



All Hong Kong Inter-Secondary Schools Life Saving Competition 2016-2017

**[General Rules]**

**1). Competition Information**

Date: 18<sup>th</sup> November, 2016 (Friday)

Period: 08:00 – 18:00

Venue: Kowloon Park Swimming Pool (Address: 22 Austin Road, Tsim Sha Tsui, Kowloon)

**2). Eligibility & Entries**

2.1 Participating School must be member schools of the 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 A Grade (Boys and Girls): Students holding A Grade card may only take part in A grade competitions.

2.4 B Grade (Boys and Girls): Students holding B or C Grade cards may take part in B Grade competitions.

2.5 Each school may enter a maximum of 2 athletes for each Individual Event and 1 team in the Relay Event.

2.6 Each competitor may enter a maximum of 2 Individual Event and 1 Relay Event.

**3). Events**

3.1 Individual Events :

1. 200m Obstacle Swim
2. 100m Rescue Medley
3. 100m Manikin Carry with Fins
4. 50m Manikin Carry
5. 100m Manikin Tow with Fins
6. 200m Super Lifesaver

3.2 Relay Events :

1. 4x50m Medley Relay
2. 4x25m Manikin Relay
3. Line Throw

**4). Entry Fee: HK\$ 350 / each Grade**

**5). Dates of Importance**

**5.1 Closing Date: 1 November 2016 (Tuesday)**

**5.2 Confirmation of Entry: 4 November 2016 (Friday)**

The participant list will be uploaded on HKSSF's website ([www.hkssf.org.hk](http://www.hkssf.org.hk)). In case of any missing or incorrect data, please report to HKSSF's secretariat at 2768 8212 on or before 12:00, 7 November 2016.

5.3 Competition Schedule, Lane Allotment and Notes to Participants will be uploaded on HKSSF's website on Friday, 11 November 2016. No further notifications by fax will be made to schools.

## 6). Enrollment Details:

- 6.1 Schools should download the entry form from the HKSSF's website ([www.hkssf.org.hk](http://www.hkssf.org.hk)) → [ All HK Inter-Secondary Schools Competitions] → [ All Hong Kong Inter-Secondary Schools Life Saving Competition] → [Entry Form] (Excel Format). Completed form should be sent to [external@hkssf.org.hk](mailto:external@hkssf.org.hk) in EXCEL format before the closing date. Please refer for details "E-Application Procedure".
- 6.2 Completed entry forms should be printed with the Principal's Signature and School Chop and posted back before the closing date, together with entry fee (with a crossed cheque payable to "The Hong Kong Schools Sports Federation"  
Address:  
「**Hong Kong Schools Sports Federation (External Office)**  
**Room 201, 7 Carmel Village Street, Homantin, Kowloon,**  
**Life Saving – Entry Form**」
- 6.3 **No late Applications will be accepted.**
- 6.4 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 or e-mail not received will be accepted.

## 7). Substitution

No substitution is allowed after the Closing Date. Substitution on the day of competition will not be considered except in a case supported by a doctor's certificate and with the approval of the Convenor. Substitution of competitors must also abide by the Rules of pt 2.6.

## 8). Referee

- 8.1 Technical Referees will be appointed by the Hong Kong Life Saving Society (HKLSS).
- 8.2 Participating school must appoint one P.E. teacher or staff to take part in operation of the Competition (as officials). Fails to comply may results in disqualifications of participation.
- 8.3 Please refer to HKSSF's website on Friday, 11 November 2016 for Official List.

## 9). Others

- 9.1 Rules of Competition (Updated)  
Unless stipulated, all rules and regulations will follow the General Rules of HKLSS's latest version (1<sup>st</sup> April 2014) Chapter 6 and the General Rules of HKSSF's Secondary Schools General Information Booklet 2016-2017.
- 9.2 Reporting Procedure  
Each event will be called twice. Competitors must report to the Marshalling Area when their events are called, they must NOT go straight to the poolside. After marshalling, officials will lead competitors to the Poolside.
- 9.3 Upon marshalling, competitors must present a valid Registration Card 2016-2017 issued by the HKSSF. Competitor(s) without Registration Card(s) is / are not allowed to take part in the Competition.
- 9.4 All events will be run as a straight final and places will be decided by the Automatic Equipment Timing.
- 9.5 No competitor(s) should leave the swimming pool until the final results of his/her event are announced. If a swim-off is awarded by the Referee upholding a protest, competitors who have left the swimming pool will forfeit their chance of competing in the swim-off.

- 9.6 Schools must submit the Order List of Relay Event to the Control Room at least 90 minutes before the Event. The Organizing Committee reserves the right to re-allot the Lanes if necessary.
- 9.7 Non-Team Members must fulfill the following criteria:
- 9.7.1 The Victim of the Lane Throw must be in the same Grade and the same sex as the Lane Throw Competitor, and he/she is also required to present a valid registration card upon Marshalling.
- 9.7.2 The Manikin Handler, must wear sportsgear imprinted with School Emblem/School Abbreviation, he /she must be in the same Grade and the same sex with the Competitor, and he/she is also required to present valid registration card upon Marshalling.

**10). Timings**

- 10.1 The Automatic Equipment time installed in LCSD Swimming Pool will be regarded as the official time.
- 10.2 In the event of the Automatic Equipment failure, the official time will be determined by the digital watches operated manually and it will be regarded as an official record.
- 10.3 Record Breaking – Results of holders of HKLSS’s Bronze Medallion Medal or above will be recognized by the HKLSS for any New Hong Kong Record (only limited to results recorded by Automatic Equipment).

**11). Points**

Placing	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
Individual Event	9	7	6	5	4	3	2	1
Relay Event	18	14	12	10	8	6	4	2

When tying for a position, competitors will be credited with the average of points awarded to that position and the position(s) following it.

**12). Awards**

- 12.1 Individual Event – Top 3 competitors will be awarded with medals and certificates.
- 12.2 Relay Event – Top 4 teams will be awarded with trophy only.
- 12.3 Overall Champion (Boys and Girls) – will be awarded with Trophies. Points will be calculated by the sum of A & B Grade points awarded. (In case of a tie, the teams with more Gold medals will be counted, and so on).

**13). Protest**

- 13.1 Protest should be made in writing by the teacher(s) in charge of the school being affected by the incident within 30 minutes after the announcement of the results of the event concerned. No protest will be accepted from student(s), and spectator(s) or other parties.
- 13.2 All protests concerning technical rules and their interpretation should be made to the Appeal Board. Based on the decision of the Chief Referee, the decision of Appeal Board shall be final.

**14). Equipment**

- 14.1 Except for Fins, other equipment will be provided by the OC. For details of equipment, please contact staff of the HKLSS.

**15). Enquiry**

➤ The Hong Kong Schools Sports Federations (Competition Management)

Tel: 2768 8212

Fax : 2768 4525

E-mail: [external@hkssf.org.hk](mailto:external@hkssf.org.hk)

Website: [www.hkssf.org.hk](http://www.hkssf.org.hk) ☞ All HK Inter-Secondary Schools Competitions ☞  
All Hong Kong Inter-Secondary Schools Life Saving Competition

➤ The Hong Kong Life Saving Society (Technical Issues)

Tel: 2511 8363

Fax : 2507 5239

E-mail: [info@hklss.org.hk](mailto:info@hklss.org.hk)

Website: [www.hklss.org.hk](http://www.hklss.org.hk)

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