

THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA

General Rules of All Hong Kong Schools Jing Ying Cross Country (Team) Tournament

1. Eligibility

- 1.1 Participating schools must be the registered members of HKSSF in 2025-2026.
- 1.2 All participants must be registered students of HKSSF in 2025-2026.
- 1.3 The tournament will be contested in Boys & Girls Open Grades.
- 1.4 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.
- 1.5 Neither open nomination nor individual nomination is accepted.
- 1.6 Should any invited teams withdraw from the tournament; its quota will not be replaced.
- 1.7 A team will consist of 8 runners and **2 reserves** with the first 6 home to count for points. Team with less than 6 runners will not be allowed to compete.
- 1.8 **If 2 reserves are not submitted in the entry form, NO Substitution will be allowed.**
- 1.9 A maximum of 192 runners will take part in each event of the tournament.

2. Entries

- 2.1 Participating schools are advised to select appropriate students to run at relevant zones by filling in at appropriate boxes.
- 2.2 Invited schools should receive the invitation letter from HKSSF. Participating schools should download the entry form from the HKSSF website (www.hkssf.org.hk).
【Jing Ying Tournament】→【Cross Country (Team)】→【Entry Form】 (Excel Format). Completed form(s) should be sent to external@hkssf.org.hk in EXCEL FORMAT before the deadline of entries.
- 2.3 **No entry will be entertained after the deadline of entries.**
- 2.4 All participating schools should visit the HKSSF website to check the participating list after the deadline of entries. Any discrepancies must be reported to the Federation via email (external@hkssf.org.hk) within the specified deadline. HKSSF would not be liable to any missing entry.
- 2.5 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.

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. Competition System

4.1	Category	Distance	Time Limit
	Boys	About 6 km	55 mins
	Girls	About 4.2 km	35 mins

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

5. Uniform

- 5.1 Runners' uniform tops should have the same colour on the front and back.
- 5.2 **Team members 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.**
- 5.3 Runners are required to wear their uniform tops bearing school name / abbreviation / badge, which should be sewn, stenciled on permanently.

6. Refreshment

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

7. Safety

The Organizing 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.

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

9. Reporting

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

10. Briefing

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

11. Route Markers & Signage

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

12. Timing System

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

13. Scoring system

- 13.1 **Best 6 results** achieved from each team will be scored for overall team result.
- 13.2 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 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.
- 13.3 When two or more teams tie for a position, the position of last scoring runner from respective team will decide the final overall result.

14 Rules & Regulations

- 14.1 Teams should report to the Registration Counter upon arrival and present his/her valid HKSSF Student Registration Card **(Electronic only)**. 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.
- 14.2 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.

15. Special Instruction

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

16. 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:

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

In the event of wet weather, participating teams must report to the competition venue. The Organizing Committee will decide postponement of the fitness of ground condition before the start or during the course of the competition.

17. Awards

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

18. Others

- 18.1 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>)

- 18.2 Rules and arrangements set by the Organizing Committee should be closely followed.
- 18.3 The Organizing Committee has full right to make amendments on any matters when necessary.