



**THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA**  
Hong Kong Island & Kowloon Secondary Schools Regional Committee

# **General Sports Meeting**

## **2023 - 2024**

# Stage Party

- Mrs. Stella Lau, SBS, JP, Chairperson  
Hong Kong Island & Kowloon Secondary Schools Regional Committee
- Mr. Hung Chor Ying, Vice-Chairperson  
Hong Kong Island & Kowloon Secondary Schools Regional Committee
- Mr. Poon Ka Hang, Vice-Chairperson  
Hong Kong Island & Kowloon Secondary Schools Regional Committee
- Ms. Dora Yum, Honorary Secretary  
Hong Kong Island & Kowloon Secondary Schools Regional Committee
- Ms. Carmen Tang, Secretary General  
The Schools Sports Federation of Hong Kong, China
- Mr. Kenneth She, Executive Secretary  
Hong Kong Island & Kowloon Secondary Schools Regional Committee

# AGENDA

1. Opening Remarks
2. Explanation of the System of Sports Competition
3. Brief Outline on Outstanding Athletes Award and Sports Development Programme
4. Introduction of All HK Schools Competition, Jing Ying Tournament and Interport Competition
5. Information on Student Athletes Registration and Insurance
6. Election of Sports Convenors for various sports
7. Brief Outline on Online Sports Entry System for 2023-2024

# 1. Opening Remarks

***Mrs. Stella Lau, SBS, JP***, Chairperson  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee

# 1. Opening Remarks

- Participation in 2022-2023
  - All competitions resume last year
  - Over 6,100 teams and 40,000 registered students participated in our inter-school sports competitions
- The Schools Sports Volunteer Scheme & Junior Sports Reporters Scheme
  - In Inter-school Athletics, Indoor Rowing and Swimming Competition
  - 260 student volunteers from 24 schools last year

# 1. Opening Remarks

- General Information Booklets

Will be available on website in a downloadable PDF version only (ENG / CHI) and no printed copies will be distributed

The screenshot displays the website of the Chinese Hong Kong Secondary Schools Regional Committee (HKSSRC). The header includes the organization's name in Chinese and English, along with the website URL HKSSF.ORG.HK. A navigation menu lists various sections such as News and General Circulares, Sports Calendar, and Competition Information. The main content area is divided into several sections:

- 最新消息及比賽通告 (News and General Circulares):** A list of recent announcements with dates, including the Sports Calendar 2023-2024 Poster (25 AUG 2023) and General Circular 10 July 2023 (10 JUL 2023).
- Team Sports Entries - Phase 1 & 2:** Information regarding team sports entries for July and September/October 2023.
- 港九中學網上報名系統 (HKSSRC Online Entry System):** A link to the online registration system.
- 各項運動比賽資料 (Various Sports Information):** A grid of links for different sports including Archery, Athletics, Badminton, Basketball, Beach Volleyball, Cross Country, Fencing, Football, Handball, Indoor Rowing, Squash, Swimming, Table Tennis, Tennis, Tenpin Bowling, and Volleyball.
- BOCHK Bauhinia Bowl Award & BOCHK Rising Star Award:** Information about these awards.

A red circle highlights the 'HKSSRC BOOKLET' section, which features a colorful graphic for the '港九中學體育運動比賽手冊' (HKSSRC Sports Competition Handbook).

# 1. Opening Remarks(Con't)

- Student Athletes Online Registration System
  - The trials of electronic verification (“e-Verification”) for C Grade Basketball, and Volleyball Competition carried out last season
  - Will further extend to cover all school competitions this year
  - Team managers or students are permitted to present a screenshot of the e-registrations cards as a form of valid student registration card, making access to e-registration cards more convenient and user friendly for schools
  - Expected to fully replace the use of physical registration card in 2024 – 2025 season at the earliest.

## 2. Explanation of the System of Sports Competition

***Mr. Poon Ka Hang***, Vice-Chairperson  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee



## 2. Explanation of the System of Sports Competition

### Promotion & Relegation system

- Resume for different sports this season

### Revised Standards

- Athletics & Swimming
- Go to [www.hkssf.org.hk](http://www.hkssf.org.hk)
- Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics / Swimming > Competition Information > General Rules

## 2. Explanation of the System of Sports Competition (Con't)

### **Beach Volleyball**

- Streamline the scoring system of different divisions
- Qualifying Tournament, preliminary round & knock out games until Semi finals: 15 points scoring system
- Semi finals & Finals: 21 points scoring system
- 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
- Which mean each team has to provide 1 Ball Retriever for the game

## 2. Explanation of the System of Sports Competition (Con't)

### Cross Country

- Since the old course (the race route of Division One & Two) of the Hong Kong Golf Club will be given back to the government
- The Federation is approaching LCSD for the use of old course
- May reschedule to 29 Nov 2023 @ Tai Tong, Tai Tong Country Park (Near Management Office) as back up plan if permission from relevant department could not be obtained successfully for the event @ Old course of HK Golf Club
- Will Update all member schools of Division 1 & 2 as soon as possible.

## 2. Explanation of the System of Sports Competition (Con't)

### Fencing

- Due to the booking limitation of the venue, should the number of entries exceed the capacity, entries of Individual competition will be admitted in the following order:
- The fourth fencer in the highest number of entries among the weapons and the grades will be eliminated;
- The fourth fencer in the following highest number of entries among the weapons and the grades will be eliminated, and so forth;

## 2. Explanation of the System of Sports Competition (Con't)

### **Football & Girls 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.

### **Girls Football & Netball**

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

## 2. Explanation of the System of Sports Competition (Con't)

### Hockey (Boys & Girls)

- Streamline all the rules & format as suggested by Hong Kong Hockey Association
- Duration of Game: 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
- 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)
- 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.
- The score for a forfeit will be streamlined as 3:0

## 2. Explanation of the System of Sports Competition (Con't)

### **Indoor Rowing**

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

## 2. Explanation of the System of Sports Competition (Con't)

### Rugby

- No longer be part of the programme at HKSSF competitions starting from this season

### Rugby Sevens

- 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 Rugby Sevens Competition)
- Rules and playing format of Rugby Sevens will be modified for next season to minimize the injury risk on return to rugby.
- Go to [www.hkssf.org.hk](http://www.hkssf.org.hk)
- All HK Inter-secondary Schools Sports Competition > News & Notices > Rules Variations Differences – 2023-2025 season



## 2. Explanation of the System of Sports Competition (Con't)

### 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

## 2. Explanation of the System of Sports Competition (Con't)

### Volleyball

- To align with the current arrangement of local competitions organised by Volleyball Association of Hong Kong, China, players will be allowed to wear jersey numbers between 1 and 99 (1-9 shall be a single number) in inter school competitions

## 2. Explanation of the System of Sports Competition(Con't)

**Effective as at 2024-2025 :** The following events will be opened to Girls

- **Athletics**

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

- **Swimming**

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

## 2. Explanation of the System of Sports Competition(Con't)

**Effective as at 2024-2025 :**

**Starting from 2024-2025 season, the Jing Ying Athletics (Team) will very likely be scheduled to be held in March, therefore, inter schools athletics competition of Regional Committee and New Territories have to complete in the first school term.**

**Member schools please take note on the following competition arrangements:**

<b>Sports</b>	<b>Existing</b>	<b>Starting from 2024-2025</b>
<b>Swimming</b>	Late Sep - Oct	Late Sep – Oct (No changes)
<b>Cross Country</b>	November	<b>Feb / March 2025</b>
<b>Athletics</b>	Jan - March	<b>November 2024</b>

### 3. Brief Outline on Outstanding Athletes Award and Sports Development Programme

***Mr. Hung Chor Ying***, Vice-Chairperson  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee

### 3. Brief Outline on Outstanding Athletes Award and Sports Development Programme

#### Full support from Bank of China (Hong Kong)

#### 5 Development Sports

- Archery
- Beach Volleyball
- Indoor Rowing
- Tenpin Bowling
- All HK Rugby Sevens
- The BOCHK Schools Sports Volunteer Scheme
  - Introductory Courses
  - Voluntary Services
  - Junior Sports Reporter Programme
- The Bauhinia Bowl Award and Rising Star Award

### 3. Brief Outline on Outstanding Athletes Award and Sports Development Programme (Con't)

#### **Outstanding Athlete Award (Total: 36 awards)**

\*Only results achieved in the year of nomination (2023-2024 inter school result) shall count.

#### **Rising Star Athlete Award (Total: 50 awards)**

#### **Sportsboy/Sportsgirl of the Year Award**

**(Total: 4 awards)**

- To normalize the inclusion of inter-school competition results of the same sports season

### 3. Brief Outline on Outstanding Athletes Award and Sports Development Programme (Con't)

- The HKSSF Secondary School Outstanding Student Athletes Award
  - Sponsored by the Grantham Scholarship Fund
  - Student athletes who majorly participate in
    - Asian Schools Championships
    - Student (Youth) Games of the People's Republic of China
    - Schools Interport
    - All Hong Kong Competitions
    - Schools Jing Ying Tournament



### 3. Brief Outline on Outstanding Athletes Award and Sports Development Programme (Con't)

- **Development Programmes**

- **For Students**

- Table Tennis umpire courses on 16 September

**Deadline via Online Sports Entry: 11<sup>st</sup> September 2023, Monday 23:59**

- Badminton umpire courses in on 23 September

**Deadline via Online Sports Entry: 18<sup>st</sup> September 2023, Monday 23:59**

- **For Teachers**

- Swimming judge workshop on 19 September 2023

- Go to [www.hkssf.org.hk](http://www.hkssf.org.hk) 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Swimming > General Circular】

**Deadline : 12<sup>th</sup> September 2023, Tuesday 23:59**

- Athletics judge workshop for teachers in January 2024

## 4. Introduction of All HK Schools Competition, Jing Ying Tournament and Interport Competition

***Ms. Dora Yum***, Honorary Secretary  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee

## 4. Introduction of All HK Schools Competition, Jing Ying Tournament and Interport Competition

- **All Hong Kong Schools Competitions**

- Netball from October to April
- Rugby Sevens from October to May
- Hockey from October to April
- Girls Football from October onwards
- Softball from October to December

**Deadline: 15<sup>th</sup> September 2023 23:59 (via Online Entry System)**

Please refer to further announcement

- Life Saving on 29<sup>th</sup> September 2023
- Gymnastics from March to May 2024
- 3x3 Basketball Marathon from June to July 2024

## 4. Introduction of All HK Schools Competition, Jing Ying Tournament and Interport Competition (Con't)

- **Jing Ying Tournament**

- Table Tennis

**Deadline via Online Sports Entry: 8<sup>th</sup> September 2023, Friday**

- Badminton

**Deadline via Online Sports Entry: 20<sup>th</sup> September 2023, Wednesday**

- Cross Country from Dec 2023
- Basketball from 16-24 Dec 2023 & 3, 4 Feb 2024
- Volleyball from 27-31 Dec 2023 & Jan / Feb 2024
- Handball from Jan-Mar 2024
- Football from Feb-Mar 2024
- Badminton (Team) from May 2024
- Athletics (Team) from 3 & 4 May 2024

- Go to [www.hkssf.org.hk](http://www.hkssf.org.hk)

Jing Ying Tournaments

- **Detail information will be sent out in due course**

## 4. Introduction of All HK Schools Competition, Jing Ying Tournament and Interport Competition (Con't)

- **Schools Interport Competitions**
  - Athletics
  - Basketball
  - Football (Boys)
  - Table Tennis – Host by the Federation
  - Hockey (Boys) – Host by the Federation
- **Asian School Championships**
  - Athletics
  - Badminton
  - Basketball
  - Handball (Boys)
  - Football (U15)
- **1<sup>st</sup> Student (Youth) Games of the People's Republic of China**
  - **5 – 15 November 2023** held in Guangxi, China
- **20<sup>th</sup> ISF Gymnasiade**
  - **23 - 31 October 2024** held in Manama, Bahrain

## 5. Information on Student Athletes Registration and Insurance

***Ms. Carmen Tang***, Secretary General  
The Schools Sports Federation of Hong Kong, China

## 5. Information on Student Athletes Registration and Insurance

- **Change of Federation Name**
  - The change of the Federation name from "The Schools Sports Federation of Hong Kong, China" 「中國香港學界體育聯會」 is in effect as of 26 July 2023, while the abbreviation, website, and email address of the Federation shall remain unchanged.
- **Student Athlete Registration**
  - Open for 2023-2024 registration from 14<sup>th</sup> Aug 2023
  - Login password has been reset and posted to member schools on 10<sup>th</sup> Aug Starting from this season, schools are allowed to use electronic registration card (e-card) in all secondary school competitions and activities. E-card and physical card can be used parallelly at the same competition or activity.
  - Accepts the use of e-card in the follow ways:
    - - Present e-card through Teacher Account in the “HKSSF” Mobile App;
    - - Present e-card through Electronic Verification Account in the “HKSSF” Mobile App after scanning a QR code (converted by using Teacher Account) ;
    - - Screenshot of e-card with mark of “電子證E-Card”.
  - kindly refer to “Student Athletes Registration System - User Manual (Version 1.4)” or view the tutorial video (to be uploaded on our website soon).

## 5. Information on Student Athletes Registration and Insurance (Con't)

- **Insurance**
  - Maximum medical coverage provided by the Federation is \$2,500 per person per year
  - Advise your school/student should they wish to consider purchasing additional insurance coverage on their own
  - Should an unfortunate event occurred, please be reminded that you are required to file a claim via the Federation immediately after the accident and hand in true copies of all related documents and receipts within 3 months.
  - The insurance company will decline handling any late application.



## 6. Election of Sports Convenors for various sports

***Mrs. Stella Lau***, SBS, JP, Chairperson  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee

## 6. Election of Sports Convenors for various sports

Sport	Div/Area	Name	School
Archery	-	Mr. Lau Lok Man	Chi Lin Buddhist Secondary School
	-	Mr. Yip Kin Wing	Hong Kong True Light College
Athletics	Div. I	Mr. Chan Chin Wan	Wah Yan College (Hong Kong)
	Div. II	Mr. Ma Kai Yee	St. Stephen's College
	Div. III (Area 1)	Ms. Chan Kam Hung	SKH St. Benedict's School
	Div. III (Area 2)	Mr. Chan Fung Ho	Maryknoll Secondary School
	Div. III (Area 3)	Mr. Lee Chi Wai	Lee Kau Yan Memorial School
	Div. III (Area 4)	Mr. Lau Kwok Pan	CCC Kei To Secondary School
Badminton	Hong Kong	Ms. Law Hiu Ching	St. Stephen's Girls' College
	Kowloon	Mr. Ma Man Hong	United Christian College (Tai Hang Tung)
Basketball	Hong Kong	Mr. Ko Kam Tong	Rosaryhill Secondary School
	Kowloon	Mr. Shih Wei Chung	CMA Secondary School
Beach Volleyball	-	Mr. Chou Wai Hong	SKH Tang Shiu Kin Secondary School
Cross Country	Div. I	Ms. Chung Ling Sau Liz	Pui Ching Middle School
	Div. II Boys	Mr. Lai Chi Leung	Chong Gene Hang College
	Div. III (A1)	Mr. Kwong Sing Kwong	United Christian College (Kowloon East)
	Div. III (A2)	Ms. Lin Wai Yin	The YWCA Hioe Tjo Yoeng College
	Div. III (A3)	Mr. Wong Chi Tang	STFA Seaward Woo College
	Div. III (A4)	Ms. Luk Fung Ching	St. Mark's School
Fencing	-	Ms. Hong Ka Man	Hong Kong True Light College

## 6. Election of Sports Convenors for various sports (Con't)

Football	Div. I	Mr. Wong Kam Chak	St. Joseph's College
	Div. II	Mr. Tang Shui Pong	Sing Yin Secondary School
	Div. III (HK)	Mr. Yau Wo Yau	Raimondi College
	Div. III (Kln)	Mr. Kwok Kin Nam	Lok Sin Tong Wong Chung Ming Secondary School
Handball	-	Mr. Cheung Wai Ching	King Ling College
Hockey	Boys & Girls	Mr. Wong Wai Kiu	St. Paul's College
Indoor Rowing	-	Mr. Luk Dick Sang	Pui Ching Middle School
Netball	Girls	Wong Ar Yan Connie	The Independent Schools Foundation Academy
Rugby Sevens	-	Mr. Chow Chor Hau	Chan Shu Kui Memorial School
Squash	-	Ms. Ng Hau Lam	Diocesan Girls' School
Swimming	Div. I	Mr. Chu Lap Yin	St. Joseph's College
	Div. I	Ms. Vivian Lai	Heep Yunn School
	Div. II	Mr. Chan Tik Kei	Po Leung Kuk Laws Foundation College
	Div. III (HK)	Ms. Carrie Liu	Victoria Shanghai Academy (Secondary Section)
	Div. III (Kln 1)	Ms. Lee Wai Chi	Hoi Ping Chamber of Commerce Secondary School
	Div. III (Kln 2)	Ms. Chan Kam Hung	SKH St. Benedict's School

## 6. Election of Sports Convenors for various sports (Con't)

Table Tennis	Div. I	Ms. Li Sau Sau	HKUGA College
	Div. II	Mr. Cheng Yuan Andrew	Po Leung Kuk Ngan Po Ling College
	Div. III (HK)	Ms. Lai Ching In	Cognitio College (Hong Kong)
	Div. III (Kln Boys)	Mr. Lai Kam Sui	Tang King Po School
	Div. III (Kln Girls)	Ms. Wong Hoi Shan	ELCHK Lutheran Secondary School
Tennis	-	Mr. Wu Kar Lun Charles	Diocesan Boys' School
Tenpin Bowling	-	Mr. Li Hong Yi	Diocesan Girls' School
Volleyball	Div. I	Mr. Lam Yiu Pan	STFA Cheng Yu Tung Secondary School
	Div. II (HK)	Mr. Chan Kwok Leung	The Chinese Foundation Secondary School
	Div. II (Kln)	Mr. Alan Lai	Good Hope School
	Div. III (Girls Kln 1)	Mr. Yuen Ching Cho	Po Leung Kuk Ho Yuk Ching (1984) College
	Div. III (Girls Kln 2)	Ms. Leung Sze Wan	Lok Sin Tong Wong Chung Ming Secondary School

## 7. Brief outline on Online Sports Entry System

***Mr. Kenneth She***, Executive Secretary  
Hong Kong Island & Kowloon Secondary Schools  
Regional Committee

## 7. Brief Outline on Online Sports Entry System

Hyperlink

<http://sportsentry.hkssf.org.hk/>



# DEADLINES

**Through Online Entry System (One Entry Form)**

**HKSSRC Team Sports Entry Deadline 2023-2024**

**14 July - 4<sup>th</sup> Sept 2023 23:59, NEXT MON – Phase One**

Event		Grade	Event		Grade
Badminton	羽毛球	A & B Grade 甲、乙組	Handball (Girls)	手球 (女)	Senior Grade 高級組
Basketball	籃球	A & B Grade 甲、乙組	Swimming	游泳	All Grades 所有組別
Beach Volleyball	沙灘排球	Senior Grade 高級組	Table-Tennis	乒乓球	A Grade 甲組
Cross Country	越野	All Grades 所有組別	Tennis	網球	Open Grade 公開組
Football	足球	A & B Grade 甲、乙組	Volleyball	排球	A & B Grade 甲、乙組
Handball (Boys)	手球 (男)	A Grade 甲組			

**Separate online application will be available for All Hong Kong Competitions, Fencing and Squash.**

**\*\*Crossed cheque payable to “HKSSF-HKSSRC”**

# DEADLINES

## HKSSRC Team Sports Entry Deadline 2023-2024

14 Jul - 30<sup>th</sup> Oct 2023 23:59 (Mon) – Phase Two

Event		Grade	Event		Grade
Athletics	田徑	All Grades 所有組別	Handball (Boys)	手球 (男)	B & C Grade 乙、丙組
Badminton	羽毛球	C Grade 丙組	Handball (Girls)	手球 (女)	Junior Grade 初級組
Basketball	籃球	C Grade 丙組	Table-Tennis	乒乓球	B & C Grade 乙、丙組
Beach Volleyball	沙灘排球	Junior Grade 初級組	Volleyball	排球	C Grade 丙組
Football	足球	C Grade 丙組			

**Please confirm your teams before submission, no cancellation/refund can be made once submitted**

**\*\*Crossed cheque payable to “HKSSF-HKSSRC”**



# DEADLINES

**For All HK Competitions 2023-2024**

**- Through Online Entry System (5 Separate Entry Forms)**

**Entry Deadline 14 Jul - 15<sup>th</sup> September 2023 23:59 (Fri)**

Event		Grade	Event		Grade
Girls Football	女子足球	Open Grade 公開組	Rugby Sevens	七人欖球	All Grades 所有組別
Netball	投球	All Grades 所有組別	Softball	壘球	Open Grade 公開組
Hockey	曲棍球	All Grades 所有組別			

**Separate online application will be available for Life Saving in Sep and Gymnastics in Feb/March.**

**\*\*Crossed cheque payable to  
“The Schools Sports Federation of Hong Kong, China”**

# DEADLINES

## **Inter-School Swimming Competition**

- Team List are to be submitted through Online Entry System from 6<sup>th</sup> September 2023.
- Competition information will be uploaded to the HKSSF website before team list opening

### TEAM LIST DEADLINES

Division One	: 2 Oct 23:59
Division Two	: 25 Sep 23:59
Division Three (HK)	: 22 Sep 23:59
Division Three (K1)	: 18 Sep 23:59
Division Three (K2)	: 11 Oct 23:59

## DEADLINES

### **Individual Squash, Team Fencing & Individual Fencing**

**14<sup>th</sup> Jul - 15<sup>th</sup> September 2023 23:59, (Friday)**

**\*\*Crossed cheque payable to “HKSSF-HKSSRC”**

### **School Annual Subscription**

- The Annual Subscription of HK\$300 for the 2023-2024 season should be paid to the Federation office by 31st August 2023.

**\*\*Crossed cheque payable to “HKSSF-HKSSRC”**

Please settle immediately.

# Reminders

- 1. Inter-School Competition Prizes 2022-2023**
  - Collection by 15<sup>th</sup> September 2023
  - Will be disposed thereafter

**Wish you all a Healthy and fruitful  
sports season!**



**THE SCHOOLS SPORTS FEDERATION OF HONG KONG, CHINA**  
Hong Kong Island & Kowloon Secondary Schools Regional Committee