

## **General Rules and Instruction**

1. No individual entry will be accepted.
2. **Footwear**  
Spikes shoes should not be worn. Training or jogging shoes are recommended.
3. **Teams**  
  
A team will consist of 8 runners, with the first 6 home to count for points. Team with less than 6 runners will not be allowed to compete.
4. **Tie**  
In case of a tie between two teams, it shall be resolved in favour of the team whose last scoring member finished nearer the first place.
5. **Prizes**  
The first four teams in each grade will each be awarded a trophy. A medal will be awarded to each member of the first four teams. The first ten individual winners of each grade will also be awarded. A Prize Presentation Ceremony will be held after all races on the day.
6. **Refreshment**  
The Federation will not provide refreshment. Kiosk inside the Country Park is also out of Service. Schools are advised to bring along drinks and refreshment.
7. **Safety**  
The whole course is within the Aberdeen Reservoir. There may be a few authorized vehicles pass along Point A to Point K. Competitors must watch out for the cars.
8. **First Aid**  
Auxiliary Medical Services will provide first aid services. However, schools are still strongly advised to bring along their first aid personnel and equipment.
9. **Assistance**  
No competitor is allowed to receive assistance or refreshment from any person during the progress of the races. Spectators, teachers and supporters are not allowed to run along side with their runners during the races. Failure to observe this rule will lead to disqualification of that competitor.
10. **Reporting**  
After arriving, team members should get changed as soon as possible and teacher-in-charge should report to the check-in-registration tables for roll call. Race number should be properly pinned on the front side of runners' vests. Team registration form (in triplicate) should also be duly completed beforehand.

When reporting to check in table, all team members should hold their own registration cards and line up in race number order for checking. After the check-in registration, the check-in registration officer will keep one copy of the team registration form & the other two copies will be returned to schools for recording.

11. **Start**

All competitors will be directed to the starting point immediately after their briefing session.

12. **Briefing**

A briefing will be given before the start of each race. Competitors are asked to pay special attention to the briefing & to follow instruction as given.

13. **Route Markers**

There will be no student route marker. Teacher officials will be assigned to various points to supervise the competition.

14. **Finishing**

Each competitor will be given a finishing position card as soon as he/she passes the finishing line. The recorders (provided by their own school) should collect the position cards from their runners.

15. **Recording Procedure**

Participating schools have to look after their own recording as follows :-

- i) make sure all competitors report back with position cards and inform the Chief Finishing Judge if any competitor withdraws from the race;
- ii) enter all results on the team sheet and add up the first SIX positions;
- iii) return the team sheet (in duplicate) and position cards to the official table;
- iv) one copy of the team sheet will be returned to schools after checking

16. **Practice**

No practice on the course would be allowed as soon as competition has been started.

17. Teachers are reminded to instruct their students to keep the venue clean & tidy.

18. No cars are allowed to stay at the reservoir area.