



# PALARONG PAMBANSA SECRETARIAT

Department of Education  
Philippine Sports Commission  
Department of Interior and Local Government



## PARAGAMES TECHNICAL GUIDELINES

### I. ELIGIBILITY:

- 1.1 The Palarong Pambansa (Para - Games) 2024 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) 2023 – 2024.
- 1.3 Each region is allowed to field a maximum of **Seventy Three (73)** delegates composed of 50 athletes, 15 coaches and 8 chaperons.
- 1.4 **Age category:** for: **2024 PALARONG PAMBANSA**  
Youth – born 2009 onwards  
Juniors – born between 1999 and 2008  
Open – born 1999 onwards

**Visually Impaired – Open Category**

**To be assessed by registered ophthalmologist with visual acuity**

**Intellectual Disability - Youth**

Juniors

To be assessed by registered psychologist with tool assessment

**Ortho/Leg Amputee - Open Category**

**Goalball/Bocce - Open Category**

### II. ELIGIBILITY DOCUMENTS:

- 2.1 Athletes Record Information
- 2.2 Medical Certificate
- 2.3 Assessment by registered psychologist with tool assessment and **ophthalmologist with visual acuity**  
\*(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



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**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** 8 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.**

### III. COMPETITION CATEGORIES:

**A. Visually Impaired – Fourteen (14) athletes and four (4) coaches, and 2 Chaperon**

Events	No of Athletes		Number of Coaches	Total
	Boys	Girls		
Athletics 100 M	3	3	1 for boys 1 for girls	<b>9</b>
Running			1-	
Long Jump			chaperon/asst.coach	
Shot Put				
Goalball Boys	4		One (1)	5
Goalball Girls		4	One (1) 1 chaperon/asst. coach	6

Amendment: Standing Long Jump for VI to be amended to Running Long Jump.

**B. Intellectual Disability (ID) – twenty eight (28) athletes and seven (7) coaches, 4 chaperon**

Events	Number of Athletes		Number of Coaches	Total
	Boys	Girls		
<b>ATHLETICS</b>	<b>5</b>	<b>5</b>		
100 m	Youth Category	Youth Category	1 for boys , 1 for girls 1 chaperon	<b>26</b>
200 m				
400 m				



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4 x 100 m	<b>5</b> Juniors Category	<b>5</b> Juniors Category	<b>1</b> for boys , <b>1</b> for girls 1 chaperon	
Running Long Jump				
Shot Put				
<b>BOCCE</b> (Single, Doubles, Team Event)	<b>2</b>	<b>2</b>	1 coach 1-Chaperon	<b>6</b>
<b>SWIMMING</b>				
50-Backstroke	<b>2</b> (Youth or Juniors Category)	<b>2</b> (Youth or Juniors Category)	1 for boys 1 for girls 1 chaperon	<b>7</b>
50- Breaststroke				
50-Freestyle				
<p>Note: <input type="checkbox"/> An athlete is allowed to play three (3) individual events and one (1) team event (Athletics)  <input type="checkbox"/> Each participating team can enter only a maximum of two (2) athletes in each event.  <b>No crossing of events</b></p>				

C. Ortho / Amputee – 8 athletes, 4 coaches and 2 chaperon/asst.coach  
 Above-knee/arm amputation (single & double) Below-knee/arm amputation (single & double)

Events	No of Athletes		Number of Coaches	Total
	Boys	Girls		
<b>ATHLETICS</b>				
Shot Put	2	2	One for Boys One for girls One Chaperon	7
Long Jump				
High Jump				
<b>SWIMMING</b>				
50 - Backstroke	2	2	One for boys One for Girls 1 chaperon	7
50 - Breaststroke				
50 - Freestyle				
<p>Note: <input type="checkbox"/> An athlete is allowed to play three (3) individual events in Athletics and in swimming.</p>				



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