

(Enclosure No. 1 to DepEd Memorandum No. 035 s. 2023)



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

TECHNICAL GUIDELINES & GROUND RULES FOR **ATHLETICS**

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

I. TOURNAMENT SCHEDULE

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

II. ATHLETES' ELIGIBILITY

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

III. ENTRIES PER EVENT BASED ON QUALIFYING STANDARDS

1. Track Events and Field Events

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

IV. SUBMISSION OF ENTRIES

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

V. COMPETITION RULES

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

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

VI. CODE OF CONDUCT OF ATHLETES AND COACHES

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

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

1. High Jump

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

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

2. Pole Vault

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

3. Time Allotment

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

4. Take-Off Board Placement for Triple Jump

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

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

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

6. Height of Hurdles

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

VIII. RULES ON PROTEST

IX. OTHER GROUND RULES

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