

The Hong Kong Federation of Youth Groups English Public Speaking Contest 2026

Rules and Regulations - District Preliminary Rounds

1. General Rules

A. Type of Speech

Contestants are required to deliver a **3-minute prepared speech** on a **self-selected topic**.

Contestants should try to fully utilise the allotted time, but are not allowed to go over it. Exceeding the time limit may incur a **mark penalty**.

B. Originality of Speech

Plagiarism is strictly forbidden. Every speech must be original, and Contestants are not allowed to share or reuse their speeches without permission. Contestants will be required to declare that their speeches are original before submission or delivery. Breach of this rule will result in **disqualification**.

C. Mention of School

Contestants are **NOT allowed to disclose their schools by any means, both implicitly and explicitly, to the adjudicators at any time. Any form of accessories, or visible items that explicitly or implicitly indicate a Contestant's school affiliation is strictly prohibited.** For example, mentioning the school in the speech or showing a school flag or mascot in the video background would constitute a breach of this rule. Contestants found in violation will incur a **mark penalty**.

D. Attire

Contestants **are NOT allowed** to wear **school uniforms** or any attire that may indicate their schools during the Contest. **Contestants in breach of this rule will receive a mark penalty.** Contestants should exercise their own discretion as to what is the appropriate attire for the Contest; yet business casual attire is advised.

E. Use of Props and Cue Cards

Contestants are not allowed to use any **props** during the delivery of the speech. Breach of this rule will result in **disqualification**.

Contestants may use cue cards during their speech at their discretion.

F. Contest Video Submission

- i. Contestants will retain their district allocations from the **District Preliminary Rounds**.
Contestants will be further divided into different sessions based on their districts.
- ii. Contestants must adhere to all **details** as outlined in the **Contest Video Submission Guideline – District Preliminary Rounds**.
- iii. Contest video submission period will start **from 20 January 2026 (Tuesday) to 11:59 am, 4 February 2026 (Wednesday)**.
- iv. **Late submission will NOT be accepted.** Contestants should avoid last-minute submission in order not to miss the deadline due to possible congestion of network traffic. Technical issues must be reported via email **before the stated deadline**, supported with relevant proof, including screenshots with the timeframe, contestant number and name. **Any report emails regarding technical issues after the stated deadline will not be entertained.**
- v. **Multiple submissions will NOT be accepted.** Each Contestant should only submit **ONE** Contest video. In the event of multiple submissions, only the **first submission** will be adjudicated.
- vi. **The Contest video must be a single-shot video footage.** Post-production editing of the video is **strictly prohibited**. **Adding a voice-over audio track is NOT permissible.** Breach of this rule will result in **disqualification**.

vii. **Email submissions** or any other formats of submissions will **NOT be accepted**. Only successful responses submitted via the corresponding Microsoft Form will be **considered valid**.

viii. The **shared video link** must be **accessible** at the time of submission. **Any video links that cannot be accessed** after the submission deadline will result in **disqualification**.
Contestants must ensure the link is accessible before submission.

2. Contest Details

A. Definition of District

Each Contestant will be allocated to one of the **following districts** — Kowloon, New Territories East, New Territories West, or Hong Kong Island (including outlying islands) — referenced from the Education Bureau's school regions, based on the location of their respective schools. To ensure the fairness and competitiveness of each district, there will be **5 grand finalists** distributed as follows:

	Kowloon District (A)	Kowloon District (B)	New Territories East District	New Territories West District	Hong Kong Island and Island District
No of Grand Finalist	1	1	1	1	1
School region	<ul style="list-style-type: none"> • Kowloon City • Sham Shui Po • Yau Tsim Mong 	<ul style="list-style-type: none"> • Kwun Tong • Sai Kung • Wong Tai Sin 	<ul style="list-style-type: none"> • North • Sha Tin • Tai Po 	<ul style="list-style-type: none"> • Kwai Chung & Tsing Yi • Tsuen Wan • Tuen Mun • Yuen Long • Tsing Yi 	<ul style="list-style-type: none"> • Central & Western • Hong Kong East • Island • Southern • Wan Chai

B. Judging Panel

A judging panel usually consists of 2 to 3 adjudicators. All adjudicators will be required to sign a **Statement of Confidentiality** and to declare any potential conflicts of interest. Adjudicators are responsible for evaluating Contestants' performance according to the established Judging Criteria.

C. Judging Criteria

Contestants' performance will be assessed based on the following criteria:

- **Content and Organisation (40%)**
- **Delivery and Style (40%)**
- **Overall Impact (20%)**

D. Progression of Contest

The 1st to 8th place winners of each session will advance to the **District Semi-Finals**.

Contestants in the 9th and 10th places of each session will be awarded a “Certificate of Good Performance”. All other Contestants will receive a “Certificate of Participation”.

The adjudicators' decisions for the results of the District Preliminary Rounds are **final**.

3. Result Announcements

Contestants who successfully pass the District Preliminary Rounds as the top EIGHT (8) of the session will be notified by email of their results and hence their eligibility to proceed to the District Semi-Finals.

A list of eligible contestants for the District Semi-Finals will be tentatively published on the Contest website by **23:59, 24 February 2026 (Tuesday)**.

Comments by adjudicators will be sent **within one week** following the announcement of the results of the District Preliminary Rounds.

4. Disclaimer

Violating any of the rules and regulations may lead to a **deduction of marks or disqualification**.

The adjudicators' decisions for the results of all Contest rounds are final. The Secretariat of **The Hong Kong Federation of Youth Groups English Public Speaking Contest** ("the Secretariat") reserves the right to make changes without prior notice. In the event of any disputes, all decisions by the Secretariat shall be final and conclusive.

The Secretariat may, at its absolute discretion and at any time, amend or modify the Rules and Regulations. Any updates or changes will be announced on the Contest website (<https://leadershipinstitute.hk/EPS2026>).

Contestants should regularly visit the Contest website and check their emails for schedules, updates and announcements.

5. Enquiries

A. Secretariat The HKFYG Leadership Institute

B. Address 302 Jockey Club Road, Fanling, New Territories, Hong Kong

C. Email SC@leadershipinstitute.hk

(Please add SC@leadershipinstitute.hk to your Safe Senders List so as not to miss any emails or updates from the Secretariat.)

D. Contact Number (852) 2169 0255

E. Contest Website <https://leadershipinstitute.hk/EPS2026>

F. Office Hours Monday – Friday, 10 am – 6 pm

Last Revision Date: 22 January 2026