The Hong Kong College of Orthopaedic Surgeons (HKCOS)

40th Anniversary Fellow Engagement & Sportsmanship Award

To celebrate the 40th Anniversary of the Hong Kong College of Orthopaedic Surgeons (HKCOS), we are delighted to launch **the HKCOS 40th Anniversary Fellow Engagement & Sportsmanship Award**. This special initiative aims to promote healthy living, foster fellowship among members, and encourage active participation in sports and community activities.

Throughout the anniversary year, the HKCOS will organize a range of events including football tournament, 3x3 basketball competition, tree planting and other engagement programs. We warmly invite all fellows to join these activities, earn points towards the Award, and be part of this memorable celebration of friendship, teamwork, and sportsmanship!

How to earn points

Points will be awarded throughout the anniversary period for participation in eligible activities:

No.	Category	Description	Points
1	Internal College Sport Events	Participating in college-organized sports activities.	80 points per event
2	College-Organized Public Activities	Participating in College-organized public/community team events	120 points per event
3	Inter-College Sport Events	Participating in inter-college organized sports activities on behalf of HKCOS	80 points per event
4	Major Open Competitions	Participating in major external public events (e.g., Marathon, Standard Chartered Marathon)	50 points per event
5	Podium Finish Bonus	Winning 1st, 2nd, or 3rd place in any official external or internal tournament category.	Additional 50 points

Remarks: The same event cannot be counted under both Items 1 and 3. Participation points will be awarded once only. Any eligible Podium Finish Bonus under Item 5 will be credited in addition to the participation points.

Award Categories & Prizes

A) HKCOS 40th Anniversary Fellow Engagement & Sportsmanship Award

- Criteria: Awarded to the **top 3 fellows** who demonstrate exceptional engagement across the widest variety of activities—balancing internal sports, public community team efforts and external sports. It reflects true sporting spirit, peer support, and active collegiality.
- Prize categories: Champion, 1st runner up, 2nd runner up

B) External Competitions Achievement Award

- Criteria: Specifically recognizes the most outstanding fellow who actively competes and succeeds in major external or open sports competitions throughout the anniversary year.
- Prize categories: Champion

Submission of Participation Records

Fellows are invited to submit proof of participation, such as:

- Registration confirmations
- Official race bib numbers
- Completion certificates
- Event photos
- Attendance records for community activities

Eligible activities must be completed within the following period:

1 December 2026 to 30 September 2027

Deadline for Application Submission: 5 October 2027

Please submit the completed application form, together with all supporting documents, to the HKCOS Secretariat at hkcos@hkcos.org.hk on or before the submission deadline.

Any disputes or unforeseen circumstances shall be subject to the final decision of the HKCOS Council.

For enquiries regarding the Award or the application process, please contact Ms. Lorain Lui by email at **lorain@hkcos.org.hk** or by phone at **+852 2871 8846**.