

All Hong Kong Schools Jing Ying Cross Country Tournament 2018-2019
2018-2019年度全港學界精英越野跑比賽



【General Rules】

1. Competition Schedule

Date: 17th December 2018
Time: 1130 – 1500
Reporting time: 1130 - 1230
Course: Hong Kong Golf Club (Fanling)

2. Eligibility

- 2.1 Participating schools must be the registered members of HKSSF in 2018-2019.
- 2.2 All participants must be registered students of HKSSF in 2018-2019.
- 2.3 The tournament will be contested in Boys & Girls Open Grades.
- 2.4 Best Overall results of Top 5 teams from Division 1, Top 3 teams from Division 2, Top 4 teams from four Areas of Division 3, from HKSSRC; Top 2 teams from the six Area Committees of NT. A total of 24 teams will be invited to take part in each event of the tournament.
- 2.5 Neither open nomination nor individual nomination is accepted.
- 2.6 Should any invited teams withdraw from the tournament, its quota will not be replaced.
- 2.7 A team will consist of 6 runners with the first 5 home to count for points. **Team with less than 5 runners will not be allowed to compete.**
- 2.8 A maximum of 144 runners will take part in each event of the tournament.

3. Competition System

| | Category | Distance | Time Limit |
|-----|---|---------------------|------------|
| 3.1 | Boys | About 6 km / 3 laps | 40 minutes |
| 3.2 | Girls | About 4 km / 2 laps | 30 minutes |
| 3.3 | There will be 3 / 4 starting zones for each category. (Depends on number of participants) | | |

4. Timing System

- 4.1 A timing tag is attached to the race number bib which provides the official time, team and results.
- 4.2 The timing tag is integrated into the back side of the race number bib.
- 4.3 Runners are required to step on the timing mats located at the Start, Finish and other timing locations.
- 4.4 Do not fold or crumple the race number bib or timing tag.
- 4.5 The race number bib can be kept as a souvenir after the race.

5. Uniform

- 5.1 All runners must wear appropriate sportswear when participating in the competition.
- 5.2 Runners are required to wear their uniform tops bearing school name / abbreviation / badge, which should be sewn, stenciled or marked on permanently.
- 5.3 Runners' uniform tops should have the same colour on the front and back.
- 5.4 Uniform must not contain any slogans or advertising with indecent information, such as gambling, tobacco, spirits, political, and any discriminative, abusive, or unethical statements.

6. Awards

- 6.1 Individual trophies will be awarded to the **top ten** positions of each category.
- 6.2 Team trophies will be awarded to the top 4 teams of Boys & Girls category.
- 6.3 All winners will be awarded with certificates.

7. Scoring system

- 7.1 The Team score is the sum of the individual rank of its members in team category, (e.g. for Boys, the positions of its members:1, 3, 5, 7, 8, 10 the team score should be 24 (1+3+5+7+8)), the team with lowest score will be the winning team of each category.
- 7.2 Best 5 results achieved from each team will be scored for overall team result.
- 7.3 When two or more teams tie for a position, the position of last runner from respective teams will decide the final overall result.

8. Important Dates

- 8.1 Invitation of Entries : Nov – Dec 2018
- 8.2 Confirmation of Entries : Nov - Dec 2018

Accepted entries will be uploaded to the website of the HKSSF (www.hkssf.org.hk) for checking. Schools should check the Participating List carefully to ensure entries are included and the names of competitors are correct.

Discrepancies must be reported to the Federation on or before 5th December 2018.

9. Entries

- 9.1 Participating schools are advised to select appropriate students to run at relevant zones by filling in at appropriate boxes. No substitution or swap of zones are allowed on the competition day.
- 9.2 Invited schools should receive the invitation letter from HKSSF. Participating schools should download the entry form from the HKSSF website (www.hkssf.org.hk)
【All HK Schools Jing Ying Tournament】→【Cross Country】→【Entry Form】 (Excel Format). Completed form(s) should be sent to external@hkssf.org.hk in EXCEL FORMAT before the deadline of entries. Please refer the details on the separate circular 'E-Application Procedure' .
- 9.3 **No entry will be entertained after the deadline of entries.** Substitution of participants will not be considered after the deadline of entries.
- 9.4 All participating schools should confirm received of their entries by calling at 2768 8212 one working day after email. HKSSF would not be liable to any missing entry.

10 Rules & Regulations

- 10.1 Teams should report to the Registration Counter upon arrival and present his/her valid HKSSF Student Registration Card 2018 - 2019. After the announcement of registration, teams MUST report to the Marshaling Point with the valid Registration Card. **Failing of which, the team will not be allowed to compete.**
- 10.2 Should there be any disagreement with the judgment of the official, schools must hand in the appeal(s) in written form to the Convenor of the Organising Committee within 10 minutes after the announcement of the results. All decisions from the Committee should be final.
- 10.3 Due to disciplinary and safety measures, each participant school should assign a staff member or an authorized Team Manager (Non-staff member) [The authorized Team Manager (Non-staff member) must be registered 3 days before the scheduled competition] to accompany the participants until the end of the competitions and he/she should take full responsibility of the conduct of the participants and their supporters both on and off the venue.
- 10.4 Rules and arrangements set by the Organizing Committee should be closely followed.
- 10.5 The Organizing Committee has full right to make amendments on any matters when necessary.

11. Enquiry

- Telephone No. : 2768 8212
Fax No. : 2768 4525 / 2762 7662
Website : www.hkssf.org.hk →All HK Schools Jing Ying Tournament→Cross Country