



Republic of the Philippines
Department of Education
Region X
DIVISION OF MALAYBALAY CITY
Purok 6, Casisang, Malaybalay City
Telefax #088-314-0094



DIVISION MEMORANDUM

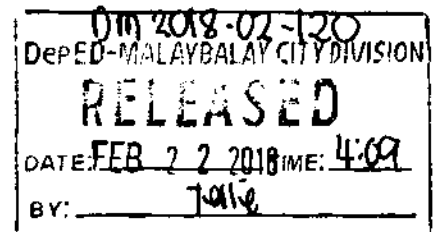
No. 120 s, 2018

TO: Chief Education Supervisors & Staff, CID & SGOD
Public and Private Elementary and Secondary School Heads
This Division

From: 
EDILBERTO L. OPLENARIA, CESO VI
Schools Division Superintendent

Date: February 22, 2018

Subject: **DISSEMINATION OF DEPED MEMORANDUM NO. 26, S. 2018 RE:
2018 PALARONG PAMBANSA GENERAL INFORMATION,
ORGANIZATION AND TECHNICAL GUIDELINES**



1. This Office hereby disseminates the herein DepEd Memorandum No. 26, s. 2018 entitled " 2018 Palarong Pambansa General Information, Organization and Technical Guidelines signed by the Secretary-General, Undersecretary Tonisito M.C. Umali Esq, for reference.
2. Immediate dissemination of this memorandum is highly desired.

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Republic of the Philippines
Department of Education

14 FEB 2018

DepEd MEMORANDUM

No. **026**, s. 2018

**2018 PALARONG PAMBANSA GENERAL INFORMATION, ORGANIZATION
AND TECHNICAL GUIDELINES**

To: Undersecretaries
Assistant Secretaries
Regional Secretary, ARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. In line with the staging of the **2018 Palarong Pambansa** which will be held in the province of Ilocos Sur from April 15 to 21, 2018, enclosed is the *Palarong Pambansa* Board Memorandum No. 1, s. 2018 entitled **2018 Palarong Pambansa Organization, General Information, and Technical Guidelines** signed by the Secretary-General, Undersecretary Tonisito M.C. Umali Esq.
2. For more information, contact **Dr. Paulo O. Motita**, Senior Education Program Specialist or **Mr. Lemuel C. Valles**, Project Development Officer III, Bureau of Learner Support Services-School Sports Division (BLSS-SSD), 3rd Floor, Mabini Building, Department of Education (DepEd) Central Office, DepEd Complex, Meralco Avenue, Pasig City at telephone no. (02) 632-0260 or email at blss.ssd@deped.gov.ph
3. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl.:

As stated

Reference:

DepEd Memorandum No. 74, s. 2017

To be indicated in the Perpetual Index
under the following subjects:

ATHLETICS
COMMITTEES
LEARNERS

OFFICIALS
RULES AND REGULATIONS
SPORTS

5. All selected officiating officials are required to attend the opening and closing programs, and the Refresher Course. Those who fail to register and attend the Refresher Course shall be replaced by the Technical Management and Administration (TMA) Committee following the criteria set forth in the selection of officiating officials.

6. The following shall be presented by the selected officiating officials upon registration:

- a. Authority to Travel documents:
 - a.1. For DepEd employees – approved travel authority duly signed by their respective heads of office;
 - a.2. For National Sports Association (NSA) members – official letter from the Association President or Secretary General (or any NSA duly authorized official) authorizing their participation;
 - a.3. For those coming from Host Local Government Unit (LGU) – letter of endorsement from the Local Chief Executive or City/Provincial Administrator or authorized official in charge of 2018 *Palarong Pambansa*; and
 - a.4. For Philippine Sports Commission (PSC) employees – official Travel Order from the PSC Executive Director.
- b. Two (2) recent 2" x 2" ID pictures; and
- c. Medical certificate from government physician certifying that he/she is physically fit and able to serve during the *Palaro*.

Failure to submit all abovementioned documents shall be a ground for denial of registration.

7. The **Olympic Medal System** shall be applied to determine the overall champion and rankings. Hence, ranking shall be based on the total number of gold, silver, and bronze medals to be contested in the different sports event as provided in Enclosure No. 2.

8. The following may be given cash incentives subject to the availability of funds:

- a. **Palaro medalists and new record holders** in regular sports events including the top three winners in the special games;
- b. **Technical officials and other personnel** who served in the conduct of the 2018 *Palarong Pambansa*; and
- c. **Clean, Green, and Eco-Friendly Palaro winners.**

Cash incentives may be supplemented from the proceeds of the solicitation from various sponsors.

9. On top of the allowable expenses to be given to all members of the TMA Committee and their various management working committees, an additional supplemental allowance to cover the cost of bottled water, toiletries, medicines, and such other related types of expenses may be authorized subject to the accounting and auditing rules and regulations.

10. Consistent with DepEd's existing policies and guidelines in resolving **protest on game technicalities** of any sports event and **protest on eligibility**, complaints should be in written form, duly affidavits of witnesses and/or evidence to support the same **and shall be filed before the start of the second game of the concerned team**. There shall be no protest fee to be collected from the protesting regional delegation.

11. Transportation expenses of all members of the national TMA committees and their respective working groups and technical officials from their respective stations/offices to Vigan, Ilocos Sur Province and back shall be charged to DepEd *Palaro* Funds, subject to the accounting and auditing rules and regulations. They shall also be provided meal allowance



PALARONG PAMBANSA BOARD

*Department of Education
Philippine Sports Commission
Department of Interior and Local Government*



Office of the Secretary General

PALARONG PAMBANSA MEMORANDUM

No. 1, s. 2018

2018 PALARONG PAMBANSA GENERAL INFORMATION, ORGANIZATION AND TECHNICAL GUIDELINES

To: Undersecretaries
Assistant Secretaries
Regional Secretary, ARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary Schools Heads
All Others Concerned

1. Pursuant to Sections 6, 8, 9, and 10 of Rule II of the Implementing Rules and Regulations (IRR) of Republic Act (RA) 10588, the Department of Education (DepEd), through the *Palarong Pambansa* Board and Secretariat shall conduct the **2018 Palarong Pambansa** to be held on April 15 to 21, 2018 in the Province of Ilocos Sur.
2. The annual sporting event shall be hosted by the local government of Ilocos Sur together with DepEd Regional Office I and the Schools Division Office (SDO) of Ilocos Sur Province.
3. Consistent with the aforementioned IRR and in relation to *Palarong Pambansa* Board Resolution No. 2017-004 entitled *Creation of the Permanent Working Committees of the Palarong Pambansa*, attached is the list of the duly constituted permanent working committees and its respective functions (Enclosure No. 1). The chairpersons and members of each committee shall be designated by the Secretary-General to be announced in a separate memorandum. The Secretary-General shall also issue in the aforementioned memorandum the breakdown of the number of regional delegations.
4. The schedule of activities is as follows:

Activity	Date	Venue
Screening and Accreditation of Athletes	February to March 2018	Regional Offices
Registration of Members of the Permanent Working Committees and Technical Officials	April 10, 2018	TBA
Refresher Course for Officiating Officials	April 11-12, 2018	TBA
Solidarity Meeting	April 13, 2018	TBA
General Preparation Day	April 14, 2018	N/A
Opening Ceremony	April 15, 2018	Quirino Stadium Bantay, Ilocos Sur
Competition Proper	April 16-20, 2018	Respective Playing Venues (see Enclosure No. 9)
Closing Ceremony	April 21, 2018	Quirino Stadium Bantay, Ilocos Sur

during their actual official stay. **All officers and members of the TMA must use the most economical and austere means of transportation.**

12. The regular sports played in the 2017 *Palarong Pambansa*, with its related general and technical guidelines, shall remain in effect except for the following regular sports: **basketball, boxing, arnis, taekwondo, and wrestling** having amendments, modifications, or revisions in their respective technical guidelines, as follows:

- a. In basketball, the 3 x 3 shall now be a regular event in the secondary boys and girls category. A team shall be composed of four players with one coach or chaperone. The international rules on 3 x 3 shall apply (Enclosure No. 3);
- b. The regular event of boxing shall still be played only in the secondary level. The guidelines for boxing are contained in Enclosure No. 4;
- c. Pursuant to the following:
 - c.1. PSC Resolution No. 1606-2017 dated September 7, 2017 stating that the Commission is recognizing PEKAF as the National Sports Association (NSA) for Arnis; and
 - c.2. a *Palarong Pambansa* Board Resolution issued on September 27, 2017 and affirmed again on November 27, 2017 recognizing aforementioned PSC's Resolution declaring PEKAF as the NSA for Arnis, the official Arnis rules to be used in the 2018 *Palarong Pambansa* is the Philippine Eskrima Kali-Arnis Federation (PEKAF) rules (Enclosure No. 5); and
- d. The guidelines for taekwondo and wrestling are contained in Enclosure Nos. 6 and 7 respectively.

13. The **2013-2016 Code of Points** by the Federation Internationale de Gymnastique (FIG) shall continue to be adopted in the conduct of the gymnastics competition in this year's *Palarong Pambansa*. However, the **2017-2020 Code of Points** issued recently by FIG shall be adopted in the 2019 *Palarong Pambansa*.

14. Student-athletes enrolled under the Alternative Delivery Modes (ADM) who excel in any of the DepEd-recognized sports may participate in the 2018 *Palarong Pambansa* and lower meets leading to the same, as stated in *Palarong Pambansa* Board Memorandum No. 4, s. 2017 entitled *Eligibility of Home School Pupils/Students to Participate in DepEd Palaro* (Enclosure No. 8).

15. The Clean, Green, Healthy, Organized, and Eco-Friendly Policy, as adopted in the previous *Palarong Pambansa*, shall continue to be implemented.

16. Dancesports, Pencak Silat, and Aerobics Gymnastics shall remain this year's demonstration sports. However, amendments, modifications, or revisions in the technical guidelines and the additional number of athletes for the aforementioned sports in this year's *Palarong Pambansa* are contained in Enclosures 8, 9 and 10 respectively.

17. Medals awarded in the demonstration sports shall not be included in the medal count earned by the regional delegation.

18. Schools officials and teachers who will serve in the 2018 *Palarong Pambansa* as accredited technical officiating officials or member of the different national and regional working committees shall be granted **vacation leave credits** pursuant to the provisions of DepEd Order No. 53, s. 2003 entitled *Updated Guidelines on Grant of Vacation Service Credits to Teachers*.

19. All regions shall adhere to the provisions of DepEd Order (DO) No. 40, s. 2012 (*DepEd Child Protection Policy*). Therefore, all regional delegation officials shall be accountable for the protection, welfare, and safety of their pupil/student-athletes. In addition, each of the DepEd regional offices shall provide medical insurance coverage for its respective delegation.



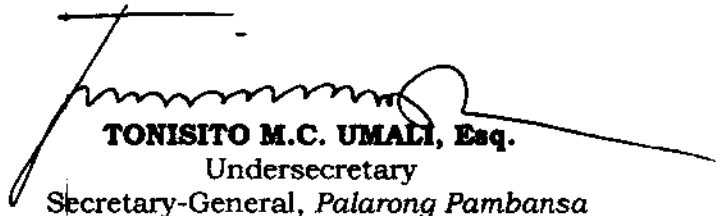
20. In compliance to DO 13, s. 2017 entitled *Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices*, all regional delegations shall promote healthy eating habits by making available healthy and nutritious food and beverages during *Palarong Pambansa*.

21. All members of the TMA Committees shall observe the **No Alcohol, No Smoking, and No Gambling** policies of this Department for the duration of the *Palarong Pambansa*. Violators shall be dealt with accordingly.

22. The following documents are enclosed for reference:

- Enclosure No. 1 : 2018 *Palarong Pambansa* Organizational Structure (*Palarong Pambansa* Board and Permanent Working Committees)
- Enclosure No. 2 : Number of Medals to be Contested by Sports Event
- Enclosure No. 3 : Basketball 3x3 Official Rules of the Game
- Enclosure No. 4 : Guidelines for Boxing Tournament for the 2018 *Palarong Pambansa*
- Enclosure No. 5 : Revised DepEd-PEKAF Arnis Guidelines and Ground Rules for the 2018 *Palarong Pambansa*
- Enclosure No. 6 : Taekwondo Competition Ground Rules for the 2018 *Palarong Pambansa*
- Enclosure No. 7 : Guidelines for Wrestling Tournament for the 2018 *Palarong Pambansa*
- Enclosure No. 8 : Technical Guidelines for Dancesports for the 2018 *Palarong Pambansa*
- Enclosure No. 9 : Technical Guidelines for Pencak Silat for the 2018 *Palarong Pambansa*
- Enclosure No. 10: Technical Guidelines for Aerobic Gymnastics for the 2018 *Palarong Pambansa*
- Enclosure No. 11: *Palarong Pambansa* Board Memorandum No. 4, s. 2017
- Enclosure No. 12: List of Playing Venues
- Enclosure No. 13: List of Billeting Schools

23. Immediate dissemination of this Memorandum is desired.


TONISITO M.C. UMALI, Esq.
Undersecretary
Secretary-General, *Palarong Pambansa*

**ORGANIZATIONAL STRUCTURE
2018 PALARONG PAMBANSA**

April 15-21, 2018

***Palarong Pambansa* Board**

Chairman	:	DepEd Secretary Leonor Magtolis Briones
Secretary-General	:	DepEd Undersecretary Tonisito M.C. Umali, Esq.
Members	:	DepEd Undersecretary Alberto T. Muyot
		DepEd Undersecretary Jesus Lorenzo R. Mateo
		DepEd Undersecretary Annalyn M. Sevilla
		DepEd Undersecretary Alain Del B. Pascua
		DepEd Assistant Secretary Nepomuceno A. Malaluan
		DepEd Assistant Secretary Revsee A. Escobedo
		PSC Chairman William I. Ramirez
		DILG Secretary Eduardo M. Año

Permanent Working Committees

	Committee	Function/s
1	Technical Management and Administration (TMA)	Overall supervision of games and technical preparation
2	Technical and Games Advisory	Liaison/Coordinate with the National Technical Management Committee on the needs and concerns of their respective regional delegation
3	Tournament Management	<ul style="list-style-type: none">▪ Conduct of the game or competition of respective sports; and▪ Final arbitration and decide on protest or complaints in connection with the technical rules of the sports
4	Finance	<ul style="list-style-type: none">▪ Provide efficient and effective financial services to all concerned;▪ Prepare all the necessary requirements to facilitate payment of expenses; and▪ Disburse cash advances
5	Marketing, Communication and Media Information	<ul style="list-style-type: none">▪ Provide coverage of <i>Palarong Pambansa</i> through tri-media;▪ Develop communication and marketing plan for <i>Palarong Pambansa</i>;▪ Solicit sponsors; and▪ Website coverage
6	Procurement	Facilitate the procurement of sports supplies, materials, and equipment needed in the conduct of <i>Palarong Pambansa</i>
7	Games Results, Communication, and Documentation	<ul style="list-style-type: none">▪ Provide official schedules and results of all sports events to all concerned;▪ Provide day-to-day results to media, regional delegations, and the general public; and▪ Submit consolidated report of results to the TMA Committee

8	ParaGames Coordinating Committee	Over-all supervision of the conduct of the games for students with disabilities
9	Administrative Support and General Services a. Registration and Accommodation b. VIPs/Guests c. Medical d. Transportation e. Awards and Ceremonies f. Security g. Athletes Incentives and h. Special Awards i. Sports Equipment Custodian	Provide general administrative support and general services in registration, accommodation, VIPs/Guests, medical, transportation, awards and ceremonies, security, incentives, sports equipment custody, etc.
10	Sports Supplies, Materials, and Equipment	<ul style="list-style-type: none"> Supervise the acceptance, distribution, and retrieval of sports supplies, materials, and equipment procured; and Officially record and document sports supplies, materials, and equipment
11	Evaluation	Undertake evaluation and assessment activity on the <i>Palarong Pambansa</i>
12	Clean, Green, Organized, and Eco-Friendly	<ul style="list-style-type: none"> Supervise the clean, green, organized, and eco-friendly contest; and Serves as judges for the contest
13	National Screening and Accreditation (NSAC)	<ul style="list-style-type: none"> Evaluates and verifies the authenticity of the documents submitted by the athletes, coaches, and chaperons applying for accreditation; Accredit qualified athletes, coaches, and chaperons, and submit a master list to the Board at least two months before the conduct of the <i>Palarong Pambansa</i> Consider replacements for disqualified athletes during the period of screening; and Re-check and monitor with the proper technical officials the athlete fielded by the coaches during actual competition based on the final official master list with photo gallery released by the NSAC

**NUMBER OF MEDALS TO BE CONTESTED**

REGULAR SPORTS							MEDALS						TOTAL
	G	S	B	G	S	B	G	S	B	G	S	B	
	Elem Boys			Elem Girls			Sec Boys			Sec Girls			
ARCHERY							8	8	8	8	8	8	48
ARNIS	7	7	7	7	7	7	16	16	26	16	16	26	158
ATHLETICS	15	15	15	15	15	15	19	19	19	17	17	17	198
BADMINTON	4	4	8	4	4	8	4	4	8	4	4	8	64
BASEBALL	1	1	1				1	1	1				6
BASKETBALL	1	1	1				2	2	2	2	2	2	15
BILLIARD							2	2	2	2	2	2	12
BOXING							10	10	20				40
CHESS	4	4	4	4	4	4	4	4	4	4	4	4	48
FOOTBALL	1	1	1				1	1	1				6
FUTSAL										1	1	1	3
GYMNASTICS (MAG)	9	9	9				5	5	5				42
GYMNASTICS (WAG)				11	11	11				6	6	6	51
GYMNASTICS (RG)				6	6	6				6	6	6	36
SEPAK TAKRAW	2	2	2				2	2	2	2	2	2	18
SOFTBALL				1	1	1				1	1	1	6
SWIMMING	15	15	15	15	15	15	15	15	15	15	15	15	180
TABLE TENNIS	4	4	8	4	4	8	4	4	8	4	4	8	64
TAEKWONDO	9	9	12	9	9	12	13	13	20	13	13	20	152
TENNIS	3	3	6	3	3	6	3	3	6	3	3	6	48
VOLLEYBALL	1	1	1	1	1	1	1	1	1	1	1	1	12
WUSHU							6	6	12	4	4	8	40
WRESTLING							8	8	16	8	8	16	64
TOTAL	76	76	90	80	80	94	124	124	176	117	117	157	1311

TOTAL NUMBER OF MEDALS (REGULAR SPORTS)	G	S	B
	397	397	517

TOTAL NUMBER OF MEDALS (REGULAR SPORTS/ BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	156	156	184	241	241	333
	496			815		

DEMONSTRATION SPORTS	MEDALS												TOTAL
	G	S	B	G	S	B	G	S	B	G	S	B	
	Elem Boys			Elem Girls			Sec Boys			Sec Girls			
AEROBIC GYMNASTICS	1	1	1				1	1	1				6
DANCESPORTS	1	1	1	1	1	1	1	1	1	1	1	1	12
PENCAK SILAT							1	1	1	1	1	1	6
TOTAL	2	2	2	1	1	1	3	3	3	2	2	2	24

TOTAL NUMBER OF MEDALS (DEMO SPORTS)	G	S	B
	8	8	8

TOTAL NUMBER OF MEDALS (DEMO SPORTS/BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	3	3	3	5	5	5
	9			15		

SPECIAL GAMES	MEDALS									TOTAL
	G	S	B	G	S	B	G	S	B	
	Boys			Girls			Mixed			
ATHLETICS	21	21	21	21	21	21	4	4	4	138
BOCCE	2	2	2	2	2	2	4	4	4	24
GOALBALL							4	4	4	12
SWIMMING	15	15	15	15	15	15				90
TOTAL	38	38	38	38	38	38	12	12	12	264

TOTAL NUMBER OF MEDALS (SPECIAL GAMES)	G	S	B
	88	88	88

GRAND TOTAL NUMBER OF MEDALS (BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	159	159	187	246	246	338
	505			830		

GRAND TOTAL NUMBER OF MEDALS (ALL EVENTS)	G	S	B
	493	493	613



2018 PALARONG PAM BANSА BASKETBALL COMPETITION 3x3 Official Rules of the Game – Official Interpretations

The Official FIBA Basketball Rules of the Game and Official Interpretations are valid for all game situations not specifically mentioned in the 3x3 Rules of the Game herein and of the Palarong Pambansa Basketball Competition Guidelines/Ground Rules.

The aim of this document is to convert the principles and concepts of the rulebook into practical and specific situations as they might arise during a normal 3x3 game.

The referee shall have the full power and authority to make decisions on any point not specifically covered in the 3x3 Official Rules of the Game or in the following 3x3 Official Interpretations.

Art. 1 Court and Ball The game will be played on a 3x3 basketball court with 1 basket. A regular 3x3 court playing surface is 15m (width) x 11m (length). The court shall have a regular basketball playing court sized zone, including a free throw line (5.80m), a two point line (6.75m) and a "no-charge semi-circle" area underneath the one basket. Half a traditional basketball court may be used. The official 3x3 ball shall be used in all categories. <i>Note: at grassroots level, 3x3 can be played anywhere; court markings -- if any are used -- shall be adapted to the available space</i>	
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Art. 2 Teams Each team shall consist of 4 players (3 players on the court and 1 substitute) and a Coach/Adviser. <i>Note: No coach on the court; no remote coaching from the bleacher is allowed.</i>	
Example 2-1: During the game, one person, acting as a coach, gives instructions to the players, whilst seated out of the court. This situation happens: (a) During playing time. (b) During a time-out. Interpretation 2-1: In both cases, players may not interact with anybody else outside the court. Inappropriate interaction with people outside the court or any form of communication between players and coaches during the game may get evaluated as unsportsmanlike behaviour. One warning shall be given to the team. Any such subsequent violation shall result in a technical foul.	

Art. 3 Game Officials

The game officials shall consist of 1 or 2 referees and line/score keepers.

Example 3-1: 3 minutes after the beginning of the game, 1 referee appears to be injured and cannot continue to officiate.

Interpretation 3-1: If an official is injured or for any other reason cannot continue to perform his duties within 5 minutes of the incident, the game shall be resumed. The remaining referee will officiate alone for the remainder of the game, unless there is the possibility of replacing the injured referee with a qualified substitute referee. After consulting with the organizer, the remaining referee will decide upon the possible replacement.

Art. 4 Beginning of the Game

4.1. Both teams shall warm-up simultaneously prior to the game.

4.2. A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.

4.3. The game must start with three players on the court.

Note: articles 4.3 and 4.4 apply to FIBA 3x3 Official Competitions only (not mandatory for grassroots events).*

* FIBA Official Competitions are Olympic Tournaments, 3x3 World Championships (incl. U18), Zone Championships (incl. U18), the 3x3 World Tour and 3x3 All Stars.

Example 4-1: After the regular playing time, the score is Team A 15 – Team B 15. Team A was entitled to the ball at the beginning of the game. During the interval prior to the overtime, B3 disrespectfully addresses the referees and is charged with a technical foul.

Interpretation 4-1: The overtime will start with 1 free throw and ball possession for Team A. Team B will lose the right for the ball at the beginning of the overtime.

Example 4-2: Team B is entitled to the check ball under the coin flip procedure. An official makes an error and the ball is erroneously awarded to Team A. The error is discovered

- a. before the ball is in the hands of a player of Team A for the beginning of the game (and the game clock shows 10:00).

Interpretation 4-2.1: The game has not started yet. The ball must be awarded to Team B as per the coin flip procedure.

- b. after the game has already started (and the game clock shows 09:59 or less).

Interpretation 4-2.2: The game has already started and the error cannot be corrected. Team B shall be entitled to the check ball in the potential overtime.

Example 4-3: In a FIBA 3x3 Official Competition, when the game is scheduled to begin, Team B has fewer than 3 players on the playing court ready to play.

Interpretation 4-3: The beginning of the game shall be delayed for a maximum of 5 minutes (in FIBA 3x3 Official Competitions, the Sports Director can modify this time at his/her discretion). If the absent players arrive on the playing court ready to play before 5 minutes have passed, the game shall begin immediately. If the absent players have not arrived on the playing court ready to play before 5 minutes have passed, the game

shall be forfeited to Team A.

Example 4-4: In a FIBA 3x3 Official Competition, Team A is present with less than 3 players on the court because of injuries, disqualifications etc. This happens:

- a. Prior to the start of the game.
- b. After the game has already started.

Interpretation 4-4: The obligation to be present with a minimum of 3 players is valid only for the beginning of the game. In case (a), the game shall not start, whilst in case (b), Team A shall continue to play with fewer than 3 players. ~~After the start of the game a team must always be present with at least 1 player on the court.~~

Example 4-5: During the game, A1 leaves the game due to an injury. Team A can continue the game with only 2 remaining players, as they have no more substitutes available. As Team A is playing with 2 players, Team B decides for any reason to also play with 2 players, whilst 1 player remains seated on the substitution chair.

Interpretation 4-5: The decision of Team B to play with 2 players shall be permitted. Even if Team B has 3 players available, at least one of them must be on the playing court.

Example 4-6: Before the beginning of the game, B3 disrespectfully addresses the referees and is charged with a technical foul.

Interpretation 4-6: 1 free throw for Team A. The game will start according to the coin flip procedure. A technical foul before the start of the game shall always result in 1 free throw for the opposing team.

Art. 5 Scoring

5.1. Every shot inside the arc shall be awarded one 1 point.

5.2. Every shot behind the arc shall be awarded 2 points.

5.3. Every successful free throw shall be awarded 1 point.

Example 5-1: A3 releases the ball on a shot from the 2-point field goal area. The ball on its upward flight is legally touched by

- a. an offensive player
- b. a defensive player

who is within the 1-point field goal area. The ball then continues its flight and enters the basket.

Interpretation 5-1: The value of a field goal is defined by the place on the floor from where the shot was released. A field goal released from the 1-point field goal area counts 1 point, a field goal released from the 2-point field goal area counts 2 points. In both cases team A shall be awarded 2 points as A3's shot was released from the 2-point field goal area.

Art. 6 Playing time/Winner of a Game

6.1. The regular playing time shall be as follows: one period of 10 minutes playing time. The clock shall be stopped during dead ball situations and free throws. The clock shall be restarted after the exchange of the ball is completed (as soon as it is in the offensive team's hands).

6.2. However the first team which scores 21 points or more wins the game if it happens before the end of regular playing time. This rule applies to regular playing time only (not in a potential overtime).

6.3. If the score is tied at the end of playing time, an extra period of time will be played. There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.

6.4. A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play. In case of a forfeit, the game score is marked with w-0 or 0-w ("w" standing for win).

6.5. A team shall lose by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team can choose to keep its score or have the game forfeited, whilst the defaulting team's score is set to 0 in any case.

6.6. A team losing by default or a tortuous forfeit will be disqualified from the competition.

Note: If a game clock is not available the running time's length and/or required points for sudden death is at the organizer's discretion. FIBA recommends setting the score limit in line with the game's duration (10 minutes/10 points; 15 minutes/15 points; 21 minutes/21 points).

Example 6-1: With the score Team A 20 – Team B 20, A2 scores a lay-up worth 1 point. This happens

- a. with 2 min remaining in the game clock.

Interpretation 6-1.1: Team A is the winner of the game. The final score will be Team A 21 – Team B 20.

- b. during the extra-period.

Interpretation 6-1.2: The game shall continue. The first team to score 2 points in the overtime wins the game.

Example 6-2: A2 is fouled during an act of shooting from behind the arc. The shot is successful. This happens

- a. with 1 min to the end of the game with the score Team A 20 – Team B 20.

Interpretation 6-2.1: Team A is the winner of the game. The final score will be Team A 22 – Team B 20. 22 is the maximum possible score in a game after regular playing time. Free-throw(s) and potential possession of the ball for the foul shall be disregarded.

- b. during the overtime with the score Team A 21 – Team B 21.

Interpretation 6-2.2: Team A is the winner of the game. The final score will be Team A 23 – Team B 21, and this is the maximum possible score in a game after overtime. Free-throw(s) and potential possession of the ball for the foul shall be disregarded.

Example 6-3: With the score Team A 15 – Team B 15, B4 is fouled during an act of shooting from behind the arc, just before the game clock signal sounds for the end of regular playing time. This is Team A's 10th team foul in the game. The shot is successful.

Interpretation 6-3: B4's successful field goal is valid. B4 shall attempt the 2 free throws as a result of the foul, as Team B didn't reach 21 points. Team B is the winner of the game and the number of free throws scored by B4 shall determine the final score. Team B shall lose the possession of the ball, as the playing time is expired.

Art. 7 Fouls/Free Throws

7.1. A team is in a penalty situation after it has committed 5 fouls. Players are not excluded based on the number of personal fouls subject to art. 15.

7.2. Fouls during the act of shooting inside the arc shall be awarded 1 free throw, whilst fouls during the act of shooting behind the arc shall be awarded 2 free throws.

7.3. Fouls during the act of shooting followed by a successful field goal shall be awarded 1 additional free throw.

7.4. Team fouls 7, 8 and 9 shall always be awarded with 2 free throws. The 10th and any subsequent team foul will be awarded with 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting and overrules 7.2 and 7.3.

7.5. All technical fouls will be always awarded with 1 free throw and ball possession, whilst unsportsmanlike fouls will be awarded with 2 free throws and ball possession. The game shall continue with an exchange of the ball behind the arc at the top of the court after a technical or unsportsmanlike foul.

Note: no free throws are awarded after offensive foul.

Statement 1:

A personal foul is a player's illegal contact with an opponent, whether the ball is live or dead.

During the game, each player has the right to occupy any position (cylinder) on the playing court not already occupied by an opponent. This principle protects the space on the floor which he occupies and the space above him when he jumps vertically within that space.

Player not in possession of the ball: A player shall not hold, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot. The principal of advantage/disadvantage is applied until the freedom of movement of the player is restricted by an opponent.

Player in possession of the ball not in AOS: A player shall not hold, push, charge, trip or impede the progress of an opponent by extending his hand, arm, elbow, shoulder, hip, leg, knee or foot outside his cylinder, provoking the clear loss of control of the ball of the offensive player.

Player in AOS: As soon as the player leaves his vertical position (cylinder) and body contact occurs with an opponent who had already established his own vertical position (cylinder), the player who left his vertical position (cylinder) is responsible for the contact.

The principal of advantage/disadvantage is applied until

offensive player clearly loses his/her balance and/or the control of the ball because of excessive contact of defensive player

defensive player clearly loses his/her balance because of excessive contact of offensive player

Statement 2:

An unsportsmanlike foul is a player foul that is an excessive, hard or dangerous contact.

Holding an opponent in control of the ball shall be considered as an unsportsmanlike foul.

Statement 3:

A player clearly exaggerating or faking a contact may receive a technical foul immediately. No warning shall be given.

Example 7-1: Player A3 gets called for a disqualifying foul.

Interpretation 7-1: Disqualifying fouls shall be awarded with 2 free throws and ball possession. A3 shall be disqualified from the game by the referees, must leave the court immediately and may be disqualified from the event by the organizer (Art. 15).

Example 7-2: With 3:05 in the game clock, both teams have committed 7 fouls. A4 is dribbling the ball outside the arc. A5 and B5 are fighting for position close to the basket. The referee calls a foul

- a. against A5 (offensive foul).

Interpretation 7-2.1: Check ball for Team B. No free throws are awarded after an offensive foul. An offensive foul is a personal foul committed by a player of the team in control of the live ball or entitled to the ball.

- b. against B5.

Interpretation 7-2.2: 2 free throws shall be awarded to A5 since Team A is in the bonus.

Example 7-3: B1 is dribbling the ball. A1 deflects the ball and both players start running to first reach the ball. In order to get an advantage, B1 pushes A1 and the referee calls a personal foul against B1. This is:

- a. the 1st Team Foul in the Game.
- b. the 7th Team Foul in the Game.
- c. the 10th Team Foul in the Game.

Interpretation 7-3: After A1's deflection, Team B did not lose the possession of the ball. Therefore, B1's foul must be considered as an offensive foul. In all cases, the game shall continue with a check ball for Team A.

Example 7-4: At the beginning of the game the referees call an Unsportsmanlike Foul against B3. After 2 min. B3 delays on purpose the restarting of the game and the officials charge him with a Technical Foul. Close to the end of the game B3 commits his 6th foul and the referees call it

- a. as a normal foul.

Interpretation 7-4.1: B3 can continue to play. A player shall not be excluded based on the number of personal fouls.

- b. as an Unsportsmanlike Foul.

Interpretation 7-4.2: B3 shall be automatically disqualified because of the second Unsportsmanlike Foul, and must leave the court (Art.15).

- c. as a Technical Foul.

Interpretation 7-4.3: B3 can continue to play. A player shall not be automatically disqualified for committing two Technical Fouls (Art.15).

Example 7-5: A4 is fouled by B4 while attempting a 1-point field goal. The shot is not successful. Team B has committed 3 fouls.

Interpretation 7-5: A4 shall be awarded 1 free throw.

Example 7-6: A4 is fouled by B4 while attempting a 2-point field goal. The shot is successful. Team B has committed 5 fouls.

Interpretation 7-6: 2 points for Team A and 1 additional free throw for A4.

Example 7-7: A4 is fouled by B4 while attempting a 1-point field goal. The shot is not successful. Team B has committed 8 fouls.

Interpretation 7-7: A4 shall be awarded 2 free throws

Example 7-8: A4 is fouled by B4 while attempting a 2-point field goal. The shot is successful. Team B has committed 10 fouls.

Interpretation 7-8: 2 points for Team A, 2 additional free throws for A4 and ball possession for Team A.

Example 7-9: Simultaneously with the game clock signal for the end of the regular playing time, B1 fouls A1 and an Unsportsmanlike Foul is called. The score is Team A 13 – Team B 15.

- a. A1 misses one or both free throws.

Interpretation 7-9.1: A1 will attempt both free throws and the game will end, with Team A having no chance to reach the overtime.

- b. A1 scores both free throws.

Interpretation 7-9.2: The game shall continue with the overtime and the ball will be awarded to Team A, as a result of the Unsportsmanlike Foul (coin flip procedure shall not be applied).

Art. 8 How the Ball is played

8.1. Following each successful field goal or last free throw (except those followed by ball possession):

- A player from a non-scoring team will resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc.
- The defensive team is not allowed to play for the ball in the "no-charge semi-circle area" underneath the basket.

8.2. Following each unsuccessful field goal or last free throw (except those followed by ball possession):

- If the offensive team rebounds the ball, it may continue to attempt to score without returning the ball behind the arc.
- If the defensive team rebounds the ball, it must return the ball behind the arc (by passing or dribbling).

8.3. If the defensive team steals or blocks the ball, it must return the ball behind the arc (by passing or dribbling)

8.4. Possession of the ball given to either team following any dead ball situation shall start with a check-ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the court.

8.5. A player is considered to be "behind the arc" when neither of his feet are inside nor atop the arc.

8.6. In the event of a jump ball situation, the defensive team shall be awarded the ball.

Statement 1:

A player who receives the ball while standing with both feet on the floor:

The moment one foot is lifted, the other foot becomes the pivot foot.

To start a dribble, the pivot foot may not be lifted before the ball is released from the hand(s).

The ball is considered released when it does not rest in the player's hand(s) anymore.

A player who receives the ball while he is progressing or upon completion of a dribble may take two steps after catching the ball in coming to a stop, passing or shooting the ball.

The player receiving the ball while running shall release the ball to start his dribble before his second step.

Statement 2:

After a scored basket all actions with the intent to delay the game shall lead to an immediate warning. Any subsequent attempt to delay the game by an already warned team shall lead to a technical foul.

Example 8-1: After A2's successful field goal B3 collects the ball to resume the game. Then A2 inside the no-charge semi-circle starts playing clean defence against B3.

- Team A had not received a warning for delay of the game prior to this action.

Interpretation 8-1.1: The Officials will give an official warning to Team A for interference after a scored basket.

- Team A had already received a warning for delay of the game prior to this action.

Interpretation 8-1.2: Team A will be immediately charged with a Technical Foul for interference after a scored

basket.

Example 8-2: After A2's successful field goal, B3 tries to collect the ball to resume the game. A2 inside the no-charge semi-circle starts preventing B3 from collecting the ball without fouling B3.

- a. Team A had not received a warning for delay of the game prior to this action.

Interpretation 8-2.1: The Officials will give an official warning to Team A for delay of the game.

- b. Team A had already received a warning for delay of the game prior to this action.

Interpretation 8-2.2: Team A will be immediately charged with a Technical Foul for delay of the game.

Example 8-3: After B2's successful field goal, Team A does not immediately try to collect the ball.

- a. Team A had not received a warning for delay of the game prior to this action.

Interpretation 8-3.1: The Officials will stop the game to avoid stalling and give an official warning to Team A. Check Ball for Team A.

- b. Team A had already received a warning for delay of the game prior to this action.

Interpretation 8-3.2: Team A will be immediately charged with a Technical Foul.

Example 8-4: After A1's successful field goal, B3 touches the ball with his leg and the ball goes out of bounds.

- a. B3's touch happens accidentally.

Interpretation 8-4.1: Check-ball for Team B.

- b. B3's touch happens on purpose.

Interpretation 8-4.2: If Team B had not received a warning for delay of the game yet, the officials shall give a warning to Team B and the game shall continue with a check-ball for Team B. A Technical Foul shall be charged against Team B, in case Team B was already warned for delay of the game.

Example 8-5: After B2's successful field goal, A1 collects the ball and then

- a. Touches the end line with one foot.

Interpretation 8-5.1: Out-of-bounds violation, check-ball for Team B.

- b. Makes 3 steps before starting the dribble.

Interpretation 8-5.2: Travelling violation, check-ball for Team B.

Example 8-6: After A1's successful field goal, B2 passes the ball to B3 inside the arc. B3 attempts a field goal.

Interpretation 8-6: As soon as the ball leaves B3's hands, the referees shall call a "No-cleared ball" violation, as B3 had no right to attempt a field goal.

Example 8-7: After B2's unsuccessful shot, A3 rebounds the ball and dribbles for 8 seconds inside the arc. Before the ball is cleared, A3 is fouled by B1.

Interpretation 8-7: The foul shall count, as Team A has the right to clear the ball until the last moment of the shot-clock period.

Example 8-8: B1's shot is blocked by A1. A2 then recovers the ball and goes to the basket without having

cleared the ball. Immediately after the ball leaves A2's hands for a lay-up, A2's is fouled by B3. The lay-up is successful.

Interpretation 8-8: "No-cleared ball" violation and check-ball for Team B. The basket shall not count, as Team A didn't get the right to attempt a field goal without having previously cleared the ball. The defensive foul must be disregarded, unless called as an Unsportsmanlike or Disqualifying Foul.

Example 8-9: In an attempt to clear the ball, A1 is dribbling the ball with one of his feet outside the arc. Then he lifts the other foot off the floor.

Interpretation 8-9: The ball is cleared, because neither of A1's feet are inside nor step on the arc.

Example 8-10: During the check-ball at the top of the court between A3 and B2, the defensive player A3 throws the ball out of reach of the opponent.

- a. This is the first time in the game.

Interpretation 8-10.1: The referee will give an official warning to Team A. The offensive player must receive the ball behind the arc. The defensive player has to hand over or bounce the ball to the opponent with a normal basketball pass.

- b. This is the second time in the game.

Interpretation 8-10.2: Team A will be immediately charged with a Technical Foul.

Example 8-11: During the check-ball, the defensive player A2 positions himself too close to the opponent B3.

Interpretation 8-11: The Referee shall not allow resuming the game until there is a reasonable distance (approx. 1 metre) between the 2 players.

Example 8-12: A2 is dribbling the ball. Suddenly, B3 deflects the ball and both players start running to collect the ball. Then A2 and B3 put their hands on the ball. The official calls a jump ball situation.

Interpretation 8-12: The ball shall be awarded to the defensive team, in this case Team B.

Example 8-13: B1 attempts a shot for a field goal. After the ball touches the rim, B2 and A3, jumping for the rebound, land on the court with both of them having both hands firmly on the ball. The referee calls a jump ball.

Interpretation 8-13: The ball shall be awarded to Team A, as Team B had the last possession of the ball. The team that did not have the last possession of the ball is considered the defensive team.

Example 8-14: While Team A has possession of the ball, the game is stopped by the referee because

- a. Of the court surface breaking open.

Interpretation 8-14-1: The game shall continue with a check-ball for Team A and the actual remaining time on the shot-clock.

- b. Of player A2 suffering an injury that requires immediate attention.

Interpretation 8-14-2: The game shall continue with a check-ball for Team A and the actual remaining time on the shot-clock.

- c. Of player B2 suffering an injury that requires immediate attention.

Interpretation 8-14-3: The game shall continue with a check-ball for Team A and a new shot-clock period of 12 seconds.

Art. 9 Stalling

9.1. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.

9.2. If the court is equipped with a shot clock, a team must attempt a shot within 12 seconds. The clock shall start as soon as the ball is in the offensive players' hands (following the exchange with the defensive player or after a successful field goal underneath the basket).

9.3 It is a violation, if after the ball has been cleared an offensive player is dribbling inside the arc with the back or side to the basket for more than five seconds.

Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.

Example 9-1: After the ball has been cleared, A1 is dribbling inside the arc, close to the 2-point line, with the back to the basket for 5 seconds.

Interpretation 9-1: Stalling violation. Check-ball for Team B.

Example 9-2: A1, holding a live ball outside the arc, passes the ball to A2 close to the basket. A2 dribbles for 3 seconds inside the restricted area.

Interpretation 9-2: 3-second violation. Check-ball for Team B.

Art. 10 Substitutions

Substitutions can be done by any team when the ball becomes dead, prior to the check-ball or free throw. The substitute can enter the game after his teammate steps off the court and establishes a physical contact with him. Substitutions can only take place behind the end line opposite the basket and substitutions require no action from the referees or table officials.

Example 10-1: After A2's successful field goal, B4 substitutes B1 while the game clock is running.

Interpretation 10-1: B1's substitution cannot be allowed. After a basket, the ball does not become dead and is available for the non-scoring team. Team B shall be immediately penalised with a technical foul.

Example 10-2: A2 is awarded 2 free throws. B4 substitutes B1 between the first and second free throw before the ball is handed over to A2 for his second free throw.

Interpretation 10-2: B1's substitution shall be granted since the ball is dead.

<p>Art. 11 Time-outs</p> <p>11.1. Each team is granted one team time-out. Any player can call the time-out in a dead ball situation.</p> <p>11.2. In case of TV production, the organizer can decide to apply two TV time-outs that will be called at the first dead ball after respectively the game clock showing 6:59 and 3:59 in all games.</p> <p>11.3. All time-outs have a length of 30 seconds.</p> <p><i>Note: time-outs and substitutions can only be called in dead ball situations and cannot be called when the ball is live pursuant 8.1.</i></p>	
<p>Example 11-1: After A1's successful field goal in the overtime B1 requests a time-out.</p> <p>Interpretation 11-1: B1's request cannot be granted. After a basket, the ball does not become dead and is available for the non-scoring team. Therefore, no time-out can be granted to Team B unless the ball became dead and the game is continued with a check-ball. If Team B has not used the time-out during regular playing time, the request can be granted at the first dead ball situation.</p>	

<p>Art. 12 Protest procedure</p> <p>In case a team believes its interests have been adversely affected by a decision of an official or by any event that took place during a game, it must proceed in the following manner:</p> <ol style="list-style-type: none"> 1. A player of that team shall sign the score sheet immediately at the end of the game and before the referee signs it. 2. Within 30 minutes, the team should present a written explanation of the case, as well as a security deposit of 200 USD to the Sports Director. If the protest is accepted, then the security deposit is refunded. 3. Video materials may be used only to decide if a last shot for a field goal at the end of the game was released during playing time and/or whether that shot for a field goal counts for 1 or 2 points. 	
<p>Statement 1:</p> <p>Only the official game video produced by the official event organiser shall be considered in the protest procedure.</p>	

Art. 13 Standings of teams

Both in pools and in overall competition standings (other than standings in tours), the following classification rules apply. If teams that have reached the same stage of the competition are tied after the first step, refer to the next one – and so on.

1. Most wins (or win ratio in case of unequal number of games in inter-pool comparison);
2. Head-to-head confrontation (only taking win/loss into account and applies within a pool only);
3. Most points scored in average (without considering winning scores of forfeits).

If teams are still tied after those three steps, the one(s) with the highest seeding win(s) that tie-breaker.

The standings in tours (whereas tours are defined as series of connected tournaments) will be calculated for the tours denominator, i.e. either players (if players can create new teams in every tournament) or teams (if players are bound to one team for the whole tour). Tour standings order:

- i. Standings in final event or prior to it, being actually qualified to tour final;
- ii. Tour standing points collected for final standings at each tour stop;
- iii. Most wins collected in the tour (or win ratio in case of unequal number of games)
- iv. Most points scored in average during the tour (without considering winning scores of forfeits).
- v. Seeding for tie-breaking purposes will be a tour seeding done simultaneously with each specific event seeding.

Note: Tour seedings are done with all the teams participating in a tour irrespectively if they play or do not play the next event.

Example 13-1: After pool play, Team A and Team B both finish with a

- a. Record of 2-2. Team A is ranked ahead of Team B in the pool because of the head-to-head confrontation. Both teams advance to the elimination round and are eliminated in their first game respectively. In the final standings, Team B (17.5 points scored on average) is ranked ahead of Team A (16.5 points scored on average).

Interpretation 13-1-1: The final standings are correct. Head-to-head confrontation is only applied in pools, but not in final standings. With both teams finishing with a 2-3 record, Team B is ranked ahead of Team A due to the higher scoring average.

- b. Record of 1-2. Team A is ranked ahead of Team B in the pool because of the head-to-head confrontation. Both teams do not advance to the elimination round. In the final standings, Team B (17.5 points scored on average) is ranked ahead of Team A (16.5 points scored on average).

Interpretation 13-1-2: The final standings are correct. Head-to-head confrontation is only applied in pools, but not in final standings. With both teams finishing with a 1-2 record, Team B is ranked ahead of Team A due to the higher scoring average.

Art. 14 Seeding rules

Teams are seeded consecutively to the team ranking points (sum of the team's 3 best players ranking points, prior to the competition). In case of a same team ranking points, seeding will be determined randomly prior to the competition start.

Note: In national team competitions, seeding is done based on the 3x3 Federation Ranking.

Art. 15 Disqualification

A player committing 2 unsportsmanlike fouls (not applicable to technical fouls) will be disqualified from the game by the referee and may be disqualified from the event by the organizer. Independent thereof, the organizer will disqualify the player(s) concerned from the event for acts of violence, verbal or physical aggression, tortuous interference in game results, a violation of FIBA's Anti-Doping rules (Book 4 of the FIBA Internal Regulations) or any other breach of the FIBA Code of Ethics (Book 1, Chapter II of the FIBA Internal Regulations). The organizer may also disqualify the entire team from the event depending on the other team members' contribution (also through non-action) to the aforementioned behavior. FIBA's right to impose disciplinary sanctions under the regulatory framework of the event, the Terms and Conditions of 3x3planet.com and the FIBA Internal Regulations remains unaffected by any disqualification under this Article 15.

Example 15-1: With 9:38 in the game clock A1 and B1 push each other and the referees call a Double Unsportsmanlike Foul against them. With 0:25 in the game clock, A1 fouls B2 causing an excessive contact. A1 is charged with an Unsportsmanlike Foul by the referees.

Interpretation 15-1: A1 will be disqualified because he committed 2 Unsportsmanlike Fouls. He must immediately leave the court and may be disqualified from the event by the organizer.

Example 15-2: With 9:15 in the game clock, A3 delays on purpose the continuation of the game after a basket. Because Team A was already warned for the same reason, the referees charge a Technical Foul to team A. With 0:25 in the game clock, A3 disrespectfully addresses the referees and a Technical Foul is called.

Interpretation 15-2: A3 will not be disqualified for committing 2 Technical Fouls. The 2 Technical Fouls shall be charged against Team A and count as team fouls in the game.

Art. 16 Addition to U12 categories

The following adaptations to the rules are recommended in U12 categories:

1. Insofar possible, the basket may be lowered to 2.60m.
2. The first team to score in overtime wins the game.
3. No shot clock is used; if a team is not sufficiently trying to attack the basket, the referee shall give them a warning by counting the last 5 seconds.
4. Penalty situations are not applicable, hence fouls are followed by check-ball, except those in act of shooting, technical fouls and unsportsmanlike fouls.
5. No time-outs are granted.

2018 PALARONG PAMBANSA GUIDELINES FOR BOXING TOURNAMENT

SECONDARY

AGE CLASSIFICATION	AGE RANGE	YEAR OF BIRTH	WEIGHT CATEGORY	WEIGHT RANGE
School Boys	14-16 y/o	2002-2004	Pin Weight	44-46 kg
School Boys	14-16 y/o	2002-2004	Light Flyweight	Over 46 kg-48 kg
School Boys	14-16 y/o	2002-2004	Flyweight	Over 48 kg-50 kg
School Boys	14-16 y/o	2002-2004	Light Bantam Weight	Over 50 kg-52 kg
School Boys	14-16 y/o	2002-2004	Bantam weight	Over 52 kg- 54 kg
School Boys	17-18 y/o	2000-2001	Light Flyweight	46-49 kg
School Boys	17-18 y/o	2000-2001	Flyweight	Over 49 kg-52 kg
School Boys	17-18 y/o	2000-2001	Bantam Weight	Over 52 kg- 54 kg
School Boys	17-18 y/o	2000-2001	Light weight	Over 54 kg-56 kg
School Boys	17-18 y/o	2000-2001	Light Welter Weight	Over 56 kg-60 kg

1. GENERAL WEIGHT-IN

Boxers **MUST** bring the following in the General Weight-In:

- All-to-date Record Medical Book (Red Book) that has been properly filled-up with correct information and with a 2x2 I.D picture attached inside the page cover of the red book.
- Identification card issued by DepEd.
- No coaches will be allowed within the location of the General Weight-In or the Boxer waiting area.
- Only one (1) registered boxer per weight category per team will be permitted for the General Weight-In.
- Boxer must be clean shaven.
- For the General Weight-In, the boxer's weight must not exceed the maximum or the Boxer's Weight Category not be below the maximum of the Boxer's weight category.
- At the daily Weight-In, only the maximum weight limit will be consolidated, not the Minimum weight limit.
- Boxer that do not comply with the requirements will not be allowed to weight-in and therefore cannot participate in the said event.

2. OFFICIAL DRAW:

- The official draw will be conducted right after the weight-in.
- It will be conducted as Computerized Draw by Swiss Timing System.
- Each team can send a maximum of three representatives.
- After the draw the DepEd will distribute printed draw sheets to all team representatives (One set per team) who are in site.

3. KEY TECHNICAL and COMPETITION RULES:

- KIDS DIVISION: Three (3) rounds of one (1) minute each, one (1) minute rest between Rounds.
- SCHOOL BOYS DIVISION: Three (3) rounds of two (2) minutes each one (1) minute rest Between rounds.
- YOUTH BOYS DIVISION: Three (3) rounds of three (3) minutes each, one (1) minute rest Between rounds.
- KNOCKDOWN COMPULSORY COUNT LIMIT:
 - KIDS DIVISION: Two KD's in a round and three KD's in the bout.
 - SCHOOL BOYS DIVISION: Two KD's in a round and three KD's in a bout.
 - YOUTH BOYS DIVISION: Two KD's in a round and three KD's in the bout.
- A "down" or count caused by any foul will not be included in the compulsory count limit.
- Gloves and headguards will be provided by the DepEd. Personal ones will not be allowed.
- A pair of bandages each will be provided to all the boxers.
- Boxers shall put on their gloves before entering the ring and headguards after entering the ring.
- No red or partially red colored gum shield may be worn.
- No boxer will be saved by the bell.

4. TEN POINT MUST SCORING SYSTEM:

- All the 5 judges quickly selected by the computer system.
- Only the scores of the 5 judges will be counted.
- The winner will be announced at the end of the bout.
- Only the scores of these judges will be displayed at the end of each bout.

5. RULES FOR SECONDS:

A. PROHIBITED ACTIVITIES

- A Second should not be permitted to shout loud, to clap to the Boxer and/or Referee, to encourage or incite spectators by words or signs during the progress of the round.
- A Second's setting area should be 50 cm to 1 meter away from the ring corner within the space of 2 x 2.50 meters.
- A Second should not be permitted to walk off Second's designated area with disagreed actions against the referee.
- A Second should not be permitted to throw any item into the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any other action that may be
- The use of any communication device shall not be permitted into the field of play such as but not limited to mobile phones, walkie talkers, smart phones, head sets, short wave radio etc.
- Under any circumstances should the Second administer supplemental oxygen to boxer during a bout.
- The Second may use that bottled water by the ringside. No water bottle will be allowed.

B. SANCTIONS

- For a 1st violation on any of the above prohibited activities, the Second shall receive a caution.
- For a 2nd violation on any of the above prohibited activities, the Second shall receive a warning and be placed just outside of the FOP area and be allowed to remain there at the competition venue.
- For a 3rd violation on any of the above prohibited activities, the Second shall be removed by the Supervisor for the rest of the day.
- If this Second is removed for a second time, this Second shall be completely suspended from the competition.

- The Supervisor and Deputy Supervisor shall be responsible for cautioning, warning, and removing the Seconds.

6. BOXER'S UNIFORM:

- Boxers must wear a red or blue vest and shorts per the boxer's respective corner.
- Boxers shall box in the light boots or shoes (without spikes or heels), socks, short (not to exceed knee length) and a vest covering the chest and back.
- The belt line of shorts must be clearly indicated by a contrasting color and by using a 6-10 cm wide elastic waistband.
- The belt line is an imaginary line from the navel to the top of the hips.
- Boxer should not be allowed to have tape, in any form, on their uniform.

7. AWARD CEREMONY:

- All medalists in each weight category are required to participate in the Awarding Ceremony.
- All medalist must wear their own region's trakcsuit, shirts, and shoes.
- No boxer is allowed to participate in the Awarding Ceremony with any prohibited attire.

Medalists are required to compete in the National Championship but have to box in the same weight category where he/she won in the Area Tournaments. Boxers who do not comply will automatically be disqualified.

8. PROTEST:

- According to AIBA Technical Rule #5, amended August 31, 2014:

NO PROTEST is AOB, APB, and WSB Competition is permitted and the decisions of the Referee and Judges are FINAL. However, in AOB Competitions, if the Supervisor believes that the decision of the Referee has been taken in contravention of these Technical Rules and of the AOB Competition Rules, the Supervisor will call for a meeting for the bout to be reviewed at the end of the sessions by all participating ITO's and Referee and Judges for a final decision and inform both Team Delegations immediately.



PALARONG PAMBANSA 2018

Vigan City, Ilocos Sur

April 15-20, 2018

REVISED DEPED-PEKAF ARNIS GUIDELINES AND GROUND RULES

I. COMPETITION RULE:

The International Rules and the DepEd - PEKAF Ground Rules in Arnis Competition shall govern the conduct of this event in the Palarong Pambansa 2018 including other DepEd sponsored competition in the lower level.

II. PARTICIPANTS:

TEAM COMPOSITION

Elementary Level

- Boys: 3 Players and 1 Coach
- Girls: 3 Players, 1 Coach and 1 Chaperon

Secondary Level

- Boys: 5 Players and 1 Coach
- Girls: 5 Players, 1 Coach and 1 Chaperon

III. FULL CONTACT SECONDARY LEVEL:

There shall be a maximum of five (5) participants distributed evenly in the different weight divisions for both Secondary Boys and Girls in the Arnis Full Contact. As a matter of procedure, each region/team is allowed only one (1) entry in each of the five (5) weight category (secondary)

FULL CONTACT

SECONDARY LEVEL – WEIGHT DIVISION

BOYS	CATEGORY	GIRLS
43 kgs up to 47 kgs	Pinweight	37 kgs up to 40 kgs
Over 47 kgs up to 51 kgs	Bantamweight	Over 40 kgs up to 44 kgs
Over 51 kgs up to 55 kgs	Featherweight	Over 44 kgs up to 48 kgs
Over 55 kgs up to 60 kgs	Extra Lightweight	Over 48 kgs up to 52 kg
Over 60 kgs up to 65 kgs	Half Lightweight	Over 52 kgs up to 56 kgs

IV. FULL CONTACT ELEMENTARY LEVEL: Demonstration Event. Non medal tally count, but to be awarded with medal. (OPTIONAL) (Same rule in secondary level)

ELEMENTARY LEVEL – BOYS AND GIRLS WEIGHT DIVISION

AGE RANGE	CATEGORY	WEIGHT CATEGORY
11 yrs old and Below	Kids	38 klbs and Below
Over 11 yrs old to 12 yrs old	Light Paperweight	Over 38 klbs to 40 klbs
Over 12 yrs old to 13 yrs old	Paperweight	Over 40 klbs to 42 klbs

V. FULL CONTACT COMPETITION: PADDED STICKS

Participants are required to wear the standard uniform

1. White plain T-shirt (athlete's name, school/club logo, division and region may appear on provided that it does not dominate the over-all appearance of the shirt.
2. Plain red pants (school/club logo may appear on the pants).
3. Rubber soled shoes.

Conduct of the Tournament

The conduct of the competition shall be on a two-out-of-three round system. Each round should be held for One (1) minute with Three (3) Judges using flag system, both elementary and Secondary level.

Players are required to show artistic armis movements unique to their styles for at least three (3) seconds when the referee says "HANDA". Failure to do this – First Offense will be given BABALA or warning. Second and succeeding offenses shall be considered as PAGLABAG or foul.

A SCORE: shall mean a strike with a padded stick using one hand only, delivered to a specific body point and is counted upon confirmation of Two (2)

or

Three (3) Judges by raising of color coded flags (2 same color – majority, 3- same color unanimous), simultaneously recorded on the score sheet. Every hit in the encounter will be stopped by the Referee to award the score. (Bladed concept

will

be observe. First to get five (5) points will be declared winner for the round

and

DEAAP rules for the Fouls and Disarm will be applied

1. A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - a.) Sporting attitude- refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.
 - b.) Vigorous application- defines the power, speed of the techniques and the will for it to succeed
 - c.) Fighting awareness (dakup-diwa) - is the state of continued commitment in which the constant maintains total concentration, observation and awareness of the total opponent's potentiality to counter-attack.

- d.) Good timing- means delivering a technique when it will have the greatest potential effect.
 - e.) Distancing- delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of the blow is reduced.
- 2. **A legitimate strike is given a point if it is delivered to a specific body point in correct form, with power, right timing, with art, distance and intent.**
 - 3. **Spontaneous strike is allowed, but the judges can only give one (1) point per encounter but in accordance with the guidelines on legitimate strike.**
 - 4. **In case of DRAW extension of one (1) round with one (1) minute and the decision/declaration of winner shall be based on the following consideration:**
 - 4.1 **Legitimate points earned within the extension round**
 - 4.2 **The attitude and determination shown by the contestant**
 - 4.3 **The superiority of tactics and techniques.**
 - 4.4 **Accumulated warnings/penalties**

Injuries

In case of injury caused by accidental blow and the medical doctor decides/suggests to give the injured player a little time to rest before he/she can continue the game, the decision as stated shall be suspended for a while. However, the rest period shall not be more than two (2) minutes after which the medical doctor must declare the fitness of the injured player to continue or discontinue the game.

VI. FULL CONTACT COMPETITION: LIVE STICK CONTINUOUS (OPTIONAL)

- a. **Equipment : Padded Sticks**
- b. **Category : Secondary 2 boys and 2 Girls any of the 5 weight Category (B/G)**
- c. **Non medal count in the tally: But to be awarded with medal**
- d. **Conduct of the Competition: One (1) minute per round, PEKAF rules and DEAAP Ground rules/Coaches agreement.**
- e. **CRITERIA FOR DECISION: LIVE STICK CONTINUOUS**
 - 1. **If Three Rounds (1 minute per round, with 30 seconds rest) – Three Judges scoring will be done using the “10 point must” system. The winner of the round is always awarded 10 points, while the looser is from 7 to 9 points. On the completion of Three (3) rounds of the match, each judge will total the score on his/her card for each of the two competitors, the highest point will be the Winner of the match.**
 - 2. **If One (1) Round (2 minutes) - Three Judges scoring/decision will be done by raising of color coded flags (2 same color – majority, 3- same color**

unanimous). To declare the Winner of the match, judges will about face, then raise the color of the flag at the Referee's command "Hato!".

3. Scoring will be on the following basis:

- a.) The competitor who hits or more power full hits to the head, hands and all other legitimate target areas, except below the knees, and back.
- b.) Aggressiveness also earns credit
- c. Elements of offense, defense, clean hitting techniques and sportsmanship will be carefully observe.
- d. If at the end of the match scored tie is established the decision is a draw (tabla).
- e. In the absence of deciding score, the referee shall extend the match for a sudden death or 1st killing strike for 30 seconds. Thereafter, the referee will call for a conference with the judges to determine the winner. The decision shall be taken on the basis of the following considerations;
 - e.1 The attitude and determination shown by the contestant
 - e.2 The superiority of tactics and techniques.
 - e.3 Accumulated warnings/penalties

Major violation each round will be carried forward to the extension

VII. LIKHA ANYO C OMPETITION:

Composition: Five (5) Players/Participants will come from the Team members in the full contact event who qualify in the weigh-in in the secondary level both boys/ girls and three (3) players who qualify in the NSAC age requirements for both boys and girls elementary level. Likewise, the coach and chaperon will be the same as in full contact.

ANYO COMPETITION

Elementary (Boys/Girls Category)

- | | |
|--|--------------------------------|
| A. Individual Likha Anyo Single Weapon Category category | - 1 player per individual |
| B. Individual Likha Anyo Double Weapon Category category | - 1 player per individual |
| C. Individual Likha Anyo ESPADA Y DAGA category | - 1 player per individual |
| D. Team (Synchronized) Likha Anyo Single Weapon Category | - 3 players per team category. |
| E. Team (Synchronized) Likha Anyo Double Weapon Category | - 3 players per team category |
| F. Team (synchronized) Likha Anyo Espada y Daga | - 3 players per team category |
| G. Team (Synchronized Mixed) Likha Anyo Double Weapon Category | -1 boy & 1 girl per team |

Secondary (Boys and Girls category)

- | | |
|--|-------------------------------|
| A. Individual Likha Anyo Single Weapon Category category | - 1 player per individual |
| B. Individual Likha Anyo Double Weapon Category category | - 1 player per individual |
| C. Individual Likha ESPADA Y DAGA category | - 1 player per individual |
| D. Team (Synchronized) Likha Anyo Single Weapon Category | - 3 players per team category |

E. Team (Synchronized) Likha Anyo Double Weapon Category - 3 players per team category

G. Team (synchronized) Likha Anyo Espada y Daga - 3 players per category

COSTUME: For the Anyo competition. It is required that the participating regions must use the **Delegation uniform** or the Arnis uniform (**white t-shirt and red pants**)

WEAPONS: A player may have the option to choose any of the following weapons (with a minimum length of 24 inches and a maximum length of 36 inches.)

1. Wooden stick/yantok - The cane (stick) made of wood or rattan should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches.)
2. Wooden Replica of a Bladed Weapon - The wooden replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin.
3. Metallic Unbladed Replica of a Bladed Weapon - The metallic replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin
4. Metallic/wooden Unbladed of a replica of a bladed sword and a dagger- The metallic replica of the sword should measure not more than 60cm. in length and the dagger should measure not less than 20cm. and not more than 31cm. and should be Filipino in origin.

DETERMINING THE WINNER IN ANYO COMPETITION:

There shall be Five (5) judges. The highest and the lowest score will be removed and the remaining scores of the Three (3) judges will be added together to get the score.

IN CASE OF TIE:

* In case of tie, the highest and the lowest score of the Five (5) Judges be backed and added together to break the tie. (DEAAP rules)

* In case another Tie: Repeat performance

*The ranking of participants is based from the **net score** obtained which is determined by deducting all identified point deduction/s committed if any in accordance with the rules.

Conduct of the Tournament:

1. The conduct of the competition shall be one (1) round Anyo performance for both Secondary and Elementary level (boys/girls)
2. Each performance shall have a minimum of one (1) minute and a maximum time limit of two (2) minutes. The official time shall start when the player/team gives the Standard courtesy (Pugay) and it shall officially ended when the player/teams gives the ending courtesy (Pugay).
3. Standard Pugay is at close stance, salutation is done by placing the right hand with

the weapon pointing upward over the left chest, while the left arm is at the side at closed fist and followed by a nod.

4. The *Likha Anyo* performance both in secondary and elementary Level shall be focused on *Arnis* skills.
5. No Acrobatic/fancy movement (such as; tumbling, back flip, somersault, cartwheel and other combative discipline skills will be incorporated during the performance of *Likha Anyo*.
6. Score in the *Likha Anyo* competition shall have a numerical value from 5-10 with an increment of 0.1 under the five criterion using *DEAAP* Rules.
7. Drinking of any kind of liquid during the actual matches is strictly prohibited

PENALTIES/VIOLATIONS/DEDUCTIONS:

1. Violation of time limit shall cause the participant/s deduction of point. A deduction of One (1) point should be given in short of the minimum one (1) minute time limit or in excess of the maximum of two (2) minute time limit. .
2. Stepping and/or going out of the boundary lines will cause the performer/s a deduction of One (1) point per stepping violation.
3. Performer/s who accidentally loses grip of the weapon/s should be given a deduction of Three (3) points for every violation.
4. Weapon gets destroyed or has any apparent damage to any part of the weapon will cause the performer/s a deduction of Two (2) points per violation of player/team.
5. Failure to execute the standard pugay at the start/end of performance would mean a three (3) points deduction
6. Judgment calls cannot be protested

VIII. OTHER MATTERS:

1. Eligibility of coaches, assistant coach, and chaperon must adhere to the Rules and Guidelines for the National Accreditation and Screening of Athletes and coaches, assistant coach and Chaperon for the *Palarong Pambansa* . (Full Contact event)
5. Coaches, Assistant coaches /Chaperons must be accredited.
6. Official coaches/assistant coach and chaperons listed on the gallery
are allowed to sit on the coaches designated chair for coaching, when his/ her athletes where playing simultaneously in two (2) different court during the competition.

7. **Official coaches/assistant coach and chaperons must be in their Delegation Uniform while on coaching, No short pants, sando and slippers will be allowed for the coaches/chaperons during the competition.**
8. **Official coaches/assistant coach and chaperons must observe proper decorum during the competition.**
9. **The Technical Committee shall decide on all other queries/issues not mentioned in the Ground rules.**

IX. GENERAL SCHEDULE OF ACTIVITIES:

- | | | |
|----|---|---|
| A. | Arrival of officiating officials and registration
2018 | – April 12, |
| B. | Refresher Course for all officiating officials
2018 | – April 12-13, |
| C. | Welgh –In / Drawing of Lots /Checking of Equipment /Music | – April 13, 2018 (1:00PM to
5:00PM) |
| D. | Solidarity Conference | – April 14, 2018 (8:00am to
11:00am) |
| E. | General Opening Ceremony/Parade | – April 15, 2018 (3:00PM) |
| F. | Arnis Ceremonial Program/Actual Competition | – April 16-19, 2018 |
| G. | Championship games/Awarding Ceremony | – April 19, 2018 |

AL P. PELGONE
Tournament Manager (Arnis)
Palarong Pambansa



APPROVED TAEKWONDO COMPETITION GROUND RULES (FOR DEPED COMPETITIONS)

I. KYORUGI (Sparring) EVENT

A. CATEGORIES FOR ELEMENTARY BOYS AND GIRLS:

1. ELEMENTARY BOYS and ELEMENTARY GIRLS

FOR PALARONG PAMBANSA

	<u>Height</u>	<u>Birthdate</u>
Group 1	Over 144 cm. to 152 cm.	On or after January 1, 2005
Group 2	Over 152 cm. to 160 cm.	On or after January 1, 2005
Group 3	Over 160 cm.	On or after January 1, 2005

FOR REGIONAL COMPETITIONS AND OTHER LOWER LEVEL MEETS

Group 1	Over 144 cm to 150 cm	on or after January 1, 2005
Group 2	Over 152 cm to 158 cm	on or after January 1, 2005
Group 3	Over 160 cm	on or after January 1, 2005

NOTE: Height measurements are being adjusted to avoid future disqualification in the Palarong Pambansa

1. SECONDARY BOYS

Finweight	Not exceeding 45 kg.
Flyweight	Over 45 kg. & not exceeding 48 kg.
Bantamweight	Over 48 kg. & not exceeding 51 kg.
Featherweight	Over 51 kg. & not exceeding 55 kg.
Lightweight	Over 55 kg. & not exceeding 59 kg.
Welterweight	Over 59 kg. & not exceeding 63 kg.
Open weight	Over 63 kg

2. SECONDARY GIRLS

Finweight	Not exceeding 42 kg.
Flyweight	Over 42 kg. & not exceeding 44 kg.
Bantamweight	Over 44 kg. & not exceeding 46 kg.
Featherweight	Over 46 kg. & not exceeding 49 kg.
Lightweight	Over 49 kg. & not exceeding 52 kg.
Welterweight	Over 52 kg. & not exceeding 55 kg.
Open weight	Over 55 kg.

C. KYORUGI COMPETITION GROUND RULES:

1. **Method of Competition:** The competition shall be individual, single elimination.
2. **No of Competitors:** Each delegation may field only one competitor in each of the categories.
3. **Length of Matches:** Matches shall be 2 rounds of 1.5 minutes per round with 30 seconds rest between rounds for elementary from elimination to finals and 2 rounds of 2 minutes with 30 seconds interval per round for secondary from eliminations to semi- final round and 3 round of 2 minutes per round in the finals with 30 seconds rest between rounds.
4. **Weigh-In:** Weigh-in shall be conducted two days prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in.
5. **Coaches:** Only one official coach(as registered in the gallery of pictures of every delegation) per player shall be allowed in the coach's chair during the matches.
6. **Competition Codes of Conduct:** The Taekwondo Competition Codes of Conduct shall be strictly enforced.
7. **Competition Rules:** For all other matters not provided for in these ground rules, the current WTF Kyorugi Competition Rules and Interpretation and the Palarong Pambansa guidelines shall apply.
8. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo **COMPETITION UNIFORMS** for **BOTH KYORUGI AND POOMSAE**
9. **Competition Belt:** All players who are not blackbelts shall wear the competition belt prescribed by PTA (blue/black combined colors)

NOTE: Use of the "**PHILIPPINES**" print on the uniform is reserved for members of the National Taekwondo Team and for those who have represented the country in international competitions. Otherwise, such usage is strictly prohibited.

10. **Competition Equipment:** Only brands approved by the PTA shall be approved for use. The contestants shall wear complete protectors during the match (head protector, body protector, arm & shin guards, groin guard, hand gloves, and mouth guard)).
11. **PSS (protector and scoring system):** All players are required to have their own electronic sensor socks.
12. **Mouth Guard:** The use of the mouth guard shall be required for all level. Mouth guard must be transparent or white.
13. **Coaches' Attire:** Coaches shall wear the proper attire during the competition. Shorts and slippers are not allowed.

D. **AWARDS FOR THE KYORUGI EVENT:**

1. Winning contestants in the Individual Kyorugi categories shall be awarded the following medals:

First Place	-	Gold Medal
Second Place	-	Silver Medal
2 Third Places	-	Bronze Medal

SPECIAL AWARDS; (if available)

BEST PLAYERS FOR ELEMENTARY BOYS, GIRLS, SECONDARY BOYS AND SECONDARY GIRLS...

II. POOMSAE (Forms) EVENT

Poomsae (forms) competition is another event in taekwondo competitions which requires different skill level. As such, players for poomsae must not be coming from Kyorugi participants.

There shall be 3 contestant for elementary boys, 3 contestant for elementary girls and 3 contestant for secondary boys, 3 contestant for secondary girls

1. INDIVIDUAL POOMSAE EVENT

- a. Elementary Boys category A (128 cm-144 cm)
- b. Elementary Boys category B (over 144 cm)
- c. Elementary Girls category A (128 cm – 144 cm)
- d. Elementary Girls category B (over 144 cm)

2. TEAM POOMSAE EVENT

- a. **Elementary boys team** - composed of 3 participants
- b. **Elementary girls team** – composed of 3 participants

3. MIXED PAIR POOMSAE EVENT

Composed of 2 participant (1 from elementary boys and 1 from elementary girls)

B. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. Secondary Boys Category A (below 59 kg)
- b. Secondary Boys Category B. (over 59 kg)
- c. Secondary Girls Category A. (below 52 kg)
- d. Secondary Girls Category B (over 52 kg)

2. TEAM POOMSAE EVENT

- a. **Secondary boys Team-** composed of 3 players
- b. **Secondary girls team** – composed of 3 players

3. MIXED PAIR POOMSAE EVENT

Composed of 2 participant, one (1) contestant from secondary boys and 1 (one) from secondary girls

C. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY

FOR ELEMENTARY (TAEGUK 4, 5, 6, 7, 8, KORYO, KEUMGANG).

FOR SECONDARY (TAEGUK 5, 6, 7, 8, KORYO, KEUMGANG, TAEBEK)

D. POOMSAE COMPETITION GROUND RULES

1. Method of Competition:

The cut-off system shall be applied in this competition. It shall comprise of the following stages:

1.1 Eliminations:

Contestants shall perform the two required poomsae for the elimination round chosen in the Drawing of Lot and **ONE HALF OF THE** contestants shall be selected for the semi-final round based on their point rankings.

1.2 Semi-final:

Contestants shall perform the two required poomsae for the semi-final round and 3 contestants shall be selected for the final round based on their point rankings.

1.3 Final:

Contestants shall perform the two required poomsae for the final round and they shall be awarded based on their point rankings.

2. Duration of Contest:

The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 1 minute and 30 seconds

3. Competition Codes of Conduct:

The PTA Competition Codes of Conduct shall be strictly enforced.

4. Uniform:

The contestant shall use only the approved Taekwondo POOMSAE uniform (dobuk) with the PTA or WTF approved seal

5. Competition Rules:

For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

E. AWARDS FOR THE POOMSAE EVENT

1. Individual Poomsae:

Winning contestants in the Individual Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal
Second Place	-	Silver Medal
Third Place	-	Bronze Medal

2. Team Poomsae:

Winning contestants in the Team Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal (3 Gold)
Second Place	-	Silver Medal (3 Silver)
Third Place	-	Bronze Medal (3 Bronze)

3. Mixed Pair Poomsae:

Winning contestants in the Mixed Pair Poomsae categories shall be awarded the following medals.

First Place	-	Gold Medal (2 Gold)
Second Place	-	Silver Medal (2 Silver)
Third Place	-	Bronze Medal (2 Bronze)

Note: medal tally for mixed pair will be recorded in the girls division. **WINNERS IN CATEGORY A AND CATEGORY B WILL ADVANCE IN THE HIGHER MEET. WINNING TEAM (THE MOST NUMBER OF GOLD MEDALS) WILL DETERMINE THE THIRD MEMBER OF THE TEAM IN THE NEXT HIGHER MEET**

MEDAL REQUIREMENTS

Elementary Boys Kyurogi	GOLD	SILVER	BRONZE
Category 1	1	1	2
Category 2	1	1	2
Category 3	1	1	2
TOTAL:	3	3	6

Elementary Girls Kyurogi	GOLD	SILVER	BRONZE
Category 1	1	1	2
Category 2	1	1	2
Category 3	1	1	2
TOTAL:	3	3	6

Secondary Boys Kyurogi DIVISION	GOLD	SILVER	BRONZE
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Open WEIGHT	1	1	2
TOTAL:	7	7	14

Secondary Girls Kyurogi DIVISION	GOLD	SILVER	BRONZE

FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
OPEN WEIGHT	1	1	2
TOTAL:	7	7	14

Poomsae Elementary Boys & Girls	Category	GOLD	SILVER	BRONZE
Boys category A	Individual	1	1	1
Boys Category B	Individual	1	1	1
Girls Category A	Individual	1	1	1
Girls Category B	Individual	1	1	1
BOYS	Team	3	3	3
GIRLS	Team	3	3	3
Boys & Girls	Mixed Pair	2	2	2
TOTAL:		12	12	12

Poomsae Secondary Boys & Girls	Category	GOLD	SILVER	BRONZE
Boys Category A	Individual	1	1	1
Boys Category B	Individual	1	1	1
Girls Category A	Individual	1	1	1
Girls Category B	Individual	1	1	1
Boys	Team	3	3	3
Girls	Team	3	3	3
Boys & Girls	Mixed Pair	2	2	2
TOTAL:		12	12	12

Submitted by: HARNY TABUADA
TOURNAMENT MANAGER
TAEKWONDO EVENT
2017 PALARONG PAMBANSA

2018 Palarong Pambansa Guidelines Wrestling

1. Age and Weight classes

There shall be two (2) age clusters for both boys and girls:

- A. 13 -15 (cut-off year: 2003) – Cadets
- B. 16-18 – Juniors

There shall be four (4) weight categories for each cluster:

- A.1. Cadets Boys – 42, 46, 50, 54 kgs
- A.2. Cadets Girls – 40, 44, 48, 52 kgs
- B.1. Juniors Boys – 54, 58, 62, 66 kgs
- B.2. Juniors Girls – 48, 52, 56, 60 kgs

Bout Duration:

2 minutes + 30 seconds break

2. Competition system

The competition system shall be dependent on the number of entries:

- A. For entries with five (5) competitors or less, the single round robin (Nordic system) shall prevail with one (1) gold, one (1) silver and one (1) bronze medal.
- B. For entries with six (6) to seven (7), competitors the athletes will be clustered then the single round robin (Nordic system) then a crossover to determine ranking. There shall be one (1) gold, one (1) silver and one (1) bronze medal.
- C. Entries with eight (8) and above shall have one (1) gold, one (1) silver and two (2) bronze medals.
- D. A one (1) kilogram is allowed during weigh-in for example an athlete participating in a 60 kgs is allowed to weigh-in at 61 kgs anything above that the athlete is deemed disqualified however, the said athlete will be given 30 minutes to make weight.
- E. The medical inspection shall be conducted prior to the weigh-in.

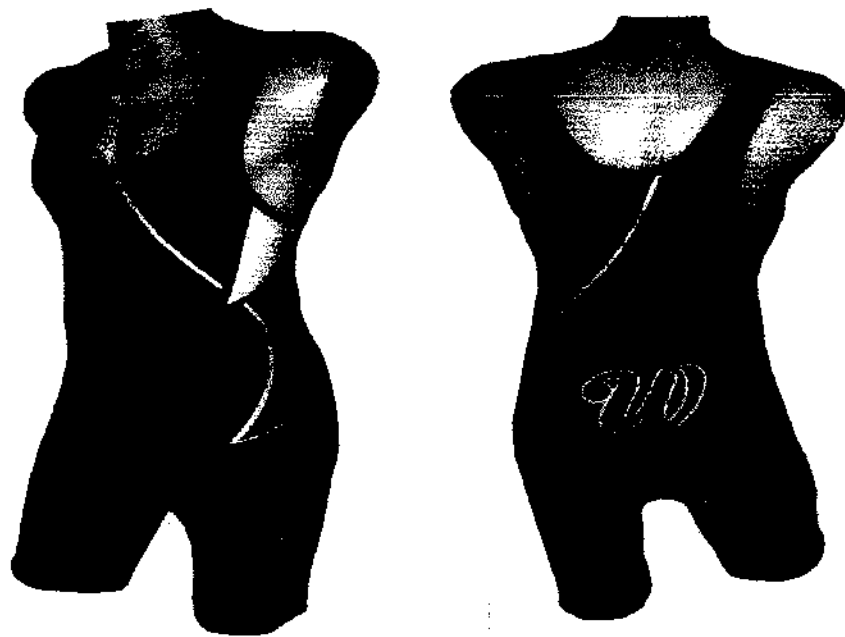
3. Point System

The following point system 1, 2, 4 and 5 point found in the international rules however due to safety concerns the 4 and 5 point system is acknowledge but not encouraged during bouts due to safety concerns. Further, all cautions shall be an automatic one (1) point.

4. Palaro competition Uniform

For the PalarongPambansa National Championship, in order to limit the participation costs per teams, we propose that in place of the official Olympic-wrestling standard uniform, we *shall allow* a close approximate in having 1) a pair of blue and red sando-and-cycling-shorts combo per athlete, and 2) exempt them from wearing wrestling shoes, have them compete barefooted.

**Sample official singlet
BOYS SINGLET**



GIRLS SINGLET



At the beginning of each day, each competitor must be closely shaven or have a beard of several months' growth.

-Contestants must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue). Alternatively, wearing a sando approved by the technical officials concern on the competition.

- Their Division/Region emblem on the chest.

- The abbreviation of the Division's/Region's name (maximum size 10cm x 10cm) on the back of the singlet (4 to 7 cm) above or in a half circle around the Division's/Region's abbreviation.

- The use of light kneepads containing no metal parts is allowed.
- The wrestler must have a cloth handkerchief with him during the whole of the match.

Advertising on clothing Apart from during the Olympic Games where the IOC Rules apply, competitors can wear one or several sponsors' names. Contestants may also wear their sponsors' name(s) on the back or sleeves of their robes.

Lettering and

symbols may not be higher than 6 cm to identify the sponsor(s). **Ear protectors** For those wrestlers who wish to wear ear protectors, they must be approved by DEPED and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors.

Shoes

Contestants must wear wrestling shoes providing firm support for the ankles. The use of shoes with heels or nailed soles, shoes with buckles or with any metallic part, is prohibited. Shoes may be without laces. Shoes with laces should be wrapped with sticky tape or a system which hides the tip of laces so that they do not come undone during the match. Each competitor is responsible for providing the tape himself for the shoes, which will be controlled before getting on to the mat.

Bans

At the weigh-in, the referee must check that each competitor satisfies the requirements of this article. The wrestler must be warned at the weigh-in that, if his appearance is not correct, he will not be allowed to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow maximum one minute in order for him to comply. If, after this time, the wrestler is still at fault, he will lose the match by abandon.

It is prohibited to:

- Wear the emblem or abbreviation of another Division's/Region's.
- Apply any greasy or sticky substance to the body
- Arrive at the mat perspiring for the beginning of the match and for the beginning of each period.
- Wear bandages on fingers, wrists, arms or ankles except in the case of injury and on doctor's orders. These bandages must be covered with elastic straps.
- Wear any object that might cause injury to the opponent, such as rings, bracelets, prosthesis, piercing etc.
- Wear under-wired bras for Women's wrestlers

5. Illegal Holds

The following holds and actions are illegal and strictly prohibited:

- Throat hold
- Twisting of arms more than 90 degrees
- Arm lock applied to the forearm
- Holding the head or neck with two hands, as well as all situations and positions of strangulation
- Double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- Executing a hold by stretching the opponent's spinal column
- Chancery holds with one or two hands in any direction whatsoever

- The only holds allowed are with the head and one arm
- In standing, holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- In executing a hold, only one arm may be used to hold the opponent's head or neck
- Lifting the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground); that is, the bridge must be forced down
- Breaking the bridge by pushing in the direction of the head
- Generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and on the first offence, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his violation, he will be punished by a caution and one point will be awarded to his opponent.
- If a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive two points.

Prohibited holds for female wrestling

All double Nelsons holds in the "par terre" or standing position are forbidden in female wrestling.

Prohibited holds for schoolboys and cadets

To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:

- Double Nelson from both the front and side
- In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

6. Tournament officials:

The tournament officials shall be commensurate to the number represented per region however due to the nature of the sport. Some officials with specialized functions are in need due to the experience and expertise as follows:

1. The Pairing Director/ Games Marshall (2)
2. Jury Chairperson
3. Games Controller
4. Documentation Head
5. Video Recorder (2)

There shall be one (1) tournament manager, one (1) assistant manager, one (1) recorder, one (1) timer, one (1) overall mat chair, one (1) mat judge, 21 referee/judge.

A total of 34 technical officials.



Palarong Pambansa Dance Sport

Rules & Guidelines 2015

2nd Revised Version

DanceSport Council of the Philippines

Professional Division



Edgardo C. Borromeo
DSCPI-PD Head
edgar.borromeo@gmail.com / 09212428847

This rules and regulation is designed by the DSCPI-PD in accordance to the rules and regulation of the World DanceSport Federation, DanceSport Council of the Philippines and the technical committee of the Professional Division for UAAP, NCAA, SCAA and all School Based DanceSport to further develop the sport and a sportsmanlike competition mandated by the Philippine Sports Commission.

Palarong Pambansa DanceSport Rules & Guidelines 2015
2nd Revised Version

- I. The World DanceSport Federation (WDSF) rules shall govern the competitions except for the amendments introduced and approved in this Special Guidelines and Ground rules for the School Based DancesSport.
- II. DanceSport Council of the Philippines Professional Division (DSCPI-PD) technical rules and regulations will apply and be implemented to the Syllabus, Coaches, Trainings and Adjudicators.
- III. Technical Committee
 - A. Tournament Director 1
 - B. Committee 2
 - C. Adjudicator 5 and above
 - D. Scrutineer 2
 - E. Barkers and Martials 10
 - F. Dancesport Disc Jockey 1
- IV. Adjudicators
 - A. DSCPI Licensed National Adjudicators A and B
 - B. DSCPI Licensed School Based DanceSport Teachers
- V. Scrutineering
 - A. DSCPI-PD Licensed Scrutineer
- VI. Technique books
 - A. Technique of Latin Dancing by Walter Laird (IDTA)
 - B. Technique of Latin Dancing - SUPPLEMENT by Walter Laird (IDTA - first edition 1997)
 - C. The revised Technique of Latin American Dancing (ISTD)
 - D. The revised Technique by Alex Moore
 - E. The Ballroom Technique by the Imperial Society (ISTD)
 - F. Technique of Ballroom Dancing by Guy Howard (IDTA)

VII. Competition age group, disciplines, categories and dances.

Age Group	Discipline	Category	Dances
Juvenile	Standard	Waltz Syllabus	Waltz
Juvenile	Standard	Tango Syllabus	Tango
Juvenile	Standard	Quickstep Syllabus	Quickstep
Juvenile	Standard	D	Waltz/Tango
Juvenile	Standard	C	Waltz/Tango/Quickstep
Juvenile	Standard	A	W/T/VW/SF/Q
Junior	Standard	Waltz	Waltz
Junior	Standard	Tango	Tango
Junior	Standard	Quickstep	Quickstep
Junior	Standard	D	Waltz/Tango
Junior	Standard	C	Waltz/Tango/Quickstep
Junior	Standard	A	W/T/VW/SF/Q
Youth	Standard	C	W/T/Q
Youth	Standard	A	W/T/VW/SF/Q
Juvenile	Latin	ChaChaCha Syllabus	ChaChaCha
Juvenile	Latin	Samba Syllabus	Samba
Juvenile	Latin	Jive Syllabus	Jive
Juvenile	Latin	D	ChaChaCha/Jive
Juvenile	Latin	C	Samba/ChaChaCha/Jive
Juvenile	Latin	A	S/C/R/PD/J
Junior	Latin	ChaChaCha	ChaChaCha
Junior	Latin	Rumba	Rumba
Junior	Latin	Jive	Jive
Junior	Latin	D	ChaChaCha/Jive
Junior	Latin	C	ChaChaCha/Rumba/Jive
Junior	Latin	A	S/C/R/PD/J
Youth	Latin	C	C/R/J
Youth	Latin	A	S/C/R/PD/J
Formation	Standard	Syllabus with intro & exit	5 Dances
Formation	Latin	Syllabus with intro & exit	5 Dances

Notes: Not all Categories above are active in the Palarong Pambansa at the moment due to some requirements but for the Division & Regional Levels it is a must to include all categories as preparations for the coaches, athletes, officials and organizers and send the representative to Palarong Pambansa the winners of the required categories.

2018 Palarong Pambansa Categories are in bold or highlighted letters.

VIII. Definition of a couple:

A couple consists of a male and a female.

IX. Partner

Attachment to more than one partner in a given age division at the same time is not permitted.

X. Age Requirements

Age Group	School Level	Year of Competition	Age
	2018	2018	
		Year of Birth	AGE
Juvenile	Elementary Level	2005 or after	13 Below
Junior	Secondary Level	2000 or after	14 to 18
Youth	K-12	2000 to 2002	18/17/16

XI. Music

A. Time allowed and tempi

In all rounds of competitions the music played shall be a minimum of one and a half minutes duration and a maximum of two minutes. In the Paso Double the music shall be played at least up to the second highlight and at maximum to the 3rd highlight, provided always that the Chairman may extend the maximum duration for any dance or dances if in his or her opinion a longer duration is necessary for fair adjudication of that dance or those dances in an event.

B. The tempi for each dance shall be:

Waltz 28 – 30 bars/min Samba 50 – 52 bars/min
Tango 31 – 33 bars/min Cha-Cha-Cha 30 – 32 bars/min
Viennese Waltz 58 – 60 bars/min Rumba 25 – 27 bars/min
Slow Foxtrot 28 – 30 bars/min Paso Doble 60 – 62 bars/min
Quickstep 50 – 52 bars/min Jive 42 – 44 bars/min

C. Type of music

In all WDSF competitions the music must have the character of the dance being performed, for example no disco music may be played for Latin-American dances.

D. Dance order

The sequence of the dances Competition is compulsory except with the prior written approval of the DSCPI-PD.

XII. Choreography and Syllabus

A. Subject to these Rules, all choreographies in all ten dances in all DSCPI registered competitions are open choreographies.

B. There is a uniform restricted syllabus for all Juvenile age groups, which is prepared and amended from time to time by the Technical Committee of the Dancesport Council of the Philippines Professional Division and approved by the DSCPI-PD Presidium.

XIII. Lifts

A. Lifts are not permitted in either category.

B. A lift is any movement during which one member of a couple has both feet off the floor at the same time with the assistance of the other partner.

C. The Chairman of the Adjudicator may disqualify couples who perform lifts during competition.

XIV. Marking

- A. Closed marking shall be used in the finals of competitions. Open marking is not permitted the Competitions except to display couples' places in each dance, and is not permitted to display the individual placing of each couple by each Adjudicator of the dances, however the organizer may seek permission from the Chairman to use the Open Marking System.
- B. The Skating System shall be used.

XV. Selection of Heats: Semi-Finals and Finals

- A. Competitions shall comprise at least a first round, semi-final and final.
- B. Starting with the first round, the selection of all heats shall be random.
- C. The semi-final must always be danced in two heats.
- D. The semi-final of any competition must be danced in two heats on a floor with an area of less than 250 square meters.
- E. The re-dance system shall apply from the first round. Two qualifying rounds shall be held to allow all couples the opportunity to dance twice. Chairman shall decide the number of couples to be recalled from both qualifying rounds.
- F. At least 50 % of the participating couples shall be recalled to the next round (excluding the Final).
- G. In Finals Adjudicators shall place couples. "1" is the best place marking. The same placing must not be given to more than one couple.
- H. No more than 6 couples should participate in the final, but if more than 6 couples qualify, the Chairman will decide on the number of participants.

XVI. Health and Welfare of the Athletes

- A. There must be a break of at least 20 minutes between the rounds of the competition.
- B. All Finals and prize presentations for Juvenile athletes must be concluded before 21:00 (9:00P.M.)
- C. All Finals and prize presentations for junior athletes must be concluded before 23:00 (10:00P.M.)

XVII. Competition Dress

- A. In all competitions granted under these Rules, competitors shall dress or costume according to the WDSF Dress Regulations, which form a part of these Rules.

- B. Each athlete may change costume up to three (3) times in all of the rounds of any competition, provided always that no change of dress, or additional use of accessories or colors, is permitted during any round of a competition.
- C. The Chairman of the adjudicators may disqualify any couple at a competition when either partner is not dressed or costumed according to these Rules, and in addition to its other powers under the WDSF Statutes the Presidium may suspend from competitions for limited period of time any competitor who breaches this Rule.

XVIII. Awarding of Winners

All Categories must be awarded in this manner.

1 st Place	Gold Medal & Certificate	Representative
2 nd Place	Silver Medal & Certificate	Representative or Reserve
3 rd Place	Bronze Medal & Certificate	Reserve
4 th Place	Certificate	Reserve
5 th Place	Certificate	Reserve
6 th Place	Certificate	Reserve

XIX. Interpretations of rules and matters not provided for.

The Chief of Adjudicator holds the final decisions regarding all matters and rules in consultation with the DSCPI-PD Presidium on interpretation of rules and all matters not provided for.

XX. Training Arm

Dancesport Council of the Philippines Professional Division is the technical arm for dancesport training program implementations. Interested Regions, Cities and Provinces for training development of dancesport athletes, coaches and schoolteachers may request assistance.

XXI. Dancesport National Training Program

1. Annual Provincial Dancesport Clinics.
2. Dance Camps
3. School Based DanceSport Teachers Course
4. DanceSport Teachers Licensing Courses.
5. Adjudicators Courses (School Based, National, International)
6. Scrutinnering Training and Licensing
7. Dance Congresses (coaching and training short courses)

XXII. Licensing Body

DanceSport Council of the Philippines Professional Division DSCPI-PD

Dress Regulation Juvenile

General Guidelines:

1. If colored, only one color. No combinations. Skin tones not allowed
2. No decoration in clothing, body or hair.

		MALE		FEMALE
1	SHIRTS	Plain white, long sleeved, tucked in		White leotard or one color leotard
2	SLEEVES	Long only		Short or 3/4 th or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.	
4	PANTS	Plain Black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.	
5	COLLAR	Correct shirt collar to wear with tie or bow tie Other design: not allowed		Turtle neck, closed round, closed small square. Closed
6	TIE	Wear Black only tie or bow tie		none
7	VEST	Not allowed		none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain, no design; no materials that are shiny or catch light. Skirt must not be shorter than 3 ½ inches or 10 cm above knee. Skirt must not be longer than below knee cap. Skirt must have no boning or frilling. No bigger underskirts.	
9	ACCESSORIES	None		None
10	HAIR STYLE	If hair is long, collect into a ponytail.		Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECOR	None		None.
12	JEWELRY	None		None
13	MAKE UP	None		None
14	SOCKS	Wear black socks only		White or one color short socks only. Tights only skin tone. No mesh
15	SHOE COLOR	Black only		Tan, beige, or one color.
16	SHOE HEELS	Block style Height maximum is 1 inch or 2.5cm		Block or pump or cuban style Maximum height is 1 ½ inches or 3.5 cm

Dress Regulation

Junior

General Guidelines:

1. No skin tones.
2. No shiny effects.
3. No 2 piece in costume
4. Dress age appropriately

		MALE	FEMALE
1	SHIRTS	Plain white or black long sleeved, tucked in	White leotard or one color leotard
2	SLEEVES	Long only	Short or 3/4 th or long sleeves
3	TOP & SKIRT		If the top is white, use only black skirt. If the top is colored, attach same color for skirt; same color panties. Skin color is not allowed for top or skirt.
4	PANTS	Plain black only	Underpants: Same color as skirt; covering fully the buttock. Skin color not allowed.
5	COLLAR	Simple, not oversized or pointed. Turtle neck without tie allowed.	Turtle neck, closed round, closed small square.
6	TIE	Wear Black only tie or bow tie	none
7	VEST	Black vest allowed but not a must.	none
8	MATERIAL & DRESS STYLE	Plain, no design; no materials that are shiny or catch light	Plain Colored allowed, including Mix of colors. No skin tone. No shiny or light effect. Two piece dresses not allowed. No bikini style.
9	DRESS ACCESSORIES	None	Same or mix color allowed but no light effect or no shiny materials
10	HAIR STYLE	If hair is long, collect in a ponytail.	Long hair has to be collected in a ponytail, bun, or braids. No colored hairspray.
11	HAIR DECORATION	None	Allowed only those with no light effects.
12	JEWELRY	None	Allowed only those with no light effects.
13	MAKE UP	None	None
14	SOCKS	Wear black socks only	Allowed are short socks & tights of skin tone. Not allowed: mesh stockings
15	SHOE COLOR	Black only	Tan, beige, or one color
16	SHOE HEELS		Maximum height is 2 inches or 5 cm



PALARONG PAMBANSA 2018

DANCESPORT VIGAN ILOCOS SUR April 17, 2018

MALE
2x2 Picture

FEMALE
2x2 Picture

OFFICIAL ENTRY FORM

Date of Entry: _____ DEADLINE OF ENTRY: March 5, 2018

Region: _____

School: _____

Male:
(Last Name, Given Name, MI)

Female:
(Last Name, Given Name, MI)

Date of

Birth: _____ Age: _____ Date of Birth: _____ Age: _____ Contact No.: _____

_____ Contact No.: _____ Email Address: _____

_____ Email Address: _____

Address: _____

Coach Name and Contact Number: _____

CATEGORIES: (please check ☒ appropriate box)

STANDARD EVENTS	LATIN EVENTS
<input type="checkbox"/> Juvenile D Standard W T Elementary Level	<input type="checkbox"/> Juvenile D Latin S C Elementary Level
<input type="checkbox"/> Juvenile C Standard W T Q Elementary Level	<input type="checkbox"/> Juvenile C Latin S C J Elementary Level
<input type="checkbox"/> Juvenile E Standard Waltz Elementary Level	<input type="checkbox"/> Juvenile E Latin Samba Elementary Level
<input type="checkbox"/> Juvenile E Standard Tango Elementary Level	<input type="checkbox"/> Juvenile E Latin Cha Cha Cha Elementary Level
<input type="checkbox"/> Juvenile E Standard Quickstep Elementary Level	<input type="checkbox"/> Juvenile E Latin Jive Elementary Level
<input type="checkbox"/> Junior D Standard W T Secondary Level	<input type="checkbox"/> Junior D Latin C J Secondary Level
<input type="checkbox"/> Junior C Standard W T Q Secondary Level	<input type="checkbox"/> Junior C Latin C R J Secondary Level
<input type="checkbox"/> Junior E Standard Waltz Secondary Level	<input type="checkbox"/> Junior E Latin Cha Cha Cha Secondary Level
<input type="checkbox"/> Junior E Standard Tango Secondary Level	<input type="checkbox"/> Junior E Latin Rumba Secondary Level
<input type="checkbox"/> Junior E Standard Quickstep Secondary Level	<input type="checkbox"/> Junior E Latin Jive Secondary Level

Elementary Level - Born 2005 or after; Secondary Level - Born 2000 or after

CERTIFICATION AND WAIVER

We certify that all the information entered herein is correct and accurate, and shall be the basis for the qualification and approval of our participation in the appropriate competition event(s) we have registered for. We further certify that we have read the official rules of competition and shall abide by the final decision of the Organizer based on the rules. We hereby absolve the Organizer of any obligation for any injuries, damages, losses we may sustain the course of the participation and conduct of this competition.

Male Signature: _____ Female Signature: _____

(Parent's/Guardian's Signature above printed name if under 18 years of age)

+++++FOR OFFICIAL USE ONLY+++++

MALE PARTNER	FEMALE PARTNER	EVENT(S) APPROVED
<input type="checkbox"/> Birth Certificate	<input type="checkbox"/> Birth Certificate	
<input type="checkbox"/> 2x2 photo	<input type="checkbox"/> 2x2 photo	

GENERAL RULES OF DANCESPORT COMPETITION

1. NO ENTRY FEE

2. 1 couple from the region will compete in C & D Categories and 1 different couple will compete in E Categories. Couples who enter C & D Categories are not allowed to enter in grade E Categories both in Latin & Standard Disciplines.
3. A total of 8 couples per region will represent the competition.
 - 1 couple in Juvenile C & D Standard
 - 1 couple in Juvenile E single dances Standard
 - 1 Couple in Juvenile C & D Latin
 - 1 Couple in Juvenile E single dances Latin
 - 1 couple in Junior C & D Standard
 - 1 couple in Junior E single dances Standard
 - 1 Couple in Junior C & D Latin
 - 1 Couple in Junior E single dances Latin
4. This entry form must be submitted to the National Tournament Manager with the complete requirements.
 - a. Duly filled up entry form
 - b. Photocopy of competitors Birth Certificate
 - c. One (1) 2x2 photo per competitor
5. Age limit requirements are based on the birth certificate
 - Elementary Level** - Born 2005 or after; **Secondary Level** - Born 2000 or after
 - The age of both partners will be the basis for the qualification of the category.
6. Costume and dress regulations will be **STRICTLY ENFORCED** and may result to immediate elimination from joining the competition. Parents/Guardians, and coaches, please strictly follow WDSF Dress Regulation
7. No change of partner is allowed.
8. All competing couples not ready on the floor for their events will be eliminated.
9. The DSCPI-PD reserves the right to refuse any entry from any person whose status is unclear.
10. The organizer reserves the right to change and/or cancel the program of the events without prior notice.
11. The decision of the qualified Adjudicators is Final.
12. It is the responsibility of the competitors to update themselves regarding competition matters through the official DSCPI PD FB Page or through the National Tournament Manager & Palaro Secretariat.

Ana Dulce B. Yango
National Tournament Manager
+63 916 613 70 22

Merlita Palattao
Palaro – Secretariat
+63 995 658 46 90



Palarong Pambansa 2018

Pencak Silat Technical Guidelines

I. Competition Rules

International Pencak Silat Federation or (PERSILAT) rules of competition will be adopted in the conduct of tournament.

International Pencak Silat Competitions are performed in principles of brotherhood and knightly feelings by using elements of self defense, arts and Pencak Silat sports and by honoring IKRAR PESILAT (PESILAT PLEDGE) highly.

The competitions are carried out in accordance with the category rules regulated in the competition regulations and conducted by legal technical official of competitions

Pencak Silat competition categories consist of:

- A.TANDING** (Match) category
- B.TUNGGAL** (Single) category
- C.GANDA** (Double) category
- D.REGU** (Team) category

In order to perform the Pencak Silat competitions as well as possible conformed to their purposes and objectives, the Regulations of the Pencak Silat Competitions are established as follows:

II. Events

Secondary: Competition of **TEENAGERS** groups for **Male and Female aged over 12 year old to 18 year old.**

Boys (12-18 yr. old)

- Class A over 42 kg up to 45kg
- Class B over 45 kg up to 48kg
- Class C over 48 kg up to 51kg
- Class D over 51 kg up to 54kg
- Class E over 54kg up to 57kg

Girls (12-18 yr. old)

- Class A over 39 kg up to 42kg
- Class B over 42 kg up to 45 kg
- Class C over 45 kg up to 48 kg
- Class D over 48 kg up to 51 kg
- Class E over 51 kg up to 54 kg

Tunggal- Individual with weapon
Ganda-Double Cinematic Performance
Regu-Team Artistic

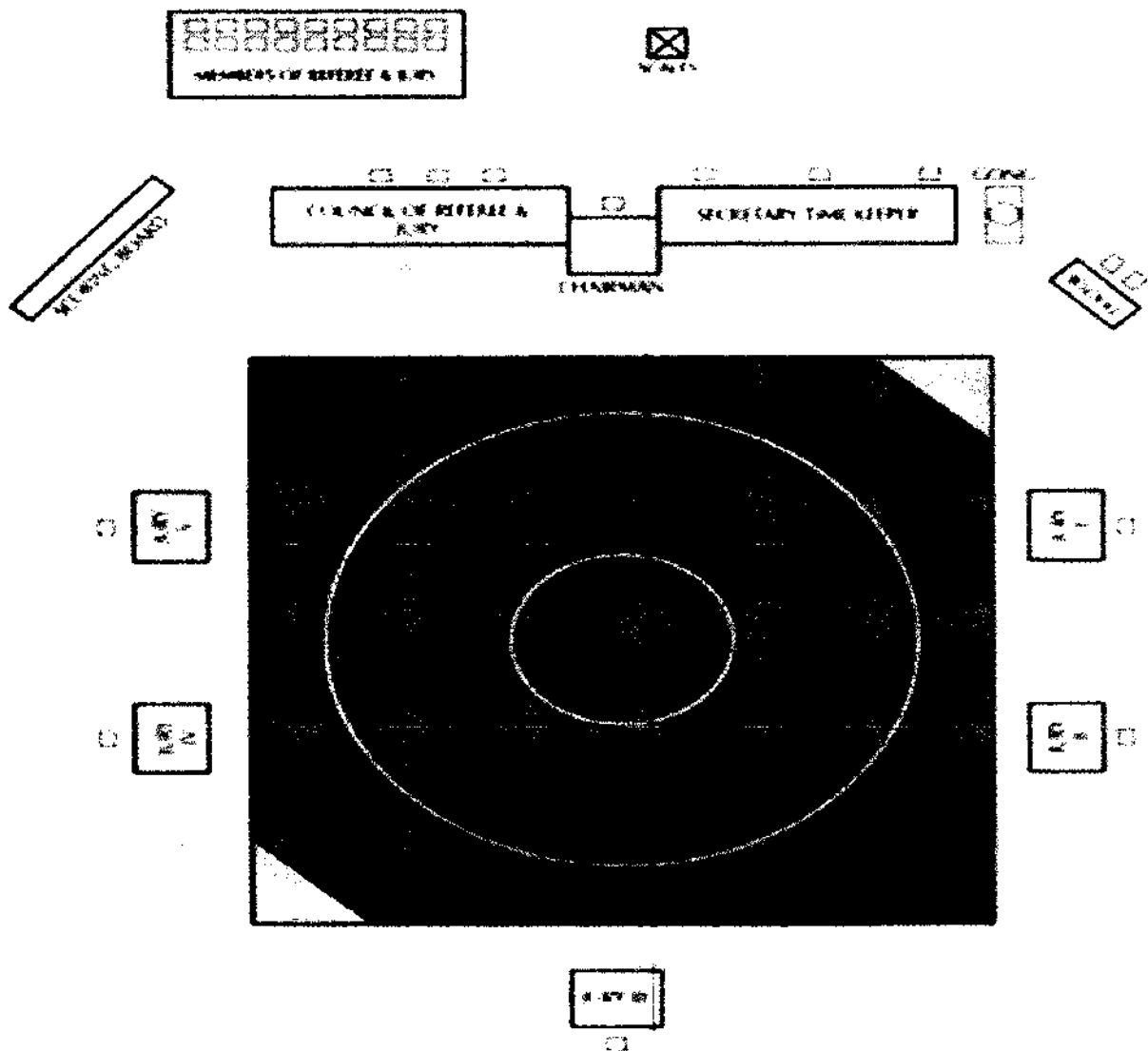
Tunggal- Individual with weapon
Ganda-Double Cinematic Performance
Regu-Team Artistic

For more queries; robrieneinar@yahoo.com or cell no. 0917 789 5640

I. Guidelines

- Participants/ Delegates must pass all the requirements of the eligibility committee created by DepEd executive committee. Each team must have 5 boys and 5 girls representatives for Elementary and 6 boys and 6 girls representatives for Secondary every region.
- Players who could not appear in the inspection area after the third and final call will be automatically declared as walk over.
- The official tournament equipment and protective gears provided by the technical committee must be used in all matches.
- Mouth guard, groin guard, shin guard, arm guard, hand gloves, head gear and weapons must be personalize by the player or provided by their team.
- Each team must have at least 1 representative who passed the DepEd technical officials training accreditation. He/she will serve as technical official. In the absence of team representative or undermanned of the technical officials, the committee will hire the services of NSA accredited officials.
- Each team must have at least 1 coach and 1 assistant coach who has a certificate of training/s in the DepEd coaching accreditation for Pencak Silat.
- The team with highest points/medals in tanding category shall be declared as the winning team who will represent to the next/higher competition. In case of tie the winning team in 3 artistic competitions shall be apply depending on how many players is to be break.
- Misbehavior of coaches, players and delegation members, friends and relatives shall be treated as sever violation of the players as to their representation of their party/team), and therefore one of the grounds to disqualification after warning 2.
- Smoking in any form is not allowed in the tournament premises. The tournament manager has the power to give orders the peace and order committee to send the subject outside the tournament premises.
- Protest shall be made in writing and shall be submitted immediately 15 minutes after the matched. If the competition has progressed to the next level or if the contestant subject to protest has already fought the next match, then the protest shall not be entertained.
- The protest shall be submitted together with the protest fee of Php. 5,000.00. If the decision is made in favor of the protesting party, then the protest fee shall be returned in half of the amount paid. Upon receiving the written protest, the tournament manager shall immediately convene the Arbitration committee to decide on the matter.
- The decision of referee is final.
- The winning team with their coach shall represent in the higher meet. The coach of winning team shall have the prerogative to get players from other team to be included in his team for the purpose of higher competition
- The cutoff date of birth for Palarong Pambansa 2018 are; Elementary is January 2005 for and secondary is January 2000.
- Note; There shall be no takedown technique in lower meets however if presence of at least 3 NSA's to officiate it could be applicable.


ROBRIEN P. ELNAR
Tournament Manager



II. Competition Arena for Artistic and Tanding/Sparring

III. The Coach, Players and Referee-Judge.

Artistic Athlete's



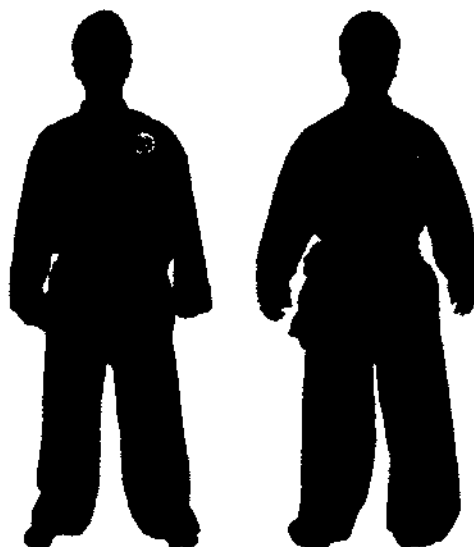
Uniform

Tunggal and Ganda



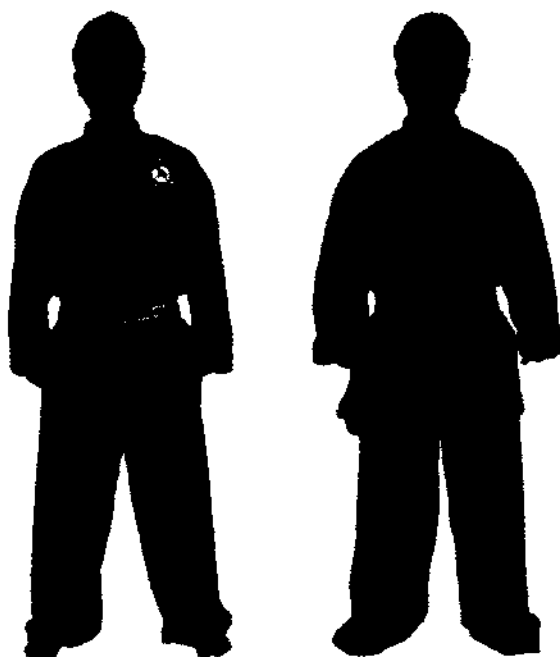
PESILAT TUNGGAL - GANDA CATEGORY

1. STANDARD MODEL, PLAIN AND FREE CHOICE OF COLOUR
2. BATH, TANGKAP, AND DUA REFALA - FREE CHOICE OF COLOUR, PLAIN OR PATTERN AND FREE STYLE OF HEAD GEAR
3. ORGANIZATION, COMPETITION OR PATRONAGE ON LEFT CHEST OR NAME OF THE COMPETITION ON THE BACK



COACH

1. STANDARD MODEL, BLACK COLOUR
2. ORANGE BELT / 10CM WIDE - NO ACCESSORIES
3. ORGANIZATION BADGE ON THE LEFT CHEST
4. NAME OF THE COUNTRY ON THE BACK



PESILAT REGU CATEGORY

1. STANDARD MODEL, BLACK COLOUR
2. WHITE BELT / 10CM WIDE
3. BADGE OF ORGANIZATION ON THE LEFT CHEST AND NAME OF THE COUNTRY ON THE BACK



MEMBERS OF JURY

1. STANDARD MODEL, WHITE COLOUR
2. YELLOW BELT / 10CM WIDE
3. BADGE OF INTERNATIONAL REFEREE - JURY ON LEFT CHEST

IV. Scoring Area/Target

A. A validating and scoring area is 'Togok' which covers the trunk area excluding the neck upwards and area from the navel downwards to the groin:

a. Chest

b. Abdomen (navel upwards)

c. Left and right ribs

d. Back part of the trunk

Limbs can be targeted for an intercepting attack while aiming to strike down the opponent but are non-scoring area.

IV.a. Prohibitions

Prohibitions which are declared as violations:

IV.a.1. Serious violations

- a. Attack illegal parts of body i.e. neck, head and navel downwards to groin.
- b. Direct attempts to break the joints.
- c. Deliberately throw the opponent out of the arena.
- d. . Hit the head or attack with head.
- e. Attack the opponent before the 'MULAI' command or after the 'BERHENTI' command is given by the Referee, causing injury to the opponent. (perlu penjelasan peraturan pertandingan)
- f. Wrestle, bite, scratch, grip, and pull the opponent's hair/jibe. (perlu penjelasan peraturan pertandingan mengenai penggunaan jilbab)
- g. A Pesilat challenges, humiliates, embraces, hits, uses impolite words, spits, over-voices to provoke opponent or Competition Officials (Technical Delegate, Competition Chairman, Council of Referee-Jury, and Referee-Jury).
- h. Break the competition rules.
- i. Hold, keep or embrace while attacking.

IV.a.2. Light violations:

- a. Does not use a 'kaidah' (principle).
- b. Walk out of the arena whether intentionally or unintentionally.
- c. Embrace the opponent in process of defending.
- d. Attack with front/back sweeping technique, scissoring while in lying position more than once in one round to waste time.
- e. Communicate with outsider either by certain gesture/signals or by spoken words.
- f. Both Pesilats are passive or when one of Pesilat is passive more than 5 seconds.
- g. Over-yelling during competing.
- h. Wrong direction of attack.
- i. Intentionally push the opponent out from the arena.

IV.a.3. Faulty Defensive Technique:

- a. A valid attack with accurate direction but may cause injury due to the opponent's faulty defensive technique (i.e. dodging towards the incoming attack direction) is not declared as a violation.
- b. If the above attacked opponent is injured but remains conscious, the Referee will call for a doctor at once. If the doctor decides that the injured Pesilat is no longer fit, the Pesilat will be declared 'defeated by technical knock-out'.
- c. If according to doctor the knock-downed Pesilat is fit and cannot stand up at once, the Referee will immediately start the technical counting..

V. Scoring

a. Scoring Rules:

Technical Performance Score:

- Score 1** An attack by hands successfully hitting the target without being blocked by repulse/parry, dodged or evaded by the opponent.
- Score 1+1** Successful parrying, dodging or evading against the opponent's attack, and immediately followed by a successful hand attack.
- Score 2** An attack by foot successfully hitting the target without being blocked by repulse, dodged or evaded by the opponent.
- Score 1+2** Successful parrying, dodging or evading against the opponent's attack, and immediately followed by a successful attack by foot.
- Score 3** Dropping technique which succeeds in flooring the opponent.
- Score 1+3** Successful parrying, dodging, evading or catching against the opponent's attack, and immediately followed by a successful dropping technique.

VI. Victory Decision

- a. Win by Score
- b. Win by Absolute Victory
- c. Win by TKO
- d. Win by RSC (Referee Stop Contest)
- e. Win by WO (Walk Out)
- f. Win by Disqualification

VII. Equipment

- Gong (c/o DepEd)
- Body protector (c/o delegation)
- Groin protector- (c/o delegation)
- Shin guard (c/o delegation)
- Arm guard (c/o delegation)
- Head gear (c/o delegation)
- Gum shield (c/o delegation)
- Tournament Lamp (DepEd)
- Flag: 8"x 12"--2 yellow, 6 blue, and 6 red (c/o DepEd)
- Stopwatch 2pcs (c/o DepEd)
- Olympic Size tournament arena (121pcs 1X1m rubber mat X5cm thickness (c/o DepEd)
- Round Lamp (c/o DepEd)
- 1Mx1M 8 plastic table c/o DepEd)
- Long Table-2 (c/o DepEd)
- Chairs-30 pieces (c/o DepEd)
- Forms and score sheets (c/o DepEd)

Respectfully submitted by:


ROBRIEN P. ELNAR
 Tournament Manager

(Enclosure No. 10 to *Palarong Pambansa* Memorandum No. 1, s. 2018)



AEROBIC GYMNASTICS Palarong Pambansa 2018

TECHNICAL GUIDELINES

COMPETITION INFORMATION

Date

1. DATES

The Aerobic Gymnastics will be held on _____.

2. VENUE

- Competition Site will be at the _____.
- Training Site – the training schedule for each team will be given when the teams arrive.

3. ENTRY

Each team shall compose of four (4) gymnasts representing the two (2) categories (eg. four (4) gymnasts for Elementary / four (4) gymnasts for Secondary)

4. EVENTS

The competition will be carried out in accordance with the GAP Technical Regulations and FIG Code of Points (2017-2020, Cycle XIV) and will consist:

Finals Elementary

- | | | |
|---------------------|-----------|---|
| A. Individual Men | IM | (1 male competitor) |
| B. Individual Women | IW | (1 female competitor) |
| C. Mixed Pairs | MP | (1 male competitor and 1 female competitor) |
| D. Trio | TR | (3 competitors of optional gender) |

Finals Secondary

- | | | |
|---------------------|-----------|---|
| A. Individual Men | IM | (1 male competitor) |
| B. Individual Women | IW | (1 female competitor) |
| C. Mixed Pairs | MP | (1 male competitor and 1 female competitor) |
| D. Trio | TR | (3 competitors of optional gender) |

Event

- A. Aero Dance (8 competitors, mixed of (4) Elementary and (4) Secondary)

5. COMPETITION SCHEDULE (SAMPLE SCHED)

DAY 1	00:00-00:00	Arrival of Delegations (Whole Day)
DAY 2	09:00-12:00	Podium Training for the Opening Parade and Mass Dance
	01:00-03:00	Judges' Refresher Course
	01:00-05:00	Training per schedule
	03:00-05:00	Coaches' Solidarity Meeting
DAY 3	08:00-09:00	Judges' Meeting and Briefing
	09:00-09:30	Opening Parade
	09:30-11:30	Elementary Finals for IM / IW / MP
	11:30-12:00	Awarding Ceremony

	01:00-02:30	Secondary Finals IM / IW / MP
	02:30-03:00	Awarding Ceremony
DAY 4	08:00-09:00	Judges' Meeting and Briefing
	09:00-09:30	Opening Parade
	09:30-11:30	Elementary Finals for TR / AER DANCE
	11:30-12:00	Awarding Ceremony
	01:00-02:30	Secondary Finals TR / AER DANCE
	02:30-03:00	Awarding Ceremony
DAY 5	00:00-00:00	Departure of Delegation (Whole Day)

5. PARTICIPANTS

5.1. The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition. (Refer to DepEd Eligibility Requirements)

6. TRAINING AREA

A training hall is available to the competitors 2 days prior to the start of the competition. It is equipped with appropriate sound equipment and a full size competition floor. Access to the floor is given by a rotation schedule set up by the LOC and approved by the Aerobic Gymnastics Technical Committee.

7. WAITING AREA

A designated area connected to the Podium is referred to as the Waiting Area. It is only to be used by the competitors and their coaches of the next two starts. The area is not allowed to be used by any other person.

8. RESTRICTIONS

Competitors, coaches and all unauthorized persons are restricted from entering the waiting area during competition, except when called by an official of the OC or the FIG.

Coaches have to remain in the Waiting Area while their competitors are competing. Coaches, competitors and all unauthorized persons are restricted from entering the judging area. Disregard of these restrictions may lead to the disqualification of the competitor by the Superior Jury.

9. TECHNICAL / ORIENTATION MEETING

It is mandatory for all coaches to be present in the Technical / Orientation Meeting. At this meeting, all information concerning the detailed organization of the competition will be given by the Tournament Manager.

The qualification system identifies individuals participating in the event and indicates that these individuals are permitted access. There will be access control at the entrance to each area. All participants are required to wear ID Cards at all times in the competition venue.

Coaches must check the names, categories, and competitors' music CDs.

The Technical / Orientation Meeting will be held in _____.

10. COMPETITION RULES AND REGULATIONS

The DepEd Aerobic Gymnastics Technical Committee shall be responsible for and have full control of the technical organization of the Aerobic Gymnastics Competition under / with the guidance of the existing Department of Education Palarong Pambansa and GAP Technical Rules and Guidelines.

The Aerobics Competition will be conducted in accordance with the Aerobic Gymnastics FIG Code of Points (2017-2020, Cycle XIV), DepEd Palarong Pambansa Guidelines and FIG Technical Regulation 2017.

11. MUSIC

Upon arrival, the delegation must deliver two CDs to the OC as per the norms given in the FIG Code of Points. The following information must be written on the CDs:

- Region
- Name of competitor
- Category (IM / IW / MP /TR / AER DANCE)
- Title of the music
- The composer(s) of the music used

The Head of Delegation or the Coach must sign two forms on behalf of the competitor(s)

- The approval of the technical criteria of playing the CD's by the OC
- The confirmation that the music used does not violate any copyrights and that it can be broadcasted within sports.

For training in the training venue the competitor(s) will have to bring their personal (third) copy of the music CDs.

12. DRESS CODE

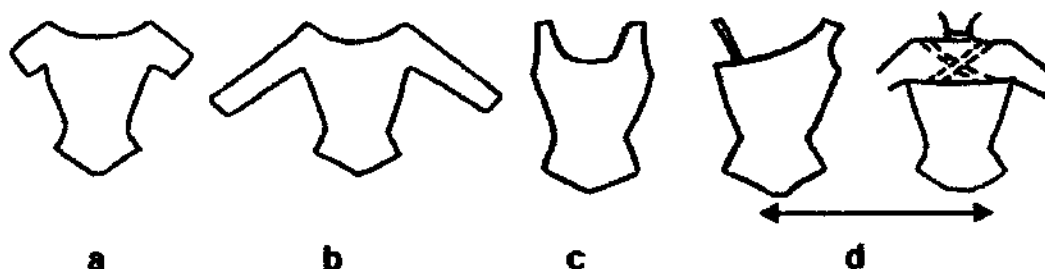
The competitors dress must demonstrate that it subscribes to the sport profile of a Gymnastics discipline. A neat and proper athletic appearance should be the overall impression.

Attire violating any description written in the Dress Code will be deducted by CJP (-0.2 point each time for different criteria).

12.1 WOMEN'S ATTIRE

Women must wear a one-piece leotard with flesh colored or transparent tights or a unitard (one-piece leotard with full length neck to ankle). Sequins are allowed. - The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back. - The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely. - Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end at the wrist. Transparent material allowed for sleeves. -Long tights / full-length unitard are allowed.

Examples for WOMEN

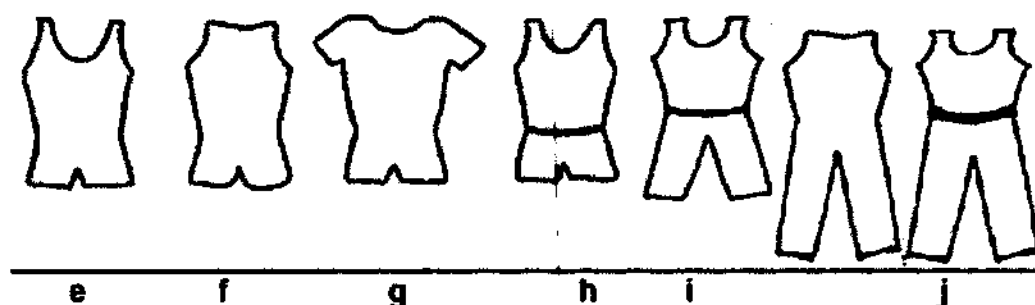


The examples shown "a to c" represent the same front and back of the leotard. The example "d" is the same leotard showing the front and the back.

12.2 MEN'S ATTIRE

Men must wear a unitard or shorts and a form fitting top or leotard with an adequate support (ie; dance belt). - The attire must not have an open cut at the front or back. - The armhole must not be cut below shoulder blades (scapular). - SEQUINS for Men's Attire are not allowed. - 3/4 leggings, long gymnastics trousers (leotard + trousers), 1 piece combi-trousers are allowed.

Examples for MEN:



The examples shown "e to j" represents the same front and back of the leotard.

12.3 CORRECT ATTIRE:

- Hair must be secured close to the head.
- The competitors must wear white aerobics shoes and white socks that must be able to be seen by all judges.
- Make-up must be only for women and used sparingly.
- Loose and additional items to the attire are not allowed.
- Jewelry must not be worn.
- Torn or ripped costume and/or undergarments must not be shown during a performance.
- Aerobics attire must be in non-transparent material, except for sleeves for women.
- Attire depicting war, violence or religious themes is forbidden.
- Body paint is not allowed.
- Sports profile dress.

12.4 UNIFORM: (WARNING BY CJP):

All competitors must wear their official national tracksuit at the Opening and Closing Ceremony and competition attire for Medal Award ceremonies.

12.5 COMPETITION ATTIRE FOR MUSLIM PARTICIPANTS

All participants from ARMM or Muslim participants from other regions can wear jazz pants, jogging pants, hijab, or any comfortable attire that will not violate the Muslim teachings.

13. TIE BREAKING RULES

In case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order: - the highest total score in Execution - the highest total score in Artistic - the highest total score in Difficulty. If there is still a tie, the tie will not be broken.

14. RANKING BY TEAMS

To participate in the Team Ranking, team must be represented with at least one participant in each category.

- Individual Men and/or Individual Women, Mixed Pair, Trio
- Aerobic Dance

The team ranking list will be established adding the **4 best places** (ranking): Individual Men or Individual Women, Mixed Pair, Trio, and Aerobic Dance. The 4 places of each Team are converted into points as according the ranking from the competition.

e.g.: 1st place – 1 point, 2nd place – 2 points

The team with the lowest number of points is declared Team Champion. Medals will also be given to the winning teams. The delegations must announce the composition of their team (1 individual man and / or 1 individual woman, 1 mixed pair, 1 trio and 1 aerobic dance during Coaches' meeting and orientation.

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the best ranked Trio. If there is still a tie, the tie will not be broken.

15. WALK OVER

Should a competitor fail to appear on stage within 20 seconds after being called, a deduction of 0.5 point will be made by the Chair of the Judges Panel. Should a competitor fail to appear on stage within 60 seconds after being called, the start will be deemed as a Walk Over. Upon announcement of such a Walk Over the competitor loses his right to participate in the category in question.

In case of EXTRAORDINARY CIRCUMSTANCES, refer to chapter 8, COP 2016-2019.

16. TRAINING – WARM UP

Training sessions will begin _____ and the official training venue is at the _____.

The training schedule will be made according to the arrival time of each delegation and will be handed to the Heads of Delegation upon registration.

Access to the competition hall and the training venue will be given only to the members of the delegation wearing their ID and only during their respective training time.

17. JUDGES' MEETING

All members of the judging panel are obliged to attend all meetings, briefings and debriefings as per FIG COP 1.2.b. Briefings will take place before every competition and is compulsory to all appointed judges and reserves.

Judges Briefing will take place on _____ from _____ at the _____.

18. DRAWING OF LOTS FOR JUDGES / STARTING ORDER

A draw will decide the starting order of the competition. Lots will be drawn in the presence of the Coaches and Technical officials. The drawing of lots will take place during the coaches' and technical meeting. The lots shall be drawn by a "neutral" person or by computer.

19. DISPLAY OF SCORES AND DISTRIBUTION OF RESULTS

The scores of the juries and final results will be published on a display screen.

A detailed list of results, including all judges' marks, will be distributed to the Heads of Delegation after the Finals.

20. PROTESTS

Protests regarding scores are not permitted. Extraordinary circumstances – as per the Technical Regulations and Code of Points, Chapter 1, 1.12.

21. DISCIPLINARY PENALTIES

21.1. WARNINGS

Warnings are given for the following:

- Presence in a prohibited area.
- Improper behavior on the Podium.
- Disrespectful manners to judges & officials.
- Unsportsmanlike behavior.
- Competition attire not being worn at the medal awarding ceremony. - A competitor receives one warning only and, irrespective of the category, the second warning will result in immediate disqualification.

21.2 DISQUALIFICATION

Disqualification is declared if:

- there are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over

22. OPENING

The opening will take place _____ at _____. Competitors will hold an opening parade and will be presented in this event and must wear their track suit.

23. MEDAL AWARD CEREMONIES

The awarding of medals will take place after the finals of all categories, at this time all competitor(s) are required to wear their competition attire.

The awards for Aerobic Gymnastics competitions will be awarded as follows: Individual and Trios Events for Elementary and Secondary.

First Place	: Gold Medal and Certificate for each gymnast placed first
Second Place	: Silver Medal and Certificate for each gymnast placed second
Third Place	: Bronze Medal and Certificate for each gymnast placed third

Team Ranking

First Place	: Gold Medal and Certificate for each gymnast placed first
Second Place	: Silver Medal and Certificate for each gymnast placed second
Third Place	: Bronze Medal and Certificate for each gymnast placed third

All Participants	: Certificate of Participation
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COMPETITION PROGRAMME

	ELEMENTARY LEVEL	SECONDARY LEVEL
AGE	DepEd Palarong Pambansa Eligibility Guidelines	
CATEGORIES	IM, IW, MP, TR, AER DANCE	IM, IW, MP, TR, AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	6 maximum	8 maximum
ACROBATIC ELEMENTS	2 Elements from A1 to A3 (optional) Off Axis jump not allowed	2 Elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	No Combination	1 Combination of 2 different elements allowed
COMPETITION SPACE	7m x 7m: IND-MP-TR	7m x 7m: IM-IW 10m x 10m: TR, MP, AER DANCE
COMPULSORY ELEMENTS (must be performed without combination)	4 A) PU B) Straddle Support C) Air Turn D) Vertical Split	4 A) Helicopter to PU B) Straddle Support (max 1/1 turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWED VALUE	0.1 – 0.4 (1 ELEMENT 0.5 POINT OPTIONAL)	0.1 – 0.6 (1 ELEMENT 0.7 POINT OPTIONAL)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
FLOOR ELEMENTS	4	5
LIFT	0	1(optional), no value
ATTIRE	FIG Code of Points (no make-up) Optional tights are allowed Form Fitting body shorts are allowed for both boys and girls.	FIG Code of Points (light make-up)
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.	
TEAM RANKING	There will be a team ranking for both categories.	

DEDUCTIONS

Difficulty Deductions (-1.0 each time)	<ul style="list-style-type: none"> • More than 6 elements • Compulsory elements: missing or in combination • More than 4 floor elements • Elements values higher than 0.5 pt. • Elements in 1 arm support • Elements landing to PU • More than 1 element landing to split • Repetition of an element 	<ul style="list-style-type: none"> • More than 8 elements • Compulsory elements: missing or in any combination- or not at the same time • More than 5 floor elements • More than 1 element of value 0.7 pt. • Elements in 1 arm support • More than 1 element landing to PU • More than 1 element to split • Repetition of an element
CJP Deduction (-0.5 each time)	<ul style="list-style-type: none"> • Performing Lift(s) • Performing Acrobatic elements (A4 to A7) or OFF AXIS JUMPS 	<ul style="list-style-type: none"> • More than 1 Lift • Performing Acrobatic elements (A7) or OFF AXIS JUMPS

AEROBIC DANCE

EVENTS	COMPETITION A, B, C, D, E, F, G, H, I, J, K, L, M, N, O, P, Q, R, S, T, U, V, W, X, Y, Z
DEFINITION	Group choreography of 8 competitors, utilizing the Aerobic movements in Dance Style. The routine must include 32 to 64 counts of STREET DANCE, as a 2nd style. The routine may include acrobatic and/or difficulty elements but they will not receive any value.
AGE	DepEd Palarong Pambansa Eligibility Guidelines
CATEGORIES	AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	8 maximum Elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	Maximum of 2 acrobatic elements in combination (=set) may be performed but must perform at the same time. If the same or different combination is performed consecutively, it will be counted as 2 or more.
ACROBATIC ELEMENTS	If a different combination is performed at the same time, it will be counted as 1 set. Maximum of 3 sets of combinations may be performed. Examples: Round off + flic flac + salto = DEDUCTION Round off + salto = NO DEDUCTION
AND	
DEDUCTIONS	More than 2 acrobatic elements performed in combination (=sets): -0.5 each time More than 3 acrobatic combination (sets) in the whole routine -0.5 each time
COMPETITION SPACE	10m x 10m: AER DANCE
DANCE CONTENT	In the Dance Content, dance movements are evaluated throughout the routine, including the 2nd style. If the 2nd style is not included or not recognizable or not STREET DANCE, maximum in Dance Content is 1.1 (Unacceptable). The dance content must have high correlations with the theme and the style of the music. It is recommended to show high level of creativity in the dance content, especially by using the music style and accents, but without repetitions. The second style must be clearly different from the rest of the choreography and must show high degree of creativity.
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP

FLOOR ELEMENTS	5
LIFT	1(optional), no value
ATTIRE	FIG Code of Points
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.
TEAM RANKING	There will be a team ranking for both categories.

SAMPLE SCHEDULE:

DAY 1 – ARRIVAL of DELEGATIONS

DAY 2

Time	Program	Venue
09:00-12:00	Podium Training for the Opening March and Mass Dance	
01:00-03:00	Judges' Refresher Course	
03:00-05:00	Coaches' Solidarity Meeting	
01:00-05:00	Training per schedule	

DAY 3

Time	Program	Venue
08:00-09:00	Judges' Meeting and Briefing	
09:00-09:30	Opening Parade	
09:30-11:30	Elementary Finals for IM / IW / MP	
11:30-12:00	Awards Ceremony	
01:00-02:30	Secondary Finals for IM / IW / MP	
02:30-03:00	Awards Ceremony	

DAY 4

Time	Program	Venue
08:00-09:00	Judges' Meeting and Briefing	
09:00-09:30	Opening Parade	
09:30-11:30	Elementary Finals for TR / AER DANCE	
11:30-12:00	Awards Ceremony	
01:00-02:30	Secondary Finals for TR / AER DANCE	
02:30-03:00	Awards Ceremony	

DAY 5 – DEPARTURE of DELEGATIONS



Republic of the Philippines
Department of Education
PALARONG PAMBANSA BOARD
School Sports Division

3/F Mabini Bldg. DepEd Complex, Meralco Avenue, Pasig City



Office of the Secretary-General

PALARONG PAMBANSA BOARD MEMORANDUM

No. 4, s. 2017

**ELIGIBILITY OF HOME SCHOOL PUPILS/STUDENTS
TO PARTICIPATE IN DEPED PALARO**

To: Regional Directors
Regional and Division School Sports Officers/Coordinators
All Others Concerned

This is in reference to the provision in the Implementing Rules and Regulations (IRR) of Palarong Pambansa Act of 2013, specifically Rule V, Section 22, Paragraph (e) which prescribes the documentary requirements for athletes under the Alternative Delivery Modes (Home Study Program or Modified In School Out School Approach or Open High School Program) and qualifies pupils/students under this category to participate in DepEd Palaro from school, cluster, district, division and regional levels up to the Palarong Pambansa.

However, the same provision did not specifically provide as to where the right to participate of ADM pupils/students can be enjoyed, in cases of ADM pupils/students enrolled under the Home Study Program or the Open High School Program considering that the location of their school, in most cases, may be different from the location of their homes where they are engaged in (actual schooling). Under this set-up, such pupils/students who excel in sports may lose their chance and be disqualified since they may not be affiliated with any of the competing regular schools, districts, divisions or regions where their homes are located.

Hence, consistent with and upholding the principles of "inclusive education"; "equal opportunity to excel in sports"; and "best interest of the child being given more importance in the interpretation of any rule in case of ambiguity", this memorandum is issued informing the field that athletes enrolled under Alternative Delivery Modes (ADM) who excel in any of DepEd-recognized sports, shall not be denied participation if they so desire, subject to the following conditions:

1. that they complied with all other requirements of the Palaro as to eligibility;

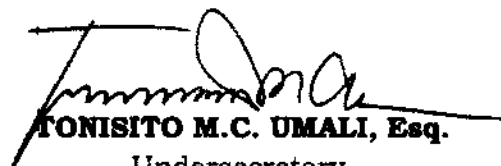
2. should they be adopted by any of the schools within their home locality, their participation should start from the school level palaro, otherwise their participation starts at the Division level palaro;
3. in case said athletes start at the Division level Palaro, their parents shall designate a qualified coach, subject to the approval of the Schools Division Superintendent; and
4. home locality, for purposes of this memorandum, shall mean the place of residence of the ADM pupil/student-athlete as indicated in his/her school records.

In no case shall an athlete be disqualified solely by reason of being a pupil/student under the Alternative Delivery Mode.

All Regional Screening and Accreditation Committee (RSAC) and the National Screening and Accreditation Committee (NSAC) are hereby directed to include the above guidelines on the eligibility of home school pupils/students to participate in DepEd Palaro in their respective screening and accreditation rules, guidelines and policies. This memorandum should not prejudice any inconsistent ruling by any RSAC or the NSAC in the screening and accreditation of an ADM pupil/student-athlete prior to the issuance and effectivity of this memo.

This memorandum shall take effect immediately.

For your kind information and strict compliance.


TONISITO M.C. UMALI, Esq.
Undersecretary
Secretary-General

BILLETING SCHOOLS

	BILLETING SCHOOLS	COMPLETE ADDRESS	SCHOOL HEAD	CONTACT NUMBER
1	UNIV. OF NORTHERN PHILS	Tamag, Vigan City	Dr. Gilbert R. Arce	077-722-2810
2	ILOCOS SUR NHS	Barangay VII, Pagburnayan, Vigan City	Rumulo Q. Quitevis	09177993117
3	VIGAN NATIONAL HIGH SCHOOL EAST	NAGSANGALAN, VIGAN CITY, ILOCOS SUR	ANITA R. PRESTO	09253242116
4	NAGSANGALAN ELEMENTARY SCHOOL	NAGSANGALAN, VIGAN CITY, ILOCOS SUR	MARIE-SOL A. CASTAÑEDA	09750663173
5	RUGSUANAN ES	RUGSUANAN, VIGAN CITY ILOCOS SUR	RACQUEL A. FOLLANTE	09263931152
6	BULAG ES	BULAG WEST, BANTAY, ILOCOS SUR	GREGORIA P. ARRANZ	09175684722
7	BANTAY NHS	BULAG CENTRO, BANTAY, ILOCOS SUR	MARYJANE VILLEGAS MEDINA	09151228748
8	PAING ES	Taleb, Bantay, Ilocos Sur	Ernelyn Cortez	09177024583
9	SAN VICENTE IS	POBLACION, SAN VICENTE, ILOCOS SUR	BEATRIZ R. RIOTOC	09175710809
10	BAYUBAY ES	BAYUBAY SUR, SAN VICENTE, ILOCOS SUR	ALLAN T. REQUILMAN	09171434691
11	PANGADA ES (Sta. Catalina)	PANGADA, STA. CATALINA, ILOCOS SUR	ANGELITA A. RANCHEZ	09178867936
12	STA. CATALINA CS	POBLACION, STA. CATALINA, ILOCOS SUR	RENATO R. RAFANAN	09178003995
13	CABITAOGAN HNS	CABITTAOGAN, STA. CATALINA, ILOCOS SUR	RICARDO G. RICOD	09171436729
14	CABITAOGAN ES	CABITTAOGAN, STA. CATALINA, ILOCOS SUR	MA. LOURDES RABE	09178116703
15	NAGLAOA-AN NHS	NAGLAOA-AN, STO. DOMINGO, ILOCOS SUR	MARINA U. ANCHETA	09266042221
16	NAGLAOA-AN ES	NAGLAOA-AN, STO. DOMINGO, ILOCOS SUR	BERNARD V. TABALDO	09399312869
17	SAGSAGAT ES	SAGSAGAT, SAN ILDEFONSO, ILOCOS SUR	JULIUS CAESAR T. RIVAD	09062709482
18	STO. DOMINGO NCS	SAN PABLO, STO. DOMINGO, ILOCOS SUR	FERDINAND T. TINAZA	0926594333
19	STO. DOMINGO SCS	POBLACION, STO. DOMINGO, ILOCOS SUR	GERTRUDIS CHARITO R. SEGISMUNDO	09177997789
20	BENITO SOLIVEN ACADEMY	NALASIN, STO DOMINGO, ILOCOS SUR	MARAVIC F. REALIN	09176191694
21	MAGSINGAL NCS	STA. MONICA, MAGSINGAL, ILOCOS SUR	JULIET JOY A. URMENETA	09177033076
22	MAGSINGAL SCS	SAN JULIAN, MAGSINGAL, ILOCOS SUR	MAGDALENA T. LAZO	09178059615
23	ST. WILLIAMS INSTITUTE	SAN RAMON, MAGSINGAL, ILOCOS SUR	Sister Teresita Z. Punay, SPC	077-726-35-96
24	MAGSINGAL NHS	SAN CLEMENTE, MAGSINGAL, ILOCOS SUR	GEORGE C. URUBIO	09778013519

25	SAN JUAN NHS	IMMAYOS SUR, SAN JUAN, ILOCOS SUR	MARISA G. VALORIA	09174009689
26	BACSIL COMMUNITY SCHOOL	BACSIL, SAN JUAN, ILOCOS SUR	NORBERTO MARLOU T. RENON	09177992095
27	VIGAN CENTRAL SCHOOL	MENA CRISOLOGO ST. BRGY. 9 VIGAN CITY	EDITHA C. BAGCAL	09174678423
28	BURGOS MEMORIAL SCHOOL WEST	GOMEZ ST., BRGY. IV, VIGAN CITY	NORA P. PAROLIGAN	09151532943
29	BASUG COMM. SCHOOL	BASUG, SANTA, ILOCOS SUR	NORMA M. SABALBURO	09778330840
30	MABILBILA IS	MABILBILA NORTE, SANTA, ILOCOS SUR	JOVITA B. DE CASTRO	09175344667
31	SANTA CS	MARCOS DISTRICT, SANTA, ILOCOS SUR	ELSIE B. ALAMANI	09778330741
32	CABUGAO SCS	BONIFACIO, CABUGAO, ILOCOS SUR	ESTRELLITA M. SIRUNO	09174989065
33	CABUGAO NCS	RIZAL, CABUGAO, ILOCOS SUR	RODEL P. SUNIEGA	09559484855
34	CABUGAO INSTITUTE	BONIFACIO, CABUGAO, ILOCOS SUR	MISS MARIA S. RONDON	09171245097
35	NARVACAN NHS	PARATONG, NARVACAN, ILOCOS SUR	EMILIO G. AYSON JR.	09178443338
36	ILOCOS SUR COMMUNITY COLLEGE	Quirino Stadium, Bantay, Ilocos Sur	DR. CARMENCITA R. PAZ	077-722-8007
37	BANTAY EAST CES	ZONE V, BANTAY, ILOCOS SUR	MARIA TERESITA B. PEREDO	9365797523
38	GUIMOD ELEMENTARY SCHOOL	Guimod, Bantay, Ilocos Sur	Emelita R. Arizabal	09161104241
39	BALALENG ELEMENTARY SCHOOL	BALALENG LAUDENIA, BANTAY, ILOCOS SUR	REMELIZA R. PACUBAS	09167317351
40	BANTAY WEST CENTRAL ES	National Highway BANTAY, ILOCOS SUR	FERDINAND R. RUYAN	09778097234
BUFFER SCHOOLS				
41	STA. MARIA NHS	POBLACION SUR, SANTA MARIA, ILOCOS SUR	PERLA B. PEÑA	09176241749
42	ILOCOS SUR POLYTECHNIC COLLEGE	Santa Maria, Ilocos Sur	Dr. Francisco D. Lopez	077-732-5549
43	STA. MARIA CENTRAL SCHOOL	POBLACION SUR, SANTA MARIA, ILOCOS SUR	ESTEPHANY MARY ANN F. BAYUCA	09065692945
44	SINAIT NHS	Ricudo, Sinait, Ilocos Sur	ANTONIO S. FARIÑAS	09171443228
FOR TECHNICAL OFFICIALS				
45	TAMAG ES	Tamag, Vigan City, Ilocos Sur	Azenith A. Ramos	09171677191
46	BURGOS MEMORIAL SCHOOL EAST	BURGOS ST., BRGY. III, VIGAN CITY, ILOCOS SUR	MARIA THERESA R. PAZ	09755184442
47	CAOAYAN NHS	PANDAN, CAOAYAN, ILOCOS SUR	ANITA N. ROMANO	09751329846
48	BAGGOC P. QUITIQUIT ES	Baggoc, Caoayan Ilocos Sur	Ma. Victoria P. Parel	09171149940
49	SAN ILDEFONSO CS	Pob. East, San Ildefonso, Ilocos Sur	Roselyn T. Rapin	09062478553
50	CAOAYAN CENTRAL SCHOOL	Don Lorenzo, Caoayan, Ilocos Sur	MARIA TERESA C. DULATRE	09178141159
51	BUSIING ES	Busiing, San Ildefonso, Ilocos Sur	AGRIFINA P. RIEGO	09177086327
52	PUDOC ES	Pudoc, San Vicente, Ilocos Sur	Benilda R. Canonizado	09177003220
53	SILANG ES	Aggay, Bantay, Ilocos Sur	Dr. Gil P. Savellano	09187273282

54	CAL-LAGUIP ES	Cal-laguip, Caoayan, Ilocos Sr	Evelyn F. Taqueban	09178386032
55	PARAS-PARADA ELEM.SCHOOL	Parada, Sto. Domingo-San Hdefonso, Ilocos Sur	Ayrne Grace A. Dasalla	09778203345
56	SALINDEG- PONG-OL- BARRACA ES	Salindeg, Vigan City	Leticia A. Pugrad	09275812019
57	SAN JULIAN ES	San Julian, Vigan City	Paulino B. Aninag Jr.	09177164592
58	SAN JUAN SOUTH CENTRAL	San Juan, Ilocos Sur	Criselda B. Villahermosa	09178143739

PLAYING VENUES

SPORTS EVENTS		PLAYING VENUES
ATHLETICS	TRACK/JUMPS	QUIRINO STADIUM, Bantay, Ilocos Sur
	THROWS	UNP ATHLETIC GROUND, Vigan City
ARCHERY		SAN ILDEFONSO ES, San Ildefonso, Ilocos Sur
ARNIS		SAN VICENTE MUN. GYM, San Vicente, Ilocos Sur
BADMINTON		VIGAN CITY CONVENTION CENTER, Vigan City
		UNP BADMINTON COURTS, Tamag, Vigan City
BASEBALL		MOTORPOOL AREA, Tamag, Vigan City
BASKETBALL		
	ELEM.	SAN ILDEFONSO MUNICIPAL COVERED COURT, San Ildefonso, Ilocos Sur
	SEC. GIRLS	CAOAYAN MUNICIPAL GYM, Caoayan, Ilocos Sur
	3x3	QUIRINO STADIUM OPEN COURTS, Bantay, Ilocos Sur
	SEC. BOYS	SAN JUAN MUNICIPAL GYM, San Juan, Ilocos Sur
BILLIARDS		LYRIC BILLIARDS CENTER/CINEMA, Vigan City
BOXING		PLAZA BURGOS, Vigan City
CHESS		BALUARTE FUNCTION HALL-A, Vigan City
DANCE SPORT		NSCC FUNCTION HALL-CAOAYAN, Caoayan, Ilocos Sur
FOOTBALL		
	ELEMENTARY	IMMACULATE CONCEPTION MINOR SEMINARY, Vigan City
		ST. PAUL COLLEGE OF ILOCOS SUR FOOTBALL FIELD, San Vicente, Ilocos Sur
	SECONDARY	QUIRINO STADIUM, Bantay, Ilocos Sur
		PAGSANAAN FOOTBALL FIELD, Magsingal, Ilocos Sur
FUTSAL		IMMACULATE CONCEPTION MINOR SEMINARY, Vigan City
GYMNASTICS		STO. DOMINGO MUNICIPAL GYM, Sto. Domingo, Ilocos Sur
AERO GYMNASTICS		NSCC FUNCTION HALL-CAOAYAN, Caoayan, Ilocos Sur
PENCAT SILAT		BRGY. TAMAG COVERED COURT, Vigan City
SEPAK TAKRAW		IMMACULATE CONCEPTION SCHOOL OF THEOLOGY, Vigan City
		QUIRINO STADIUM OPEN COURTS, Bantay, Ilocos Sur
SOFTBALL		CIRILO LAO CONSTRUCTION GROUND, Bantay, Ilocos Sur
SWIMMING		QUIRINO STADIUM POOLSIDE, Bantay, Ilocos Sur
TABLE TENNIS		PHIL. SCIENCE HIGH SCHOOL GYM, San Ildefonso, Ilocos Sur
TAEKWONDO		ST. PAUL COLLEGE GYM, Bantay, Ilocos Sur
TENNIS		
	ELEM. BOYS	QUIRINO STADIUM OPEN COURTS, Bantay, Ilocos Sur
	ELEM. GIRLS	VIGAN CITY TENNIS CLUB, Vigan City

SEC. GIRLS	STA. CATALINA TENNIS COURTS, Sta. Catalina, Ilocos Sur
SEC. BOYS	STO. DOMINGO TENNIS COURTS, Sto. Domingo, Ilocos Sur
VOLLEYBALL	
ELEM. BOYS	STA. CATALINA MUN. GYM, Sta. Catalina, Ilocos Sur
ELEM. GIRLS	BRGY. PANTAY DAYA COVERED COURT, Vigan City
SEC. GIRLS	BRGY. POBLACION GYM-STO. DOMINGO, Sto. Domingo, Ilocos Sur
SEC. BOYS	QUIRINO STADIUM OPEN COURT, Bantay, Ilocos Sur
	BRGY. AYUSAN NORTE COVERED COURT, Vigan City
WRESTLING	BRGY BEDDENG LAUD COVERED COURT, Vigan City
WUSHU	BRGY. 9/TITONG SINGSON MULTI-PURPOSE HALL, Vigan City
BOCCE	SAN VICENTE PLAZA, San Vicente, Ilocos Sur
GOAL BALL	LYRIC CINEMA, Vigan City
PROGRAM/CEREMONIES	VIGAN CITY CONVENTION CENTER, Vigan City