All Hong Kong Inter-Secondary Schools Life Saving Competition 2026-2027

[General Rules]

1). Competition Information

Date: 12th November 2026 (Thursday) and 13th November 2026 (Friday)
Period: 08:00 – 13:00 and 08:00 – 19:00
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 Schools Sports Federation of Hong Kong, China in this academic year.

2.2 Participants must have registered with The Schools Sports Federation of Hong Kong, China in this academic year.

2.3 Senior Grade (Boys and Girls): Students holding A and B1 Grade cards may only take part in Senior Grade competitions.

2.4 Junior Grade (Boys and Girls): Students holding B2 and C Grade cards may take part in Junior 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

Entry receipts and athlete certificates will be posted within a month after the Competition finishes.

5). Dates of Importance

5.1 **Closing Date: 14th October 2026 (Wednesday)**

5.2 **Confirmation of Entries: 12:00 noon, 22nd October 2026 (Thursday)**

Accepted entries will be uploaded to the website of the HKSSF (www.hkssf.org.hk) on 20th October 2026 (Tue) for checking. Schools should check the Participating List carefully to ensure all entries are included and the names of athletes are correct. Discrepancies must be reported to the HKSSF on or before 22nd October 2026 (Thu) at 12:00 noon.

5.3 **Competition Schedule:**

Time Table, Start List, Official List and Competition Notice will be uploaded on HKSSF's website on **5th November 2026 (Thu)**. No further notifications by fax will be made to schools.

6). 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.

7). Referees

7.1 Technical Referees will be appointed by the Hong Kong China Life Saving Society (HKCLSS).

7.2 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). Rules

8.1 Rules of Competition

Unless stipulated, all rules and regulations will follow **the General Rules of International Life Saving Federation (ILS) Competition Rulebook 2025 edition — (Revised May 2026)**

https://www.hkclss.org.hk/zh-hant/works/subpage/21/

and the current General Rules of HKSSF's Secondary Schools General Information Booklet.

8.2 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 start area. After marshalling, officials will lead competitors to the start area.

8.3 Upon marshalling, Participants MUST present **Electronic** Student Athletes Registration Card (with the mark of "E-Card"). Failing of which, he / she will be disqualified.

8.4 All events will be run as a straight final and places will be decided by the Automatic Equipment Timing.

8.5 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.

8.6 Schools must submit the Relay Form to the Control Room at least 90 minutes before the Event. The Organizing Committee reserves the right to re-allot the Lanes if necessary.

8.7 Non-Team Members must fulfill the following criteria

8.7.1 The Victim of the Line Throw must be in the same Grade and the same sex as the Line Throw Competitor, and he/she is also required to present a valid registration card upon Marshalling.

8.7.2 The Manikin Handler in 100m Manikin Tow with Fins Event and 200m Super Lifesaver Event, 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.

9). Timings

9.1 The Automatic Equipment time installed in LCSD Swimming Pool will be regarded as the official time.

9.2 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.

9.3 Record Breaking – Results of holders of HKCLSS's Bronze Medallion Medal or above will be recognized by the HKCLSS for any New Hong Kong Record (only limited to results recorded by Automatic Equipment).

10). Points

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

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

10.2 In case of tie on points of Grade, the following criteria will be used:-

10.2.1 The grade ranking will be determined by the number of gold medals won, then silver and bronze and so on, up until the 8th position;

10.2.2 Should the tie still persist, the grade ranking will be determined by the number of record were broken (by event);

10.2.3 Should the tie still persist, schools concerned will be awarded the same position.

10.3 In case of tie on Overall points that affect or award(s), the following criteria will be used:-

10.3.1 A school with higher number of champion won in different grades will be placed in a higher position, then second and 3rd place and so on, up until the 8th position. Should the tie persist; then

10.3.2 A school with higher ranking in C grade result will be placed in a higher position. Should the tie still persist, B grade result will be considered in the same manner and finally A grade result.

10.3.3 Should the tie still persist, a draw will be taken to break the tie.

11). Awards

11.1 Individual & Relay Event – Top 4 competitors will be awarded with medals and certificates.

11.2 Team – Top 4 teams will be awarded with trophy only.

11.3 Overall Championship – Trophies will be awarded to top 4 schools with the aggregate scores of the team event by all three grades in Boys Overall and Girls Overall. Points will be calculated by the sum of Senior & Junior Grade points awarded.

12). Protest and Appeals

12.1 All protests and appeals concerning technical rules and their interpretation

12.1.1 Protests and appeals should be made by the teacher(s) in charge of the school being affected by the incident.

12.1.2 A protest against a competitor or a team or against a decision of an official must be lodged verbally with the HKSSF event office within 15 minutes of the posting of the result of the event. Within 15 minutes of the submission of the verbal protest, the Protest/Appeal Form shall be lodged with the HKSSF event office.

12.1.3 If the Chief Referee adjudicates and dismisses the protest, or refuses to accept a protest, the decision may be appealed to the appeals committee. Such appeal must be lodged with the appeals committee convenor within 30 minutes of the decision of the protest being advised to the competitor.

12.1.4 The decision of the Appeals Committee shall be final.

12.2 All appeals concerning the management of the meet

12.2.1 Appeals should be made by the teacher(s) in charge of the school being affected by the incident.

12.2.2 The decision of the Management Committee of the meet shall be final.

13). Equipment

Except for Fins, other equipment will be provided by the Organising Committee. For details of equipment, please contact staff of the HKCLSS.

14). Enquiry

➢ The Schools Sports Federation of Hong Kong, China (Competition Management)

Tel: 2768 8212
Fax : 2768 4525
E-mail: external@hkssf.org.hk
Website: www.hkssf.org.hk
☞ All HK Inter-Secondary Schools Competitions ☞ Life Saving

➢ The Hong Kong China Life Saving Society (Technical Issues)

Tel: 2511 8363
Fax : 2507 5239
E-mail: info@hkclss.org.hk
Website: https://www.hkclss.org.hk/zh-hant/