

Jockey Club Youth Football Development Programme - Training Scheme 2022-23

Jockey Club Youth Football Development Programme - Training Scheme (District Football Teams)

Jockey Club Youth Football Development Programme - Training Scheme (Young Athletes)

Jockey Club Primary Athletes Football Training Programme (Males and Mixed Group)

Jockey Club Women's Youth Football Training Programme

Objective:

- (1) To enhance youth interest in football, cultivate the spirit of sportsmanship and teamwork.
- (2) To provide continuous formal football trainings to players with potential. Outstanding players will be selected by the Hong Kong Football Association to participate in Regional Youth Teams with possible promotion to the representative teams.

(I) Eligibility and Age Groups:

Boys and Girls aged between 4 and 17 with basic football skills. (This scheme is not suitable for beginners)

Training Group	Ages Group	Year of Birth	Each District Training Quota Players + Keepers
Jockey Club Youth Football Development Programme - Training Scheme - District Football Teams (18 District - Males Only)	Below 18	2005 or after	22 + 2
	Below 16	2007 or after	20 + 2
Jockey Club Youth Football Development Programme - Training Scheme - Young Athletes (18 District - Males Only)	Below 15	2008 or after	20 + 2
	Below 14	2009 or after	20 + 2
	Below 13	2010 or after	20 + 2
Jockey Club Primary Athletes Football Training Programme (18 District - Males Only)	Below 12	2011 or after	40
	Below 10	2013 or after	40
Jockey Club Primary Athletes Football Training Programme (18 District - Mixed group)	Below 8	2015 or after	40
	Below 6	2017 or 2018	40
Jockey Club Women's Youth Football Training Programme (5 Regions - Females Only)	Below 17	2006, 2007, 2008 or 2009	16 + 2
	Below 13	2010, 2011 or 2012	18 + 2 (6 classes)
	Below 10	2013, 2014	16 (7 classes)
Participants must be born between 1 st Jan 2005 and 31 st Dec 2018 (and must meet the above conditions)			
** Below 8 & Below 6 Mixed groups will have minimum 4 female quotas in each team**			
18 Districts Jockey Club Youth Football Development Programme - Training Scheme - District Football Teams, Young and Jockey Club Primary Athletes Football Training Programme (Males group) and 18 Districts Jockey Club Primary Athletes Football Training Programme (Males and Mixed Group) including: Central and Western, Eastern, Southern, Wan Chai, Kowloon City, Yau Tsim Mong, Sham Shui Po, Wong Tai Sin, Kwun Tong, Tuen Mun, Yuen Long, Tsuen Wan, Kwai Tsing, Islands, Tai Po, North, Sai Kung and Sha Tin 5 Regions for Jockey Club Women's Youth Football Training Programme including: HK Island, KLN, NT East, NT South and NT West (*No Class for Age group below 17 at NT West)			

(II) Selection details:

- (1) If applicants enroll through online system, selection dates, time and venue will be printed on the receipt; If enroll through enrollment form, the selection dates, time and venue will be formally notified through email by the organizer.
- (2) Some selection venues may be closed due to the pandemic. Please keep in touch with the latest update of the selection dates, time and venues on our website, no matter if applicants enroll through online system or enrollment form.
- (3) Accepted applicants must attend all selection sessions. Selection criteria include participants' discipline, attendance, overall performance and technical ability.
- (4) If all football pitches are closed due to the pandemic, which leads to the cancellation of all selection sessions, Organizers will select

players by drawing lots. All selected players will be notified via SMS.

- (5) Organizers reserve the rights to make alternative arrangements to the selection dates, time, venue and coaches.
- (6) Applicants must follow the Year of Birth of above table to apply for the correct age group
- (7) Once the player has been selected and registered successfully, no changes of age group (including promotion or relegation) are allowed.

(III) Date, time, location of training:

- (1) Each team coach will notify the participants after the completion of selection with confirmed training dates, time and venue.
- (2) Male groups (Below 13 to Below 18) will have 36 training sessions and 1.5 hours each; Male groups (Below 10 to Below 12) will have 54 training sessions and 1.5 hours each; mixed group (Below 6 and Below 8) will have 36 training sessions and 1 hour each; women's youth group (Below 10 to Below 17) will have about 30 training sessions (depends on the venue) and 1.5 hours each.
- (3) Number of training and match sessions will subject to change due to the pandemic, Organizers will not provide supplementary training sessions for the training cancelled.
- (4) Organizers reserve the right to use other means to conduct the training sessions, such as using online platform (e.g. Zoom) based on the original training schedule when all football pitches are closed
- (5) Training start date will vary between different ages and districts (more details will be provided in due course) .
- (6) Organizers reserve the right to make alternative arrangement to training dates, time, venue and coaches.

(IV) Competition : Participants will have the opportunity to participate in competitions organized by the Hong Kong Football Association. Participants between the age groups of U13 and U18 will participate in the Youth League arranged by the HKFA Competitions Department, while the participants between the age groups of U6 and U12 will participate in the Game Days arranged by the HKFA Grassroots Department under the Technical Department. All teams must follow the arrangements of the competition and attend the meetings related to the competition held by the responsible departments under HKFA.

(V) Coaches : Training will be conducted by qualified coaches appointed by the Hong Kong Football Association. (Some coaches are former Hong Kong representative players).

(VI) Awards : Players will be awarded a certificate after completion of the training and the assessment.

(VII) Enrollment : Enroll through enrollment form or online system from now

(VIII) Means of Application:

1) Online application at Online Course Enrollment System

<https://enrollment.hkfa.com/OCES/AvailableCourses?Locale=en-US>

(Please follow the instructions and fill in the required information to enroll into the programme.)

2) Retrieve application from below sites and mail the completed application form to Hong Kong Football Association (Address: 55 Fat Kwong Street, Homantin, Kowloon.)

- 1) Download from HKFA Website www.hkfa.com (HKFA Main Page ➡ Development ➡ Youth & Grassroots ➡ Jockey Club Youth Football Development Programme – Training Scheme)
- 2) Hong Kong Football Association Office
- 3) Leisure and Cultural Services Department District Leisure Services Offices

(IX) Application Fee : HK\$ 300, paid by Cheque or Online System (**only for selected participants**).

- Cheque: Please pay the entry fee of HK\$300 by cheque (Payable to: **The Hong Kong Football Association Limited**, and include the applicant's name, team and contact no. at the back side of the cheque. The name of "Payable to" must be in English)
- Online payment: Complete the online payment by Visa or MasterCard, the payment procedure will be uploaded to HKFA website. Applicants can print out the receipt for record.
- Application fee has to be paid once the applicant had been accepted after the selection.
- The application fee will not be refunded once paid.

(X) Enquiries: grassroots.enquiry@hkfa.com (for participants)

grassroots@hkfa.com (for teams and coaches)

(XI) Remarks:

- (1) If an applicant is selected, he/she cannot transfer to other teams or age group during the programme.
- (2) Applicants must follow the Year of Birth of above table to apply the correct age group
- (3) The organizer reserves the rights to disqualify any applicants who does not meet the eligibility requirements of the class, provide incomplete data or submit late application.
- (4) Personal information provided by applicants, photos and videos taken during the programme will be used for enrollment, statistics-use, future correspondence and promotion of the co-organizers activities. Personal information will not be made available to other person's

except authorized staff, coaches and officials. (HKFA privacy policy is located at <https://www.hkfa.com/upload/rules/privacy.pdf>)

- (5) Please contact the staff of the Hong Kong Football Association for any changes of or retrieval of personal data.
- (6) You must provide the personal details and signature in the application form. If you do not provide the required personal information; we will be unable to process your application. Parents must complete the registration form with signed statement and parents' name.
- (7) The scheme is insured under a 'group personal accident insurance plan'. Participants may further insure against property or casualty at their own expense.
- (8) Players in U6 and U8 age group are forbidden to wear studs (football shoes with metal or hard rubber) in training and match
- (9) The organizer reserves the right to amend this prospectus in the future.

The following arrangements will be made in case of the inclement weather:

Weather	Coach Present	Training
Heavy rain or Thunderstorm Warning Signal	Yes	At coaches' discretion.
Tropical Cyclone Warning Signal No. 3 or Amber Rainstorm Warning	Yes	Trainings of U8 and U6 teams will be cancelled. Other groups at coaches' discretion.
Tropical Cyclone Warning Signal No.8 or higher, or Red / Black Rainstorm Warning Signal (If the Tropical Cyclone Warning Signal No.8 or higher, or Red / Black Rainstorm Warning is issued by the Observatory within two hours before the training, all trainings will be cancelled.)	No	All trainings will be cancelled.
Pre-No.8 special announcement (An advance notice to the public issued by the Observatory when the tropical cyclone warning signal No. 8 is expected within two hours)	No	In case the above announcement is issued before the start of the training, all trainings will be cancelled.
"High" health risk category (Air Quality Health Index (AQHI) of 7)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those 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 to reduce outdoor physical exertion, and to reduce the time of their stay outdoors, especially in areas with heavy traffic. Participants with existing heart or respiratory illnesses should also seek advice from a medical doctor before participating in sports 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 (AQHI) of 8-10)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those 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 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. 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 (AQHI) Exceeding 10)	Yes	Activities will be held as scheduled. Environmental Protection Department advises those 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 to avoid outdoor physical exertion, and to 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.

Guidelines for health care:

Time Course before / during / after training	Suggested Actions and procedures
Before going to training venue	<ul style="list-style-type: none"> ● Measure body temperature if needed ● Should wear face masks ● Players should bring their own hand sanitizer and mask storage cases

Arrive in training venue, before the training starts	<ul style="list-style-type: none"> ● All players must scan the "LeaveHomeSafe" (安心出行) QR code, show the effective vaccination pass with their mobile phones and have their temperature measured by the organizers' staff before being allowed to enter the pitch area ● Should clean your hands ● Should wear face masks ● Maintain a social distance of 1.5 meters or above ● Avoid gathering with a large group of players or parents
During training	<ul style="list-style-type: none"> ● Players can take off their face masks and put the face masks into mask storage cases ● Do not place or litter the face masks casually ● All spectating parents must wear face masks and keep social distances from others
After training	<ul style="list-style-type: none"> ● Should wear face masks ● Avoid using showering facilities along with too many people / players ● Take a shower or bath and wash your hair when you return home to remove any dirt and germs that you might have come across ● Take off and wash your uniform properly

Players having Fever (Body temperature higher than 37.5°C) or one of the below symptoms **should not attend training sessions and should consult the doctor immediately:**

- Fever, Chills
- Cough
- Sore Throat
- Shortness of breath
- Extreme tiredness or malaise
- Sudden Loss of taste or smell
- Muscle pain
- Headache
- Sneezing or nasal congestion
- Diarrhea

Players should not attend training sessions if for below scenario

- Player listed as a confirmed case or a close contact.
- Player who has any travel history in the past 21 days or currently taking the compulsory quarantine according to the government policy
- Anyone living with player who is listed as a confirmed case or a close contact
- Anyone living with player who has any travel history in the past 21 days or currently taking the compulsory quarantine according to the government policy.
- Player or their housemate who required to conduct the compulsory testing according to the government policy while not yet received a negative testing report

Visit the below website to find the specific premises with compulsory testing notice:

https://www.coronavirus.gov.hk/pdf/compulsorytestingnotice_premises_ENG.pdf

Health care advice from the Department of Health

- Wash hands with liquid soap and water, and rub for at least 20 seconds. Then rinse with water and dry with a disposable paper towel.
When the hands are cleaned, do not touch the water tap directly again
- Cover your nose and mouth with tissues when sneezing or coughing. Dispose soiled tissue paper properly into a lidded rubbish bin and wash hands with liquid soap and water afterwards.
- Mouth, nose and chin should fully be covered when wearing the face mask

(Please keep this prospectus for future reference)