

Table of Covered Sports

Covered Sports	Types		
Yoga	Any type		
Dancing	Any type		
Fitness	Any type		
Ball Games	Badminton	Gateball	Tennis
	Billiard / Snooker	Lawn Bowl	Netball
	Bowling	Table Tennis	
Track and Field	High Jump	Relay	Shot Put
	Hurdles	Sprint (<400m)	Triple Jump
	Long Jump	Discus	Softball
	Marathon / Long Running (≥400m)	Javelin	
Others	Rowing Boats (including Dragon Boat)	Indoor Rock Climbing	Rope Skipping
	Windsurfing	Hiking	Swimming
	Water Ski	Orienteering	Fencing
	Ice Skating	Outdoor Cycling	