head rotation over or under another athlete is not allowed.			

**Notes:**

- With the exception of the case stated in Note 2 below, the above-mentioned movements should be performed by team members of the above recommended age ranges. For example, a set of movements with 1 flip and 2 twists should only be performed by team members aged 16 or above. If 1 or several pyramids of 2 layers and 2.5 high is/are to be performed, they should only be done by team members aged 13 or above.
- For pyramids of 3 layers and 2.5 high performed by team members aged 16 or above, the number of team members aged under 16 participating in the performance should not be more than 1/4 of the number of the former. For example, 1 team member aged 15 or below is allowed to participate in the performance of a pyramid formed by 5 team members aged 16 or above. If there are 8 members aged 16 or above in a team, the team can create pyramids of 3 layers and 2.5 high to be performed by 2 groups simultaneously, so on and so forth.
- Team members wearing costumes with local characteristics (such as robe, cheongsam or cartoon character costumes) are not allowed to perform all of the above-mentioned movements.

**(II) Relevant Safety Requirements:**

<b>A. General Safety Rules</b>	
1.	Athletes must not have chewing gum, sweets or other food that may cause choking in their mouths.
2.	Athletes are not allowed to wear any accessories, such as earrings, nose rings, tongue rings, belly rings, bracelets, necklaces, rings, pins (of clothing), etc. that may cause injury.
3.	Athletes are not allowed to wear glasses or healthcare products, such as hearing aids.

<b>B. Cheerleading Safety Rules</b>	
1.	Stunts and pyramids: the main base person(s) should stand with at least one foot touching the ground without bending the body backward. It is not allowable to perform a split catch in which a top person aged 15 or below, with one or both hands free of support, is propped up by single or double base person(s).
2.	Use of any props that can increase the bounce height (e.g. springboard) is prohibited.
3.	When a top person of a multi-based stunt dismounts with cradle catching, 1 spotter should be at the back.
4.	In the course of all types of cradle catching, one more spotter is required apart from the original group of base persons if the top person needs to perform jumps, twists or other gymnastic movements.
5.	All pyramids should have at least 1 spotter, who should be a team member in the competition.
6.	All stunts require spotter(s), who should be team members in the competition, by the side.
7.	There should be 1 spotter for each team member at the height of 2.5 high (regardless of whether it is a stunt or a pyramid).
8.	All tosses should be performed on the 1st layer by not more than 4 base persons. For the basket toss, cradle catching should be adopted with 1 spotter to protect the head and neck of the top person.
9.	The base persons of a basket toss should not let both feet off the ground.
10.	Any toss, jump or tumbling over or through other stunt or pyramid is not allowed.
11.	1 catcher is required when cradle catching is adopted for single-based stunts.
12.	When dismounting from all types of stunts or pyramids with movements like twists or jumps, cradle catching is required and at least 3 catchers are required.
13.	For all stunts at 2 high or above, at least 2 catchers are required if cradle catching is adopted for dismounting.
14.	For dismounting from a stunt or a pyramid with a twist, reference should be made to the above-mentioned "Recommended Levels of Difficulty of Movements Performed by Team Members of Different Age Groups and Abilities".
15.	When performing a basket toss on a stunt, if a top person is to execute movements like flipping or twisting, reference should be made to the "Recommended Levels of Difficulty of Movements Performed by Team Members of Different Age Groups and Abilities".
16.	When performing a stunt /pyramid, it is not allowable to perform a split jump over.

17.	When a top person is to dismount in a supported roll, cradle catching is required.
18.	A top person must not dismount from 2 high or above directly to the ground without a catcher.
19.	When dismounting from a stunt, a top person should only land with his/her feet on the ground. Landing with any other part of the body is not allowable.
20.	Landing on the ground by using skills like front, back and side tension drops are not allowable.
21.	A stunt of 2 layers and 2 high or above must be performed on the safety mat.
22.	A stunt of 3 layers and 3 high is not allowed in this competition.
23.	Athletes are required to wear cheerleading shoes or sneakers. Do not dance bare feet or in socks only.

<b>C. Performance Cheer Safety Rules</b>	
1.	The routine of Performance Cheer may include various dance styles (e.g. Hip Hop, Jazz, Punk, Pop, Lyrical, Novel, Opera, dance with regional characteristics, etc.).
2.	Skills of Performance Cheer include Pirouette, High Kicks, Split Front or Slide, Jumps, Leap, etc.
3.	Styles used in Hip Hop dance: Tutting, Popping, Locking, Waving and Lyrical.
4.	At least one Supporting Individual must maintain direct contact with the Executing Individual(s) or flyer(s) throughout the lifting skills above the head level. Exception: when an Executing Individual is supported by one Supporting Individual, the Executing Individual may be released at any level under the following conditions: a. The Executing Individual does not pass through an inverted position after release. b. The Executing Individual is either caught or supported to the performance surface by one or more Supporting Individuals. c. The Executing Individual is not caught in a prone position. d. In addition to the three above-mentioned points, the Supporting Individual must have hands free for the duration of the skill to aid in the support/catch/release as needed throughout the lifting skills.
5.	Hip-over-head rotation of the Executing Individual or flyer is only allowed provided that the contact between the Executing Individual and the Supporting Individual(s) is maintained when the Executing Individual returns to the performance surface or is returning to the upright position.
6.	A Vertical Inversion is only allowed provided that the contact between the Executing Individual and at least 1 Supporting Individual is maintained when the Executing Individual returns to the performance surface or is returning to an upright position.
7.	A Vertical Inversion is only allowed provided that there is at least one additional Supporting Individual to provide protection when the Executing Individual is above shoulder level.
8.	Traditional high-lift, where one or several dancers support(s) another dancer so that the latter's body is suspended, is allowed. If the latter is lifted to a position that is higher than the shoulder(s) of the underneath dancer(s), there should be proper protection for his/her/their shoulder(s). The lifted dancer shall be kept in a fixed position and shall not be tossed.
9.	An Executing Individual or flyer may jump, leap, step, or push off a Supporting Individual provided that: a. The hip of the Executing Individual is at or below the head level when the Executing Individual is at the highest point of release. b. The Executing Individual does not pass through an inverted or prone position after release.

10.	Supporting Individual(s) may toss an Executing Individual or flyer provided that: a. The hip of the Executing Individual is kept at or below the head level when the Executing Individual is at the highest point of release. b. The Executing Individual is supine or inverted when released but lands on one foot or both feet. (The Executing Individual is not supine or inverted when released). c. The Executing Individual shall not pass through an inverted position after release (The Executing Individual shall not pass through a prone or inverted position after release).
11.	Athletes are required to either wear shoes or dance paws. Do not dance bare feet or in socks only.

### (III) Glossary of Terms:

1.	Skills	refers to a stunt, a climb, a pyramid or a toss.
2.	Tumbling	refers to the gymnastic skills of rolls, cartwheels, handsprings, flips and their combination.
3.	Base person	refers to the person who provides support for a top person.
4.	Main base person	refers to the base person bearing the most weight on the lowest layer.
5.	Toss	refers to a movement jointly performed by a top person and a base person in order to throw the top person into the air.
6.	Catcher	refers to the person responsible for catching a dismounting top person.
7.	Top person	refers to the person mounted or tossed up to or above the 2nd layer.
8.	Spotter	refers to the person responsible for protecting the head and neck of a top person and ensuring the top person's safe dismount from a skill. A spotter may help stabilise a skill but shall not provide support to it.
9.	Layer	refers to the overlapping persons / units which build up a skill. When half of the body weight of a top person is sustained by a base person, the structure is said to have 2 layers. However, if a top person only puts his/her foot/feet or hand(s) on the body of a person on the layer below, it is not considered as 2 layers. (Please refer to the illustration below.)  1 layer = where a team member is standing with one foot or both feet on the ground.  2 layers = where half or more than half of the body weight of a team member is sustained by a team member on the 1st layer.  3 layers = where half or more than half of the body weight of a team member is sustained by a team member on the 2nd layer.
10.	High	is a unit for the height of a stunt. The height of 1 person is 1 high, while half the height of 1 person is counted as 0.5 high. When 1 person stands upright and puts his/her hands up, the height from his/her palms to the ground is 1.5 high and the height from the ground up to his/her waist is 0.5 high. For example, an extension of a single-based layer is counted as 2.5 high, while a sitting posture on the shoulders is counted as 1.5 high. (Please refer to the illustration below.)

11. Illustration

