

Relevant Changes on Inter-school Sports Competition 2023-2024


Member schools please pay special attention to the changes on inter-school sports competition which will take effect in the 2023-2024 season. Besides, the promotion and relegation system and school awards (Bauhinia Bowl Award & Rising Star Award) will be resumed.

*****All changes and details of the competition arrangements will be confirmed and announced at the General Sports Meeting on 30 August 2023*****

1. Effective as at 2023-2024 season:

1.1 Athletics

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 Beach Volleyball

1.2.1 To streamline the scoring system of different divisions, 15 points scoring system will be adopted in Qualifying Tournament, preliminary round & knock out games until Semi finals; 21 points scoring system will be adopted in Semi finals & Finals of different divisions.

1.2.2 To facilitate the above scoring system and to ensure all matches could be completed under tight schedule, all participating teams have to arrange at least one extra manpower from school (could be any staff or student) to serve as Ball Retriever during their own matches. Therefore, each team has to provide 1 Ball Retriever for the game.

1.3 Football

Teams will be allowed to make a maximum of five substitutes in a match. Each team has a maximum of three substitution opportunities during a match and may additionally have one substitution opportunity at half-time.

1.4 Girls Football

1.4.1 The division system (Two divisions) will be introduced if there are **at least** 16 participating teams. According to last season's results, top 8 teams will be in Division One and the rest goes to Division Two.

1.4.2 Teams will be allowed to make a maximum of five substitutes in a match. Each team has a maximum of three substitution opportunities during a match and may additionally have one substitution opportunity at half-time.

1.5 Hockey (Boys & Girls)

1.5.1 The score for a forfeit will be streamlined as 3:0.

1.5.2 Duration of Game will be changed from 2 halves to 4 quarters with 2 mins break between Quarter 1&2 and Quarter 3&4, and 5 mins break in half time. No stoppage of time during Penalty Corner & after goal scored.

1.5.3 Playing time per quarter: Boys Open Grade & Girls Senior Grade - 15 mins each quarter (60 minutes playing time) / Girls Junior Grade - 12 mins each quarter (48 minutes playing time).

1.5.4 Knock out matches resulting in a tie at full time, no extra time shall be played and the match will be decided by taking five penalty shootouts instead of penalty flicks.

1.6 **Indoor Rowing**

Standard Certificates will be awarded to competitors who reach standard in their events and Certificate of Merit will be awarded to record breakers starting from 2023-2024 season. These certificates will be sent to schools after the competitions.

1.7 **Netball**

The division system (Two divisions) will be introduced if there are **at least** 16 participating teams in **each** grade respectively (A, B & C Grade). According to last season's overall results, top 8 teams will be in Division One and the rest goes to Division Two.

1.8 **Rugby**

The event will no longer be part of the programme at future HKSSF competitions starting from 2023-2024 season.

1.9 **Rugby Sevens**

1.9.1 The two Inter-Secondary Schools Rugby Sevens Competitions organised separately by Hong Kong Island & Kowloon Region and New Territories Region will be combined into one competition (All Hong Kong Inter-Secondary Schools Rugby Sevens Competition) starting from 2023-2024 season.

1.9.2 Rules and playing format will be modified for next season to minimize the injury risk on return to rugby.

📌 Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Rugby Sevens > Rules and playing format variations】

1.10 **Swimming**

Revised standards for various swimming events in respective divisions.

📌 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】

1.11 **Table Tennis**

The Olympic system (BC v YZ (doubles), A v X, C v Z, A v Y, B v X) will be introduced.

Game	Home Team	Away Team
1 (Doubles)	BC	YZ
2	A	X
3	C	Z
4	A	Y
5	B	X

1.12 **"e-Verification" in the STAR system (Student e-registration cards)**

"e-Verification" in the STAR system allows member schools to convert their team lineup into a QR code, which could display their student e-registration cards and verify by officials or their opposing team through the STAR mobile app. The function was tested in the C Grade basketball and volleyball competitions last season, and will further extend to cover all inter-secondary school competitions in 2023-2024 season. The "e-Verification" function is expected to fully replace the use of physical registration card in 2024-2025 season at the earliest.

2. Effective as at **2024-2025** season:

2.1 **Athletics**

The following events will be opened to **Girls** in the 2024-2025 season:

Event	Division	Grade
3000m	Division 1	B Grade
5000m	Division 1 to Division 3	A Grade
Javelin	Division 3	B Grade

Various standards and revised timetable will be released in due course.

2.2 **Swimming**

The following events will be opened to **Girls** in the 2024-2025 season:

Event	Division	Grade
200m Free Style	Division 2	A, B & C Grade
200m Free Style	Division 3	A Grade
100m Back Stroke	Division 2 to Division 3	A & B Grade
200m Breast Stroke	Division 2	A, B & C Grade
200m Breast Stroke	Division 3	A & B Grade
200m IM	Division 2	C Grade
200m IM	Division 3	A,B & C Grade

Various standards and revised timetable will be released in due course.

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

Date : 10 July 2023