



Republic of the Philippines  
**Department of Education**



**Tanggapan ng Kalihim**  
*Office of the Secretary*

FEB 23 2009

DepED MEMORANDUM  
No. 65, s. 2009

**2009 PALARONG PAMBANSA TECHNICAL GUIDELINES AND INFORMATION**

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

1. The 2009 Palarong Pambansa will officially open on April 27, 2009 at the Leyte Sports Development Center (LSDC), Tacloban City, and close on May 3, 2009 also at the LSDC. All athletes, coaches, delegation officials and officiating officials shall attend both opening and closing ceremonies. (Annex A – Schedule of Activities for the 2009 Palarong Pambansa).
2. All sports competitions shall be conducted in accordance with the international rules and regulations. However, ground rules shall be prescribed if and when necessitated by local conditions, provided that these ground rules are agreed upon by the coaches of the teams concerned. All sports equipment to be used in the Palarong Pambansa shall be those of international standards and/or those used in international competitions whenever available. (Annex B – General Technical Guidelines and Competition Formats for the 2009 Palarong Pambansa).
3. There shall be fifteen (15) sports events in the elementary division and seventeen (17) in the secondary division. Each regional delegation shall be composed of four hundred seventy-five (475) members, broken down as follows: three hundred eighty-three (383) athletes, eighty (80) coaches and chaperons, and twelve (12) delegation officials. (Annex C – The Sports Events and the Official Number of Athletes, Coaches and Official per Regional Delegation).
4. The 2009 Palarong Pambansa Rules and Guidelines on the Screening and Accreditation of Athletes and Coaches are enclosed (Annex D) for the information and strict compliance of all concerned. Any violation will be dealt with accordingly, and sanctions will definitely be imposed upon all those who are involved, directly or indirectly. Moreover, such sanctions may also include suspending the participation of the region involved in future Palaros.

5. There shall be special events in this year's Palaro, as follows:
  - a. Search for "Mr. and Ms. Palaro 2009" - to be conducted by the host Local Government Unit (LGU) and Regional Office (RO) (Annex E1-Guidelines for the Search for "Mr. and Ms. Palaro 2009");
  - b. Dance Sport Competitions - to be conducted by the host LGU and RO (Guidelines for the Dance Sport Competitions to be issued later);
  - c. Special Games for Persons with Disability - to be integrated in the regular competitions but without general championship points (Annex E2-Guidelines for the Special Games); and
  - d. "Unity Cheerdance" - to be performed by all regional delegations as the ending number of the Opening Ceremonies.
6. Immediate and wide dissemination of this Memorandum is desired.



**JESLI A. LAPUS**  
Secretary

Encls.: As stated

Reference: DepED Memorandum: No. 76, s. 2008

Allotment: 1—(D.O. 50-97)

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

ATHLETICS  
CONTESTS  
RULES & REGULATIONS  
STUDENTS

Sally: 2009 palarong pambansa technical guidelines  
February 18, 2009

## **2009 Palarong Pambansa**

Leyte Sports Development Center, Tacloban City

27 April – 3 May 2009

### **Schedule of Activities**

- April 18** - Start of Screening of Athletes  
@ the different billeting areas
- April 23** - Arrival and Registration of Technical  
Officials @ the LNHS
- April 24-25** - Refresher Course for the Technical Officials  
@ the LNHS
- April 26** - Solidarity Meeting @ the LSDC  
- Search for “Mr. and Ms. Palaro 2009”  
@ the RTR Palaro Park
- April 27** - Opening Ceremonies @ the LSDC  
- Governor’s Night @ the Capitol Terrace  
- Welcome Night for Athletes and Officials  
- “Musikahan” @ the RTR Palaro Park
- April 28 – May 3** - Sports Competition Proper @ the different playing venues
- April 28-30** - Aqua Sports
- April 28** - Secretary Jesli A. Lapus Reception @ the RELC VIII  
- DanceSport Competition
- May 1** - “A Night with the Stars”
- May 2** - “Paalam Night”
- May 3** - Closing Ceremonies

**2009 Palarong Pambansa**

Leyte Sports Development Center, April 27-May 3, 2009

**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 5<sup>th</sup> and 6<sup>th</sup> in groups D and C, respectively. The groupings of the 7<sup>th</sup> to 17<sup>th</sup> placers shall be determined by drawing of lots.

Grouping Chart:

Elimination Round (28 Games)

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>
1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>
M	V/M	6 <sup>th</sup>	5 <sup>th</sup>
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 = 3<sup>rd</sup> and 4<sup>th</sup> Placers

Winner SF1 vs Winner SF2 = 1<sup>st</sup> and 2<sup>nd</sup> 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 "1<sup>st</sup> Singles-2<sup>nd</sup> Singles-Doubles-1<sup>st</sup> 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 3<sup>rd</sup> 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. There shall be Boxing in the elementary division and Arnis Girls in the secondary division. The weight categories of these new events 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.
  
- 3.2 Boxing Elementary Boys
  - 3.2.1 Antweight - 30.1 – 32 kgs. (born between 1996 and Dec. 31, 1997)
  - 3.2.2 Kiddieweight - 28.1 – 30 kgs (born in 1998 or later)

- 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:
  - 5.1 Secondary boxers who are 16 years old and below shall be in the powderweight, mosquitoweight or paperweight categories, while those who are over 16 years old shall be in the pinweight or light flyweight categories.
  - 5.2 All boxers in both c shall use 10 oz. gloves, as per international standards.
  - 5.3 In the elementary division, each bout shall be 3 rounds of 1 minute per round with 1 minute interval between rounds. In the secondary, each bout in the powderweight, mosquitoweight and paperweight categories shall be 3 rounds of 1 ½ minutes per round with 1 minute interval between rounds, while in the pinweight and light flyweight categories, each bout shall be 3 rounds of 4 minutes per round with 1 minute 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 events shall be issued later to be discussed during the Solidarity Meeting scheduled on 26 April 2009 at the Leyte Sports Development Center, Tacloban City)

**Task Force on School Sports**

2009 Palarong Pambansa  
Athletes and Officials Per Regional Delegation

## Elementary Division

Sports Events	Gender	Number of Athletes	Number of Coaches	Chaperons	Total Per Team	Total Per Sport
1. Athletics	Boys	12	2	0	14	29
	Girls	12	2	1	15	
2. Badminton	Boys	4	1	0	5	11
	Girls	4	1	1	6	
3. Baseball	Boys	12	1	0	13	13
4. Basketball	Boys	12	1	0	13	13
5. Boxing	Boys	2	1		3	3
6. Chess	Boys	2	1	0	3	7
	Girls	2	1	1	4	
7. Football	Boys	15	1	0	16	16
8. Gymnastics (Artistic) (Rhythmic)	Boys	3	1	0	4	13
	Girls	3	1	1	9	
	Girls	3	1			
9. Sipa Takraw	Boys	4	1	0	5	5
10. Softball	Girls	12	1	1	14	14
11. Swimming	Boys	10	1	0	11	23
	Girls	10	1	1	12	
12. Table Tennis	Boys	4	1	0	5	11
	Girls	4	1	1	6	
13. Taekwondo	Boys	6	1	0	7	15
	Girls	6	1	1	8	
14. Tennis	Boys	4	1	0	5	11
	Girls	4	1	1	6	
15. Volleyball	Boys	12	1	0	13	27
	Girls	12	1	1	14	
<b>Total</b>		<b>174</b>	<b>27</b>	<b>10</b>	<b>211</b>	<b>211</b>

## Secondary Division



Sports Events	Gender	Number of Athletes	Number of		Total Per Team	Total Per Sport
			Coaches	Chaperons		
1. Archery	Boys	4	1	0	5	11
	Girls	4	1	1	6	
2. Arnis	Boys	5	1	0	6	13
	Girls	5	1	1	7	
3. Athletics	Boys	15	2	0	17	35
	Girls	15	2	1	18	
4. Badminton	Boys	4	1	0	5	11
	Girls	4	1	1	6	
5. Baseball	Boys	12	1	0	13	13
6. Basketball	Boys	12	1	0	13	13
7. Boxing	Boys	5	1		6	6
8. Chess	Boys	2	1	0	3	7
	Girls	2	1	1	4	
9. Football	Boys	15	1	0	16	16
10. Gymnastics (Artistic)	Boys	3	1	0	4	13
	Girls	3	1	1	9	
	Rhythmic Girls	3	1			
11. Sepak Takraw	Boys	12	1	0	13	13
12. Softball	Girls	12	1	1	14	14
13. Swimming	Boys	10	1	0	11	23
	Girls	10	1	1	12	
14. Table Tennis	Boys	4	1	0	5	11
	Girls	4	1	1	6	
15. Taekwondo	Boys	6	1	0	7	15
	Girls	6	1	1	8	
16. Tennis	Boys	4	1	0	5	11
	Girls	4	1	1	6	
17. Volleyball	Boys	12	1	0	13	27
	Girls	12	1	1	14	
<b>Total</b>		<b>209</b>	<b>31</b>	<b>12</b>	<b>252</b>	<b>252</b>

### Total No. of Delegation Members

	Elem	Sec	Total
Athletes	174	209	383
Coaches	27	31	58
Chaperons	10	12	22
Total	211	252	463
Delegation Officials			12
Total No. of Delegation Members			<b>475</b>

2009 Palarong Pambansa

**RULES & GUIDELINES ON THE SCREENING AND ACCREDITATION OF ATHLETES AND COACHES**

(Updated during the 2008 Palarong Pambansa Post Conference  
June 15-17, 2008 at Los Banos, Laguna)

**A The National Screening & Accreditation Committee (NSAC)**

1. Composition

1.1 The National Screening and Accreditation Committee shall consist of seven (7) members from the DepED Central Office chosen by the Secretary, three (3) from the Legal Division, two (2) physicians, two (2) dentists and one (1) authorized regional representative from each region.

2. Qualification of Regional Representative

2.1 Shall be the Chairman or Co-Chairman of the Regional Screening Committee during the regional meet preceding the current Palarong Pambansa.

3. Duties and Functions of the NSAC

- 3.1 Evaluates and verifies the authenticity of the athletes', coaches' and chaperons' documents before and during personal interview.
- 3.2 Accredits qualified athletes, coaches and chaperons.
- 3.3 Issues lists of qualified athletes, coaches and chaperons and Palaro Identification Cards (IDs).
- 3.4 Considers replacement for disqualified athletes during the period of screening.
- 3.5 Formulates ground rules not covered by the guidelines on eligibility.
- 3.6 Issues athletes photo galleries to Tournament Managers.
- 3.7 Re-checks with the Tournament Managers athletes being fielded through the photo gallery.
- 3.8 Monitor the fielding of athletes during actual competition.
- 3.9 Investigates and renders decision(s) of protests or complaint on eligibility and inform the Tournament Manager on the decision(s) made. All decisions shall be approved by the majority of the members of the NSAC.
- 3.10 Submits all updated records of athletes to the Task Force on School Sports for centralized filing and safekeeping.

**B Rules on Participation**

1. Participants

1.1 Participants in the Palarong Pambansa are elementary and secondary athletes from public and private schools who have participated in the lower meets (Division and Regional).

2. Eligibility/Qualification of Athletes

- 2.1 Must be a Filipino Citizen.
- 2.2 Must be enrolled in a recognized school at the beginning of the current school year.
- 2.3 Must have attended / finished the curriculum year.

- 2.4 Should have participated in the preliminary meets.
- 2.5 Elementary athletes shall be born in 1996 or later, and secondary athletes in 1991 or later. Thereafter, add one (1) year to the cut-off date for the succeeding year.
- 2.6 Pupil/student-athletes that transferred from one region to another are allowed to participate, provided their transfer was done at the beginning of the school year. Transferees from one division to another within the region are allowed to participate, provided, they have participated in the lower meets.
- 2.7 Elementary athletes shall play in the elementary division, and secondary athletes shall play in the secondary division. However, Grade 7 pupils of private schools who are born before 1996 are allowed to play in the secondary division.

### 3. Bases for Disqualification

- 3.1 Over-aged athletes
- 3.2 Athletes with failing grades in more than two (2) core subjects in the second grading period
- 3.3 Athletes who are members of the National Team, national training pool and development pool receiving monthly stipend or allowances from the PSC
- 3.4 Athletes who failed to submit the required documents or failed to submit themselves for personal interview on the specified time.
- 3.5 Penalized with suspension or ban during the previous Palaros.

### 4. Required Documents to be Submitted During Screening

- 4.1 Athlete's Record signed by the athlete, coach, and PESS Division Supervisor
- 4.2 Original and photocopy of Birth Certificate issued by the National Statistics Office (NSO). Late registration may be accepted provided; the same was issued one (1) year prior to current Palarong Pambansa
- 4.3 Form 137, certified true copy from original/computer printed, duly prepared by the teacher, with fresh signatures of the registrar/principal/school heads. and by the Division PESS Supervisor
- 4.4 Certification of Enrolment and Certificate of Completion duly signed by the school registrar and the school head.
- 4.5 Parent's or guardian's consent verified by the teacher/adviser or the Principal.
- 4.6 Medical Certificate signed by a physician that the athlete is physically fit and within the age limit required with a validity of six (6) months from the date of issue. (The complete name of the signing physician shall clearly appear on this document, with the license number and date of examination.)
- 4.7 Dental Certificate with a universal entry, duly signed by a dentist over his/her clearly printed name and license number, and with the date of examination not later than six (6) months from date of the opening of the Palarong Pambansa.
- 4.8 Four (4) passport size 1 ½ x 1 ½ identical pictures with name tag (surname, first name and middle initial) and grade/year level for Athlete's Record, medical/dental certificate, gallery and Palarong Pambansa ID card.
- 4.9 List of athletes indicating the date of birth, division, school and name of coach duly signed by the Regional Director, on soft (diskette, USB or any other media) and hard copy
- 4.10 Affidavit of the coach attesting the authenticity, validity and correctness of the entries on the above-mentioned documents submitted.

### 5. Eligibility of Coaches and Chaperons

- 5.1 Coaches and chaperons must be school or DepED personnel.

- Coaches and chaperons from public schools must have been in the service for at least six (6) months.
- Coaches and chaperons from private schools must have a minimum tenure of six (6) months.

5.2 Documents to be submitted:

- Certificate of Employment (certified true copy of the original document duly notarized)
- Form 212 with three (3) pieces ID pictures
- Medical Certificate

## C Screening of Athletes

### 1. The Screening Procedures

#### 1.1 The NSAC shall:

- 1.1.1 Receive and examine all athletes' documents at least one week before the start of the Palarong Pambansa.
- 1.1.2 Interview athletes based on the documents submitted. It shall start on the specified scheduled date and shall end two days before the opening of the Palarong Pambansa.
- 1.1.3 Refer immediately to the medical/dental team for further medical and dental examination on doubtful findings regarding the age and physical appearance of the athlete. The finding(s) of the NSAC Medical Team shall be binding and legal.
- 1.1.4 Write down all findings/comments notes on the front cover of the folder of the concerned athlete/team properly signed by the interviewer.
- 1.1.5 Convene all the members of the NSAC for deliberation and accreditation of athletes.
- 1.1.6 Issue the masterlist of accredited athletes/coaches/chaperons and Palaro Identification Cards before the opening of the Palarong Pambansa on soft and hard copies. The NSAC shall submit the original copy of the masterlist to the Secretary of Education (Chairman of the Palaro Board) thru Undersecretary for Regional Affairs (Vice Chairman of the Palaro Board and Secretary-General of the Palarong Pambansa Technical Management and Administration). Certified true copies shall be furnished to the Heads of Regional Delegations.
- 1.1.7 Provide the Tournament Managers athletes' photo galleries and lists of accredited athletes/coaches of their respective events for purposes of checking the identity of athletes/coaches before the start of the game.

#### 1.2 The NSAC shall interview and receive the documents in the following order:

- 1.2.1 The coach will be interviewed first, and shall submit the Certificate of Employment, duly sworn Affidavit, Medical Certificate, and Personal Data Sheet with a picture with name tag.
- 1.2.2 The chaperon shall submit the Medical Certificate and personal Data Sheet with a picture with name tag.
- 1.2.3 The athlete shall submit the AR-1, NSO (photo copy), Form 137, Certificate of Enrolment, Certificate of Completion, Parent's Consent, Medical Certificate and Dental Certificate, Parental Consent, Medical Certificate and Dental Certificate

## 2. Special Cases

- 2.1 In case where there is a discrepancy on the entry in the NSO and Form 137, the following documents shall be presented:
  - 2.1.1 Joint Affidavit of two (2) disinterested persons certifying on the true date of birth
  - 2.1.2 Resolution signed by the Head of the Regional Delegation
  - 2.1.3 Local Civil Registry (LCR) issued Birth Certificate
- 2.2 In cases where there is a discrepancy on the entry of name in the NSO and Form 137, the entry in the NSO shall prevail, but must be supported by a resolution from the Head of the Regional Delegation for change of entry/correction of name.
- 2.3 In cases where the first or last name is not found at the top portion of the NSO but at the box below, the following shall be submitted;
  - 2.3.1 Live Birth Certificate issued by the LCR
  - 2.3.2 Copy of the application/petition duly received by the LCR (supplemental report to the LCR/Court)
  - 2.3.3 Resolution signed by the Head of the Regional Delegation
  - 2.3.4 Affidavit of the parents
  - 2.3.5 Affidavit of two (2) disinterested persons
- 2.4 When an illegitimate athlete uses the surname of his/her father, he/she shall submit an acknowledgement (2<sup>nd</sup> page of the NSO issued Birth Certificate) or a duly notarized acknowledgement by the father, and an annotation on the NSO (subsequent marriage of the parents)
- 2.5 When the gender can not be categorically determined, an affidavit of two (2) disinterested persons shall be submitted. The NSAC medical team shall conduct a physical examination. The finding(s) opinion of the NSAC medical team shall be binding (for purposes of Palarong Pambansa records only)
- 2.6 Unreadable entries shall be supported by the original Live Birth Certificate from the LCR, and affidavits of the parents and two (2) disinterested persons. Typographical errors shall be erased by a resolution signed by the Head of the Regional Delegation (for purposes of Palarong Pambansa records only).

## **D Replacement of Athletes Prior to the Issuance of the Masterlist of Accredited Athletes**

1. Replacement of athletes may be allowed only before the final deliberation of athletes, upon the written request signed by the Head of the Regional Delegation, on the following grounds:
  - 1.1 Medical/Health reasons
  - 1.2 Original athlete is not screened or interviewed
  - 1.3 None or incomplete set of required documents on the date set the NSAC
  - 1.4 Original athlete is not eligible to play- over aged, impersonation, etc.

## **E Protest on Eligibility**

- 1 Protest shall be in writing and duly signed by the coach and noted by the Head of the Delegation or his / her official representative and shall be filed before the start of the second game of the concerned team with the Chair of the NSAC. Protest filed by other person shall be automatically dismissed without prejudice of refileing the same upon compliance of the abovementioned requirement. The NSAC may MOTU PROPIO conduct investigation if there is an obvious truth or merits of the allegation questioning the eligibility of the athlete.
- 2 Protest shall be accompanied by affidavit, witnesses and / or evidences to support thereof.
- 3 The protest shall be acted immediately by the NSAC upon receipt thereof. Decision of the NSAC shall be appealable only to the Secretary of Education or, on his behalf, the Vice-Chairman of the Palarong Pambansa Board.
- 4 The protestant shall have the burden of proof and shall provide necessary evidences (documentary / testimonials), otherwise, the protest will be dismissed "MOTU PROPIO".
- 5 The NSAC may also conduct investigation on complaint/s of misrepresentation, impersonation and violations of similar nature, for purposes of determining the eligibility of the athlete without prejudice of filing administrative and criminal action.
- 6 The NSAC, on the authority of the Secretary of Education, shall act on information on violations of athletes even after the Palarong Pambansa. It shall determine the existence of prima facie case.

## **F Sanctions**

- 1 When a violation on eligibility rules is proven in team competitions, the games in which the individual has taken part shall be declared forfeited in favor of the opposing team. The individual performance, in case of individual events, shall be nullified.
- 2 Any violation of the rules on eligibility is punishable by lifetime ban from participating in school sports competitions without prejudice to the filing of appropriate administrative and criminal charges against erring officials and athletes.

**2009 PALARONG PAMBANSA**  
April 27-May 3, 2009  
Leyte Sports Development Center, Tacloban City

**GUIDELINES FOR THE SEARCH FOR THE MR. & MISS PALARO '09**

**A. ELIGIBILITY**

1. The Pageant is open to all eligible male and female athletes who have participated in the 2009 Regional Palaro.
2. Each region is entitled to one male candidate for the Mr. Palaro '09 and one female candidate for the Miss Palaro 09.

**B. CONTEST CATEGORIES**

**1. Sports Wear**

The Candidate shall wear only his or her Palarong Pambansa official uniform e. g. jacket, t-shirt, shorts/jogging pants, cap, and sports/rubber shoes. The candidate may also use sports equipment or playing implement during the presentation as props, if necessary. Sport attires not included in the aforementioned uniforms are strictly not allowed.

**2. Regional Costume**

The Candidate shall wear the costume distinct in the region he/she represents. The use of special effects, grandiose displays, live animals and deadly weapons are prohibited, this is to ensure that the presentation will not put the Candidate and the other Candidates in serious danger.

**3. Talent**

The Candidate shall observe the following:

- The presentation should last only for a maximum of five (5) minutes including the entrance and the exit.
- The Candidate must provide the necessary costume and other paraphernalia.
- Staging of the Candidate's talent presentation must be done in good taste. The concept, costume and other paraphernalia must not be suggestive and lewd in any manner.
- The use of back up performers is not permitted.
- The use of special effects is prohibited in the same manner that stunts and other dangerous acrobatic moves are discouraged. However, this may be performed at own risk, provided, that safety precautionary measures are observed.



- The Candidate must provide the organizing committee with the necessary requirements for presentation such as tapes/CD's (2 copies), copy of the oration or declamation piece and poem, script and other materials related to the presentation.
- Candidates are required to attend ALL the scheduled meetings and rehearsals.

4. Q & A

The candidate is asked to expound his/her personal opinion about the different sports related issues or questions provided by the judges.

5. Sports Participation Portfolio

The Candidate shall present his/her achievements in sports (photos, plaques, medals, ribbons, citations or any form of documentation) for the last three years. The achievement shall be weighed accordingly. Each Candidate can only earn an accumulated 40 points as the maximum number of points. **Only the highest level attained in a particular event and competition shall be considered.**

II. Team Event (Ball Games)

Competition level	Maximum Number of Points	Maximum Number of Evidence	Points per Evidence per Competition
Division	10	5	2
Regional	20	5	4
National	30	5	6
International	40	5	8

II. Individual Event (Athletics, Swimming, Chess, Gymnastics, Racket Games, Combat Sports, Target Sports)

Competition level	Maximum Number of Points	Maximum Number of Evidence	Points per Evidence per Competition
Division	10	10	1
Regional	20	10	2
National	30	10	3
International	40	10	4

Evidence - refers to any proof or documentation attesting the contestant's achievement/s on his/her participation in any recognized sport competitions.

Competition - refers to any sport contest initiated by any recognized group or organization e.g. Milo Olympics, Palarong Pambansa, etc.

C. CRITERIA FOR JUDGING

Over-all Physique	30%
Talent	20%
Intelligence & Communication Skills	20%
Sports Participation Portfolio	30%
Total	100%

D. MAJOR and SPECIAL AWARDS

Mr. and Ms. Palaro 09

- 1<sup>st</sup> Runner Up (male and female)
- 2<sup>nd</sup> Runner Up (male and female)
- 3<sup>rd</sup> Runner Up (male and female)
- 4<sup>th</sup> Runner Up (male and female)

Special awards shall be given to the following:

- Best in Sports Attire
- Best in Regional Costume
- Best in Talent
- Best in Question and Answer
- Mr. and Ms. Congeniality

## Tentative Schedule of Activities

April 20, 2009 1:00 pm – 5:00 pm	Deadline of the Registration of Candidates and General Orientation <ul style="list-style-type: none"><li>• Mechanics of the Contest</li><li>• Guidelines</li></ul>
April 22, 2009 1:00 pm – 5:00 pm	Rehearsal for the Pre-Pageant Contest
April 23, 2009 6 :00 pm - onward	Pre-Pageant Contest (Talent Portion)
April 24, 2009 1:00 pm -- 5:00 pm	Rehearsal for the Pageant Night
April 26, 2009 7:00 pm	The Pageant (Q and A Portion)

**PALARONG PAMBANSA '09  
SPECIAL GAMES**

**I. Eligibility**

1. The Palarong Pambansa '09 Special Games shall only be participated in by mentally challenged (MC), visually impaired (VI) and amputee in-school athletes.
2. Each region is allowed to field in a maximum of fifty (50) delegates including athletes and coaches.

**II. Eligibility Documents**

1. Medical or Doctor's Certification
2. Disability Assessment, for mentally challenged in particular
3. NSO Authenticated Birth Certificate
4. Certification for Enrollment
5. Photo Gallery
6. Parent's Permit

**III. Competition Categories**

**A. Visually Impaired (9)**

Event	Number of Athletes		Number of officials	Total
	Boys	Girls		
<b>Athletics</b> • 100 • standing long jump • shot put	3	3	2	8
<b>Goal Ball</b>	Athletes will be selected from among those who played in athletics		1	1

**B. Mentally Challenged (33)**

Event	Number of Athletes		Number of officials	Total
	Boys	Girls		
<b>Athletics</b> • 100 • 200 • 400 • 4 x 100 • standing long jump • shot put	5 (15 y/o & under)	5 (15 y/o & under)	2	12
• standing long jump • shot put	5 (16 y/o & above)	5 (16 y/o & above)	2	12
<b>Boccee/Boccia</b>	Athletes will be selected from among those who played in athletics		1	1
<b>Swimming (50m)</b> • Backstroke • Freestyle • Breaststroke	3	3	2	8

**C. Ortho/Amputees (8)**

**Categories**

- Above-knee amputation (single and double)
- Below-knee amputation (single and double)

Event	Number of Athletes		Number of officials	Total
	Boys	Girls		
<b>Athletics</b> • shot put	Athletes will be selected from among those who played in swimming			
<b>Swimming (50m)</b> • Backstroke • Freestyle • Breaststroke	3	3	2	8