



Republic of the Philippines
Department of Education

05 APR 2019

DepEd MEMORANDUM
No. **045** s. 2019

**2019 PALARONG PAMBANSA GENERAL INFORMATION, TECHNICAL RULES,
REGULATIONS, AND GUIDELINES OF SPORTS**

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

1. In line with the staging of the **2019 Palarong Pambansa**, with the theme “Shaping the Future Through Sports,” to be held in Davao City from April 27 to May 4, 2019, enclosed is the *Palarong Pambansa* Memorandum No. 1, s. 2019 entitled **2019 Palarong Pambansa General Information, Technical Rules, Regulations, and Guidelines of Sports** signed by OIC-Undersecretary Revsee A. Escobedo, Secretary-General, *Palarong Pambansa*.
2. For more information, all concerned may contact the **Bureau of Learner Support Services–School Sports Division (BLSS–SSD)**, 3rd Floor, Mabini Building, Department of Education (DepEd) Central Office, DepEd Complex, Meralco Avenue, Pasig City at telephone no. (02) 632-0260 or email address: blss.ssd@deped.gov.ph.
3. Immediate dissemination of this Memorandum is desired.


LEONOR MAGTOLIS BRIONES
Secretary

Encl: As stated

Reference: DepEd Order Nos.: 53, s. 2003; and 40, s. 2012

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

ATHLETICS	RULES AND REGULATIONS
COMMITTEES	SPORTS
OFFICIALS	STUDENTS



PALARONG PAMBANSA BOARD

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



PALARONG PAMBANSA MEMORANDUM

No. 1, s. 2019

2019 PALARONG PAMBANSA GENERAL INFORMATION, TECHNICAL RULES, REGULATIONS, AND GUIDELINES OF SPORTS

To: Undersecretaries
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1. Pursuant to Sections 6, 8, 9, and 10 of Rule II of the Implementing Rules and Regulations (IRR) of Republic Act (RA) 10588, otherwise known as the “*Palarong Pambansa Act of 2013*”, the Department of Education (DepEd), through the *Palarong Pambansa Board* and the National Secretariat shall conduct the **2019 Palarong Pambansa**, with the theme “*Shaping the Future Through Sports*” to be held on April 27 to May 4, 2019 in Davao City.
2. The annual sporting event shall be hosted by the Local Government Unit of Davao City together with DepEd Regional Office XI and the Schools Division Office (SDO) of Davao City. The event shall be participated in by the seventeen (17) DepEd Regional Athletic Associations.
3. The schedule of activities is as follows:

Activity	Date	Venue
Screening and Accreditation of Athletes	February to April 2019	Regional Offices/ Billeting Quarters
Registration of Members of the Permanent Working Committees and Technical Officials	April 22-23, 2019	Davao City National High School
Refresher Course for Officiating Officials	April 24-25, 2019	Davao City NHS Gymnasium
Sports Journalism Seminar	April 24-26, 2019	Davao Christian HS
Solidarity Meeting	April 26, 2019	Davao City NHS Gymnasium
Opening Ceremony	April 27, 2019	Davao City UP Sports Complex
Fellowship Night	April 27, 2019	Human Kinetics Hall UP-Mindanao
Tree-Planting	April 28, 2019	Hidden Nature Park
Sports Heroes Day	April 28, 2019	Regional Billeting Quarters
<i>Larong Pinoy</i>	April 28, 2019	Davao City UP Sports Complex
Competition Proper	April 29-May 4, 2019	Respective Playing Venues (see Enclosure No. 7)
Closing Ceremony	May 4, 2019	Davao City UP Sports Complex

4. For this year's edition of *Palarong Pambansa*, the *Larong Pinoy* and the Sports Heroes Day will be introduced as side events and will be managed by the DepEd Regional Office XI, and the Youth Formation Division (YFD) and the SDO of Davao City, respectively. The guidelines in the conduct of *Larong Pinoy* and the Sports Heroes Day is contained in Enclosure Nos. 4 and 5, correspondingly.

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

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

- a. Authority to Travel documents:
 - a.1. **For DepEd employees** – approved travel authority duly signed by their respective heads of office;
 - a.2. **For National Sports Association (NSA) members** – official letter from the Association President or Secretary General (or any NSA duly authorized official) authorizing their participation;
 - a.3. **For those coming from Host Local Government Unit (LGU)** – letter of endorsement from the Local Chief Executive or City/Provincial Administrator or authorized official in charge of 2019 *Palarong Pambansa*; and
 - a.4. **For Philippine Sports Commission (PSC) employees** – official Travel Order from the PSC Executive Director.
- b. Two (2) recent 2" x 2" ID pictures; and
- c. Medical certificate from government physician certifying that he/she is physically fit and able to serve during the *Palaro*.

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

7. The official regular sports in the elementary and secondary level, as provided in Section 27 of Rule VI of the IRR of RA 10588, shall remain to be played while dancesports, *pencak silat*, and aerobics gymnastics shall remain this year's demonstration sports.

8. There shall be separate events for student-athletes with disability to compete such as athletics, swimming, bocce, and goal ball. Medals shall be awarded to the winners of the said special games.

9. All sports shall be played in accordance with the current international rules and regulations being implemented by its respective international federation. However, modifications, amendments, or revisions in the technical rules and regulations may be allowed for justifiable or compelling reasons. The tournament manager of the concerned sports 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.

10. Relative to the foregoing provisions, technical rules, regulations, and guidelines of respective sports adopted during the 2018 *Palarong Pambansa* shall remain in effect except for the following sports: **athletics, swimming, gymnastics, arnis, dancesports, wushu, wrestling**, and **aerobic gymnastics** for having changes in its technical requirement as follows (Enclosure No. 1):

- a. Athletics : The events to be played in the 2019 *Palarong Pambansa* shall be the same events being contested in the ASEAN Schools Games (ASG);
- b. Swimming : Similarly, all the swimming events in the ASG shall be played in the 2019 *Palarong Pambansa*;

- c. Gymnastics : The **2017-2020 Code of Points** shall be adopted in the 2019 *Palarong Pambansa*; and
- d. Arnis : Adoption of PEKAF Rules pursuant to the *Palarong Pambansa* Board approval on September 27, 2017.

11. Team competition events such as **basketball, baseball, football, sepak takraw (team event), softball, and volleyball** shall adopt the tournament format guidelines contained in Enclosure No. 3.

12. The **Olympic Medal System** shall be applied to determine the overall champion and rankings. Hence, ranking shall be based on the total number of gold, silver, and bronze medals to be contested in the different sports event as provided in Enclosure No. 4.

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

14. The following may be given cash incentives subject to the availability of funds:
- a. **Palaro medalists and new record holders** in regular sports events including the top three winners in the special games;
 - b. **Technical officials and other personnel** who served in the conduct of the 2019 *Palarong Pambansa*; and
 - c. **Clean, Green, and Eco-Friendly winners.**

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

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

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

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

18. Student-athletes enrolled under the Alternative Delivery Modes (ADM) who excel in any of the DepEd-recognized sports may participate in the 2019 *Palarong Pambansa* and lower meets leading to the same, as stated in *Palarong Pambansa* Board Memorandum No. 4, s. 2017 entitled *Eligibility of Home School Pupils/ Students to Participate in DepEd Palaro.*

19. The National Screening and Accreditation Committee (NSAC) for this year's *Palarong Pambansa* is hereby constituted by the *Palarong Pambansa* Board to conduct the screening and accreditation of athletes, coaches, assistant coaches, and chaperons submitted by the 17 Regional Athletic Associations. The list of NSAC members; guidelines and procedures for the conduct of screening and accreditation; and the schedule of screening and accreditation is contained in Enclosure No. 5.

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

conduct of the Clean, Green, Organized and Eco-Friendly Contest is contained in Enclosure No. 6.

21. DepEd personnel who will serve in the 2019 *Palarong Pambansa* as accredited technical officiating officials or member of the different national and regional working committees shall be granted **vacation leave credits** pursuant to the provisions of DepEd Order No. 53, s. 2003 entitled *Updated Guidelines on Grant of Vacation Service Credits to Teachers*.

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

23. In compliance to DO 13, s. 2017 entitled *Policy and Guidelines on Healthy Food and Beverage Choices in Schools and in DepEd Offices*, all regional delegations shall promote healthy eating habits by making available healthy and nutritious food and beverages during the 2019 *Palarong Pambansa*.

24. All members of the TMA Committees shall observe the **No Alcohol, No Smoking, and No Gambling** policies of this Department for the duration of the 2019 *Palarong Pambansa*. Violators shall be dealt with accordingly.

25. The following documents are enclosed for reference:

Enclosure No. 1 : Amended Technical Guidelines for the 2019 *Palarong Pambansa* for:

- 1a. Arnis
- 1b. Athletics
- 1c. Gymnastics (Artistic and Rhythmic)
- 1d. Swimming
- 1e. Wrestling
- 1f. Wushu
- 1g. Aerobic Gymnastics
- 1h. Dancesports

Enclosure No. 2 : Technical Rules, Regulations, and Guidelines of the Different Sports

Enclosure No. 3 : Tournament Format for Team Competition

Enclosure No. 4 : Number of Medals at Stake by Sports Events

Enclosure No. 5 : National Screening and Accreditation (NSAC)


- 5a. List of NSAC Members
- 5b. Guidelines and Procedures for the Conduct of Screening and Accreditation
- 5c. Schedule of Screening and Accreditation

Enclosure No. 6 : Guidelines on the Conduct of the Clean, Green, Organized and Eco-Friendly Contest

Enclosure No. 7 : List of Playing Venues and Billeting Schools

Enclosure No. 8 : Breakdown of the Composition of Regional Delegation

26. Immediate dissemination of this Memorandum is desired.


Atty. **REVSEE A. ESCOBEDO**
OIC-Undersecretary
Secretary-General, *Palarong Pambansa*



AMENDED TECHNICAL GUIDELINES PER SPORTS FOR THE 2019 PALARONG PAMBANSA

- 1a. *Arnis***
- 1b. *Athletics***
- 1c. *Gymnastics (Artistic and Rhythmic)***
- 1d. *Swimming***
- 1e. *Wrestling***
- 1f. *Wuhsu***
- 1g. *Aerobic Gymnastics***
- 1h. *Dancesports***



ARNIS *Technical Guidelines & Ground Rules*

I. COMPETITION RULE:

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

The DepEd-PEKAF guidelines shall be a consolidated sports arnis competition rules of the Philippine Eskrima Kali Arnis Federation and the Department of Education Arnis Association of the Philippines (DEAAP) for the purpose of school sports events.

II. PARTICIPANTS:

TEAM COMPOSITION

Elementary Level

- Boys: 3 Players and 1 Coach (Anyo / Full contact Events)
- Girls: 3 Players, 1 Coach and 1 Chaperon (Anyo / Full contact events)

Secondary Level

- Boys: 5 Players and 1 Coach (Anyo / Full contact events)
- Girls: 5 Players 1 Coach and Chaperon (Anyo/Full contact events)

III. FULL CONTACT SECONDARY LEVEL:

There shall be a maximum of Five (5) participants distributed evenly in the different weight divisions for both Secondary Boys and Girls in the Arnis Full Contact Bladed Weapon Concept. The Three (3) participants distributed evenly in the different weight divisions for Full Contact Stick Fighting Concept for both Secondary Boys and Girls shall be taken from the Five (5) participants. As a matter of procedure, each region/team is allowed only one (1) entry in each of the weight category.

FULL CONTACT (BLADED WEAPON CONCEPT) PADDED STICKS SECONDARY LEVEL – WEIGHT DIVISION

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

FULL CONTACT (STICK FIGHTING CONCEPT) PADDED STICKS SECONDARY LEVEL – WEIGHT DIVISION (Non Medal Count but to be Awarded with Medals)

BOYS	CATEGORY	GIRLS
47 kgs up to 52 kgs	Pinweight	40 kgs up to 45 kgs
Over 52 kgs up to 58 kgs	Featherweight	Over 45 kgs up to 50 kgs
Over 58 kgs up to 65 kgs	Half Lightweight	Over 50 kgs up to 56 kgs

IV. FULL CONTACT ELEMENTARY LEVEL (BLADED WEAPON CONCEPT) PADDED STICKS Non- Medal Count (Same rule in secondary level)

There shall be a maximum of three (3) participants distributed evenly in the different weight category for both Elementary Boys and Girls in the Arnis Full Contact Bladed Weapon Concept. As a matter of procedure, each region/team is allowed only one (1) entry in each of the three (3) weight category from the official team composition.

ELEMENTARY LEVEL – BOYS AND GIRLS WEIGHT DIVISION

AGE RANGE	CATEGORY	WEIGHT CATEGORY
11 yrs old and Below	Kids	38 kgs and Below
Over 11 yrs old to 12 yrs old	Light Paperweight	Over 38 kgs to 41 kgs
Over 12 yrs old to 13 yrs old	Paperweight	Over 41 kgs to 45 kgs

V. UNIFORM, EQUIPMENT AND WEAPON

A. UNIFORM/COSTUME

a.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.

a.2 Anyo Competition Costume:

- Participants are required to wear the official regional/team delegation uniform
- or Arnis Uniform (white T-shirt and Red pants)

B. EQUIPMENT

For the purpose of this standard, all equipment for labanan shall adhere to the specifications of DEAP/PEKAF or its approved equivalent and by no means shall be substituted without prior consent of the Tournament 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

All competitions under this standard rule shall use padded sticks color coded in red and blue contrasting color of eight (8) inches as handle for the bladed weapon concept, while all red and blue color for stick fighting concept and must adhere with the standard.

C. 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.)

1. Wooden stick/yantok - The cane (stick) made of wood or rattan should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches.)
2. Wooden Replica of a Bladed Weapon - The wooden replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full

length and should be ethnic Filipino in origin.

3. Metallic Unbladed Replica of a Bladed Weapon - The metallic replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin

4. Metallic/wooden Unbladed of a replica of a bladed sword and a dagger- The metallic replica of the sword should measure not more than 60cm. in length and the dagger should measure not less than 20cm. and not more than 31cm. and should be Filipino in origin.

VI. GENERAL CONDUCT OF THE COMPETITION:

- a. 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, both Elementary and Secondary level. **Stick fighting concept** sparring competition is characterized by 10 points mass system and shall be on a two-out-of-three round system.
- b. **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.
- c. **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.

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

- a. 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. 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.
- b. The normal Duration of a match is 3 rounds, continuous 1 minute per round with a 15 seconds rest interval for secondary level. For elementary level, the normal duration of the match is 3 rounds, continuous 1 minute per round with 15 seconds rest interval.
- c. The timing of the bout starts when the referee gives the signal to start (simula) and stops each time he calls "Hinto."
- d. The Time-Keeper shall signal by an early audible gong or whistle indicating time-up.
- e. Contestants are encouraged to demonstrate twirling technique before engaging into blows.

- f. Attacks are limited to the following areas:
 - a.) head
 - b.) face
 - c.) chest
 - d.) abdomen
 - e.) back
 - f.) side of the body
 - g.) extremities

- g. A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - a.) Sporting attitude- refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.
 - b.) Vigorous application- defines the power, speed of the techniques and the will for it to succeed
 - c.) Fighting awareness (dakup-diwa) - is the state of continued commitment in which the constant maintains total concentration, observation and awareness of the total opponent's potentiality to counter-attack.
 - d.) Good timing- means delivering a technique when it will have the greatest potential effect.
 - e.) Distancing- delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of the blow is reduced.

CRITERIA FOR DECISION

1. In bladed weapon concept sparring, in each round the decision shall be on the accumulation of gathered point/s. A contestant who amassed of five (5) lead scores will be awarded as winner. lead score shall be; 5;0, 6;1, 7;2. 8;3 and thereafter.
2. If at the end of the round scored tie is established the decision shall be based on advantage point. (Advantage point shall mean the athlete who made the first score shall be the one who got the advantage point).
3. In case when both athletes failed to make a score or both zero score, the referee shall extend the match for a sudden death or 1st killing strike for 15 seconds.
4. Thereafter, In the absence of a score after the extension, the referee will call for a conference with the judges to determine the winner.

The decision shall be taken on the basis of the following considerations;

- a.) The attitude and determination shown by the contestant
- b.) The superiority of tactics and techniques.
- c.) Accumulated warnings/penalties

Major violation each round will be carried forward to the extension

PROHIBITED BEHAVIOR

1. The following are forbidden:
 - a.) Techniques which make contact with the throat, groin and back of the head.
 - b.) Techniques which make maliciously obvious in excessive contact.
 - c.) Repeated or continuous hitting the same area.
 - d.) Continuous striking (rapido).
 - e.) Intentional attack to the injured parts of the opponent.
 - f.) Inverted holding of padded stick for bladed concept event only.
 - g.) Prolonged and purposeless grabbing, wrestling, clinching, violent pushing.
 - h.) Repeated exists from the competition area (labas).
 - i.) Sweeping, throwing, kicks, knee, punch, thrusting, butting, elbow smash, head butting. Striking using both hands.
 - j.) Not engaging with the opponent.
 - k.) Hitting his/her own body parts.
 - l.) Hitting an opponent who is in the act of rising, who signals to surrender.
 - m.) Hitting the floor.
 - n.) Failure to step back when ordered to break.
 - o.) Use of prohibited drugs such as stimulants, steroids, opiates and the likes.
2. Any discourteous behavior such as provocation and uncalled remarks. Any competitor, 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. 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.

PENALTIES

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.
2. Warning may be imposed for attempt minor infractions of the rules. Warning may also be imposed for the first instance of any minor infractions.
3. The following scale of penalties shall operate:
 - a.) minor violation (paglabag) Labas, not engaging the opponent, prolonged grabbing, pushing, rapido, holding of padded sticks inverted, hitting his own body parts, hitting the floor, failure to step back when ordered break.

Penalties

- 1st offense – warning (babala)
- 2nd offense – 1 puntos to opponent
- 3rd offense – loss of the match

- b.) Major violation (malubhang paglabag) –use of prohibited drugs and the likes, 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 part/s, whether it

is intentional or unintentional, hitting an opponent who is in the act of rising a signals to surrender intentionally;

Penalties

- 1st offense – 1 point to the opponent
- 2nd offense – disqualification from the match

The referee panel has the discretion to imposed disqualification from the match even on first offense, depending the gravity of the offense.

4. Paglabag and malubhang paglabag penalties do not cross-accumulate.
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.
6. Dishonorable disqualification (alis) 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.

VIII. FULL CONTACT COMPETITION:

STICK FIGHTING CONCEPT MECHANICS OF THE MATCH (This category is for secondary level only.)

- a. Equipment: Padded Sticks
- b. Category : 3 weight Category (B/G)
- c. Non- Medal count

I: MECHANICS OF THE MATCH

- d. Stick fighting concept sparring competition is characterized by 10 points mass system, in which a contestant shall be given time to perform continues successful landed strikes to a legal areas and/or legal technique.
- e. The timing of the bout starts when the referee gives the signal to start (simula) and stops each time he calls “Hinto.
- f. The Time-Keeper shall signal by an early audible gong or whistle indicating time-up.
- g. Contestants are encouraged to demonstrate twirling technique before engaging into blows.
- h. Three (3) round with normal duration of 45 seconds per round with 15 seconds rest interval.
- i. Three Judges scoring will be done using the “10 point must” system. the winner of the round is always awarded 10 points, while the loser is from 7 to 9 points.
- j. Three Judges scoring / decision will be done by raising of color coded flags two (2) same color – majority, 3- same color unanimous). To

declare the Winner of the match, judges will about face, then raise the color of the flag at the referee's command "Hatol".

- k. If at the end of the match scored tie is established the decision is a draw (tabla). In the absence of deciding score, the referee shall extend the match for a sudden death or 1st killing strike for 30 seconds. Thereafter, the referee will call for a conference with the judges to determine the winner.
- l. The decision shall be taken on the basis of the following considerations;
 - a.) The attitude and determination shown by the contestant
 - b.) The superiority of tactics and techniques.
 - c.) Accumulated warnings/penalties
- m. Attacks are limited to the following areas:
 - a. head
 - b. face
 - c. chest
 - d. abdomen
 - e. back
 - f. side of the body
 - g. upper extremities only
- n. Scoring
A score is awarded when a technique is performed according to the following criteria to a scoring area:
 - a. Sporting attitude- refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.
 - b. Vigorous application- defines the power, speed of the techniques and the will for it to succeed
 - c. Fighting awareness (dakup- diwa)- is the state of continued commitment in which the constant maintains total concentration, observation and awareness of the total opponent's potentiality to counter-attack
 - d. Good timing- means delivering a technique when it will have the greatest potential effect.
 - e. Distancing- delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of the blow is reduced.
 - f. other criteria for scoring:
 - a. The competitor who hits or more power full hits to the head, hands and all other legitimate target areas, except below the knees, and back.
 - b. Aggressiveness also earns credit
 - c. Elements of offense, defense, clean hitting techniques and sportsmanship will be carefully observed.
- o. Mass system scoring per round

10 – 10	9 - 9	8 – 8	-	Draw
10 – 9	9 – 8	8 – 7	-	Slight Edge
10 – 8	9 – 7			Wide Edge
10 – 7				One Sided

- p. Characteristic for determination of scores.
 - a. Superior (10 points) – the contestant performs simultaneous strikes to all legal areas in the different parts of the body.
 - b. Advance (9 points) – the contestant performs simultaneous strikes mostly to one side of the body.
 - c. Intermediate (8 points) - the contestant performs simultaneous strikes to a limited area of the body
 - d. Basic (7 points) – the contestant performs basic strikes.
 - e. In a case that both competitors perform similar skills as define above, the additional consideration for decisions shall be based on the contestant who frequently execute the first and the last landed strikes.
- q. One (1) point deduction for dis-arming and/or Opponent's accidental dropping of cane. Another dropping of cane will be a ground for losing the bout.
- r. An effective technique delivered at the same time that the end of the bout is signaled is considered valid. An attack, even if effective delivered after an order to suspend or stop the bout shall not be scored and may result in a penalty imposed on the offender.

II: CRITERIA FOR DECISION

1. In Stick fighting concept event the decision shall be the most number of rounds wins.
2. In every bout there should have a winner. The referee will call for a hatol before commencing the next bout, Judges will raise flag red or blue as winner on his/her judgement.
3. Majority of the color raised by the judges will be declared winner.
4. 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.
5. After the third round 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.
6. Other criteria for decision
 - a.) Out clashed or one-sidedness of the match
 - b.) Refusal to continue, or voluntary surrender
 - c.) Win by disqualification
 - d.) Injury
 - e.) Win by default

III: PROHIBITED BEHAVIOR

1. The following are forbidden:
 - a.) Techniques which make contact with the throat, groin and back of the head.
 - b.) Techniques which make maliciously obvious in excessive contact.
 - c.) Intentional attack to the injured parts of the opponent.
 - d.) Prolonged and purposeless grabbing.

- e.) wrestling, clinching, violent pushing, sweeping, throwing, kicks, knee, punch, thrusting, butting, elbow smash, head butting.
 - f.) Not engaging with the opponent.
 - g.) Hitting an opponen who is in the act of rising, who signals to surrender.
 - h.) Hitting the lower extremities (knee and below knee level only)
 - i.) Failure to step back when ordered to break.
 - j.) Use of prohibited drugs such as stimulants, steroids, opiates and the likes.
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. 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.

VI: PENALTIES

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.
2. Warning may be imposed for attempt minor infractions of the rules. Warning may also be imposed for the first instance of any minor infractions.
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).

Penalties

- 1st offense – warning (babala)
- 2nd offense – 1 point deduction
- 3rd offense – loss of the bout

4. Major violation (malubhang 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 injure parts, whether it is intentional or unintentional;

Penalties

- 1st offense – 1 point deduction
- 2nd offense – loss of the bout and/or disqualification from the match

The referee panel has the discretion to imposed disqualification from the match even on first offense, depending the gravity of the offense.

5. Paglabag and malubhang paglabag penalties do not cross-accumulate.

6. 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.
7. Dishonorable disqualification (alis) 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.

IX. GENERAL RULES OF THE GAME FOR ANYO COMPETITION:

1. COMPOSITION:

A. Five (5) Players/Participants 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 who qualify in the NSAC age requirements for both boys and girls elementary level.

2. ANYO COMPETITION WEIGHT DIVISION CATEGORY

2.a Elementary (Boys/Girls Category)

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 Anyo ESPADA Y DAGA	1 player per individual category
D. Team (Synchronized) Likha Anyo Single Weapon Category	3 players per team category.
E. Team (Synchronized) Likha Anyo Double Weapon Category	3 players per team category
F. Team (synchronized) Likha Anyo Espada y Daga Category	3 players per team category
G. Team (Synchronized Mixed) Likha Anyo Double Weapon Category	1 boys & 1 girls per team

2.b Secondary (Boys and Girls category)

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

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

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

a. 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.)

b. 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.

c. 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

d. Metallic/wooden Unbladed of a replica of a bladed sword and a dagger- The metallic replica of the sword should measure not more than 60cm. in length and the dagger should measure not less than 20cm. and not more than 31cm. and should be Filipino in origin.

5. DETERMINING THE WINNER IN ANYO COMPETITION:

a. 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 average *score*.

b. 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. (DEAAP rules)

c. In case another Tie: Repeat performance

d. 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.

6. CONDUCT AND ORGANIZATION OF THE COMPETITION:

a. An Anyo 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.

b. Anyo competition takes the form of individual or a team matches of three (3) or more and it can be mixed of male and female

c. Anyo competition takes the form of individual and team matches. Team matches consist of competition between three (3) or five (5) person in a teams. A team of three and shall consist of all males or all females and can be a mixed male and female.

d. Performer/s must start and end his/her performance in the same area where he/she execute salutation (pugay).

e. 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.

- f. 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 standard salutation (Pugay) and it shall officially have ended when the performer/s executes the ending salutation (Pugay)
- g. The conduct of the competition shall be one (1) round Anyo performance for both Secondary and Elementary level (boys/girls)
- h. Standard Pugay is at close stance, salutation is done by placing the right hand with the weapon pointing upward over the left chest, while the left arm is at the side at closed fist and followed by a nod.
- i. The Likha Anyo performance both in secondary and elementary Level shall be focused on Arnis skills.
- j. No Acrobatic/fancy movement (such as; tumbling, back flip, somersault, cartwheel or other combative discipline skills being incorporated during the performance of Likha Anyo. Unless execution is immediately followed by an arnis skills with objectives to counter, offensive or defensive techniques.
- k. Score in the Likha Anyo competition shall have a numerical value from 7-10 with an increment of 0.1 under the criterion using DEAAP Rules.
- l. Drinking of any kind of liquid during the actual matches is strictly prohibited

7. CRITERIA FOR DECISION:

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

A. Coordination and Synchronization of Movement

- a. Anyo must be performed with competence
- b. Precise/ timing and identical rhythmic movement
- c. Sense of balance action of steps/stances
- d. Harmonization/rhythm of movement

B. Artistic Execution

- a. Proper/good form execution
- b. Gracefulness
- c. Elegant/stylish
- d. Refined martial arts movement

C. Bearing and Stage Presence

- a. Demonstration of strength power, and balance
- b. Correct focus of attention and concentration
- c. Composure
- d. Attitude

D. Application of Techniques

- a. Magnitude of complicatedness
- b. Complexity of the art and techniques
- c. Intricacy of movement of the body
- d. Execution of art/ style

E. Creativity and authenticity

- a. Originality
- b. Inventiveness
- c. imaginativeness of forms

d. Fluidity of the executions of skills and technique.

8. PENALTIES/VIOLATIONS/DEDUCTIONS:

1. Violation of time limit shall cause the participant/s deduction of point. A deduction of zero point one (0.1) point should be given in short of the minimum one (1) minute time limit or in excess of the maximum of two (2) minute time limit.
2. Performer/s who accidentally loses grip of the weapon/s or disarms should be given a deduction of zero point two (2) point for every violation.
3. Weapon gets destroyed or has any apparent damage to any part of the weapon will cause the performer/s a deduction of zero point one (0.1) point per violation of player/team.
4. Starting Over = Half (0.5)
5. Stepping and/or going out of the boundary lines will cause the performer/s a deduction of zero point one (0.1) point per stepping violation.
6. Finishing in place different from where the form started zero point two (0.2) point deduction unless judges have been notified in advance that this will occur.
7. Failure to execute the standard pugay at the start/end of performance would mean a zero point two (0.2) points deduction

X. OTHER MATTERS:

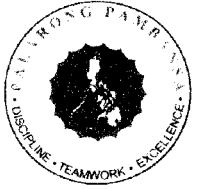
1. Eligibility of coaches and chaperon must adhere to the Rules and Guidelines for the National Accreditation and Screening of athletes and coaches and Chaperon for the Palarong Pambansa.
2. Coaches must be accredited and the chaperons must be screened by the National Accreditation and screening committee (NSAC)
3. Official coaches and chaperons listed on the gallery are allowed to sit on the coaches designated chair for coaching, when his/ her athletes where playing simultaneously in two (2) different court during the competition.
4. Official coaches and chaperons must be in their Delegation Uniform while on coaching No short pants, sando and slippers will be allowed during the competition.
5. Official coaches and chaperons must observe proper decorum during the competition.
6. **Queries/Protest and Complaint on Technicalities**, shall be done immediately after the competition and before the next competition begins. Protest after the match/bout 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. Any action made otherwise shall be nullified. Coaches/Chaperons who

failed to attend the solidarity meeting shall waive his/her rights.
“JUDGEMENT CALL CANNOT BE PROTESTED”

7.The Technical Committee shall decide on all other queries/issues not mentioned in the Ground rules.

XI. GENERAL SCHEDULE OF ACTIVITIES:

Arrival of officiating officials and registration	April 22-23, 2019
Refresher Course for all officiating officials	April 24-25, 2019
Weigh –In / Drawing of Lots / Checking of Equipment / Music	April 26, 2019 (1:00PM to 5:00PM)
Solidarity Conference	April 26, 2019 (8:00am to 11:00am)
General Opening Ceremony/Parade	April 27, 2019 (3:00PM)
Sports Heroes	April 28, 2019
Arnis Ceremonial Program/Actual Competition	April 29 – May 3, 2019
Championship Games/Awarding Ceremony	May 4, 2019



ATHLETICS *Technical Guidelines & Ground Rules*

GUIDELINES AND GROUND RULES

1. IAAF rules will be applied.
2. An athlete is allowed to compete 3 individual events and 2 relays.
3. A team may enter 2 athletes per event.
4. Entry form should be prepared by rank, according to fastest to slowest/farthest to nearest indicating no.1 and no.2 respectively. Prepared in 4 copies and be submitted during the solidarity meeting to the Tournament secretary.
5. Athletes must wear their delegation uniform and athletes number when reporting to the roll call area and during the competition.
6. No coaches or any party identified with an athlete is allowed within the vicinity of the playing area. They should stay outside the control fence or at the grandstand.
7. Using of starting block is a "MUST" in sprint and hurdles events.
8. Law of succession will be observed.
9. In relays, qualifiers can change runners a maximum of 2.
10. In case of inclement weather in an event cannot be safely competed, coaches will be consulted to the postponement or cancellation to the schedule by the technical management based on the rule of the majority.
11. In case of unfinished finals, due to typhoon, ranking will be based on the result of time trials or semi-final.
12. No points for unplayed events.
13. Game starts at 6:00 am and ends at 10:00 am and resumes at 3:00 pm and ends at 6:00 pm.
14. Awarding of medals will be done the next day after the competition has been concluded. All awardees must be in decent delegation uniform with shoes.
15. Overlapped rule will be applied for 3,000 m run and above until 16 runners will be left in the track.
16. The starting height of the bar in high jump and pole vault will be as follows:

High Jump
Elem Girls - 1.15m Sec. Girls - 1.30m
Elem Boys - 1.25m Sec. Boys - 1.40m

Pole Vault 2.0 m
Succeeding three raising of bar - 20cm
Thereafter - 10cm

17. High Jump and Pole Vault

	High Jump	Pole Vault
More than 3 athletes	30 seconds	1 minute
2 or 3 athletes	90 seconds	2 minutes
1 athlete	3 minutes	5 minutes
Consecutive Trials	2 minutes	3 minutes

18. Weight of throwing implements:

Implements	Elementary		Secondary	
	Girls	Boys	Girls	Boys
Shots	3kg	5kg	4kg	6kg
Discus	.75kg	1.5kg	1kg	1.75kg
Javelin	300grms	400grms	600grms	700grms

19. Height of Hurdles

	Elementary		Secondary	
	Girls	Boys	Girls	Boys
100MHH	0.762m		0.840m	
110MHH		0.914m		0.991m
400MHH	0.762m	0.840m	0.762m	0.914m

20. Walkathon is regular event in athletics for Secondary Boys and Girls with 2000 meters' distance of the walk.

21. The number of athletes in athletics in Secondary Boys and Girls is 15

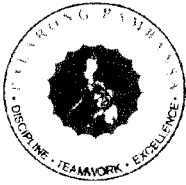
22. The medal counts to be awarded is 90 gold, 90 silver and 90 bronze for Elementary and Secondary Boys and Girls

23. The medal counts to be contested is as follows

Elem Boys	-	15 golds	15 silver	15 bronze
Elem Girls	-	15 golds	15 silver	15 bronze
Sec. Boys	-	19 golds	19 silver	15 bronze
Sec. Girls	-	17 golds	17 silver	17 bronze
TOTAL	=	66 Golds	66 Silvers	66 Bronzes

24. 30 meters receiving zone in 4x100 meter relay will apply.

25. Other ground rules will be discussed during the solidarity based on the situation of the venues, equipment, and other concerns.



MEN'S ARTISTIC GYMNASTICS

Technical Guidelines & Ground Rules

GROUND RULES

Inquiries of the score

- 1) Inquiries for the Difficulty score are allowed, provided that they are made verbally by the official coach after the publication of the score or at the very latest before the score of the following gymnast or group is shown. For the last gymnast or group of a rotation, this limit is one minute after the score is shown.
- 2) Submission of written inquiry should be within 5 minutes after the verbal inquiry.
- 3) Comparison of scores, done upon verification will never be entertained.

Tie Breaking

- 4) FIG Rules of tie-breaking will be applied.

Disruptive Behavior

- 5) A coach who is found guilty of harassing or causing undue trouble during the competition will be issued a red card and will be escorted out of the competition venue, immediately.

Gymnast Participation

- 6) No gymnast can compete in more than one discipline.
- 7) Drawing of lots to determine the Order of Performance is done during the ManCom Meeting and will just be reviewed during the Solidarity Meeting.

Individual All Around

All team members shall be ranked. The gymnast garnering the highest total score in all events will be the Individual All - Around Champion. If by chance a region places first, second and third in the all-around scores, the region will be awarded gold, silver and bronze medals. In cases of ties for all three slots, FIG Rules for tie-breaking will be observed.

Apparatus Finals

Eight finalists, per event will make it to Competition III or the Apparatus Finals with a maximum of two gymnasts from each team. Two alternates (ninth and tenth place) will standby in case any of the top eight becomes injured or sick and will be unable to compete.

Substitution:

This must be done 24 hours prior to the Competition if any of the top eight will not be able to play due to injury (Apparatus Finals), by informing the Tournament Manager of the concerned discipline.

Men's Artistic Gymnastics Competition Guidelines

Competition Structure				
Clu st er	Age	Apparatus	Exercise Routine	Number of Players
ELEMENTARY				
1	Ages 7-9	Floor Exercise	HP 2 FIG Age Group- Compulsory	1
		Pommel Horse (Mushroom) Vaulting Table High Bar	HP 1 FIG Age Group- Compulsory	
2	Ages 10 - 12	Floor Exercise Vaulting Table	HP 3 FIG Age Group- Optional	2
		Pommel Horse	HP 2 FIG Age Group- Compulsory	
		High Bar	HP 1 FIG Age Group Compulsory	
SECONDARY				
3	Ages 13 - 18	Floor Exercise Vaulting Table	Code of Points Junior Rule	3
		Pommel Horse	Compulsory Exercise	
		High Bar	HP 1 FIG Age Group Compulsory	

GENERAL REGULATIONS

Article 1. Competition Ages

- The gymnast's age eligibility will be based on how old he is beginning January of the year of competition.

Article 2. Warm-up and Assistance

- The competitors will be given at least 90-minutes of general warm-up prior to the competition but no one touch (or 30-second) warm-up in advance of the competition.
- The use of soft safety mats on vault is allowed but on floor exercise and pommel horse will result in 0.3 deduction from the final score.
- The use of any non-permitted supplementary equipment will be deducted 0.3.

Article 3. General Judging Rules

- Unless otherwise stated within this document, execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.
- The values and deductions of all compulsory routines will be based in the FIG Age Group Program Manual.

SPECIFIC REGULATIONS

Article 4. Specific Judging Rules

The evaluation of optional exercises in Elementary Cluster 2 will be based on the system of the 2017-2020 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 0.5
- 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 0.5 for that EGR.
- Determine if the remaining EGR have been performed and award 0.5 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.
- Add any connection bonus that applies (Floor Exercise only)

E-score

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

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.

Article 5. Additional Modifications to the FIG Code of Points

- **Developmental Parts**
Gymnasts may use the identified elements in the developmental part to meet difficulty requirements, EG and possible Connection Bonus points.
- **Repetition**
In elementary cluster 2-may repeat one skill of B or C value.
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.

Article 6. Element Values and Maximum Number of Elements for Elementary Cluster 2:

(D value and higher not permitted)

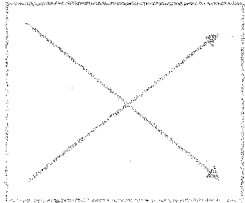
Maximum Number of Element	A-part value	B-part value	C-part value
8	0.1	0.2	0.3

Article 7. Evaluation of Short (or long) Exercises for Cluster 2

No. of Elements	8-10	7	6	5	4	3	2	1
Max. E-score	10.0	9.0	8.0	6.0	4.0	3.0	2.0	1.0

Article 8. Summary of Specific Regulations and Compulsory Exercises

CLUSTER 1 (Compulsory Exercises)

FX	Mushroom(PH)	VT
<p>FIG Age Group HP 2</p> <p>1)2-3 steps to front handspring, straight jump and then rebound to stretched dive roll</p> <p>2) Finish with control in straddle split 2 sec.</p> <p>3. Press to handstand with bent arms and straddled legs to momentary hold and forward roll and jump with ¾ turn to face side</p> <p>4. Step to scissor kick to 2 cartwheels</p> <p>5. Pike down and backward roll with straight arms and straight legs to stand</p> <p>6. Front scale or y scale (2 sec)</p> <p>7. 3 steps hurdle to round off backhandspring straight jump and backward roll tucked to stand.</p> <p align="center"><u>Floor Pattern</u></p> 	<p>FIG Age Group HP 1</p> <p>-5 leg circles with 2 point each, total value of 10.0</p> <p>-deductions: small=.1 medium=.2 large=.3 Fall=.5</p> <hr/> <p align="center">HB</p> <hr/> <p>FIG Age Group HP 1</p> <p>1. Starting from hang, lift to chin up position and pullover to front support</p> <p>2. Cast to horizontal to immediate back hip circle to</p> <p>3. Immediate under bar cast (above 45°) and long hang swing backward</p> <p>4. Swing forward and swing backward</p> <p>5. Swing forward and swing backward</p> <p>6. Swing forward and swing backward</p> <p>7.Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats</p>	<p>FIG Age Group HP 1</p> <p>2 Choices:</p> <p>1.From run, hurdle onto board and jump form two feet to hands with straight body and fall to back on a soft mat of 80 cm height.</p> <p>2.Salto fwd stretched from a vaulting board</p> <p>-Base the deduction from FIG age Group Program -a 2nd attempt is permitted , but with 0.5 deduction</p>

CLUSTER 2

FX	Mushroom(PH)	VT
<p>FIG Age Group HP 3</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>FIG Age Group HP 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>-deductions: small=0.1 medium=0.3 large=.5 Fall=1.0</p>	<p>FIG Age Group HP 3</p> <p>Permitted Vaults and Difficulty Values</p> <p>Handspring=2.0 w/ ½ t=2.2 w/ 1/1t=2.5 w/1 ½t=2.7</p> <p>Handspring front tuck=2.7 w/ ½=2.9</p> <p>Handspring front pike=2.9 w/ ½=3.1</p> <p>Tsukahara Tuck=2.7</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 circle, flair and Russian skills are increased by one value over the FIG Code</p>	<p>HB</p>	<p>Tsukahara Pike=2.9</p>
	<p>FIG Age Group HP 1</p> <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 Swing forward and swing backward to push off dismount (on 5th backward swing) and land on mats 	<p>Tsukahara layOut=3.1</p> <p>Yurchenko Tuck=2.7</p> <p>Yurchenko Tuck 1/1=2.9</p> <p>Yurchenko Pike=2.9</p> <p>Yurchenko Straight=3.1</p> <p>-All Yurchenco Group has the same value with Tsukahara Group-</p> <p>-Bonus for distance 2m-2.5=.1 >2.5-3m=.2 >3m=.3</p> <p>Height=1.15m-1.35m</p> <p>(2nd attempt is permitted , but with 0.5 deduction)</p>
<p>EGR (0.5 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 limit Connection Bonus(saltos only) A or B +C or vice versa=.1 C+C= .2</p> <p>May repeat one skill of B or C value for difficulty</p>		

CLUSTER 3

FX	MUSHROOM(PH)	VT	HB
Code of Points (2017-2020) Junior Rule	<p>Compulsory Exercise:</p> <ol style="list-style-type: none"> 1. Double Leg Circle 2. Double Leg Circle 3. 1/1 spindle(2 circles) 4. Double leg circle 5. Double leg circle 6. Double leg circle w/ 180 turn(Russian Wende) 7. Double leg circle 8. Double leg circle 9. Double leg circle w/ 180 turn(Stockli A) 10. Double leg circle & finish in stand <p align="center">Total Value = 10.0</p>	Code of Points (2017-2020) Junior Rule	<p>FIG Age Group HP 1</p> <ol style="list-style-type: none"> 1. Starting from hang, lift to chin up position and pullover to front support 2. Cast to horizontal to immediate back hip circle to 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

This Guidelines is based on the 2017 FIG Junior Ruling and the 2014 Edition FIG Age Group Development Program.



WOMEN'S ARTISTIC GYMNASTICS

Technical Guidelines & Ground Rules

I. GROUND RULES

Queries

- 1) Verification of scores must be done by the Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager.
- 2) 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.
- 3) Submission of Complaints (written) should be within half an hour right after the score is flashed
 - Judges' decision is final. (based on the FIG COP)

Tie Breaking

- Tie-breaking rules (Competition II) will follow FIG Rules.
 1. The gymnast with the highest sum of final apparatus scores obtained will prevail.
 2. If they remain ties, the highest E score by adding all apparatus will prevail.
 3. If they remain tied, the highest D scores by adding all apparatus will prevail.
 4. If they remain tied, the gymnasts will share the same classification.

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:

1. 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.
2. 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.
3. 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)
4. The use of flash when taking pictures is *NOT allowed*.

Gymnast Participation

1. Gymnast may compete in only 1 discipline of gymnastics.
2. Drawing of lots to determine the Order of Performance is done during the Solidarity Meeting.

- Music of gymnasts must be submitted (in CD format & properly labeled) to the Tournament Manager during the Solidarity Meeting or at least 24 hours before the competition.

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).

Substitution:

The coach of a gymnast who qualified to compete in Comp. III must inform the Tournament Manager 24 hours before the competition if the gymnast will not compete.

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.

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

II. Women’s Artistic Gymnastics Technical Guidelines

Competition Structure				
Cluster	Age	Apparatus	Exercise Routine	Number of Athletes
ELEMENTARY				
1	Ages 7-9	Single Bar Vault Floor Exercise Balance Beam	<i>Cluster 1: FIG Age Group (Compulsory)</i>	1
2	Ages 10 - 12	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 2: FIG Age Group Optional HP3</i>	2
SECONDARY				
3	Ages 13 - 18	Uneven Bars Floor Exercise Balance Beam Vault	<i>Cluster 3: FIG Junior</i>	3

GENERAL REGULATIONS
(Cluster 1, Cluster 2 & Cluster 3)

A. Competition Ages

The gymnast's age eligibility will be based on her age.

B. 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.
- 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 .30 deduction 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 for said vault. (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 0.3.
- Cluster 1: There will be a general warm up of 90 seconds for each rotation group prior to the competition. No touch warm up before each apparatus.
- Cluster 2 & 3: Warm-up will follow the FIG Warm up Rule: gymnasts are allowed touch warm-up before each event

C. General Judging Rules

FIG 2017 – 2020 Code of Points and *FIG 2015 Age Group Development Program* rules and regulations with modification, Technical Directives, Specific Apparatus Deductions and Table of General Faults and Penalties will be use. A gymnast has option to qualify for Competition III.

SPECIFIC REGULATIONS

D. Specific Judging Rules

Cluster 1: Compulsory Exercises

- **Maximum D-score is from 10.00**
- **Maximum E Score is also from 10.00**
 - a. A gymnast may repeat an element for value following a fall or stop.
 - b. The omission of an element will result in the loss of value of that element.
 - c. The addition of an element will result in the deduction of 0.5 from the D score.

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

- a.) Only vaults stated in the Age Group Development Program (AGDP) will be allowed, with vault values stated in the AGDP COP.
- b.) 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, based on individual apparatus requirement for HP3.
- c.) Each Element Group Requirement (EGR) is **0.50**.
- d.) May repeat one skill of B or C value.
- e.) Any connection bonus that applies (FX & BB only).

E. 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.

F. 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/G Part Value
8	0.1	0.2	0.3	0.4	0.5	.6

G. 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	9.0	8.0	6.0	4.0	3.0	2.0	1.0

Clusters 3

No. of Elements	7-10	5-6	3-4	1-2
Max. E-score	10.0	8.0	6.0	4.0

H. Apparatus Specifications

Vault	-	Table at 1.15 m – 1.25 m, Yurchenco collar *80 cm stack (Cluster 1)
Uneven Bars/Single Bar	-	FIG Standard (HB =2.35 m, LB = 1.70m) (HB =2.50 m, LB= 1.70 m)-Cluster 3 *20 cm safety mat is permitted
Balance Beam	-	FIG Height = 1.25 m *80 cm height (Cluster 1)
Floor	-	FIG Standard = 12 x 12 m

J. 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 0.5 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

BB	FX	Single Bar
HP1	HP1	HP1
FIG Age Group Class 1	FIG Age Group Class 1	FIG Age Group Class 1
1. Jump and leg swing with ¼ turn to straddle sit on beam, swing legs fwd to tuck sit, lift to momentary , and back to momentary tuck sit	1. 2-3 steps fwd to turn (360°)	1. Starting from hang, lift to chin up position and pullover to front support
2. Swing legs backward to tuck stand and forward roll to stand with one leg in front , step forward to arch	2. Run and perform partially piked or stretched dive roll fwds.	2. Cast to horizontal to immediate back hip circle
3. Step forward to straight jump to land in lunge. Step back foot fwd with other foot in front, turn ½ (180°)	3. Extend the knees pushing from the floor to handstand	3. immediate under bar cast above 45°) and long hang swing backward
4. Three running steps forward , step kick fwd above horizontal to	4. Handspring fwd to Cartwheel	4. Swing forward and swing backward
	5. Walkover forward	5. Swing forward and swing backward
	6. Split leap , jump 90° , roll bwd to hanstand hold 1 sec and step down to stand	6. Swing forward and swing backward
		7. Swing forward and swing backward to push off

<p>momentary handstand and step down</p> <p>5. Jump chasse forward, 2 steps forward, $\frac{1}{2}$ turn in squat position</p> <p>6. Body wave to stand, step forward to developé'</p> <p>7. Step forward, step to Arabesque (hold for 2 sec)</p> <p>8. 1-3 walking steps forward to round off dismount</p>	<p>7. 2-3 steps hurdle to round off Straight jump</p>	<p>dismount (on 5th backward swing) and land on mats.</p>
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CLUSTER 2 (Ages 10-12 Elementary - Optional for BB, FX and Uneven Bars)

BB	FX	Uneven Bars
HP3	HP3	HP3
<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score (Maximum 4 can be Acro elements)</p> <p>1. Two connected dance elements</p> <p>2. Minimum full turn on 1 foot</p> <p>3. One Acro flight element</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty or bonus.</p>	<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score</p> <p>1. A passage with three dance elements</p> <p>2. Acrobatic element forward</p> <p>3. Acrobatic element backward</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty.</p>	<p><i>FIG Age Group HP 3</i></p> <p>8 skills maximum for D-score</p> <p>1. Long hang swing with turn</p> <p>2. Close Bar element</p> <p>3. Two transitions between Bars</p> <p>4. Dismount</p> <p>*May repeat one skill of B or C Value for difficulty.</p>
<p>VT</p> <p>FIG Age Group Class 3</p>		<p>A 2nd attempt is permitted, but with 1.0 deduction</p>
<p>HP3</p>	<p>Handspring (VT# 1.00) = 2.00</p> <p>Handspring $\frac{1}{2}$ (VT# 1.01) = 2.20</p> <p>Handspring 1/1 (VT# 1.02) = 2.50</p>	<p>$\frac{1}{2}$ on (VT# 1.20) = 2.00</p> <p>$\frac{1}{2}$ on $\frac{1}{2}$ off (VT# 1.21) = 2.20</p> <p>$\frac{1}{2}$ on 1/1 off (VT# 1.22) = 2.50</p> <p>Tsukahara Tuck</p>

	Handspring 1 ½ (VT# 1.03) = 2.70 Handspring Front Tuck (VT# 2.10) = 2.70 Handspring Front Tuck ½ (VT# 2.11) = 2.90 Handspring Front Pike (VT# 2.20) = 2.90 Handspring Front Pike ½ (VT# 2.21) = 3.10	(VT# 3.10) = 2.70 Yurchenko Tuck (VT# 4.10) = 2.70 Yurchenko Tuck 1/1 (VT# 4.12) = 2.90 Yurchenko Pike (VT# 4.20) = 2.90 Yurchenko Straight (VT# 4.30) = 3.10
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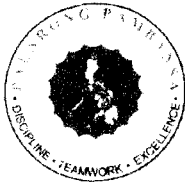
CLUSTER 3 (Secondary: FIG 2017 for VT, UB, BB & FX)

Optional FIG 2017 (BALANCE BEAM)	Optional FIG 2017 (FLOOR EXERCISE)	Optional FIG JUNIOR 2017 (VAULT)
<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i></p> <p>*No DMT -0.50 from Final Score (D Panel)</p> <p>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <ol style="list-style-type: none"> One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (<i>cross or side</i>), or straddle position. = 0.50 Turn (<i>Gr. 3</i>) = 0.50 One acro series, min. of 2 flight* elements - 1 being salto (<i>elements may be the same</i>). = 0.50 Acro elements in different directions (<i>fwd/swd and bwd</i>). = 0.50 <p>*Flight elements with or without hand support.</p>	<p><i>Maximum 8 highest difficulties including the dismount are counted for DV.</i></p> <p>*No DMT -0.50 from Final Score (D Panel)</p> <p>*Minimum 3 Dance *Minimum 3 Acro and 2 optional elements</p> <ol style="list-style-type: none"> A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly (<i>with running steps, small leaps, hops, chassé, chainé turns</i>), one of them with 180°cross/side split or straddle position=0.50 <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>* 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>-Gymnast must perform two (2) different vaults (can be from the same Vault Group).</p>

	<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>	
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Uneven Bars	FIG 2017												
	<table style="width: 100%;"> <tr> <td style="width: 70%;">1. Flight element from HB to LB</td> <td style="width: 10%; text-align: center;">=</td> <td style="width: 20%; text-align: right;">0.50</td> </tr> <tr> <td>2. Flight element on the same bar</td> <td style="text-align: center;">=</td> <td style="text-align: right;">0.50</td> </tr> <tr> <td>3. Different grips (no cast, MT or DMT)</td> <td style="text-align: center;">=</td> <td style="text-align: right;">0.50</td> </tr> <tr> <td>4. Non-flight element with min. 360° turn (No MT)</td> <td style="text-align: center;">=</td> <td style="text-align: right;">0.50</td> </tr> </table>	1. Flight element from HB to LB	=	0.50	2. Flight element on the same bar	=	0.50	3. Different grips (no cast, MT or DMT)	=	0.50	4. Non-flight element with min. 360° turn (No MT)	=	0.50
1. Flight element from HB to LB	=	0.50											
2. Flight element on the same bar	=	0.50											
3. Different grips (no cast, MT or DMT)	=	0.50											
4. Non-flight element with min. 360° turn (No MT)	=	0.50											

*WAG Guidelines for this year's Palaro is based on the 2017 FIG Junior Ruling and the 2015
FIG Age Group Development Program.
Moving forward, together, WE CAN!!!*



GYMNASTICS (RHYTHMIC) *Technical Guidelines & Ground Rules*

GENERAL RULES

The *Federation Internationale de Gymnastique* (FIG) Code of Points 2017-2020, Updated Version valid from 1st of February 2018 will be used in the **Palarong Pambansa 2019** Rhythmic Gymnastics competition in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes and Apparatus Norms. The Elementary level will observe the GAP RG Age Group Program 2017-2020 Pre-Junior Category while the Secondary level will observe the FIG Junior Category.

Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect.

I. COMPETITION PROGRAM FOR RGI

The program for RG Individual Exercises (2019-2020) are as follows:

ELEMENTARY LEVEL – PRE-JUNIOR CATEGORY (3 GYMNASTS)

PALARO 2019-2020	FREEHAND	ROPE	BALL	RIBBON
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SECONDARY LEVEL – FIG JUNIOR CATEGORY (3 GYMNASTS)

PALARO 2019-2020	ROPE	BALL	CLUBS	RIBBON
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II. GENERALITIES

A. 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.
 - *Penalty: (Coordinator Judge) 0.05 point will be deducted for every missing /additional second*

B. Music

- All the exercises/routines have to be performed in their totality with a musical accompaniment. The music must be unified and complete.
- The music can be interpreted by one or several instruments, including the voice used as an instrument.
- Musical accompaniment of voice with words/lyrics may be used for maximum TWO exercises/routines per gymnast in respect to ethics.
 - *Penalty: (Coordinator Judge): 1.00 point for each exercise over the limit.*
- Each piece of music must be recorded on a single, high-quality CD or in 1 new 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 IV-B)
 - ✓ 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 IV-B/Elementary)

- ✓ The music of gymnasts are arranged in folder (apparatus)
(Example: Folder 1–Rope)
- ✓ In each apparatus/event folder, each music is named per gymnast
(Example: Rope–Andrea Bonifacio)
- A sound signal may start before the music.

C. Dress/Attire of Gymnasts

- A correct RG leotard must be in non-transparent materials; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest)
- The neckline of the front and back of the leotard must no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not 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 leotards should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body; however, decorative applications are allowed as long as they do not jeopardize the safety of the gymnast.
- It is allowed to wear: long tights over/under the leotards, a one-piece tight-fitting unitard, a skirt that does not fall further than the pelvic area, the style of the skirt is free.
- Bandages and support pieces cannot be in colors and must be of skin color.
 - *Penalty (Coordinator Judge): 0.30 point deduction if any of the above is violated.*

D. 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 International competitions is required, including the ribbon length (which needs to be 5 meters according to FIG Junior Regulations).

- *Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.*

E. Entry and Discipline

- Each region/team shall compose of three gymnasts representing the entire level (Elementary/ Secondary)
 - All gymnasts/coaches should be present in the competition area especially once their presence is needed.
 - It is forbidden to warm-up in the competition hall
 - Individual gymnasts must enter the floor area with rapid marching without musical accompaniment and establish the start position immediately.
 - During the actual performance of the exercise/routine, the coach of the performing gymnast or any other member of their delegation may NOT communicate with the gymnast, the music custodian or the judges in any manner.
- *Penalty: (Coordinator Judge) 0.50 pts if any of the rules mentioned above is not met.*

III. COMPETITION REQUIREMENTS

A. Elementary Level – Pre-Junior Category

1. The Individual Difficulty score for exercises with Apparatus is **5.50 points maximum**.
2. Requirements for Difficulty for **exercises with Apparatus** are:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty Jump/Leaps- Min.1 Balances-Min.1 Rotations- Min.1	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty	Body Waves
Symbol	BD Min. 3;6 BD Highest Count	S Min. 2; Max. 4	R Min. 1 Max. 2	AD No Min. Max 3	§ Min. 1; Max. 2
Body Difficulty Groups	Value = 0.10 – 0.40 only	Value = 0.30 each	Value = 0.40 max. each	Value = 0.30 fixed	Value = 0.10 each

3. The Individual Difficulty score for Freehand exercise is **5.10 points maximum**.
4. Requirements for Difficulty on **Freehand exercise** are:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty Jump/Leaps-Min.1 Balances-Min.1 Rotations-Min.1	Dance Steps Combination	Series of Pre-Acrobatic Element	Body Waves
Symbol	BD Min. 3;6 BD Highest Count	S Min. 2; Max. 4	R Min. 2; Max. 3	§ Min. 2; Max. 3
Body Difficulty Groups	Value = 0.10 – 0.40 only	Value = 0.30 each	Value = 0.40 max. each series	Value = 0.10 each

5. **Elementary: Pre-Junior Routine Requirement Explanations:**

Body Difficulties (BD)

- For Pre- Junior Category, required base value is minimum of 0.10 and maximum of 0.40 points.

Body Waves (§)

- Each Body Waves is equivalent to 0.10 points.
- Repetition of the same Body Waves is not valid (no penalty).
- There must be variety of body waves in an exercise; forward, sideward, backward, standing, on-the-floor, etc.

Dynamic Element with Rotation (R)

- Minimum 1 / Maximum 2 R in an exercise
- R will only be valid if all the three basic requirements are met:
 - ✓ Medium-large throw
 - ✓ Two base complete body rotations (max. 2 rotations per R only) (without interruption, around any axis, with or without passing the floor)
 - ✓ Catch of the Apparatus
- It has a base value of = 0.20 points to a maximum of 0.40 points only (a criteria may be used either on the throw, rotation, and/or catch of the apparatus) any criteria exceeding above 0.40 points will not be valid, no penalty.

Apparatus Difficulty (AD)

- No Minimum / Maximum 3 AD per exercise
- 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
- AD should be interesting and innovative (not performed on a regular basis, not commonly performed by gymnasts)
- It must be performed Isolated in the exercise (it is NOT within the S or during a BD)
- It has a fixed value of 0.30.

Series of Pre-Acrobatic Elements

- 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.

B. Secondary Level – FIG Junior Category

1. The Individual Difficulty score has no limit.
2. Requirements for Difficulty:

Difficulty components connected with Apparatus Technical Elements	Body Difficulty	Dance Steps Combination	Dynamic Elements with Rotation	Apparatus Difficulty
Symbol	BD Minimum 3 7 BD highest count	S Minimum 2	R Minimum 1 Maximum 4	AD No minimum / maximum
Body Difficulty Groups	Jump/Leaps- Min. 1 Balances-Min. 1 Rotation-Min. 1	Value = 0.30	Base Value = 0.20	Value =0.20/0.30/0.40

3. The Technical Committee does not recommend BD on the knee for junior gymnasts.
4. All general norms for Senior Individual Difficulty are also valid for junior individual.
5. The non-dominant hand must be used to perform a Fundamental or Non-Fundamental Apparatus Technical element during 2 BD (Ball and Ribbon).
6. Difficulty score (D): The D-Judges evaluate the Difficulties, applies the partial score and deducts possible penalties, respectively:

6.1. Penalties by D-judges (D1 and D2)

Difficulty	Minimum/Maximum	Penalty 0.30
Body Difficulties	Minimum 3 7 BD highest count	Less than 1 Difficulty of each Body Group (\wedge , T, ϕ): penalty for each missing Difficulty Less than 3 BD performed Less than 2 BD with handling using the non-dominant hand
"Slow turn" balance	Maximum 1	More than 1
Dance Steps Combinations	Minimum 2	Less than 2

6.2. Penalties by D-judges (D3 and D4)

Difficulty	Minimum/Maximum	Penalty 0.30
Dynamic Elements with Rotation	Minimum 1	Missing minimum 1

7. **Individual Execution:** All general norms for execution for Senior Individual exercise are also valid for Junior Individual exercise.

➤ **Explanation for FIG Junior APPARATUS DIFFICULTY:**

Definition of AD:

- A particularly technically difficult synchronization between apparatus and body consisting of a minimum 1 Base + a minimum 2 criteria or 2 Bases+ 1 criteria **-or-**
- An interesting or innovative use of the apparatus (not performed on a regular basis as standard apparatus movements for RG) consisting of a minimum 1 Base + a minimum 2 criteria or 2 Bases + 1 criteria

AD may be performed:

- Isolated
- During **BD**: the apparatus base will validate the **BD**
- During **S** - maximum **1 AD** (without pre-acrobatic element(s) or illusion(s))

Each AD must be different; an identical repetition is not valid (**no penalty**)

AD Requirements

- Each Individual exercise must have minimum **1 AD**.
- **AD** elements will be valid when the defined requirements for the Base and Criteria are met.
- **AD** elements will not be valid with:
 - ✓ A Base or criteria not performed according to its definition
 - ✓ Total loss of balance with Fall
 - ✓ Major alteration of the basic technique of the apparatus (technical fault of 0.30 or more)
 - ✓ Repetition of Pre-acrobatic elements

Value of AD:

- Each Base is a Fundamental or Non-Fundamental Apparatus Technical element (COP #3.3; #3.4) and has a value of 0.00. The Base and Criteria must be performed according to the definitions listed in the technical explanations.
- The Base coordinated with a minimum 2 Criteria has a value of 0.20, 0.30, or 0.4.

Apparatus Base (Fundamental or Non-Fundamental Apparatus Group)	0.20
Specific Apparatus Bases: <ul style="list-style-type: none"> • Roll over a minimum of 2 large body segments • Small throw and catch of 2 unlocked clubs • Large throw • Transmission without the help of the hands with at least 2 different body parts (not the hands) 	0.30
Catch or rebound from the floor or a part of the body from a Large Throw ↓	0.40

IV. JURY COMPOSITION

- Judges' Panel
Each jury will consist of 2 groups of judges: **D- Panel (Difficulty)**, and **E- Panel (Execution)**.
- Composition of the Panels
Difficulty Judges` Panel (D): 4 judges, divided into 2 subgroups
 The first (**D**) subgroup - 2 judges (**D1** and **D2**)
 The second (**D**) subgroup - 2 judges (**D3** and **D4**)
Execution Judges` Panel (E): 6 judges, divided into 2 subgroups
 The first (**E**) subgroup -2 judges (**E1, E2**): Evaluate Artistic faults
 The second (**E**) subgroup - 4 judges (**E3, E4, E5, E6**): Evaluate Technical faults
- Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions (4 Difficulty Judges and 4 Execution Judges).

V. FUNCTIONS OF EACH JURY/PANEL

- **Functions of the D- Panel**
 - a. **The first subgroup of D- Panel Judges (D1 and D2)** records the content of the exercise in symbol notation; evaluates the number and technical value of Body Difficulties (**BD**), number and value of Dance Steps Combinations (**S**); **D1** and **D2** judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).

- b. **The second subgroup of D- Panel Judges (D3 and D4)** records the content of the exercise in symbol notation:
 - evaluates the number and technical value of Pre-Acrobatic Element Series/Dynamic Elements with Rotation (**R**) and the number and technical value of the Apparatus Difficulty (**AD**) and Body Waves (**§**); **D3** and **D4** judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).
- Brief discussion in each subgroup is allowed if needed; in case of disagreement between the judges, the Superior Jury/Tournament Director will be consulted.
- **The Final D- score** will be the sum of the two partial D-scores.
- **The D1 judge(s) of the D-Panel Jury is the Coordinator Judge.** This judge will apply the penalties for leaving the floor area, timing of the exercises, and all the other penalties indicated in the table of penalties for Coordinator Judge.
- The Superior Jury/Tournament Director must confirm the penalties given by the Coordinator Judge (D1).
- **Functions of the E- Panel:** must evaluate the faults and apply the corresponding deductions correctly.
 - a. **The first (E) subgroup - 2 judges (E1, E2)** evaluates the Artistic component independently and then jointly determines the Artistic penalties (one single common score). Discussion in subgroup is allowed if needed; in case of disagreement between E1 and E2, the counsel of the Superior Jury/Tournament Director must be solicited.
 - b. **The second (E) subgroup - 4 judges (E3, E4, E5, E6)** evaluates the Technical faults by deduction, determining the total deduction independently and without consulting the other judges (Average of the 2 middle scores).
 - c. Artistic and Technical deductions are entered separately for the final Execution score. The **E**-score deductions will be the sum of the two partial **E**-score deductions.
 - d. **The Final E- Score:** Sum of the Artistic and Technical deductions are subtracted from 10.00 points.
- The final score of an exercise will be established by the addition of the D-score and E-score.

VI. 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 and Execution norms for Individual Senior and Junior Exercises are also valid for individual Pre-Junior and Developmental Exercises.
- FIG NEW RULES will automatically **be applied** WITHOUT FURTHER NOTICE as deemed official and applicable by FIG RG TC.

VII. AWARDS

LEVEL	CATEGORY	COMPETITION/ EVENT	AWARDS		
E L E M		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

E N T A R Y		A.F. – BALL	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 AT STAKE			8 GOLD MEDALS	8 SILVER MEDALS	8 BRONZE MEDALS

LEVEL	CATEGORY	COMPETITION/ EVENT	AWARDS		
S E C O N D A R Y	<i>FIG JUNIOR (3)</i>	INDIVIDUAL- ALL-AROUND	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. – 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 AT STAKE			8 GOLD MEDALS	8 SILVER MEDALS	8 BRONZE MEDALS

GROUND RULES

GYMNAST PARTICIPATION

1. No gymnast can compete in more than one discipline.
2. Drawing of lots to determine the Order of Performance is done during the Solidarity Meeting of Coaches and Technical Officials.
3. Music of the gymnasts may be submitted in two formats: a) CD format, one music per CD, and properly labeled CD, or b) USB flask disk format (mp3), properly arranged in folder, arranged per apparatus. Music must be submitted during the Solidarity Meeting. (*sample labels are on the Technical Guidelines*)

QUERIES

1. Verification of scores must be done only by the Official Coach (appearing in the Gallery of Athletes) in writing and submitted right after the announcement/flashing of the gymnast's score. This should be addressed only to the Tournament Manager.
2. Validity of the scores (*FIG Technical Regulations, Section 1, Art. 8.3*) – in cases where the scores announced/flushed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary prevails.
3. Inquiries of the score (*FIG Technical Regulations, Section 1, Art. 8.4*) – inquiries on the Difficulty Score is allowed, however, inquiries on the execution score is not allowed.
4. Submission of Queries (written) should be **within 15 minutes** right after the score is announced/flushed. Late inquiries will not be entertained. A coach is not allowed to complain against a gymnast from another region/team.

TIE-BREAKING

1. All-Around Finals: combined 3 gymnasts ,4 apparatus - (*FIG Technical Regulations, Section 3, Art. 3.4*)
2. Team Competition: combined 12 exercises - (*FIG Technical Regulations, Section 3, Art. 3.4*)
3. Apparatus/Event Finals - (*FIG Technical Regulations, Section 3, Art. 3.4*)

INDIVIDUAL ALL AROUND

- All team members shall be ranked. The gymnast garnering the highest total score in all apparatus/events will be the Individual All-Around Champion per category.
- There will be IAA Champions per category:
 - Elementary IAA – 1st / 2nd / 3rd
 - Secondary IAA – 1st / 2nd / 3rd
- If by chance a region places first, second and third in the all-around scores , the region will be awarded gold, silver and bronze medals respectively.
- In cases of ties, FIG Rules for tie-breaking will be observed.

APPARATUS FINALS

- Eight finalists, per event in each category will make it to the Apparatus/Event Finals with a maximum of two gymnasts from each region/team in the case of (Elementary and Secondary only).
- Two alternates (ninth and tenth place) will standby in case any of the top eight finalists becomes injured or sick and will be unable to compete.

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*).

TEAM CHAMPIONSHIP

- The Team Score will come from the accumulated scores of the 3 gymnasts per level.
 - Elementary Level:
Elementary – 4 Apparatus/Events (3 Gymnasts)
Total: 12 Apparatus/Events
 - Secondary Level:
Secondary – 4 Apparatus/Events (3 gymnasts)
Total: 12 Apparatus/Events

DISRUPTIVE BEHAVIOR

- The use of flash when taking pictures/videos is NOT allowed. 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.
- A coach who is found guilty of harassing or causing trouble during the competition will be issued a red card right away and will be escorted out of the competition venue immediately.

APPENDIX TO THE FIG CODE OF POINTS

- Rules for the use of IRCOS
- Only the Official DepEd RG Palaro Video will be used.
- No video will be entertained from the region/team.
 - In order to avoid the abusive and excessive use of video judging and in order to guarantee the competition runs on schedule, the use of IRCOS is strictly restricted.
 - The IRCOS was NOT introduced to replace the existing judging system by a video judging system.
 - The IRCOS may be used only as a support tool for treating inquiries and in case of impossible scores where applicable

It may also be used for the control and analyses of the judging and education of coaches and judges.



SWIMMING *Technical Guidelines & Ground Rules*

1. COMPETITION RULES

- 1.1. International Swimming Rules of the Federation Internationale de Natation (FINA) will be applied. Ground rules which have been agreed upon shall be implemented.
- 1.2. In matters not provided for, decisions shall rest with the Technical and/or the Organizing Committee.
- 1.3. One start rule.
- 1.4. Competition will be in Heats and Finals format. Heats will start at 8:30 A.M. and finals will be at 3:30 P.M.
- 1.5. 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.
- 1.6. Each delegation is allowed to enter two (2) swimmers per individual event and one (1) relay team in the relay events.
- 1.7. 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.
- 1.8. 400 Meter Freestyle for Elementary and 800 Meter Freestyle for Secondary will be in Timed Finals format with the exception of the last heat to be held during the Final Round.
- 1.9. Only athletes, coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

2. RELAY ENTRY

- 2.1. Relay team entries 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.
- 2.2. 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.
- 2.3. 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.

3. SWIMWEAR

- 3.1. 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.
- 3.2. All swimsuits shall be non-transparent.
- 3.3. The competitor must wear swimsuit in one or two pieces. For boys, the swimsuit shall not extend above the navel nor below the knee and for girls, 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.

3.4. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.

3.5. Composition/other items: Boy's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Girl's swimsuits may be in one or two pieces. Other items covering the body and not part of the swimsuit are prohibited.

4. PROTEST

4.1. Protests are possible

4.1.1. if the rules and regulations for the conduct of the competition are not observed,

4.1.2. if other conditions endanger the competitions and/or competitors

4.1.3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

4.2. Protest must be submitted

4.2.1. To the referee

4.2.2. In writing

4.2.3. By the responsible Team Leader / Coach only

4.2.4. Within 30 minutes following the conclusion of the respective event

5. TIMING

5.1. In the case of an electronic timing systems malfunction, official manual time of a swimmer shall be determined as follows:

5.1.1. If in the case that the time of the first swimmer is greater than the time of the second swimmer, average time of swimmers involved shall be the official time of both swimmers.

5.1.2. Official placing will decide by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

6. WITHDRAWAL

6.1. A competitor or team not wishing to take part in the final round in which qualification was earned shall withdraw within thirty (30) minutes following the preliminaries of the event in which the qualification took place.

7. TEAM COMPOSITION

7.1. Number of swimmers per delegation will be as follows:

Elementary – 10 Male and 10 Female

Secondary – 10 Male and 10 Female

8. SUBMISSION OF ENTRIES

8.1. All entries must be on official entry forms.

8.2. Submission of entries must indicate the latest best time of each swimmer in each event for seeding purposes and lane assignments.

8.3. Deadline for the submission of entries will be at 6:00 P.M. following the conclusion of the Coaches' Meeting.

Note: Coaches and Team Managers' meeting will be held after the Solidarity Meeting.



2019 PALARONG PAMBANSA
APRIL 28 - MAY 06, 2019

WRESTLING *Technical Guidelines & Ground Rules*

I. AGE AND WEIGHT CLASSES

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 to 18 and above years of age come the nationals)

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

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

II. COMPETITION SYSTEM

Pre-Tournament

- A. The weigh-in and the medical inspection shall be done one (1) day before the tournament. A one (1) kilogram plus is allowed during the 1st day weigh-in and for the second day of tournament a two (2) kilogram plus is allowed. An athlete could weigh a maximum of two (2) kilograms under in a particular weight category.
- B. The drawing of lots shall be done after the weigh-in.

Tournament:

The Nordic system shall apply in accordance to the number of entries per weight categories. The direct elimination with repechage for six (6) or more in a weight class with two (2) bronze medals.

Point System

The 1, 2, 4 and 5 point are found in the international rules. However, due to safety concerns the **4 and 5 point is acknowledge and not applicable in the current set-up.**

(All throws of any kind (low or high) is forbidden. Suplay (suplex) or high amplitude throws would result into immediate disqualification of the athlete and a stern reprimand to the coach and delegation).

Further all cautions shall be an automatic one (1) point

III. PALARO COMPETITION UNIFORM

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

SAMPLE OFFICIAL SINGLET
BOYS SINGLET



GIRLS SINGLET



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

- ❖ Contestants must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue). Or wearing a sando approved by the technical officials concern on the competition.
- ❖ Their Division/Region emblem on the chest.
- ❖ The abbreviation of the Division's/Region's name (maximum size 10cm x 10cm) on the back of the singlet (4 to 7 cm) above or in a half circle around the Division's/Region's abbreviation.
- ❖ The use of light knee pads containing no metal parts is allowed.
- ❖ The wrestler must have a cloth handkerchief with him during the whole of the match.

Advertising on clothing Apart from during the Olympic Games where the IOC Rules apply, competitors can wear one or several sponsors' names. Contestants may also wear their sponsors' name(s) on the back or sleeves of their robes. Lettering and symbols may not be higher than 6 cm to identify the sponsor(s). *Ear protectors*

For those wrestlers who wish to wear ear protectors, they must be approved by DEPED and must not contain any metal or have hard shells. The referee can oblige a wrestler whose hair is too long to wear ear protectors.

Shoes

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

Bans

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

It is prohibited to:

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

IV. ILLEGAL HOLDS

The following holds and actions are illegal and strictly prohibited:

- ❖ Throat hold
- ❖ Twisting of arms more than 90 degrees
- ❖ Arm lock applied to the forearm (double wrist lock)

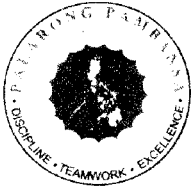
- ❖ Holding the head or neck with two hands, as well as all situations and positions of strangulation (neck wrench/cranking)
- ❖ Double Nelson, if not executed from the side without the use of the legs on any part of the opponent's body
- ❖ Bringing the opponent's arm behind his back and at the same time applying pressure to it in a position where the forearm forms an acute angle
- ❖ Executing a hold by stretching the opponent's spinal column
- ❖ Chancery holds with one or two hands in any direction whatsoever
- ❖ The only holds allowed are with the head and one arm
- ❖ In standing, holds executed from behind when the opponent is head down (reverse waist hold), the fall must be executed only to the side and never from top to bottom (header)
- ❖ In executing a hold, only one arm may be used to hold the opponent's head or neck
- ❖ Lifting the opponent who is in a bridge position and then to throw him onto the mat (severe impact on the ground); that is, the bridge must be forced down
- ❖ Breaking the bridge by pushing in the direction of the head
- ❖ Generally, if the attacking wrestler is found to have violated the Rules during the execution of a hold, the action in question shall be completely void and on the first offence, the referee shall give an "attention" to the attacking wrestler at fault. If the attacker repeats his violation, he will be punished by a caution and one point will be awarded to his opponent.
- ❖ If a defending wrestler, by an illegal action, prevents his opponent from developing his hold, the defending wrestler will be cautioned. His opponent will receive two points.
- ❖ Suplex and high amplitude holds would result into disqualification of the athlete.
- ❖ *Prohibited holds for female wrestling*
- ❖ All double Nelsons holds in the "par terre" or standing position are forbidden in female wrestling.
- ❖ *Prohibited holds for schoolboys and cadets*
- ❖ To protect the health of young wrestlers, the following holds are considered illegal and prohibited for the schoolboy and cadet categories:
- ❖ Double Nelson from both the front and side
- ❖ In freestyle, a leg hook on the opponent's leg, in addition to the double Nelson

V. TOURNAMENT OFFICIALS:

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

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

There shall be one (1) tournament manager, one (1) assistant manager, one (1) recorder, one (1) timer, one (1) overall mat chair, one (1) mat judge, 2 games marshal, 2 recorders, 21 referee/judge. (n = 36)



2019
**DALARONG
PAMBANSA**
APRIL 28 - MAY 04, 2019

WUSHU *Technical Guidelines & Ground Rules*

I. DATE AND PLACE:

The 2019 *Palarong Pambansa* – Wushu (SANDA) Competition will be held from April 27 – May 4, 2019 at Davao City.

II. COMPETITION VENUE:

Competition Venue: Precious International School of Davao

III. COMPETITION EVENTS:

Group A – Who were born between January 01, 2001 to December 31, 2003

Male : 48kg; 52kg; 56kg

Female : 48kg; 52kg

Group B – Who were born between January 01, 2004 to December 31, 2006

Male : 42kg; 45kg; 48kg

Female : 42kg; 45kg

IV. PARTICIPANTS:

Secondary School Students that pass the Screening procedure.

V. PARTICIPATION METHODS:

- i. Athletes who passes the Screening Committee
- ii. Each Team may compose of 2 Coach, 1 Chaperon for the girls and 10 Athletes
 - a. There should be one (1) athlete per weight category

VI. COMPETITION METHODS:

- i. The Competition shall be individual competition
- ii. Knockout system will be adopted.
- iii. Single round-robin will be adapted if number of competitors less than 4
- iv. The Competition will be conducted in accordance with the Rules of International Wushu Federation (IWUF) 2016.
- v. Athletes for Group B must be 39.1 Kg and above but not to exceed 42.0 kg to compete in the 42Kg category.
- vi. Athletes for Group A must be 45.1 Kg and above but not to exceed 48.0 Kg to compete in the 48Kg category.
- vii. There should be a medical check-up before the weigh-in time.
- viii. Weigh-in time is 1 hour
- ix. Kick(s) to the head as well as successive/continuous punches to the head are not permitted. One absolute hit (punch-kick) policy.
- x. All attacking and defending techniques are applicable except the following:
 - a. Attacking with the head, the elbow, or the knee, or by twisting the opponent's joints.
 - b. Forcing the opponent to fall head over heels, or intentionally smashing or pressing him down.
 - c. Hitting the opponent's head by any means when he is already down.
 - d. Attacking the back of head, the neck and the crotch.
- xi. The following takedown techniques are permitted.
 - a. Lower Hip side takedown
 - b. Lower Side tackle

- c. One leg tackle/One leg catch tackle
 - d. Cross leg tackle
 - e. Lower double leg takedown
 - f. Leg sweeping
 - xii. Shoulder Throw, Lifting, Over Throw, Floating Hip throw, Single Back Throw, Hip Wheel Throw, Neck Throw, and Back Throw, **ARE NOT PERMITTED.**
 - xiii. Each bout is consisting of 3 rounds, with 1 minute and 30 seconds per round and 1-minute interval rest between rounds.
 - xiv. A winner will be declaring as best of 2 out of 3 rounds in each bout.
 - ix.i. In case of draw/tie in any of the 2 rounds an additional round will be held.
 - ix.ii. 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, fewer warnings will be declared the winner.
- 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 on time of weigh – in.
- If the tie’s remains, an additional round will be held.

VII. COSTUME AND EQUIPMENT:

- i. Competitors shall wear costume and protective gears in compliance with the “Rules for International Sanda Competition”
- ii. Two (2) sets of costumes; 1-red and 1-black
- iii. Gum shield, groin guard, hand-wrap and shin guard with foot pad must be provided by competitors themselves.

VIII. PLACING OF AWARDS:

Top three (3) men and women will be awarded respectively with Medals and Certificates.

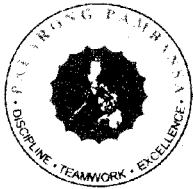
IX. ENTRIES:

- i. Final Entry with the events and names of competitors must reach the Tournament Manager CHRISTOPHER H. LENSIG by mail or email.
 - a. Email: christopher.lensig@deped.gov.ph
 - b. Contact no. 09127049778
- ii. No Changes or additional entries will be accepted after the deadline.

X. OTHER MATTERS:

- i. Each team shall strictly abide by the Rules of DepEd and the Organizing Committee.
- ii. 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.)
- iii. Teams may bring video cameras for the documentation of the bout(s), but it will not be accepted as basis for complaints.
- iv. 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.
- v. Official coach and chaperon must observe proper decorum during competition.
- vi. Trainers are not allowed to sit on the athlete’s corner during the competition.

- vii. The Technical Committee shall decide on all other quires/issues not mentioned in the ground rules.



AEROBIC GYMNASTICS

Technical Guidelines & Ground Rules

1. VENUE

- Competition Site will be at the Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.
- Training Site – the training schedule for each team will be given when the teams arrive.

2. ENTRY

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

3. COMPOSITION AND NUMBER OF ATHLETES AND COACHES PER REGION

EVENT	GENDER	ATHLETES	COACH	TOTAL
AEROBIC GYMNASTICS	ELEMENTARY			
	BOYS	2	1	5
	GIRLS	2		
	SECONDARY			
	BOYS	2	1	5
	GIRLS	2		

4. CATEGORIES

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

Elementary

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

Secondary

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

Event

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

5. QUALIFYING ROUNDS AND FINALS

5.1 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 AERO Dance.

5.2 NUMBER OF PARTICIPANTS IN THE FINALS

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

6. COMPETITION SCHEDULE (SAMPLE SCHED)

DAY 0	00:00-00:00	Arrival of Delegations (Whole Day)
DAY 1	09:00-12:00	Podium Training for the Opening Parade and Mass Dance
	01:00-03:00	Judges' Refresher Course
	01:00-05:00	Training per schedule
	03:00-05:00	Coaches' Solidarity Meeting
DAY 2	08:00-09:00	Judges' Meeting and Briefing
	09:00-09:30	Opening Parade
	09:30-12:00	Elementary Qualifying Rounds for IM and IW
	02:00-05:00	Secondary Qualifying Rounds for IM and IW
DAY 3	08:00-09:00	Judges' Meeting and Briefing
	09:00-12:00	Elementary Qualifying Rounds for MP/ TR/ AER DANCE
	02:00-05:00	Secondary Qualifying Rounds for MP / TR / AER DANCE
DAY 4	08:00-09:00	Judges' Meeting and Briefing
	09:00-12:00	Elementary Finals for IM / IW / MP / TR / AER DANCE
	01:00-04:00	Secondary Finals for IM / IW / MP / TR / AER DANCE
	04:00-05:00	Awarding Ceremony
DAY 5	00:00-00:00	Departure of Delegation (Whole Day)

7. PARTICIPANTS

- 7.1** The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition. (Refer to DepEd Eligibility Requirements)
- 7.2** The participation is limited to 2 units per region in each category except Trio and AER Dance.

8. 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.

9. 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.

10. 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.

11. 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 Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

12. COMPETITION RULES AND REGULATIONS

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

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

13. MUSIC

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

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

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

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

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

14. 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.

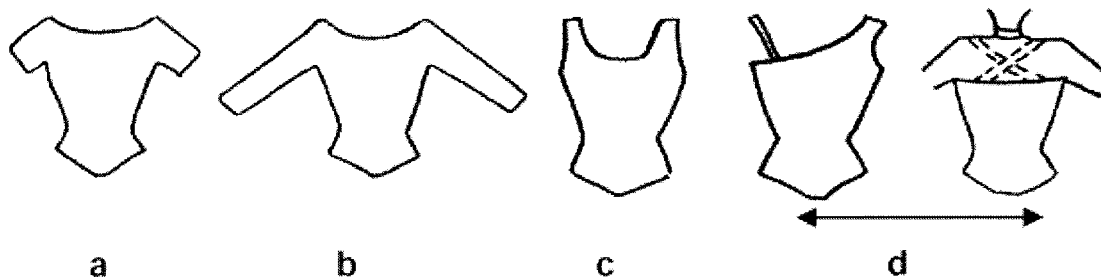
Attire violating any description written in the Dress Code will be deducted by CJP (-0.2 point each time for different criteria).

14.1 WOMEN'S ATTIRE

Women must wear a one-piece leotard with flesh colored or transparent tights or a unitard (one-piece leotard with full length neck to ankle). Sequins are allowed. - The neckline of the front and back of the leotard/unitard must be no further than half of the sternum for the front and no further than the lower line of the shoulder blades for the back. - The cut of the leotard at the top of the legs must not go higher than the waist and the outside seam must pass through the crest of ilium. The leotard must cover the crotch completely. -

Attire for women may be with or without long sleeves (1 or 2 sleeves). Long sleeves end at the wrist. Transparent material allowed for sleeves. - Long tights / full-length unitard are allowed.

Examples for WOMEN



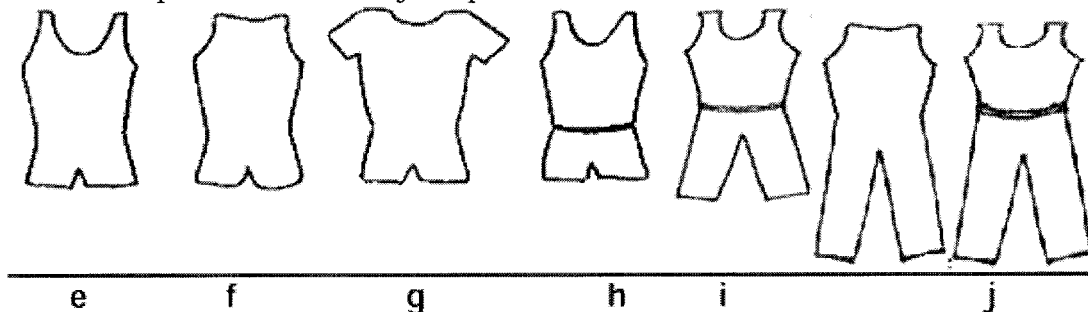
The examples shown “a to c” represent the same front and back of the leotard. The example “d” is the same leotard showing the front and the back.

14.2. MEN'S ATTIRE

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

Examples for MEN:

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



14.3 CORRECT ATTIRE:

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

14.4 UNIFORM: (WARNING BY CJP):

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

14.5 COMPETITION ATTIRE FOR MUSLIM PARTICIPANTS

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

15. TIE BREAKING RULES

In case of a tie at any place in qualifications or finals, the tie will be broken based on the following criteria in this order:

- the highest total score in Execution
- the highest total score in Artistic
- the highest total score in Difficulty

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

16. RANKING BY TEAMS

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 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, 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.

17. WALK OVER

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

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

18. TRAINING – WARM UP

Training sessions will begin on _____ and the official training venue is at Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao 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.

19. 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 Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

20. DRAWING OF LOTS FOR JUDGES / STARTING ORDER

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

21. 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.

22. PROTESTS

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

23. 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.

24. OPENING

The opening will take place on _____ at Malayan Colleges Mindanao, Audio Visual Room, 4th Floor, Mc Arthur Highway Matina, Davao City.

Competitors will hold an opening parade and will be presented in this event and must wear their track suit.

25. MEDAL AWARD CEREMONIES

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

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

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

Team Ranking

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

All Participants : Certificate of Participation

COMPETITION PROGRAMME

	ELEMENTARY LEVEL	SECONDARY LEVEL
AGE	DepEd Palarong Pambansa Eligibility Guidelines	
CATEGORIES	IM, IW, MP, TR, AER DANCE	IM, IW, MP, TR, AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 15 seconds (+/- 5sec)	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	6 maximum	8 maximum
ACROBATIC ELEMENTS	2 Elements from A1 to A3 (optional) Off Axis jump not allowed	2 Elements from A1 to A6 (optional) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	No Combination	1 Combination of 2 different elements allowed
COMPETITION SPACE	7m x 7m: IND-MP-TR	7m x 7m: IM-IW 10m x 10m: TR, MP, AER DANCE
COMPULSORY ELEMENTS (must be performed without combination)	4 A) PU B) Straddle Support C) Air Turn D) Vertical Split	4 A) Helicopter to PU B) Straddle Support (max 1/1 turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
ELEMENTS ALLOWED VALUE	0.1 – 0.4 (1 ELEMENT 0.5 POINT OPTIONAL)	0.1 – 0.6 (1 ELEMENT 0.7 POINT OPTIONAL)
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
FLOOR ELEMENTS	4	5
LIFT	0	1 (optional), no value

ATTIRE	FIG Code of Points (no make-up) Optional tights are allowed Form Fitting body shorts are allowed for both boys and girls.	FIG Code of Points (light make-up)
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.	
TEAM RANKING	There will be a team ranking for both categories.	

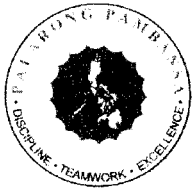
DEDUCTIONS

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

AEROBIC DANCE

EVENTS	COMBINED (4) ELEMENTARY AND (4) SECONDARY
DEFINITION	Group choreography of 8 competitors, utilizing the Aerobic movements in Dance Style. The routine must include 32 to 64 counts of STREET DANCE, as a 2nd style. The routine may include acrobatic and/or difficulty elements but they will not receive any value.
AGE	DepEd Palarong Pambansa Eligibility Guidelines
CATEGORIES	AER DANCE
EXCEPTIONS	No 1 arm push up No 1 arm support
MUSIC LENGTH	1 minute 20 sec. (+/- 5sec)
DIFFERENT ELEMENTS	8 maximum Elements from A1 to A6

	(1 ELEMENT 0.7 POINT OPTIONAL) Off Axis jump not allowed
COMBINATION OF DIFFERENT ELEMENTS	Maximum of 2 acrobatic elements in combination (=set) may be performed but must perform at the same time. If the same or different combination is performed consecutively, it will be counted as 2 or more.
ACROBATIC ELEMENTS AND	If a different combination is performed at the same time, it will be counted as 1 set. Maximum of 3 sets of combinations may be performed. Examples: Round off + flic flac + salto = DEDUCTION Round off + salto = NO DEDUCTION
DEDUCTIONS	More than 2 acrobatic elements performed in combination (=sets): -0.5 each time More than 3 acrobatic combination (sets) in the whole routine -0.5 each time
COMPETITION SPACE	10m x 10m: AER DANCE
DANCE CONTENT	In the Dance Content, dance movements are evaluated throughout the routine, including the 2nd style. If the 2nd style is not included or not recognizable or not STREET DANCE, maximum in Dance Content is 1.1 (Unacceptable). The dance content must have high correlations with the theme and the style of the music. It is recommended to show high level of creativity in the dance content, especially by using the music style and accents, but without repetitions. The second style must be clearly different from the rest of the choreography and must show high degree of creativity.
PUSH UP SPLIT LANDING	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
FLOOR ELEMENTS	5
LIFT	1(optional), no value
ATTIRE	FIG Code of Points
JUDGES' PANEL	2-4 A-Jury, 2-4 E-Jury, 2-D Jury, 2-L- Jury, 1- CJP According to the FIG Judges rules, the FIG Technical Regulations, the Aerobic Gymnastics code of points.
TEAM RANKING	There will be a team ranking for both categories.



DANCESPORT *Technical Guidelines & Ground Rules*

1. ELIGIBILITY

1.1 To be eligible for participation in the *Palarong Pambansa* Dancesport Competition, a competitor must comply with the Palarong Pambansa Act or the Implementing Rules and Regulations of R.A. 10588 as well as Rule V.

2. APPROVAL OF THE TECHNICAL HANDBOOK

2.1 This Technical Handbook was approved by the **Dancesport Council of the Philippines Incorporated (DSCPI)** an accredited member of the World Dancesport Federation (WDSF) and the Asian DanceSport Federation (ADSF)

3. COMPETITION INFORMATION

3.1 **Competition Dates:** : May 1, 2019

3.2 **Competition Venue** : **Philippine Science High School, Davao**

4. EVENTS

The Dancesport competition will consist of sixteen (16) events which compose of eight (8) events in Modern Standard Discipline and eight (8) 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	Quickstep
4	Grade C	Elem / Juvenile	Modern Standard	W, T, Q
5	Single Dance	Secondary / Junior	Modern Standard	Waltz
6	Single Dance	Secondary / Junior	Modern Standard	Tango
7	Single Dance	Secondary / Junior	Modern Standard	Quickstep
8	Grade C	Secondary / Junior	Modern Standard	W, T, Q
9	Single Dance	Elem / Juvenile	Latin American	Samba
10	Single Dance	Elem / Juvenile	Latin American	Chachacha
11	Single Dance	Elem / Juvenile	Latin American	Jive
12	Grade C	Elem / Juvenile	Latin American	S , C, J
13	Single Dance	Secondary / Junior	Latin American	Chachacha
14	Single Dance	Secondary / Junior	Latin American	Rumba
15	Single Dance	Secondary / Junior	Latin American	Jive
16	Grade C	Secondary / Junior	Latin American	C , R , J

5. COMPETITION SCHEDULE

Date : May 1, 2019
Time : 1:00pm

MODERN STANDARD DISCIPLINE

DATE	EVENT	ADJU SET	CATEGORY	DISCIPLINE	DANCES	PHASE
	1		Single Dance	Modern Standard	Waltz	1 st Round, Quarter Final, Semi Final, Final
	2		Single Dance	Modern Standard	Tango	1 st Round, Quarter Final, Semi Final, Final
	3		Single Dance	Modern Standard	Quickste p	1 st Round, Quarter Final, Semi Final, Final
	4		Grade C	Modern Standard	W, T, Q	1 st Round, Quarter Final, Semi Final, Final
	5		Single Dance	Modern Standard	Waltz	1 st Round, Quarter Final, Semi Final, Final
	6		Single Dance	Modern Standard	Tango	1 st Round, Quarter Final, Semi Final, Final
	7		Single Dance	Modern Standard	Quickste p	1 st Round, Quarter Final, Semi Final, Final
	8		Grade C	Modern Standard	W, T, Q	1 st Round, Quarter Final, Semi Final, Final

LATIN AMERICAN DISCIPLINE

	9		Single Dance	Latin American	Samba	1 st Round, Quarter Final, Semi Final, Final
	10		Single Dance	Latin American	Chachac ha	1 st Round, Quarter Final, Semi Final, Final
	11		Single Dance	Latin American	Jive	1 st Round, Quarter Final, Semi Final, Final
	12		Grade C	Latin American	S , C, J	1 st Round, Quarter Final, Semi Final, Final
	13		Single Dance	Latin American	Chachac ha	1 st Round, Quarter Final, Semi Final, Final
	14		Single	Latin	Rumba	1 st Round,

			Dance	American		Quarter Final, Semi Final, Final
	15		Single Dance	Latin American	Jive	1 st Round, Quarter Final, Semi Final, Final
	16		Grade C	Latin American	C , R , J	1 st Round, Quarter Final, Semi Final, Final

6. **COMPETITION PROCEDURES, RULES AND REGULATIONS**

The Dancesport competition of the *Palarong Pambansa* 2019 will be held in accordance with the current World Dancesport Federation (WDSF) Rules and Regulations under the guidance of the Dancesport Council of the Philippines (DSCPI) 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.

6.1 **Competition Rules Dancesport**

The regulations below cover the following disciplines:

- 6.1.1 Modern Standard Discipline with the following dances; Waltz, Tango, Quickstep
- 6.1.2 Latin American Discipline with following dances; Samba, Chachacha, Rumba, Jive

6.2 **Choreography and Syllabus**

6.2.1 The *Palarong Pambansa* 2019 is subjected to the following choreography and syllabus:

6.2.1.1 Juvenile Age Group / Elementary Level will have a

restricted/strict/closed syllabus routine

6.2.1.2 Junior Age Group / Secondary Level will have an **open**

syllabus/competitive routine

6.3 **Lifts**

- 6.3.1 Lifts are NOT permitted in any category level and dance;
- 6.3.2 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;
- 6.3.3 The Chairman of the Board of Adjudicators will **DISQUALIFY** couples who will perform lifts during competition.

6.4 **Marking**

- 6.4.1 Since technology does not allow open marking system, closed marking shall be used in all rounds of the competition;
- 6.4.2 SKATING SYSTEM of marking shall be used in the competition.
- 6.4.3 The use of technology-aided adjudication and automated scrutineering is highly encouraged but is subject to its availability/feasibility.

6.5 Selection of Heats, Quarter Finals, Semi-Finals and Finals

- 6.5.1 Competitions shall be composed of at least a 1st round, Quarter Final, Semi-Final and Final rounds;
- 6.5.2 1st round will be composed of 18 couples; selection of heats shall be in random;
- 6.5.3 Quarter Final round will be composed of 12 couples. Both the 1st round and the Quarter Final round will be danced in two heats;
- 6.5.4 The Semi-Final will be composed of six (6) couples; while the Final Round will be a ranking of remaining three (3) couples. In the event that there will be more than 3 couples for the Final Round, Chairman of Adjudicators or Tournament Manager may split the round into two and select the best 3 couples/pairs, then proceed to the final round.
- 6.5.5 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;
- 6.5.6 The re-dance system shall apply from the 1st round to the final round.

6.6 Competition attire (Costuming)

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 for detailed information of dancesport costuming.

6.7 Dance Order

The sequence of dances shall be as follows:

- 6.7.1 JUVENILE / ELEMENTARY LEVEL
 - LATIN AMERICAN DISCIPLINE – Samba, Chachacha, Jive
 - MODERN STANDARD DISCIPLINE– Slow Waltz, Tango, Quickstep
- 6.7.2 JUNIOR / SECONDARY LEVEL
 - LATIN AMERICAN DISCIPLINE – Samba, Chachacha, Jive
 - MODERN STANDARD DISCIPLINE– Slow Waltz, Tango, Quickstep

6.8 Music

- 6.8.1 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 tempi for each dance shall be:

SLOW WALTZ– 28 to 30 bars/min	CHACHACHA– 30 to 32 bars/min
TANGO – 31 to 33 bars/min	SAMBA – 50 to 52 bars/min
QUICKSTEP – 50 to 52 bars/min	RUMBA – 25 to 27 bars/min
	JIVE – 42 to 44 bars/min

- 6.8.2 Type of Music

In the 2019 *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.

6.9 Disqualification Rules

The couples will be disqualified from the competition if proper dress regulations based on WDSF rules and guidelines are not followed. Also, the competitors/couple will be disqualified if they are not present in their event.

7. HEALTH AND WELFARE OF ATHLETES

7.1 There must a break of at least 20 minutes between the rounds of the competition;

7.2 All final prize presentations shall be concluded before 21:00 (9:00 PM) for JUVENILE Age Groups and 22:00 (10:00 PM) for JUNIOR Age Groups

8. COMPOSITION OF THE DELEGATION

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 Secondary Level.

Juvenile Latin	1 pair (1 male/1 female athlete)	1 coach for Elementary	
Juvenile Standard	1 pair (1 male/1 female athlete)		} 1 Chaperon
Junior Standard	1 pair (1 male/1 female athlete)		
Junior Latin	1 pair (1 male/1 female athlete)	1 coach for Secondary	

9. TECHNICAL OFFICIALS & ADJUDICATORS

9.1 TECHNICAL OFFICIALS. The Tournament Manager with the approval of the Palarong Pambansa Technical Working Group will select and appoint such number of National Technical Officials.

9.1.1 National Technical Committee:

a. Tournament Director/Tournament Manager	1
b. Tournament Secretary	2 (1-Juvenile & 1-Junior)
c. Chairman / Chief Adjudicators	1
d. Adjudicators	5 and above
e. Chief Scrutineer	1
f. Asst. Scrutineer	4(2-juvenile & 2-junior)
g. Barkers	4
h. Score Collectors	5
i. Runners	5
j. Dancesport Disc Jockey	1
k. Compere/Announcer	1
l. Working Committees	To be determined by the host region

9.2 ADJUDICATORS. The Tournament Manager with the guidance of the Dancesport Council of the Philippines Incorporated (DSCPI) will appoint five (5) or more qualified adjudicators for the Palarong Pambansa 2019 as may be approved by Palarong Pambansa Board and Technical Working Group.

9.2.1 **Adjudicators Qualifications (Ideal/High Suggested)**

- 9.2.1.1 DSCPI Licensed National Adjudicator A and B
- 9.2.1.2 DSCPI Licensed School-Based Dancesport Teachers
- 9.2.1.3 DepEd Accredited List of Adjudicators

9.3 SCRUTINEERING. The Tournament Manager with the guidance of the Dancesport Council of the Philippines Incorporated (DSCPI) will appoint one (1) qualified Chief Scrutineer with the assistance of four (4) other scrutineers for the Palarong Pambansa 2019 as may be approved by *Palarong Pambansa* Board and Technical Working Group.

9.3.1 Scrutineering Qualifications (Ideal/High Suggested)

- 9.3.1.1 DSCPI Official Scrutineering Team
- 9.3.1.2 DepEd Accredited List of Scrutineer

10. APPROVE DANCESPORT TECHNIQUE BOOKS

- 10.1** Technique of Latin Dancing by Walter Laird (IDTA)
- 10.2** Technique of Latin Dancing – Supplementary by Walter Laird (IDTA-First Edition 1997)
- 10.3** The Revised Technique of Latin American Dancing (ISTD)
- 10.4** The Revised Technique by Alex Moore
- 10.5** The Ballroom Technique by the Imperial Society of Teachers Dancing(ISTD)
- 10.6** Technique of Ballroom Dancing by Guy Howard (IDTA)
- 10.7** The UKA Ballroom book by Ken Akrill (UKA)

11. COMPETITION VENUE AND REQUIREMENTS

- 11.1** Covered Dance Floor: 17m x 22m Area (Standard Size);
- 11.2** Male and Female Dressing Rooms;
- 11.3** Toilets
- 11.4** Holding Area;
- 11.5** Presidential Tables:
 - 11.5.1 Adjudicators' Table;
 - 11.5.2 Scrutineers Table;
 - 11.5.3 Awards Table
 - 11.5.4 VIP Tables
- 11.6** Stage
- 11.7** Sights and Sound/Microphones and Mic Stands;
- 11.8** Projector or LED Screen;

12. MEDALS CERTIFICATES AND AWARDING OF WINNERS

12.1 The following are the medals to be contested in the different Levels and Categories:

LEVELS/CATEGORIES NUMBER of MEDALS to be AWARDED to WINNERS

<u>JUVENILE LEVEL (ELEMENTARY):</u>	GOLD	SILVER
BRONZE		
LATIN AMERICAN DISCIPLINE		
Grade C	1	1
CHACHA	1	1
SAMBA	1	1
JIVE	1	1
Total	4	4

MODERN STANDARD DISCIPLINE

Grade C	1	1	1
WALTZ	1	1	1
TANGO	1	1	1
QUICKSTEP	1	1	1
Total	4	4	4

JUNIOR LEVEL (SECONDARY):**LATIN AMERICAN DISCIPLINE**

Grade C	1	1	1
CHACHA	1	1	1
RUMBA	1	1	1
JIVE	1	1	1
Total	4	4	4

MODERN STANDARD DISCIPLINE

Grade C	1	1	1
WALTZ	1	1	1
TANGO	1	1	1
QUICKSTEP	1	1	1
Total	4	4	4

TOTAL (in terms of medal count)	16	16	16
TOTAL (medal requirement in pairs)	32	32	32

4th, 5th and 6th placers shall also be awarded with Certificates of Recognition

12.2 The winner of Grade C 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.

13. Interpretation of the Rules and Matters not provided for, the Tournament Manager/Director holds the final decisions regarding all matters in consultation with the DSCPI and Interpretation of rules and all matters not provided for. Any eventuality that may arise during the course of the tournament, the management reserves the right to decide and that there is final

14. MEETINGS AND KEY ACTIVITIES**14.1 Technical Officials' Meeting and Training**

Date : April 22-23, 2019
 Time : 8:00 – 5:00 pm
 Venue : Davao National High School Gymnasium

14.2 Technical Officials' Refresher Course

Date : April 24-25, 2019
 Time : 8:00 – 5:00 pm
 Venue : Davao National High School Gymnasium

14.3 Solidarity Meeting

Date : April 26, 2019
 Time : 8:00 – 12:00 nn
 Venue : Davao National High School Gymnasium

14.4 Costumes Check

Date : April 26, 2019
Time : 1:00 – 5:00 pm
Venue : TBA

14.5 Palarong Pambansa 2019 Opening Program

Date : April 27, 2019
Time : 3:00pm
Venue : Davao City UP Sports Complex

14.6 SPORTS HEROES DAY

Date : April 28, 2019
Time : TBA
Venue : Respective Billeting Quarters

14.7 Program Flow and Rehearsals

Date : April 29, 2019
Time : 8:00 – 12:00 nn
Venue : Philippine Science High School, Davao

14.8 Floor Practice

Date : April 30, 2019
Time : 8:00 – 5:00pm
Venue : Philippine Science High School, Davao

14.9 COMPETITION DAY

Date : May 1, 2019
Time : 1:00pm
Venue : Philippine Science High School, Davao

15. DIRECTORY

15.1 Palarong Pambansa Dancesport Competition

Tournament Manager : **MARIA DONNA D. COSEJO**
Cell phone No. : 09258021703
Fax : _____
E-mail : mddizon1978@gmail.com
Website : _____

15.2 DanceSport Council of the Philippines (DSCPI)

President : MARIA REBECCA GARCIA
Address : Dancesport Training Center Philsport Complex, Meralco
Avenue, 1603 Pasig City, Philippines
Telephone : +632 637 2317
Email : dancesportphils@yahoo.com

JUVENILE AGE Groups

General Guidelines:

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

	COSTUMES/ATTIRES/ ACCESSORIES	MALE	FEMALE
1	SHIRTS	Only plain white long sleeves, tucked in are allowed.	White leotard or one-color leotard
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		If top is white, use black skirt only If top is colored, skirt and panties should be of 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 at 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 knee cap 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; Tights and stockings are allowed; mesh stockings not allowed
16	SHOE COLOR	Black only	Tan, beige, or one-color
17	SHOE HEELS	1 ½" or 3.5 cm heels for standard	Maximum height is 1 ½" or 3.5 cm

JUNIOR AGE GROUPS

General Guidelines:

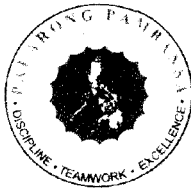
1. No skin tone not allowed.
2. No decorations in clothing, body or hair.
3. No 2 piece in costume
4. Dress age appropriately

	COSTUMES/ATTIRES	MALE	FEMALE
1	SHIRTS	Plain white or black turtleneck long sleeves, tucked in for latin. Plain white long sleeves, tucked in for standard.	
2	SLEEVES	Long only	Short, ¾" or long sleeves
3	TOP and SKIRT		One piece costume of any color provided that the skirt and panty should be of the same color.
4	PANTS	Plain black only	Underpants: Same color as skirt covering fully the buttocks; 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 light	1. Fabrics such as spandex, neoprene, or velvet and other fabric at 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 knee cap 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 a ground for **DISQUALIFICATION**.



TECHNICAL RULES, REGULATIONS and GUIDELINES OF THE DIFFERENT SPORTS FOR THE 2019 PALARONG PAMBANSA



2019 DAV
**DALARONG
 AMBANSA**
 APRIL 28 - MAY 04, 2019

ARCHERY

Technical Guidelines & Ground Rules

I. EVENTS

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	1. 60 meter distance	122 cm	36 arrows = 6 arrows per end
	2. 60 meter distance	2. 50 meter distance	122 cm	36 arrows = 6 arrows per end
	3. 50 meter distance	3. 40 meter distance	80 cm	36 arrows = 6 arrows per end
	4. 30 meter distance	4. 30 meter distance	80 cm	36 arrows = 6 arrows per end
	5. 1440 round	5. 1440 round		144 arrows – aggregate scores
	6. Olympic Round (70 meters)	6. Olympic Round (60 meters)	122 cm	Set System – 3 arrows per end 5 ends – 6 set points
	7. Team Event (70 meters)	7. Team Event (60 meters)	122 cm	Set system – 2 arrows per archer 4 ends – 5 set points
	8. Mixed Team (60 meters)	8. Mixed Team (60 meters)	122 cm	Set System – 2 arrows per archer 4 ends – 5 set points

I. MEDALS TO BE AWARDED

Medals at stake in the archery tournament are as follows:

EVENTS	MEDALS NEEDED	MEDAL COUNTS	
		Girls	Boys
60 Meter Distance for Girls	1 st , 2 nd , 3 rd places 1 set	1	
70 Meter Distance for Boys	1 st , 2 nd , 3 rd places 1 set		1
50 Meter Distance for Girls	1 st , 2 nd , 3 rd places 1 set	1	
60 Meter Distance for Boys	1 st , 2 nd , 3 rd places 1 set		1
40 Meter Distance for Girls	1 st , 2 nd , 3 rd places 1 set	1	
50 Meter Distance for Boys	1 st , 2 nd , 3 rd places 1 set		1
30 Meter Distance for Girls	1 st , 2 nd , 3 rd places 1 set	1	
30 Meter Distance for Boys	1 st , 2 nd , 3 rd places 1 set		1
1440 Round for Girls	1 st , 2 nd , 3 rd places 1 set	1	
1440 Round for Boys	1 st , 2 nd , 3 rd places 1 set		1
Olympic Rd. Individual Champion – Girls	1 st , 2 nd , 3 rd places 1 set	1	
Olympic Rd. Individual Champion – Boys	1 st , 2 nd , 3 rd places 1 set		1
Team Champion – Girls	1 st , 2 nd , 3 rd places 4 sets	1	
Team Champion – Boys	1 st , 2 nd , 3 rd places 4 sets		1
Mixed Team Event	1 st , 2 nd , 3 rd places 2sets	1	1
TOTAL Medals Needed/at Stake	22 sets	8	8

II. TOURNAMENT RULES

- A. The latest edition of the World Archery (formerly **FITA**) rules for outdoor target archery shall be used to govern the conduct of the tournament. (Dated April 1, 2018).
- B. 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.
- C. Competition in the Olympic Round will be as follows:
 1. An **Elimination round** in which the top 72 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 60meter distance for girls and 70 meters for boys. The set system of scoring shall be used.
 2. 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 up to five (5) sets of three (3) arrows shot at the 122cm target face placed at the 60meter distance for girls and 70-meter distance for boys. (Alternate shooting will apply on the BMM and GMM). The set system of scoring shall be used.
 3. The scores in the 1440 Round of the **top three archers** from each team shall be the Region's aggregate score. All Regional Team scores will be calculated in a similar manner and each Regional Team will be ranked from 1 to 18 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:
 - The **Team Elimination Round** in which the seventeen (18) 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 60meter distance for girls and 70meter for boys. Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
 - 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 60meter distance for girls and 70 meters for boys (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.
 4. 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 from 1-18. All teams will shoot in the Olympic Round Mixed Team Event which consist of:

- 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 60-meter distance. Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
- 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 60meter distance (Alternate shooting will apply on the BMM and GMM). The set system of scoring shall be used.

III. PARTICIPANTS

- A. A regional delegation's archery team shall consist of a Boys Team and a Girls Team. A team shall be composed of not more than four (4) but not less than three (3) 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.*
- B. DepEd rules on eligibility shall apply.

IV. UNIFORMS

- A. All members of the team including the coaches must wear the same uniform during the Team Event.
- B. 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.
- C. 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.
- D. Team uniforms are required to be worn during the official practice day.

V. ARCHERS' EQUIPMENT

- A. 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.

Any archer found to be using equipment contravening the rules may have his or her scores disqualified.

VI. TEAM CAPTAINS' MEETING

- A. 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.

VII. 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.

VIII. 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 course of 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.

IX. PRACTICE FACILITIES

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



BADMINTON

Technical Guidelines & Ground Rules

I. RULES

1. The competition shall be held in accordance with the current Laws and Regulations of the Badminton World Federation (BWF). However, in matters not covered by these rules and regulations, decision shall rest with the Tournament Manager.
2. The Technical Committee/Tournament Manager shall be responsible for the technical organization of the tournament. The decision of the committee in all matters regarding the competition shall be final.
3. Only the official **COACH, asst. COACH and CHAPERON** listed on the gallery are allowed to sit on the coaches' chair and approach the players during intervals. **(Max. of 2 person allowed)**
4. Only the official **COACH, asst. COACH and CHAPERON** listed on the gallery are allowed to approach Match control/Referee with regards to questions and inquiries during the match.

II. TOURNAMENT FORMAT

The format of the competition shall be run on a single elimination or knock-out system for all events (Team Tie and Individual event) in Elementary and Secondary level both boys and girls.

III. EVENTS

1. TEAM TIE COMPETITION (Elementary / Secondary) Boys and Girls
2. INDIVIDUAL COMPETITION (Elementary / Secondary) Boys and Girls

Boys Singles	-	(Two (2) entries per Region)
Girls Singles	-	(Two (2) entries per Region)
Boys Doubles	-	(One (1) entry per Region)
Girls Doubles	-	(One (1) entry per Region)
Mixed Doubles	-	(One (1) entry per Region)

IV. TEAM CONPOSTION AND FIELDING OF PLAYERS

1. A team / region must have a maximum of four (4) players (mandatory fielding of four (4) players per team tie is required).
2. Each tie shall consist of two (2) singles and one (1) doubles.
3. The order of play shall be as follow: Singles – Doubles – Singles (S-D-S).
4. Fifteen (15) minutes before the commencement of play of each tie, the coach shall submit the composition of his/her team to the match control/referee and to the opposing coach. No substitution shall be allowed under any circumstances after the tie has commenced.
5. In case a team wins two (2) events (singles, doubles) and the tie has already been decided, the remaining match (2nd singles) will not be played.
6. In case a team fails to submit their entry form on time, the tournament manager will use the team's fielding strategy in the previous round.

V. SEEDING / RANKING

Pairing for elementary and secondary levels for both boys and girls in all events shall be done by draw lots except for the seeded players/regions based on last year Palarong Pambansa results held in Bantay, Ilocos Sur. (seed 1 – 4)

VI. DRAWING OF LOTS

1. Drawing lots shall be done during the solidarity meeting of the 2019 *Palarong Pambansa* or one (1) day before the actual competition. (Electronic Draw lots shall be implemented).
2. Coaches or representatives shall be the one to make the draw to determine their opponent.
3. Coach / representative's right to question the tournament proceeding or technical guidelines shall be waived if he /she fails to attend the solidarity or draw lots.

VII. ENTRY OF PLAYERS (Individual Events)

1. Coaches shall submit their entries for singles, doubles and mixed doubles competition during the solidarity meeting before the start of drawing of lots on a prescribed entry form to be provided by the management.
2. The entries shall be duly signed by the coach / team representative.
3. Upon submission of the entries (duly signed by coach/representative), NO substitution shall be allowed especially after the draw.

VIII. SCORING

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

IX. WALK OVER

A ten (15) minutes grace period on the scheduled tie/match shall be given, otherwise the team/player shall be declared loser via walk-over.

X. ATTIRE

1. All players are required to use their playing uniform (regional color) on the **first day and during championship or finals**. On the second day up to the semi- finals players are allowed or must be in a prescribed badminton uniform.
2. For players, do not used "**PHILIPPINES or PILIPINAS**" as back name or print of your playing shirt.
3. **Coach, Assistant Coach, and Chaperon** must wear their regional uniform when coaching during the tie/match. Wearing of sleeveless shirt and slippers when coaching is not allowed.

XII. PROTEST

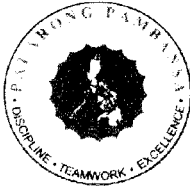
1. Protest on eligibility will be settled at the level of the Organizing and Screening committee and Eligibility committee.
2. Protest on technicality will be settled at the level of the tournament referee and tournament manager.

XIII. RESTRICTION FOR COURT OFFICIALS AND COACHES

1. Court officials will not be allowed to officiate in a match if he/she is under the influence of liquor (alcoholic beverages).
2. Smoking is strictly prohibited within the playing area – let us make Badminton smoke – free competition.

XIV. UNFORSEEN EVENT

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



2019
**DALARONG
AMBANSA**
APRIL 28 - MAY 04, 2019

BASEBALL *Technical Guidelines & Ground Rules*

GUIDELINES AND GROUND RULES

The Palarong Pambansa Baseball Tournament will be utilizing the following Tournament Guidelines and Rules shall be adopted:

► **ELEMENTARY BASEBALL** adopted the Little League, **INTERMEDIATE DIVISION (50-70) Playing Rules published by the LITTLE LEAGUE BASEBALL, INCORPORATED** as the primary playing rules.

► **SECONDARYBASEBALL** 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

A. Innings

● ELEMENTARY

a. 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.

b. 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.

B. Mercy Rule (Ten (10) Run Rule)

a. 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.

b. **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.

C. 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 batting line-up (substitute/alternate)
Secondary	“Pinch runner” is allowed.	It is considered as a SUBSTITUTION. The “pinch runner” must play defense in the process.

d. **“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.

D. Bat

• **ELEMENTARY**

1. Elementary - It shall not be more than 34 inches in length, not more than 2 5/8 inches in diameter. If a 2 ¼ 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.

• **SECONDARY**

It shall not 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)

E. 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.

F. 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

G. Pitcher Hits the Batter (Elementary and Secondary)

- Removal of the pitcher shall be imposed when:
 1. If in the judgment of the umpire the pitch was intentional even if it was only the first time that hit the batter.
 2. If for preventive measures, the umpire may ask the coach to replace the pitcher in order to avoid any further untoward incident.
 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 game and may play as pitcher in their succeeding games.

H. Team Game

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

I. Designated Hitter (ELEMENTARY)

Designated hitter is not allowed.

J. 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.

K. Unnecessary apparel

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

L. Baseball Playing Field

a. ELEMENTARY

- a). Pitching Distance – 50 ft., Base paths – 70 ft.
- b). Home plate TO Second Base – 99 ft.
- c). Backstop should not be less than 35 feet from home plate.

b. SECONDARY

- a). Pitching Distance – 60.6 ft., Base paths – 90 ft.
- b). Home plate TO Second Base – 127 $\frac{3}{8}$ ft.
- c). Backstop should not be less than 30 feet from home plate.

M. Awarding 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

• ELEMENTARY BASEBALL ONLY

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

NOTE: Under no circumstances shall a player pitch in three (3) consecutive days.

• **SECONDARY DIVISION**

It shall remain the same as reflected in the existing Tournament Guidelines.

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.

► **Elementary**

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

► **Secondary**

Two (2) adult 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.

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)

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:

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.

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".

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.

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.

5. The "between innings infield clean-up" will be limited to a maximum of four (4) minutes.

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.

B. VISITS ON THE MOUND (CONFERENCES)

•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**.

- a. A coach may not leave a dugout 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.
- b. 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.
- c. 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.

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

e. 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.

f. Only **one (1) offensive time-out** will be permitted **each inning**.

C. EXTRA-INNING RULE

a. 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:

- The **eighth (8th) inning** will be played as normal.
- 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 batter is the lead-off batter, the number four batter in the batting order will be placed on second base. An eligible substitute or special pinch runner may be inserted for the runner.

2019 Little League Rulebooks, Approved Rule Changes Effective 2019

b. SECONDARY-WBSC RULE

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

- Each team will begin the 6th inning (and any subsequent necessary extra innings) with a player on first and second, no outs.
- 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 6 CONSECUTIVE DEFENSIVE OUTS.	*1 ST . 2ND OFFENSE: WARNING *AFTER THE 2 ND WARNING: EJECTION OF THE HEAD COACH

Secondary	1. ONE TIME AT BAT, OR 2. 3 DEFENSIVE OUTS	• FORFEITURE OF GAME (except on abrebriated game)
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• ELEMENTARY

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 **six (6) defensive outs in an inning AND bat at least one (1) time.**

1. Head coaches are responsible for fulfilling the mandatory play requirements.

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

EXCEPTION: Mercy Rule, Players' Injury and Illness.

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 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**

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.

• 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.**

1. Head Coaches are responsible for fulfilling the mandatory play requirements.

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

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

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.

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

• ELEMENTARY ONLY

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

b. 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.

c. 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 in 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/ LAW OF IMMEDIATE SUCCESSION

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

► All scheduled games shall start at **7:00 A.M.**

1. 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 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 scheduled time. All concerned coaches shall be properly/duly notified of such change.

2. If the umpire's judgment the weather is so hot at 10:30 in the morning, game shall be suspended and resumed at 2:00 PM 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.
3. Scheduled teams shall enter the restricted area only when called and advice by the steward (an umpire).
4. Spectators/Team followers are strictly prohibited to stay within any restricted area in the field.
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.

6. **DOUBLE HEADERS**

- a. A MANDATORY ONE (1) GAME REST** shall be imposed. One (1) pitch will constitute a one (1) inning pitch.
- b.** 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

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

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.

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.

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

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

X. UNIFORMS

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.

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.

3. UNDERSHIRTS. It is not mandatory that all players wear an undershirt. No player may wear ragged, frayed, or slit sleeves on exposed undershirts

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.

5. NAMES. Individual names may be worn above the numbers on the back of all uniform shirts (optional)

6. PANTS. All player pants shall be alike in color and style (lining is not included).

7. Shoes with metal spikes or cleats are not permitted

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 aspect (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.**

- a. 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.
- b. If a **ball bounces inside and over the established marker**, it shall be a two (2) base hit only (regulation double).
- c. **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

1. The Head Coach is responsible for signing the line-up card.
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.
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.

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.

- a. Notice of substitution from the Head of Delegation/PESS Chief,
- b. Designation of the substitute coach from the Head of Delegation/PESS Chief,
- c. Medical Certificate issued by a government physician,
- d. Certificate of employment/appointment (as a DepEd employee),
- e. 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.

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:

1. Any threat of physical intimidation or harm to include pushing, shoving, bumping, kicking, spitting, throwing at, or attempting to make physical contact.

2. Use of profanity specifically directed at an umpire or vulgar personal insults, including accusations of bias or cheating.
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.
4. Arguing balls and strikes (including check swings) after being warned.
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.
6. Throwing uniform items, equipment, or other items while arguing or from the dugout.
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.
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

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.
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.
3. Protests that shall be received and considered include matters of the following:
 - a. Misinterpretation of a playing rule.
 - b. Failure of an umpire to apply the correct rule to a given situation.
 - c. Failure to impose the correct penalty for a given violation.
4. After one pitch has been thrown (legal or illegal), no change can be made on any umpire's ruling.
5. Protests on eligibility of player: 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 dugout area.

XV. METHOD OF COMPETITION/ TOURNAMENT FORMAT

A. GROUPING / BRACKET

Teams will be distributed in 4 Groups/Brackets following the International Rule.

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
			17

Note: The Basis of the Ranking will be the previous Palarong Pambansa.

1. **Single Round Robin** in every group in the **Elimination Round**.
2. Teams who fail to qualify in the Quarter Finals will be ranked according to their ranking from their respective group.

RANKING	A	B	C	D
	1	2	3	4
LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
				17

3. Rank 3 in their respective groups will be ranked number 9 – 12

► Actual ranking from 9-12 will be based from win loss record, in case of tie; it will be resolved using the breaking of ties rule of their respective sports. Quotient System, Set Quotient, Runs Allowed, Runs Against, Etc. in case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.

4. Rank 4 and 5 in their respective group will be ranked number 13 – 17

► Actual ranking from 13-17 will be based from win-loss record, in case of tie; it will be resolved using the breaking of the ties rule of their respective sports. Quotient System, Set Quotient, Runs Allowed, Runs Against, Etc. in case all measures under the rule has been utilized and it's still tie, the international rule of single flip of coin to determine the team ranking will be used.

B. QUARTER FINAL ROUND

Note: The **Top Two (2) teams** of every group will qualify in the Quarter Final Round.

Quarter Final Game 1	A 1	VS	D2
Quarter Final Game 2	D1	VS	A2
Quarter Final Game 3	B1	VS	C2
Quarter Final Game 4	C1	VS	B2

► Loser in the quarter final round will be ranked number 5-8 according to the breaking of ties rule of their respective sports. Quotient System, Set Quotient, Runs Allowed, Runs Against, Etc. in case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.

C. SEMI FINAL ROUND

SFG 1	W QFG 2	VS	W QFG 3
SFG 2	W QFG 1	VS	W QFG 4

D. FINAL AND GRAND FINALS OR BATTLE FOR BRONZE AND CHAMPIONSHIP GAME.

Battle for 3rd Place or Bronze Medal Game

FINAL	L SFG 1	VS	L SFG 2
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Championship Game or Gold Medal Game

GRAND FINALS	W SFG 1	VS	W SFG 2
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- E.** Team Events Tournament Managers will be submitting Complete Ranking of one (1) to seventeen (17) after the Tournament.
- F.** In case of Force Majoure or in the event that the Tournament has been halted permanently. The ruling of the different sports events shall be applied in Ranking the Teams from 1-17.

XVI. TIE BREAKING PROCEDURE:

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

- a. Two (2) teams – Win Over the Other
- b. 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 of the others, etc.

XVII. 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 Manager and by the Palarong Pambansa Technical Committee provided that all coaches will be notified to any proposed changes.



BASKETBALL *Technical Guidelines & Ground Rules*

COMPETITION SPECIAL GUIDELINES

(The International Basketball Federation (FIBA) Rules – valid as of 1st October 2018 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 GAME:

The games shall be **DEVELOPMENTAL** in nature and approach. 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 Based on the latest *Palarong Pambansa* Guidelines

2. Team Composition

2.1 A team shall be composed of not more than 12 team members and a COACH, while the Girls Team may include a CHAPERON (only when the coach is male).

3. Coach

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

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

4. Team Uniform

4.1 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 Manager; and the playing numbers shall be (0, 00-99) 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:

A. 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.

B. For SECONDARY LEVEL/ Boys/Girls CATEGORY:

The official FIBA 2017 Rules (Regular Rules) shall apply with the latest amendments.

C. For both ELEMENTARY AND SECONDARY CATEGORIES:

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

VI. PLAYERS' PLAYING REGULATIONS:

A. For ELEMENTARY LEVEL/CATEGORY Only:

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.*
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.*
3. *Normal substitution procedures shall apply in all periods. (Except when 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.*
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.*
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 FORFEIT (but said present players may be allowed to play the 1st period only as a consolation).

VII. INTERPRETATIONS of RULE IV.

EXEMPTIONS:

a. 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 particular 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.

For SECONDARY LEVEL CATEGORY:

The official FIBA Rules or NORMAL substitution procedures shall apply.

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”** as a result 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 Manager 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

RULES OF CONDUCT:

1. FOULS

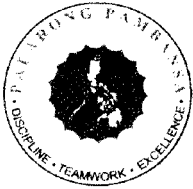
- 1.1 TECHNICAL FOULS** any PLAYER/COACH who displays unsportsmanlike/ disrespectful act such as slashing of neck, showing of dirty fingers, pointing of accusing finger and trash talking/shouting bad words/foul language, contesting calls, arguing with the officials and others. A WARNING maybe given or a TECHNICAL FOUL shall be slapped.
- 1.2 PERSONAL FOULS** – a player causing contact with an opposing Playmate, which gives an unfair advantage and such contact are neither intentional nor flagrant.
- 1.3 FOULS** - 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 judge to be either an UNSPORTSMANLIKE/DISQUALIFYING FOUL.

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.)
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 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 sports 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 HOD was submitted and

approved by the TM), 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 Manager 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/PALARO 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.
9. **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.
10. **GAMES DISRUPTION:**
Games which are cancelled/disrupted/stopped due to "FORCE MAJEURE" or for any valid reason, will be treated in the following manner:
 1. **REMATCH** – if the disruption of the game took place during the first half (1st and 2nd periods), game shall be replayed and the scores is disregarded/back to zero.
 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 scores stays.
 3. **RESET** – if a scheduled game was cancelled for a valid reason, the management will re-schedule/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.
 4. **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 Manager or his authorized ATM.
11. **SPECIAL PROVISIONS:**
The Tournament Manager reserves the right to make any decision on matters that affects the conduct of the tournament and which subject/concern is not covered/specified in this ground rules.



BASKETBALL (ELEMENTARY) Technical Guidelines & Ground Rules

COMPETITION FORMAT

1. The 18 teams/regions will be divided into four groups, A, B, C, & D. Three (3) groups will have four (4) teams each and the other group will have five (5) teams/regions. All groups must at have at least one team each from Luzon, Visayas and Mindanao. The top four (4) placers in the last Palaro will be seeded/distributed in the four (4) groups respectively. The groups for the 5th to 17th placers shall be determined by **drawing of lots**.

GROUPING FORMAT

Elimination Round

A	B	C	D
L1 -	V1 -	L2 -	V2 -
M1 -	L3 -	M2 -	L4 -
M6 -	M5 -	M4 -	M3 -
V3 -	L5 -	L6 -	L7 -
			L8 -

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

2. Teams in each group will play single round robin to determine the team standings and the top two teams will advance to the **QUARTER FINALS** for a **cross-over knock-out game**. The WINNERS shall move to the SEMIFINALS.

2.1 Quarterfinals

QF1 = A1 vs C2

QF2 = A2 vs C1

QF3 = B1 vs D2

QF4 = B2 vs D1

2.2 SEMIFINALS

SF1 = Winner QF1 vs Winner QF4

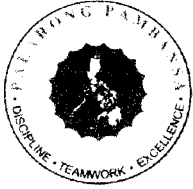
SF2 = Winner QF2 vs Winner QF3

3. The SEMIFINAL WINNERS will then move to the **FINALS/CHAMPIONSHIP**, while the LOSERS will play for 3rd and 4th Place.

3.1 FINALS

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

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



BASKETBALL (SECONDARY-BOYS) *Technical Guidelines & Ground Rules*

COMPETITION FORMAT

1. The 18 teams/regions will be divided into four groups, A, B, C, & D. Three (3) groups will have four (4) teams each and the other group will have five (5) teams/regions. All groups must at have at least one team each from Luzon, Visayas and Mindanao, if possible. The top four (4) placers in the last Palaro will be seeded/distributed in the four (4) groups respectively. The group for the 5th to 17th placers shall be determined by **drawing of lots**.

GROUPING FORMAT

Elimination Round

A	B	C	D
L1 -	V1 -	V2 -	L2 -
M1 -	M2 -	M3 -	M4 -
V3 -	L3 -	M6 -	M5 -
L6 -	L7 -	L4 -	L5 -
			L8 -

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

2. Teams in each group will play single round robin to determine the team standings and the top two teams will advance to the **QUARTER FINALS** for a **cross-over knock-out game**. The WINNERS shall move to the SEMIFINALS.

2.1 Quarterfinals

QF1 = A1 vs C2
QF2 = A2 vs C1
QF3 = B1 vs D2
QF4 = B2 vs D1

2.2 SEMIFINALS

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

3. The SEMIFINAL WINNERS will then move to the **FINALS/CHAMPIONSHIP**, while the LOSERS will play for 3rd and 4th Place.

3.1 FINALS

Loser SF1 vs Loser SF2 = 3rd and 4th Placers
Winner SF1 vs Winner SF2 = 1st and 2nd Placers



BASKETBALL (SECONDARY-GIRLS) Technical Guidelines & Ground Rules

COMPETITION FORMAT

1. The 18 teams/regions will be divided into four groups, A, B, C, & D. Three (3) groups will have four (4) teams each and the other group will have five (5) teams/regions. All groups must at have at least one team each from Luzon, Visayas and Mindanao, if possible. The top four (4) placers in the last Palaro will be seeded/distributed in the four (4) groups respectively. The groups for the 5th to 17th placers shall be determined by **drawing of lots**.

GROUPING FORMAT

Elimination Round

A	B	C	D
L1 -	V1 -	L2 -	M1 -
V2 -	L3 -	M2 -	L4 -
L8 -	L7 -	L6 -	L5 -
M3 -	M4 -	M5 -	V3 -
			M6 -

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

2. Teams in each group will play single round robin to determine the team standings and the top two teams will advance to the **QUARTER FINALS** for a **cross-over knock-out game**. The WINNERS shall move to the SEMIFINALS.

2.1 Quarterfinals

QF1 = A1 vs C2
 QF2 = A2 vs C1
 QF3 = B1 vs D2
 QF4 = B2 vs D1

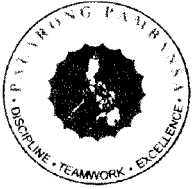
2.2 SEMIFINALS

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

3. The SEMIFINAL WINNERS will then move to the **FINALS/CHAMPIONSHIP**, while the LOSERS will play for 3rd and 4th Place.

3.1 FINALS

Loser SF1 vs Loser SF2 = 3rd and 4th Placers
 Winner SF1 vs Winner SF2 = 1st and 2nd Placers



2019 PALARONG PAMBANSA
APRIL 28 - MAY 04, 2019

BILLIARDS *Technical Guidelines & Ground Rules*

I. PARTICIPANTS

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

II. REGISTRATION OF PLAYERS

- A. Players shall register before the event proper with proper documentation as to confirm the player's identity to the Screening Accreditation Committee.
- B. Players must present their "DELEGATION ID" to the Tournament Manager for verification purposes at the start of each match.

III. 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 Stick

B. Each player shall be allowed to bring the following optional equipment. Lending of equipment during the match is prohibited. However, the player can borrow from his/her team mates.

1. Jump Cue
2. Chalk/Gloves
3. Tapper

C. Players Dress Code

BOYS

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

GIRLS

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

IV. CODE OF CONDUCT

All athletes must act and behave at all times in the best interests of the sport. An athlete will refrain from making public comments that could be deemed as bringing the sport into disrepute. If an athlete fails to act properly, he/she will be dealt in accordance with the penalties set.

V. MODE 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. 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 four (4) match for 8/9

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 have applied in the competition.

VI. RULES OF THE GAME

- A. The general ruling is anchored on the ruling set by the World Pool Association and *Palarong Pambansa* Guide Book 2017.
- B. The ruling set by the *Palarong Pambansa* Technical Committee will be followed, to wit:
 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 players' cue stick is accidentally broken, the player may borrow from the venue or from his/her team mates. 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 and etc. during the match.
 9. A player is given 40-second shot clock and a 30-second extension per inning. (Conditional)
 10. For slow play, 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.
 12. **Protest Ruling** 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. In the WPA World Championships, there may be a further appeal to the WPA Sports Director, if he is present. A player is allowed to ask for a reconsideration of a factual decision by the referee only one time. If he asks for reconsideration of the same matter a second time, it will be treated as unsportsmanlike conduct.

13. **Unsportsmanlike Conduct** The normal penalty for unsportsmanlike conduct is the same as for a serious foul, but the referee may impose a penalty depending on his judgment of the conduct. Among other penalties possible are a warning; a standard-foul penalty, which will count as part of a three-foul sequence if applicable; a serious-foul penalty; loss of a rack, set or match; ejection from the competition possibly with forfeiture of all prizes, trophies and standings points.

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

- (a) distracting the opponent;
- (b) changing the position of the balls in play other than by a shot;
- (c) playing a shot by intentionally miscuing;
- (d) continuing to play after a foul has been called or play has been suspended;
- (e) practicing during a match;
- (f) marking the table;
- (g) delay of the game; and
- (h) using equipment inappropriately.

VII. EIGHT BALL

6.1 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.

6.2 At least three (3) object balls must be driven or contacted to any rails.

6.3 **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 particular 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.

6.4 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.

6.5 **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 particular game.

6.6 Using Jump Cue is not allowed.

6.7 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.
(See 3.3 Break Shot.)

VIII. NINE BALL

7.1 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.

7.2 **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, together with tapping or ball rack. After the break, 3 object balls are required to pass the head string. This does not include the cue ball.

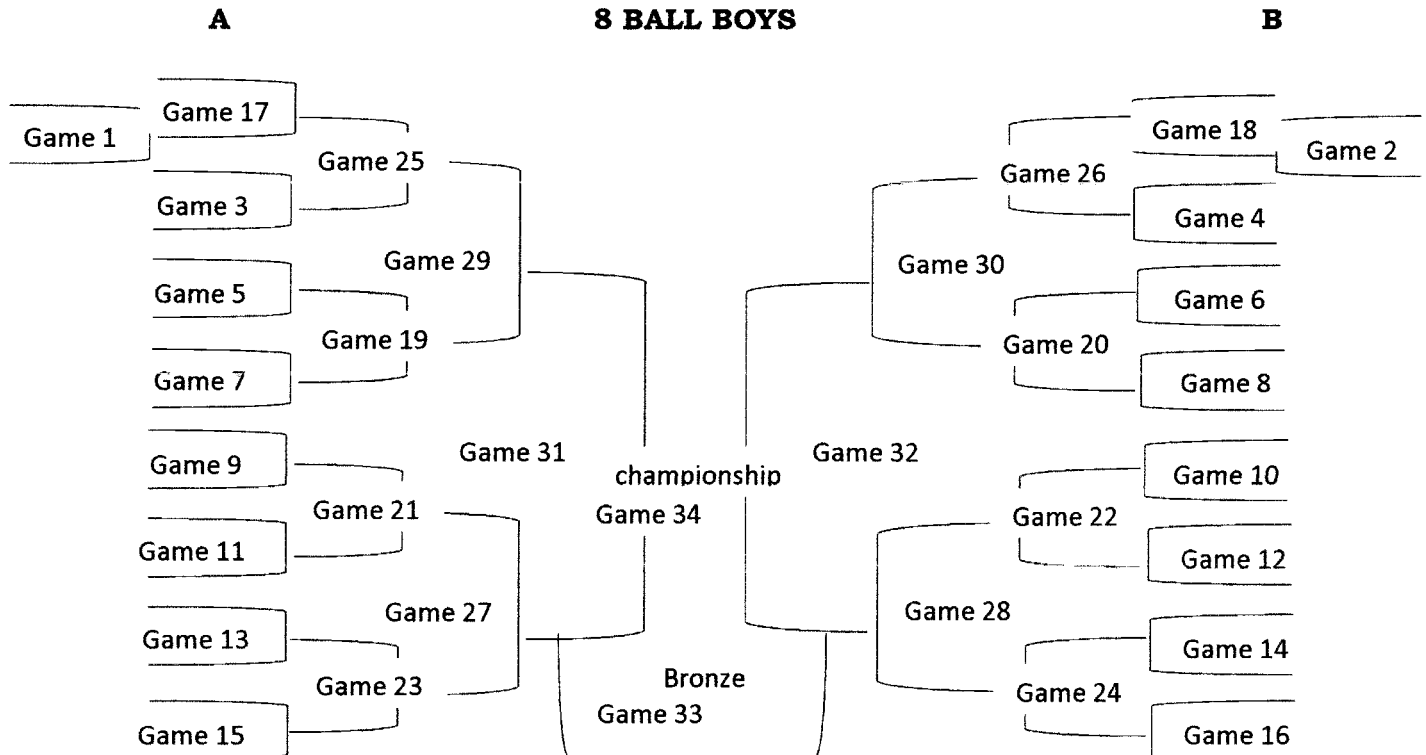
7.3 Balls are not required to come to rest the head string so a ball that strikes a rail and returns across the head string back down table would a legal ball.

7.4 A ball that passes the head string and subsequently pocketed count as one ball.

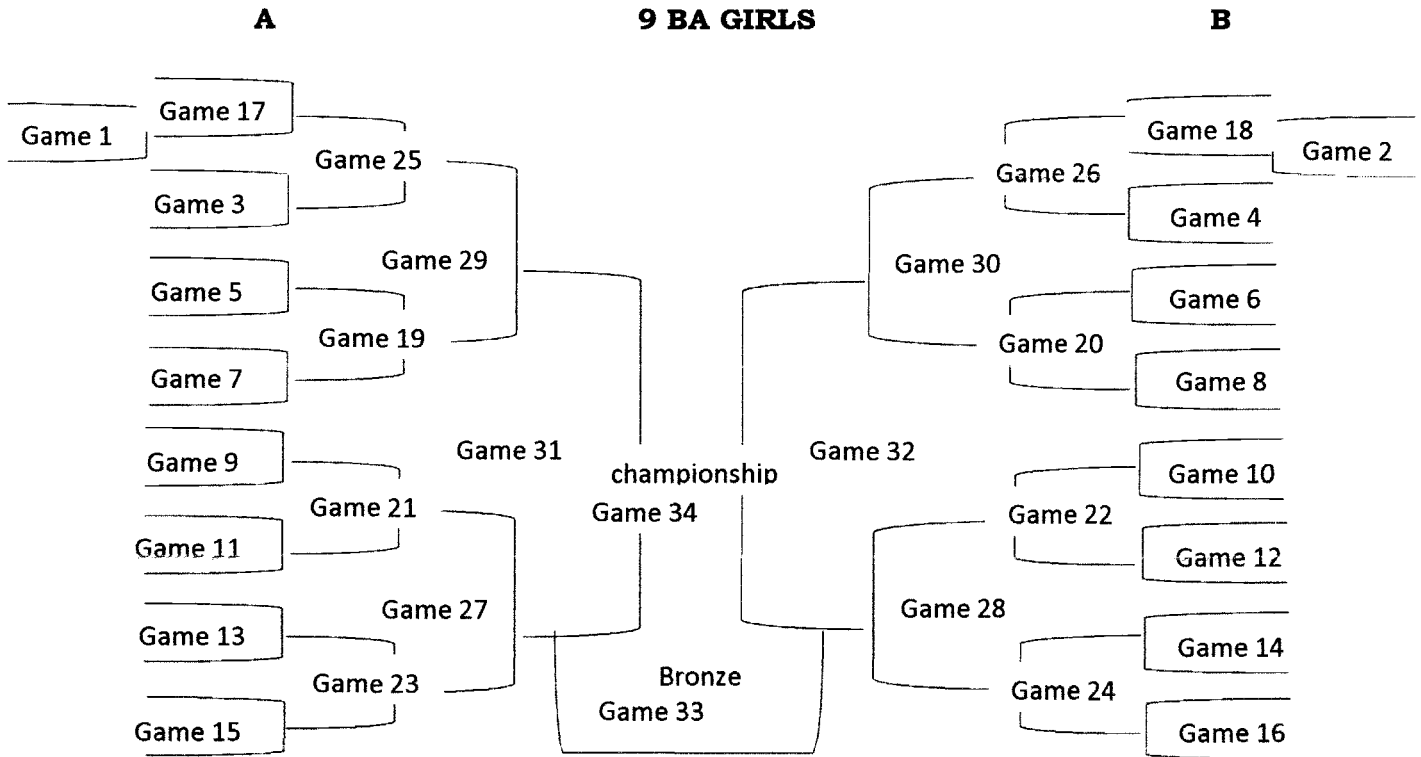
7.5 **“Push out”** shot may only be called after the break. A player must make his intention known to the referee, otherwise appropriate penalty be called.

7.6 On a **Push Out**, the cue ball does not have to contact the lowest numbered ball first, or any object ball at all; no ball has to contact a cushion.

**SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET
8 BALL BOYS**



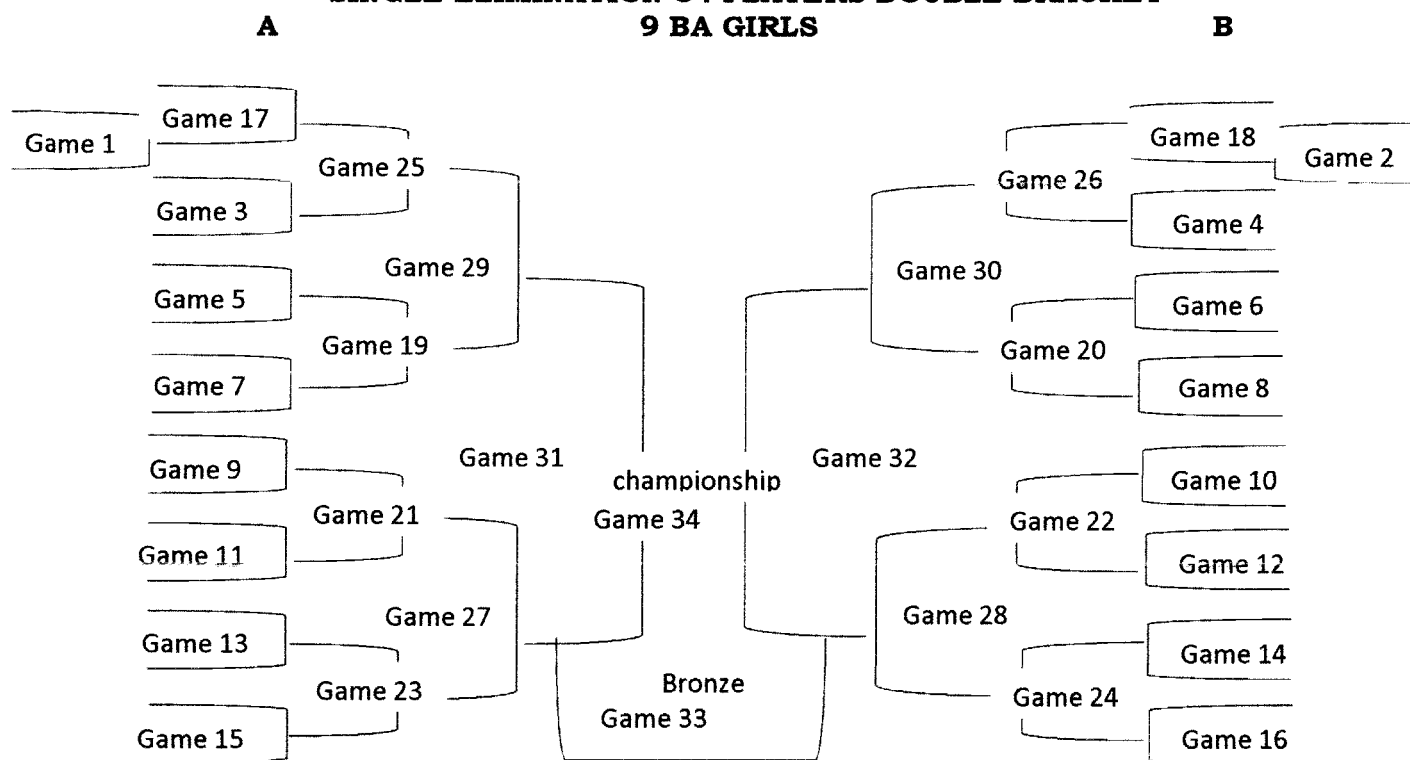
**SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET
9 BA GIRLS**



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 – 10:00 AM 1:00 PM – 4:30 PM	Game 65 – Game 68 (Championship Games in 8 Ball Boys and Girls) (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 NN 1:30 PM – 3:00 PM	Game 65 - Game 68 (Championship Games in 9 Balls) Awarding of Medals

**SINGLE ELIMINATION 34 PLAYERS DOUBLE BRACKET
9 BA GIRLS**



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 – 10:00 AM

Game 65 – Game 68 (Championship Games
in 8 Ball Boys and Girls)

1:00 PM – 4:30 PM

(**9 Balls** Boys and Girls)

Game 1- Game 36

Day 4

8:00 AM – 4:30 PM

Game 37- Game 64

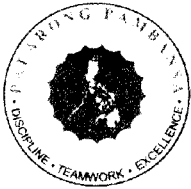
Day 5

8:00 AM – 12:00 NN

Game 65 - Game 68 (Championship Games
in 9 Balls)

1:30 PM – 3:00 PM

Awarding of Medals



BOXING *Technical Guidelines & Ground Rules*

I. AGE CLASSIFICATION AND WEIGHT CATEGORIES

AGE CLASSIFICATION	AGE	YEAR OF BIRTH	WEIGHT CATEGORY	WEIGHT RANGE
School Boys	14-16 y/o	2003-2005	Pin Weight	44 kg- 46 kg
School Boys	14-16 y/o	2003-2005	Light Flyweight	Over 46 kg- 48 kg
School Boys	14-16 y/o	2003-2005	Fly Weight	Over 48 kg- 50 kg
School Boys	14-16 y/o	2003-2005	Light Bantam Weight	Over 50 kg- 52 kg
School Boys	14-16 y/o	2003-2005	Bantam Weight	Over 52 kg- 54 kg
Youth Boys	17-18 y/o	2001-2002	Light Flyweight	47-49 kg
Youth Boys	17-18 y/o	2001-2002	Flyweight	Over 49 kg- 52 kg
Youth Boys	17-18 y/o	2001-2002	Bantam Weight	Over 52 kg- 54 kg
Youth Boys	17-18 y/o	2001-2002	Light Weight	Over 54 kg- 56 kg
Youth Boys	17-18 y/o	2001-2002	Light Welter Weight	Over 56 kg- 60 kg

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

II. MEDICAL EXAMINATION AND WEIGH-IN

- A. Boxers must bring the following:
 1. Authentic 2019 Palarong Pambansa Identification Card
 2. Up-to-date Boxer's Record Book (Red Book) fully filled up with the information of the boxer, without erasures and with 2x2 ID picture pasted on the space provide in the Record Book
- B. Boxers must be clean shaven and nails are cut short. No coach is allowed inside the final weighing room.
- C. Only one registered boxer per weight category per team will be permitted. Once a boxer has qualified in a weight category during the general weight in, he can no longer be substituted by any boxer from his team.
- D. At the General Weigh-in, the boxer's weight must not be lower than the minimum weight limit and must not exceed the maximum weight limit. The weight category of the boxer is determined during the General Weigh-in. At the Daily Weigh-in, only the maximum limit is considered per weight category.
- E. Boxers who do not comply with the requirements shall not be allowed to compete.

III. OFFICIAL DRAW

- A. Official Draw shall be conducted right after the general Weigh-in.
- B. Computerized Draw by Swiss Timing System shall be used. If Swiss Timing System is not available, Manual Draw shall be done.
- C. Each team may send up to three (3) representative to attend the Draw.

IV. ROUNDS

- A. School **and Intervals** Boys: Three (3) rounds of two (2) minutes per round and 1-minute intervals between rounds
- B. Youth Boys: Three (3) rounds of three (3) minutes per round and 1-minute intervals between rounds.

V. COMPULSORY COUNT LIMITS

- A. School Boys: Two (2) Knockdowns in a round, or three (3) knockdowns in a bout.
- B. 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

VI. 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 waistline of the shorts 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.
- D. Wearing of bandage/hand wraps and gum shield is mandatory. No red or partially red gum shield shall be permitted. The team shall provide the hand wraps of their boxers.
- E. Boxers shall put on their gloves before entering the ring while head guards shall be worn after entering the ring.

VII. PROHIBITED ACTIVITIES FOR THE SECONDS

- A. 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
- B. Seconds will not be permitted to walk off Seconds’ designated area with disagreed actions against the Referee
- C. 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
- D. The use of any communication device is not permitted during the bout in the FOP.

VIII. SANCTIONS (refer to Rule 16.4 of the AOB Technical Guidelines)

IX. 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

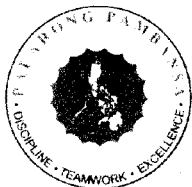
X. PROTEST

There is no protest in AIBA Open Boxing. The decision of the judges is final.

Note: However, in AOB Competitions, if the Supervisor believes that the decision of the Referee has been taken in contravention to AOB Technical Rules and of the AOB Competition Rules, the Supervisor shall accomplish a Bout Review Request Form and call for a meeting with the Deputy Supervisor and the Referees and Judges Evaluator to review the bout for a final decision and shall immediately inform both team of the decision.

XI. AWARDING CEREMONY

- A. All medalists are encouraged to participate in the Awarding Ceremony.
- B. They shall be dressed with their Delegation Uniform. Wearing of slippers by the awardees is prohibited.



CHES *Technical Guidelines & Ground Rules*

I. TOURNAMENT RULES

The tournament shall be governed by FIDE Laws of Chess (January 2018) and the following ground rules:

- A. Chess shall be played as a team and individual competition in both standard and blitz.
 - 1. One (1) team for the Boys and one (1) team for the Girls in the Elementary Level
 - 2. One (1) team for the Boys and one (1) team for the Girls in the Secondary Level
 - 3. Each team shall be composed of two players and a coach

- B. The **Individual Swiss System (7-rounds) with Team Results** shall be adopted:

- 1. The Swiss Manager Pairing Program shall be used. Pairing according to start rank.
- 2. The number of games per day shall be 2-2-2-1 for the standard and 7 rounds for the blitz on the Last day.

Note: Protest in pairing shall not be entertained.

- C. The initial ranking of players will be based on the latest NCFP rating list, unrated players will be ranked alphabetically.

- D. Chess clocks:

- 1. Use of chess clock is compulsory.

- E. There shall be separate championships for the boys and girls in each division:

- 1. Team:

STANDARD	BLITZ
Secondary – Boys and Girls	Secondary – Boys and Girls
Elementary – Boys and Girls	Elementary – Boys and Girls

* Team Championship – Total scores of 2 players in the Region.

* A Region/Team with one player can play for individual event only and will not qualify in the Team Event.

- 2. Individual:

STANDARD	BLITZ
Secondary – Boys and Girls	Secondary – Boys and Girls
Elementary – 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 UNIFORM SHALL BE MANDATORY IN THE 1st AND LAST ROUND.**

- G. Players, coaches and spectators are not allowed to make post game analysis, play against other coaches, spectators, 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 sheet and submit it to designated officials.
- J. Players must observe proper dress code while playing, the following are prohibited:

A. USE OF SLIPPERS

B. USING SHORT PANTS/SANDOS

II. RULES AND REGULATIONS

A. STANDARD CHESS

- a. Time control shall be **(1) hour with thirty (30) seconds increment** per move to finish the game using the digital clock.
- b. Recording of moves in algebraic notation is mandatory throughout the game. Violation of this rule shall be considered as an offense.
- c. Illegal moves
 - wrong movement of piece: exposing one's own king to attack; capturing the opponent's king; Using two hands in making a move; non-replacement of piece after pawn promotion; and pressing the clock without making a move.
- d. Penalties

1 st offense	plus 2 minutes to the opponent
2 nd offense	loss of the game
- e. Infringement: Infringements made by a player such as: displacement of pieces on the chess board, use of excessive force in pressing the clock & non-recording of moves shall be penalized as follows;

1 st and 2 nd offense	oral warning
3 rd offense	plus 2 minutes to the opponent's time
4 th offense	loss of the game
- f. The defaulting time is 30 minutes after the official start of each round. The wall clock inside the playing area shall be official clock during the tournament.
- g. In the final round, players from the same region/Team who have scored more than 50% (3.5 or more points), will not be paired against each other.

B. BLITZ CHESS

- a. Time control shall be **five (5) minutes plus (2) seconds increment** per move for each player to finish the game using the digital clock.

b. Illegal moves

wrong movement of piece: exposing one's own king to attack; capturing the opponent's king; Using two hands in making a move; non-replacement of piece after pawn promotion; and pressing the clock without making a move.

c. Penalties

1 st offense	plus 1 minute to the opponent
2 nd offense	loss of the game

d. Infringement: Infringements made by a player such as: displacement of pieces on the chess board, use of excessive force in pressing the clock

1 st and 2 nd offense	oral warning
3 rd offense	plus 1 minutes to the opponent's time
4 th offense	loss of the game

C. GAME POINTS SCORING SYSTEM

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

D. TIE BREAKS

The following Tie break systems (in descending order of priority shall be adopted to determine the final ranking.

a. INDIVIDUAL RESULTS

1. Direct Encounter
2. Buchholz System
3. Median Buchholz
4. S.B. System
5. Greater number of victories (Forfeit Counted)

b. TEAM RESULTS

1. Combined Buchholz Tie Breaks of the members of the Team
2. Combined Median Buchholz Tie Breaks of the members of the Team
3. Combined S.B. Tie Breaks of the members of the Team
4. Combined Numbers of Wins of the Members of the Team
5. Highest rank of a team member (after the tie break)

c. A sudden death match (Armageddon) shall be played to resolve the tie if ties still occur after applying all the tie breaks.

E. MEDALS AND AWARDS

STANDARD EVENT

INDIVIDUAL	GOLD	SILVER	BRONZE
Elem. Girls	1	1	1
Elem. Boys	1	1	1
Sec. Girls	1	1	1
Sec. Boys	1	1	1

TEAM	GOLD	SILVER	BRONZE
Elem. Girls	2	2	2
Elem. Boys	2	2	2
Sec. Girls	2	2	2
Sec. Boys	2	2	2

BLITZ EVENT

INDIVIDUAL	GOLD	SILVER	BRONZE
Elem. Girls	1	1	1
Elem. Boys	1	1	1
Sec. Girls	1	1	1
Sec. Boys	1	1	1

TEAM	GOLD	SILVER	BRONZE
Elem. Girls	2	2	2
Elem. Boys	2	2	2
Sec. Girls	2	2	2
Sec. Boys	2	2	2

III. TOURNAMENT OFFICIALS AND APPEALS COMMITTEE

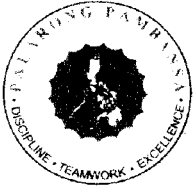
- A. The Tournament Manager shall be FA Jun Tayuan Uka and the Tournament Chief Arbiter shall be IA Ilann G. Perez
- B. The decision of the Chief Arbiter on a Point of Law is Final.
- C. Any Appeal or Protest on the decision of the Chief Arbiter on a point of Fact must be submitted by the player, the team Coach and Regional School Sports Representative (athletic manager) in writing not more than 30 minutes (standard) and 10 minutes (blitz) after the conclusion of the game in Question.
- D. The members of the appeals 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 committee member is from the same region of the involved party the next team in rank shall take his place, and so on.
- F. All deliberations of the appeals committee shall be presided by NSA Representative and Tournament Manager who shall have no voting power.
- G. The decision of the appeals committee on a point of fact is final

IV. IRREGULARITIES AND PENALTIES

- A. Mobile phones and other means of electronic communications is 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.

V. COLLATILLA

- A. All other matters not covered in this rules shall be decided by the Organizer (Chess Technical Committee) who reserves the right to amend or alter any provision of the above mentioned Rules and Regulations for the success and interest of the tournament.



FOOTBALL *Technical Guidelines & Ground Rules*

ELEMENTARY LEVEL

I. DATE AND VENUE

The 2019 Palarong Pambansa Football Competitions Solidarity Meeting shall be held on April 26, 2019, 9:00 A.M. at UP Mindanao Sports Complex Maguindanaoan Ln, Tugbok, Davao City, Davao del Sur. The first day of the competitions will start on April 27, 2019 at four (4) playing venues, stated below:

Football Secondary:

- Pitch 1 – UP Mindanao Sports Complex
- Pitch 2 – UP Admin Football Pitch

Football Elementary:

- Pitch 1 – Tionko Football Pitch
- Pitch 2 – Tionko Football Pitch

II. COMPETITION RULES

- A. The competition shall be held in accordance with the current International Football Association Board approved FIFA Laws, including changes in the laws. However, in matters not covered by these rules and regulations, decision shall rest with the Tournament Manager.
- B. The Technical Committee/Tournament Manager shall be responsible for the technical organization of the tournament. The decision of the committee in all matters regarding the competition shall be final.
- C. Official coach shall observe proper decorum during the competition.
- D. Only official coach is allowed to approach the match Control/Referee with regards to questions and inquiries during the match.
- E. Only the official coach shall be allowed to sit on the bench. The **official coach** shall only be the one to convey tactical instructions, side coaching to the players.
- F. The coach behavior in the bench must in conformity with what is expected from them, no dissent or abusive language by words or actions to referee decisions, cannot protest judgement decision of the referees and must not provoke violence.

IN CASE OF VIOLATIONS:

- 1. Expulsions
 - 2. Expelled coach is suspended for the next match of the team.
- G. Players and coaches shall always conduct themselves in a manner which shall reflect favorably upon the game of football and themselves as a true gentleman.
 - H. 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 in such case the offender may be thrown out of the vicinity of the playing venue.

- I. Coach must attend the Solidarity Coaches Meeting, no coach will be allowed to sit on the bench and to coach the team in their first game without attendance to Solidarity Meeting unless valid and justifiable reason/s in writing shall be given and submitted to the Technical Management Committee. A team with an expelled coach can continue play in the presence of the team captain.

III. TOURNAMENT FORMAT

The 2019 Palarong Pambansa shall adopt the Single Round Robin, Cross-Over and Knock-Out System of tournament hence, there shall be grouping of teams:

GROUPING PROCEDURE:

A. GROUPING/BRACKET

Team will be distributed in 4 Groups/Brackets following the International Rule.

A	B	C	D
WVRAA	CVRAA	ARMM	NMRAA
CARAGA	ZPRAA	NCR	SRAA
DAVRAA	RIAA	MIMAROPA	CAR
CLRAA	BRAA	CALABARZON	EVRAA
			CAVRAA

Note: The Basis of the 1-17 ranking is the result of the previous Palarong Pambansa.

B. TOURNAMENT FORMAT

1. Single round robin in every group in the elimination round.
2. Teams who fail to qualify in the Quarter Finals will be ranked according to their ranking from their respective group.

RANKING	A	B	C	D
	1	2	3	4
LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
				17

- a. Rank 3 in their respective groups will be ranked number 9-12
Actual ranking from 9-12 will be based from win loss record following the classification of teams under letter F , in case of tie, it will be resolved using the breaking of ties rule. In case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.
- b. Rank 4 and 5 in their respective group will be ranked number 13 – 17 actual ranking from 13-17 will be based from win-loss record following the classification of teams under letter F, in case of tie, it will be resolved using the breaking of ties rule. In case all measures under the rule has been utilized

and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.

C. QUARTER FINAL ROUND

Top 2 teams of every group will qualify in the Quarter Final Round.

Quarter Final Game 1	A1 _____	VS	D2 _____
Quarter Final Game 2	D1 _____	VS	A2 _____
Quarter Final Game 3	B1 _____	VS	C2 _____
Quarter Final Game 4	C1 _____	VS	B2 _____

D. SEMI-FINAL

SF Game 1	Winner Quarter Final Game 2	VS	Winner Quarter Final Game 3
SF Game 2	Winner Quarter Final Game 1	VS	Winner Quarter Final Game 4

E. FINAL AND GRAND FINALS OR BATTLE FOR BRONZE AND CHAMPIONSHIP GAME

Battle for 3rd Place or Bronze Medal Game

FINAL Loser Semi-Final Game 1 **VS** Loser Semi-Final Game 2

Championship Game or Gold Medal Game

GRAND FINALS Winner Semi-Final Game 1 **VS** Winner Semi-Final Game 2

F. CLASSIFICATION OF TEAMS

Team	GP	Winner	Draw	Loser	GA	GD	GF	Total
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IV. BREAKING OF TIES

A. Shoot-out from the penalty mark and sudden death procedure shall apply to break the tie during quarterfinals, semi-finals and finals.

V. DURATION OF THE MATCH

A. Playing time for elementary level shall be two (2) periods of thirty (30) minutes each, with an interval of ten (10) minutes.

VI. NUMBER OF PLAYER

A. Maximum of eighteen (18) players for each team, with One (1) official coach.

B. A match is played by two (2) teams, each consisting of not more than eleven (11) players including the goal keeper. A match shall not start if either team has less than seven (7) players. (15 minutes' grace period applies).

VII. PLAYERS EQUIPMENT

A. Players are required to wear their complete uniform and in conformity with FIFA rules:

- Regional color (sponsors uniform are not allowed). The player's number 1-18, 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.

- Official jersey shirt with sleeves and shorts of Region represented.
 - long socks
 - shin guards
 - football shoes (barefoot athletes will not be allowed to play)
 - undergarments should be of the same color with the sleeve and short pants
 - Tapes/bands should be the same color with the socks.
- B. The captain of the team is required to wear an arm band around his left arm to enable the referee to distinguish him from the rest of the team.

VIII. COLORS

- A. The two teams must wear colors that distinguish from each other and also the referees and the assistant referees.
- B. Each team shall wear its official first outfit as declared in the final registration form during the solidarity meeting.
- C. If a team should have a spare/second outfit (colors contrasting with those of their first outfit), this should likewise be declared. Teams are obliged to prioritize the use of the official/first for all its matches.
- D. All teams are obliged to bring along their official/first outfit and spare/second outfit to every match. If in the opinion of the Tournament Manager and the referees, the color of the two (2) opposing teams clash, the outfits must be changed, wherein the spare/second outfit may be used for the succeeding matches of the whole tournament or in combination.
- E. In the event that both teams do not have spare /second outfits, one (1) of the teams shall be obliged to wear a vest. A toss supervised by the referee, shall determine who will wear the vest.
- F. The Goalkeeper must wear a jersey that has a color different from the rest of the team colors. (If the goalkeeper is used as a field player, he should also wear the same uniform as that of the field players and the number should be the same as that of his being a goalkeeper jersey).
- G. The player's assigned numbers must be of contrasting colors from the jersey and should be either sewn or printed.
- H. Player shall play using his jersey bearing the originally registered number.
- I. Under no circumstances will players be allowed to play with numbers not properly sew or printed on the jersey. A player may not use a number different from his originally registered one. Any team found guilty of infringing these rules shall be deemed a violation and acted switching of player/impersonation and subject to disciplinary action. Team Number must be from 1-18 only, no other numbers are allowed to be printed in players' jersey. First choice Goalkeeper must be assigned no 1.

IX. MATCH REGULATIONS

- A. Team Line – up must be the same as the officially approved roster by the Palarong Pambansa Screening Committee.

- B. Prior to the start of the match, the fourth official shall distribute the team line-up forms to the respective teams.
- C. The forms must be properly accomplished and bear the signature of the head coach before it is returned to the fourth official.
- D. No more than seven (7) players may be substituted during a match from the reserve players who must be registered before the start of each match.
- E. The substitution form must be accomplished and signed by the head coach before any substitution of a player could be made.
- F. The incoming player must then submit this form to the fourth official of the match before he is allowed to enter in the field of play.
- G. Any player who substituted cannot re-enter in the same match.

X. PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

- A. A player who receives two (2) cautions (yellow card) shall automatically be suspended from the match following the match in which he received the second caution card.
- B. A player expelled (**Direct Red Card, due to serious or violent conduct**) from the field of play by the referee shall be suspended for the next **two (2) matches**.
- C. Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game.
- D. After serving a suspension imposed on a player, he is allowed to play in the succeeding match. However, if the player receives a yellow card in a match, he will be suspended for the next match due to the previous red card sanction. Moreover, if the player receives two (2) yellow or red card in the match, the player will not be allowed to participate in the whole duration of the competition.
- E. Any player guilty of initiating a mass confrontation or a fistfight with opponents/teammates are disqualified from participation from the tournament.
- F. Coaches who are expelled from the match are given 1 game suspension. If an expelled coach will not remove himself from play, (an ample time will be given-maximum 15 minutes) the team will loss the match (3-0) if no score), retained the score or more at the time of stoppage, if his team is leading will loss 3-0 to opponents

XI. SUBSTITUTES BENCH/TECHNICAL AREA

Only the following duly accredited persons are authorized to sit on the substitute's bench:

- Maximum of seven (7) substitute players;
- a suspended player is not allowed to sit on the bench;
- a coach

XII. WARMING-UP BEFORE AND DURING THE MATCH

- A. Depending on the weather and the condition of the turf (to be decided on by the Tournament Manager), the teams will be allowed to warm-up on the half of the pitch closest to their respective team bench
- B. During actual play:
 - a maximum of four (4) player from each team may warm-up at the same time, without the ball;
 - only the goalkeeper is allowed to warm-up with ball;
 - not more than two (2) technicians are allowed to accompany the four (4) players during the warm-up.

XIII. MEDICAL TREATMENT OF PLAYERS ON THE FIELD OF PLAY

- A. If a goal keeper needs medical treatment on the field of play during the following procedures must be observed:

- upon signal from the referee, the team doctor and his assistant may attend to the injured goal keeper
- Only the goal keeper can be treated inside the field of play.

XIV. LIQUID INTAKE DURING THE COURSE OF PLAY

- A. Because the balance of water in the body is essential for health, FIFA actively encourage players to drink liquid the match. The following rules must be observed so as to avoid disorderliness in the field and possible injury to the athlete:
- bottled glass and any drinking material that can cause danger to both teams are prohibited;
 - liquid may be taken during the play and stoppage of play;
 - drinks must be contained in plastic bottles and handed to the player/s at the touch lines, one (1) meter away (no coleman)
 - For matches played with extreme heat, a 1-3 minutes water break per half is allowed at the discretion of referee upon conferment with the Tournament Manager.

XV. WALK-OVER /ABANDONMENT

A. Walk-over

1. A fifteen (15) minutes grace period on the scheduled match shall be given, otherwise the team shall be declared loser via walk-over.

B. Abandonment of Matches

1. If a match has to be suspended as a result of any incident (walk out by team, lack of order from spectator/s who invade the field of play), the Tournament Manager must decide, within twenty-four (24) hours of such incident to determine the action to be taken. **Team/s that abandoned the match is disqualified from the tournament.**

XVI. DRESS CODE FOR COACHES

- a. pants or jogging pants
- b. t-shirts with or without collar
- c. leather or rubber shoes

XVII. NON-APPEARANCE OF THE TEAM

- A. Team should be at the venue at least thirty (30) minutes before the scheduled time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.
- B. A grace period of fifteen (15) minutes shall be given to the non-appearing team after the scheduled playing time. Non-appearance of team after the grace period will automatically forfeit its game with a score of 3-0 (3 points) and Tournament Committee will meet immediately to decide on further sanctions. The Law of immediate succession shall be observed. Only the first game in the morning and first game in the afternoon shall be given fixed scheduled time. The game 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.

XVIII. PROTEST

- A. Protest should be in written form duly signed by the coach and noted by the Regional Sports Officer and must be handed over to the Tournament Manager within two (2) hours after the match.

- B. No protest will be entertained regarding eligibility of players.
- C. No protest will be entertained regarding judgment calls of the referee. Only technicalities of the game may be protested.
- D. **Respect: respect decision of the referee as stated in the Laws of the Game IFAB 2017-2018**

XIX. UNFORSEEN EVENT

- A. The decision of the referee on any disputes during competition shall be final.
- B. If a participating team withdraws or a match cannot be played or is abandoned as a result of force majeure, the technical management committee shall decide on the matter at its sole discretion and take whatever action is deemed necessary.
- C. further to the above provision, in the case of a match being abandoned as a result of force majeure after it has already kicked off, the following principles will apply: the match shall recommence at the minute at which play was interrupted rather than being replayed in full, and with the same score line; the match shall recommence with the same players on the pitch and substitutes available as when the match was abandoned. Likewise, the match shall commence with the same sanctions at the time of stoppage.

GAMES DISRUPTION: games which are cancelled/disrupted/stopped due to "**FORCE MAJEURE SITUATION**" or for any valid reason, shall be treated in the following manner:

- D. RESET** - If a scheduled game was cancelled for a valid reason, the management shall re-schedule the game at the bottom of the schedules.
- E. PROLONG INTERRUPTIONS:** Interrupted matches, even it exceeds the four hours and played in another venue, match shall continue with the same scores and players.
- F.** In case of Force majeure or in the event that the tournament has been halted permanently. The ruling of the different sports events shall be applied in ranking the teams from 1-17.
- G.** Team event Tournament Manager will be submitting complete ranking of 1-17 after the tournament.
- H.** As regards the specific items not expressly foreseen in this rules shall be decided by the organizer. The Tournament Manager reserves the right to amend or alter any provision of the above mentioned rules and regulations for the success and interest of the tournament.
- I.** In any case of a "free for all" where the referee cannot identify the players who started the fight, this rule shall take the effect:

Any match concerned; both teams will lose the game and will be banned from participating for the rest of the tournament.

XX. THOSE NOT COVERED BY THE TOURNAMENT RULES, FIFA LAWS WILL APPLY.

SECONDARY LEVEL

I. DATE AND VENUE

The 2019 Palarong Pambansa Football Competitions Solidarity Meeting shall be held on April 26, 2019, 9:00 A.M. at UP Mindanao Sports Complex Maguindanaoan Ln, Tugbok, Davao City, Davao del Sur. The first day of the competitions will start on April 27, 2019 at four (4) playing venues, stated below:

Football Secondary:

Pitch 1 – UP Mindanao Sports Complex

Pitch 2 – UP Admin Football Pitch

Football Elementary:

Pitch 1 – Tionko Football Pitch

Pitch 2 – Tionko Football Pitch

II. COMPETITION RULES

- A. The competition shall be held in accordance with the current International Football Association Board approved FIFA Laws, including changes in the laws. However, in matters not covered by these rules and regulations, decision shall rest with the Tournament Manager.
- B. The Technical Committee/Tournament Manager shall be responsible for the technical organization of the tournament. The decision of the committee in all matters regarding the competition shall be final.
- C. Official coach shall observe proper decorum during the competition.
- D. Only official coach is allowed to approach the match Control/Referee with regards to questions and inquiries during the match.
- E. Only the official coach shall be allowed to sit on the bench. The **official coach** shall only be the one to convey tactical instructions, side coaching to the players.
- F. The coach behavior in the bench must in conformity with what is expected from them, no dissent or abusive language by words or actions to referee decisions, cannot protest judgement decision of the referees and must not provoke violence.

IN CASE OF VIOLATIONS:

1. Expulsions
 2. Expelled coach is suspended for the next match of the team.
- G. The coach behavior in the bench must in conformity with what is expected from them, no dissent or abusive language by words or actions to referee decisions, cannot protest judgement decision of the referees and must not provoke violence.
 - H. Players and coaches shall always conduct themselves in a manner which shall reflect favorably upon the game of football and themselves as a true gentleman.
 - I. 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 in such case the offender may be thrown out of the vicinity of the playing venue.
 - J. Coach must attend the Solidarity Coaches Meeting, no coach will be allowed to sit on the bench and to coach the team in their first game without attendance to Solidarity Meeting unless valid and justifiable reason/s in writing shall be given and submitted to the Technical Management Committee. A team with an expelled coach can continue play in the presence of the team captain.

III. TOURNAMENT FORMAT

The 2019 Palarong Pambansa shall adopt the Single Round Robin, Cross-Over and Knock-Out System of tournament hence, there shall be grouping of teams:

GROUPING PROCEDURE:

A. GROUPING/BRACKET

Team will be distributed in 4 Groups/Brackets following the International Rule.

A	B	C	D
NCRAA	SRAA	CALABARZON	WVRAA
EVIRAA	NMRAA	CVIRAA	CAR
BRAA	MIMAROPA	DAVRAA	RIAA
ARMM	CAVRAA	CLRAA	ZPRAA
			CARAGA

Note: the Basis of the ranking will be the previous Palarong Pambansa.

B. TOURNAMENT FORMAT

1. Single round robin in every group in the elimination round.
2. Teams who fail to qualify in the Quarter Finals will be ranked according to their ranking from their respective group.

RANKING	A	B	C	D
	1	2	3	4
LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
				17

- a. Rank 3 in their respective groups will be ranked number 9-12
Actual ranking from 9-12 will be based from win loss record following the classification of teams under letter F, in case of tie, it will be resolved using the breaking of ties rule. In case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.
- b. Rank 4 and 5 in their respective group will be ranked number 13 – 17 actual ranking from 13-17 will be based from win-loss record following the classification of teams under letter F, in case of tie, it will be resolved using the breaking of ties rule. In case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking will be used.

C. QUARTER FINAL ROUND

Top 2 teams of every group will qualify in the Quarter Final Round.

Quarter Final Game 1 **A1** _____ **VS** **D2** _____
 Quarter Final Game 2 **D1** _____ **VS** **A2** _____
 Quarter Final Game 3 **B1** _____ **VS** **C2** _____
 Quarter Final Game 4 **C1** _____ **VS** **B2** _____

D. SEMI-FINAL

SF Game 1 Winner Quarter Final Game 2 **VS** Winner Quarter Final Game 3
SF Game 2 Winner Quarter Final Game 1 **VS** Winner Quarter Final Game 4

E. FINAL AND GRAND FINALS OR BATTLE FOR BRONZE AND CHAMPIONSHIP GAME

Battle for 3rd Place or Bronze Medal Game

FINAL Loser Semi-Final Game 1 **VS** Loser Semi-Final Game 2

Championship Game or Gold Medal Game

GRAND FINALS Winner Semi-Final Game 1 **VS** Winner Semi-Final Game 2

F. CLASSIFICATION OF TEAMS

Team	GP	Winner	Draw	Loser	GA	GD	GF	Total
------	----	--------	------	-------	----	----	----	-------

IV. BREAKING OF TIES

A. Shoot-out from the penalty mark and sudden death procedure shall apply to break the tie during quarterfinals, semi-finals and finals.

V. DURATION OF THE MATCH

A. Playing time for secondary level, two (2) periods of forty (40) minutes each with an interval of five (5) minutes.

VI. NUMBER OF PLAYER

- A. Maximum of eighteen (18) players for each team, with One (1) official coach.
B. A match is played by two (2) teams, each consisting of not more than eleven (11) players including the goal keeper. A match shall not start if either team has less than seven (7) players. (15 minutes' grace period applies).

VII. PLAYERS EQUIPMENT

- A. Players are required to wear their complete uniform and in conformity with FIFA rules:
- Regional color (sponsors uniform are not allowed). The player's number 1-18, 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.
 - Official jersey shirt with sleeves and shorts of Region represented.
 - long socks
 - shin guards
 - football shoes (barefoot athletes will not be allowed to play)
 - undergarments should be of the same color with the sleeve and short pants
 - Tapes/bands should be the same color with the socks.
- B. The captain of the team is required to wear an arm band around his left arm to enable the referee to distinguish him from the rest of the team.

VIII. COLORS

- A. The two teams must wear colors that distinguish from each other and also the referees and the assistant referees.
- B. Each team shall wear its official first outfit as declared in the final registration form during the solidarity meeting.
- C. If a team should have a spare/second outfit (colors contrasting with those of their first outfit), this should likewise be declared. Teams are obliged to prioritize the use of the official/first for all its matches.
- D. All teams are obliged to bring along their official/first outfit and spare/second outfit to every match. If in the opinion of the Tournament Manager and the referees, the color of the two (2) opposing teams clash, the outfits must be changed, wherein the spare/second outfit may be used for the succeeding matches of the whole tournament or in combination.
- E. In the event that both teams do not have spare /second outfits, one (1) of the teams shall be obliged to wear a vest. A toss supervised by the referee, shall determine who will wear the vest.
- F. The Goalkeeper must wear a jersey that has a color different from the rest of the team colors. (If the goalkeeper is used as a field player, he should also wear the same uniform as that of the field players and the number should be the same as that of his being a goalkeeper jersey).
- G. The player's assigned numbers must be of contrasting colors from the jersey and should be either sewn or printed.
- H. Player shall play using his jersey bearing the originally registered number.
- I. Under no circumstances will players be allowed to play with numbers not properly sew or printed on the jersey. A player may not use a number different from his originally registered one. Any team found guilty of infringing these rules shall be deemed acted switching of player/impersonation and subject to disciplinary action. Team Number must be from 1-18 only, no other numbers are allowed to be printed in players' jersey. First choice Goalkeeper must be assigned no 1.

IX. MATCH REGULATIONS

- A. Team Line – up must be the same as the officially approved roster by the Palarong Pambansa Screening Committee.
- B. Prior to the start of the match, the fourth official shall distribute the team line-up forms to the respective teams.
- C. The forms must be properly accomplished and bear the signature of the head coach before it is returned to the fourth official.
- D. No more than seven (7) players may be substituted during a match from the reserve players who must be registered before the start of each match.
- E. The substitution form must be accomplished and signed by the head coach before any substitution of a player could be made.
- F. The incoming player must then submit this form to the fourth official of the match before he is allowed to enter in the field of play.
- G. Any player who substituted cannot re-enter in the same match.

X. PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

- A. A player who receives two (2) cautions (yellow card) shall automatically be suspended from the match following the match in which he received the second caution card.
- B. A player expelled (**Direct Red Card, due to serious or violent conduct**) from the field of play by the referee shall be suspended for the next **two (2) matches**.
- C. Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game.

- D. After serving a suspension imposed on a player, he is allowed to play in the succeeding match. However, if the player receives a yellow card in a match, he will be suspended for the next match due to the previous red card sanction. Moreover, if the player receives two (2) yellow or red card in the match, the player will not be allowed to participate in the whole duration of the competition.
- E. Any player guilty of initiating a mass confrontation or a fistfight with opponents/ teammates are disqualified from participation from the tournament.
- F. Coaches who are expelled from the match are given 1 game suspension. If an expelled coach will not remove himself from play, (an ample time will be given- maximum 15 minutes) the team will loss the match (3-0) if no score, retained the score or more at the time of stoppage, if his team is leading will loss 3-0 to opponents

XI. SUBSTITUTES BENCH/TECHNICAL AREA

- A. Only the following duly accredited persons are authorized to sit on the substitute's bench:
- Maximum of seven (7) substitute players;
 - a suspended player is not allowed to sit on the bench;
 - a coach

XVII. WARMING-UP BEFORE AND DURING THE MATCH

- A. Depending on the weather and the condition of the turf (to be decided on by the Tournament Manager), the teams will be allowed to warm-up on the half of the pitch closest to their respective team bench.
- B. During actual play:
- a maximum of four (4) player from each team may warm-up at the same time, without the ball;
 - only the goalkeeper is allowed to warm-up with ball;
 - not more than two (2) technicians are allowed to accompany the four (4) players during the warm-up.

XVIII. MEDICAL TREATMENT OF PLAYERS ON THE FIELD OF PLAY

- A. If a goal keeper needs medical treatment on the field of play during the following procedures must be observed:
- upon signal from the referee, the team doctor and his assistant may attend to the injured goal keeper
 - Only the goal keeper can be treated inside the field of play.

XIX. LIQUID INTAKE DURING THE COURSE OF PLAY

- A. Because the balance of water in the body is essential for health, FIFA actively encourage players to drink liquid the match. The following rules must be observed so as to avoid disorderliness in the field and possible injury to the athlete:
- bottled glass and any drinking material that can cause danger to both teams are prohibited;
 - liquid may be taken during the play and stoppage of play;
 - drinks must be contained in plastic bottles and handed to the player/s at the touch lines, one (1) meter away (no coleman)
 - For matches played with extreme heat, a 1-3 minutes water break per half is allowed at the discretion of referee upon conferment with the Tournament Manager.

XX. WALK-OVER / ABANDONMENT

A. Walk-over

1. A fifteen (15) minutes grace period on the scheduled match shall be given, otherwise the team shall be declared loser via walk-over.

B. Abandonment of matches

1. If a match has to be suspended as a result of any incident (walk out by team, lack of order from spectator/s who invade the field of play), the Tournament Manager must decide, within twenty-four (24) hours of such incident to determine the action to be taken. **Team/s that abandoned the match is disqualified from the tournament.**

XVI. DRESS CODE FOR COACHES

- a. pants or jogging pants
- b. t-shirts with or without collar
- c. leather or rubber shoes

XVII. NON-APPEARANCE OF THE TEAM

- A. Team should be at the venue at least thirty (30) minutes before the scheduled time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.
- B. A grace period of fifteen (15) minutes shall be given to the non-appearing team after the scheduled playing time. Non-appearance of team after the grace period will automatically forfeit its game with a score of 3-0 (3 points) and Tournament Committee will meet immediately to decide on further sanctions. The Law of immediate succession shall be observed. Only the first game in the morning and first game in the afternoon shall be given fixed scheduled time. The game 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.

XVIII. PROTEST

- A. Protest should be in written form duly signed by the coach and noted by the Regional Sports Officer and must be handed over to the Tournament Manager within two (2) hours after the match.
- B. No protest will be entertained regarding eligibility of players.
- C. No protest will be entertained regarding judgment calls of the referee. Only technicalities of the game may be protested.
- D. **Respect: respect decision of the referee as stated in the Laws of the Game IFAB 2017-2018**

XIX. UNFORSEEN EVENT

- A. The decision of the referee on any disputes during competition shall be final.
- B. If a participating team withdraws or a match cannot be played or is abandoned as a result of force majeure, the technical management committee shall decide on the matter at its sole discretion and take whatever action is deemed necessary.
- C. further to the above provision, in the case of a match being abandoned as a result of force majeure after it has already kicked off, the following principles will apply: the match shall recommence at the minute at which play was interrupted rather than being replayed in full, and with the same score line; the match shall recommence with the same players on the pitch and substitutes available as when

the match was abandoned. Likewise, the match shall commence with the same sanctions at the time of stoppage.

GAMES DISRUPTION: games which are cancelled/disrupted/stopped due to "**FORCE MAJEURE SITUATION**" or for any valid reason, shall be treated in the following manner:

- D. RESET** - If a scheduled game was cancelled for a valid reason, the management shall re-schedule the game at the bottom of the schedules.
- E. PROLONG INTERRUPTIONS:** Interrupted matches, even it exceeds the four hours and played in another venue, match shall continue with the same scores and players.
- F.** In case of Force majeure or in the event that the tournament has been halted permanently. The ruling of the different sports events shall be applied in ranking the teams from 1-17.
- G.** Team event Tournament Manager will be submitting complete ranking of 1-17 after the tournament.
- H.** As regards the specific items not expressly foreseen in this rules shall be decided by the organizer. The Tournament Manager reserves the right to amend or alter any provision of the above mentioned rules and regulations for the success and interest of the tournament.
- I.** In any case of a "free for all" where the referee cannot identify the players who started the fight, this rule shall take the effect:

Any match concerned; both teams will lose the game and will be banned from participating for the rest of the tournament.

XX. THOSE NOT COVERED BY THE TOURNAMENT RULES, FIFA LAWS WILL APPLY.

CONFORME:**ELEMENTARY LEVEL**

CODE	REGION	NAME	SIGNATURE	MOBILE NUMBER
ARMMAA	Autonomous Region of Muslim Mindanao			
CARAA	Cordillera Administrative Region			
NCRAA	National Capital Region			
RIAA	RI Ilocos Region			
CAVRAA	RII Cagayan Valley			
CLRAA	RIII Central Luzon			
STCAA	RIV CALABARZON			
MRAA	RIV-B MIMAROPA			
BRAA	RV Bicol Region			
WVRAA	RVI Western Visayas			
CVRAA	RVII Central Visayas			
EVRAA	RVIII Eastern Visayas			
ZPRAA	RIX Zamboanga Peninsula			
NMRAA	RX Northern Mindanao			
DAVRAA	RXI Davao Region			
SRAA	RXII SocSarGen			
CARAGA	RXIII CARAGA			

SECONDARY LEVEL

CODE	REGION	NAME	SIGNATURE	MOBILE NUMBER
ARMMAA	Autonomous Region of Muslim Mindanao			
CARAA	Cordillera Administrative Region			
NCRAA	National Capital Region			
RIAA	RI Ilocos Region			
CAVRAA	RII Cagayan Valley			
CLRAA	RIII Central Luzon			
STCAA	RIV-CALABARZON			
MRAA	RIV-B MIMAROPA			
BRAA	RV Bicol Region			
WVRAA	RVI Western Visayas			
CVRAA	RVII Central Visayas			
EVRAA	RVIII Eastern Visayas			
ZPRAA	RIX Zamboanga Peninsula			
NMRAA	RX Northern Mindanao			
DAVRAA	RXI Davao Region			
SRAA	RXII SocSarGen			
CARAGA	RXIII CARAGA			



2019 D.V.G.
**DALARONG
 AMBANSA**
 APRIL 28 - MAY 04, 2019

FUTSAL

Technical Guidelines & Ground Rules

I. NAME OF TOURNAMENT

Palarong Pambansa 2019 U18 Girls Futsal Tournament.

II. TYPE OF TOURNAMENT

A. Teams will be grouped in 4 or 5 in a bracket playing Single Round Robin in the elimination round. They will be bracketed according to their last *Palarong Pambansa* ranking result which were shown in the seeded bracket table below:

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17			

B. Top 2 teams of each bracket will qualify in the next round playing quarterfinals and the winner will qualify playing semi- final games.

C. Teams that will play in the Quarterfinal round (1. A1 vs D2, 2. A2 vs D1, 3. B1 vs C2, 4. B2 vs C1). On the Semi-final round (1. QF2 vs QF3, and 2. QF1 vs QF4). 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 quarterfinal round, semi-final round and in the **3rd and 4th placement, and in the final match**, 3 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 - No points
4. A defaulted game has a score of 3-0.

F. In case of tie in the rankings, and to determine the 5th to 8th place, 9th to 12th place, and 13th to 17th place the following rules shall apply:

1. Goal difference
2. Greater number of goals/Total Points Made
3. Win over the other
4. Toss coin

III. 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 and 7 substitutes.

IV. DURATION OF THE GAME

- A. 2 halves of 20minutes per half (running time) with 5 minutes' interval in between half.

B. Each team is allowed to have **1-minute time out only ONCE per half**. This time out cannot be carried over in the next half if unused.

V. PLAYERS EQUIPMENT AND UNIFORM:

A. All players' jersey number must only be from 1-15.

B. All players on the bench must wear bibs of different color from their playing uniform and to their opponents. Regional uniform is strictly imposed to use.

C. Players are required to wear their complete uniform and in conformity with FIFA Futsal Laws:

- Team should adhere to their regional colour; alternate uniform shall only be worn in cases of colour conflict.
- (Sponsors uniform are not allowed). The player's number 1-15, on the uniform registered on the official list shall also be the same on the starting and the same number shall be used by the player throughout the *Palarong Pambansa* game duration.
- Official shirt with sleeves and shorts of their Region represented.
- Long socks
- Shin guards are required to prevent injuries.

D. Futsal shoes or rubber sole (multi spikes shoes are not allowed)

E. Undergarments should be the same color with the sleeves and short pants.

F. Tapes should be the same color with the socks.

G. 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.

H. All teams are obliged to bring 7 bibs for bench players.

I. If a team have a spare/second outfit, these should likewise be declared. Teams are obliged to prioritize the use of the official uniform first for all matches.

- 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.

J. The Goalkeeper must wear a jersey that has a color different from the rest of the team colors and the match officials.

VI. APPEARANCE OF THE TEAM

a. 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.

b. 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.

VII. PROTEST

a. All protest should be in written form duly signed by the Coach and noted by the Regional Sports Officer and must be handed over to the Tournament Manager within two (2) hours after the match.

b. No Protest will be entertained regarding eligibility of players.

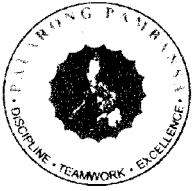
c. No Protest will be entertained regarding judgment calls of the referee. Only technicalities of the game may be protested.

THOSE NOT COVERED BY THE TOURNAMENT LAW, FIFA LAW will apply.

VIII. PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

- a. 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.
- b. 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**.
- c. Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game.
- d. In case of free for all, 3 playersP from the opposing team were given red cards at the same time, that team will be automatically disqualified to play and the other team will be automatically declared as winner of the match.

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



SEPAKTAKRAW *Technical Guidelines & Ground Rules*

1. COMPETITION DATE AND VENUE

The 2019 Palarong Pambansa Sepaktakraw competition will be held on **April 27 – May 4, 2019** at the **Davao City National High School covered court, Davao City**

2. COMPETITION MANAGEMENT

The Department of Education 2019 Palarong Pambansa Technical Committee shall be the lead implementing organization where it will finalize and approved the recommended Technical Officials by the Regional Offices and the designated Tournament manager.

The Sepaktakraw Technical Officials shall compose of 56 members as follows: One (1) Tournament Manager, one (1) Technical Consultant, three (3) Assistant Managers, six (6) Court Referees, one (1) Tournament Secretary, two (2) NSA Referees, Forty-One (41) Referees recommended by both the Regional Sports Officer and the Tournament Manager and One (1) Tournament Encoder recommended by the host Region/Division.

3. RULES OF THE TOURNAMENT

- 3.1. The Tournament shall be run in accordance with the rules of the International Sepak Takraw Federation (ISTAF) currently enforced. (2016 Law of Sepaktakraw).
- 3.2. Any unforeseen incidents not covered by the rules shall be dealt with as follows:
 - 3.2.1 Case of general nature shall be resolved in accordance with the Palarong Pambansa Games rules.
 - 3.2.2. Technical questions shall be referred to and resolved by the Technical Committee.
 - 3.2.3. In case of problems not covered by the existing ISTAF rules, the final decision shall rest with the Tournament Manager.

4. NUMBER OF EVENTS AND NUMBER OF PLAYERS

There shall be Six (6) events to be contested, namely:

- | | |
|---------------------------|------------------|
| - Elementary Boys Regu | (EBR) 4 players |
| - Elementary Boys Doubles | (EBD) 3 players |
| - Secondary Girls Regu | (SGR) 5 players |
| - Secondary Girls Doubles | (SGD) 3 players |
| - Secondary Boys Team | (SBT) 12 players |
| - Secondary Boys Regu | (SBR) 5 players |

5. MODE OF COMPETITION

5.1 Secondary Boys Team (SBT), Secondary Girls Regu (SGR) and Elementary Boys Regu (EBR).

5.1.1. The Tournament shall be played in Single Round Robin System grouped into four, A, B, C, and D for the elimination following the format below, using the 2018 Palarong Pambansa Sepaktakraw High School Boys, Girls Regu and Elementary Regu ranking.

1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
			17

5.1.2. The Top two (2) teams in each group will advance to the crossover quarterfinals using the knock out system following the format below, the loser in the quarter final matches shall be ranked 5th to 8th place based on the number of regu, sets and points earned during their elimination and quarter-final matches.

Winner Group A vs. Runner-Up Group D
Winner Group D vs. Runner-Up Group A
Winner Group B vs. Runner-Up Group C
Winner Group C vs. Runner-Up Group B

5.1.3 For Semi-Final Round:

Winner QFG2 vs Winner QFG3
Winner QFG1 vs Winner QFG4

5.1.4 For Finals:

Loser SFG1 vs Loser SFG2 For 3rd and 4th Place
Winner SFG1 vs Winner SFG2 Championship Game

5.1.5. Teams who were eliminated will be rank 9th to 17th place based on the number regus, sets and points earned during the elimination round.

5.1.6. Two (2) points shall be awarded for the win and zero (0) for a loss. If two (2) or more teams obtain and equal number of points after the elimination, the following rules shall be applied:

5.1.7. In case of tie, win over the other shall be applied, where in the winner between the two (2) teams during their elimination game shall be declared winner.

5.1.8. In case of triple tie, 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”.

5.1.9. The score difference of the matches played by each of the teams shall be decisive.

5.1.10. If these alternative are all found to be the same, them a decision taken by the toss of the coin shall be decisive.

5.2. Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double

5.2.1. The Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double shall be played in a single elimination system after the conclusion of the Secondary Boys Team, Secondary Girls Regu and the Elementary Boys Regu competition.

5.2.2 Seeding of teams shall be based on the 2018 Palarong Pambansa ranking.

6. ENTRIES

Entries of each region must be submitted according to the regulations imposed by the Organizing Committee of the 2019 Palarong Pambansa rules. 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 given will mean forfeiture of the game in favor of the opposing team.

7. PLAYERS ON THE TEAM BENCH

Only the members of the team including the Coach and the Team Manager who are listed on the team gallery are allowed to set on the bench during the whole duration of the game. In case of the Secondary Girls the Chaperon will be allowed on the bench.

8. PLAYING UNIFORMS

8.1 Participating teams should wear the color of their respective regions assigned to them during their schedule games.

8.2. Players not wearing their proper uniform during which their team or regu is scheduled to play will not be allowed to play.

8.3. Players must wear their jersey uniform with permanent number at the back of their shirt, numbering 1 to 12.

8.4. All teams are required to bring their own **arm band** and the Team Captain shall wear it during the competition.

9. REPORTING TIME OF TEAMS AND TECHNICAL OFFICIALS

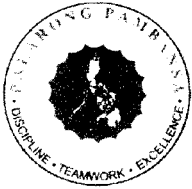
All Technical Officials should report to the playing venue one hour and thirty minutes before the start of the match. All Teams should report their presence to the Technical committee one hour before their match.

10. AWARDING

Awarding shall be done immediately after the conclusion of the final match of the Secondary Boys Regu competition. All winning teams shall wear the official uniform during the awarding ceremony.

11. GENERAL

In the event of any question or any matter arising out of any point, which is not expressly provided for in any rules of the game, the decision of the Official Referee shall be final.



SOFTBALL *Technical Guidelines & Ground Rules*

- I. NAME OF COMPETITION**- The Biggest sporting event in the country shall be known as PALARONG PAMBANSA 2019. It will be organized by the Department of Education. It will serve as the culminating activity of the P.E. Program and aims to discover potential athletes.
- II. DATE AND VENUE**- the tournament will be held from April 27- May 4, 2019 which will be hosted by Davao City.
- III. ELIGIBILITY OF PLAYERS AND COACHES** - The sole judge of a participant's eligibility totally lays within the judgment of screening committee regarding eligibility of student-athletes and coaches must be address to the screening committee. Chaperons will now be allowed to act as assistant coaches and permitted to direct players on the field provided that the identified Chaperon/Assistant Coach should be FEMALE will also be required to submit documents for screening.
- IV. RULES THAT WILL GOVERN THE TOURNAMENT**- The rules and regulation that will govern the tournament will be the World Baseball Softball Confederation-SOFTBALL 2018-2021 Rules (formerly known as International Softball Federation (ISF) Rule Book). With some modification stated in this ground rules.
- V. THE GAME OF SOFTBALL FOR BOTH ELEMENTARY AND SECONDARY SHOULD BE PLAYED FOR:**
- Seven (7) innings for the elimination round up to the championship games with the application of the WBSC-SOFTBALL 2018-2021 Runs Ahead Rule.
- (Mercy Rule). A run ahead "Mercy Rule" shall be used in the tournament: 15 Runs after the 3 innings, 10 after the 4 innings and 7 after 5 innings.
 - The tie breaker rule will be applied after the seventh (7) innings games.
- VI. RULE OF IMMEDIATE SUCCESSION SHALL BE OBSERVED.** Only the first game in the morning and afternoon shall be given fixed time. Games that follows shall start shortly after the end of the preceding game.
- VII. DEFAULT**- all teams shall be given fifteen (15) minutes grace period before being declared in-default.
- VIII. COMPOSITION OF TEAM**- Each participating team shall consist of 12 players, 1 head coach, 2 assistant coach. All of which shall be allowed to direct and coach the players during the progress of the game but only the head coach will be given the sole authority to represent the teams during appeals or discussion. They must also submit necessary documents required by the screening committee
- 1st Offense- Warning
 - 2nd Offense- Ejection of the HEAD COACH.
 - 3rd offense- forfeiture of the game in favor of the opponent.
- Note:** Only the official coach and assistant coaches may act as base coaches. Player will not be allowed to act as base coaches due to safety reason. Coaches should be wearing the same uniform as the players or same uniform as the other coaches.
- IX. BORROWING/ EXCHANGING OF UNIFORM** shall NOT be allowed. Anybody caught using another's number during the progress of the game shall be put out and be ejected from the game as well as the Head Coach listed in the line-up.

X. CONFERENCES

- a. **DEFENSIVE CHARGE CONFERENCE**- three (3) calls to confer in the whole duration of the game which the coach may opt to use in an inning.
Penalty: Removal of the pitcher from the pitching position.
- b. **OFFENSIVE CHARGE CONFERENCE**- only one (1) call to confer in every inning shall be allowed.
Penalty: Ejection of the coach or the players who insisted the conference.

XI. 2018-2021 pitching rules will be enforced. Jump Pitch is legal.

XII. INTENTIONAL WALK- If the pitcher desires to walk a batter intentionally it is sufficient to notify the plate umpire of the intent so as not to go through the motion of pitching. In this case, the ball is dead and runners cannot advance unless forced.

XIII. WARM-UP PITCHES- in the first inning or when the pitcher relieves another, to deliver not more than 5 warm up pitches. In each subsequent innings, pitchers will be given 3 warm up pitches.

XIV. BATS- only the ISF certified bats shall be allowed. Playing venues will be provided with ISF certified Bats that can be used by the participating teams.

XV. HELMETS are mandatory on offense for batters, on deck batters, batter runners and, runners. It is advised that teams used the Face Mask with a built in face guard. DELIBERATE REMOVAL OF THE BATTING HELMET of any runner during a live ball play shall cause the violator to be declared out immediately. The ball remains alive.

XVI. Warm up catchers must wear proper gear or at least the Catcher's mask. No coach shall be allowed to warm up the pitcher during the game without proper gear.

XVII. THE SAFETY BASE or the **DOUBLE BAG SYSTEM AT FIRST**- The safety base or the double bag system shall be used in the tournament as part of the ISF initiative to prevent possible injuries due to collision at first base. The coaches shall be briefed regarding this during the Solidarity Meeting.

XVIII. RESOLUTION OF TIES

- a. Two way ties- win over the other- same group.
- b. Tree way tie- refer to the rule book (Article 8.02 a, b, c and d)

XIX. DISPUTED CALL- when a coach or a player of either team questioned the judgment of the umpire:

- a. A warning shall be given for the first offense.
- b. Shall be ejected from the game on the second offense.

XX. APPEAL- the proper way of making appeal shall be observed. Shouting at the umpire shall NOT be allowed.

- a. Warning shall be given for the first shouting offense.
- b. Ejection from the game for the second shouting offense.

XXI. PROTEST- All protest must be settled on the on the playing field. No protest will be considered after the completion of the game or on the judgment call. Protest on mis-interpretation on the rule may be considered provided it was done properly. Protest on Eligibility will be accepted and noted on the score sheets and shall be elevated to the National Screening Committee for judgement.

XXII. TEAM PRACTICE- teams scheduled to play will be given five minutes' practice on the diamond before the game only on their first scheduled game in the tournament.

XXIII. BATTING LINE UP- must be submitted at least 30 minutes before the scheduled time. No Batting Line up No Warm Up Ball.

XXIV. Coaches and players who have been EJECTED from the game due to un-sportsman like conduct will be suspended 1 game right after the game where they have been ejected from.

XXV. Tournament Format: the teams will be divided to four teams. The ranking of the previous Palaro will be the basis of distributing the teams in accordance with the WBSC Rule Article 7 Section 3. Top 2 teams qualifies in the Quarter Final Knocked Out Round following the format bellow. Winners will advance to the Semi-Final Round (following the format below) which will determine who will play in the Final (Battle for Third Place) and Grand Final Round (Championship Game).

A. GROUPING / BRACKET

Teams will be distributed in 4 Groups/Brackets following the International Rule.

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
			17

B. QUARTER FINAL ROUND

Quarter Final Game 1	A 1	VS	D1
Quarter Final Game 2	D1	VS	D2
Quarter Final Game 3	B1	VS	C2
Quarter Final Game 4	C1	VS	B1

C. SEMI FINAL ROUND

SFG 1	W QFG 2	VS	W QFG 3
SFG 2	W QFG 1	VS	W QFG 4

D. FINAL AND GRAND FINALS OR BATTLE FOR BRONZE AND CHAMPIONSHIP GAME.

Battle for 3 rd Place or Bronze Medal Game FINAL	L SFG 1	VS	L SFG 2
Championship Game or Gold Medal Game GRAND FINALS	W SFG 1	VS	W SFG 2

XXVI. DETERMINATION OF RANKING

Losing team in the Quarter Finals will be ranked 5th, 6th, 7th and 8th place (the number of runs allowed will determine their Placement (Lowest Run Allowed))

Ranking 9-17th will be determined by the win loss and Runs Allowed and if needed to break a tie after all the rules on breaking ties between teams under WBSC-SOFTBALL Rules has been exhausted. a single flip of coin will be used to sort the teams.

RANKING	A	B	C	D
	1	2	3	4
LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
				17



2019 DAY 0
**DALARONG
AMBANSA**
APRIL 28 - MAY 04, 2019

TAEKWONDO

Technical Guidelines & Ground Rules

KYORUGI (SPARRING) EVENT

A. CATEGORIES

ELEMENTARY BOYS and ELEMENTARY 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

1. Finweight	Not exceeding 45 kg.
2. Flyweight	Over 45 kg. & not exceeding 48 kg.
3. Bantamweight	Over 48 kg. & not exceeding 51 kg.
4. Featherweight	Over 51 kg. & not exceeding 55 kg.
5. Lightweight	Over 55 kg. & not exceeding 59 kg.
6. Welterweight	Over 59 kg. & not exceeding 63 kg.
7. Lt. Middle weight	Over 63 kg. & not exceeding 68 kg.
8. Middle weight	Over 68 kg. & not exceeding 73 kg.
9. Lt. Heavy weight	Over 73 kg. & not exceeding 78 kg.
10. Heavy weight	78 kg. & not exceeding 85 kg.

SECONDARY GIRLS

1. Finweight	Not exceeding 42 kg.
2. Flyweight	Over 42 kg. & not exceeding 44 kg.
3. Bantamweight	Over 44 kg. & not exceeding 46 kg.
4. Featherweight	Over 46 kg. & not exceeding 49 kg.
5. Lightweight	Over 49 kg. & not exceeding 52 kg.
6. Welterweight	Over 52 kg. & not exceeding 55 kg.
7. Lt. Middle weight	Over 55 kg. & not exceeding 59 kg.
8. Middle weight.	Over 59 kg. & not exceeding 63 kg.
9. Lt. Heavy weight	Over 63 kg. & not exceeding 68 kg.
10. Heavy weight	68 kg. & not exceeding 75 kg.

I. KYORUGI COMPETITION GROUND RULES:

1. **Method of Competition:** The competition shall be individual, single elimination.
2. **No of Competitors:** Each delegation may field only one competitor in each of the categories.
3. **Length of Matches:** Matches shall be 2 rounds of 1.5 minutes per round with 30 seconds rest between rounds for elementary from elimination to finals and 2 rounds of 1 minute and 30 seconds with 30 seconds interval per round for

secondary from eliminations to semi-final and 3 round of 1 minute and 30 seconds per round in the finals with 30 seconds rest between rounds.

4. **Weigh-In:** Weigh-in / height verification shall be conducted a day prior to the competition. A preliminary weigh-in shall be allowed before the official and final weigh-in. Height verification shall be done once, however, review will be made for those who did not make it in the first attempt. ONLY THE PLAYERS AND THE OFFICIAL COACH OF THE TEAM BEING VERIFIED AND WEIGHED IN ARE ALLOWED IN THE WEIGH IN AND VERIFICATION AREA.
5. **Coaches:** Only one official coach (as registered in the gallery of pictures of every delegation) per player shall be allowed in the coach's chair during the matches and even during break time.
6. **Competition Codes of Conduct:** The Philippine Taekwondo Association Competition Codes of Conduct shall be strictly enforced.
7. **Competition Rules:** For all other matters not provided for in these ground rules, the current PTA /WTF Kyorugi Competition Rules and Interpretation and the *Palarong Pambansa* guidelines shall apply.
8. **Competition Uniform:** Competitors shall wear the prescribed Taekwondo **COMPETITION UNIFORMS** for **BOTH KYORUGI AND POOMSAE** and **must have the name of their region written at the back.**
9. **Competition Belt:** All players who are not black belts shall wear the competition belt prescribed by PTA (blue/black combined colors).
10. **Protest:** Protest must be done in writing and to be submitted to the tournament manager signed by the coach 10 minutes after the contested match.

NOTE: Use of the "**PHILIPPINES, PHI, PH**" print on the uniform is strictly prohibited.

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

II. AWARDS FOR THE KYORUGI EVENT:

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

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

SPECIAL AWARDS; (if available)

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

B. POOMSAE (FORMS) EVENT

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

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

I. CATEGORIES FOR ELEMENTARY

1. INDIVIDUAL POOMSAE EVENT

- a. Elementary Boys Category A
- b. Elementary Boys Category B
- c. Elementary Girls Category A
- d. Elementary Girls Category B

2. TEAM POOMSAE EVENT

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

3. MIXED PAIR POOMSAE EVENT

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

II. CATEGORIES FOR SECONDARY BOYS AND GIRLS

1. INDIVIDUAL POOMSAE EVENT

- a. Secondary Boys Category A
- b. Secondary Boys Category B.
- c. Secondary Girls Category A.
- d. Secondary Girls Category B

2. TEAM POOMSAE EVENT

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

3. MIXED PAIR POOMSAE EVENT

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

III. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY

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

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

IV. POOMSAE COMPETITION GROUND RULES.

1. **Method of Competition:**

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

1.1 **Eliminations: 16 or more participants**

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

1.2 **Semi-final: 8 to 12 participants**

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

1.3 **Final: less than 8 participants**

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

2. **Duration of Contest:**

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

3. *Competition Codes of Conduct:*

The PTA Competition Codes of Conduct shall be strictly enforced.

4. *Uniform:*

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

5. *Competition Rules:*

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

V. AWARDS FOR THE POOMSAE EVENT

1. **Individual Poomsae:**

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

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

2. **Team Poomsae:**

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

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

3. **Mixed Pair Poomsae:**

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

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

MEDAL REQUIREMENTS

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

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

Secondary Boys Kyurogi	GOLD	SILVER	BRONZE
DIVISION			
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Lt middle	1	1	2
middle	1	1	2
Lt. heavy	1	1	2
heavy	1	1	2
TOTAL:	10	10	20

Secondary Girls Kyurogi	GOLD	SILVER	BRONZE
DIVISION			
FIN	1	1	2
FLY	1	1	2
BANTAM	1	1	2
FEATHER	1	1	2
LIGHT	1	1	2
WELTER	1	1	2
Lt. middle	1	1	2
Middle	1	1	2
Light heavy	1	1	2
heavy	1	1	2
TOTAL:	10	10	20

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

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



TABLE TENNIS

Technical Guidelines & Ground Rules

I. **EVENT**

- 1.1. Team Event
- 1.2. Individual Events
 - 1.2.1 Doubles
 - 1.2.2 Mixed Doubles
 - 1.2.3 Singles
- 1.3. **Delegations coaches in each category and level are required to fill in an official entry form for the said events to be submitted during the solidarity meeting before the scheduled draw. All entries are final upon submission. No proxy.**

II. **ENTRIES**

- 2.1. Four (4) boys and four (4) girls- both in Elementary and Secondary levels.

III. **TOURNAMENT FORMAT:**

3.1. TEAM EVENT: Corbillon Cup system (4 singles and 1 doubles)

- | | | | | | | |
|--------|---------------|---|---------------------------------|-----|----|---|
| 3.1.1. | First Match | - | 1 st Singles | -A | vs | X |
| | Second Match | - | 2 nd Singles | -B | vs | Y |
| | Third Match | - | DOUBLES | - | | |
| | *Fourth Match | - | 1 st Reverse Single | - A | vs | Y |
| | *Fifth Match | - | 2 nd Reverse Singles | - B | vs | X |

Note: *if necessary

- 3.1.2. A team will field four (4) players per match. The coach has the option to reassign players in every match. In case a team only have three (3) players on their roster, they will be allowed to play provided that they automatically fill in the first singles (A or X) and doubles, subsequently forfeiting the next singles match. (B or Y). Two (2) player entry will not be allowed.
- 3.1.3. A player can only play a maximum of two individual matches per fixture.
- 3.1.4. The **Single Elimination** format will be utilized and seeding will be based on the previous *Palarong Pambansa* 2018 team competition result.
- 3.1.5. All matches shall be played in the **best-of-five games** from the first stage to finals.

3.2. SINGLES

- 3.2.1. The coach has the **sole discretion** to choose two (2) players in the team compete in the Singles event.
- 3.2.2. The first stage will be played in a group league system (round-robin) using two groups: A and B, each with four clusters each. The top four (4) seeds will automatically be separated in the brackets where the first (1st) seed goes to Group A cluster 1, and one of the co-third place on Group A cluster 4/the other co-third placer will go to Group B cluster 1 and second seed will go to Group b cluster 4 the other clusters (Group A cluster 2 and 3/Group B cluster 2 and 3 shall be filled in via draw lots.

3.2.3. 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.

3.2.4. 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 2 winner shall play group A 3 vs 4 winner/ Group B 1vs 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.

3.2.5. All matches will be played in the best-of-five games including the finals.

3.3. DOUBLES/MIXED DOUBLES

3.3.1. Each Delegation can field one (1) entry per level.

3.3.2. The single elimination format will be utilized.

3.3.3. A doubles/mixed doubles pair should wear identical shirt.

3.3.4. All doubles/mixed doubles matches will be played in the best-of-five games including finals.

IV. RANKING:

The result of the *Palarong Pambansa* 2018 for all levels shall be the basis in the seeding of team and individual events.

V. A player is entitled to participate in 1 team, and 1 individual event with the exception of **mixed doubles** wherein the coaches can select their **best combination**.

VI. TOURNAMENT SESSION:

Venue: Barangay Toril Gym, Toril, Davao City

Date of Competition:

Time: 8:00AM to 7:00PM

GRACE PERIOD FOR A TEAM/PAIR/PLAYER IS **5 MINUTES** AFTER THE OFFICIAL MATCH TIME. AFTER WHICH THE MATCH WILL BE CONSIDERED AS A WALK-OVER OR DEFAULT.

VII. CALL AREA:

A Call Area will 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 will be played on time. All teams and players are required to report to the Call Area before their match; 40 minutes for the Team event and 30 minutes for the Singles event. If a team, pair or player fail to report 10 minutes before the scheduled match the right to choose fixture bracket will be voided and the player/players of the said team shall automatically change shirt if both team/players are wearing same colour.

7.1. To be conducted in the Call Area are the following:

- a. the draw for the team match
- b. Checking of the players' identification
- c. Checking of the teams/players' clothing
- d. Racket inspection

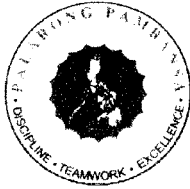
VIII. CLOTHING/UNIFORMS OF ATHLETES:

8.1. 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 colour for the succeeding matches if necessary. Provided it is not similar to the colour of the ball.

8.2. In case of identical shirt colour by opponents, the official regional uniform shall prevail over the other.

8.3. The rules on playing clothing in the ITTF Handbook shall take effect.

- IX.** The International Table Tennis Federation (ITTF) rules and regulations shall govern the conduct of the competition unless modified and superseded by ground rules agreed upon by all coaches and technical officials during the solidarity meeting.
- X.** Other unforeseen occurrence which is not covered by the ITTF rules shall be dealt upon by the **TABLE TENNIS TECHNICAL MANAGEMENT COMMITTEE** whose decision shall be final.
- XI.** Official coaches from other level can take the place of a designated coach if there will be simultaneous play in singles.
- XII.** **Use of mobile phone** by a coach/players during official match will not be allowed.
- XIII.** **The use of video camera with tripod is allowed provided that the player(s) / coach can independently set it. No spectator or other third party will be allowed to go inside the field of play to operate it.**
- XIV.** **APPEALS:**
Appeals must be submitted to the Tournament Manager/Referee in writing thirty (30) minutes 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 the ITTF Rules.



2019 PALARONG PAMBANSA TENNIS *Technical Guidelines & Ground Rules*

The 2019 *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.

1. TOURNAMENT FORMAT

- 1.1 Singles Competition, Doubles Competition and Team Competition shall constitute the Tennis Tournament.
- 1.2 Single Elimination format shall be implemented in Singles, Doubles and Team Competition.
- 1.3 Two Singles matches and a Doubles match shall compose the Team Competition. In case the result was distributed among competing teams a Singles match shall be played to decide the winner of the Tie. (*Singles – Doubles – Deciding Singles*)
- 1.4 Seeding in Singles, Doubles and Team Competition shall be based on the result of the last *Palarong Pambansa* administered by DepEd. **Drawing of lots shall do the pairing of players/teams.**
- 1.5 All matches shall be played in 8 – Game Pro Set. Which means a player or team who scores eight (8) games win the Set and Match, provided he wins by a majority of two (2) games. If a Set score is tied at 8 – 8 all, it shall be decided by a 7-point Tiebreak Game. During Tiebreak Game a player or team who scores seven (7) points wins the Tiebreak Game and Match provided he wins by a majority of two (2) points. The “NO ADVANTAGE” scoring method shall be implemented

2. NUMBER OF ENTRIES

- 2.1 Each Team must have a maximum of four (4) players
- 2.2 Each Region is entitled to two (2) entries in Singles Competition (Singles A & B), one (1) entry in Doubles Competition and one (1) entry in Team Competition (*Singles-Doubles-Deciding Singles*)
- 2.3 In Individual Competition (Singles & Doubles), entries in Singles are not allowed to play in Doubles – vice versa. Entries in Bracket A are not allowed to play in Bracket B – vice versa.
- 2.4 In Team Competition, every time a match or tie was scheduled the Team Captain/Coach shall be provided with an entry form and his players are allowed to play in any one (1) of Singles A & B or in Doubles.
Mandatory fielding of 4 players is required for the Team to qualify. However, in case one or more member of the team is not immediately present during their scheduled match, the Team will not be defaulted and a fifteen (15) minutes defaulting time shall be applied in every match of the Tie

3. SCHEDULE OF GAMES

- 3.1 All morning and afternoon matches shall start at 7:00 AM and afternoon matches shall start at 2:00 PM. All unfinished matches in the morning shall be played first match in the afternoon and in such case all succeeding matches shall be adjusted accordingly. All matches shall be played based on availability of court, but *not before the designated time.*

4. COURT DISCIPLINE

- 4.1 In all Tennis matches infraction on the rules of behavior, unsportsmanlike conduct, ball and racket abuse shall be penalized. A three-stage point penalty schedule shall be applied.

- 4.2 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 Manager, Referee or the Chair Umpire has the right for immediate removal of coaches. Violations of the Regulations regarding the Coach/Captains' Behavior (*Team Competitions*) shall be in accordance with the following:

First offense ----- 1st Warning
Second offense ----- 2nd Warning
Third offense ----- Removal

5. UNFINISHED GAMES

- 5.1 In case of inclement weather or fortuitous event matches shall be postponed and must be 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 games shall be adjusted accordingly.
- 5.2 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 Manager and Coaches involved:

1. One (1) Set, Straight Six (6), No Tie-break Game, No-advantage Set
2. One (1) Set, Straight Four (4), No Tie-break Game, No-advantage Set
3. Super Tie-break, Ten (10) Points
4. If still, anyone of the options above are not sufficient the Technical Management and Games Administration Committee (TMGA) shall decide.

6. PROTESTS

- 6.1 Protest on technicalities shall be in writing and be submitted to the Referee, signed by the Head of Delegation and Coach within one (1) hour after the conclusion of the game in protest.

7. CODE OF CONDUCT

- 7.1 It shall be the responsibility of the coach and players to know his/her schedule of games
- 7.2 Wearing of official regional uniform/color is mandatory. In doubles, both players shall wear identical uniforms. "NEON" colored uniform is prohibited.
- 7.3 Coaches and players must present their ID cards for proper identification before the game starts. Failure to do so may cause game forfeiture
- 7.4 The Chair Umpire is the official timer of the match. A player/team not ready to play within fifteen (15) minutes is liable for default
- 7.5 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.

8. COACHING

- 8.1 In Team Competition (*Singles-Doubles-Deciding Singles*) **coaching is allowed** on designated areas of the court and may coach only during the ninety (90) seconds change ends.
- 8.2 In Individual Competition (*Singles & Doubles*) **coaching is not allowed**. Coaching is considered to be any communication, advice of any kind audible or visible to a player.
- 8.3 No Cheering/Heckling – Coaches shall not cheerlead. A simple "Good shot" or a polite clap is not considered as cheer leading
- 8.4 Coaches shall not in any way distract or annoy officiating officials and the opposing player

- 8.5 A coach shall not initiate conversation and argue with the opposing players and officiating officials during the match.
- 8.6 In view that cell phones can be used by the coach in giving any communication or advice, the use of cell phones by the player(s) during the match is strictly prohibited.

9. CHANGES/MODIFICATIONS

- 9.1 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.



2019 PALARONG PAMBANSA
APRIL 28 - MAY 04, 2019

VOLLEYBALL *Technical Guidelines & Ground Rules*

1. GENERAL RULES:

- 1.1 This volleyball competition shall be held in accordance with the rules of International Volleyball Federation (FIVB) 2017-2020 Edition and as modified by and/or supplemented by the guidelines stated hereunder.
- 1.2 In case of any dispute on the text, The English version of the FIVB Rules shall prevail.
- 1.3 Any unforeseen event not covered by the rules shall be dealt with as follows:
 - 1.3.1 . Cases of general nature shall be resolved in accordance with the guidelines of DepEd *Palarong Pambansa*.
 - 1.3.2. Technical question shall be resolved in accordance with the Technical Guidelines, rules & Regulations of Volleyball.
 - 1.3.3. Question on Eligibility shall be resolved in accordance with the screening and eligibility guidelines of DepEd *Palarong Pambansa*.

2. SPECIFIC RULES:

2.1. PARTICIPANTS

The DepEd *Palarong Pambansa* Volleyball Tournament shall be participated by the Elementary Boys & Girls and High School Boys & Girls team(s) to a total of Seventeen Regions in each level.

2.2. ELIGIBILITY RULES:

The DepEd *Palarong Pambansa* eligibility rules shall be adopted in the elementary and secondary boys and girls' teams.

2.3 ENTRIES AND TEAM INFORMATION:

Each region is entitled to send entries in two (2) divisions and two levels – the Elementary Boys & Girls and Secondary Boys and Girls divisions.

2.3.1. COMPOSITION OF A TEAM:

A team shall be composed of the following:

- 12 Players including one (1) or (2) LIBEROS
- 1 Head Coach
- 1 Asst. Coach
- 1 Chaperon in case of Girls' team (female chaperon only)

A team may have three (3) or more team officials (the coach, the chaperon, trainer, and medical doctor) to be able to assist their team during the warm-up session, provided they are in the official list of their respective team. Only the twelve (12) players will be allowed to take warm-up in the court. As the game starts, the coach, asst. coach and the chaperon as the case may be, will be the only team officials left on the player's bench.

2.4 . *SPORTS SOLIDARITY MEETING:*

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:

- 2.4.1. Submit their entries to the Volleyball Tournament Management to confirm officially its participation following the modified/simplified O-2 VIS Form with twelve (12) players including the LIBERO and three (3) or more officials – the Coach and the chaperon (in case of girls' team entry), trainer, and medical doctor.
- 2.4.2. Attend the “Preliminary inquiry” in the said meeting and submit for inspection the two (2) team captain’s uniform and that of the LIBERO.
- 2.4.3. Be furnished a copy of schedule of games from the 1st to the last day of the DepEd Palaro.

2.5. *HOW TO WIN A SET/MATCH*

- 2.5.1. 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.
- 2.5.2. All games for the Secondary boys and girls during the preliminary rounds and the battle for 3rd shall 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. In the Championship Match, 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.

2.6. *CONDUCT OF COMPETITION:*

- 2.6.1. The First Referee shall not permit any discussion about his her decisions. Rule 23.2.4.
- 2.6.2. Referees accredited by DepED and officially endorsed by their respective regions will be tapped to officiate the Volleyball games.
- 2.6.3. 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 min) to one hour ahead of their scheduled time of play. Fifteen minutes prior to the start of the match, the 1st and the 2nd referees will conduct the toss coin and game proceedings. Games shall start as scheduled.

- 2.6.4. Players, coaches, including identified team supporters, 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 it if the spectator is identified to be the team supporter.
- 2.6.5. At the end of the match, team captains shall congratulate and shake hands with the Referees (a gesture of sportsmanship), sign the score sheet to ratify the result of the match. (Rules 5.1.3.1)
- 2.6.6. There shall be regular inspection of/checking of player's ID before the start of the game.

2.7. PARTICIPANT'S CONDUCT:

- 2.7.1. Participants must know the "official volleyball rules" and abide by them.
- 2.7.2. Participants must accept Referee's decision with sportsmanlike conduct, without disputing them;
- 2.7.3. Participants must refrain from actions or attitude aimed at influencing the decision of the referees or covering up the faults committed by their team.
- 2.7.4. Participants must behave respectfully and courteously in the spirit of fair play not only towards the referee but also towards the officials, the opponent, teammates and spectators. (Rule 20.2.1)

2.8. OFFICIAL VOLLEYBALL RULES, UNIFORM AND NET HEIGHT

- 2.8.1. The competition shall be played in accordance with the FIVB Rules 2017-2020 edition. All necessary interpretations will be made before the competition, i.e., during the General Technical Meeting of Coaches and Referees.
- 2.8.2. A team must officially register and declare one (1) or two (2) LIBEROS prior to its first game or during the Technical Meeting.
- 2.8.3. **THE LIBERO:** The coach has the option to field in any of the LIBEROS. Replacement of Libero shall be unlimited amongst them. No way that the two liberos shall be fielded at the same time in the same set.
- 2.8.4. **PLAYING UNIFORM:** The playing uniform must be in conformity with the regional color and of the FIVB General Regulations. The player's number 1-20 registered on the O-2 this form must be the same number on the uniform and shall be the same number to be used by the player throughout the Palarong Pambansa game duration. The uniform of the LIBERO must be in contrast with team's color. (Rule: 4.3.1; 19.2)
- 2.8.5. **COACHES AND TEAM OFFICIAL'S 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 will not be allowed to participate during the warm-up. Teams without registered team officials before the start of their scheduled game will 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 asst. coach or chaperon may act as a coach upon request of the team captain. A "thrown-out" or "penalized coach" however still holds that responsibility to take care of his/her team after the game.

2.8.6. *HEIGHT OF THE NET*

Elementary Level: Boys: 2.15 meters Girls: 2.10 meters
Secondary Level: Boys: 2.43 meters Girls: 2.24 meters

2.9. **MODE/FORMAT OF TOURNAMENT:**

The 2018 Palarong Pambansa shall adopt the Single Round Robin, Cross-Over and Knock-out System of tournament in all levels/division, hence, there shall be grouping of teams:

2.9.1. **GROUPING PROCEDURE;**

The seventeen (17) regions/teams shall be divided into four (4) groups, A, B, C, & D. Three (3) groups will have four (4) teams each, and ONE group will have five (5) teams. Seeding shall be based from the result of the previous Palaro result.

GROUP "A"	GROUP "B"	GROUP "C"	GROUP "D"
1 ST _____	2 nd _____	3 RD _____	4 TH _____
8th _____	7th _____	6th _____	5th _____
9th _____	10th _____	11th _____	12th _____
16th _____	15th _____	14th _____	13th _____
			17th _____

Teams in each group shall play a single round robin and shall be ranked accordingly. Top two (2) teams in each Group A, B, C, & D will advance to the Quarter Finals and play on a crossover knock-out system. Respective winners will advance to the semi-finals; losers will play for consolation round (optional). Losers from the Semi-Finals will play for 3rd and 4th Places respectively the winners will play for the Championship (1st & 2nd Places.)

QUARTER FINALS (4 GAMES)

QF1	A1 _____	-vs-	D2	_____
QF2	A2 _____	-vs-	D1	_____
QF3	B1 _____	-vs-	C2	_____
QF4	B2 _____	-vs-	C1	_____

SEMI-FINALS (2 Games)

SF1	Winner	QF1 _____	-vs-	Winner	QF4 _____
SF2	Winner	QF2 _____	-vs-	Winner	QF3 _____

FINALS

Loser	SF1 _____	-vs-	Loser	SF2 _____	3 rd and 4 th
Winner	SF1 _____	-vs-	Winner	SF2 _____	1 st and 2 nd

2.10 **CLASSIFICATION OF TEAMS**

Classification of Teams will be considered in the following orders:

2.10.1 Number of Victories; The teams will be classified in descending order by the number of matches won.

2.10.2 In The Case of Equality in the Matches Won. Ranking points will be considered.

The following points will be awarded per match to each team:

Match Won 2-0	3 points
Match Won 2-1	2 points
Match lost 1-2	1 point
Match lost 0-2	0 point
Match Forfeited	0 point (25-0;25-0)

2.10.3 In case of Equality of Ranking Points;

2.10.3.1 *Set Quotient*- In the case of equality in the number of matches won by two or several teams, they will 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.

2.10.3.2 *Points Quotient*- If the tie persists as per the set quotient (2.10.3.1) the will 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.

2.10.3.3 If tie continues as per the points quotient (2.10.3.2) between two teams, the priority will be given to the team which won the last match between them. When the tie in point quotient is between three or more teams, a new classification of these teams in terms of 2.10.3.1, 2.10.3.2 and will be made taking into consideration only matches in which they were opposed to each other.

2.11 AWARDS:

2.11.1. TROPHIES AND MEDALS:

Trophies and corresponding medals shall be awarded to the mythical six (6)/ MVP and the winning coach of the champion team. Participants shall also be awarded the Certificate of Participation by the DepEd as the *Palarong Pambansa* Organizer.

NOTE: All Volleyball Players must wear their official uniform by region in receiving the medals, trophies and certificate of participation during the volleyball awarding and closing ceremonies which will follow immediately after the championship match. Failure to appear during the awarding and closing ceremonies forfeits their award.

3. MISCELLANEOUS PROVISIONS:

3.1. PROTEST/COMPLAINTS:

Protest on eligibility shall be addressed to the Screening/Eligibility Committee while protest on Technicality shall be addressed to the Technical Manager. Such protest must be submitted/presented in writing within 30 minutes' period after the game in question duly signed by the team captain and coach accompanied with the proof or evidence. The burden of proof lies on the protester. Failure to submit it within 30 minute would mean non-interest on the part of the protesting party to pursue the case; hence, it shall be

considered a nuisance protest. In which case, the team lodging such nuisance protest shall be given stern warning.

In case the protest is pursued and the concerned player has been found to be ineligible, the team fielding ineligible player shall be penalized by forfeiting all the games where the ineligible player has played in favor of the opponent without prejudice to punitive sanction such as suspension or disqualification from coaching.

3.2. CONDUCT DURING COMPETITION AND CORRESPONDING PENALTIES

3.2.1 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.

3.2.2. 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.

3.2.3. SANCTIONS:

All forms of misconduct during competition shall be subject to sanction in accordance with the sanction scale. (Rule 21.3.)

3.2.4. 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.

3.2.5. DEFAULT/FORFEITURE/WALK-OUT:

A team that declare 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 will be declared forfeited with score: 0-2: (0 25; 0-25 for two out of three sets and 0-25; 0-25; 0-25 for three out of five sets.)

3.2.6. 3-BALL SYSTEM

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.

3.3 MEDICAL SERVICE/KIT

It is recommended that all participating teams must provide themselves "Medical" team or a "Medical First Aid Kit".

4. AWARDS (TROPHIES, MEDALS & CERTIFICATES)

Winners in respective category/division shall be awarded the following:

Champion	-	12 Gold Medals
1 st Runner-up	-	12 Silver Medals
2 nd Runner-up	-	12 Bronze Medals

Special Certificate; For members of the mythical six (6)/ MVP per level/division

5. VICTORY CEREMONIES:

Victory ceremonies shall follow immediately after the conclusion of the tournament. Coaches of top three (3) teams must advise their players to be in full volleyball uniform particularly those who will be receiving their awards.

6. PROTOCOL:

The Asian Volleyball Confederation (AVC) protocol shall be adapted during the preliminary rounds and the World Grand Prix (WGP) protocol during the Championship matches.

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 will conduct the toss coin and the other game proceedings. Games shall start as scheduled.

7. PROLONG INTERRUPTIONS:

Interrupted matches, even if it exceeds four hours and played in another venue, match shall continue with the same scores, players, and position. Interrupted set shall continue normally, with the scores of completed set/s kept as played.

8. UNFORSEEN ITEMS:

As regards the specific items not expressly foreseen in this regulation, the Tournament Manager will decide in consultation with the General Rules and Guidelines contained in the FIVB and the *Palarong Pambansa* Rules and Regulations.



PENCAK SILAT *Technical Guidelines & Ground Rules*

I. COMPETITION RULES

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

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

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

Pencak Silat competition categories consist of:

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

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

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. Seni/ Artistic Tunggal

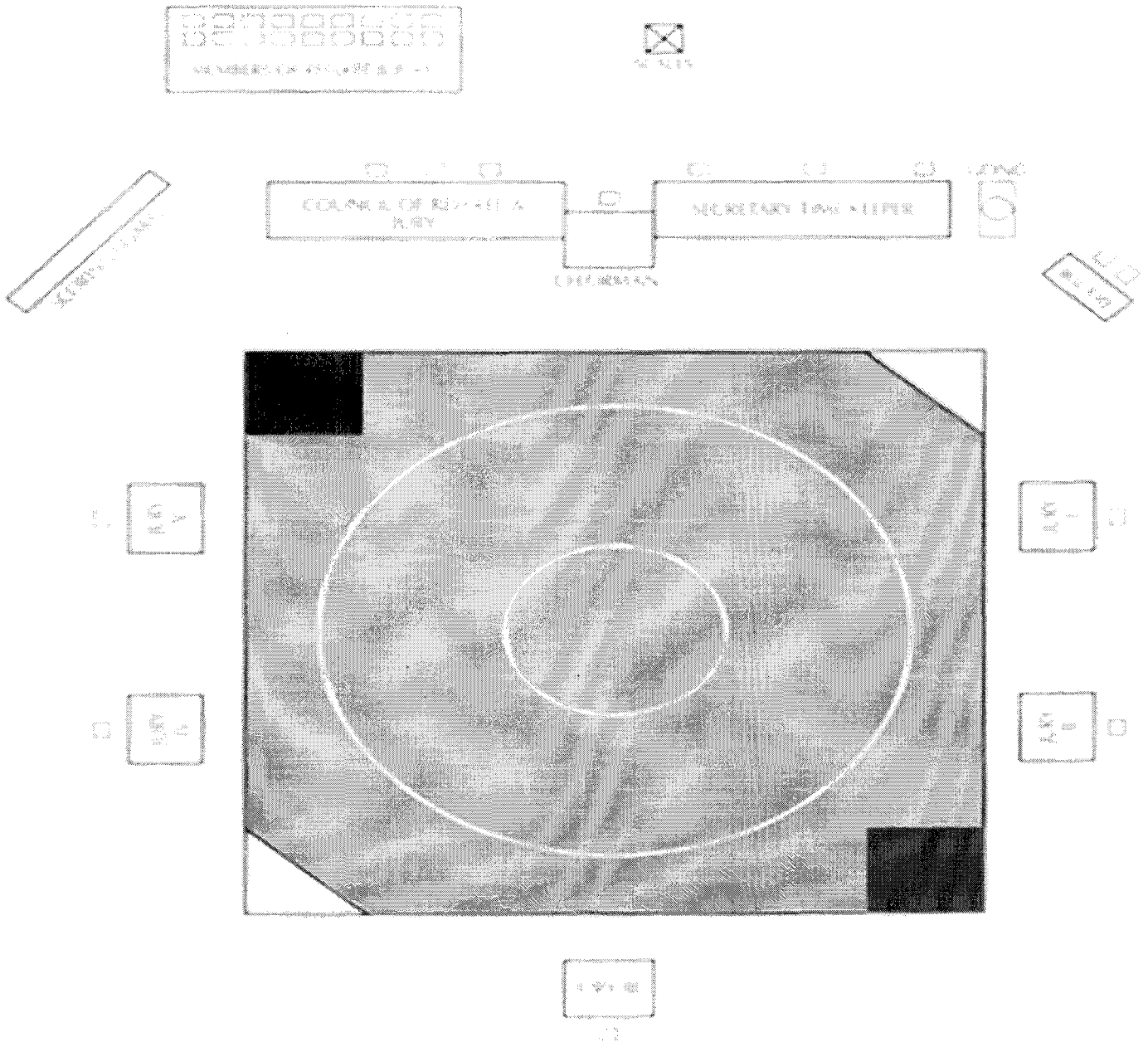
- | | |
|---------------------------------------|------------------------------------|
| a. Individual with weapon | Tunggal- Individual with weapon |
| b. Ganda-Double Cinematic Performance | Ganda-Double Cinematic Performance |
| c. Regu-Team Artistic | Regu-Team Artistic |

II. GUIDELINES

1. 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 in every region.
2. Players who could not appear in the inspection area after the third and final call will be automatically declared as walk over.
3. The official tournament equipment and protective gears provided by the technical committee must be used in all matches.
4. 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.

5. 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.
6. Each team must have at least 1 coach who has a certificate of training/s in the DepEd coaching accreditation for Pencak Silat.
7. 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.
8. 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.
9. 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.
10. Each team will be given 2 actual protest cards (2 blue and or 2 red) in every match depending on which corner a player is fighting for. These cards shall be raised by the coach one at a time if he/she wants to clarify the decision of the referee. Once the card is used up it may not be returned and used again. When not satisfied put it into writing.
11. Protest that made into writing shall be submitted immediately 15 minutes after the match. 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.
12. 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.
13. The decision of referee is final.
14. Cheating and any other form of dishonesty to find easy way in order to intentionally break the competition rules so as making itself or themselves being advantage to the others will be ban in *Palarong Pambansa* for life.
15. 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
16. The cutoff date of birth for Palarong Pambansa 2019 secondary level is January 2001.
17. Note; There shall be no takedown technique in lower meets however if presence of at least 3 NSA's to officiate it could be applicable.

III. COMPETITION ARENA FOR ARTISTIC AND TANDING/SPARRING



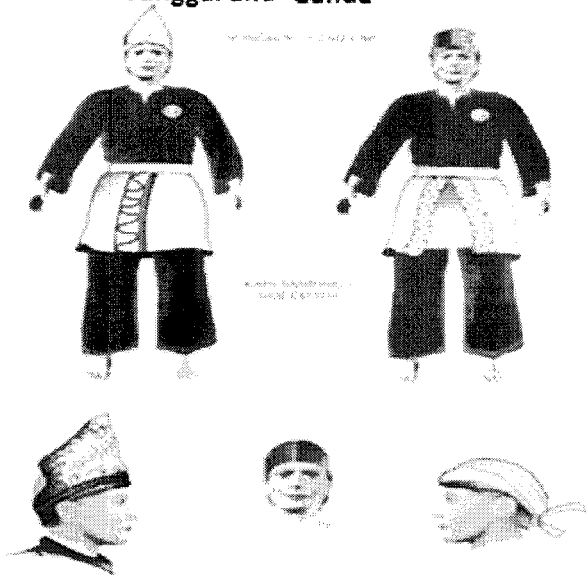
IV. THE COACH, PLAYERS AND REFEREE-JUDGE

A. Tanding Uniform



Artistic Athlete's Uniform

Tunggal and Ganda



PESILAT TUNGGAL - GANDA CATEGORY

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



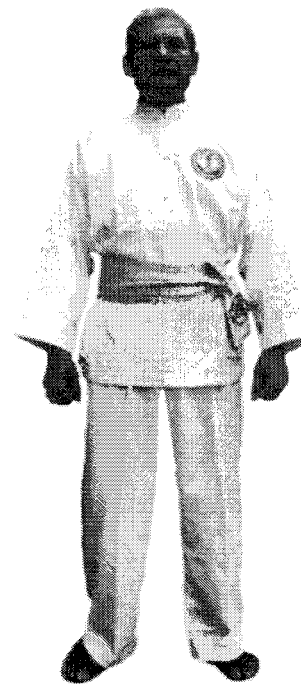
COACH

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



**PESILAT
REGU CATEGORY**

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



MEMBERS OF JURY

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

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

iv.a. Prohibitions

Prohibitions which are declared as violations:

iv.a.1. Serious violations

- a. Attack illegal parts of body 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.

iv.a.2. Light violations:

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

iv.a.3. Faulty Defensive Technique:

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

VI. Scoring

a. Scoring Rules:

Technical Performance Score:

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

VII. 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 Over)
- f. Win by Disqualification



2019 DAVAO
**DALARONG
 AMBANSA**
 APRIL 28 - MAY 04, 2019

PARA GAMES *Technical Guidelines & Ground Rules*

1. **ELIGIBILITY:**

- 1.1 The Palarong Pambansa (Para Games) 2019 shall only be participated in by pupils/students with Intellectual Disability (ID), visually impaired (VI) and 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) 2016 – 2017.
- 1.3 Each region is allowed to field in a maximum of fifty-five (55) delegates composing of athletes and coaches.
- 1.4 Age category:
 - Visually Impaired – Open Category (But, up to 25 y/o only)
 - Intellectual Disability - 15 y/o & below
 - 16 y/o to 25 y/o only
 - Ortho/Leg Amputee - Open Category (But, up to 25 y/o only)
 - Goalball/Bocce/Swimming - Open Category (But, up to 25 y/o only)

2. **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 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 (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.

3. **COMPETITION CATEGORIES:**

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)	3	3	3	9
→ Shot Put				
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 → Running Long Jump(RLJ) → Shot Put	5 (15 yrs. old & below)	5 (15 yrs. old & below)	2	12
	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				

EXHIBITION GAME: CHESS

Athletes/Players for this Sport shall come from the participation of the Orthopedically Handicapped (OH) and Visually Impaired (VI) of the delegation.

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 and a maximum of three (3) in each event.**
- **No crossing of events.**

IV.EQUIPMENT NEEDED

1.1 Bocce Balls (4 sets)

1.2 Goalball (2 Ball)



2019 P.V.C.
DALARONG PAMBANSA
 APRIL 28 - MAY 04, 2019

TEAM EVENTS / BRACKETED SPORTS
Tournament Format

A. GROUPING / BRACKET

Teams will be distributed in four (4) groups/brackets following the International Rule.

A	B	C	D
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17			

❖ *Note: The ranking shall be based on the previous Palarong Pambansa results.*

B. TOURNAMENT FORMAT

1. Single round robin in every group in the elimination round shall be applied.
2. Teams who fail to qualify in the Quarter Finals shall be ranked according to their ranking in their respective group.

RANKING	A	B	C	D
	1	2	3	4
LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
	17			

- a. Rank 3 in their respective groups will be ranked number 9 to 12.
 Actual ranking from 9 to 12 will be based from win-loss record. However in case of a tie, it shall be resolved using the breaking of ties rule of their respective sports such as Quotient System, Set Quotient, Runs Allowed, Runs Against, etc. In case all measures under the rule has been utilized and it is still a tie, the International Rule of single flip of coin to determine the team ranking shall be used.
- b. Rank 4 and 5 in their respective group will be ranked number 13 to 17.
 Actual ranking from 13 to 17 will be based from win-loss record. However in case of a tie, it shall be resolved using the breaking of ties rule of their respective sports such as Quotient System, Set Quotient, Runs Allowed, Runs Against, etc. In case all measures under the rule has been utilized and it is still a tie, the International Rule of single flip of coin to determine the team ranking shall be used.

C. QUARTER FINAL ROUND

Note: The top two (2) teams of every group will qualify in the Quarter Final Round.

Quarter Final Game 1	A1	vs	D2
Quarter Final Game 2	D1	vs	A2
Quarter Final Game 3	B1	vs	C2
Quarter Final Game 4	C1	vs	B2

Loser in the quarter final round shall be ranked number 5 to 8 according to the breaking of ties rule of their respective sports such as Quotient System, Set Quotient,

Runs Allowed, Runs Against, etc. In case all measures under the rule has been utilized and it is still tie, the International Rule of single flip of coin to determine the team ranking shall be used.

D. SEMI FINAL ROUND

Semi-Final Game 1
W QFG 2 vs W QFG 3

Semi-Final Game 2
W QFG 1 vs W QFG 4

E. FINAL AND GRAND FINALS OR BATTLE FOR BRONZE AND CHAMPIONSHIP GAME.

Battle for 3rd Place or Bronze Medal Game
L SFG 1 vs L SFG 2

Championship Game or Gold Medal Game
W SFG 1 vs W SFG 2

F. IN CASE OF FORCE MAJEURE OR IN THE EVENT THAT THE TOURNAMENT HAS BEEN HALTED PERMANENTLY, THE RULING OF THE DIFFERENT SPORTS EVENTS SHALL BE APPLIED IN RANKING THE TEAMS FROM 1 TO 17.



NUMBER OF MEDALS TO BE CONTESTED

REGULAR SPORTS	MEDALS												TOTAL
	G	S	B	G	S	B	G	S	B	G	S	B	
	Elem Boys			Elem Girls			Sec Boys			Sec Girls			
ARCHERY							8	8	8	8	8	8	48
ARNIS	7	7	7	7	7	7	11	11	11	11	11	11	108
ATHLETICS	15	15	15	15	15	15	19	19	19	17	17	17	198
BADMINTON	4	4	8	4	4	8	4	4	8	4	4	8	64
BASEBALL	1	1	1				1	1	1				6
BASKETBALL	1	1	1				2	2	2	2	2	2	15
BILLIARD							2	2	2	2	2	2	12
BOXING							10	10	20				40
CHESS	4	4	4	4	4	4	4	4	4	4	4	4	48
FOOTBALL	1	1	1				1	1	1				6
FUTSAL										1	1	1	3
GYMNASTICS (MAG)	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
SEPAK TAKRAW	2	2	2				2	2	2	2	2	2	18
SOFTBALL				1	1	1				1	1	1	6
SWIMMING	15	15	15	15	15	15	15	15	15	15	15	15	180
TABLE TENNIS	4	4	8	4	4	8	4	4	8	4	4	8	64
TAEKWONDO	10	10	16	10	10	16	14	14	24	14	14	24	176
TENNIS	3	3	6	3	3	6	3	3	6	3	3	6	48
VOLLEYBALL	1	1	1	1	1	1	1	1	1	1	1	1	12
WUSHU							6	6	12	4	4	8	40
WRESTLING							8	8	16	8	8	16	64
TOTAL	79	79	96	81	81	98	121	121	166	113	113	146	1294

TOTAL NUMBER OF MEDALS (REGULAR SPORTS)	G	S	B
	394	394	506

TOTAL NUMBER OF MEDALS (REGULAR SPORTS/BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	160	160	194	234	234	312
	514			780		

DEMONSTRATION SPORTS	MEDALS												TOTAL
	G	S	B	G	S	B	G	S	B	G	S	B	
	Elem Boys			Elem Girls			Sec Boys			Sec Girls			
AEROBIC GYMNASTICS	3	3	3	3	3	3	3	3	3	3	3	3	36
DANCESPORTS	4	4	4	4	4	4	4	4	4	4	4	4	48
PENCAK SILAT							8	8	13	8	8	13	58
TOTAL	7	7	7	7	7	7	15	15	20	15	15	20	142

TOTAL NUMBER OF MEDALS (DEMO SPORTS)	G	S	B
	44	44	54

TOTAL NUMBER OF MEDALS (DEMO SPORTS/BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	14	14	14	30	30	40
	42			100		

SPECIAL GAMES	MEDALS									TOTAL
	G	S	B	G	S	B	G	S	B	
	Boys			Girls			Mixed			
ATHLETICS										
BOCCE										
GOALBALL										
SWIMMING										
TOTAL										258

TOTAL NUMBER OF MEDALS (SPECIAL GAMES)	G	S	B
	86	86	86

GRAND TOTAL NUMBER OF MEDALS (BY LEVEL)	ELEMENTARY			SECONDARY		
	G	S	B	G	S	B
	174	174	208	264	264	352
	556			880		

GRAND TOTAL NUMBER OF MEDALS (ALL EVENTS)	G	S	B
	524	524	646



NATIONAL SCREENING and ACCREDITATION (NSAC)

- 5a. *List of NSAC Members***
- 5b. *Guidelines and Procedures for the Conduct of Screening and Accreditation***
- 5c. *Schedule of Screening and Accreditation***

**LIST OF THE MEMBERS OF THE 2019 PALARONG PAMBANSA
NATIONAL SCREENING AND ACCREDITATION COMMITTEE**

SCREENING AND ACCREDITATION

Central Office Representatives

ATTY. CORNELIO A. PACALA - Chairman	Central Office
ATTY. MELANIE L. BERNARDO	Central Office
ANNALIZA T. ARAOJO, DMD	Region IV-A
RAINERIO U. REYES, MD	Cavite Province Division
RENE S. SURIO, DMD	Northern Samar Division

17 Regional Athletic Associations/Delegations Representatives

ATTY. RHEA JOY L. CARBONELL	Region I
DENIS M. AGBAYANI	Region II
EMERITO C. NICDAO	Region III
ATTY. JOCELYN B. BUCLIG	Region IV-A
MYRA A. FLORES	Region IV-B
MA. ROSALINA VIVIEN MANINANG, DMD	Region V
ATTY. ALBERTO L. VERDILLO	Region VI
ADELINE C. LUAREZ	Region VII
RUBEN E. PAYLADO	Region VIII
NELSON S. LASAGAS	Region IX
ROGELIO C. EVANGELISTA	Region X
GEORGE N. WONG	Region XI
ATTY. NELYN B. FRINAL	Region XII
DEMOSTHENES J. QUINAL	CARAGA
CRESENCIO Y. GAMAY	CAR
ARNEL L. AGANG	ARMM
BUDDY ARCANGEL	NCR

NSAC COMPUTER AND RECORDS SECRETARIAT

JEREMIAH D. GUMBOC - Chairman	Central Office
JOEL M. FAUSTINO	Central Office
LORETO P. VIRGO, JR.	Central Office
MARION C. GAPULTOS	Central Office
DANTE L. RAPOSA, JR.	Central Office
MARIANNE O. CRUZIN – NSAC Secretary	Central Office

GUIDELINES AND PROCEDURE IN THE SCREENING AND ACCREDITATION OF ATHLETES, COACHES AND CHAPERONES

I. Composition

In accordance with Section 17 (a) of DepEd Order No. 43, s. 2016, and for the effective implementation of said DepEd Order, the National Screening and Accreditation Committee (NSAC) shall be composed of the lists provided in Enclosure No. 1 to DepEd Memorandum No. __, s. 2019.

II. Duties and Responsibilities

The representatives from each Regional Athletic Association/Delegation (RAA/D) in the NSAC shall conduct the screening of athletes, coaches and chaperones in their respective regions. They shall be assisted by the members of the RSAC of the regions concerned, and by the other NSAC members, upon request in writing by the Regional Director of the Regional Athletic Association/Delegation or his/her authorized representative.

For expediency and to save government expenses, the Palaro Board, through the NSAC, shall accredit the screened athletes, coaches, assistant coaches and chaperones.

The NSAC members shall monitor the conduct of the screening and accreditation of the athletes, coaches, assistant coaches and chaperones during the Division, Regional and Palarong Pambansa, and shall take appellate jurisdiction on decisions rendered by the RSAC.

III. Rules and Guidelines in the Conduct of Screening and Accreditation

The rules and guidelines provided in DepEd Order No. 43, s. 2016 and other issuances for the Palarong Pambansa, which are not inconsistent with the said DepEd Order, shall be followed for the screening and accreditation of athletes, coaches, assistant coaches and chaperones.

The screening of athletes, coaches, assistant coaches and chaperones for the Palarong Pambansa shall be conducted on February 1, 2019 to April 15, 2019 at their respective regions. The Head of the Delegation is hereby directed to submit the final date for the paper evaluation and screening of his/her athletes, coaches, assistant coaches and chaperones within the abovementioned prescribed period.

Athletes coaches and chaperones of the Autonomous Region of Muslim Athletic Association (ARMMAA) and the other regions may be screened on or before April 25, 2019 at the venue of the 2019 Palarong Pambansa.

As clarification on the documentary requirements in said DepEd Order No. 43, s. 2016, the following documents should be submitted:

- A. Original Copy of Philippine Statistic Authority (PSA)/National Statistic Office (NSO) Birth Certificate. In case of foreign-born Filipino Athletes, Birth Certificate issued by foreign country and valid passport or document issued by Bureau of Immigration or

Department of Foreign Affairs showing Filipino citizenship. Birth Certificate must provide the following Age Eligibility of Athletes:

1. For elementary athletes, he or she should have been born in **2006 or after.**
2. For Secondary athletes, he or she should have been born in **2001 or after.**
3. The foregoing age eligibilities are subject to the specific technical rules of each event or game.

B. Parental Consent

1. Combative sports/gymnastics - Parental Consent signed by **both parents** duly verified by the school principal where the athlete is enrolled.
 - i. In case one or both parent/s is/are residing in place other than the residence of the athlete, signed parental consent from both parents is necessary to be submitted and verified by the school principal where the athlete is enrolled. Copy of signed parental consent of any parent/s may be in electronic form (i.e. sent to the school principal or coach through email or any other electronic means).
 - ii. In case of *de facto* separation, legal separation, annulment of marriage, or declaration of nullity of marriage of parents, parental consent of the parent with actual care and custody of the athlete duly verified by the school principal where the athlete is enrolled.
2. Non-combative sports - Parental Consent of **at least one parent** duly verified by the school principal where the child is enrolled.
 - i. In case both parents are residing in place other than the residence of the athlete, signed parental consent from at least one parent is necessary to be submitted and verified by the school principal where the athlete is enrolled. Copy of signed parental consent may be in electronic form (i.e. sent to the school principal or coach through email or any other electronic means).
3. In case the athlete is orphaned, has no known parents, or any other similar circumstances, the actual caregiver and custodian of the athlete shall execute a Sworn Statement of Actual Care and Custody in lieu of the Parental Consent.

C. Learner's Permanent Academic Record or SF 10 (Form 137).

D. Certificate of Enrollment and Certificate of Completion of Athletes.

1. For Kinder to Grade 10, Certificate of Completion stating that the athlete had attended and completed the Curriculum Year.
2. For Grades 11 and 12, 1st Semester Final Grade must not have 3 or more failing grades in any **learning areas.**
3. For Grades 11 and 12, Certificate of Completion, to be issued by the school where the athlete was enrolled in the 2nd Semester, stating that the athlete had attended and completed the

Curriculum Year, which include the 1st and 2nd Semesters of said Curriculum Year.

4. The foregoing requirements applies to Palarong Pambansa.
5. For the lower meets, Kinder to Grade 10 must not have 3 or more failing grades in any learning areas, likewise, Grades 11 and 12, 1st Semester Grades must not have 3 or more failing grades in any **learning areas**.

E. Certificate or any document(s), duly issued by competent authorities, showing the following eligibility, membership and experience of Assistant Coaches and Coaches:

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 participations, in division and regional meet.
4. Educational and professional background at least 2nd year college, preferably sports related course.
5. Membership of any relevant sports association.
6. License or certifications/accreditation issued by 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** employment/engagement in the public school or private school prior to Division meet.

F. Certificate or any document(s), duly issued by competent authorities, showing the following eligibility of Chaperones:

1. Competence, integrity, capability, and relation to school (i.e. Employment/Appointment or Contract of Service showing at least **six (6) months** employment/engagement in the public school or private school prior to the Division meet.
2. Commitment that SHE will nurture female athletes only and not to coach athlete.
3. Other eligibility that may be required by the Palara Board.

G. Special Cases

1. In case of discrepancy in the date of birth indicated in the PSA/NSO Birth Certificate and SF 10 (Form 137), the date of birth indicated in the PSA/NSO Birth Certificate shall prevail. As a remedy, the following additional requirements shall be submitted:
 - a) Certificate of Live Birth issued by the Local Civil Registrar (LCR);
 - b) Joint Affidavit of two (2) disinterested persons, attesting to the true date of birth of the athlete;

- c) Resolution issued by the Head of the Delegation correcting the discrepancy in the SF 10 (Form 137).
2. In case of discrepancy in the name indicated in the PSA/NSO Birth Certificate and SF 10 (Form 137), the name indicated in the PSA/NSO Birth Certificate shall prevail. As a remedy, the following additional requirements shall be submitted:
 - a) Certificate of Live Birth issued by the LCR;
 - b) Joint Affidavit of two (2) disinterested persons, attesting to the true name of the athlete;
 - c) Resolution issued by the Head of the Delegation correcting the discrepancy in the SF 10 (Form 137).
3. In case the first or last name is not found at the portion pertaining to the first or last name entry in the PSA/NSO Birth Certificate but indicated in the box below of said portion, the following additional requirements shall be submitted:
 - a) Certificate of Live Birth issued by the LCR;
 - b) Copy of the application/petition duly received by the LCR (supplemental report to the LCR/Court);
 - c) Affidavit of the parents, attesting to the true first or last name of the athlete;
 - d) Joint Affidavit of two (2) disinterested persons, attesting to the true first or last name of the athlete;
 - e) Resolution issued by the Head of the Delegation attesting the true first or last name of the athlete as shown in the foregoing records.
4. In case an illegitimate child (athlete) uses the surname of his/her father as indicated in the SF 10 (Form 137), the following additional requirement shall be submitted:
 - a) PSA/NSO Birth Certificate with second page thereof showing acknowledgement by the father or a notarized acknowledgement signed by the father.
5. In case of unreadable entries in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:
 - a) Certificate of Live Birth issued by the LCR;
 - b) Affidavit of the parents, attesting to the true and correct entries;
 - c) Joint Affidavit of two (2) disinterested persons, attesting to the true entries;
 - d) Resolution issued by the Head of the Delegation attesting the true and correct entries as shown in the foregoing records.
6. In case the biological sex/gender of the athlete is not indicated in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:

- a) Certificate of Live Birth issued by the LCR;
- b) Affidavit of the parents, attesting to the true and correct biological sex of the athlete;
- c) Certification issued by the NSAC Medical Team attesting to the true and correct biological sex of the athlete, after conducting physical examination.

The above mentioned Resolutions or Certification issued by the Head of Delegations or the NSAC shall be for purposes of Palaro only.

IV. *Submission of the Final Master Lists*

Within two (2) days after the period of screening prescribed in Enclosure No. 3 to DepEd Memorandum No. __, s. 2019, the NSAC members who screened the athletes, coaches, assistant coaches and chaperones of a particular region and the Head of the Delegation shall submit to the NSAC Chair the **final master list and picture galleries (soft and hard copies)** of the screened athletes coaches, assistant coaches and chaperones, stating in their accompanying letter-recommendation that: *“They had screened and evaluated the athletes, coaches, assistant coaches and chaperones of the subject regional athletic delegation and they certify that the attached documents are true, complete and correct to the best of their knowledge and belief, and they understand that any false information given or any true information withheld from said documents may provide grounds for administrative disciplinary action.”*

The final master list shall likewise be certified by the head of the delegation, stating in his/her accompanying letter-recommendation that: *“He/she certifies that the attached documents are true, complete and correct to the best of his/her knowledge and belief, and he/she understands that any false information given or any true information withheld from said documents may provide grounds for administrative disciplinary action.”*

In addition, they shall also submit a complete list of delegates (officials, athletes, coaches and chaperons) photo album.

The NSAC Chair shall submit to the Palaro Board the lists of accredited athletes, coaches, assistant coaches and chaperones within the period provided in Enclosure No. 3 to DepEd Memorandum No. __, s. 2019

V. *Posting of the Master List to Websites*

The final master list and picture galleries of the athletes, coaches, assistant coaches and chaperones shall be posted in the DepEd website or any available website upon submission by the delegation concerned. The posted master lists shall likewise be the basis for the filing and/or receiving of complaints or protest, if any, within the period prescribed in Enclosure No. 3 to DepEd Memorandum No. __, s. 2019.

The Communication Division of this Department shall facilitate the immediate posting in the DepEd website or to any available website, the submitted master lists and/or photo galleries of athletes, coaches, assistant

coaches and chaperones within the period prescribed in Enclosure No. 3 to DepEd Memorandum No. __, s. 2019.

VI. *Protest*

The posted master lists shall be the basis for the filing and/or receiving of complaints or protest. The complaints or protest should be filed and resolved within the period prescribed in Enclosure No. 3 to DepEd Memorandum No. ____, s. 2019.

VII. *Fielding of the NSAC members to the Palaro Venue*

The NSAC members shall be at the Palaro venue within seven (7) days prior to the schedule of the opening of the Palarong Pambansa to continue the performance of their duties and responsibilities, and during the period of the Palaro events to re-check and monitor with the proper technical officials the athletes, coaches, assistant coaches and chaperones fielded by the delegations.

VIII. *Travel Authorities and Expenses*

Travel authorities for the conduct of the screening and accreditation shall be issued pursuant to DepEd Order No. 66, s. 2008. Travel and incidental expenses relative thereto is chargeable against AC-19-BLSS-SSD-PALARO-023 and AC-19-BLSS-SSD-PALARO-024 subject to usual accounting and auditing rules and regulations.

**SCHEDULE OF SCREENING AND SUBMISSION OF ACCREDITED
ATHLETES, COACHES AND CHAPERONES**

ACTIVITY	PERIOD
Screening of athletes, coaches, assistant coaches and chaperones.	February 1 to April 15, 2019 ARMMAA or other regions may request later date
Deadline for the submission by the NSAC members with their RSAC members and the head of delegation concerned of the final master list and picture galleries (soft and hard copies) of the screened athletes, coaches, assistant coaches and chaperones, to the NSAC Chair.	On or before April 15, 2019
Submission by the NSAC to the Palaro Board of the final master list of the screened and accredited athletes, coaches, assistant coaches and chaperones for the 2018 Palarong Pambansa.	April 15, 2019
Posting of the final master lists and photo galleries submitted by the heads of delegations in the DepEd website or to any available website.	February 2, 2019 to April 25, 2019
Period to file complaint or protest to the NSAC. The NSAC shall resolve the protest within five (5) days from receipt thereof. Decisions of the NSAC shall be executory and appealable to the Palaro Board within five (5) days from receipt thereof by the party adversely affected. Within two (2) days from receipt of the decision on the protest or complaint, the head of delegation shall submit the replacement of his/her disqualified athletes, coaches, assistant coaches and chaperones.	February 2 to April 25, 2019
Last day of submission of replacement athletes, coaches, assistant coaches and chaperones.	Two (2) days before the Palarong Pambansa. (April 25, 2019)
NSAC shall be at the Palarong Pambansa venue to continue their duties and responsibilities and to re-check and monitor with the proper technical officials the athletes, coaches, assistant coaches and chaperones fielded by the delegations.	Seven (7) days prior to the schedule of the opening of the Palarong and during the Palarong Pambansa

**IMPLEMENTING GUIDELINES FOR THE CLEAN, GREEN, HEALTHY, ORGANIZED,
AND ECO-FRIENDLY 2019 PALARONG PAMBANSA**

1. Background/Rationale:

1. In line with the commitment of the Department of Education (DepEd) to implement the National Greening Program (NGP) in all schools and offices pursuant to the Executive Order (EO) No. 193, dated November 12, 2015 entitled Expanding the Coverage of the National Greening Program, DepEd Order (DO) No. 5, s. 2014 entitled *Implementing Guidelines on the Integration of Gulayan sa Paaralan, Solid Waste Management and Tree Planting Under the National Greening Program*, and DO 10, S. 2016 entitled *Policy and Guidelines for the Comprehensive Water, Sanitation and Hygiene in Schools Program*, the department hereby issues this memorandum with the enclosed guidelines for the implementation of the **Clean, Green, Healthy, Organized, and Eco-friendly Palarong Pambansa**.

Due to the positive results in terms of maintaining cleanliness and orderliness in billeting areas, the clean, green, healthy, and eco-friendly policy has been integrated in the Palaro and enhanced by the provision of due recognition to delegations who have shown exemplary performance in promoting proper hygiene, sanitation and food safety as well as preserving the environment during the national sports event.

This year's activity will be implemented in coordination with the City Government of Davao as host of the Palarong Pambansa 2019. It may be mentioned that all LGUs are mandated to comply with the provisions stipulated in R.A. 9003, Solid Waste Management Act 2000.

It is in this context that the DepEd and the Local Government Unit (LGU) are joining hands to make the Palarong Pambansa a fertile avenue for promoting physical fitness and wellness and inculcating values on discipline, teamwork and care for the environment.

2. Objectives:

- 2.1. To promote environmental preservation and conservation through the 3R principles (reduce, re-use and recycle) among the athletes, coaches, trainers and other officials by the respective delegations;
- 2.2. To promote a clean and safe school environment through correct hygiene and sanitation practices that reduce related diseases, increase learning achievement, and contributes to dignity and gender equality
- 2.3. To encourage cooperation and self-regulation and instill among the pupils and students the values of discipline, responsibility and environmental consciousness; and
- 2.4. To recognize delegations who have shown outstanding performance in implementing a clean, green and eco-friendly palaro.

3. Mechanics of Implementation

- 3.1. **Coverage** – the clean, green and eco-friendly measures shall be observed primarily in the systems and practices of all delegation in the billeting quarters and all event venues of the Palaro.

3.2. Areas to be visited

- 3.2.1. Sleeping quarters
- 3.2.2. Kitchen
- 3.2.3. Dining hall
- 3.2.4. Storage room
- 3.2.5. Comfort room/shower room
- 3.2.6. Waste disposal/Material Recovery Facility (MRF)
- 3.2.7. Drainage system
- 3.2.8. Over-all surroundings

3.3. Billeting Centers inspection

- 3.3.1. Billeting areas shall be inspected at random
- 3.3.2. Inspection will start the day after the opening ceremonies and continue until a few days before the closing ceremonies to give time for the committee to consolidate and deliberate on the results.
- 3.3.3. The Palaro WinS Monitoring Form and system shall be distributed for pre-assessment prior to the opening of the Palaro and shall be submitted on or before the 31st of March. The post- assessment form shall be submitted during the conduct of the evaluation by the C&G committee.
- 3.3.3. Inspection by the evaluation team shall be done only once. No re-visits shall be conducted.
- 3.3.4. Designated clean and green (CG) coordinators are requested to accompany the evaluation team during the rounds of the facilities together with the school head.
- 3.3.5. A post inspection conference with the CG coordinator and principal shall be conducted by the team before leaving the school.

3.4. Categories

- 3.4.1. Most Disciplined Delegation – this category shall be given to the delegation who exhibits exemplary behavior, orderliness and punctuality during the conduct of the palarong pambansa. (See Enclosure No. 2, CG Form 1)

3.4.1.1. Criteria:

Opening Ceremony	%	Duration of the Palaro	%
1. Code of Conduct:		1. Code of Conduct:	
a. Attitude/Behavior of athletes and officials	10%	a. Attitude/Behavior of athletes and officials	10%
b. Punctuality	10%	b. Punctuality	10%
c. Attendance	10%	c. Attendance	10%
2. Guidelines on Discipline and procedures	20%	2. Guidelines on Discipline and procedures	20%
Total	50%		50%
GRAND TOTAL		100%	

3.4.2. Most Organized Delegation – this award shall look into the organization/cleanliness/orderliness of sleeping quarters, kitchen, storage rooms, dining area, and the over-all surroundings. (See Enclosure No. 2, CG Form 2)

3.4.2.2. Criteria:

1. Systems for Organization	40%
a. Information board for event results updates and instruction for the delegation	10%
b. System for ailments injuries and for handling emergency situations	10%
c. System for documentation of attendance/ delegate location	10%
d. Written report on practices for delegation organization including measures to encourage eco-friendly behavior among delegates	10%
2. Facilities	60%
a. Sleeping quarters	10%
b. Kitchen	10%
c. Dining Hall	10%
d. Storage room	10%
e. Comfort rooms	10%
f. Clinic	10%
Total	100%

3.4.3. Best Billeting Center – The best billeting school shall be chosen based on the following:

- 3.4.3.1. Maximized facilities for Clean, Green, Eco-friendly schools. A baseline report on the original condition of the school facilities prior to the Palaro shall be submitted by the school head to the CG Committee prior to the visit for validation purposes.
- 3.4.3.2. Summary report of support provided by Local Government to the school/delegation in line with the Palarong Pambansa.
- 3.4.3.3. Summary report of support provided by the school officials and host division, if any, in line with the Palarong Pambansa. (Details of the criteria is found in Enclosure No. 2, CG Form 3)

3.4.3.3.1. Criteria:

1. Coordinative Support of Host Division/School	30%
a. Courtesy/hospitality	15%
b. Prompt action on the needs	15%
2. Support of Local Government to the School/Delegation	20%
3. Security Support Services	20%
a. Emergency response/plan	5%
b. Control system for vendors and other visitors	5%
a. Visibility of school/provincial/PNP officials	5%
d. Measures for a child-friendly school	5%
4. Facility Development Support	30%
1. Wins Development Support	
a) Support for Kitchen	5%
b) Support for Dining Hall	5%
c) Support for Comfort Rooms/Baths	5%
2. Other Facilities Development Support	
a) Support for Storage Room	5%
b) Support for Sleeping Quarters	5%
c) Support for Clinic	5%
Total	100%

3.4.4. Cleanest, Greenest and Eco-friendliest Delegation – this is the major award to be given to the delegation who has shown exemplary performance in implementing the clean, green and eco-friendly policies and has instituted innovative strategies to make the surroundings of the billeting area clean, safe, secure and ecologically friendly for the delegates. (See Enclosure No. 2, CG Form 4)

3.4.4.1. Criteria:

1. Clean, Green & Eco-friendly Practices in the following:	70%
a. Hygiene	30%
• Food Safety measures	
• Facilities for bathing and handwashing	
• Toilets	
• Mess hall	
• Kitchens	
• Storage areas	
b. Energy & water conservation	

measures (water & electricity use)	20%
c. Natural Resource Conservation Measures e.g. (cooking system)	20%
2. Environmental Sanitation and Promotion	20%
a. Waste segregation and disposal	10%
b. Drainage system	5%
c. Vector and pest control	5%
3. Tree Planting Activity	10%
Total	100%

3.5. Tree Planting

- 3.5.1. Tree planting is one of the criteria for cleanest, greenest and eco-friendliest delegation.
- 3.5.2. Each region shall be required to plant native trees. In the event that the school does not have enough space for planting trees, the CG coordinator together with the principal shall coordinate with the Municipal Environment and Natural Resources Office (MENRO) for the identification of a planting site in the community.
- 3.5.3. The CG committee shall coordinate with the Regional and Provincial Environment and Natural Resources Officers (PENRO) for the provision of planting materials.
- 3.5.4. Each delegation may conduct their tree planting activity upon arrival until the palaro proper.
- 3.5.5. The CG coordinator of each delegation shall submit a report to the CG committee using the prescribed template (Enclosure No. 2, CG Form 4). Pictorials may be included in the report.

3.5.5.1. Tree Planting Report:

Region: _____

Date conducted: _____

Number & Type of Trees Planted	Location	Name of Officials Involved	NGOs & GOs Involved

Prepared by:

Noted:

CG Coordinator

Regional Director

3.6. Involvement of the LGUs

The clean and green palaro shall be undertaken in partnership with the City Government of Davao through their Provincial Environment and Natural Resources Office (PENRO).

The local government of Davao City shall designate three (3) officials as members of the Clean and Green Committee.

3.7 Budget for Clean and Green Initiatives

Expenses for the Clean, Green, Healthy, Organized, and Eco-friendly initiatives shall be charged to Palaro funds.

3.8. Composition of the Clean and Green Evaluation Committee

DepEd	LGU
1. Dr. Ella Cecilia G. Naliponguit	1. } To be identified by the 2. } City Government of 3. } Davao City
2. Dr. Ann P. Quizon	
3. Mr. Ferdinand Nunez	
4. Ms. Shirley Laurel	
5. Mr. Francisco Competente	
6. Ms. Emarie Josephine Basco	

3.8. Awarding of Winners

Winners shall be awarded during the Closing Ceremony of the 2019 Palarong Pambansa.



PLAYING VENUES AND BILLETING SCHOOLS FOR 2019 PALARONG PAMBANSA

NO	PLAYING VENUE	EVENT/S	NO. OF EVENT/S	BILLETING QUARTER/S OF TOs
1	Davao City UP Mindanao Sports Complex (Mindanao Campus)	Archery Football (Secondary Boys) Swimming (Regular & SPED) Volleyball (Secondary Boys & Girls)	4	Los Amigos Elementary School Davao City National High School Jose Bastida Elementary School Davao City National High School
2	Malayan Colleges Mindanao	Arnis Aero Gymnastics	2	Davao City National High School
3	University of Mindanao (Matina Campus)	Athletics (Regular & SPED) Basketball (Secondary Girls) Softball (Secondary Girls) Volleyball (Elementary Boys & Girls)	4	Davao City National High School
4	Brgy. Calinan Gymnasium	Badminton	1	Calinan National High School
5	Lt. Villafuerte Elementary School	Baseball (Elementary Boys)	1	Calinan National High School
6	Davao City National High School	Sepak Takraw (Junior & Senior) Softball (Elementary Girls)	2	Davao City National High School
7	University of Southeastern Philippines	Basketball (Secondary Boys)	1	Davao City National High School
8	The Rizal Memorial Colleges	Basketball (Elementary Boys)	1	Davao City National High School
9	Brgy. Toril Gymnasium	Table Tennis	1	Doña Carmen Denia National High School
10	Davao City Recreation Center (Almendras Gymnasium)	Boxing	1	Davao City National High School
11	Davao Chong Hua High School	Chess	1	Davao City National High School
12	Tiongko Football Field	Football (Elementary Boys)	1	Davao City National High School
13	Brgy. MIntal Gymnasium	Futsal	1	Los Amigos Elementary School Los Amigos National High School
14	University of Immaculate Concepcion (J.P. Laurel Avenue)	Gymnastics (MAG & WAG)	1	Davao City National High School

15	Precious International School of Davao	Wushu (Artistic/Contact)	1	Davao City National High School
16	St. Peter's College of Toril	Pencak Silat	1	St. Peter's College of Toril
17	San Pedro College (Ulas Campus)	Rhythmic Gymnastics	1	Jose Bastida Elementary School
18	Ecoland Phase 2 and 4	Tennis (Elementary Boys and Girls)	1	Davao City National High School
19	GSIS Heights Tennis Club	Tennis (Secondary Boys and Girls)	1	Davao City National High School
20	St. John Paul II College of Davao	Wrestling	1	Davao City National High School
21	Tacunan National High School	Baseball (Secondary Boys)	1	Calinan National High School
22	Davao City SPED Elementary School	Bocce (SPED) Goal Ball (SPED)	2	Davao City SPED Elementary School
23	Philippine Science High School	Dance Sports (All Category)	1	Los Amigos National High School
24	Holy Cross of Davao College	Basketball (3x3 – Multi-venues)	1	Davao City National High School
25	Gaisano Mall of Toril	Taekwondo	2	Doña Carmen Denia National High School
26	Gaisano Grand Citygate Mall	Billiards	1	Buhangin Central Elementary School

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	2			14
	GIRLS	12	2		1	15
BADMINTON	BOYS	4	1	1		6
	GIRLS	4	1	1	1	7
BASEBALL	BOYS	12	1	1		14
BASKETBALL	BOYS	12	1			13
CHESS	BOYS	2	1			3
	GIRLS	2	1		1	4
FOOTBALL	BOYS	18	1			19
GYMNASTICS						
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		181	28	6	11	226

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	2			17
	GIRLS	15	2		1	18

BADMINTON	BOYS	4	1	1		6
	GIRLS	4	1	1	1	7
BASEBALL	BOYS	12	1	1		14
BASKETBALL	BOYS	12	1			13
	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			19
FUTSAL	GIRLS	12	1		1	14
GYMNASTICS						
MAG	BOYS	3	1			4
WAG	GIRLS	3	1		1	5
RG	GIRLS	3	1			4
SEPAK TAKRAW	BOYS	12	1			13
	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		292	42	7	19	360

C. DEMONSTRATION SPORTS (ELEMENTARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
AEROBIC GYMNASTICS	BOYS	4	1			5
	GIRLS					
DANCESPORT	BOYS	2	1			5
	GIRLS	2				
TOTAL		8	2			10

D. DEMONSTRATION SPORTS (SECONDARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST. COACH	CHAPERON	
AEROBIC GYMNASTICS	BOYS/ GIRLS	4	1			5
DANCESPORT	BOYS	2	1	1		6
	GIRLS	2				
PENCAK SILAT	BOYS	5	1			6
	GIRLS	5			1	6
TOTAL		18	3	1	1	23

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			
ATHLETICS/ SWIMMING	O.H. (BOYS)	2	2			6
	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	181	292	8	18	42	541
COACHES	28	42	2	3	13	88
ASSISTANT COACHES	6	7				13
CHAPERONS	11	19		2		32
TOTAL	226	360	10	23	55	674
DELEGATION OFFICIALS*	16					16
GRAND TOTAL	690					