



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

TECHNICAL GUIDELINES FOR **ARNIS**

ARNIS TECHNICAL GUIDELINES

I. COMPETITION RULES AND REGULATION:

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

II. ELIGIBILITY:

1. ATHLETES

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

2. COACHES/ASSISTANT COACHES/CHAPERON

2.1 Eligibility of coaches, assistant coach, and chaperon must adhere to the Rules and Guidelines for the National Accreditation and Screening of athletes and coaches, assistant coach and Chaperon for the Palarong Pambansa.

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

III. PARTICIPANTS: TEAM COMPOSITION

Elementary Level

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

Secondary Level (Anyo / Full contact events)

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

IV. DISQUALIFICATIONS:

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

V. SPORTS EVENT:

FULL CONTACT SECONDARY LEVEL - There shall be a maximum of Five (5) participants distributed evenly in the different weight divisions for both Secondary Boys and Girls. Each region/team is allowed only one (1) entry in each weight category.

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

VI. CATEGORIES:

FULL CONTACT (BLADED WEAPON CONCEPT) PADDED STICK SECONDARY LEVEL

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

ANYO COMPETITION CATEGORY:

Elementary Boys and Girls

NON-TRADITIONAL

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

NON-TRADITIONAL

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

Secondary Boys and Girls

NON-TRADITIONAL

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

NON-TRADITIONAL

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

VII. EQUIPMENT

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

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

VIII. WEAPONS for ANYO

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

Wooden stick/yantok - The cane (stick) made of wood or rattan should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches.)

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

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

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

IX. UNIFORM/COSTUME

1. Participants are required to wear the standard uniform for Full Contact
 - White Plain T-shirt (athlete's name, school/club logo, division and region may appear on provided that it does not dominate the over-all appearance of the shirt.
 - Plain red pants (school/club logo may appear on the pants).
 - Rubber soled shoes.

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

X: PROTEST, PENALTIES AND SANCTION:

1. ANYO COMPETITION

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

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

2. Queries/Protest and Complaint on Technicalities

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

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

2.3. Any action made otherwise shall be nullified.

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

2.5. "JUDGEMENT CALL CANNOT BE PROTESTED"

3. Full Contact Event:

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

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

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

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

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

3.6. Dishonorable disqualification may be invoked from the following:

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

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

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

XI: CONDUCT OF THE COMPETITION:

1. General Guidelines in FULL CONTACT Event

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

1.2. **Players** are required to show artistic arnis movements unique to their styles for at least three (3) seconds when the referee says "HANDA". Failure to do this – First Offense will be given BABALA or warning. Second and succeeding offenses shall be considered as PAGLABAG or foul.

1.3. A **SCORE**: shall mean a strike with a padded stick using one hand only, delivered to a specific body points and is counted upon confirmation of Two (2) or Three (3) Judges by raising of color coded flags (2 same color – majority, 3-same color unanimous), simultaneously recorded on the score sheet. Every hit in the encounter, confirm by the judges will be stopped by the referee to award the score for the bladed concepts must be observed.

1.4. (DRAW SCORE) Match Tie- Breaker

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

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

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

1.5. Injuries

In case of minor/major injury caused by accidental blow/hit both intentional and un-intentional the referee must stop (hinto) the match and call the attention of the medical doctor and decides/suggests to give the injured player a little time to rest before he/she can continue the game, the decision as stated shall be suspended for a while. However, the rest period shall not be more than two (2) minutes after which the medical doctor must declare the fitness of the injured player to continue or discontinue the game.

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

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

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

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

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

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

2.6 A legitimate strike is given a point if it is delivered to a specific body point in correct form, with power, right timing, with art, distance and intent.

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

2.8 Attacks are limited to the following areas:

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

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

A. Light Fouls:

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

B. Harmful Fouls:

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

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

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

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

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

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

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

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

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

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

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

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

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

XII: DETERMINATION OF WINNER:

1. FULL CONTACT CRITERIA FOR DECISION

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

2. DETERMINING THE WINNER IN ANYO COMPETITION:

- 2.1 There shall be Five (5) judges. The highest and the lowest score will be removed and the remaining scores of the Three (3) judges will be added together to get the **total score**.
- 2.2 In case of tie, the highest and the lowest score of the Five (5) Judges shall be backed and added together to break the tie.
- 2.3 In case another Tie: Repeat performance
- 2.4 The ranking of participants is based from the net score obtained which is determined by deducting all identified point deduction/s committed if any in accordance with the rules.

3. CRITERIA IN JUDGING THE ANYO COMPETITION:

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

3.1 PERFORMANCE STANDARD (60%)

➤ **Coordination of Movements/Synchronization**

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

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

➤ **Artistic Execution and Mastery**

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

➤ **Bearing, Stage Presence and Over-All Performance**

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

3.2 CONTENT STANDARD (40%)

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

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

➤ **Creativity and Interpretation**

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

XIII. SAFETY PROTOCOLS

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

XIV: GENERAL SCHEDULE OF ACTIVITIES

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