

# GENERAL RULES OF INTER-SCHOOL ATHLETICS CHAMPIONSHIPS

Division		Date	Venue
One		16, 21 & 24 / 2 / 2012	Wanchai Sports Ground
Two		13, 17 & 22 / 2 / 2012	
Three	Area 1	2, 7 & 10 / 2 / 2012	
	Area 2	3, 8 & 14 / 2 / 2012	
	Area 3	15, 20 & 23 / 2 / 2012	
	Area 4	1, 6 & 9 / 2 / 2012	

*Reserved - 29 / 2 & 2, 7 / 3 / 2012*

## 1. Entries

- 1.1 Each school may enter TWO competitors in each event and ONE team in each of the relay races.
- 1.2 Each competitor may enter TWO individual events and ONE relay race.
- 1.3 Names of competitors in both Chinese and English MUST be submitted to the Federation office on or before the closing date as specified on the entry form.

2. Substitution on the day of competition **will not be considered except in a case supported by doctor's certificate or obvious injuries on the day of the competition**. This will only apply in preliminary round and no substitution may be made for individual finals. However, if an event **is programmed** as a straight final, substitution may be allowed. Substitution may be made in relay finals, as long as the replacement runner has not already run in a relay heat.(see note 2.2)

## 3. REGISTRATION OF COMPETITORS

Competitors must be registered and must produce their **registration cards** to the officials of the meet. Competitors with no registration card are not allowed to take part in the competition.

4. Participating schools shall, when called upon, provided at least **two PE Teacher officials** for each day of the meet. The Management Committee reserves the right to refuse any school to take part in the competition if the school cannot provide the requisite number of PE teachers officials. If the appointed officials of a school do not turn up in time on the day of the competition, athletes of that school will not be allowed to take part in the competition until the appointed officials report to duty at the Sports Ground. If an official leaves his post and does not return, he/she shall be reported to the HK Island and Kowloon Secondary Schools Regional Committee.

## 5. REGULATIONS

### 5.1 **Competition Rules**

All events will be held in accordance with the competition rules of the Hong Kong Amateur Athletic Association as per IAAF unless otherwise specified.

### 5.2 **Equipment**

5.2.1 The Management Committee will provide equipment for all events including starting blocks. Athletes must not use their own equipment.

#### 5.2.2 Shoes

(A) Ordinary Training shoes or P.E. shoes.

(B) **Spikes Shoes**

The followings are the specification of spikes which are acceptable to be used at Wanchai Sports Ground (Tartan Track)

**For Track Events:** Tartan spikes maximum length up to 7mm.

**For Field Events:** Tartan spikes maximum length up to 9mm.

Detailed specification can be obtained from local sport shops.

Any competitor who fails to observe the rules concerning the use of spikes at Wanchai Sports Ground will lead to an automatic disqualification of himself/herself from further participation in this year's Athletics Championships.

### 5.3 **Competitors Reporting Procedure**

5.3.1 Track event competitors should report to the Marshalling area which is located at the harbour end of the spectator's stand. Field event competitors should report directly to competition area.

5.3.2 Competitors who fail to report to the respective judges within 5 minutes of the FINAL CALL shall be disqualified from that event.

5.3.3 Competitors taking part in a FIELD event who require to leave in the middle of that event to take part in a TRACK event, should obtain a permission slip from the field event judge before the start of competition. The competitors must still ask permission from the field event judge before leaving the field event to report to the **MARSHAL** for the track event with permission slips and registration cards. The field event judges may alter the order of competition in allowing competitors to take their trial first before leaving.

5.3.4 Competitors entering in both TRACK AND FIELD event which start near, or at the same time, should report FIRST for the TRACK event and inform the Marshal that they also enter in the field event concerned. The Marshal will then issue permission slip to competitors concerned.

5.3.5 Competitors are requested to note that the field event will still in progress during their absence. Immediately after the Track event is finished, competitors should report at once to their field event judge.

5.3.6 For High Jump event, competitors can only re-enter the competition at the height from the round in progress. They are not allowed to jump at any previous height. For other field events, competitors can only take their trial from the round that is still in progress when they report to the field event judge. They will forfeit their trial for any round that has already been completed.

5.3.7 If the field event has already been finished and placings of competitors is fixed, competitors that leave the event will forfeit their chance of competing.

5.3.8 Any undue delay on the part of the competitors to report for their event will make them liable to disqualification.

### 5.4 **Throwing and Jumping Events**

5.4.1 Where in any of the throwing or jumping events the number of competitors is too big, a qualifying round may be held prior to the competition proper at the discretion of the Management Committee.

5.4.2 The first EIGHT (8) competitors shall take part in the final. Tying competitors shall be resolved by comparing the second best performance, or if necessary, the third best, and so on. If second best performance is not available, tying competitors shall both qualify for the final.

5.4.3 Standard points will only be awarded for performances in the first 3 trials of the competition. No standard points will be awarded in the final round.

5.4.4 For Triple Jump only: There will be 2 take off boards/marks (9m, 11m) for triple jump event. In addition, Management Committee may consider, case by case, for allowing competitors to use 7m take off mark.

Competitors should, before the start of their first jump, declare to the officials which take off board/mark they intend to use. Once the decisions are conveyed to the officials, the take off mark will apply to the competitors concerned throughout the competition.

## 5.5 Track Events

### 5.5.1 Start

5.5.1.1 A crouch start is necessary in all races up to and including 400 metres.

5.5.1.2 Recall Point - If, in a race not run in lanes, a runner falls during approximately the first 100 meters because of contact with another runner, the race shall be recalled.

### 5.5.2 Selection for SEMI-FINAL/FINAL

For 100m to 400m

The best times achieved in heat will be qualified to semi-final/final. SEMI-FINALISTS & FINALISTS WILL BE SEEDED IN LANES ACCORDING TO TIME AS FOLLOW:-

#### (A) Two Semi-Finals:-

SF 1		SF 2	
Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats
1	13	1	14
2	1	2	2
3	4	3	3
4	5	4	6
5	8	5	7
6	9	6	10
7	12	7	11
8	16	8	15

#### (B) Three Semi-Finals:-

SF 1		SF 2		SF 3	
Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats	Lane	Positions according to time achieved in heats
1	19	1	20	1	21
2	1	2	2	2	3
3	6	3	5	3	4
4	7	4	8	4	9
5	12	5	11	5	10
6	13	6	14	6	15
7	18	7	17	7	16
8	24	8	23	8	22

#### (C) Final:-

SF 1	
Lane	Positions according to time achieved in heats
1	7
2	1
3	2
4	3
5	4
6	5
7	6
8	8

**(D) Individual Event**

**( FOR DIVISION ONE ONLY)**

- i. If 18 or less competitors report to the heats, there will be **NO** semi-final, the best 8 times will qualify for final.
- ii. If 19-32 competitors report to the heats, there will be two semi-finals with a maximum of 16 competitors in the semi-finals. The first in each semi-final and the best 6 times will qualify for final.
- iii. No semi-finals for girls 100m, 200m, 400m & hurdles events.

**( FOR DIVISION TWO & THREE ONLY)**

- i. If 24 or less competitors report to the heats, there will be **NO** semi-final, the best 8 times will qualify for final.
- ii. If 25-40 competitors report to the heats, there will be two semi-finals with a maximum of 16 competitors in the semi-finals. The first in each semi-final and the best 6 times will qualify for final.
- iii. If 41 or more competitors report to the heats, there will be three semi-finals with a maximum of 24 competitors in the semi-finals, The first in each semi-finals and the best 5 times will qualify for final.

**5.5.3 For 800m & 1500m**

If 17 or more competitors report for the competition then heats will be run. The 12 fastest times will qualify for the final. Girls 1500m is a straight final event.

**5.5.4 3000m & 5000m - Straight final.**

**5.5.5 Relay Races**

There will be **NO** semi-final. The best 8 fastest times will qualify for final.

A briefing will be given to all relay runners before the start of each relay event.

**5.5.6 Straight finals**

If 8 or less competitors, or teams report to the marshalling area for track event (on heat day), the event will be declared a straight final, to be run at time scheduled for that final.

5.6 Lanes in the track events and orders in the field events will be decided by the Management Committee and printed in the programme.

**6. TIES: Track Events**

If two or more competitors achieving the same time in their heats, where practicable, the tying competitors shall both qualify, failing which the actual time recorded by the competitors to 1/1000th of a second shall be considered. If it is still a tie, lots shall be drawn to determine who shall be placed in the semi-final.

**7. TIMING**

7.1 Electronic timing system installed in Wanchai Sports Ground will be regarded as the official time.

7.2 In case of electronic timing failing to function properly, then the hand timing will be regarded as the official time for the whole of that particular event.

**8. POINTS**

Placing:	1st	2nd	3rd	4th	5th	6th	7th	8th
Individual Event:	9	7	6	5	4	3	2	1
Relay races:	18	14	12	10	8	6	4	2

- 8.1 When tying for a position each competitor tying for that position will be credited with an average of points awarded to that position and the position(s) following it.
- 8.2 Standard points shall be counted towards the Grade Championships and Overall Championships of the Athletics Meet. Standard points may only be awarded during heats, unless the events is declared as straight final, in which case standard points may be gained in the final in addition to position points.  
Standard point: Individual - 1 point. Relay - 2 points

## **9. PRIZES**

- 9.1 Medals will be awarded to the 1st, 2nd, 3rd and 4th places in each event.
- 9.2 Each relay winning team will be awarded 6 medals and 4 certificates only.
- 9.3 In each grade the winning school will receive the appropriate challenge trophy or shield.  
The rest of prizes will follow the standard set by the HK Island and Kowloon Secondary Schools Regional Committee.
- 9.4 Standard Certificate will be awarded to competitors who reached standard in their events.  
These certificates will be sent to schools after the Championships.
- 9.5 Certificate of Merit will be awarded to record breakers. The certificates will also be sent to schools after the Championships.

## **10. PROMOTION & RELEGATION SYSTEM**

There shall be 16 boys' schools and 12 girls' schools in Division One. Division Two shall consist of 24 boys' schools and 24 girls' schools and the rest of entries will be in Division Three in their respective areas.

### ***Division One***

Boys: The last 2 schools in the overall points will be relegated to Division Two.

Girls: The last 2 schools in the overall points will be relegated to Division Two.

### ***Division Two***

Boys: The first 2 schools in the overall points will be promoted to Division One. The last 4 schools in the overall points will be relegated to Division Three.

Girls: The first 2 schools in the overall points will be promoted to Division One. The last 4 schools in the overall points will be relegated to Division Three.

### ***Division Three (4 Areas)***

Boys: The first school in the overall points in each area will be promoted to Division Two.

Girls: The first school in the overall points in each area will be promoted to Division Two.

## **11. UNIFORM**

All competitors must be properly dressed in Athletics/P.E. uniform, i.e. in vest/T-shirt bearing their school name or abbreviation and rubber/spikes/training shoes. The four members in a relay team should wear identical school P.E. uniform. No competitor will be allowed to take part in any event if they are not properly dressed.

12. No competitor should leave the Sports Ground until the final results of his/her event are announced. If a re-run is awarded by the Referee upholding a protest competitors who have left the Sports Ground will forfeit their chance of competing in the re-run.

### 13. OUTSIDE ASSISTANCE

No competitor shall receive any assistance whatsoever from any person during the progress of an event. 'Assistance' includes conveying advice or information to an athlete by any means and pace-making. Athlete receiving advice or information will be warned or disqualified at the discretion of the Referee. Any person giving assistance to athlete will be warned and any repetition will result in action taking by the Management Committee.

### 14. PROTEST

14.1 Protests should be made in writing by the teacher/s in charge of the school/s being affected at an incident within 30 minutes of the announcement of the result of that event concerned. No protest will be accepted from student and spectator.

14.2 All protests concerning technical rules and interpretation should be made to the Referee. The decision of the Referee shall be final.

14.3 All protests concerning the management of the meet should be made to the convenor. The decision of the Management Committee of the meet shall be final.

### 15. SPECIFICATIONS

The followings are the specifications of the throwing events and hurdle races (Division II & III)

## THROWING EVENTS

Events	Sex	BOYS			GIRLS		
	Grade	A	B	C	A	B	C
<b>Shot Put</b>		5 kg	4 kg	4 kg	4 kg	3 kg	3 kg
<b>Discus</b>		1.50 kg	1 kg	1 kg	1 kg	1 kg	1 kg
<b>Javelin</b>		700 gm	600 gm	-	600 gm	600 gm	-

## HURDLES RACES (Height of Hurdles)

Events	Sex	BOYS			GIRLS		
	Grade	A	B	C	A	B	C
<b>100M Hurdles</b>		-	0.91 4m	0.84m	0.762m	0.762m	0.762m
<b>110M Hurdles</b>		0.91 4m	-	-	-	-	-
<b>400M Hurdles</b>		0.84m	-	-	-	-	-

# STANDARDS FOR VARIOUS EVENTS

## Division One (I)

Events	Sex	BOYS			GIRLS		
	Grade	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m		12.20	12.50	13.30	14.50	14.70	15.00
200m		25.50	26.50	27.50	30.50	31.00	31.50
400m		57.50	1:00.00	1:04.00	1:12.50	1:13.00	1:15.00
800m		2:20.00	2:23.00	2:32.00	2:53.00	2:55.00	2:57.00
1500m		4:58.00	5:00.00	5:20.00	6:15.00	6:25.00	6:30.00
3000m		-	11:15.00	-	-	-	-
5000m		20:00.00	-	-	-	-	-
100m Hurdles		-	17.00	19.50	19.50	20.20	21.00
110m Hurdles		18.50	-	-	-	-	-
400m Hurdles		1:06.50	-	-	-	-	-
High Jump		1.62m	1.55m	1.35m	1.32m	1.30m	1.25m
Long Jump		5.50m	5.10m	4.70m	4.10m	4.05m	3.80m
Triple Jump		11.20m	10.50m	-	-	-	-
Shot Put		10.50m	10.50m	8.50m	7.10m	7.50m	7.20m
Discus		26.00m	28.00m	20.00m	18.80m	18.50m	16.00m
Javelin		31.00m	26.00m	-	19.00m	18.00m	-
4x100m Relay		47.50	50.00	52.00	57.00	58.00	59.00
4x400m Relay		3:55.00	4:00.00	4:16.00	4:52.00	4:56.00	5:00.00

## Division Two (II)

Events	Sex	BOYS			GIRLS		
	Grade	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
100m		12.70	13.00	13.60	15.20	15.30	15.40
200m		26.10	27.00	28.80	32.00	32.10	33.00
400m		1:00.00	1:01.00	1:07.00	1:16.50	1:16.50	1:18.00
800m		2:28.00	2:30.00	2:43.00	3:09.00	3:10.00	3:12.00
1500m		5:08.00	5:17.00	5:40.00	6:40.00	6:41.00	6:43.00
5000m		21:15.00	-	-	-	-	-
100m Hurdles		-	19.80	20.50	21.00	21.20	22.00
110m Hurdles		19.50	-	-	-	-	-
400m Hurdles		1:08.00	-	-	-	-	-
High Jump		1.60m	1.47m	1.35m	1.26m	1.23m	1.20m
Long Jump		5.30m	5.00m	4.30m	3.85m	3.80m	3.50m
Triple Jump		10.90m	10.00m	-	-	-	-
Shot Put		8.80m	9.50m	7.50m	6.40m	7.10m	6.30m
Discus		22.00m	23.50m	17.00m	15.90m	15.60m	12.50m
Javelin		27.50m	21.50m	-	15.00m	14.00m	-
4x100m Relay		48.50	50.00	54.00	59.40	59.40	59.70
4x400m Relay		3:59.00	4:09.00	4:30.00	5:08.00	5:12.00	5:15.00

**Division Three (III)**

Events	Sex	BOYS			GIRLS		
	Grade	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
<b>100m</b>		12.80	13.30	14.10	15.50	16.00	16.10
<b>200m</b>		26.50	27.00	29.50	33.00	33.00	34.00
<b>400m</b>		1:02.00	1:06.00	1:12.00	1:20.00	1:23.00	1:25.00
<b>800m</b>		2:34.00	2:40.00	2:50.00	3:18.00	3:19.00	3:21.00
<b>1500m</b>		5:30.00	5:35.00	5:55.00	7:10.00	7:10.00	7:10.00
<b>5000m</b>		22:10.00	-	-	-	-	-
<b>100m Hurdles</b>		-	20.00	21.00	22.50	23.00	24.00
<b>110m Hurdles</b>		20.30	-	-	-	-	-
<b>High Jump</b>		1.55m	1.45m	1.30m	1.26m	1.20m	1.15m
<b>Long Jump</b>		5.10m	4.80m	4.00m	3.80m	3.60m	3.40m
<b>Triple Jump</b>		10.80m	9.50m	-	-	-	-
<b>Shot Put</b>		8.80m	9.20m	7.50m	6.30m	6.80m	6.20m
<b>Discus</b>		20.00m	22.00m	15.00m	15.00m	13.50m	12.00m
<b>Javelin</b>		22.00m	18.00m	-	15.00m	-	-
<b>4x100m Relay</b>		50.00	52.00	56.00	1:02.00	1:03.00	1:04.00
<b>4x400m Relay</b>		4:06.00	4:20.00	4:45.00	5:30.00	5:31.00	5:40.00

Note: The HK Island and Kowloon Secondary Schools Regional Committee may amend the above standards upon request by respective Management Committee. Sufficient notice will be given to school if such amendment is necessary.

# 校際田徑錦標賽章則

組別	日期	時間	地點
第一組	16, 21 & 24 / 2 / 2012	上午八時至下午六時	灣仔運動場
第二組	13, 17 & 22 / 2 / 2012		
第三組 (一區)	2, 7 & 10 / 2 / 2012		
第三組 (二區)	3, 8 & 14 / 2 / 2012		
第三組 (三區)	15, 20 & 23 / 2 / 2012		
第三組 (四區)	1, 6 & 9 / 2 / 2012		

後備日期：29 / 2 & 2, 7 / 3 / 2012

## 1. 報名

- 1.1 每項個人項目可填報兩名運動員。而接力比賽則只能填報一隊。
- 1.2 每一運動員只能參加兩項個人比賽及一項接力。
- 1.3 運動員名單須於截止日期前送抵本會辦事處。

## 2. 換人

報名截止後，一律不准換人。如該運動員生病或受傷而有醫生紙證明者，可在比賽當日向主委申請換人。入選決賽之運動員一律不准以任何理由申請更換，接力除外。後補運動員亦須遵守章則1.2之規限。

## 3. 運動員註冊

運動員必須註冊及在比賽時出示有效註冊證。不能出示註冊證者不准出賽。而違反註冊條例之運動員將被取消比賽資格。

## 4. 裁判

參賽學校須委派兩位體育教師／職員擔任裁判工作。如拒絕委派者，管委會有權取消其參賽資格。如裁判未能依時出席，則其校之運動員不能出賽，直至該裁判報到為止。如裁判中途離開崗位，管委會應通知中學執委會處理。

## 5. 細則

### 5.1 比賽規則

除另行規定外，全部採用香港業餘田徑總會依據國際田徑總會訂定之比賽規則。

### 5.2 器材

5.2.1 所須器材由大會供應。

5.2.2 運動員可穿著釘鞋出賽，但釘長不能超過7mm（徑賽）、9mm（田賽）由場地員工負責查驗。

### 5.3 報到程序

5.3.1 徑賽運動員須到召集處報到（看台最左面近碼頭處）。田賽運動員則到比賽地點報到。

5.3.2 宣佈最後召集五分鐘後而未報到者將被取消出賽資格。

- 5.3.3 田賽運動員如需要於比賽中途參加另一徑賽，須於田賽比賽前向裁判索取請假紙。離開比賽場地時，亦須得到裁判准許。田賽裁判可臨時改變比賽次序，以便運動員於離開前試擲或試跳一次。
- 5.3.4 如運動員所參加之兩項賽事同時舉行，或時間非常接近，運動員應首先向徑賽召集處報到。並向召集處裁判領取請假紙。徑賽賽事完畢後，立刻向田賽裁判報到。
- 5.3.5 當運動員離開比賽場地期間，賽事仍如常舉行。故此運動員完成另一賽事後，應立刻返回比賽場地。
- 5.3.6 在跳高項目中，當運動員返回場地時，他只能試跳當時進行比賽的高度。而其他田賽項目，運動員返回場地時只可參加正在進行中之輪次比賽。失去之試跳或試擲次數，將不獲補償。
- 5.3.7 如賽事在運動員返回場地前結束，並已宣佈名次，該運動員比賽機會則自動取消。
- 5.3.8 運動員如無故拖延返回場地報到，比賽資格將被取消。

#### 5.4 田賽項目

- 5.4.1 如參賽人數眾多，管委會有權安排預賽。
- 5.4.2 初賽成績最佳之八位運動員，可進入決賽。同成績者則以次佳成績決定入決賽者。如未能有次佳成績，則同成績者同入決賽。
- 5.4.3 標準分只給予在初賽中達到標準之運動員，決賽成績不計算在內。
- 5.4.4 三級跳進行時，運動員須確定其使用之起跳板，裁判得記錄之，比賽進行中不能作任何更改。起跳板與池邊之距離為（1）11米（2）9米。管理委員會亦可個別考慮給予運動員使用7米起跳線。

#### 5.5 徑賽項目

##### 5.5.1 起跑

- 5.5.1.1 參加四百米或以下賽事之運動員須用蹲踞式起跑。
- 5.5.1.2 召回－運動員如在非指定跑道賽事的首一百米內因與其他運動員發生身體接觸而倒地，該組運動員應被召回及重新開始。

##### 5.5.2 入選準決賽及決賽資格

（只限100米至400米）

初賽／準決賽之最佳成績者進入準決賽／決賽

入選運動員綫道分配如下

##### （甲）兩組準決賽

S.F.1		S.F.2	
綫道	初賽成績	綫道	初賽成績
1	13	1	14
2	1	2	2
3	4	3	3
4	5	4	6
5	8	5	7
6	9	6	10
7	12	7	11
8	16	8	15

(乙) 三組準決賽

S.F.1		S.F.2		S.F.3	
綫道	初賽成績	綫道	初賽成績	綫道	初賽成績
1	19	1	20	1	21
2	1	2	2	2	3
3	6	3	5	3	4
4	7	4	8	4	9
5	12	5	11	5	10
6	13	6	14	6	15
7	18	7	17	7	16
8	24	8	23	8	22

(丙) 決賽

綫道	初賽／準決賽成績
1	7
2	1
3	2
4	3
5	4
6	5
7	6
8	8

(丁) 個人項目

(只限第一組)

- 一、如不超過18名運動員參加初賽，準決賽不會舉行，初賽首八名運動員進入決賽。
- 二、如19至32名運動員參加初賽，則會有兩組準決賽，初賽成績最佳之16名運動員進入準決賽。準決賽每組首名及其他六名最佳成績運動員進入決賽。
- 三、女子一百米、二百米、四百米及跨欄項目不設複賽。

(只限第二及第三組)

- 一、如不超過24名運動員參加初賽，準決賽不會舉行，初賽首八名運動員進入決賽。
- 二、如25至40名運動員參加初賽，則會有兩組準決賽，初賽成績最佳之16名運動員進入準決賽。而準決賽每組首名及其他六名最佳成績運動員則進入決賽。
- 三、如41名或以上運動員參加初賽，則會有三組準決賽。初賽成績最佳之24名運動員進入準決賽。而準決賽每組首名及其他五名最佳成績運動員則進入決賽。

5.5.3 (只限800米及1500米)

如17名或以上運動員參加比賽，則分組舉行初賽。初賽最佳成績之12名運動員進入決賽。女子1500米賽事不設初賽。

5.5.4 (只限3000米及5000米)

直入決賽，不設初賽。

### 5.5.5 接力比賽

- 一、初賽最佳時間之8隊進入決賽。
- 二、裁判應於賽前向運動員簡述接力賽規則。

### 5.5.6 直入決賽

如不超過8名／隊參賽者，賽事則直入決賽，於原定決賽日期及時間舉行。

5.6 初賽綫道及比賽次序由管委會負責分配。

## 6. 成績相同時之處理方法

如成績相同而影響出線者，則以運動員之千份一秒成績決定出線者。如還未分勝負者，則以抽籤方式決定出線者。

## 7. 計 時

7.1 灣仔運動場之電子計時系統為正式計時。

7.2 如遇電子計時失靈，則該項賽事之全部分組時間以手計時間為準。

## 8. 計分方法

名次	1st	2nd	3rd	4th	5th	6th	7th	8th
個人項目得分	9	7	6	5	4	3	2	1
接力項目得分	18	14	12	10	8	6	4	2

8.1 若名次相同，則以相關名次所得之分數總和平均分配。

8.2 團體及組別總成績應包括各項賽事名次分數及標準分。標準分祇給予初賽成績達到標準之運動員及接力隊伍。

標準分：個人項目——1分、接力項目——2分。

## 9. 獎 品

9.1 每單項及接力賽均設冠、亞、季及殿軍獎。

9.2 每接力得獎隊伍均獲發六枚獎牌及四張證書。

9.3 每組及男女子團體亦設冠、亞、季、殿獎。

9.4 達到標準之運動員均可獲頒發證書，於賽事完畢後寄發。

9.5 破紀錄之運動員均可獲頒發證書，於賽事完畢後寄發。

## 10. 升降制度

第一組應有男校16間，女校12間。第二組應有男校24間，女校24間，其他參賽學校則分配於第三組。

第一組 團體名次最末之兩間學校降落第二組。

第二組 團體首2名升上第一組，最末之4間學校降落第三組。

第三組（四個區別） 團體首名升上第二組。

## 11. 運動員服裝

運動員須穿上印有該校校徽或簡寫之田徑運動服裝，接力隊隊員須穿上同色同款之運動服裝。違例之運動員不准參加比賽。

12. 運動員於其賽事成績宣佈後方可離開運動場。如賽事須重賽而運動員無故離開運動場，該運動員之重賽資格則會取消。

13. 在賽事進行中，運動員不能接受任何協助。協助包括提供資料、指導或提示。違例之運動員將被警告或取消比賽資格。提供協助之人仕可被警告或由管委會處分。

#### 14. 上訴

14.1 只有受有關事件影響的學校可進行上訴。由負責老師於宣佈有關成績30分鐘內以書面呈交有關職員。學生及觀眾之上訴均不受理。

14.2 投訴有關技術性規則，可呈交總裁判。而總裁判之決定為最終決定。

14.3 投訴賽事管理工作，可呈交管委會主委。而管委會之決定為最終決定。

#### 15. 以下為第二組及第三組各擲類及跨欄項目之規格

##### 擲類項目

項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
鉛球	5 千克	4 千克	4 千克	4 千克	3 千克	3 千克
鐵餅	1.50 千克	1 千克	1 千克	1 千克	1 千克	1 千克
標槍	700 克	600 克	—	600 克	600 克	—

##### 跨欄項目（欄高）

項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100米欄	—	0.914米	0.84米	0.762米	0.762米	0.762米
110米欄	0.914米	—	—	—	—	—
400米欄	0.84米	—	—	—	—	—

## 標 準

#### 第一組

項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100米	12.20	12.50	13.30	14.50	14.70	15.00
200米	25.50	26.50	27.50	30.50	31.00	31.50
400米	57.50	1:00.00	1:04.00	1:12.50	1:13.00	1:15.00
800米	2:20.00	2:23.00	2:32.00	2:53.00	2:55.00	2:57.00
1500米	4:58.00	5:00.00	5:20.00	6:15.00	6:25.00	6:30.00
3000米	—	11:15.00	—	—	—	—
5000米	20:00.00	—	—	—	—	—
100米欄	—	17.00	19.50	19.50	20.20	21.00
110米欄	18.50	—	—	—	—	—
400米欄	1:06.50	—	—	—	—	—
跳高	1.62米	1.55米	1.35米	1.32米	1.30米	1.25米
跳遠	5.50米	5.10米	4.70米	4.10米	4.05米	3.80米
三級跳遠	11.20米	10.50米	—	—	—	—
鉛球	10.50米	10.50米	8.50米	7.10米	7.50米	7.20米
鐵餅	26.00米	28.00米	20.00米	18.80米	18.50米	16.00米
標槍	31.00米	26.00米	—	19.00米	18.00米	—
4x100米接力	47.50	50.00	52.00	57.00	58.00	59.00
4x400米接力	3:55.00	4:00.00	4:16.00	4:52.00	4:56.00	5:00.00

## 第二組

項目	組別	男子組			女子組		
		甲	乙	丙	甲	乙	丙
100米		12.70	13.00	13.60	15.20	15.30	15.40
200米		26.10	27.00	28.80	32.00	32.10	33.00
400米		1:00.00	1:01.00	1:07.00	1:16.50	1:16.50	1:18.00
800米		2:28.00	2:30.00	2:43.00	3:09.00	3:10.00	3:12.00
1500米		5:08.00	5:17.00	5:40.00	6:40.00	6:41.00	6:43.00
5000米		21:15.00	—	—	—	—	—
100米欄		—	19.80	20.50	21.00	21.20	22.00
110米欄		19.50	—	—	—	—	—
400米欄		1:08.00	—	—	—	—	—
跳高		1.60米	1.47米	1.35米	1.26米	1.23米	1.20米
跳遠		5.30米	5.00米	4.30米	3.85米	3.80米	3.50米
三級跳遠		10.90米	10.00米	—	—	—	—
鉛球		8.80米	9.50米	7.50米	6.40米	7.10米	6.30米
鐵餅		22.00米	23.50米	17.00米	15.90米	15.60米	12.50米
標槍		27.50米	21.50米	—	15.00米	14.00米	—
4x100米接力		48.50	50.00	54.00	59.40	59.40	59.70
4x400米接力		3:59.00	4:09.00	4:30.00	5:08.00	5:12.00	5:15.00

## 第三組

項目	組別	男子組			女子組		
		甲	乙	丙	甲	乙	丙
100米		12.80	13.30	14.10	15.50	16.00	16.10
200米		26.50	27.00	29.50	33.00	33.00	34.00
400米		1:02.00	1:06.00	1:12.00	1:20.00	1:23.00	1:25.00
800米		2:34.00	2:40.00	2:50.00	3:18.00	3:19.00	3:21.00
1500米		5:30.00	5:35.00	5:55.00	7:10.00	7:10.00	7:10.00
5000米		22:10.00	—	—	—	—	—
100米欄		—	20.00	21.00	22.50	23.00	24.00
110米欄		20.30	—	—	—	—	—
跳高		1.55米	1.45米	1.30米	1.26米	1.20米	1.15米
跳遠		5.10米	4.80米	4.00米	3.80米	3.60米	3.40米
三級跳遠		10.80米	9.50米	—	—	—	—
鉛球		8.80米	9.20米	7.50米	6.30米	6.80米	6.20米
鐵餅		20.00米	22.00米	15.00米	15.00米	13.50米	12.00米
標槍		22.00米	18.00米	—	15.00米	—	—
4x100米接力		50.00	52.00	56.00	1:02.00	1:03.00	1:04.00
4x400米接力		4:06.00	4:20.00	4:45.00	5:30.00	5:31.00	5:40.00

備註：港島及九龍地域中學分會可於有關管委會提出要求時，修訂上述標準。而有關修訂將預先通知各參賽學校。