



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

General Sports Meeting

2024 - 2025

Stage Party

- Mr. Ronnie Cheng Kay Yen, 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 Ming Man, Honorary Secretary
Hong Kong Island & Kowloon Secondary Schools Regional Committee
- Mr. JL Wong, Deputy 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 2024-2025

1. Opening Remarks

Mr. Ronnie Cheng Kay Yen, Chairperson
Hong Kong Island & Kowloon Secondary Schools
Regional Committee

1. Opening Remarks

- Participation in 2023-2024
 - All competitions completed by the end of May
 - Over 6,300 teams and 45,000 registered students participated in our inter-school sports competitions
- The Schools Sports Volunteer Scheme & Junior Sports Reporters Scheme
 - Contributed In Inter-school Athletics, Indoor Rowing and Swimming Competition
 - More than 190 student volunteers from 21 schools last year

1. Opening Remarks(Con't)

- 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 (HKSSF). The header includes the organization's name in Chinese and English, along with the website URL. A navigation menu lists various sections like 'News and General Circulares', 'Sports Calendar', and 'Forms'. 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, such as '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 registration periods for team sports.
- 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' link in the 'Various Sports Information' section. On the right side, there is a sidebar with the 'HKSSF OFFICE HOUR' and a 'Location Map of HKSSF'.

1. Opening Remarks(Con't)

- Student Athletes Online Registration System
 - “E-Verification” extended to cover all inter-secondary school
 - Team managers or students are permitted to present a screenshot of the e-registrations cards as a form of valid student registration card
 - Fully replace the use of physical registration card in all inter-secondary school competitions

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

Updated Promotion & Relegation arrangement

- Athletics (Girls)
- Go to HKSSF website > Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Athletics > “Promotion and Relegation arrangement for 2024-25 to 2026-27 season”

Revised Standards & Time Table

- Athletics & Swimming
- Go to HKSSF website > 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)

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)

Badminton

- Division One and Division Two competitions that used to play by Hong Kong Island Area and Kowloon Area will be combined
- Go to HKSSF website > Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Badminton> “Hong Kong Island Area and Kowloon Area Combined Competition (Division One & Two)”
- Eligibility of Jing Ying Tournament:

Division & Area	2024/25 season	2025/26 season onwards
D1	7	6
D2	2	3
D3HK	1	1
D3K1	1	1
D3K2	1	1
Total	12 teams	12 teams

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

Badminton

- Official Competition Shuttlecocks in 2024-2026 for all divisions
- Selected in accordance to the Badminton Association of Hong Kong, China approved list
- CN Alpha (Gold Label)
- Hanasia International Limited
 - Mr. Chung
 - 2417 1707

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

Basketball

- Division One and Division Two competitions that used to play by Hong Kong Island Area and Kowloon Area will be combined
- Go to HKSSF website > Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Basketball> “Hong Kong Island Area and Kowloon Area Combined Competition (Division One & Two)”
- Eligibility of Jing Ying Tournament:

Division & Area	2024/25 season onwards
D1	6
D2	2
D3HK	1
D3K1	1
D3K2	1
D3K3	1
Total	12 teams

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

Volleyball

- Division Two competitions that used to play by Hong Kong Island Area and Kowloon Area will be combined
- Go to HKSSF website > Inter-secondary Schools Sports Competition HK Island and Kowloon > Various Sports Information > Volleyball> “Hong Kong Island Area and Kowloon Area Combined Competition (Division One & Two)”
- Eligibility of Jing Ying Tournament:

Division & Area	2024/25 season onwards	
	Boys	Girls
D1	6	6
D2	4	3
D3HK	1	1
D3K1	1	1
D3K2		1
Total	12 teams	12 teams

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

Football, Handball, Hockey, Netball & Rugby Sevens

The following rules of Uniform and Colours will be implemented:

- Teams should follow the decision of referee for issue of clash or similar of colour and the match should go on under the decision of referee.
- In the case of controversy on uniform and colours, the referee's decision is final.

Hockey (Con't)

- Players' numbers shall be sewn or stenciled permanently on the back of the uniform top and there cannot be duplicate number on the same team.

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

Handball (Con't)

The following rules of Classification of teams – “If three or more teams tie on points, the winner will be decided by” will be modified as below:

- Goal differences in the matches among teams concerned; if undecided,
- *The team with the highest number of goals scored in the matches among teams concerned shall be awarded the higher position; if undecided,*
- Goal differences of all the matches competed by teams concerned in the league; if still undecided, etc

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 (2024-2025 inter school result) shall count.

Rising Star Athlete Award (Total: 50 awards)

*Nominees of Rising Star Athlete Award apart from awardees will each receive a certificate of appreciation sponsored by the Bank of China (Hong Kong) for encouragement.

Sportsboy/Sportsgirl of the Year Award (Total: 4 awards)

- To normalize the inclusion of inter-school competition results of the same sports season (2024-2025 inter school result)

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
- All Hong Kong Competitions

****3x3 Basketball Marathon will be added to the Grantham Outstanding Athletes Awards, starting from 2024-2025***

- 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 14 September

Deadline via Online Sports Entry: 10th September 2024, Tuesday 23:59

- Badminton umpire courses on 28 September

Deadline via Online Sports Entry: 18th September 2024, Wednesday 23:59

- **For Teachers**

- Swimming judge workshop on 19 September 2024

- Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Swimming > General Circular】

Deadline : 13th September 2024, Friday 23:59

- Athletics judge workshop on 22 & 23 October 2024

- Go to www.hkssf.org.hk 【Inter-secondary Schools Sports Competition HK Island and Kowloon > Athletics > General Circular】

Deadline : 15th October 2024, Tuesday 23:59

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

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

4. Introduction of All HK Schools Competition, Jing Ying Tournament and Overseas 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: 12th September 2024 23:59 (via Online Entry System)

Please refer to further announcement

- Life Saving
- Gymnastics
- 3x3 Basketball Marathon from June to July 2025

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

- **Jing Ying Tournament**

- Table Tennis from 30 Sep – 21 Oct 2024

Application via Online Sports Entry: Go to www.hkssf.org.hk 【Jing Ying Tournaments> Table Tennis > Entry Circular】

- Badminton 4 Nov – 29 Nov 2024

Application via Online Sports Entry: Go to www.hkssf.org.hk 【Jing Ying Tournaments> Badminton> Entry Circular】

- Handball from Jan-Mar 2025
- Basketball from Feb-Mar 2025
- Football from Feb-Mar 2025
- Volleyball from Feb-Mar 2025
- Athletics (Team) Mar 2025
- Cross Country Late Mar 2025
- Badminton (Team) May 2024

Go to 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 Overseas Competition (Con't)

- **Asian School Championships**
 - Rugby Sevens (Boys)
 - Swimming
 - Table Tennis
 - Squash
 - Football (U18)
- **20th ISF Gymnasiade**
 - **23 - 31 October 2024** held in Manama, Bahrain
 - Participate in Athletics, Orienteering and Swimming

5. Information on Student Athletes Registration and Insurance

Mr. JL Wong, Deputy Secretary General
The Schools Sports Federation of Hong Kong, China

5. Information on Student Athletes Registration and Insurance

- **Student Athlete Registration**
 - Open for 2024-2025 registration from 15th Aug 2024
 - Login password has been reset and posted to member schools on 12th Aug 2024
 - Electronic registration card will fully substitute the use of physical registration cards in inter-secondary schools competition starting from 2024 – 2025 season
 - No longer issue physical cards
 - To safeguard personal data, the e-Card will only contain the school name, student's name, and year of birth, while the month and day of birth will be omitted
 - 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 or view the tutorial video

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

Ronnie Cheng Kay Yen, 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)	Mr. Chan Fung Ho	Maryknoll Secondary School
	Div. III (Area 2)	Mr. Lau Kwok Pan	CCC Kei To Secondary School
	Div. III (Area 3)	Ms. Li Ho Lam	Lee Kau Yan Memorial School
	Div. III (Area 4)	Ms. Chan Kam Hung	SKH St. Benedict's School
Badminton	-	Ms. Law Hiu Ching	St. Stephen's Girls' College
Basketball	-	Mr. Ko Kam Tong	Yu Chun Keung Memorial College No.2
		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. Chow Wing Hang	Stewards Pooi Tun Secondary School
	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 Sui 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. Yu Chi Hang	The HKTA Ching Chung Secondary School
Hockey	-	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. Sylvia Ng	Maryknoll Convent 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. Chan Kam Hung	SKH St. Benedict's School
	Div. III (Kln 2)	Ms. Ng Wai Ting	True Light Girls' College

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

Table Tennis	Div. I	Mr. Kwong Kwan Yin	St. Paul's Co-Educational College
	Div. II	Ms. Li Sau Sau	HKUGA 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	Mr. Chan Kwok Leung	The Chinese Foundation Secondary 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 2024-2025

12 July - 5th Sept 2024 23:59, NEXT THUR – Phase One

Event		Grade	Event		Grade
Athletics	田徑	All Grades 所有組別	Handball (Boys)	手球 (男)	A Grade 甲組
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
Football	足球	A & B Grade 甲、乙組	Tennis	網球	Open Grade 公開組
			Volleyball	排球	A & B Grade 甲、乙組

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

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

NO LATE SUBMISSION WILL BE ENTERTAINED

DEADLINES

HKSSRC Team Sports Entry Deadline 2024-2025

12 July - 14th Nov 2024 23:59 (Mon) – Phase Two

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

NO LATE SUBMISSION WILL BE ENTERTAINED

DEADLINES

For All HK Competitions 2024-2025

- Through Online Entry System (5 Separate Entry Forms)

Entry Deadline 12 Jul - 12th September 2024 23:59 (Thur)

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”**

NO LATE SUBMISSION WILL BE ENTERTAINED

DEADLINES

Inter-School Swimming Competition

- Team List are to be submitted through Online Entry System starting from 9th September 2024
- Competition information will be uploaded to the HKSSF website before team list opening

TEAM LIST DEADLINES

Division One	: 27 Sep 23:59
Division Two	: 27 Sep 23:59
Division Three (HK)	: 18 Sep 23:59
Division Three (K1)	: 18 Sep 23:59
Division Three (K2)	: 18 Sep 23:59

NO LATE SUBMISSION WILL BE ENTERTAINED

DEADLINES

Inter-School Athletics Competition

- Team List are to be submitted through Online Entry System starting from 9th September 2024
- Competition information will be uploaded to the HKSSF website before team list opening

TEAM LIST DEADLINES

Division One	: 25 Oct 23:59
Division Two	: 25 Oct 23:59
Division Three (A1)	: 18 Oct 23:59
Division Three (A2)	: 18 Oct 23:59
Division Three (A3)	: 18 Oct 23:59
Division Three (A4)	: 18 Oct 23:59

NO LATE SUBMISSION WILL BE ENTERTAINED

DEADLINES

Individual Squash:

28th Aug - 12th September 2024 23:59 (THUR)

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

NO LATE SUBMISSION WILL BE ENTERTAINED

Reminders

1. School Annual Subscription

The Annual Subscription of HK\$300 for the 2024-2025 season should be paid to the Federation office by 31st August 2024

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

Please settle immediately

2. Inter-School Competition Prizes 2023-2024

- Collection by 15th September 2024
- Will be disposed thereafter

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



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