

Wong Shiu Chi Secondary School Annual Athletic Meet

(I) General rules

1. Students should wear school winter PE uniforms during the Annual Athletic Meet.
2. Students should arrive at the sports ground at 8:15 am. The roll call will be taken at 8:30 am and students will be seated according to their houses.
3. Students should not bring along with valuable items or great amount of money. Students are not allowed to bring balls, books, toys, musical instruments, paper cards, gum or other improper stuff; otherwise they will be punished and the forbidden items will be confiscated.
4. Students should not leave the sports ground without permission. If students want to apply for sick or casual leave during the event, they should show the notice of leave with signatures of the Assistant Principals or Discipline Mistress to the school prefects at the exit. The notice of leave can be applied from the control spot.
5. Students should follow the instructions from school prefects and discipline teams, who are authorized to maintain discipline in the sports ground.
6. Students should keep the sports ground clean. Littering is not allowed. Any bottles of drinks should be returned to the food kiosk. House committee members should be responsible to monitor their house members on cleanliness.
7. Non-participants are forbidden to enter the track. Any violators will be punished.
8. During the Athletic Meet, students should report to any teachers-in-charge or the control spot in case of irregularity. Students should also pay attention to and follow every announcement made by the control spot. Non-participants should stay at the deck of their house and cheer for their housemates.
9. Students can leave the sports ground for lunch only after the control spot announces that all sports events in the morning have been completed. After the lunch hours, students should return to the sports ground at the designated time to take the roll call. Students can be dismissed only after the control spot announces that all sports events in the afternoon have been completed and students have finished cleaning.
10. During the trophy presentation ceremony, representatives of all houses should assemble at the designated points in order (girls at the front). Other house members should sit in their designated section of the deck and keep quiet. Prize winners should wear school uniforms or other approved PE uniforms. The school prefects will be responsible to maintain discipline. Students should stay until the end of the trophy presentation ceremony and the control spot has made the announcement of dismissal.

(II) Important Notice for Athletics

1. Participants should undergo formal training and are physically fit for the competition.
2. Participation of students should be voluntary. Students who feel sick should not participate in the competition.
3. Participants should wear the sports uniform of their houses.
4. Athletics should take good care of the properties which they have borrowed from the school. They should be returned to the person-in-charge each day when all events are over.
5. Participants should change their uniforms in the Changing Room. Their clothes and valuable items should be entrusted to classmates to safeguard their belongings.
6. Athletics should do warm up activities before participating in the competition to avoid injuries.
7. Athletics should be aware of the slippery ground.
8. Athletics should return to their seats after finishing their events.

王肇枝中學週年陸運會

(I) 一般規則：

- 一. 陸運會舉行期間，學生均應穿著整齊冬季體育服裝。
- 二. 學生須於上午八時十五分前抵達運動場，等候集合，八時三十分點名，點名後分社就座。
- 三. 切勿攜帶貴重物品或大量金錢入場。同時未經許可，亦不得攜帶任何球類、書刊、玩具、樂器、紙牌、香口膠等非應用物品，倘有違反，除將所攜物品沒收外，並予懲罰。
- 四. 進入運動場後，一律不得擅自進出。如因病或因事離開運動場，必須先到司令台領取離場紙，由副校長或訓導主任簽署後，將該離場紙交負責看守大門之領袖生，方可離開。
- 五. 領袖生及紀律隊伍乃奉命協助校方維持會場紀律者，各生必須服從其指示及勸導。
- 六. 各同學必須保持運動場內清潔，所有汽水瓶必須交回小食亭，不得隨意丟棄。各社幹事亦應指定專人勸導及維持各社場地之清潔。
- 七. 非參賽者嚴禁進入各比賽場地，違者處分。
- 八. 比賽進行期間，所有不規則事項，必須立即報知崗位負責老師及司令台，以便從速解決。各生並應密切留意及遵守司令台宣佈之所有事項，而非參賽生則須留在所屬之社場地觀賽及打氣。
- 九. 每日上午運動項目完畢，經司令台宣佈解散後，各生方得離場。午膳後各生應在宣佈所訂的時間直接前往運動場集合，由各班主任負責點名。下午比賽項目完畢，亦須司令台宣佈解散及滿意所屬場地之雜物清理後，始可離去。
- 十. 運動會舉行頒獎禮時，各社運動員代表須依照指定位置列隊站立(女生站前列)，保持隊伍整齊，而其他社員，仍然安坐本社座位，不得喧嘩談笑，領獎者必須穿著整齊校服或規定之運動服裝，屆時領袖生協助維持秩序，直至頒獎禮完畢，經大會宣佈解散後，各生始可離隊返家。

(II) 運動員須注意及遵守事項：

- 一. 參賽學生，皆曾接受訓練，並在體能上，可以應付所參加之賽事。
- 二. 學生參加比賽，純屬自願性質，如在比賽期間患染疾病，則不宜參加比賽。
- 三. 凡參加比賽者，須穿著該社之運動服裝。
- 四. 各社運動員凡借用學校公物，必須妥為保管。每日比賽項目完畢後，應立即送還校方負責人，以清手續。
- 五. 參加比賽者，應在更衣室內更衣，以重觀瞻，而衣物及貴重物品應托同學代為保管，切勿放在空地上或更衣室內，以免遺失。
- 六. 運動員在每次比賽前，須作充足之熱身準備，以免導致肌肉拉傷。
- 七. 如比賽場地濕滑，尤須特別小心。
- 八. 每次比賽完畢後，各運動員均應立即返回原定座位。