

Rules and Scoring System for Individual Events

Event	Rules	Format	Scoring
Target Throw	The throwing area shall be divided into three parts. Stand behind the throwing line which is five 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.	Four participants per team, three attempts per participant	Total score of the three trials by the four participants
Speed Hurdles	The format of a relay shall be adopted. 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.	Four participants per team 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 Throwing of Medicine Ball	Hold the medicine ball, bend knees, set the ball downwards and throw it forward. The distance thrown shall be measured.	Four participants per team, three attempts per participant	Total of the personal bests of the four participants
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 participants per team Foul: Fail to complete in right order or in the square of the jumping cross; Fail to complete by two-footed bounces.	Total of the number of times of the 4 participants
Speed Ladder	The format of a relay shall be adopted. Get set in a standing position. Upon command, run back and forth in the format of relay with feet continuously in the ladder. The completion time of the whole team shall be taken.	Four participants per team 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. The total distance of the whole team jumped shall be taken.	Four participants per team, two attempts per team	Total distance of the whole team

<i>Event</i>	Rules	Format	Scoring
Kids’ Javelin Throw	After three steps, throw the plastic javelin within the throwing arc. To be taken as a successful throw, the spear must touch the ground first.	Four participants per team, three attempts per participant	Total of the personal bests of the four participants
Formula One	The format of a relay shall be adopted. 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 participants per team 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. <i>*No penalty on crushing down the hurdles or poles*</i>	The completion time of 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 championship awards obtained shall win. If the numbers of championship awards obtained are the same, the number of 1st runner-up awards obtained shall determine the winning team, and so on. If the numbers of championship, 1st, 2nd and 3rd runner-up awards obtained are equal, the teams shall have the same 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