



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

TECHNICAL GUIDELINES FOR PARAGAMES

I. ELIGIBILITY:

- 1.1 The Palarong Pambansa (Para - Games) 2023 shall only be participated in by pupils/students with Intellectual Disability (ID), visually impaired, orthopedically handicapped/amputee (OH) in-school athletes.
- 1.2 The athletes are enrolled students of Special Education (SPED) classes in the public and private schools for School Calendar (SC) 2022 – 2023.
- 1.3 Each region is allowed to field in a maximum of **FIFTY 55 (55)** delegates composing of athletes and coaches.
- 1.4 **Age category:** for: **PALARONG PAMBANSA 2023**
 - 15 years old and below
 - 16 years old up to 25 years' old**Visually Impaired** – Open Category (But, up to 25 y/o only)

Intellectual Disability - 15 years old and below
16 years old up to 25 y/o only
Ortho/Leg Amputee - Open Category (But, up to 25 years old only)
Goalball/Bocce/Swimming - Open Category (But, up to 25 y/o only)

II. ELIGIBILITY DOCUMENTS:

- 2.1 Athletes Record Information
- 2.2 Medical Certificate
- 2.3 DEPED Psycho-Educational Assessment Tests conducted by SPED – Trained Teachers, Administrators and Supervisors
 - *(for intellectual Disabled (ID) – IQ Level – 70 & below
 - *(for visually impaired (LV & TB – visual acuity Test by licensed ophthalmologist.
- 2.4 PSA/NSO Birth Certificate
- 2.5 Certificate of Enrolment stating the school year the child first enrolled up to the present / completion.
- 2.6 Photo Gallery
- 2.7 Parents'/Guardian's Consent
- 2.8 4 pcs. 1.5x1.5 identical pictures with name tag (surname, first name and middle initial)
- 2.9 Form 137 / SF 10 (Take note of the subjects/skills that are supposed to be included in the competencies for the IDs)

Note: All original copy must be presented for verification purposes.

b

A. Visually Impaired – Ten (10) athletes and four (4) coaches

Events	No. of athletes		Number of Coaches	Total
	Boys	Girls		
Athletics 100m — Standing Long Jump (SLJ) — Shot Put	3	3	3	9
Goalball	2	2	1	5

B. Intellectual Disability (ID) – twenty eight (28) athletes and seven (7) coaches:

Event	No. of Athletes		No. of Coaches	Total
	Boys	Girls		
Athletics — 100M — 200M — 400M — 4X100M	5 (15 yrs. old & below)	5 (15 yrs. old & below)	2	12
Running Long Jump(RLJ) —Shot Put	5 (16-25 yrs. old)	5 (16-25 yrs. old)	2	12
Bocce (Single, Double, Team)	2	2	1	5
Swimming —50M *Backstroke *Freestyle *Breast Stroke	2	2	2	6

C. Ortho / Amputee – 4 athletes, 2 coaches

Above-knee amputation (single & double)

Below-knee amputation (single & double)

Event	No. of athletes		No. of Coaches	Total
	Boys	Girls		
— Athletics *Shot Put	2	2	2	6
— Swimming 50M *Backstroke *Freestyle *Breaststroke				

Note:

– An athlete is allowed to play three (3) individual events and one (1) team event

(Athletics)

– Each participating team can enter only a minimum of two (2) athletes in each event.

No crossing of events