



## 【 General Rules 】

### (1) Organisers, Competition Dates & Venue :

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

#### 1.2 Competition Date

Date	Time	Venue	Category
31/3/2024 (Sun)	08:00–18:00	Arena, Shun Lee Tsuen Sports Centre	Pri. & Sec. Schools
6/4/2024 (Sat)		Gymnastics Training Hall, Shun Lee Tsuen Sports Centre	
7/4/2024 (Sun)			

Address: Shun Lee Tsuen Sports Centre (No. 33, Shun Lee Tsuen Road, Kwun Tong, Kowloon)

1.2.1 The Organiser 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 organiser reserves the right to make any final decision.

1.2.3 No Preliminary Rounds in this competition, all Individual events will straight to finals.

### (2) Eligibility :

2.1 Participating school must be member schools of the Schools Sports Federation of Hong Kong, China 2023-2024.

2.2 Participants must have registered with the Schools Sports Federation of Hong Kong, China for the year 2023-2024.

2.3 Participants must be born on :

➤ A Grade: must be born on or after 1 January 2005.

➤ B Grade: must be born on or after 1 January 2008.

➤ C Grade: must be born on or after 1 January 2010.

**2.4 Participants MUST present their valid Student Athletes Registration Card 2023-2024 (either Physical or \*Electronic) when reporting. Failure to do so will result in disqualification.**

### Category, Level & Event :

Level/ Event	Boys Category		Girls Category	
	Floor Exercise	Vault	Floor Exercise	Vault
A Grade	√	√	√	√
B Grade	√	√	√	√
C Grade	√	√	√	√

➤ A Grade (Two events): Including Team Event & Individual Event

➤ B Grade (Two events): Including Team Event & Individual Event

➤ C Grade (Two events): Including Team Event & Individual Event

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

#### (4) Dates of Importance :

- 4.1 **Closing Date: 1 March 2024 (Friday)**
- 4.2 **Confirmation of Entry : 5 March 2024 (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 17:00, 5 March 2024 (Tuesday).
- 4.3 **Team Managers Meeting : 8 March 2024 (Friday)**  
The Team Managers Meeting will be held at 4p.m., on 8 March 2024 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 for Coach Permit : 8 March 2024 (Friday)**  
For details, please refer to point 7. The list of Coach Permit Holders will be uploaded on HKSSF website on 12 March 2024.
- 4.5 **Competition Schedule : 12 March 2024 (Tuesday)**  
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 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. 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; \$120 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 Inter-Secondary Schools Competitions] → [Gymnastic] → [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.**
- 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 Schools Sports Federation of Hong Kong, China")**  
**to : 「The Schools Sports Federation of Hong Kong, China (External Office)**  
**Room 201, 7 Carmel Village Street, Homantin, Kowloon**  
**Schools Gymnastic (Primary) – 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 : 1 March 2024 (Friday).** 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, 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 organised 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 2023-2024, must complete the following step(s) on or before 8 March 2024 :**

- 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 Schools Sports Federation of Hong Kong, China:**

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: 8 March 2024 (Friday)**

**Points to note:**

- ~ The list of Coach Permit Holders will be uploaded on HKSSF's web on 12 March 2024 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 2022-2024 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 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 4 of the each category in individual events will be awarded (Medal), Top 8 will be awarded (Certificate)
- 9.3 No All-around will be awarded in this competition.
- 9.4 Top 4 of Team Event (under 16 teams) will be awarded (Trophy), Top 8 of Team Event (17 teams or above) will be awarded (Trophy). No minimum scores requirements are set.
- 9.5 Only a maximum of 2 gymnasts from the same school will be awarded in Individual events.
- 9.6 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".
- 9.7 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 Organiser, no alternation by participating schools is allowed. (For details of standards of apparatus, please refer to the "movement guidelines & scoring criteria" in HKSSF website : [www.hkssf.org.hk](http://www.hkssf.org.hk))

**(11) Competition Attire :**

- 11.1 Gymnasts must be properly attired. There will be a deduction of points for competitors not meeting the following requirements:
  - A Grade : According to FIG Regulations
  - B Grade and C Grade : Sportive non-transparent leotard or school sports wear
- 11.2 Gymnasts competing in Team events must be in the same style attire.
- 11.3 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.
- 11.4 Colour separations are as follows :  
A Grade : Blue    B Grade : Pink    C Grade : White

**(12) Team Managers Meeting :**

- 12.1 The Team Managers Meeting will be held at 4p.m., on 8 March 2024 (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 11 March to 14 March 2024 (Mon-Thu: 09:00-13:00 and 14:00-17:30) 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 Organisers.
- 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 have their coaches to accompany for warm up and competition, otherwise they will be disqualified.
- 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. Application must be submitted online at least four working days prior to the Team Manager's assumption of duty. (star.hkssf.org.hk).
- 13.6 Onsite first aid services will be arranged on the competition day.
- 13.7 The Organiser has the right to make any necessary changes and its decision will be final.

**(14) Enquiries :**

The Schools Sports Federation of Hong Kong, China 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> Email : external@hkssf.org.hk	Tel : 2504 8233 Fax : 2882 8590 Website: <a href="http://www.gahk.org.hk">http://www.gahk.org.hk</a> Email : mail@gahk.org.hk

Date: 6/2/2024

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