



中學體育運動比賽手冊

Secondary Schools General Information Booklet

2025-2026

中國香港學界體育聯會

The Schools Sports Federation of Hong Kong, China

港島及九龍地域中學分會

HK Island and Kowloon

Secondary Schools Regional Committee



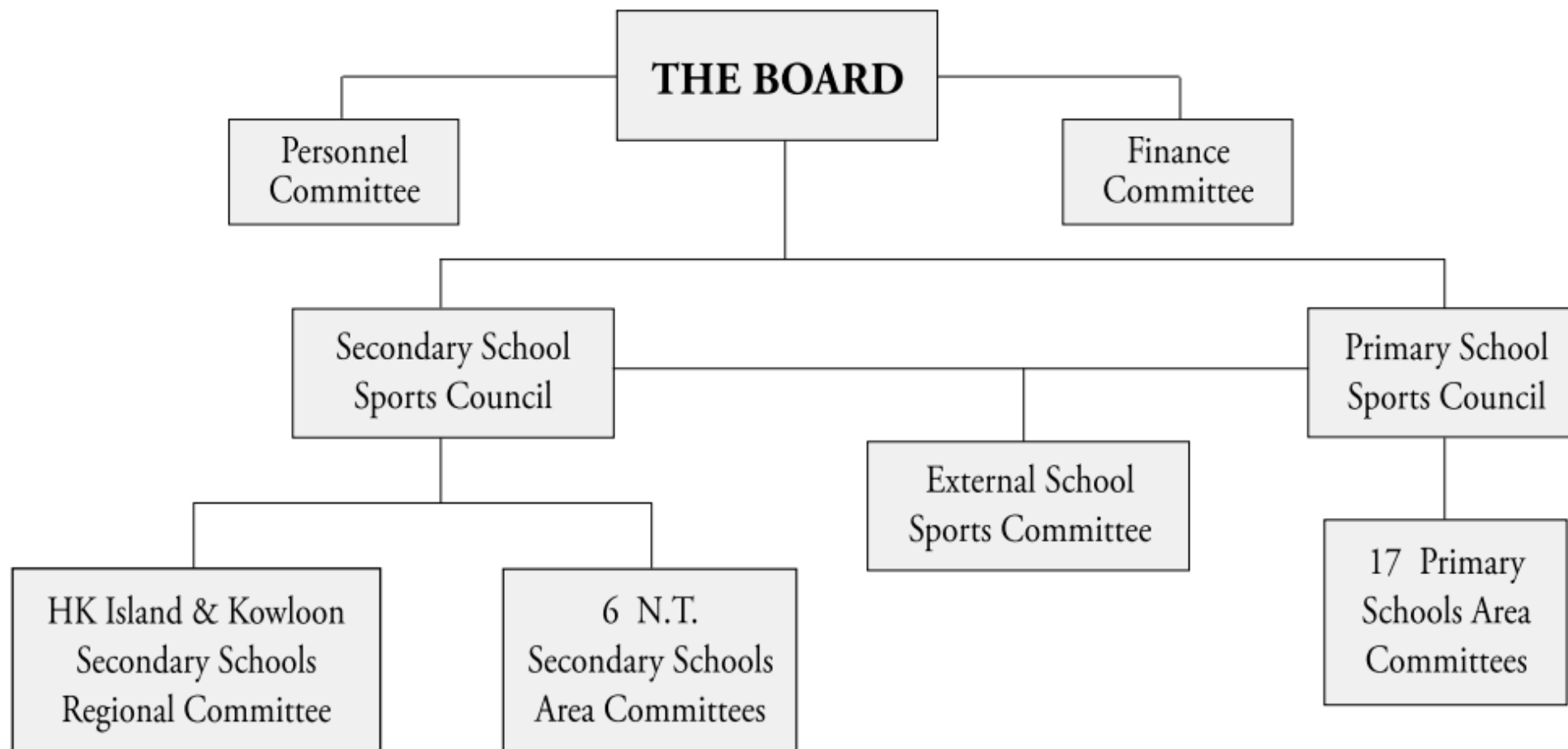
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THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

ORGANISATION STRUCTURE



THE BOARD

- Chairperson:** Mr. Edmond Hung Chor Ying
The Salvation Amy William Booth Secondary School
- Vice-Chairperson:** Mr. Kwok Tat Wah
C&W District St. Anthony's School
- Hon. Treasurer :** Mr. Yau Yue Man
Shak Chung Shan Memorial Catholic Primary School
- Members:** Mr. Chan Moon Lam
Buddhist Chan Wing Kan Memorial School
- Mr. Chan Yip Leung
Fung Kai No.1 Secondary School
- Mr. Dion Chen, MH
Ying Wa College
- Mr. Ronnie Cheng Kay Yen
Diocesan Boys' School
- Mr. Lam Wai Choi
T.W.S. St Bonaventure Catholic Primary School
- Mr. Lee Siu Leung
Tin Shui Wai Methodist College
- Mr. Stephen Li Tak Fai
Yu Chun Keung Memorial College No.2
- Mr. Lin Chun Pong
HKFYG Lee Shau Kee College
- Ms. Jessica Man Sze Wing, MH
Po Leung Kuk Lam Man Chan English Primary School
- Mr. Eric Ng Chun Hung
CCC Fong Yun Wah Secondary School
- Mr. Wan Chi Yeung
SKH Tak Tin Lee Shiu Keung Primary School
- Mr. Ying Ngai
Kwong Ming School
- Secretary:** Ms. Carmen Tang Ka Pui
The Schools Sports Federation of Hong Kong, China

SECONDARY SCHOOL SPORTS COUNCIL

Chairperson:	Mr. Edmond Hung Chor Ying <i>The Salvation Amy William Booth Secondary School</i>
Vice-Chairperson:	Mr. Ronnie Cheng Kay Yen <i>Diocesan Boys' school</i>
Members:	Mr. Chan Yip Leung <i>Fung kai No.1 Secondary School</i> Mr. Cheng Kai Lam <i>Baptist Wing Lung Secondary School</i> Mr. Lie Chi Wai, Kevin <i>Jockey Club Ti-l College</i> Ms. Cho Chui Yi, Gaesar <i>STFA Leung Kau Kui College</i> Mr. Chou Wai Hong <i>SKH Tang Shiu Kin Secondary School</i> Mr. Leung Ho Yin <i>La Salle College</i> Ms. Li Sau Sau, Esther <i>HKUGA College</i> Mr. Liang Kwun Fan <i>ELCHK Lutheran Secondary School</i> Mr. Ko Kam Tong <i>Yu Chun Keung Memorial College, No.2</i> Ms. Kong Fung Yiu <i>Ying Wa Girs' School</i> Mr. Kwong Wing Sun, Vincent <i>Christian Alliance S W Chan Memorial College</i> Mr. Lee Siu Leung <i>Tin Shui Wai Methodist College</i> Ms. Lee Wai Chi <i>Hoi Ping Chamber of Commerce Secondary School</i> Mr. Ng Chun Hung <i>CCC Fong Yun Wah Secondary School</i> Mr. Poon Ka Hang <i>Pui Ching Middle School</i> Mr. Suen Shui Keung <i>Cotton Spinners Association Secondary School</i> Mr. Tse Ka Hang <i>TWGHs Chen Zao Men College</i> Mr. Wan Ka Kit <i>Baptist Lui Ming Choi Secondary School</i> Mr. Yip Ka Wai <i>St. Francis Xavier's School, Tsuen Wan</i> Ms. Yum Ming Man, Dora <i>Heep Yunn School</i>
Secretary:	Mr. Wong June Limb <i>The Schools Sports Federation of Hong Kong, China</i>

EXTERNAL SCHOOL SPORTS COMMITTEE

Chairperson:	Mr. Eric Ng Chun Hung <i>CCC Fong Yun Wah Secondary school</i>
Vice-Chairpersons :	Mr. Yip Yick Siu <i>Tai Po Old Market Public School (Plover Cove)</i> Mr. Suen Shui Keung <i>Cotton Spinners Association Secondary School</i>
Members :	Ms. Chan Shuk Yee Polly <i>Yaumati Catholic Primary School (Hoi Wang Road)</i> Mr. Ko Kam Tong <i>Yu Chun Keung Memorial College, No.2</i> Mr. Pat Kam Lung <i>PLK Dr. Jimmy Wong Chi Ho (Tin Sum Valley) Primary School</i> Mr. Poon Ka Hang <i>Pui Ching Middle School</i> Mr. Wong Wai Lap <i>Lions Clubs International Ho Tak Sum Primary School</i> Mr. Yip Ka Wai <i>St. Francis Xavier's school, Tsuen Wan</i>
Secretary :	Mr. Bruce Tang <i>The Schools Sports Federation of Hong Kong, China</i>

HK ISLAND AND KOWLOON SECONDARY SCHOOLS REGIONAL COMMITTEE

Chairperson :	Mr. Ronnie Cheng Kay Yen <i>Diocesan Boys' school</i>
Vice-Chairpersons :	Mr. Hung Chor Ying <i>The Salvation Army William Booth Secondary School</i> Mr. Poon Ka Hang <i>Pui Ching Middle School</i>
Hon. Secretary :	Ms. Yum Ming Man <i>Heep Yunn School</i>
Hon. Treasurer :	Ms. Lee Wai Chi <i>Hoi Ping Chamber of Commerce Secondary School</i>
Members :	Mr. Dion Chen, MH <i>Ying Wa College</i> Mr. Chou Wai Hong <i>SKH Tang Shiu Kin Secondary School</i> Mr. Chu Lap Yin <i>St. Joseph's College</i> Mr. Ko Kam Tong <i>Yu Chun Keung Memorial College No.2</i> Ms. Kong Fung Yiu <i>Ying Wa Girls' School</i> Mr. Lai Chiu Lun <i>Good Hope School</i> Mr. Lam Yiu Pan <i>STFA Cheng Yu Tung Secondary School</i> Mr. Leung Ho Yin <i>La Salle College</i> Ms. Li Sau Sau, Esther <i>HKUGA College</i> Mr. Liang Kwun Fan <i>ELCHK Lutheran Secondary School</i> Mr. Yu Chi Hang <i>The HKTA Ching Chung Secondary School</i>
Secretary :	Mr. She Tsz Chun, Kenneth <i>The Schools Sports Federation of Hong Kong, China</i>

SYSTEM OF COMPETITION

1. A Division system, with a maximum of three divisions, will be adopted for all sports conducted by the HK Island and Kowloon Secondary Schools Regional Committee. Schools will be placed in divisions by the Regional Committee based on performance in the previous season. Schools participating for the first time or rejoin after a period of absence will be placed in the lowest division.
2. If a school, after being allotted to a higher division in a sport, does not enter in that sport without reason acceptable to the HK Island and Kowloon Secondary Schools Regional Committee, such school will not be allowed to participate in that sport for a maximum of the following 2 seasons. This rule will also be applied to schools in Division Two of a sport if that sport has 3 divisions competition.

3. PROMOTION AND RELEGATION SYSTEM

Unless otherwise stated,

- 3.1 The first and second schools in Division 2 will be promoted to Division 1.
 - 3.2 The last and second last schools in Division 1 will be relegated to Division 2.
 - 3.3 The first and second schools in Division 3 will be promoted to Division 2.
 - 3.4 The last and second last schools in Division 2 will be relegated to Division 3.
 - 3.5 When Division Two or Three competition has to be further split into areas because of large number of entries, the first school in each area competition will be promoted. Under such circumstances, same number of schools in the corresponding higher division will be relegated.
4. In order to determine ranking of each school in each sport, the following points scoring system will be used:

4.1	Position	A Grade	B Grade	C Grade
	Champion	18	18	18
	Second	14	14	14
	3rd	12	12	12
	4th	10	10	10
	5th	8	8	8
	6th	6	6	6
	7th	4	4	4
	8th	3	3	3
	9th	2	2	2
	10th	1	1	1
	11th & below	0	0	0

- 4.2 In the case when a competition is separated into first round and final round, the positions of non-qualifying team in the first round will be placed immediately after the last team in the final round. When teams tie in a position, overall points for the place for which they tie will be awarded to each team in full.

- 4.3 The total points scored by all 3 grades will then be used to rank each school for promotion and relegation.
- 4.4 The above points scoring system will not apply to Archery, Athletics, Swimming and Indoor Rowing as these sports already have a points scoring system based on individual results to determine team and school ranking.
- 4.5 Schools tying for points will be awarded the same position.
- 4.6 In case of tie on overall points that affect promotion and relegation or awards, the following criteria are used:-
- 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
 - 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.
 - 3) Should the tie still persist, a draw will be taken to break the tie.

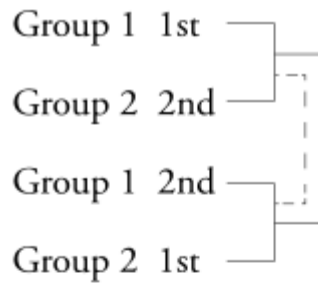
5. GROUPING SYSTEM

- 5.1 Unless otherwise stated, when the number of entries is such that a Division has to use a grouping system the following will apply:

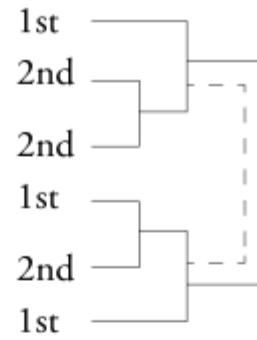
Entries	No. of groups in 1st round	No. of teams in Single round Final
3-8 teams		3-8 teams
9-12 teams	2	4
13-15 teams	3	6
16-20 teams	4	4
21-25 teams	5	5
26-30 teams	6	6
31-35 teams	7	7
36-40 teams	8	8

- 5.2 Seeding according to result of previous year would be taken in avoiding strong teams to be drawn together in the same group.
- 5.3 In the case when Single Knock Out system is adopted in the Final Round, the top two teams in each group in the first round will qualify for the final. Lot drawing system will be applied in this stage as follows:
- 5.3.1 Knock out table will illustrate placings of first and second finalists.
 - 5.3.2 If there are three or more groups in the preliminary round competition, teams will be drawn to respective placings of the knock out table by lot drawing.
 - 5.3.3 Lot drawing will be conducted immediately after all preliminary round matches have been completed, or when all qualifying teams are confirmed.
 - 5.3.4 Lot drawings will be conducted to public in the Secretary Office. Dates and time of the lot drawings will be announced on the HKSSF Web. School representative may attend the draw.
 - 5.3.5 The first and second finalists from the same group of the preliminary round will be drawn into upper and lower tier of the knock-out table separately.
 - 5.3.6 All first finalists will be drawn for placings pre-determined for first finalists.
 - 5.3.7 All second finalists will be drawn for placings pre-determined for second finalists.
 - 5.3.8 Qualifying teams will be allotted by lot drawing as follows:

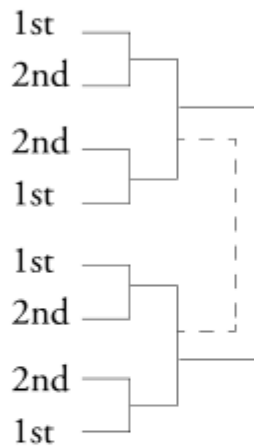
(Two Groups)



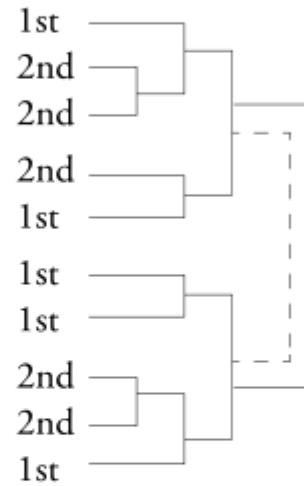
(Three Groups)



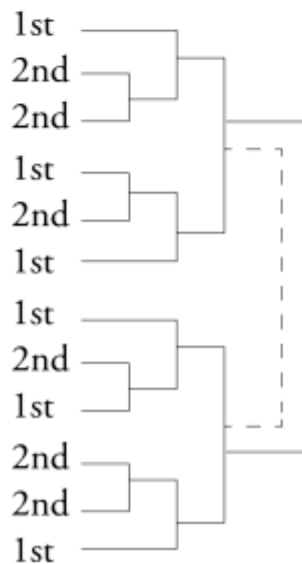
(Four Groups)



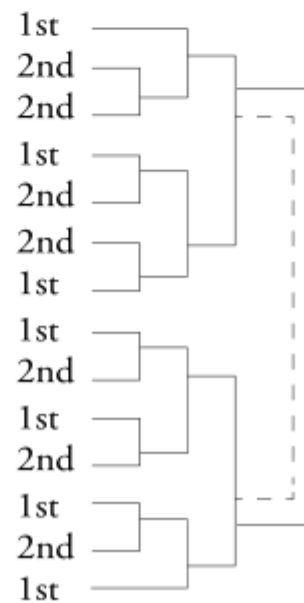
(Five Groups)

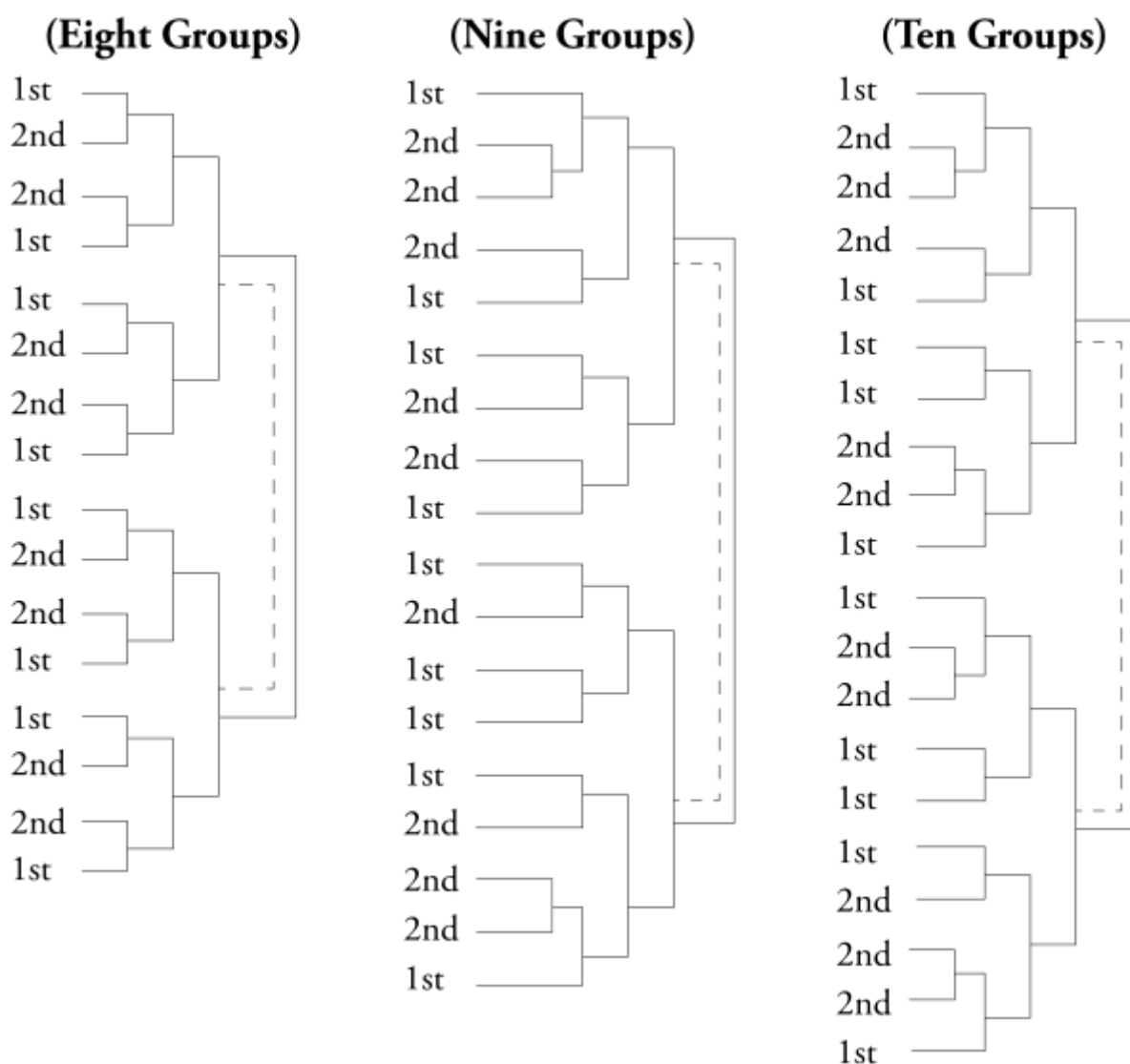


(Six Groups)



(Seven Groups)





- 5.4 Should a school give a walk over in the knock out stage, the school will be eliminated and debarred from further participation in that stage. No award will be given to the school but overall points/School Award points equivalent to the achieved lowest position in the knock out stage will be given to the school. However, this will not apply to those schools which deliberately give a walk over and fail to notify the Secretariat.

GENERAL RULES OF SPORTS COMPETITION

1. COMPETITION STARTING TIME

- 1.1 Teams shall be properly dressed and have their team/score sheets filled in before the scheduled time of the match. If any team is not ready to start at the scheduled time, the referee may declare a walk-over.
- 1.2 Members of a team cannot be changed when a match has been started unless otherwise specified in official rules of respective competitions.

2. ELECTRONIC REGISTRATION CARD

- 2.1 No player shall be allowed to play if he/she fails to produce his/her valid student electronic registration card before the start of a match.
- 2.2 Before the start of a match, the staff member-in-charge must present all the electronic registration cards to the referee.
- 2.3 Referee or Members of the Management Committee have the right to check electronic registration cards at any time.

3. DISCIPLINE

- 3.1 Each team shall be accompanied by a staff member of the school, or an authorized member appointed by Head of school. He / she shall remain with the team until the end of the match.
- 3.2 The staff member shall be responsible for the conduct of other staffs, team members and supporters both on and off the field.
- 3.3 The staff member of the first named team on the fixture will be the duty officer of the match to deal with problem that may arise. The staff member shall report to the Federation Office in event of any special case.
- 3.4 The staff member, or the authorized member must report to the referee before the scheduled time of a match (Base on the network time) no matter whether there is any delay of the previous match.

4. FIXTURES

- 4.1 Fixtures will be uploaded to our website or updated at least 7 days in advance whenever possible.
- 4.2 Games can be scheduled during holidays.
- 4.3 No postponement will be entertained.

5. HONG KONG, CHINA SCHOOLS REPRESENTATIVE TEAMS

Any school with player and/or teacher selected to represent Hong Kong, China Schools Representative Teams shall not be scheduled any fixture for that particular sport during the period.

6. INCLEMENT WEATHER

Competitions/activities will be cancelled according to the public announcement of the Education Bureau, Hong Kong Observatory or Environmental Protection Department as below:

6.1 INDOOR

SITUATION			INDOOR COMPETITION ARRANGEMENT
	Situation		Indoor Competition Arrangement
Education Bureau	All schools are to be closed because of adverse weather		All competitions will be cancelled
Hong Kong Observatory	At 6:30 a.m.	Tropical cyclone warning signal No.3, red rainstorm warning or other higher warning signal is hoisted	All competitions starting before 1:00 p.m. will be cancelled
	At 11:00 a.m.		All competitions starting from 1:00 p.m. onward will be cancelled
Environmental Protection Department	Air Quality Health Index (AQHI) reaches the band of 10+		All competitions of the affected district (competition venue) will be cancelled

If competitions have been started, the duty officer and the referee will decide whether or not the competitions will continue.

6.2 OUTDOOR

	Situation			Outdoor Competition Arrangement
Education Bureau	All schools are to be closed because of adverse weather			All competitions will be cancelled
Hong Kong Observatory	At 6:30 a.m.	Tropical cyclone Warning	Any	All OUTDOOR VOLLEYBALL matches (Except Beach Volleyball) and cross country competition starting before 1:00 p.m. Will be cancelled
			Signal No.3 or higher	All competitions starting before 1:00 p.m. will be cancelled
		Rainstorm Warning	Amber or higher	
	At 11:00 a.m.	Tropical cyclone Warning	Any	All OUTDOOR VOLLEYBALL matches (Except Beach Volleyball) and cross country competition starting from 1:00 p.m. onward will be cancelled
			Signal No.3 or higher	All competitions starting from 1:00 p.m. onward will be cancelled
		Rainstorm Warning	Amber or higher	
Environmental Protection Department	Air Quality Health Index (AQHI) reaches the band of 8 – 10 (Very High)			Cross country competition of the affected district (competition venue) will be cancelled
	Air Quality Health Index (AQHI) reaches the band of 10+			All competitions of the affected district (competition venue) will be cancelled

In the event of wet weather, participating teams playing in OUTDOOR COURTS must report to the competition centres. The referee and the duty officer will decide postponement of the fitness of ground condition before the start or during the course of a match.

7. UNIFORM

- 7.1 All athletes must wear appropriate sportswear when participating in the competition.
- 7.2 Unless otherwise specified, athletes are required to wear their uniform tops bearing school name / abbreviation / badge, which should be sewn or stenciled on permanently.
- 7.3 School name / abbreviation / badge is required on both sides for a reversible uniform.
- 7.4 Unless otherwise specified, all athletes should wear identical uniform tops in same colour and style.
- 7.5 Players' numbers should be sewn or stenciled permanently.
- 7.6 Uniform must not contain any slogans or advertising with indecent information, such as gambling, tobacco, spirits, political, and any discriminative, abusive, or unethical statements.

8. TEAM COLOUR

- 8.1 Teams playing in body contact match must wear distinctive colour vests for easy identification. Please refer to respective general rules for regulation on uniform.
- 8.2 Schools entering in Inter-School Football & Handball Competition are requested to supply a list of colours of their teams in early September. No alteration will be made to the team colour lists after the submission deadline. Team colour lists for Football & Handball will be compiled and circulated to all participating schools prior to the commencement of competition.
- 8.3 Special rules on Team colour for Basketball Competition have been stated in the General Rules of Inter-School Basketball Competition.
- 8.4 School should supply one colour only per grade. In the case of multi colour shirt, only the main colour should be reported. If any school supplies two colours per grade, the Federation office will choose, by random, one colour to be included in the team colour list.
- 8.5 In the case when a team fails to supply team colour, a question mark (?) will be indicated in the team colour list.
- 8.6 Teams should wear the colour as indicated in the team colours list, otherwise they will be responsible in the event of clash or similar of colour.
- 8.7 The Home Team (the first named team on the fixture) of a match must check the shirt colour of the away team. In case of clash or similar of colour, the Home Team shall change, failing which will lead to walk-over.
- 8.8 In the case when a team not wearing the colour as indicated in the team colour list and subsequently leading to clash or similar of colour, no matter Home or Away Team, the team concerned will be responsible to change before the official time, failing which will lead to walk-over.
- 8.9 In case of clash or similar of colour, the team fails to supply team colour, no matter Home team or Away team, will be responsible to change before the official time, failing which will lead to walk-over.
- 8.10 In the case when both teams fail to supply team colour and there is a clash or similar of colour, then both teams are responsible. If either team cannot change its colour, both teams will be disqualified.
- 8.11 In the case when Away Team fails to supply team colour and Home Team not wearing the colour as indicated in the team colour list and subsequently leading to clash or similar of

colour, the Home Team shall change, failing which will lead to walk-over.

- 8.12 In the case when Home Team fails to supply team colour and Away Team not wearing the colour as indicated in the team colour list and subsequently leading to clash or similar of colour, the Away Team shall change, failing which will lead to walk-over.
- 8.13 In the case when Home Team change the shirt colour in accordance with 8.7, and the Away Team not wearing the colour as indicated in the team colour list and subsequently leading to clash or similar of colour, the Away Team will be responsible to change before the official time, failing which will lead to walk-over.
- 8.14 In the case when both teams are not wearing the colour as indicated in the team colour list and subsequently leading to clash or similar of colour, then both teams are responsible. If either team cannot change its colour, both teams will be disqualified (except case 8.13).

	Home Team	Away Team	Team shall change
8.7	✓	✓	Home Team
8.8	X	✓	Home Team
	✓	X	Away Team
8.9	✓	?	Away Team
	?	✓	Home Team
8.10	?	?	Both Teams
8.11	X	?	Home Team
8.12	?	X	Away Team
8.13	#	X	Away Team
8.14	X	X	Both Teams

Remarks : ✓ wearing the colour indicated in the team colour list
 X not wearing the colour indicated in the team colour list
 ? fails to supply team colour
 # Home team changes to other colour according to rules

9. COMPETITION VENUE

Matches will be conducted in public venues, However, participating schools must be prepared to release their courts for competition when required.

10. NUMBER OF PARTICIPATING TEAM

- 10.1 A school may enter one team in a grade.
- 10.2 If the number of schools entered in any grade in a sport is less than 2 schools, then the competition of that grade will be cancelled.
- 10.3 Schools wishing to drop out from competition must inform the Federation Office as early as possible with sufficient reason. The Management Committee will, if necessary, before the commencement of competition, redistribute schools into another groups in order to maintain a balanced number of teams in different groups.

11. TEAM MANAGER

Participating teams must be accompanied by one or more Team Managers who is a full time staff member or an authorized member (non-staff member) appointed and registered with the Federation, otherwise teams will not be allowed to participate in the competition. The Team Manager shall be responsible for the conduct of the athletes, students and supporters both on

and off the field.

Non-staff member to serve as Team Manager:

- Application must be submitted online at least four working days prior to the Team Manager's assumption of duty. (star.hkssf.org.hk)
- The applicant's name must be the same as the name on the identity document.
- The person must be aged 18 or over (According to the Collective Personal Accident Insurance Policy, only those aged 70 and under will be covered).
- The person must not be a current secondary school student.
- The person cannot serve as Team Manager of two competing teams in the same match.
- The person must be appointed and registered with the Federation by Head of School.

12. TROPHY, MEDAL AND CERTIFICATE

12.1 The HKSSF Logo is subject to copyright of all rights reserved. Should there be any loss of medals, no replacement is allowed unless with the approval of the Federation/ Regional Committee.

12.2 Maximum number of medals and certificates shall be issued to winning schools / teams according to the specificity of respective sports with details as follows:

Team

Event	Division	Trophy	Medal				Certificate
			Gold	Silver	Bronze	Iron	
3x3 Basketball	ALL	1	5	5	5	5	5
Archery	ALL	1	3	3	3	3	3
Athletics	ALL	1	0	0	0	0	0
Badminton	ALL	1	9	9	9	9	9
Basketball	ALL	1	12	12	12	12	12
Beach Volleyball	ALL	1	4	4	4	4	4
Cross Country	D1	1	8	8	8	8	8
	D2	1	8	8	8	8	8
	D3 Boys	1	6	6	6	6	6
	D3 Girls	1	6	6	6	6	6
Fencing	ALL	1	5	5	5	5	5
Football	Boys	1	20	20	20	20	20
	Girls	1	15	15	15	15	15
Gymnastics	ALL	1	5	5	5	5	5
Handball	D1 Boys	1	16	16	16	--	16
	D2 Boys	1	16	16	16	16	16
	Girls	1	18	18	18	18	18
Hockey	ALL	1	16	16	16	16	16
Indoor Rowing	ALL	1	0	0	0	0	0
Life Saving	ALL	1	0	0	0	0	0
Netball	ALL	1	14	14	14	14	14
Rugby Sevens	ALL	1	12	12	12	12	12
Softball	ALL	1	15	15	15	15	15
Squash	Boys	1	7	7	7	7	7

	Girls	1	5	5	5	5	5
Swimming	ALL	1	0	0	0	0	0
Table Tennis	ALL	1	5	5	5	5	5

Tennis	D1	1	8	8	8	--	8
	D2	1	8	8	8	8	8
Tenpin Bowling	ALL	1	3	3	3	3	3
Volleyball	ALL	1	14	14	14	14	14

If 8 or less teams, only top 3 places will be awarded.

Individual/ Relay

Event	Ind/Relay	Prize	Place			
			1st	2nd	3rd	4th
Archery	Individual	Medal	*Medal & Certificate will be awarded to top 8 winners			
		Certificate				
Athletics	Individual	Medal	1	1	1	1
		Certificate	1	1	1	1
	Relay	Medal	6	6	6	6
		Certificate	4	4	4	4
Cross Country	Individual	Medal	*Medal & Certificate will be awarded to top 10 winners			
		Certificate				
Fencing	Individual	Medal	1	1	1(Co-third)	0
		Certificate	1	1	1(Co-third)	0
Gymnastics	Individual	Medal	*Medal will be awarded to top 4 winners Certificate will be awarded to top 8 winners			
		Certificate				
Indoor Rowing	Individual	Medal	*Medal & Certificate will be awarded to top 10 winners			
		Certificate				
	Relay	Medal	4	4	4	4
		Certificate	4	4	4	4
Life Saving	Individual	Medal	1	1	1	1
		Certificate	1	1	1	1
	Pair	Medal	2	2	2	2
		Certificate	2	2	2	2
	Relay	Medal	4	4	4	4
		Certificate	4	4	4	4
Squash	Individual	Medal	1	1	1(Co-third)	0
		Certificate	1	1	1(Co-third)	0
Swimming	Individual	Medal	1	1	1	1
		Certificate	1	1	1	1
	Relay	Medal	6	6	6	6
		Certificate	4	4	4	4
Tenpin Bowling	Individual	Medal	*Medal & Certificate will be awarded to top 8 winners			
		Certificate				

12.3 Apply for reissue certificate

- 12.3.1 Applicant must provide correct information and return the incorrect certificate for any reissue of certificate in the present academic season; reissue will only be free of charge if such information is correctly provided by school; otherwise each certificate will be charged HK\$50 as administration fee.
- 12.3.2 No certificate will be issued for previous seasons. Applicants can only apply for certification letter.
- 12.3.3 Application form for the certification letter can be downloaded at the HKSSF Website. Each certification letter will be charged HK\$100.
- 12.3.4 Applicant shall pay the fee when collecting the certification letter in person or by his / her authorized representative (with authorized document) at the secretariat office.

STUDENT ATHLETE REGISTRATION CARD

Students of member schools who take part in any competition organised by The Schools Sports Federation of Hong Kong, China must be properly registered. Registration card must be presented in the course of a competition.

1. GRADE

The registration grade is graded by sex and age (i.e. Boys A, B1, B2, C, Girls A, B1, B2, C).

A Grade : Born on or after 1st January 2007

B1 Grade : Born on or after 1st January 2010

B2 Grade : Born on or after 1st January 2011

C Grade : Born on or after 1st January 2012

2. REGISTRATION FEE

2.1

Type	General (available for use within 4 working days after the day of submission)	Urgent (available for use on the next working day after the day of submission)
New application	\$ 18/card	\$ 40/card
Replacement or Grade Change		

2.2 Payment methods: A debit note will be issued.

2.3 Cheque should be made payable to "The Schools Sports Federation of Hong Kong, China"

3. HOW TO APPLY REGISTRATION CARD

3.1 Login to the student Athletes Online Registration System (star.hkssf.org.hk), follow the steps provided on screen to complete the registration process (input student information, upload photo and identity document) and submit via the online registration system by the Head of School / Authorized Person.

3.2 The default username is the school abbreviation in English and the password will be expired by the end of each season.

3.3 User Manual and PowerPoint Presentation of the online registration system are available on the HKSSF website.

4. INPUT STUDENT INFORMATION

4.1 There are four ways of entering.

- A. Input data one by one
- B. Import by Excel (Template can be downloaded from the online registration system)
- C. Select from Last Year's Student Athletes
- D. Select from eClass (if applicable)

5. UPLOAD PHOTO AND IDENTITY DOCUMENT

5.1 There are two ways of uploading.

- A. Scan photo/identity document, and then upload
- B. Use the HKSSF App to take a photo of the student/identity document and upload directly to the online registration system

6. PHOTO

The minimum upload size per file is 412 X 459 pixel and 150kb, maximum size is 2Mb in JPG or PNG format.

7. IDENTITY DOCUMENT (School chop and Head of School signature not required)

7.1 Please note that only following documents will be accepted as valid identity document for registration.

A. Hong Kong Identity Card (If applicant is replacing HKID at the time of registration, HKSSF only accepts acknowledgement of application issued by Immigration Department.)

B. Valid Travel Document

7.2 The minimum upload size per file is 715 X 454 pixel and 150kb, maximum size is 2Mb in JPG, PNG or PDF format.

8. CHANGE OF GRADE

8.1 A registered student may only be allowed to apply for change of grade according to following situation:

B1 Grade : Born on or after 1st January 2010

B2 Grade : Born on or after 1st January 2011

C Grade : Born on or after 1 st January 2012 Year of birth of student (2025-26 season)	Grade registered				Participated competition					Apply for change of grade
	A	B1	B2	C	Open	Senior	Junior	B	C	
2010 年	✓				✓					B1
	✓					✓				
		✓			✓					A
		✓				✓				
2011 年	✓				✓					B1 or B2
	✓					✓				B1
		✓			✓					A or B2
		✓				✓				A
			✓		✓					A or B1
			✓					✓		B1
2012 年或以後	✓				✓					B1, B2 or C
	✓					✓				B1
		✓			✓					A, B2 or C
		✓				✓				A
			✓		✓					A, B1 or C
			✓					✓		B1
			✓				✓			C
				✓	✓					A, B1 or B2
				✓			✓			B2

8.2 Application for change of grade can be made via the online registration system and a certify letter from the Head of School must be uploaded.

9. VALIDITY PERIOD OF ONE YEAR

9.1 The registration card is valid from 1 September until 31 August in the following year.

9.2 An expired registration card cannot be used.

NOTICE OF REGISTRATION

1. POINTS TO NOTE

- 1.1 Registration card is non-transferable and information on the card should not be altered.
- 1.2 Registration card is only valid with the mark of “E-Card”.
- 1.3 Registration card is only valid for the specified year.
- 1.4 A student can only be registered in one grade for the specified year.
- 1.5 A student may only possess one registration card.
- 1.6 Any student contracted as “full-time athlete” under any organisation or programme shall not be eligible to represent any member school in inter-school sports competition during the contractual period.
- 1.7 All rules and regulations of HKSSF should be strictly observed and abided by the cardholder, including the Anti-doping Rules of the Sports Federation & Olympic Committee of Hong Kong, China and the Anti-Doping Organization of Hong Kong, China that the HKSSF has adopted.
- 1.8 Registration card is the property of the HKSSF and must be returned on request.

2. ELIGIBILITY

- 2.1 Students holding A grade registration card may only take part in A grade competition.
- 2.2 Students holding B1 or B2 grade registration card may only take part in B grade competition.
- 2.3 Students holding C grade registration card may only take part in C grade competition.
- 2.4 When a sport is organised in Senior grade competition, students holding A or B1 grade registration card may take part.
- 2.5 When a sport is organised in Junior grade competition, students holding B2 or C grade registration card may take part.
- 2.6 When a sport is organised as an ‘open grade’ competition, students holding A, B1, B2 or C grade registration card may take part.

3. RESPONSIBILITY

- 3.1 The accuracy of the date of birth together with other particulars of each student applying for registration shall be the responsibility of the Head of school to the best of his/her knowledge when he/she approves / endorses the application for registration. If teachers are authorized to approves / endorses the application for registration, schools are still held responsible for any irregularities committed by their teachers.
- 3.2 A student registered by a member school can compete only for the said member school in the current school year provided that he/she remains a student of that school. During the course of a school year a student can transfer to a member school and compete for the school provided that he/she has not competed for the previous school and the previous registration card is returned. Schools admitting students in the middle of a school term must ensure that when registering such students with the Area/Regional Committee, they have not registered and competed for another school.
- 3.3 The HKSSF will conduct filming and video recording during the event. The photos and video clips taken by the HKSSF may be used for promotion and publicity in the future. If students do not agree to the above arrangements, please have their school principal sign the “Unauthorized Use of Activity Photos and Video Clips for Promotion Form” and

submit it to the HKSSF.

4. RETENTION OF DATA AND SECURITY

- 4.1 The personal data, photo and identity document collected will be used for registration purpose only. Data will be destroyed after a retention period of two years.
- 4.2 The Student Athletes Online Registration System has adopted SSL encryption to protect all data transmitted.

5. INSURANCE

Insurance Premium has been incorporated in the student registration fee (Please refer to the Collective Personal Accident Insurance Policy for details).

6. STUDENT REGISTRATION REGULATIONS

Please refer to By-Laws & Rules Article I Registration of Students.

HK Island and Kowloon Secondary School Sports Calendar 2025-2026

Sport	Date	Time	Venue
Archery	# 13 - 15 / 5 / 2026	8:00am - 4:00pm	Wong Chuk Hang Sports Centre
Athletics	Div. I 20, 25, 28 / 11 / 2025 Div. II 19, 24, 27 / 11 / 2025 Div. III (Area 1) 5, 11, 17 / 11 / 2025 Div. III (Area 2) 31/10, 4, 10 / 11 / 2025 Div. III (Area 3) 18, 26/11, 1 / 12 / 2025 Div. III (Area 4) 30/10, 3, 7 / 11 / 2025 Reserved Dates: 6 / 11 & 2, 3 / 12 / 2025	8:00am - 6:00pm	Wan Chai Sports Ground
X-Country	Div. I 3 / 3 / 2026 Div. II 3 / 3 / 2026 Div. III (Area 1) 5 / 3 / 2026 Div. III (Area 2) 5 / 3 / 2026 Div. III (Area 3) 4 / 3 / 2026 Div. III (Area 4) 4 / 3 / 2026 Reserved Dates: 6 / 3 / 2026	1:00pm - 5:00pm 9:00am - 1:00pm 1:00pm - 5:00pm 9:00am - 1:00pm 1:00pm - 5:00pm 9:00am - 1:00pm	Tai Lam Country Park (Tai Tong Route)
Fencing	# 28/2, 1, 14 & 15 / 3 / 2026	8:00am - 9:00pm	Hong Kong Park Sports Centre
Indoor Rowing	# 25 & 26 / 4 / 2026	9:00am - 7:00pm	Harbour Road Sports Centre
Swimming	Div. I 10 & 17 / 10 / 2025 Div. II 9 & 16 / 10 / 2025 Div. III (HK) 25/9 & 2 / 10 / 2025 Div. III (K1) 26 & 29 / 9 / 2025 Div. III (K2) 8 & 24 / 10 / 2025	8:00am - 6:00pm	Kowloon Park Swimming Pool Victoria Park Swimming Pool Victoria Park Swimming Pool Kowloon Park Swimming Pool Kowloon Park Swimming Pool
Squash	Individual : 11, 12, 18 & 19 / 10 / 2025 Team : 17, 18, 24 & 25 / 1 / 2026	8:00am - 8:00pm 9:00am - 9:00pm	Cornwall Street Squash & Table Tennis Centre
Tenpin Bowling	# 8 / 5 / 2026	10:00am - 6:00pm	SCAA Bowling Centre

Tentative schedule, subject to venue availability

The following information can only show a general idea on the competition period of respective sports. Details will be sent to schools concerned after the first meeting of respective sports management committees.

Sport	Date		Time	Venue
Badminton	September to May	(Weekdays) (Sat & Sun)	12:00nn - 7:00pm 8:30am - 6:00pm	Sports Centres
Basketball	September to May	(Weekdays) (Sat)	4:00pm - 7:00pm 8:30am - 6:00pm	Public Grounds & Sports Centres
Beach Volleyball	October to May	(Weekdays) (Sat & Sun)	3:00pm - 7:00pm 8:00am - 6:00pm	Choi Hung Road Beach Volleyball Court & Kwai Chung Sports Ground
Football	September to May	(Weekdays) (Sat) (Sun)	12:00nn - 6:00pm 8:30am - 6:00pm 9:00am - 2:00pm	Public Grounds
Handball	September to May	(Weekdays) (Sat & Sun)	4:00pm - 7:00pm 9:00am - 6:00pm	Public Grounds & Sports Centres
Table Tennis	October to May	(Weekdays) (Sat & Sun)	8:00am - 7:00pm 7:30am - 6:00pm	Sports Centres
Tennis	October to May	(Tue & Wed & Thu) (Sat)	4:00pm - 7:00pm 9:00am - 5:00pm	Member Schools & Public Grounds
Volleyball	September to May	(Weekdays) (Sat & Sun)	12:00nn - 7:00pm 8:00am - 6:00pm	Public Grounds & Sports Centres

SPORTS ENTRY FEES-TEAM

SEX GRADE SPORTS	BOYS			GIRLS		
	A	B	C	A	B	C
	Senior		Junior	Senior		Junior
3X3 Basketball	\$350		\$350	\$350		\$350
Athletics	\$350	\$350	\$350	\$350	\$350	\$350
Badminton	\$320	\$320	\$320	\$320	\$320	\$320
Basketball	\$350	\$350	\$350	\$350	\$350	\$350
Beach Volleyball	\$320		\$320	\$320		\$320
Cross Country	\$350	\$350	\$350	\$350	\$350	\$350
Fencing	\$350 (open grade)			\$350 (open grade)		
Football	\$350	\$350	\$350	\$350 (open grade)		
Gymnastics	\$350 (per team)			\$350 (per team)		
Handball	\$350	\$350	\$350	\$350		\$350
Hockey	\$350 (open grade)			\$350		\$350
Indoor Rowing	\$320	\$320	\$320	\$320	\$320	\$320
Life Saving	\$350	\$350	-	\$350	\$350	-
Netball	-	-	-	\$350	\$350	\$350
Rugby Sevens	\$350	\$350	\$350	\$350		\$350
Softball	\$350			\$350		
Squash	\$320 (open grade)			\$320 (open grade)		
Swimming	\$320	\$320	\$320	\$320	\$320	\$320
Table Tennis	\$320	\$320	\$320	\$320	\$320	\$320
Tennis	\$320 (open grade)			\$320 (open grade)		
Tenpin Bowling	\$320 (open grade)			\$320 (open grade)		
Volleyball	\$350	\$350	\$350	\$350	\$350	\$350

SPORTS ENTRY FEES-INDIVIDUAL

Sports	Entry Fee Per Participant
Archery	\$130
Fencing	\$250
Gymnastics	\$130
Squash	\$130
Tenpin Bowling	\$130

GENERAL RULES OF INTER-SCHOOL ARCHERY COMPETITION

1. Unless otherwise stated, the local competition rules of Archery Association of Hong Kong, China shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 Recurve Bow Event
 - 2.2 Boys A, B, C Grade - 18m x 2 (Total 60 arrows) (40cm dia. 5 colours 10 rings target face)
Girls A, B, C Grade - 18m x 2 (Total 60 arrows) (40cm dia. 5 colours 10 rings target face)
 - 2.3 18m x 2 (Total 72 arrows) (80cm dia. 6 rings target face) will be adopted if the competition has to be held at outdoor.
 - 2.4 Competition schedule and target assignment will be arranged in accordance to the number of participants, and will be released on HKSSF website at least 7 days in advance.
3. **TEAMS**
 - 3.1 Schools may enroll one team in each grade in the Boys and Girls event.
 - 3.2 Schools may enroll at most 5 archers in each grade (Team award will be determined by the total scores achieved by the top 3 archers in each grade); for schools with less than 3 archers can only participate in the individual competition,
 - 3.3 Entries should be entered by order of priority.
 - 3.4 Due to the booking limitation of the venue, should the number of entries exceed the capacity, entries will be admitted in the following order:
 - 3.4.1 The fifth archer in the highest number of entries among the grades will be eliminated;
 - 3.4.2 The fifth archer in the following highest number of entries among the grades will be eliminated, and so forth;
4. **UNIFORM**
 - 4.1 Archers have exemption from the uniform requirement in General Rules of Sports Competition 7.4, i.e, it is not necessary for all players to dress in identical uniform with same colour and same style.
 - 4.2 If archers choose to wear shorts, length of the shorts is required to be longer than the fingertip when having the arms down.
 - 4.3 Vest, tank tops and jeans are prohibited.
 - 4.4 Archers may be disqualified if they did not dress properly before the start of the competition.
 - 4.5 In case of any doubts towards the uniform requirement, please do not hesitate to inform the Convenor before uniform inspection.
5. **EQUIPMENT**
 - 5.1 Equipment as specified by the FITA standard can be used.
 - 5.2 Archers' name or initials and numbers are required to mark on the shaft of the arrows.
 - 5.3 Arrows used by archers must have the same coloured shaft, fletch and nock.
 - 5.4 Archers must tag their archers' numbers on their quiver.

6. TEAM MANAGER

- 6.1 School Staff or non-full-time staff member authorized by Head of School must accompany their team throughout the competition. Appointed non-full-time staff member must submit 'Team Manager (non-staff member) Registration Form' to the Federation Office 4 working days before assume duty.
- 6.2 Team Manager can only represent ONE school throughout the competition.

7. REPORTING

- 7.1 All school team manager must report ON TIME, students will be disqualified for schools that failed to report. Archers' race number and pins will be distributed during reporting.
- 7.2 Registration card will be checked before archers' practice session, all archers are required to line up in front of the shooting line according to their target assignment.
- 7.3 Registration card MUST be produced to the Convenor before the start of the competition, otherwise archers will be disqualified.
- 7.4 Uniform inspection will be carried out during the presentation of registration cards.

8. PRACTICE

Practice will be arranged before the start of the competition. To avoid interfering the practice of other archers, fixing of target face is not allowed once the practice started, those archers who have not complete fixing may gain the consent from other archers to practice at their target.

9. SCORE CONFIRMATION

Scorecards will be signed by archers, indicating that the archer agrees with the value of each arrow. True copy of the scorecard is required to return to the Judges, duplicate copy can be kept by archers for retention.

10. PRIZES

10.1 Individual Event

Medals will be awarded to the top 8 archers.

10.2 Team Event

The total scores achieved by the top 3 archers will determine the ranking. The top 4 teams shall receive a trophy and 3 medals in each grade. If less than 9 teams participate in a grade, only 3 positions will be awarded.

10.3 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.

10.4 In case of tie on aggregate scores of the team event that affect award(s), the following criteria will be used:-

- 10.4.1 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
- 10.4.2 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.
- 10.4.3 Should the tie still persist, a draw will be taken to break the tie.

11. PROTEST

The decision of the umpires shall be final and no appeal will be accepted.

GENERAL RULES OF INTER-SCHOOL ATHLETICS COMPETITION

Division		Date	Time	Venue
One		20, 25, 28 / 11 / 2025	8:00am-6:00pm	Wan Chai Sports Ground
Two		19, 24, 27 / 11 / 2025		
Three	Area 1	5, 11, 17 / 11 / 2025		
	Area 2	31/10, 4, 10 / 11 / 2025		
	Area 3	18, 26/11, 1 / 12 / 2025		
	Area 4	30/10, 3, 7 / 11 / 2025		

Reserved – 6/11, 2, 3 / 12 / 2025

1. ENTRIES

- 1.1 Each school may enter TWO competitors in each event and ONE team in each of the relay races.
- 1.2 Each competitor may enter TWO individual events and ONE relay race.
- 1.3 Names of competitors in both Chinese and English MUST be submitted to the Federation office on or before the closing date as specified on the application.

2. Substitution on the day of competition ***will not be considered except in a case supported by registered doctor's certificate or obvious injuries on the day of the competition, the player who is replaced will be prohibited to participate in any event on the same day.*** This will only apply in preliminary round and no substitution may be made for individual finals. However, if an event is programmed as a straight final, substitution may be allowed. Substitution may be made in relay finals, as long as the replacement runner has not already run in a relay heat. (see note 1.2)

3. REGISTRATION OF COMPETITORS

Competitors must be registered and must produce their ***registration cards*** to the officials of the meet. Competitors with no registration card are not allowed to take part in the competition.

4. Participating schools shall, when called upon, provided at least ***two PE Teacher officials*** for each day of the meet. The Management Committee reserves the right to refuse any school to take part in the competition if the school cannot provide the requisite number of PE teachers officials. If the appointed officials of a school do not turn up in time on the day of the competition, athletes of that school will not be allowed to take part in the competition until the appointed officials report to duty at the Sports Ground. If an official leaves his post and does not return, he/she shall be reported to the HK Island and Kowloon Secondary Schools Regional Committee.

5. REGULATIONS

5.1 ***Competition Rules***

All events will be held in accordance with the competition rules of the Hong Kong, China Association of Athletics Affiliates as per IAAF (IAAF=WA) unless otherwise specified.

5.2 Equipment

5.2.1 The Management Committee will provide equipment for all events including starting blocks. Athletes must not use their own equipment.

5.2.2 Shoes

(A) Ordinary Training shoes or P.E. shoes.

(B) **Spikes Shoes**

The followings are the specification of spikes which are acceptable to be used at LCSD Sports Ground (Tartan Track)

For Track Events: Tartan spikes maximum length up to 7mm.

For Field Events: Tartan spikes maximum length up to 9mm.

Detailed specification can be obtained from local sport shops.

Any competitor who fails to observe the rules concerning the use of spikes at LCSD Sports Ground will lead to an automatic disqualification of himself / herself from further participation in this year's Athletics Championships.

5.3 Competitors Reporting Procedure

5.3.1 Track event competitors should report to the Marshaling Area. Field event competitors should report directly to Competition Area.

5.3.2 Competitors who fail to report to the respective judges within 5 minutes of the FINAL CALL shall be disqualified from that event.

5.3.3 Competitors taking part in a FIELD event who require to leave in the middle of that event to take part in a TRACK event, should obtain a permission slip from the field event judge before the start of competition. The competitors must still ask permission from the field event judge before leaving the field event to report to the **MARSHAL** for the track event with permission slips and registration cards. The field event judges may alter the order of competition in allowing competitors to take their trial first before leaving.

5.3.4 Competitors entering in both TRACK AND FIELD event which start near, or at the same time, should report FIRST for the TRACK event and inform the Marshal that they also enter in the field event concerned. The Marshal will then issue permission slip to competitors concerned.

5.3.5 Competitors are requested to note that the field event will still in progress during their absence. Immediately after the Track event is finished, competitors should report at once to their field event judge.

5.3.6 For High Jump event, competitors can only re-enter the competition at the height from the round in progress. They are not allowed to jump at any previous height. For other field events, competitors can only take their turn from the round that is still in progress when they report to the field event judge. They will forfeit their trial for any round that has already been completed.

5.3.7 If the field event has already been finished and placings of competitors is fixed, competitors that leave the event will forfeit their chance of competing.

5.3.8 Any undue delay on the part of the competitors to report for their event will make them liable to disqualification.

5.4 Throwing and Jumping Events

- 5.4.1 Where in any of the throwing or jumping events the number of competitors is too big, a qualifying round may be held prior to the competition proper at the discretion of the Management Committee.
- 5.4.2 The first EIGHT (8) competitors shall take part in the final. Tying competitors shall be resolved by comparing the second best performance, or if necessary, the third best, and so on. If second best performance is not available, tying competitors shall both qualify for the final.
- 5.4.3 Standard points will only be awarded for performances in the first 3 trials of the competition. No standard points will be awarded in the final round.
- 5.4.4 For Triple Jump only: There will be 2 take off boards/marks (9m,11m) for triple jump event. In addition, Management Committee may consider, case by case, for allowing competitors to use 7m take off mark.
Competitors should, before the start of their first jump, declare to the officials which take off board/mark they intend to use. Once the decisions are conveyed to the officials, the take off mark will apply to the competitors concerned throughout the competition.

5.5 Track Events

5.5.1 Start

- 5.5.1.1 A crouch start is necessary in all races up to and including 400 metres.
- 5.5.1.2 Recall Point - If, in a race not run in lanes, a runner falls during approximately the first 100 meters because of contact with another runner, the race shall be recalled.

5.5.2 Selection for SEMI-FINAL/FINAL

For 100m to 400m

The best times achieved in heat will be qualified to semi-final/final.

SEMI-FINALISTS & FINALISTS WILL BE SEEDED IN LANES
ACCORDING TO TIME AS FOLLOW: -

(A) Two Semi-Finals: -

SF 1		SF 2	
Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats
1	13	1	14
2	1	2	2
3	4	3	3
4	5	4	6
5	8	5	7
6	9	6	10
7	12	7	11
8	16	8	15

(B) Three Semi-Finals: -

SF 1		SF 2		SF 3	
Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats
1	19	1	20	1	21
2	1	2	2	2	3
3	6	3	5	3	4
4	7	4	8	4	9
5	12	5	11	5	10
6	13	6	14	6	15
7	18	7	17	7	16
8	24	8	23	8	22

(C) Finals: -

SF 1	
Lane	Positions according to time achieved in heats
1	7
2	1
3	2
4	3
5	4
6	5
7	6
8	8

(D) Individual Event

(FOR DIVISION ONE ONLY)

- If 18 or less competitors report to the heats, there will be **NO** semi-final, the best 8 times will qualify for final.
- If 19-32 competitors report to the heats, there will be two semi-finals with a maximum of 16 competitors in the semi-finals. The first in each semi-final and the best 6 times will qualify for final.

(FOR DIVISION Two & THREE ONLY)

- If 24 or less competitors report to the heats, there will be **NO** semi-final, the best 8 times will qualify for final.
- If 25-40 competitors report to the heats, there will be two semi-finals with a maximum of 16 competitors in the semi-finals. The first in each semi-final and the best 6 times will qualify for final.
- If 41 or more competitors report to the heats, there will be three semi-finals with a maximum of 24 competitors in the semi-finals, The first in each semi-finals and the best 5 times will qualify for final.

5.5.3 For 800m & 1500m

If 17 or more competitors report for the competition then heats will be run. The 12 fastest times will qualify for the final. However, Management Committee reserved the right to cancel the heats and replaced by a straight final if less than 17

competitors report to the marshalling area. Girls 1500m is a straight final event.

5.5.4 3000m & 5000m - Straight final.

5.5.5 For Girls 1500m, all 3000m & 5000m, Management Committee reserved the right to separate the straight final into two or more straight finals if 25 or more competitors report for the competition.

5.5.6 Relay Races

There will be NO semi-final. The best 8 fastest times will qualify for final.

5.5.7 Straight finals

If 8 or less competitors, or teams report to the marshalling area for track event (on heat day), the event will be declared a straight final, to be run at time scheduled for that final.

5.6 Lanes in the track events and orders in the field events will be decided by the Management Committee and printed in the programme.

6. TIES: Track Events

If two or more competitors achieving the same time in their heats, where practicable, the tying competitors 'shall both qualify, failing which the actual time recorded by the competitors to 1/1000th of a second shall be considered. If it is still a tie, lots shall be drawn to determine who shall be placed in the semi-final.

7. TIMING

7.1 Electronic timing system installed in Wanchai Sports Ground will be regarded as the official time.

7.2 In the event of the Automatic Equipment failure, re-run may be arranged for the affected races on the same competition day or hand time will be used as the official time for all runners of the same event.

8. POINTS

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

8.1 When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.

8.2 Standard points shall be counted towards the Grade Championships and Overall Championships of the Athletics Meet. Standard points may only be awarded during heats, unless the events is declared as straight final, in which case standard points may be gained in the final in addition to position points.

Standard point: Individual - 1 point. Relay - 2 points

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

8.3.1 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;

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

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

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

- 8.4.1 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
- 8.4.2 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.
- 8.4.3 Should the tie still persist, a draw will be taken to break the tie.

9. PRIZES

- 9.1 Medals will be awarded to the 1st, 2nd, 3rd and 4th places in each event.
- 9.2 Each relay winning team will be awarded 6 medals and 4 certificates only.
- 9.3 In each grade the winning school will receive the appropriate challenge trophy or shield. The rest of prizes will follow the standard set by the HK Island and Kowloon Secondary Schools Regional Committee.
- 9.4 Standard Certificate will be awarded to competitors who reached standard in their events. These certificates will be sent to schools after the Championships.
- 9.5 Record Breakers will receive Certificate of Merit at prize giving.

10. PROMOTION & RELEGATION SYSTEM

Unless otherwise specified, there shall be 16 schools in Division One, Division Two shall consist of 24 schools and the rest of entries will be in Division Three in their respective areas with following arrangement:

Division One

The last 2 schools in the overall points will be relegated to Division Two.

Division Two

The first 2 schools in the overall points will be promoted to Division One. The last 4 schools in the overall points will be relegated to Division Three.

Division Three (4 Areas)

The first school in the overall points in each area will be promoted to Division Two.

11. UNIFORM

- 11.1 Athletes must not dress in sportswear which could impede the view of the Judges.
- 11.2 Athletes' uniform tops should have the same colour on the front and back.
- 11.3 The four relay team members should wear identical uniform tops in same colour and same style (exclude undershirt). Teams will be disqualified in the event if they are not properly dressed.

12. No competitor should leave the Sports Ground until the final results of his / her event are announced. If a re-run is awarded by the Referee upholding a protest competitors who have left the Sports Ground will forfeit their chance of competing in the re-run.

13. OUTSIDE ASSISTANCE

No competitor shall receive any assistance whatsoever from any person during the progress of an event. 'Assistance' includes conveying advice or information to an athlete by any means and pace-making. Athlete receiving advice or information will be warned or disqualified at the discretion of the Referee. Any person giving assistance to athlete will be warned and any repetition will result in action taking by the Management Committee.

14. PROTEST

- 14.1 Protests should be made in writing by the teacher/s in charge of the schools being affected at an incident within 30 minutes of the announcement of the result of that event concerned. No protest will be accepted from student and spectator.
- 14.2 All protests concerning technical rules and interpretation should be made to the Referee. The decision of the Referee shall be final.
- 14.3 All protests concerning the management of the meet should be made to the Convenor. The decision of the Management Committee of the meet shall be final.

15. SPECIFICATIONS

The followings are the specifications of the throwing events and hurdle races

THROWING EVENTS

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
Shot Put	5kg	4kg	4kg	4kg	3kg	3kg
Discus	1.50kg	1kg	1kg	1kg	1kg	1kg
Javelin	700gm	600 gm	-	600 gm	500 gm	-

HURDLES RACES (Height of Hurdles)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
100M Hurdles	-	0.914m	0.838m	0.762m	0.762m	0.762m
110M Hurdles	0.914m	-	-	-	-	-
400M Hurdles	0.838m	-	-	-	-	-

STANDARDS FOR VARIOUS EVENTS

Division One (I)

Grade Events	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.20	12.50	13.30	14.30	14.40	14.70
200m	25.50	26.20	27.50	30.50	30.50	31.00
400m	58.00	1:00.00	1:04.00	1:12.50	1:12.50	1:13.00
800m	2:22.00	2:23.00	2:32.00	2:55.00	2:55.00	2:57.00
1500m	5:00.00	5:06.00	5:25.00	6:18.00	6:25.00	6:27.00
3000m	-	11:30.00	-	-	14:30.00	-
5000m #	20:00.00	-	-	25:00.00	-	-
100m Hurdles	-	17.20	19.70	19.00	20.20	20.50
110m Hurdles	18.50	-	-	-	-	-
400m Hurdles	1:07.50	-	-	-	-	-
High Jump	1.60m	1.55m	1.40m	1.35m	1.30m	1.25m
Long Jump	5.45m	5.05m	4.55m	4.10m	4.00m	3.80m
Triple Jump	11.20m	10.50m	-	-	-	-
Shot Put	9.80m	9.80m	8.00m	6.90m	7.25m	6.80m
Discus	26.00m	27.00m	20.00m	18.80m	18.00m	16.00m
Javelin	30.00m	26.00m	-	19.00m	17.80m	-
4 × 100m Relay	47.50	48.50	52.00	56.50	56.80	58.00
4 × 400m Relay	3:54.00	4:02.00	4:20.00	4:52.00	4:57.00	5:00.00

Division Two (II)

Grade Events	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	12.60	13.00	13.70	15.30	15.30	15.50
200m	26.10	26.80	29.00	32.00	32.20	33.00
400m	1:00.00	1:03.00	1:09.00	1:17.00	1:18.00	1:19.00
800m	2:30.00	2:30.00	2:45.00	3:09.00	3:10.00	3:12.00
1500m	5:12.00	5:20.00	5:45.00	6:50.00	6:50.00	6:50.00
5000m #	21:00.00	-	-	26:00.00	-	-
100m Hurdles	-	19.80	21.00	21.00	21.20	22.20
110m Hurdles	20.00	-	-	-	-	-
400m Hurdles	1:10.00	-	-	-	-	-
High Jump	1.55m	1.47m	1.30m	1.26m	1.23m	1.20m
Long Jump	5.10m	4.70m	4.10m	3.70m	3.60m	3.40m
Triple Jump	10.50m	9.50m	-	-	-	-
Shot Put	9.00m	9.00m	7.30m	6.20m	6.80m	6.00m
Discus	21.00m	23.00m	17.00m	16.50m	15.20m	12.50m
Javelin	24.50m	20.00m	-	15.00m	13.50m	-
4 × 100m Relay	48.50	50.00	53.00	59.40	59.40	59.40
4 × 400m Relay	4:06.00	4:10.00	4:30.00	5:12.00	5:15.00	5:20.00

Division Three (III)

Events \ Grade	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m	13.00	13.50	14.20	15.70	15.70	15.80
200m	26.80	27.80	29.80	34.00	34.00	34.50
400m	1:02.00	1:04.00	1:12.00	1:22.00	1:25.00	1:28.00
800m	2:34.00	2:40.00	2:53.00	3:22.00	3:22.00	3:30.00
1500m	5:30.00	5:40.00	5:58.00	7:08.00	7:08.00	7:08.00
5000m#	21:45.00	-	-	27:15.00	-	-
100m Hurdles	-	20.50	22.20	22.50	23.00	24.00
110m Hurdles	20.80	-	-	-	-	-
High Jump	1.50m	1.45m	1.25m	1.23m	1.20m	1.15m
Long Jump	4.90m	4.60m	3.80m	3.60m	3.40m	3.10m
Triple Jump	10.00m	9.20m	-	-	-	-
Shot Put	8.50m	8.80m	7.00m	5.80m	6.20m	5.50m
Discus	18.50m	20.00m	15.50m	14.50m	13.80m	12.00m
Javelin	21.50m	17.50m	-	13.50m	12.50m	-
4 × 100m Relay	51.00	53.00	56.50	1:02.00	1:03.00	1:05.00
4 × 400m Relay	4:13.00	4:28.00	4:50.00	5:28.00	5:35.00	5:45.00

Note: The HK Island and Kowloon Secondary Schools Regional Committee may amend the above standards upon request by respective Management Committee. Sufficient notice will be given to school if such amendment is necessary.

Athletes will be required to stop racing if they cannot complete the 5000m event within the respective time limit as below:

Boys - Division One (I): 22:00.00 / Division Two (II): 23:00.00 /Division Three (III): 25:00.00

Girls - Division One (I): 27:00.00 / Division Two (II): 28:00.00 /Division Three (III): 30:00.00

GENERAL RULES OF INTER-SCHOOL BADMINTON COMPETITION

1. Unless otherwise stated, the rules of the Badminton World Federation (BWF) shall be applied.

2. SYSTEM OF PLAY

- 2.1 Thomas Cup & Uber Cup system be adopted in the boys & girls competition respectively. Should there be any amendment to the competition system of the 2 cups in future, the Federation would review the system for schools competition accordingly.
- 2.2 A team for each match shall consist of 5 to 7 players. There must be at least 5 players present before the start of a match.
- 2.3 Each team shall be arranged in such a way as to provide 3 singles and 2 doubles. Players can play in one single and one doubles game only but two singles cannot play together in a double game. Double players cannot play in two doubles.
- 2.4 21 points system is adopted in all games, including all singles and doubles.
- 2.5 The order of play shall be as follows:

Game	Home Team	Away Team
1	First Singles	First Singles
2	First Doubles	First Doubles
3	Second Singles	Second Singles
4	Second Doubles	Second Doubles
5	Third Singles	Third Singles

2.6 The winner of the match shall be the team that wins 3 games first.

3. CLASSIFICATION OF TEAMS

- 3.1 2 points for a win, 1 point for a loss and -2 points for giving away a walk-over.
- 3.2 If two teams tie on points, the winner of the match between the two teams shall be awarded the higher position.
- 3.3 If three or more teams tie on points, the winner will be decided by:-
 - i. games difference in the match among teams concerned, if undecided
 - ii. points difference in the matches among teams concerned
- 3.4 If at any stage, using the above criteria in 3.3 (i) and (ii), a multiple team is reduced to a tie involving only two teams, the procedure in 3.2 will automatically be applied.
- 3.5 If it is reduced to a tie still involving more than two teams, the procedure beginning with 3.3 (i) is repeated.
- 3.6 In the event of a walk-over, the score should be recorded as 3:0.
- 3.7 Any player or pair unable to play when requested to do so shall forfeit the game concerned, and it shall be scored as a win for the opponent by one game.

4. DUTIES OF HOME TEAM (The first mentioned team in the fixture)

- 4.1 To be responsible for the arrangement of umpires and linesmen.
- 4.2 To bring the match shuttlecocks and score sheet provided by the Management Committee.: **CN Alpha (Gold Label)** shuttlecocks have been adopted as official shuttlecock. Other brand of shuttlecocks can be used only when both teams agree. If all the shuttlecocks are used up before the end of the match, the home team and the away team should provide

extra shuttlecocks alternately until the end of the match and these shuttlecocks must be the same brand of shuttlecocks used in the previous games.

- 4.3 Before the game, the home team shall give a blank score sheet to the away team. Each captain or teacher-in-charge shall present the composition of his team in writing in the score sheet to his counterpart in the opposing team before the start of play. No alternation thereof shall be made afterwards. Any discrepancy will lead to the forfeiture of the game(s) in question.
- 4.4 To see that the score sheets are completed and remind BOTH teams to fax the result sheet to the Federation office within 2 days of competition.
- 4.5 A walk over will be declared if the team cannot fulfill the relevant duties as above.

5. TEAM MANAGER

- 5.1 All teams must be accompanied by a team manager who is a full time staff member or authorized person of the school. (Please refer to “General Rules of Sports Competition” item 11)
- 5.2 Only the team manager can make appeal and communicate with opposing school.
- 5.3 The name of the team manager should appear on the score sheet prior to the competition. The team manager has to sign the score sheet after the competition.

6. PUNCTUALITY

- 6.1 If the full team fails to commence competition at the scheduled time shall lead to a walkover.
- 6.2 In case of special circumstances, any team needing to alter the scheduled time of the match should consult the opposing team well in advance and permission must be given by the opposing team. The Federation office must be notified of any changes.

7. UNIFORM

Players have exemption from the uniform requirement in General Rules of Sports Competition 7.4, i.e. it is not necessary for all players to dress in identical uniform with same colour and same style.

8. UMPIRES

- 8.1 The home team shall provide umpires for the odd number games while the away team the even number games.
- 8.2 The umpire, before the commencement of a game, shall see to it that each team has provided 2 linesmen for the game. In double games, the umpire can ask for additional linesman from each team.
- 8.3 Teachers-in-charge should emphasize to their umpire and linesmen the importance of fair play and neutral judgement. Players and spectators should also be told to be careful when using facilities of schools and games halls.
- 8.4 With the help of HKBA, participating schools may request neutral umpires for their matches through the Convenor if both of the opposing teams agree. Both schools must be responsible for the charges involved and the Convenor must be notified at least 14 days before the date of the match.

9. BEHAVIOUR

9.1 Competitors and student spectators must behave properly.

9.2 Student/competitor misbehaving will be requested to leave the competition centre. Such misbehaviour will be reported to the Discipline Committee for further action.

10. PROTEST

Protest should be lodged to Management Committee within 3 working days of the date of the match.

11. INTERRUPTION OF PLAY

In the case when a match cannot be completed as scheduled, the home team should report the case to the Federation Office within 2 working days of the match. If re-arrangement is necessary, the re-match shall continue from where it has been stopped using same players of the interrupted match.

GENERAL RULES OF INTER-SCHOOL BASKETBALL COMPETITION

1. Unless otherwise stated, the rules of the International Basketball Federation (FIBA) shall be applied.

2. CLASSIFICATION OF TEAMS

- 2.1 The classification of teams shall be made on points according to their win-loss records, namely 2 points for each match won, 1 point for each match lost, and -2 points for a match lost by walk-over. In case of walk-over, the score shall be recorded as 20:0.

- i. If there are two teams equal in this classification, the result of the match between the two teams involved will be used to determine the placings.
- ii. If more than two teams are equal in the placings, a second classification will be established, taking into account only the results of the matches between the teams that are tied.

In the event that there are still teams tied after the second classification, then goal difference (total points scored minus total points lost), taking into account only the results of the matches between the teams still tied, will be used to determine the placings.

If there are still teams tied, the placings will be determined using goal difference from the results of all their games played in the group. If still undecided, placing will be decided by lots drawing.

- 2.2 If at any stage, using the criteria in 2.1(ii), a multiple teams tie is reduced to a tie involving only two teams, the procedure in 2.1(i) will automatically be applied. If it is reduced to a tie still involving more than two teams, the procedure beginning with the first paragraph of 2.1 (ii) is repeated.

3. BALLS

Both teams shall supply a match ball that conforms to the rules of the game, Boys: Size 7, Girls: Size 6

4. UNIFORM AND COLOURS

- 4.1 Each team shall wear shirts of the same style and dominant colour front and back.
- 4.2 Each player shall wear sports shorts with no limitation on colour.
- 4.3 Each player shall be numbered on the front and back of his shirt with plain numbers of a solid colour contrasting with the colour of the shirt.
- 4.4 The number on the player's front shall be 10cm high, and on his back 20cm high.
- 4.5 The numbers shall be from 0, 00, 1 to 99 (1-9 shall be a single number) and there cannot be duplicate number on the same team.
- 4.6 Team Colour
 - 4.6.1 Jersey has to primarily feature a single dominant colour.
 - 4.6.2 The first team named in the fixture (home team) shall wear light-coloured shirts.
 - 4.6.3 The second team named in the fixture (away team) shall wear dark-coloured shirts.
 - 4.6.4 No team is allowed to wear grey colour.
 - 4.6.5 Light-colour means white or yellow colour.

- 4.6.6 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 4.7 All players in a team are required to wear same colour same style short sleeves sportswear under the uniform tops or bibs if any individual would like do so.
- 4.8 All players in a team must use same colour protective equipment or tape on upper body.
- 4.9 If cold weather warning has been issued by the HK Observatory, individuals may wear same colour undergarments or long trousers underneath competition uniform.
- 4.10 In the case of controversy on uniform and colours, the referee's decision is final.

5. REFEREES

- 5.1 Official referees shall be appointed by the Federation for all matches.
- 5.2 Unless otherwise informed, both teams shall provide a scorer for each match.
- 5.3 Should the appointed referees fail to turn up within 5 minutes of the scheduled starting time of a match, the teachers-in-charge of the teams concerned shall arrange between themselves a referee to officiate the game. Otherwise, a replay shall be arranged by the Federation.

6. DURATION OF THE GAME

- 6.1 The game shall consist of four (4) periods of ten (10) minutes. (Extra period: 5 minutes). If there is a tie after the extra period, the match shall continue by using the Golden Goal method. The match shall end whenever there is a successful goal during the golden goal period. All remaining penalties shall apply and all successful goals shall be counted.
- 6.2 There shall be an interval of 30 seconds between the first and second period, between the third and fourth period and before an extra period. There shall be a half-time interval of two (2) minutes.
- 6.3 Timeouts:
Five (5) charged time outs may be granted to each team during normal playing time, two (2) charged time outs any time during the first half (1st and 2nd periods) and three (3) charged time outs any time during the second half (3rd and 4th periods). A maximum of two (2) charged time outs may be granted to a team in the last two (2) minutes of the second half. One (1) charged time-out during the extra period. No time-out is allowed in the period when the golden goal method is used.
- 6.4 Time-Keeping
- 6.4.1 In the last two (2) minutes of the fourth period and the extra period, the clock will stop in accordance with the FIBA rules.
- 6.4.2 During the match, when the ball is out of bound, a new 24-second period shall be awarded to the control team.
- 6.4.3 After a charged time-out, (except in the last two minutes of the fourth period and the extra period) the clock will start when the ball is given to a player during a free-throw or throw in.
- 6.5 The 24 second rule:
Whilst a shot from the court, the ball is in the air and the 24 second signal sounds, if the ball touches the rim, the game will no longer be stopped.

7. JUMP BALLS

The first period and golden goal period begins with a jump ball, all other periods and overtime will begin with the alternating possession rule.

8. DISCIPLINE

When a player is sent off because of a disqualifying foul, the referee shall report the incident to the Management Committee for action.

9. INTERRUPTION OF PLAY

When a match cannot be completed during any time of play (1st half, 2nd half, extra period and golden goal period) and the Management Committee has decided a replay, scores and foul record will be retained and the remaining time to be replayed.

GENERAL RULES OF INTER-SCHOOL BEACH VOLLEYBALL COMPETITION

1. Unless otherwise stated, the International Beach Volleyball Rules of International Volleyball Federation (FIVB) shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 Division system is adopted. According to last season's results, and the promotion and relegation system, there will be 12 teams in Division ONE and Division TWO respectively and the rest goes to Division THREE.
 - 2.2 If there are more than 32 teams in Division Two / Three, Qualifying Tournament will be played.
 - 2.3 A single round robin shall be adopted in the preliminary round. Final round will be in knock out basis.
 - 2.4 Division ONE
 - 2.4.1 For preliminary round, 12 teams will be divided into 2 groups and played in single round robin. Top 2 teams in each group will be qualified for the knockout finals.
 - 2.4.2 15 points scoring system is adopted for the preliminary round and knock out finals.
 - 2.4.3 21 points scoring system is adopted for the semi-final and finals.
 - 2.5 Division TWO
 - 2.5.1 For preliminary round, 12 teams will be divided into 2 groups and played in single round robin. Top 2 teams in each group will be qualified for the knock out finals.
 - 2.5.2 15 points scoring system is adopted for the preliminary round and knock out finals.
 - 2.5.3 21 points scoring system is adopted for the semi-final and finals.
 - 2.6 Division THREE
 - 2.6.1 For 32 teams or below in preliminary round, teams will be divided into 8 groups and played in single round robin.
 - 2.6.2 For 33 teams or more, low ranked teams must play Qualifying Tournament to confirm their participation in preliminary round (item 2.6.1)
 - 2.6.3 Top 2 teams in each group will be qualified for the knock out finals.
 - 2.6.4 15 points scoring system is adopted for the Qualifying Tournament, preliminary round and knock out finals.
 - 2.6.5 21 points scoring system is adopted for the semi-final and finals.
 - 2.7 All matches will be played by 2 sets out of 3 systems.
3. **CLASSIFICATION OF TEAMS**
 - 3.1 2 points will be awarded for a win, 1 point for a loss and -2 points for failing to honour a fixture.
 - 3.2 If 2 teams tie on points, the winner of the match between the 2 teams shall be awarded the higher position.
 - 3.3 If 3 or more teams tie on points, their ranking will be decided by the quotient of set points gained divided by set points lost in the matches involving such teams. Should the tie still persist, quotient of sets will be counted in the same manner.
 - 3.4 If at any stage, using the criteria in 3.3, a multiple team tie is reduced to a tie involving only two teams, the procedure in item 3.2 will automatically be applied.

3.5 If it is reduced to a tie still involving more than two teams, the procedure beginning with item 3.3 is repeated.

4. TEAMS

4.1 Senior (A & B1) Grade and Junior (B2 & C) Grade.

4.2 Schools can send any two registered students to compete in each match.

4.3 All participating teams have to arrange at least one extra manpower from school (any staff or student) to serve as Ball Retriever during their own matches.

5. SEEDING

With reference to last season's results according to the following sequence: (i) Inter-School Beach Volleyball Competition; (ii) Overall ranking of Inter-School Volleyball competition.

6. OFFICIAL BALLS

Competition balls will be provided by the Federation, Mikasa BV550C has been adopted as the official ball.

7. NET HEIGHTS AND COURT SIZE.

7.1 Boys Senior - 2.35m Girls Senior - 2.20m

7.2 Boys Junior - 2.30m Girls Junior - 2.15m

7.3 Full Court - 16m x 8m

7.4 Half Court - 8m x 8m

8. UNIFORM

8.1 Players of the match should wear identical jersey.

8.2 Players must be numbered 1 and 2 on front and back side of players' vests or numbering on arms are acceptable.

9. REPORTING

9.1 Teams should report to the competition organizer with the Registration Cards and fill in the team sheet 15 minutes before competition. All results will be deleted if unlawful player has been found.

9.2 Teams without sufficient number of players or appropriate uniform after the final call will forfeit its match.

9.3 Only the 2 players for the respective match are allowed to warm up on court.

10. REFEREE

The Volleyball Association of Hong Kong, China will be responsible for providing referees and scorers.

11. COLD WEATHER ARRANGEMENT

11.1 If cold weather warning has been issued by the HK Observatory, individuals may wear undergarments or long trousers underneath competition uniform provided that will not interfere the judgment of umpiring. The referee has the right to uphold such decision.

11.2 As weather varies in different location, schools are required to report to competition venue. Referee will decide the continuing of competition on the spot, competition will be cancelled if temperature drops **below 10°C**.

12. PROTEST

No appeal is allowed. The decision of the Organizing Committee is final.

13. INTERRUPTION OF PLAY

If any circumstance prevents the completion of a match, the following shall apply:

- 13.1 The referee, duty officer are requested to report the case to the Management Committee.
- 13.2 The result of the completed set/s will stand.
- 13.3 Result of the interrupted set will be cancelled.
- 13.4 The cancelled set/s will be replayed. School may use other players in the re-play.

GENERAL RULES OF INTER-SCHOOL CROSS-COUNTRY COMPETITION

Division	Date	Time	Venue
I	3/ 3/ 2026	1:00pm - 5:00pm	Tai Lam Country Park (Tai Tong Route)
II	3/ 3/ 2026	9:00am - 1:00pm	
III(Area 1)	5/ 3/ 2026	1:00pm - 5:00pm	
III(Area 2)	5/ 3/ 2026	9:00am - 1:00pm	
III(Area 3)	4/ 3/ 2026	1:00pm - 5:00pm	
III(Area 4)	4/ 3/ 2026	9:00am - 1:00pm	

1. No individual entry will be accepted.

2. TEAMS

2.1 For Division One & Two, a team will consist of 8 runners and 2 reserves with the first 6 home to count for points. For Division Three Competition, there shall be 6 runners and 2 reserves with the first 5 home to count for points.

2.2 In case of a tie between two teams, it shall be resolved in favor of the team whose last scoring member finished nearer the first place. Team with less than 6 runners (5 in Div. III) will not be allowed to compete.

3. SUBSTITUTION

3.1 For any Substitution (including reserve player) team manager should complete the substitution form and return to Registration Counter before check in time.

3.2 In the event of substitution have been made with the reserve player, and further substitution is still required, the team manager should complete the substitution form, return to Registration Counter before check in time and doctor's certificate must be provided for further replacement, the player who is replaced will be prohibited to participate in any event on the same day.

4. UNIFORM

4.1 Athletes' uniform tops should have the same colour on the front and back.

4.2 Team members in the same grade should wear identical uniform tops (no limitation on undershirt) in same colour and same style. Teams will be disqualified in the event if they are not properly dressed.

4.3 Spike shoes should not be worn. Rubber studs or strong running shoes are recommended.

5. REFRESHMENT

Please note that refreshment will not be provided and schools are advised to bring along their own refreshment.

6. SAFETY

The Management Committee will try to arrange First-Aid team to attend the Competition. However, teacher-in-charge should try to arrange their own first-aider. Athletes must be told to watch out for traffic and to follow the course as outlined.

7. No competitor is allowed to receive assistance or refreshment from any person during the progress of the races.

8. REPORTING

- 8.1 Teacher-in-charge should report to the registration table upon arrival and collect the race number bib.
- 8.2 Substitution of athletes will only be accepted before the close of check-in time.
- 8.3 Athletes should get changed upon arrival, and the race number bib should be properly pinned on the FRONT side of their vests.
- 8.4 Athletes in the same grade should bring along the team list, their own student registration cards and line up in race number order when reporting to the registration table.

9. BRIEFING

A briefing of the race in Chinese and English may be given before the race starts. Details of the race will be explained. Competitors are asked to pay special attention to the briefing and to follow instruction as given.

10. ROUTE MARKERS & SIGNAGE

There will be sufficient signage or route markers on the courses if possible. Competitors should follow direction as indicated.

11. TIMING

- 11.1 A timing tag is attached to the race number bib which provides the official time, team and overall results.
- 11.2 The timing tag is integrated into the back side of the race number bib.
- 11.3 Athletes are required to step on the timing mats located at the Start, Finish and other timing locations.
- 11.4 Do not fold or crumple the race number bib or timing tag.
- 11.5 The race number bib can be kept as a souvenir after the race.

12. SPECIAL INSTRUCTION

Teachers-in-charge are requested to ensure that student spectators and their officials do not wander around the competition centre. They must try to co-operate to keep the centre clean and tidy. Running along side with competitors are prohibited.

13. PRIZES

The first four teams in each grade will each be awarded a pennant. A medal will be awarded to each member of the winning teams. In addition, the first ten individual winners of each grade will also be awarded.

GENERAL RULES OF INTER-SCHOOL FENCING COMPETITION

1. Unless otherwise stated, all matches will be fenced according to the Rules of the International Fencing Federation (F.I.E.)

2. TEAM COMPETITION

- 2.1 Competition will be in open grade, boys and girls.
- 2.2 Three weapons will be fenced: Foil, Epee and Sabre.
- 2.3 Foil, Epee and Sabre competition will be counted for overall title.
- 2.4 Fencers can only participate in one weapon competition, i.e. either in Foil, Epee or Sabre competition.
- 2.5 A team shall consist of 3 fencers plus 1 reserve for each match.
- 2.6 A match shall be decided by 45 hits of 9 games.
- 2.7 Competition will be in 2 stages. Teams will be divided into groups. A round robin will be played in the first round and top teams will qualify for the final.
- 2.8 Overall points will be given to teams according to their final ranking as follows:

Position	Points
1	18
2	14
3	12
4	10
5	8
6	6
7	4
8	3
9	2
10	1
11&below	0

- 2.9 The aggregate points of 3 weapons competition (Foil, Epee & Sabre) will decide the ranking of the overall title.
- 2.10 The ranking of overall title will count towards the BOCHK Bauhinia Bowl Award.
- 2.11 Teams must be accompanied by staff-in-charge. Teams without staff-in-charge will not be allowed to compete.

3. INDIVIDUAL COMPETITION

- 3.1 Three weapons will be fenced.
 - Foil, Epee & Sabre - A grade under 19 years (Boys & Girls)
 - B grade under 16 years (Boys & Girls)
 - C grade under 14 years (Boys & Girls)
- 3.2 Each School is allowed to enter not more than 4 fencers in an individual event.
- 3.3 Each fencer may participate in one weapon.
- 3.4 Due to the booking limitation of the venue, should the number of entries exceed the capacity, entries will be admitted in the following order:

- 3.4.1 The fourth fencer in the highest number of entries among the weapons and the grades will be eliminated;
- 3.4.2 The fourth fencer in the following highest number of entries among the weapons and the grades will be eliminated, and so forth;
- 3.5 Competition may be combined if there is not sufficient entries in one grade.
- 3.6 Schools may be divided into Hong Kong Island Area and Kowloon Area to compete.

4. ELECTRONIC REGISTRATION CARD

All fencers must produce their electronic student registration cards to referee before competition.

5. EQUIPMENT AND CLOTHING

- 5.1 Fencers have exemption from the uniform requirement in General Rules of Sports Competition 7.2 to 7.4.
- 5.2 Full fencing equipment consists of mask, uniform (including fencing jacket, breeches and underplastron), stocking, and gloves that adequately cover the opening of the sleeves.
- 5.3 Fencers' mask and uniform must comply with the standard EN13567:2002, i.e. at least 350N of the penetration resistance. Please refer to notice at <http://www.hkfa.org.hk> for details.
- 5.4 Foil Fencers must use foil mask with conductive bib; and Sabre Fencers must use conductive cuff.
- 5.5 Fencers must wear stockings which cover the legs right up to the knees, the stockings must be held up in such a way that they cannot fall down. No black color stocking is allowed.
- 5.6 The Ground Supervisor has the discretion to disqualify any participant who does not comply with the equipment and clothing rules.

6. SAFETY RULES

- 6.1 Masks should be in good condition, free from rust and with the bib attached.
- 6.2 A Sword must NEVER be pointed at anyone who is not wearing a fencing uniform including a mask.
- 6.3 Anyone who is not fencing, must remain well clear of the piste while fencing is in progress.

GENERAL RULES OF INTER-SCHOOL FOOTBALL COMPETITION

1. Unless otherwise stated, the competition will be played according to the rules of the International Football Federation (FIFA).

2. CLASSIFICATION OF TEAMS

The classification of teams shall be made on points according to their win-loss records:

- 2.1 3 points for a win, 1 point for a draw, 0 point for a loss and -3 points for walk over. The score for a walk over shall be 2:0.
- 2.2 If there are two teams equal in league points, the result of the match between the two teams involved will be used to determine the placings. If the match is a draw, then the placings will be determined according to the classification beginning with item 2.6.
- 2.3 If three or more teams are equal in league points, the results of the matches between the teams that are tied will be used to determine the placings.
- 2.4 In the event that there are still teams tied, then goal average in matches between the teams that are tied will be used to determine the placings.
- 2.5 If still tied, then the number of goals scored in matches between the teams that are tied will be used to determine the placings.
- 2.6 If still tied, then the goal average in matches of the teams played in the group will be used to determine the placings.
- 2.7 If still tied, then the number of goals scored in matches of the teams played in the group will be used to determine the placings.
- 2.8 If still tied, then sportsmanship record of the teams in matches played in the group will be used to determine the placings. (Red Card - 3 points; Yellow Card - 1 point, less aggregated points will be placed in higher position)
- 2.9 If still tied, the placing will be taken by a draw conducted by respective Management Committees.
- 2.10 If at any stage, using the criteria in item 2.3 to 2.8, a multiple team tie is reduced to a tie involving only two teams, the procedure in item 2.2 will automatically be applied.
- 2.11 If it is reduced to a tie still involving three or more teams, the procedure beginning with item 2.3 is repeated.
- 2.12 In the case of a draw in full time in knock out stage, the match will be decided by taking of the penalty kick.

3. BALLS

- 3.1 Size No.5 footballs (i.e. regulation size) shall be used by A, B & C grades.
- 3.2 Both teams shall each supply a match ball of the correct size. A double walk over will be declared if both teams cannot supply a match ball.

4. FOOTBALL BOOTS AND STOCKINGS

- 4.1 Football boots may be worn by A, B & C grade players provided that they conform with football rules and specification of venues.
- 4.2 Long stockings and shin pads must be worn by all players.

5. UNIFORM AND COLOURS

- 5.1 Players' numbers shall be from 1 to 99 and there cannot be duplicate number on the same team.
- 5.2 Team colours please refer to General Rules of Sports Competition item 8.
- 5.3 Team captain must wear an arm band of distinguishable colour.
- 5.4 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 5.5 In the case of controversy on uniform and colours, the referee's decision is final.

6. PROTECTIVE EQUIPMENT

Should players require the use of protective equipment such as face masks or sports spectacles during the competition, approval must be gained from the HKSSF. Application must be submitted by school at least fourteen days prior to the match. Please refer to the website for further details.

7. REFEREES

- 7.1 Official referees shall be appointed for all matches.
- 7.2 Should the appointed referee fail to turn up within 5 minutes of the scheduled starting time, the staff member in-charge of each team shall agree on someone to referee the match and the match shall start not less than 10 minutes after the scheduled time. Otherwise, a replay shall be arranged by the Federation.
- 7.3 In the event of bad weather, only the referee has the power to decide on postponement if the ground condition is not suitable for competition.

8. DURATION OF THE MATCH

- 8.1 A Grade - 35 minutes each half.
- 8.2 B Grade - 25 minutes each half.
- 8.3 C Grade - 25 minutes each half.

9. PUNCTUALITY

- 9.1 Please refer to General Rules of Sports Competition item 1.
- 9.2 A minimum of 7 players must be present before a team can play.

10. DISCIPLINE

- 10.1 Please refer to General Rules of Sports Competition item 3.
- 10.2 When a player is sent off, the referee shall report the incident to the Management Committee for action.
- 10.3 A send-off (red card) shall result in a mandatory suspension of one match. Two cautions (yellow cards) accumulated in different matches shall result in a mandatory suspension of one match. The player will serve his suspension immediately in the coming match. Serious offences shall be dealt with separately by the Disciplinary Committee of the HK Island and Kowloon Secondary Schools Regional Committee.
- 10.4 The staff member of the first named team on the fixture will be the duty officer of the match to deal with problem that may arise.

11. SUBSTITUTION

Each team will be allowed to substitute 5 players in a match (including substitution for an injured goalkeeper). Each team has a maximum of three substitution opportunities during a match and may additionally have one substitution opportunity at half-time.

12. INTERRUPTION OF PLAY

In the case when a match cannot be completed as scheduled, all disciplinary sanctions of the cancelled match should be retained and penalties imposed accordingly. If a re-match is necessary, the whole match shall be replayed.

GENERAL RULES OF INTER-SCHOOL HANDBALL COMPETITION

1. Unless otherwise stated, the rules of the International Handball Federation (IHF) shall be applied.
2. **CLASSIFICATION OF TEAMS**
 - 2.1 A single round robin system shall be adopted in the preliminary round. Final round will be in knock out basis.
 - 2.2 3 points shall be awarded for a win, 1 point for a draw, 0 point for a loss and -3 points for a walk over.
 - 2.3 In case of walk over, the score shall be recorded as 12:0.
 - 2.4 If two teams tie on point, the winner will be decided by:
 - 2.4.1 the winner of the match between the two teams shall be awarded the higher position; if the match ended in a draw.
 - 2.4.2 Goal differences of all the matches competed by the two teams in the league; if still undecided;
 - 2.4.3 The team with the highest number of goals scored shall be awarded the higher position, if still undecided;
 - 2.4.4 to be resolved by the Management Committee.
 - 2.5 If three or more teams tie on points, the winner will be decided by:
 - 2.5.1 Goal differences in the matches among teams concerned; if undecided,
 - 2.5.2 The team with the highest number of goals scored in the matches among teams concerned shall be awarded the higher position; if undecided,
 - 2.5.3 Goal differences of all the matches competed by teams concerned in the league; if still undecided,
 - 2.5.4 The team with the highest number of goals scored shall be awarded the higher position; if still undecided;
 - 2.5.5 to be resolved by the drawing lots.
 - 2.5.6 If at any stage, using the criteria in item 2.5.1-2.5.3, a multiple team tie is reduced to a tie involving only two teams, the procedure in item 2.4.1 will automatically be applied. If it is reduced to a tie still involving three or more teams, the procedure beginning with item 2.5.1 is repeated.
 - 2.6 In the case of a draw in full time in knock out stage, the match will be decided by taking of the 7-metre throw.
 - 2.6.1 Each team will take 5 throws alternatively to decide the winner.
 - 2.6.2 All registered players of the match who are not disqualified, excluded, or suspended when the whistles finished at the second half are entitled to throw.
 - 2.6.3 Each throw will be taken by different players.
 - 2.6.4 If scores are equal after five throws for each team, the process is repeated using "sudden death" method until a decision is reached.
 - 2.6.5 In the second (or any other following) set of five throws, a further five players entitled to throw are named (players who have thrown may be used again).

3. TEAMS

- 3.1 Boys - A Grade, B Grade and C Grade.
- 3.2 Girls - Senior Grade (A & B1) and Junior Grade (B2 & C).
- 3.3 A minimum of 5 players must be present before a team can play.
- 3.4 Each team may register at most 16 members for a match.

4. BALLS

- 4.1 Boys A Grade: Size No.3
Boys B, C and Girls Senior Grade: Size No.2
Girls Junior Grade: Size No.1
- 4.2 Both teams shall supply a match ball that conforms to the rules of the game. The referee will decide which ball will be used for competition.

5. UNIFORM AND COLOURS

- 5.1 All the court players on a team must wear identical uniforms. The combinations of colours and design for the two teams must be clearly distinguishable from each other.
- 5.2 Players used in the goalkeeper position on a team may wear different uniforms, with colour that distinguishes them from the court players of both teams and the goalkeeper(s) of the opposing team.
- 5.3 In the event that any court player is required to become a goalkeeper after match begins, such player will be allowed to wear a "number vest with openings" on top of its court playing shirt so as to expose the player's original number to become a goalkeeper. Such number vest must also bear school name / abbreviation / badge, which should be sewn or stenciled on permanently.
- 5.4 No player can wear black colour uniform which has been reserved for the referee.
- 5.5 The players must wear numbers that are at least 20cm high in the back of the shirt and at least 10cm in the front. The numbers used should be from 1 to 99. There should be no duplicate number on the same team.
- 5.6 The colour of the numbers must contrast clearly with the colours and design of the shirt.
- 5.7 Please refer to General Rules of Sports Competition item 7 & 8.
- 5.8 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 5.9 In the case of controversy on uniform and colours, the referee's decision is final.

6. REFEREES

- 6.1 Official referees and a scorer/timekeeper shall be appointed by the Handball Association of Hong Kong, China for all matches.
- 6.2 Should the appointed referees and scorer/timekeeper fail to turn up within 5 minutes of the scheduled starting time of a match, the teacher-in-charge of the teams concerned shall arrange between themselves a referee to officiate the game.
- 6.3 In the event of bad weather, the referee and the duty officer have the power to decide on postponement if the ground is not suitable for competition.
- 6.4 In the event of amber rain storm warning, all OUTDOOR handball matches will be cancelled automatically but indoor matches will be conducted as usual.
- 6.5 Please refer to General Rules of Sports Competition Item 6 for further information on inclement weather.

7. DURATION OF THE GAME.

20 minutes each half.

8. DISCIPLINE

8.1 Please refer to General Rules of Sports Competition item 3.

8.2 A red card shall only result in a mandatory suspension of the current match.

8.3 If a blue card showing after the red card, the player will serve his suspension of the current match and the coming match immediately. Referee shall forward written report to the management committee for necessary action.

9. INTERRUPTION OF PLAY

In the case when a match cannot be completed during any time of play (1st half, 2nd half and 7 metre throw) and the Management Committee has decided a replay, team players, scores and foul record will be retained and the remaining time to be replayed.

GENERAL RULES OF INTER-SCHOOL INDOOR ROWING COMPETITION

1. Unless otherwise stated, the rules and regulations of the Hong Kong, China Rowing Association shall be applied.

2. SYSTEM OF COMPETITION

2.1 Individual Event

Boys and Girls A.B Grade - 500m, 1000m, 2000m

Boys and Girls C Grade - 300m, 500m, 1000m

2.2 Team Event

Boys and Girls A.B.C Grade - 4 x 500m

- 2.3 All events will be raced in timed final and will be ranked according to the best finishing time in each event.

3. CLASSIFICATION OF TEAMS

- 3.1 To determine ranking of each school, the following points scoring system will be used:-

Placing		1	2	3	4	5	...	14	19	24	...	29	...
2000m	Points	30	28	27	26	25	1	"
1000m		25	23	22	21	20	1	"	"	"
500m		20	18	17	16	15	1	"	"	"	"
300m		15	13	12	11	10	...	1	"	"	"	"	"
4×500m		40	36	34	32	30	2	"	"	"	"

- 3.2 Points will only be awarded for performances attaining the standard time.
- 3.3 In the event of a tie, each rower/team will be credited with an average of points to that position and the position(s) following it.
- 3.4 The Grade Title will be calculated by the points awarded in the three Individual Events and Team Event in each grade.

4. TEAMS

- 4.1 Schools may enroll 1 team in each grade in the Boys and Girls event.
- 4.2 School may send at most 3 rowers in A, B grade 500m and all 1000m events; 2 rowers in C grade 300m, 500m and all 2000m events and 1 reserve for each Individual Event.
- 4.3 The reserve rower cannot be duplicated in entry (not only limited to reserve) and is not subject to item 4.5 as stated below.
- 4.4 Each rower may enter at most ONE Individual Event and ONE Relay Event.
- 4.5 Substitution on the day of competition will not be considered except in a case supported by doctor's certificate provided to Organizing Committee, the player who is replaced will be prohibited to participate in any event on the same day.

5. UNIFORM

- 5.1 The four relay team members should wear identical uniform tops in same colour and same style. Teams will not be allowed to take part in the event if they are not properly dressed,
- 5.2 Rowers should wear non-marking sports shoes.
- 5.3 Rowers may be disqualified if they are incorrectly dressed.
- 5.4 Bare skin is not allowed for all rowers and may lead to disqualification.

6. EQUIPMENT

- 6.1 Rowing machines will be provided by Organizing Committee in designated area for rowers' warm up.
- 6.2 Due to the limitation of area, rowers are not allowed to bring their own rowing machine.
- 6.3 Rowers should compete in the race and rowing machine as assigned by the Organizing Committee.
- 6.4 Organizing Committee will arrange another rowing machine in case of any breakdown of rowing machine.

7. TEAM MANAGER

- 7.1 School Staff or non-full-time staff member authorized by Head of School must accompany their team throughout the competition. Appointed non-full-time staff member must submit 'Team Manager (non-staff member) Registration Form' to the Federation Office 4 working days before assume duty.
- 7.2 Team manager can only represent ONE school throughout the competition.

8. REPORTING

- 8.1 Rowers must report to Assembly Area with Registration Card at least 5 min (Individual events) / 10 min (Relay) before their scheduled race time.
- 8.2 Failing to report ON TIME shall be disqualified.
- 8.3 Rowers must produce Registration Card and report to the official in Assembly Area.

9. SUBSTITUTION PROCEDURE

- 9.1 For any substitution (including reserve rower), team manager should complete the crew change form and return to Registration Counter 30 minutes before start of race.
- 9.2 In the event of substitution have been made with the reserve rower and further substitution is still required, the team manager should complete the crew change card form, return to Registration Counter before start 30 minutes and doctor's certificate must be provided to Organizing Committee for further replacement.

10. PRIZES

10.1 Individual Event

Medals will be awarded to top 10 rowers.

10.2 Relay Event

The top 4 teams in each grade shall receive 4 medals.

10.3 Grade Title

Trophies will be awarded to top 4 schools in each grade.

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

- 10.4.1 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;
- 10.4.2 Should the tie still persist, the grade ranking will be determined by the number of record were broken (by event);
- 10.4.3 Should the tie still persist, schools concerned will be awarded the same position.

10.5 Overall Championship

Trophies will be awarded to top 4 schools with the highest points in Boys Overall and Girls Overall.

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

- 10.6.1 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
- 10.6.2 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.
- 10.6.3 Should the tie still persist, a draw will be taken to break the tie.
- 10.7 Standard Certificate will be awarded to competitors who reached standard in their events. These certificates will be sent to schools after the Championships.
- 10.8 Certificate of Merit will be awarded to record breakers. The certificates will also be sent to schools after the Championships.

11. PROTEST

- 11.1 Any objection/protest to the result should be lodged right after the completion of race or before leaving the Competition Area, and should be followed by writing from the Team Manager within 30 minutes.
- 11.2 The decision of the Jury shall be final.

Grade Events	BOYS			GIRLS		
	A	B	C	A	B	C
300m	---	---	1:09.00	---	---	1:16.00
500m	1:41.00	1:46.00	1:53.00	2:05.00	2:06.00	2:11.00
1000m	3:44.00	3:50.00	4:08.00	4:29.00	4:36.00	4:43.00
2000m	8:08.00	8:23.00	---	9:32.00	9:36.00	---
4 × 500m Relay	6:42.00	6:52.00	7:32.00	8:02.00	8:21.00	8:43.00

Note: The HK Island and Kowloon Secondary Schools Regional Committee may amend the above standards upon request by respective Management Committee. Sufficient notice will be given to school if such amendment is necessary.

GENERAL RULES OF INTER-SCHOOL SQUASH COMPETITION

The Inter-school squash competition is organised by the HK Island and Kowloon Secondary Schools Regional Committee with the assistance of the Squash Association of Hong Kong, China. The competition is organised under the Rules of the World Squash Federation (WSF).

1. FORMAT

- 1.1 For Boys Team Competition, matches will be played between teams of five players and the playing order will be: **1,2,3,4,5**. Each rubber best of 3 games and Point-a-rally (PAR- both the server and the receiver can score points on every rally) scoring up to 11 points (for 10 - all, a tie breaker will be played with the winner decided when a player achieves two clear points) will be adopted. Each match is for seven points. one point per rubber and two extra points for the match winner.
- 1.2 For Girls Team Competition, matches will be played between teams of three players and the playing order will be: **1,2,3**. Each rubber best of 3 games and Point-a-rally (PAR- both the server and the receiver can score points on every rally) scoring up to 11 points (for 10 - all, a tie breaker will be played with the winner decided when a player achieves two clear points) will be adopted. Each match is for five points, one point per rubber and two extra points for the match winner.
- 1.3 Teachers in charge must seed players in their order of ability and submit it to the Tournament Director / Convenor prior to the competition. The Convenor and the Tournament Director have the right to alter the ability order according to the professional opinion of officials of Squash Association of Hong Kong, China, and to disqualify any team which purposely places its players in wrong order (5-0 in Boys, 3-0 in Girls).
- 1.4 In the event of teams gaining the same number of points at the end of the Competition the team with the most wins will be the winner. If there is still a tie the team with the most rubbers win. If still not resolved then the result in the match between the tied teams will prevail.

2. WALK OVERS

- 2.1 All team members should be ready to play at the designated start time of the match.
- 2.2 If a player due to go on court is not available 5 minutes from the end of the previous rubber then a walkover can be claimed.

3. REFEREES/MARKERS

Qualified referees / markers will be appointed by the Squash Association of Hong Kong, China.

4. REGISTRATION CARDS

No player will be allowed to play if he/she fails to produce their registration card at the start of the competition.

5. STAFF-IN-CHARGE

No team will be allowed to play unless a member of staff or designated adult is present.

6. MATCH BALL

The official ball is the **DUNLOP PRO**.

7. UNIFORM

Players have exemption from the uniform requirement in General Rules of Sports Competition 7.4, i.e. it is not necessary for all players to dress in identical uniform with same colour and same style.

8. EYE PROTECTION

All players must wear eye protection. Players must provide their own goggles.

9. PROTESTS

9.1 The organizer will not accept video footage submitted by any party as a basis for complaints. The decision made by the Match Referee shall be final. If there is an appeal, players must lodge it to the Tournament Director before the end of the match. After which the Tournament Panel will review the appeal and make a final decision. Any protests should be directed to the Tournament Director by the teacher or designated staff in charge of the team on the day of the Competition.

GENERAL RULES OF INTER-SCHOOL SWIMMING COMPETITION

Division	Date	Time	Venue
Division One	10 & 17/10/2025	8:00am - 6:00pm	Kowloon Park Swimming Pool
Division Two	9 & 16/10/2025		Victoria Park Swimming Pool
Division Three (HK)	25/9 & 2/10/2025		Victoria Park Swimming Pool
Division Three (K1)	26 & 29/9/2025		Kowloon Park Swimming Pool
Division Three (K2)	8 & 24/10/2025		Kowloon Park Swimming Pool

1. ENTRIES

- 1.1 Each school may enter **TWO** competitors in each event and **ONE** team in each of the relay races.
- 1.2 Each competitor may enter **TWO** individual events and either the medley or the freestyle relay. NOT both relays.
- 1.3 Names of competitors in both Chinese and English **MUST** be submitted to the Federation office on or before the closing date as specified on the application.

2. Substitution on the day of competition ***will not be considered except in a case supported by registered doctor's certificate or with the approval of the referee or the convenor, the player who is replaced will be prohibited to participate in any event on the same day.*** This will only apply in preliminary round and no substitution may be made for individual finals. If, however, an event is programmed as a straight final, substitution maybe allowed.
Substitution may be made in relay finals, as long as the replacement swimmer has not already swum in a relay heat.(See note 1.2)

3. REGISTRATION OF COMPETITORS

Competitors must be registered and must produce their registration cards to the officials at the meet. Competitor without registration card is not allowed to take part in the competition.

4. OFFICIALS

Participating schools shall, when called upon, provide at least **TWO** PE Teachers for each day of the meet. The Management Committee reserves the right to refuse any school which is unable to provide the requisite number of PE Teachers to take part in the competition. If the appointed officials of a school do not turn up 15 minutes before the scheduled time of the competition, competitors of that school will not be allowed to take part in the competition until the nominated officials arrive at the swimming pool. Officials ***should not leave their posts until the end of the programme*** unless they have the approval of the convenor. If an official leaves his post without prior approval, the convenor shall report the case to the HK Island and Kowloon Secondary Schools Regional Committee.

5. REGULATIONS

5.1 Competition Rules

All events will be held in accordance with the competition rules of the Hong Kong China Swimming Association as per FINA unless otherwise specified.

5.2 Swimsuit

- 5.2.1 Swimmers have exemption from the uniform requirement in General Rules of Sports Competition 7,2 to 7.4.

5.2.2 All swimsuits must be one piece. Any competitor incorrectly dressed may be disqualified. Please also refer to the FINA rules.

5.3 Competitors reporting procedure

Competitors must report to the Marshalling Area when their events are called, they must NOT go straight to the poolside. Each event will be called twice (Except Division One). Competitors will be sent from the Marshalling Area to the Poolside 2heats in advance of their race. Any competitor who arrives after their event being sent to the poolside is liable to disqualification.

5.4 Selection for Finals

5.4.1 The 8 best times in heats will qualify for finals. Finalists will be seeded in lanes according to times as follows:-

Lane	Position according to Heats times
1	7th
2	5th
3	3rd
4	1st
5	2nd
6	4th
7	6th
8	8th

5.4.2 In the event that swimmers from the same or different heats have equal times registered to 1/100 second for the eighth place, there shall be a swim-off to determine which swimmer shall advance to the final. Such swim-off shall take place not less than one hour after all involved swimmers have completed their heat. Another swim-off shall take place if equal times are registered again.

5.4.3 All 200m events will be swum as timed final.

5.4.4 Straight Final

If 8 or less competitors, or teams, report to the marshalling area for any event (on heats day), the event will be declared a straight final, to be swum at the time scheduled for that final.

5.4.5 Lanes-straight final

Lanes for straight final will be drawn by the Management Committee.

6. TIMINGS

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

In the event of the Automatic Equipment failure, the official time will be determined as follows:

6.1 The official time for all swimmers having an Automatic Equipment time will be that time.

6.2 The official time for all swimmers not having an Automatic Equipment time will be the three digital watches or the Semi-Automatic Equipment time.

7. POINTS

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

7.1 When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.

7.2 Standard points shall be counted towards the Grade Championships and Overall Championships of the Swimming Championships, Standard points may only be gained during heats, unless the event is declared a straight final, in which case standard points

may be gained in the final in addition to position points.

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

- 7.3.1 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;
- 7.3.2 Should the tie still persist, the grade ranking will be determined by the number of record were broken (by event);
- 7.3.3 Should the tie still persist, schools concerned will be awarded the same position.

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

- 7.4.1 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
- 7.4.2 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.
- 7.4.3 Should the tie still persist, a draw will be taken to break the tie.

8. PRIZES

- 8.1 Medals will be awarded to the 1st, 2nd, 3rd and 4th places in each events.
 - 8.2 Each relay winning team will be awarded 6 medals and 4 certificates only.
 - 8.3 In each grade the winning school will receive the appropriate Challenge Trophy or Shield and a pennant. The rest of prizes will follow the standard set by the HK Island and Kowloon Secondary Schools Regional Committee.
 - 8.4 Standard Certificates will be awarded to competitors who reach standard in their events. These certificates will be sent to schools after the Championships.
 - 8.5 Record Breakers will receive Certificate of Merit at prize giving.
9. No competitor should leave the swimming pool complex 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 complex will forfeit their chance of competing in the swim-off.

10. PROMOTION AND RELEGATION SYSTEM

There shall be 12 schools in Division One Boys' & Girls'. Division Two shall consist of 16 schools in both Boys and Girls. The rest of entries will be in Division Three in their respective areas.

Division One

The last 2 schools in the overall points will be relegated to Division Two.

Division Two

The first 2 schools in the overall points will be promoted to Division One. The last 3 schools in the overall points will be relegated to Division Three.

Division Three

The first school in the overall points in each area will be promoted to Division Two.

11. PROTEST

- 11.1 Protest should be made in writing by the teacher/s in charge of the school/s being affected at an incident within 30 minutes of the announcement of the result of that event concerned. No protest will be accepted from student and spectator.
- 11.2 All protests concerning technical rules and interpretation should be made to the Referee. The decision of the Referee shall be final.
- 11.3 All protests concerning the management of the meet should be made to the Convenor. The decision of the Management Committee of the meet shall be final.

STANDARDS FOR VARIOUS EVENTS

Division One (I)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	28.50	30.00	32.50	35.00	35.00	36.00
100m Free Style	1:12.00	1:15.00	1:17.00	1:27.00	1:28.00	1:28.00
200m Free Style	3:10.00	3:12.00	3:20.00	3:35.00	3:35.00	3:40.00
50m Back Stroke	40.00	40.00	41.50	45.00	47.00	49.00
100m Back Stroke	1:38.00	1:40.00	1:45.00	1:55.00	1:55.00	1:55.00
50m Breast Stroke	40.00	40.00	44.00	47.00	48.00	48.50
100m Breast Stroke	1:35.00	1:36.00	1:39.00	1:55.00	1:55.00	1:55.00
200m Breast Stroke	3:35.00	3:38.00	3:48.00	4:00.00	4:05.00	4:05.00
50m Butterfly	35.50	36.50	38.50	42.00	44.00	45.00
200m Ind. Medley	3:30.00	3:33.00	3:38.00	3:40.00	3:50.00	4:00.00
4x 50m Medley Relay	2:15.00	2:15.00	2:35.00	2:45.00	2:45.00	2:45.00
4x 50m Free Style Relay	1:58.00	2:00.00	2:10.00	2:25.00	2:25.00	2:25.00

Division Two (II)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	30.00	32.00	35.00	36.00	37.00	38.00
100m Free Style	1:17.00	1:20.00	1:22.00	1:28.00	1:30.00	1:32.00
200m Free Style	3:15.00	3:20.00	3:30.00	3:45.00	3:45.00	3:55.00
50m Back Stroke	42.00	43.00	44.00	47.00	48.00	50.00
100m Back Stroke	1:40.00	1:50.00	-	1:57.00	2:00.00	-
50m Breast Stroke	41.00	42.00	45.00	48.00	49.00	50.00
100m Breast Stroke	1:38.00	1:40.00	1:42.00	1:55.00	1:55.00	2:00.00
200m Breast Stroke	3:40.00	3:45.00	4:00.00	4:05.00	4:10.00	4:15.00
50m Butterfly	37.00	38.00	44.00	46.00	48.00	50.00
200m Ind. Medley	3:35.00	3:40.00	3:50.00	3:42.00	3:52.00	4:00.00
4x50m Medley Relay	2:35.00	2:40.00	2:50.00	3:00.00	3:10.00	3:20.00
4x50m Free Style Relay	2:15.00	2:20.00	2:30.00	2:35.00	2:40.00	2:50.00

Division Three (III)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
50m Free Style	34.00	35.00	38.00	39.00	41.00	43.00
100m Free Style	1:21.00	1:21.00	1:28.00	1:35.00	1:37.00	1:38.00
200m Free Style	3:16.00	-	-	3:55.00	-	-
50m Back Stroke	43.00	45.00	48.00	51.00	52.00	52.00
100m Back Stroke	1:40.00	1:50.00	-	2:00.00	2:10.00	-
50m Breast Stroke	44.00	47.00	51.00	52.00	52.00	55.00
100m Breast Stroke	1:40.00	1:43.00	1:50.00	1:57.00	1:59.00	2:05.00
200m Breast Stroke	3:50.00	3:50.00	-	4:10.00	4:15.00	-
50m Butterfly	38.00	39.00	45.00	46.00	48.00	50.00
200m Ind. Medley	3:35.00	3:40.00	3:50.00	3:45.00	3:55.00	4:00.00
4x50m Medley Relay	2:35.00	2:40.00	2:50.00	3:05.00	3:15.00	3:20.00
4x50m Free Style Relay	2:15.00	2:30.00	2:40.00	2:55.00	3:00.00	3:10.00

Note: The HK Island and Kowloon Secondary Schools Regional Committee may amend the above standards upon request by respective Management Committee, Sufficient notice will be given to school if such amendment is necessary.

GENERAL RULES OF INTER-SCHOOL TABLE-TENNIS COMPETITION

1. Unless otherwise stated, the rules of the International Table Tennis Federation (ITTF) shall be applied.

2. SYSTEM OF COMPETITION

- 2.1 The Olympic System of play shall be used.
- 2.2 Each team will consist of 3 players and each player plays against the other 3 players of the opposing team. Each player shall compete in a maximum of one doubles and one singles or two singles.
- 2.3 A minimum of 3 players must be present before a team can play.
- 2.4 A match shall be decided by the best of 5 sets (includes one doubles and four singles). Each set will be a best of 3 games of 11 points.
- 2.5 If a player cannot compete in a set, the opposing player will win the set.
- 2.6 For the benefit of schools to complete competition on one day, the organizer can arrange the same match to be played at the same time at different tables.

3. CLASSIFICATION OF TEAMS

- 3.1 2 points shall be awarded for winning a match, 1 point for losing and -2 points for failing to honour a fixture.
- 3.2 If 2 teams tie on match points, the winner of the match between the two teams shall be awarded the higher position.
- 3.3 If 3 or more teams tie on points, only the match points score in matches involving such teams shall count, and the rate shall be scored as follows:

Matches won

Matches lost

- 3.4 If the tie still persists, the same scoring system shall be used for sets;
- 3.5 If the tie still persists, the same scoring system shall be used for games;
- 3.6 If the tie still persists, the same scoring system shall be used for points;
- 3.7 Should the tie still persists, the positions of the teams shall be decided by drawing of lots. (The draw shall be made only if the tie affects promotion to the next round).
- 3.8 Order of play:

Set	1	2	3	4	5
Home Team	BC	A	C	A	B
Away Team	YZ	X	Z	Y	X

4. Time-out Rule will only be applied in semi-finals and finals.

5. UNIFORM

- 5.1 All players in a team must wear *same colour same style (distinct difference from the colour of ball) short sleeves playing shirts.*
- 5.2 All players must tuck their shirts into their shorts.
- 5.3 No jeans will be allowed.
- 5.4 Long P.E. trousers may be accepted when the weather is cold.
- 5.5 All players must wear socks and shoes. All shoes must be non-marking.

6. COMPETITION BALLS

Competition balls will be provided by the Management Committee. **Double Fish V40+ Three Stars White Table Tennis Ball** has been adopted as the official ball.

7. THE RACKET

Please refer to ITTF Rules.

8. UMPIRES

- 8.1 Each participating team shall provide an umpire.
- 8.2 Failure to provide an umpire shall result in disqualification of the team.
- 8.3 Under no circumstances can teachers serve as umpires.
- 8.4 The umpire must wear umpire badge.
- 8.5 The duty officer-in-charge has the right to arrange any umpire for officiating.

9. WARM-UP

No player shall be allowed to use any table for warm-up once the competition is declared to start.

10. DISCIPLINE

- 10.1 Only players, umpires, and staff member-in-charge of teams shall be admitted into the competition area in order to ensure the smooth running of the competition.
- 10.2 The officials in-charge have the power to remove anyone from the competition centre who may interfere with the smooth running of the competition.
- 10.3 The staff member in charge of each team shall be responsible for the conduct of his/ her team both on and off the competition centre.
- 10.4 When a player is sent off because of a serious misconduct, the official in-charge of the centre shall report the incident to the Management Committee for action.
- 10.5 Staff member-in-charge should instruct their players to keep the competition centre clean and tidy.

11. PROTESTS & APPEALS

- 11.1 Any queries and complaint should be directed to the official-in-charge on the day of competition and the In-charge will deal with the case accordingly.
- 11.2 Protests shall be lodged to the Convenor in writing through the Federation office within 3 working days after the match/game/incident took place.

12. INTERRUPTION OF PLAY

When a match cannot be completed as scheduled, the re-match shall continue from where it has been stopped using same players of the interrupted match.

GENERAL RULES OF INTER-SCHOOL TENNIS COMPETITION

1. Unless otherwise stated, the competition will be played according to the rules of International Tennis Federation (ITF).

2. SYSTEM OF COMPETITION

- 2.1 Each team shall be arranged in such a way as to provide 2 singles and 2 doubles.

Players can either play in singles or doubles but not both. Each singles player / doubles pair plays one set against each singles player / doubles pair of the opposing team, so that each singles player / doubles pair plays two sets. There must be at least 6 players present before the start of a match.

- 2.2 The order of play shall be as follows:

Round	Set	
	Home Team	Away Team
1	1 st Doubles	1 st Doubles
	2 nd Doubles	2 nd Doubles
	1 st Singles	1 st Singles
2	2 nd Doubles	1 st Doubles
	1 st Doubles	2 nd Doubles
	2 nd Singles	2 nd Singles
3	2 nd Singles	1 st Singles
	1 st Singles	2 nd Singles

- 2.3 A set may not go beyond 6-6, at 6-6 each doubles / singles scores half a point for its team in this match.
- 2.4 Only one deuce is played in any game, and the receiver should determine which side the server serves.
- 2.5 The Team which wins 5 sets (or aggregate of half point scored in 2.3) first is the winner of the match.
- 2.6 Even though a team wins 5 sets (or aggregate of half point scored in 2.3) before 8 sets are complete, the remaining sets must be completed and all results will be counted. Failure to comply will result in walk-over.
- 2.7 3 points will be awarded to the winner of a match. If it is a draw, each team is given 1 and -3 points for giving away a walk-over. The team with highest aggregate wins the league.
- 2.8 If there is a tie in the league points at the end of the competition the following classifications shall apply:
 - 2.8.1 If there are two teams tied in the league points, the winner of the match between the two teams involved will be placed in higher position. Should the match between the two teams had ended in a draw, the games average of the match between two teams will be taken into account. Should there is still a tie, the set average (total sets gain divided by total sets lost) from the results of all their matches played in the group will be taken into account. Should there is still a tie, game average (total games gain divided by total games lost) from the results of all their matches played in the group will be taken into account. Should the tie still persist, a play-off will be arranged to decide the final position.

- 2.8.2. If more than two teams are equal in the league points, a second classification will be established taking into account only the results of the matches between the teams that are tied.
- In the event that there are still teams tied after the second classification, then set average (total sets gain divided by total sets lost), taking into account only the results of the matches between the teams still tied, will be used to determine the placing.
- If there are still teams tied, then games average (total games gain divided by total games lost), taking into account only the results of the matches between the teams still tied, will be used to determine the placing.
- If there are still teams tied, the placing will be determined using set average from the results of all their matches played in the group.
- If there are still teams tied, the placing will be determined using games average from the results of all their matches played in the group.
- If there are still teams tied, play-off matches will be arranged to determine final positions.
- 2.8.3 If at any stage, using the criteria in 2.8.2, a multiple team tie is reduced to a tie involving only two teams, the procedure in 2.8.1, will automatically be applied.
- 2.8.4 If it is reduced to a tie still involving more than two teams, the procedure beginning with first paragraph in 2.8.2 is repeated.
- 2.8.5 In any case that play-off match has to be arranged, there must be at least FIVE players present for each team before the start. The match with 2 doubles and 1 singles including tie-breaks will be arranged to determine final position. The team wins 2 sets is the winner.
- 2.9 The winning team should send or fax one copy of result sheet to Federation office within 2 days of competition.
- 2.10 In case of injury where both teacher in-charges or registered team managers agree that the player should not play on, his opponents win that set by a walk-over, and a reserve can be substituted.
- 2.11 Either team may use two reserve at any time between sets. The player who is replaced cannot play again in that match, even in the case of injury.
- 2.12 The away team remains on the same courts throughout the match.

3. TEAMS

- 3.1 Open Grade Competition.
- 3.2 Each team will consist of SIX players, providing 2 singles and 2 doubles pairs, and a teacher in-charge or registered team manager who is responsible for the players' conduct. Each team may have 2 reserves present.

4. UNIFORM

- 4.1 Players have exemption from the uniform requirement in General Rules of Sports Competition 7.4, i.e. it is not necessary for all players to dress in identical uniform with same colour and same style.
- 4.2 Non-marking rubber sports shoes should be worn.

5. HOME TEAM

- 5.1 The teacher in-charge or registered team manager of the home team is in charge of the match for that day.
- 5.2 When using public courts, the teacher in-charge or registered team manager should report at the booking office 15 minutes before the scheduled time of the match and sign for the courts.
- 5.3 Home Team should bring 2 tins of balls for the match. Two balls should be used on each court. The home team may keep all the balls at the conclusion of the match.

6. REGISTRATION CARDS

A player without a registration card is not entitled to play. Prior to the start of the match, teacher in-charges or registered team managers should exchange line-ups and check the registration cards of the players.

7. UMPIRES

- 7.1 If agreed by both teams, umpires can be used. The home team should provide 2 umpires and the away team 1 umpire. The teacher in-charge or registered team manager may serve as umpire if necessary. Otherwise, the matches should be self-umpired by the players.
- 7.2 The umpires should call out the point score after each point and the game score after each game. He should also use paper and pencil in keeping the score.

8. BEGINNING THE MATCH AND WALK-OVER

- 8.1 A team of 6 players and a teacher-in-charge or registered team manager should report at the venue no later than the scheduled time.
- 8.2 The first round of sets must begin within 15 minutes after the scheduled time.
- 8.3 Failure to comply to 9.1 or 9.2 by one team will result in the opposing team being awarded 3 league points.
- 8.4 Failure to comply to 9.1 or 9.2 by both teams will result in a double walk-over and -3 league points for both teams.

9. POSTPONEMENT & RE-ARRANGEMENT

- 9.1 Participating schools can request 2 no play dates during the tennis season. The convenor will try not to schedule any match on the request dates without guarantee.
- 9.2 If a match is postponed, forfeited, etc. at the start of play, the particulars should be written on three copies of score sheets, duly signed by both teacher in-charges or registered team managers. One copy should be sent or fax to the Federation office within 24 hours.

10. PROTEST

Protest shall be lodged to the convenor in writing through the Federation within 3 working days after the match took place. No late protest will be entertained.

11. INTERRUPTION OF PLAY

In the case when a match cannot be completed as scheduled, the home team should report the case to the Federation Office within 2 working days of the match. If a re-arrangement is necessary, the match shall continue from where it has been stopped using same players of the interrupted match.

GENERAL RULES OF INTER-SCHOOL TENPIN BOWLING COMPETITION

1. Unless otherwise stated, the rules of the Hong Kong, China Tenpin Bowling Congress shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 **Individual Event**
 - 2.1.1 Each player will play 3 games in assigned lanes, the total scores will determine the top 8 positions.
 - 2.1.2 In case of a tie on the top 8 position, the tie will be broken by the player with the highest game;
 - 2.1.3 Should the tie persists, the second highest game will be taken to break the tie;
 - 2.1.4 Should the tie persists, co-winner will be declared.
 - 2.2 **Team Event**
 - 2.2.1 Each player will play 3 games according to the line-up in the assigned pairs of lanes. The total pinfalls of 9 games will determine the top 4 Team position.
 - 2.2.2 In case of tie on total pinfalls, the team having the highest game of 3 players added together will be used to break the tie;
 - 2.2.3 Should the tie persists, the second high game of 3 players added together will be used to break the tie;
 - 2.2.4 Should the tie persists, co-winner will be declared.
3. **HANDICAP**

10 pins per game will be deducted from bowler who is a member of the National Youth Team of Hong Kong, China Tenpin Bowling Congress.
4. **TEAMS**
 - 4.1 **Individual Event**
 - 4.1.1 Boys Open Grade and Girls Open Grade.
 - 4.1.2 Schools may enroll 1 to 5 players in each event
 - 4.2 **Team Event**
 - 4.2.1 Boys Open Grade and Girls Open Grade.
 - 4.2.2 Schools may enroll 1 team with 3 members and 2 reserves in each event.
 - 4.3 Only players listed on the application form can participate in the Competition.
5. **UNIFORM**
 - 5.1 Players have exemption from the uniform requirement in General Rules of Sports Competition 7.4, i.e. it is not necessary for all players to dress in identical uniform with same colour and same style.
 - 5.2 Players must be properly dressed in polo shirt or crew neck T-shirt sports wear.
 - 5.3 Players in singlet, sleeveless T-shirt, shorts, and jeans will not be allowed to take part in the competition.
 - 5.4 Player must wear appropriate bowling shoes.

6. TEAM MANAGER

School Staff or non-full-time staff member authorized by Head of School must accompany their team throughout the competition. Appointed non-full-time staff member must submit Team Manager (non-staff member) Registration Form' to the Federation Office 4 working days before assume duty.

7. REPORTING

- 7.1 Check in time will be arranged in accordance to the number of participants, and will be released on HKSSF website at least 7 days in advance. Lane assignment will be released on the competition day.
- 7.2 All school team manager must report ON TIME, players will be disqualified for schools that failed to report. Players' race number and pins will be distributed during reporting.
- 7.3 Registration cards MUST be produced to the Convenor before the start of the competition. Players without registration card are not allowed to take part in the competition.
- 7.4 Uniform inspection will be carried out during the collection of registration cards.

8. SUBSTITUTION PROCEDURE (TEAM EVENT)

- 8.1 For any Substitution (including reserve player) team manager should complete the substitution form and return to Registratin Counter before check in time.
- 8.2 In the event of substitution have been made with the reserve player, and further substitution is still required, the team manager should complete the substitution form, return to Registration Counter before check in time and doctor's certificate must be provided for further replacement, the player who is replaced will be prohibited to participate in any event on the same day.

9. SCORE CONFIRMATION

Players should check the score and sign on the score sheet after competition. The score will still stand even without player's signature.

10. PRIZES

- 10.1 Medals will be awarded to top 8 players in the Individual Event.
- 10.2 The top 4 teams shall receive a trophy and 3 medals in the Team Event.
- 10.3 High Game Award
 - 10.3.1 The player with the highest one game pinfall either in Individual or Team Competition will be awarded;
 - 10.3.2 In case of tie, co-winner will be declared.
 - 10.3.3 A trophy will be awarded to the high game scorer.

11. PROTEST

- 11.1 All protest must be launched by the team manager before Prize Giving.
- 11.2 The Organizing Committee will entertain the protest based on facts available. Decision of the Organizing Committee is final.

GENERAL RULES OF INTER-SCHOOL VOLLEYBALL COMPETITION

1. Unless otherwise stated, the competition will be played according to rules of International volleyball Federation (FIVB). The official volleyball Rules 2025-2028 will be applicable. (For detail, school may refer to <https://vbahk.org.hk/article/3508>)

2. SYSTEM OF COMPETITION

- 2.1 2 points will be awarded for a win, 1 point for a loss and -2 points for failing to honour a fixture.
- 2.2 If two teams tie on points, the winner of the match between the two teams shall be awarded the higher position.
- 2.3 If three or more teams tie on points, their ranking will be decided by the quotient of points gained divided by points lost in the matches involving such teams. Should the tie still persist, sets will be counted in the same manner.
- 2.4 All matches will be played by 2 sets out of 3 systems.

3. BALLS

Both teams shall each supply a match ball that conforms to the rules of the game. The referee will decide which ball will be used for competition. A double walk over will be declared if both teams cannot supply a match ball.

4. NET HEIGHTS

Boys A - 2.35m Girls A - 2.20m
Boys B - 2.30m Girls B - 2.15m
Boys C - 2.20m Girls C - 2.15m

5. UNIFORM

- 5.1 Except libero player, players in a team shall wear same colour and style vests with numbers on both side.
- 5.2 Players' numbers shall be between 1 and 99. (1-9 shall be a single number)
- 5.3 The numbers shall be placed in the centre part of both the front and back sides of players' shirts.
- 5.4 A distinctive colour strip must appear under the front side number of team captain's vest.

6. CENTRE-IN-CHARGE

- 6.1 The staff member of the first named team on the fixture will be the duty officer of the match.
- 6.2 The centre-in-charge should see that score books are ready, nets on at appropriate height before the start of competition.
- 6.3 In case of rain or other unforeseen weather condition, the centre-in-charge can, in consultation with the referee, declare postponement of matches.
- 6.4 In consultation with referee, the centre-in-charge can have the authority to declare 'walk-over' if any irregularities occur.
- 6.5 Inform convenor in case of any postponement and/or walk-overs.

- 6.6 Centre-in-charge can have the right to order any misbehaved competitor or spectator to leave the competition centre & report the case to the convenor for disciplinary action.
- 6.7 Make sure competitors will not misuse facilities of competition centre.
- 6.8 Liaise with referee in case of any problem arises.
- 6.9 Can have the right to check players' registration card in case of queries.

7. REFEREE

The Volleyball Association of Hong Kong, China will be responsible for providing referees and scorer.

8. COLD WEATHER ARRANGEMENT

- 8.1 If cold weather warning has been issued by the HK Observatory, individuals may wear undergarments or long trousers underneath competition uniform provided that will not interfere the judgment of umpiring. The referee has the right to uphold such decision.
- 8.2 As weather varies in different location, schools are required to report to competition venue. Referee will decide the continuing of competition on the spot, competition will be cancelled if temperature drops **below 10°C**.

9. DISCIPLINE

It is with much co-operation of Leisure & Cultural Services Department in providing facilities for volleyball competition. The Management Committee would like to see that this generosity is respected by participating schools. Teachers-in-charge are requested to note:-

- 9.1 Players are restricted to use only the designated changing rooms, toilets & playing courts.
- 9.2 Centre-in-charge have the right to order any misbehaved player or spectator to leave the centre.
- 9.3 No competitor or spectator is allowed to wander around venue complex.
- 9.4 Centre should be kept clean and tidy.
- 9.5 Misbehaved student & team will be referred to the Disciplinary Committee for action.

10. PROTEST

Protest shall be lodged with the convenor in writing within 3 working days of the match concerned and the Protest shall be dealt with by the Management Committee at its own discretion.

11. INTERRUPTION OF PLAY

If any circumstance prevent the completion of a match, the following shall apply:

- 11.1 The referee, duty officer are requested to report the case to the Management Committee.
- 11.2 The result of the completed set/s will stand.
- 11.3 Result of the interrupted set will be cancelled.
- 11.4 The cancelled set/s will be replayed. School may use other players in the re-play.

GENERAL RULES OF ALL HONG KONG 3 x 3 BASKETBALL MARATHON

1. Unless otherwise stated, the rules of the International Basketball Federation (FIBA) and Official FIBA 3x3 Basketball Rules shall be applied.

2. Classification of Teams

- 2.1 The classification of teams shall be made on points according to their win-loss records, namely 2 points for each match won, 1 point for each match loss, and -2 points for a match loss by walk-over. In case of walk-over, the score shall be recorded as 10:0.

(i) If there are two teams equal in this classification, the result of the match between the two teams involved will be used to determine the placings.

(ii) If more than two teams are equal in the placings, a second classification will be established, taking into account only the results of the matches between the teams that are tied.

In the event that there are still teams tied after the second classification, then goal difference (total points scored minus total points loss), taking into account only results of the matches between the teams still tied, will be used to determine the placings.

If still tied, then the team with the most points scored in average (without considering winning scores of forfeits) shall be awarded the higher position.

If there are still teams tied, the placings will be determined using goal difference from the results of all their games played in the group. If still undecided, placing will be decided by lots drawing.

- 2.2 If at any stage, using the criteria in (ii), a multiple teams tie is reduced to a tie involving only two teams, the procedure in (i) will automatically be applied. If it is reduced to a tie still involving more than two teams, the procedure beginning with the first paragraph of (ii) is repeated.

3. Balls

3x3 ball shall be used in all categories.

4. Uniform and Colours

- 4.1 Each team shall wear shirts of the same style and dominant colour front and back.

- 4.2 Each player shall wear sports shorts with no limitation on colour.

- 4.3 Each player shall be numbered on the front and back of his shirt with plain numbers of a solid colour contrasting with the colour of the shirt.

- 4.4 The number on the player's front shall be 10cm high, and on his back 20cm high.

- 4.5 The numbers shall be from 0,00, 1 to 99 (1-9 shall be a single number) and there cannot be duplicate number on the same team.

- 4.6 Team Colour

4.6.1 Jersey has to primarily feature a single dominant colour.

4.6.2 The first team named in the fixture (home team) shall wear light-coloured shirts.

4.6.3 The second team named in the fixture (away team) shall wear dark-coloured shirts.

- 4.6.4 No team is allowed to wear grey colour.
- 4.6.5 Light-colour means white or yellow colour.
- 4.6.6 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 4.7 All players in a team are required to wear same colour same style short sleeves sportswear under the uniform tops or bibs if any individual would like do so.
- 4.8 All players in a team must use same colour protective equipment or tape on upper body.
- 4.9 If cold weather warning has been issued by the HK Observatory, individuals may wear same colour undergarments or long trousers underneath competition uniform.
- 4.10 In the case of controversy on uniform and colours, the referee's decision is final.

5. System of Play

- 5.1 Each team can enter a maximum of 5 players each game, including 3 starters and 2 substitutes. Game must start with 3 players on court.
- 5.2 Ranking top 16 positions of Boys Senior grade & Junior grade and top 8 positions of Girls Senior grade & Junior grade of last year competition will be seeded for Senior grade and Junior grade this year respectively.
A single round-robin format will be used in Preliminary rounds. Each group consist of 3-4 teams, top team from each group will advance into single knock-out elimination rounds.
*Seedings of this year competition will be based on results of last season.

6. Competition Rules

- 6.1 Duration of match is 1 period of 10 minutes regular playing time, game clock shall only be stopped during dead ball situations and free throws in last 2 minutes of game.
- 6.2 There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.
- 6.3 Initial possession is decided by coin flip. The team that wins the coin flip decides whether it takes the ball at the beginning of the game or leaves it, in order to get it in a potential overtime.
- 6.4 Score limit for each match is 21 points. The first team to score 21 points or more wins the game if it happens before the end of regular playing time. This "sudden death" rule applies to the regular playing time only (not to a potential overtime).
- 6.5 1 point is rewarded if scored inside the arc; 2 points is rewarded if scored behind the arc.
- 6.6 Each team has 1 time-out, 30 seconds per time-out. Any player or substitute can request a time-out when the ball becomes dead prior to a check-ball or free throw.
- 6.7 Shot clock is 12 seconds. Referees should perform a 5 second count if there is no shot clock equipped.
- 6.8 1 free throw is rewarded following a shooting foul if foul committed inside the arc; 2 free throws are rewarded following a shooting foul if foul committed behind the arc.
- 6.9 Personal fouls are not entered on the scoresheet unless unsportsmanlike or disqualifying.
- 6.10 6 Foul limit per team.
- 6.11 Penalty for team fouls 7, 8 and 9 will be rewarded 2 free throws.
- 6.12 Penalty for team fouls 10 and more will be rewarded 2 free throws and ball possession.
- 6.13 Penalty for technical foul will be rewarded 1 free throw with no change of possession.
- 6.14 Penalty for unsportsmanlike foul will be rewarded 2 free throws with no change of possession (except for team foul 10 and more). If team foul 10 or more, will be rewarded 2 free throws with ball possession, and count as if 2 fouls for team fouls

purposes.

- 6.15 Penalty for disqualifying foul will be rewarded 2 free throws and ball possession. Counted as if 2 fouls for team fouls purposes.
- 6.16 Possession following a successful goal: Defense gain possession right underneath the hoop, ball to be dribbled or passed to a player behind the arc. Defensive team not allowed to play for the ball inside the “no-charge semi-circle” area underneath the basket.
- 6.17 Possession following a dead ball: Check-ball. Exchange of ball behind the top of the arc.
- 6.18 Possession following defensive rebound or steal: Ball to be dribbled/passed to behind the arc.
- 6.19 Possession following a jumpball situation: Defense possession.
- 6.20 Substitution can be made in dead ball situations, prior to the check ball. The substitute can enter the game after his teammate steps off the court behind the end line opposite the basket. Substitutions require no action from the referees or table officials.
- 6.21 A player is considered to be “behind the arc” when neither of his/her feet are inside nor step the arc.

7. Team Manager

Each participant school must assign at least one staff member or an authorized Team Manager (Non-staff member) [The authorized Team Manager (Non-staff member) must be registered 4 days before the scheduled competition].

8. Referee

Official referees shall be appointed by the Federation for all matches. All protests concerning technical rules and interpretation should be made to the Referee. The decision of the Referee shall be final.

9. Discipline

A Player shall be disqualified for the remainder of the tournament when he/she is charged with a disqualifying foul, the referee shall report the incident to the Management Committee for further action if needed.

10. Interruption of Play

When a match cannot be completed during any time of play (including extra time) and decided a replay, scores and foul record will be retained and the remaining time to be replayed.

11. The Organizing Committee has full right to make amendments on any matters when necessary.

GENERAL RULES OF ALL HONG KONG GIRLS FOOTBALL COMPETITION

1. Unless otherwise stated, the competition will be played according to the rules of the Football Association of Hong Kong, China.

2. SYSTEM OF COMPETITION

The division system will be adopted if there are at least 16 participating teams. According to last season's overall results, and the promotion and relegation system, top 8 teams will be in Division One and the rest goes to Division Two. If there are less than 16 teams, all teams will be playing in the same division.

3. CLASSIFICATION OF TEAMS

- 3.1 3 points for a win, 1 point for a draw, 0 point for a loss and -3 points for a walk over. The score for a walk over shall be 2 : 0.
- 3.2 If there are two teams equal in league points, the result of the match between the two teams involved will be used to determine the placings. If the match is a draw, then the placings will be determined according to the classification beginning with item 2.6.
- 3.3 If three or more teams are equal in league points, the results of the matches between the teams that are tied will be used to determine the placings.
- 3.4 In the event that there are still teams tied, then goal difference in matches between the teams that are tied will be used to determine the placings.
- 3.5 If still tied, then the number of goals scored in matches between the teams that are tied will be used to determine the placings.
- 3.6 If still tied, then the goal difference in matches of the teams played in the group will be used to determine the placings.
- 3.7 If still tied, then the number of goals scored in matches of the teams played in the group will be used to determine the placings.
- 3.8 If still tied, then sportsmanship record of the teams in matches played in the group will be used to determine the placings. (Red Card - 3 points; Yellow Card - 1 point, less aggregated points will be placed in higher position)
- 3.9 If still tied, the placing will be taken by a draw conducted by the Management Committee.
- 3.10 If at any stage, using the criteria in item 3.3 to 3.8 a multiple team tie is reduced to a tie involving only two teams, the procedure in item 3.2 will automatically be applied. If it is reduced to a tie still involving three or more teams, the procedure beginning with item 3.3 is repeated.
- 3.11 For all knock-out matches, should the match end in a draw at full time, no extra time shall be played and the match shall be decided by the taking of kicks from the penalty-spot in the method stipulated by FIFA.
 - i. Both teams will take 3 kicks
 - ii. The kicks will be taken alternately
 - iii. Each kick will be taken by different player
 - iv. If there is still a draw after the first round of kicks, "Sudden Death" will be applied at the second round.

4. NUMBER OF PLAYERS

- 4.1 Seven players are allowed to play at each match.
- 4.2 15 players may be registered on the line-up sheet.
- 4.3 A minimum of 5 players must be present before a team can play.

5. BALLS

- 5.1 Size No. 4 football shall be used.
- 5.2 Both teams shall each supply a match ball of the correct size. A double walk over will be declared if both teams cannot supply a match ball.

6 FOOTBALL BOOTS

Football boots may be worn by players for competition which has been arranged to play on 7-a-side Soccer Pitches (Artificial Turf Pitches). Players must wear long stockings and shin pads. No boat socks are allowed.

7. COLOURS

- 7.1 Please refer to General Rules of Sports Competition.
- 7.2 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 7.3 In the case of controversy on uniform and colours, the referee's decision is final.
- 7.4 Team captain must wear an armband of distinguishable colour.

8. PROTECTIVE EQUIPMENT

Should players require the use of protective equipment such as face masks or sports spectacles during the competition, approval must be gained from the HKSSF. Application must be submitted by school at least fourteen days prior to the match. Please refer to the website for further details.

9. REFEREES

- 9.1 Official referees shall be appointed for all matches.
- 9.2 Should the appointed referee fail to turn up within 5 minutes of the scheduled starting time, the staff member in-charge of each team shall agree on someone to referee the match and the match shall start not less than 10 minutes after the scheduled time.
- 9.3 In the event of bad weather, only the referee has the power to decide on postponement if the ground condition is not suitable for competition.

10. DURATION OF THE MATCH

20 minutes each half. 5 minutes interval.

11. DISCIPLINE

- 11.1 Please refer to General Rule of Sports Competition item 3.
- 11.2 When a player is sent off, the referee shall report the incident to the Management Committee for action.
- 11.3 A send-off (red card) shall result in a mandatory suspension of one match. Two cautions (yellow cards) accumulated in different matches shall result in a mandatory suspension at the following match. Serious offences shall be dealt with separately by Management Committee.
- 11.4 The staff member of the first named team on the fixture will be the duty officer of the match to deal with problem that may arise.

12. SUBSTITUTION

Each team will be allowed to substitute 5 players in a match. Each team has a maximum of three substitution opportunities during a match and may additionally have one substitution opportunity at half-time.

13. INTERRUPTION OF PLAY

In the case when a match cannot be completed as scheduled, all disciplinary sanctions of the cancelled match should be retained and penalties imposed accordingly. If a re-match is necessary, the whole match shall be replayed.

GENERAL RULES OF ALL HONG KONG GYMNASTICS COMPETITION

1. CATEGORY

Boys Group & Girls Group: A Grade, B Grade, C Grade.

2. EVENTS

Grade Events	BOYS				GIRLS			
	Floor Exercise	Vault	Horizontal Bar	Parallel Bars	Floor Exercise	Vault	Balance Beam	Uneven Bars
A Grade	✓	✓	✓	✓	✓	✓	✓	✓
B Grade	✓	✓	✓	---	✓	✓	✓	---
C Grade	✓	✓	---	---	✓	✓	---	---

2.1 A Grade: Including Team Event, Individual All-around & Individual Event

2.2 B Grade: Including Team Event, Individual All-around & Individual Event

2.3 C Grade: Including Team Event & Individual Event

3. ENTRIES

3.1 Team Events: Each school can enter a maximum of 1 team, with a maximum of 5 gymnasts and a minimum of 3 gymnasts, for each category.

3.2 All-around and Individual events: Each school can enter a maximum of 15 gymnasts for each category. (Gymnasts participating in All-around Event must complete all events of his/her Grade.)

4. APPLICATION FOR COACH PERMIT

4.1 To further reinforce the safety precautions to protect gymnasts, only registered coaches or P.E. teachers are allowed to enter the field of competition to protect gymnasts during warm-up and competition. This shall apply to all competitions organized by The Gymnastics Association of Hong Kong, China (GAHK).

4.2 All Coach Permit Holders must show the valid Coach Permit when entering the Field of Competition; unregistered coaches are NOT allowed to enter the Field of Competition.

4.3 For details of Coaches registration, please contact GAHK staff.

5. COMPETITION ATTIRE

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

5.1.1 A Grade: According to FIG Regulations

5.1.2 B Grade & C Grade: Sportive non-transparent leotard or school sports wear

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

5.3 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.

6. RULES AND REGULATION

6.1 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 Hong Kong, China.

6.2 All participating schools must follow the rules & regulations and the instructions of the

Organizers.

- 6.3 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 their decision.**
- 6.4 The 2025-2028 CODE of POINTS of the International Gymnastics Federation (FIG) (2025-2028 年國際體操聯盟-評分規則) will be adopted. For details, please refer to GAHK's website.
- 6.5 For details of routines and scoring schemes, please refer to HKSSF's and GAHK's website.

GENERAL RULES OF ALL HONG KONG HOCKEY COMPETITION

1. Unless otherwise stated, the Laws of the International Hockey Federation (FIH) shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 The division system will be adopted if there are at least 16 participating teams in different grades. According to last season's overall results, and the promotion and relegation system, top 8 teams will be in Division One and the rest goes to Division Two. If there are less than 16 teams, all teams will be playing in the same division.
 - 2.2 3 points shall be awarded for a win, 1 point for a draw, 0 point for a loss and -3 points for a forfeit. The score for a forfeit will be 3 : 0.
 - 2.3 If there is a draw on points, winning teams will be decided by
 - 2.3.1 The goal difference will be used to determine the placing.
 - 2.3.2 If still tied, goals for will be counted to determine the placing.
 - 2.3.3 If still tied, the result of the match played between the two teams will be used to determine the placing.
 - 2.3.4 If still tied, coin will be flipped conducted by respective Management Committees to determine the placing.
 - 2.4 Semis and Finals resulting in a tie will be decided by five penalty shootouts followed by sudden death. No extra time to be allowed.
3. **TEAMS**
 - 3.1 Boys – Open Grade
 - 3.2 Girls – Senior & Junior Grade
4. **BALLS**

Both teams shall each supply a match ball of the correct size.
5. **REGISTRATION CARDS**

All players must be registered and registration cards produced at competition.
6. **PLAYERS AND KIT**
 - 6.1 A minimum of 8 players is required to start and continue a game.
 - 6.2 A player can play in one team only and must play in the grade she has been registered.
 - 6.3 It is compulsory for all players to wear shin pads.
 - 6.4 It is compulsory for a Goalkeeper to wear a helmet; otherwise no Goalkeeper will be allowed.
 - 6.5 It is compulsory for all defenders wearing head or face protections to defend penalty corners. Should a defending team not have enough head or face protections, the number of defenders will be reduced accordingly and only defenders wearing head or face protections are permitted to defend penalty corners.
 - 6.6 Mouthguards are strongly recommended.
7. **UNIFORMS AND COLOURS**
 - 7.1 Players' numbers shall be sewn or stenciled permanently on the back of the uniform top and there cannot be duplicate number on the same team.
 - 7.2 Uniform please refer to General Rules of Sports Competition item 7.
 - 7.3 Colours please refer to General Rules of Sports Competition item 8.
 - 7.4 Team captain should wear an armband of distinguishable colour.
 - 7.5 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.

7.6 In the case of controversy on uniform and colours, the referee's decision is final.

8. UMPIRES

Official umpires shall be appointed by the Hockey Hong Kong, China for all match.

9. DURATION OF THE MATCH

9.1 Boys Open & Girls Senior Grade: 4 quarters and 15 minutes per quarter.

9.2 Girls Junior Grade: 4 quarters and 12 minutes per quarter.

9.3 No stoppage of time during Penalty Corner & after goal scored.

10. DISCIPLINE

10.1 When a player is sent off (red card), the umpire shall forward report to the Convenor for action.

11. SUBSTITUTION

Each team can substitute any number of player in a match.

GENERAL RULES OF ALL HONG KONG LIFE SAVING COMPETITION

1. ELIGIBILITY & ENTRIES

- 1.1 Senior Grade (Boys and Girls): Students holding A Grade or B1 Grade card may only take part in Senior grade competitions.
- 1.2 Junior Grade (Boys and Girls): Students holding B2 or C Grade cards may take part in Junior grade competitions.
- 1.3 Each school may enter a maximum of 2 athletes for each Individual Event and 1 team in the Relay Event.
- 1.4 Each Competitor may enter a maximum of 2 Individual Events and 1 Relay Event.

2. EVENTS

2.1 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

2.2 Relay Events:

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

3. SUBSTITUTION

No substitutions are 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 1.4.

4. REFEREE

- 4.1 Technical Referees will be appointed by The Hong Kong Life Saving Society (HKLSS).
- 4.2 Participating school must appoint one P.E. teacher or staff to take part in operation of the Competition (as officials). Fails to comply may result in disqualifications of participation.

5. RULES AND REGULATIONS

- 5.1 Unless stipulated, all rules and regulations will follow **the General Rules of International Life Saving Federation (ILS) Competition Rulebook 2025 edition – (effective 1 September 2025) (to be confirmed)** and the current General Rules of HKSSF's Secondary Schools General Information Booklet. <https://www.hklss.org.hk/zh-hant/works/subpage/21/>

5.2 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.

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

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

5.5 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.

5.6 Schools must submit the Order List of Relay Event to the Control Room at least 90 minutes before the Event. The Organizing Committee (OC) reserves the right to re-allot the Lanes if necessary.

5.7 Non-Team Members must fulfill the following criteria:

5.7.1 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.

5.7.2 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.

6. TIMINGS

6.1 The Automatic Equipment time installed in Leisure and Cultural Services Department Swimming Pool will be regarded as the official time.

6.2 In the event of the Automatic Equipment failure, the official time will be determined by digital watches operated manually and it will be regarded as an official record.

6.3 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).

7. POINTS

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

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

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

7.2.1 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;

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

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

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

7.3.1 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

7.3.2 A school with higher ranking in Junior Grade result will be placed in a higher position. Should the tie still persist, Senior Grade result will be considered in the same manner.

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

8. AWARDS

8.1 Individual Event – Top 4 competitors will be awarded with medals and certificates.

8.2 Relay Event – Top 4 teams will be awarded with trophy only.

8.3 Overall Champion (Boys and Girls) – will be awarded with Trophies. Points will be calculated by the sum of Senior & Junior Grade points awarded.

9. PROTEST AND APPEALS

9.1 All protests and appeals concerning technical rules and their interpretation

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

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.

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.

4. The decision of the Appeals Committee shall be final.

9.2 All appeals concerning the management of the meet

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

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

10. EQUIPMENT

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

GENERAL RULES OF ALL HONG KONG NETBALL COMPETITION

1. Unless otherwise stated, the rules and regulations of the Netball Hong Kong, China shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 There will be A Grade, B Grade and C Grade. The division system will be introduced if there are at least 16 participating teams in each grade respectively. According to last season's overall results, top 8 teams will be in Division One and the rest goes to Division Two. If there are less than 16 teams, all teams will be playing in the same division.
 - 2.2 A player can play in one team only and must play in the grade she has been registered.
3. **CLASSIFICATION OF TEAMS**
 - 3.1 3 points shall be awarded for a win, 1 point for a draw, 0 point for a loss and -3 points for a forfeit.
 - 3.2 If two teams tie on points, the winner will be decided by:
 - 3.2.1 The result of the match played between the two teams involved will be used to determine the placing.
 - 3.2.2 If the match is a draw, the goal average in matches of the teams played in the group will be used to determine the placings.
 - 3.3 If three or more teams tie on points, the winner will be decided by:
 - 3.3.1 The goal average among teams concerned will be used to determine the placings.
 - 3.3.2 If still tied, the goal average in matches of the teams played in the group will be used to determine the placings.
 - 3.4 The goal average for each team shall be decided as follows:

Total number of goals scored by the team, divided by the total number of goals scored against the team, multiplied by 100 and divided by the actual number of matches played (above-mentioned) by the team.

 - 3.4.1 The number of matches actually played includes a match the team has forfeited, but does NOT include a match where the team has received a forfeit.
 - 3.5 If at any stage, using the criteria in 3.3, a multiple team tie is reduced to a tie involving only two teams, the procedure in item 3.2 will automatically be applied.
4. **DURATION OF PLAY**
 - 4.1 The game shall consist of four (4) periods of ten (10) minutes.
 - 4.2 If the match is a draw in the knock out stage, the match shall continue with an extra period of three (3) minutes. If there is a tie after the extra period, the match shall continue by using the Golden Goal method. The match shall end whenever there is a successful goal during the golden goal period. All remaining penalties shall apply and all successful goals shall be counted.
5. **BALLS**

Size No. 5 ball will be used

6. REGISTRATION CARDS

All players must be registered and registration cards produced at competition.

7. UMPIRES

Each school should provide at least one umpire who has attended an HKNA umpiring course. Failure to provide umpire will lead to forfeiture of game.

8. TEAM COLOUR

8.1 Participating schools will declare the colour of their shirts before competition. Schools should try to avoid clash of colour during competition.

8.2 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.

8.3 In the case of controversy on uniform and colours, the referee's decision is final.

GENERAL RULES OF ALL HONG KONG RUGBY SEVENS COMPETITION

1. Unless otherwise stated, the rules of World Rugby - Seven-a-side laws variations shall be applied.
2. **SYSTEM OF COMPETITION**
 - 2.1 A round robin format shall be adopted in the preliminary round competition.
 - 2.2 Teams will be allotted to compete in the knockout stage according to their standings in the preliminary round.
 - 2.3 Cup / Plate / Bowl / Shield Final format will be played subject to the number of participating teams.
 - 2.4 The best teams will be calculated by the system of Classification of Teams.
3. **CLASSIFICATION OF TEAMS**
 - 3.1 3 points shall be awarded for a win, 1 point for a draw, 0 point for a loss, and -3 points for a forfeit/fail to take part (score as 28:0).
 - 3.2 Preliminary Round
 - 3.2.1 No extra time in the preliminary round.
 - 3.2.2 In the event of tie in total points, the "for-against" points shall be awarded with higher ranking;
 - 3.2.3 Should the tie persists, the total number of tries shall be awarded with higher ranking;
 - 3.2.4 Should the tie persists, the winner of the match between the two teams shall be awarded with higher ranking;
 - 3.2.5 Should the tie persists, the winner will be determined by the toss of a coin.
 - 3.3 Knockout Finals and Extra Time Period
 - 3.3.1 In the event of a draw, teams will be given a 1 minute break, the match shall continue with extra period of 5 minutes by using the Golden Goal Method, where the first team to score "points" will become the winner of the match;
 - 3.3.2 Should the tie persists after the extra period, the first team that scored during regular period will be declared the winner of the match;
 - 3.3.3 Should the tie persist, the winner will be determined by the toss of a coin.
4. **TEAMS**
 - 4.1 Boys League -A Grade, B Grade and C Grade.
 - 4.2 Girls League – Senior Grade and Junior Grade.
 - 4.3 Due to the safety reason under World Rugby, an age banding of no more than 4 years biological age difference applies to all competitions of different Grade. Students born on or after the particular year inside the parentheses listed in 4.4 & 4.5 are NOT allow to take part in the competition respectively.
 - 4.4 Boys League - A Grade (on or after 2011),
B Grade (on or after 2014) and
C Grade (on or after 2016).
 - 4.5 Girls League - Senior Grade (on or after 2011), and Junior Grade (on or after 2015)

- 4.6 Each team shall consist of 12 players with 7 players on the field, and 5 reserve players. There must be at least 5 players present before the start of a match.
- 4.7 Reserve players must wear the vest as provided at the reserve stand for identification.
- 4.8 No limitation on substitutions and only be made when the ball is dead and with the permission of the referee.

5. UNIFORM

- 5.1 All players must wear SAME STYLE and SAME COLOUR shirts bearing school name/abbreviation/badge (No vests allowed), each player shall be numbered differently from 1 to 99 at the back of his/her shirts.
- 5.2 If a team fails to dress in uniformed shirts, all players must wear the playing shirts as provided by the organizer. (prior to the colour crash team).
- 5.3 In case of clash of colour between competing teams, the team that requires change of shirts (provided by organizer) will be determined by the toss of a coin.
- 5.4 Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- 5.5 In the case of controversy on uniform and colours, the referee's decision is final.

6. EQUIPMENT

- 6.1 All players must wear socks and sports shoes (sports shoes with metals spikes are forbidden).
- 6.2 The organizer/referee has the right to suspend one's participation if a player fails to wear a mouth guard.

7. TEAM MANAGER

School Staff or non-full-time staff member authorized by Head of School must accompany their team throughout the competition. Appointed non-fulltime staff member must submit 'Team Manager (non-staff member) Registration Form' to the Federation Office 4 working days before assume duty.

8. REPORTING

- 8.1 All players must produce their HKSSF Registration Cards when reporting.
- 8.2 All players must complete and submit the player declaration form (parental agreement) before the competition, failed to provide will not be allowed to play.
- 8.3 Teams should be ready to play and submit their team sheet to the official 20 minutes before competition, if a full team fails to commence at the scheduled time shall lead to a walkover.

9. PRIZES

The top 4 teams shall receive a trophy and 12 medals in Boys and Girls competitions. Addition trophy will be awarded to the Champion in Cup / Plate / Bow / shield Final by HKCR.

10. DISCIPLINE

- 10.1 Yellow Card: When a player receives a yellow card during a match, he/she will be temporary suspended for a period of 2 minutes start when he/she leaves the playing area. When the period of suspension finished, he/she will then allow to back at the next stoppage of game with the referee's permission. If a player receives 2 yellow cards during a match, which equal to a red card, he/she will be sent off and take no further part from that match and suspended for the next match. When a player has received 3 yellow

- cards in accumulation in same competition, he/she will be suspended for the next match.
- 10.2 Red Card: When a player receives a red card during a match, he/she will be sent off and take no further part of that match and suspended for the next match. Further suspension may be applied according to World Rugby Rules (Article 17 – Foul Play for underage rugby) based on reports submitted by referees.
- 10.3 If a participating school (including its coaches, players, teachers and supporters) violates the rules during the game, deliberately affects the progress of the game, or verbally or physically attacks other people (including the referee, staff, officials, other participating schools, etc.), HKCR reserves the right to immediately disqualify the team from the competition and invalidate the results obtained and reserves the right to pursue further actions.

11. PROTEST

The decision of the referees shall be final and no appeal will be accepted.

ALL HONG KONG INTER-SECONDARY SCHOOLS SOFTBALL COMPETITION

To cope with the needs of all Hong Kong inter-school softball competition and adapt to venue facilities, this Rules and Regulations provide some supplementary measures and special ground rules. Other rules that are not listed shall be the World Baseball Softball Confederation (WBSC) Fast Pitch Softball Playing Rules (WBSC FPPR) 2022-2025, and subject to the System and Rules of The Hong Kong Schools Sports Federation (HKSSF). The Hong Kong Schools Sports Federation, subject to prior notice, reserves the right to make amendments and alterations to the competition rules and playing schedule.

1. Eligibility of players

- 1.1. Each roster member must come from the same school. Male rosters shall include only male players and female rosters shall include only female players.
- 1.2. A coach or a member of the school authorized by the Head of school shall accompany the team in each match.
- 1.3. All players must be current registered students of Hong Kong Schools Sports Federation.
- 1.4. Only a maximum of 15 qualified players from the same school can participate in each game.
- 1.5. If a player cannot show up at the game starts, the school team manager may put his/her name on the lineup sheet. That player must report to the scorer for identity check when arrival, and that player can only be a substitute.
- 1.6. Each player should bring his/her Hong Kong Schools Sports Federation registration card and must produce it to the official scorer for proofing of identity before the game.

2. Home & Away team

- 2.1. The choice of Home or Away team shall be decided by coin flip before the game.
- 2.2. The Home team takes the field ahead of the Away team.

3. Playing Field Dimensions

- 3.1. Base to base distance = 18.29m (60 feet)
- 3.2. Pitching distance for girls = 12.2m (40 feet)
- 3.3. Pitching distance for boys = 13.11m (43 feet)
- 3.4. Home Run:
 - 3.4.1. Tin Kwong Road Ground:
A batted fair fly ball clears over the blue outfield fences protective padding.
 - 3.4.2. Shek Kip Mei Ground, Pitch #3 and Pitch #4 (near changing room):
Pitch #3: A batted fair fly ball first lands beyond the outfield boundary line. (A set of boundary-cones are placed outside the boundary line.)
Pitch #4: A batted fair fly ball first lands on or beyond the concrete jogging pavement.
- 3.5. Ground-rule-double (Shek Kip Mei Ground):

3.5.1. Pitch #3: If a batted fair ground ball (touched or untouched by any fielder or umpire) bounces over, touches or passes through the outfield boundary-cones, or enters the dead ball area.

Pitch #4: If a batted fair ground ball (touched or untouched by any fielder or umpire) enters the concrete jogging pavement, or enters the dead ball area.

In these cases, dead ball shall be called and two bases shall be awarded to the batter and to the runner(s) from the last base occupied at the time of the pitch.

3.5.2. When a batted ball is in play and is overthrown by a fielder (touched or untouched by any fielder or umpire) enters to the dead ball area beyond the boundary lines, a dead ball is called, two bases shall be awarded to the batter-runner and to the runner(s) from the last base touched at the time when the ball releases from the fielder. Runners may return to touch a base left too soon on a caught fly ball, or a missed base when appeal play is called.

4. Strike-out

No Dropped Third Strike Rule, the batter is out after the third strike irrespective of whether the ball is firmly held by the catcher or not. The ball is live before 3 outs.

5. Forfeited Game

5.1 A FORFEITED GAME shall be declared by the umpire, in favour of the team not at fault, if the offended team does not have enough players to start or continue the game. A team is considered as not having enough players to start when:

- a) Less than 9 players are present in the lineup.
- b) When they are using FLEX/DP, one of the non-FLEX/DP players is not present, and less than 10 players are present in the lineup.

5.2 In preliminary rounds, the lost runs of the offended team in a forfeited game shall be the most run-against recorded in the round robin of the same group. All other cases of a forfeited game should also follow this rule.

6. Duration of a game

6.1 All scheduled games must start on time and no delay is allowed.

6.2 No infield practice is allowed before the game.

6.3 Run Ahead Rule :

No run ahead rule shall be adopted in preliminary round and in semi-final games, all games must be played up to the specified time limit.

Run ahead rule shall be adopted in the final game. [Game is ended when one team leads another by: **fifteen (15)** runs after three innings; **ten (10)** after four innings; or **seven (7)** runs after five innings]

6.4 **Preliminary Round Robin**

6.4.1 A regulation game shall be a maximum of seven innings or when the game has been

played for 1 hr. and 20 min. (80 min.), whichever comes first.

6.4.2 No extra inning shall be started after the game has been played for 1 hr. and 20 min. (80 min.). A draw game shall be called if tied runs were recorded in the last complete inning.

6.4.3 A game shall be called at the end of top half inning when the game has been played for 1 hr. and 20 min. (80 min.) and if the home team is leading. If the game is drawn or the away team is leading, the game should be continued until the home team turns the defeat or until that inning is completed.

6.4.4 A game shall be called if one team leads the other by 10 runs or more when the game has been played for 1 hr. 20 min. (80 min.).

6.4.5 When a game has been played for 1 hr. 20 min. (80 min), the game shall be called if the home team is leading 9 runs when one out is recorded; or if the home team is leading 8 runs when two out is recorded.

6.5 Semi-final Games

6.5.1 A regulation game shall be a maximum of seven innings or when the game has been played for 1 hr. and 30 min. (90 min.), whichever comes first.

6.5.2 No extra inning shall be started after the game has been played for seven innings or when the game time has reached 1 hr. and 30 min. (90 min.), except for tied games.

6.5.3 A 'tiebreaker system' shall be executed to decide the winner if the score is tied after seventh inning or when the game time has reached 1 hr. and 30 min. (90 min.). There shall be no draw game in Semi-finals.

6.5.4 A game shall be called at the end of top half of the inning when the game has been played for 1 hr. and 30 min. (90 min.) and if the home team is leading. If the game is drawn or the away team is leading, the game should be continued until the home team turns the defeat or until that inning is completed.

6.5.5 A game shall be called if one team leads the other by 10 runs or more when the game has been played for 1 hr. 30 min. (90 min.)

6.5.6 When a game has been played for 1 hr. 30 min. (90 min), the game shall be called if the home team is leading 9 runs when one out is recorded; or if the home team is leading 8 runs when two out is recorded.

6.6 Final Game

6.6.1 A regulation game shall be a maximum of seven innings or when the game has been played for 1 hr. and 40 min. (100 min.), whichever comes first.

6.6.2 No extra inning shall be started after the game has been played for seven innings or when the game time has reached 1 hr. and 40 min. (100 min.), except for tied games.

6.6.3 A 'tiebreaker system' shall be executed if the score is tied after the completion of the seventh inning or when the game has been played for 1 hr. and 40 min. (100 min.). There shall be no draw game in finals.

6.6.4 A game shall be called at the end of the top half of the inning when the game has been played for 1 hr. and 40 min. (100 min.) and if the home team is leading. If the game is drawn or the away team is leading, the game should be continued until the home team

turns the defeat or until that inning is completed.

6.6.5 When a game has been played for 1 hr. 40 min. (100 min), the game shall be called if one team leads the other by 10 runs or more; the team is leading 9 runs when one out is recorded; or if the team is leading 8 runs when two out is recorded.

6.7 Tiebreaker system:

Tiebreaker system shall be used in semi-final and final games. The offensive team shall begin with a runner who is scheduled to bat ninth in that respective half-inning being placed on second base.

7. Points System (Preliminary Round Robin)

7.1 Three points shall be awarded for a win, one point for a draw and zero point for a loss. Team with higher point ranks on top of the others.

7.2 If two teams tie on points, rank them in order:

7.2.1 by the results of their games among themselves, the winning team is placed ahead of the others;

7.2.2 if their game is tied, by their total runs against recorded in their round robin games, the team with the lowest runs against is placed ahead of the others;

7.2.3 if again drawn, by their total numbers of hits recorded in their round robin games, the team with higher number of hits is placed ahead of the others;

7.2.4 if again drawn, by a toss of coin arranged by HKSSF.

7.3 If more than two teams tie on points, rank them in order:

7.3.1 by the results of their games among themselves in round robin games, the team with higher winning percentage is placed ahead of the others. The team with the second highest winning percentage is placed second, and so on, until two teams tied on their winning percentage which are then ranked according to the rules 7.2;

7.3.2 if two or more teams tied on winning percentage, ranked by their total runs against recorded in the games played among themselves in the round robin games, the team with the lowest runs against is placed ahead of the others. The team with the second lowest runs against is placed second, and so on, until two teams or more teams tied on their runs against which are then ranked according to the rules 7.2 and 7.3;

7.3.3 if again drawn, by their total runs against recorded in all round robin games, the team with the lowest runs against is placed ahead of the others. The team with the second lowest runs against is placed second, and so on, until two or more teams tied on their total runs against which are then ranked according to the rules 7.2 and 7.3;

7.3.4 if again drawn, by their total number of hits recorded in all round robin games, the team with higher number of hits is placed ahead of the others. The team with the second highest numbers of hits is placed ahead of the others, and so on, until two or more teams tied on number of hits which are then ranked according to the rules 7.2 and 7.3;

7.3.5 if again drawn, by a toss of coin arranged by HKSSF.

8. **Ninth batter**

- 8.1 Only a maximum of nine batters from an offensive team shall have their turns at bat in an inning.
- 8.2 The defense team cannot intentionally walk the ninth batter of the inning without delivering pitches, i.e. they cannot apply WBSC FPPR 5.5.1(c) 2 on the ninth batter.
- 8.3 When it is less than 3 outs, and the ninth batter becomes the batter runner, or there is runner on base after the batter is out, and the ball is live, the defense team may elect to put out the runners, or return the live ball to the home plate and end the inning.
- 8.4 a) The ball is dead, when the ninth batter draws a base on balls (walk)/ hit by pitch, _round-rule double : two (2) bases at the time of pitch.

Note: while the Dropped Third Strike rule is not in force, when the dropped third strike entering the dead ball area, the batter is OUT.

If it is still less than 3 outs, the runners are awarded two (2) bases at the time of pitch and then the inning is over.

- b) This is a delayed dead ball when the ninth batter is obstructed from batting the pitch/ hitting the illegal pitch:
The offense team may select the result of the play, or
The batter and the runners are awarded two (2) bases at the time of pitch and then the inning is over.
- c) After the ninth batter has completed his turn at bat, an offense player is out while causing the ball is dead, e.g. interference/illegal batting, the inning is over when the ball is dead.
- d) After the ninth batter has completed his turn at bat, and the ball is overthrown, the offense is awarded according to 3.5.2 of the regulation. Then the inning is over.
- 8.5 After the inning has ended as described in Section 8.3 - 8.4, the defense team may appeal for base running infractions and nullify run(s). However, such actions must be executed according to WBSC FPPR 1.2.5 and 1.2.6.
- Note: Unless the appeal involves the third out, and the third out is a force out or it is causing the runs on succeeding runners nullified, the advance granted by section 8.3 a) or b) of other runners and the batter will not be affected.

9. **Line-up**

- 9.1 The original line-up sheets and HKSSF registration cards should be submitted to the official scorer 30 minutes for verification before the game, and both opposing teams should exchange their team line-up rosters.
- 9.2 Any change or substitution of the line-up sheet requested by the manager after submitting to the scorer must be made in accordance with the substitution rules.
- 9.3 Full names, dress numbers, fielding positions of the players (including reserve) should be clearly printed on the line-up sheet.

9.4 The name of the manager/coach should also be written and signed on the line-up sheet.

10. Rescheduled Games

10.1 The umpire is empowered to call off a game at any time because of ground condition, adverse weather condition, darkness or when Air Quality Health Index (AQHI 10+) recorded at the General Station of the affected district reaches the band of 10 or above with serious health risk.

10.2 Adverse weather or poor ground condition

9.2.1 If a game is suspended by the umpire under adverse weather or ground condition, the game under certain conditions may be rescheduled to play at the exact point where the game was suspended until the specified time.

If the player on the original line-up card could not show up in the rescheduled game, the team must follow the substitution rule to replace the player.

9.2.2 It is a suspended game if the game is stopped when the game has been played for less than 2 complete innings.

9.2.3 A regulation game shall be declared if a game is stopped when it has been played for 2 or more complete innings, and when a new inning has not yet been started, a regulation game shall be declared and no rescheduled game is needed ; and if a new inning has been started, it is a suspended game.

9.2.4 If a game is stopped when it has been played for 2 or more complete innings, and when the top half of the next inning has been completed, and if home team is leading, a regulation game shall be declared and no rescheduled game is needed.

9.2.5 If a game has been played for 2 or more complete innings, and when the game is stopped at end of top half or the bottom half of the inning, and if the visiting team is leading, and if the home team has not completed their time-at-bat, or has not turned the defeat, it is a suspended game.

11. Re-entering

Any of the starting players may be withdrawn and re-entered once, provided such players occupy the same batting position whenever they are in the line-up.

The FLEX player can only play offense at the batting turn of the starting DP.

12. Warm-up Pitches

12.1 The starting or substituted pitcher may deliver for not more than five (5) warm-up pitches.

12.2 The pitcher may only deliver three (3) warm-up pitches at the beginning of each half inning.

12.3 No warm up pitch is allowed when the pitcher returns to pitch in the same inning.

13. Temporary Runner and Tiebreaker Runner

- 13.1 A temporary runner is legal for a **catcher or pitcher** who is listed in the starting line-up in the top of the first inning or is the catcher or pitcher of record from the previous half inning who is on base with **two** outs.
The temporary runner is the player scheduled to bat last and who is not on base at the time the option is taken. The plate umpire must be informed when a temporary runner is used.
- 13.2 The defense team may appeal for using wrong temporary runner or tie-breaker after a legal or illegal pitch. Such runner while they are still on base will be called out.

14. Equipment

- 14.1 The uniform shirts of a team should be alike and numbers of contrasting colour be worn on the back. No players of the same team may wear identical numbers. Only whole numbers 01 to 99 shall be used. Players without numbers will not be permitted to play.
- 14.2 Approved ball cap must be worn by all male players when fielding, except for catcher.
- 14.3 Approved batting helmets are mandatory for catcher and for players while batting and base running.
- 14.4 Shoes with metal spikes may not be used.
- 14.5 Any exposed metal may not be attached onto the uniform.
- 14.6 Any decorations judged dangerous by the umpire may not be worn during the game.
- 14.7 Starting from the 2027 season, Softball bats marked with Official WBSC Approved should only be used.
- 14.8 According to the player's year of birth, all under-14 players must wear approved face masks when they play in the infield. They must also wear approved helmets associated with face mask. (The youth protective equipment can be borrowed from groundkeepers before the game)

15. Appeal and Protest

- 15.1 Official umpires and scorer will be arranged in every game. There shall be no appeal from any decision of any umpire on the judgement calls.
- 15.2 The fielder must be in the infield when making the appeal. The appeal play should be made before the next pitch, or before all the players or umpires have left the field.
- 15.3 Protests shall only be considered concern matters of the following cases:
- a) Misinterpretation of a playing rule;
 - b) Failure of an umpire to apply the correct rule to a given situation;
 - c) Failure to impose the correct penalty for a given violation.

16. Charged Conference

- 16.1 Only one offensive conference per inning and a maximum of three defensive conference

in the whole game are allowed for the team manager/coach or other team representatives to suspend the play to confer with any member of their team.

- 16.2 There will be one defensive and offensive charged conference for every extra inning in an extra-inning game.
- 16.3 Offensive Conference: Failing to do so shall result in the ejection of the manager or coach insisting on another charged conference.
- 16.4 Defensive Conference: Failing to do so shall result in the pitcher, who is the listed pitcher at the time of the excess conference, being declared an Illegal Pitcher who may not pitch again for the remainder of the game.

17. Team behaviour

- 17.1 If a batter carelessly throws the bat towards players or umpires in umpire's judgement, regardless of physical harm is caused, will be considered as an unsportsmanlike action. The ball is live if the action does not interfere with the play. After all plays are settled, the offense team will be issued with a team warning. Repeated offense by any member of the team will be ejected from the game after all plays are settled.
- 17.2 Players or managers must not speak or act in an un-sportsman liked manner to the officials, spectators and the opposing team. Should such bad behaviour continue despite the Chief Umpire's warning, the offending player or manager is to be ejected out of the game.
- 17.3 For serious offence, that player, coach or manager will be suspended from the following games. The number of games will be referenced to WBSC guidelines and decided by the tournament committee members.

18. Injury

- 18.1 In the event of any player bleeding during the game, that player must be withdrawn from the game if the bleeding cannot be stopped within a reasonable time, or his/her uniform becomes covered with blood.
- 18.2 The withdrawn player shall be replaced by a Replacement Player, who may act for the withdrawn player for the remainder of the inning in progress and the next complete inning.
- 18.3 If the bleeding cannot be stopped, the team must conduct a legal substitution.

19. Players' obligation

All players should maintain the tidiness of the field and dugouts.

BY-LAWS & RULES

These By-Laws and Rules are applicable to all sports events organized by the Schools Sports Federation of Hong Kong, China.

In these By-Laws, unless otherwise stated:-

“Federation” means The Schools Sports Federation of Hong Kong, China.

“Board” means the Board of the Federation.

“Council” means either the Primary School Sports Council (PSSC) or the Secondary School Sports Council (SSSC).

“Committee” means either the External School Sports Committee (ESSC), Finance Committee or other standing committees or ad hoc committees appointed from time to time by the Board or the Council.

“Area Committee” means Primary Schools or Secondary Schools Area Committees (A/C) of the Federation.

“Regional Committee” means the Hong Kong Island & Kowloon Secondary Schools Regional Committee of the Federation.

“Area/Regional Committee” means either the Area Committee or the Regional Committee.

“Competition Committees or Sports Management Committees” mean committees formed either under the Council, Area/Regional Committee or the External School Sports Committee for the purpose of conducting competitions.

“Member Schools” means the registered member secondary and/or primary schools of the Schools Sports Federation of Hong Kong, China.

“Working days” means Monday, Tuesday, Wednesday, Thursday and Friday, excluding Saturday, Sunday and public holidays.

“Federation Year” means 1st September of each year and shall end on 31st August of the following year.

CONTENT

- I Registration of Students
- II Participation and penalties
- III Penalties related to disciplinary matters
- IV Appeal
- V Amemdments and additions to By-Laws, Rules
& Regulations

1. REGISTRATION OF STUDENTS

Rules

- 1.1 Registered students of member schools shall be eligible to take part in any competition organized/approved by the Area/Regional Committee except otherwise stated.
- 1.2 All registered members must comply with the registration procedure and requirements laid down by the Federation.
- 1.3 The accuracy of the date of birth together with other particulars of each student applying for registration shall be the responsibility of the Head of school to the best of his/her knowledge when he/she approves/endorse the application for registration. If teachers are authorized to approve/endorse the application for registration, schools are still held responsible for any irregularities committed by their teachers. Provided that a student satisfies the stated registration requirements, he/she shall be issued with an official registration card bearing his/her name and registration number for that Federation year.
- 1.4 A student registered by a member school can compete only for the said member school in the current school year provided that he/she remains a student of that school. During the course of a school year a student can transfer to a member school and compete for the school provided that he/she has not competed for the previous school. Schools admitting students in the middle of a school term must ensure that when registering such students with the Area/Regional Committee, they have not registered and competed for another school.
- 1.5 Schools when registering students shall be responsible for checking that such students are not barred from participation in inter-school sports activities organized by the Federation for that school season, Schools may request for information of barred students from the Federation secretariat.
- 1.6 A student registered in one grade must remain in that grade for that Federation year and shall not be allowed to compete in another grade unless authorized by the Area/Regional Committee. (The authorization must be based on the fact that the student has not competed in the original grade in the school season.)
- 1.7 Primary School students are not allowed to register for any secondary schools competition, and vice versa.

Penalties on Registration Irregularities

- 1.8 A member school whose student(s) and/or teacher(s)(for any other staff or authorized member(s) appointed by the school) violates the Rules and Regulations of the Federation is held responsible for such violation and shall be suspended from part or all activities, and shall be expelled from the Federation pending the decision of the Area/Regional Committee and the Board, and such cases shall be reported to the Education Bureau and the school board of the school concerned.
- 1.9 When a school violates the Registration By-Laws by negligence, results of the sport(s) of the grade(s) concerned shall be cancelled; schools be issued a warning letter.
- 1.10 When a school violates the Registration By-Laws by severe negligence, that is, for repeated carelessness or negligence or negligence involving more than one teacher and/or student, results of the sport(s) of the grade(s) concerned shall be cancelled, the teacher(s) being barred from being teacher in charge in all inter-school activities organized by the Federation for 1-2 years, and the school be issued a warning letter.

- 1.11 When a school violates the registration regulations on purpose, that is cheating. involving one teacher, results of the sport(s) concerned be cancelled, the teacher in charge of registration be barred from being teacher in charge for 2 years, the school be issued a warning and the Education Bureau be informed of the incident; students if found involved in the violation shall also be barred from participation in inter-school activities organized by the Federation for 1-2 years and such incidents be reported to the respective local sports governing bodies. Depending on the severity of the violation the offending school shall be suspended from participation in that sports for 2 years including the year of offence.
- 1.12 When a school is found involved in a calculated violation that involves more than one teacher and/or student, results of the sport(s) concerned be cancelled. Teacher(s) involved be barred from being teacher(s) in charge of school teams for 2 years and the Education Bureau be informed of the incident, schools be suspended for 2 years including the year of offence, students if found involved shall also be barred from participation in inter-school activities organized by the Federation for at least 2 years, and such incidents be reported to the respective local sports governing bodies.
- 1.13 For repeated violations in registration regulations on purpose, the school be expelled from membership for 2-3 years including the year of offence and they need to re-apply for membership upon serving expulsion term, teachers and students if involved shall be barred from all inter-school activities organized by the Federation for the same period.
- 1.14 When a teacher is suspended from being teacher in charge of school teams, the penalty shall apply even if he/she has transferred to other member school during the suspended period.
- 1.15 When a student is suspended from participation in inter-school activities organized by the Federation, the penalty shall apply even if he/she has transferred to other member schools during the suspended period.
- 1.16 When a school is expelled from the Federation the school shall be required to re-apply again for membership and the Federation may or may not accept the application.

2. PARTICIPATION AND PENALTIES

- 2.1 For all sports every team must be accompanied by a full time staff member or an authorized member appointed and registered with the Federation by Head of School. He/she must remain with the team throughout the entire match/competition. Failure to comply with this regulation will result in the disqualification of the team from that match/competition. The team shall be deemed to have given a walk-over. In the case when a staff/authorized member is instructed by the referee or umpire to leave the competition area during match, the captain may serve as a staff/authorized member of the team for the remaining match. The result of the match shall stand. However, the school is responsible for any other consequence that may arise from the incidence.
- 2.2 The registration number of each player shall be quoted on the team list handed to the official-in-charge before each game. The team list must be signed by the staff member in-charge of the team.
- 2.3 Players/Competitors' registration cards must be presented to the appointed officials in the course of a game/competition. Each Competition/Sports Management Committee will determine the procedure concerning the checking of registration cards subject to the approval of the Area/Regional Committee.

- 2.4 Any staff members in-charge or an authorized member appointed and registered with the Federation by Head of School may check any or all registration cards of an opposing team. Only one check is permissible and this may take place either before, during the interval or at the close of play/finish of an event. An appointed official must be present before any such check may be carried out.
- 2.5 Any team without the minimum number of players required for that particular game at the scheduled starting time shall be liable to the forfeiture of the points for the game and disciplinary action may be taken at the discretion of the Competition/Sports Management Committee.
- 2.6 Teams must be ready to start the competition at the scheduled starting time. Warming up should be done before the scheduled starting time.
- 2.7 The Competition/Sports Management Committee, with the approval of the Area/Regional Committee, shall define the minimum number of players required for each sport and all participating schools shall be notified.
- 2.8 Walk-Over
- 2.8.1 If one team fails to turn up without prior notification, the opposing team shall be awarded a walk-over provided that the opposing team had the minimum number of players present for the game. Explanation letter signed by the school head of the team that fails to turn up should be forwarded to the Federation Office within 3 working days.
- 2.8.2 A team fails to turn up without prior notification and to forward an explanation letter 3 working days after the game will be fined a sum of HK\$300.00 which is payable to the account of respective Area/Regional Committee.
- 2.8.3 Should both teams fail to turn up or be without the minimum number of players required for the game/match, the game/match shall be considered a double walk-over.
- 2.8.4.1 Applicable in Secondary Schools
Should a school give a walk over in the knock out stage/semi-finals, the school will be eliminated and debarred from further participation in that stage. School concerned has the right to appeal on the decision of walk-over.
- 2.8.4.2 Applicable in Primary Schools
If any school give 2 walk-overs in the same tier of competition, that school will be debarred from further participation in that grade in that particular sport and the results of the games already played will be cancelled. School concerned has the right to appeal on the decision of walk-over.
- 2.8.5 Notification of an intended walk-over must be received by the respective Competition/Sports Management Committee in writing at least 3 working days before the scheduled starting time of the game/competition.
- 2.9 Officials
- Member schools will be required to provide officials to serve in competitions organized by the Federation and Area/Regional Committee. The arrangement of officials for competitions organized by Area/Regional Committee is as follows:

<div>Event</div> <div>Area/ Regional Committee</div>	Athletics	Swimming	Cross Country (Secondary Schools)
	Officials		
HK Island & Kln Secondary Schools	Officials provided by participating schools		
NT Secondary Schools	Officials provided by member schools of the Area Committee#		Officials provided by participating schools
HK Island & Kln Primary Schools	P.E. Teachers provided by participating schools		_____
NT Primary Schools	Invite P.E. Teachers from other Area Committees	P.E. Teachers provided by participating schools	_____

Schools unable to provide teachers to officiate in the competitions will be debarred from participating in all competitions as organized by Area Committee.

2.10 Players

All member schools shall make their registered student members available for selection for Inter-port or representative competition subject to parental approval.

2.11 Outside Competition

2.11.1 Participation by member schools in competition not sponsored by the Federation shall be permitted provided that such participation does not conflict with the objects of the Federation.

2.11.2 Failure to comply with the ruling of the Federation may debar the school from participating in any sport organized by the Area/Regional Committee.

2.11.3 Member schools shall require the permission of the External School Sports Committee of the Federation through the Area/Regional Committee to represent Hong Kong in any School Interport or International Sports Competitions.

2.12 Conduct

All member schools are responsible for the conduct of their teams and supporters.

2.13 Protest

Protests shall be lodged with the Convenor of the sport concerned in writing through the Federation office within 3 working days of the match/game/incident took place.

3. PENALTIES RELATED TO DISCIPLINARY MATTERS

3.1 The Competition/Sports Management Committee shall have the power to deal with matters concerning students discipline of its own sport in accordance with the Rules and Regulations of the Area/Regional Committee. (All cases concerning discipline shall be dealt with by the Competition/Sports Management Committee within 10 days of the time of the alleged offence).

3.2 All cases of serious disciplinary matters shall be referred to the Discipline Committee of the Area/Regional Committee. Disciplinary matters involving teachers will automatically be dealt with by the Executive Committee of the Area/Regional Committee.

3.3 Disciplinary matters relating to Schools Jing Ying Competitions shall be referred to the Secondary Schools Sports Council or the Primary Schools Sports Council.

- 3.4 Penalties shall be implemented by appropriate Committee and reported to relating Committees for implementation of penalties as when required. Such penalties shall be reported to respective National 'sports Association.
- 3.5 In sports where the regulations include automatic suspension for certain offences, an appeal, accompanied by a cheque of 200 Hong Kong Dollars made payable to the Federation, can be made within 3 working days of the game/match to the Discipline Committee of the Area/Regional Committee. This fee will be refunded if the appeal is sustained.

4. APPEAL

- 4.1 The right to appeal is strictly confined to member schools.
- 4.2 For all competition matters the decision of the referee and/or the Committee responsible for the management of the event on the day of competition shall be final.
- 4.3 All appeals must be in writing and signed or countersigned by the Head of the school concerned.
- 4.4 Every appeal must set out of the ground(s) on which it is based.
- 4.5 Appeal must be accompanied by a fee to be determined from time to time by the Board. Such fee is refundable if the appeal is sustained.
- 4.6 Executive Committee of Area/Regional Committee or Appeal Committee authorized by Area/Regional Committee will deal with appeal of member schools. The decision of the Executive Committee or the Appeal Committee is binding to member schools. Appeal, accompanied with appeal fee shall be made within 3 working days of the game/match to the Chairperson of Executive/Appeal Committee of respective Area/Regional Committee and copied to respective Executive Secretary. The Secretariat will inform the school of the proper appeal arrangement.
- 4.7 There shall be a 4 level appeal mechanism;
 - 4.7.1 To the Area/Regional Committee. The Area/Regional Committee shall deal with matters of appeals raised by member schools. The appeal fee is HK\$500.
 - 4.7.2 To the Council if schools are not satisfied with the decision of the Area/Regional Committee. An appeal may be made to the Council within 3 working days from the date the decision is made and passed on to the school concerned. The Appeal fee is HK\$1,000.
 - 4.7.3 To the Board. If still not satisfied with the decision of the Council, a final appeal shall be made to the Board of the Federation within 3 working days from the date the decision is made and passed on to the school concerned. The Appeal fee is HK\$2,000.
 - 4.7.4 To the AGM of the Federation in the case of expulsion of school and such appeal should be launched within 3 working days from the date the decision on expulsion is made and passed on to the school concerned. The appeal fee is HK\$3,000.
 - 4.7.5 Should decisions of the Area/Regional Committee, the Council or the Board concern competition programmes of the school involved and that such programmes have been scheduled within the period prior to the deadline for appeal, all these programmes are subject to the above decisions, i.e. cancellation, deletion or rearrangement etc., unless the school concerned has applied for and granted with temporary permission to compete in such programmes. Such application must

be based on sufficient grounds.

- 4.8 In the case of programmes organized by the External School Sports Committee(ESSC), an appeal shall be made to ESSC. If schools are not satisfied with the decisions of the ESSC, a second appeal to the PSSC or SSSC as the case may be. If schools are still not satisfied, then a final appeal to the Board.

5. AMENDMENTS AND ADDITIONS TO BY-LAWS, RULES & REGULATIONS

The Area/Regional Committee is empowered at any time to amend and/or add to the By-Laws, Rules and Regulations governing all sports or the special rules governing a particular sport at any time with the approval of the Board and the Council. All member schools will be notified of such changes.

COLLECTIVE PERSONAL ACCIDENT INSURANCE POLICY

1. INTRODUCTION

- 1.1 The Collective Personal Accident Insurance Policy was introduced in the 1990/91 season. Coverage has been extended to all teachers in charge or staff since 1991/92 season. Treatments by Chinese Bone Setters can also be accepted.
- 1.2 All member schools are included in the Policy.
- 1.3 Member schools are reminded that only students officially registered in the Federation will be protected under this Policy. Non-registered student will not be protected. Premium has been incorporated in the student registration fee.

2. DETAILS OF COVER

- 2.1 Cover: During the period the insured person is participating in activities organized / sponsored by the Schools Sports Federation of Hong Kong, China which include the direct journey between the residence and/or school of the insured person to the place where the activity is to be held.
- 2.2 Insured: The Schools Sports Federation of Hong Kong, China (The Federation)
- 2.3 Person: From 1st September to 31st August the following year.
- 2.4 Activities Covered: All competitions, trainings and other activities organised /sponsored by the Federation or by various Councils and Committees of the Federation in the whole territory of Hong Kong. Inter-Port/International activities organised outside Hong Kong are also covered.
- 2.5 Insured Person: All registered student members & / or student officials / helpers invited by the Federation and Team lead teachers & / or competition teachers / officials.
- 2.6 Age Limit: 70 years
- 2.7 Benefits: Death HK \$30,000
Permanent Disablement of HK\$60,000
Medical Expenses (see Explanatory Notes for details) \$2,500 per person per year with HK\$100 deductible per case.
- 2.8 This Policy is extended to provide to insured person below Death Benefit resulting from or contributed by illness (of which the insured person, his/her family and school have no knowledge) whilst participating in the activities organised by the Federation. Benefit per insured person is HK\$15,000.00.
- 2.9 Limit of company's Liability in respect of any accident: HK\$8,000,000.00

EXPLANATORY NOTES

Medical expenses per injury will mean that, if for a number of visits to doctor(s) for treatment of the injury arising from the same accident, he/she is eligible to claim a maximum of HK\$2,500 with the amount of deductible of HK\$100 per claim. Chinese Bone Setters will also be included provided that they are members of the Chinese Medical Association of Hong Kong (香港中醫師公會) and also subject to the limits that (i) Maximum benefit per injury HK\$1,500; with HK\$150 being deductible; (ii) Maximum amount per visit HK\$150 and (iii) Permanent Disablement benefit shall not apply.

3. CLAIM PROCEDURES

- 3.1 The insured is the Schools Sports Federation of Hong Kong, China and the Federation will file in claims on behalf of schools. To speed up the claim process, schools should immediately inform the Federation office by phone at 2711 9182 in case of any accident. Schools will be asked to fill in a form with information on names of claimant and details of the accident.
- 3.2 Schools should forward the claim form duly completed together with relevant medical receipts to the Federation office within 3 months of the accident. No claims can be processed if submitted beyond the time frame.
- 3.3 Since only one claim per accident is allowed, for injuries which require more than one visit to doctors, schools may send in such doctor's receipts when the injured is fully recovered. Of course, claim should be made at once when the medical expenses has already exceeded the insured medical benefit of HK\$2,500.
- 3.4 Claims will be payable to the Federation which in turn will pay the school or the injured direct. in the latter case school should provide the Federation office with the name of payee when sending in doctor's receipts.

4. INQUIRIES

Please contact the Federation office at 2711 9182 for claim forms, inquiries and assistance.

Laurel School Award

1. The Laurel School Award is the annual award to member secondary schools of the Hong Kong Island and Kowloon Secondary Schools Regional Committee who qualify under the rules set out below. The Regional Committee has full power to manage the Award and to revise the rules governing the Award.

2. TYPE OF SCHOOLS

The Laurel School Award will be awarded to the following three types of schools separately.

- a. Boys Schools
- b. Girls Schools
- c. Coeducational Schools

In case of doubt in classifying a member school to one of the above categories because of a special situation, the Regional Committee will make the final decision on classification. However, schools concerned will be welcomed to express their views to the Regional Committee either by letter or presence at a Committee Meeting for this purpose.

3. THE AWARDS - The Awards are divided into two sections:

Section One - Laurel School Award

Trophies will be awarded to schools achieving the best all-round performance of different divisions from all sporting events organised by the Regional Committee each year.

The trophies are as follows:-

- | | | |
|------|---|-------------------------|
| (1) | Laurel Gold School Award (Champion – the Fourth) | - Boys Schools |
| (2) | Laurel Silver School Award (Champion – the Fourth) | - Boys Schools |
| (3) | Laurel Bronze School Award (Champion – the Fourth) | - Boys Schools |
| (4) | Laurel Gold School Award (Champion – the Fourth) | - Girls Schools |
| (5) | Laurel Silver School Award (Champion – the Fourth) | - Girls Schools |
| (6) | Laurel Bronze School Award (Champion – the Fourth) | - Girls Schools |
| (7) | Laurel Gold School Award (Champion – the Eighth) | - Coeducational Schools |
| (8) | Laurel Silver School Award (Champion – the Eighth) | - Coeducational Schools |
| (9) | Laurel Bronze School Award (Champion – the Eighth) | - Coeducational Schools |
| (10) | Laurel School Award - The Most Progressive Boys School * Start from 2026-2027 season | - Boys Schools |
| (11) | Laurel School Award - The Most Progressive Girls School * Start from 2026-2027 season | - Girls Schools |
| (12) | Laurel School Award - The Most Progressive Coeducational School * Start from 2026-2027 season | - Coeducational Schools |

Section Two - Sportsboy/Sportsgirl of the Year

These statuette trophies will be awarded to the individual who has contributed greatly to his/her schools' sports in general and has shown outstanding ability in the field of sport during the year. In addition to good all-round achievement in sports, the candidate for the trophy must show a high standard of sportsmanship on and off the field. The candidate must have shown a willingness

to help others, some kind of organising capacity, a sense of fairplay and must be genuinely interested in furthering the spirit of competition and esprit-de-corps between member schools and Hong Kong Sports in general.

The trophies for sportsboy/girl are as follows:

- (1) Sportsboy of the Year - Boys Schools
- (2) Sportsgirl of the Year - Girls Schools
- (3) Sportsboy of the Year - Coeducational Schools
- (4) Sportsgirl of the Year - Coeducational Schools

4. CONDITIONS OF THE BOCHK Bauhinia Bowl Award

4.1 Section One - Laurel School Award

4.1.1 Qualifications to compete

All competing schools must be members of the Regional Committee and players participating must be properly registered. Non payment of subscription fee will exclude the school from the competition. Schools must compete only in the section of the Award for which their types of schools are entitled to enter - either boys, girls or coeducational.

4.1.2 How Winning Schools are Selected:-

4.1.2.1 Laurel Gold School Award

Champion - This trophy will be awarded to the school earning the highest number of points in all divisions' competition throughout the season.

Second - This trophy will be awarded to the school earning the second highest number of points in all divisions' competition throughout the season.

Third to Eighth - These trophies will be awarded to schools earning the third to eighth highest number of points in all divisions' competition throughout the season.

4.1.2.2 The Most Progressive

This trophy will be awarded to the school which, in the opinion of the Regional Committee, has shown most improvement in encouraging participation by students in Inter-school sports during the past year. The school's achievement in the preceding years will also be considered.

In order to assess school's performance in all field of sports, the Regional Committee has decided to separate the Inter-school sports into 4 groups: -

Group A	1. Athletics 2. Cross Country	3. Swimming 4. Life Saving
Group B	1. Basketball 2. Beach Volleyball 3. Football 4. Handball	5. Girls Football 6. Softball 7. Volleyball
Group C	1. Badminton 2. Squash	3. Table Tennis 4. Tennis

Group D	1. Archery	5. Indoor Rowing
	2. Fencing	6. Netball
	3. Gymnastics	7. Rugby Sevens
	4. Hockey	8. Tenpin Bowling

The best 2 scoring sports from each group will be considered, i.e. a maximum of 8 sports from the above 4 groups will determine school's performance. Higher score will mean distinct advantage in winning the most progressive award.

Besides the actual performance, the Regional Committee will also take the following points into consideration when selecting the most progressive school:-

- i) Past performance, results will be used to compare with the overall achievement of school in that current year in order to determine whether the school has made substantial progress.
- ii) The school's attitude in sports both on and off the field.

4.1.2.3 Laurel Silver School Award

Champion - This trophy will be awarded to the school earning the highest number of points in Division Two and Open Division competitions throughout the season.

Second - This trophy will be awarded to the school earning the second highest number of points in Division Two and Open Division competitions throughout the season.

Third to Eighth - These trophies will be awarded to schools earning the third to eighth highest number of points in Division Two and Open Division competitions throughout the season.

*** Awardee of Laurel Gold School Award will not be awarded the Silver School Award.**

4.1.2.4 Laurel Bronze School Award

Champion - This trophy will be awarded to the school earning the highest number of points in Division Three and Open Division competitions throughout the season.

Second - This trophy will be awarded to the school earning the second highest number of points in Division Three and Open Division competitions throughout the season.

Third to Eighth - These trophies will be awarded to schools earning the third to eighth highest number of points in Division Three and Open Division competitions throughout the season.

*** Awardee of Laurel Gold or Silver School Award will not be awarded the Bronze School Award.**

4.1.3 Method of Earning Points

(1) Points will be awarded for the following sports competitions:

Secondary	Boys	Girls
<u>Regional Committee</u>		
Archery	ABC	ABC
Athletics	ABC	ABC
Badminton	ABC	ABC
Basketball	ABC	ABC
Beach Volleyball	Senior & Junior	Senior & Junior
Cross Country	ABC	ABC
Fencing	Open	Open
Football	ABC	---
Handball	ABC	Senior & Junior
Indoor Rowing	ABC	ABC
Squash	Open	Open
Swimming	ABC	ABC
Table Tennis	ABC	ABC
Tennis	Open	Open
Tenpin Bowling	Open	Open
Volleyball	ABC	ABC
<u>All HK Competition</u>		
Girls Football	---	Open
Gymnastics	Overall	Overall
Hockey	Open	Senior & Junior
Life Saving	Senior & Junior	Senior & Junior
Netball	---	ABC
Rugby Sevens	ABC	Senior & Junior
Softball	Open	Open

(2) Number of points awarded to each grade/sport is as follows:

Division One or Open Division:

Total no. of teams participating in all / Open Divisions:	Ranking																			
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
Less than 2 teams	0																			
2-6 teams	9	8	7																	
7-10 teams	10	9	8	7	6															
11-14 teams	11	10	9	8	7	6	5													
15-18 teams	12	11	10	9	8	7	6	5	4											
19-22 teams	13	12	11	10	9	8	7	6	5	4	3									
23-26 teams	14	13	12	11	10	9	8	7	6	5	4	3	2							
27-30 teams	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1					
31-32 teams	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1				
33-34 teams	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
35-36 teams	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		
37-38 teams	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
39 teams or above	20	19	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Division Two:

Total no. of teams participating in Division Two & Three	Ranking											
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
Less than 2 teams	0											
2-3 teams	1											
4 teams	2	1										
5-6 teams	3	2	1									
7-8 teams	4	3	2	1								
9-10 teams	5	4	3	2	1							
11-12 teams	6	5	4	3	2	1						
13-14 teams	7	6	5	4	3	2	1					
15-16 teams	8	7	6	5	4	3	2	1				
17-18 teams	9	8	7	6	5	4	3	2	1			
19-20 teams	10	9	8	7	6	5	4	3	2	1		
21-22 teams	11	10	9	8	7	6	5	4	3	2	1	
23 teams or above	12	11	10	9	8	7	6	5	4	3	2	1

Division Three:

Total no. of teams participating in Division Three	Ranking							
	1st	2nd	3rd	4th	5th	6th	7th	8th
Less than 9 teams	3	2	1					
9-12 teams	4	3	2	1				
13-16 teams	5	4	3	2	1			
17-20 teams	6	5	4	3	2	1		
21-24 teams	7	6	5	4	3	2	1	
25 teams or above	8	7	6	5	4	3	2	1

- 4.1.4 In an open graded competition where one school is permitted by the Management Committee to enter more than one team, only the most successful of these teams may score for their school. The other team or teams from this one school will not be counted, when computing the position and score for other school entered in the competition. In such cases, the number of participating schools will be interpreted as the number of schools taking part rather than the number of teams entered.
- 4.1.5 For those competitions that involve schools from New Territories, the total number of teams is the total number of teams coming from Hong Kong Island and Kowloon, excluding the number of schools from New Territories.
- 4.1.6 If the Regional Committee decides to run a particular sport separately in Hong Kong Island and Kowloon, points will be awarded in each area competition as above.
- 4.1.7 When two teams tie in the league, points for the place for which they tie will be awarded to each team in full.
- 4.1.8 For Athletics and Swimming, points will be calculated from schools who have a minimum of 4 competitors actually competing in each grade in the sport. (Schools with less than 4 competitors can still compete in these sports but their entries will not affect the points awarded for the BOCHK Bauhinia Bowl Award).

4.2 Section Two - Sportsboy/Sportsgirl of the year

4.2.1 Qualification to compete

4.2.1.1 Schools (all three types -boys, girls and coed) that participate in Inter-school sports competition are eligible to take part in this award.

4.2.1.2 Nomination will be opened to all registered students, and priority will be given to A grade, then B grade and lastly C grade competitor.

4.2.1.3 Athletes shall not be eligible for nomination for other same year's Sportsboy/Sportsgirl of the year & Ten Sport Excellence Award organised by the Federation.

4.2.1.3 Awardees of Sportsboy/Sportsgirl of the year will not be awarded the rising star (B or C Grade) athlete award of the same year.

4.2.2 Method of Selecting a Candidate for the Individual Awards

The schools, in nominating the individual who has contributed most to sports during the year, are asked to consider the following points:-

(a) Achievement in Sport

i) Only the sports organised by the HKSSF shall count towards the award.

ii) Only the results achieved by the candidate during the year shall count.

iii) Candidate shall be all-round athlete.

iv) In order to be "all-rounder", nominee shall participate in 2 or more sports during the season. Preference will be given to nominee participating in sports of different nature. Classification of Inter-school sports is as follows:-

Nature	Sports
Track & Field	Athletics, Cross Country
Aquatic	Life Saving, Swimming
Racket Games	Badminton, Squash, Table Tennis, Tennis
Ball Games	Basketball, Beach Volleyball, Football, Handball, Girls Football, Softball, Volleyball,
Others	Archery, Fencing, Gymnastics, Hockey, Indoor Rowing, Netball, Rugby Sevens, Tenpin Bowling

v) Achievement in sport events organised by other NSAs should also be indicated.

(b) Sportsmanship

The candidate's attitude to sport both on and off the field of play must be assessed - his sense of fairplay and willingness to help others should be considered.

(c) Organising capacity

The candidate's qualities as an organiser in connection with sporting activities within the school and possibly at inter-school level should be taken into consideration.

5.2.3 The Regional Committee will select the Sportsboy/Sportsgirl of the year from the nominations submitted by member secondary schools.

5.2.4 Interview for short-listed candidates may be required in case achievements of candidates are close and will take reference to their Sportsmanship and Organising capacity

Outstanding Athlete Award

1. OBJECTIVES

The establishment of the Outstanding Athlete award is to recognize the achievement of athletes who have devoted much of their effort in one single sport. Unlike the Sportsboy/ Sportsgirl of the Year Award, Outstanding Athletes need not necessarily be all-round athletes, but must achieve a leading role and significant performance in one single sport.

2. AWARDS

2.1 The Awards are as follow:

	<u>Division</u>	<u>Boys</u>	<u>Girls</u>
Archery	Open	One	One
Athletics	D1 to D3	One per each division	One per each division
Badminton	D1 to D3	One per each division	One per each division
Basketball	D1 to D3	One per each division	One per each division
Beach Volleyball	D1 to D3	One per each division	One per each division
Cross Country	D1 to D3	One per each division	One per each division
Fencing	Open	One	One
Football	D1 to D3	One per each division	One per each division
Handball	D1 to D2 (if any)	One per each division	One
Hockey	Open	One	One
Indoor Rowing	Open	One	One
Netball	Open	-	One
Rugby Sevens	Open	One	One
Squash	Open	One	One
Swimming	D1 to D3	One per each division	One per each division
Table Tennis	D1 to D3	One per each division	One per each division
Tennis	D1 to D2	One per each division	One per each division
Tenpin Bowling	Open	One	One
Volleyball	D1 to D3	One per each division	One per each division
Total: 73 awards			

3.2 Outstanding Athletes will each receive a trophy.

3. QUALIFICATION TO COMPETE

- 3.1 Member schools of the Hong Kong Island and Kowloon Secondary Schools Regional Committee are eligible to nominate their athletes to compete in this award.
- 3.2 Athletes may in the same year be nominated for other Outstanding Athlete Award organised by the Federation, provided the nomination is in a different sports.
- 3.3 Each school can nominate one boy and for one girl per sport.
- 3.4 Nomination will be opened to all registered students, but priority will be granted to A Grade, then B grade and lastly C grade athletes in case achievements of nominees are too close.
- 3.5 Awardees of outstanding athlete award will not be awarded the rising star (B or C Grade) athlete award of the same year.
- 3.6 An athlete can be nominated for more than one sport.

4. SELECTION CRITERIA

- 4.1 Only results achieved by the nominee in the sport he/she has been nominated shall count.
- 4.2 Only results achieved in the year of nomination (1st June to application deadline) shall count.
- 4.3 Nominees must participate in Inter-school sports competition organized by the Regional Committee for the sport he/she has been nominated with excellent performance.
- 4.4 Results and performance achieved by the nominee will be considered in accordance to the following order:
 - 4.4.1 Events held by Hong Kong and Kowloon Secondary Schools Regional Committee;
 - 4.4.2 New record set in Hong Kong and Kowloon Secondary Schools Regional Committee events;
 - 4.4.3 Events held by Schools Sports Federation of Hong Kong, China, i.e. All HK competition & Jing Ying Tournaments,
 - 4.4.4 Representing Hong Kong, China Schools Teams for Asian and International Schools competitions;
 - 4.4.5 Other local and international competitions.
- 4.5 For individual sports, like Athletics, Cross Country, Swimming, Archery, Indoor Rowing, Tenpin Bowling and Fencing results / ranking achieved in individual events should be listed in full for examination (relay and team results will not be considered).
- 4.6 For team sports like Badminton, Squash, Table Tennis, Tennis, scores of games / sets played by the nominee will be considered in details.
- 4.7 For team sports like Basketball, Beach Volleyball, Football, Handball, Hockey, Netball, Rugby Sevens, volleyball, results should include the playing position of the nominee in the team and to what extent the nominee has contributed to the success of the team. The number of disciplinary records issued to both the team and the nominee should also be listed in details for examination.
- 4.8 Interview for short-listed candidates may be required in case achievements of candidates are close and will take reference to their Sportsmanship and Organising capacity
- 4.9 Supporting documents of 4.4.4 & 4.4.5 are required. Otherwise, those results will not be considered.

5. NOMINATION AND SELECTION PROCEDURE

- 5.1 Nomination Forms are ONLY available at the HKSSF website.
- 5.2 School Heads /P.E. Panel should complete the form with detailed description of the performance of the nominee. All Nomination Forms must be forwarded to the Federation Office before the deadline.
- 5.3 Nominations will be forwarded to the Award Committee for final selection.

Rising Star Athlete Award

1. The establishment of the Rising Star Athlete award is to recognize the achievement of B Grade and C Grade athletes who have devoted much of their effort and achieve significant performance in one single sport.
2. Nomination will be opened to B and C grade registered athletes only and the selection of B grade and C grade athletes will be carried out separately.
3. Nominees of Athletics or Swimming (Maximum 2 individual events and result) and nominees of other sports (maximum only one inter school result) will be selected separately.

4. AWARDS

4.1 Rising Star (B Grade) Athlete Award:

Division One - 20 awardees (10 for Athletics & Swimming / 10 for other sports)

Division Two - 20 awardees (10 for Athletics & Swimming / 10 for other sports)

Division Three - 40 awardees (20 for Athletics & Swimming / 20 for other sports)

Open Division - 10 awardees (not applicable to Athletics & Swimming)

4.2 Rising Star (C Grade) Athlete Award:

Division One - 20 awardees (10 for Athletics & Swimming / 10 for other sports)

Division Two - 20 awardees (10 for Athletics & Swimming / 10 for other sports)

Division Three - 40 awardees (20 for Athletics & Swimming / 20 for other sports)

Open Division - 10 awardees (not applicable to Athletics & Swimming)

4.3 A total of 90 awards will be awarded to B grade and another 90 awards for C grade with no restrictions in sport event.

4.4 In any division, if nomination of athletics and swimming received is less than quota, the remaining quota will be left to other sports, vice versa. However, not more than 20 awards (40 awards for Division Three) will be awarded.

4.5 The Rising Star Athlete will each receive a trophy.

4.6 Nominees of Rising Star Athlete Award apart from awardees will each receive a certificate of appreciation.

4.7 The Rising Star (B Grade / C Grade) Athlete award is a once in a life time award.

5. QUALIFICATION TO COMPETE

5.1 Member schools of the Hong Kong Island and Kowloon Secondary Schools Regional Committee are eligible to nominate their athletes to compete in this award.

5.2 Each school can nominate two B grade students (one for athletics or swimming, another one for other sports) and two C grade students (one for athletics or swimming, another one for other sports).

5.3 Athletes may in the same year be nominated for Outstanding Athlete Award or Sportsboy/Sportsgirl of the Year.

5.4 Awardee of Outstanding Athlete Award or Sportsboy/Sportsgirl of the Year will not be awarded Rising Star Athlete Award.

6. SELECTION CRITERIA

6.1 Only results achieved by the nominee in the sport division he/she has been nominated shall count.

- 6.2 Only results achieved in the year of nomination (1st June to application deadline) shall count.
- 6.3 Nominees must participate in Inter-school sports competition organized by the Regional Committee for the sport he/she has been nominated with excellent performance.
- 6.4 Results and performance achieved by the nominee will be considered in accordance to the following order:
 - 6.4.1 Events held by Hong Kong Island and Kowloon Secondary Schools Regional Committee;
 - 6.4.2 New record set in Hong Kong Island and Kowloon Secondary Schools Regional Committee events;
 - 6.4.3 Events held by Schools Sports Federation of Hong Kong, China, i.e. All HK competition & Jing Ying Tournaments,
 - 6.4.4 Representing Hong Kong, China Schools Teams for Asian and International Schools competitions;
 - 6.4.5 Other local and international competitions.
- 6.5 For individual sports, like Athletics, Cross Country, Swimming, Archery, Indoor Rowing, Tenpin Bowling and Fencing results / ranking achieved in individual events should be listed in full for examination (relay and team results will not be considered).
- 6.6 For team sports like Badminton, Squash, Table Tennis, Tennis, scores of games / sets played by the nominee will be considered in details.
- 6.7 For team sports like Basketball, Beach Volleyball, Football, Handball, Hockey, Netball, Rugby Sevens, volleyball, results should include the playing position of the nominee in the team and to what extent the nominee has contributed to the success of the team. The number of disciplinary records issued to both the team and the nominee should also be listed in details for examination.
- 6.8 Interview for short-listed candidates may be required in case achievements of candidates are close and will take reference to their Sportsmanship and Organising capacity
- 6.9 Supporting documents of 5.4.4 & 5.4.5 are required. Otherwise, those results will not be considered.

7. NOMINATION AND SELECTION PROCEDURE

- 7.1 Nomination Forms are ONLY available at the HKSSF website.
- 7.2 School Heads /P.E. Panel should complete the form with detailed description of the performance of the nominee. All Nomination Forms must be forwarded to the Federation Office before the deadline.
- 7.3 Nominations will be forwarded to the Award Committee for final selection.



MINISTRY OF EDUCATION,
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2023-2024 FISCAL YEAR

2023-2024 FISCAL YEAR



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