

Relevant Changes on Inter-school Sports Competition 2018-2019

Member schools please pay special attention to the changes on inter-school sports competition which will take effect in the 2018-2019 season.

1. Athletics

1.1 Revised standards for various athletics events in respective divisions.

↓ Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics > Revised standards for various athletics events】

1.2 Revised Time Table of Division Two & Three

↓ Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics > General Circulars > Division Two/ Division Three】

1.3 Regulations for 800m & 1500m

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.

1.4 Time Limit for 5000m

There will be Time Limit of 22 minutes, 23 minutes and 25 minutes for 5000m events in Division One, Two and Three respectively. Athletes may not be allowed to continue running after the time limit.

1.5 The International Association of Athletics Federations (IAAF) Competition Rules 2018-2019 will take effect in the 2018-2019 season.

1.5.1 Significant changes in the use of markers were made to cancel the 10m acceleration zone and allow for a 30m exchange zone instead of 20m.

1.5.2 Allow all field events (pole vault excluding) on 30 seconds to commence their attempt.

2. Badminton

Official Competition Shuttlecocks in 2018-2020

	Hong Kong Island	Kowloon
Model :	CN Alpha (Gold Label)	Snow Peak C1136
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3. Beach Volleyball

3.1 System of Competition

Three divisions will be adopted for Girls A Grade and BC Grade in regard to the increasing girls' participation over the years.

4. Cross Country

4.1 Division Three – With the increasing participation over the years, an additional area (Area 4) will be created from 2018-2019 season onwards.

4.2 Competition System of Jing Ying Cross Country Tournament will be changed from Individual entry to Teams entry, 12 Teams of HKSSRC would be invited to participate in the Tournament according to their respective overall results achieved from Inter-School Cross Country Competition. Top five teams in Division 1, top three teams in Division 2 and top team each from 4 respective Area in Division 3 will be invited. Relevant information has been sent out on 6 July 2018.

5. **Handball**

A red card shall only result in a mandatory suspension of the current match and the player will also serve his suspension of the coming match if a blue card showing after the red card.

6. **Rugby**

In regard to athlete welfare and safety due to physical contact nature of rugby, a youth age banding of no more than 4 years biological age difference will be implemented from the season of 2018-2019.

6.1 Students born on or after 2004 will no longer be allowed to take part in A Grade Rugby Competition.

6.2 Students born on or after 2007 will no longer be allowed to take part in B Grade Rugby Competition.

6.3 Students born on or after 2009 will no longer be allowed to take part in C Grade Rugby Competition.

7. **Rugby Sevens**

In regard to athlete welfare and safety due to physical contact nature of rugby, a youth age banding of no more than 4 years biological age difference will be implemented.

Birth Year	2017-2018	2018-2019	2019-2020
2007	--	--	<i>C Grade</i>
2006	--	<i>C Grade</i>	<i>C Grade</i>
2005	C Grade	<i>C Grade</i>	<i>B Grade</i>
2004	C Grade	<i>B Grade</i>	B Grade
2003	B Grade	B Grade	A Grade
2002	B Grade	A Grade	A Grade
2001	A Grade	A Grade	A Grade
2000	A Grade	A Grade	--
1999	A Grade	--	--


7.1 Season of 2018-2019: Students born on or after 2004 (refer to Italic in the table) will no longer be allowed to take part in A grade (Boys) or AB Combined Grade (Girls) Rugby Sevens

Competition even if he or she upgraded in other inter-school sports competition.

- 7.2 Competitions of A, B and C Grade will be made available for girls in season of 2019-2020. A transition period of one year (to keep AB combined and C Grade) in 2018-2019 is aimed at giving member schools more time for preparation.
- 7.3 No HKSSF competition available for students born on 2004 but a separate competition will be organized by HKRU for Girls B Grade for 2018-2019 season.

8. **Swimming**

Revised standards for various swimming events in Division One.

 Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Swimming > Revised standards for various swimming events】

9. **General Rules of Sports Competition (10. Number of Participating Team)**

- 9.1 If the number of schools entered in any grade in a sport is less than 2 ~~teams~~ schools, then the competition of that grade will be cancelled.

To : All Member Secondary Schools (HK Island & Kln)

Date : 9 July 2018