

DATE: 10 July 2026

RE: PROMOTION / DEMOTION TEAM LIST

The promoted and demoted teams are as follows:

DIVISION	PROMOTED TEAM	DEMOTED TEAM
Men's A+	-----	RECREIO, SCAA
Men's A	FPCC, HLY	HFCC 1, CCC, RECREIO
Men's B	COUNTRY 1, AC 1	CBGCC, KTC, USRC
Men's C	CCC 3, KTC 2	KCC 1, USRC, CRC 1
Men's D	HKFSSWC, CSSA	RECREIO, CCC 2, KCC
Men's E	SCAA, RECREIO 2	-----
Ladies' A+	-----	KRC, KTHOA
Ladies' A	HKFC, HKCC 1	RECREIO 2, HLY
Ladies' B	CBGCC, HKFC	THKJC 2, THKJC 1
Ladies' C	KTC, HKCC	-----