

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

### **Contest Video Submission Guideline – District Preliminary Rounds** **(for Contestants)**

---

Secretariat: The HKFYG Leadership Institute

302 Jockey Club Road, Fanling, New Territories, Hong Kong

Email: [SC@leadershipinstitute.hk](mailto:SC@leadershipinstitute.hk)

Tel: (852) 2169 0255

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

Contestants should read through the following instructions before uploading your video.

## PREPARATION

### DO's and DON'Ts

- (i) Contestants are required to deliver a 3-minute **prepared** speech **on a self-selected topic**. **Mark penalty** will be applied if speech exceeds the time limit.
- (ii) The Contest speech **must be** the Contestant's **own writing** and **CANNOT** be shared among other participants. Breach of this rule will result in **disqualification**.
- (iii) Contestants are **NOT allowed to mention, imply or disclose by any means their schools of study**, both implicitly and explicitly, in the Contest video. **Mark penalty** will be applied.
- (iv) Contestants are **NOT allowed to wear school uniforms** or any attire that would indicate their schools of study during the Contest; business casual attire is advisable. **Mark penalty** will be applied.
- (v) **Props are NOT allowed** during the delivery of speech. Breach of this rule will result in **disqualification**.
- (vi) Contestants can use cue cards at their own discretion.

The full version of Rules and Regulations can be accessed [here](#).

## VIDEO RECORDING

- (i) Contestants must ensure that their Video file is in either **MP4** or **MOV** format.

*Important Note: Contest videos will appear as HTML file paths in the proceedings. Any variations from the required format may result in playback issues on different devices*

- (ii) The video resolution must be either **16:9** or **4:3**, with a minimum resolution of **720p**.
- (iii) Post-production editing of the video is **strictly prohibited**. This includes video editing, adding voice-over audio, applying filters or transition effects, inserting text, subtitles, or images, adjusting colors or lighting.
- (iv) Contestants must ensure that their voice is **clearly audible** in the recording, and that the audio is **synchronised with the video**. **Adding a voice-over audio track is NOT permissible**.
- (v) Contestants should **ensure** the audio in their **video recording is clear and free from background noise**. Recording in a quiet and distraction-free environment is highly recommend, as poor audio quality will negatively impact how the speech is received.
- (vi) Contestants are suggested to use a **clean, neutral background** for their videos to **avoid revealing their school of study in any means**. **Proper lighting** should be used to ensure that they are clearly visible on camera. Contestants are strongly advised to **position** themselves appropriately for a professional and polished presentation.
- (vii) Contestants are **strongly advised** to set up their filming device to capture and frame a **front angle** of themselves from approximately the waist up.
- (viii) The Contest video is highly recommended to show the **full appearance** and actions clearly of the contestant.

## VIDEO SUBMISSION

- (i) Contestants must **name their video** following the format:  
**Contestant ID\_Contest District\_Full Name.**

The following instructions must be followed when naming the file:

Contestants must include their **Contestant ID** in the file name. The Contestant ID will be sent to their email along with the submission form;

Contestants must type your **surname in ALL CAPITAL LETTERS**;

Contestants must add the appropriate **district abbreviation** in the file name. The district abbreviations are as follow:

Hong Kong Island - HK Island  
Kowloon (A) – KLN (A)  
Kowloon (B) – KLN (B)  
New Territories East – NT East  
New Territories West – NT West

**Example of a Correct File Name:** S0000\_KLN (A)\_CHAN Ka Man Chris

- (ii) The video submission period will begin on **21 January 2026 (Wednesday)** and end by **11:59 am, 4 February 2026 (Wednesday)**.
- (iii) Contestants are required to submit their videos using the designated **online submission form**, which will be sent to their email.
- (iv) Before submitting their video, Contestants are required to provide the following details in the submission form. These details must match their original application:
- **Full Name**
  - **Contestant ID**
  - **Contest Division**
  - **Contest District**
  - **School Name**

## VIDEO SUBMISSION

- (v) Contestants must upload their Contest video to **YouTube** before submission deadline. Ensure that the privacy settings of the YouTube video are set to either "**Unlisted**" or "**Public**" so that it can be **viewed by anyone with the link**. **The shared link must be provided in the online submission form.**
- (vi) **Late submissions will NOT be accepted** under any circumstances. Contestants are strongly advised to avoid last-minute submissions to ensure successful delivery. If contestants encounter any technical issues, contestants must contact the Secretariat via email, including screenshots with the timeframe, contestant number and name, **before the stated deadline**. **Any report emails regarding technical issues after the stated deadline will not be entertained.**
- (vii) **Multiple submissions will NOT be accepted.** Each Contestant may only submit ONE Contest video. If multiple submissions are made, only the **first submission** will be adjudicated.
- (viii) **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. Successful submission will receive an acknowledgement email within 1 hour.**
- 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.

### IMPORTANT DATES

**Start of the Video Submission:** 21 January 2026 (Wednesday)

**Deadline for Video Submission:** **11:59 AM, 4 February 2026 (Wednesday)**

**Announcement of Results:** 23:59, 24 February 2026 (Tuesday) (Tentatively)

---

Secretariat: The HKFYG Leadership Institute

302 Jockey Club Road, Fanling, New Territories, Hong Kong

Email: [SC@leadershipinstitute.hk](mailto:SC@leadershipinstitute.hk)

Tel: (852) 2169 0255

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

## **CONTEST PROGRESSION**

Contestants who rank 1<sup>st</sup> to 8<sup>th</sup> place of each session will advance to the District Semi-Finals.

Contestants who rank 9<sup>th</sup> and 10<sup>th</sup> place of each session will be awarded a “Certificate of Good Performance”.

## **ANNOUNCEMENT OF RESULTS**

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)**. Eligible contestants may also be notified via email and/or SMS.

## **CONFLICT OF INTEREST**

In the case in which an adjudicator and a participant had prior encounters that may lead to a conflict of interest, both parties must take responsibility to notify the Secretariat immediately.

## **DISCLAIMER**

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

In the event of any disputes, all decisions made by the Secretariat of **The Hong Kong Federation of Youth Groups English Public Speaking Contest** shall be final and conclusive.

## **CONTACT AND HELP**

For assistance or additional information, contestants may contact the Secretariat during **office hours**, from **10:00 to 18:00, Monday to Friday**. When reaching out, please include a brief description of the issue encountered and their contact details to ensure a timely response.

Last Revision Date: 22 January 2026

---

---

Secretariat: The HKFYG Leadership Institute

302 Jockey Club Road, Fanling, New Territories, Hong Kong

Email: [SC@leadershipinstitute.hk](mailto:SC@leadershipinstitute.hk)

Tel: (852) 2169 0255

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