DATE: 16 July 2025

RE: PROMOTION / DEMOTION TEAM LIST

The promoted and demoted teams are as follows:

DIVISION	PROMOTED TEAM	DEMOTED TEAM
Men's A+	--------	SCAA 2, SCAA1
Men's A	KCC, HKCC 1	RECREIO, AC, USRC
Men's B	HKFC 1, HFCC	YTRSA, RECREIO 2, PTC
Men's C	FPCC, LRC 1	HLY, CRC 2, CSSA
Men's D	KTHOA, PTC	HKFC, LRC, RECREIO 2
Men's E	HKFSSWC, USRC	--------
Ladies' A+	--------	SCAA, HKFC 2
Ladies' A	IRC, GCYCC	HLY, COUNTRY
Ladies' B	RECREIO 1, HKCC	CRC, HKFC
Ladies' C	USRC, CRC	--------