



Athletics Competition

Organised by the Sports Commission Co-ordinated by the Community Sports Committee

Co-organised by the 18 District Councils, the Leisure and Cultural Services Department,
the Sports Federation & Olympic Committee of Hong Kong, China and the Hong Kong Amateur Athletic Association

Notes to Participating Units

1. Date, Time and Venue of Competition:

Date of Competition	Time of Competition	Venue of Competition
18 May 2019 (Saturday)	2:00 p.m. to 6:00 p.m.	Wan Chai Sports Ground
19 May 2019 (Sunday)	9:00 a.m. to 6:00 p.m.	

2. Roll Call:

- (1) **No announcements on roll call will be made by the Organiser.** Participants of all events shall report to the Call Room located at the Spectator Stand No.6 according to the scheduled roll call time. The game clock provided at the entrance of the Call Room shall be the official clock for the roll call. Participants who fail to report to the Call Room on time or who do not report to the Call Room will be regarded as absentees and having withdrawn from the competition.
- (2) Participants shall not leave the Call Room until they are led by the staff of the Organiser to the competition area.
- (3) No persons other than the participants who need to report to the Call Room shall enter the area of the Point.
- (4) Roll Call Time

Event	Start Time for Roll Call	End Time for Roll Call
Track (including hurdles and relays)	25 minutes before the event	15 minutes before the event
Field	45 minutes before the event	35 minutes before the event

- (5) If a field event and a track event are held at the same time, participants shall first report to the referee of the field event in person and then follow the staff of the Organiser to the Call Room for participation in the track event. Upon the completion of the track event, the participants shall go back to the competition area of the field event immediately to continue participating in the competition.

3. Rules:

- (1) Participants shall report to the Call Room on time with their number bibs and original of valid photo-bearing identity documents (e.g. Hong Kong Permanent Identity Card, Hong Kong Identity Card, student card or student handbook). Staff of the Organiser will then lead the participants to the competition area. Any participant who fails to produce a valid identity document or whose identity document is found not belonging to him/her will not be allowed to participate in the competition. In the preliminary rounds, participants who do not report to the Call Room on time will be disqualified from that particular event, but his/her right to participate in other events will not be affected. However, **participants who fail to report to the Call Room in a final of track events (except events which are straight to finals) will not be allowed to participate in that particular final and all other events that follow (including relay events).**
- (2) Participants shall wear on their chest the “number bibs” provided by the Organiser during the competition (except for high jump). The Organiser may also request participants to affix additional number stickers on the side of their shorts.
- (3) According to Rule 143 of the IAAF Competition Rules, the Call Room official(s) will check the sports shoes (including shoes with spikes), uniforms and the number cloths worn by participants.
- (4) Participants shall only wear rubber-soled sports shoes or running shoes with studs less than 9 mm long for the competition.
- (5) Participants of the same district shall wear sportswear of the same style and in the same colour.
- (6) Teams participating in a relay event shall submit their athletes’ lists to the Call Room **1 hour before the start of the roll call for that event.** Teams that submit their lists late will not be allowed to participate in the event. If a team that has enrolled in a relay event fails to turn up in full team, arrangement may be made for participants of the same district who have enrolled in non-relay events to take part in the relay event on the event day.
- (7) The starting commands will be given in English only as follows:
 - Track events of 400m or below (including 4 × 400m Relay)
 - On your marks
 - Set
(Pistol will be fired)
 - Track events of 800m or above
 - On your marks
(Pistol will be fired)
- (8) According to Rule 162.6 of the IAAF Competition Rules, athletes who have made a false start shall be disqualified from the competition immediately.
- (9) Participants in track events of 400m or below (including 4 × 400m Relay) shall use the starting blocks provided by the Organiser. Electronic starting blocks will be used in this competition. In the event of a false start, participants shall follow the instructions about returning to the starting area as given by the starting pistol firer.

(10) Height of the high jump crossbar:

	<u>Men's High Jump</u>	<u>Women's High Jump</u>
Practice height	1.40 m/1.70 m	1.10 m/1.40 m
Starting height	1.50 m	1.20 m
Subsequent Height Increment	1.50 m to 1.85 m: 5 cm over 1.85 m: 3 cm	1.20 m to 1.55 m: 5 cm over 1.55 m: 3 cm

- (11) In High Jump Events, no jump off will be required in case of tie after the event.
- (12) Distance between the take-off board for Long Jump and the sand pit is 2 m.
- (13) Participants shall comply with the rules, regulations and announcements of the sports ground and the Organiser. For participants who have violated any rules/regulations or displayed any misbehaviour which may affect the competition, the Organiser has the right to disqualify them and their teams from the competition and the results obtained by them/their teams will be cancelled.
- (14) If individual participants are disqualified or the results obtained by them are cancelled, the final positions held by the remaining participants in the events will be adjusted according to the results they obtained and no re-play will be arranged.
- (15) All appeals shall be handled according to Rule 146 of the IAAF Competition Rules. All appeals shall be made by the chief team leader/team leader/person-in-charge in writing and shall be directed to the Technical Information Centre for handling within 30 minutes after the announcement of the results.
- (16) If a participating team is not satisfied with the decision made by the Duty Organiser/the Chief Judge, the head or deputy head of the delegation may lodge an appeal in writing to the Secretariat of the 7th HKGOC within 2 working days after the match in question. The Secretariat will issue an acknowledgement to the appellant within 2 working days after the receipt of the appeal, and follow up on the appeal with the relevant NSA/unit. The results of the follow-up action will be regarded as the final decision of the Organiser. Except in extraordinary circumstances, the Secretariat will reply to the appellant in writing within 10 calendar days after the receipt of the appeal, notifying him/her of the results of the follow-up action.
- (17) During the appeal process, all matches will be held according to the announced schedule. The Organiser will not arrange any re-play in respect of any match that has been completed.
- (18) For complaints relating to a participant's district of residence, the Organiser will request the respective participating unit to provide valid documentary "proof of place of residence" of the participant within 2 working days to prove that the participant is a resident of the respective district. Participants failing to provide such proof will be regarded as ineligible for the competition. If a complaint is substantiated, the results obtained by the participant being complained about and his/her team in the matches will be cancelled and no points will be scored by him/her and the team.
- (19) Unless stated in the competition rules for this competition, all rules and regulations will follow those currently adopted by the Hong Kong Amateur Athletic Association.

4. Eligibility Requirements:

- (1) When necessary, the Organiser may request participants to produce their identity documents to confirm their identity. If any participant fails to meet the eligibility requirements, provides false personal data, asks any other person to play in the competition for him/her, or represents more than 1 district, the Organiser has the right to disqualify the participant from the HKG. If he/she has already taken part in the HKG, the results obtained by him/her and the team he/she represents in the competition will be cancelled.
- (2) Once the enrolments are confirmed on 8 May 2019, no application for any change in the enrolment, including replacement of players and change or cancellation of participating events, shall be accepted.

5. Referee/Judge:

The Hong Kong Amateur Athletic Association will be invited to render referee/judge services.

6. Awards and Scoring System:

- (1) Prizes will be awarded to the **"Champion, 1st Runner-up and 2nd Runner-up"** of each event.
- (2) There will be an **"Overall Champion, a 1st Runner-up and a 2nd Runner-up"** and the **"District with Impressive Progress"** prize in this competition. The scoring method is set out as follows:
 - From the Champion to the 7th Runner-up of each competition event, each winner/winning team will score 10, 8, 7, 6, 5, 4, 3 and 2 points respectively, i.e. the Champion will score 10 points, the 1st Runner-up will score 8 points, etc. until the 7th Runner-up will score 2 points. The remaining participants/participating teams who have successfully finished the competition event will score 1 point;
 - The points awarded for the team events will be doubled, i.e. the Champion will score 20 points, the 1st Runner-up will score 16 points and so forth;
 - If a participant/participating team is disqualified by the Organiser due to misbehaviour or fails to turn up for a competition, no point will be awarded.
 - The top 3 districts with the highest accumulated points in this competition will be the **"Overall Champion, 1st Runner-up and 2nd Runner-up"** of the athletics competition;
 - The district achieving the greatest increase in the accumulated point over the last HKG will be awarded the **"District with Impressive Progress"** prize for the athletics competition.
- (3) Prizes for the **"Overall Champion, 1st Runner-up and 2nd Runner-up of the 7th Hong Kong Games"**

The top 3 districts with the highest accumulated points from all the 8 sports competitions, namely athletics, badminton, basketball, futsal, swimming, table tennis, tennis and volleyball will be awarded the prizes. The scoring method is set out as follows:

- The district which is the Champion (i.e. the "Overall Champion") of this competition will score 10 points, and the 1st to the 7th Runners-up will score 8, 7, 6, 5, 4, 3 and 2 points respectively. The 8th to the 17th Runners-up will score 1 point.
- The top 3 districts with the highest accumulated points from all the 8 sports competitions will be awarded the prizes for the "Overall Champion, 1st Runner-up and 2nd Runner-up of the 7th Hong Kong Games" respectively.
- If there are districts with the same accumulate points from all competitions, the one that holds more first places will win; and if they hold the same number of first places, the one holding more second places will win. The same method applies until the overall positions are determined. If all the results are the same, the districts concerned will be awarded the same position and presented with the same prize.

- (4) The "**District with the Most Gold Medals**" prize
The district that obtains the most gold medals in the 8 sports competitions will be awarded the prize. If the number of gold medals obtained is the same, the districts concerned will be awarded the same prize.
- (5) The "**District with the Greatest Participation**" prize
The district having the greatest actual number of athletes participating in the 8 sports competitions will be awarded the prize. (The actual number refers to the number of enrolled athletes who have turned up for the roll call in the HKG.).
- (6) The "**District with the Best Progress**" prize
The district achieving the greatest increase in the accumulated point from all the 8 sports competitions over the last HKG will be awarded the prize.
- (7) The "**District with the Best Sportsmanship**" prize
The top 3 districts with the highest average attendances of participating athletes in all the 8 sports competitions will be awarded the prize.
- (8) The "**District with the Strongest Cheering Squad**" prize
The district represented by the cheering squad with the highest attendance on the competition days will be awarded the prize.

7. Warm-up Area:

Participants may do warm-up exercise at the **warm-up track** of Wan Chai Sports Ground on the event day.

8. Seating Arrangement at Spectator Stand:

Seating arrangement at the spectator stand for each district will be made by the Organiser. Players and participants from different districts are requested to take their seats as arranged by the Organiser.

9. Miscellaneous:

- (1) Participants must check the information on their number cloths carefully. In case of any questions, they shall approach the staff of the Leisure and Cultural Services Department **before 12:00 noon on 17 May 2019**. **The Organiser will not handle any matters relating to the number cloths on the event day.**
- (2) Except the athletes participating in the competition, the referees or judges/staff of the Organiser enforcing the rules, and persons allowed to be present under the arrangement of the Organiser, no one shall enter the competition area. Spectators shall watch the competition at the spectator stand.
- (3) Participants shall take care of their own belongings and shall not bring along valuable items. The Organiser shall bear no liability for loss of the belongings and will not look into the matter for the participants.
- (4) Participants shall note the time specified in the competition schedule and arrive at the competition venue ahead of time for preparation. Staff of the Organiser have the right to advance or postpone any event according to the circumstances and the participants shall raise no objections.
- (5) Prize presentation will be held upon completion of events. Participants are requested to take note of the announcement made by the Organiser. Participants shall produce their number cloths and identity documents when collecting their prizes and sign for record purpose.

(6) Arrangements under Inclement Weather Conditions and Extraordinary Circumstances:

- If a Pre-No. 8 Special Announcement has been issued, or Tropical Cyclone Warning Signal No. 8 or above or Red/Black Rainstorm Warning Signal is still in force 3 hours before the commencement of the matches on the match day, all matches on that day will be cancelled. If the weather deteriorates during the competition, the Organiser may suspend the event in view of the circumstances. Participants should pay attention to the announcements on the spot. Details are as follows:

	Original Date of Competition	Postponed Date of Competition	Time of Competition
First Day of Competition	18 May 2019 (Saturday)	19 May 2019 (Sunday)	2:00 p.m. – 6:00 p.m.
Second Day of Competition	19 May 2019 (Sunday)	26 May 2019 (Sunday)	9:00 a.m. – 6:00 p.m.

- The Organiser has the right to change the date of competition or make any alternative arrangements in extraordinary circumstances, and will notify the participating units of the details. Should any special incident happen during the competition, the referee on the spot or the Organiser will have the sole right to decide whether or not the competition should continue and the participants shall raise no objection.
- **“High” Health Risk Category (Air Quality Health Index: 7)**
Competitions shall be held as scheduled. The Environmental Protection Department (EPD) advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **reduce** outdoor physical exertion, and **reduce** the time of their stay outdoors, especially in areas with heavy traffic. Persons with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sport activities and take more breaks during physical activities. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable
- **“Very High” Health Risk Category (Air Quality Health Index: 8 to 10)**
Competitions shall be held as scheduled. The EPD advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **reduce to the minimum** outdoor physical exertion, and **reduce to the minimum** the time of their stay outdoors, especially in areas with heavy traffic. The general public is advised to **reduce** outdoor physical exertion, and to **reduce** the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.
- **“Serious” Health Risk Category (Air Quality Health Index: 10+)**
Competitions shall be held as scheduled. The EPD advises that persons with existing heart or respiratory illnesses (such as coronary heart disease and other cardiovascular diseases, asthma and chronic obstructive airways diseases including chronic bronchitis and emphysema), children and the elderly should **avoid** outdoor physical exertion, and **avoid** staying outdoors, especially in areas with heavy traffic. The general public is advised to **reduce to the minimum** outdoor physical exertion, and to **reduce to the minimum** the time of their stay outdoors, especially in areas with heavy traffic. As the health effects on individuals may vary, participants should seek advice from a medical doctor if they are in doubt or feel uncomfortable.

- (7) No application for rescheduling shall be accepted by the Organiser.
- (8) No parking spaces will be provided by the Organiser.
- (9) Participants of “The 7th Hong Kong Games – Dynamic Moments Photo Contest” may take photos during sports competitions as long as they do not impede the progress of sports competitions. No flashlight shall be used during sports competitions. “Photo Zone” will be designated at the venue of Athletics Competition to enable participants to take photos of the competition at a close distance.
- (10) The Sports Medicine Team from the Faculty of Medicine, The Chinese University of Hong Kong will provide free on-site sports rehabilitation and physiotherapy services on 18 and 19 May 2019. The services will be available on a first-come-first-served basis to all players participating in the competition on these two days from the commencement of the first event to the end of the last event.
- (11) Participants shall provide the information of Emergency Contact Person by fill in the table at the back of the number cloths. Participants may inform the staff of the Organiser or the officer in the first-aid room if they feel uncomfortable during the competition.
- (12) The Organiser reserves the right to amend this prospectus at any time without further notice. The arrangements announced by the staff of the Organiser on the event day shall be final.

10. Enquiries: 2601 7671 Office Hours

8:45 a.m. to 6:00 p.m. from Monday to Friday

(Lunch Hour: 1:00 p.m. to 2:00 p.m.)

Closed on Saturdays, Sundays and General Holidays