



# AISHK

# Kangaroos Sport

Sports Guide  
2026/27



Version 3  
June 2026

# Kangaroos Sport Overview

At AISHK, we take pride in offering students a diverse range of opportunities. Through our sports program, we deliver a comprehensive selection of sporting experiences both domestically and internationally. Our goal is to ensure that every student's involvement is positive, memorable, and contributes meaningfully to their overall development as both individuals and athletes.

The Kangaroos Sport logo is a highly recognisable and respected brand within Hong Kong schools. As an iconic symbol of Australia, it represents an unwavering commitment to connect, strive, and flourish within the sporting arena. Our students and staff wear the 'Roo' with pride, upholding the legacy and standards established by 30 years of athletes before them.

## Our Mission...

CONNECT through participation, teamwork, and belonging.

STRIVE for personal excellence, resilience, and lifelong health.

FLOURISH as confident, balanced and active global citizens.

## Our Values...

At AISHK, PDHPE & Sport is more than activity - it is a foundation for life.

**Positivity:** Experiencing joy, confidence, and belonging through movement and participation

**Relationships:** Building shared experiences through teamwork and inclusion

**Outcomes:** Striving to achieve personal excellence and growth

**Strengths:** Developing through identifying and applying individual capabilities

**Purpose:** Cultivating value for health, wellbeing, and lifelong activity

**Engagement:** Deepening through active participation in curricular and sporting experiences

**Resilience:** Strengthening through challenge, persistence, and effort



**Connect, Strive, Flourish**

# Domestic & International Sport

## PRIMARY SCHOOL SPORT

Primary aged students are offered a wide range of sporting opportunities through ECAs that generally run in seasons. For interschool events, our primary students compete in HKPSSA tournaments & festivals during the school day. These events are U11 age group so some of our Y5 and 6 will be too old depending on the time of the school year and will compete in the secondary events.

## SECONDARY SCHOOL SPORT

Secondary compete domestically in the ISSFHK as our main sporting association. The age groups are U12, U14, U16 and U20. Our Y5 & 6 students will often play in the U12 and U14 grades. At this age we start to play competitively however we still have an inclusive mindset to give as many athletes' opportunities as we can.

## INTERNATIONAL SPORT

We pride ourselves on giving students the opportunity to compete at overseas events.

- **SDRC** - this is an U14 conference involving schools from Guangzhou, Shenzhen and Hong Kong. There are 4 tournaments each year including Soccer, Touch, Volleyball and Basketball.
- **AISA** - this association of schools are based around Asia and will compete in 5 sporting disciplines at one event.
- **ACAMIS** - Our premier U19 events. We compete in the Gold Division in the 'core' sports of Soccer, Basketball and Volleyball. We also compete in the invitationals, Swimming, Touch and Netball where possible.

## AISHK KANGAROOS IS PROUDLY ASSOCIATED WITH:

**HKPSSA** - Hong Kong Primary Schools Sports Association

**ISSFHK** - International Schools Sport Federation Hong Kong

**HKSSF** - Hong Kong Schools Sports Federation

**HKSRU** - Hong Kong Schools Rugby Union

**SDRC** - Southern Delta Region Conference

**AISA** - Australian International Schools Association

**ACAMIS** - Association of China & Mongolia International Schools



# AISHK Kangaroos Representative Sport 2026/27

At AISHK, we are proud to offer a wide range of sporting opportunities that cater to different student interests, commitments, and pathways. Our sport programme is organised to ensure students can participate, develop skills, and represent the school in ways that suit their goals and availability.

|                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Core Performance Sports (Tier 1)</b> These sports form the foundation of our school programme. They are supported by established coaching, training opportunities, and dedicated use of school facilities. Students in these sports have clear pathways for development and regular opportunities to represent AISHK at both local and international levels. |                                                                                                                                                   |
| Swimming                                                                                                                                                                                                                                                                                                                                                        | ISSFHK, HKPSSA, HKSSF, ACAMIS, AISA                                                                                                               |
| Soccer                                                                                                                                                                                                                                                                                                                                                          | ISSFHK, HKPSSA, ACAMIS, AISA, SDRC                                                                                                                |
| Volleyball                                                                                                                                                                                                                                                                                                                                                      | ISSFHK, ACAMIS, AISA, SDRC                                                                                                                        |
| Netball                                                                                                                                                                                                                                                                                                                                                         | ISSFHK, HKPSSA, ACAMIS, AISA                                                                                                                      |
| Basketball                                                                                                                                                                                                                                                                                                                                                      | ISSFHK, HKPSSA, ACAMIS, AISA, SDRC                                                                                                                |
| Touch                                                                                                                                                                                                                                                                                                                                                           | ISSFHK, HKPSSA, ACAMIS, AISA, SDRC                                                                                                                |
| <b>Supported Performance Sports (Tier 2)</b> These sports are an important part of our wider programme and provide students with opportunities to represent AISHK in competitions such as ISSFHK and HKPSSA. Training and facility access are provided where possible and are balanced alongside the needs of the core sports and the school calendar.          |                                                                                                                                                   |
| Cross Country                                                                                                                                                                                                                                                                                                                                                   | ISSFHK, HKPSSA                                                                                                                                    |
| Athletics                                                                                                                                                                                                                                                                                                                                                       | ISSFHK                                                                                                                                            |
| AFL                                                                                                                                                                                                                                                                                                                                                             | HKPSSA                                                                                                                                            |
| Badminton                                                                                                                                                                                                                                                                                                                                                       | ISSFHK                                                                                                                                            |
| Cricket                                                                                                                                                                                                                                                                                                                                                         | ISSFHK, HKPSSA                                                                                                                                    |
| Rugby                                                                                                                                                                                                                                                                                                                                                           | HKSUR                                                                                                                                             |
| <b>Participation &amp; Pathway Sports (Tier 3)</b> AISHK offers these sports only when staff coaches or supervisors are available, with no guaranteed facilities or training, though teams/individuals may still enter HKPSSA or ISSFHK competitions. AISHK will support entry to some school individual events with parental or external coach supervision.    |                                                                                                                                                   |
| Tennis                                                                                                                                                                                                                                                                                                                                                          | These sports are just some examples that have been entered on request with certain conditions. Generally, led by external coaches and/or parents. |
| Golf                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                   |
| Equestrian                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                   |
| Fencing                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                   |
| Gymnastics                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                   |
| Taekwondo                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                   |
| Table Tennis                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                   |

# Eligibility Criteria for Various Sports Organisations

## 2026/27 Sports Year

(PLEASE NOTE THAT THE 2026/27 SPORTS YEAR BEGINS TERM 3, FINISHES AT THE END OF TERM 2, 2027)

| Organisation                                                                               | Grade | Description                                                                                                                                                                           | AISHK Year (approx.) |
|--------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| <b>ISSFHK</b><br>(International Schools Sports Federation HK)                              | U12   | 11 or younger on July 31, 2026 (born on or after Aug 1, 2014)<br><i>Must be 10 or older as of Aug 1, 2026</i>                                                                         | Y5/6                 |
|                                                                                            | U14   | 13 or younger on July 31, 2026 (born on or after Aug 1, 2012)                                                                                                                         | Y6/7/8               |
|                                                                                            | U16   | 15 or younger on July 31, 2026 (born on or after Aug 1, 2010)                                                                                                                         | Y8/9/10              |
|                                                                                            | U20   | 19 or younger on July 31, 2026 (born on or after Aug 1, 2006)                                                                                                                         | Y10/11/12            |
| <b>HKPSSA</b><br>(HK Primary School Sports Association)                                    | U11   | 10 or younger on July 31, 2026 (born on or after Aug 1, 2015)                                                                                                                         | Y4/5/6               |
|                                                                                            | U10   | 9 or younger on July 31, 2026 (born on or after Aug 1, 2016)                                                                                                                          | Y4/5                 |
|                                                                                            | U9    | 8 or younger on July 31, 2026 (born on or after Aug 1, 2017)                                                                                                                          | Y3/4                 |
|                                                                                            | U8    | 7 or younger on July 31, 2026 (born on or after Aug 1, 2018)                                                                                                                          | Y2/3                 |
| <b>HKSSF</b><br>(HK Schools Sports Federation)<br><b>HKSRU</b><br>(HK Schools Rugby Union) | U12   | D Grade - 11 or younger on Jan 1, 2027 (born on or after Jan 1, 2015)                                                                                                                 | Y5/6                 |
|                                                                                            | U14   | C Grade - 13 or younger on Jan 1, 2027 (born on or after Jan 1, 2013)                                                                                                                 | Y6/7/8               |
|                                                                                            | U16   | B Grade - 15 or younger on Jan 1, 2027 (born on or after Jan 1, 2011)                                                                                                                 | Y8/9/10              |
|                                                                                            | U19   | A Grade - 18 or younger on Jan 1, 2027 (born on or after Jan 1, 2009)                                                                                                                 | Y10/11/12            |
| <b>ACAMIS</b><br>(Association of China and Mongolia International Schools)                 | U19   | 18 or younger on Sept 1, 2026 (born on or after Sept 1, 2007)<br><i>All athletes must be 14 or over on Sept 1, 2026 (if younger, an application to participate must be completed)</i> | Y9/10/11/12          |
| <b>AISA</b><br>(Australian International Schools Association)                              | U17   | 16 or younger on January 1, 2026 (born on or after Jan 1, 2010)                                                                                                                       | Y8/9/10/11           |
| <b>SDRC</b><br>(Southern Delta Regions Conference)                                         | U14   | 13 or younger on July 31, 2026 (born on or after Aug 1, 2012)                                                                                                                         | Y6/7/8/9             |



## Domestic Sport Seasons 2026/27

| ISSFHK Seasons 2026/27                                   |                 |
|----------------------------------------------------------|-----------------|
| <b>SEASON 1: August 24th - October 16th, 2026</b>        |                 |
| Volleyball                                               | U14/U16/U20     |
| Soccer                                                   | U14             |
| Netball                                                  | U16/U20         |
| <b>SEASON 2: October 26th, 2026 - January 15th, 2027</b> |                 |
| Basketball                                               | U12/U14/U16/U20 |
| Soccer                                                   | U16             |
| Swimming                                                 | U12/U14/U16/U20 |
| Cross Country                                            | U12/U14/U16/U20 |
| <b>SEASON 3: January 18th - March 25th, 2027</b>         |                 |
| Badminton                                                | U12/U14/U16/U20 |
| Soccer                                                   | U20             |
| Netball                                                  | U12             |
| Track & Field                                            | U12/U14/U16/U20 |
| <b>SEASON 4: April 12th - June 4th, 2027</b>             |                 |
| Netball                                                  | U14             |
| Touch                                                    | U14/U20         |
| Soccer                                                   | U12             |
| Volleyball                                               | U12             |
| Cricket                                                  | U14/U20         |

| HKPSSA Seasons 2026/27                |                    |
|---------------------------------------|--------------------|
| <b>SEASON 1: September - December</b> |                    |
| Netball                               | U11                |
| Soccer                                | U11                |
| AFL                                   | U11 (Invitational) |
| <b>SEASON 2: January - April</b>      |                    |
| Basketball                            | U11                |
| Tag Rugby                             | U11                |
| Cross-Country                         | U11, U10, U9, U8   |
| <b>SEASON 3: April - June</b>         |                    |
| Cricket                               | U11                |
| Aquathlon                             | U11                |
| Swimming                              | U11, U10           |
| Touch                                 | U11 (Invitational) |

## Training & Competition Overview (\*may vary)

| Sport         | Grade     | July | Aug | Sept | Oct | Nov | Dec | Jan | Feb | March | April | May | June |
|---------------|-----------|------|-----|------|-----|-----|-----|-----|-----|-------|-------|-----|------|
| Athletics     | U11       |      |     |      |     |     |     |     |     |       |       |     |      |
|               | U12       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U14       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U16       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U20       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
| Badminton     | U11       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U12       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U14       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U16       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U20       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
| Basketball    | U11       |      |     |      |     |     |     |     | x   | x     |       |     |      |
|               | U12       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U14       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U16       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U20       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
| Cricket       | U11       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U12       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U14       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U16       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U20       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
| Cross Country | U11       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U12       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U14       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U16       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U20       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
| Netball       | U11       |      |     |      | x   | x   | x   |     |     |       |       |     |      |
|               | U12       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U14       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U16       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U20       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
| Rugby         | U11 (Tag) |      |     |      |     |     |     |     | x   | x     |       |     |      |
|               | U12       |      | x   | x    | x   |     |     |     |     |       |       |     |      |
|               | U14       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U16       |      |     |      |     |     |     |     | x   | x     | x     |     |      |
|               | U20       |      | x   | x    | x   |     |     |     |     |       |       |     |      |
| Soccer        | U11       |      |     |      | x   | x   | x   |     |     |       |       |     |      |
|               | U12       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U14       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U16       |      |     |      |     | x   | x   |     | x   |       |       |     |      |
|               | U20       |      |     |      |     |     |     |     | x   | x     |       |     |      |
| Swimming      | U11       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U12       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U14       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U16       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U20       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
| Touch         | U11       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U12       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U14       |      |     |      |     | x   | x   |     |     |       | x     | x   | x    |
|               | U16       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U20       |      |     |      |     | x   |     |     |     |       | x     | x   | x    |
| Volleyball    | U12       |      |     |      |     |     |     |     |     |       | x     | x   | x    |
|               | U14       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U16       |      |     | x    | x   | x   |     |     |     |       |       |     |      |
|               | U20       |      |     | x    | x   | x   |     |     |     |       |       |     |      |

|   |                          |
|---|--------------------------|
|   | Training                 |
| x | Training and Competition |



## AISHK Kangaroos International Calendar 2026/27

AISHK is a full member of SDRC, ACAMIS, and AISA. We compete in the following Core Performance Sports each year.

| 2026 Events                  | Dates          | Location  | Host     |
|------------------------------|----------------|-----------|----------|
| SDRC Soccer                  | 15-17 October  | Guangzhou | AISG     |
| ACAMIS Volleyball            | 28-31 October  | Shenzhen  | ISNS     |
| ACAMIS Touch                 | 19-21 November | Beijing   | WAB      |
| AISA Games                   | 24-28 November | Bali      | AIS Indo |
| ACAMIS Swimming Senior       | 3-5 December   | Hangzhou  | HIS      |
| SDRC Touch                   | 3-4 December   | Hong Kong | AISHK    |
| 2027 Events                  | Dates          | Location  | Host     |
| ACAMIS Basketball            | 20-23 January  | Dalian    | DAIS     |
| SDRC Volleyball              | 11-13 March    | Shenzhen  | QSI      |
| ACAMIS Swimming Junior (TBC) | 26-28 February | Shanghai  | WCIS     |
| ACAMIS Soccer                | 24-27 March    | Shanghai  | BISS PX  |
| SDRC Basketball              | 13-15 May      | Guangzhou | UISG     |
|                              |                |           |          |





## Sports Kit Policy

AISHK Kangaroos sports kit policy is designed to ensure our teams look the part while competing. They are designed with athletic practicality at the forefront while considering costs to the parents and the school.

**HKPSSA & Primary Events** – Students will be provided with a standard Kangaroos playing top that will be given on the day and collected after the event for washing. Students will wear their PE shorts.

**ISSFHK & International Events** – All playing tops will be provided on loan by the school. Issued kit will be recorded and will be expected to be returned at the end of the season so it can be prepared for the next teams. Any unreturned kit will be charged \$500. Students will be expected to purchase the shorts. Most sports we allow the PE shorts to be worn as an alternative.

Basketball Shorts - \$220

Black Soccer Shorts - \$140

Black Multi-Purpose Shorts - \$140

**Travelling Kit** – For our teams representing the school at SDRC, AISA or ACAMIS, a standard Kangaroos travel polo will be given to all athletes. For our senior teams competing in AISA and ACAMIS, a Kangaroos Hoodie will also be issued at no extra cost.



## AISHK Kangaroos Selection Policy

At AISHK we strive to be as inclusive as possible where facilities allow. We will select teams but encourage those not involved in competitive squads to continue training. The only exceptions are swimming, where students must meet the minimum criteria, and Badminton in which facility space becomes an issue so numbers must be restricted.

**HKPSSA** – The HKPSSA bases its festivals and events around age-appropriate experiences. We generally like to include as many of our students in these events as possible, however, this comes down to how many teams we can enter (depending on hosts restrictions, usually due to space). When there are events coming up, we will get students/parents to sign up to trials where our staff will make selections based off...

- Performance in the trial
- Ability shown in PDHPE and year level sport
- Ability shown in any ECA's
- Attitude & behaviour

**ISSFHK** – The ISSFHK run seasonal leagues for most team sports, some single day tournaments and events. Students are expected to turn up to trainings and all fixtures for all ISSFHK teams. All selected students will be added to the training sessions on SchoolsBuddy (if not already on the list) and charged accordingly. Selections are based off...

- Performance in trials (if trials are offered)
- Performance in trainings
- Prior match performances
- Attitude & Behaviour

**SDRC, AISA & ACAMIS** – International events, teams will be selected from organised trials or trials within training sessions. Selections will be based on...

- Performance in trials
- Performance in trainings
- Prior match performances
- Attitude & Behaviour
- Up to date academically



## **AISHK Kangaroos Contacts...**

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