

**2016–2017年度全港中學校際體操比賽**  
**All Hong Kong Inter-Secondary Schools Gymnastics**  
**Competition 2016-2017**

Co-organizers

Subvented by



**【 General Rules 】**

**(1) Organizers, Competition Dates & Venue :**

1.1 The Competition is co-organized by the Hong Kong Schools Sports Federation (HKSSF) and the Gymnastics Association of Hong Kong, China (GAHK), and is subvented by the Leisure and Cultural Services Department (LCSD).

**1.2 Preliminary Round**

Date	Time	Venue	Area	Category
1/ 4/ 2017 (Sat)	08:00–18:00	Ma On Shan Sports Centre	TBC	Boys / Girls Novice
2/ 4/ 2017 (Sun)				Boys / Girls Junior

1.2.1 The Organizer will arrange the competition dates based on the number of participants. The above schedule is for reference only.

1.2.2 The division of areas or pools will be subject to the final enrollment status. The organizer reserves the right to make any final decision.

1.2.3 The results in Preliminary Rounds / Pool Competition will be used to rank the teams.

1.2.4 Only the top 12 from the Preliminary Rounds or a maximum of 12 from Pool Competition will enter the finals of the Individual event. (A maximum of 2 gymnasts from each school are eligible enter to the Final Round)

**1.3 Final Round**

**Date :** 9/ 4/ 2017 (Sun)

**Time :** 08:00 – 18:00

**Venue :** Ma On Shan Sports Centre [Address: 14 On Chun Street, Ma On Shan, N.T.]

**(2) Eligibility :**

2.1 Participating school must be member schools of Hong Kong Schools Sports Federation 2016-2017.

2.2 Participants must have registered with the Hong Kong Schools Sports Federation for the year 2016-2017.

2.3 Participants must be born on or after 1 January 1998.

**(3) Category, Level& Event :**

This year competition with three levels including Senior, Junior and Novice depending on technique and difficulties.

Level/ Event	Boys Category				Girls Category			
	Floor Exercise	Vault	Horizontal Bar	Parallel Bars	Floor Exercise	Vault	Balance Beam	Uneven Bars
Senior	√	√	√	√	√	√	√	√
Junior	√	√	√	--	√	√	√	--
Novice	√	√	--	--	√	√	--	--

➤ Senior (4 events): Compulsory routines for Boys and Semi-optional routines for Girls (including Team Event, Individual All-around & Individual Event)

➤ Junior (3 events): Compulsory routines (including Team Event, Individual All-around & Individual Event)

➤ Novice(2 events): Compulsory routines (including Team Event & Individual Event)

3.1 Except at Senior level, gymnasts who have been awarded top 2 in a Team Event or top 3 in Individual All-around or Individual Event(s) in a previous All HK Inter-Secondary Schools Gymnastic Competition must be promoted to the next higher level.

3.2 Gymnasts who have been awarded Top 6 in Senior Level of Individual All-around in 2015-2016 All Hong Kong Inter-Primary Schools Gymnastics Competition, must enter Junior or above Level in Secondary Schools Competition.

3.3 Any team / individual events with less than 4 entries will be cancelled and refunds will be made accordingly.

**(4) Dates of Importance :**

- 4.1 **Closing Date: 18 January 2017 (Wednesday)**
- 4.2 **Confirmation of Entry : 24 January 2017 (Tuesday)**  
The participation list will be uploaded on HKSSF's website. Please report to HKSSF's secretariat at 2768 8212 in case of any missing or incorrect data before 12:00 noon, 26 January 2017 (Thursday).
- 4.3 **Team Managers Meeting : 17 February 2017 (Friday)**  
The Team Managers Meeting will be held at 4 p.m., on 17 February 2017 at Room 105 of the HKSSF's office. Drawing of lots for the Team Events will be conducted and competition numbered-bibs will be distributed. The rules and regulations will be clearly explained during the meeting.
- 4.4 **Application of "Coach Permit": 17 February 2017 (Friday)**  
For details, please refer to point 7. The list of Coach Permit Holders will be uploaded on HKSSF website on 1 March.
- 4.5 **Competition Schedule : 24 February 2017 (Friday)**  
Please download competition schedules via HKSSF's website. No further notifications will be made to schools.

**(5) Sequence of Play :**

- 5.1 Athletes who take part in team events will complete the Individual All-around and Individual events first.
- 5.2 The sequence of play for team events will be decided during the drawing of lots at the team managers meeting.

**(6) Enrollment Details :**

- 6.1 Team Events: Each school can enter a maximum of 1 team, with a maximum of 5 athletes and a minimum of 3 athletes, for each category.  
All-around and Individual events: Each school can enter a maximum of 15 athletes for each category.
- 6.2 Entry Fee: \$350 per team for each level and category; \$80 for each athlete in individual event categories.
- 6.3 **Schools should download the entry form from the HKSSF website ([www.hkssf.org.hk](http://www.hkssf.org.hk)) → 【 All HK Schools Competitions 】 → 【 All HK Inter-Secondary Schools Gymnastic Competition 】 → 【 Entry Form 】 (Excel Format). Completed form should be sent to [external@hkssf.org.hk](mailto:external@hkssf.org.hk) in EXECL format before the closing date. Please refer for details to the separate circular 'E-Application Procedure'.**
- 6.4 **Completed entry forms should be printed with the Principal's Signature and School Chop and posted back before the closing date, together with the entry fee (with a crossed cheque payable to "The Hong Kong Schools Sports Federation") to :**  
    ┌ **Hong Kong Schools Sports Federation (External Office)**  
    └ **Room 201, 7 Carmel Village Street, Homantin, Kowloon**  
    └ **Schools Gymnastic (Secondary) – Entry Form** ┘
- 6.5 To avoid double entries, ONLY entry forms submitted by schools will be accepted. Individual application forms from coaches, parents, or other parties will not be entertained.
- 6.6 Substitution of participants will not be considered after the closing date except for medical withdrawal. For details, please refer to point 13.3
- 6.7 **Closing Date : 18 January 2017 (Wednesday).** No late applications will be accepted.
- 6.8 All participating schools must call the HKSSF's Secretariat at 2768 8212 two working days after submission of entries for confirmation. No late applications due to postal error will be accepted.

**(7) Application for Coach Permit :**

To further reinforce the safety precautions to protect gymnasts, from now on, only registered coaches or P.E. Teachers are allowed to enter field of competition to protect gymnasts during warm-up and competition for all competitions organized by Gymnastics Association of Hong Kong, China (GAHK). **All coaches or P.E. Teachers who wish to enter the field of competition of the All Hong Kong Inter-School Gymnastics Competition 2016-2017, to be held between March and April 2017, must complete the following step(s) on or before 17 February 2017:**

Procedures:

7.1 Coaches : please process both Step (1) and Step (2) ;

7.2 P.E. Teachers: process Step (2) only

**Step (1) Register at GAHK:**

1. Coaches register at GAHK [www.gahk.org.hk](http://www.gahk.org.hk); Contact tel no of GAHK :2504 8233.
2. Application process by GAHK;
3. Successful applicants will receive Registered Numbers from GAHK;

**Step (2) Apply Coach Permit at the Hong Kong Schools Sports Federation:**

4. Registered coaches and P.E. Teachers must fill in Coach Permit Application Form, with registered numbers\* and affix a recent photo. For details, please refer to General Rules point 7. (\*Registered numbers : applicable to coaches only)
5. **Closing Date for Coach Permit: 17 February 2017 (Friday)**

**Points to note:**

- ~ The list of Coach Permit Holders will be uploaded on HKSSF's web on 1 March and the Coach Permits will distribute on day of competition;
- ~ All Coach Permit Holders must show the Valid Coach Permit when entering the Field of Competition. Please report to the Secretariat in case of loss of Coach Permit. Reissue of permit requires \$50. as administration fee.
- ~ Unregistered coaches are NOT allowed to enter the Field of Competition.

**(8) Referee :**

- 8.1 Referees will be appointed by GAHK. The decision of the Referees shall be final. **No appeals will be entertained for this competition after the Referees have confirmed a decision.**
- 8.2 The 2013-2016 CODE of POINTS of the International Gymnastics Federation (FIG) will be adopted. For details, please refer to GAHK's website.
- 8.3 For details of routines and scoring schemes, please refer to HKSSF's and GAHK's website.

**(9) The Awards :**

- 9.1 The points scored in each individual event will also be counted for the Individual All-around. For Team Events, the final points will be counted as the sum of the best 3 places from the same team of each event.
- 9.2 Top 8 of the Novice, Junior & Senior Level in individual events will be awarded.
- 9.3 Top 8 of the Junior & Senior Level in Individual All-around will be awarded.
- 9.4 Top 4 of Team Event will be awarded on condition that the following criteria are met -
  - Senior: 9.0 x 3 gymnasts x 4 events = 108 points
  - Junior: 9.0 x 3 gymnasts x 3 events = 81 points
  - Novice: 9.0 x 3 gymnasts x 2 events = 54 points
- 9.5 ONLY Top 8 in pool competition will be awarded; there are no awards for competition during preliminary rounds.
- 9.6 Only a maximum of 2 gymnasts from the same school will be awarded in Individual and All-around events.
- 9.7 Gymnasts will be awarded a "Certificate of Merit" if they achieve a score from 12.00-13.49 points in every event. Gymnasts with 13.50 points or above will be awarded a "Certificate of Distinction".
- 9.8 N-1 system will be applied in case the total of enrolled teams / athletes does not reach the total number of awards to be presented.

**(10) Standards of apparatus :**

Specifications of apparatus: Apparatus will be provided by the Organizer, no alternation by participating schools is allowed.

**【 Boys Category 】**

Level/ Event	Floor Exercise	Vault	Horizontal Bar (height measured from the upper side of the mat)	Parallel Bar (height measured from the upper side of the mat)
Senior	12M x 12M	Vaulting Table – 1.15M or 1.25M	2.0M or 2.4M	1.8M or 2.0M
Junior	12M x 12M	Vault Table – 1.15M or 1.25M	1.6M or 1.8M	--
Novice	15M x 1.5M	Vaulting Box – 1.0M	--	--

**【 Girls Category 】**

Level/ Event	Floor Exercise	Vault	Balance Beam	Uneven Bars
Senior	12M x 12M	Vaulting Table – 1.15M or 1.25M	1.25M	High bar - 2.5M & Low bar - 1.7M
Junior	14M x 1.5M	Vaulting Box –1.0M	1.0M	--
Novice	14M x 1.5M	Vaulting Box –1.0M	--	--

**(11) Competition Attire :**

11.1 Gymnasts must be properly attired. There will be a deduction of points for competitors not meeting the following requirements:

Level/ Category	Boys Category	Girls Category
Novice / Junior	Sportive non-transparent leotard or school sports wear	Sportive non-transparent leotard or school sports wear
Senior	According to FIG Regulations	According to FIG Regulations

11.2 Gymnasts are allowed to wear gymnastic shoes or be barefoot.

11.3 Gymnasts competing in Team events must be in the same style attire.

11.4 All gymnasts must ONLY compete with numbered bibs provided by HKSSF to be affixed at the back of the competition clothing through stitch or pin.

11.5 Colour separations are as follows :

Senior ~ Blue    Junior ~ Pink    Novice ~ White

**(12) Team Managers Meeting :**

12.1 The Team Managers Meeting will be held at 4 p.m., on 17 February 2017 (Friday) at Room 105 of the HKSSF's office. Drawing of lots for the Team Events will be conducted, and competition numbered-bibs will be distributed. Rules and regulations will be clearly explained during the meeting.

12.2 For collection of the said material and information, please come to Room 201 from 20 February to 3 March 2017 (Mon-Fri: 09:00-13:00 and 14:00-17:00; Sat 09:00-12:00n.n) in case no representatives can attend the Team Managers Meeting.

**(13) Others :**

13.1 Unless stipulated, all rules and regulations will follow the General Rules of HKSSF's Secondary Schools Sports Competition and the rules of the Gymnastics Association of the Hong Kong, China.

13.2 All participating schools must follow the rules & regulations and the instructions of the Organizers.

13.3 If there is an injury or illness of a participant in the Team Event requiring substitution, schools are advised to send in written notes TWO days before the competition to the Secretariat. Such applications should have a relevant Doctor's Certificate attached. If a similar situation happens on the competition day, or during the performance, no substitution will be allowed. Any participant substituted must be one of the participants in the Individual Event. Walk-over will be announced if the above mentioned criteria and requirements are not met.

13.4 **Athletes must present their valid 2016-2017 HKSSF Student Registration Card during roll call, otherwise he / she will NOT be allowed to compete.**

13.5 Due to disciplinary and safety reasons, schools are required to appoint a staff member / Team Manager to accompany their students throughout the competition. If the appointed person is not a staff member, schools are required to complete a registration for such persons THREE days in advance at the offices of HK & Kowloon Area / New Territories Area in HKSSF.

13.6 St. John Ambulance will be deployed to provide onsite first aid services (TBC).

13.7 The Organizer has the right to make any necessary changes and its decision will be final.

**(14) New system of play starting from 2017-2018 :**

14.1 Starting from the 2017-2018 season, the competition will be categorized according to age instead of level and will follow HKSSF's age limits. For details of the age limits, please refer to the Student Registration System and Procedure listed in the General Information Booklet.

14.2 Details will be announced during the team managers meeting on 17 February 2017.

**(15) Enquiries :**

The Hong Kong Schools Sports Federation HKSSF (Competition Management)	The Gymnastics Association of Hong Kong, China GAHK (Technical Issues)
Tel : 2768 8212 / Fax : 2768 4525 Website : <a href="http://www.hkssf.org.hk">http://www.hkssf.org.hk</a>	Tel : 2504 8233 / Fax : 2882 8590 Website : <a href="http://www.gahk.org.hk">http://www.gahk.org.hk</a>

Date: 30/ 11/ 2016

***[In case of any discrepancy between the Chinese and English versions, the Chinese version shall prevail.]***