

# GENERAL RULES OF INTER-SCHOOL ATHLETICS COMPETITION

Division		Date	Time	Venue
One		29 / 2 & 5, 8 / 3 / 2024	8:00am-6:00pm	Wan Chai Sports Ground
Two		28 / 2 & 4, 7 / 3 / 2024		
Three	Area 1	24, 29 / 1 & 1 / 2 / 2024		
	Area 2	19, 22, 26 / 2 / 2024		
	Area 3	25, 30 / 1 & 2 / 2 / 2024		
	Area 4	20, 23, 27 / 2 / 2024		

*Reserved - 1, 6, 11 / 3 / 2024*

## 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 application.

2. Substitution on the day of competition ***will not be considered except in a case supported by registered doctor's certificate or obvious injuries on the day of the competition, the player who is replaced will be prohibited to participate in any event on the same day.*** 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 1.2)

## 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, China Association of Athletics Affiliates as per IAAF (IAAF=WA) 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 LCSD 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 LCSD 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 Marshaling Area. 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: -

<b>SF 1</b>		<b>SF 2</b>	
<b>Lane</b>	<b>Positions according to time achieved in heats</b>	<b>Lane</b>	<b>Positions according to time achieved in heats</b>
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: -

<b>SF 1</b>		<b>SF 2</b>		<b>SF 3</b>	
<b>Lane</b>	<b>Positions according to time achieved in heats</b>	<b>Lane</b>	<b>Positions according to time achieved in heats</b>	<b>Lane</b>	<b>Positions according to time achieved in heats</b>
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) Finals: -**

**SF 1**

<b>Lane</b>	<b>Positions according to time achieved in heats</b>
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 quality 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. However, Management Committee reserved the right to cancel the heats and replaced by a straight final if less than 17 competitors report to the marshalling area.

**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.

**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 the event of the Automatic Equipment failure, re-run may be arranged for the affected races on the same competition day or hand time will be used as the official time for all runners of the same 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 schools and 12 schools in Division One Boys & Girls respectively. Division Two shall consist of 24 schools in both Boys & Girls 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.

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

## **11. UNIFORM**

11.1 Athletes must not dress in sportswear which could impede the view of the Judges.

11.2 Athletes' uniform tops should have the same colour on the front and back.

11.3 The four relay team members should wear identical uniform tops in same colour and same style (exclude undershirt). Teams will be disqualified in the 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 schools 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

# **THROWING EVENTS**

<b>Events Grade Sex</b>	<b>BOYS</b>			<b>GIRLS</b>		
	<b>A</b>	<b>B</b>	<b>C</b>	<b>A</b>	<b>B</b>	<b>C</b>
<b>Shot Put</b>	5kg	4kg	4kg	4kg	3kg	3kg
<b>Discus</b>	1.50kg	1kg	1kg	1kg	1kg	1kg
<b>Javelin</b>	700gm	600 gm	-	600 gm	500 gm	-

## HURDLES RACES (Height of Hurdles)

Events Grade Sex	BOYS			GIRLS		
	A	B	C	A	B	C
<b>100M Hurdles</b>	-	0.914m	0.838m	0.762m	0.762m	0.762m
<b>110M Hurdles</b>	0.914m	-	-	-	-	-
<b>400M Hurdles</b>	0.838m	-	-	-	-	-

## STANDARDS FOR VARIOUS EVENTS

### Division One (I)

Events Grade Sex	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
<b>100m</b>	12.20	12.50	13.30	14.30	14.40	14.70
<b>200m</b>	25.50	26.20	27.50	30.50	30.50	31.00
<b>400m</b>	58.00	1:00.00	1:04.00	1:12.50	1:12.50	1:13.00
<b>800m</b>	2:22.00	2:23.00	2:32.00	2:55.00	2:55.00	2:57.00
<b>1500m</b>	5:00.00	5:06.00	5:25.00	6:18.00	6:25.00	6:27.00
<b>3000m</b>	-	11:30.00	-	-	-	-
<b>5000m #</b>	20:00.00	-	-	-	-	-
<b>100m Hurdles</b>	-	17.20	19.70	19.00	20.20	20.50
<b>110m Hurdles</b>	18.50	-	-	-	-	-
<b>400m Hurdles</b>	1:07.50	-	-	-	-	-
<b>High Jump</b>	1.60m	1.55m	1.40m	1.35m	1.30m	1.25m
<b>Long Jump</b>	5.45m	5.05m	4.55m	4.10m	4.00m	3.80m
<b>Triple Jump</b>	11.20m	10.50m	-	-	-	-
<b>Shot Put</b>	9.80m	9.80m	8.00m	6.90m	7.25m	6.80m
<b>Discus</b>	26.00m	27.00m	20.00m	18.80m	18.00m	16.00m
<b>Javelin</b>	30.00m	26.00m	-	19.00m	17.80m	-
<b>4 × 100m Relay</b>	47.50	48.50	52.00	56.50	56.80	58.00
<b>4 × 400m Relay</b>	3:54.00	4:02.00	4:20.00	4:52.00	4:57.00	5:00.00

### Division Two (II)

Events Grade Sex	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
<b>100m</b>	12.60	13.00	13.70	15.30	15.30	15.50
<b>200m</b>	26.10	26.80	29.00	32.00	32.20	33.00
<b>400m</b>	1:00.00	1:03.00	1:09.00	1:17.00	1:18.00	1:19.00
<b>800m</b>	2:30.00	2:30.00	2:45.00	3:09.00	3:10.00	3:12.00
<b>1500m</b>	5:12.00	5:20.00	5:45.00	6:50.00	6:50.00	6:50.00

<b>5000m #</b>	21:00.00	-	-	-	-	-
<b>100m Hurdles</b>	-	19.80	21.00	21.00	21.20	22.20
<b>110m Hurdles</b>	20.00	-	-	-	-	-
<b>400m Hurdles</b>	1:10.00	-	-	-	-	-
<b>High Jump</b>	1.55m	1.47m	1.30m	1.26m	1.23m	1.20m
<b>Long Jump</b>	5.10m	4.70m	4.10m	3.70m	3.60m	3.40m
<b>Triple Jump</b>	10.50m	9.50m	-	-	-	-
<b>Shot Put</b>	9.00m	9.00m	7.30m	6.20m	6.80m	6.00m
<b>Discus</b>	21.00m	23.00m	17.00m	16.50m	15.20m	12.50m
<b>Javelin</b>	24.50m	20.00m	-	15.00m	13.50m	-
<b>4 × 100m Relay</b>	48.50	50.00	53.00	59.40	59.40	59.40
<b>4 × 400m Relay</b>	4:06.00	4:10.00	4:30.00	5:12.00	5:15.00	5:20.00

### Division Three (III)

Events Grade Sex	BOYS			GIRLS		
	A Grade	B Grade	C Grade	A Grade	B Grade	C Grade
<b>100m</b>	13.00	13.50	14.20	15.70	15.70	15.80
<b>200m</b>	26.80	27.80	29.80	34.00	34.00	34.50
<b>400m</b>	1:02.00	1:04.00	1:12.00	1:22.00	1:25.00	1:28.00
<b>800m</b>	2:34.00	2:40.00	2:53.00	3:22.00	3:22.00	3:30.00
<b>1500m</b>	5:30.00	5:40.00	5:58.00	7:08.00	7:08.00	7:08.00
<b>5000m#</b>	21:45.00	-	-	-	-	-
<b>100m Hurdles</b>	-	20.50	22.20	22.50	23.00	24.00
<b>110m Hurdles</b>	20.80	-	-	-	-	-
<b>High Jump</b>	1.50m	1.45m	1.25m	1.23m	1.20m	1.15m
<b>Long Jump</b>	4.90m	4.60m	3.80m	3.60m	3.40m	3.10m
<b>Triple Jump</b>	10.00m	9.20m	-	-	-	-
<b>Shot Put</b>	8.50m	8.80m	7.00m	5.80m	6.20m	5.50m
<b>Discus</b>	18.50m	20.00m	15.50m	14.50m	13.80m	12.00m
<b>Javelin</b>	21.50m	17.50m	-	13.50m	-	-
<b>4 × 100m Relay</b>	51.00	53.00	56.50	1:02.00	1:03.00	1:05.00
<b>4 × 400m Relay</b>	4:13.00	4:28.00	4:50.00	5:28.00	5:35.00	5:45.00

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.

# Athletes may be required to stop racing upon the request of the Management Committee if they cannot complete the 500m event within the respective time limit as below:

Division One (I): 22:00.00 / Division Two (II): 23:00.00 / Division Three (III): 25:00.00



# 校際田徑比賽章則

級別	日期	時間	地點	
第一組	29/2 & 5, 8/3/2024	上午八時至下午六時	灣仔運動場	
第二組	28/2 & 4, 7/3/2024			
第三組	(一區)			24, 29/1 & 1/2/2024
	(二區)			19, 22, 26/2/2024
	(三區)			25, 30/1 & 2/2/2024
	(四區)	20, 23, 27/2/2024		

後備日期：1, 6, 11/3/2024

## 1. 報 名

- 1.1 每項個人項目可填報兩名運動員。而每項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註冊醫生紙證明者，可在比賽當日向主委申請換人，該被替補之運動員將不能參加當天的任何比賽。入選決賽之運動員一律不准以任何理由申請更換，直入決賽及接力除外。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，全部採用中國香港田徑總會依據國際田徑總會 (=世界田聯) 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。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	
線道	初賽成績	線道	初賽成績	線道	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

線道	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、如於初賽的檢錄人數不超過 18 名運動員，準決賽不會舉行，初賽首八名運動員進入決賽。
- 二、如於初賽的檢錄人數達 19 至 32 名運動員，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、如於初賽的檢錄人數不超過 24 名運動員，準決賽不會舉行，初賽首八名運動員進入決賽。
- 二、如於初賽的檢錄人數達 25 至 40 名運動員，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、如於初賽的檢錄人數達 41 名或以上運動員，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。如最後於初賽的檢錄人數不足 17 名運動員，管委會 有權取消初賽，直入決賽。

#### 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。

#### 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 運動場之電子計時系統為正式計時。

7.2 如遇電子計時系統失靈，大會有權安排受影響的分組賽事即日進行重賽或該項目之全部分組賽事皆以手計時間為準。

### 8. 計分方法

名次	第 1 名	第 2 名	第 3 名	第 4 名	第 5 名	第 6 名	第 7 名	第 8 名
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. 獎項

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、殿軍獎。

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

第一組男子應有 16 間學校，女子 12 間學校。第二組男子應有 24 間學校，女子 24 間學校，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

11.1 運動員不得穿著可能有礙裁判員觀察的服裝。

11.2 運動員的比賽上衣須前後顏色一致。

11.3 接力隊隊員須穿著同色同款之運動上衣（打底衣不限），違例者將被取消資格。

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. 以下為擲類及跨欄項目之規格

項目 \ 組別	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	500 克	-

項目 \ 組別	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100 米欄	-	0.914 米	0.838 米	0.762 米	0.762 米	0.762 米
110 米欄	0.914 米	-	-	-	-	-
400 米欄	0.838 米	-	-	-	-	-

#### 標準

##### 第一組

項目 \ 組別	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100 米	12.20	12.50	13.30	14.30	14.40	14.70
200 米	25.50	26.20	27.50	30.50	30.50	31.00
400 米	58.00	1:00.00	1:04.00	1:12.50	1:12.50	1:13.00
800 米	2:22.00	2:23.00	2:32.00	2:55.00	2:55.00	2:57.00
1500 米	5:00.00	5:06.00	5:25.00	6:18.00	6:25.00	6:27.00
3000 米	-	11:30.00	-	-	-	-
5000 米 #	20:00.00	-	-	-	-	-
100 米欄	-	17.20	19.70	19.00	20.20	20.50
110 米欄	18.50	-	-	-	-	-
400 米欄	1:07.50	-	-	-	-	-
跳高	1.60 米	1.55 米	1.40 米	1.35 米	1.30 米	1.25 米
跳遠	5.45 米	5.05 米	4.55 米	4.10 米	4.00 米	3.80 米
三級跳遠	11.20 米	10.50 米	-	-	-	-
鉛球	9.80 米	9.80 米	8.00 米	6.90 米	7.25 米	6.80 米
鐵餅	26.00 米	27.00 米	20.00 米	18.80 米	18.00 米	16.00 米

標槍	30.00 米	26.00 米	-	19.00 米	17.80 米	-
4x100 米接力	47.50	48.50	52.00	56.50	56.80	58.00
4x400 米接力	3:54.00	4:02.00	4:20.00	4:52.00	4:57.00	5:00.00

### 第二組

項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100 米	12.60	13.00	13.70	15.30	15.30	15.50
200 米	26.10	26.80	29.00	32.00	32.20	33.00
400 米	1:00.00	1:03.00	1:09.00	1:17.00	1:18.00	1:19.00
800 米	2:30.00	2:30.00	2:45.00	3:09.00	3:10.00	3:12.00
1500 米	5:12.00	5:20.00	5:45.00	6:50.00	6:50.00	6:50.00
5000 米 #	21:00.00	-	-	-	-	-
100 米欄	-	19.80	21.00	21.00	21.20	22.20
110 米欄	20.00	-	-	-	-	-
400 米欄	1:10.00	-	-	-	-	-
跳高	1.55 米	1.47 米	1.30 米	1.26 米	1.23 米	1.20 米
跳遠	5.10 米	4.70 米	4.10 米	3.70 米	3.60 米	3.40 米
三級跳遠	10.50 米	9.50 米	-	-	-	-
鉛球	9.00 米	9.00 米	7.30 米	6.20 米	6.80 米	6.00 米
鐵餅	21.00 米	20.00 米	-	16.50 米	15.20 米	12.50 米
標槍	24.50 米	20.00 米	-	15.00 米	13.50 米	-
4x100 米接力	48.50	50.00	53.00	59.40	59.40	59.40
4x400 米接力	4:06.00	4:10.00	4:30.00	5:12.00	5:15.00	5:20.00

### 第三組

項目	男子組			女子組		
	甲	乙	丙	甲	乙	丙
100 米	13.00	13.50	14.20	15.70	15.70	15.80
200 米	26.80	27.80	29.80	34.00	34.00	34.50
400 米	1:02.00	1:04.00	1:12.00	1:22.00	1:25.00	1:28.00
800 米	2:34.00	2:40.00	2:53.00	3:22.00	3:22.00	3:30.00
1500 米	5:30.00	5:40.00	5:58.00	7:08.00	7:08.00	7:08.00
5000 米 #	21:45.00	-	-	-	-	-
100 米欄	-	20.50	22.20	22.50	23.00	24.00
110 米欄	20.80	-	-	-	-	-
跳高	1.50 米	1.45 米	1.25 米	1.23 米	1.20 米	1.15 米
跳遠	4.90 米	4.60 米	3.80 米	3.60 米	3.40 米	3.10 米
三級跳遠	10.00 米	9.20 米	-	-	-	-
鉛球	8.50 米	8.80 米	7.00 米	5.80 米	6.20 米	5.50 米
鐵餅	18.50 米	20.00 米	15.50 米	14.50 米	13.80 米	12.00 米
標槍	21.50 米	17.50 米	-	13.50 米	-	-
4x100 米接力	51.00	53.00	56.50	1:02.00	1:03.00	1:05.00
4x400 米接力	4:13.00	4:28.00	4:50.00	5:28.00	5:35.00	5:45.00

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。

#如運動員未能於下限時內完成 5000 米賽事，管委會有權要求該運動員停止比賽：

第一組：22:00.00 / 第二組：23:00.00 / 第三組：25:00.00