CHINA METRO-RURAL HOLDINGS Ltd Form 6-K November 26, 2014

UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Form 6-K

REPORT OF FOREIGN PRIVATE ISSUER PURSUANT TO RULE 13a-16 OR 15d-16 UNDER THE SECURITIES EXCHANGE ACT OF 1934

For the month of November 2014

Commission File Number 000-53776

China Metro-Rural Holdings Limited

(Translation of registrant s name into English)

Suite 2204, 22/F Sun Life Tower,

The Gateway, 15 Canton Road,

Tsimshatsui, Kowloon, Hong Kong

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(Address of principal executive office)

	Indicate b	v check mark	whether the	registrant fi	les or will f	ile annual	reports under	cover of Form	20-F or	Form 40	٠F.
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Form 20-F x Form 40-F "

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(1): "

Indicate by check mark if the registrant is submitting the Form 6-K in paper as permitted by Regulation S-T Rule 101(b)(7): "

Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Securities Exchange Act of 1934.

Yes " No x

If Yes is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): "

The information included in the Report on Form 6-K is incorporated by reference into the registration statements on Form F-3 (File No. 333-184774).

Attached hereto and incorporated by reference herein is a press release announcing the departure of a director, dated November 26, 2014.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

Date: November 26, 2014 CHINA METRO-RURAL HOLDINGS LIMITED

By /s/ Sio Kam Seng Sio Kam Seng

Executive Director and Chairman of the Board,

Chief Executive Officer

EXHIBIT INDEX

Exhibit
Number
Description

99.1
Press release announcing departure of a director, dated November 26, 2014.