



JAN 21 2010

DepEd MEMORANDUM
No. **29**, s. 2010

2010 PALARONG PAMBANSA

To: Undersecretaries
Assistant Secretaries
Bureau Directors
Regional Directors
Schools Division/City Superintendents
Heads, Public and Private Elementary and Secondary Schools

1. The 2010 Palarong Pambansa shall be held on April 11-17, 2010 at the Tarlac Recreational Park (TRP), San Jose, Tarlac. This year's Palaro will be hosted by the Province of Tarlac and co-hosted by DepEd Regional Office III and the DepEd Division Office of Tarlac.

2. The technical guidelines as approved by the Palaro Board are enclosed herewith for information, guidance and compliance of all concerned. These are the same as those used in previous years except for that in boxing where the new technical guidelines approved by the Palaro Board in its December 11, 2009 meeting have been incorporated.

3. The technical management as well as the financial, administrative and operational matters relative to the preparation, hosting and conduct of the Palarong Pambansa shall be directly under the Office of the Undersecretary for Regional Operations to be assisted by the Assistant Secretary for School Sports and School Sites, with the Task Force on School Sports (TFSS) providing technical management, secretariat/staff, and operational services.

4. All regional offices are encouraged to participate in all events, with their delegations comprising of the best athletes and coaches identified from their regional meets.

5. Immediate and wide dissemination of this Memorandum is desired.


JESLI A. LAPUS
Secretary

Encls.: As stated

Reference: DepED Memorandum: No. 390, s. 2008

Allotment: 1—(D.O. 50-97)

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

**ATHLETICS
CONTESTS
RULES AND REGULATIONS**

Sheila, DM 2010 Palarong Pambansa
January 18, 2010



2010 Palarong Pambansa
Tarlac Recreational Park, San Jose, Tarlac
April 11 – 17, 2010

General Technical Guidelines and Competition Formats

***All sports events shall be played according to the international rules and regulations.**

***All sports equipment to be used in the Palarong Pambansa shall be those of international standards and/or those used in international competitions.**

I Ball Games (Baseball, Basketball, Football, Sepak Takraw, Softball, Volleyball)

All ballgames shall have a uniform elimination round format. The grouping procedures shall be as follows:

1. The 17 teams will be divided into four groups, A, B, C, & D. Three groups will have four teams each and one group will have five teams. Three groups must at least have one team each from Luzon, Visayas and Mindanao. The top six (6) placers in the last Palaro will be distributed in the four (4) groups with the 5th and 6th in groups D and C, respectively. The groupings of the 7th to 17th placers shall be determined by drawing of lots.

Grouping Chart:
Elimination Round (28 Games)

A	B	C	D
1 st	2 nd	3 rd	4 th
M	V/M	6 th	5 th
V/M/L	L/M	M/L	V/L
L	L	V/L	M/L
		M./L	

(L – Luzon Region, V- Visayas Region, M-Mindanao Region)

2. Teams in each group will play single round robin. The top two teams will advance to the quarter finals for the cross-over knock-out game. The cross-over format for the quarter finals, semi-finals and finals will be as follows:

2.1 Quarterfinals (4 Games)

QF1 = A1 vs C2

QF2 = A2 vs C1

QF3 = B1 vs D2

QF4 = B2 vs D1

2.2 Semifinals (2 Games)

SF1 = Winner QF1 vs Winner QF3
SF2 = Winner QF2 vs Winner QF4

Consolation Game (Optional)

Loser QF1 vs Loser QF3

Loser QF2 vs Loser QF4

2.3 Finals (2 Games)

Loser SF1 vs Loser SF2 = 3rd and 4th Placers

Winner SF1 vs Winner SF2 = 1st and 2nd Placers

II **Racket Games** (Badminton, Table Tennis, Tennis)

1. There shall be Team Events and Individual Events in Badminton, Table Tennis and Tennis

1.1 Badminton

1.1.1 Team event and individual events in Badminton shall be played in the single elimination format.

1.1.2 The order of play shall be “Singles-Doubles-Deciding Singles”.

1.1.3 The “rally point” scoring system shall be used.

1.2 Table Tennis

1.2.1 Team event and individual events shall be played in the bracketed round robin format.

1.2.2 The order of play in the team event shall be “1st Singles-2nd Singles-Doubles-1st Reverse Singles-Deciding Singles”

1.3 Tennis

1.3.1 Team and individual events shall be played in the single elimination format.

1.3.2 In the Team event, the order of play shall be “Singles-Doubles-Deciding Singles”.

III **Combative Sports**

1. All combative sports shall be played in the single elimination format, with the losers in the semi-finals awarded as 3rd Placers.

2. All safety and protective measures shall be in place before start of all combative sports competitions. There shall be a medical team with competent medical personnel, enough medical supplies and ambulance deployed in each combative sports competition venue.

3. The weight categories in Arnis Girls Full Contact competition shall be:

3.1 Arnis Secondary Girls (Full Contact)

3.1.1 Flyweight - 37 kgs. and below

3.1.2 Pinweight - over 37 – 40 kgs.

3.1.3 Bantamweight - over 40 – 44 kgs.

3.1.4 Featherweight - over 44 – 48 kgs

3.1.5 Extra Lightweight - over 48 – 52 kgs.

4. The following guidelines shall be followed in Taekwondo:
 - 4.1 There shall be “Kyorugi” (Sparring) and “Poomsae” (Forms) competitions in the elementary and secondary Taekwondo.
 - 4.2 There shall be 6 weight categories in the elementary and secondary “Kyorugi” competitions.
 - 4.3 In the elementary, the categories shall be determined by height and age, while in the secondary, the categories shall be determined by weight.
 - 4.4 There shall be individual and team events “Poomsae” competitions.
 - 4.5 Only the jins who have participated in the “Kyorugi” competitions may participate in the “Poomsae” competitions.
 - 4.6 In “Poomsae”, there shall be one contestant from each region for the individual event and three for the team event.

5. The guidelines in Boxing shall be:
 - I WEIGHT DIVISIONS and AGE BRACKETING
 - A. Secondary
 1. Powderweight (not more than 36 kgs.) - born in 1996 -1997
 2. Mosquitoweight (not more than 39 kgs.) - born in 1994 - 1995
and Paperweight (not more than 42 kgs.)
 3. Pinweight (not more than 45 kgs.) - born in 1992 -1993
and Lightflyweight (not more than 48 kgs.)
 - B. Elementary
 1. Kiddieweight (28.1 – 30 kgs.) - born in 1999 - 2000
 2. Antweight (30.1 – 32 kgs.) - born in 1997 - 1998

 - II ROUNDS
 - Secondary Level
 1. For 36 kgs., 39 kgs and 42 kgs.

A bout in the Powderweight, Mosquitoweight and Paperweight divisions shall consist of three (3) rounds of one and a half (1 ½) minutes each and one (1) minute rest interval between rounds.

A knock down caused by a legal hard blow that landed on the scoring target and fell on the canvass, or two standing eight counts for the whole duration will automatically stop the bout.

 2. For 45 kgs.

A bout in the Pinweight division shall consist of three (3) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.

 3. For 48 kgs.

A bout in the Lightflyweight division shall consist of four (4) rounds of two (2) minutes each and one (1) minute rest interval between rounds.

Three knock downs or mandatory eight counts in a round and/or four knock downs for the whole duration of the bout will automatically stop the bout.

Elementary Level

1. For 30 and 32 kgs.

A bout in the Antweight and Kiddieweight divisions shall consist of three (3) rounds of one (1) minute each and one (1) minute rest interval between rounds.

IV Target Sports

1. Competitions in Archery shall be in accordance with the FITA Rules and Regulations.
 - 1.1 The target distances shall be 30 meters and 50 meters.

V Board Games

1. In the Chess, the 7-round Swiss system shall be used.
2. There shall be only team event in the elementary and secondary levels.

VI Gymnastics

1. The 2006 Code of Points shall be used In Men's and Women's Artistic Gymnastics (MAG and WAG) competitions, while the 2005 Code of Points shall be used in Rhythmic Gymnastics (RG) competitions.

VII Measurable Sports

1. All events in Athletics and Swimming shall be played according to the Rules and Regulations prescribed by the IAAF and FINA respectively.

(The specific guidelines and ground rules for each sports event shall be issued later to be discussed during the Solidarity Meeting scheduled on 10 April 2010 at the Tarlac Recreational Center, San Jose, Tarlac)

Task Force on School Sports