

**The Schools Sports Federation of Hong Kong, China**  
**All Hong Kong Schools Jing Ying Athletics (Team) Tournament 2025-2026**  
**General Rules**

**1. Competition Information**

<u>Date</u>	<u>Time</u>	<u>Venue</u>
10 / 3 / 2026 (Tue)	0830 – 1800	Wan Chai Sports Ground (WCSG)
12 / 3 / 2026 (Thu)	0830 – 1800	

**2. Eligibility for participation**

- 2.1 The tournament will be contested in Open Grade.
- 2.2 Invited schools
  - 2.2.1 48 teams by invitation of Boys and Girls teams (24 Boys and 24 Girls team): including Division One Overall results in 1<sup>st</sup> to 6<sup>th</sup>, Division Two Overall results in 1<sup>st</sup> to 2<sup>nd</sup>, Division Three of four Areas in 1<sup>st</sup> from HKSSRC; Overall results in 1<sup>st</sup> to 2<sup>nd</sup> from the six ACs of NT. A total of 24 teams will be invited to take part in the tournament.). **Each Invited school may have 2 athletes to participate in each individual event**, and only 1 team to participate in each relay event.
  - 2.2.2 If an invited school declines its qualification to participate, its spot will be filled by the next best-ranked teams from the same group/area, up to a maximum of two teams. If all substitute schools decline to participate, spot of that group/area will be left vacant.
- 2.3 Wild Card (Not applicable to invited schools)
  - 2.3.1 There will be 8 wild card places open for nomination for each individual event (not apply to 48 teams that have already received invitations to participate), and the top 8 athletes with the best results will be eligible for participation (Wild Card are only applicable to individual events).
  - 2.3.2 Wild Card Nomination  
 Provision of nominees' competition BEST results of ALL individual events organized by the Schools Sports Federation of Hong Kong, China (HKSSF)\* and the Hong Kong, China Association of Athletics Affiliates (HKAAA) and/or other sanctioned by the HKAAA **between 1<sup>st</sup> September 2025 and 8<sup>th</sup> February 2026 (both dates inclusive)**. Proof of results should be attached for verification. Results with Wind Speed should be provided whenever necessary.
 

\*For sprint events of HKSSF competitions, the best result must be electronically timed with a valid wind speed reading ( $\leq +2.0$  m/s) and sanctioned by the HKAAA.

\*For long jump and triple jump of HKSSF competitions, the best result must be achieved with a valid wind speed reading ( $\leq +2.0$  m/s) and sanctioned by the HKAAA.
  - 2.3.3 **Closing Date of Nomination :10<sup>th</sup> February 2026 (Tue)**
  - 2.3.4 **Successful wild card nomination will be notified individually. Entry fee for each event will be charged \$130.**
- 2.4 Each athlete may enter **2** individual events.
- 2.5 All entries included school by invitation or wild card nomination, a maximum of **2 athletes** per school can participate in each individual event. The representative of the invited school cannot take part in the wild card nomination.
- 2.6 A maximum of 56 athletes in an individual event.  
 If the 9<sup>th</sup> position or subsequent athlete who is nominate via wild card has the same result as the 8<sup>th</sup> place, the number of participants of that event will increase.

**3. Substitution**

- 3.1 Substitution only consider 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.
- 3.2 Substitution is not allowed to make for any wild card athletes.

#### 4. Registration of Competitors

- 4.1 Athletes must be registered and must produce their HKSSF registration card 2025-2026 to the officials of the meet. Athletes with no registration card are not allowed to take part in the competition.
- 4.2 This Tournament is a sanctioned event of the Hong Kong, China Association of Athletics Affiliates (HKAAA). For results to be included in the Hong Kong Ranking and used for selection to Hong Kong Athletic Team, athletes must have current valid HKAAA registration number. Registered athlete please fills in the HKAAA registration number on the entry form. If has any false information, this result(s) will be disqualified and may have further punishment.
- 4.3 For registration details, please visit [https://www.hkaaa.com/en/athlete\\_registration\\_intro.php](https://www.hkaaa.com/en/athlete_registration_intro.php)
- 4.4 Athletes with HKAAA Affiliated clubs can apply for registration via their respective clubs, for non-member of HKAAA affiliated clubs athletes, athletes require to bring along the HKAAA Registered Athletes application form and endorsed by HKSSF before sending the application to HKAAA.

#### 5. Referees and Official Arrangements

To assist in the arrangement for this competition, all invited participating schools must assign at least one P.E. teacher/ teacher to serve as referee or official in both competition days. If an invited school participates in both Boys & Girls group, two teachers must be assigned.

#### 6. Regulations

##### 6.1 Competition Rules

All events will be held in accordance with the competition rules of the HKAAA as per World Athletics (WA) unless otherwise specified.

##### 6.2 Equipment

6.2.1 The venue will provide equipment for all events.

6.2.2 Maximum length of tartan spikes :-  
for High Jump and Javelin: up to 9mm :  
for other events: up to 7mm

##### 6.3 \*\*\*\*Reporting Procedure \*\*\*\*

6.3.1 Teacher in charge of participating schools should report to the Record Keeper Room to collect athlete's number bibs.

##### 6.3.2 There will be no announcement for the reporting time (Please refer to Main Clock at the Sports Ground) :

Athletes must report to the Roll Call Area on time by themselves, with their own registration card and number bibs. (The Roll Call Area is located at Block 8 of Spectator Stand.) Officials will escort the reported athletes to the competition area after the End of Roll Call.

Athletes who fail to report to the Roll Call Area will be treated as absent and will not be allowed to compete in that event.

Events	Start of reporting time	End of Reporting time
Track event	25mins prior event time	15mins prior event time
Field event	45mins prior event time	35mins prior event time

##### 6.3.3 Simultaneous Entries

If athlete in both a Track Event and a Field Event, or in more than one Field Event taking place simultaneously, please follow WA technical rules 4.3. Athletes must report to the referee before leaving and going back to the competition area.

6.3.4 All athletes must wear the number bibs issued by the HKSSF (Required for both days of competition). Replacement of number bib can be made at the Record Keeper Room and HK\$50.00 will be charged per re-issue of a number bib.

##### 6.4 Field Event

6.4.1 All field events consist of a qualifying round and a final. All qualifying rounds are held on the first competition day, with the finals scheduled on the second competition day.

##### 6.4.2 Qualifying round

Each qualifying round has a designated qualifying standard. Athletes who achieve qualifying standard in the qualifying round will advance to the final. Apart from the High Jump, each athlete shall be allowed up to three trials. Once an athlete has achieved the qualifying standard, they shall not continue in the qualifying round. The qualifying standards are as follows:

Qualifying Standards		
Event	Boys	Girls
Long Jump	6.50 m	5.10 m
Triple Jump	13.40 m	
High Jump	1.80 m	1.50 m
Shot put	11.40 m	9.40 m
Discus	33.00 m	28.00 m
Javelin	42.00 m	33.50 m

Standard points are only awarded to athletes who meet the standard in the qualifying round (the Standard is different from the Qualifying Standard, please refer to item 15 – Event Standards for details).

Qualification round results are not counted towards the Finals.

#### 6.4.3 Final Quotas and Qualification

The finals quota for each field event is **no less than TWELVE athletes**. Athletes who meet ANY of the following two conditions during qualifying rounds will qualify for the finals.

- Achieve the Qualifying Standard in the qualifying round.
- If fewer than twelve athletes achieve the qualifying standard, the best TWELVE athletes from the qualifying round (including those who have already achieved the qualifying standard) will advance to the final.

For all events except the high jump, if there is a tie for 12<sup>th</sup> place, tying competitors shall be resolved by comparing the second best performance, or if necessary, the third best, and so on. If the tie remains, tying competitors shall both qualify for the final.

In high jump qualifying round, if there is a tie for 12<sup>th</sup> place, the athlete with the fewer number of failures at the last height successfully cleared will be ranked higher. If the number of failures is identical, the total number of failures throughout the entire qualifying round, starting from the initial height up to and including the last height cleared, will be compared. The athlete with the fewer total failures will be ranked higher. If the tie remains, tying competitors shall both qualify for the final.

#### 6.4.4 Final

The final will directly determine the final position for the event. Only the TOP EIGHT athletes in the final will receive position points.

#### 6.4.5 For Triple Jump only: ONLY an 11m take off board/mark is provided.

#### 6.4.6 Warm up jump, High jump starting height and increasing height:

##### Girls:

Qualifying round: starting height at 1.30m, two warm up jumps at 1.30m and 1.50m respectively; each jump will increase 5cm from 1.30m to 1.50m.

Final: starting height at 1.40m, two warm up jumps at 1.30m and 1.50m respectively; each jump will increase 5cm from 1.40m to 1.5m, then 3cm increase onwards.

##### Boys:

Qualifying round: starting height at 1.60m, two warm up jumps at 1.60m and 1.80m respectively; each jump will increase 5cm from 1.60m to 1.80m.

Final: starting height at 1.70m, two warm up jumps at 1.60m and 1.80m respectively; each jump will increase 5cm from 1.60m to 1.80m, then 3cm increase onwards.

#### 6.4.7 Jump off is not applicable in High Jump.

### 6.5 Track Event

#### 6.5.1 Start Information System is used in the tournament. A Crouch start with starting blocks will be used for all races up to 400m.

#### 6.5.2 The best 8 runners in heat will be qualified to final. Finalists will be seeded in lanes according

to time as follow:

Lane Draw Order	Events		
	100m/ 100mh/110mh	200m	400m/ 400mh/ 4x100m Relay / 4x400m Relay
Top ranked	3,4,5,6	5,6,7	4,5,6,7
Next ranked	2,7	3,4,8	3,8
Last ranked	1,8	1,2	1,2

#### 6.5.3 Straight finals

If 8 or less athletes or teams are reported to the Call Room after the End of Call, the event will be declared a straight final and to be run at time scheduled for that final. Draws for lane will be made.

#### 6.5.4 Relay Events

Schools are requested to submit their Relay Team lists to the Roll Call Area **before reporting time of the relay competition**. Any late submission will not be accepted and the team will be disqualified.

#### 6.5.5 Competition time limit for 5000m finals

Boys Open: 25mins

Girls Open: 30mins

### 7. Points

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

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 Overall Champions of the Tournament. Standard points may only be awarded during qualifying rounds/heats, unless the event(s) is/are declared as straight final(s), in which case standard points may be gained in the final in addition to position points. The results of all participating athletes (including wild card athletes) are included in the Overall Champions of the Tournament.

Standard point: Individual Event : 1 point ▶ Relay Event : 2 points

7.3 When tying for the overall, the ranking will be determined by the number of gold medals won by the same team, if still tie, determined by the number of silver medals, and so on.

### 8. Award and Results

8.1 Please scan the QR code on the program for the update results for the tournament day. Result will be removed from that link after the tournament day and the final results will upload to our website (<http://hkssf.org.hk/>) on 13<sup>th</sup> March 2026 (Fri).

8.2 Trophies will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places in Boys and Girls Overall.

8.3 Medals and Certificates will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> places in each event.

8.4 Each relay winning team will be awarded 6 medals and 4 certificates only.

8.5 Certificate of Merit will be awarded to record breakers. The certificates will send to schools by post after the Tournament.

### 9. Uniform

Athletes are required to wear their athletics uniform bearing school name / abbreviation / badge. Teams will be disqualified in the event if they are not properly dressed.

## **10. Outside Assistance**

- 10.1 Coaches are not allowed to communicate with athletes in competition area. Athletes must pay attention to the competition situation when crossing the track. If they obstruct or affect the competition, they will be warned, and in serious cases they will be disqualified.
- 10.2 Athletes are not allowed to use any electronic communication devices within the competition area. The offender will be warned. If there is any repetition, he/she will be disqualified.

## **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 the event concerned. Protest fee of \$200 will be returned if the appeal is successful. No protest will be accepted from student and spectator.
- 11.2 All protests concerning technical rules and interpretation should be made to the Referees. The decision of the Jury of Appeal shall be final.
- 11.3 All protests concerning the management of the tournament should be made to the Convenor. The decision of the Committee of the tournament shall be the final.

## **12. Warm Up Arrangement**

Warm Up arrangement: All warm up should be done in the warm up track area. Athletes must present their bib to enter the warm-up area (only athletes who need to prepare for competition during that time are allowed entry). For teachers and coaches, they must present their coach pass will be distributed on event day in order to enter the warm-up area/coaching zone. Coach pass will be distributed on event day (maximum 5 passes for invited school and no more than 2 passes for wild card school based on the number of wild card athletes)

## **13. Safety Precautions of Wan Chai Sports Ground**

- 13.1 Athletes must leave the FIELD as soon as they finish their events.  
Athletes participating in middle distance events should make special precaution to the Discus event. The Discus circle is located at the corner of the start of the 200m. Provision of discus net cannot be 100% safe.  
Accidents can occur in Javelin and Discus events. The area around the Javelin Runway and Discus circle should be kept clear at all times. Athletes must station in the waiting area and can only enter the throwing area when he/she starts to compete.
- 13.2 Nobody will be allowed to go inside the field (grass area) except appointed officials & athletes of the events being held there. The field area has been roped off by plastic band and all appointed officials would wear official uniform for identification. If teachers or athletes do not follow regulation, the school concerned is liable to disqualification.
- 13.3 Refreshment Kiosk B (Open from 09:00 a.m.)  
Neither food nor drink may be brought into the ground for sale, resale or free distribution.
- 13.4 All attendees must comply with the Conditions of Entry of Wan Chai Sports Ground.

## **14. Others:**

- 14.1 Aerial photographing is not allowed within WCSG.
- 14.2 No parking will be available at WCSG.
- 14.3 Admission time for Participating Schools: 07:45 a.m.
- 14.4 Please check the latest version of competition schedule on HKSSF website.

## 15. Events Standards

Event	Boys	Standard	Girls	Standard
100m	✓	12.20	✓	14.50
200m	✓	25.50	✓	30.50
400m	✓	57.80	✓	1:12.50
800m	✓	2:20.00	✓	2:55.00
1500m	✓	5:00.00	✓	6:15.00
5000m	✓	20:00.00	✓	25:00.00
100mh			✓(0.762m)	19.50
110mh	✓(0.914m)	18.50		
400mh	✓(0.838m)	1:07.50		
Long Jump	✓	5.45m	✓	4.10m
Triple Jump	✓	11.20m		
High Jump	✓	1.60m	✓	1.30m
Shot put	✓(5kg)	10.05m	✓(4kg)	6.90m
Discus	✓(1.5kg)	26.00m	✓(1kg)	18.80m
Javelin	✓(700g)	30.00m	✓(600g)	19.00m
4x100m Relay	✓	47.50	✓	56.80
4x400m Relay	✓	3:54.00	✓	4:55.00

- End -