



# **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.****

<b>Boys (12-18 yr. old)</b>	<b>Girls (12-18 yr. old)</b>
Class A over 42 kg up to 45kg	Class A over 39 kg up to 42kg
Class B over 45 kg up to 48kg	Class B over 42 kg up to 45 kg
Class C over 48 kg up to 51kg	Class C over 45 kg up to 48 kg
Class D over 51 kg up to 54kg	Class D over 48 kg up to 51 kg
Class E over 54kg up to 57kg	Class E over 51 kg up to 54 kg

#### **B. Seni/ Artistic Tunggal**

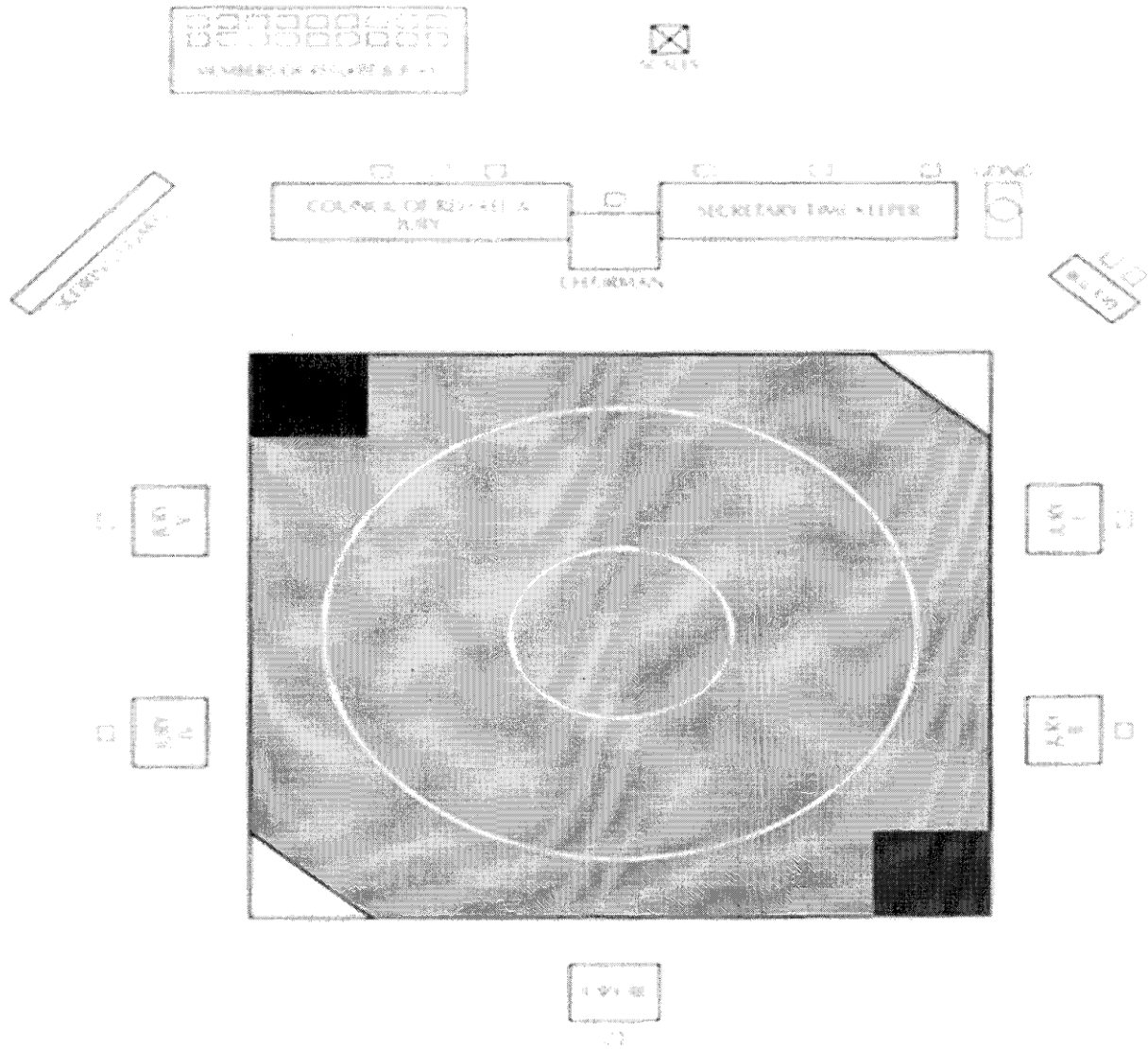
- |                                       |                                    |
|---------------------------------------|------------------------------------|
| a. Individual with weapon             | Tunggal- Individual with weapon    |
| b. Ganda-Double Cinematic Performance | Ganda-Double Cinematic 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**



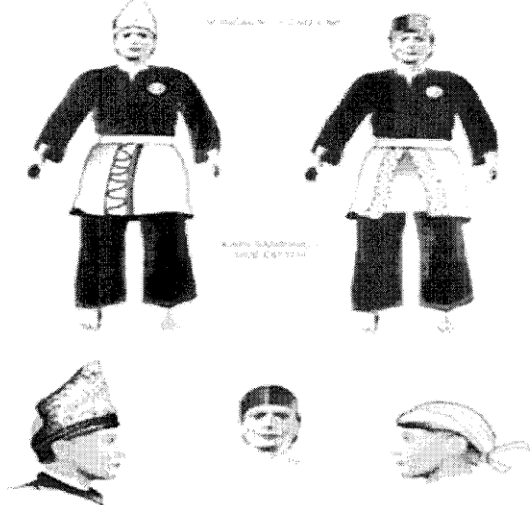
### **IV. THE COACH, PLAYERS AND REFEREE-JUDGE**

#### **A. Tanding Uniform**



### Artistic Athlete's Uniform

#### Tunggal and Ganda



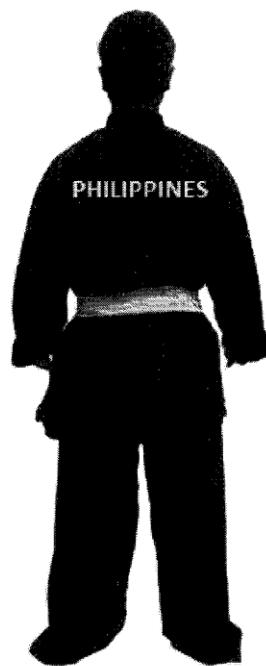
#### PESILAT TUNGGAL - GANDA CATEGORY

1. STANDARDS: 1. COLOURS AND FABRIC: PURE ORANGE COLOUR
2. MAIN SAMBONG: 114CM BY 47CM - FABRIC: GAMBACAT - 15% - 19% SUEDE
3. PERSILAT: 114CM BY 47CM - FABRIC: GAMBACAT
4. COLOUR: 1. MAIN SAMBONG: PURE ORANGE COLOUR
5. COLOUR: 1. MAIN SAMBONG: PURE ORANGE COLOUR



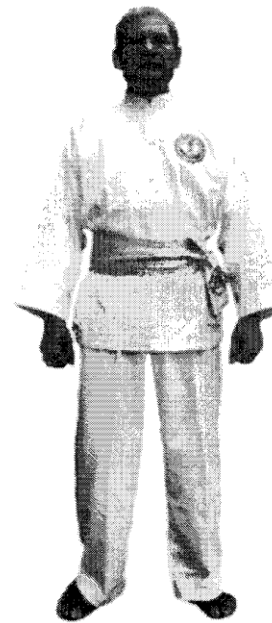
#### COACH

1. STANDARD MODEL BLACK COLOUR
2. ORANGE BELT / 10CM WIDE - NO ACCESORIES
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:

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