

Relevant Changes on Inter-school Sports Competition 2019-2020

Member schools please pay special attention to the changes on inter-school sports competition which will take effect in the 2019-2020 season.

1. Athletics

Revised Specification for **Girls B Grade Javelin** in respective divisions.

↓ Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics > Division One/ Division Two > Revised Specification for Athletics (Division One/ Division Two) 2019-2020】

2. Cross Country

Competition System of **Jing Ying** Cross Country Tournament will be changed as follows:

2.1 **Teams:** A team will consist of 8 runners with the first 6 home to count for points.

2.2 **Eligibility:** 12 Teams of HKSSRC would be invited to participate in the Tournament according to their respective **A Grade** results achieved from Inter-School Cross Country Competition. Top six teams in Division 1, top two teams in Division 2 and top team each from 4 respective Area in Division 3 will be invited.

3. Fencing

The International Fencing Federation (FIE) New Technical Rules “**T.124 unwillingness to fight (non-combativity)**” will NOT apply to Inter-school competition in the 2019-2020 season.

4. Football

The maximum number of player on team sheet per match will increase from 18 players to 20 players per school.

5. Indoor Rowing

5.1 **300m Individual** for Boys C and Girls C will be introduced.

- **Revised standards and number of entries for various events:**

↓ Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Indoor Rowing > General Circulars > Revised Standards and number of entries for Indoor Rowing 2019-2020】

6. Netball

6.1 System of Competition

Two divisions will be adopted in the **2020-2021** season for Girls A Grade, B Grade and C Grade in regard to the increasing participation over the years.

Promotion and relegation system: Overall result of 2019-2020 season will be used, top 8 teams will be in Division One and the rest goes to Division Two in 2020-2021 season.

7. Rugby Sevens

7.1 To increase awareness on player safety and readiness due to physical contact nature of Rugby Sevens, all participating schools for the 2019-2020 season are required to fulfill the following pre-competition requirements:

- **Compulsory Coaching Clinic:** At least one representative (i.e. Teacher/ Coach/ Team manager in 2019-2020 season) to attend at least one session of coaching clinic. Relevant application form has been sent out on 13 June 2019 and the next session will be held on 16 September 2019.
- **Minimum Player Participation Requirements:** All students on team sheet must have completed at least 4 hours of consistent contact training in 4 to 8 consecutive sessions (Including School, Club & HK Nation Age Grade Training) in order to be eligible to participate in the Inter-School Rugby Sevens Competition. Team sheets are required to be certified by school representative.

7.2 Competitions of A, B and C Grade will be made available for girls this year after one year's transition period.

8. Swimming

8.1 50m Breast Stroke for Boys A and B Grade will be introduced in Division Three.

- **Revised Time Table of Division Three:**

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

- **Revised standards for various swimming events in Division Three.**

↓ Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics > General Circulars > Division Three > Revised Standards for Swimming (Division Three) 2019-2020】

9. Tennis

International Tennis Federation - **No Let Rule** regarding “if the serve hits the net, strap or band and goes into the correct service box, the ball will be in play” will take effect.

10. General Rules of Substitution supported by registered doctor's certificate (Athletics, Indoor Rowing, Swimming & Tenpin Bowling)

To protect the good health of the injured athlete and maintain the good spirit of fairness, the player who is replaced will be prohibited to participate in any event of that particular sport on the same day.

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

Date : 12 July 2019