



Republic of the Philippines
Department of Education

JUN 22 2023

DepEd MEMORANDUM
No. **035**, s. 2023

**2023 PALARONG PAMBANSA GENERAL INFORMATION, AND THE TECHNICAL RULES,
REGULATIONS, AND GUIDELINES ON SPORTS**

To: Undersecretaries
Assistant Secretaries
Minister, Basic, Higher, and Technical Education, BARMM
Bureau and Service Directors
Regional Directors
Schools Division Superintendents
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. The Department of Education (DepEd) announced the staging of the *Palarong Pambansa* this year through DepEd Memorandum (DM) No. 005, s. 2023 titled **Conduct of the 2023 Palarong Pambansa**.
2. The annual scholastic multi-sport competition, scheduled from July 28 to August 5, 2023, shall be hosted by the local government unit (LGU) of Marikina City together with the DepEd-National Capital Region (NCR) Office and the Schools Division Office (SDO) of Marikina City.
3. The schedule of activities is as follows:

Event/Activity	Date	Venue
Arrival of Delegation	July 26, 2023	To be determined
Welcome Ceremonies and Orientation	c/o Marikina City	
Earthquake Drill		
Registration of Technical Officiating Officials	July 28, 2023	
Events for Exhibition	July 28, 2023	
Refresher Course	July 29–30, 2023	
Solidarity Meeting	July 30, 2023	
Opening Program	July 31, 2023 (afternoon)	
Competition Proper	August 1–5, 2023	
Closing Program	August 05, 2023 (Afternoon)	
Departure of Delegation	August 06, 2023	

4. All regional delegations are advised to arrive in Marikina City **not earlier than July 26, 2023**. Further, the regional delegations are enjoined to attend the closing program on August 5, 2023.

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 documentary requirements shall be presented by the selected officiating officials upon registration:

a. Authority to Travel documents:

- i. **For DepEd employees** - approved travel authority duly signed by their respective heads of office;
- ii. **For National Sports Association (NSA) members** - an official letter from the Association President or Secretary General (or any NSA duly authorized official) authorizing their participation;
- iii. **For those coming from Host LGU** - letter of endorsement from the Local Chief Executive or City/Provincial Administrator or authorized official in charge of the 2023 *Palarong Pambansa*; and
- iv. **For Philippine Sports Commission (PSC) employees** - official Travel Order from the PSC Executive Director.

b. Two recent 2 x 2 ID pictures; and

c. Medical certificate issued by a government physician certifying that he/she is physically fit and able to serve during the *Palarong Pambansa*.

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

7. The official regular sports in the elementary and secondary levels, as provided in Section 27 of Rule VI of the Implementing Rules and Regulations (IRR) of Republic Act (RA) 10588 otherwise known as the *Palarong Pambansa Act of 2013*, shall remain to be played in this edition of the *Palarong Pambansa*. Aerobic Gymnastics, by virtue of a *Palarong Pambansa* Board Resolution issued in 2019, shall be featured as a regular sport starting this year.

8. Dancesports and *Pencak Silat* shall remain as demonstration sports while Cheer Dance, *Karatedo*, Weightlifting, Obstacle Course, and Indigenous Games shall be featured for exhibition in this year's *Palarong Pambansa*.

9. All regions are requested to send at least 15 members from their respective delegations to attend and witness the presentation and display of the sports featured in the exhibition. Ten of the 15 members of each delegation shall participate in the showcasing of Indigenous Games.

10. There shall be separate events for student-athletes with disability to competitions such as Para-Athletics, Para-Swimming, Bocce, and Goalball. Medals shall be awarded to the winners of the special games.

11. All sports shall be played in accordance with the current international rules and regulations being implemented by their respective international federation. However, modifications, amendments, or revisions in the technical rules and regulations may be

allowed for justifiable reasons. The tournament director of the concerned sport shall draft the proposed changes to be submitted to the head of the technical committee for review and evaluation, and to be endorsed to the *Palarong Pambansa* Secretary-General for final approval. In addition, a set of ground rules shall be formulated in concurrence with the coaches of the regional delegations during the solidarity meeting. The technical rules, regulations, and guidelines of the different sports (regular and demonstration) are contained in Enclosure No. 1.

12. A qualifying standard (distance, time, points) shall be adopted for measurable sports such as Archery, Athletics, and Swimming in the regional meets. These qualifying standards were set as a result of constant consultations with the tournament directors and technical experts from the national sports associations of the three measurable sports. The qualifying standards for the measurable sports are contained in Enclosure No. 2.

13. In relation to the **winner-take-all policy** adopted for all team sports in the 2023 *Palarong Pambansa*, teams (except for football and futsal) are encouraged to identify three players as **alternates** and may be allowed to compete in place of the core player/s who may not be able to play due to compelling reasons such as injuries or other emergency cases prior the opening program of the *Palarong Pambansa*. The alternate players, who shall form part of the official delegation, must come from the same school that played in the lower meets.

14. Outdoor games shall be suspended between 10:00 a.m. to 2:00 p.m. to protect the learner-athletes, officiating officials, team officials, and spectators from extreme heat during the *Palarong Pambansa*.

15. The **Olympic Medal System** shall be applied. The total number of gold, silver, and bronze medals to be contested in the different sports events is provided in Enclosure No. 3.

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

17. The following may be given cash incentives, pursuant to Section 15 (b) of DO 43, s. 2016 titled Implementing Rules and Regulations of Republic Act 10588 or the *Palarong Pambansa* Act of 2013, subject to the availability of funds and in accordance with the usual accounting and auditing rules and regulations:

- a. 2023 *Palarong Pambansa* medalists and new record holders in regular sports events including the top three winners in the special games, and
- b. Technical officials and other personnel who served in the conduct of the 2023 *Palarong Pambansa*.

Cash incentives may be supplemented from the proceeds of the solicitation from various sponsors and donors engaged in by the *Palarong Pambansa* Communications Group in line with its functions stipulated specifically in Section 16 (c) of DO 43, s. 2016.

18. Consistent with DepEd existing policies and guidelines in resolving protests on game technicalities of any sports event and protests on eligibility, complaints should be in written form, with affidavits of witnesses and/or evidence to support the same. There shall be no protest fee to be collected from the protesting regional delegation. Detailed information on the filing of protests on game technicalities and eligibility is contained in the respective technical guidelines of the different sports.

19. Student-athletes enrolled under the Alternative Delivery Modes (ADM) who excel in any of the DepEd-recognized sports may participate in the 2023 *Palarong Pambansa* and lower meets leading to the same, pursuant to DM 005, s. 2023 and the therein enclosed Amendments on the Guidelines on the Eligibility of Athletes (Enclosure No. 7). All other issuances inconsistent with the aforementioned guidelines, including *Palarong Pambansa* Board Memorandum No. 4, s. 2017 titled Eligibility of Home School Pupils/Students to Participate in DepEd Palara are rescinded.

20. Learners under the Alternative Learning System (ALS) will not participate in this year's edition of the *Palarong Pambansa*, as provided in Enclosure No. 2 (Guidelines on the Eligibility of Athletes) of DM 005, s. 2023.

21. The National Screening and Accreditation Committee (NSAC) for this year's *Palarong Pambansa* is constituted by the *Palarong Pambansa* Board to conduct the screening and accreditation of athletes, coaches, assistant coaches, and chaperons submitted by the participating regional delegations.

22. There shall be no contest on the Most Clean, Green, Healthy, Organized, and Eco-Friendly Regional Delegations. However, the policy on **Green Palarong Pambansa** shall be strictly implemented by the regional delegations in their billeting quarters. The implementing guidelines for the Green *Palarong Pambansa* are contained in Enclosure No. 4.

23. All DepEd personnel who will serve in the 2023 *Palarong Pambansa* as accredited technical officiating officials or members of the different national and regional working committees shall be granted vacation leave credits pursuant to the provisions of DO 53, s. 2003 titled Updated Guidelines on Grant of Vacation Service Credits to Teachers.

24. All members of the TMA Committee and their management working committees may be given additional supplemental assistance—on top of the allowable expenses to be given—as may be authorized, subject to the usual accounting and auditing rules and regulations.

25. Transportation expenses of all members of the national TMA committees and their respective working groups and technical officials from their respective stations/offices to Marikina City and back shall be charged to the Physical Fitness and School Sports Funds, subject to the usual accounting and auditing rules and regulations. They shall also be provided with meal allowance during their actual official stay. **All officers and members of the TMA must use the most economical and austere means of transportation.**

26. All regions shall adhere to the provisions of DO 40, s. 2012 (DepEd Child Protection Policy) and Enclosure No. 3 (Guidelines on the Health and Safety Protocols, Learner Rights and Protection, and Disaster Risk Reduction Management Relative to the Conduct of the 2023 *Palarong Pambansa*) of DM 005, s. 2023. Therefore, all regional delegation officials shall be accountable for the protection, welfare, and safety of their pupil/student-athletes. In addition, each DepEd regional office shall provide medical insurance coverage for its delegates.

27. In compliance with DO 13, s. 2017 titled 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 the 2023 *Palarong Pambansa*.

28. All members of the TMA Committees shall observe the **No Alcohol, No Smoking, and No Gambling Policy** of this Department during the 2023 *Palarong Pambansa*. Violators shall be dealt with accordingly.

29. The following documents are enclosed for easy reference:


- Enclosure No. 1 - 2023 *Palarong Pambansa* Technical Rules, Regulations, and Guidelines of the Different Sports, and the Qualifying Standards of the Measurable Sports;
- Enclosure No. 2 - Qualifying Standards for Measurable Sports;
- Enclosure No. 3 - Breakdown of Medals at Stake by Sports;
- Enclosure No. 4 - Implementing Guidelines for the Green *Palarong Pambansa*;
- Enclosure No. 5 - List of Playing Venues and Billeting Schools;
- Enclosure No. 6 - Breakdown of the Composition of Regional Delegations to the 2023 *Palarong Pambansa*; and
- Enclosure No. 7 - Amendments on the Guidelines on the Eligibility of Athletes.

30. For more information, please contact the ***Palarong Pambansa Secretariat-Office of the Assistant Secretary for Operations*** (*Palarong Pambansa* Secretary-General) through email at palorong.pambansa@deped.gov.ph or at telephone number (02) 8638-1790.

31. Immediate dissemination of this Memorandum is desired.



By Authority of the Secretary:


ATTY. REVSEE A. ESCOBEDO
Undersecretary

References:

- DepEd Order (Nos. 13, s. 2017; 43, s. 2016; 40, s. 2012; and 53, s. 2003)
- DepEd Memorandum (No. 005, s. 2023)

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

ATHLETICS	OFFICIALS
COMMITTEES	PUPILS
CONTEST	RULES AND REGULATIONS
CRITERIA	SPORTS
ELIGIBILITY	STUDENTS



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **ARCHERY**

I. RULES & REGULATIONS

The latest edition of the World Archery (formerly **FITA**) rules for outdoor target archery shall govern the tournament's conduct. (www.worldarchery.org – EN-Book 3).

II. ATHLETE'S ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTINGENT

1. A regional delegation's archery team shall consist of a Boys Team and a Girls Team in Secondary.
2. Each team shall be composed of not more than four (4) archers and a team coach. Team chaperones may accompany the girl's teams, but they shall not be allowed to coach. **Team trainers, archer's personal coaches, parents and delegation team officials will not be allowed in the archer's area and field of play during the tournament.**
3. The top 24 archers in each of the distances – identified based on its respective **qualifying score/s** – shall be considered as candidates for the four (4) regional slots. The four (4) archers with the highest accumulated points for all the distances shall represent their respective delegation and compete in the *Palarong Pambansa*.
4. The qualifying scores are provided in Enclosure 2 to this Memorandum for reference and guidance.

IV. DISQUALIFICATION

1. An athlete found guilty of breaking any eligibility rules;
2. An athlete using equipment contravening WA rules;
3. Athletes/teams repeatedly found shooting more than the permitted number of arrows per end;
4. An athlete proved to have knowingly broken any rules and regulations;
 - 4.1. Unsportsmanlike conduct
 - 4.2. Alteration and falsification of scores
5. An athlete who persists in using dangerous method of drawing the string.

V. SPORTS EVENTS & DISCIPLINES

Competition in Archery for the Secondary Level shall consist of the following events:

	BOYS/GIRLS	TARGET FACES	# OF ARROWS/END/ SET
EVENTS	1. 70-meter distance	122 cm	36 arrows = 6 arrows per end
	2. 60-meter distance	122 cm	36 arrows = 6 arrows per end
	3. 50-meter distance	80 cm	36 arrows = 6 arrows per end
	4. 30-meter distance	80 cm	36 arrows = 6 arrows per end
	5. 1440 round		144 arrows – aggregate scores
	6. Olympic Round (70 meters)	122 cm	Set System – 3 arrows per end 5 ends – 6 set points
	7. Team Event (70 meters)	122 cm	Set system – 2 arrows per archer 4 ends – 5 set points
	8. Mixed Team (70 meters)	122 cm	Set System – 2 arrows per archer 4 ends – 5 set points

VI. CATEGORIES

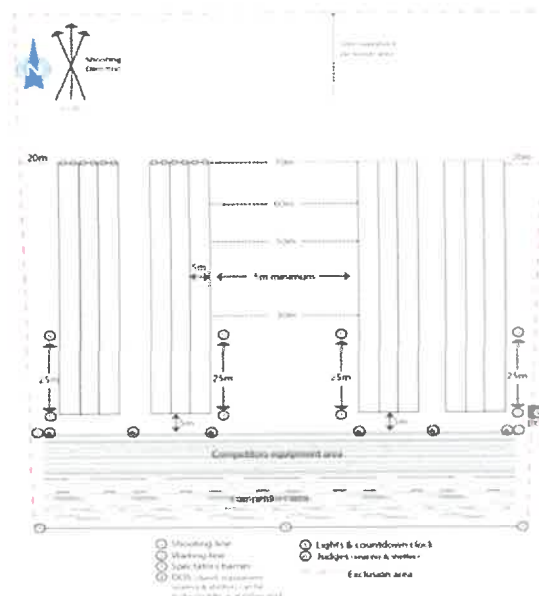
Archery Competitions are divided into two categories:

- **Secondary – Boys**
- **Secondary – Girls**

VII. PLAYING AREA & EQUIPMENT

1. Playing Venue

A minimum of 60 meters x 150 meters open field, flat surface preferably with grass is a requirement in an archery range for *Palarong Pambansa*. Archers, Equipment and Spectator’s Area must be labeled behind the waiting line. Provision for power supply and toilets is highly recommended. Safety barriers must be installed behind the target line and other safety zones. A suggested playing field is shown below:



2. **Equipment**

- 2.1. Each archer should have his/her own set of equipment which should conform to WA Recurve Bow specifications (Book 3, 11.1). It is the archer's responsibility to use equipment which complies with the rules. If in doubt the archer should show his equipment to the Judge(s) before using it in competitions.
- 2.2. Any archer found to be using equipment contravening the rules may have his or her scores disqualified.

VIII. PROTEST, PENALTIES, & SANCTIONS

DepEd *Palarong Pambansa* rules on protest, penalties and sanctions shall apply.

IX. CONDUCT OF THE COMPETITIONS

1. The results of the 1440 Round will be used as the bases for ranking the individual competitors in the Girls and Boys Divisions. Based on their ranks, the archers will then proceed to the Olympic Round to determine the Overall Individual Champions for Girls and Boys Divisions.
2. **New Rule**
The following new rules for international competitions will apply:
 - 2.1. 20 seconds per arrow is the time allowed for individual alternate shooting, and for all team and mixed team rounds including shoot-offs;
 - 2.2. 30 seconds per arrow is the time allowed for individual shooting during qualifications, Olympic round and Compound rounds where alternate shooting does not apply, including shoot-offs; and
 - 2.3. No extra time shall be allowed for equipment failure or the treatment of medical problems, but the athlete concerned may leave the shooting line to resolve the issue and return to shoot any remaining arrow(s) if the time limit permits. In the Team Event other member(s) of the team may shoot in the meantime.
3. Competition in the Olympic Round will be as follows:
 - a) An **Elimination Round** in which all archers (seeded according to their rank in the 1440 Round) in each division shoot a series of matches to determine the quarterfinalists. Each match shall consist of five (5) sets of three (3) arrows shot at the 122cm target face placed at the 70 meters for both girls and boys. The set system of scoring shall be used;
 - b) A Finals round in which the remaining quarter finalists (top 8 archers in each class) shoot a series of matches, ending with the Gold Medal Matches. Each match shall consist of up to five (5) sets of three (3) arrows shot at the 122cm target face placed at the 70meter distance for both girls and boys. (Alternate shooting will apply on the BMM and GMM). The set system of scoring shall be used;

- c) The scores in the 1440 Round of the **top three archers** from each team shall be the team's aggregate score. All Team scores will be calculated in a similar manner and each Team will be ranked in the Girls and Boys Classes. **However, any member of a team who shot in the 1440 Round may be fielded in the Team Event provided the final composition must be submitted to the tournament secretary before the announced deadline for the re-computation of team aggregate score.** All teams will shoot in the Olympic Round Team Event which consists of:
- a. The **Team Elimination Round** in which the seventeen (17) teams in each division shoot a series of elimination matches to determine the top teams in each class. Each match shall consist of four (4) ends of six (6) arrows at the 122cm target face placed at the 70meter distance for both girls and boys. Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
 - b. The **Team Finals Round** in which the top eight (8) teams in each class shoot a series of matches ending with the Team Gold Medal Matches. Each match shall consist of four (4) ends of six (6) arrows shot at the 122cm target face placed at the 70meter distance (Alternate shooting will apply on the BMM* and GMM*). Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
- d) The scores in the 1440 Round of the top-ranked boy archer and top-ranked girl archer from each team shall be the Regional MIXED TEAM's aggregate score. All Mixed Team scores will be calculated in a similar manner and each Regional Mixed Team will be ranked. All teams will shoot in the Olympic Round Mixed Team Event which consist of:
- a. The Mixed Team Elimination Round in which the eighteen (18) teams in each division shoot a series of elimination matches to determine the top teams. Each match shall consist of four (4) ends of four (4) arrows at the 122cm target face placed at the 70-meter distance. Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
 - b. The Mixed Team Finals Round in which the top eight (8) teams shoot a series of matches ending with the Mixed Team Gold Medal Matches. Each match shall consist of four (4) ends of four (4) arrows shot at 122cm target face placed at the 70meter distance (Alternate shooting will apply on the BMM and GMM). The set system of scoring shall be used.

X. PROTOCOLS

1. Uniforms

- 1.1. All members of the team including the coaches must wear the same uniform during the Team Event.
- 1.2. The archer's family name followed by the initial of his first name (e.g. DELA CRUZ, A.), should be printed on the upper back portion of the shirt. Letter height is from 5cm. in block letters. All shirts worn during the tournament must bear the

archer's name as describe above. Aside from the official delegation uniform, a team may wear an alternate uniform which should also have the archer's names printed at the back. All archers must wear rubber shoes. Slippers, Crocs, sandals and similar footwear shall not be allowed. Rubber boots and rain gear may be allowed if the weather and field conditions warrant their use.

1.3. Archers must always wear their target assignment numbers on their arrow quivers when shooting in the tournament, during the official practice day and during the official inspection of equipment. Numbers must be properly pinned on the archers' quivers.

1.4. Team uniforms are required to be worn during the official practice day, and Team Events.

2. Team Captains' Meeting

A team captains meeting will be held during the Solidarity session of the *Palarong Pambansa* to discuss the schedule, uniform requirements, latest rules or rule modifications, medals to be awarded and other important matters.

3. Official Practice Day

An official practice day shall be held one day before the start of the tournament on the actual tournament venue to familiarize the archers with the prevailing conditions at the tournament site. The tournament field must be laid out and all venue equipment should be in place. The official practice shall be controlled by the Director of Shooting and the Official Timer.

4. Inspection of Equipment

Initial inspection of archers' equipment will be conducted by the Judges Committee during the Official Practice Day. However, subsequent inspections may be done during the tournament to ensure adherence to equipment rules, provided that these will not affect the settings of the bow in question. Later violations, when found, will be penalized according to WA rules.

5. Practice Facilities

A practice field must be made available at least two (2) days before the Opening Ceremony of the *Palarong Pambansa*.

The tournament field may be used by the competitors for practice on all the days of the competition at times arranged by the tournament manager. However, all practice must cease fifteen (15) minutes before the start of competition.

XI. DETERMINATION OF WINNER

1. **Distance Rounds** (30M, 50M, 60M, 70M) Boys and Girls – Archers will be ranked according to their scores per distance. Top 3 archers who got highest score will win in every distance. Each distance will have a maximum score of 360 points.

2. **1440 Round** – The archers will be ranked according to their aggregate scores in the Distance Round. Top 3 archers who got the highest score will win. Maximum score is 1440.
3. **Olympic Round** – The archer who won from the series of matches at the Individual Matchplay will win. (see Individual Matchplay Chart – WA rules Book 3 annex)
4. **Mixed Team** – Top boy and top girl archer of each team who won a series of matches at the Mixed Team Matchplay chart.
5. **Team Event** – Teams who won a series of matches at the Team Matchplay Chart.

XII. PROPOSED SCHEDULE OF THE GAME

Day 1

07:30AM–07:45AM

07:45AM–08:00AM

08:00AM–08:20AM

08:30AM–11:00AM

9:00AM – 11:00AM

2:30PM – 5:00 PM

3:00PM – 5:00 PM

Official Practice Day

Assembly of Delegation Teams by Region

Parade of Delegation Teams

Opening Ceremony

Practice at 30, 50, 60, 70 meters – Girls

Equipment Inspection – Girls (by Region)

Practice at 30, 50, 60, 70 meters – Boys

Equipment Inspection – Boys ((by Region)

Day 2

6:30AM – 7:15AM

7:30AM – 8:50AM

9:15AM – 10:30PM

1:45PM – 2:30PM

2:45PM – 4:05PM

4:20PM – 5:40PM

1440 Round (Short Distances)

Warm-up at 30 meters – Girls

36 arrows at 30 meters – Girls

36 arrows at 50 meters – Girls

Warm-up at 30 meters – Boys

36 arrows at 60 meters – Boys

36 arrows at 70 meters – Boys

Day 3

6:30AM – 7:15AM

7:30AM – 8:50AM

9:15AM – 10:30PM

1:45PM – 2:30PM

1440 Round (Long Distances)

Warm-up at 60 meters – Girls

36 arrows at 60 meters – Girls

36 arrows at 70 meters – Girls

Warm-up at 60 meters – Boys

Day 4

6:30AM – 7:15AM

7:25AM – 7:45AM

7:55AM – 8:35AM

8:45AM – 9:25AM

9:35AM – 9:55AM

Individual Olympic Round Girls/Boys

Warm-up at 70 meters – Girls

1/32nd Eliminations – Girls/Boys

1/16th Eliminations – Girls/Boys

1/8th Eliminations – Girls/Boys

1/4th Finals – Girls/Boys

10:05AM – 10:25AM Semi-finals – Girls/Boys

2:00PM – 2:45PM Warm-up at 70 m – Mixed Team

3:00PM – 3:30PM 1/8th Eliminations

3:40PM – 4:10PM 1/4th Eliminations

4:20PM – 4:40PM Semi-finals

Day 5

6:45AM – 7:15AM

Team Olympic Round Girls/Boys

Warm-up at 70 meters – Team Event – Girls & Boys

7:30AM – 8:00AM

1/8th Eliminations - Girls

8:10AM – 8:40AM

1/8th Eliminations - Boys

8:50AM – 9:20AM

1/4th Eliminations – Girls/Boys

9:30AM – 10:00AM

Semi Final Rounds –Girls/Boys

MEDAL MATCHES (Alternate Shooting)

1:10PM – 1:30PM

Bronze Medal Match – Girls Individual

1:35PM – 1:55PM

Bronze Medal Match – Boys Individual

2:00PM – 2:20PM

Gold Medal Matches– Girls Individual

2:25PM – 2:45PM

Gold Medal Matches– Boys Individual

3:05PM – 3:25PM

Bronze Medal Match – Mixed Team Event

3:30PM – 3:50PM

Bronze Medal Match – Girls Team

3:55PM – 4:15PM

Bronze Medal Match – Boys Team

4:20PM – 4:40PM

Gold Medal Match – Mixed Team Event

4:45PM – 5:05PM

Gold Medal Match – Girls Team

5:10PM – 5:30PM

Gold Medal Match –Boys Team

5:35PM – 5:55PM

MEDAL CEREMONY

Note: Subject to change

XIII. SAFETY STANDARDS & PROTOCOLS

1. Archers, coaches, chaperon and officials are subject for thermal scanning and should sign in a logbook upon entry at the venue.
2. Archers, Coaches, chaperons, athletes and officials must bring their own sanitizer and disposable towel with them.
3. All equipment (bow, arrows, quiver etc.) should be cleaned with an appropriate disinfectant before and after their use in the field.
4. Follow the local rules regarding social distancing.
5. Always wear a mask, except when shooting.
6. Archers and their personnel should be able to enter and leave the training ground or field of play in a unidirectional way to avoid crossing the path of any person.

7. The maximum number of athletes and delegation official in the same area will be determined by the Tournament Management.
8. Be safe and respect others.



2023 PALARONG PAMBANSA
July 29– August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **ARNIS**

ARNIS TECHNICAL GUIDELINES

I. COMPETITION RULES AND REGULATION:

The **DepEd-PEKAF Arnis Guidelines** shall be adapted for the purpose of the Department of Education school sports competition leading to **Palarong Pambansa** and other sports competition for Arnis.

II. ELIGIBILITY:

1. ATHLETES

Eligibility of Athletes must adhere to the Rules and Guidelines for the National Accreditation and Screening (NSAC) requirements for eligibility.

2. COACHES/ASSISTANT COACHES/CHAPERON

2.1 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.

2.2 Coaches, Assistant Coaches/Chaperons must be DepEd accredited in accordance with Technical Guidelines and NSAC requirements.

III. PARTICIPANTS: TEAM COMPOSITION

Elementary Level

- Boys: 3 Players and 1 Coach
- Girls: 3 Players, 1 Coach and 1 Assistant coach/Chaperon

Secondary Level (Anyo / Full contact events)

- Boys: 5 Players and 1 Coach
- Girls: 5 Players 1 Coach and 1Assistant Coach/Chaperon

IV. DISQUALIFICATIONS:

1. Participants not qualify in the NSAC Eligibilities and age requirements;
2. Participants not qualify for the weight category based from the official entry submitted during the officials weigh in for secondary; and
3. Other disqualification provided on DepEd/PEKAF rules and regulation

V. SPORTS EVENT:

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. Each region/team is allowed only one (1) entry in each weight category.

ANYO ELEMENTARY and SECONDARY - Five (5) Players will come from the Team members in the Likha Anyo team event who qualify in the weigh-in in the secondary level both boys/ girls and three **(3) players for elementary** who will qualify in the NSAC age requirements for both boys and girls.

VI. CATEGORIES:

FULL CONTACT (BLADED WEAPON CONCEPT) PADDED STICK SECONDARY LEVEL

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

ANYO COMPETITION CATEGORY:

Elementary Boys and Girls

NON-TRADITIONAL

- A. Individual Likha Anyo Single Weapon - 1 player per individual category
- B. Individual Likha Anyo Double Weapon - 1 player per individual category
- C. Individual Likha Anyo Espada y Daga - 1 player per individual category

NON-TRADITIONAL

- D. Team (Synchronized) Likha Anyo Single Weapon - 3 players per team category
- E. Team (Synchronized) Likha Anyo Double Weapon - 3 players per team category
- F. Team (Synchronized) Likha Anyo Espada y Daga - 3 players per team category
- G. Team (Synchronized Mixed) double Weapon - 1 boy and 1 girl

Secondary Boys and Girls

NON-TRADITIONAL

- A. Individual Likha Anyo Single Weapon Category - 1 player per individual category
- B. Individual Likha Anyo Double Weapon Category - 1 player per individual category
- C. Individual Likha Espada y Daga - 1 player per individual category

NON-TRADITIONAL

- D. Team (Synchronized) Likha Anyo Single Weapon - 3 players per team category
- E. Team (Synchronized) Likha Anyo Double Weapon - 3 players per team category
- F. Team (synchronized) Likha Anyo Espada y Daga - 3 players per team category

VII. EQUIPMENT

For the purpose of this standard, all equipment shall adhere to the specifications of PEKAF or its approved equivalent and by no means shall be substituted without prior consent of the Tournament/Sports Manager. No competitors shall be allowed to compete without the basic standard protective gears as follows:

- Head gear, color coded in red and blue
- Body vest color coded in red and blue
- Groin protector both male/female
- Hand and arms guard protectors color coded in red and blue
- Leg guard protectors (femur and shin guard) color coded in red and blue
- Hand Gloves
- Rubber footwear

VIII. WEAPONS for ANYO

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.

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.)

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.

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.

Metallic/wooden Unbladed replica of a bladed sword and 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.

IX. UNIFORM/COSTUME

1. Participants are required to wear the standard uniform for Full Contact
 - 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).
 - Plain red pants (school/club logo may appear on the pants).
 - Rubber soled shoes.
3. Anyo Competition Costume: Participants are required to wear the official regional/team delegation uniform or Arnis Uniform (white T-shirt and Red pants).

X: PROTEST, PENALTIES AND SANCTION:

1. ANYO COMPETITION

The following actions will result in a deduction per violation to the participant's score in order to come up with the Final Score:

- a) Unintentionally dropping a weapon (Disarm) = half (0.5) point deduction for every violation
- b) Time limit violation = half (0.5) point deduction
- c) Line violation = half (0.5) point deduction for every violation
- d) Starting over = half (0.5) point deduction
- e) Failure to execute the Pugay at the start/end of performance = half (0.5) point deduction
- f) Finishing in place different from where the form started = half (0.5) point deduction unless Judges have been notified in advance that this will occur.

2. Queries/Protest and Complaint on Technicalities

2.1. **Queries** shall be done immediately after the competition and before the next match begins. Evidence justification through Video cameras is just a secondary basis for clarification. Final decision is based on the deliberation of the officiating officials of that match or bout.

2.2. **Protest** shall be done immediately after the match/bout and shall be made in writing within 2 hours by the coach duly signed by the athletic manager or authorized representative of the delegation addressed to the Technical Committee.

2.3. Any action made otherwise shall be nullified.

2.4. Coaches/Assistant Coach /Chaperons who failed to attend the solidarity meeting shall waive his/her rights for queries and protest.

2.5. "JUDGEMENT CALL CANNOT BE PROTESTED"

3. Full Contact Event:

3.1. Every contestant who contravenes the rules shall be warned or penalized. The nature of the penalty will be announced by the referee after the appropriate consultation within the referee panel.

3.2. Warning may be imposed for attempted minor infractions of the rules. Warning may also be imposed for the first instance of any minor infractions.

3.3. The following scale of penalties shall operate: minor violation (paglabag) - not engaging the opponent, prolonged grabbing, pushing, body pushing, hitting lower extremities (knee and below knee level only).

3.4. Major violation (sinadyang paglabag) – hitting the groin, neck, back of the head, sweeping, throwing, punching, etc., thrusting and butting technique, feigning of injury, uncalled remarks, excessive contact, hitting injured parts, whether it is intentional or unintentional; The referee/judges has the discretion to imposed disqualification from the match even on first offense, depending the gravity of the offense.

3.5. A penalty can be directly imposed for a rules infraction but once given, repeats of that category infractions must be accompanied by an increased in severity of penalty imposed.

3.6. Dishonorable disqualification may be invoked from the following:

a.) When a contestant commits an act which harms the prestige of Arnis.

Such as: Throwing of Arnis stick, spiting, etc.

b.) When an action/s of a contestant are considered to be dangerous and deliberately violate the rules concerning prohibited behavior.

XI: CONDUCT OF THE COMPETITION:

1. General Guidelines in FULL CONTACT Event

1.1. The **Conduct of the Competition** for Full Contact Bladed Weapon Concept shall be on a **two-out-of-three round system**. Each round shall be held for a continuous One (1) minute and is counted upon confirmation of Two (2) or Three (3) Judges by raising of color coded flag system.

1.2. **Players** are required to show artistic arnis 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.

1.3. A **SCORE**: shall mean a strike with a padded stick using one hand only, delivered to a specific body points 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, confirm by the judges will be stopped by the referee to award the score for the bladed concepts must be observed.

1.4. (DRAW SCORE) Match Tie- Breaker

- A match is won when one competitor accumulates the majority of the points earned after the one (1) minute round expires. In the event that the scores, disarms, and fouls are the same at the end of the round, the ADVANTAGE POINT Principle shall be applied to break the tie.
- In every match, the **first legitimate score** is immediately recorded by the judges/recorder to the scorecard and documents the corresponding point to the player who gets the advantage point.
- The Advantage Point Principle: The Advantage Point is the very first score gained by either one of the two players. If the red player is the

first to score in the match, the red player gets the advantage point and if the blue player is the first to score in the match, the player gets the advantage point.

- In the Bladed weapon concept events, the player who gets the advantage point wins the match to break the tie or draw.
- If a tie score still exists after the match, the total score in the whole match shall be added to break the tie. If the total score is still the same the First Advantage Point in the match shall apply.

1.5. Injuries

In case of minor/major injury caused by accidental blow/hit both intentional and un-intentional the referee must stop (hinto) the match and call the attention of the medical doctor and 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.

2. GENERAL RULES OF THE GAME FOR LABANAN BLADED WEAPON CONCEPT MECHANICS OF THE MATCH

2.1. Bladed weapon concept of sparring is characterized by point system, in which a contestant who successfully landed a legal strike/technique with one hand shall be awarded by point immediately.

2.2. The normal duration of a match is 3 rounds, continuous 1 minute per round with a 15 seconds rest interval for secondary level.

2.3. The timing of the bout starts when the referee gives the signal to start (Handa) and stops each time he calls "Hinto."

2.4. The Time-Keeper shall signal by an early audible gong or whistle indicating time- up.

2.5. Contestants are encouraged to demonstrate twirling technique before engaging into blows.

2.6 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.

2.7 Spontaneous strike is allowed, but the judges can only give one (1) point per encounter but in accordance with the guidelines on legitimate strike.

2.8 Attacks are limited to the following areas:

- a.) head
- b.) face
- c.) chest
- d.) abdomen
- e.) back (lower extremities only)
- f.) side of the body
- g.) extremities

3. The following Acts shall be prohibited and may result to FOULS

A. Light Fouls:

1. Deliberately going outside of the ring or stepping or going out of the playing area with both feet.
2. Pushing or pulling with any part of the body or head is not allowed.
3. Grabbing or holding the opponent to avoid action. The match will be stopped if grabbing and holding is done.
4. More than two consecutive strikes to the same target area.
5. Failure to step back when ordered to break (*buwag/hiwalay*) or if competitors do not stop action when a “*HINTO!* (Stop!)” or “*HIWALAY!* (Break!)” is called.
6. Removing head gear or other protective equipment in between rounds. (Head gear may be lifted but not removed.)
7. Adjusting the uniform or protective gear without the permission of the Referee.
8. Deliberately delaying the match in order to gain additional rest time.
9. Hitting while holding the opponent’s *olisi* (stick).
10. Blocking with the use of the arm. An intentional use of the hand/arm to block the opponent’s weapon, arm or hand.
11. Complete failure to use defensive tactics and maneuvers.

B. Harmful Fouls:

1. Hitting when the opponent is down or in the act of rising, is unconscious, turns his back, or signals surrender.
2. Striking with any part of the body.
3. Hitting the groin, neck, throat, back and back of head.
4. For LIVE STICK Events only, any area below the thigh.
5. Accidental hitting of illegal target areas.
6. Thrusts, butt strikes (*punyo*), or two-handed strikes.
7. Grappling, wrestling, or hooking.
8. Application of throws or sweeps.
9. Application of joint locks for any purpose, including disarming.
10. Checking to the face.
11. Useless, aggressive, or offensive utterances during the match, foul language, cursing and swearing (unintentional or otherwise), jeering, trash talking, and negative remarks will not be tolerated.
12. Any unsportsmanlike conduct causing embarrassment to an opponent, official, or the audience.
13. Striking or attempting to strike immediately after the referee has ordered break (*buwag/hiwalay*).
14. The use or application of prohibited drugs such as steroids, stimulants, marijuana, opiates, etc.
15. All other things that may be prejudicial to the spirit of Eskrima Kali Arnis.

3.2. Any discourteous behavior such as provocation and uncalled remarks. Any competitor/s, coach or official members of a team who have

discourteously towards any members of the refereeing panel by words, gestures, etc., can earn the immediate disqualification of the whole group from the tournament.

3.3. In addition, attention is drawn to the coach's behavior. He shall at all times, during the operation of match, remain in his position and must not by words or deed, interrupt or course to be interrupt the smooth operation of the match. In the event that the coach contravenes the rules, then his/her competitor/s will be penalized accordingly.

4. CONDUCT AND ORGANIZATION OF THE COMPETITION FOR ANYO EVENT:

4.1 Anyo performance is classified into two (2) major classification:

A. Traditional Form: Anyo performance both in secondary and elementary Level which are strictly combative and emphasize focused on Arnis skills and technique application without fancy movements and without music accompaniments.

B. Non Traditional Form: Anyo performance both in secondary and elementary Level which can incorporate weapons release/throws, kicks, jumps rolls and other creative acrobatic movements provided that must follow the principle of Eskrima Kali Arnis and that at least (80%) of the performance shall emphasize sticks weapon being used and arnis skills/technique are emphasized. Music accompaniment is allowed.

4.2 Anyo performance is a demonstration or combination of pre arrange or Choreographed sets of body movements, offensive and defensive technique through striking, blocking, thrusting using stick wooden replica or metallic unbladed replica of a bladed weapon.

4.3 In Anyo, music is optional but when there is time that may cause a delay, the management has the right to order the performer to perform even without music. Only Filipino ethnic music is allowed.

4.4 The time duration of the performance shall have minimum one (1) minute and a maximum of two (2) minutes performance. The official time shall start at the time the performer/s executes the salutation (Pugay) and it shall officially end when the performer/s executes the ending salutation (Pugay).

4.5 The conduct of the competition shall be one (1) round Anyo performance for both Secondary and Elementary level (boys/girls)

4.6 Score in the Likha Anyo competition shall have a numerical value from 7-10 with an increment of 0.1

XII: DETERMINATION OF WINNER:

1. FULL CONTACT CRITERIA FOR DECISION

- 1.1. In every bout there should be a winner. The referee will call for a hatol, Judges will raise the flag red or blue as winner on his/her judgement.
- 1.2. Majority of the colors raised by the judges will be declared the winner.
- 1.3. If at the end of the 2nd bout scored tie is established the decision is a draw (tabla) third round will be called for by the referee.
- 1.4. After the third bout when the decision is draw (tabla), the bout will refer to the scores accumulated and the violations committed by the competitor/s in the three rounds.

2. DETERMINING THE WINNER IN ANYO COMPETITION:

- 2.1 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 **total score**.
- 2.2 In case of tie, the highest and the lowest score of the Five (5) Judges shall be backed and added together to break the tie.
- 2.3 In case another Tie: Repeat performance
- 2.4 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.

3. CRITERIA IN JUDGING THE ANYO COMPETITION:

In assessing the performance of a performer/s in anyo competition, the following criteria must be observed.

3.1 PERFORMANCE STANDARD (60%)

➤ Coordination of Movements/Synchronization

(COM for Individual Events: The harmonization and dexterity of the movements of arms, legs, head, body and weapons of the performer. It is the well-balanced actions, steps, stances and movements (sense of balance)

(Synchronization for Team Events: The precise timing, indistinguishable, identical, harmonic and rhythmic movements of the arms, legs, head, body and weapons of the performers/team during the duration of the performance. However, symmetrical angles of delivery, including the arms, legs, head, body weapons, footwork and other movements of the performers/team are also allowed.

➤ Artistic Execution and Mastery

(The graceful, elegant, refined, stylish, animated, execution and comprehensive knowledge of the martial art skills and movements of the performer/s including speed and power).

➤ Bearing, Stage Presence and Over-All Performance

(The over-all manner, composure, attitude, poise and posture of the performer/s during the performance.)

3.2 CONTENT STANDARD (40%)

➤ **Degree of Difficulty of Techniques and Movements**

(The selection and magnitude of variety, complicatedness, complexity, intricacy of the movements of the arms, body and legs in executing martial art techniques of the whole performance.)

➤ **Creativity and Interpretation**

(The originality, inventiveness and imaginativeness of the forms and movements together with the understanding and version of martial arts movements without sacrificing effectiveness.

XIII. SAFETY PROTOCOLS

1. Observe COVID-19 Safety and Health Protocols
2. Use of prescribe/official safety gears and equipment per Team is required
3. STRICTLY adhere to CHILD PROTECTION POLICY
4. Presence of Medical Team throughout the duration of competition

XIV: GENERAL SCHEDULE OF ACTIVITIES

GENERAL SCHEDULE OF ACTIVITIES	
DATE	ACTIVITIES
	Arrival of officiating officials and registration
	Refresher Course for all officiating officials
	Weigh -In / Drawing of Lots /Checking of Equipment and Music
	Solidarity Conference, Officiating, Coaches, Asst. Coach, Chaperon
	General Opening Ceremony/Parade
	Arnis Ceremonial Program/Actual Competition
	Continuation Anyo competition , Full contact elimination /quarter finals
	Semi Finals and Championship games/Awarding Ceremony
	General Closing Ceremony



2023 PALARONG PAMBANSA
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TECHNICAL GUIDELINES & GROUND RULES FOR **ATHLETICS**

For the 2023 *Palarong Pambansa* Athletics Competition, IAAF rules will be applied. To suit local conditions, the following ground rules shall be adapted:

I. TOURNAMENT SCHEDULE

1. Start of the game is 6:00 in the morning and resumes at 3:00 in the afternoon.
2. In case of inclement weather, if the event can't be safely completed, coaches will be consulted on the postponement or cancellation of the schedule by the technical management based on the rule of majority.
3. Law of succession will be observed.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. ENTRIES PER EVENT BASED ON QUALIFYING STANDARDS

1. Track Events and Field Events

- 1.1. Qualifying Standards shall be applied to all events except relays.
- 1.2. The top 24 athletes who meet the Qualifying Standards based on the consolidated regional results (hand time) shall qualify in the *Palarong Pambansa*.
- 1.3. All athletes tied in the 24th place will be considered qualified to compete.
- 1.4. Minimum of three qualifiers per event to proceed with the competition.
- 1.5. In case of less than three qualifiers, said athletes shall advance to the *Palarong Pambansa* for recognition and not for competition.
- 1.6. Events with no qualifiers will not be played in the *Palarong Pambansa*.

IV. SUBMISSION OF ENTRIES

1. Entry form should be prepared by rank, according to performance of Athletes, indicating no. 1 as the best performer and no. 2 as the next.
2. Entry form must be prepared in 4 copies and to be submitted to the Tournament Secretary during the Solidarity Meeting.

V. COMPETITION RULES

1. An athlete is allowed to compete in 3 individual events and 2 relays.

2. Athletes must wear their delegation uniform and assigned number when reporting to the roll call area and during the competition.
3. Use of starting blocks is a "MUST" in sprint and hurdles events.
4. Overlapped Rule will be applied for 3000m and above until 16 runners only are left in the track.
5. Walkathon is a regular event for Secondary Boys and Girls with 2000m distance.
6. A 30-meter receiving zone in 4x100m relay will be applied.
7. In relays, qualifiers can change runners to a maximum of 4 players.

VI. CODE OF CONDUCT OF ATHLETES AND COACHES

1. Coaches are the ones responsible for the behavior of their athletes.
2. Coaches who failed to observe the code of conduct and proper decorum shall be dealt with accordingly.
3. No coach or any party identified with the athlete is allowed within the vicinity of the playing area. They should stay outside the control fence or at the bleachers.
4. Coaches who failed to observe the code of conduct and proper decorum shall be dealt with accordingly. Protest must be in writing and should be in accordance with the protest procedure specified in the *Palarong Pambansa Memorandum* issued by the DepEd Central Office.
5. Protest can be filed right after the finals of the particular event has been concluded.

VII. SUGGESTED STARTING HEIGHT OF THE BAR IN HIGH JUMP AND POLE VAULT

1. High Jump

Level	Girls	Boys
Elementary	1.15 m	1.25 cm
Secondary	1.30 cm	1.40 cm

- The height increment will be 3 cm for the remaining 2 or 3 athletes.

2. Pole Vault

- 2.00 m then the succeeding three (3) raising of the bar will be 20 cm thereafter followed by 10 cm onwards.

3. Time Allotment

	Pole Vault	High Jump
More than 3 athletes	1 min.	1 min.
2 to 3 athletes	2 mins.	1 ½ mins.
1 athlete	5 mins.	3 mins.
Consecutive trials	3 mins.	2 mins.

4. Take-Off Board Placement for Triple Jump

Level	Girls	Boys
Elementary	7,8,9	7,8,9

Secondary	7,8,9	9,10,11
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5. Weight of Implements

Implements	Elementary		Secondary	
	Girls	Boys	Girls	Boys
Shot	3 kg	5 kg	4 kg	6 kg
Discus	.75 kg	1.5 kg	1.0 kg	1.75 kg
Javelin	300 grams	400 grams	600 grams	700 grams

6. Height of Hurdles

Hurdles	Elementary		Secondary	
	Girls	Boys	Girls	Boys
100 MH	.762 m		.840 m	
110 MH		.914 m		.994 m
400 MH	.762 m	.840 m	.762 m	.914 m

VIII. RULES ON PROTEST

IX. OTHER GROUND RULES

1. Other ground rules will be discussed during the solidarity meeting based on the situation of the venue, equipment, and other concerns.



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BADMINTON TECHNICAL GUIDELINES

I. RULES

1. The competition shall be conducted in conformity with the Badminton World Federation's (BWF) existing laws and regulations. The Tournament Director, however, shall have the final say in any matters not covered by these laws.
2. The technical organization of the tournament shall be the responsibility of the Technical Committee/Tournament Director. The committee's decision shall be final in all matters relating to the competition.
3. Only the Official Coach and Chaperon listed on the gallery are allowed to sit on the coaches' chair and approach the players during intervals. (Maximum of two persons allowed).
4. Only the Official Coach and Chaperon are allowed to approach the Match Control/Referee with regards to questions and inquiries during the match.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 sections 4-7 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION

Each team shall be composed of one (1) Coach, (1) Chaperon, and four (4) players each for elementary and secondary girls while the composition for the elementary and secondary boys shall be one (1) Coach and four (4) players.
There shall be no chaperon for the boys category.

IV. TOURNAMENT FORMAT

The format of the competition shall be run on a single elimination or knock-out system for all events in elementary and secondary levels both boys and girls.

V. EVENTS

Only Individual competition shall be played during the 2023 *Palarong Pambansa*. A player can only play in one event except if chosen to play the mixed doubles.

Elementary/Secondary

1. ***Boys Singles (BS)** - (Two (2) entries/Team)
2. ***Girls Singles (GS)** - (Two (2) entries/Team)

3. ***Boys Doubles (BD)**- (One (1) entry/Team)
4. ***Girls Doubles (GD)**- (One (1) entry/Team)
5. ***Mixed Doubles (XD)** - (One (1) entry/Team)

VI. SEEDING / RANKING

Pairings for elementary and secondary levels for both boys and girls in all events shall be done by electronic draw. There will be no seeding of players since it has been three years in row that no *Palarong Pambansa* competition was held.

VII. DRAWING OF LOTS

1. Drawing of lots shall be done before the start of the 2023 *Palarong Pambansa* or one (1) day before the actual competition. (Electronic draw lots shall be implemented).
2. The Tournament manager/ match control shall be the one to facilitate the draw to determine the opponent, this will be done in the presence of the different coaches/representatives who will be asked to perform the actual clicking of the draws.
3. Coach/representative's right to question the tournament proceedings or technical guidelines shall be waived if he/she fails to attend the Solidarity Meeting.

VIII. ENTRY OF PLAYERS

1. Coaches shall submit their entries for Singles, Doubles, and Mixed doubles competition during the Solidarity Meeting on a prescribed entry form to be provided by the management.
2. The coach shall duly sign the entries.
3. Upon submission of the entries, **no** substitution shall be allowed especially after the draw.

IX. SCORING

The BWF scoring system of 1-21 points (rally point) best of three games shall apply to singles and doubles events. In case the score becomes 20-all, the player/pair who gains an advantage of two (2) points wins the game (20-22, 23- 21). If the score becomes 29-all, the player/pair who score the 30th point wins the game.

X. WALK-OVER

A fifteen (15) minute grace period upon call of the match shall be given, otherwise the team/player shall be declared loser via walk-over. Coach is required to submit a signed letter of explanation and duly signed by head of delegation or duly authorized for walk-over. The rule of succession shall be observed.

XI. ATTIRE

1. All players are required to use their playing uniform (regional colors) on the **first day and during the championship or finals**. On the second day up to the semi-finals players are allowed or must be in prescribed badminton uniform. Doubles players should wear a playing attire of similar color as his/her partner (if not wearing their regional colors).
2. For players do not use "**PHILIPPINES**" or "**PILIPINAS**" as back name or print of playing shirt.
3. **Coaches and Chaperones** are required to wear their regional uniform when coaching during the match. Wearing sleeveless shirts, shorts, and slippers when coaching is not allowed.

XII. PROTEST

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within one (1) hour immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation, and shall be submitted to the Jury within three (3) hours upon receipt of the decision.
4. The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

XIII. MODIFICATIONS ON GAME PROCEEDINGS RELATED TO COVID 19

Due to the concurrent pandemic, certain proceedings during the game shall be implemented:

1. There shall be a player's assembly area. This is where the players will be assembled and checked before proceedings with their game).
2. No borrowing of rackets, shoes, uniforms, and other personal items during the match.
3. Formalities such as hand shaking of athletes, coaches and technical officials may be observed on personal discretion.

XIV. RESTRICTIONS FOR COURT OFFICIALS AND COACHES

1. No drinking of alcoholic beverages during the entire matches to all technical officials and coaches.

2. Smoking is prohibited within the playing area and public places – let us make badminton a smoke-free competition.

XV. UNFORESEEN EVENT

1. The decisions of the Referee on any disputes during the competition shall be final.
2. The ongoing matches will be impossible to continue; such matches will be continued later from the point where it was disrupted.



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TECHNICAL GUIDELINES FOR **BASEBALL**

PALARONG PAMBANSA TECHNICAL GUIDELINES FOR SPORTS COMPETITION (BASEBALL)

The Palarong Pambansa Baseball Tournament shall adopt the following Technical Guidelines for Sports Competition:

1. **ELEMENTARY BASEBALL** adopted the Little League, INTERMEDIATE DIVISION (50 – 70) Playing Rules published by the LITTLE LEAGUE BASEBALL, INCORPORATED as the primary playing rules.
2. **SECONDARY BASEBALL** adopted the Official Rules of Major League Baseball Current Edition as the primary playing rules and World Baseball Softball Confederation (WBSC-BASEBALL) Tournament Regulations.

I. PLAYING RULES

I.1 INNINGS

I.1.1 ELEMENTARY

It shall be played for **SEVEN (7) innings** during the Elimination, Quarter Finals, Semi-Final and Championship Game. Any team shall have the option to concede in any of their games.

I.1.2 SECONDARY

It shall be played in **FIVE (5) innings** during the Elimination, Quarter finals, Semi-final and **Seven (7) innings** in the championship game only. Any team shall have the option to concede.

I.2 MERCY RULE (Ten (10) Run Rule)

I.2.1 ELEMENTARY

If after four innings, three and one-half innings if the home team is ahead, one team has a lead of fifteen (15) runs or more, the manager of the team with the least runs shall concede the victory to the opponent. If after five innings, four and one-half innings if the home team is ahead, one team has

a lead of ten (10) runs or more, the manager of the team with the least runs shall concede the victory to the opponent.

Note: (1) If the visiting team has a lead of fifteen (15) or ten (10) runs or more respectively, the home team must bat in its half of the inning.

RUN RULE: If at the end of four innings, three and one-half innings if the home team is ahead, one team has a lead of fifteen (15) runs or more, the manager of the team with the least runs shall concede the victory to the opponent. If at the end of a regulation game one team has a lead of ten (10) runs or more, the manager of the team with the least runs shall concede the victory to the opponent.

NOTE: If the visiting team has a lead of fifteen (15) or ten (10) or more runs respectively, the home team must bat in its half of the inning.

1.2.2 SECONDARY

For Secondary Baseball the 10-Run Rule shall be applied in all the games, except in the championship game (bottom of 3rd or any time after the 3rd of a five (5) inning game) as the case may be.

1.3 BASE RUNNING RULES:

Level/Division	Difference:	
Elementary	“Special Pinch Runner” is allowed. Rule 7.14	Not as a Substitution. The “Special Pinch Runner” shall not be in the battling line-up (substitute/alternate)
Secondary	“Pinch runner” is allowed.	It is considered as a SUBSTITUTION. The “pinch runner” must play defense in the process.

“Special Pinch Runner: (ELEMENTARY) is allowed (Rule 7.14 Not as a Substitution). Once each inning, a team may utilize a player who is not in the batting order as a special pinch-runner for any offensive player. A player may only be removed for a special pinch runner one time during a game. The player for whom the pinch-runner runs is not subject to removal from the line-up. If the pinch runner remains in the game as a substitute defensive or offensive player, the player may not be used again as a pinch-runner while in the batting order. However, if removed for another substitute that player or any player not in the line-up, is again eligible to be used as a pinch-runner.

1.4 BAT

1.4.1 ELEMENTARY

It shall not be more than 34 inches in length, not more than 2 5/8 inches in diameter. If a 2 1/4 barrel bat has no composite materials in the barrel, it may be used provided it is labelled with a BPF of 1.15 or less.

1.4.2 SECONDARY

It shall not be greater than 34" long, a weight reduction of not more than -5 and a maximum barrel of 2 5/8.

A bat should not contain any additional part that provides a batter extra batting power. (2-piece bat and composite bat may be allowed to be used in any game for the duration of the Palarong Pambansa 2019).

Note: Provided such composite bat will be available as TOURNAMENT BAT (to be provided by the Palarong Pambansa management), or such bat shall have the mark of BBCOR (batted ball coefficient of restitution).

1.5 LOITERING AND LITTERING

Loitering and littering are strictly prohibited in the field and immediate vicinities. Coaches are responsible in maintaining cleanliness and orderliness in their respective dug-out/bench during the game and before leaving.

1.6 PLAYING EQUIPMENT

It is mandatory for all competing teams to provide their respective teams the necessary equipment: bats, batting helmets, shin guards, catcher's mask and groin protector.

1.7 PITCHER HITS THE BATTER (ELEMENTARY AND SECONDARY)

Removal of the pitcher shall be imposed when:

I.7.1 If in the judgment of the umpire the pitch was intentional even if it was only the first time that hit the batter.

I.7.2 If for preventive measures, the umpire may ask the coach to replace the pitcher in order to avoid any further untoward incident.

I.7.3 If the pitcher hits three (3) batters in an inning. He shall be transferred to another position and shall only return as pitcher in the succeeding innings. If he hits Five (5) batters in a game, he shall be removed from the field and may play as pitcher in their succeeding games.

1.8 TEAM GAME

A team may play in a maximum of two (2) games in one day. Double Headers are permitted.

1.9 DESIGNATED HITTER (ELEMENTARY)

Designated hitter is not allowed.

I.10. INCLEMENT WEATHER

In the event of inclement weather or other unforeseen conditions during the Game, the PALARO Technical Management will have the responsibility of determining the start of a game.

I.11 UNNECESSARY APPAREL

It should not be worn by any official member of the team during the game.

I.12 BASEBALL PLAYING FIELD

I.12.1 ELEMENTARY

I.12.1.1 Pitching Distance – 50 ft., Base paths – 70 ft.

I.12.1.2 Home plate TO Second Base – 99 ft.

I.12.1.3 Backstop should not be less than 35 feet from home plate.

I.12.2 SECONDARY

I.12.2.1 Pitching Distance – 60.6 ft., Base paths – 90 ft.

I.12.2.2 Home plate TO Second Base – 127 3 1/8 ft.

I.12.2.3 Backstop should not be less than 30 feet from home plate.

I.13 AWARDED DRESS CODE

All players and coaches are required to wear their official uniform when awarding of medals and special awards are made.

II. PITCHING RULE

II.1 ELEMENTARY BASEBALL ONLY

II.1.1 A pitcher who delivers 41 or more pitches in a game cannot play the position of catcher for the remainder of that day.

II.1.2 Any player, who has played the position of catcher in four (4) or more innings in a game, is not eligible to pitch on that calendar day.

THE FOLLOWING PITCH COUNT AND REST REQUIREMENTS (maximum number of pitches is 95 per day):

1 – 20 – NO CALENDAR DAY OF REST

21 – 35 – ONE (1) CALENDAR DAY OF REST

36 – 50 – TWO (2) CALENDAR DAYS OF REST

51 – 65 – THREE (3) CALENDAR DAYS OF REST

66 – 85 – FOUR (4) CALENDAR DAYS OF REST

II.2 SECONDARY DIVISION

THE FOLLOWING PITCH COUNT AND REST REQUIREMENTS

Number of pitches	Rest days
1 – 49 pitches	No Rest
50 – 104 pitches	1 day
Maximum 105	4 days (no more than 105 pitches will be allowed)

III. BENCH/DUGOUT

The screened players, entered as official member of the team, their Head Coach and the Assistant Coach are the only persons allowed to occupy their bench/dug-out for the duration of the game; **fourteen (14) persons** to wit, **twelve (12) players, one (1) coach and one assistant coach. No trainer** shall be allowed to sit on the bench of each baseball team. Only the **official coach and assistant coach** of the team can direct play during the progress of the game.

III.1 ELEMENTARY

Teams may use two (2) adult base coaches or any combination of adults and players.

III.2 SECONDARY

Two (2) adults base coaches are not permitted. It should be one (1) adult and one (1) player only. Players coaching in the base line coaching boxes shall be required to wear protective helmet.

III.3 PENALTY

First Offense – Warning

Second Offense – The pitcher will be removed from the mound for the remainder of the game (for the defense only). If the team persistently continues violating this item, the game shall be forfeited in favor of the other team.

IV. SPEED UP GAME (SECONDARY)

IV.1 WBSC EXCEPTIONS TO THE OFFICIAL RULES OF BASEBALL

The need to speed-up the play of international competition games must be constantly stressed to the Umpires, Team Managers and Coaches, and the following rules must be constantly enforced in an effort to keep the game moving quickly:

- IV.1.1** The **12-second rule for the pitcher** must be enforced at all time during the game (without runners on base). Teams shall be directed to have a catcher ready to warm-up the pitcher as soon as an inning is completed. As stated in Official Baseball Rules 8:04, pitchers have 12 seconds to pitch with no runners on base.
- IV.1.2** The pitcher shall complete eight (8) warm-up pitches between innings and the Home-plate Umpire shall ensure that the pitches are thrown without undue delay. If a team fails to complete the warm-up pitches in a reasonable length of time, the Umpire may terminate them and call "Play Ball".
- IV.1.3** Head Coach shall be allowed **three (3) free trips to the mound during the game** to talk with the pitcher (free trip is one in which the pitcher is not removed from the mound). These meetings shall be limited to 45 seconds from the moment the Umpire calls "Time". After the third free trip, each subsequent trip to the mound shall result in the removal of the pitcher from the game. If the game goes into extra innings, trips not done during the game will not be accumulated and only one additional free trip shall be allowed for each three (3) extra innings. Two trips to the mound in the same inning to the same pitcher must result in the removal of the pitcher from the game. Head Coach that is going to make multiple changes involving the pitcher after the two options mentioned above (after the three free trips or for the second visit in an inning) must go to the home plate umpire to state their changes prior to going to the mound or their moves are invalid and the pitcher must be removed from the game.
- IV.1.4** Teams are allowed a **maximum of three (3) "offensive meetings" per game**. An "offensive meeting" shall be charged any time Coaches delays the game for any length of time to talk with an offensive player; whether it is the hitter, a base-runner, an on-deck batter going to the plate, or to another Coach. If the game goes to the extra innings, "offensive meetings" not done during the game will not be accumulated and only one additional "offensive meeting" shall be permitted for each three (3) extra innings. Failure to observe this rule will result in a warning to the Head Coach and if it occurs again the Head Coach shall be ejected from the game. No offensive trip will be charged if the offense discusses strategy during a delay for which they are not responsible (e.g. trip to the mound, injury, player change, etc.) proving they cause no further delay.
- IV.1.5** The "between innings infield clean-up" will be limited to a maximum of four (4) minutes.
- IV.1.6** When a batter hits a home run, members of his team shall not be allowed to touch the hitter until he has passed the home plate. Failure to observe this rule will result in a warning to the Head Coach and if it occurs, again the Head Coach shall be ejected from the game.

IV.2 VISITS ON THE MOUND (CONFERENCES)

The need to speed-up the play of international competition games must be constantly stressed to the Umpires, Team Managers and Coaches, and the following rules must be constantly enforced in an effort to keep the game moving quickly:

IV.2.1 ELEMENTARY (LITTLE LEAGUE)

This rule, which applies to each pitcher who enters a game, governs the visits of the coach to the pitcher **at the mound**.

IV.2.1.1 A coach may not leave a dug-out for any reason during a game without receiving permission from an umpire. The coach may be removed from the field for the remainder of the game for violation of this rule. When permission is granted, coach will be permitted to go to the mound to confer with the pitcher or any defensive player(s). A coach who is granted a time out to talk to any defensive player will be charged with a visit to the pitcher.

IV.2.1.2 A coach may come out twice in one inning to visit with the pitcher, but the third time out, the player must be removed as a pitcher.

IV.2.1.3 A coach may come out three times in one game to visit with the pitcher, but the fourth time out, the player must be removed as a pitcher.

NOTE: A pitcher moving to a different position and returning as the pitcher of record shall retain the number of visits from their previous appearance as pitcher. To calculate the number of visits for a pitcher, all visits, regardless of the pitcher being removed and returned to the pitcher's position, shall be applied.

IV.2.1.4 The coach is prohibited from making a third visit while the same batter is at bat.

IV.2.1.5 A coach may confer with any other player(s), including the catcher, during the visit with the pitcher. A coach who is granted a time out to talk to any defensive player will be charged with a visit to the pitcher.

IV.2.1.6 Only one (1) offensive time-out will be permitted each inning.

IV.3 EXTRA-INNING RULE

IV.3.1 ELEMENTARY-LLB RULE (Intermediate Div. Tournament Rule 14)

TIE GAME: When the completion, of **seven (7) innings** and the score is tied, the following tie-breaker will be played to determine a winning team:

IV.3.1.1 The **eighth (8th) inning** will be played as normal.

IV.3.1.2 Starting in the top of the **ninth (9th) inning** and each half inning thereafter, the offensive team shall begin its turn at bat with the player who is scheduled to bat last in that respective half inning being placed on second base.

EXAMPLE: If the number five (5) batter is the lead-off batter, the number four (4) batter in the batting order will be placed on second base. An eligible substitute or special pinch runner may be inserted for the runner.

Tournament Rule Reference: 2019 Little League Rulebooks, Approved Rule Changes Effective 2019

IV.3.2 SECONDARY-WBSC RULE

If the game remains tied after the completion of five (5) innings the following procedures will be implemented during extra innings:

IV.3.2.1 Each team will begin the 6th inning (and any subsequent necessary extra innings) with a player on first and second, no outs.

IV.3.2.2 The line-up will continue as in any other inning. For example, if the 5th inning ends with the #8 hitter having the last plate appearance (PA), the 6th inning begins with the #9 at bat and 2B runner is the #7, and 1B runner is the #8 in the line-up. With the exception of beginning the inning with runners on 1B and 2B with no one out, all other "Official Baseball Rule" will remain in effect during extra innings required to determine a winner.

V. INJURY/ILLNESS

If a player is injured or becomes ill during a game, the decision of the division/regional doctor or other medical personnel who are present will be final as to whether or not the player may continue in the game.

VI. MANDATORY PLAY

Level/Division	Difference:	
	REQUIREMENT	PENALTY
Elementary	1. ONE TIME AT BAT AND SIX (6) CONSECUTIVE OUTS.	* 1st & 2nd OFFENSE: WARNING * AFTER THE 2 ND WARNING: EJECTION OF THE HEAD COACH
Secondary	1. ONE TIME AT BAT, OR 2. THREE (3) DEFENSIVE OUTS	* FORFEITURE OF GAME (except on abbreviated game)

VI.1 ELEMENTARY

All screened players, entered as official members of the team, must be fielded every time the team plays in a scheduled game. The substitutes/alternates must be fielded for at least **six (6) defensive outs in an inning AND bat at least one (1) time.**

VI.1.1 Head coaches are responsible for fulfilling the mandatory play requirements.

VI.1.2 There is no exception to this rule unless the game is shortened for any reason.

EXCEPTION: Mercy Rule, Player's Injury and Illness.

VI.1.3 There is no exception to this rule unless the game is shortened for any reason. In case of an ABBREVIATED GAME (Mercy Rule) the players in the official list who did not play in that game must be included in the starting line-up/first 9 players of the team in their next schedule game (immediate succeeding game).

NOTE: A game is not considered shortened if the home team does not complete the offensive half of the fourth or fifth inning (or any extra inning) due to winning the game.

PENALTY: Failure to meet the mandatory play requirements in this rule is a basis for protest. If one or more players on a roster do not meet this requirement, and if protested or brought to the Baseball Tournament Committee's attention shall result by action of the **Tournament Manager.**

First (1ST) and Second (2nd) OFFENSE: **WARNING**

AFTER the 2nd WARNING: **EJECTION OF THE HEAD COACH**

VI.1.4 In case both opposing teams violated the mandatory play rule, the result of the play shall stand.

For the purposes of this rule, “six (6) defensive outs” is defined as: A player enters the field in one of the nine defensive positions when his team is on defense and occupies such position while three (3) outs are made; “bat at least one (1) time” is defined as: A player enters the batter’s box with no count and completes that time at bat by being retired or by reaching base safely.

VI.2 SECONDARY

All screened players, entered as official member of the team must be fielded every time the team play in a scheduled game. The substitutes/alternates must be fielded for at least **three (3) defensive outs in an inning OR bat at least one (1) time.**

VI.2.1 Head coaches are responsible for fulfilling the mandatory play requirements.

VI.2.2 There is no exception to this rule unless the game is shortened for any reason.

EXCEPTION: Mercy Rule, Player’s Injury and Illness.

VI.2.3 In case of an ABBREVIATED GAME (Mercy Rule) the players in the official list who did not play in that game must be included in the starting line-up/first 9 players of the team in their next schedule game (immediate succeeding game).

NOTE: A game is not considered shortened if the home team does not complete the offensive half of the fourth or fifth inning (or any extra inning) due to winning the game.

PENALTY: Failure to meet the mandatory play requirements in this rule shall result to **forfeiture** of the game.

VI.2.4 In case both opposing teams violated the mandatory play rule, the result of the play shall stand.

For the purposes of this rule, “defensive outs” is defined as: A player enters the field in one of the nine defensive positions when his team is on defense and occupies such position while three (3) outs are made; “bat at least one (1) time” is defined as: A player enters the batter’s box with no count and completes that time at bat by being put out, called out by an umpire or by reaching base safely.

VII. SUBSTITUTIONS/RE-ENTRY

VII.1 ELEMENTARY ONLY

VII.1.1 Any player who has been removed for a substitute may **re-enter the game** in the **SAME** position in the batting order.

VII.1.2 A substitute entering the game for the first time may not be removed prior to completion of his mandatory play requirements.

NOTE: A player who has met the mandatory play requirements, and is a pitcher at the time he is removed, may be removed for a substitute batter and re-enter the game as a pitcher once, provided the pitcher was not physically replaced on the mound.

VII.1.3 Improper substitution is a basis for protest. Protests involving improper substitution not resolved before the next pitch or play shall not be considered.

Re-Entry is SECONDARY is a violation.

NOTE: Elementary and Secondary: In case an injury occurred or a player is disqualified, where, all available substitutes were exhausted; the coach of the other team will be given the right to select from the "players on the bench" (but not a previously disqualified/ejected/thrown out player). A violation of this guideline/rule shall be an outright forfeiture of the game in favor of the opposing team.

VIII. SCHEDULE OF GAMES

It shall be observed with the following conditions, to wit:

VIII.1 All scheduled games start at 7:00 A.M. Only the **first game in the morning** and the **first game in the afternoon** shall be given fixed scheduled time. Games that follow shall start immediately after the end of each preceding game. **Inspection of each athlete's gallery** must be done before the start of any game.

NOTE: If weather condition (especially in the afternoon), when it is usually rains and deemed necessary, at the discretion of the Tournament Manager, this rule may be changed as follows: **Only the first game in the morning shall be given fixed schedule time.** All concerned coaches shall be properly/duly notified of such change.

VIII.2 If the umpire's judgement the weather is so hot at 10:30 in the morning, game shall be suspended and resumed at 2:00 P.M. the same day, however; when the umpires deem that the climatic temperature during this period is suitable for players to play at ease – games shall resume.

VIII.3 Scheduled teams shall enter the restricted area only when called and advice by the steward (an umpire).

VIII.4 Spectators/Team followers are strictly prohibited to stay within any restricted area in the field.

VIII.5 The score of a forfeited game shall be 7-0 in favor of the team not at fault for Elementary and 5-0 for Secondary.

VIII.6 DOUBLE HEADERS

VIII.6.1 A MANDATORY ONE (1) GAME REST shall be imposed. One (1) pitch will constitute a one (1) inning pitch.

VIII.6.2 If the first game has gone to its full length or becomes abbreviated the second game shall follow accordingly; however, considering the welfare of the players, if a team scheduled to played came from an immediate previous game succeeding another one, a 30-minute-rest period will be given to the team.

NOTE: A GRACE PERIOD of fifteen (15) minutes, base from the time the preceding game has ended shall be observed in declaring any game(s) as forfeited or default. Coaches are requested to submit their contact number(s) to the management to facilitate information dissemination. Likewise, **to synchronized their "TIME"** to ensure punctuality and promptness in the game venue.

IX. SUSPENDED GAMES

IX.1 In case a game is stopped because of weather, darkness or other reason, the following will apply: before a contest becomes a regulation game, it is not an official game and shall be resumed at the exact point of suspension.

IX.2 After it becomes a regulation game, it is ruled a complete game.

IX.3 When it is tied or when the visiting team takes the lead in an uncompleted inning, and after it has become a regulation game, it shall be ruled a suspended game and shall be resumed at the exact point of suspension and played to a completion. The scheduling of completion of suspended game shall be given priority by Palarong Pambansa Technical Commission in order to complete it as soon as possible.

IX.4 All suspended, tied or games not played shall be re-scheduled by the Palarong Pambansa Technical Commission in order to resume them following the suspension order if applicable. The new schedule has to be officially approved in writing by the Tournament Manager before being released to all participants.

IX.5 If there are difficulties concerning the closing date, only the games necessary to establish the final positions of the first three teams will be re-

scheduled. No team shall be asked to play more than two games on the same day, unless the case warranted by exceptional circumstances and agreed upon by both teams affected by this measure. Would the exceptional circumstances persist and would any of the involved teams refuse to play two games on the same day, the PALARONG PAMBANSA TECHNICAL COMMITTEE has the authority officially to determine whether they must play or not and the team or teams will be under the obligation to do it if the decision of the Palarong Pambansa Technical Committee establishes it as to be so. If the team or teams do not agree to play, they will lose the game by forfeit to appear.

IX.6 A game is considered a regulation game if five innings have been completed and the umpire calls the game. The umpires must wait a minimum of 60 minutes – and no more than ninety (90) minutes -- before making a decision about whether to call the game and make it become a regulation game.

IX.6.1 In case, **when the weather condition shall no longer permit/allow the tournament to be finished**, the following measures shall be adopted; and

IX.6.2 If **3rd Place or higher rank has been established, shared championship (co-championships) shall be declared.**

X. UNIFORMS

- X.1** All players on a team shall wear uniforms identical in color, trim and style. Teams shall have preference to wear the colors of their division. It also applies for their second set of uniforms.
- X.2** All players must wear a specified and different number on the back of the uniform. Each player will keep the same number during the competition. The numbers cannot be changed during the competition. Teams with more than one (1) set of uniform must have identical back numbers.
- X.3** **UNDERSHIRTS.** It is not mandatory that all players wear an undershirt. No player may wear ragged, frayed, or slit sleeves on exposed undershirts
- X.4** **NUMBERS.** An Arabic number of contrasting colors at least 15.2cm (6 in) high must be worn on the back of all uniform shirts. No manager, coach, or player on the same team may wear identical numbers. Numbers 1 to twelve (12) only shall be used. Players without numbers will not be permitted to play.
- X.5** **NAMES.** Individual names may be worn above the numbers on the back of all uniform shirts (optional)
- X.6** **PANTS.** All player pants shall be alike in color and style (lining is not included).
- X.7** Shoes with metal spikes or cleats are not permitted

- X.8** CAPS. Ball caps are mandatory for all players and must be identical in color, trim and style including their team insignia and it must be worn properly.

Effect: If a player refuses to comply with the provisions of these aspects (Uniforms) then that player will be removed from the game.

XI. GROUND OR SPECIAL RULES

Specific ground rule in each diamond:

Shall be established after all Ground Preparations has been finalized and to be presented during the Solidarity Meeting.

- XI.1** If the **ball bounce and roll inside a fair territory**, it is a live ball and in play. If it goes **under** the fence it will be a regulation double.
- XI.2** If a **ball bounces inside and over the established marker**, it shall be a two (2) base hit only (regulation double).
- XI.3** **Long hit or thrown ball that goes up and down a slope inside a fair territory**, the ball is live and in play.

XII. COACHES

- XII.1** The Head Coach is responsible for signing the line-up card.
- XII.2** Coaches must be wearing rubber shoes with or without cleats, and dressed in team uniform (i.e. jogging pants, shorts and jacket/team jersey and caps: mandatory for male and female coaches.) in accordance with the color code of the team.
- XII.3** Coaches may not use language that will reflect negatively upon players, umpires or spectators.
- Effect:** If the coach refuses to comply with the provisions of items 2 & 3 then that coach will be removed from the game.
- XII.4** If a game cannot be played because of the inability of either team to place two (2) adults as coaches, this shall be grounds for automatic forfeiture.

In the event that **a Coach is incapacitated**, a substitute is allowed provided; the following documents will be submitted to the committee in charge (NSAC) before the start of the team's next game.

- XII.4.1** Notice of substitution from the Head of Delegation/PESS Chief;
- XII.4.2** Designation of the substitute coach from the Head of Delegation/PESS Chief;
- XII.4.3** Medical Certificate issued by a government physician;
- XII.4.4** Certificate of employment/appointment (as a DepEd employee); and

XII.4.5 Personal Data Sheet.

NOTE: In case of emergency resulting to **instant inability of a coach** to perform his/her duty as such, the assistant coach and team captain shall assume leadership of the team for the remaining inning(s) of the game or remaining game(s) of the tournament, as the case may be.

(Uniforms) then that player will be removed from the game.

XIII. EJECTIONS (WBSC-BASEBALL UMPIRE MANUAL)

Umpires are entrusted with the power to remove any participant from a game. This responsibility should never be taken lightly. The following guidelines should be followed and considered cause for ejection of the offender:

- XIII.1** Any threat of physical intimidation or harm to include pushing, shoving, bumping, kicking, spitting, throwing at, or attempting to make physical contact.
- XIII.2** Use of profanity specifically directed at an umpire or vulgar personal insults, including accusations of bias or cheating.
- XIII.3** Refusal to stop arguing and further delaying the game after the umpire has provided an athlete or Head Coach adequate opportunity to make his point. The umpire should warn the athlete or Head Coach that he has been heard and should return to his position or the dugout or he will be ejected.
- XIII.4** Arguing balls and strikes (including check swings) after being warned.
- XIII.5** Use of gestures (i.e. jumping up and down, sliding on the ground, violently waving arms) while arguing with an umpire, or stepping out of the dugout and making such gestures toward an umpire.
- XIII.6** Throwing uniform items, equipment, or other items while arguing or from the dugout.
- XIII.7** Assistant coaches engaging in a prolonged argument with an umpire over a rule or judgment call. Only the Head Coach may enter the field of play to discuss a rule or play with an umpire.
- XIII.8** There are other specific actions listed in the Official Rule Book that result in an immediate ejection. These violations include a pitcher intentionally throwing at a batter, a runner flagrantly colliding with a fielder, etc. These rules are to be enforced strictly as written.

XIV. PROTEST

- XIV.1** All protests must be settled on the playing field. No protest will be considered following the completion of the game, or on a judgment call.
- XIV.2** Protests on Playing Rule or Improper Substitution; Mandatory Play; Ineligible Pitcher or Player must be made as soon as the facts become known and

before the next pitch, or before all infielders have left fair territory or, if on the last play of the game, before the umpires leave the playing field.

XIV.3 Protests that shall be received and considered include matters of the following:

XIV.3.1 Misinterpretation of a playing rule.

XIV.3.2 Failure of an umpire to apply the correct rule to a given situation.

XIV.3.3 Failure to impose the correct penalty for a given violation.

Protest on technicalities

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within one (1) hour immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of the delegation, and shall be submitted to the Jury within three (3) hours upon receipt of the decision.
4. The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

XIV.4 After one pitch has been thrown (legal or illegal), no change can be made to any umpire's ruling.

XIV.5 Protests on the eligibility of players: See Palarong Pambansa Manual of Operation: Implementing Rules and Screening Guidelines.

NOTE: On appeal plays, the appeal must be made before the next pitch, legal or illegal, or before the defensive team has left the field. For the purpose of this rule, the defensive team has "left the field" when the pitcher and all players have left fair territory, on the way to the bench or dug-out area.

XV. PLAYING FORMAT

PROPOSED PALARONG PAMBANSA GROUPING AND GAME SCHEDULE

Group A	Group B
North Luzon 1	North Luzon 2

South Luzon 2	South Luzon 1
Visayas/Mindanao 1	Visayas/Mindanao 2
Mindanao 2	Mindanao 1

Schedule of Games(Elimination, Semifinals, Finals)

Day	Game no.	Teams VS	Teams	Group
1	G 1	N. Luzon 1 vs	Mindanao 2	A
	G2	N. Luzon2 vs	Mindanao 1	B
	G 3	S. Luzon 2 vs	Visayas/MINDANAO 1	A
	G 4	S. Luzon 1 vs	Visayas/Mindanao 2	B
2	G 5	N. Luzon 2 vs	Visayas/Mindanao 2	B
	G 6	N. Luzon 1 vs	Visayas/Mindanao 1	A
	G 7	Mindanao 1 vs	South Luzon 1	B
	G 8	Mindanao 2 vs	South Luzon 2	A
3	G 9	N. Luzon 1 vs	South Luzon 2	A
	G 10	N. Luzon2 vs	South Luzon 1	B
	G 11	Mindanao 2 vs	Visayas/MINDANAO 1	A
	G 12	Mindanao 1 vs	Visayas/Mindanao 2	B
4	G 13	Group A Ranked 1 VS	Group B Ranked2	SFG 1
	G 14	Group A Ranked 2 VS	Group B Ranked 1	SFG 2
	G 15	Group B Ranked 3 VS	Group A Ranked 3	PG 1
	G 16	Group B Ranked 4 VS	Group A Ranked 4	PG 2
5	G 17	L SFG 1 VS L SFG 2	FINALS (Bronze Medal Game)	
	G 18	W SFG 1 VS W SFG 2	G. FINALS (Gold Medal Game)	

XVI. TIE BREAKING PROCEDURE

All ties in the Elimination Round shall be settled as follows (in order).

XVI.1 Two (2) teams – Win Over the Other

XVI.2 More than two (2) teams – by their runs against record in all the round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead

XVII. HEALTH AND SAFETY MEASURES

General Hygiene Recommendation

XVII.1 Hand washing before and after training;

XVII.2 Wearing of face masks before and after training;

XVII.3 Wearing of facemask during training may cause problem in the oxygen intake of the student-athletes. Require them to adhere to the social distancing instead;

XVII.4 Observe personal hygiene protocols. Engineering and safety protocols;

XVII.5 Cleaning and disinfection of equipment after use;

XVII.6 No handshakes;

XVII.7 No chewing tobacco, seeds or spitting at any time;

XVII.8 Athletes shall not lick their fingers;

XVII.9 Provide hand washing or sanitizing station; and

XVII.10 Tournament Officials shall avoid any kind of handshakes/fist bumps between them or while interacting with team representatives.

XVIII. AMENDMENTS

This Tournament Rules and Guidelines including the game schedule may be amended, modified, repealed or altered in whole or in part by the Tournament Director and by the *Palarong Pambansa* Technical Committee provided that all coaches will be notified to any proposed changes.

PROPOSED ITEM FOR INCLUSION:

THE FOLLOWING PITCH COUNT AND REST REQUIREMENTS

Number of pitches	Rest days
1 – 49 pitches	No rest
50 – 104 pitches	1 day
Maximum 105	4 days (no more than 105 pitches will be allowed)



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TECHNICAL GUIDELINES FOR **BASKETBALL (3x3)**

I. COURT AND BALL

1. The game will be played on a 3x3 playing court with 1 basket. A regular 3x3 playing court is 15 m (width) x 11 m (length). The court shall have a regular basketball playing court sized zone, including a free throw line (5.80 m), a 2-point line (6.75 m) and a “no-charge semi-circle” area underneath the basket. Half of a traditional basketball court may be used.
2. A 3x3 ball shall be used in all categories.

II. TEAMS

Each team shall consist of no more than 4 players (3 players on the court and 1 substitute).

Note: Coaches on the field of play including seats for substitutes and/or remote coaching from outside the court are not allowed.

III. GAME OFFICIALS

The game shall be managed by up to 2 officials, 3 table officials and a sports supervisor, if any.

Note: Article 3 does not apply to grassroots events.

IV. BEGINNING OF THE GAME

1. Both teams shall warm-up simultaneously prior to the game.
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.
3. The game cannot begin if one of the teams is not on the playing court with 3 players ready to play.

V. SCORING

1. Every shot from inside the arc (1-point field goal area) shall be awarded 1 point.
2. Every shot from behind the arc (2-point field goal area) shall be awarded 2 points.
3. Every successful free throw shall be awarded 1 point.

VI. PLAYING TEAMS/WINNER OF THE GAME

1. The regular playing time shall be 1 period of 10 minutes. The game clock shall be stopped during dead ball situations and free throws. The game clock shall be restarted when:
 - 1.1. During a check-ball, the ball is at the disposal of the offensive player after the check-ball has been completed;
 - 1.2. After a successful last free throw, the next offensive team is in possession of the ball; and
 - 1.3. After an unsuccessful last free throw and the ball continues to be live, the ball touches or is touched by any player on the playing court.
2. The first team to score 21 points or more wins the game if it happens before the end of regular playing time. This "sudden death" rule applies to the regular playing time only (not to a potential overtime).
3. If the score is tied at the end of regular playing time, an overtime shall 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.
4. A team shall lose the game by forfeit if at the scheduled starting time of the game 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). For the winning team this game result shall not be considered when calculating the team's average score while for the losing team this game result shall be considered with 0 points when calculating the team's average score. A team shall be disqualified from the competition after its second forfeit or in case of no-show.
5. A team shall lose the game 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 may choose to keep its score as it stands or to have the game forfeited, whilst the defaulting team's score is set to 0 in any case. In case of a default where the winning team chooses to have the game forfeited, the game result shall not be considered when calculating the team's average score.
6. A team losing by default or a tortuous forfeit shall be disqualified from the competition.

Notes: 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).

VII. FOULS AND FREE THROWS

1. A team is in a penalty situation after it has committed 6 fouls. Players are not excluded based on the number of personal fouls subject to Art. 16
2. If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:

- 2.1. If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw;
- 2.2. 2 free throws shall be awarded as of the 7th team foul; and
- 2.3. If the shot released from inside the arc is unsuccessful, 1 free throw. 2 free throws shall be awarded as of the 7th team foul.
- 2.4. If the shot released from behind the arc is unsuccessful, 2 free throws.
3. Unsportsmanlike and disqualifying fouls are counted as 2 fouls for team fouls purposes. The first unsportsmanlike foul of a player shall be penalized with 2 free throws, but no ball possession. All disqualifying fouls (including the second unsportsmanlike of a player) shall be penalized with 2 free throws and ball possession.
4. Team fouls 7, 8 and 9 shall always be penalized with 2 free throws. Team foul 10 and any subsequent team fouls shall be penalized with 2 free throws and ball possession. This clause is applied also to unsportsmanlike fouls and to fouls on the act of shooting and overrules Art. 7.2 and 7.3 but shall not be applied to technical fouls.
5. All technical fouls shall be always penalized with 1 free throw. The free throw shall be administered immediately. After the free throw, the check-ball shall be administered by the team which had control of the ball or was entitled to the ball when the technical foul was called. The game shall be resumed as follows:
 - 5.1. If the technical foul was committed by a defensive player, the shot clock for the opponents shall be reset to 12 seconds; and
 - 5.2. If the technical foul was committed by the offensive team, the shot clock for that team shall continue from the time it was stopped.

Note: An offensive foul shall not be penalized with free throws.

VIII. HOW BALL IS PLAYED

1. Following each successful field goal or last free throw (except those followed by ball possession):
 - 1.1. A player from a non-scoring team shall 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; and
 - 1.2. The defensive player is not allowed to play for the ball in the "no-charge semi-circle area" underneath the basket.
2. Following each unsuccessful field goal or last free throw (except those followed by ball possession):
 - 2.1. If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc; and
 - 2.2. If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling).

3. If the defensive team steals or blocks the ball, it must return the ball behind the arc (by passing or dribbling).
4. Possession of the ball given to either team following any dead ball situation shall start/resume 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 playing court.
5. A player is considered to be "behind the arc" when neither of his feet is inside or on the arc line.
6. In the event of a jump ball situation, the game shall be resumed with a check-ball for the last defensive team.

IX. STALLING

The shot clock shall be reset to 12 seconds.

1. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.
2. If the court is equipped with a shot clock, a team must attempt a shot for a field goal within 12 seconds. The shot clock shall start as soon as the ball is at the disposal of the offensive player (following the exchange with the defensive player or after a successful field goal underneath the basket).
3. An offensive player, after the ball has been cleared, shall not dribble inside the arc with his back or side to the basket for more than 3 consecutive seconds.

Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the officials shall give in the last 5 seconds the offensive team an information on the remaining second by counting them loudly and signaling them with an extended arm.

X. SUBSTITUTIONS

Both teams are entitled to request a substitution when the ball becomes dead prior to a check-ball or free throw. The substitute can enter the game without any prior notice to the officials or table officials while the ball is dead and the game clock is stopped. The substitutions can only take place behind the endline and require no action from the officials or table officials.

XI. TIMEOUTS

1. Each team shall be granted 1 time-out. Any player or substitute can request a time-out when the ball becomes dead prior to a check-ball or free throw.
2. In addition to the teams' time-outs, in FIBA 3x3 Official Competitions or if so decided by the organizer 2 additional TV time-outs that shall be granted at the first dead ball after the game clock shows 6:59 and 3:59 respectively in all games.
3. All time-outs shall last 30 seconds.

XII. PROTEST PROCEDURE

1. A team may file a protest if its interests have been adversely affected by:
 - 1.1. An error in scorekeeping, time-keeping or shot clock operations, which was not corrected by the officials;
 - 1.2. A decision to forfeit, cancel, postpone, not resume or not play the game; and
 - 1.3. A violation of the applicable eligibility rules.
2. In case of a team's protest, only the official video and materials may be used to take a decision.
3. In order to be admissible, a protest shall comply with the following procedure:
 - 3.1. A player of that team shall sign the scoresheet immediately at the end of the game and provide a written explanation of the protest reasons, on the reverse side of the scoresheet, before the officials have signed the scoresheet.
4. The sports supervisor (or a person indicated to in charge of the protest at the Technical Meeting with the teams on the eve of the event), shall decide on the protest as soon as possible, in any case no later than before the next pool phase or next elimination round starts. His decision is considered as a field of play rule decision and is not subject to further review or appeal. Exceptionally, the decisions on the eligibility may be appealed as provided for in the applicable regulations.
5. The sports supervisor (or person indicated to be in charge of the protest at the Technical Meeting with the teams on the eve of the event) may not decide to change the result of the game unless there is clear and conclusive evidence that, had it not been for the error that gave rise to the protest, the new result would have certainly materialized. In case a protest is accepted for reasons other than the eligibility rules and leads to a change of winner of the game, the game shall be considered as tied at the end of the regular playing time and an overtime shall be played immediately.
6. For both in pools and in overall competition standings (other than standings in tours), the following classification rules shall apply.
7. If teams that have reached the same stage of the competition are tied, the steps to break the tie shall be applied in the following order. Each step shall be calculated only once. If teams are still tied after one step, the next step shall be applied to break the tie between those teams still tied:
 - 7.1. Most wins (or win ratio in case of unequal number of games in inter-pool comparison);
 - 7.2. Head-to-head comparison (only taking win/loss into account and applies within a pool only); and
 - 7.3. Most points scored in average (without considering winning scores of forfeits).If teams are still tied after those 3 steps, the team(s) with the highest seeding win(s) the tie-breaker.

XIII. DISQUALIFICATION

A player shall be disqualified for the remainder of the game when he is charged with two (2) unsportsmanlike fouls.



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TECHNICAL GUIDELINES FOR **BASKETBALL**

The International Basketball Federation (FIBA) Rules – valid as of 1st January 2022 including the latest amendments shall govern the Basketball competitions except for the approved Special Guidelines and Ground Rules for the Elementary Level.

I. **PURPOSE**

It is a game specially designed to build a strong foundation in developing positive values and character through their participation. It also aims to enhance the development of basic skills and productive exposure in games between and among young boys and girls, providing unique experience for fun, enjoyment, and eventually leading the way to a long-term involvement in the sports.

II. **OBJECTIVES OF THE GAMES**

1. The games shall be **Developmental** in nature and approach.
2. Use sports (basketball) in teaching values and principles as a developmental tool for the biggest game called LIFE. Serve as an avenue in developing **Teamwork, Leadership, Play Ethics, and Trust**, likewise, develop **camaraderie, goodwill, sportsmanship, discipline**, and other **life skills** values inherent in the practice and participation in sports so that young people/players learn lessons in life so they can **"Live Better Lives Tomorrow"**.

III. **TEAM (Players, Coaches & Other Team Officials)**

1. **Eligibility**

- 1.1. The provisions on the Eligibility of Athletes stipulated in Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply; and
- 1.2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

2. **Team Composition**

2.1. For Regular Basketball (5x5)

A team shall be composed of not more than 12 team members and a COACH and maybe, an Assistant COACH, while the Girls Team may include a CHAPERON (only when the coach and asst. coach are male), but if the Asst. Coach is a female, no more chaperon.

2.2. For 3x3 Category

A team shall compose of no more than 4 team members (3 players on the court and 1 substitute).

Note: Coaches on the field of play including seats for substitutes and/or remote coaching from outside the court are not allowed.

3. Team Officials

3.1. A team shall be headed by a responsible Coach and an Assistant Coach as required by the *Palarong Pambansa* Rules and Guidelines.

3.2. Only the Coach and the Assistant Coach (and Chaperon for girls) shall be allowed to sit/stay within the team bench during official games.

4. Team Uniform

4.1. The uniform of team members shall consist of:

- Shirts of the same colour front and back as the shorts. All players must tuck their shirts into their playing shorts.
- Shorts must end above the knee.
- Socks of the same dominant colour and need be visible.
- Shirts shall have visible numbers and colours contrasting with the colour of the shirt with the following specifications:
 - Those on the back shall be at least 16 cm high.
 - Those on the front shall be at least 8 cm high.
 - The numbers shall be at least 2 cm wide.
 - Teams may only use numbers 0, 00 and from 1 to 99.
 - Players on the same team shall not wear the same number.

4.2. A player who is not wearing the team's complete uniform may not be allowed to play. In case of an incomplete uniform on a player/s, a WRITTEN REQUEST FOR EXEMPTION (only when there is a valid reason) shall be submitted and duly signed by the Head of Delegation addressed to the Tournament Director; and the playing numbers shall be (0, 00, 1-99) and the assigned delegation color shall be followed (dominant/secondary colors).

IV. EQUIPMENT / MATERIALS

1. Ball

1.1. The SIZE of the BALL for the Secondary Girls and Elementary Levels shall be **size 6**.

1.2. The SIZE of the BALL for the Secondary Boys shall be **size 7**.

V. TIMING REGULATIONS

1. For Elementary Level / Category only:

The game shall consist of 4 periods. The first three periods shall be played in **8 minutes** and **10 minutes** for the 4th period and **5 minutes** for every extra period.

2. For Secondary Level (Boys/Girls Category):

The official FIBA 2015 Rules (Regular Rules) shall apply with the latest amendments.

3. For Both Elementary and Secondary Categories:

The interval between periods is one (1) minute while the interval between halves is five (5) minutes.

4. For the 3x3 Categories:

The game is played in 10 minutes. The game clock shall be stopped during dead ball situations, free throws and timeouts.

VI. PLAYERS' PLAYING REGULATION

1. For Elementary Level / Category only:

1.1. All players of the team must be fielded before the end of the 2nd period or within the 1st Half. FAILURE of the Coach to field a player in the 1st Half shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach.

1.2. All players shall play at least one (1) period BUT not more than three (3) periods and MUST be rested for one (1) period. If a Coach fielded a player for more than three (3) periods, it shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach.

1.3. Normal substitution procedures shall apply in all periods. (Except when a certain rule does not apply). A player may enter in a game as a substitute as many times as possible within that period and considered as having played only in that period/quarter.

1.4. One (1) time-out for every period shall be granted to each team for the first three (3) periods and two (2) time-outs shall be granted in the fourth (4th) period, and one (1) timeout for every extra period. Unused timeouts shall not be carried over to the next period. In the first three periods the Timeouts shall either be used or forfeited if not used.

1.5. In case a team has an incomplete line-up during the scheduled game:

a. The 1st period shall always start with 5 players while the other periods may be played with the remaining members of the team.

b. A team with ONLY seven (7) players (physically present) at the start of the game shall be declared LOSER by FORFEITURE (but said present players may be allowed to play the 1st period only as a consolation).

Interpretations of Rule IV:

1.6. Exemptions:

IN CASE OF INJURY/DISQUALIFICATION:

- (In the 1st/2nd Period) – an injured player may be substituted by any player, and as such said “substitute player and injured player” will be considered as having played in that period.
- The “injured player” upon recovery may re-enter in the same period or may play in any period following Sec.1, Rule IV.

Important Reminder: Whenever possible and if the rules will allow, every period shall be played always with five (5) players.

2. For Secondary Level Category:

The official FIBA Rules or NORMAL substitution procedures shall apply.

3. For 3x3 Category:

The Official FIBA 3X3 Rules shall apply (as attached).

VII. IN CASE OF DISQUALIFICATION

1. A thrown-out player must leave the confines of the play area.
2. A player/coach who is “**Ejected/Thrown Out**” because of a Disqualifying foul due to Flagrant Foul/Fighting or the like, subject player shall be automatically suspended. The number of games of suspension shall be determined by the Technical Committee headed by the Tournament Director and will be based on the gravity of the act. When there is suspension, it shall be applied in the team’s succeeding games.
3. Any team member who is “**Disqualified**” due to a) 2 Unsportsmanlike Foul; b) 2 or 3 Technical Fouls by a coach/player, is different from the above provision and game/s suspension may be slapped only upon the strict scrutiny and evaluation of the Technical Committee.

VIII. RULES OF CONDUCT

1. FOULS

- 1.2. **Technical Fouls** – any PLAYER/COACH who displays unsportsmanlike/disrespectful act such as slashing of neck, showing of dirty fingers, pointing of accusing finger and trash talking/shouting bad words/foul language, contesting calls, arguing with the officials and others. A WARNING may be given, or a TECHNICAL FOUL shall be slapped.
- 1.3. **Personal Fouls** – a player causing contact with an opposing Playmate, which gives an unfair advantage, and such contact is neither intentional nor flagrant.
- 1.4. **Unsportsmanlike/Disqualifying Foul** – a player causing excessive contact which may cause or have caused injury to an opponent such as: a) excessive swinging of elbow; b) throwing a punch; c) tripping; and d) intentional contacting/pushing the back of a player going for a basket shall be judged to be an UNSPORTSMANLIKE/DISQUALIFYING FOUL.

IX. PLAYERS' / COACHES' CONDUCT

1. Any player / coach, who is slapped with a Disqualifying Foul and ejected because of **Flagrantly Unsportsmanlike Act** (not due to 2/3 Technical Fouls), shall be penalized accordingly PLUS an additional game suspension/total disqualification or banned from further participation, depending on the gravity of the offense (As may be determined by the technical committee / Tournament Director).
2. Uttering/shouting of obscene/foul language/bad words or verbal abuse from players/coaches to opponents/officials or teammates shall not be tolerated. Such an act shall be dealt with a warning, or a Technical Foul will be slapped. **The Coach shall behave as a professional and or being a responsible sport official or teacher and that in any way it will not sacrifice the values and discipline of the team but rather to protect the integrity of the game. Any infringement/violation of this conduct shall be penalized with a Technical Foul, Game Suspension and or Ban.**
3. Teams shall keep and leave their bench areas clean and orderly. Non-compliance shall be dealt with a Warning for the first offense, **Technical Foul** for the second offense.
4. A player may be allowed to play with an incomplete uniform, for any valid reason thereof, (only when a Request by the Head of Delegation was submitted and approved by the Tournament Director) but shall be slapped with a Technical Foul before he will enter the playing court.
5. Coaches shall always confirm their next schedule of game with the Tournament Director BEFORE leaving the playing venue/ or after their game.
6. A team that **walks out** of their game shall be penalized with a Disqualification from the competition/*Palarong Pambansa* and likewise the Coach shall be **banned**.
7. Any Coach who abandons his/her team without any valid reason shall be penalized with game suspension to ban for 1-year and or perpetual disqualification.
8. Any infraction committed in the **covenant** by any player/coach **maybe penalized** with a reprimand and or warning or Technical Foul if so warrants.

X. SPECIAL PROVISIONS AGAINST CHILD ABUSE AND BULLYING

The conduct of the *Palarong Pambansa* is an official DepEd activity and as such, pertinent provisions of the Child Protection Policy (DepEd Order No. 40, s. 2012). The Anti-Bullying Act (Republic Act No. 10627), and all laws protecting the rights of the learners shall be strictly observed before, during, and after the *Palarong Pambansa*.

XI. GAMES DISRUPTION

1. Games which are canceled/disrupted/stopped due to **Force Majeure** or for any valid reason, will be treated in the following manner:

- 1.1. **Rematch** – if the disruption of the game took place during the first half (1st and 2nd periods), the game shall be replayed, and the score is disregarded/back to zero.
- 1.2. **Resumption** – if the disruption of the game took place during the second half (3rd and 4th periods), the game shall be resumed with the remaining game time and the score stays.
- 1.3. **Reset** – if a scheduled game was canceled for a valid reason, the management will reschedule/reset the game at the bottom of all the scheduled games, and if the game result is no bearing already such game may not be played anymore.
2. **Duration of Waiting** – in case of a power failure or any incident (rain or darkness) that may affect the progress of the game, the length of time to wait for the restoration of normalcy is 30 minutes or as may be allowed by the Tournament Director or his authorized Assistant Tournament Director.

XII. RULE ON PROTEST

1. Protest on game rules technicalities shall be registered by the team thru the Team Captain's signature in the appropriate space provided in the scoresheet and put in writing, signed by the coach and the Head of the Regional delegation or his authorized representative and should be submitted to the Tournament Director (TD) within **one (1) hour** immediately after the conclusion of the match in protest. The TD shall decide within **two (2) hours** upon receipt of the protest.
2. Protests must be accompanied/supported with the necessary evidence and attachments. Video recordings taken privately **will not** be considered as evidence.
3. The decision of the Tournament Director **may** be appealable. Only laws/rules are appealable to the Jury of Appeal. Appeals be put in writing, signed by the **Head of Delegation** and shall be submitted to the Jury within **three (3) hours** upon receipt of the decision.
4. The Jury of Appeals shall decide within **six (6) hours** upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

XIII. SPECIAL PROVISIONS

The Tournament Director reserves the right to make any decision on matters that affect the conduct of the tournament and which subject/concern is not covered/specified in these ground rules.

XIV. HEALTH REQUIREMENTS / PROTOCOLS

1. The Wearing of face masks all the time within the play area, EXCEPT, when playing/at team bench area.
2. Always wash hands with water and soap and or alcohol as often as possible every Timeout or Substitution opportunities and during game intervals and half time period.

3. Any signs of colds, cough and fever must be reported to the medical team/management for proper disposition, while subject team member shall not be allowed to participate nor sit at the team bench.
4. Every after a game, players shall take a shower as often as possible.
5. A Medical Team (from the LGU/Regional Health Office) shall be on duty at the play venues during games.



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TECHNICAL GUIDELINES FOR **BILLIARDS**

I. RULING:

The general ruling is anchored on the ruling set by the World Pool Association (WPA) and Palarong Pambansa Guide Book 2017. <https://wpapool.com/rule-regulations/>, <https://wpapool.com/rules-of-play/>

A. The ruling set by the Palarong Pambansa Technical Committee will be followed, to with:

1. A player must bring the necessary equipment including snacks and beverages during the match. Extra equipment and snacks may be allowed i.e. tapper et al. during the break.
2. If the cue tip of the player's cue stick is accidentally broken, the player may borrow it from the venue or from his/her teammates. He is not allowed to borrow from the opponent's cue stick.
3. If a player unscrewed his/her cue stick while the opponent takes turn in running the table, the player who unscrewed the cue stick automatically **LOSES THE MATCH**.
4. Verbal communication between the coach and the player is strictly prohibited during the match. Coaches shall keep distance from the playing player.
5. Each player is allowed to take one (1) time-out of FIVE MINUTES (5 minutes) in every match in either 8-ball or 9-ball competition. It is only granted when it is the player's inning or turn to break.
6. COACHES and AUDIENCES are not allowed to interfere with referees' decision.
7. If a player feels that the referee has made an error in judgment, he may ask the referee to reconsider his call or lack of call. However, the referees' decision on judgment calls is final.
8. No bringing of gadgets such as cellphone, headphone etc. during the match.
9. A player is given 40-second shot clock and a 30-second extension per inning. (Conditional)
10. For unsportsmanlike, 1st offense warning, 2nd offense loss of rack, 3rd offense loss of the match.
11. Winners' break in both 8-ball and 9-ball events.

II. ELIGIBILITY:

The participants for the event shall be students in the secondary private and public schools. They should pass the athletes eligibility based on Dep.Ed. NSAC Guidelines.

III.COMPOSITION OF CONTINGENT:

Category	Players	Coaches	Chaperon	Total
Boys	2	1		3
Girls	2	1	1	4
Total	4	2	1	7

IV. DISQUALIFICATION:

Unsportsmanlike Conduct:

The rules and regulations give the referee and other officials considerable latitude in penalizing unsportsmanlike conduct. Several factors should be considered in such decisions, including previous conduct, previous warnings, how serious the offense is, and information that the players may have been given at the Players’ Meeting at the start of the tournament.

Unsportsmanlike conduct is any intentional behavior that brings disrepute to the sport, or which disrupts or changes the game to the extent that it cannot be played fairly. It includes:

- distracting the opponent
- changing the position of the balls in play other than by a shot
- playing a shot by intentionally miscuing
- continuing to play after a foul has been called or play has been suspended
- practicing during a match
- marking the table
- delay of the game
- using equipment inappropriately.
- Drinking and illegal drugs are not allowed during programs regardless of the students’ age.
- Profanity and abuse of equipment are not permitted.

In general, a sportsperson is one who can take a loss or defeat without complaint, a victory without gloating, and who treats opponents with fairness, generosity, and courtesy. Sportsmanship is respect for oneself, teammates, coaches, tournament officials, fellow competitors, and property. Sportsmanship also requires maintaining self-control and refusing to be drawn into or encourage physical conflict not otherwise required by proper execution of the

sport. All players are obligated to represent themselves, their school, their families, and their communities with the highest level of sportsmanship.

If an infraction of the conduct code is discovered during a match, the participant will be verbally reprimanded by tournament officials. If the participant does not correct the behavior, the match will be forfeited. Further expulsion from the tournament is possible.

V. SPORTS EVENTS/DISCIPLINE:

Disciplines that will be played during the Palarong Pambansa would be **9- ball** and **8- ball** singles.



NINE BALL- Nine ball is played with nine object balls numbered one through nine and the cue ball. The balls are played in ascending numerical order. The player legally pocketing the nine ball wins the rack.

THE THREE POINT BREAK RULE:

(1) On the break shot, a minimum of three object balls must either be pocketed, or touch the head string line, or a combination of both. For example, if one object ball is pocketed, then at least two object balls must touch the head string line; or if two object balls are pocketed, then at least one object ball must touch the head string line. To touch the head string line means that the edge of the object ball must reach (break) the string line.

(2) If a player fails to meet the requirements in (1), but otherwise makes a legal break, the incoming player has the choice to accept the tables as is or hand the shot back to his opponent.

(3) In accepting the table as is, the incoming player is not permitted to play a “push-out”, he must play a legal shot to the ball on.

(4) If the table is handed back to the breaker, the breaker is permitted to play a push-out. If so, his opponent will then have the choice to either play the shot, or hand it back.

(5) If a player fails to meet the requirements of (1), but otherwise makes a legal break and pockets the 9 ball, the 9 ball is reposted before the next shot is played.

The three-point rule must be present on all WPA ranking 9-ball events;

- After the break, 3 object balls are required to pass the head string. This does not include the cue ball.
- Balls are not required to come to rest the head string so a ball that strikes a rail and returns across the head string back down table would a legal ball.

- A ball that passes the head string and subsequently pocketed count as one ball.
- **“Push out”** shot may only be called after the break. A player must make his intention known to the referee; otherwise, appropriate penalty be called.
- On a **Push Out**, the cue ball does not have to contact the lowest numbered ball first, or any object ball at all.



EIGHT-BALL - Eight ball is played with fifteen numbered object balls and the cue ball. The shooter’s group of seven balls (one through seven or nine through fifteen) must all be off the table before he attempts to pocket the eight ball to win. Shots are called.

- **Break Shot**, the following rules apply to the break shot:
 - (a) The cue ball begins in hand behind the head string.
 - (b) No ball is called, and the cue ball is not required to hit any object ball first.
 - (c) If the breaker pockets a ball and does not foul, he continues at the table, and the table remains open. (See 3.4 Open Table / Choosing Groups.)
 - (d) If no object ball is pocketed, at least four object balls must be driven to one or more rails, or the shot results in an illegal break, and the incoming player has the option of;
 - (1) accepting the table in position, or
 - (2) re-racking and breaking, or
 - (3) re-racking and allowing the offending player to break again.
 - (e) Pocketing the eight ball on a legal break shot is not a foul. If the eight ball is pocketed, the breaker has the option of;
 - (1) re-spotting the eight ball and accepting the balls in position, or
 - (2) re-breaking.
 - (f) If the breaker pockets the eight ball and scratches (see definition 8.6 Scratch), the opponent has the option of
 - (1) re-spotting the eight ball and shooting with cue ball in hand behind the head string; or
 - (2) re-breaking.
 - (g) If any object ball is driven off the table on a break shot, it is a foul; such balls remain out of play (except the eight ball which is re-spotted); and the incoming player has the option of
 - (1) accepting the table in position, or
 - (2) taking cue ball in hand behind the head string.
 - (h) If the breaker fouls in any manner not listed above, the following player has the option of
 - (1) accepting the balls in position, or
 - (2) taking cue ball in hand behind the head string.

Shots Required to Be Called On each shot except the break, shots must be called as explained in 1.6 Standard Call Shot. The eight ball may be called only after the shot on which the shooter's group has been cleared from the table.

Standard Call Shot

In games in which the shooter is required to call shots, the intended ball and pocket must be indicated for each shot. Details of the shot, such as cushions struck, or other balls contacted or pocketed are irrelevant. Only one ball may be called on each shot. For a called shot to count, the referee must be satisfied that the intended shot was made, so if there is any chance of confusion, e.g., with bank, combination and similar shots, the shooter should indicate the ball and pocket. If the referee or opponent is unsure of the shot to be played, he may ask for a call. In call shot games, the shooter may choose to call "safety" instead of a ball and pocket, and then play passes to the opponent at the end of the shot. Whether balls are being spotted after safeties depends on the rules of the game.

- **Losing the Rack**

The shooter loses if he

(a) fouls when pocketing the eight ball;

(b) pockets the eight ball before his group is cleared.

(c) pockets the eight ball in an uncalled pocket: or

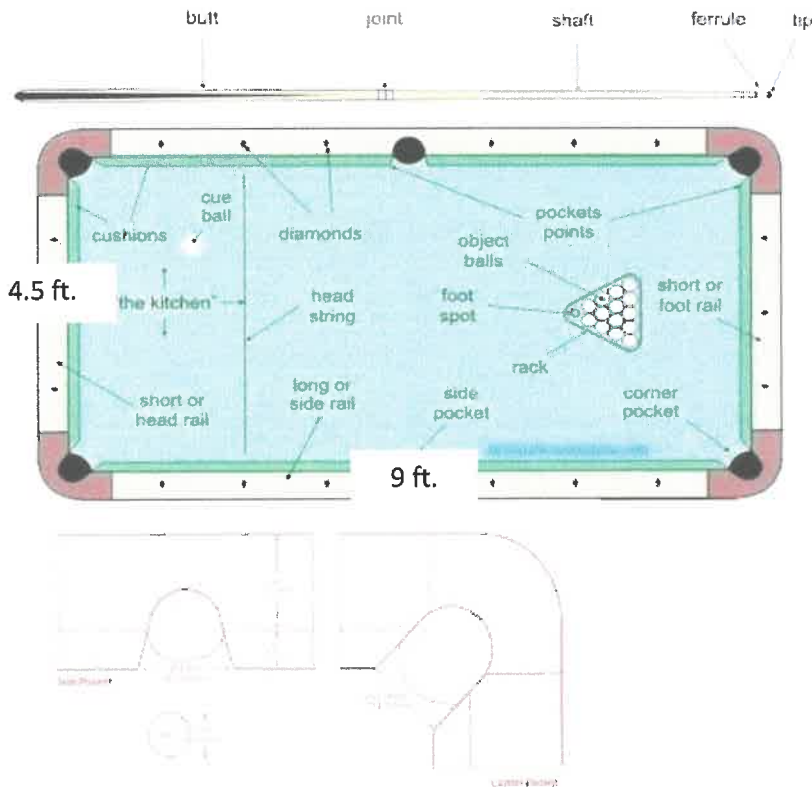
(d) drives the eight ball off the table. These do not apply to the break shot.

VI. CATEGORIES

SECONDARY BOYS and SECONDARY GIRLS

VII. PLAYING AREAS AND EQUIPMENT

<https://wpapool.com/equipment-specifications/>



PLAYERS REQUIREMENTS

A. Each player shall be required to bring at least one of the following equipment during the event. Lending or borrowing of such equipment is strictly prohibited.

1. Break Cue
2. Cue Sticks
3. Jump Cue
4. Chalk/Gloves
5. Tapper
6. Cue extension

B. Players Dress Code

BOYS

- Delegation Uniform/Collared Polo (in the absence of delegation uniform)
- Long Pants
- Black shoes/shoes with rubber soles/delegation shoes

GIRLS

- Delegation Uniform/Collared Polo (in the absence of delegation uniform)
- Long Pants
- Black shoes/shoes with rubber soles/delegation shoes

VIII. OFFICIALS and FUNCTIONS:

Officiating Officials in the Palarong Pambansa must be a Deped National Accredited passer, and one selected NSA representative.

Officiating Officials in the Regional Meet down to the lower meet must be a regular Deped employee.

25 Officiating Officials needed for six (6) Billiard tables and three (3) for each table in 136 Games and a minimum of seven (7) racks per game.

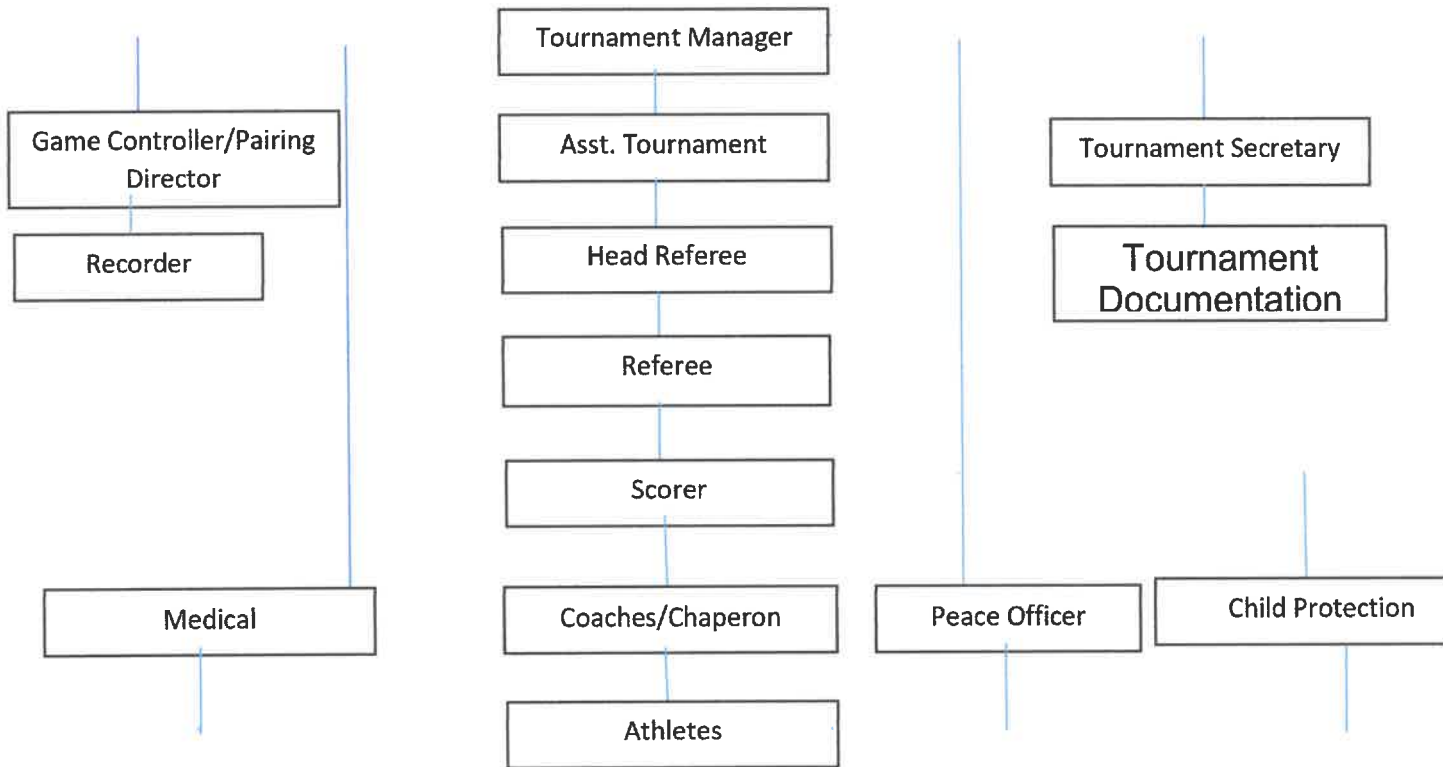
Function of 3 Referee for each table:

- 1. Referee
- 2. Scorer
- 3. 2nd Referee

Officiating Officials for Palarong Pambansa

Officiating Officials	Number
Tournament Manager	1
Asst. Tournament Manager	1
Tournament Secretary	1
Head Referee	1
Game Controller/Pairing Director	1
Recorder	1
Tournament Documentation	1
Referee	18
Total	25

IX. ORGANIZATIONAL STRUCTURE



DUTIES AND RESPONSIBILITIES:

Tournament Manager – The role of the Tournament Manager is to ensure that rules are strictly observed. Supervise the progress of the tournament. Enforce any decisions made to resolve disputes. Conduct refresher course and solidarity to Officials and Coaches.

Asst. Tournament Manager – Secure all equipment ready for the event. Help TM facilitate the event.

Tournament Secretary- Process all documents needed by all officials.

Head Referee – Manages and assist referee. Help referee settle disputes.

Referee – Conduct and Manage the games.

Game Controller/Pairing Director – Assign referee to designated match. Prepare schedule of match.

Scorer – Assist to the referee by recording all the balls pocketed, fouls committed by players, shot clock operator, and take video if necessary.

Recorder – Records all winners and losers player with signature. Post the game results.

Tournament Documentation – Write narrative report of each day. Take photograph and video. In-charge of the opening and closing program.

Coaches/Chaperon – Assist players needs for the events. Instruct players about the proper conduct during the game.

Athletes – Know the rules and Regulations of the game.

Medical – Must be present in every events, Take action in case there are players needs medical help and advice.

Child Protection – Present in all events.

Peace Officer – Present in all events.

X. PROTEST, PENALTIES AND SANCTIONS

Protest Ruling (WPA)

If a player needs a decision to be taken, the first person to be contacted is the referee. The referee will form his decision by all means that seem suitable to him. If the player wants to protest against that ruling, he may contact the head referee and after that the tournament director. In any regular tournament, the tournament director's decision is binding and final.

XI. CONDUCT OF COMPETITION

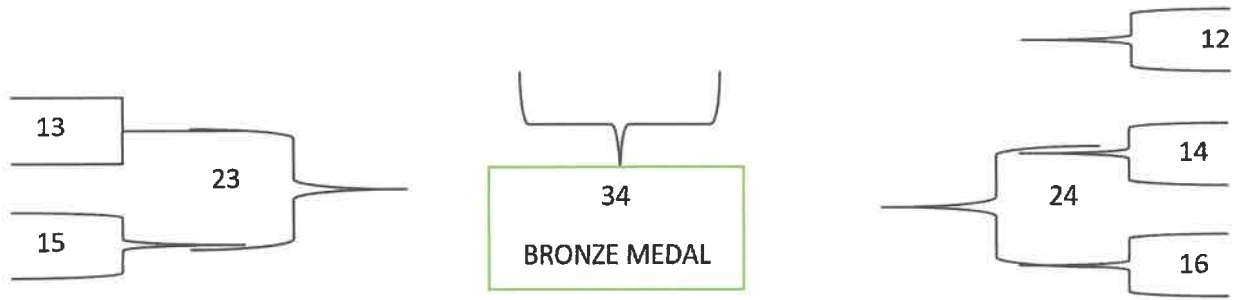
Disciplines that will be played during the Palarong Pambansa would be **9- ball** and **8- ball** singles. Single elimination or knock-out system is being applied. The match will be race to four (4) for the elimination round, race to five, (5) for semi-final and race to six (6) for the championship round.

SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET

A. 8 BALL BOYS

B





SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET

A. 8 BALL GIRLS

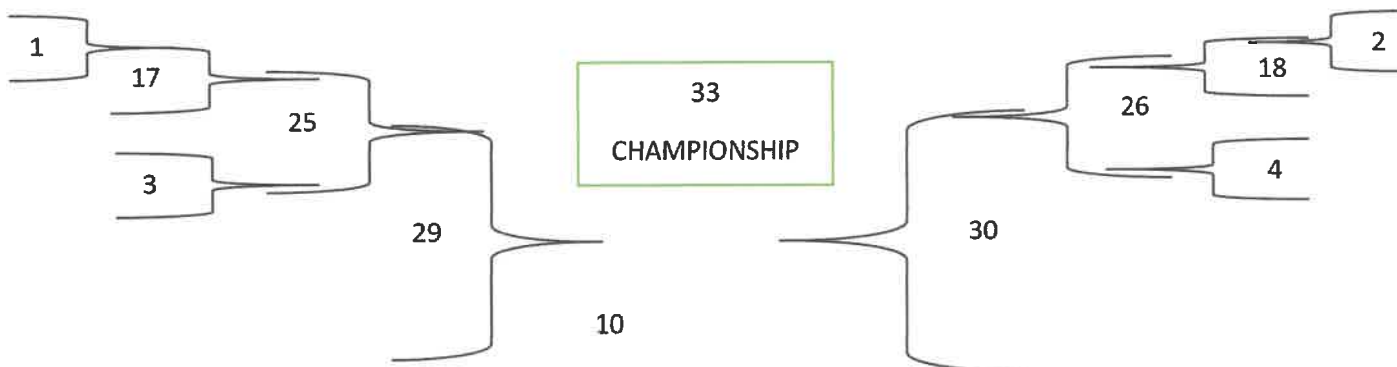
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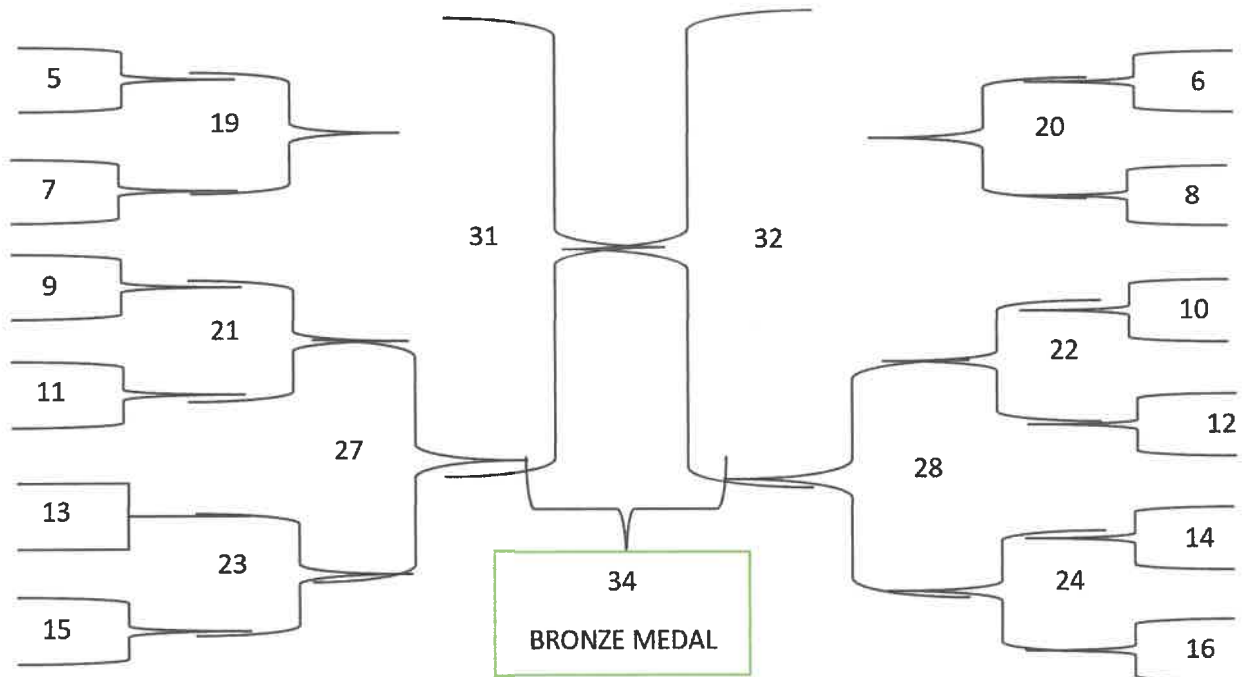


SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET

A. 9 BALL BOYS

B





SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET

A

9 BALL GIRLS

B



XII. DETERMINATION OF WINNERS

The championship for **Group A** will play against the champion of **Group B** to determine the gold and silver medalists respectively. While the **1st Runner-Up of Group A** will play against **1st Runner-Up of Group B** to determine the bronze medalist in a race to three (3) matches for 9 balls. The Palarong Panbansa Technical Committee reserves the right to increase the number of race depending on the number of participating area. Furthermore, the following are the mode of play to wit:

- a) The players will be group into two (2) – Group A and Group B
- b) Drawing of lots shall be done to determine the groupings; and
- c) A **single elimination or knock-out system** shall apply in the competition.

XIII. MEDALS TO BE CONTESTED

Medal	8 Ball boys	8 Ball Girls	9 Ball boys	9 Ball Girls	Total
Gold	1	1	1	1	4
Silver	1	1	1	1	4
Bronze	1	1	1	1	4
Total	3	3	3	3	12

XIV. NUMBER OF MEDALS TO BE AWARDED

medal	Number of pcs.
Gold	4
Silver	4
Bronze	4
Total	12

XV. SCHEDULE OF GAMES

Day 1

8:00 AM -

-4:30 PM

Short Program
 Game proper (**8 Balls** Boys and Girls)
 Game 1 – Game 36

Day 2

8:00 AM – 4:30 PM Game 37 – Game 64

Day 3

8:00 AM – 10: AM Game 65 – Game 68 (Championship Games in 8 Ball Boys and Girls)

1:00 PM – 4:30PM **(9 Balls** Boys and Girls)
Game 1- Game 36**Day 4**

8:00 AM – 4:30 PM Game 37- Game 64

Day 5

8:00 AM – 12:00 NOON Game 65 - Game 68 (Championship Games in 9 Balls)

1:30 PM – 3:00 PM Awarding of Medals

PALARONG PAMBANSA 2023 COVID SAFETY GUIDELINES BILLIARD:**1. VENUE**

- Masks must be worn by all individuals in the training hall and monitored by safety marshals, except for players practicing at the table.
- Players are allocated practice time on specific practice tables in the training hall before the match.
- Players must abide by practice schedule given and prevent any unnecessary interactions with players from other teams.
- Players must sanitize their hands upon entry to and exit from the court.
- No borrowing of cue sticks and billiard chalk.
- Players must not leave the chalk on the table after shot.
- Common areas in training hall must be cleaned with disinfectant periodically and after every use,
 - Billiard tables
 - Floor
 - Benches
 - Balls
 - Mechanical bridge
- The wearing of masks must be enforced by the Local Organizing Committee (LOC) and monitored by ambassadors throughout the training hall, with exception of those actively practicing at the table.

- Health-advisories must be displayed at common areas.

2. COMMON AREA

- Availability of handwashing amenities with soap and water, non-contact air hand dryers or paper towels in toilets must be guaranteed.
- Toilets and changing rooms must only be used in small groups while maintaining a distance of at least 1m (3 feet) and enforced by Local Organizing Committee. Alternating cubicles must be closed, and showering prohibited.
- Availability of hand-sanitizing products in common shared areas, elevators and all rooms/areas must be ensured.
- Proper safe-distancing markers placed on the floor throughout the venue where crowd formation is a risk.
- Local Organizing Committee may assign people to monitor these areas and ensure safe distancing is observed.

3. ENTRANCE AND EXIT

- Local Organizing Committee must ensure a one-way system of entry and exit to the venue to avoid individuals crossing paths.
- Temperature screenings must be conducted at the entrance of the venue. Anyone with a body temperature of 37.5° degrees (°C) will not be allowed to enter, and proper protocols must be in place for immediate testing of any such person.
 - Local Organizing Committee must ensure proper floor markings are placed to maintain distance of 1m (3 feet) between people in the case of queue formation at the entrance to the venue.
 - Local Organizing Committee officers must ensure that everyone is complying with floor markings and mask wearing at all times.

4. FIELD OF PLAY

- Periodic disinfection of match tables, floorings, billiard tables and seats, towel boxes, audience stands and other common areas.

5. SPECTATORS

- Spectators may only be permitted to attend the event upon consultation and prior approval by the and medical regulations are allowing presence of spectators.

- Where spectators are to be permitted, limited seating capacity must be enforced:
- Rows and sections of seats must be blocked to ensure social distancing of at least 1m (3 feet) between separate groups of spectators.
- Provide signage and floor markings to remind spectators to maintain social distance.
- LOCs must place floor markings for queues outside the venue to ensure social distancing of 1m (3 feet) between individuals.

6. DURING PLAY

- Players must have their personal powder to be used.
- Cue sticks must be sanitized after use.
- Players must not leave their chalk after inning.

7. END OF MATCH

- Referee and players shall not shake hands at the end of the match. They can choose to bow or a “hand-raising” salutation, whichever is more comfortable while maintaining physical distance, regardless of formal and informal presentation.
- Referee shall exit the court after the match is finished with players of that court following behind while maintaining a distance of at least 1m (3 feet).
- After every match, a hygiene team shall quickly enter the FIELD OF PLAY (FOP) once the players and referee have moved off the FIELD OF PLAY (FOP) and clean the following area with disinfectant to prepare for the next match:
 - Coaches’ benches
 - Flooring in the FIELD OF PLAY (FOP).
 - Referees’ tables and chairs
 - Billiard tables



2023 PALARONG PAMBANSA
July 29–August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **BOXING**

TECHNICAL GUIDELINES FOR BOXING

I- Rules and Regulations

IBA Technical and Competition Rules dated March 25, 2023

II- Eligibility

A. Only secondary student-athletes who passed the screening and accreditation conducted by the National Screening and Accreditation Committee shall be allowed to participate

B. Eligibility of boxers on medical-related issues shall be referred to Rule 4.2.6 of the IBA Technical and Competition Rules

III- Age Classification and Weight Categories

AGE CLASSIFICATION	AGE	YEAR OF BIRTH	WEIGHT CATEGORY	WEIGHT RANGE
School Boys	13-14 y/o	2009-2010	Pin weight	44 kg -46 kg
School Boys	13-14 y/o	2009-2010	Light Fly weight	Over 46 kg- 48 kg
Junior Boys	15-16 y/o	2007-2008	Pin weight	44 kg - 46 kg
Junior Boys	15-16 y/o	2007-2008	Light Fly weight	Over 46 kg- 48 kg
Junior Boys	15-16 y/o	2007-2008	Fly weight	Over 48 kg- 50 kg
Junior Boys	15-16 y/o	2007-2008	Light Bantam weight	Over 50 kg- 52 kg
Junior Boys	15-16 y/o	2007-2008	Bantamweight	Over 52 kg- 54 kg
Youth Boys	17-18 y/o	2005-2006	Minimum weight	46 kg- 48 kg
Youth Boys	17-18 y/o	2005-2006	Flyweight	Over 48 kg- 51 kg
Youth Boys	17-18 y/o	2005-2006	Bantamweight	Over 51 kg- 54 kg

Note: Boxer's age is computed by subtracting his year of birth from the year of the Palaro.

IV- Sport Entries Check

A. Two days before the first day of the actual boxing competition, the Sport Entries Check shall take place. This may be adjusted by the Tournament Director in consideration to the scheduled activities prior to the opening

of the Palaro. All team delegations must attend to confirm their participation.

- B. During the Sport Entries Check, the registered Coach and/or the Asst. Coach shall submit their official final entry and shall present the following:
 - 1. Authentic 2023 Palarong Pambansa Identification Card of each boxer.
 - 2. Boxer's Record Book of each boxer reflecting his participation in the lower Meets.
 - 3. Copy of the Medical Certificate submitted to NSAC
 - 4. Boxers' uniforms
 - 5. Boxers' equipment (**footwear and socks, gum shield, cup protector**)
- C. Please refer to Rule 6 of the IBA Technical and Competition Rules for other provisions in the Sport Entries Check.

V- Official Draw

- A. Official Draw shall be conducted right after the Sport Entries Check.
- B. Only the entries who pass the Sport Entries Check shall be considered in the Official Draw.
- C. Computerized Draw by Swiss Timing System shall be used. If Swiss Timing System is not available, Manual Draw shall be done.
- D. Each team may send up to three (2) representative to attend the Draw.

VI- Daily Weigh-In

- A. At the time fixed at 7:00 to 8:00 in the morning of each day of the competition, the Medical Check and the Daily Weigh-in shall be conducted. Only the boxers scheduled to box on the day shall be checked and weighed.
- B. The weight registered in the Sport Entries Check decides the Boxer's Weight Category for the entire competition.
- C. During the Boxer's first daily weigh-in of the competition, both the minimum and the maximum weights are controlled. The boxer's weight must not not exceed the maximum weight limit nor below the minimum weight limit. On the succeeding boxer's daily weigh-in only the maximum weight limit shall be controlled
- D. The Weigh-In must be conducted by Competition Officials appointed by the Tournament Director. No coach is allowed inside the final weighing room.
- E. Boxers who do not comply with the requirements shall not be allowed to compete.

VII- Rounds

- A. School Boys: Three (3) rounds of one and a half (1 1/2) minutes per round and 1-minute interval between rounds
- B. Junior Boys: Three (3) rounds of two (2) minutes per round and 1-minute interval between rounds
- C. Youth Boys: Three (3) rounds of three (3) minutes per round and 1-minute interval between rounds

VIII- Compulsory Count Limits

- A. School Boys: Two (2) Knockdowns in a bout.
- B. Junior Boys: Two (2) Knockdowns in a round, or three (3) knockdowns in a bout.
- C. Youth Boys: Three (3) Knockdowns in a round, or four (4) knockdowns in a bout.

Note: A "down" or a "count" caused by a foul shall not be counted in the compulsory count limit

IX- Boxer's Uniform and Accessories

- A. A boxer shall box wearing a red or blue vest (singlet) and shorts depending on their assigned corner. The vest (singlet) must cover the chest and the back and the short must not exceed the knee. The short's waistline must be clearly indicated with 6-10 cm wide white waist line.
- B. The boxer must box in light boots or shoes (no spikes and raised heel).
- C. No boxer shall be allowed to box with any tape in his body or uniform except a kinesiology taping at the back and below his waist.
- D. Wearing of bandage/hand wraps and personal gum shield is mandatory. No red or partially red gum shield shall be permitted. The team shall provide the gum shield and hand wraps of their boxers.

X- Seconds

A. Each shall be entitled to be accompanied to the ring by up to three **Seconds**. However, **only two (2) Seconds** may mount the apron of the ring and one (1) may enter into the ring

B. Prohibited Activities for the Seconds

- 1. Seconds should refrain from standing and/or encouraging or incite spectators by words or signs during the progress of the round. Seconds will not be allowed to touch the ring during the bout, cause scandal or disturb the competition
- 2. Seconds will not be permitted to walk off Seconds' designated area with disagreed actions against the Referee
- 3. Seconds will not be permitted to throw any item in to the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any action that may deemed as unsportsmanlike behavior
- 4. The use of any communication device such as but not limited to cellphone, walkie talkie, etc. is not permitted during the bout in the FOP

C. Sanctions (refer to Rule 16.4 of the AOB Technical and Competition Rules)

XI. Scoring System

- A. Ten-Point Must Scoring System shall be implemented
- B. Five Judges shall be selected to judge each bout. All their scores shall be counted.
- C. The result of the bout shall be announced immediately after each bout

XII. Protest

A. Questions on technicality and eligibility of a boxer on medical-related issues shall be dealt with accordingly and shall be referred to the IBA Technical and Competition Rules. Issues shall be resolved immediately by the Tournament Director.

B. There is no protest on the result of bouts in IBA Open Boxing. The decision of the judges is final.

C. The Tournament Director shall immediately suspend a Referee and/or Judge for the rest of the Competition Day for any wrongdoing. Once the Competition is completed, the TD will discuss with the R&J Evaluators any further recommendation regarding sanctioning the Referee and/or Judge.

- c. Other provisions not specified/stated in this Technical Guidelines shall be supplemented by the latest IBA Technical and Competition Rules (dated March 25, 2023)

d. Awarding Ceremony

- A. All medalists are encouraged to participate in the Awarding Ceremony.
- B. They shall be dressed properly with their Delegation Uniform.
- C. There will be ten (10) gold, ten (10) silver and twenty (20) bronze medals to be awarded.



2023 PALARONG PAMBANSA
July 29-August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **CHESS**

I. **TOURNAMENT RULES**

The tournament shall be FIDE Rated and governed by FIDE Laws of Chess (January 2023) and those stated in the following guidelines:

- A. Chess shall be played as a team and individual competition in **Standard & Blitz**.
 - a. One (1) team for the Boys and one (1) team for the Girls in the Elementary Level
 - b. One (1) team for the Boys and one (1) team for the Girls in the Secondary Level
 - c. Each team shall be composed of two (2) players and a coach.
- B. The **Individual Swiss System with Team Results** shall be adopted.
 - Blitz Category** - 7 Rounds Swiss System with Team Results
 - Standard Category** - 7 Rounds Swiss System with Team Results
 - a. The Swiss Manager Pairing Program shall be used.
Note: Protest in pairing shall not be entertained.
 - b. The number of games per day shall be: (see schedule of games)
Blitz Category - 7 games (1st day)
Standard Category - 1-2-2-2 games (1st day - 4th day)
- C. The initial ranking of players will be based on the FIDE Rating Lists. Unrated players will be ranked alphabetically.
- D. Chess clock:
 - a. Use of digital chess clock (with increment) is compulsory.
- E. There shall be separate championships for the boys and girls in each division and per category.
 - a. **Team: Standard / Blitz**
Secondary – Boys and Girls
Elementary – Boys and Girls
**Team Championship* – Total scores of 2 players in their division.
**A Region with one player* can play for individual event only and shall not qualify in the Team Event.
 - b. **Individual: Standard / Blitz**
Secondary – Boys and Girls
Elementary – Boys and Girls
**Individual Championship* – The standing of the players after the end of the competition and tie-breaks.

- F. Players shall be required to present their PALARO ID's before the start of each round. Use of uniforms shall be mandatory on the 1st and last day.
- G. Players, coaches and spectators are not allowed to make post games analysis, play against each other coaches, spectators, and players or discuss finished or unfinished games within the playing area.
- H. Players are not allowed to eat inside the playing area while the game is in progress.
- I. Players who have finished their games *shall arrange the chess pieces and vacate the playing area* after signing their score sheets and submit it to designated tournament officials.
- J. Players must observe proper dress code while playing. The following are prohibited:
 - a. **Use of slippers**
 - b. **Using Short Pants / Sando**
- K. The **defaulting time is 30 minutes** after the official start of each round.
- L. **Protect Pairing** will be used so that players from the same region/team will not be paired against each other.
- M. Champions of the Individual Standard Category in Secondary Division (Boys / Girls) shall be awarded as **National Master (NM)**. Champions of the Individual Standard Category in Elementary Division (Boys / Girls) shall be awarded as **Candidate National Master (CNM)**.
- N. Coach who will put this tournament into **disgrace** shall be expelled/ disqualified from the competition.
- O. *Trainer*, parents, coaches are prohibited to enter the playing area while the game is in progress.

II. RULES AND REGULATIONS

A. STANDARD CHESS

1. Time Controls:
 - Blitz Category** - Three (3) Minutes with two (2) seconds increment per move.
 - Standard Category** - Sixty (60) Minutes with thirty (30) seconds increment per move.
2. Recording of moves in Algebraic Notation is mandatory throughout the Standard Games. Violation of this rule shall be considered as an offense.
3. Illegal moves. **Wrong movement of piece, exposing the King to an attack, King remaining under check, capturing the opponent's King, using two hands in making a move, non-replacement of piece after pawn promotion, and pressing the clock before making a move.**

Penalties:

For Standard Category:

1st offense - plus 2 minutes to the opponent's time

2nd offense - loss of the game

For Blitz Category:

1st offense - plus 1 minute to the opponent's time

2nd offense - loss of the game

INFRINGEMENT: INFRINGEMENT MADE BY A PLAYER SUCH AS DISPLACEMENT OF PIECES ON THE CHESS BOARD, USE OF FORCE IN PRESSING THE CLOCK, IMPROPER CLOCK HANDLING, AND NON-RECORDING OF MOVES SHALL BE PENALIZED AS FOLLOWS:

Penalties:

For Standard Category:

1st offense & 2nd offense - oral warning

3rd offense - additional 2 minutes to the opponent's time

4th offense - loss of the game

Penalties:

For Blitz Category:

1st offense & 2nd offense - oral warning

3rd offense - additional 1 minute to the opponent's time

4th offense - loss of the game

B. GAME POINTS SCORING SYSTEM

A player is credited **1 point for a win, .5 for a draw, and 0 for a loss.**

C. TIE-BREAKS

The following Tie-Break systems (in descending order of priority) shall be applied to determine the final ranking.

1. INDIVIDUAL RESULTS

- i. Direct Encounter
- ii. Buchholz System
- iii. Median Buchholz System
- iv. Sonnen Berger (SB) System
- v. Greater number of victories (Forfeit Counted)

2. TEAM RESULTS

- vi. Combined Buchholz Tie Breaks of the members of the Team
- vii. Combined Median Buchholz Tie Breaks of the members of the Team
- viii. Combined S.B. Tie Breaks of the members of the Team
- ix. Combined Greater Number of Victories of the members of the Team
- x. Score of the player with the highest number of points.

In Standard Category, a Rapid Game shall be played to resolve the tie if ties still occur after applying all the tie breaks. A corresponding game shall be played in Blitz Category.

III. TOURNAMENT OFFICIALS AND APPEALS COMMITTEE

- A. The Tournament Officials:
 - Tournament Director – **NI / IA Reden A. Cruz** (Central Luzon)
 - Assistant Tournament Director – **NA Jun T. Uka** (BARMM)
 - Tournament Consultant - **FST / GM Jayson O. Gonzales** (NCFP Chief Executive Officer)
 - Evaluator for Elementary Division / Arbiter - **FA J Jay Pattugalan** (NCFP)
 - Evaluator for Secondary Division / Arbiter - (NCFP)
 - Chief Arbiter for Elementary Division - **FA John Eric Abaro** (NCFP)
 - Chief Arbiter for Secondary Division - **FA Rudy Ibanez** (NCFP)
 - Deputy Chief Arbiter for Elementary Division - **FA Hanz Tutica** (NCFP)
 - Deputy Chief Arbiter for Secondary Division - (NCFP)
 - Pairing Arbiter / Specialist - **FA Joel Tatad** (NCFP)
 - Pairing Arbiter / Specialist - (NCFP)
 - Arbiters from 17 Regions - (DepEd)
- B. The decision of the Chief Arbiter on a Point of Law is Final.
- C. Any protest on the decision of the Chief Arbiter on a point of fact shall be submitted duly signed by the team coach and Regional Sports Officer in **writing not more than 30 minutes (Standard Category) and 10 minutes (Blitz Category)** after the conclusion of the game in question.
- D. The members of the protest committee for the boys' division are the coaches of the top five (5) rank teams of the girls' division before the start of the round in question and vice-versa.
- E. If a protest committee member is from the same division of the involved party the next team in rank shall take his/her place, and so on.
- F. All deliberations of the protest committee shall be presided by the Tournament Director and NSA Representative of who shall have no voting power.
- G. The decision of the Protest Committee on a point of fact is final.

IV. IRREGULARITIES AND PENALTIES

- A. Mobile phones and other means of electronic communications are strictly prohibited inside the playing area. A player who will violate this rule shall lose his/her game.
- B. A team whose member is giving unsolicited advice or assistance to his teammate while the games are in progress shall lose their match.
- C. A player who will bring the game into **disrepute** shall be penalized expulsion from the competition.

V. **COLLATILLA**

- A. All other matters not covered in this rule shall be decided by the **Organizer (Chess Tournament Committee)** who reserves the right to amend, change or alter any provision of the above-mentioned Rules and Regulations for the success and interest of the tournament.
- B. These technical guidelines, rules and regulations are based on facts by the **Palarong Pambansa Chess Technical Officials.**



2023 PALARONG PAMBANSA
July 29–August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR DANCESPORT

I. RULES:

1. The Dancesport competition of the *Palarong Pambansa 2023* will be held in accordance with the current **World DanceSport Federation (WDSF) Rules and Regulations** under the guidance of the **Philippine DanceSport Federation Inc. (PDSFI)** as recognized by the Philippine Sports Commission (PSC) and Philippine Olympics Committee (POC) to govern Dancesport competitions in the Philippines.

In case of any disagreement in the language interpretation of the WDSF Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:

General Issues: To be resolved in accordance with the *Palarong Pambansa* Implementing Rules and Regulations.

Technical Issues: To be resolved in accordance with the WDSF Rules and Regulations and WDSF Norms.

II. ELIGIBILITY

The latest DepEd National Screening and Accreditation Committee (NSAC) rules on Palarong Pambansa and School Sports athletes and coaches' participation shall apply.

III. COMPOSITION OF CONTINGENT

3.1 Each Region may enter a maximum of four (4) couples; one (1) couple for Modern Standard Discipline Elementary level, one (1) couple for Latin American Discipline Elementary Level, one (1) couple for Modern Standard Discipline Secondary level and one (1) couple for Latin American Discipline.

LEVEL	DISCIPLINE	GENDER	NO. OF COMPETITORS	COACH	CHAPERONE
ELEMENTARY	STANDARD	MALE	1	1	1
		FEMALE	1		
	LATIN	MALE	1		
		FEMALE	1		
SECONDARY	STANDARD	MALE	1	1	
		FEMALE	1		
	LATIN	MALE	1		
		FEMALE	1		
TOTAL			8	2	1

IV. DISQUALIFICATION:

4.1 The couples will be disqualified from the competition if proper dress regulations based on WDSF rules and guidelines are not followed.

4.3 The competitors/couple will be disqualified if they are not present in their event.

4.4 Lifts are NOT permitted in any category level and dance; 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 partner. The Chairman of the Board of Adjudicators will **DISQUALIFY** couples who will perform lifts during competition.

V. SPORTS EVENTS / DISCIPLINES/CATEGORIES:

1. The Dancesport competition will consist of twenty four (24) events which compose of twelve(12) events in Modern Standard Discipline and twelve (12) events in Latin American Discipline.

EVENT	CATEGORY	Age Group / Grade Level	DISCIPLINE	DANCES
1	Single Dance	Elem / Juvenile	Modern Standard	Waltz
2	Single Dance	Elem / Juvenile	Modern Standard	Tango
3	Single Dance	Elem / Juvenile	Modern Standard	Viennese Waltz
4	Single Dance	Elem / Juvenile	Modern Standard	Foxtrot
5	Single Dance	Elem / Juvenile	Modern Standard	Quickstep
6	Grade A	Elem / Juvenile	Modern Standard	W, T, VW,F,Q
7	Single Dance	Secondary Junior /	Modern Standard	Waltz
8	Single Dance	Secondary Junior /	Modern Standard	Tango
9	Single Dance	Secondary Junior /	Modern Standard	Viennese Waltz
10	Single Dance	Secondary Junior /	Modern Standard	Foxtrot
11	Single Dance	Secondary Junior /	Modern Standard	Quickstep
12	Grade A	Secondary Junior /	Modern Standard	W, T, VW,F,Q
13	Single Dance	Elem / Juvenile	Latin American	Samba
14	Single Dance	Elem / Juvenile	Latin American	Chachacha
15	Single Dance	Elem / Juvenile	Latin American	Rumba
16	Single Dance	Elem / Juvenile	Latin American	Paso Doble
17	Single Dance	Elem / Juvenile	Latin American	Jive
18	Grade A	Elem / Juvenile	Latin American	S , C, R, PD, J
19	Single Dance	Secondary Junior /	Latin American	Samba
20	Single Dance	Secondary Junior /	Latin American	Chachacha
21	Single Dance	Secondary Junior /	Latin American	Rumba

22	Single Dance	Secondary Junior /	Latin American	Paso Doble
23	Single Dance	Secondary Junior /	Latin American	Jive
24	Grade A	Secondary Junior /	Latin American	S , C, R, PD, J

6.1.2 ADJUDICATORS. The National Sports Manager with the guidance of the Philippine Dancesport Federation Inc. (PDSFI) will appoint five (5) or more qualified adjudicators for the Palarong Pambansa 2023 as may be approved by Palarong Pambansa Board and Technical Working Group.

Adjudicators Qualifications (Ideal/High Suggested)

- 6.1.2.1 PDSF Licensed National Adjudicator A & B
- 6.1.2.2 PDSF DepEd National Licensed Adjudicators
- 6.1.2.3 Attended National Training in Dancesport from 2022.

6.3 SCRUTINEERING. The Sports Manager with the guidance of the Philippine Dancesport Federation (PDSF) will appoint one (1) qualified Chief Scrutineer with the assistance of the Technical Officials for the Palarong Pambansa 2023 as may be approved by *Palarong Pambansa* Board and Technical Working Group.

- 6.3.1 Scrutineering Qualifications (Ideal/High Suggested)
- 6.3.2 PDSF Official Scrutineering Team
- 6.3.3 DepEd Accredited List of Scrutineer/ Adjudicator
- 6.3.4 The use of Electronic Web Judge is highly suggested.

VI. PROTEST, PENALTIES AND SANCTIONS

Before making a protest, one should understand the rules of the game. As long as the competition flow is in accordance with the highest standards of judging based on WDSF/PDSF with all licensed adjudicators and a chairman nominated by the federation then the competition is safe from any complaints.

Based on the SEA GAMES Rule under WDSF, appeals against the decision of the adjudicators should be made by the fencers or coaches in written form only to the Chief Adjudicator. If the Chief Adjudicators maintains his/her decision the complaint shall be then referred to the Jury on protest and appeals.

The following procedure shall be followed:

- 1) Protest on Technicalities shall be in writing and be submitted to the Tournament Director signed by the Coach and the duly authorized representative of the head of the delegation. Within 1 hour after the conclusion of the competition. TD shall decide within 2 hours upon receipt of the protest; only questions of laws are appealable to the Jury of Appeal:
 1. The decision of the TD shall be appealable to the Jury of Appeal, signed by the coach and the head of the delegation within 3 hours upon the receipt of the decision.
 2. The Jury of appeal shall decide within 6 hours upon receipt of the appeal. The decision of the Jury of appeal is final and executory.

3. All protest must be supported with evidence and attachments; video recording taken privately will not be considered as evidence.
4. The decision of the Adjudicators is final and irrevocable.

VII. CONDUCT OF THE COMPETITION

8.1 Competition Rules DanceSport

The regulations below cover the following disciplines:

8.1.1 **Modern Standard Discipline** with the following dances; Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

8.1.2 **Latin American Discipline** with following dances: Samba, Cha Cha, Rumba, Paso Doble, Jive

8.2 Choreography and Syllabus

10.2.1 The *Palarong Pambansa* 2023 is subjected to the following choreography and syllabus:

10.2.1.1 Juvenile Age Group / Elementary Level will have a **restricted/strict/closed syllabus routine.**

10.2.1.2 Junior Age Group / Secondary Level will have an **open syllabus/competitive routine.**

8.3 Marking

10.3.1 Since technology does not allow an open marking system, closed marking shall be used in all rounds of the competition.

10.3.2 SKATING SYSTEM of marking shall be used in the competition if the Web judge is not available.

8.4 Tournament Format, Selection of Heats, Quarter Finals, Semi-Finals, and Finals

8.4.1 Competitions shall be composed of at least a 1st round, Quarter Final, Semi-Final and Final rounds.

8.4.2 1st round will be composed of 17 couples; selection of heats shall be in random.

8.4.3 Quarter Final round will be composed of 14 couples. Both the 1st round and the Quarter Final round will be danced in two heats.

11.4.4. The Semi-Final will be composed of ten (10) couples, while the Final Round will be a ranking of the remaining six (6) couples. If there will be more than 6 couples for the Final Round, Chairman of Adjudicators or Tournament Manager may split the round into two and select the best 6 couples/pairs, then proceed to the final round.

11.4.5 In the Final round, Adjudicators shall rank participating couples according to their performances with 1 being the highest mark. In no case shall same ranking be given to more than one couple.

11.4.6 The re-dance system shall apply from the 1st round to the final round if necessary.

8.5 Competition attire (Costuming)

10.5.1 Competitors shall dress according to the WDSF Dress Regulations. Each athlete may change costumes up to 3 times from the first round to the final round provided such costume has passed the screening of costumes and competition attires set by the Tournament Management.

(See attachment A and B for detailed information of dancesport costuming.)

8.6 Dance Order

The sequence of dances shall be as follows:

10.6.1 JUVENILE / ELEMENTARY LEVEL

LATIN AMERICAN DISCIPLINE – Samba, Cha Cha, Rumba, Paso Doble, Jive

MODERN STANDARD DISCIPLINE– Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

10.6.2 JUNIOR / SECONDARY LEVEL

LATIN AMERICAN DISCIPLINE – Samba, Cha Cha, Rumba, Paso Doble, Jive

MODERN STANDARD DISCIPLINE– Waltz, Tango, Viennese Waltz, Foxtrot, Quickstep

8.7 Music

10.7.1 Time allowed and tempo.

In all rounds of the competition, the music shall be in a minimum of one minute and thirty seconds to a maximum of two minutes except for JIVE and QUICKSTEP which is one minute to a maximum of one minute and thirty seconds.

The tempo for each dance shall be:

MODERN STANDARD			LATIN AMERICAN	
SLOW WALTZ	28 to 30 bars/min		CHACHACH A	30 to 32 bars/min
TANGO	31 to 33 bars/min		SAMBA	50 to 52 bars/min
FOXTROT	28-30 bars/min		RUMBA	25 to 27 bars/min
VIENNESE WALTZ	50to60bars/min		PASO DOBLE	60 to 62bars/min
QUICKSTEP	50 to 52 bars/min		JIVE	42 to 44 bars/min

8.7.2 Type of Music

In the 2023 *Palarong Pambansa* Dancesport Competitions, the music must have the character of the dance performed. In Latin Dances for example, no disco music shall be played.

VIII. DETERMINATION OF WINNER

9.1 The winner of Grade A will be considered to go to the next level if in case that there is any, regardless of how many gold medals received in the single dances.

Attachment A

JUVENILE AGE Groups

General Guidelines:

1. If colored, only one color, no combination. Skin tone is not allowed.
2. No decorations in clothing, body or hair.

	COSTUMES/ATTIRES/ACCESSORIES	MALE	FEMALE
1	SHIRTS	Only plain long white sleeves, tucked in are allowed.	White leotard or one-color leotard
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		One- or two-piece costume of any color provided that the skirt and panty should be of the same color. If the top is white, wear a black skirt only. If the top is colored, the skirt and panties should be the same color. Skin tone/color is not allowed for both top, skirt and panties
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; skin color-not allowed
5	COLLAR	Correct shirt collar to wear with tie or bowtie; other designs-not allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for Latin and bowtie for standard.	None
7	VEST	Not allowed	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect light to be accented	1. Fabrics such as spandex, neoprene, or velvet and other fabric of the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed. 4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For Latin, skirt must not be shorter than ¾" or 10 cm above the knee; Skirt must be longer 10 cm below the kneecap for standard. 2. Skirt must have no boning, piping, or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For Latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (Latin), bun or braids (Standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	White short socks only with or without lace; mesh stockings not allowed

16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	1 ½" inches or 3.81 cm Cuban heels for Latin 1" inch or 2.54cm heels for Standard	Maximum height is 1 ½" or 3.81 cm heels for Latin and Standard

Juvenile Standard Costume



Juvenile Girl Standard Shoes



Juvenile Boy Standard Shoes



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Juvenile Latin Costume



Juvenile Girl Latin Shoes



Juvenile Boy Latin Shoes

Attachment B

JUNIOR AGE GROUPS

General Guidelines:

1. Skin tone is not allowed.
2. No decorations in clothing, body, or hair.

	COSTUMES/ATTIRES	MALE	FEMALE
1	SHIRTS	Plain white or black turtleneck long sleeves, tucked in for Latin. Plain long white sleeves, tucked in for standard.	
2	SLEEVES	Long only	Short, ¾" or long sleeves

3	TOP and SKIRT		One- or two-piece costume of any color provided that the skirt and panty should be of the same color. If the top is white, wear a black skirt only. If the top is colored, the skirt and panties should be the same color. Skin tone/color is not allowed for both top, skirt and panties
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; black and skin toned color-not allowed.
5	COLLAR	Simple, not over-sized or pointed. Turtleneck without tie allowed	Turtleneck, round, and small square; open-back and chest area are not allowed.
6	TIE	Wear black only Necktie for Latin and bowtie for standard.	None
7	VEST	Black vest allowed but not a must	None
8	MATERIAL	Plain, no design, no shiny materials or material that reflect the light	1. Fabrics such as spandex, neoprene, or velvet and other fabric of the same material are allowed. 2. Plain colored allowed. 3. Lace fabrics are not allowed. Beads, plastic stones, tassels are not allowed. 4. No shiny and glittery material that reflects light.
9	DRESS STYLE		1. For Latin, skirt must not be shorter than 3¾" or 10 cm above the knee; Skirt must be longer 10 cm below the kneecap for standard. 2. Skirt must have no boning, piping or frilling 3. No bigger underskirts/ petticoat. 4. no "Tinkerbelle" cut.
10	DRESS ACCESSORIES	None	None
11	HAIR STYLE	Hair should be in clean cut for standard. For Latin, if hair is long, collect in ponytail	Long Hair shall be collected in a ponytail (Latin), bun or braids (standard); No colored hair spray
12	HAIR DECORATION	None	None
13	JEWELRY	None	None
14	MAKE-UP	None	None
15	SOCKS	Wear black socks only	None
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	Cuban heel for Latin 1 ½" or 3.5 cm heels for standard	Maximum height is 2" or 5 cm

Note: Failure to comply with the above-mentioned dress code shall be grounds for **DISQUALIFICATION**.



Junior Latin Costume



Junior Female Latin Shoes



Junior Male Latin Shoes



2023 PALARONG PAMBANSA
July 29-August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR FOOTBALL

I. EVENT AND AUTHORITY

The Department of Education (DepEd) in partnership with DILG and PSC shall conduct the Palarong Pambansa Football Competitions 2023 in accordance with the technical guidelines approved by the duly constituted Palarong Pambansa Board.

II. GENERAL RULES

The current Federation International de Football Association (FIFA) Laws approved by the International Football Federation Board including the latest amendment shall govern the Football Competitions including the approved ground rules specifically for the Palarong Pambansa Football Technical Guidelines.

III. ELIGIBILITY AND REGISTRATION OF PLAYERS

NSAC rules regarding age eligibility and qualification of athletes and accreditation/qualification of coaches shall strictly follow.

IV. COMPOSITION OF CONTINGENT

1. NUMBER OF PLAYERS AND OFFICIALS IN EACH TEAM

Each delegation shall consist of not more than twenty (20) persons made up of:

1. Maximum of 18 players
2. Two (2) officials
3. Two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper, play a match. A match may not start if either team consists of fewer than seven (7) players.

2. EQUIPMENT

Players are required to wear their complete uniform comprised of:

1. Jersey with number
2. Shorts
3. Long Socks
4. Shin guards
5. Compulsory wearing footwear's (Barefoot will not be allowed to play).

In addition, the captain of the team is required to wear the Captain's Band around his left arm to enable the referee to distinguish him from the rest of the team.

3. COLORS

1. Each team shall wear its official colors (first official uniform) as declared in the coaches meeting.
2. If a team has a second set of uniform (color should be contrasting with that of the first official uniform, this should be likewise declared. Teams are obliged to use their first official outfit for all matches.
3. All teams are obliged to bring along their official/first and spare/second outfits during the Coaches Meeting and to every match. If, in the opinion of the Tournament Director and the Referee, the colors of the two opposing teams clash, the outfits must be changed, whereby the spare/second outfit may be used as a whole or in combination.
4. In the event that both teams do not have spare/ second outfits, one of the teams shall be obliged to wear vests. A toss of the coin, supervised by the referee, shall determine which team must wear the vests.
5. Goalkeepers must be provided with jersey of a color different from that of team colors. (If the goalkeeper is used as a field player, he should wear the same number in which he was registered.)
6. All players shall wear registered number in a color contrasting with the color of their jersey.
7. All players shall play in jersey bearing numbers in which they were originally registered.
8. No sponsors are allowed in the player's uniform but only the name Region.
9. All uniforms must have a number in front and back
The height of front number, max is 15 cm (5.9 inches) and minimum 10 cm (3.9 inches), 3 to 5 cm (1.5-2 inch) thick.
The height of back number, max 35 cm (13.7) inches and minimum 25 cm (9.8) inches, 3 to 5 cm thick.
10. Names must be at least 4 cm above the numbers and the height of names is at least 5 cm to 7 cm.
11. Surname should be written in the back of jersey and not the first name.
12. Colors of the Number and Names must be in contrast of the dominant jersey color.
13. Jersey Number must be from 1- 18, other numbers are not allowed in the jersey.

V. MODE OF COMPETITION (Provisions should only refer to the National Palaro)

1. In the Palarong Pambansa only 8 teams will qualify divided into 2 groups.
2. The mode of competition is elimination, semifinals and finals
 - 2.1 Fixture of elimination is single round robin with no extension
 - 2.2 Fixture of semifinal, if tied a 10 minute (5-5) extension up to finals
 - 2.3 Top A1 vs Top B2
 - 2.4 Top B1 vs Top A1
 - 2.5 Finals
 - 2.6 Loser 1 vs Loser 2
 - 2.7 Winner 1 vs Winner 2
3. To break ties, after the points were considered in the elimination, the following system will be applied for the qualifiers for the next round:
 - 3.1 Goal difference.
 - 3.2 Greater number of goals scored.
 - 3.3 Result of the match between the teams concerned (winner over the other)
 - 3.4 Less number of points from of Yellow Card (YC) and Red Card (RC).
(YC = 1, RC = 2, VC = 3)
 - 3.5 Kicks from the penalty mark if the teams involved are still on the field of play.
4. Points in Competition and system to break a tie:
 - 4.1. In the group eliminations
 - 4.2. Three (3) points shall be awarded for a win and;
 - 4.3. One (1) point for a draw;
 - 4.4. And 0 point for a loss.
 - 4.5. For a team non-appearance (default) during their match the score of 3-0 is awarded in favor of the opposing team.
 - 4.6. However, in any case team Non Appearance (defaulted) their match and it may affect the other team GOAL DIFFERENCE (GOAL SCORED minus GOAL AGAINST) requirement, the required number of goals to qualify will be awarded to the other team. This rule is to be applied to all rounds of the competition.
 - 4.7. Similarly, the same rule stated above is applied to abandoned matches. In abandoned matches the 15/15 grace period rule is applied.

5. DURATION OF THE MATCH AND EXTENSION TIME

5.1. Elimination round

5.2. Boys Secondary 35-10-35 no extension

5.3. Boys Elementary 25-10-25 no extension

5.4. In the championship match, there will be an extension time of ten (10) minutes, two (2) halves of 5 minutes with no interval, the extension time will be played out in its entirety and the teams that scores the most goals at the end will be declared winner. If after the extension time, no winner has been declared, five (5) kicks shall be taken from the penalty mark will be applied to determine the winner. If after the five (5) kicks from the penalty mark shall be taken to kicks there is still no winner, each team will have one (1) penalty kick wherein the "Sudden Death" rule shall be applied.

Penalty procedure; encroachment of GK, not caution able offense.
Goalkeeper not moving and feet must be on the line.

6. MATCH REGULATIONS

6.1. Substitution

6.2. Not more than 7 players may be substituted during a match from the reserve players who must be registered before the start of each match.

6.3. The substitution form must be accomplished and signed by the head coach before any substitution of a player could be made.

6.4. Any players substituted cannot re – enter the field of play.

6.5. Three opportunities are applied for Substitution Procedure, without counting the Half time break.

(All 7 substitutions can enter the game, regular substitution. however, the process of counting enter the field is only 3 times except halftime.)

7. PLAYERS CAUTION OR DISMISSED FROM THE FIELD OF PLAY.

7.1. Any player who receives two (2) cautions (yellow card) shall automatically be suspended for the match following the match in which he receives the second caution. Player who received 4 YC is suspended for whole tournament.

7.2. Any player expelled due to Violent Conduct or serious foul play from the field of play by a referee shall be suspended for:

7.2.1	Serious Foul Play	1 Match
7.2.2	Violent conduct	2 Match
7.2.3	Initiated Free for all	Disqualification

- 7.3. For a second red card, the player shall not be allowed to participate in any match for the duration of the tournament.
- 7.4. Disciplinary measures such as a caution, expulsion and suspension of players and officials shall be carried to the semifinals and finals.
- 7.5. Officials, expelled from the bench are suspended for 2 matches. Second expulsion means disqualification from the tournament.
- 7.6. However, if the team's medical staff is expelled from field of play and no one will take care of the team injuries the medical staff may sit behind the team's Technical Area.

8. *SUBSTITUTE' BENCH / TECHNICAL AREA*

- 8.1. Only the following duly accredited persons are authorized to sit on the substitutes' bench / technical area.
- 8.2. Maximum of 7 substitutes players have to be seated (except for warm-up and giving water to teammates).
- 8.3. A suspended player is not allowed to sit on the bench except during the match and the next succeeding match.
- 8.4. Maximum of two (2) team officials.
- 8.5. Only one person at a time is authorized to convey tactical instruction.
- 8.6. Only the Coach or another designated person can stand to deliver an instruction.
- 8.7. If an official is thrown out of the game, he has to leave the inner Zone area.
- 8.8. The behavior of the persons on the substitute bench area must conform to FIFA's fair play policy.
- 8.9. The coach and other officials must remain within the confines of the technical area except in special circumstances: for example, a doctor or a physiotherapist entering the field of play, with the referee permission to assess an injured player.
- 8.10 Any insulting and abusive physical contact, gestures and language to match officials is severely sanctioned based on the PFF code of conduct.

9. WARM UP BEFORE AND DURING THE MATCH

9.1 Depending on the weather and the condition of the field (to be judge by the tournament Director/Match Commissioner). The team will be allowed to warm up on the half of the pitch closest to their respective bench without ball.

During actual play:

9.2 A maximum of 5 players from each team may warm up at the same time but without the ball, behind the goal closest to their respective bench with 1 asst coach

10. GRACE PERIOD

No grace period from the official schedule time of the match will be applied. Teams are advice to be in the playing venue at least thirty (30) minutes before the schedule match to avoid default.

11. VIOLENCE BY PLAYER AND / OR OFFICIALS

Any player or team officials reported by the referee or by a Tournament Official for indiscipline or violent conduct shall be dealt with severely in accordance with the PFF Catalogue of Punishments. Reports on such cases shall be submitted to the disciplinary committee for further action if deemed fit.

1. Abusive Language and gestures -2 games suspension
2. Physical contact and abuse to Match officials -Disqualified from tournament
3. Harassment and Threats (verbal & gestures) -Disqualified from tournament

12. REFEREES AND ASSISTANT REFEREES

12.1 All matches will have an official referee.

12.2 The referee's decision is final and must be respected.

12.3 No protest will be entertained regarding the decisions of the referee.

12.4 When the referees restarted the match, they cannot have overturned previous decisions. He can only change his decision before the restart.

12.5 Video evidences are not considered to change the outcome of the match.

13. FORCE MAJEURE

13.1 Considering the safety of all concerned, the undetermined weather conditions have prompted the tournament organizers to consider the possibility of games being terminated before regulation time. In such cases the following rules will be apply.

13.2 If the match cannot start as scheduled due to FORCE MAJEURE, a period of time (determined by the tournament officials) (15/15) will be allowed for weather

conditions to improve for play to resume. If after such time, conditions still do not permit play, **the game will be rescheduled at the bottom of the schedule.**

3.1 If the match had started and is subsequently terminated due Force Majeure (ex. inclement weather conditions), a period of time will be allowed to for conditions to improve for play to resume. If after such time, condition still does not permit play, the match will be rescheduled if;

13.1.1. The goal difference is two (2) or less.

13.1.2. If the match is terminated during the first half.

13.1.3. Rescheduled matches will start with clean score sheets.

13.1.4. Sanctions are carried over to the re scheduled matches

13.1.5. The team that leads by three (3) goals will be declared winner.

13.1.6. If the match is terminated in the second half after the 15/15 rule is applied the score of the match is upheld at the time of stoppage.

13.1.7. If under the same conditions and the match is terminated after the considerable amount of time into the second (2nd) half with tied score, the game will be declared a draw except in the semi-finals, and later stages where a penalty shootout will be implemented

14. TOURNAMENT DIRECTOR / COMMISSIONER

The Tournament Director / Commissioner has the prerogative to decide on matters directly affecting the tournament. In the absence of the match commissioner the assistant Match Commissioner appointed and will decide in lieu of the Match Commissioner

VI. PROTEST, PENALTIES AND SANCTIONS

PROTEST

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within one (1) hour immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within three (3) hours upon receipt of the decision.

4. The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

APPERANCE OF THE TEAM

Team should be at the venue at least thirty (30) minutes before the schedule time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.

VII. ABANDONED MATCH

Any Team that abandon their match due to protest or other reason and after an ample time was allowed for the team to reconsider (Maximum 15 minutes' allowance), the game is awarded to the opponent. The team that abandoned their match is disqualified from the tournament. Matter will be reported to their Head of delegation.

VIII. MATTERS NOT PROVIDED FOR

All matters not covered in this regulation shall be dealt accordingly by the Tournament Director / Match Commissioner, in the absent of any other rules Federation International de Football Association (FIFA) Rules will be applied. The Palarong Pambansa Football Disciplinary Committee decision regarding matter affecting the match is final and cannot be protested.

IX. THOSE ARE NOT COVERED BY THE TOURNAMENT GUIDELINES AND GROUND RULES, PFF Code of Conducts and or FIFA Laws will apply.



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **FUTSAL**

I. **RULES and REGULATIONS**

1.1 NAME OF THE COMPETITION

The competition shall be called the PALARONG PAMBANSA FUTSAL 2023

1.2 MANAGEMENT AND ORGANIZATION

This is organized and managed by the DEPARTMENT OF EDUCATION PALARONG PAMBANSA BOARD.

1.3 RULING

The general ruling is anchored by the ruling of International Laws governed by FIFA LOTG 2021-2022 and Palarong Pambansa Technical Guidelines of 2019.

II. **ELIGIBILITY**

NSAC rules regarding age eligibility and qualification of athletes and accreditation/qualification of coaches shall strictly follow.

III. **COMPOSITION OF CONTINGENT**

1. A maximum of **twelve (12) accredited** players on a team (5 players & one of whom shall be a goalkeeper; 7 substitutes.)
2. **Two (2) accredited** team officials (Coach and Chaperon)

IV. **DISQUALIFICATION**

Those not accredited by NSAC shall not allowed to play throughout the Tournament.

V. **Player Equipments**

1. **For Athletes**

- 1.1. All players' jersey number must only be from 1-12.
- 1.2. All players on the bench must wear bibs of different color from their playing uniform and to their opponents.
- 1.3. **Regional uniform is strictly imposed to use.**
- 1.4. Players are required to wear their complete uniform and in conformity with FIFA Futsal Laws:

2. **Team should adhere to their regional color; alternate uniform shall only be worn in cases of color conflict.**

- 2.1 (Sponsors uniform are not allowed). The player's number 1-12, on the uniform registered on the official list shall also be the same on the starting list and the

same number shall be used by the player throughout the Palarong Pambansa game duration.

- 2.2 Official shirt with sleeves and shorts of their Region represented.
- 2.3 Long socks
- 2.4 Shin guards
- 2.5 Futsal shoes or rubber sole (multi spikes shoes are not allowed)
- 2.6 Undergarments should be the same color with the sleeves and short pants.
- 2.7 Tapes should be the same color with the socks.
- 2.8 The team captain is required to wear an arm band around her left arm to enable the referee to distinguished her from the rest of the team.
- 2.9 All teams are obliged to bring 7 bibs for bench players.
- 2.10 In the event that both teams do not have spare/second outfits, one of the Teams should wear their bibs with a toss coin who decides to wear bibs.
- 2.11 The Goalkeeper must wear a jersey that has a color different from the rest of the team colors and the match officials.

VI. PROTEST, PENALTIES AND SANCTIONS

PROTEST

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within **one (1) hour** immediately after the conclusion of the match in protest. The TD shall decide within **two (2) hours** upon receipt of the protest.
2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within **three (3) hours** upon receipt of the decision.
4. The Jury of Appeals shall decide within **six (6) hours** upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

1. A player who will receive two (2) cautions (**yellow card**) shall automatically be suspended from the match following the match in which she received the second yellow card.
2. A player expelled (**red card**) from the pitch by the referee shall be suspended for the next match and a **2 minute lock down rule before replacement**.
3. Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game.

4. In case of free for all, 3 players from the opposing team will be given red cards, that team will be automatically disqualified to play and the other team will be automatically declared as winner of the match.

APPEARANCE OF THE TEAM

1. Team should be at the venue at least thirty (30) minutes before the schedule time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.
2. A grace period of ten (10) minutes shall be given to the non-appearing team after the schedule playing. Non-appearance of the team after the grace period will automatically forfeit its game with a score of 1-0 points and the Tournament Committee will meet immediately to decide on further sanctions.

ABANDONED MATCH

Any Team that abandon their match due to protest or other reason and after an ample time was allowed for the team to reconsider (Maximum 15 minutes allowance), the game is awarded to the opponent. The team that abandoned their match is disqualified from the tournament. Matter will be reported to their Head of delegation.

VII. CONDUCT OF THE COMPETITION

Tournament Format:

- A. Teams (8 WINNER FROM PRE-QUALIFYING GAMES) will be grouped in 4 in a bracket playing Single Round Robin in the elimination round. They will be bracketed/group as seen in the table below:

<u>A</u>	<u>B</u>
1 – TOP 1 OF CLUSTER 1	1 – TOP 2 OF CLUSTER 1
2 – TOP 2 OF CLUSTER 2	2 – TOP 1 OF CLUSTER 2
3 – TOP 1 OF CLUSTER 3	3 – TOP 2 OF CLUSTER 3
4 – TOP 2 OF CLUSTER 4	4 – TOP 1 OF CLUSTER 4

- B. Top 2 teams of each bracket will qualify in the next round playing semi- final games.
- C. On the Semi-final round (1. A1 vs B2, and 2. A2 vs B1).
For the Battle for 3rd and 4th place – LSF1 vs LSF2.
FOR CHAMPIONSHIP MATCH – WSF1 vs WSF2.
- D. If draw exists after the duration of the match in the semi-final and final match, 5 kicks from the penalty mark will be used to determine the winner.

- E. Determining the rankings:

1. Win - 3 points
2. Draw - 1 point
3. Lose - 0
4. A defaulted game has points/goal score of 1-0.

VIII. Number of Players:

- A. A maximum of 12 **accredited** players on a team (5 field player & one of whom shall be a goalkeeper; 7 substitutes).
- B. Flying substitution shall apply.
- C. Persons on the bench (technical area): 2 **accredited** team officials (coach and asst. coach/chaperon and 7 substitutes).

IX. Duration of the Game:

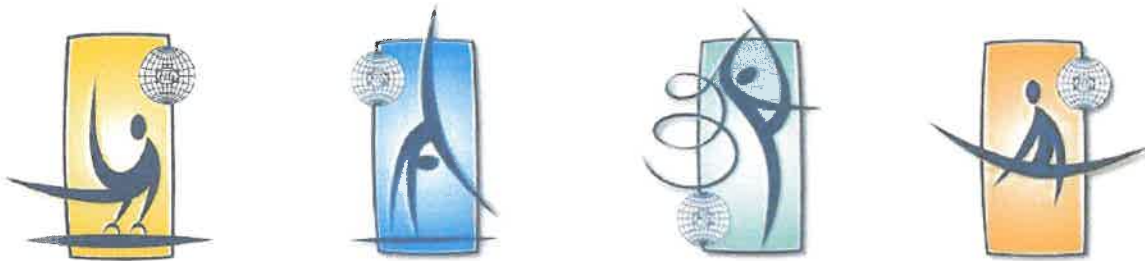
- A. Two (2) halves of 20 minutes per half (running time)
- B. Maximum five 5-minute interval in between half.
- C. Each team is allowed to have a maximum **one (1) minute time out only ONCE per half**. This time out cannot be carried over in the next half if unused.
- D. During Elimination Round up to the Championship Match, on the last two (2) minutes in every half, the rule on running time shall change to stoppage time when an interference or a ball out of play situation occurs.
- E. In case of **Force Majeure**, the recorded time and score shall be kept and shall serve as a basis when the game resumed.

X. All other rules not so mentioned in these guidelines, FIFA Laws apply.



2023 PALARONG PAMBANSA
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TECHNICAL GUIDELINES FOR **GYMNASTICS**



I. RULES and REGULATIONS

The *Federation Internationale de Gymnastique* (FIG) Code of Points 2022-2024, Updated Version will be used in the **Palarong Pambansa 2023**. Gymnastics competition in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes and Apparatus Norms. *Artistic Gymnastics* will observe the modified DepEd and GAP Artistic Age Group Program Elementary/Pre-Junior Level (FIG-AGDP 2021) while the Secondary level will observe the FIG Junior Category. For *Rhythmic Gymnastics*, the Elementary level will observe the Palaro RG Age Group Program 2022-2024 Pre-Junior Category while the Secondary level will observe the FIG Junior Category. On the other hand, Aerobic Gymnastics will observe the FIG World Age Group Competition Programme and AER COP 2022-2024, May 2022 edition with some modification in Elementary and Secondary levels, respectively.

The Code of Points must be read in conjunction with the Technical Regulations. In case of conflict of interpretation between the provisions of any of the technical guidelines, the principles of the COP and TR shall take precedence and DepEd Palarong Pambansa General Rules.

Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect. These changes will be proposed to DepEd Palaro Board subject for approval.

II. ELIGIBILITY

a. The NSAC Rules for eligibility shall apply:

- Age- The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition.
- Residency
- Appeal

III. COMPOSITION OF CONTINGENT

- a. Each region/team shall compose of three (3) gymnasts in per category (Elementary and Secondary) except for Aerobic Gymnastics which compose of two (2) gymnasts per gender and category.

DISCIPLINE	GENDER	NO. OF GYMNASTS		COACH	CHAPERONE
<i>Women's Artistic Gymnastics</i>	GIRLS	<i>Elementary: Cluster 1</i>	1	1	1
		<i>Elementary: Cluster 2</i>	2		
		<i>Secondary: Cluster 3</i>	3	1	1
<i>Men's Artistic Gymnastics</i>	BOYS	<i>Elementary: Cluster 1</i>	1	1	N/A
		<i>Elementary: Cluster 2</i>	2		N/A
		<i>Secondary: Cluster 3</i>	3	1	N/A
<i>Rhythmic Gymnastics</i>	GIRLS	Elementary	3	1	
		Secondary	3	1	
<i>Aerobic Gymnastics</i>	BOYS	Elementary	2	1	
	GIRLS	Elementary	2		
	BOYS	Secondary	2	1	
	GIRLS	Secondary	2		

- b. 1 Coach per category (Elementary and Secondary)
 c. 1 Chaperone per category except for Boys

IV. DISQUALIFICATION

- a. The athlete who did not qualify in the eligibility rules of NSAC.
 b. The athlete proved to have knowingly broken any DepEd and GAP rules and regulations.
 c. Unsportsmanlike
 d. Disruptive Behavior of Coach

A coach who is found guilty of harassing or causing undue trouble *with or without direct* impact on the result/performance of the gymnasts/team will be given the ff. sanctions:

- Unsportsmanlike conduct, other flagrant and undisciplined behavior.
 - 1st time: Yellow card for coach (warning)
 - 2nd time: Red Card or removal of coach from competition/training area.

- Unexcused delay or interruption, speaking to active judges during the competition, speaking directly to gymnasts, give signals, shouts/cheers during the exercise, etc.
 - 1st time: -0.50 (from gymnast/team at event) & Yellow card to coach.
 - 1st time: -1.00 (from gymnast/team at event) & Yellow card to coach who speaks aggressively to active coaches.
 - 2nd time: 1.00 (from gymnast/team at event) & Red card & removal of coach from competition area.
- Incorrect presence of prescribed persons in inner circle during competition/ and or in the preparation of the apparatus.
 - 1.00 (from gymnast/team at event) & immediate red card & removal of coach from competition floor.

(FIG Table of Faults and Penalties shall be followed)
- The use of flash when taking pictures is *NOT allowed*. The first offense will be issued a yellow card/warning and second offense will be issued a red card and will be escorted out of the competition venue immediately.
- There are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over.

V. SPORTS EVENTS / DISCIPLINES

a. COMPETITION PROGRAM FOR ARTISTIC GYMNASTICS

The program for Artistic Gymnastics in Palarong Pambansa 2023.

WOMEN'S ARTISTIC GYMNASTICS				
Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7– 9 years old in the year of Palarong Pambansa competition (Born 2014-2016) (Ages 7-8 years old and turning 9 years old on 2023.)	Single Bar Vault Floor Exercise Balance Beam	<i>Cluster 1</i> ; FIG Age Group Edition 1 2021 (HP1) (Compulsory)	1

2	Ages 10 – 13 in the year of Palarong Pambansa competition (Born 2010-2013) (Ages 10-12 years old and turning 13 years old on 2023)	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 2: FIG Age Group Edition 1 2021</i> Optional HP3	2
SECONDARY				
3	Ages 13 – 18 (Born 2005-2010) (Ages 13-17 years old and turning 18 years old on 2023.)	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 3: FIG 2022-2024 (Cycle XV) Junior</i>	3

MEN'S ARTISTIC GYMNASTICS				
Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7-9 in the year of Palarong Pambansa competition (Born 2014-2016) (Ages 7-8 years old and turning 9 years old on 2023.)	Floor Exercise	Class 2 FIG Age Group Edition 1 2021 Compulsory	1
		Pommel Horse (Mushroom) Vaulting Table Horizontal Bar	Class 1 FIG Age Group- Edition 1 2021 Compulsory Class 2 FIG Age Group- Edition 1 2021 Compulsory Class 1 FIG Age Group- Edition 1 2021 Compulsory	
2	Ages 10 – 13 in the year of Palarong Pambansa competition Born 2010-2013)	Floor Exercise	Class P4-FIG Age Group- Edition 1 2021 Optional	2
		Vaulting Table	Class HP 3	

	(Ages 10-12 years old and turning 13 years old on 2023)	Pommel Horse	Class 2- FIG Age Group- Edition 1 2021 Compulsory	
		Horizontal Bar	Class 2- FIG Age Group- Edition 1 2021 Compulsory	
SECONDARY				
3	Ages 13 – 18 in the year of Palarong Pambansa competition (Born 2005-2010) (Ages 13-17 years old and turning 18 years old on 2023.)	Floor Exercise Vaulting Table	Code of Points Junior Rule	3
		Pommel Horse	Class HP3- FIG Age Group- Edition 1 2021 Compulsory	
		Horizontal Bar	Class 2- FIG Age Group- Edition 1 2021 Compulsory	

b. COMPETITION PROGRAM FOR RHYTHMIC GYMNASTICS

The program for Rhythmic Gymnastics Individual Exercises in Palarong Pambansa 2023.

RHYTHMIC GYMNASTICS				
Competition Structure				
Category	Age	Apparatus	Exercise Routine	Number of Athletes
Elementary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Freehand Rope Hoop Ball	FIG Pre-Junior Category	3
Secondary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong	Hoop Ball Clubs Ribbon	FIG Junior Category	3

	Pambansa competition			
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c. COMPETITION PROGRAM FOR AEROBIC GYMNASTICS

The program for Aerobic Gymnastics in Palarong Pambansa 2023.

AEROBIC GYMNASTICS				
Competition Structure				
Category	Age	Events / Categories	Exercise Routine	Number of Athletes
Elementary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Individual Men (IM) Individually Women (IW) Mixed Pair (MP) Trio (TR) Aerobic Dance (AD)	FIG World Age Group Competition Programme & COP May 2022 Edition	4
Secondary	The gymnast's age eligibility will be based on age on the cut-off date which is in the year of Palarong Pambansa competition	Individual Men (IM) Individually Women (IW) Mixed Pair (MP) Trio (TR) Aerobic Dance (AD)	FIG World Age Group Competition Programme & COP May 2022 Edition	4
<ul style="list-style-type: none"> - Individual Men IM (1 male competitor) - Individual Women IW (1 female competitor) - Mixed Pairs MP (1 male competitor and 1 female competitor) - Trio TR (3 competitors of optional gender) - Aerobic Dance AD (8 competitors, mixed of (4) Elementary and (4) Secondary) 				
*The participation is limited to 2 units per region in each category except Trio and AER Dance.				

VI. CATEGORIES

For Artistic Gymnastics

a. ELEMENTARY (GIRLS)

- Cluster 1 Ages 7– 9 years old in the year of Palarong Pambansa competition (**Born 2014-2016, Ages 7-8 years old and turning 9 years old on 2023.**)
- Cluster 2 Ages 10–13 years old in the year of Palarong Pambansa competition (**Born 2010-2013, Ages 10-12 years old and turning 13 years old on 2023.**)

b. SECONDARY (GRILS)

- Cluster 3 Ages 13 – 18 in the year of Palarong Pambansa competition (**Born 2005-2010, Ages 13-17 years old and turning 18 years old on 2023**).

For Rhythmic and Aerobic Gymnastics

- a. Follow the Revised Eligibility Requirements and Guidelines for the Screening and Accreditation of Athletes, Coaches, and Chaperones in the Division, Regional, and Palarong Pambansa.

VII. PLAYING AREA AND EQUIPMENT

a. *Playing Area*

The Playing area is 60 x 34 meters.

b. *Apparatus*

The Women's Artistic Gymnastics apparatus are Vault, Uneven Bars, Balance Beam, and Floor.

The Men's Artistic Gymnastics apparatus are Floor, Pommel Horse (Mushroom), Vault, Hand Horizontal bar.

Rhythmic Gymnastics performed on a carpeted square mat of 13m x 13m with required ceiling height minimum of 8 meters.

Although gymnasts are encouraged to use apparatus with standard dimensions set by the FIG, the Gymnastics Association of the Philippines (GAP) Technical Committee, and the DepEd Palarong Pambansa, in consideration of the gymnasts' physical and psychomotor level of development, would allow gymnasts to use apparatus with the following dimensions in ELEMENTARY Level competitions:

- Rope length: based on the gymnasts' height (optional)
- Hoop dimensions: 700 - 800 mm diameter, 300g minimum
- Ball dimensions: 160 - 180 mm diameter, 300 g minimum
- Clubs dimensions: 300 – 400 mm
 - Weight: 150 g. min. / Shape: Bottle shape / Diameter of the head: 30 mm max.

-
- Elementary (developmental/pre-junior) gymnasts are allowed to use smaller than junior sized clubs.
 - Ribbon length – 4 meters in length, with 1 meter fold at the end attached to the stick.

For SECONDARY Level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior International competitions is required, including the ribbon length (which needs to be 5 meters long for Juniors according to FIG Junior Regulations).

- Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.
- Apparatus must be GAP approved for Elementary & FIG approved for Secondary Level.

The podium for Aerobic Gymnastics is no less than 14m x 14m in size.

All apparatus will follow the FIG apparatus norms except for some consideration due to physiological development of the athletes for Rhythmic Gymnastics. For more details about the FIG Apparatus Norms, please refer to the link: <https://www.fig-gymnastics.com/site/rules/rules.php#9>

VIII. OFFICIALS

- a. Only DepEd National Accredited Officials are allowed to officiate in the Palarong Pambansa and selected NSA accredited Officials.
- b. He / She must be Physically Fit.
- c. Must comply with the age requirement of DepEd Palarong Pambansa Guidelines. If the Technical Official did not qualify due to this provision, the NSA President or Secretary General and /or Tournament Director will make justification letter address to the Palarong Pambansa Secretary-General for his/her participation.

IX. PROTEST, PENALTIES AND SANCTIONS

No protest allowed. Only official coach will be allowed to ask queries.

Queries

- Verification of scores must be done by the Official Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager.
- Only queries about the DV Score, review line and time penalties will be entertained. Comparison of scores with the scores of other gymnasts will not also be entertained.
- Validity of the scores (FIG Technical Regulations, Section 1, Art. 8.4) – in cases where the scores announced/ flashed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary prevails.
- Inquiries of the score (FIG Technical Regulations, Section 1, Art. 8.5) – inquiries on the Difficulty Score are allowed, however, inquiries on the execution score is not allowed.
- Submission of Queries (written) should be within four (4) minutes right after the score is flashed.
- Judges' decision is final. (Based on the FIG COP)

Disciplinary Penalties

a. 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.

b. 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.

X. CONDUCT OF THE COMPETITION

ARTISTIC GYMNASTICS

(Cluster 1, Cluster 2 & Cluster 3)

Competition Ages

The gymnast's age eligibility will be based on her age in the year of Palarong Pambansa competition.

Warm-up and Assistance

- A spotter / Coach is required for Uneven Bars/Single Bar event for all Clusters. A deduction of .3 will be taken off from the Final Score on Uneven Bars if the spotter/coach leaves during the performance of the routine.
- For Cluster 1: .30 deduction if coach touches the gymnast during the element, value of the element will be deducted if the coach assists in the completion of the element.
- For Cluster 2 and 3: 1.00 deduction will be taken in the final score each time if spotting assistance (help) was done in Uneven Bars/Single Bar, Balance Beam, and Floor Exercise specifically:
 - if the coach/spotter helps gymnast after element completed and no CV and No DMT bonus;
 - if coach/spotter helps gymnast to perform element, then also no DV, CV, CR, and no DMT bonus
- Soft safety mats (5, 10, 20 cm) are permitted on all apparatus without penalty except Floor Exercise. The use of a safety mat on Floor Exercise will result in a 0.30 (age group) deduction and 0.50 deduction (Cluster 3) from the Final Score.
- A *safety-collar* must be used for all round-off entry vaults. Failure to use it will result in a Final Score of zero (0) point. (Apparatus Chair will not allow the gymnast to begin until a safety collar is present.)
- The use of any non-permitted supplementary equipment will have a corresponding deduction of .50.
- Cluster 1 & 2: There will be a *general warm up of 30 minutes* prior to the competition. No touch warm up before each apparatus for Cluster 1 only.
- Cluster 2 & 3: Warm-up will follow the FIG Warm up Rule: gymnasts are allowed touch warm-up before each event.

General Judging Rules

FIG 2022 – 2024 Code of Points and FIG 2021 Age Group Development Program rules and regulations with modification, Technical Directives, Specific Apparatus Deductions and Table of General Faults and Penalties will be used. A gymnast has option to qualify for Competition III.

SPECIFIC REGULATIONS

WOMEN'S ARTISTIC GYMNASTICS

Specific Judging Rules

Cluster 1: Compulsory Exercises

- **Maximum D-score is from 10.00**
- **Maximum E Score is also from 10.00**
 - a. Change or omission of an element or a part without value will result in the deduction of 0.10 each time.
 - b. The addition of an element will result in the deduction of 0.30 each time from the D score.
- Deduction for wrong floor pattern is 0.50. The floor pattern can be changed in direction only in its entirety.
- Error in line of direction of an isolated element .10 deduction each time
- Error in line of direction of a full section of floor pattern .20 deduction each time
- Individual elements can turn left or right-an intermediate step is permitted if required to be in the right position.
- Each of the minor elements has a value of 0.10
- Errors in arm movements and positions are deducted as errors in execution maximum of 1.00 for the entire routine
- Errors in choreography=0.10 each time to a maximum of 1.00 for the entire routine.
- All exercises may be reversed in their entirety including the elements with Difficulty Value (Major Elements).
- Only Springboard provided by the organizers will only be used by all gymnasts. No changing of springboard and springs may not be removed.

Cluster 2: Optional Exercises for Beam, Floor and Uneven Bars

- Only vaults stated in the Age Group Development Program (AGDP) will be allowed, their corresponding vault values.
- For UB, BB and FX, the DV will be based on the recognized elements performed as defined by the FIG COP and the AGDP modifications, such as recognition of

any legitimate gymnastics element that is not recognized in the current FIG COP as an A-value element based on individual apparatus requirement for HP3.

- Each Compositional Requirement (CR) is **0.30**.
- May repeat one skill of B or C value.
- Any connection bonus that applies (FX, BB, UB only).

The E-Score deductions:

For Clusters 1 :

Small Error: 0.1	Medium Error: 0.2	Large Error: 0.3	Fall: 0.5
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For Clusters 2 & 3: The E-Score deductions *follow FIG Judging Rules*

Small Error: 0.1	Medium Error: 0.3	Large Error: 0.5	Fall: 1.0
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* The Final Score is determined by adding the D-Score to the E-Score.

Element Values and Maximum Number of Elements

(Cluster 2)

Maximum Number of Elements	A-part value	B-part value	C-part value	D-part value
8	0.1	0.2	0.3	0.4

(E value and higher not permitted)

(Cluster 3)

Maximum Number of Elements	A Part Value	B Part Value	C Part Value	D Part Value	E Part Value	F Part Value	G Part Value
8	0.1	0.2	0.3	0.4	0.5	.6	.7

Evaluation of Short (or long) Exercises

(Clusters 2)

No. of Elements	8-10	7	6	5	4	3	2	1
Max. E-score	10.0	10.0	6.0	6.0	4.0	4.0	2.0	2.0

(Clusters 3)

- For the execution and artistry of presentation, the gymnast may earn a maximum E-Score of 10.00.
- The D-panel will take the appropriate neutral deduction (penalty) for a short Exercise from th Final Score
 - 7 or more elements – no deductions
 - 5-6 elements - 4.00
 - 3-4 elements - 6.00
 - 1-2 elements - 8.00
 - No elements -10.00

Vault:

Cluster 1: 80 cm stack

Cluster 2: Table at 1.15 m – 1.25 m, Yurchenko collar

Cluster 3: FIG Standard Height, Yurchenko collar

Single Bar / Uneven Bars:

Cluster 1: high enough to accommodate the tallest gymnast. Bar may be lowered or mats may be added before competition

Cluster 2: FIG Standard (HB =2.50 m, LB = 1.70m) *20 cm safety mat is permitted

Cluster 3: FIG Standard (HB =2.50 m, LB = 1.70m) *20 cm safety mat is permitted

Balance Beam

Cluster 1: 80 cm

*Cluster 2 & 3:*1.25 m

Floor (for all clusters) 12 x 12 m

Summary of Specific Regulations and Compulsory Exercises

CLUSTER 1 (Elementary: Compulsory Exercises for ages 7-9)

VT	FIG Age Group Class 1 2 Choices:	A 2nd attempt is permitted, but with 1.0 deduction
HP1	1. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.	2. Salto forward stretched from a vaulting board.

Single Bar

HP1

FIG Age Group Class 1

1. Starting from hang, lift to chin up position and pullover to front support
2. Cast to horizontal to immediate back hip circle
3. Immediate under bar cast above 45°) and long hang swing backward
4. Swing forward and swing backward
5. Swing forward and swing backward
6. Swing forward and swing backward
7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats.

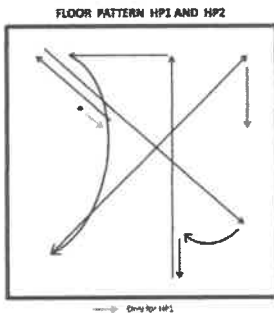
CLUSTER 1 : BALANCE BEAM (AGDP 2021)

DESCRIPTION	VALUE
1. Jump to frontal support, and leg swing with $\frac{1}{2}$ TURN TO STRADDLE SIT on beam. ARMS - Place the hands side by side on beam in front of the hips. In a circular pattern, lift both arms forward-upward, then lower the arms backward-downward to grasp the beam behind the hips. Raise both legs forward-upward to tuck sit, then LIFT TO A MOMENTARY V-SIT.	1.2 (0.6, 0.2, 0.4)
2. Separate the legs and perform a backward swing to a tucked stand. Execute a FORWARD ROLL STAND WITH ONE LEG IN FRONT. ARMS - Move the arms forward to place both hands on beam in front of hips. Keep the hands ON the beam throughout the forward roll. Then open sideward-diagonally-upward when standing. Step forward with the left leg, bend the left leg in demi-plié and take a step forward with the right leg pointed forward. ARMS - Lower both arms sideward-downward to low on the step. Optional in the demi-plié. Transfer the weight towards the right leg in demi-plié on a right lunge with the left leg pointed backward. Slightly arch the trunk. ARMS - Optional.	1.4 (0.2, 1.0, 0.1, 0.1)
3. Step forward left, then close the right foot in front of the left foot. Execute a STRETCHED JUMP to land with one leg in front of the other in a forward lunge. ARMS - Optional during the jump. Open sideward-diagonally-upward on lunge. Take one step forward left, then, close the right foot in front of the left foot in relevé. ARMS - In a circular pattern, move the arms in an alternated form, first the right arm sideward-downward to low - forward-upward to high, then the left arm sideward-downward to low - forward-upward to high. $\frac{1}{2}$ (180°) PIVOT TURN. ARMS - Remain in high position.	1.1 (0.6, 0.1, 0.4)
4. THREE RUNNING STEPS FORWARD. step-kick forward above horizontal. ARMS - Optional during run, sideward-middle during kick step. Step forward with the right leg and close with left, right foot in relevé. ARMS - Side-middle. Lower the left heel and move right leg forward pointing at beam, bend the left knee in demi-plié and flex the trunk forward, immediately extend the left leg and raise the trunk to stand. The right leg is extended forward with the right foot pointed. ARMS - Move both arms forward-middle. Interlocking fingers, bend the elbows with palms facing chest, then extend elbows palms out and lift both arms forward-upward to high position. Bend both legs - left in demi-plié, right at forward passé. ARMS - Optional. Extend both legs pointing the right foot to beam and a $\frac{1}{2}$ (180°) TURN to the right in relevé, left leg in forward passé. Finish in a left forward lunge. ARMS - Optional during the turn, high position on lunge.	1.7 (3 x 0.3) (0.1, 0.1, 0.1, 0.4, 0.1)
5. Step forward, KICK TO MOMENTARY HANDSTAND AND STEP DOWN TO RIGHT FORWARD LUNGE. ARMS - High position during the Handstand, open sideward-diagonally-upward on lunge. FORWARD CHASSÉ. ARMS - Sideward-middle.	1.4 (0.8, 0.2, 0.4)
6. 2 steps forward, close right foot behind left foot in relevé, bend the legs to squat, $\frac{1}{2}$ TURN IN SQUAT POSITION. Extend the legs while performing a BODY WAVE ending in relevé. ARMS - Lower sideward-downward to low while bending knees, keep low during the turn. Lift them forward, then backward-upward during the wave, finish the wave with arms high.	1.4 (0.1, 0.1, 0.4, 0.6, 0.1, 0.1)
7. Step forward left-right and point left foot backward (tendu). Execute an ARABESQUE leg horizontal (hold for 2 seconds). ARMS - Sideward-middle. Lower the leg, raise the trunk and point the left foot behind the right, then, place left sole on beam transferring weight backward and point right foot forward. ARMS - Remain side-middle. With a fluid movement, bend and extend the left leg, then place the toes of the right foot on the beam. ARMS - Optional.	1.2 (0.1, 0.6, 0.1, 0.1)
8. 1-3 walking steps forward to ROUND OFF DISMOUNT	0.8 Total 10

CLUSTER 1 : FLOOR EXERCISE (AGDP 2021)

	DESCRIPTION	VALUE
START POSITION: Stand on the diagonal close to the corner 1, facing corner 5. Begin in a straight stand with the feet turned out in 3 rd position with the right foot in front, hands on waist.		
Line 1	<p>a. Take a step forward onto the right leg through 4th position demi-plié. Transfer the weight of the body forward to the right foot, extend both knees to finish with the left leg extended backward and the left foot pointed on the floor. ARMS: Lift both arms forward-upward, to forward-middle and perform an inward forearms circle bending the elbows and moving both hands toward the chest, continue extending the elbows and lifting both arms forward-upward to forward-diagonally-upward, palms out. Through 4th position demi-plié, transfer the weight of the body backward onto the left foot to finish with the right foot pointing forward. ARMS: Turning the shoulders out, palms facing up, lower the arms forward-downward close to the hips, then lift the arms sideward-upward to sideward-diagonally-upward.</p> <p>b. Using an acceptable turn preparation technique, transfer the weight of the body forward onto the ball of the right foot to perform a ½ (180°) TURN to the right with the left leg IN FORWARD PASSÉ. Step forward onto the left leg Through 4th position demi-plié, then straight both legs to finish with the right leg extended backward and the right foot pointed on the floor. ARMS: During the turn, use an acceptable turn technique, finish sideward-diagonally-upward.</p> <p>c. Take a "small leap" diagonally-forward onto the right leg in demi-plié and the left foot in forward passé (toward side 2). ARMS: Lower the left arm sideward-downward to place the left hand on the waist. Simultaneously make a circle with the right arm in front of the body, starting the movement from right to left, then from left to right and finish the circle with the right arm sideward-middle. View to the right. Take a "small leap" to the left onto the left leg in demi-plié and cross the right leg flexed behind the left leg and the right foot pointed on the floor. ARMS: Raise the left arm curved to the right at chest level, palm up. Then, with a circular motion, lower both arms laterally to the left to low and continue raising both arms laterally to the left ending with the left arm sideward-middle and the right arm curved at chest level palm up.</p> <p>d. Take a long step forward on the right foot in relevé, then take a step forward on the left foot in relevé, later, execute a ½ (180°) PIVOT TURN to the right. ARMS: Lower both arms sideward-downward to low while perform the steps. Keep the arms low during the pivot turn. At the end of the turn, lower the left heel to the floor and keeping the right foot in relevé, bend both knees to perform a POSE on demi-plié. ARMS: Place the right hand on the waist and lift the left arm forward-upward to forward-middle, rotate the shoulder externally and bend the elbow to finish with the arm curved and the palm up. View to the left. Close the right foot backward beside the left foot, both in relevé. ARMS: Optional</p>	<p>0.6 180° turn = 0.3 180° pivot = 0.3</p>
Line 2	<p>a. Run, hurdle and execute a FRONT HANDSPRING STEP OUT – CARTWHEEL. Finish in left forward lunge. Note: No steps are allowed between the handspring and the cartwheel. ARMS: Lift high on the hurdle, maintain high throughout the handspring and the cartwheel. Then open to sideward-diagonally-upward on the forward lunge.</p>	<p>1.4 (0.9 + 0.5)</p>
Line 3	<p>a. Following a circular trajectory to the right, take four steps starting with the right leg (the first of these steps through a slight demi-plié) Finish with the left leg in demi-plié and the right leg in open couse. (Facing Side 8) ARMS: Lower both arms sideward-downward to sideward-middle with the arms curved and palms up in the first three steps, then place the hands on the waist at the last step in demi-plié. Step backward with the right foot in relevé while turning 90° to the right, facing Side 2. Close the left foot beside the right foot in relevé, then low both heels to the floor on 1st position. ARMS: Lift both arms sideward-upward to sideward-middle.</p> <p>b. Keeping the weight of the body on the left foot, remove the right foot from the floor and bring it backward, bend both knees and lower to a kneeling position on the right leg. Turn the body ½ (180°) to the right on the right knee, close the left knee beside the right knee to arrive in a sitting/kneeling position with the buttocks resting on the heels. (Facing to Side 6) ARMS: Lower both arms sideward-downward to low.</p> <p>c. Raise the buttocks off the heels and extend the hips, then, lift and extend the right leg forward and place the right foot pointed on the floor, straighten the left leg and side the right leg forward and to finish in a right FORWARD SPLIT. ARMS: Lift both arms sideward-upward to sideward-diagonally-upward while raising the body. Lower the arms supply sideward-downward to sideward-middle while descending to split</p> <p>d. Turn the body ½ (180°) to the right directing the right leg extended towards Side 2, while turning, bend the left leg to finish sitting with the right leg extended forward and the left leg bended on the floor facing to Side 2. ARMS: Lower the right arm sideward-downward to low and place the left hand on the floor near the left hip while starting the turn. Then, lift the left arm sideward-upward to sideward-middle. Keep the right arm sideward-middle.</p> <p>e. Raise buttocks off the floor transferring the weight of the body forward, then extend both legs to arrive in a stand on the right leg with the left leg extended backward, left toes pointed on the floor. ARMS: Direct both arms forward-middle while raising the body, then open sideward-middle.</p>	<p>2.5 180° turn = 0.3 Split = 0.7 180° turn = 0.3 Side wave = 0.3 Chasse = 0.3 Half roll = 0.6</p>
	<p>f. Take a left step sideward on the left leg through 2nd position demi-plié while execute a SIDE WAVE to the left. ARMS: Start the Wave with the right arm sideward-diagonally-upward and the left arm in front of the chest, curved and the palm up. With circular motion, gently lower both arms to the left sideward-downward to low, continue moving the arms to the left sideward-upward to finish with the left arm lateral-diagonally-upward and the right arm in front of the chest curved and the palm up. Close the right foot beside the left foot on 1st or 3rd position. ARMS: Lower both arms to sideward-diagonally-downward</p> <p>g. Raise the right foot in relevé and perform ¼ (90°) turn to the right with the left leg in forward passé. Finish facing Side 4. ARMS: Place both hands on the waist. Execute a SIDEWARD CHASSÉ to the left through 2nd position demi-plié. ARMS: Cross the arms in front of the chest to start the chassé, then open both arms laterally-upward to lateral-middle.</p> <p>h. While placing the right feet on the floor at the end of the chassé, turn ¼ (90°) to the left, take a step forward on the left leg, then close the right foot beside the left foot in forward coupé. Facing Side 2. ARMS: Place the hands on the waist</p> <p>i. Take two fast forward steps performing a small leap and placing the free leg in forward passé (left – right) the rhythm of these steps are (1-2) ARMS: Keep on the waist. Extend the right leg forward and execute a high kick ARMS: Lift both arms sideward-upward to a high position.</p> <p>j. Execute a HANDSTAND-FORWARD ROLL PIKED elbows straight, finish stand with legs joint and extended. ARMS: Keep high on the Handstand, move forward-downward to place the hands on the floor beside the hips, then push the floor at the end of the roll. Lift both arms forward-upward to a high position at stand</p>	
Line 4	<p>a. Turn ¼ (90°) to the left facing Side 6 and perform a FORWARD CHASSÉ with the left leg, take a left forward step, then, close the right foot beside the right foot and bend the knees to execute an EXTENDED JUMP WITH ½ (180°) TURN to the right. ARMS: Bring the left arm sideward-middle and the right arm forward-middle during the chassé and the forward step, then lower both arms beside the trunk while bending the knees. Lift both arms forward-upward to high during the jump and the landing.</p> <p>b. Take a long backward step on the right leg while performing a BODY WAVE, then, close the left foot beside the right foot. ARMS: Start the wave with the arms forward-middle curved, palms up, then with a circular motion, direct the arms forward-downward to low, continue lifting the arms sideward-upward to high.</p>	<p>0.9 Chasse = 0.3 Jump 1/2 = 0.3 Wave = 0.3</p>
Line 5	<p>a. Bend the knees, to execute a BACKWARD ROLL TO PUSH-UP POSITION, with the elbows extended and the shoulders rotated inward. ARMS: Lower the arms forward-middle while bending the knees, then, lift both arms forward-upward to a high position to execute the backward roll, place the hands with the fingers inward to end at facial support</p> <p>b. Bring the right hip towards the floor while turning the body 180° to the left, to finish sitting with the legs together and extended facing Side 8. ARMS: Remove the left hand from the floor and bring the left arm beside the left hip when sitting, keep the right hand near the right hip.</p> <p>c. Perform an arms circle in opposite directions (right arm forward-upward, then backward-downward and left arm backward-upward, then forward-downward) Pass through 5th position with both arms up. Later, place the left hand on the floor close to the left hip and turn the body ½ (180°) to the left to finish on support on hands, hips and legs. The trunk slightly arched facing Side 4.</p> <p>d. Bend the knees bringing the trunk backward and slide the hands on the floor backward to a sitting/kneeling position with the hands slightly in front of the knees. Extend the knees, raise the hips, separate and joint the legs to perform a momentary HANDSTAND. Lower the right leg then the left leg to finish in a right forward lunge. ARMS: Keep the arms high while descending from the handstand, open to sideward-diagonally-upward at lunge.</p> <p>e. Make a small hop on the right leg with ¾ (135°) turn to the right, with the left leg in forward passé. ARMS: High position</p> <p>f. Land on the right foot, then perform a small run (or a forward chassé and run steps), the number of steps or the leg that performs the forward chassé are OPTIONAL to execute a SPLIT LEAP with the right leg. The leg separation must be at least 150°. Land with the right leg, step forward with the left leg and perform a HOP WITH ½ (180°) TURN IN FORWARD PASSÉ to the left. Land on the left foot and step forward with the right leg passing through the demi-plié in 4th position, extend the right leg and place the left foot pointed on the floor. ARMS: Optional during the run, at 2nd or 3rd position during the split leap, high during the hop in, sideward-diagonally-upward when finishing with the right leg forward and the left foot backward.</p>	<p>2.3 Back roll = 0.5 180° turn = 0.3 Handstand = 0.5 Split leap = 0.6 180° passe = 0.4</p>

DESCRIPTION		VALUE
Line 6	<p>a. Turning $\frac{1}{4}$ (90°) to the left, take 2 sideward steps in demi-plié to the left toward corner 4 (left leg-right leg crossing in front); continue taking a third step towards the same direction with the left leg extended and the left foot in relevé. ARMS: Lower the left arm sideward-downward to sideward-middle, lower the right arm sideward and cross it in front of the chest at the same time that the right leg is crossing in front, then open to sideward-middle.</p> <p>b. Execute $\frac{1}{2}$ (180°) TURN to the right on the left foot in relevé, the right leg keeps extended and far to the left leg. ARMS: Lower both arms sideward-downward to low.</p> <p>c. Place the right foot on the floor and perform a SIDE CHASSÉ to the right (Towards corner 7), then take a sideward step to the right onto the right foot in relevé and raise the left leg to the left. ARMS: By a circular motion, lift both arms laterally to the right to a high position, continue the circle by lowering the arms laterally to the left to low; finish the circle by raising the arms laterally to the right to end with both arms sideward-diagonally-upward to the right. Facing to corner 7.</p> <p>d. Perform $\frac{1}{4}$ (90°) turn to the left on the right foot and lower the left leg to place the left foot pointed forward. Facing to corner 3.</p>	<p>0.6</p> <p>180° turn = 0.3</p> <p>Chasse 0.3</p>
Line 7	<p>a. Run, hurdle and execute a ROUND OFF – REBOUND. The rebound should be immediate and should be done as part of a good execution of the round off by vigorously pushing with both legs the floor when touching it with the ball of the foot. (It is desirable that the bounce show a small backward shift). Land on a controlled demi-plié with the legs together, then bend the knees and move the trunk backward to execute a BACKWARD ROLL TUCKED. Finish in a stand position. Take a backward step with the left leg to finish in a right forward lunge. ARMS: Finish the backward roll with the arms up, then, open sideward-laterally-upward on lunge.</p>	<p>1.1</p> <p>Roundoff = 0.5</p> <p>Rebound = 0.3</p> <p>Back roll = 0.3</p>
Line 8	<p>a. Performing a $\frac{1}{8}$ (45°) turn to the left, take a step forward with the left leg to the side 6, then perform a high kick with the right leg to execute a HANDSTAND-FORWARD WALKOVER (FEET TOGETHER) ARMS: Raise the arms upward during the kick, keep the arms upward during the handstand-forward walkover Step forward with the left leg, then bend the left leg in demi-plié and place the right leg in forward passé. Contract the trunk. ARMS: Lower the arms laterally-downward to lateral-sideward during the step, then bring the arms forward-middle curved during the forward passé in demi-plié.</p> <p>b. Extend both legs, raise the left foot in relevé and kick forward-upward with the right leg above the horizontal extending the trunk. Step forward with the right leg, then simultaneously bend both knees closing the left foot beside the right foot to finish semi-kneel with the right leg squatting and the left instep and left calf on the floor. Extend both hips, bring the right leg backward-sideward and arch the trunk to show a FINAL POSE. ARMS: Raise sideward-laterally-upward while kicking forward, then, lower sideward-downward to low, place the left hand on the floor far away from the left knee, raise the right arm sideward-diagonally-upward during the final pose.</p>	<p>0.6</p> <p>Total Value = 10.0</p>



NOTES:

- The floor pattern can be changed in direction only in its entirety.
- Individual elements can turn left or right – an intermediate step is permitted if required to be in the right position.
- Each of the minor elements has a value of 0.1.
- Errors in arm movements and positions are deducted as errors in execution.
- Error in choreography = 0.1 each time to a max of 1.0 for the entire routine

CLUSTER 2 (Ages 10-12 Elementary - Optional for BB, FX and Uneven Bars)

BB HP3	FX HP3	Uneven Bars HP3
<p>FIG Age Group HP 3</p> <p>8 skills maximum for D-score (Maximum 4 can be Acro elements)</p> <ol style="list-style-type: none"> 1. Two connected dance Elements 2. Minimum full turn on 1 foot 3. Acro series min one flight element 4. Dismount <p>* May repeat one skill of B or C Value for Difficulty.</p>	<p>FIG Age Group HP 3</p> <p>8 skills maximum for D-score</p> <ol style="list-style-type: none"> 1. A passage with two dance elements 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount- Salto <p>*May repeat one skill of B or C Value for difficulty.</p> <p>* No "D" salto</p>	<p>FIG Age Group HP 3</p> <p>8 skills maximum for D-score</p> <ol style="list-style-type: none"> 1. Long hang swing with min $\frac{1}{2}$ turn handstand on the same bar 2. Close Bar element-min B 3. One transition between Bars 4. Dismount

* No "D" dismount * No Connection Bonus	* No Connection Bonus	* Jump from low bar to high bar is permitted without deduction *May repeat one skill of B or C Value for difficulty.
VT FIG Age Group Class 3		A 2nd attempt is permitted, but with 1.0 deduction
HP3	Handspring= 2.00 Handspring ½= 2.20 Handspring 1/1= 2.50 Handspring 1 ½= 2.70 Handspring Front Tuck= 2.70 Handspring Front Tuck ½= 2.90 Handspring Front Pike= 2.90 Handspring Front Pike ½= 3.10	½ on= 2.00 ½ on ½ off = 2.20 ½ on 1/1 off= 2.50 Tsukahara Tuck= 2.70 Yurchenko Tuck= 2.70 Yurchenko Tuck 1/1= 2.90 Yurchenko Pike= 2.90 Yurchenko Straight= 3.10

In the Qualifying Competition, the first vault counts towards the Team and the All Around Competition. Gymnasts who wish to qualify for the apparatus finals must perform 2 different vaults.

CLUSTER 3 (Secondary: FIG 2022-2024 for VT, UB, BB & FX)

Optional FIG 2022-2024 (BALANCE BEAM)	Optional FIG 2022-2024 (FLOOR EXERCISE)	Optional FIG 2022-2024 (VAULT)
<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i> *No DMT -0.50 from Final Score (D Panel)</p> <p>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <p>1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split</p>	<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i> *No DMT -0.50 from Final Score (D Panel)</p> <p>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <p>1. A dance passage composed of two different, leaps or hops, (from the Code) connected directly or</p>	<p>* In the Qualifying competitions (CI): the 1st vault score counts toward the <i>team and/or All-Around Total</i>.</p> <p>The gymnast who wishes to qualify for the Apparatus Final must perform two (2) vaults as per the Junior Level Apparatus Final rules.</p> <p>* Apparatus Finals (CIII):</p>

<p>(cross or side), or straddle position. = 0.50</p> <p>2. Turn (Gr. 3) = 0.50</p> <p>3. One acro series, min. of 2 flight* elements - 1 being a salto (elements may be the same). = 0.50</p> <p>4. Acro elements in different directions (fwd/swd and bwd). = 0.50</p> <p>*Flight elements with or without hand support.</p>	<p>indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180°cross/side split or straddle position. = 0.50</p> <ul style="list-style-type: none"> ▪ No jumps or turns are permitted because they are stationary. Chainé turns (½ turns on two feet) are allowed because they are traveling steps. ▪ Leaps and hops must land on one leg if performed as the 1st element in the dance passage. <p>2. Salto with LA turn (min.360°) = 0.50</p> <p>3. Salto with double BA= 0.50</p> <p>4. Salto bwd and salto fwd (no aerials) in the same or different acro line. = 0.50</p> <p><i>*Note: CR 2, 3, & 4 must be performed within Acro line.</i></p>	<p>- Gymnast must perform two (2) different vaults (can be from the same Vault Group).</p>
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Uneven Bars	FIG 2022-2024	
1. Flight element from HB to LB		= 0.50
2. Flight element on the same bar		= 0.50
3. Different grips (not cast, MT or DMT)		= 0.50
4. Non-flight element with min. 360° turn (Not MT)		= 0.50

MEN'S ARTISTIC GYMNASTICS

Specific Judging Rules

The evaluation of optional exercises in Elementary Cluster 2 will be based mainly on the system of the FIG Age Group Program (2021 Edition) and 2022-2024 FIG Code of Points. There are two evaluation factors in this system; a Difficulty Score (D-score) and an Execution Score (E-score).

D-score

The D-score is calculated based on adding the following 3 aspects of a performance;

- The values of the difficulties presented in the exercise up to a specified maximum number.
- Each EGR fulfilled in the exercise will be given 0.3
- The values of any eligible Bonus Connection points that were performed.

The D-score is calculated according to the following sequence:

- Determine the value of the dismount. If a gymnast does not performed a recognized dismount he will automatically be penalized by not receiving the 0.3 for that EGR.
- Determine if the remaining EGR have been performed and award 0.3 for each one met (plus the value of the element itself). This applies also to A-part and B-part dismounts.
- Add the value of the remaining most difficult recognized elements up to the maximum number of elements permitted.

E-score

The E-score deductions for optional exercises and when not specified for Compulsory exercises are as follows:

Compulsory Exercises

Cluster 1 (All apparatus), Cluster 2 (Mushroom, Horizontal Bar),
Cluster 3 (Pommel Horse, Horizontal Bar)

Small error= 0.1	Medium error=0.2	Large error= 0.3	Fall= 0.5
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Optional Exercises
Cluster 2 (Floor, Vault) and Cluster 3 (Floor, Vault)

Small error= 0.1	Medium error=0.3	Large error= 0.5	Fall= 1.0
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Final Score

The final Score for compulsory and for Optional Exercises is determined by adding the D-score and E-score.

Additional Modifications to the FIG Code of Points

- Developmental Parts
 Gymnasts may use the identified elements in the developmental part to meet difficulty and element group requirements.
- Repetition
 In elementary cluster 2 Floor Exercise- May repeat one skill of B or C Value for Difficulty
 In elementary cluster 1:
 - may repeat an element for value following a fall or stop
 - The omission of an element will result in the loss of value of that element.
 - The addition of an element will result in the deduction of 0.5 from the D-score.

Element Values and Maximum Number of Elements for Elementary Cluster 2:

(D value and higher not permitted)

Maximum Number of Element	A-part value	B-part value	C-part value
8	0.1	0.2	0.3

Evaluation of Short (or long) Exercises for Cluster 2

No. of Elements	8	7	6	5	4	3	2	1
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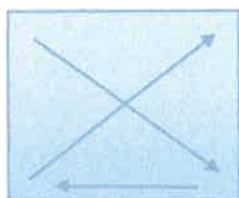
Max. E-score	10.0	10.0	8.0	8.0	6.0	3.0	2.0	1.0
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CLUSTER 1 (Compulsory Exercises)

FX	Mushroom (PH)	VT
FIG Age Group Class 2	FIG Age Group HP 1	FIG Age Group HP 1
<ol style="list-style-type: none"> 2-3 steps to front handspring, straight jump and then rebound to salto forward tucked with a controlled landing and then roll forward. Finish roll in momentary straddle stand and lower with control in straddle split 2 sec. Press with straight arms and straddled legs to momentary handstand and forward roll and jump with $\frac{3}{4}$ turn to face side. Step to scissor kick (kick one leg up and jump off second leg, switch legs in air and land on first leg) to 2 cartwheels Pike down and backward roll with straight arms and straight legs to stand. Pike down and backward roll with straight arms and straight legs to stand. Front scale or Y scale (2 sec). 3 steps hurdle to Round off Back handspring Straight jump and backward roll tucked to 	<ol style="list-style-type: none"> 5 leg circles with 2 point each, total value of 10.0 The gymnast must demonstrate these skills on a mushroom. A deduction of 0.5 will be taken for each fall between circles. 	<p>2 Choices:</p> <ol style="list-style-type: none"> Handspring to land on feet over Vault table. (Height = 1.10-1.35 depending on age of gymnasts) Salto forward stretched from a vaulting board. A 2nd attempt is permitted, but with 1.0 deduction
	HB	
	FIG Age Group Class 1	
	<ol style="list-style-type: none"> Starting from hang, lift to chin up position and pullover to front support. Cast to horizontal to immediate back hip circle to. Immediate under bar cast (above 45°) and long hang swing backward. Swing forward and swing backward. Swing forward and swing backward. Swing forward and swing backward. 	

stand. (Can be performed back and forth on single straight mat.)

Floor Pattern



7. Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats.

CLUSTER 2

FX	Mushroom (PH)	VT
<p>FIG Age Group HP 3 Class HP 3- Optional</p> <p>Difficulty Values & Required No. of Elements</p> <p>Difficulty A=.1 B=.2 C=.3</p> <p>8 skills max. for D-score</p> <p>Developmental and Supplemental Skills</p> <p>1. Round off or Cartwheel=A part Element Group 4 and in the same box</p> <p>2. Back extension to handstand=A part. Element Group 3</p> <p>3. The value of all circles, flair and Russian skills are increased by one value over the FIG Code</p>	<p>FIG Age Group Class 2</p> <ol style="list-style-type: none"> Double leg circle Double leg circle ½ spindle (two ¼ spindles) Double leg circle Double leg circle Double leg circle with 180° turn in one circle (Czech technique = front support to front support) Double leg circle and finish in stand on 2nd circle 	<p>FIG Age Group Class HP 3- Optional</p> <p>Permitted Vaults and Difficulty Values</p> <p>Handspring= 2.0 w/ ½ t= 2.2 w/ 1/1t= 2.5</p> <p>Handspring front tuck=2.7 w/ ½=2.9</p> <p>Handspring front pike=2.9 w/ ½=3.1 ½ on=2.0 ½ on ½ off =2.2 ½ on 1/1 off =2.5</p> <p>Tsukahara Tuck=2.7</p> <p>Yurchenko Tuck=2.7</p> <p>Yurchenko Tuck 1/1=2.9</p> <p>Yurchenko Pike=2.9</p>
	HB	
	<p>FIG Age Group Class 2</p> <ol style="list-style-type: none"> From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward, swing forward to swing backward. Back uprise to support. 	

	<ol style="list-style-type: none"> 3. To immediate back hip circle to under swing cast extend body forward. 4. Swing backwards, swing forwards. 5. Swings backwards, swing forward with ½ and switch grip to both hands in over grip (one hand at a time). 6. Swing forward. 7. Kip to support. 8. Under swing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount 	<p>Yurchenko Straight=3.1</p> <p>Height=1.15m-1.35m (2nd attempt is permitted, but with 1.0 deduction)</p>
<p>EGR (0.3 each)</p> <ul style="list-style-type: none"> • Non- acro element • Acro. Element fwd • Acro. Element bwd • Dismount 		
<p>Additional Regulations</p> <p>No time limits</p> <p>No Connection Bonus</p> <p>May repeat one skill of B or C Value for Difficulty</p>		

CLUSTER 3

FX	POMMEL HORSE (PH)	VT	HB
<p>Code of Points (2022-2024) Junior Rule</p>	<p>FIG Age Group Class HP 3</p> <p>Description is for counterclockwise circles.</p> <ol style="list-style-type: none"> 1. From stand on right side of horse, jump to 2 circles. 2. On 3rd circle, 90° turn to left followed by 2 loops. 3. On 3rd loop, 90° turn to left followed by 2 circles. 4. On 3rd circle, kehre 90° to 1 downhill loop. 	<p>Code of Points (2022-2024) Junior Rule</p>	<p>FIG Age Group Class 2</p> <p>Below is the description.</p> <ol style="list-style-type: none"> 1. From hang, slight arch and quickly bring toes to the bar and stretch forward to swing backward, swing forward to swing backward. 2. Back uprise to support. 3. To immediate back hip circle to under swing cast extend body forward

	5. On 2nd downhill loop, flank back (½ circle) to stop with feet on ground in front support position		<p>4. Swing backwards, swing forwards.</p> <p>5. Swings backwards, swing forward with ½ and switch grip to both hands in over grip (one hand at a time).</p> <p>6. Swing forward.</p> <p>7. Kip to support.</p> <p>8. Under swing to swing backward; swing forward with ½ turn to two hand mixed grip and drop off dismount.</p>
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RHYTHMIC GYMNASTICS

Length of Exercise

- Each exercise/routine must run at a minimum of 75 seconds and a maximum of 90 seconds (1:15-1:30)
- The stopwatch will start as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless.
- A short musical introduction not longer than 4 seconds without body and/or apparatus movement is tolerated.
- Timing related to all exercises (start of exercise, gymnast's exercise duration) will be done in 1 second increments.
 - ❖ *Penalty: 0.05 point for each additional or missing second, counted in full second increments. Example: 1'30.72 = no penalty; 1'31 = penalty -0.05*

Music

- All the exercises/routines must be performed in their totality with musical accompaniment.
- A sound signal may start before the music.
- Each piece of music must be recorded on a single, high-quality CD or in 1 USB flash disk for the whole region/team with ONLY the RG music as its content. USB with detected virus upon checking will not be accepted.
- If the Coach opt to use CD, the CD should be marked with following information:

-
- Level (Example: Elementary)
 - Name of Gymnast (Example: Andrea Bonifacio)
 - Region (Example: Region II)
 - Apparatus (Example: Rope)
- If the Coach opt to use USB flask disk, music files must be in mp3 format, and it should be marked and arranged as:
- Region and Level using a masking tape (Example: Region II/Elementary)
 - The music of gymnasts must be arranged in folder (apparatus) (Example: Folder 1–Rope)
 - In each apparatus/event folder, each music is named per gymnast (Example: Rope–Andrea Bonifacio)
- In case the music plays incorrectly (wrong music, music distortion or interruption, etc.), it is the responsibility of the gymnast to stop the exercise as soon as the gymnast realizes the music is incorrect. After permission of the Responsible Judge, the gymnast can exit the competition floor and re-enter and re-start the routine with her correct music when called to the competition floor. A protest after completion of the routine will not be accepted for incorrect music.

Dress/ Attire of Gymnast

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest). The pelvic/crotch area (with or without a skirt) should be covered with non-transparent material up to the hip bones and a small lace or transparent area for connection/decoration is tolerated.
- The style of neckline of the front and back of the leotard is free.
- Leotards may be with or without sleeves; the leotards with narrow straps also allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body.
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional “socks,” “gloves,” decorative legwarmers, belt, etc.

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- It is allowed to wear:
 - Long tights over or under the leotard
 - A full-length one-piece leotard provided that it is tight-fitting.
 - The length and colors(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden), only the style (cut or decorations) may be different.
 - A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
 - The style of the skirt (cut or decorations) is free, but the look of a ballet “tutu” is forbidden.
 - Gymnasts may perform their exercises with bare feet or gymnastics slippers.
 - Decorative appliques or details on the leotard are allowed:
 - If the dress of the gymnast does not conform to the regulations: **Penalty: 0.30 point**
 - It is forbidden to wear large and dangling jewelry that jeopardize the safety of the gymnast. Piercings are not allowed. **Penalty: 0.30 point**
 - The hairstyle must be neat and compact. Decorative details are allowed but they must not be bulky and/or jeopardize the safety of the gymnast. Hair decorations must be close to the bun/compact to the hair. **Penalty: 0.30 point**
 - Make-up should be clear and light (theatrical masks are not allowed) **Penalty: 0.30 point**
 - Emblem or publicity must conform to the official norms of the event. **Penalty: 0.30 point**
 - Bandages or support pieces must be of skin color and cannot be in other colors. **Penalty: 0.30 point**

Apparatus

Although gymnasts are encouraged to use apparatus with standard dimensions set by the FIG, the Gymnastics Association of the Philippines (GAP) Technical Committee, and the DepEd Palarong Pambansa, in consideration of the gymnasts’ physical and psychomotor

level of development, would allow gymnasts to use apparatus with the following dimensions in ELEMENTARY Level competitions:

- Rope length: based on the gymnasts' height (optional)
- Hoop dimensions: 700 - 800 mm diameter, 300g minimum
- Ball dimensions: 160 - 180 mm diameter, 300 g minimum
- Clubs dimensions: 300 – 400 mm
 - ✓ Weight: 150 g. min. / Shape: Bottle shape / Diameter of the head: 30 mm max.
 - ✓ Elementary (developmental/pre-junior) gymnasts are allowed to use smaller than junior sized clubs.
- Ribbon length – 4 meters in length, with 1 meter fold at the end attached to the stick.

For SECONDARY level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior/Senior International competitions is required, including the ribbon length (which needs to be 5 meters long for Juniors and 6 meters long for Seniors, according to FIG Junior/Senior Regulations).

- Junior gymnasts are allowed to compete with a senior ribbon.
- Penalty: 0.50 pts for the use of non-conforming apparatus.
- Apparatus must be DepEd Palaro approved for Elementary & FIG approved for Secondary.

Entry and Discipline

- Each region/team shall compose of three gymnasts representing the entire level (Elementary/Secondary)
- The gymnast should be present in the competition area only once she has been called either by the announcer by the microphone or when the green light is showing.
 - **Penalty: 0.50 point** for early presentation (before being called) or late presentation
- It is forbidden to warm up in the competition hall.
 - **Penalty: 0.50 point** if this rule is not met
- For the wrong apparatus presented according to the start order, the following ensues: The gymnast will be asked to leave the floor area and will compete in her

later position in the start order for the correct/second apparatus She will perform the missed apparatus at the end of the rotation and receive a **Penalty of: 0.50** for that exercise.

- If a gymnast stops her exercise due to an injury or unforeseen circumstance during the performance, the exercise will be evaluated as per stopping the exercise due to a broken apparatus (#9.6-9.7)
- A gymnast may repeat an exercise only in the case of a “force major” fault from the Organizing Committee and approved by the Responsible Judge Example: electricity shut down, sound system error, etc.

Discipline of the Coaches

- During the actual performance of the exercise, the coach of the gymnast (or any other member of the delegation) may not communicate with the gymnast, the musician, or the judges in any manner:
 - **Penalty: 0.50 point** if this rule is not met

COMPETITION REQUIREMENTS

Elementary Level – Pre-Junior Category

- The Individual Difficulty score for exercises with Apparatus is 6.10 points maximum.
- A gymnast must include only elements that she can perform safely and with a high degree of aesthetic and technical proficiency.

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dynamic Elements with Rotation	Difficulty of Apparatus
RANGE/LIMIT	Highest 6 counted	Maximum 2 (in performance order)	Minimum 1, maximum 7 (in performance order)
VALUE	Value: 0.10 to 0.50	Value: maximum 0.50	Fixed Value: 0.30

- The Individual Difficulty score for Freehand exercise is 4.20 points maximum.
- Requirements for Difficulty on Freehand exercise are:

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances- Min.1 Rotations-Min.1	Series of Pre-Acrobatic Elements
RANGE/LIMIT	Highest 6 counted	Min. 2, Max. 3 (in performance order)
VALUE	Value: 0.10 to 0.50	Value: maximum 0.40 (in each series)

Elementary: Pre-Junior Routine Requirement Explanations:

Difficulty of the Body (DB)

- Requirements: 6 highest performed DB in the exercise will be counted.
- The required difficulty value is minimum of 0.10 and maximum of 0.50 points including CBD.
- One Combined Body Difficulty (CBD) is authorized.
- It is possible to perform only one Slow Turn on flat foot or in releve.
- The Technical Committee does not recommend DB on the knee.

Dynamic Element with Rotation (R)

- Definition: a combination of a high throw, 2 or more dynamic elements with rotation and a catch of the apparatus
- No minimum / Maximum 2 R in an exercise.
- Additional R elements will not be evaluated (No Penalty).
- R will only be valid if all the three basic requirements are met:
 - High throw of the apparatus (more than two heights of the gymnast) performed before the first rotation or during the first rotation. A small throw is not valid (#3.7.1; 3.7.2).
 - Minimum two complete dynamic elements of the body rotation (“base rotations”). A minimum of two base rotations with 360° for each rotation must be performed under the flight of the apparatus. The two base rotations must be performed without interruption (defined as additional steps between the two rotations) in any phase of the R.
- Catch of the apparatus after the final rotation or coordinated with any phase of the final rotation.

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- The two base rotations and any additional rotations may be any version of the following groups of complete 360° rotational elements listed in the corresponding tables for:
 - Pre-Acrobatic elements
 - Vertical rotations (includes DB with rotation 360° or more with a value of 0.10)
 - DB with rotation of 360° or more with a value of 0.20 or more (DB Tables # 9; 13)
 - DB which may include multiple rotations from a single impulse count as one rotation except for illusions performed with intermediary steps (# 4.8.4)
 - Each group of pre-acrobatic/vertical elements may be used **one time** in R, either isolated, in a series, or repeated within one R in any order. If a group of pre-acrobatic elements is repeated (isolated or in a series) in another R (regardless of a different variation) this R will not be valid.
 - The base value of R can be increased by using additional criteria. Additional criteria may be performed during the throw of the apparatus, under the flight and/ or during catch of the apparatus.

Difficulty of Apparatus (DA)

- Definition: Apparatus Difficulty (DA) is a technical apparatus element (“Base”) performed with specific criteria for the apparatus.
- Min. 1 / Max. 7 DA elements will be evaluated in chronological order (regardless of the technical execution of the DA). Additional DA elements will not be evaluated (No Penalty).
- Should be a particularly technically difficult synchronization between apparatus and body consisting of a minimum 1 base + minimum 2 criteria OR 2 bases + 1 criteria.
- When the DA consists of 1 apparatus base + 2 criteria: the value of the Base determines the DA value.
- An identical repetition of a DA element will not be valid: 5.7.1. an identical repetition of an entire combination of Base(s) and criterion/a 5.7.2. a repetition of a DB (including shapes performed isolated or within a fouetté balance) will not be valid a DB criterion.

Series of Pre-Acrobatic Elements (Freehand)

- 1 series is composed of minimum of 2 and maximum of 3 identical and/or different pre-Acrobatic elements.
 Example (identical): (2 consecutive forward rolls) = 0.20 (valid)
 (3 consecutive forward rolls) = 0.30 (valid)
 (4 consecutive forward rolls) = 0.30 only (valid/no penalty)
 Why? Maximum of 3 PA's only

- Example (different): (1 front walkover + 2 forward rolls) = 0.40 (valid)
 Why? 3 different PA's + Change of Level
 (1 back walkover + 1 backward roll + 1 fish flop) = 0.40 (valid)
 Why? 3 different PA's + Change of Level
- A prohibited element is not allowed.
- No repetition of same pre-acrobatic elements in another series.

Secondary Level – FIG Junior Category

- The Individual Difficulty score has **NO limit**.
- A gymnast must include only elements that she can perform safely and with a high degree of aesthetic and technical proficiency.

DIFFICULTY REQUIREMENTS	Difficulty of Body Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dynamic Elements with Rotation	Difficulty of Apparatus
RANGE/LIMIT	Highest 7 counted	Maximum 4 (in performance order)	Minimum 1, maximum 15 (in performance order)
VALUE	Value: 0.10 to 0.70	Base Value: 0.20	Value: 0.20/0.30/0.40/0.50

- All Generalities norms for Senior Individual are valid for Junior individual.
- The non-dominant hand must be used to perform a Fundamental or Non-Fundamental Apparatus Technical element during 2 BD (Ball and Ribbon).
- The Difficulty judges identify and record Difficulties in order of their performance regardless of if they are valid or not:
 - The first subgroup D- judges (DB): evaluates the number and value of DB elements, including two DB in the Ball and Ribbon exercises with a Fundamental/Non-Fundamental apparatus element performed with the non-

dominant hand; evaluates the number and value of R, recognition of W performed during the exercise. Judges record all elements in symbol notation.

- The second subgroup D-judges (DA): evaluates the number and value of DA elements and the presence of required Fundamental apparatus technical elements. Judges record all elements in symbol notation.
- The performance order of Difficulties is unrestricted; however, the arrangement of Difficulties should respect the choreographic principle that the Difficulties should be arranged logically with connecting elements and movements in harmony with the character of the music.
- Penalties for missing the minimum required number of Difficulties and non-compliance with special requirements are applied when a Difficulty element is NOT ATTEMPTED AT ALL.

Scoring

Difficulty Score (D)

- The D-Judges evaluate the Difficulties, apply the partial score and deduct possible penalties, respectively:

The first subgroup D-judges (DB)

Difficulty	Minimum/Maximum	Penalty 0.30
Difficulties of Body (DB)	Minimum 3	Less than 3 Body Difficulties performed. Less than 1 Difficulty of each Body Group Penalty for each missing Difficulty
“Slow turn” balance	Maximum 1 in releve OR Maximum 1 on flat	More than 1 in releve OR More than 1 on flat
Full body waves (W)	Minimum 2	Penalty for each missing W
Dynamic Elements of Rotation (R)	Maximum 2 (Elem) Maximum 4 (Sec)	
Less than 2 DB with handling using the non-dominant hand		For each missing

The second subgroup D-judges (DA)

Difficulty	Minimum/Maximum	Penalty 0.30
Difficulty of Apparatus (DA)	Min. 1, Max. 7 (Elem) Min. 1, Max. 15 (Sec)	Missing minimum 1
Specific Fundamental Apparatus Elements	Minimum 2 of each	For each missing
Fundamental Apparatus Elements	Minimum 1 of each	For each missing

Artistry and Execution

All general norms for execution for Senior Individual exercise are also valid for Junior Individual exercise.

Further Explanation for FIG Junior Difficulty of Apparatus (DA)


Definition of AD

Apparatus Difficulty (DA) is a technical apparatus element (“Base”) performed with specific criteria to the apparatus.

Requirements



- Minimum 1, Maximum 15 DA elements will be evaluated in chronological order. Additional DA elements will not be evaluated (No Penalty).
- The criteria DB may be used a maximum of 7 times in the exercise, evaluated in performance order.
- DA consists of the following combination of Base(s) and criteria:
 - 1 Apparatus Base + minimum 2 criteria (both criteria executed during the 1 Base)
 - 2 Apparatus Bases (only when 1 of the 2 bases is “catch from a high throw”) + minimum 1 criterion which is executed during both Bases.
- When the DA consists of 1 apparatus base + 2 criteria: the value of the Base determines the DA value.

Example: Hoop and Ball

Base	Value	Criteria	DA Value
Large Roll 	0.40		0.40

- When the DA consists of 2 apparatus Bases (one of which must be “catch from a high throw”): the value of the highest Base + an additional 0.10 for the second Base determines the DA value.

Example: Hoop and Ball

Base	Value	Base	Value	Criteria	DA Value
Catch from a high throw ↓	0.30	Large Roll 	0.40		0.40 (highest base) + 0.10 (second base) = 0.50

- When the DA is performed with 2 apparatus Bases, the 2 Bases must be executed without a pause or interruption (when the apparatus is caught in the handstand position, a short pause is tolerated as per #4.3.5 between the Base “catch from a high throw” and the second Base).
- When the DA is performed with 2 apparatus Bases (neither Base is “catch from a high throw”) and only 1 criterion is executed: this is not evaluated as DA.
- When the DA is performed with 2 apparatus Bases (neither Base is “catch from a high throw”) and 2 criteria: the Base which is executed with 2 criteria will be valid; if both Bases are executed with 2 criteria, the highest Base will determine the value.
- For small throws/catches: the variations of “small throw” per # 3.7.2 are not a separate or second Base but rather all are possibilities for the base “small throw”:
 - ✓ with throw/thrust/push into the air
 - ✓ with rebound on the body
 - ✓ with apparatus dropped from a height (free fall)
 - ✓ for throw of one Club: with or without 360° rotation.
- An identical repetition of a DA element will not be valid:
 - an identical repetition of an entire combination of Base(s) and criterion/a
 - a repetition of a DB (including shapes performed isolated or within a fouetté balance) will not be valid a DB criterion.
- DA elements will be valid when the defined requirements for the apparatus Base and criteria are met.

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- Consecutive same Bases: the same Base performed in the same body-apparatus relationship for 2 or more consecutive body elements/ Difficulties of body will only validate the first DA.
 - Table of criteria for DA valid for all apparatus: criteria are valid under the conditions listed in the table; criterion listed as “N/A” in the DA Tables (# 5.11-5.14) indicates that this criterion is “Not Available” for that Base and cannot be counted.
 - The criteria DB may be used a maximum of 7 times in the exercise, evaluated in performance order.
 - A maximum of 3 pre-acrobatic elements from different groups of pre-acrobatic elements may be performed for the criterion “rotation”. Pre-acrobatic elements may be the same or different than those used in R:
 - pre-acrobatic elements are evaluated in performance order: the first 3 will be evaluated;
 - the presence of a pre-acrobatic element in a DA element is evaluated regardless of how many additional criteria are executed;
 - a repetition of the same pre-acrobatic element performed in two (or three) separate DA elements will not be valid; the DA will not be valid, regardless of the number of additional criteria performed; and
 - if an additional pre-acrobatic element is used in DA, this DA will not be valid (No Penalty)
 - When a pre-acrobatic element is connected to a DB (with or without DA), this pre-acrobatic element is counted in the total number of pre-acrobatic elements authorized for the “rotation” criterion used for DA elements.
 - There is no limit on the use of vertical rotation groups in DA.

GENERAL NOTES: APPLICABLE FOR BOTH ELEMENTARY AND SECONDARY LEVELS

- All coaches must be updated and abreast with the latest trends in Rhythmic Gymnastics.
- Coaches may visit FIG website for more updates and details at www.FIG-gymnastics.com.
- The general Difficulty, Artistry and Execution norms for Individual Senior Exercises are also valid for individual Junior and Pre-Junior Exercises.
- FIG NEW RULES will automatically be applied WITHOUT FURTHER NOTICE as deemed official and applicable by FIG RG TC.

AEROBIC GYMNASTICS

QUALIFYING ROUNDS AND FINALS

Number of Participants in the Qualifying Rounds

The maximum number for the Qualifying Rounds is:

- two per category per region for IM, IW, and MP
- one per region for TR and AER Dance.

Number of Participants in the Finals

The eight best scores of all categories may participate in the finals.

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.

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.

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.

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 _____.

Music

Upon arrival, the delegation must deliver two CDs or USB stick 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 CDs or USB stick 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 or USB stick.

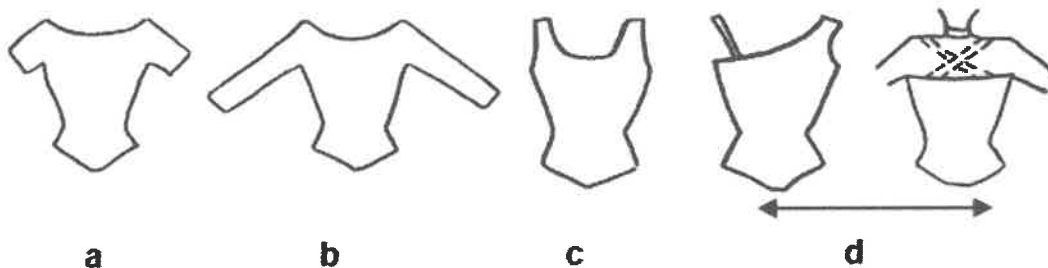
Dress Code

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).

• **WOMEN`S ATTIRE**

- Women must wear a one-piece leotard with flesh coloured or transparent tights or a full-length unitard (one-piece leotard from neck to ankle).
- Different types of 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 maximum at the wrist. Transparent material allowed for sleeves.



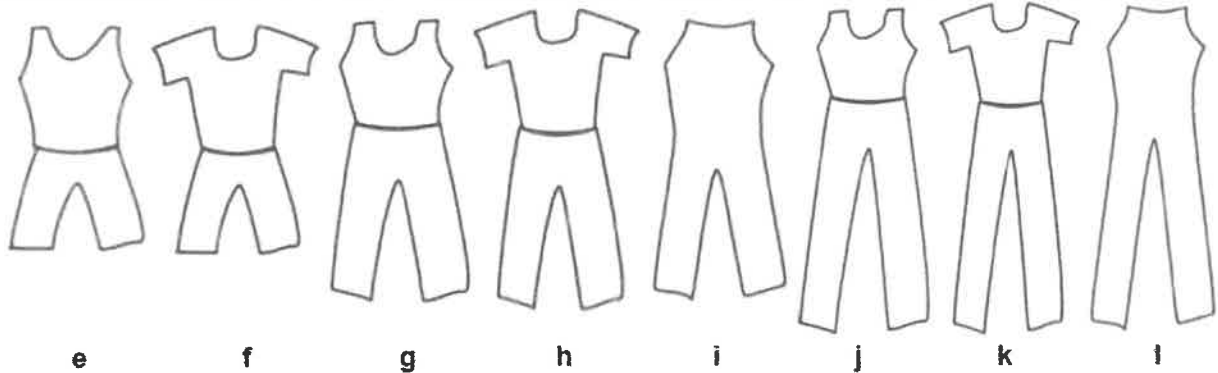
The examples shown "a to c" represent the same front and back of the leotard. The example "d" is the same leotard showing the front and the back.

• **MEN`S ATTIRE**

- Men must wear 2 pieces (short or long pants and a form fitting top) or full-length unitard. Shorts/pants/trousers must not be skin-tight.
- Short pants must cover 1/3 of the thigh length from hip joint.
- The attire must not have an open cut at the front or back.
- The armhole must not be cut below shoulder blades (scapular).
- Any kind of SEQUINS for Men's Attire is not allowed.
- 3/4 leggings, long gymnastics trousers (leotard + trousers), 1-piece combi-trousers are allowed.

Examples for MEN

The examples shown “e to l” represents the same front and back of the leotard.



CORRECT ATTIRE:

- Correct support must be worn.
- Hair must be secured to the head.
- The competitors must wear white aerobics shoes and optional white socks.
- 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 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.
- Only skin colour taping is allowed (no braces/grips).
- Leotards that are almost all skin coloured (see Glossary) are not allowed. It appears as nudity on TV.

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. (see FIG T.R. section 1, Art. 9.3.3)

Competition Attire for Muslim Participants

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

Late Appearance on the Competition Area and 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 the case of EXTRAORDINARY CIRCUMSTANCES, refer to chapter 1, COP 2022-2024.

Training Warm-Up

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

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.

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 _____.

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 meetings. The lots shall be drawn by a "neutral" person or by computer.

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.

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 support	
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 20 sec. (+/- 5sec)
DIFFICULTY ELEMENTS	Maximum 7 elements IM: Family 4 is NOT compulsory Family 8 is NOT allowed.	Maximum 7 elements Must perform minimum of 4 families. IM: same rule as Senior
ACROBATIC ELEMENTS (No repetition)	2 Elements from A1 to A4 (optional)	2 elements from A1 to A5 (optional) No repetition and Salto 360° without twist ONLY. <IM / IW> 1 combination of Acrobatic Elements (A+A)

		allowed and will be counted as 1 combination.
COMBINATION OF DIFFERENT ELEMENTS	2 diff elements or diff/Acro elements allowed. (A+D / D+D / D+A)	2 diff elements or diff/Acro elements including Compulsory elements allowed. (A+D / D+D / D+A)
TOTAL COMBINATION SET ALLOWED	Maximum 1 set of combination (A+D / D+D / D+A)	Maximum 1 set of combination (A+D / D+D / D+A) IM/IW: include A+A
COMPETITION SPACE	7m x 7m: IND 10m x 10m: TR, MP, AER DANCE	10m x 10m All Categories
COMPULSORY ELEMENTS (MP/TR: must perform the same compulsory element at the same time)	4 Elements <ul style="list-style-type: none"> Combination of Compulsory elements not allowed. <ol style="list-style-type: none"> Helicopter Straddle or L-Support (max to 1/1turn) Tuck Jump 1/1 turn 2/1 turn Group B & C: If performed with incomplete rotation (as in the CoP), Downgraded and Missing Compulsory deduction will apply. 	7 elements <ul style="list-style-type: none"> Combination of compulsory elements allowed. <ol style="list-style-type: none"> 0.8 value (optional): Maximum 1 element 0.7 value: Minimum 1 and maximum 2 elements 0.6 value or lower: 4, 5 or 6 elements If no element from 0.7 value, it will be a deduction for Missing Compulsory including downgraded.
ELEMENTS ALLOWED VALUE	0.2 – 0.6	0.2 – 0.8
PUSH UP SPLIT LANDING (Difficulty Elements (Group B / Acrobatic Elements)	<IM> <ul style="list-style-type: none"> Maximum 1 element landing to PU. No Split landing elements < IW/MP/TR/GR > <ul style="list-style-type: none"> Maximum 1 element landing to PU 	<IM> <ul style="list-style-type: none"> Maximum 2 element landing in PU No Split landing elements <IW/MP/TR>

	<p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Maximum 1 element landing to Split 	<ul style="list-style-type: none"> Maximum 1 element landing in PU <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> Maximum 1 element landing in Split
COLLABORATIONS	Minimum of 2 collaborations	Minimum of 3 collaborations
ATTIRE	FIG Code of Points (LIGTHT make-up)	FIG Code of Points
JUDGES' PANEL	<p style="text-align: center;">For National Development: 2-4 A-Jury, 2-4 E-Jury, 1-2 D-Jury, 2 L-Jury, 1 T-Jury, 1 CJP</p> <p style="text-align: center;">According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics Code of Points.</p>	
TEAM RANKING	There will be a team ranking for both categories.	

D E D U C T I O N S

	ELEMENTARY LEVEL	SECONDARY LEVEL
<p style="text-align: center;">Difficulty Deductions (-0.5 each time)</p>	<ul style="list-style-type: none"> More than 7 elements Compulsory elements: missing or in any combination or not at the same time Elements with 0.7 or more Performing elements not allowed More than 1 jump element landing to PU or split More set of combination of elements allowed (D+D, D+A, A+D) Combination of 3 elements Repetition of an element 	<ul style="list-style-type: none"> More than 7 elements Less than 4 families Missing Compulsory: Not performing 1 element of 0.7 value Elements with 0,9 value or more Performing elements not allowed (IM: Family 8) IM: Missing Family 4 IM; More than 2 PU landing IM; Split landing (Group B) IW, MP, TR; More than 1 Split landing IW, MP, TR; More than 1 PU landing

		<ul style="list-style-type: none"> • Combination of 3 elements • More set of combination of elements allowed (D+D, D+A, A+D, A+A) • Repetition of an element
CJP Deduction (-0.5 each time)	<ul style="list-style-type: none"> • Performing Acrobatic elements (A5) without collaboration • Performing more than 2 Acrobatic elements and or in combination • Acro elements (A5) landing without support / help from partners in collaboration • Performing Prohibited moves 	<ul style="list-style-type: none"> • Performing Salto 360° with twist • Performing more than 2 Acrobatic elements • IM: Acrobatic elements landing in Splits • MP/TR: Combination of Acro elements • Acrobatic elements (A5) landing without support / help from partners in collaboration • Performing Prohibited moves

AEROBIC DANCE

EVENTS	COMBINED (4) ELEMENTARY AND (4) SECONDARY
DEFINITION	<p>Group Choreography of 8 competitors (male/female/mixed), utilizing the Aerobic movements in Dance Style.</p> <ul style="list-style-type: none"> • The Choreography must have a "THEME" and must express within the choreography. • The routine must include 32 to 64 counts of 2nd style (Any Style of Dance are allowed) that is different from the rest of the choreography. • One of the important aspects is the SYNCHRONIZATION of all members as a unit. • 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
COLLABORATION	Must show minimum of 3 collaborations in the whole routine.
MUSIC LENGTH	1 minute 20 sec. (+/- 5sec)
ACROBATIC ELEMENTS	The routine may include movements from other disciplines (without excessive use) well integrated into the Choreography.

(No repetition of Acrobatic Element)	<p>Only A-1 to A-4 Acrobatic element is allowed to perform. A-5 is not allowed to perform except in the collaboration but must land with partner(s) support/help.</p> <p>If A-5 is performed without collaboration, it will be considered as a prohibited move.</p> <p>If all 8 competitors perform the Acrobatic element, this must be performed at the same time with the same element.</p>
COMBINATION OF DIFFERENT ELEMENTS	<ul style="list-style-type: none"> Maximum of 2 Acrobatic Elements in combination (=set) may be performed but must perform at the same time.
ACROBATIC ELEMENTS	<p>Examples: Round off + flic flac + salto = DEDUCTION Round off + salto = NO DEDUCTION</p>
AND	<ul style="list-style-type: none"> Combination of 2 Acrobatic Elements (A+A) is allowed in the whole routine.
DEDUCTIONS	<p>More than 2 acrobatic elements performed in combination (=sets): -0.5 each time. More than 2 acrobatic combinations (sets) in the whole routine -0.5 each time.</p>
COMPETITION SPACE	10m x 10m: AER DANCE
DANCE CONTENT	<p>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).</p> <p>The dance content must have high correlations with the theme and the style of the music.</p> <p>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.</p>
PUSH UP	Maximum 1 JUMP landing in SPLIT
SPLIT LANDING	Maximum 1 JUMP landing in PUSH UP
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 (Elementary and Secondary)

XI. DETERMINATION OF WINNER

Artistic Gymnastics

Apparatus Finals

Eight finalists, per event will make it to Competition III or the Apparatus Finals. Two alternates (ninth and tenth place) will standby in case any of the top eight will not be able to compete.

A maximum of two (2) gymnasts per region may qualify to compete in Individual Apparatus Finals (Comp. III).

Individual All-Around (Comp. II)

All team members shall be ranked. The gymnast garnering the highest total score in all events will be the Individual All - Around Champion.

There will be IAA Champions per category:

- Elementary- Cluster 1- IAA – 1st / 2nd / 3rd
Cluster 2- IAA – 1st / 2nd / 3rd

- Secondary- Cluster 3- IAA – 1st / 2nd / 3rd

In case three (3) gymnasts from a region place first, second and third in the all-around scores, the region will be awarded gold, silver, and bronze medals respectively.

In cases of ties for all three slots, FIG Rules for tie-breaking will be observed.

Team Championship

Artistic Gymnastics

For Secondary (Cluster 3), scores of the three (3) gymnasts from each region for all apparatuses will be tallied and ranked per team. Teams who ranked first, second and third will be given gold, silver, and bronze medals. Coaches will receive certificates only.

For Elementary (Clusters 1 & 2), the team score will come from accumulated scores of gymnasts from Cluster 1 and Cluster 2 for four (4) events. Teams who ranked first, second

and third will be given gold, silver, and bronze medals. Coaches will receive certificates only.

Tie Breaking

(See T.R. section 32 - Art 7)

Rhythmic Gymnastics

The Team Score will come from the accumulated scores of the 3 gymnasts per level.

- o Elementary Level:

Elementary - 4 Apparatus/Events (3 Gymnasts)

Total: 12 Apparatus/Events

- o Secondary Level: Secondary - 4 Apparatus/Events (3 gymnasts)

Total: 12 Apparatus/Events

Substitution

In the case of Apparatus/Event Finals, substitution must be done 24 hours prior to the competition through informing the Tournament Manager if any of the top eight finalists for the Apparatus/Event Finals would not be able to compete due to injury/sickness. The rank 9 and 10 who are alternates per apparatus/event are the only ones eligible for the substitution. The alternates, once informed/called upon by the Tournament Director, must be prepared to compete and will work in accordance with the order of the gymnast replaced.

(FIG Technical Regulations Section 3, Art. 5.1.5)

Final Score Calculation

- The rules governing the determination of the Final Score are identical for all sessions of competitions (Individual Qualifications, All-Around, Apparatus Finals).
- The Final score of an exercise will be established by the addition of the D score, A score and E score. Deduction of penalties, if any, are from the final score.

Tie Breaking

(See T.R. section 3 - Art 4.4)

In case of a tie, in points at any place on any apparatus for qualification for Apparatus Finals, the ranking will be determined by the following criteria:

1. The gymnast with the highest E-score prevails.
2. The gymnast with the highest sum of E and A-scores prevails.
3. The gymnast with the highest D-score prevails.

If there is still a tie, the tie will not be broken.

Aerobic Gymnastics

Ranking By Teams

(See T.R. section 6 - Art 3.3)

In case of a tie in points at any place in the Team Ranking, the ranking will be determined by the following criteria:

1. The best ranked Trio
2. The best ranked counting Aerobic Dance
3. 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 to 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 coaches' meeting and orientation. (1 individual man and / or 1 individual woman, 1 mixed pair, 1 trio and 1 aerobic dance during

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.

XII. MEDALS TO BE CONTESTED***Men's Artistic Gymnastics***

Categories	Gold	Silver	Bronze
Elementary	11	11	11
Secondary	6	6	6
Total	17	17	21

Women's Artistic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	11	11	11
Secondary	6	6	6
Total	17	17	17

Rhythmic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	6	6	6
Secondary	6	6	6
Total	12	12	12

Aerobic Gymnastics

Categories	Gold	Silver	Bronze
Elementary	6	6	6
Secondary	6	6	6
Total	12	12	12

XIII. NUMBER OF MEDALS TO BE AWARDED

Men's Artistic Gymnastics

Category	Competition/ Event	Awards		
<i>Elementary Cluster 1</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Pommel Horse (Mushroom)	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	VaultingTable	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Horizontal Bar	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Elementary Cluster 2</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Pommel Horse (Mushroom)	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	VaultingTable	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Horizontal Bar	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place – 3 Golds	Second Place – 3 Silvers	Third Place – 3 Bronzes
<i>Secondary Cluster 3</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Pommel Horse (Mushroom)	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	VaultingTable	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Horizontal Bar	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place – 3 Golds	Second Place – 3 Silvers	Third Place – 3 Bronzes
Total Medals		24 Gold Medals	24 Silver Medals	24 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Women's Artistic Gymnastics

Category	Competition/ Event	Awards		
<i>Elementary Cluster 1</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Elementary Cluster 2</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place – 3 Golds	Second Place – 3 Silvers	Third Place – 3 Bronzes
<i>Secondary Cluster 3</i>	Individual-All-Around	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Uneven Bars	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Floor Exercise	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Balance Beam	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
	Vault	First Place – 1 Gold	Second Place – 1 Silver	Third Place – 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place – 3 Golds	Second Place – 3 Silvers	Third Place – 3 Bronzes
Total Medals		24 Gold Medals	24 Silver Medals	24 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Rhythmic Gymnastics

Level / Category	Competition/ Event	Awards		
		First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Elementary/ Pre-Junior</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Freehand	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Rope	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Hoop	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Ball	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place - 3 Golds	Second Place - 3 Silvers	Third Place - 3 Bronzes
Total Medals		8 Gold Medals	8 Silver Medals	8 Bronze Medals

Level / Category	Competition/ Event	Awards		
		First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Secondary/ FIG Junior</i>	Individual-All-Around	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Hoop	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Ball	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Clubs	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	A.F. - Ribbon	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
<i>Combined IAA Scores</i>	Team Championship	First Place - 3 Golds	Second Place - 3 Silvers	Third Place - 3 Bronzes
Total Medals		8 Gold Medals	8 Silver Medals	8 Bronze Medals

Note: Extra medals will be given in case there is a tie.

Aerobic Gymnastics

Category	Competition/ Event	Awards		
		First Place - Gold	Second Place - Silver	Third Place - Bronze
<i>Elementary</i>	Individual Men (IM)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Individual Women (IW)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Mixed Pair (MP)	First Place - 2 Gold	Second Place - 2 Silver	Third Place - 2 Bronze
	Trio (TR)	First Place - 3 Gold	Second Place - 3 Silver	Third Place - 3 Bronze
	Aerobic Dance (AD)	First Place - 4 Gold	Second Place - 4 Silver	Third Place - 4 Bronze
<i>Combined Medal Points</i>	Team Championship	First Place - 4 Golds	Second Place - 4 Sivers	Third Place - 4 Bronzes
Total Medals		18 Gold Medals	18 Silver Medals	18 Bronze Medals

Category	Competition/ Event	Awards		
		First Place - Gold	Second Place - Silver	Third Place - Bronze
<i>Secondary</i>	Individual Men (IM)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Individual Women (IW)	First Place - 1 Gold	Second Place - 1 Silver	Third Place - 1 Bronze
	Mixed Pair (MP)	First Place - 2 Gold	Second Place - 2 Silver	Third Place - 2 Bronze
	Trio (TR)	First Place - 3 Gold	Second Place - 3 Silver	Third Place - 3 Bronze
	Aerobic Dance (AD)	First Place - 4 Gold	Second Place - 4 Silver	Third Place - 4 Bronze
<i>Combined Medal Points</i>	Team Championship	First Place - 4 Golds	Second Place - 4 Sivers	Third Place - 4 Bronzes
Total Medals		18 Gold Medals	18 Gold Medals	18 Silver Medals

Note: Extra medals will be given in case there is a tie.

XIV. PROPOSED SCHEDULE OF THE GAME

Artistic Gymnastics

Day	Time	Activity/Event
Competition Day 1: Podium Training: Per Regions		
1	6:00-7:00	Elementary & Secondary: WAG & MAG- Region 1 & 2
	7:00-8:00	Elementary & Secondary: WAG & MAG- Region 3 & 4A
	8:00-9:00	Elementary & Secondary: WAG & MAG- Region 4B & 5
	9:00-10:00	Elementary & Secondary: WAG & MAG- Region 6 & 7
	10:00-11:00	Elementary & Secondary: WAG & MAG- Region 8 & 9
	11:00-12:00	Elementary & Secondary: WAG & MAG- Region 10 & 11
	12:00-1:00	Elementary & Secondary: WAG & MAG- Region 12 & 13
	1:00-2:00	Elementary & Secondary: WAG & MAG- Region CAR
	2:00-3:00	Elementary & Secondary: WAG & MAG- Region NCR
	3:00-5:00	Judges' Refreshers Course
	5:00-6:00	Coaches' Solidarity Meeting
	6:00-7:00	Meeting of Technical Officials
Competition Day 2: Elementary & Secondary WAG		
2	6:00 – 7:15	Open Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Gallery
	7:15-7:30	Technical Officials & Judges' Meeting/Briefing
	7:30-7:45	Opening Parade/Program
	7:45-8:00	General Warm-Up for Cluster 1
	8:00-9:00	Cluster 1 Competition
	9:00-9:30	General Warm-Up for Cluster 2
	9:30-12:00	Cluster 2 Competition
	12:30-1:00	General Warm-Up for Cluster 3
	1:00-5:00	Cluster 3 Competition
	5:00-6:00	Awarding Ceremonies (IAA & Team Championship)
	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
	Competition Day 3: Elementary & Secondary MAG	
3	6:00 – 7:15	Open Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Gallery
	7:15-7:30	Technical Officials & Judges' Meeting/Briefing
	7:30-7:45	Opening Parade/Program
	7:45-8:00	General Warm-Up for Cluster 1
	8:00-9:00	Cluster 1 Competition
	9:00-9:30	General Warm-Up for Cluster 2
	9:30-12:00	Cluster 2 Competition
	12:30-1:00	General Warm-Up for Cluster 3
	1:00-5:00	Cluster 3 Competition
	5:00-6:00	Awarding Ceremonies (IAA & Team Championship)

	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 4: Event Finals & Awarding		
4	6:00 – 8:00	General Warm – Up Cluster 1 / Checking of Apparatus / Orientation of Finalists
	8:00 – 9:00	WAG Elem Cluster 1 Finals
	9:00 – 9:30	General Warm-Up for Cluster 2
	9:30 – 10:30	WAG Elem Cluster 2 Finals
	10:30 – 11:00	General Warm-Up for Cluster 3
	11:00 – 12:00	WAG Sec Cluster 3 Finals
	12:00 – 1:00	Lunch Break / Checking of Apparatus / Orientation of Finalists
	1:00 – 1:30	MAG Elem Cluster 1 Finals
	1:30 – 2:00	General Warm-Up for Cluster 2
	2:00 – 2:30	MAG Elem Cluster 2 Finals
	2:30 – 3:00	General Warm-Up for Cluster 3
	3:00 – 3:30	MAG Sec Cluster 3 Finals
	3:30 – 5:00	Awarding Ceremonies (Apparatus Finals)

Rhythmic Gymnastics

Day	Time	Activity/Event
Competition Day 1: Opening & Elem FH/Rope – Sec Hoop/Ball		
1	7:00 – 10:00	General Warm-Up / Assembly / Preparation / Parade Opening Ceremony / Checking of Gallery Orientation / Checking of Apparatus & Leotards
	10:00 – 12:00	Elementary Group A / SG I & II / FH & Rope
	12:30 – 2:30	Elementary Group B / SG III & IV / FH & Rope
	2:45 – 4:45	Secondary Group A / SG I & II / Hoop & Ball
	5:00 – 7:00	Secondary Group B / Sg III & IV / Hoop & Ball
	7:00 – 7:30	Meeting of Technical Officials
Competition Day 2: Elem Hoop/Ball – Sec Clubs/Ribbon		
2	7:00 – 9:00	General Warm-Up / Assembly/Preparation Reminders/Orientation Checking of Apparatus & Leotards
	9:00 – 11:00	Elementary Group A / SG I & II / Rope & Hoop
	11:30 – 1:30	Elementary Group B / SG III & IV / Rope & Hoop
	1:45 – 3:45	Secondary Group A / Sg I & II / Clubs & Ribbon
	4:00 – 6:00	Secondary Group B / Sg III & IV / Clubs & Ribbon
	6:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Podium Training Day 3		
3	7:00 – 8:20	Elementary Finalists: Freehand
	8:20 – 9:40	Elementary Finalists: Rope
	9:40 – 11:00	Elementary Finalists: Hoop
	11:00 – 12:20	Elementary Finalists: Ball

	12:20 – 1:00	Lunch Break
	1:00 – 2:20	Secondary Finalists: Hoop
	2:20 – 3:40	Secondary Finalists: Ball
	3:40 – 5:00	Secondary Finalists: Clubs
	5:00 – 6:20	Secondary Finalists: Ribbon
Competition Day 4: Event Finals & Awarding		
4	7:00 – 9:00	General Warm – Up / Checking of Apparatus / Orientation Of Finalists
	9:00 – 9:30	Elementary Freehand
	9:30 – 10:00	Elementary Rope
	10:00 – 10:30	Elementary Hoop
	10:30 – 11:00	Elementary Ball
	11:00 – 1:00	Lunch Break / Checking of Apparatus / Orientation of Finalists
	1:00 – 1:30	Secondary Hoop
	1:30 – 2:00	Secondary Ball
	2:00 – 2:30	Secondary Clubs
	2:30 – 3:00	Secondary Ribbon
	3:00 – 3:30	Break
	3:30 – 5:00	Awarding Ceremonies

Aerobic Gymnastics

Day	Time	Activity/Event
Podium Training Day 1: Mass Dance Preparation		
1	9:00 – 12:00	Podium Training for the Opening and Mass Dance / Assembly / Preparation / Parade Opening Ceremony / Checking of Gallery Orientation
	1:00 – 3:00	Judges' Refresher Course
	1:00 – 5:00	Training per Schedule
	3:00 – 5:00	Coaches' Solidarity Meeting
	5:00 – 7:00	Meeting of Technical Officials
Competition Day 2: Individual Men and Women		
2	8:00 – 9:00	Judges' Meeting and Briefing
	9:00 – 9:30	Opening Parade
	9:30 – 12:00	Elementary Qualifying Rounds for IM and IW
	2:00 – 5:00	Secondary Qualifying Rounds for IM and IW
	5:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 3: Mixed Pair, Trio, Aerobic Dance		
3	8:00 – 9:00	Judges' Meeting and Briefing
	9:00 – 12:00	Elementary Qualifying Rounds for MP / TR / AER DANCE
	2:00 – 5:00	Secondary Qualifying Rounds for MP / TR / AER DANCE
	5:00 – 7:00	Meeting of All Coaches / Draw Lots for Event Finals / Judges' Meeting
Competition Day 4: Event Finals & Awarding		
	8:00 – 9:00	Judges' Meeting and Briefing Opening Parade

4	9:00 – 12:00	Elementary Finals for IM / IW / MP / TR / AER DANCE
	1:00 – 4:00	Secondary Finals for IM / IW / MP / TR / AER DANCE
	4:00 – 5:00	Awarding Ceremonies

XV. COMPETITION DETAILS

The opening will take place on April 22, 2023, at Marikina Sports Complex, Marikina City. Gymnastics opening parade and physical appearance will take place on April 24, 2023 at Gymnastics Association of the Philippines Training Center, Rizal Memorial Sports Complex, Manila, Philippines.

Competitors will hold an opening parade and will be presented in this event and must wear their track suit.

XVI. SAFETY STANDARDS AND HEALTH PROTOCOLS

Principles

- Keep physical interactions with others to a minimum.
- Avoid physical contact, including hugs and handshakes.
- Keep two meters, distance from athletes and at least one meter from others, including in operational spaces.
- Avoid enclosed spaces and crowds where possible.
- Use Games transport systems provided by the Organizer or Region. Do not use public transport unless given permission.
- Complete and follow what you describe in your activity plan.
- Cough into your mask, sleeve, or tissue.
- Avoid using shared items where possible or disinfect them.
- Download DepEd Palarong Pambansa Contact Tracing and Health Reporting smartphone applications (app).
- Get a test and isolate if you experience any symptoms or are told to by tracing services and inform the Coaches, Sports Regional Officer, Tournament Manager, Organizers, and Covid-19 Liaison Officer who will record your symptoms, test results and close contacts, and agree on next steps.
- Monitor your health daily for 14 days before you travel to Competition Venue. Take and record your temperature daily.
- Pro-actively monitor your personal health using the application.

Physical Facilities, Competition, and Spectators Area

- Sanitation devices and thermometer must be placed in all entrances of the Field of play (FOP) and are required to be used by the participants.
- Chairs for the spectators must be arranged 1-2 meters apart.
- Limited no. of spectators allowed in the competition area.
- Signs and Reminders must be posted and provided to remind the people about Safety Standards and Health Protocols.
- The Competition Area must be sanitized.
- Designated Area for disinfection of all the people that will be entering the premises of the competition area.
- Each team must be provided with a holding area spacious enough to observe social distancing.
- Handwashing facilities must be always available with soap and water and placed in high traffic areas and entry/exit points.
- Physical distancing must be strictly observed in and out of the field of play.
- Separate spectators' area from the athletes and maintain physical distancing at least 1-2 meters.
- Live broadcast will be posted (Official DepEd Palarong Pambansa Website, Facebook Page and YouTube Channel) to lessen the spectators in the venue.
- Regular disinfection of equipment and facilities before and after the event competition.
- Provide space for the medical team and there should an ambulance standby outside the gym.
- Ventilate rooms and common spaces every 30 minutes.
- Educate the people to observe physical distancing through voice clips and video in the venue before, during, and after competition.

Gymnasts, Coaches, and Officials

a. GYMNASTS

- Gymnasts must secure medical clearance.
- Teams must always wear masks but during the competition proper, they may remove and wear it after their routine/performance.
- Each gymnast must have their own drinking bottles and towels.

-
- Each team will be provided a designated area, enough to observe physical distancing.
 - Only teams with scheduled games will be allowed in the Field of Play.
 - Limited number of gymnasts which will be allowed in the competition area per event to observe physical distancing.
 - Daily health check of teams and officials.
 - All competing teams and officials must adhere to the medical requirements.
 - Sharing of equipment should be prohibited (e.g. apparatus, towels, water bottles and cups are not shared).

b. COACHES AND OFFICIALS

- Coaches and officials must secure medical clearance.
- Coaches and Officials of the game shall always maintain and observe physical distancing for at least 1-2 meters apart.
- Coaches and Officials are required to always wear face masks.

XVII. CHILD PROTECTION AND SAFEGUARDING IN SPORTS

Gymnastics will adhere to the DO 40, s. 2012- DepEd Child Protection Policy, FIG Guidelines for National Federation Safeguarding Policy and Procedures, and Palarong Pambansa rules and regulations for sports safeguarding.

XVIII. REFERENCES

Code of Points

- **Men's Artistic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_%202022-2024%20MAG%20CoP.pdf

- **Women's Artistic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20WAG%20COP.pdf

- **Rhythmic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20RG%20Code%20of%20Points.pdf

- **Aerobic Gymnastics**

https://www.gymnastics.sport/publicdir/rules/files/en_2022-2024%20AER%20CoP.pdf

MAG Age Group- <https://www.gymnastics.sport/site/pages/education/agegroup-mag-manual-e.pdf>

WAG Age Group- <https://www.gymnastics.sport/site/pages/education/agegroup-wag-manual-e.pdf>

Technical Regulations- https://www.gymnastics.sport/publicdir/rules/files/en_1.1%20%20Technical%20Regulations%202023.pdf

National Federation Safeguarding Policy and Procedures-

https://www.gymnastics.sport/site/pdf/safeguarding/20180927_Policy%20and%20Procedures_V14_with%20charts.pdf



2023 PALARONG PAMBANSA
July 29–August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **PENCAK SILAT**

I. Competition Rules

International Pencak Silat Federation or (PERSILAT) rules of competition 2022 NEW RULES will be adopted in the conduct of the 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 officials of competitions

Pencak Silat competition categories consist of:

A. **TANDING** (Match) category

B. **TUNGGAL** (Single) category

C. **GANDA** (Double) category

D. **REGU** (Team) category

A. **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

B. **Tunggal**- Individual with weapon
weapon

Tunggal- Individual with a

C. **Ganda**-Double Cinematic Performance
Performance

Ganda-Double Cinematic

D. **Regu**-Team Artistic

Regu-Team Artistic

II. 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 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 supply provided by the DepEd Palarong Pambansa Management.

➤ 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 / region.

➤ 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 under PhilSilat Sports Association

➤ 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 2023 is April 2005.

III. Competition Arena for Artistic and Tanding/Sparring

IV. The Coach, Players and Referee-Jury.

A. Coaches :

- One (1) Men per Region
- One (1) Women per Region

B. Players :

- Five (5) Boys per Region
- Five (5) Girls per Region

C. Twenty five (25) Wasit and Jury - consist of the following:

- One (1)Sport Manager -
- Two (2) Chairman of The Game / Diwan Hakim -
- Two (2) Council -
- Twenty (20) Wasit and jury –

V. 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.

VI. Prohibitions

Prohibitions which are declared as violations:

IV. Serious violations

- a. Attack illegal parts of body ie. 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.

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.

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..

VII. 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.

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.

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.

Successful parrying, dodging, evading or catching against the opponent's attack, and immediately followed by a successful dropping technique.

VIII. 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

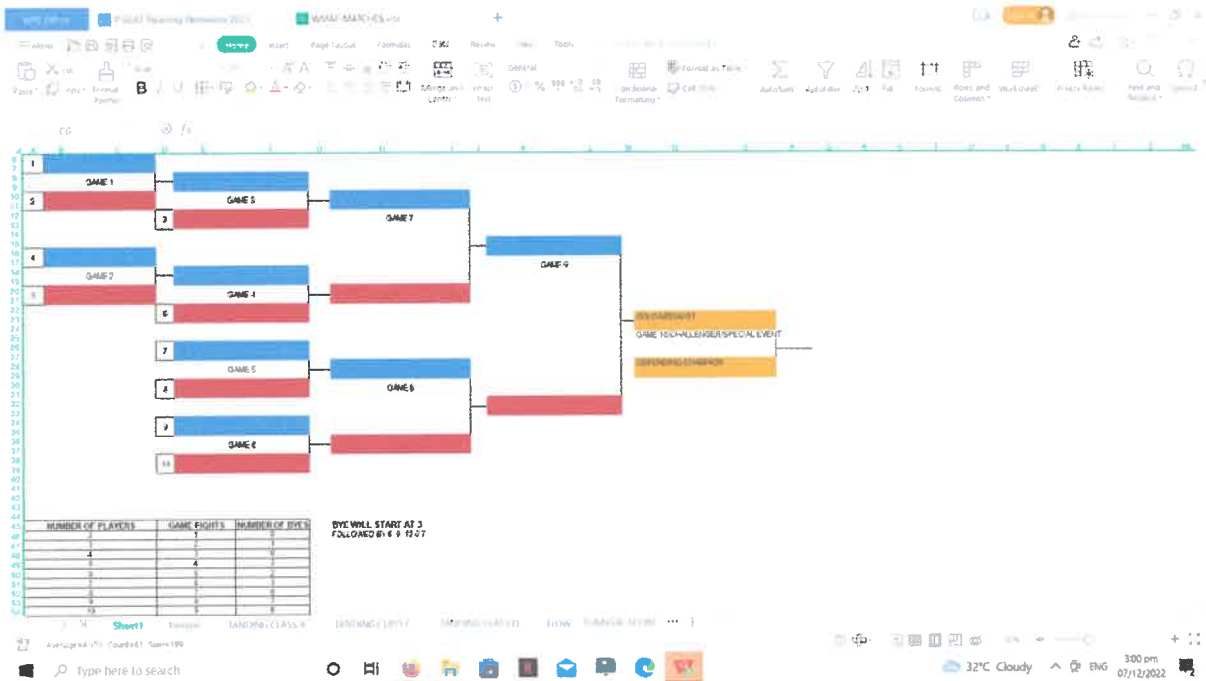
IX. Equipment

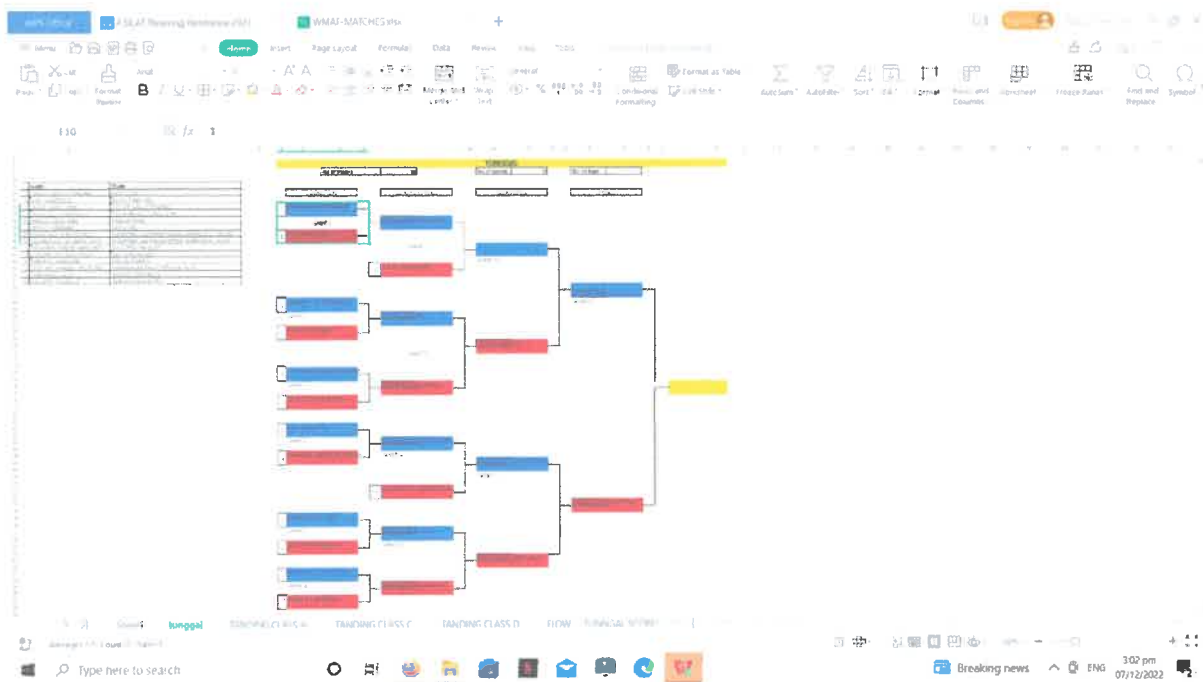
- Gong (c/o DepEd)
- Body protector (c/o delegation)
- Groin protector- (c/o delegation)
- Shin guard (c/o delegation)
- Arm guard (c/o delegation)
- Head gear (c/o delegation)
- Gum shield (c/o delegation)
- Tournament Lamp (DepEd)
- Flag: 8"x 12"--2 yellow, 6 blue, and 6 red (c/o DepED)
- Stopwatch 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)

X. COMPETITION FORMAT and DURATION: DAY 1 - DAY 5

- DAY 1 - ELIMINATION (SENI)
- DAY 2 - ELIMINATION (TANDING)
- DAY 3 - QUARTER FINAL (SENI) and (TANDING)
- DAY 4 - SEMI FINALS (SENI and TANDING)
- DAY 5 - FINALS and AWARDING (SENI and TANDING)





XI. AWARDS and MEDALS :

● **MEDALS TO BE CONTESTED IN TANDING (MATCH)**

GOLD	SILVER	BRONZE
10	10	20

● **MEDALS TO BE CONTESTED IN SENI (ARTISTIC)**

GOLD	SILVER	BRONZE
6	6	6

➤ **MEDALS TO BE AWARDED:**

GOLD	SILVER	BRONZE
22	22	32
	TOTAL MEDALS:	
	76	

XII. PENCAK SILAT SPORT EQUIPMENTS AND SUPPLY



PROTECTIVE GEAR



HEADGEAR

- Moulded foam padding
- Padded sides provide integrated protection
- Air holes provide comfort and ventilation

Color: Black
Size: #1 #2 #3



STANDARD ARMOUR

- Designed to provide upper body protection, allowing mobility and protection
- Light high-grade rubber material and outer foam paddings provide increased comfort and impact absorption

Color: Black Size: #1 #2 #3



ELITE ARMOUR

- Designed to provide upper body protection, allowing mobility and protection
- High quality synthetic leather and special PVC tubing provides greater protection and impact absorption

Color: Black size: #1 #2 #3



HAND GLOVES

- Double wrap wrist closure for added wrist support
- Made with high-quality synthetic leather with thick padding on knuckles for added protection

Color: Black

Size: #4, #5, #6, #7, #8



FOOT GLOVES

- Made with high-quality PU fabric, with thick padded on instep for added protection

Color: Black

Size: #1 #2 #3





WEAPON AND ACCESSORIES



TOYA STICK

TOYA CASE

CLAPPER PAD

- Made of high-quality synthetic leather
 - Double pad design produces louder sound when hit
- Color: Black

TOYA STICK

- Rattan long stick
- Diameter: 2.5 cm
- Length: 165 cm
- Weight: 400-450 grams



TOYA STICK IN CASE

TOYA CASE

- Adjustable size for all Toya Stick length
- Color: Black



NET BAG

- Made of breathable and durable mesh material
- Color: Black
Sizes: One size only

FLAGLETS

- Color:
- *Blue
 - *Red
 - *Black
 - *White
 - *Yellow

KEYCHAINS

- Mini Kick Shield keychain and coin purse
- Mini Kick Pad keychain





PROTECTIVE GEAR



INSTEP GUARD

- Made with high-quality PU fabric, with thick padding on instep for added protection
- Washable

Color: Black
Size: #1 #2 #3



ARM AND SHIN GUARD

- Covered with cool-tech material for comfort foam for added protection
- Stronghold hook and loops fastener ensures comfort and fit

Color: Black
Size: #1 #2 #3



MALE GROIN GUARD

- The Male groin guard has contoured groin cup provides complete protection for the groin area

Color: Black
Size: #1 #2 #3



FEMALE GROIN GUARD

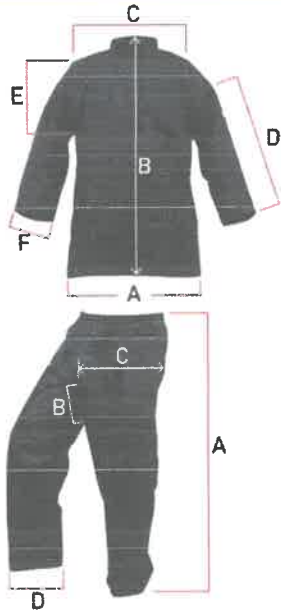
- The Female groin guard has light weight plastic and foam padding to absorb impact and protect the groin area

Color: Black
Size: #1 #2 #3





UNIFORM



Pencak Silat Uniform Top & Bottom

	#6	#7	S	M	L	XL
<i>(Measurement in INCHES)</i>						
TOPS						
A. Body Width	21	22	23	24	25	26
B. Back Length	25	28	29	31	33	34
C. Shoulder	21	22	23	24	25	26
D. Sleeve Length	14	16	17	18	19	20
E. Armpit / Armhole	9	9.5	10	10.5	11	11.5
F. Bottom Sleeves	6.75	7	7.25	7.5	7.5	7.5
BOTTOMS						
A. Length	30-31	32-35	36-37	38	39	40
B. Crotch	6.75	7	7	7.25	7.5	7.5
C. Hips	8	9	10	11	12	13
D. Bottom	8	8	8.5	8.5	9	9



Pencak Silat Sash

COLORS: Yellow | White | Orange | Blue | Red





UNIFORM



SILAT UNIFORM TOP SIZING CHART

Measurement: Inches

SIZE	A LENGTH	B WIDTH	C SLEEVES
#6	63.5	53.3	35.6
#7	71.1	55.9	40.6
S	73.7	58.4	43.2
M	78.7	61	45.7
L	83.8	63.5	48.3
XL	86.4	66	50.8

SILAT UNIFORM PANTS SIZING CHART

Measurement: Inches

SIZE	A LENGTH	B WIDTH	C SLEEVES
#6	51	86.6	76-78.5
#7	56	91.5	81.3-89
S	61	96.5	91.4-94
M	66	104	96.5
L	73.5	112	99
XL	79	117	101.6

- The Xilat uniform is made of ribbed fabric
- Standard Pencak Silat design

COLORS:

- * White for judge & referees
- * Black for fighters



Pencak Silat Sash

COLORS: Yellow | White | Orange | Blue | Red





2023 PALARONG PAMBANSA
July 29– August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **PARAGAMES**

I. ELIGIBILITY:

- 1.1 The Palarong Pambansa (Para - Games) 2023 shall only be participated in by pupils/students with Intellectual Disability (ID), visually impaired, orthopedically handicapped/amputee (OH) in-school athletes.
- 1.2 The athletes are enrolled students of Special Education (SPED) classes in the public and private schools for School Calendar (SC) 2022 – 2023.
- 1.3 Each region is allowed to field in a maximum of **FIFTY 55 (55)** delegates composing of athletes and coaches.
- 1.4 **Age category:** for: **PALARONG PAMBANSA 2023**
 - 15 years old and below
 - 16 years old up to 25 years' old

Visually Impaired – Open Category (But, up to 25 y/o only)

Intellectual Disability - 15 years old and below
16 years old up to 25 y/o only

Ortho/Leg Amputee - Open Category (But, up to 25 years old only)

Goalball/Bocce/Swimming - Open Category (But, up to 25 y/o only)

II. ELIGIBILITY DOCUMENTS:

- 2.1 Athletes Record Information
- 2.2 Medical Certificate
- 2.3 DEPED Psycho-Educational Assessment Tests conducted by SPED – Trained Teachers, Administrators and Supervisors
 - *(for intellectual Disabled (ID) – IQ Level – 70 & below
 - *(for visually impaired (LV & TB – visual acuity Test by licensed ophthalmologist.
- 2.4 PSA/NSO Birth Certificate
- 2.5 Certificate of Enrolment stating the school year the child first enrolled up to the present / completion.
- 2.6 Photo Gallery
- 2.7 Parents'/Guardian's Consent
- 2.8 4 pcs. 1.5x1.5 identical pictures with name tag (surname, first name and middle initial)
- 2.9 Form 137 / SF 10 (Take note of the subjects/skills that are supposed to be included in the competencies for the IDs

Note: All original copy must be presented for verification purposes.

b

A. Visually Impaired – Ten (10) athletes and four (4) coaches

Events	No. of athletes		Number of Coaches	Total
	Boys	Girls		
Athletics 100m — Standing Long Jump (SLJ) — Shot Put	3	3	3	9
Goalball	2	2	1	5

B. Intellectual Disability (ID) – twenty eight (28) athletes and seven (7) coaches:

Event	No. of Athletes		No. of Coaches	Total
	Boys	Girls		
Athletics — 100M — 200M — 400M — 4X100M	5 (15 yrs. old & below)	5 (15 yrs. old & below)	2	12
Running Long Jump(RLJ) —Shot Put	5 (16-25 yrs. old)	5 (16-25 yrs. old)	2	12
Bocce (Single, Double, Team)	2	2	1	5
Swimming —50M *Backstroke *Freestyle *Breast Stroke	2	2	2	6

C. Ortho / Amputee – 4 athletes, 2 coaches

Above-knee amputation (single & double)

Below-knee amputation (single & double)

Event	No. of athletes		No. of Coaches	Total
	Boys	Girls		
— Athletics *Shot Put	2	2	2	6
— Swimming 50M *Backstroke *Freestyle *Breaststroke				

Note:

— An athlete is allowed to play three (3) individual events and one (1) team event

(Athletics)

— Each participating team can enter only a minimum of two (2) athletes in each event.

□ *No crossing of events*



2023 PALARONG PAMBANSA
July 29–August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **SEPAK TAKRAW**

I. RULES AND REGULATIONS

The tournament shall be managed in accordance with the rules of the International Sepaktakraw Federation (ISTAF) currently enforced.

Any unforeseen incidents not covered by the rules shall be dealt as follows:

1. Case of general nature that shall be resolved in accordance with the Palarong Pambansa Games rules.
2. Technical questions shall be referred to and resolved by the Technical Committee.
3. In case of problems not covered by the existing ISTAF rules, the final decision shall rest with the Tournament Director.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTINGENT

1. Secondary Boys shall be composed of Twelve (12) players and One (1) coach.
2. Secondary Girls shall be composed of Five (5) players and One (1) coach and One (1) chaperon.
3. Elementary Boys shall be composed of Four (4) players and One (1) coach.
4. Entries and Registrations of Athletes:
 - 4.1. The teams should only follow the Main Registration of its athlete's names submitted to the DepEd National Screening Committee months before the Palarong Pambansa.
 - 4.2. In no way can a team change its players prior to its first match unless the signature of approval of the Chairman of the National Screening Committee is affixed; and
 - 4.3. Upon the start of the competition no Team shall be allowed to change its players nor with the swapping of players between events in its region.
5. Only the members of the team including the Coach who are listed on the team gallery are allowed to seat on the bench during the whole duration of the game. In case of the Secondary Girls the Chaperon will be allowed on the bench.
6. In Secondary Boys, the regional team of 12 players comprising of 3 Regus is illustrated by the following the options below:

Option	No. of Schools Sending Regu	Max Number of Players per Regu
A	1	12 (for 3 regus)
B	2	8 / 4
C	3	4 / 4 / 4

For Option B and C, all regu players must come from the same school where a maximum of 4 players per regu (one school) can be sent. In cases where entry to the "Regu Event" is a concern due to a team having 4 players only per school, an additional one player from the registered 12 players can be included to complete the 5 players in the Regu Event.

IV. DISQUALIFICATION

1. A player or a team and team officials shall be disqualified based on Law 16 (Penalty) and 17 (Misconduct of Team Officials) of the International Sepaktakraw Federation (ISTAF) Law.
2. A player shall not be allowed to play if he used jersey other than the official uniform of the team or used jersey number other than his/her assigned jersey number at the start of the tournament.
3. A team who arrived late after the Fifteen minutes' grace period given to a team after the conclusion of the match prior to their game will be DEFAULTED.
4. A team or a player wearing reflectorized colors or neon-colored uniforms that will affect the vision of the opposing players will not be allowed to play.
5. A team must wear jersey with numbers at the back and front ranging from 1 to 36 only.

V. SPORTS EVENTS / DISCIPLINES

1. Sepaktakraw Secondary Boys
2. Sepaktakraw Secondary Girls
3. Sepaktakraw Elementary Boys

VI. CATEGORIES

- | | |
|---------------------------------------|--------------|
| 1. Sepaktakraw Secondary Boys Team | - 12 players |
| 2. Sepaktakraw Secondary Boys Regu | - 5 players |
| 3. Sepaktakraw Secondary Girls Regu | - 5 players |
| 4. Sepaktakraw Secondary Girls Double | - 3 players |
| 5. Sepaktakraw Elementary Boys Regu | - 4 players |
| 6. Sepaktakraw Elementary Boys Double | - 3 players |

VII. ATHLETES' APPAREL AND UNIFORM

1. Participating teams should wear the color of their respective regions assigned to them during their schedule games. Other set of uniforms will be allowed provided that the same permanent number shall be used by the same players.
2. Reflectorized colors or neon-colored uniforms that can affect the vision of the opposing players will not be allowed.
3. Players not wearing their proper uniform during which their team or regu is scheduled to play will not be allowed to play.
 - 3.1. Players must wear their jersey uniform with permanent number at the back of their shirt, numbering 1 to 36; and
 - 3.2. All teams are required to bring their own ARMBAND and the Team Captain shall wear it during the competition.

VIII. OFFICIALS

Only DepEd Accredited Officials are allowed to officiate in the Palarong Pambansa. They are required to attend the two days Refresher Course at the

start of the Palarong Pambansa. Failure to attend means, they are not allowed to officiate.

IX. PROTESTS, PENALTIES AND SANCTIONS

In the event of any question on any matter arising out of any point, which is not expressly provided for in any rules of the game, the decision of the Tournament Director, Jury and its member and the Official Referee shall be final.

X. CONDUCT OF THE COMPETITION

Secondary Boys Team (SBT), Secondary Girls Regu (SGR), and Elementary Boys Regu (EBR).

1. The Tournament shall be played in Single Round Robin System.
2. Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double
 - 2.1. Only the Eight (8) Teams who qualified in the Pre-Qualifying Palarong Pambansa Competition will compete in the Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double and shall be played in a single elimination system after the conclusion of the Secondary Boys Team, Secondary Girls Regu and Elementary Boys Regu;
 - 2.2. Seeding of teams shall be based on a DRAWING OF LOTS; and
 - 2.3. RULE OF SUCCESSION will be applied. Fifteen (15) minutes grace period will be given to the team after the conclusion of the last match following their game schedule. Non-appearance of the team after the grace period will mean forfeiture of the game in favor of the opposing team.

XI. DETERMINATION OF WINNERS

Winners shall be determined on the following:

1. For the Secondary Boys Team, Secondary Girls Regu and Elementary Boys Regu.
2. The Top Two (2) teams in each group will advance to 2023 Palarong Pambansa National Finals group into Two (2) using the single round robin format in each group following the format below, the top Two (2) in each group will advance to the semifinal, the rank 3 and 4 in each group will compete for ranked 5th to 8th place.
3. For Semifinal Round: The top Two (2) in each group in the quarterfinals will advance to the Semifinal round in a cross over format.

For 5th to 8th Place:

Group A3 vs Group B4

Group B3 vs Group A4

For 1st to 4th Place:

Group A1 vs Group B2

Group B1 vs Group A2

4. For Finals:

Loser GA3 & GB4 vs Loser GB3 & GA4 for 7th and 8th Place

Winner GA3 & GB4 vs Winner GB3 & GA4 for 5th and 6th Place

Loser GA1 & GB2 vs Loser GB1 & GA2 for 3rd and 4th Place

Winner GA1 & GB2 vs Winner GB1 & GA2 Championship Game

5. Two (2) points shall be awarded for the win and Zero (0) for a loss. If Two (2) or more teams obtain an equal number of points after the elimination, the following rules shall be applied:
 - 5.1. In case of a Tie, win over the other shall be applied, wherein the winner between the Two (2) teams during their elimination game shall be declared winner.
6. In case of Triple Tie, the Regu difference (Team), the Set difference between the total score “for” and “against” shall be decisive. This shall be obtained by deducting the points “against” from the points “for”.
7. The score difference of the matches played by each of the teams shall be decisive.
8. If these alternatives are all found to be the same, then a decision taken by the toss of the coin shall be decisive.
9. For the Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double.
10. The team who has not lost at the end of the competition will be declared CHAMPION and the first team to be eliminated will rank eight (8th) and so on.

XII. AWARDING

Awarding shall be done immediately after the conclusion of the final match of the Secondary Boys Regu Competition, Secondary Girls Double and Elementary Boys Double. All Winning Teams shall wear the Official Uniform during the Awarding Ceremony (if any) Jacket, Jogging Pants and Rubber Shoes.



2023 PALARONG PAMBANSA
July 29– August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR SOFTBALL

I. RULES OF THE GAMES

The latest Rules of the Game contained in the WBSC–SOFTBALL Rulebook shall govern the competition supported by relevant ground rules not covered by the aforementioned guidelines or the need to modify due to circumstance presented in the actual *Palarong Pambansa* situation.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTINGENT

Elementary and Secondary Softball

The screened players, entered as official member of the team, their Head Coach and the Assistant Coach are the only persons allowed to occupy their bench/dug out for the duration of the game.

There shall be fifteen (15) persons on the bench of each softball team for the duration of the game, with twelve (12) players, one (1) Manager/Head Coach and Two (2) assistant coach (note: one of the coaching staff at least should be Female).

No trainer shall be allowed to sit on the bench of each softball team. Only the official coach and assistant coach of the team can direct play during the progress of the game. Teams may allow two (2) adults as base coaches and one of the coach should stay in the dug out to secure the safety of the remaining players on the bench.

IV. DISQUALIFICATION

1. NSAC Rules of disqualification.
2. WBSC–Softball Rules regarding other rules of disqualifications applies.

V. SPORTS EVENTS / DISCIPLINE

Softball

VI. CATEGORIES

1. **Elementary Softball**

2. Secondary Softball

VII. PLAYING AREA AND EQUIPMENT

1. The Playing Field

1.1. Layout of the Field

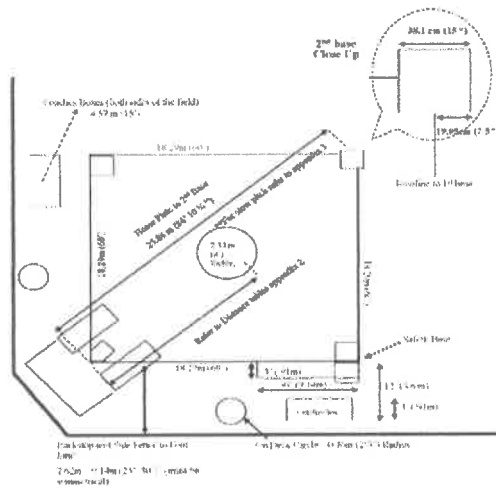
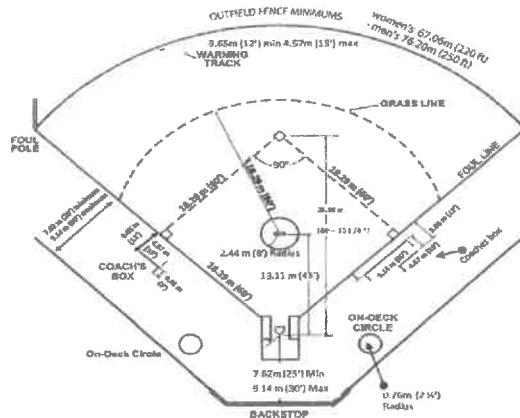
The infield shall be a 60-foot square. The outfield shall be the area between two foul lines formed by extending two sides of the square.

The entire softball field is surrounded by a fence of about four to five feet high from the end of the back staff around the twenty five foot line and the home run fence, stand or other obstruction on fair territory shall be 220 feet. The infield shall be graded so that the base lines and home plate are level, preferably skinny so that the ball can be very visibly during the game.

The pitcher's plate distance from the Home plate shall be 40 feet for Elementary Division and 42 feet for the secondary division.

The infield and outfield, including the boundary lines, are fair territory and all other area is foul territory. It is desirable that the line from home base through the pitcher's plate to second base shall run East-Northeast.

It is recommended that the distance from home base to the backstop, and from the base lines to the nearest fence, stand or other obstruction on foul territory shall be 60 feet or



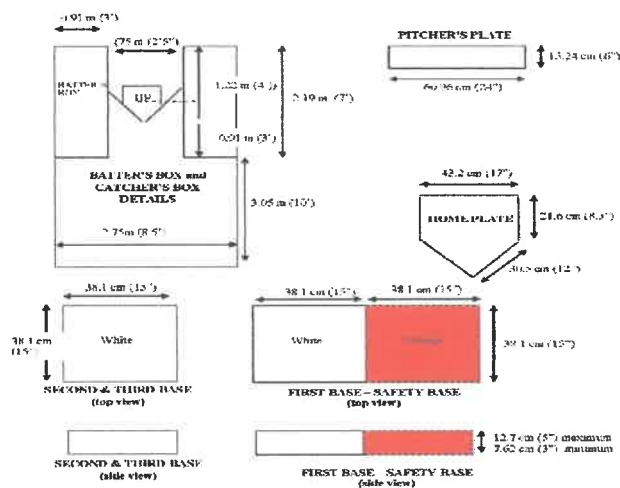
more. When location of home base is determined, with a steel tape measure 127 feet, 33/8 inches in desired direction to establish second base.

From home base, measure 60 feet toward first base; from second base, measure 60 feet toward first base; the intersection of these lines establishes first base. From home base, measure 60 feet

toward third base; from second base, measure 60 feet toward third base; the intersection of these lines establishes third base.

The catcher's box, the batters' boxes, the coaches' boxes, the three foot first base lines and the next batter's boxes shall be laid out.

The foul lines and all other playing lines indicated in the diagrams by solid black lines shall be marked with paint or non-toxic and non-burning chalk or other white material. The grass lines and dimensions shown on the diagrams are those used in many



fields, but they are not mandatory, and each Club shall determine the size and shape of the grassed and bare areas of its playing field.

1.2. Layout of the Field

- a. Home plate to first/third 18.29m (60 ft) from the back part of home plate to the back of the base; and
- b. Home plate to second 25.86m (84 ft 10 ¼ in) from back point of home plate to the middle of the base.

1.3. Batters' Boxes

One on each side of home plate, shall measure 0.91m (3 ft) by 2.13m (7 ft). The inside lines of the batter's box shall be 15.2cm (6 in) from home plate. The front line of the box shall be 1.22m (4 ft) in front of a line drawn through the center of home plate. The lines are considered as being within the batter's box.

Catcher's box 3.05m (10 ft) in length from the rear outside corners of the batters' boxes and shall be 2.57m (8 ft 5 in) wide.

Coaches' boxes Behind a line 4.57m (15 ft) long drawn outside the diamond. The line is parallel to and 3.65m (12 ft) from the first and third baselines, extended from the bases toward home plate.

Fences Refer to Appendix 2

Home plate It shall be a five-sided figure 43.2cm (17 in) wide, across the edge facing the pitcher. The sides shall be parallel to the inside lines of the

batter's box and shall be 21.6cm (8 1/2 in) long. The sides of the point facing the catcher shall be 30.5cm (12 in) long.

Infield -

Skinned portion 18.29m (60 ft) arc from the front center of the pitchers plate

Lines 50mm to 100 mm (2 to 4 in) wide

On-deck circle 1.52m (5 ft) circle 0.76m (2 1/2 ft) radius placed adjacent to the end of players' bench or dugout area closest to home plate

One Meter Line Drawn parallel to and 0.91 m (3 ft) from the baseline, starting at a point halfway between home plate and first base

Pitcher's circle 4.88m (16 ft) circle drawn from center of the front edge of the pitcher's plate 2.44m (8 ft) in radius.

Pitcher's plate Made of rubber 61cm (24 in) long and 15.2cm (6 in) wide and the top of the plate shall be level with the ground 13.11m (43 ft) for Secondary and 10.668m (35 ft) for Elementary from the back point of home plate.

Sideline Shall have an unobstructed area of not less than 7.62m (25 ft), nor more than 9.14m (30 ft) in width, outside the foul lines and between home plate and the backstop.

Warning track Minimum of 3.65m (12 ft) to a maximum of 4.57m (15 ft) from the outfield and/or side fences.

2. Equipment

An official ball for each WBSC Softball World Championship will be designated not less than one (1) year prior to the commencement of the World Championship. Manufacturers will be contacted to send sample balls to WBSC Office for review and testing. The WBSC Office shall determine through a testing procedure whether the balls meet the WBSC specifications as set out in the WBSC Playing Rules.

2.1. Ball

The Ball The ball shall be a sphere formed by yarn wound around a small core of cork, rubber or similar material, covered with two strips of white horsehide or cowhide, tightly stitched together. It shall weigh not less than five nor more than 5¼ ounces avoirdupois and measure not less than nine nor more than 9¼ inches in circumference.

Softball	Ball Color	Thread Color	Min. Size	Max. Size	Min. Wt.	Max. Wt.	Markings
(12" FP)	Yellow Optic	Red stitch	(11-7/8")	(12-1/8")	(6 1/4 oz)	(7 oz.)	ISF Logo

A supply of balls will be turned over to the TC's prior to the start of the tournament and they will be responsible to see that only those balls

designated Official Tournament Balls are used during the tournament games.

2.2. Bats

All bats to be used must be approved by WBSC. Notification of the approval shall be made by adding the bat name and model number to the list of approved maintained on the WBSC website. Once the bat is added to the list, it is certified for use in Championship play. All bats to be used must conform to the specifications as set out in the WBSC Rules. Once a bat manufacturer withdraws from the bat certification program, all bats currently listed as certified.

VIII. PROTEST, PENALTIES, AND SANCTIONS

1. Protest

- 1.1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within one (1) hour immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
- 1.2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
- 1.3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within three (3) hours upon receipt of the decision.
- 1.4. The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

**Time duration for filing of protests and appeals, and decisions (marked in red) may be modified depending on the sports events.*

2. Penalties and Sanctions

2.1. Walk-Over/Non-Appearance of the Team

A fifteen (15) minutes grace period on the scheduled match shall be given, otherwise the team shall be declared loser via walk-over.

Non-appearance of the team after of fifteen (15) minutes grace period for the scheduled playing time forfeit its game. The team did not appear will lose to a score of 7-0 (7 Innings) for Secondary and 6-0 (6 Innings)

Elementary favor of the opposing team of the Game and will be given further sanctions.

2.2. Abandonment

- a. Team/s that abandon the game will be forfeited on the game being played on and disqualified from the rest of tournament.

IX. CONDUCT OF THE COMPETITION

1. Method of Competition / Tournament Format

- 1.1. 8 Teams which will be divided to two groups with 4 teams each who will be playing a single round robin elimination round. Top 2 teams will advance to the cross over semi finals round while the bottom 2 teams will move to the placement game to determine the Ranked 5-8. Losers of the semi final round will play the FINAL (Bronze Medal Game) and the winner Will play the Grand Final Game (Gold Medal Game).
- 1.2. Regulation Game :
 - a. Secondary: 7 Innings
 - b. Elementary: 6 Innings

PROPOSED PALARONG PAMBANSA GROUPING AND GAME SCHEDULE

Group A	Group B
North Luzon 1	North Luzon 2
South Luzon 2	South Luzon 1
Visayas/Mindanao 1	Visayas/Mindanao 2
Mindanao 2	Mindanao 1

Schedule of Games(Elimination, Semifinals, Finals)

Day	Game no.	Teams VS	Teams	Group
1	G 1	N. Luzon 1	vs Mindanao 2	A
	G 2	N. Luzon 2	vs Mindanao 1	B
	G 3	S. Luzon 2	vs Visayas/MINDANAO 1	A
	G 4	S. Luzon 1	vs Visayas/Mindanao 2	B
2	G 5	N. Luzon 2	vs Visayas/Mindanao 2	B
	G 6	N. Luzon 1	vs Visayas/Mindanao 1	A
	G 7	Mindanao 1	vs South Luzon 1	B
	G 8	Mindanao 2	vs South Luzon 2	A

3	G 9	N. Luzon 1	vs	South Luzon 2	A
	G 10	N. Luzon2	vs	South Luzon 1	B
	G 11	Mindanao 2	vs	Visayas/MINDANAO 1	A
	G 12	Mindanao 1	vs	Visayas/Mindanao 2	B
4	G 13	Group B Ranked 4	VS	Group A Ranked 1	SFG 1
	G 14	Group A Ranked 2	VS	Group B Ranked 2	SFG 2
	G 15	Group B Ranked 3	VS	Group A Ranked 3	PG 1
	G 16	Group B Ranked 4	VS	Group A Ranked 4	PG 2
5	G 17	L SFG 1	VS	L SFG 2	FINALS (Bronze Medal Game)
	G 18	W SFG 1	VS	W SFG 2	G. FINALS (Gold Medal Game)

2. Choice of Innings and Dugout

- 2.1. Opening Round Home and Away games are decided by a flip of coin during the managers Meeting.
 - a. The highest placed team in the round robin has choice of home or away in the play-off round; and
 - b. When two equally placed teams play (i.e. they both finished first in the pool) there will be a coin toss for home and away.
- 2.2. The home team will be assigned the third base dugout and the visiting team, who will bat first, will be assigned the first base dugout.
- 2.3. In the Final and Grand Final game the Home and away will be decided by a flip of coin.

3. Reporting to Playing Site

- 3.1. Teams preparing to play must report to the TC at least one (1) hour before scheduled to play and submit at that time, the completed line-up card.
- 3.2. When the completed line-up card is submitted to the TC, the completed line-up card must be signed by the Head Coach/Manager.
- 3.3. Once submitted to the TC, the line-up will be official.
- 3.4. It shall be the host organizing committee's responsibility to see that teams are picked up and delivered to the playing site on time.

4. Team Members on Playing Field or in Dugout

No one, other than team members in uniform, coaches, and managers, will be permitted on the playing field except by permission of the Technical Commissioners. Access to the dugouts is restricted to the team members (Max 15) listed on the team Roster.

5. Communication Equipment

- 5.1. No communication equipment is allowed between:
- The coaches on the field;
 - The coaches and the dugout;
 - The coaches and any player; or
 - The spectator area and the field, including the dugout, coaches and players.

Note: If such equipment is continued to be used after a warning, the Head Coach will be ejected from the game.

- 5.2. Videotaping will be allowed in designated areas not less than 25' to the left and right of center field plus at any location at the venue approved by WBSC. Each team is allowed video cameras with a tripod and may video games for training purposes, with the following requirements:
- The cameras need to be set up in designated areas not less than 25' to the left and right of center field plus at any location at the venue approved by WBSC but cannot interfere with the spectators, or games in progress;
 - Computers and other electronic equipment can be used except for immediate transmission of information to the playing teams; and
 - No videotaping will be allowed behind home plate between 1st to 3rd base.
 - Videos and pictures will not be considered as a basis for an appeal

6. **Completion of the Game**

- 6.1. All games must go at least seven (7) innings for Secondary and SIX (6) Innings for the Elementary, except if forfeited or ended by the Run Ahead Rule.
- 6.2. Commencement/Delay/Suspension/Deferment/Resumption of Game
- In the advent of adverse weather conditions, the Technical Commissioners in conjunction with the Home Plate Umpire shall decide whether a game shall be:
 - In the case of a game that has not started:
 - Commenced, with particular attention being given to an impending storm and for both teams to have equal innings of playing conditions, or
 - Delayed, with any such game being rescheduled at a later time and/or date.
 - In the case of a game that has commenced:
 - Suspended for a short period of time (up to a maximum of three (3) hours), or

- Deferred for a long period of time (in excess of three (3) hours), with particular attention being given for both teams to have equal innings of playing conditions.

A game will be resumed after a suspension or deferral at the exact point where the game was interrupted as long as the event schedule and time remaining allow.

When a game is suspended it shall be rescheduled. If this affects more than one game, all games shall be rescheduled barring any issues of special consideration. Rescheduling decisions will be made in conjunction by Technical Commission (Tournament Director and Umpire in Chief)

For the final game of the Championship, if after a delay it is determined that a competition field cannot be made playable, the Technical Commission may award the game.

7. Team Uniform

All players must be uniformed alike on a given team. The players must have the name of their Region on the front of the uniform or an emblem depicting Regional origin. The same number must be on the back of uniform shirts, both light and dark.

- 7.1. Two (2) teams shall not in any games wear the same or similar color uniforms. Each team shall be required to have a white/light color shirt, and also a contrast color/dark color shirt. The home team will wear a contrast color/dark color shirt and the visiting team will wear a white/light color shirt. See 6.3 A. to determine which is the home and visiting team.
- 7.2. Players must have their number displayed on the front of their uniform shirt, 7.62cm (3") high. Shall a team and or player not have the number on the front of the uniform the team will lose their right to home team status.
- 7.3. Shoes – Must comply with Rule 3. Section 5. Metal Cleats not allowed in the Elementary and Secondary Girls.

X. DETERMINATION OF WINNERS

1. Method of Competition / Tournament Format

1.1. Game

Teams with the most number of RUNS after the regulation game shall be declared winner.

1.2. 15/10/7 Run Ahead Rule (Fast Pitch and Modified only)

A game must be called a regulation game if one team leads the other by fifteen (15) runs or more after three (3) innings, ten (10) runs or more after four (4) innings, or seven (7) runs or more after five (5) innings have been

played. Both the visiting team and the home team must complete the same number of innings at bat unless the home team leads by the required number of runs and the game is called at that point.

XI. RESOLUTION OF TIES

1. A tie exists within one (1) section, or across two (2) or four (4) sections, when two (2) or more teams have the same win-loss record.
2. A tie shall be resolved by following, in order, the procedure set out below:

2.1. Within Section Round Robins

- a. With two teams tied on wins/losses, rank them by the results of their game in the round robin; the winner is placed ahead of the loser.
- b. With more than two teams tied on wins/losses, rank them in order:
 - By the results of their games among themselves in the round robin games. With two teams tied on wins/losses, rank them by the results of their games in the round robin; the winner is placed ahead of the loser.

If still tied on wins/losses, by their runs against record in the games among themselves; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc., until two team remain and then rank them by the results of their game(s) in the round robin; the winner is placed ahead of the loser.

- If any teams tied by their runs against record in the games amongst themselves:
 - Two teams – by the results of their games amongst themselves in the round robin games;
 - More than two teams – by their runs against record in all the round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc., until two team remain and then rank them by the results of their game(s) in the round robin; the winner is placed ahead of the loser.

2.2. Across Section Round Robins

With two or more teams tied on wins/losses, rank them in order:

- a. By their runs against record in all round robin games; the team with the lowest runs against is placed ahead of the others, the team with the second lowest runs against is placed ahead of the others, etc.
- b. If any teams still tied on runs against, by random selection; the first team selected is placed ahead of the others.

2.3. For a tied team “runs against” is the total number of runs scored by the specified opponents of that team.

Exception: Where teams are tied for a place in a Page System the Technical Commission may decide that such tie may be resolved by a playoff provided the Technical Commission agree that conditions are satisfactory for such playoff.



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **SWIMMING**

I. COMPETITION RULES

1. International Swimming Rules of the Federation Internationale de Natation (FINA) / World Aquatics will be applied. Ground rules which have been agreed upon shall be implemented.
2. In matters not provided for, decisions shall rest with the Technical Management and/or the Organizing Committee.
3. One start rule.
4. Competition shall be Timed Finals format. Heats will start at 9:00 am.
5. Each swimmer is allowed to swim five (5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) events per day, inclusive of relay events.
6. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for that session unless for medical reason, that swimmer submits a medical report from the Palarong Pambansa Official Medical Physician.
7. Only Athletes, Coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

II. RELAY ENTRY

1. Relay team entries in Secondary Level and names of swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) must be submitted in the master list of entries.
2. Indicate order of swim by numbering swimmers (1-6) in the official Entry form. Swimmers must swim in the order in which they are to swim.
3. Relay swimmers participating in the heats will be the same swimmers that will participate in the finals. Order list of swimmers may be changed 30 minutes before the start of each session.

III. SWIMWEAR

1. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
2. All swimsuits shall be non- transparent.

3. The competitor must wear swimsuit in one or two pieces. For men, the swimsuit shall not extend above the navel nor below the knee and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. All swimsuit shall be made from textile materials. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
4. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.
5. Composition/other items: Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Women's swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

IV. ATHLETE'S ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated Age: Elementary Level in the enclosure 2 of DepE Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

V. DISQUALIFICATION

1. Athletes who are members of the national team and who are receiving monthly allowance from the Philippine Sports Commission; (RA 10588)
2. Over-aged athlete in the elementary and secondary;
3. National Screening and Accreditation Committee (NSAC) Rules on Qualification /Participation.

VI. EVENTS TO BE CONTESTED

SECONDARY BOYS	SECONDARY GIRLS
EVENTS	EVENTS
800 m Freestyle	800 m Freestyle
1500 m Freestyle	1500 m Freestyle
400 m Freestyle	400 m Freestyle
400 m Ind. Medley	400 m Ind. Medley
200 M Ind. Medley	200 M Ind. Medley
200 m Freestyle	200 m Freestyle
200 m Breaststroke	200 m Breaststroke
200 m Backstroke	200 m Backstroke
200 m Butterfly stroke	200 m Butterfly stroke
100 m Freestyle	100 m Freestyle
100 m Breaststroke	100 m Breaststroke
100 m Backstroke	100 m Backstroke
100 m Butterfly stroke	100 m Butterfly stroke
50 m Freestyle	50 m Freestyle
50 m Breaststroke	50 m Breaststroke
50 m Backstroke	50 m Backstroke
50 m Butterfly stroke	50 m Butterfly stroke
4 x 100 m Free Relay	4 x 100 m Free Relay
4 x 50 m Free Relay	4 x 50 m Free Relay

4 x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay
4 x 100 m	Mixed Relay
ELEMENTARY BOYS	GIRLS
EVENTS	EVENTS
400 m Freestyle	400 m Freestyle
200 m Freestyle	200 m Freestyle
200 M Ind. Medley	200 M Ind. Medley
100 m Freestyle	100 m Freestyle
100 m Breaststroke	100 m Breaststroke
100 m Backstroke	100 m Backstroke
100 m Butterfly stroke	100 m Butterfly stroke
50 m Freestyle	50 m Freestyle
50 m Breaststroke	50 m Breaststroke
50 m Backstroke	50 m Backstroke
50 m Butterfly stroke	50 m Butterfly stroke
4 x 100 m Free Relay	4 x 100 m Free Relay
4 x 50 m Free Relay	4 x 50 m Free Relay
4 x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay

VIII. PROTEST

Protests are possible:

1. the rules and regulations for the conduct of the competition not observed;
2. if other conditions endanger the competitions and/or competitors, or
3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

IX. FILING OF PROTEST

1. To the referee;
2. In writing;
3. By the responsible Team Leader / Coach only; and
4. Within 30 minutes following the conclusion of the respective event.

X. CONDUCT OF COMPETITION

DAY 1 – August 1, 2023

EVENT NUMBER	EVENT	DIVISION
1	200 M Freestyle	Elementary Boys
2	200 M Freestyle	Elementary Girls
3	400 M Freestyle	Secondary Boys
4	400 M Freestyle	Secondary Girls
5	50 M Butterfly	Elementary Boys
6	50 M Butterfly	Elementary Girls

7	50 M Butterfly	Secondary Boys
8	50 M Butterfly	Secondary Girls
8A	50 M Backstroke Orthopedically Handicapped – Special Events	Boys
8B	50 M Backstroke Orthopedically Handicapped – Special Events	Girls
8C	50 M Backstroke Intellectual Disability – Special Events	Boys
8D	50 M Backstroke Intellectual Disability – Special Events	Girls
9	100 M Backstroke	Elementary Boys
10	100 M Backstroke	Elementary Girls
11	100 M Backstroke	Secondary Boys
12	100 M Backstroke	Secondary Girls
13	200 M Butterfly	Secondary Boys
14	200 M Butterfly	Secondary Girls
15	4 X 50 M Medley Relay	Elementary Boys
16	4 X 50 M Medley Relay	Elementary Girls
17	4 X 50 M Medley Relay	Secondary Boys
18	4 X 50 M Medley Relay	Secondary Girls

DAY 2 – August 2, 2023

EVENT NUMBER	EVENT	DIVISION
19	200 M Breaststroke	Secondary Boys
20	200 M Breaststroke	Secondary Girls
21	200 M Individual Medley	Elementary Boys
22	200 M Individual Medley	Elementary Girls
23	200 M Individual Medley	Secondary Boys
24	200 M Individual Medley	Secondary Girls
24A	50 M Freestyle Orthopedically Handicapped – Special Events	Boys
24B	50 M Freestyle Orthopedically Handicapped – Special Events	Girls
24C	50 M Freestyle Intellectual Disability – Special Events	Boys
24D	50 M Freestyle Intellectual Disability – Special Events	Girls

25	50 M Breaststroke	Elementary Boys	
26	50 M Breaststroke	Elementary Girls	
27	50 M Breaststroke	Secondary Boys	28
	50 M Breaststroke	Secondary Girls	29
	100 M Freestyle	Elementary Boys	
30	100 M Freestyle	Elementary Girls	
31	100 M Freestyle	Secondary Boys	
32	100 M Freestyle	Secondary Girls	33
	4 X 100 M Medley Relay	Elementary Boys	
34	4 X 100 M Medley Relay	Elementary Girls	35
	4 X 100 M Medley Relay	Secondary Boys	
36	4 X 100 M Medley Relay	Secondary Girls	

DAY 3 – August 3, 2023

EVENT NUMBER	EVENT	DIVISION	
37	400 M Freestyle	Elementary Boys	
38	400 M Freestyle	Elementary Girls	
39	1500 M Freestyle	Secondary Boys	
40	800 M Freestyle	Secondary Girls	
40A	50 Breaststroke Orthopedically Handicapped – Special Events	Boys	
40B	50 Breaststroke Orthopedically Handicapped – Special Events	Girls	
40C	50 Breaststroke Intellectual Disability – Special Events	Boys	
40D	50 Breaststroke Intellectual Disability – Special Events	Girls	
41	200 M Backstroke	Secondary Boys	
42	200 M Backstroke	Secondary Girls	
43	100 M Butterfly	Elementary Boys	
44	100 M Butterfly	Elementary Girls	45
	100 M Butterfly	Secondary Boys	46
	100 M Butterfly	Secondary Girls	
47	50 M Backstroke	Elementary Boys	
48	50 M Backstroke	Elementary Girls	
49	50 M Backstroke	Secondary Boys	

50	50 M Backstroke	Secondary Girls
51	4 X 50 M Freestyle Relay	Elementary Boys
52	4 X 50 M Freestyle Relay	Elementary Girls
53	4 X 50 M Freestyle Relay	Secondary Boys
54	4 X 50 M Freestyle Relay	Secondary Girls

DAY 4 – August 4, 2023

EVENT NUMBER	EVENT	DIVISION
55	400 M. Ind. Medley	Secondary Boys
56	400 M. Ind. Medley	Secondary Girls
57	50 M Freestyle	Elementary Boys 58
	50 M Freestyle	Elementary Girls
59	50 M Freestyle	Secondary Boys
60	50 M Freestyle	Secondary Girls
61	200 M Freestyle	Secondary Boys
62	200 M Freestyle	Secondary Girls
63	100 M Breaststroke	Elementary Boys
64	100 M Breaststroke	Elementary Girls
65	100 M Breaststroke	Secondary Boys
66	100 M Breaststroke	Secondary Girls
67	4 X 100 M Freestyle Relay	Elementary Boys
68	4 X 100 M Freestyle Relay	Secondary Girls
69	4 X 100 M Freestyle Relay	Secondary Boys
70	4 X 100 M Freestyle Relay	Secondary Girls

NOTE : Awarding of medals will be done in the afternoon.

XI. DETERMINATION OF WINNER

Winning athletes shall be determined thru fastest to slowest times registered by each athlete in each event he/she has qualified to swim.

XII. TIMING

In case of error in (the electronic timing system and/or) manual timing system, the official manual time of a swimmer shall be determined as follows:

1. If in case that the time of the first swimmer is higher than the time of the second swimmer, average time of the swimmers involved shall be the official time of both swimmers.

2. The Official placing will be decided by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

XIII. SUBMISSION OF ENTRIES

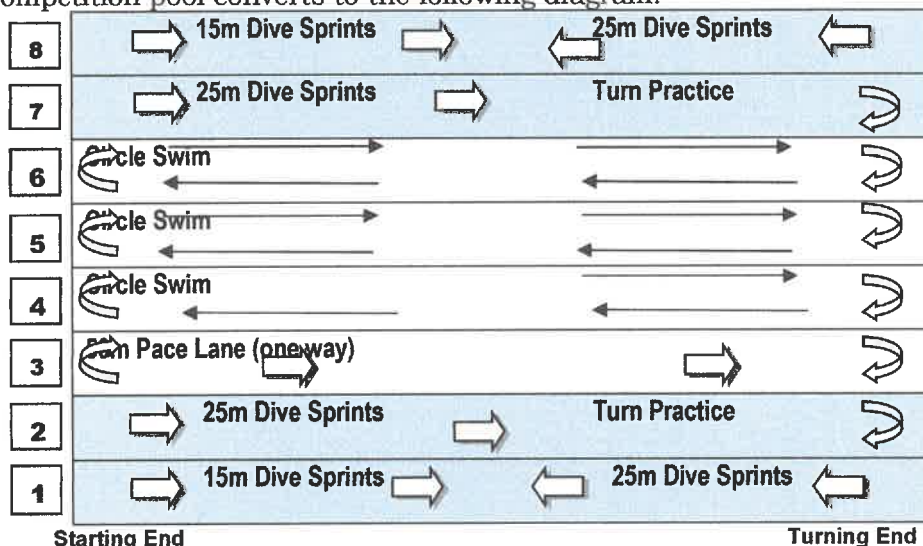
1. All entries must be submitted on official entry forms; (annex 2 & 3)
2. Entries must indicate the Qualifying Time Standard (QTS) achieved during the Regional Meet by each swimmer in each event for seeding purposes;
3. Entries must be submitted on or before 6:00 PM July 30, 2023. Late entries will not be accepted unless reasonably justified by authorized coach/team manager/head of delegation.)

XIV. QUALIFYING TIME STANDARD

Qualifying Time Standards (QTS) shall be adopted as provided in Enclosure No. 2 to this Memorandum. Only learner – athletes whose performance meet the qualifying time standard included in the top 24 list of the Palarong Pambansa Secretariat shall compete at the Palarong Pambansa.

XV. SWIMMING WARM – UP GUIDELINES

All lanes in Competition Pool are circle swimming only until 7:00 A.M. and 2:15 P.M. when the competition pool converts to the following diagram:



COMPETITION POOL:

- a. There is no diving until 7:00 A.M. and 2:15 P.M., Diving is only allowed on the lanes provided in the warm-up guidelines.
- b. There is no diving in circle swimming lanes and turn practice lanes, entry to this lanes is to be feet first from a sitting position
- c. Paddles are not allowed during warm-up.

WARM-UP POOL:

1. In the warm-up pool, all entries must be feet first from a sitting position at all times.

XVI. WARM – UP SCHEDULE AND OTHER PRE-COMPETITION ACTIVITIES

TIME		ACTIVITY
From	Until	
6:00	- 6:40 am	Warm – up Schedule Region I, II, III and IVA
6:40	- 7:20 am	Warm – up Schedule Region IV- B, V, VI & VII
7:20	- 8:00 am	Warm – up Schedule Region VIII, IX, X and XI
8:00	- 8:40 am	Warm – up Schedule RegionXII, CARAGA, BARMM, CAR & NCR
8:40	- 8:50 am	COACHES' MEETING
8:50	- 8:50 am	Final Briefing of Technical Officials
9:00	am	Meet Start

1.



2023 PALARONG PAMBANSA
July 29- August 05, 2023 - Marikina City

TECHNICAL GUIDELINES FOR **TABLE TENNIS**

I. **EVENT AND AUTHORITY**

The Department of Education (DepEd), in partnership with the DILG and the PSC, shall conduct the *Palarong Pambansa* Table Tennis Competition 2023 in accordance with the technical guidelines approved by the duly constituted *Palarong Pambansa* Board.

II. **GENERAL RULES**

The International Table Tennis Federation (ITTF) rules and regulations shall govern the conduct of the competition complemented by ground rules when deemed necessary.

III. **ATHLETES' ELIGIBILITY**

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

IV. **ENTRIES**

Four (4) boys and **four (4) girls** - both in Elementary and Secondary levels.

V. **GAME EVENTS**

1. Doubles
2. Mixed Doubles
3. Singles

**Note: there shall be no team event for this edition*

Delegation coaches in each category and level are required to fill in an official entry form for the said events to be submitted at an assigned date before the solidarity meeting before the scheduled draw. All entries are final upon submission. Only Official coaches are allowed to assign and submit official entries.

A player shall be entitled to participate in two (2) individual events only.

VI. **TOURNAMENT FORMAT**

1. **Singles**

- 1.1. The coach has the sole discretion to choose two (2) players in the team to compete in the Singles event;

- 1.2. The first stage will be played in a group league system (round-robin) using two groups: A and B, each with four clusters each and shall be filled in via draw lots.
- 1.3. In case of tie in the bracketed group round robin, winner over the other rule shall prevail, in case of triple tie, point quotient difference shall be used to determine the bracket winner.
- 1.4. The quarterfinal stage will be played in a knock-out system with the following pairing: Group A cluster 1 vs 2 cluster 3 vs 4/ Group B cluster 1 vs 2 cluster 3 vs 4 subsequently Group A 1 vs A2 winner shall play group A 3 vs A4 winner/ Group B 1 vs 2 winner shall play group A 3 vs 4 winner to determine the two (2) finalists. The losers of the semi-finals matches shall be co-third placers.
- 1.5. All singles matches shall be played in the best-of-five games including finals.

2. **Doubles / Mixed Doubles**

- 2.1. Each Delegation can field two (2) entries per individual category/level;
- 2.2. The single elimination format shall be utilized;
- 2.3. A doubles/mixed doubles pair should wear identical shirts; and
- 2.4. All doubles/mixed doubles match shall be played in the best-of-five games including finals.

****Note: Doubles and Mixed Doubles shall be in single elimination format.***

VII. RANKING / SEEDING

Ranking shall be waived for this edition. Teams shall be drawn in such a way that no two (2) regions belonging to one cluster (Luzon, Visayas, Mindanao) shall meet in the first round in **doubles and mixed doubles**, while random draw to fill in the brackets shall apply to **singles**.

VIII. TOURNAMENT SESSION

Tournament session shall be from 8:00am to 6:30pm.

Grace period for a pair/player to report at the scheduled match is **5 minutes** after the official match time after which the match shall be considered as a walk-over/default in favor of the waiting player/pair.

IX. PRE-MATCH PROCEDURES IN THE CALL AREA

1. A Call Area shall be set up. The purpose of the Call Area is to minimize the inspection and checking made by the match umpire in the playing court and to resolve issues

or problems, if any, before entering the playing court thereby assuring that matches shall be played on time. All teams and players are required to report to the Call Area 30 minutes for the Singles event. If a pair or player fails to report 10 minutes before the scheduled match the player/pair of the said team shall automatically change shirt if both player/pair are wearing the same color.

2. To be conducted in the Call Area are the following:
 - 2.1. Checking of the players' identification;
 - 2.2. Checking of the teams/players' clothing;
 - 2.3. Racket inspection; and
 - 2.4. Identification of coach

X. CLOTHING / UNIFORM OF ATHLETES

1. Teams shall be required to wear their designated Regional uniform as provided including the coaches for proper identification or shirt similar to their respective regional color for the succeeding matches provided it is not similar to the color of the ball.
2. In case of identical shirt color by opponents, the official regional uniform shall prevail over the other.
3. The rules on playing clothing in the ITTF Handbook shall be in effect.

XI. EVENTUALITIES

Other unforeseen occurrences which are not covered by the ITTF rules shall be dealt upon by the **Table Tennis Technical Management Committee** whose decision shall be final.

XII. ADVISE/COACHING DURING MATCH

Only Coaches officially recognized in the NSAC screening gallery shall be allowed to seat on the bench.

Official coaches from other levels belonging to the same delegation can take the place of a designated coach if there shall be simultaneous play.

XIII. GROUND RULES ON USE GADGETS

The use of a video camera with a tripod is allowed provided that the player(s) /coach can independently set it **outside the surrounds as specified by the referee**. No spectator or other third party shall be allowed to go inside the field of play to operate it or manipulate it while an official match is going on. Calls/video calls to players/Coach during intervals is also prohibited.

XIV. APPEALS

Appeals must be submitted to the Tournament Manager/Referee after the contested match, or before his/her/their next scheduled match, duly signed by

constituted delegation authorities, and shall be dealt with in accordance with in accordance with the ITTF Rules.



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR TAEKWONDO

I. IMPORTANT DATES

July 31, 2023	Weigh in and Height Verification 8:00 am - 10:00 am Weigh in 1:00 - 3:00 pm height verification
August 1, 2023	Opening and Poomsae competition
August 2 & 3, 2023	Kyorugi competition
August 4, 2023	Awarding and closing ceremony

I. COMPETITION ATTIRE AND EQUIPMENT

1. Competitors.

- i. Competitors shall wear the official competition uniform and equipment .
- ii. These include the following.
 1. Competition uniform (white with blue for boys, white with red for girls)with black belts, junior black belts or competition belts. See PTA/WT approved uniforms

NOTE;

* USE OF THE PHILIPPINES, PHI, PH print on the uniform is strictly prohibited.

*Competition uniforms must have the name of their region written at the back.

2. Arm Guards
3. Shin Guards
4. Groin Guards(must be worn inside the uniform)
5. Hand gloves (white)
6. White or transparent mouth guards
7. E-foot protectors (sensor sock)

2. Official Coaches

- i. Coaches are required to wear their OFFICIAL DELEGATION's ID.

Note: Coaches without their delegation ID will not be allowed to enter the Field of Play.

- ii. Coaches are required to wear the following.
 - 1. Collared and sleeved shirt.
 - 2. Official delegation uniform.

II. COMPETITION MECHANICS

- a. METHOD OF COMPETITION: Individual competition between competitors of the same category.
 - 1. Competitors can only join one category per event.
- b. The competition will follow the Single Elimination Tournament System.
- c. The competition will use the Best of Three (3) system (see III. COMPETITION, Winning a Match, Best of Three System) .

- a. DIVISIONS & CATEGORIES: There will be a division between male and female competitors ‘
 - b. Each division is separated into different categories
 - c. Elementary Boys and Girls:

HEIGHT

- Group 1 Over 144 cm. to 152 cm.
- Group 2 Over 152 cm. to 160 cm.
- Group 3 Over 160 cm

SECONDARY BOYS:

- Category 1. Not exceeding 45 kg
- Category 2 Over 45 kg & not exceeding 48 kg
- Category 3 Over 48 kg & not exceeding 51 kg
- Category 4 Over 51 kg & not exceeding 55 kg
- Category 5 Over 55 kg & not exceeding 59 kg
- Category 6 Over 59 kg & not exceeding 63 kg
- Category 7 Over 63 kg & not exceeding 68 kg

SECONDARY GIRLS:

- Category 1. Not exceeding 42 kg
- Category 2 Over 42 kg & not exceeding 44 kg
- Category 3 Over 44 kg & not exceeding 46 kg
- Category 4 Over 46 kg & not exceeding 49 kg
- Category 5 Over 49 kg & not exceeding 52 kg
- Category 6 Over 52 kg & not exceeding 55 kg
- Category 7 Over 55 kg & not exceeding 59 kg

WEIGH IN/HEIGHT VERIFICATION:

- *Weigh-in and height verification shall be conducted a day prior to the competition.
- * A maximum of two hours and a maximum of two trials for weigh in.
- *Height verification will only be done once.

1. **DURATION OF THE MATCHES.**
 - a. ELEMENTARY DIVISION – One (1) minute and 30 seconds per round with a 45- second break in between rounds.
 - b. SECONDARY DIVISION - Two (2) minutes per round with a one (1) minute break in between rounds.
2. Drawing of lots
An automatic system for the drawing of lots will be used by the organizing committee.
3. Scoring System
 - a. The LPSS will be used as the Protector and Scoring System (PSS) during the competition.
 - b. Permitted techniques
 - i. Fist technique: using the knuckles of a tightly clenched fist to deliver a straight punching technique to the opponent's trunk protector.
 - ii. Foot technique: kicks delivered to the trunk or the head using any part of the foot below the ankle bone.
 - c. Valid points
 - i. Point(s) shall be awarded when a permitted technique is delivered to the colored area of the trunk protector with a proper level of impact.
 - ii. Points shall be awarded when a permitted technique is delivered to the head protector.
 - d. Different valid points
 - i. One (1) point for a valid punch to the trunk protector
 - ii. Two (2) points for a valid kick to the trunk protector
 - iii. Four (4) points for a valid turning kick to the trunk protector
 - iv. Three (3) points for a valid kick to the head protector
 - v. Five (5) points for a valid turning kick to the head protector
 - vi. One (1) point is awarded for every one "Gam-jeom" (see Prohibited Acts and Penalties iii) given to the opponent
4. Prohibited Acts and Penalties
 - a. Penalties shall be decided by the referee.
 - b. Prohibited acts (see Annex C) shall be penalized with a "Gam-jeom" by the referee
 - c. A "Gam-jeom" shall be counted as one (1) point for the opposing contestant

Recorded points will be invalidated when a competitor acquires the score right after the execution of a prohibited act. The referee

would declare the penalty for the prohibited act and invalidate the acquired score.

6. Appeal Card

- a. The Appeal Card is the means for the coach to object to a judgment of the refereeing officials during the contest and request for a correction of the decision.
- b. The situations a coach can use the Appeal Card are the following.
 - i. Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after "Kal yeo" or attacking the fallen opponent.
 - ii. Technical point.
 - iii. Any penalty against your own contestant.
 - iv. Any mechanical malfunction or error in time management.
 - v. When the referee forgot to invalidate point(s) after "Gam-jeom" was given for the prohibited act.
 - vi. Wrong identification of fist-attacking contestant by the judge.
 - vii. Head kick that is not scored.
- c. When an appeal is requested, the assigned referees of the court will convene.
- d. If the appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the pertinent contest.
- e. If the appeal is unsuccessful, the coach shall forfeit the right to appeal to the pertinent contest.
- f. The decision of the convening referees is final, and no further appeals during the contest or protest after the contest will be accepted.

7. Winning a Match

Using the Best-of-Three-(3)-System; the competitor winning the most matches in three (3) rounds wins the match.

- i. Winning a Round in the Best of Three System
 1. Winning by points: the competitor who has acquired more points in a round wins that round.
 2. Winning by point gap: in case of a twelve (12) point difference between the athletes, the referee will stop the contest and declare the competitor with more score the winner of the round.
 3. Winning by "Gam-jeom:" when a competitor receives five (5) "Gam-jeom" in a round, the opponent will be declared the winner of the round.
- ii. Round with Tied-Scores

The round winner shall be decided by superiority based on the following order of criteria.

 1. Most points scored by turning or spinning kick

2. If the number of turning and spinning kicks are the same, the competitor who has more scores using higher value techniques, in the following order.
 - A. Head
 - B. Trunk
 - C. Punch
 - D. "Gam-jeom"
3. If the high value points are the same, the competitor with the higher number of registered hits.
4. If the three (3) above criteria are the same, the referee and judges shall determine superiority

III. PROTESTS

1. Protests shall be made in writing using the Protest Form.
2. The protest shall be submitted to the TOURNAMENT MANAGER no more than 30 minutes after the match in question.

IV. OFFICIALS AND REFEREES

All competitors will be judged and scored by qualified, DEP ED accredited technical officials/ NSA (PTA) National Referees. This is to ensure that the method of competition and scoring is in accordance with the WT Rules & Interpretations.

V. SITUATION NOT COVERED BY THE RULES AND COMPETITION CODE OF CONDUCT

If any situation arises which is not covered by the rules in these Kyorugi Ground Rules, the The Palaro competition Management team,, Shall deliberate and give their decision on the matter and the NSA(PTA) code of conduct shall be strictly followed

VI. AWARDS

Winning contestants in these categories shall be awarded the following:

1st place: Gold Medal,

& certificate. 2nd place:

Silver Medal, &

certificate.

3rd place: 2 Bronze Medal, & certificate.

“GAM-JEOM”

i. Crossing the Boundary Line:

A “Gam-jeom” shall be declared when one foot of a contestant crosses the Boundary Line. No “Gam-jeom” will be declared if a contestant crosses the boundary line as a result of a prohibited act by the opposing contestant.

ii. Falling down:

“Gam-jeom” shall be declared for falling down. However, if a contestant falls down due to the opponent’s prohibited acts “Gam-jeom” penalty shall not be given to the fallen contestant, while a penalty shall be given to the opponent. If both contestants fall as a result of incidental collision, or in case a contestant who received a point with turning kick falls down, no penalty shall be given.

iii. Avoiding or delaying the match:

a) This act involves stalling with no intention of attacking. A contestant who continuously displays a non-engaging style shall be given a “Gam-jeom”. If both contestants remain inactive after three(3) seconds, the center referee will signal the “Fight” command. A “Gam-jeom” will be declared: On both contestants if there is no activity from them three (3)seconds after the command was given; or on the contestant who moved backwards from the original position three (3)seconds after the command was given.

b) Turning the back and move away to avoid the opponent’s attack should be punished as it expresses the lack of a spirit of fair play and may cause serious injury. The same penalty should also be given for evading the opponent’s attack by bending below waist level or crouching.

c) Retreating from the technical engagement only to avoid the opponent’s attack and to run out the clock, “Gam-jeom” shall be given to the passive contestant.

d) Pretending injury means exaggerating injury or indicating pain in a body part not subjected to a blow for the purpose of demonstrating the opponent’s actions as a violation, and also exaggerating pain for the purpose of elapsing the match time. In this case, the referee shall give a “Gam-jeom” however referee may

request IVR for clarification before declaration of “Gam-jeom” for pretending injury.

e) “Gam-jeom” shall also be given to the athlete who asks the referee to stop the contest in order to adjust the position/fit of protective equipment.

f) “Gam Jeom” will be given when contestant moves 3 consecutive steps backward or sideways without technical engagement.

iv. Grabbing or pushing the opponent:

a) This includes grabbing any part of the opponent’s body, uniform or protective equipment with the hands. It also includes the act of grabbing the foot or leg or hooking the leg with forearm. For pushing, it is permitted as a quick impact and a contestant must disengage from opponent after one push. The flowing acts shall be penalized.

-Pushing the opponent with prolonged or continuous contact
-Pushing the opponent out of the boundary line
-Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

b) Contestants should be separated following the referee’s “fight” command in clinch position, and if they fail to do so within three(3) seconds, Gam-jeom will be given to the passive contestant or to both contestants.

Gam-jeom will be given to the contestant who is grabbing, holding or crossing the arms to opponent’s body in clinch position.

v. Lifting the leg or cut kick motion shall not be penalized only when it is followed by execution of punching or kicking technique in combination motion.

vi. Attacking below the waist:

This action applies to an attack on any part below the waist. When an attack below the waist is caused by the recipient in the course of an exchange of techniques, no penalty will be given. This article also applies to strong kicking or stamping actions to any part of the thigh, knee or shin for the purpose of interfering with the opponent’s technique.

vii. Attacking the opponent after “Kal-yeo”:

a) Attacking after Kal-yeo requires that the attack results in actual contact to the opponent’s body.

- b) If the attacking motion started before the Kal-yeo, the attack shall not be penalized.
- c) In Instant Video Replay, the timing of Kal-yeo shall be defined as the moment that the referee's Kal-yeo hand signal was completed (with fully extended arm); and the start the attack shall be defined as the moment that the attacking foot is fully off the floor.
- d) If an attack after Kal-yeo did not land on the opponent's body but appeared deliberate and malicious the referee may penalize the behavior with a "Gam-jeom"

viii. Hitting the opponent's head with the hand:

This article includes hitting the opponent's head with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.

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-Pushing the opponent with prolonged or continuous contact

-Pushing the opponent out of the boundary line

-Pushing the opponent in a way that prevents kicking motion or any normal execution of attacking movement

b) Contestants should be separated following the referee's "fight" command in clinch position, and if they fail to do so within three(3) seconds, Gam-jeom will be given to the passive contestant or to both contestants.

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This article includes hitting the opponent's head with the hand (fist), wrist, arm, or elbow. However, unavoidable actions due to the opponent's carelessness such as excessively lowering the head or carelessly turning the body cannot be punished by this article.

xiv. Butting or attacking with the knee:

This article relates to an intentional butting or attacking with the knee when in close proximity to the opponent.

However, contact with the knee that happens in the following situations cannot be punished by this article.

- When the opponent rushes in abruptly at the moment a kick is being executed
- Inadvertently, or as the result of a discrepancy in distance in attacking.

xv. Attacking the fallen opponent:

This action is extremely dangerous due to the high probability of injury to the opponent. The danger arises from the following:

- The fallen opponent is in an immediate defenseless state
- The impact of any technique which strikes a fallen contestant will be greater due to the contestant's position. These types of aggressive actions toward a fallen opponent are not in accordance with the spirit of taekwondo and as such are not appropriate to taekwondo competition. In this regard, penalties should be given for intentionally attacking the fallen opponent regardless of the degree of impact

When misconduct is committed by a contestant or a coach during a rest period, past the five (5) seconds of the round conclusion, the referee can immediately declare the "Gam-jeom" and the "Gam-jeom" shall be recorded to the upcoming round.

However, "Gam-jeom" shall be recorded to the previous round if the action happened within five (5) seconds of the round conclusion.

POOMSAE EVENT

GENERAL GUIDELINES:

- * **There shall be 2 divisions. (Elementary and Secondary)**
- * **Each division is divided into MALE and FEMALE.**
- * **There shall be 3 players for the MALE, 3 players for the FEMALE in both elementary and secondary.**

1. CATEGORIES FOR BOTH ELEMENTARY AND SECONDARY:

1. INDIVIDUAL POOMSAE EVENT (Elem M/F, Secondary M/F)
2. MIXED PAIR POOMSAE EVENT (2 participant, M/F for both elementary and secondary)
3. TEAM POOMSAE EVENT (3 male, and 3 female for both elementary and secondary)

II. REQUIRED POOMSAE:

Elementary: Elimination: Taeguk 8, Finals: Koryo
Secondary: Elimination: Koryo, Finals: keumgang

III. METHOD OF COMPETITION:

A player is allowed to participate in a maximum of two events only. The cut off system shall be applied in this competition. It shall comprise of the following stages:

ELIMINATION:

Contestants shall perform the required poomsae for the elimination and top 8 contestants shall be selected for the final round based on their point rankings.

FINALS:

Contestants shall perform the required poomsae for the finals and top 3 players will be awarded medals based on their point rankings.

IV. DURATION OF THE CONTEST:

The time limit for the performance of the required poomsae for all events shall be 1 minute and 30 seconds.

V. UNIFORM: The contestant shall only use the prescribed poomsae uniform. (DEP ED, PTA/WT approved)

VI. COMPETITION RULES:

The current WT Poomsae competition rules and interpretation shall apply.

VII. SCORING CRITERIA:

A. Accuracy (4.0)

1. 0.1 point shall be deducted each time a contestant does not perform the basic movements or the pertinent poomsae accurately.
2. 0.3 points shall be deducted each time a contestant makes a major mistake.

B. Presentation:

- 1. Speed and power(2.0)**
- 2. Control of power , speed and rhythm (2.0)**
- 3. Expression of Energy(2.0)**

VIII. AWARDING:

First Place: Gold Medal + certificate

Second Place: Silver Medal + certificate

Third Place: Bronze Medal + certificate



2023 PALARONG PAMBANSA
July 29–August 05, 2023 • Marikina City

TECHNICAL GUIDELINES FOR **TENNIS**

The 2023 *Palarong Pambansa* Tennis Tournament shall abide by the International Tennis Federation (ITF) Rules of Tennis. The following Ground Rules are hereby formulated and therefore be strictly implemented.

I. **TOURNAMENT FORMAT**

1. Singles Competition, Doubles Competition and Mixed Doubles Competition shall constitute the Tennis Tournament.
2. Single Elimination format shall be implemented in Singles, Doubles and Mixed Doubles Competition.
3. Drawing of lots shall do the pairing of players.
4. All matches shall be played in straight 8 Games. This means a player or team who scores eight (8) games wins the set and match, provided that the player or team wins by a majority of two (2) games. If a set score is tied at seven (7) games all, it shall be decided by a 7-Point Tiebreak Game (ITF Rule 5B). The **Advantage Set** shall be implemented and the **No Let Rule in Serve** shall be in effect.

II. **ATHLETES' ELIGIBILITY**

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. **NUMBER OF ENTRIES**

1. Each Region must have a maximum of four (4) players.
2. Each Region is entitled to two (2) entries in Singles Competition and one (1) entry in Doubles Competition and one (1) entry in Mixed Doubles Competition.
3. In Singles & Doubles "fixed" entries shall prevail, which means entries in Singles are not allowed to play in Doubles-vice versa.
4. With the exception of Mixed Doubles wherein the coaches must choose their ideal pairing.
5. The competition shall take place in accordance with these Regulations, the ITF Rules of Tennis

IV. SCHEDULE OF THE COMPETITION

All morning and afternoon matches shall be based on availability of court, but not before the designated time.

4 ½ Days of Competition

V. COURT DISCIPLINE

1. **Unsportsmanlike Conduct (Unc)**, If such violation occurs during a match (including the warm-up), the player shall be penalized in accordance with the Point Penalty Schedule. In circumstances that are flagrant and particularly injurious to the success of tournament, or are singularly egregious, a single violation of this Section shall also constitute the Major Offence of "Aggravated Behavior" and shall be subject to the additional penalties. For the purposes of this Rule, Unsportsmanlike Conduct is defined as any misconduct by a player that is clearly abusive or detrimental to the Competition, the ITF or the sport of tennis.

Immediate Default the Referee may declare a default for any misconduct violation of the Code without going through the Point Penalty Schedule.

2. Conduct of Coaches before, during and after the match shall be exemplary. Improper behavior by the Coach/Team Captain and Players directed to meet officials are liable to disciplinary actions. It may be in form of game suspension, suspension from the rest of the tournament or as the case may be, it can be a lifetime suspension from any tournament administered by DepEd. In case of physical abuse or grave misconduct the Tournament Director, Referee or the Chair Umpire has the right for immediate removal of coaches.

VI. UNFINISHED MATCHES

1. In case of inclement weather or fortuitous event matches shall be postponed and must re- scheduled. In any case of postponement, standing score shall be carried in the resumption of games and occupancy of the court shall be followed. If so happen succeeding schedule of matches shall be adjusted accordingly.
2. If there is no alternative venue and not enough time to accomplish the tournament, in consultation with the Chairman of the Technical Management and Games Administration Committee (TMGA) the following options shall be agreed upon by the Tournament Director and Coaches involved:
 - 2.1. One (1) Set, Straight Six (6), No Tiebreak Game, No-Advantage Set
 - 2.2. One (1) Set, Straight Four (4), No Tiebreak Game, No-Advantage Set
 - 2.3. Super Tiebreak, Ten (10) Points

VII. PROTESTS

1. Protest on technicalities shall be in writing and be submitted to the Tournament Director, signed by the Coach and the duly authorized representative of the Head

of the Delegation within **one (1) hour** after the conclusion of the match in protest. TD shall decide within **2 hours upon receipt** of the protest; *Only questions of laws are appealable to the Jury of Appeal;*

2. The decision of the TD shall appealable to the Jury of Appeal, signed by the coach and head of delegation within **3 hours** upon receipt of the decision of the decision;
3. The Jury of Appeal shall decide within **6 hours** upon receipt of the appeal; The decision of the Jury of Appeal is final and executory;
4. All protests must be supported with evidences and attachments; video recording taken privately will not be considered as evidence.
5. Judgement calls made by the Chair Umpire and the Line Umpire, shall not be subject to protest and appealable.

VIII. CODE OF CONDUCT

1. It shall be the responsibility of the coach and players to know his/her schedule of matches.
2. Players who present themselves in acceptable tennis attire aside from the official color of teams shall be accepted.
3. Prior to the commencement of the match, coaches and players must show their ID cards for proper identification.
4. The match's official timekeeper is the Chair Umpire.
5. Players and Coaches shall always conduct themselves in a manner which will reflect favorably upon the game of tennis and themselves as a true gentleman.

IX. WALK-OVER/NON-APPEARANCE OF THE PLAYERS

A fifteen (15) minutes grace period time on the scheduled match shall be given, otherwise, the player shall be declared loser via walk-over.

X. COACHING

1. In Individual Competition (Singles, Doubles and Mixed Doubles) coaching is not allowed. Coaching is considered to be any communication, advice of any kind audible or visible to a player.
2. No Cheering/Heckling - Coaches shall not cheerlead. A simple "Good shot" or a polite clap is not considered as cheer leading.
3. Coaches shall not in any way distract or annoy officiating officials and the opposing player.
4. A Coach shall not initiate conversation and argue with the opposing players and officiating officials during the match.

XI. CHANGES / MODIFICATIONS

In consultation with the Chairman of Technical Management and Games Administration (TMGA), all Coaches and Officiating Officials shall be notified immediately and be required to affix their signature in conformity of any necessary amendments of the aforementioned Ground Rules.



2023 PALARONG PAMBANSA
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TECHNICAL GUIDELINES FOR VOLLEYBALL

I. GENERAL RULES:

1. This volleyball competition shall be held in accordance with the rules of International Volleyball Federation (FIVB) 2021-2024 Edition and as modified by and/or supplemented by the guidelines stated hereunder.
2. Any unforeseen event not covered by the rules shall be dealt as follows;
 - 2.1 Cases of general nature shall be resolved in accordance with the guidelines of Department of Education Palarong Pambansa; and;
 - 2.2 Technical questions shall be resolved in accordance with the Technical Guidelines, Rules & Regulations of Volleyball. All necessary interpretations are to be clarified during the solidarity/ or the General Technical Meeting.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 2 of DepEd Memorandum No. 5, s. 2023 shall apply.
2. Only athletes, coaches, assistant coaches and chaperons in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTINGENT:

Each cluster shall send the top two qualifiers in two (2) divisions and two (2) levels: Elementary Boys and Girls; Secondary Boys and Girls divisions.

1. Composition of a Team

- 1.1. Twelve (12) players including one (1) or two (2) liberos
- 1.2. One (1) Head Coach
- 1.3. One (1) Assistant Coach
- 1.4. One (1) Chaperon in case of Girls' team (female chaperon only)

IV. SPORTS SOLIDARITY MEETING:

1. Coaches and team captains of all participating teams are obliged to attend sports solidarity meeting or the general technical meeting to be able to clarify rules to be applied/adopted. Failure to attend waives its right to file neither protest nor complaint against any matter discussed and agreed during the meeting. It is also in this meeting that the coach of each participating team must:

Submit their hardcopy official entries to the volleyball tournament management to confirm officially its participation following the modified/simplified O-2 BIS Form with twelve (12) players including the LIBERO/S and three (3) or more officials -the Coach, Assistant Coach and the chaperon (in case of girls' team entry), Therapist, and Medical Doctor.

1.1 Attend the "Preliminary inquiry" in the said meeting and submit for inspection the two (2) team captain's uniform and that of the LIBERO.

2. All volleyball teams shall be furnished the whole schedule of games from the 1st to the last day of the **2023 Palarong Pambansa Volleyball Competition**.

V. DETERMINATION OF WINNER

1. HOW TO WIN A SET/MATCH

1.1 All games for the elementary boys and girls shall be played on a 2-out-of-3 sets following the "Rally Point System" A team which scores 25 points with a minimum lead of two (2) points wins a set. In case of a 24-24 tie, play is continued until a two-point lead is achieved i.e., 26-24;27-25; etc. should there be 3rd or deciding set, the change sides of court shall be at score 13 and the team which scores 25 points or with a minimum lead of two (2) points, wins a set.

1.2 All games for the secondary boys and girls during the preliminary rounds shall be played on a 2-out-of-3 sets following the Rally Point System. A team which scores 25 points with a minimum lead of two (2) points, wins a set. In case of a 24-24 tie, play is continued until a two-point lead is achieved \.e.,26-24;27-25; etc. Should there be 3rd or deciding set, the change sides of court shall be at score 13 and the team which scores 25 points or with a minimum lead of two (2) points, wins a set. Starting in the Semi-finals matches up to finals, games will be played on a 3-out-of-5 sets. Should there be fifth (5th) or deciding set, teams change sides of the court at score 8 and a team which scores 15 points or with a minimum lead of two (2) points, wins the set.

VI. CONDUCT OF COMPETITION:

1. The First Referee shall not permit any discussion about his/her decisions. Rule 23.2.4.,p. 47 FIVB
2. Referees accredited by DepEd and officially endorsed by their respective regions and core referees from the DepEd-NSA shall be selected by the Tournament Director and tapped to officiate and manage the volleyball games.
3. The rule of succession in scheduling games in all levels shall apply. Hence, teams shall be within the vicinity of the court forty five (45) minutes ahead of their scheduled time of play. Fifteen minutes prior to the start of the match, the 1st and the 2nd referees shall conduct the toss coin and game proceedings. Games shall start as scheduled.
4. Players, coaches, including identified team supporter, pointing dirty fingers, use of profane language or any derogatory remarks addressed to the officiating officials, shall be warned and repetition of the same offense warrants sanction. The team shall be sanctioned by loss of service or point against them if the spectator is identified to be the team supporter.
5. At the end of the match, team captains shall congratulate and shake hands with the Referees (a gesture of sportsmanship), sign the scoresheet to ratify the result of the match. (Rules 5 . 1 . 3 . 1)
6. There shall be regular inspection of/checking of player's ID before

the start of the game.

7. Regional hymn shall be played during the team's warm-up on the net.

VII. SPORTSMANLIKE CONDUCT:

1. Participants must know the "official volleyball rules" and abide by them.
2. Participants must accept Referees' decision with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain.
3. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
4. Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees but also towards other officials, the opponent, team-mates and spectators. (Rule 20.2.1)

5. MISCONDUCT LEADING TO SANCTIONS:

Incorrect conduct by a team member towards officials , opponents , team-mates or spectators is classified in three categories according to the seriousness of the offence.

- 5.1 Rude conduct: action contrary to good manners or moral principles.(rule 21.2.1)
- 5.2 Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt. (rule 21.2.2)
- 5.3 Aggression: Actual physical attack or aggressive or threatening behavior. (rule 21.2.3)
- 5.4 SANCTION SCALE: According to the judgement of the 1st referee and depending on the seriousness of the offence, the sanctions to be applied and recorded on the scoresheet are: **Penalty, Expulsion or Disqualification** (Rule 21.3)

6. SUMMARY OF MISCONDUCT AND CARDS USED:

Warning: No sanction (rule 21.1)

Stage 1- verbal warning , Stage 2- Yellow Card

Penalty: Sanction: Red Card (rule 21.3.1)

Expulsion: Sanction: Red + Yellow cards jointly (rule 21.3.2)

Disqualification: Sanction: Red + Yellow cards separately (rule 21.3.3)

VIII. OFFICIAL VOLLEYBALL RULES, UNIFORM AND NET HEIGHT

1. The competition shall be played in accordance with the FIVB Rules 2021-2024 edition. All necessary interpretations shall be made before the competition, i.e., during the General Technical Meeting of Coaches and Referees.
2. A team must officially register and declare one (1) or two (2) LIBEROS prior to its first game or during the General Technical Meeting.
3. **THE LIBERO:** The coach has the option to field in any of the

LIBEROS. Replacement of Libero shall be unlimited among them.
In no instance that the two liberos shall be fielded at the same time in the same set. **The libero can be either team or game captain.**

4. PLAYING UNIFORM:

- 4.1** The playing uniform must be in conformity with the regional color and of the FIVB General Regulations.
- 4.2** Each team shall have an available of minimum of two (2) sets of playing uniforms (light and dark) color.
- 4.3** The player's number 1-20 shall be registered on the O-2 BIS, this form must be the same number on the uniform and shall be the same number to be used by the player throughout the **2023 Palarong Pambansa** Volleyball Competition.
- 4.4** The uniform of the LIBERO must be in contrast with team's color. (Rule: 4.3.1;19.2).
- 4.5** The number must be placed on the jersey at the center of the front and of the back.
- 4.6** The color and brightness of the numbers must contrast with the color and brightness of the jerseys.
- 4.7** The number must be a minimum of 15 cm in height on the chest, and a minimum of 20 cm in height on the back. The stripe forming the numbers shall be a minimum of 2 cm in width.
- 4.8** The team captain must have on his/her jersey a stripe of 8 x 2 cm underlining the number on the chest only.

5. COACHES AND TEAM OFFICIALS' UNIFORM:

The officials on the player's bench must wear polo shirt or T-shirt with collar. Team officials who are in short pants and/or in slippers shall not be allowed to participate during the warm-up and duration of the match. Teams without a registered team official before the start of their scheduled game shall lose the game by default. **"No Coach No Play"** rule shall apply. In case a team coach is thrown-out due to unsportsmanlike conduct, the team assistant coach may act as a coach upon request of the team captain. The "thrown-out" or "penalized coach" however still holds that responsibility to take care of his/her team after the game.

6. NET

- a. The net is 1 meter wide and 9.50 to 10 meters long (with 25 to 50 cm on each side of the bands) made of 10 cm square black mesh.
- b. Height of the Net:
Elementary Level: Boys- 2.15 meters Girls- 2.10 meters
Secondary Level: Boys- 2.43 meters Girls- 2.24 meters

7. Playing Area

- 7.1** The Playing area includes the playing court and the free zone. It shall be rectangular and symmetrical; and
- 7.2** The playing court is a rectangle measuring 18 x 9 cm surrounded by free zone which is a minimum of 3 m on all sides. The free playing space is the space above the playing area which is free from any obstructions. The free playing space shall measure of 7 m in height from the playing surface.

8. 3-BALL SYSTEM

8.1 To avoid delay of games and to be able to finish the game within the prescribed period, three ball systems shall be applied. Teams are advised to tap the ball to the ball retriever's side.

IX. GROUPING PROCEDURE:

1. The eight (8) regions/teams shall be divided into two (2) groups A & B. Groupings based on the result of the 2023 Cluster Meet ranking.

Bracket A

Rank 1 Cluster 1
Rank 2 Cluster 2
Rank 1 Cluster 3
Rank 2 Cluster 4

Bracket B

Rank 2 Cluster 1
Rank 1 Cluster 2
Rank 2 Cluster 3
Rank 1 Cluster 4

Teams in each group shall play single round robin and shall be ranked accordingly. Ranked 3 and 4 of each bracket shall play for classification matches (5th-8th placers). Top two (2) teams in Group A & B shall advance to the semi-finals and play on the crossover (R1A vs R2B & R1B vs R2A). Losers will play for 3rd and 4th placers, respectively. The winners shall play for the championship (1st & 2nd Placers).

SEMI-FINALS (2 Games)

Rank 1A vs Rank 2B
Rank 1B vs Rank 2A

CLASSIFICATION (2 Games)

Rank 4A vs Rank 4B (7th to 8th)
Rank 3A vs Rank 3B (5th to 6th)

FINALS

Loser SF1 vs Loser SF2 (3rd and 4th)
Winner SF1 vs Winner SF2 (1st and 2nd)

2. CLASSIFICATION/RANKING OF TEAMS:

Classification of teams shall be considered in the following orders:

2.1 Number of Victories; the teams shall be classified in descending order by the number of matches won.

2.2 In case of equality in the matches won, ranking points shall be considered.

2.3 The following points shall be awarded per match to each team:

3 SETS		5 SETS	
Match Won (2-0)	3 points	Match Won (3-0)	3 points
Match Won (2-1)	2 points	Match Won (3-1)	3 points
Match Lost (1-2)	1 point	Match Won (3-2)	2 points
Match Lost (0-2)	0 point	Match Lost (2-3)	1 point

Match Forfeited	0 point	Match Lost (1-3)	0 point
		Match Lost (0-3)	0 point
		Match Forfeited	0 point

3. In case of equality of ranking points:

3.1 **SET QUOTIENT** - In case of equality in the number of matches won by two(2) or several teams, they shall be classified in descending order by the quotient resulting from the division of the number of all sets won by the number of all sets lost within in their bracket.

3.2 **POINTS QUOTIENT** - If the tie persists as per the set quotient (rule 12.2.4.1) they shall be classified in descending order by the quotient resulting from the division of all points scored by the total of points lost during all sets within their bracket; and

3.3 If tie continues as per the point quotient (rule 12.2.4.2) between two (2) teams, the priority shall be given to the team which won the last match between them. When the tie in point quotient is between three (3) or more teams, a new classification of these teams in term of (rule 12.2.4.1, (12.2.4.2) and shall be made taking into consideration only matches in which they were opposed to each other.

X. AWARDS:

1. AWARDS (MEDALS & CERTIFICATES)

a. Winners of the matches in respective category/division shall be awarded the following:

- Champion - 14 Gold Medals plus 14 pcs. Certificate of Recognition
- 1st Runner-up -14 Silver Medals plus 14 pcs. Certificate of Recognition
- 2nd Runner-up -14 Bronze Medals plus 14 pcs. Certificate of Recognition
- 3rd Runner-up - No Medal. Only 14 pcs. Certificate of Achievement

b. Certificates and corresponding medals shall be awarded to the mythical team (8) and the winning coach of the champion team.

NOTE:

All Volleyball Players must wear their regional official uniform in receiving the medals and certificate of participation during the volleyball awarding and closing ceremonies which shall follow immediately after the championship match.

XI. MISCELLANEOUS PROVISIONS:

1. PROTEST/COMPLAINTS:

- 1.1 See NSAC Guidelines; sec. 14; and
- 1.2 VIII. 1.2 all forms of misconduct during competition shall be subject to sanction in accordance with the sanction scale. (Rule 21.3)
- 1.3 Protest shall be in written form duly signed by the coach and noted by the Regional Sports Officer;
- 1.4 The protest shall be submitted to the Tournament Director within thirty (30) minutes after the match;
- 1.5 No protest will be entertained regarding judgement calls of the referees; and
- 1.6 Only technicalities of the game may be protested.

2. CONDUCT DURING COMPETITION AND CORRESPONDING PENALTIES:

3. PLAYERS AND COACHES ATTITUDE DURING GAMES

Participants must refrain from actions or attitudes aimed at influencing the decision of the referees, otherwise, the player/team/coach shall be issued verbal warning. Repetition of the same offense warrants penalty.

4. UNDER THE INFLUENCE OF LIQUOR:

Any member of the team found to be under the influence of liquor or drugs shall not be allowed to sit on the bench.

5. SANCTIONS:

All forms of misconduct during competition shall be subjected to sanction in accordance with the sanction scale. (Rule 22.3.)

6. DEFAULT:

A team that does not appear fifteen (15) minutes after the scheduled time of their game shall be declared in default in favor of the opposing team.

7. DEFAULT/FORFEITURE/WALK-OUT:

A team that declares its game in default, voluntary forfeiture and/or walks-out before or during the match shall be given zero (0) point. Chances are, it might entail exclusion from the next qualifying/ranking round. This rule applies from the preliminary up to the championship round. All matches previously played shall be declared forfeited with score: 0-2: (0-25;0-25) for two out of three sets and 0-3 (0-25;0-25;0-25) for three out of five sets.

8. VICTORY CEREMONIES AND OTHER PROTOCOLS

Victory ceremonies shall follow immediately after the conclusion of the Volleyball Competition. Coaches of top four (4) teams must advise their players to be in full of their regional uniform particularly those who will be receiving their awards.

9. PROTOCOL:

9.1 The Asian volleyball Confederation (AVC) protocol shall be adapted during the preliminary rounds and the championship matches.

9.2 All teams and players must be within the vicinity of the volleyball court 45 minutes prior to their scheduled game. Fifteen minutes prior to the match, the First Referee and the Second Referee shall conduct the toss coin and the other game proceedings. Games shall start as scheduled.

9.3 At the end of the match, team captains shall congratulate and shake hands with the Referees, a gesture of sportsmanship, and sign the score sheet to ratify the result of the match (Rule 5.1.3.1)

10. PROLONG INTERRUPTIONS:

Interrupted matches, even if it exceeds the four hours and played in another venue, match shall resume with the same scores, players, and position. Interrupted set shall continue normally with the scores of completed set/s kept as played.

11. UNFORSEEN ITEMS:

As regards to the specific items not expressly foreseen in this regulation, the Tournament Director shall decide in consultation with the General Rules and Guidelines contained in the FIVB and the **2023 Palarong Pambansa** Rules and Regulations.


ARNEL HAJAN, ED.D.
Tournament Director



2023 PALARONG PAMBANSA
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TECHNICAL GUIDELINES FOR **WRESTLING**

I. RULES & REGULATIONS

The Tournament Guidelines of PALARONG PAMBANSA 2023 in shall be managed and modified in accordance with United World Wrestling (UWW) for the safety of the students-athletes.

In order, to guide the field in the conduct of sports activity in Wrestling, the following ground rules are hereby issued for the information and guidance of all concerned:

I. ELIGIBILITY OF ATHLETES

Only Secondary Students-Athletes who passed the screening procedure shall be allowed to play and only one participant per age and weight class.

II. AGE and WEIGHT CLASS

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

- A. 13-15 = Cadets (under 16 years of age come the nationals).
- B. 16-18 = Juniors (16-18 and above years of age come the nationals)

CATEGORY	AGE	GENDER	WEIGHT (kg)
Cadets	13 – 15 years old	Boys	42, 46, 50, 54
Cadets	13 – 15 years old	Girls	40, 44, 48, 52
Juniors	16 – 18 years old	Boys	54, 58, 62, 66
Juniors	16 – 18 years old	Girls	48, 52, 56, 60

III. COMPETITION SYSTEM

Pre-Tournament

- A. The weigh-in and the medical inspection shall be done one (1) day before the tournament. A (2) kilogram plus allowance is allowed during the weigh-in. Only (1) weigh-in for each category (cadets/juniors).
- B. The drawing of lots shall be done after the weigh-in.

Tournament

- a. The **Nordic System** shall apply in accordance with the number of entries per weight categories. The direct elimination with repechage for (8) or more in a weight class with one (1) gold, one (1) silver and two (2) bronze medals, However, if there are 6 or 7 athletes one bronze only with crossover bout.

Classification in Nordic System Ranking:

The wrestler with the highest number of victories will be rank first.

For all the cases with a tie between athletes in the same group, the ranking will be determined with following criteria, across all competition:

- ***The highest classification points:***
- ***The highest victory by fall***
- ***The highest match victory by superiority***
- ***The highest technical points scored.***
- ***The direct match (winner against each other).***

b. Modification for victory by FALL or 2 Pin down.

Two (2) Pin down Rules

2 pin down to win the match regarding it happen 1st or 2nd round.

If only 1 pin down declared after the match, the wrestler with 1 pin-down will earn plus 5 points.

If the pin down is tie (both wrestlers got 1 pin down) the score sheet will be basis to declare the winner.

c. The Challenge

Is the action through which the coach is allowed, on behalf of the wrestler, to stop the action and request the mat chairman to watch the video evidence in case of a disagreement with the call. If the Jury and Mat chairman confirms the decision by the refereeing body, the wrestler loses the challenge, and his opponent will receive one (1) technical point.

No challenge can be requested after the end of the regular time of a period.

d. Point System

For the safety of wrestlers, only one (1) and two (2) points shall apply in our current Set-up. (All throws low or high is forbidden, if the wrestler used any high amplitude Throws (Supplex and lifting up), it will result into immediate disqualification).

Further all fouls will be caution and 1 point.

e. Duration of the Bout

- For Cadets and Juniors: the duration of a bout will be two periods of 2 minutes with a 30-second break.
- The timing displayed on the scoreboards will start from 4 to 0 minute.
- The winner is declared by the addition of the points in both periods at the end of the regular time.
- Technical superiority is reached when there is a difference of 10 points. This automatically leads to victory and ending the bout by blowing of whistle.
- The fall stops automatically the match whatever the period.
- Default if opponent did not come 1 minute after the call
- Winner by Injury if opponent cannot continue due to injury
- Disqualification after 3 cautions
- Disqualification after any brutality action.

IV. PALARO COMPETITION UNIFORM

For the Palarong Pambansa National Championship, to limit the participation costs per teams, it is suggested that in place of the official Olympic Wrestling standard uniform, it is allowed to have a close approximate of having 1.) a pair of blue and red sando-and-cycling shorts combo per athlete and 2.) exempt the athletes from wearing wrestling shoes, have them compete barefooted.

Athletes must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue) ... wearing a sando should be approved by the technical officials.

A Division / Region emblem on the chest is optional.

The use of light knee pads containing no metal parts is allowed.

The athlete must have a cloth handkerchief with him/her on the duration of the bout/match.

At the beginning of each day, every athlete must be closely shaven or have a beard of several months' grown.

Advertising on clothing. Athletes may also wear their sponsor's name(s) at the back or sleeves of their robes. Letters and symbols should not be more than 6 cm.

Ear Protectors. Ear protectors to be used by the wrestlers must be approved by DepEd and must not contain any metal or hard shells. The referee can oblige the wrestler with long hair to wear ear protectors.

Shoes. Athletes must wear wrestling shoes that provides firm support for the ankles. Shoes with heels or with nailed soles, shoes with buckles or with any metallic parts is prohibited. Shoes with laces must be wrapped with a sticky tape or hide the laces so that they will not be exposed during the bout / match to avoid interruptions or disturbance to the athletes. Each athlete is responsible for providing the tape for the shoes which should be controlled before entering the mat.

Bans. At the weigh-in, the referee must check that each competitor satisfies the requirement. The wrestler must be warned at the weigh-in that if his/her appearance is incorrect, he/she is NOT ALLOWED to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow a maximum of one (1) minute for him/her to comply. If, after one minute, the wrestler is still at fault, he/she will lose the match by abandonment.

It is prohibited to:

- o Wear the emblem or abbreviation of another Division / Region.

- Apply any sticky or greasy substance to the body.
- Enter 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. Bandages must be covered with elastic straps.
- Wear any objects that might cause injury to the opponent like rings, bracelets, prosthesis, piercings, etc.
- Wear under-wired bras (for women wrestlers).

V. ILLEGAL HOLDS

The following holds and actions are illegal and should be strictly prohibited:

- Lifting opponents in standing and parterre position (the only allowed is lifting while kneeling in double leg, backward roll and countering single or double leg attack in parterre position).
- All throwing's (one arm throw, hip throw, head and arm throw, fireman's throw, double and single leg lifting up takedown).
- Supplex and all high amplitude holds would result into disqualification of the athlete.
- Pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw.
- Kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering
- Hold the opponent by his singlet.
- Hitting the mat (using hands or legs)
- Cling to or grasp the mat.
- Talk during the bout.
- Holding the toe of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- Bringing the opponent's arm behind his back and the same time applying pressure to it in a position where the forearm forms an acute angle.
- Executing a holds by stretching the opponent's spinal column.
- Executing a hold in the neck using two arm.(the only allowed is holding head and arm)
- Lifting the opponents who is in bridge position and throwing it in the mat.
- Breaking the bridge by pushing to the head direction.
- If the attacking wrestler is found to be violated the Rules during the execution of the hold, the action in question shall be completely void, and the wrestler will get caution and 1 point to his/her opponent.
- If a defending wrestler, by an illegal action, prevent his/her opponent from developing the holds, he/she will receive 'caution' and 1 point to the attacking wrestler.
- Twisting the leg out while in parterre position
- Agree with the match result between themselves.
- Grasping or interlocking fingers to block the opponent and prevent Active Wrestling.
- To spit the water out during the break.
- Double nelson
- Leg hook (binding/hooking the leg of opponent in ground/parterre position)

These general prohibitions are sanctioned based on the severity of the foul (disqualification, caution-1 point or verbal warning). Disciplinary sanctions might also be applied after the competition against the athlete at fault.

Other rules stated underneath should also be strictly implemented:

1. Adapt the two-period system with continuation of score from period one, based on the 2019 Palarong Pambansa Guidelines General Information, Technical Rules, Regulations, Guidelines in Sports (Memorandum No. 1, series of 2019). Cadets (2 minutes with 30 seconds break); Juniors (2 minutes with 30 seconds break).
2. No more warning (“ACTION”) will be given to a passive wrestler. An automatic 1 point will be given to the opponent in the next and succeeding passive actions. The referee is authorized to stop the play if a passive player is to be reprimanded.
3. A warning (“ATTENTION”) will be given to a wrestler who makes an unintentional or intentional brutality for the first offense.
 - a. The Officiating Team will also make a decision for any brutality that will be done by the wrestler (even on first offense) ... to whether a point will be given to the opponent or an automatic disqualification.
 - b. When brutality is being performed again by the wrestler, the game will be stopped, and a decision will be made by the officiating officials.
4. If the wrestler is in a half pin position and quickly changes the position to escape from the danger of pinning down, is not yet considered pinned. But if he/she will return to his previous half-pin position, he/she is declared pinned down.
5. NO WAIVERS ALLOWED (As per DepEd Order on Child Protection Policy).
6. No wrestler is allowed to a “1 step up” in each weight category.
7. There can only be one player / wrestler in every weight category per delegation.
8. Winning in medal tally will be based on the number of golds, silver, and bronze. Even if the fourth placer is still bronze recipient, it is NOT included in the medal tally.
9. In case of a question about the official’s decision, the coach should forward his/her queries, but the decision of the Jury would be final and irrevocable.
10. Only the official video(s) by the Officiating Team will be used for any clarifications and review of decisions.

HEALTH AND SAFETY PROTOCOLS

- a. Tables and chairs must be in a set up in compliance to the safety standards and protocols with at least 1 meter apart to maintain physical/social distancing.
- b. Players, coaches, chaperons, and all members of the officiating team must already be fully vaccinated and already had a booster shot.
- c. Players who are not playing, coaches, chaperons, and technical officials are required to wear face mask on the whole duration of the tournament.
- d. Players could only remove their face masks when they are playing. They are also required to bring alcohol or any disinfectants.

- e. Signs and reminders must be posted and provided to remind the people about social distancing and the prescribed health protocols.
- f. There must be a presence of security personnel, facility safety officials and medical team at all times.
- g. Only the players, coaches, trainers, security personnel, medical team and officiating officials are allowed in the playing venue. No spectators allowed inside the playing venue.
- h. Physical/Social distancing should be strictly followed.
- i. Disinfection of equipment and surrounding area must be done before and after the competition proper.



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TECHNICAL GUIDELINES FOR **WUSHU**

I. RULES AND REGULATIONS:

The Competition will be conducted in accordance with the Rules of International Wushu Federation (IWUF) 2017.

II. COMPETITION VENUE:

TBA

III. COMPETITION EVENTS:

Group A - 16 to 18 years old (Palaro Year – Birth Year)

Athletes must be born between Jan.1, 2005 to Dec. 31, 2007.

Boys: 45.01 kg. - 48.0 kg;

48.01 kg. - 52.0 kg;

52.01 kg. - 56.0 kg

Girls: 45.01 kg. - 48.0 kg;

48.01 kg. - 52.0 kg

Group B – 13 to 15 years old (Palaro Year-Birth Year)

Athletes must be born between Jan.1, 2008 to Dec. 31, 2010.

Boys: 39.01 kg. – 42.0 kg;

42.01 kg. – 45.0 kg;

45.01 kg. - 48.0 kg

Girls: 39.01 kg. – 42.0kg;

42.01 kg. – 45.0kg

I. PARTICIPANTS:

Only Secondary Students-Athletes that passed the Screening procedure shall be allowed to play.

II. TEAM COMPOSITION:

- 10 Athletes per Region 2 Coach and 1 Chaperone
6 Boys + 4 Girls = 10 Athletes (one athlete per weight category)
1 Coach for the Boys
1 Coach for the Girls
1 Chaperone for the Girls
- Total of 13 Participants per Region

III. COMPETITION METHODS:

- The Competition shall be individual competition
- Knockout system will be adopted.
- Single round-robin will be adopted if number of competitors less than 4
- There will be a medical checkup of the athletes before the weigh-in.
- A weigh-in must be than before the start of the competition.
- Weigh-in shall start with the lighter weight, each to finish in an hour. A competitor who outweighs his/her entered category and fails to reduce his weight within a stipulated time shall not be allowed to compete in the contest.
 1. Each athlete shall be given three (3) chances to get his weight in an hour.
 2. The third weigh-in chance will be the final weight of the athlete.
- Kick(s) to the head as well as successive/continuous punches to the head are not permitted. One absolute hit (punch – kick) policy.
- All attacking and defending techniques are applicable except the following:
 1. Attacking with the head, the elbow, or the knee, or by twisting the opponent's joints.
 2. Forcing the opponent to fall head over heels, or intentionally smashing or pressing him down.
 3. Hitting the opponent's head by any means when he is already down.
 4. Attacking the back of head, the neck, and the crotch.
- The following takedown/tackle techniques are permitted.
 1. Lower Hip side takedown
 2. Lower Side tackle
 3. One leg tackle/One leg catch tackle
 4. Cross leg tackle.
 5. Lower double leg takedown
 6. Leg sweeping
- Shoulder Throw, Lifting, Over Throw, Floating Hip Throw, Single Back Throw, Hip Wheel Throw, Neck Throw, and Back Throw, **ARE NOT PERMITTED.**
- Each bout is consisting of 3 rounds, with 1 minute and 30 seconds per round and 1-minute interval rest between rounds.
- The winner shall be declared after winning 2 rounds each bout.
- In case of a draw/tie in any of the 2 rounds an additional round will be held.
- If ever there will be a draw/tie in round 3, we will follow the international order of precedence in identifying the winner. 24.3.6. Under the elimination system, the winner shall be declared as follows:

1. The competitor with fewer warnings will be declared the winner.
2. The competitor with fewer admonitions will be declared the winner.
3. Lighter weight at the time of weigh-in will be declared the winner, If the tie remains, an additional round will be held.

IV. COMPETITION ATTIRE:

1. Competitors shall wear a costume and protective gear in compliance with the "Rules for International Sanda Competition".
2. Two (2) sets of attire; 1-red and 1-black/blue.
3. Gum shield, groin guard, hand-wrap, and shin guard with foot pad must be provided by competitors themselves.

V. AWARDING OF MEDALS:

The top three (3) boys and girls will be awarded with medals.

VI. ENTRIES

- Final Entry with the events and names of competitors must reach the Tournament Manager _____ by mail or email.
 - a. Email: _____
 - b. Contact no. _____
- No Changes or additional entries will be accepted after the deadline.

VII. OTHER MATTERS

- Each team shall strictly abide by the Rules of DepEd and the Organizing Committee.
- Those who will violate the Rules and regulation will be dealt with according to the regulation of DepEd: (such as: Throwing of protective gears, uttering bad words, extreme and violent reactions, etc.)
- Teams may bring video cameras for the documentation of the bout(s), but it will not be accepted as basis for complaints.
- Official coach and chaperon must be in their Delegation Uniform while on coaching, No short pants, sando and slippers will be allowed for the coaches and chaperon during the competition.
- Official coach and chaperon must observe proper decorum during competition.
- Trainers are not allowed to sit on the athlete's corner during the competition.
- All other queries/issues not mentioned in the ground rules Wushu-Sanda International Rules 2017 will prevail.



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QUALIFYING STANDARDS FOR MEASURABLE SPORTS

I. ATHLETICS

EVENT	TIME / DISTANCE / HEIGHT			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
100 m	13:00	14:00	11:60	13:00
200 m	28:00	29:00	24:00	26:60
400 m	1:04:00	1:10:00	55:00	1:04
800 m	2:26:00	2:42:00	2:05:00	2:33:00
1,500 m	4:59:00	5:21:00	4:20:00	5:06:00
3,000 m	N/A	N/A	10:50:00	11:20:00
5,000 m	N/A	N/A	16:50:00	N/A
100 m hurdles	N/A	20:00	N/A	17:00
110 m hurdles	21:00	N/A	16:00	N/A
400 m hurdles	N/A	1:19:00	N/A	1:10
410 m hurdles	1:10:00	N/A	1:02:00	N/A
High Jump	1.45	1.25	1.50	1.30
Long Jump	5.00	4.50	6.40	5.00
Triple Jump	10.79	10.00	13.00	11.00
Shot Put	9.50	8.20	12.00	9.45
Discus Throw	25.79	25.00	32.00	29.00
Javelin Throw	39.40	30.00	45.00	34.00
Pole Vault	N/A	N/A	2.80	N/A
Walkathon (2,000 m)	N/A	N/A	11:00:00	12:40:00

II. SWIMMING

EVENT	TIME			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
400 M Freestyle	5:12.51	5:38.81	4:48.64	5:18.81
100 M Backstroke	1:15.35	1:24.05	1:09.66	1:18.50
200 M Breaststroke	N/A	N/A	2:58.01	3:05.52
50 M Butterfly	0:32.63	0:35.07	0:29.86	0:34.85
800 M Freestyle	N/A	N/A	9:54.55	11:00.90
200 M Individual Medley	2:35.78	2:46.89	2:30.00	2:42.48
200 M Butterfly	N/A	N/A	2:35.28	3:11.59
100 M Freestyle	1:03.24	1:10.28	0:58.04	1:05.60
50 M Backstroke	0:35.96	0:38.50	0:32.04	0:35.09
400 M Individual Medley	N/A	N/A	5:34.34	6:14.24
100 M Butterfly	1:10.50	1:14.87	1:03.11	1:12.15
200 M Freestyle	2:30.27	2:34.34	2:11.95	2:25.25
50 M Breaststroke	0:39.55	0:41.65	0:35.16	0:39.90
1500 M Freestyle	N/A	N/A	19:47.59	21:14.19
200 M Backstroke	N/A	N/A	2:39.05	2:53.59
100 M Breaststroke	1:25.13	1:29.50	1:16.48	1:25.98
50 M Freestyle	0:31.05	0:33.41	0:27.79	0:29.48

III. ARCHERY

EVENT	BOYS		GIRLS	
	Qualifying Score	Previous Palaro Record	Qualifying Score	Previous Palaro Record
70 M Distance	263	332 (2019)	247	-
60 M Distance	278	334 (2016)	262	321 (2019)
50 M Distance	293	336 (2016)	277	337 (2019)
30 M Distance	308	349 (2016)	292	339 (2019)
1440 Round	-	1344 (2016)	-	1310 (2019)



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BREAKDOWN OF MEDALS AT STAKE BY SPORT

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	11	11	16	11	11	16	118
ATHLETICS	15	15	15	15	15	15	19	19	19	17	17	17	198
BADMINTON	3	3	6	2	2	4	3	3	6	2	2	4	40
BASEBALL	1	1	1				1	1	1				6
BASKETBALL (5 x 5)	1	1	1				1	1	1	1	1	1	9
BASKETBALL (3 x 3)							1	1	1	1	1	1	6
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)	11	11	11				6	6	6				51
GYMNASTICS (WAG)				11	11	11				6	6	6	51
GYMNASTICS (RG)				6	6	6				6	6	6	36
GYMNASTICS (AER)	5	5	5	1	1	1	5	5	5	1	1	1	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	21	21	21	21	21	21	216
TABLE TENNIS	3	3	6	2	2	4	3	3	6	2	2	4	40
TAEKWONDO	7	7	10	6	6	9	14	14	24	13	13	23	146
TENNIS	3	3	6	2	2	4	3	3	6	2	2	4	40
VOLLEYBALL	1	1	1	1	1	1	1	1	1	1	1	1	12
WRESTLING							8	8	16	8	8	16	64
WUSHU							6	6	12	4	4	8	40
	79	79	91	73	73	82	130	130	178	114	114	147	1290

TOTAL NUMBER OF MEDALS AT STAKE (REGULAR SPORTS)	G	S	B	TOTAL
		396	396	498

TOTAL NUMBER OF MEDALS BY LEVEL	ELEM (B & G)			SEC (B & G)		
	G	S	B	G	S	B
	152	152	173	244	244	325
	477			813		
1290						

DEMONSTRATION SPORTS	MEDALS												TOTAL
	G	S	B	G	S	B	G	S	B	G	S	B	
	ELEM (B&G)			SEC (B&G)			SEC BOYS			SEC GIRLS			
DANCESPORTS	12	12	12	12	12	12							72
PENCAK SILAT							10	10	20	6	6	6	58
TOTAL	12	12	12	12	12	12	10	10	20	6	6	6	130

TOTAL NUMBER OF MEDALS (DEMO SPORTS)	G	S	B	TOTAL
	40	40	50	130

TOTAL NUMBER OF MEDALS BY LEVEL (DEMO SPORTS)	ELEM (B & G)			SEC (B & G)		
	G	S	B	G	S	B
	12	12	12	28	28	38
	36			94		
130						

SPECIAL GAMES	MEDALS									TOTAL
	G	S	B	G	S	B	G	S	B	
	BOYS			GIRLS			TEAM			
ATHLETICS	16	16	16	16	16	16				96
BOCCE	2	2	2	2	2	2	1	1	1	15
GOALBALL	1	1	1	1	1	1				6
SWIMMING	6	6	6	6	6	6				36
TOTAL	25	25	25	25	25	25	1	1	1	153

TOTAL NUMBER OF MEDALS (SPECIAL GAMES)	G	S	B	TOTAL
	51	51	51	153

TOTAL NUMBER OF MEDALS (DEMO SPORTS AND SPECIAL GAMES)	G	S	B	TOTAL
	91	91	101	283

TOTAL NUMBER OF MEDALS AT STAKE	G	S	B	TOTAL
REGULAR SPORTS	396	396	498	1290
DEMO SPORTS	40	40	50	130
PARA GAMES	51	51	51	153
GRAND TOTAL	487	487	599	1573



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IMPLEMENTING GUIDELINES FOR THE CONDUCT OF A GREEN PALARONG PAMBANSA IN 2023

To promote a secure and pro-environment policy through the 3R (reduce, reuse, recycle) principles, a clean and safe environment through correct hygiene and sanitation practices, and instill among student athletes the values of discipline, social responsibility, and environmental consciousness, relevant guidelines shall be in place during the *Palarong Pambansa*, as follows:

For School Delegations:

1. General cleanliness and orderliness shall be observed in the billeting quarters, specifically the sleeping quarters, kitchen, dining hall, storage room, comfort room/shower room, and overall surroundings.
2. All solid wastes shall be properly segregated and disposed of in the appropriate garbage bins and/or other waste disposal facilities.
3. The kitchen and storage rooms shall be kept clean at all times.
4. Storage rooms shall be located in a safe, well-ventilated, properly covered/protected and rodent-free area.
5. There should be clean handwashing facility in the kitchen.
6. Food handlers shall wear the appropriate cooking attire (e.g. apron, hair net, gloves and mask) and observe proper handwashing in the preparation food.
7. Water and electricity in the billeting quarters shall be used with utmost prudence as part of water and energy conservation measures.
8. All Covid-19 health and safety protocols as prescribed in DepEd Memorandum No. 5, s. 2023 shall be observed.
9. Every delegation should have an Emergency Response Plan.
10. Every delegation should have system for events (updates, instructions, and event results), and a system for handling emergency situations in billeting and event areas.
11. Energy and conservation measures in water and electricity use shall be observed.
12. Eco-friendly feeding and kitchen utensils instead of Styrofoam or one-use plastic materials are to be observed as much as possible

For the Host School:

13. A proper drainage system is highly encouraged in the host school to ensure that used water is effectively disposed of, contamination of clean water is prevented, and sewage does not leak.

14. Adequate toilet, bathing, and handwashing facilities shall be in place in the billeting quarters and the event venue.
15. All possible places containing stagnant water in and around the billeting quarters and the event venue shall be checked for dengue-carrying vectors and other pests and appropriate steps taken to eliminate them.
16. A medical and dental clinic shall be made available to members of the school delegations in the duration of the *Palarong Pambansa*.
17. All Covid-19 health and safety protocols as prescribed in DepEd Memorandum No. 5, s. 2023 shall be in place in the billeting school and event venue.
18. Security Support Services, including a control system for vendors and visitors should be in place, close coordination with the LGU is highly encouraged.
19. All host schools and event venues shall strictly observe the "SMOKING BAN IN PUBLIC SCHOOLS" as stipulated in DepEd Order No. 10, s. 2010 and DepEd Order No. 48, s. 2016. "NO SMOKING" posters or signages shall be located in strategic places in the host schools and event venues.



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LIST OF PLAYING VENUES AND BILLETING QUARTERS

I. PLAYING VENUES

REGULAR SPORTS		
EVENT	LEVEL/GENDER	VENUE
Archery	Elem. & Sec. (B/G)	STI Goldtoe Archery Center
Arnis	Elem. & Sec. (B/G)	Marist High School Covered Gymnasium
Athletics	Elem. & Sec. (B/G)	Marikina Sports Center
Badminton	Elem. & Sec. (B/G)	Trevi Badminton Court
Baseball	Elem. & Sec. (B)	Marquinton Baseball Field
		Sto. Niño Open Field
Basketball	Elem. & Sec. (B/G)	Marikina Sports Center (MSC) <i>(Championship Games Only)</i>
		Marist School
		Marist Elementary Covered Court
		Parang Barangay Gym
Billiards	Sec. (B/G)	Sta. Lucia East Mall
Boxing	Sec. (B)	Plaza De Los Alcaldes
Chess	Elem. & Sec. (B/G)	Community Mall <i>(Tentative)</i>
		NCLC
Football	Elem. & Sec. (B)	Marikina Sports Complex
		Marist School
		Ateneo de Manila University
Futsal	Sec. (G)	Hacienda Heights Village Gymnasium
Gymnastics (AER)	Elem. & Sec. (B/G)	Intramuros (GAP Training Center)
Gymnastics (MAG)	Elem. & Sec. (B)	
Gymnastics (WAG)	Elem. & Sec. (G)	
Gymnastics (RG)	Elem. & Sec. (G)	
Sepak Takraw	Elem. & Sec. (B/G)	Marikina High School
Softball	Elem. & Sec. (G)	Patio Rosario
Swimming	Elem. & Sec. (B/G)	Marikina Sports Center
Table Tennis	Elem. & Sec. (B/G)	Jem Subdivision Gymnasium
Taekwondo	Elem. & Sec. (B/G)	St. Scholastica's College
Tennis	Sec. (B/G)	Marikina Sports Center
	Elem. (B/G)	Rancho 1 and 2
	Elem. (B/G)	Fin Asia Tennis Court

Volleyball	Elem. & Sec. (B/G)	Amang Rodriguez Subd. Gymnasium
		OLOPSC
		Marikit Subd. Gymnasium
Wrestling	Sec. (B/G)	Manotoc Gymnasium
Wushu	Sec. (B/G)	Concepcion II Barangay Gymnasium

DEMONSTRATION SPORTS		
EVENT	LEVEL/GENDER	VENUE
Dancesport	Elem. & Sec. (B/G)	Marikina Sports Center
Pencak Silat	Sec. (B/G)	Vista Valley Covered Gymnasium

PARAGAMES	
EVENT	VENUE
Para Athletics / Para Swimming	Marikina Sports Center
Bocce	
Goalball	

II. BILLETING QUARTERS

SCHOOL	BILLETING REGION/DELATION	NUMBER OF CLASSROOMS
San Roque Elementary School	I – Ilocos	53
San Roque National High School		
SSS Village Elementary School	II – Cagayan Valley	57
SSS National High School		
Parang Elementary School	III – Central Luzon	97
Parang High School	IV-A – CALABARZON	83
Concepcion Elementary School	IV-B – MIMAROPA	70
Marikina High School	V – Bicol	56
Kalumpang Elementary School	VI – Western Visayas	70
Kalumpang National High School		
Malanday Elementary School	VII – Central Visayas	76
Marikina Elementary School	VIII – Eastern Visayas	49
H. Bautista Elementary School	IX – Zambo. Peninsula	54
Nangka Elementary School	X – North. Mindanao	59
Concepcion Integrated School (Elem.)	XI - Davao	60
Concepcion Integrated School (Sec.)		
Fortune Elementary School	XII – SOCSKSARGEN	60
Fortune High School		
Jesus Dela Peña National High School	XIII – CARAGA	55

L. Victorino Elementary School		
Tañong High School	Cordillera Administrative Region (CAR)	55
Barangka Elementary School		
Barangka National High School		
Malanday National High School	Bangsamoro Autonomous Region in Muslim Mindanao (BARMM)	50
Sto. Niño Elementary School	National Capital Region (NCR)	67
Sto. Niño National High School		
Jehoshua Academy	Philippine Schools Overseas (PSOs)	24
Sta. Elena High School	Technical Officials	56
Kapitan Moy Elementary School		25
Marikina Heights High School		16

BUFFER BILLETING SCHOOLS	
SCHOOL	NUMBER OF CLASSROOMS
Pamantasan Lungsod ng Marikina (PLMar)	
Marikina Science High School	
IVCNHS	27
SMES	24



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**COMPOSITION AND NUMBER OF ATHLETES/COACHES/
ASSISTANT COACHES/CHAPERONS BY EVENT PER REGION**

A. REGULAR EVENT (ELEMENTARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
ARNIS	BOYS	3	1			4
	GIRLS	3	1		1	5
ATHLETICS	BOYS	12	1	1		14
	GIRLS	12	1	1	1	15
BADMINTON	BOYS	4	1			5
	GIRLS	4	1		1	6
BASEBALL	BOYS	12	1	1		14
BASKETBALL	BOYS	12	1	1		14
CHESS	BOYS	2	1			3
	GIRLS	2	1		1	4
FOOTBALL	BOYS	18	1	1		20
GYMNASTICS						
AER	B/G	4	1			5
MAG	BOYS	3	1			4
WAG	GIRLS	3	1		1	5
RG	GIRLS	3	1			4
SEPAK TAKRAW	BOYS	4	1			5
SOFTBALL	GIRLS	12	1	1	1	15
SWIMMING	BOYS	10	1			11
	GIRLS	10	1		1	12
TABLE TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
TAEKWONDO	BOYS	6	1			7
	GIRLS	6	1		1	8
TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
VOLLEYBALL	BOYS	12	1	1		14
	GIRLS	12	1	1	1	15
TOTAL		185	27	8	11	231

B. REGULAR EVENT (SECONDARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
ARCHERY	BOYS	4	1			5
	GIRLS	4	1		1	6
ARNIS	BOYS	5	1			6
	GIRLS	5	1		1	7
ATHLETICS	BOYS	15	1	1		17
	GIRLS	15	1	1	1	18
BADMINTON	BOYS	4	1			5
	GIRLS	4	1		1	6
BASEBALL	BOYS	12	1	1		14
BASKETBALL	BOYS	12	1	1		14
	GIRLS	12	1		1	14
BASKETBALL (3 x 3)	BOYS	4	1			5
	GIRLS	4	1		1	6
BILLIARD	BOYS	2	1			3
	GIRLS	2	1		1	4
BOXING	BOYS	10	1	1		12
CHESS	BOYS	2	1			3
	GIRLS	2	1		1	4
FOOTBALL	BOYS	18	1	1		20
FUTSAL	GIRLS	12	1		1	14
GYMNASTICS						
AER	B/G	4	1			5
MAG	BOYS	3	1			4
WAG	GIRLS	3	1		1	5
RG	GIRLS	3	1			4
SEPAK TAKRAW	BOYS	12	1	1		14
	GIRLS	5	1		1	7
SOFTBALL	GIRLS	12	1	1	1	15
SWIMMING	BOYS	10	1			11
	GIRLS	10	1		1	12
TABLE TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
TAEKWONDO	BOYS	10	1			11
	GIRLS	10	1		1	12

TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
VOLLEYBALL	BOYS	12	1	1		14
	GIRLS	12	1	1	1	15
WRESTLING	BOYS	8	1			9
	GIRLS	8	1		1	10
WUSHU	BOYS	6	1			7
	GIRLS	4	1		1	6
TOTAL		296	41	10	19	366

C. DEMONSTRATION SPORTS (ELEMENTARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
DANCESPORTS	BOYS	2	1			5
	GIRLS	2				
TOTAL		4	1			5

D. DEMONSTRATION SPORTS (SECONDARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
DANCESPORTS	BOYS	2	1			6
	GIRLS	2			1	
PENCAK SILAT	BOYS	5	1			6
	GIRLS	5			1	6
TOTAL		14	2		2	18

E. PARAGAMES

EVENT	CATEGORY	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
ATHLETICS	V.I. (BOYS)	3	3			9
	V.I. (GIRLS)	3				
	I.D. (BOYS)	10	2			24
	I.D. (GIRLS)	10	2			
	O.H. (BOYS)	2	2			6

ATHLETICS/ SWIMMING	O.H. (BOYS)	2				
SWIMMING	I.D. (BOYS)	2	2			6
	I.D. (GIRLS)	2				
BOCCE	I.D. (BOYS)	2	1			5
	I.D. (GIRLS)	2				
GOAL BALL	V.I. (BOYS)	2	1			5
	V.I. (GIRLS)	2				
TOTAL		42	13			55

F. COMPOSITION OF REGIONAL DELEGATIONS (SUMMARY)

DELEGATION	REGULAR EVENT		DEMO SPORTS		PARAGAMES	TOTAL
	ELEM	SEC	ELEM	SEC		
ATHLETES	185	296	4	14	42	541
COACHES	27	41	1	2	13	84
ASSISTANT COACHES	9	10				19
CHAPERONS	10	19		2		31
DELEGATION OFFICIALS*	20					20

DELEGATION OFFICIALS:

Head of Delegation

Assistant Head of Delegation

Athletic Manager

Assistant Athletic Manager

Medical Officer

Records Officer

Legal Officer

Media

Transportation Officer

Communications Officer

Training Director

Documentation Officer



**AMENDMENTS ON THE GUIDELINES ON THE
ELIGIBILITY OF ATHLETES**

(DepEd Memorandum No. 5, s. 2023)

WHEREAS, the Department of Education (DepEd) issued DepEd Memorandum (DM) No. 5, s. 2023 dated January 26, 2023, providing guidelines on the conduct of the 2023 *Palarong Pambansa*;

WHEREAS, attached to the said DM is Enclosure No. 2, providing the Guidelines on the Eligibility of Athletes;

WHEREAS, there are provisions of the said guidelines that need to be clarified to address issues and concerns raised by the stakeholders in the field, particularly the guidelines on the transfer of learner-athletes playing in the winner take all rule; training and experiences required of coaches;

Thus, the following the clarifications on the following issues, viz:

Paragraph 2, Item 3, Section 5 of the guidelines reads:

3. "xxx."

In case of transfer of learner-athlete from one school to another school within the Division or from one division to another division within the region concerned, the one (1) year prohibition shall not apply. The athlete-learner shall be allowed to participate in the Palaro, provided however he/she meets the other requirements.

The abovementioned provision is hereby amended to read as:

- a. For the individual event – Transferees from one school to another school within the division or transferees from one division to another division within the same region are allowed to participate, provided, that they have participated in the lower meets.***
- b. For Team Events (Basketball, Baseball, Futsal, Sepak Takraw, Volleyball, Softball, Football) - Student-athlete who transferred from one school to another school within the division shall be allowed to participate in the Palaro, provided his/her transfer in that school was done before the conduct of the school level intramurals.***

Whereas Section 8, of enclosure No. 3, of DM 5, s. 2023 provides **Documentary requirements for Coaches and Assistant Coaches**. Certificate or any documents), duly issued by competent authorities, shall be submitted:

1. Relevant sports training of twenty-four (24) hours for non-combative sports and forty (40) hours for combative sports/ gymnastics.
2. Relevant experience of one (1) year for non-combative sports and two (2) years for combative sports/ gymnastics.
3. Track Record of participation, in the division and regional meet.
4. Educational and professional background of at least 2nd-year college, preferably sports-related course.
5. Membership in any relevant sports association.
6. License or certifications/ accreditation issued by the National/ International Sports Association, authorized organization, or by the DepEd (Division, Region, or Central Office)
7. Medical Records (Medical Certificate of fitness)
8. Employment/ Appointment Paper or Contract of Service showing at least six (6) months of employment/engagement in the public school or private school before the Division meets;

Whereas, regions and divisions offices raised issues regarding the requirement of training and experience of coaches and assistant coaches as coaches and assistant coaches are short of the required training and experience because of the pandemic. To address it, items Nos. 1 and 2 of Section 8 of enclosure No. 3, are hereby amended, viz:

1. ***Relevant sports training Sixteen (16) hours for non-combative sports and Twenty-Four (24) hours for combative sports/ gymnastics.***
2. ***Relevant experience of six (6) months for non-combative sports and one (1) year for combative sports/ gymnastics.***

Provided however that the amendment of item nos. 1 and 2 (training and experience) shall only be applicable for this year (2023) *Palarong Pambansa*.

In addition to the documentary requirements for the coaches and assistant coaches on Omnibus Affidavit shall likewise be submitted.

In the case of coaches and assistant coaches of the National Academy Sports (NAS), items Nos. 1 and 2 of the abovementioned amendments, and Items 3 to 7 and No. 9 of the abovementioned requirements shall be complied with, **and in lieu of item No. 8, Section 8 of the said Guidelines, authorization from the NAS shall likewise be submitted.**

All issuances that conflict with these amendments are hereby superseded.

These Guidelines shall take effect immediately.