

# THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

## All Hong Kong Schools Jing Ying Cross Country (Team) Tournament 2023-2024 2023-2024年度全港學界精英越野跑團體比賽



### 【General Rules】

#### 1. Schedule

Date:	23 <sup>rd</sup> January 2024 (Tuesday)
Time:	0930– 1230
Reporting Time:	0930 – 1000 (Girls), 1000–1030 (Boys)
Briefing Time:	1000(Girls), 1030 (Boys)
Race Time:	1030 (Girls), 1100 (Boys)
Prize Presentation Ceremony:	1200
Course:	Tai Tong, Tai Lam Country Park

#### 2. Eligibility

- 2.1 Participating schools must be the registered members of HKSSF in 2023-2024.
- 2.2 All participants must be registered students of HKSSF in 2023-2024.
- 2.3 The tournament will be contested in Boys & Girls Open Grades.
- 2.4 **Best A Grade results of Top 6 teams from Division 1, Top 2 teams from Division 2, Top 4 teams from four Areas of Division 3, from HKSSRC; Top 2 teams from the six Area Committees of NT. A total of 24 teams will be invited to take part in each event of the tournament.**
- 2.5 Neither open nomination nor individual nomination is accepted.
- 2.6 Should any invited teams withdraw from the tournament; its quota will not be replaced.
- 2.7 A team will consist of 8 runners with the first 6 home to count for points. Team with less than 6 runners will not be allowed to compete.
- 2.8 A maximum of 192 runners will take part in each event of the tournament.

#### 3. Competition System

Category	Distance	Time Limit
Boys	<b><u>About 6 km</u></b>	<b><u>55 mins</u></b>
Girls	<b><u>About 4.2 km</u></b>	<b><u>35 mins</u></b>

- 3.2 There will be 8 starting zones for each category. (Depends on number of participants)

#### 4. Timing System

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

#### 5. Uniform

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

## 6. Awards

- 6.1 Team trophies and medals will be awarded to the top 8 teams of Boys & Girls category.
- 6.2 Individual trophies will be awarded to the top 10 positions of each category.
- 6.3 All winners will be awarded with certificates.

## 7. Scoring system

- 7.1 **Best 6 results** achieved from each team will be scored for overall team result.
- 7.2 The Team score is the sum of the individual rank of its members in team category, (e.g. for Boys, the positions of its members: 1, 3, 5, 7, 8, 10, 12, 14, the team score should be 34 (1+3+5+7+8+10), the team with lowest score will be the winning team of each category.
- 7.3 When two or more teams tie for a position, the position of last runner from respective team will decide the final overall result.

## 8. Important Dates

- 8.1 Invitation of Entries : 5 Jan 2024
- 8.2 Confirmation of Entries : 10 Jan 2024  
Accepted entries will be uploaded to the website of the HKSSF ([www.hkssf.org.hk](http://www.hkssf.org.hk)) for checking. Schools should check the Participating List carefully to ensure entries are included and the names of competitors are correct.  
**Discrepancies must be reported to the Federation on or before 13<sup>h</sup> January 2023.**

## 9. Entries

- 9.1 Participating schools are advised to select appropriate students to run at relevant zones by filling in at appropriate boxes.
- 9.2 Invited schools should receive the invitation letter from HKSSF. Participating schools should download the entry form from the HKSSF website ([www.hkssf.org.hk](http://www.hkssf.org.hk)).  
**【Jing Ying Tournament】→【Cross Country (Team)】→【Entry Form】** (Excel Format). Completed form(s) should be sent to [external@hkssf.org.hk](mailto:external@hkssf.org.hk) in EXCEL FORMAT before the deadline of entries.
- 9.3 **No entry will be entertained after the deadline of entries.**
- 9.4 All participating schools should confirm received of their entries by calling at 2768 8212 one working day after email. HKSSF would not be liable to any missing entry.
- 9.5 **Substitution will only be accepted before the close of check-in time by filling out the Substitution Form. Participating schools should download the Substitution Form from the HKSSF website.**

## 10. Rules & Regulations

- 10.1 Teams should report to the Registration Counter upon arrival and present his/her valid HKSSF Student Registration Card (either Physical or Electronic). After the announcement of registration, teams MUST report to the Marshaling Point with the valid Registration Card. Failing of which, the team will not be allowed to compete.
- 10.2 Should there be any disagreement with the judgment of the official, schools must hand in the appeal(s) in written form to the Convenor of the Organizing Committee **within 10 minutes** after the announcement of the results. All decisions from the Committee should be final.

## 11. Others

- 11.1 Participating teams must be accompanied by one Team Manager who is a full time staff member or an authorized member (non-staff member) appointed and registered with HKSSF, otherwise teams will not be allowed to participate in the Tournament. The Team Manager shall be responsible for the conduct of the athletes, students and supporters both on and off the field.  
Registration: Application of non-staff member must be submitted online at least four working days prior to the Team Manager's assumption of duty. (<https://star.hkssf.org.hk/login>)

- 11.2 **Water station will be located at Checkpoint F.**
- 11.3 Rules and arrangements set by the Organizing Committee should be closely followed.
- 11.4 The Organizing Committee has full right to make amendments on any matters when necessary.

## 12. Enquiry

Email : external@hkssf.org.hk  
Telephone No. : 2768 8212  
Fax No. : 2768 4525 / 2762 7662  
Website : www.hkssf.org.hk → **【Jing Ying Tournament】** → **【Cross Country (Team)】**