

# GENERAL RULES OF INTER-SCHOOL CROSS-COUNTRY COMPETITION

| Division           | Date          | Time            | Venue               |
|--------------------|---------------|-----------------|---------------------|
| <b>I</b>           | 20 / 2 / 2025 | 1:00pm - 5:00pm | Fanling Golf Course |
| <b>II</b>          | 20 / 2 / 2025 | 9:00am - 1:00pm |                     |
| <b>III(Area 1)</b> | 18 / 2 / 2025 | 9:00am - 1:00pm |                     |
| <b>III(Area 2)</b> | 18 / 2 / 2025 | 1:00pm - 5:00pm |                     |
| <b>III(Area 3)</b> | 19 / 2 / 2025 | 9:00am - 1:00pm |                     |
| <b>III(Area 4)</b> | 19 / 2 / 2025 | 1:00pm - 5:00pm |                     |

1. No individual entry will be accepted.

**2. TEAMS**

2.1 A team will consist of 8 runners with the first 6 home to count for points. For Division Three Competition, there shall be 6 runners with the first 5 home to count for points.

2.2 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. Team with less than 6 runners (5 in Div. III) will not be allowed to compete.

**3. UNIFORM**

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

3.2 Team members in the same grade should wear identical uniform tops (no limitation on undershirt) in same colour and same style. Teams will be disqualified in the event if they are not properly dressed.

3.3 Spike shoes should not be worn. Rubber studs or strong running shoes are recommended.

**4. REFRESHMENT**

Please note that refreshment will not be provided and schools are advised to bring along their own refreshment.

**5. SAFETY**

The Management Committee will try to arrange First-Aid team to attend the Competition. However, teacher-in-charge should try to arrange their own first-aider. Athletes must be told to watch out for traffic and to follow the course as outlined.

6. No competitor is allowed to receive assistance or refreshment from any person during the progress of the races.

**7. REPORTING**

7.1 Teacher-in-charge should report to the registration table upon arrival and collect the race number bib.

7.2 Substitution of athletes will only be accepted before the close of check-in time.

7.3 Athletes should get changed upon arrival, and the race number bib should be properly pinned on the FRONT side of their vests.

7.4 Athletes in the same grade should bring along the team list, their own student registration cards and line up in race number order when reporting to the registration table.

## **8. BRIEFING**

A briefing of the race in Chinese and English will be given before the race starts. Details of the race will be explained. Competitors are asked to pay special attention to the briefing and to follow instruction as given.

## **9. ROUTE MARKERS & SIGNAGE**

There will be sufficient signage, or if possible, route markers on the courses. Competitors should follow direction as indicated.

## **10. TIMING**

10.1 A timing tag is attached to the race number bib which provides the official time, team and overall results.

10.2 The timing tag is integrated into the back side of the race number bib.

10.3 Athletes are required to step on the timing mats located at the Start, Finish and other timing locations.

10.4 Do not fold or crumple the race number bib or timing tag.

10.5 The race number bib can be kept as a souvenir after the race.

## **11. SPECIAL INSTRUCTION**

Teachers-in-charge are requested to ensure that student spectators and their officials do not wander around the competition centre. They must try to co-operate to keep the centre clean and tidy. Running along side with competitors are prohibited.

## **12. PRIZES**

The first four teams in each grade will each be awarded a pennant. A medal will be awarded to each member of the winning teams. In addition, the first ten individual winners of each grade will also be awarded.

# 校際越野比賽章則

| 組別      | 日期            | 時間        | 地點      |
|---------|---------------|-----------|---------|
| 第一組     | 20 / 2 / 2025 | 下午一時至下午五時 | 粉嶺高爾夫球場 |
| 第二組     | 20 / 2 / 2025 | 上午九時至下午一時 |         |
| 第三組（一區） | 18 / 2 / 2025 | 上午九時至下午一時 |         |
| 第三組（二區） | 18 / 2 / 2025 | 下午一時至下午五時 |         |
| 第三組（三區） | 19 / 2 / 2025 | 上午九時至下午一時 |         |
| 第三組（四區） | 19 / 2 / 2025 | 下午一時至下午五時 |         |

1. 不接納個人報名。

## 2. 比賽隊伍

2.1 每隊應有 8 位運動員，而分數只計算每隊最佳成績之 6 名運動員。第三組比賽每隊 6 名運動員及計算首 5 名運動員的成績。

2.2 如分數相同時，則以最末取分之運動員名次較佳者先排。少於 6 名（第三組 5 名）運動員之隊伍不能出賽。

## 3. 運動員服裝

3.1 運動員的比賽上衣應前後顏色一致。

3.2 於同一組別的運動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。

3.3 運動員須穿厚膠底鞋或長跑鞋，不可穿著釘鞋。

## 4. 食物

管委會將不會供應食物，參賽學校須自行安排。

## 5. 安全問題

管委會將安排急救隊伍在場中協助受傷者。而各校領隊亦應自行安排急救隊伍，並提醒運動員注意交通及遵從沿路指示。

6. 運動員在比賽過程中不能接受任何協助或食物供應。

## 7. 報到程序

7.1 領隊到達比賽場地後應立即向召集處報到及領取號碼布。

7.2 替補程序必須於檢錄時限前完成。

7.3 參賽運動員到達比賽場地後應立即更換衣服，並在胸前釘上號碼布。

7.4 宣布召集後，同一組別的運動員需帶同運動員名單並依照比賽號碼順序在召集處前排隊，以便檢查註冊證及核對資料。

## 8. 賽前講解

賽前講解將於比賽前舉行，詳細向參賽運動員解釋比賽路程及應注意事項。

## 9. 路程指示及指導員

管委會將沿路設置指示牌，及盡可能安排指導員於比賽路程上指示正確方向。運動員應遵從有關指示。

## 10. 計時

10.1 晶片計時系統將會為運動員提供計時、隊際及團體成績。

10.2 計時晶片將置於號碼布的背面。

10.3 運動員必須踏過設於起點線、終點線及分段計時地點之計時感應地蓆。

10.4 請勿摺疊號碼布或晶片。

10.5 賽事完畢後號碼布可留為紀念，無需交還大會。

## 11. 特別事項

各校領隊須確保其運動員及學生觀眾正確地使用場地設施，並保持清潔。任何人仕均不能在場地內外無故遊蕩，以免影響賽事進行。在比賽過程中，不能陪跑。

## 12. 獎項

每組均設隊際獎四名及個人獎十名，及另設男、女子組團體獎項。