



**PALARONG PAMBANSA
SECRETARIAT**

Department of Education

Philippine Sports Commission

Department of Interior and Local Government



PENCAK SILAT TECHNICAL GUIDELINES

I. Competition Rules

International Pencak Silat Federation or (PERSILAT) competition rules and regulations V. 2022 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.

The Competition Rules and Regulations Version 2022 is hereby modified to suit the safety and wellness of DepEd athletes. Thus, punching, kicking, takedown, and counter takedown competition rules shall be adopted.

Whereas, locking, double leg take-down, exaggerate an injury, and submission techniques and other shall not be implemented for it will cause serious injuries to the athletes.

II. Pencak Silat competition categories consist of:

A. **TANDING** (Match) category

B. **TUNGGAL** (Single) category

C. **GANDA** (Double) category

D. **REGU** (Team) category

In order to perform the Palarong Pambansa Pencak Silat competitions as well as possible conformed to their purposes and objectives, the Regulations of the Pencak Silat Competitions are established as follows:

A. Event no.1 (Artistic): Secondary: Competition of **TEENAGERS** groups for **Male and Female** aged over 12 years old to 18 years old.



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a. Tunggal- Individual with weapon (**single male and female category**)

b. Ganda-Double Cinematic Performance (**double male and female category**)

c. Regu-Team Artistic (**trio male and female category**)

B. Event no. 2 (Tanding) Secondary: Competition of **TEENAGERS** groups for **Male and Female** aged over 12 years old to 18 years 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

III. Guidelines

1. Participants/ Delegates must pass all the requirements of the eligibility committee created by DepEd screening and evaluation committee. Each team must have 5 boys and 5 girls representatives for Secondary in every region.
2. Players who could not appear in the inspection area after the third and final call will be automatically declared as walk over.
3. The official tournament equipment such as; puzzle mats, coach corner, weighing scale, mono blocks, plastic chairs, etc. provided by the technical committee must be used in all matches.
4. Mouth guard, groin guard, shin guard, arm guard, hand gloves, head gear and weapons must be personalized by the player or provided by their team.
5. All protective equipment shall be worn during the game. However the use of foot gloves is optional.
6. 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 technical officials, the DepEd technical working committee will conduct a 5-Day training and seminar accreditation.



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7. Each team must have at least 1 coach and 1 assistant coach (during the match) who has a certificate of training/s in the DepEd coaching accreditation of Pencak Silat.
8. The team with highest points/medals in the “tanding” category shall be declared as the winning team who will represent the next international competition. In case of tie the winning team in 3 artistic competitions shall apply depending on how many players are to be broken.
9. Misbehavior of officials, coaches, players and delegation members, friends and relatives shall not be tolerated. The tournament director has the power to expel and disqualify the offender from entering the competition control area and shall be dealt with by the Palarong Pambansa board, Council of Jury, Secretariat and Screening and Accreditation Committee.
10. Drinking alcoholic substances in any form is not allowed throughout the whole duration of the tournament. The tournament director has the power to file sanctions and give orders to expel the subject from DepEd sports competition.
11. The winning team with their coach shall represent in the higher meet. The coach of the winning team shall have the prerogative to select players from other teams to be included in his/her team for the purpose of higher competition.
12. The decision of the referee is final.

IV. The Protest:

There are two types of protest:




A. Coach Protest

B. Team Manager Protest

A. Coach Protest

1. Corner Coach must stand at the Coach Box area, raising the protest card with right hand straight and firm. Should the Council or Competition is unaware on his protest, Corner Coach is allowed to voice out clearly “PROTEST” once.
2. Council will head towards the coach with a microphone to record and state the protest. The Coach is given the option to state the protest themselves short and straight to the point, or towards the Council where the Council will record the protest.
3. Coach to state their protest within 10-seconds. Council will record the objection accordingly.
4. Or council will announce clearly from the Coach Box area towards the Protest



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Commissioner on protest that was made.

5. Once decision is made, Protest Commissioner will raise the result card, either valid or invalid.
6. Decision made by the Protest Commissioner is final. However, Technical Delegate would have the right to override the decision, if the decision made is biased, and may cause discrepancy.
7. Protest card will not be returned to the corner coach.
8. Opponent's corner coach is not allowed to counter the protest on the decision which has been accepted as valid by the Protest Commissioner.




B. Team Manager Protest

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within 10 minutes immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within three (3) hours upon receipt of the decision.
4. The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

V. Weigh-in Procedure:

1. Weigh-in will be carried out in the morning of competition, before the start of the first match, only for those scheduled to fight on the same day.
2. During weigh-in, athlete must wear a standard Pencak Silat uniform without sash, groin guard or any other guards.
3. If an athlete does not make weight, he/she will be given a choice to strip down completely. Towels will be provided to assist the athletes.
4. No time tolerance will be given. Should athletes disagree to strip on the spot, they will be disqualified.
5. There will be no weight tolerance.
6. Last weigh in will be 1 hour before the start of the competition. If athlete fail



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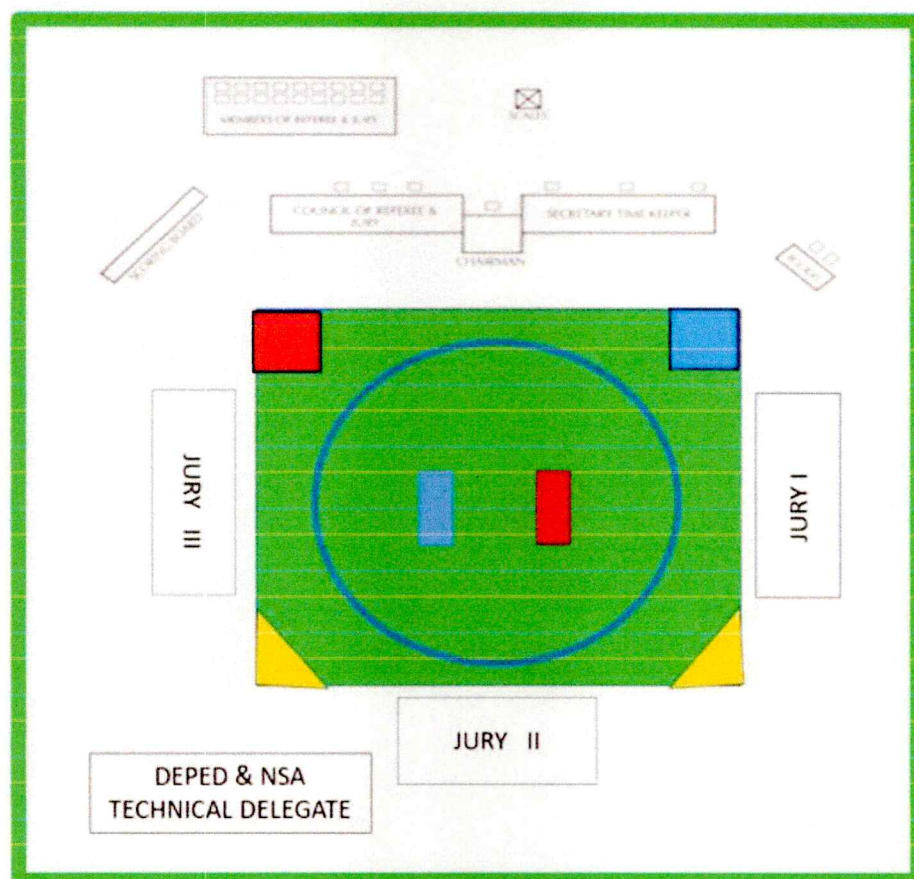
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- to turn up for the weigh in, he/she will be disqualified.
7. The weigh-in is only carried out once and must be witnessed by officials from both teams and an official on duty.
 8. It is mandatory for the weigh-in officials and officials from both teams to sign the weigh-in form.
 9. The weigh-in officials are appointed by the Organizing Committee.
 10. For injured athletes who are getting treatment in the hospital, they are given till 1PM to report for weigh in.

VI. Competition Arena for Artistic and Tanding/Sparring



VII. The Coach, Players, and Referee-Jury:



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VIII. 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:

- Chest
- Abdomen (navel upwards)
- Left and right ribs
- Back part of the trunk
- Thigh can be attacked for an intercepting attack while aiming to strike down the opponent but are a non-scoring area.

Successful Hand and Foot Attack

- All types of hand attack to the body which is direct and powerful.
 - Straight Punch
 - Haymaker Punch
 - Back Fist
 - Elbow Strikes
 - Hook Punch
 - Jab Punch
 - Slap
 - Palm Strikes
 - Superman Punch
 - Uppercut
 - Spade to stomach
 - Overhand Punch
 - Casting Punch
 - Spinning Back Fist
 - Vertical Punch
- All types of foot attack which is direct and powerful.



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- | | |
|------------------|---------------------|
| a. Front | g. Horse Kick |
| b. Side | h. Double Side Kick |
| c. Spinning back | i. Double Front |
| d. Half Turn | j. Jumping Side |
| e. Stomping | k. Jumping Front |
| f. Flying Kick | l. Reverse Sabit |

3. All applicable techniques to drop the opponent ensuring that the knee and above touches to floor

- I. a. Applying direct techniques such as sweeping, scissors, etc.
 - i. Athletes can do two sweeping / scissors technique within two seconds
 - b. Applying indirect dropping techniques by tugging the body, arm, leg, and uniform.
 - c. Dropping process is given duration of 5 seconds
 - d. A counterattack is allowed within two seconds of a failed sweeping and dropping excluding counter dropping of a scissoring technique.
- II. The score for the counterattack is determined by the technique applied.
- A. Athlete on the ground can defend themselves by kicking the body protector or following up with another direct technique
 - B. If the defend-attack fails to meet the legal area, it will be considered as serious violation.

4. 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. |
| Score 2 | An attack by foot successfully hitting the target without being blocked by repulse, dodged or evaded by the opponent. |
| Score 3 | Dropping technique which succeeds in flooring the opponent. |

IX. Prohibitions:



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There are four (4) categories of prohibitions: - Light - Moderate - Serious - Disqualification

- A. Light Violation (Verbal Warning)
- B. Moderation Violation (Reprimand)
- C. Serious Violation (Warning)
- D. Disqualification

*See page 134-142 PERSILAT COMPETITION REGULATIONS
V.2022*

X. 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 the doctor the knock-downed Pesilat is fit and cannot stand up at once, the Referee will immediately start the technical counting.

XI. Victory Decision

- Win by Score
- Win by Absolute Victory
- Win by TKO
- Win by RSC (Referee Stop Contest)
- Win by WO (Walk Out)
- Win by Disqualification

XII. Schedule of Activities:



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Day	Date	Activities	Persons Involve
0	July 6, 2024	Arrival of Delegates	All involved
1-2	July 7-8, 2024	Refresher Course	Technical Officials
2-3	July 8, 2024	SOLIDARITY MEETING	TWG, coaches & Technical Officials
4	July 9, 2024	Grand Opening Ceremony	All involved
5	July 10, 2024	Setting of the Arena and Familiarization	Tech. Officials
6-10	July 11-14, 2024	Spec. Sport Opening Program & Competition Proper	PS-TWG, Athletes, Coaches & Tech. Officials
11	July 15, 2024	Closing & Awarding Ceremony	PS-TWG, Athletes, Coaches & Tech. Officials
12	July 16, 2024	Grand Closing Ceremony	All involved
13.	July 17, 2024	Departure	Home Sweet Home

XIII. Medals to be Contested both Male and Female Secondary

Category	Gold	Silver	Bronze 1	Bronze 2	Total
Tanding	10	10	10	10	40
Tunggal	2	2	2	2	8
Ganda	4	4	4	4	16
Regu	6	6	6	6	24
	22	22	22	22	88
				Over all # of medals	



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