

# 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

## Prospectus of Hong Kong Transplant and Dialysis Games

### Purpose:

Through sports competitions, we aim to enhance the physical fitness of organ transplant and dialysis patients, strengthen their self-confidence, enable the recovered patients to explore their potentials, and to demonstrate the benefits of organ transplant to the community, as well as raising the public's awareness of organ donation. Those with outstanding competition results will have the opportunity to be sponsored to participate in the 2025 World Transplant Games in Germany.

### Competition Schedule:

Dates	Time	Venue	Event
10/10/2024	whole day	Kowloon Park Sports Centre	Gateball
Thursday	whole day	Shatin Regal Bowling Center	Bowling
11/10/2024	whole day	Shek Kip Mei Service Reservoir Playground	Petanque
Friday	whole day	Tseung Kwan O Sports Centre	Badminton
12/10/2024	whole day	Indoor Bowling Green at Yuen Chau Kok Stadium	Lawn bowl
	whole day	Tseung Kwan O Sports Centre	Table tennis
	AM	Tseung Kwan O Swimming Pool	Swimming
	PM	Tseung Kwan O Sports Ground	Track & Field, Darts
13/10/2024	AM	Tseung Kwan O Sports Ground	Ceremony, Road Race
Sunday	whole day		Track & Field, Darts

### Eligibility of Participants:

- (1) Organ Transplant Recipients: Recipients of heart, lung, liver, kidney, bone marrow or cornea transplants for one year and in stable health condition.
- (2) Individuals undergoing haemodialysis or peritoneal dialysis.  
(The above two categories of participants must obtain a signed certificate from their attending physician on their health condition).
- (3) Living liver, kidney or bone marrow donors.
- (4) Deceased Donors' Family: (Invited by Organ Donation Co-ordinator or Cornea Donation Co-ordinator) (appx 1)
- (5) Medical Staff (Only for doctor-patient co-operative sports events.)

### General Rules:

- (1) The competition is based on transplant units or dialysis centres (except corneas) and each athlete can only represent one unit. If a participant receives more than one organ transplant, he/she has to decide on his/her representative unit and cannot change it midway.
- (2) Transplant and dialysis athletes must be medically fit to compete as determined by their attending physician prior to registration.
- (3) Some transplant and dialysis athletes are required to undergo medical examination when participating in high physical load competitions. Please contact your unit for arrangement.
- (4) Athletes are required to present their identity documents (ID card/passport, etc.) and number bibs at the event check-in counter and compete in person. If a participant is unable to produce his/her identity document or is found to be ineligible, he/she will not be allowed to participate in the event and will not

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

be allowed to be replaced by another person. Anyone involved in impersonation will be disqualified and all results will be cancelled.

- (5) Competitions will be divided by age groups (Mixed Doubles and Doubles matches will be handicapped by age) and participants' age will be calculated on the basis of 10/10/2024.
- (6) Unless otherwise stated, athletes are required to report 15 minutes prior to the start of the AM/PM match.
- (7) If there is more than one sports in a day, only one sport can be selected. (Except for swimming)
- (8) For all doubles events (doubles or mixed doubles), only either one can be selected.
- (9) Six new individual events will be introduced this year for adult living donors and deceased donors' family: table tennis, badminton, bowling, 100m run, 50m breaststroke and 50m freestyle. Participants must be aged 18 or above.
- (10) Doctor-patient co-operation events will be introduced this year: Table tennis, badminton, bowling, petanque doubles, regardless of age and gender, but must be from the same unit consisting of 1 healthcare + 1 patient (transplant or dialysis). For 4 x 100m race, regardless of age, the patients must be transplant recipients, at least one healthcare professional from the same unit and one female among the 4 persons.
- (11) Unless otherwise stated, all events are governed by the current international competition regulations for the event.
- (12) The organizer reserves the right to disqualify any participant/team who has violated the rules or has behaved in a way that affects the competition, and the results obtained will be nullified.
- (13) If there is any dissatisfaction with the referee's decision during the match, the chief referee on duty will deal with it on the spot and make the final decision.
- (14) The organizer reserves the right to amend the rules and regulations of the competition for any reason, such as changes in the number of participants.
- (15) This prospectus may be amended from time to time at the discretion of the event organizer for any reason not expressly stated herein.

### Points to Note:

- (1) Bowling and Gateball competitions will be held on 10 October. Participants can only choose one or the other.
- (2) Gateball is a team sport only. One team per unit, regardless of age and gender combinations. Each team will have a maximum of 10 players and a minimum of 5 players.
- (3) Badminton and Petanque will be held on 11 October. Participants can only choose one or the other.
- (4) Petanque is only available in men's and women's doubles.
- (5) Five competitions will be held on 12 October: lawn bowls and table tennis (either one) for whole day; swimming in the AM session; track & field and darts (either one) in the PM session. Swimmers can choose either track and field or darts in the afternoon (or vice versa). Participants should choose their events carefully to avoid clashing with the schedule.
- (6) Lawn Bowls is only available in singles, regardless of age for participants under 70 and regardless of genders for participants over 70.
- (7) Swimming is limited to a maximum of four individual events, excluding relays.
- (8) Track and field and darts will be held on 13 October for the whole day. Participants can only choose one or the other.
- (9) Maximum 4 individual events (2 track 2 field / 3 track 1 field / 3 field 1 track) for track and field competitions, excluding relay events. Team Relay Competition is open to all age groups. Team members must belong to the same unit and consist of 2 males and 2 females, with a maximum of 6 participants per team.
- (10) The 2 X 60 m Head-to-Head Relay is divided into a run and a racewalk:
  - (a) Dialysis patients can only take part in the Racewalk Relay for Mixed Doubles only, and with age handicap.
  - (b) Living Donor/Recipient Group (Living Organ Recipients will be required to follow the requirements of the cardiopulmonary stress test to determine whether they can participate in the Running or Racewalking Competition).
  - (c) Living Donor/Recipient Parent/Child Group (above 12 years old, and 12 years old and below). Any one of the team members who is a child aged 12 or below will form a group, or both of the team members are aged 12 or above can also form a group.

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

- (d) There will be first, second and third place winners in all living donor/recipient events, but the results will not be counted in the team scores.
- (11) Darts competition will consist of men's and women's singles matches only.
- (12) Cheerleaders: Each unit may send one cheering team to compete in the competition, limited to two minutes and a maximum of 30 people. They have to provide their own music, and need to deal with the copyright of the music.

### Awards:

- (1) Table tennis, badminton, petanque and lawn bowls will have a champion, a first runner-up and two second runners-up, while other competitions will have a champion, a first runner-up and a second runner-up.
- (2) The Champion, first Runner-up and second Runner-up of individual events will score 5, 3 and 2 points respectively. The points for Doubles and Teams event will be doubled, and there will be an overall Champion, first Runner-up and second Runner-up for the Transplant Division and Dialysis Division. In addition, there will be individual merit awards for Men (Adult), Women (Adult), Men (Children) and Women (Children) in the Transplant Division, and individual merit awards for Men (Adult) and Women (Adult) in the Dialysis Division.
- (3) Top achievers will have the opportunity to be sponsored to participate in the World Transplant Games to be held in Germany in 2025.
- (4) Donor/donors' family events, doctor/patient events, cheering and invitational scores will not be counted towards the overall score.

### Documents required for enrolment:

- (a) Enrolment Form (appx 2)  
 Part 1 - Participant Information  
 Part 2 – Declaration of Participant's Responsibility and Consent Form  
 Part 3 - Certification of Health Status by Attending Physician (for transplant and dialysis patients only).
- (b) Competition Event Selection Form  
 Table 1: Families of Transplanted Patients and Under-18 Family Members of Cadaveric Donors (Appx 3a)  
 Table 2: Dialysis Patients (Appx 3b)  
 Table 3: Adult Living Donors and Deceased Donors' Family (Appx 3c)  
 Table 4: Doubles and Team Events for Units (To be completed by unit staff) (Appx 3d)
- (c) Stress Test Report (for Transplant and Dialysis Participants as stated below)
- (d) Physical Activity Adaptability Questionnaire (for donors or healthcare staff) (Appx 4)

	Transplant Recipients	Dialysis Patient	Adult Living /Cadaveric Donors' Families	Cadaveric Donors' Families <18 years	Healthcare Staff
Enrolment Forms	Part 1,2,3 +/- stress test	Part 1,2,3 +/- stress test	Part 1,2 + questionnaire	Parts 1,2	Part 1,2 + Questionnaire
Sports Events	Table 1	Table 2	Table 3	Table 1	Table 4
Team Events	Table 4 (filled in by medical unit)				

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

Enrolment method:

Each healthcare unit can decide whether to use paper or electronic mode of enrolment, but all participants from the same unit must enter in the same way.

### A. Paper enrolment:

- (1) Transplant recipients, dialysis patients, living donors and healthcare participants to fill in the application form, event selection form, participant declaration and consent form and return them to their respective hospitals or dialysis centres.
- (2) The attending physicians of the hospital or dialysis centre complete the health certification +/- stress test report of the transplant and dialysis participant.
- (3) Family members of deceased organ or cornea donors fill in the application form, event selection form, participant declaration and consent form and return them to the Organ Donation Co-ordinators (ODC) or Cornea Donation Co-ordinators in charge of organ donation.

### B. E-enrolment.

- (1) After logging in to the e-entry form through the link provided by the Organizer, participants should enter their personal information, select the competition events, and complete the participant declaration and consent form.
- (2) Participants should obtain the health certification +/- medical report completed by the attending physician from their respective hospitals or dialysis centres and upload to the system on their own.
- (3) Donors or healthcare staff should complete the physical activity adaptability questionnaire for uploading to the system.
- (4) The Organizer will regularly send the list and information of participants who have chosen to enrol electronically to the units for verification.

**The enrolment period is from 20 April to 20 July 2024. All [physical] and [electronic] enrolment forms must be returned to the Secretariat of the Organizer by 27 July.**

Guidelines for Participant Enrolment:

- (1) Before signing up, ask your doctor to assess your health condition to make sure you are physically fit to participate in the events selected.
- (2) If you wish to participate in a high physical load event, your doctor may need to conduct further tests to determine if you are fit to participate. Subsidy scheme of stress test for local participants please see appx 5.

The required loads for each sport are as follows:

Low load exercise	Medium load exercise	High load exercise
Petanque	Table Tennis	High jump
Ball throw		Long jump
Ten pin bowling		Running
Racewalk		Swimming
Gateball		Badminton
Darts		Road Race
Lawn Bowls		

- (3) It is recommended that the following persons should undergo a cardiopulmonary stress test (the test should be conducted no earlier than 10 April 2024):
  - (a) Heart or lung transplant recipients
  - (b) Patients with confirmed or suspected coronary heart disease
  - (c) All transplant and dialysis recipients aged 50 or above wishing to participate in high-load sports events

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

- (d) Male dialysis patients aged over 50 and female dialysis patients over 55 who want to participate in table tennis events
- (4) Donors and healthcare participants to complete the Physical Activity Adaptability Questionnaire for safety reasons.
- (5) It is the responsibility of the participants to maintain their systematic physical training or to choose a suitable competition event according to their own circumstances.
- (6) Participants are advised to prepare for the competition by practising seriously and warming up sufficiently to avoid injuries.

Rules of the game:

### Table Tennis Rules

- (1) 15 minutes prior to the start of the match, the team leaders, coaches or captains of both teams should fill in the attendance sheet and submit it to the "Check-In Counter". Each participant must be on the field of play according to the scheduled time. Failure to be on the field of play 5 minutes after the referee has called for the start of the match will be regarded as automatic forfeiture of the match.
- (2) Participants should bring their own racket, which should be matt on both sides with or without coverings, black on one side and bright coloured on the other, and must be clearly distinguishable from the black colour and the ball used in the game. The covering of the racket must not have undergone any physical, chemical or other treatment. The rubbers must also be of a specification currently approved for use by the International Table Tennis Federation. For more information about the rubbers, please visit the website of the International Table Tennis Federation: [https://www.hkta.org.hk/referee/application/ITTF\\_Rules.html](https://www.hkta.org.hk/referee/application/ITTF_Rules.html) .
- (3) Participants must wear short-sleeved jerseys and knee-length shorts/skirts (the main part of which must not be white or similar colour) during the competition, otherwise the Organiser reserves the right to reject the participant from the competition.
- (4) Participants of doubles events must wear a uniform colour and style of shirt (short-sleeved jersey).
- (5) Participants must wear non-removable sports shoes.
- (6) White 40mm+ Samsung table tennis balls will be provided for the tournament.
- (7) Except as expressly provided herein, the rules of the tournament shall be in accordance with the current rules of the International Table Tennis Federation (ITTF). Please visit the website of the International Table Tennis Federation for more information on the rules and regulations: <https://www.ittf.com/committees/umpires-referees/documents/>

### Badminton Rules

- (1) The tournament will be played under the current Badminton International Federation (BIF) rules and regulations. Website: <http://www.bwfbadminton.org>
- (2) Players should bring their own rackets, shoes must be suitable for use in the stadium, badminton will be provided by the organization.
- (3) Players are required to report for duty 20 minutes in advance of the scheduled time in the fixture list. Any player who fails to report for duty at the scheduled time will be regarded as having forfeited his/her right to play.

### Athletics Regulations

- (1) Athletics events will be penalised according to the IAAF definition of the competition. Athletics regulations are available on the IAAF website: <http://www.iaaf.org>
- (2) There will be no preliminary rounds in any of the tournaments, and the final rounds will be held directly.
- (3) All participants must wear the numbered bibs issued by the Organiser. Participants are allowed to wear spiked shoes, but the length of each spiked shoe must not exceed 9mm and must not exceed 11 spikes.
- (4) In the event that both track and field events are held at the same time, participants should first take leave of absence from the field event judges and then proceed to participate in the track event.

### Track Events.

- (1) With the exception of the 1500m Race and 3000m Race Walk, participants must complete the race on the designated route.
- (2) The track marshal will ring the bell to remind participants who are on their last lap.

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

- (3) If there are less than 8 entries in a category, the Organiser reserves the right to arrange for the same category to compete with a different category in the same event, but the scoring will still be based on the individual categories.
- (4) The player who steals the first time in each division will be disqualified.
- (5) The first three participants with the fastest finishing time in the category will be awarded the champion, first runner-up and second runner-up.

### Race Walking.

- (1) Participants are required to wear shorts or close-fitting trousers so that their knees can be clearly seen. The judges have the right to reject a participant who wears loose-fitting trousers and his/her knees cannot be clearly seen.
- (2) Race participants must not take their feet off the ground at the same time as visible to the naked eye, and the front foot must be straight (i.e. the knee must not be bent) at the moment of touching the ground during the race.
- (3) In all Race Walking events (including 60m, 100m, 200m and 3000m), participants will be disqualified if they commit serious or repeated violations of the Race Walking Rules during the race.
- (4) In all Short Course Race Walking events (including 60m, 100m and 200m), the Judge will impose a penalty of 30 seconds for each infringement of the Rules of Race Walking committed by a participant during the course of the race, if the infringement is not serious enough to warrant disqualification.

### Field events.

#### Wooden Ball Throwing Competition:

- (1) Each participant will have 3 throws (you may choose to wait for another turn after 1 throw or complete the game with 3 consecutive throws).
- (2) The time limit for each throw is 30 seconds.
- (3) Results are measured from the point where the ball hits the ground at the nearest throwing area to the throwing area, and each group has a baseline according to its degree. If the distance thrown by a participant does not reach the baseline, the result of that throw will not be recorded.
- (4) The first three participants with the farthest throws in each group will be awarded the champion, first runner-up and second runner-up; if the results are the same, the second best result will be used to determine the ranking.

#### Long Jump Competition.

- (1) Each participant will have 3 chances (either 1 jump and wait or 3 consecutive jumps to finish the competition).
- (2) The time limit for each hop is 60 seconds.
- (3) Participants must not step on the starting line of the springboard when jumping.
- (4) Performance is measured from the landing site closest to the springboard.
- (5) The first three participants with the longest distance in each group will be awarded the champion, the first runner-up and the second runner-up. In the event of a tie, the second best result will be used to determine the ranking.

#### High Jump Competition.

- (1) The time limit for each hop is 60 seconds.
- (2) Participants must jump on one leg.
- (3) Participants are given three chances at the same height, and three consecutive failed attempts will disqualify them from continuing the competition.
- (4) If any part of the body touches the ground between or outside the two stands (including the area on which it rests) before crossing the bar, the attempt is deemed to have failed.
- (5) The first three contestants in each group to cross the highest height will be awarded the champion, first runner-up and second runner-up. In case of a tie, the ranking will be determined by the lowest number of attempts.

#### Swimming Rules

- (1) Competitions are governed by FINA [www.fina.org](http://www.fina.org) regulations.
- (2) Participants are required to wear suitable swimming suits, but not in accordance with FINA's specifications. Swimming caps are required.
- (3) Participants are not allowed to use the line buoys for resting during the race and will be disqualified for any violation.
- (4) Line Arrangement: If necessary, athletes of different ages and genders will be arranged to compete together, but the results will still be counted in individual categories.

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

- (5) If a participant in a 200 metres race fails to swim the full distance within the standard time for a swimming competition, the referee has the right to ask the participant to leave the race lane and his/her result will be recorded as [DNF] (Failure to Finish).
- (6) For the 50 metre backstroke, participants may swim any stroke but must complete the entire course on their backs.

### Gateball Rules

- (1) The regulations of the gateball matches are set by the Hong Kong, China Gateball Association and will be officiated by qualified referees from the Hong Kong, China Gateball Association.
- (2) The competition will be conducted in the form of team matches for hospital units, with each match lasting 25 minutes and the distance of one goal from the fourth line reduced to 3 metres.
- (3) All teams are required to report 15 minutes before the competition.
- (4) Gateballs and bats will be provided for the game. Participants can also bring their own bats and jerseys for the game.
- (5) Team members are required to wear uniform sportswear and sports shoes.
- (6) Scoring Method.
  - (a) The ranking of each group will be determined by the number of matches won and lost.
  - (b) If there is a tie in the number of matches won and lost, the ranking will be determined by the difference between the total number of points scored minus the total number of points lost in each match.
  - (c) If (a) and (b) are the same, the result of the round robin match will be used to determine the ranking.
  - (d) If (a), (b) and (c) do not result in a tie, then lots will be drawn.
- (7) There will be no appeal in gateball matches. All results will be decided by the referee on the spot.

### Bowling Rules

- (1) Bowling regulations are set by the Sports Organising Committee.
- (2) There are Men's and Women's Individual, Doubles and Mixed Doubles events. The average score for individual group should be at least 80 points or those who have attended our bowling training course.
- (3) Athletes should register at the Race Reception 30 minutes before the race start time. Failure to do so will be considered as late arrival and abandonment.
- (4) Bowling balls and shoes will be provided at the venue, and athletes can also bring their own personal equipment.
- (5) Athletes are required to follow the staff's flow guidelines.
- (6) In order to facilitate the smooth completion of the competitions of the various divisions, the Organiser may make immediate adjustments to the tee times and fairway arrangements.

### Darts Tournament Rules

- (1) All competitions use hard targets.
- (2) The referee/staff will decide the order of throwing by tossing coins.
- (3) Participants can try to throw 1 round each (3 darts in total) before the game.
- (4) Individual games are played for 8 rounds of 3 darts per round.
- (5) The preliminary rounds are 2 sets, while the top 4, quarter-finals and final rounds are 3 sets.
- (6) The winner of each game is the one who scores the highest number of throws.
- (7) Participants may bring their own darts or use darts provided by the tournament. Refers to the use of darts must be checked and confirmed by the Head Referee of the Tournament prior to the tournament.
- (8) When throwing darts, neither foot should exceed the front of the throwing line.
- (9) Participants must wear a T-shirt or collared shirt, trousers of ankle length (but not jeans with holes or tears) and sports shoes. Headwear such as hats are not allowed to be worn during the competition. If it is necessary due to religious or other reasons, please apply to the Organiser before the competition.
- (10) To avoid accidents, all officials, except the thrower and the referee/staff, must stand behind the thrower or in the position designated by the organiser during the competition.
- (11) All participants are not allowed to use words, gestures or any form of harassment. The Organiser reserves the right to disqualify a participant from the competition and expel him/her from the competition venue if persuasion by the staff is not effective.
- (12) The results of the matches will be calculated by the referees/staff. There will be no appeal. The result of the match will be based on the decision of the referee on the spot.

## 5<sup>th</sup> Hong Kong Transplant and Dialysis Games

### Petanque Rules

- (1) Petanque is only available in men's and women's doubles.
- (2) Depending on the number of participants, there may be group stage matches, followed by knockout matches after the quarter-finals. The scores and time of the matches may also change depending on the number of participants.
- (3) Group stage 11-point system, matches are limited to 35 minutes. 2 points for a win, 0 points for a loss, 1 point for a draw, the highest score goes to the quarter-finals. If there is a tie, then the goal difference will be calculated. If the goal difference is the same, then the goal difference will be determined; if the goal difference is still the same, then the tie will be determined by the win/loss ratio of the two teams.
- (4) Each participant must be on the pitch at the scheduled time, and each match will be forfeited if he/she is not available 10 minutes after the referee's call for the match. The match will be counted as 0 points and a loss of 5 goals.
- (5) The tournament is governed by the current rules of Fédération Internationale de Pétanque et Jeu Provençal. To view the rules, please visit the Fédération Internationale de Pétanque et Jeu Provençal website: [www.ffpjp.org](http://www.ffpjp.org).

### Lawn Bowls Rules

- (1) Lawn bowls is for singles only.
- (2) Depending on the number of participants, there may be group stage matches, followed by knockout matches after the quarter-finals. The scores and time of the matches may also change depending on the number of participants.
- (3) Group stage 11-point system, matches are limited to 35 minutes. 2 points for a win, 0 points for a loss, 1 point for a draw, the highest score goes to the quarter-finals. If there is a tie, then the goal difference will be calculated. If the goal difference is the same, then the goal difference will be determined; if the goal difference is still the same, then the tie will be determined by the win/loss ratio of the two teams.
- (4) Each participant must be on the pitch at the scheduled time, and each match will be forfeited if he/she is not available 10 minutes after the referee's call to the pitch. The match will be counted as 0 points and a 5-goal loss.
- (5) The tournament will be conducted in accordance with the current rules and regulations of the Lawn Bowls Association of Hong Kong, China. For more information, please visit the website of the Lawn Bowls Association of Hong Kong, China <https://www.hklba.org/>.

### Adverse weather arrangements:

If Typhoon Signal No. 8 or above is hoisted two hours before or during the first race of the day, or if the Black Rainstorm Warning Signal is hoisted, all races on that day will be cancelled and the date of the replacement race will be announced.

For more information, please attend the briefing session on Sunday, 7 April 2024 at 2:00pm in the Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital or contact your Unit Liaison of the follow-up clinic.

### Enquiry:

The Fifth HKTDG Secretariat Team (WhatsApp Tel 6800-3913)

Website: [www.hktsa.org](http://www.hktsa.org) Email: [info@hktsa.org](mailto:info@hktsa.org)

The application form and the Prospectus can be downloaded from the above website.