Organised by the Hong Kong, China Association of Athletic Affilates
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau

School Sports Programme
2026 Easy Sport Competition － WA Kids Athletics

PROSPECTUS

1. Objective: To offer former participants of the "Easy Sport Programme — Athletics" training course under the School Sports Programme (SSP) an opportunity for exchanges to develop their interests in athletics and enhance their skills and gain experience in competitions.

2. Eligibility: The Competition is open to primary schools which participated in the "Easy Sport Programme — Athletics" training course between 1 September 2024 and 31 December 2025.

3. Date, time and venue:

Date	Time	Venue
14 March 2026 (Sat)	8:30 am – 5:30 pm	Wan Chai Sports Ground

4. Divisions and quota:

Division (age as of **2025**)			
Division	Age	Year of Birth	Quota
A	8 – 9	2016 – 2017	30 teams
B	6 – 7	2018 – 2019	15 teams

   a. Competition is in the format of team game. Each team is composed of 8-10 members. Mixed teams of boys and girls are allowed.

   b. For efficient use of resources, the Organiser may adjust the quota for each division in the light of application response. The quota of each division will be finalised on the ballot date. Participating schools/students shall raise no objection.

5. Events:

   There are a total of eight events in the Competition, namely Formula A, Kids' Javelin Throw, Speed Ladder, Forward Squat Jumps, Cross Hop, Speed Hurdles, Overhead Medicine Ball Throw and Target Throw. Basically, they are trained in the "Easy Sport Programme — Athletics" training course.

6. Notes on application:

   a. Only schools which participated in the "Easy Sport Programme — Athletics" training course between 1 September 2024 and 31 December 2025 are eligible to apply. If the number of applications exceeds the quota, places will be allocated by ballot. Each school may enrol a maximum of 2 teams in each division. Please indicate their priority on the application form (i.e. "Team 1" and "Team 2"). If there are remaining places after the first round of ballot, teams with lower priority may be considered by balloting.

b. Completed application forms should be returned to the School Sports Programme Unit of the Leisure and Cultural Services Department (LCSD) by email, post or fax.

Email address: applicationssp@lcsd.gov.hk

Postal address: 1/F, Leisure and Cultural Services Headquarters, 1-3, Pai Tau Street, Sha Tin

Fax: 2684 9076

c. Each student may only be in one team and should be a current student of the school during the Competition. Participants may only enrol in the division appropriate to their age.

d. The list of participants is not subject to change after payment has been completed.

e. A list of successful applicants and payment details will be sent to the schools concerned by fax.

7. Fee: $445 per team

8. Application submission period:

24/11/2025 to 12/12/2025 (Application Form sent by mail will be based on the postmark date, while submissions via email or fax will be considered based on the date of receipt.)

9. Enrolment Ballot:

The ballot will be held on 19/12/2025 (Friday) at 3:30 pm at 1/F, Leisure and Cultural Services Headquarters. School representatives are welcome to attend. Successful schools will be notified in writing; unsuccessful applicants will not be contacted further. The ballot result will be posted on the LCSD website on 2/1/2026:

http://www.lcsd.gov.hk/en/ssp/competition_info/competition_info.html

If a school has not received the Acknowledgement of Receipt two working days before the ballot date (i.e. 17/12/2025), please contact LCSD staff on 2601 7952 or 2601 7602 to confirm the receipt status. Otherwise, the Organiser will be unable to process your application.

10. Payment period for successful applicants:
12/1/2026 (Monday) to 23/1/2026 (Friday)

11. Payment period for successful waiting list applicants:
5/2/2026 (Thursday) to 11/2/2026 (Wednesday)

12. Transport:
Schools are required to arrange their own transport to and from the competition venue. No parking arrangement will be provided by the organiser.

13. Format:

a. Each team must participate in all events. For details, please refer to the 2026 Easy Sport Competition – Rules and Scoring System for WA Kids Athletics set out in Annex A.

b. **With the exception of Formula A which requires the participation of 6 members from each team, all events require 4 team members. Every team may participate in each event once only.**

c. Unless otherwise specified in this prospectus, all other rules shall follow the current competition regulations employed by the Hong Kong, China Association of Athletic Affilates.

d. The Organiser reserves the right to make any changes to the format as deemed necessary

14. Reporting on Arrival:

a. Schools shall be informed of the reporting time on the competition day by mail, or you may visit the following website after 3 March 2026 to obtain the information:

http://www.lcsd.gov.hk/en/ssp/competition_info/competition_info.html

b. Participants shall report to the staff of the Organiser within the scheduled reporting time. Those who fail to show up within 5 minutes after the staff of the Organiser's roll call will be deemed to have waived their right to participate.

c. Participants shall produce unambiguous proof of identity bearing photos, e.g. student handbooks, student cards, etc. to the staff of the Organiser on the competition day for verification.

d. The competition schedule shall be as announced on-site.

15. Inclement Weather Arrangements

a. All matches scheduled on the competition day will be cancelled under any of the following circumstances. Participating schools will be notified of alternative arrangements in due course.

- Tropical Cyclone Warning Signal No. 3 or above, or Amber / Red / Black Rainstorm Signal is in force two hours before the reporting time for the first round of matches; or
- The Environmental Protection Department has announced that the Air Quality Health Index (AQHI) recorded at its general monitoring stations in the competition area reaches 10+ ("Serious" health risk category); or
- The Education Bureau has announced class suspensions.

Under other weather conditions, participants must still report to the Organiser as scheduled. The referees on site shall decide whether the matches will proceed as scheduled.

b. If the AQHI recorded at the general monitoring stations in the competition area reaches 10+ ("Serious" health risk category) during the Competition, all events in progress shall be **terminated immediately.**

16. Remarks:

a. All participants shall wear proper sportswear and shoes with non-marking rubber outsoles during the Competition. No spike shoes are allowed.

b. Schools should remind their students to bring along their own food, drinks, sunscreen and rain gear for the Competition.

c. In case of a breach of the rules or regulations of the Competition or unsporting behaviour by a teacher-in-charge, team leader or team member, the referee shall have the right to

disqualify the team from the Competition.

d. Only neccessary personnel are allowed to enter the competition area, including participants, referees, medical staff, event staff, and authorized personnel. Non-participants are not permitted to remain within the competition area.

e. The Organiser reserves the right to take photographs, video or audio recordings, or conduct live broadcasts during the event, and to use such recorded materials on the Internet, at LCSD venues, on the Organiser's dedicated website, in publications, and through other publicity channels for promotional or record-keeping purposes.

17. Awards:

a. Each participant will receive commemorative certificates issued by the LCSD and the Hong Kong, China Association of Athletic Affilates Association respectively.

b. Prizes will be awarded to the champion, first, second and third runners-up in each event. Each winning team will receive four medals, while "Formula A" will award six medals.

c. Group prizes will be awarded to the champion, first, second and third runners-up in each division, with eight merit award winners in Division A and four merit award winners in Division B. The awardees will be determined based on the total score of each team in all events; the team with the highest score will be the champion and so on. If the total scores are tied, the winning team will be decided by the greater number of champion titles won; if the teams are still level, the team with more first runner-up titles will win, and so on. If there is a tie in the numbers of champion, first, second and third runners-up titles won, the teams will share the final position and the prizes will be presented later.

d. For participating teams which fail to show up for or complete any event, the Organiser has the right to revoke their eligibility for prizes and no trophies, medals or certificates will be given to them.

18. Appeal: No appeal will be accepted. The referees' decision on the competition results shall be final.

19. Enquiries: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.

(Telephone number: 2601 7952)

In case of any inadequacy in this Prospectus, the Organiser reserves the right to amend it at any time without further notice.

2026 Easy Sport Competition – WA Kids Athletics (Rules and Scoring System)

Annex A

Rules and Scoring System for Individual Events

Event	Rules	No. of Participants per Team	Format	Scoring
Formula A	Get set in a standing position. Upon command, start running. In the first station, run forward with feet continuously in the ladder. Run to the second station and there shall be five short hurdles to be cleared. Run around all the poles in the third station. The total distance is 60 meters and the completion time of the whole team shall be taken.	6	In the format of a relay Foul: - A penalty of 0.5 second for each square missed. - A penalty of 1 second for each hurdle not cleared. - A penalty of 3 seconds for each pole missed. ***No penalty on crushing down the hurdles or poles****	The completion time of the whole team
Kids' Javelin Throw	After 3 steps, throw the plastic javelin within the throwing arc. To be taken as a successful throw, the spear must touch the ground first.	4	3 attempts per participant	Total of the personal bests of the whole team
Speed Ladder	Get set in a standing position. Upon command, run back and forth in the format of relay with feet continuously in the ladder.	4	In the format of a relay Foul: A penalty of 0.5 second for each square missed.	The completion time of the whole team
Forward Squat Jumps	From a starting line, jump forward and land on both feet; The landing point, in turn, becomes the starting line for the second jumper of the team, who carries out his/her jump from there.	4	2 attempts per team	Total distance of the whole team in the best attempt
Cross Hop	Within 30 seconds, from the center of a jumping cross (0), jump forward (1), centre (0), left (2), centre (0), backward (3), centre (0), right (4) and centre (0); Participants should follow the order of "0-1-0-2-0-3-0-4-0" by two-footed bounces.	4	Complete in the right order by two-footed bounces. Foul: Fail to complete in the right order or in the square of the jumping cross; Fail to complete by two-footed bounces.	Total number of jumps of whole team

Event	Rules	No. of Participants per Team	Format	Scoring
Speed Hurdles	Get set in a standing position. Upon command, start running. Run back and forth and clear the hurdles. The completion time of the whole team shall be taken.	4	In the format of a relay Foul: A penalty of one second for each hurdle not cleared.	The completion time of the whole team
Overhead Medicine Ball Throw	Hold the medicine ball, bend knees, set the ball downwards and throw it forward. The distance thrown shall be measured.	4	3 attempts per participant	Total of the personal bests of the whole team
Target Throw	The throwing area shall be divided into 3 parts. Stand behind the throwing line which is 5 metres away from the targets. Hold the plastic ring and throw it at the target with a half spin. No. 1 (left) shall bear one point, no. 2 (right) two points and no. 3 (middle) three points. Scoring for left-handed participants shall be in the opposite way.	4	3 attempts per participant	Total score of the 3 trials by the whole team

Scoring System for Groups

1. The total score shall be calculated using the table below. The team with the highest score shall win.
2. In case of same position, the scores of the teams shall be the average of the total. (Example: If there are two 2nd runners-up, their score shall be 6.5 [(7+6) ÷ 2 = 6.5].)
3. If the total score is tied, the team with the greater number of champion awards obtained shall win. If the numbers of champion awards obtained are the same, the number of 1st runner-up awards obtained shall determine the winning team, and so on. If the number of champions, 1st runners-up, 2nd runners-up and 3rd runners-up awards obtained are equal, the teams shall have the same final position.

Position in each event	1	2	3	4	5	6	7	8	9 or after
Score	10	8	7	6	5	4	3	2	1