

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



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

TECHNICAL GUIDELINES FOR **PENCAK SILAT**

I. Competition Rules

International Pencak Silat Federation or (PERSILAT) rules of competition 2022 NEW RULES will be adopted in the conduct of the 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 officials of competitions

Pencak Silat competition categories consist of:

A. **TANDING** (Match) category

B. **TUNGGAL** (Single) category

C. **GANDA** (Double) category

D. **REGU** (Team) category

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. **Tunggal**- Individual with weapon
weapon

Tunggal- Individual with a

C. **Ganda**-Double Cinematic Performance
Performance

Ganda-Double Cinematic

D. **Regu**-Team Artistic

Regu-Team Artistic

II. Guidelines

➤ 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 every region.

➤ Players who could not appear in the inspection area after the third and final call will be

automatically declared as walk over.

➤ The official tournament equipment and supply provided by the DepEd Palarong Pambansa Management.

➤ 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 / region.

➤ 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.

➤ Each team must have at least 1 coach and 1 assistant coach who has a certificate of training/s in the DepEd coaching accreditation for Pencak Silat under PhilSilat Sports Association

➤ 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.

➤ 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.

➤ 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.

➤ Protest shall be made in writing and shall be submitted immediately 15 minutes after the matched. 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.

➤ The protest shall be submitted together with the protest fee of Php. 5,000.00. 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.

➤ The decision of referee is final.

➤ 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

➤ The cutoff date of birth for Palarong Pambansa 2023 is April 2005.

III. Competition Arena for Artistic and Tanding/Sparring

IV. The Coach, Players and Referee-Jury.

A. Coaches :

- One (1) Men per Region
- One (1) Women per Region

B. Players :

- Five (5) Boys per Region
- Five (5) Girls per Region

C. Twenty five (25) Wasit and Jury - consist of the following:

- One (1)Sport Manager -
- Two (2) Chairman of The Game / Diwan Hakim -
- Two (2) Council -
- Twenty (20) Wasit and jury -

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

Limbs can be targeted for an intercepting attack while aiming to strike down the opponent but

are non-scoring area.

VI. Prohibitions

Prohibitions which are declared as violations:

IV. 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.

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.

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..

VII. 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.
 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.

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.

Successful parrying, dodging, evading or catching against the opponent's attack, and immediately followed by a successful dropping technique.

VIII. 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 Out)
- f. Win by Disqualification

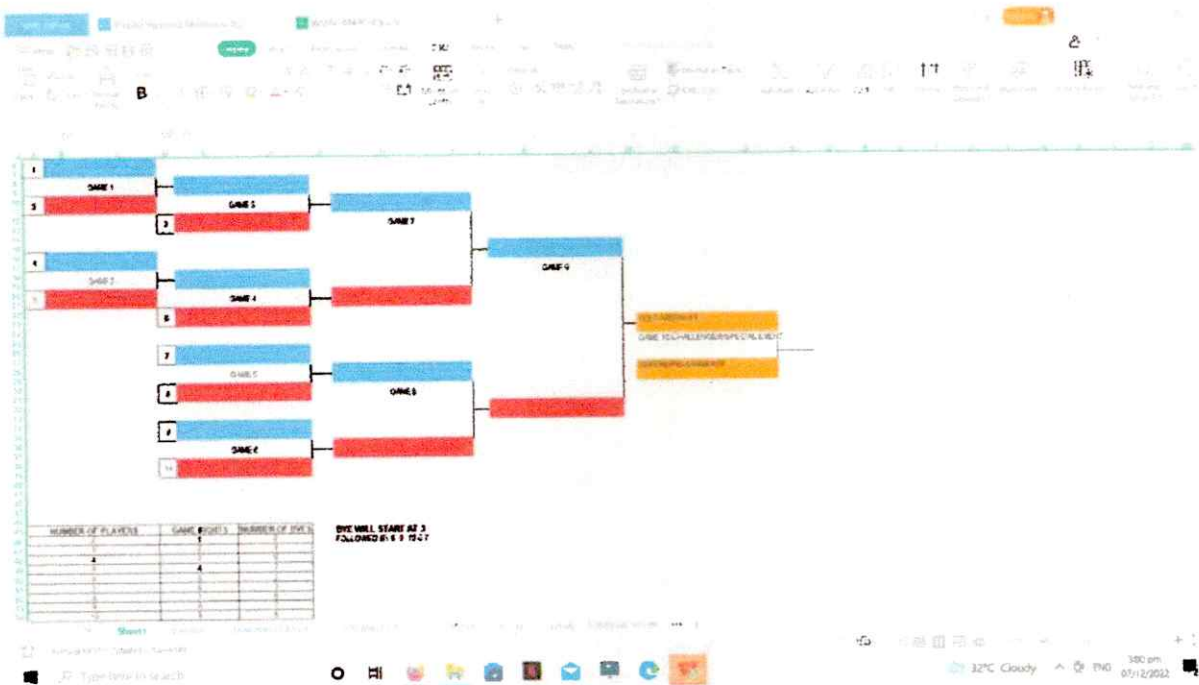
IX. Equipment

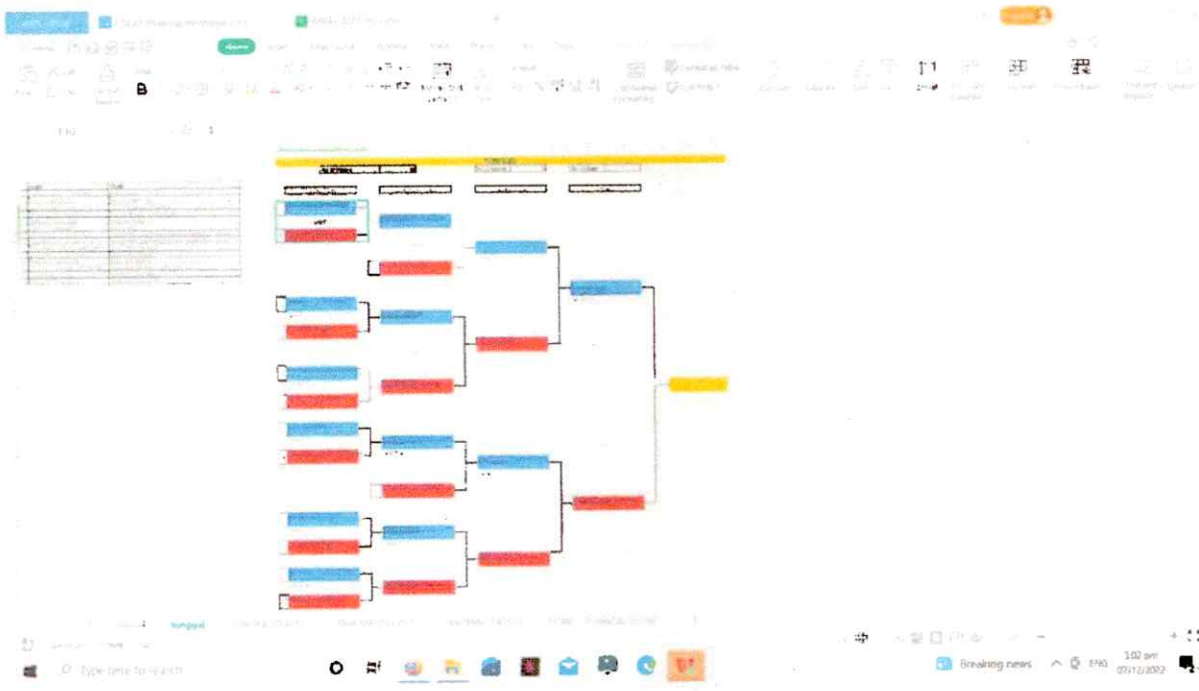
- Gong (c/o DepEd)
- Body protector (c/o delegation)
- Groin protector- (c/o delegation)
- Shin guard (c/o delegation)
- Arm guard (c/o delegation)
- Head gear (c/o delegation)
- Gum shield (c/o delegation)
- Tournament Lamp (DepEd)
- Flag: 8"x 12"--2 yellow, 6 blue, and 6 red (c/o DepED)
- Stopwatch 2pcs (c/o DepEd)

- Olympic Size tournament arena (121pcs 1X1m rubber mat X5cm thickness (c/o DepEd)
- Round Lamp (c/o DepEd)
- 1Mx1M 8 plastic table c/o DepEd)
- Long Table-2 (c/o DepEd)
- Chairs-30 pieces (c/o DepEd)
- Forms and score sheets (c/o DepEd)

X. COMPETITION FORMAT and DURATION: DAY 1 - DAY 5

- DAY 1 - ELIMINATION (SENI)
- DAY 2 - ELIMINATION (TANDING)
- DAY 3 - QUARTER FINAL (SENI) and (TANDING)
- DAY 4 - SEMI FINALS (SENI and TANDING)
- DAY 5 - FINALS and AWARDING (SENI and TANDING)





XI. AWARDS and MEDALS :

• **MEDALS TO BE CONTESTED IN TANDING (MATCH)**

GOLD	SILVER	BRONZE
10	10	20

• **MEDALS TO BE CONTESTED IN SENI (ARTISTIC)**

GOLD	SILVER	BRONZE
6	6	6

➤ **MEDALS TO BE AWARDED:**

GOLD	SILVER	BRONZE
22	22	32
	TOTAL MEDALS:	
	76	

XII. PENCAK SILAT SPORT EQUIPMENTS AND SUPPLY



PROTECTIVE GEAR



HEADGEAR

- Molded foam padding
- Padded sides provide integrated protection
- Air holes provide comfort and ventilation

Color: Black
Size: #1 #2 #3



STANDARD ARMOR

- Designed to provide upper body protection, allowing mobility and protection
- Light high-grade rubber material and outer foam padding provide increased comfort and impact absorption

Color: Black Size: #1 #2 #3



ELITE ARMOR

- Designed to provide upper body protection, allowing mobility and protection
- High quality synthetic leather and special PVC tubing provides greater protection and impact absorption

Color: Black size: #1 #2 #3



HAND GLOVES

- Double wrap wrist closure for added wrist support
- Made with high quality synthetic leather with thick padding on knuckles for added protection

Color: Black Size: #4, #5, #6, #7, #8



FOOT BLIVETS

- Made with high-quality PU fabric, with thick padding on instep for added protection

Color: Black Size: #1 #2 #3





WEAPON AND ACCESSORIES



TOYA STICK

TOYA CASE

CLAPPED PAD

- Made of high-quality synthetic leather
 - Double pad design produces louder sound when hit
- Color: Black

TOYA STICK

- Rattan long stick
- Diameter : 2.5 cm
- Length: 165 cm
- Weight: 400-450 grams



TOYA STICK IN CASE

TOYA CASE

- Adjustable size for all Toya Stick length
- Color: Black



NET BAG

- Made of breathable and durable mesh material
- Color: Black
Size: One size only

FLAGS

- Color:
*Blue
*Red
*Black
*White
*Yellow

KEYCHAINS

- Mini Kick Shield keychain and coin purse
- Mini Kick Pad keychain





PROTECTIVE GEAR



INSTEP GUARD

- Made with high-quality PU fabric, with thick padding on instep for added protection
- Washable

Color: Black
Size: #1 #2 #3



ARM AND SHIN GUARD

- Covered with cool-tech material for comfort foam for added protection
- Stronghold hook and loops fastener ensures comfort and fit

Color: Black
Size: #1 #2 #3



MALE GROIN GUARD

- The Male groin guard has contoured groin cup provides complete protection for the groin area

Color: Black
Size: #1 #2 #3

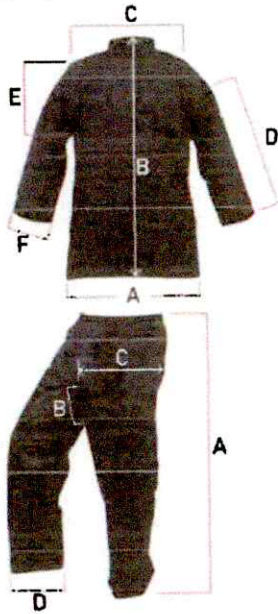


FEMALE GROIN GUARD

- The Female groin guard has light weight plastic and foam padding to absorb impact and protect the groin area

Color: Black
Size: #1 #2 #3





Pencak Silat Uniform Top & Bottoms

	#6	#7	S	M	L	XL
<i>(Measurements in INCHES)</i>						
TOPS						
A. Body Width	21	22	23	24	25	26
B. Back length	25	28	29	31	33	34
C. Shoulder	21	22	23	24	25	26
D. Sleeve Length	14	15	17	18	19	20
E. Armhole / Armhole	9	9.5	10	10.5	11	11.5
F. Bottom Sleeves	6.75	7	7.25	7.5	7.5	7.5
BOTTOMS						
A. Length	30-31	32-35	36-37	38	39	40
B. Crotch	6.75	7	7	7.25	7.5	7.5
C. Hips	8	9	10	11	12	13
D. Bottom	8	8	8.5	8.5	9	9



Pencak Silat Sash

COLORS: Yellow | White | Orange | Blue | Red





UNIFORM



SILAT UNIFORM TOP SIZING CHART

Measurement in inches

SIZE	A LENGTH	B WIDTH	C SLEEVES
#6	63.5	53.3	35.6
#7	71.1	55.9	40.6
S	73.7	58.4	43.2
M	78.7	61	45.7
L	83.8	63.5	48.3
XL	86.4	66	50.8

SILAT UNIFORM PANTS SIZING CHART

Measurement in inches

SIZE	A LENGTH	B WIDTH	C SLEEVES
#6	51	86.6	76-78.5
#7	56	91.5	81.3-89
S	61	96.5	91.4-94
M	66	104	96.5
L	73.5	112	99
XL	79	117	101.6

- The Xilat uniform is made of ribbed fabric
- Standard Pencak Silat design

COLORS:

- * White for judge & referees
- * Black for fighters



Pencak Silat Sash

COLORS: Yellow | White | Orange | Blue | Red

