



2311-1073

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

November 15, 2023

DIVISION MEMORANDUM

No. 153 s. 2023

SDO VIGAN CITY MEET SY 2023-2024

To: Officer-in-Charge, Office of the Assistant Schools Division Superintendent
Chief Education Supervisors (CID & SGOD)
Public and Private Elementary and Secondary School Heads

1. The 1987 Philippine Constitution mandates that all educational institutions shall undertake regular sports activities all throughout the country in cooperation with athletic clubs and other institutions.
2. In support, the Schools Division Office will conduct the **SDO VIGAN CITY MEET SY 2023-2024** with a theme: **"Game On: Unleash the Champions Within"** which will be held on November 24 – 25, 2023. The opening program will be on November 24, 2023, at 7:30 AM at Plaza Burgos, Vigan City.
3. The activity has the following objectives:
 - a. To instill the spirit of self-discipline, sportsmanship, fair play, solidarity, teamwork and unity.
 - b. To provide greater opportunities among our learners for their holistic development.
4. The cut-off date for athlete's age eligibility are the following:
 - a. Elementary Division - January 1, 2011
 - b. Secondary Division - January 1, 2006*Discrepancies regarding athletes' eligibility should be avoided and see to it that there are no age problems among the learner-athletes.
4. The deadline of submission of documents is on November 17, 2023, at 5:00 PM at the Schools Division Office's records section. However, coaches can submit athletes' documents before the deadline.
5. The Division Screening Committee shall convene at the Schools Division Office Conference Hall on November 20, 2023, at 1:00 PM to review, and evaluate athletes' qualifications based on the documents submitted.
6. Every athlete is expected to meet the qualifying standards and performance required for athletes in individual sports, team sports and other special/allied events for the 2024 R1AA Meet.
7. Elimination will be observed in the scheduling of ball games and single knockouts for individual events.





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8. To ensure the success of this activity, the following documents are enclosed for reference.

Enclosure 1: List of Events, Schedule and Venue

Enclosure 2: List of Tournament Managers, Officiating Officials And Supervising Officials

Enclosure 3: Opening Program

Enclosure 4: Working Committees

Enclosure 5: Schedule of Activities

Enclosure 6: Order and Route of the Parade

Enclosure 7: General Guidelines of Athletes Eligibility

Enclosure 8: Technical Guidelines Per Event

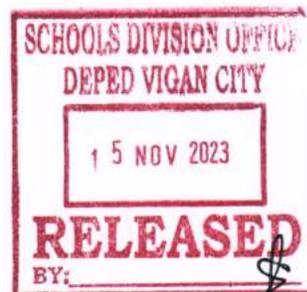
9. All Working Committee Chairperson shall convene at the SDO Conference Hall on November 15, 2023 @ 4:00 PM.

10. Widest dissemination of the content of the Memorandum to all concerned is desired.

VILMA D. EDA, CESO V
Schools Division Superintendent

Encl: As stated
Reference: RM 1067, s. 2023
To be indicated in the perpetual index
Under the following subjects:

School Governance Operations Sports
City Meet





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(Enclosure No. 1 to Division Memorandum No. 153s, 2023)

LIST OF EVENTS, SCHEDULE AND VENUE

SPORTS/EVENTS	Level	Venue	Date
1. Arnis	(B/G) (Elem/Sec)	Vigan Central School	Nov. 25, 2023
2. Archery	(B/G) (Sec)	Ilocos Sur National High School	Nov. 24, 2023
3. Athletics	(B/G) (Elem/Sec)	Quirino Stadium	Nov. 24-25, 2023
4. Badminton	(B/G) (Elem/Sec)	University of Northern Philippines	Nov. 24 - 25, 2023
5. Basketball	(Elem. B & Sec (B&G))	Ilocos Sur National High School	Nov. 24 - 26, 2023
6. Baseball	(Elem B)	University of Northern Philippines	Nov. 24 PM
7. Boxing	(Sec Boys)	Elorde Gym	Nov. 25 AM
8. Chess	(B/G) (Elem/Sec)	Ilocos Sur National high School Library	Nov. 24 PM - Nov 25, 2023
9. Football/Soccer	(Elem) (Sec)	University of Northern Philippines	Nov. 25, 2023
10. Futsal	(Sec Girls)	University of Northern Philippines	Nov. 25, 2023
11. Gymnastics	(Elem./Sec)	Burgos memorial School West	Nov. 25, 2023
12. Lawn Tennis	(Elem/Sec)	Vigan Tennis Court	Nov. 25, 2023
13. Sepak Takraw	Elem/Sec	Ilocos Sur National High School	Nov. 25, 2023
14. Swimming	Elem/Sec	Quirino Stadium	Nov. 25, 2023
15. Table Tennis	(B/G) (Elem/Sec)	Ilocos Sur National High School	Nov. 24 - 25, 2023
16. Taekwondo	(Elem./Sec.)	University of Northern Philippines	Nov. 25, 2023
17. Volleyball	(Elem/Sec)	Ilocos Sur National High School	Nov. 24PM - 25, 2023
18. Wrestling	(Sec) (B/G)	Burgos memorial School West	Nov 24AM
19. Billiard	(Sec) (B/G)	Private Billiard Hall	Nov. 25, 2023





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20. Pencak Silat	(Sec) (B/G)	Ilocos Sur National High School	Nov. 24PM, 2023
21. PARAGAMES	All Category	Quirino Stadium	Nov. 25, 2023

Note: The try-out scheme will serve as the mode for selecting the athletes in wrestling and dance sports. The tournament managers and champion coaches shall be responsible for the selection of athletes to compose the team to represent Vigan City in the 2024 RIAA Meet. The selection of athletes must be based on potential (height), skills, attitudes, interests, behavior, and support of principals/school heads and parents.





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(Enclosure No. 2 to Division Memo No. 53, s. 2023)

LIST OF TOURNAMENT MANAGERS, OFFICIATING OFFICIALS and SUPERVISING OFFICIALS

Event	Tournament Manager/s	Officiating Officials	Supervising Official
1. Arnis	Roel Rabang Josephine Ragasa	Leafran Balallo Emily Pigao Vivian Camello Rommel Ausa	Ms. Ma. Theresa Paz
2. Archery	Julio Amistad Jr.	Kniethel Rabara Phaula Louise Catura Arianne Joy Rebunal Joanna Ann Patubo	Mr. Paulino Aninag Jr
3. Athletics	Jefferson Rabaca Maylene Alcartado	Rodelio Rivera Romeo Soriano Gladys Padre Johny Ulibas Ginalyn Aquino Lester Agtutubo Monette Refuerzo	Mr. Solito Cortel
4. Badminton	Marianne Bravo Benelyn Alcausin	Ronald Pre Jr. Amiel Dwane Alquetra Angelica Lapitan Edward Caoile Ma. Jesusa Managad Jessica Buenaventura Melvin Barre Marc Christopher Bravo	Ms. Anna Liza Aurellado
5. Basketball	Noli Que	Raymond Espiritu Rino Manliguez Jessie Ponce Marlon Rapanut Jerick Tactay Aldrix Campos Edward Llanes Jessie Andia Marvin Ramirez Maverick Arquillo Edward Llanes	Dr. Peter John Frial
6. Baseball	Eric Bilgera	Aldrix Campos Julio Amistad Jr Goerge Abuel	Mr. Eric Bilgera
7. Boxing	Marvelous Ragasa	Robert Rabbon John Alconis Tagorda	Mr. Eric Tapat





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8. Chess	Malencov Torres	Adolfo Laza Alvin Pajo Pastor Yabut Jr. Freddie Marzan Richard Raqueno	Mr. Clarito Siababa
9. Football/Soccer	Reckson Lopez	Gerald Quitevis Leonel Ancheta	Mr. Rommel Rabo
10. Futsal	Annieline Pato	Christian Paul Arsitio Jeffrey Cacatian	Ms. Mary Joy Suero
11. Gymnastics	Marc Andrew Tomines/Jeff Acena	Julius Agapinan Margie Bulaoat Jennifer Agcamaran Queenie Aslor Jeffrey Pido Jude Christopher Cabrales	Mr. Royston Quidolit
12. Lawn Tennis	Alexis Ricanor/EJ Fernandez	Amyrose Jimenez Charito Cachola Theodora Marzan	Ms. Gloria Cabotaje
13. Pencak Silat	Liberita Cortez	Jade Cesar Fernandez Jelou Barroga	Ms. Anita presto
14. Sepak Takraw	Roger Aludino	Romano Quitevis Marcelino Rabe	Mr. Pablo Bañaga Jr.
15. Swimming	Jerick Saupan	Estrelita Refuerzo Shahani del Rosario Jeffrey Valencia	Ms. Susiemar Rapisura
16. Table Tennis	Myrnalita Abad	Fritzy Pearl Padua Jerry Rigunay Leny Nebado	Ms. Azenith Ramos
17. Taekwondo	Alvin Jake Pajo	George Phillipe Amano Arjay de Guzman George Micheal Amano Eden Liezel de Peralta	Mr. Roel Pagalanan
18. Volleyball	Restituto Palacpac/Melvin Arce	Carlo Amano Analyn Frando Eugene Aguilar Edward Presto Rutchie Abella John Rey Menor Myra Go Noemi Realin George Arreola	Mr. Julian F. Vicente Jr
19. Wrestling	Marcelino Rabe	John Ross Tabangin Bernard Rapada	Mr. Richard Agtutubo
20. Billiard	Mr. Jayson Palacpac	Angelica Tabunan	Mr. Edgar Pescador





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21. PARAGAMES	Ms. Maria Theresa Redondo	Ms. Mirriam Battad Ms. Joan Paulet Alcantara Mr. Jefferson Gannaban Ms. Sancelle Recaido	Ms. Elsie Amorin
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(Enclosure No. 3 to Division Memo No. 153, s. 2023)

OPENING PROGRAM
Plaza Burgos, Vigan City
November 24, 2023 @ 7:30 PM

I. Parade	
Assembly Time (6:30 AM)	ISNHS Athletic Ground
II. Opening Program	
National Anthem	AVP
Prayer	AVP
Welcome Remarks	Mr. Rodrigo Q. Reyes Jr. Chief Education Supervisor-SGOD
Presentation of Competing Teams	Mr. Solito S. Cortel Education Program Supervisor - MAPEH
Intermission Number	c/o ISNHS Cultural Dance Troupe
Inspirational Message	Hon. Jose "Bonito" C. Singson Jr. City Mayor
Hoisting of Banners	Escorts and Muses
Message	Hon. Ada Joana Fe Artajos City Councilor Chairperson, Committee on Education
Intermission Number	Teachers' Day Retro Dance Champion
Oath of Amateurism	Archie Aguimbag Gold Medalist, 2023 R1AA
Oath of Officiating Officials	Mr. Julian F. Vicente Jr Education Program Supervisor - SGOD
Lighting of the Friendship Urn	Michelle Rivera Gold Medalist, PARAGAMES and Palarong Pambansa Athletes
Message and Declaration of the Opening of the City Meet	Mrs.. Vilma D. Eda, CESO V Schools Division Superintendent
Tossing of the Ceremonial Ball	Hon. Jose "Bonito" C. Singson Jr. Mrs. Vilma D. Eda, CESO V Hon. Ada Joana Fe Artajos Dr. Jo Eulie Mei Domingo Ms. Marie Christine Natividad Mr. Rodrigo Q. Reyes Jr
Announcement of Playing Venue	Mr. Roel Pagalanan Div. Sports Officer
EMCEE: Rolly Raceles Joan Tacud	

(Enclosure No. 4 to Division Memo No. , s. 2023)





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(Enclosure No. 4 to Division Memo No. 153, s. 2023)

WORKING COMMITTEES

Committee	Chairperson	Members
Division Screening Committee	Mr. Kim Tagorda Mr. Pablo Bañaga	Mr. Rommel Rabo Dr. Peter John Frial Mr. Paulino Aninag Jr. Ms. Dina Rivad Ms. Maria Theresa Paz
Parade	Mr. Eric Bilgera	Mr. Reynario Viloría Mr. Edward Presto Mr. Odilon Amay Mr. Arjay de Guzman Mr. Joel Asistin Mr. Julio Amistad Jr. Mr. Restituto Palacpac Mr. Noli Que Mr. Marcelino Rabe Mr. Marvelous Ragasa
Hall and Stage Preparation, Sound System	Mr. Glenn Tadena Dr. Royston Quidolit	Mr. Jayson Palacpac Mr. Jeffrey Pido Mr. Jayson Ponce Mr. Salvador Avisa Mr. Lexter Supnet Mr. Mark Allen Sinogo Mr. Jefferson Gannaban Ms. Gladys Padre Ms. Amyrose Jimenez All School Sports Coordinator
Program and Invitation	Mr. Rommel Rabo Ms. Susiemar Rapisura	Ms. Princess Torricer Mr. Winston Pila Ms. Mary Joy Suero Ms. Eloisa Aquino Ms. Aileen Joy Manzano Ms. Ma. Cleofe Quitevis
Medical services	Dr. Arlyn Batulan Dr. Mac Lubert Rapacon	Ms. Ma. Korynne Taborda Ms. Laurie Agati Ms. Ericha Baja Ms. Charmaine Antiporda Ms. Elizabeth Avisa Ms. Reymalin Llanes School Clinic Teachers Designate
Refreshment	Dr. Amelyn Abella	Ms. Gloria Cabotaje





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	Ms. Felipa Regaspi	Ms. Mary Grace Formoso Ms. Dolly Jane Tenorio Ms. Bernadette Sarmiento Mr. Efren Armandico Ms. Evelyn Vera Cruz Ms. Jennifer Emerita Rabang and other TLE Teachers
Records/Clerk of Course	Mr. Kim Tagorda	Ms. Ma. Theresa Paz Dr. Ana Castor Ms. Anita Presto Mr. Ronald Alejo Ms. Erlinda Anicas Ms. Ma. Theresa Redondo
Documenter	Mr. Jonathan Del Castillo Mr. Eric Tapat	Mr. Ted Cleixelle Aurellado Ms. Alma Inamorata Nebab Mr. Roel Rabang Mr. Ryan Villanueva Ms. Angeline Ponce





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(Enclosure No. 5 to Division Memo No. 153, s. 2023)

SCHEDULE OF ACTIVITIES

ACTIVITY	SCHEDULE	VENUE
Medical Examination	November 9-16	Per School
Working Committee Meeting	November 17, 2023	Schools Division Office Conference Hall
Submission of Athletes' Documents	On or before Nov. 17, 2023	Schools Division Office Records' Section
Solidarity Meeting (Tournament Managers, Technical Officials and Sports Coordinators)	November 21, 2023	Schools Division Office Conference Hall
City Meet Opening Program	November 24, 2023	Plaza Burgos, Vigan City
Competition Proper	November 24-25, 2023	Playing Venue
Submission of the Results of Games	November 25, 2023	c/o Clerk of Course
Deadline of Submission of the Final List of Qualified Athletes for the R1AA 2024	November 29, 2023	Schools Division Office Records Section





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(Enclosure No. 6 to Division Memo No. 153, s. 2023)

ORDER and ROUTE OF THE PARADE

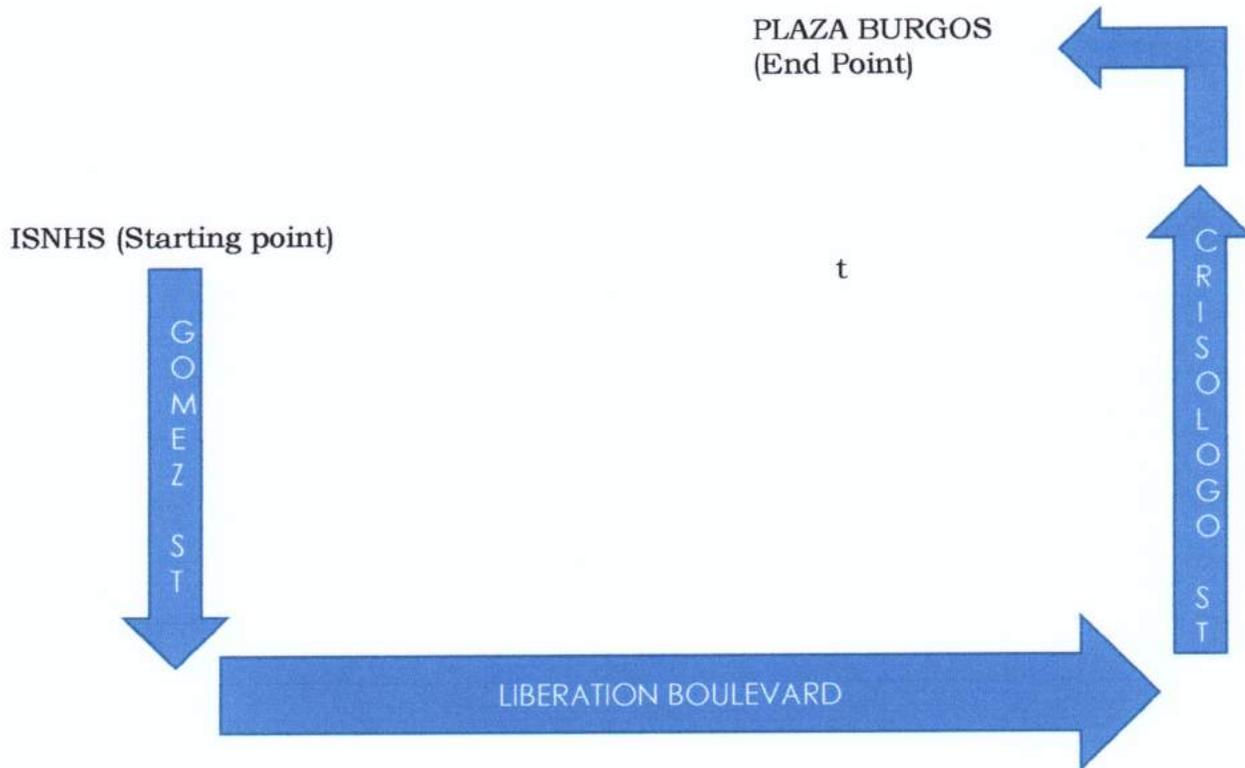
- I. Colors c/o ISNHS**
- II. Marching Band c/o ISNHS**
- III. SDO Officials, Personnel and School Heads**
- IV. Special Education (SPED) Athletes & Coaches**
- V. Group I – Private Schools**
 - a. DWCV athletes, coaches & officials
 - b. St. Thomas Aquinas athletes, coaches & officials
 - c. Vigan Nan Chong School athletes, coaches & officials
 - d. UCCP athletes, coaches & officials
 - e. Calvary Academy
 - f. Vigan Adventist Multi Grade School
 - g. Immaculate Concepcion Minor Seminary athletes, coaches & officials
- VI. Group II – UNP athletes, coaches & officials**
- VII. Group III – VCS Marching Band**
 - a. Cluster I athletes, coaches & officials
 - b. Cluster II athletes, coaches & officials
 - c. Cluster III athletes, coaches & officials
- VIII. Group IV**
 - a. VNHSWest athletes, coaches & officials
 - b. VNHSEast athletes, coaches & officials
 - c. ISNHS athletes, coaches & officials
- IX. Tournament Managers and Technical Officials**





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ROUTE OF THE PARADE





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(Enclosure No. 7 to Division Memo No. 163, s. 2023)

**RULES AND GUIDELINES ON THE ELIGIBILITY OF ATHLETES OF THE
SDO VIGAN CITY MEET FOR SY 2023-2024**

A. ELIGIBILITY OF ATHLETE

1. Participants

Participants in the Vigan City Meet for SY 2023-2024 are Elementary and Secondary learners from the public, private and laboratory schools who have participated in the school intramurals/meets.

2. Eligibility of Athletes

- 2.1 Must be a Filipino citizen.
- 2.2 Must be enrolled in a recognized school at the beginning of the current school year.
- 2.3 Should have participated in the preliminary meets.
- 2.4 Cut-off date for the age of elementary athletes is January 1, 2011 and the cut-off date for secondary athletes is January 1, 2006.
- 2.5 Learner-athletes who transferred from one division to another within the region are allowed to participate, provided, they have participated in the lower meets.
- 2.6 Elementary athletes shall play in the elementary division, and secondary athletes shall play in the secondary division.

3. Disqualifications:

- 3.1 Over-aged athletes.
- 3.2 Athletes with failing grades in more than two (two) core subjects in the previous grading.
- 3.3 Athletes who are members of the National Team, national training pool and development pool receiving monthly stipend/allowances from the PSC.
- 3.4 Failure to submit pertinent papers for evaluation on the specified time.
- 3.5 Penalized with suspension or ban during the previous city meet.

4. Required Documents for Athletes

- 4.1 Copy of Birth Certificate issued by the Philippine Statistics Authority (PSA)
Late registration may be accepted provided the same was issued one (1) year prior to current city meet.
- 4.2 Xerox copy of Form 137 duly signed by coach/teacher-adviser/registrar and certified correct by the school principal (signature over printed name).
- 4.3 Medical and dental certificate signed by a physician that athlete is physically fit and within the age limit require with validity of six (6) months from date of issue.
- 4.4 Parent's/guardian's consent.





2023 CITY MEET
November 24-25, 2023 – Vigan City



(Enclosure No. 8 to Division Memo No. 153, s. 2023)

ARCHERY TECHNICAL GUIDELINES

I. RULES & REGULATIONS

The latest edition of the World Archery (formerly **FITA**) rules for outdoor target archery shall govern the tournament's conduct.

II. ATHLETE'S ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 7 of Division Memorandum No. 153 s, 2023 shall apply
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. DISQUALIFICATION

1. An athlete found guilty of breaking any eligibility rule
2. Athletes/teams repeatedly found shooting more than the permitted number of arrows per end;
3. An athlete proved to have knowingly broken any rules and regulations;
 - 3.1. Unsportsmanlike conduct
 - 3.2. Alteration and falsification of scores
4. An athlete who persists in using dangerous method of drawing the string.

IV. SPORTS EVENTS & DISCIPLINES

Competition in Archery for the Secondary Level shall consist of the following events:

EVENTS	BOYS / GIRLS	TARGET FACES	# OF ARROWS/END SET
	1. 70-METER DISTANCE	122 CM	36 arrows = 6 arrows per end
	2. 60-METER DISTANCE	122 CM	36 arrows = 6 arrows per end
	3. 50-METER DISTANCE	80 CM	36 arrows = 6 arrows per end
	4. 30-METER DISTANCE	80 CM	36 arrows = 6 arrows per end
	5. 1440 ROUND		144 arrows – aggregate scores
	6. OLYMPIC ROUND (70 METERS)	122 CM	Set system – 3 arrows per end 5 ends – 6 set points
	7. TEAM EVENT (70 METERS)	122 CM	Set system – 2 arrows per archer 4 ends – 5 set points
	8. MIXED TEAM (70 METERS)	122 CM	Set system – 2 arrows per archer 4 ends – 5 set points



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V. CATEGORIES

Archery Competitions are divided into two categories:

- **Secondary – Boys**
- **Secondary – Girls**

VI. CONDUCT OF THE COMPETITIONS

1. The results of the 1440 Round will be used as the bases for ranking the individual competitors in the Girls and Boys Divisions. Based on their ranks, the archers will then proceed to the Olympic Round to determine the Overall Individual Champions for Girls and Boys Divisions.

2. New Rule

The following new rules for international competitions will apply:

- 2.1. 20 seconds per arrow is the time allowed for individual alternate shooting, and for all team and mixed team rounds including shoot-offs;
- 2.2. 30 seconds per arrow is the time allowed for individual shooting during qualifications, Olympic round and Compound rounds where alternate shooting does not apply, including shoot-offs; and
- 2.3. No extra time shall be allowed for equipment failure or the treatment of medical problems, but the athlete concerned may leave the shooting line to resolve the issue and return to shoot any remaining arrow(s) if the time limit permits. In the Team Event other member(s) of the team may shoot in the meantime.

3. Competition in the Olympic Round will be as follows:

- a) An **Elimination Round** in which all archers (seeded according to their rank in the 1440 Round) in each division shoot a series of matches to determine the quarterfinalists. Each match shall consist of five (5) sets of three (3) arrows shot at the 122cm target face placed at the 70 meters for both girls and boys. The set system of scoring shall be used;
- b) A Finals round in which the remaining quarter finalists (top 8 archers in each class) shoot a series of matches, ending with the Gold Medal Matches. Each match shall consist of up to five (5) sets of three (3) arrows shot at the 122cm target face placed at the 70meter distance for both girls and boys. (Alternate shooting will apply on the BMM and GMM). The set system of scoring shall be used;
- c) The scores in the 1440 Round of the **top three archers** from each team shall be the team's aggregate score. All Team scores will be calculated in a similar manner and each Team will be ranked in the Girls and Boys Classes. **However, any member of a team who shot in the 1440 Round may be fielded in the Team Event provided the final composition must be submitted to the tournament secretary before the announced deadline for the re-computation of team aggregate score.** All teams will shoot in the Olympic Round Team Event which consists of:

- c.1. The **Team Elimination Round** in which all teams in each school shoot a series of elimination matches to determine the top teams in each class



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target face placed at the 70meter distance for both girls and boys. Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.

- c.2. The **Team Finals Round** in which the top eight (8) teams in each class shoot a series of matches ending with the Team Gold Medal Matches. Each match shall consist of four (4) ends of six (6) arrows shot at the 122cm target face placed at the 70meter distance (Alternate shooting will apply on the BMM and GMM*). Each archer shall shoot two (2) arrows per end. The set system of scoring shall be used.
- d) The scores in the 1440 Round of the top-ranked boy archer and top-ranked girl archer from each team/school shall be the MIXED TEAM's aggregate score. All Mixed Team scores will be calculated in a similar manner and each Mixed Team will be ranked.

VII. PROTOCOLS

1. Inspection of Equipment

Initial inspection of archers' equipment will be conducted by the Judges Committee during the Official Practice Day. However, subsequent inspections may be done during the tournament to ensure adherence to equipment rules, provided that these will not affect the settings of the bow in question. Later violations, when found, will be penalized according to WA rules.

VIII. DETERMINATION OF WINNER

1. **Distance Rounds** (30M, 50M, 60M, 70M) Boys and Girls – Archers will be ranked according to their scores per distance. Top 3 archers who got highest score will win in every distance. Each distance will have a maximum score of 360 points.
2. **1440 Round** – The archers will be ranked according to their aggregate scores in the Distance Round. Top 3 archers who got the highest score will win. Maximum score is 1440
3. **Olympic Round** -- The archer who won from the series of matches at the Individual Matchplay will win. (see Individual Matchplay Chart – WA rules Book 3 annex)
4. **Mixed Team** – Top boy and top girl archer of each team who won a series of matches at the Mixed Team Matchplay chart.
5. **Team Event** – Teams who won a series of matches at the Team Matchplay Chart.



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(Enclosure No. 8 to Division Memo No. 153, s. 2023)

ARNIS TECHNICAL GUIDELINES

I. COMPETITION RULES AND REGULATION:

The **DepEd-PEKAF Arnis Guidelines** shall be adapted for the purpose of the Department of Education school sports competition and higher level of competitions for Arnis

1. ATHLETES

Eligibility of Athletes must adhere to the Rules and Guidelines for the Division Accreditation and Screening (DSAC) requirements for eligibility.

2. COACHES / ASSISTANT COACHES / CHAPERON

2.1 Eligibility of coaches, assistant coach, and chaperon must adhere to the Rules and Guidelines for the Division Accreditation and Screening of athletes and coaches, assistant coach and Chaperon for the City Meet.

II. DISQUALIFICATIONS:

1. Participants not qualify in the DSAC Eligibilities and age requirements;
2. Participants not qualify for the weight category based from the official entry submitted during the officials weigh in for secondary; and
3. Other disqualification provided on DepEd/PEKAF rules and regulation

III. SPORTS EVENT:

FULL CONTACT SECONDARY LEVEL - There shall be a maximum of Five (5) participants distributed evenly in the different weight divisions for both Secondary Boys and Girls. Each region/team is allowed only one (1) entry in each weight category.

ANYO ELEMENTARY and SECONDARY - Five (5) Players will come from the Team members in the Likha Anyo team event who qualify in the weigh-in in the secondary level both boys/ girls and three (3) **players for elementary** who will qualify in the NSAC age requirements for both boys and girls.

IV. CATEGORIES:

FULL CONTACT (BLADED WEAPON CONCEPT) PADDED STICK SECONDARY LEVEL

BOYS	CATEGORY	GIRLS
43 kgs up to 47 kgs	Pinweight	37 kgs up to 40 kgs
Over 47 kgs up to 51 kgs	Bantamweight	Over 40 kgs up to 44 kgs
Over 51 kgs up to 55 kgs	Featherweight	Over 44 kgs up to 48 kgs
Over 55 kgs up to 60 kgs	Extra Lightweight	Over 48 kgs up to 52 kgs
Over 60 kgs up to 65 kgs	Half Lightweight	Over 52 kgs up to 56 kgs

ANYO COMPETITION CATEGORY:

Elementary Boys and Girls

NON-TRADITIONAL

A Individual Likha Anyo Single Weapon - 1 player per individual category



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C. Individual Likha Anyo Espada y Daga - 1 player per individual category

NON-TRADITIONAL

D. Team (Synchronized) Likha Anyo Single Weapon - 3 players per team category

E. Team (Synchronized) Likha Anyo Double Weapon - 3 players per team category

F. Team (Synchronized) Likha Anyo Espada y Daga - 3 players per team category

G. Team (Synchronized Mixed) double Weapon - 1 boy and 1 girl

Secondary Boys and Girls

NON-TRADITIONAL

A. Individual Likha Anyo Single Weapon Category - 1 player per individual category

B. Individual Likha Anyo Double Weapon Category - 1 player per individual category

C. Individual Likha Espada y Daga - 1 player per individual category

NON-TRADITIONAL

D. Team (Synchronized) Likha Anyo Single Weapon - 3 players per team category

E. Team (Synchronized) Likha Anyo Double Weapon - 3 players per team category

F. Team (synchronized) Likha Anyo Espada y Daga - 3 players per team category

V. EQUIPMENT

For the purpose of this standard, all equipment shall adhere to the specifications of PEKAF or its approved equivalent and by no means shall be substituted without prior consent of the Tournament/Sports Manager. No competitors shall be allowed to compete without the basic standard protective gears as follows:

VI. WEAPONS for ANYO

A player may have the option to choose any of the following weapons with a minimum length of 24 inches and a maximum length of 36 inches.

Wooden stick/yantok - The cane (stick) made of wood or rattan should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches.)

Wooden Replica of a Bladed Weapon - The wooden replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin.

Metallic Unbladed Replica of a Bladed Weapon - The metallic replica should measure not less than 60cm. (24 inches) and not more than 90cm. (36 inches) in full length and should be ethnic Filipino in origin.

Metallic/wooden Unbladed replica of a bladed sword and dagger- The metallic replica of the sword should measure not more than 60cm. in length and the dagger should measure not less than 20cm. and not more than 31cm. and should be Filipino in origin.

VII.

UNIFORM / COSTUME



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- White Plain T-shirt (athlete's name, school/club logo, division and region may appear on provided that it does not dominate the over-all appearance of the shirt).
 - Plain red pants (school/club logo may appear on the pants).
 - Rubber soled shoes.
3. Anyo Competition Costume: Participants are required to wear the official regional/ team delegation uniform or Amis Uniform (white T-shirt and Red pants).

VIII: PROTEST, PENALTIES AND SANCTION:

1. ANYO COMPETITION

The following actions will result in a deduction per violation to the participant's score in order to come up with the Final Score:

- a) Unintentionally dropping a weapon (Disarm) = half (0.5) point deduction for every violation
- b) Time limit violation = half (0.5) point deduction
- c) Line violation = half (0.5) point deduction for every violation
- d) Starting over = half (0.5) point deduction
- e) Failure to execute the Pugay at the start/end of performance = half (0.5) point deduction
- f) Finishing in place different from where the form started = half (0.5) point deduction unless Judges have been notified in advance that this will occur.

2. Queries/Protest and Complaint on Technicalities

2.1. **Queries** shall be done immediately after the competition and before the next match begins. Evidence justification through Video cameras is just a secondary basis for clarification. Final decision is based on the deliberation of the officiating officials of that match or bout.

2.2. **Protest** shall be done immediately after the match/bout and shall be made in writing within 2 hours by the coach duly signed by the athletic manager or authorized representative of the delegation addressed to the Technical Committee.

2.3. Any action made otherwise shall be nullified.

2.4. Coaches/Assistant Coach /Chaperons who failed to attend the solidarity meeting shall waive his/her rights for queries and protest.

2.5. "JUDGEMENT CALL CANNOT BE PROTESTED"

3. Full Contact Event:

3.1. Every contestant who contravenes the rules shall be warned or penalized. The nature of the penalty will be announced by the referee after the appropriate consultation within the referee panel.

3.2. Warning may be imposed for attempted minor infractions of the



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3.3. The following scale of penalties shall operate: minor violation (paglabag) - not engaging the opponent, prolonged grabbing, pushing, body pushing, hitting lower extremities (knee and below knee level only).

.4. Major violation (sinadyang paglabag) - hitting the groin, neck, back of the head, sweeping, throwing, punching, etc., thrusting and butting technique, feigning of injury, uncalled remarks, excessive contact, hitting injured parts, whether it is intentional or unintentional; The referee/judges has the discretion to imposed disqualification from the match even on first offense, depending the gravity of the offense.

3.5. A penalty can be directly imposed for a rules infraction but once given, repeats of that category infractions must be accompanied by an increased in severity of penalty imposed.

3.6. Dishonorable disqualification may be invoked from the following:
a.) When a contestant commits an act which harms the prestige of Amis.

Such as: Throwing of Amis stick, spiting, etc.

b.) When an action/s of a contestant are considered to be dangerous and deliberately violate the rules concerning prohibited behavior.

IX: CONDUCT OF THE COMPETITION:

1. General Guidelines in FULL CONTACT Event

1.1. The **Conduct of the Competition** for Full Contact Bladed Weapon Concept shall be on a **two-out-of-three round system**. Each round shall be held for a continuous One (1) minute and is counted upon confirmation of Two (2) or Three (3) Judges by raising of color coded flag system.

1.2. **Players** are required to show artistic arnis movements unique to their styles for at least three (3) seconds when the referee says "HANDA". Failure to do this -- First Offense will be given BABALA or warning. Second and succeeding offenses shall be considered as PAGLABAG or foul.



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1.3. A **SCORE**: shall mean a strike with a padded stick using one hand only, delivered to a specific body points and is counted upon confirmation of Two (2) or Three (3) Judges by raising of color coded flags (2 same color - majority, 3- same color unanimous), simultaneously recorded on the score sheet. Every hit in the encounter, confirm by the judges will be stopped by the referee to award the score for the bladed concepts must be observed.

1.4. **(DRAW SCORE) Match Tie- Breaker**

A match is won when one competitor accumulates the majority of the points earned after the one (1) minute round expires. In the event that the scores, disarms, and fouls are the same at the end of the round, the ADVANTAGE POINT Principle shall be applied to break the tie.

▶ In every match, the first legitimate score is immediately recorded by the judges/recorder to the scorecard and documents the corresponding point to the player who gets the advantage point.

▶ The Advantage Point Principle: The Advantage Point is the very first score gained by either one of the two players. If the red player is the first to score in the match, the red player gets the advantage point and if the blue player is the first to score in the match, the player gets the advantage point.

▶ In the Bladed weapon concept events, the player who gets the advantage point wins the match to break the tie or draw.

▶ If a tie score still exists after the match, the total score in the whole match shall be added to break the tie. If the total score is still the same the First Advantage Point in the match shall apply.

1.5. **Injuries**

In case of minor/major injury caused by accidental blow/hit both intentional and un-intentional the referee must stop (hint) the match and call the attention of the medical doctor and decides/suggests to give the injured player a little time to rest before he/she can continue the game, the decision as stated shall be suspended for a while. However, the rest period shall not be more than two (2) minutes after which the medical doctor must declare the fitness of the injured player to continue or discontinue the game.

2. GENERAL RULES OF THE GAME FOR LABANAN
BLADED WEAPON CONCEPT MECHANICS OF THE MATCH

2.1. Bladed weapon concept of sparring is characterized by point system, in which a contestant who successfully landed a legal strike/technique with one hand shall be awarded by point immediately.

2.2. The normal duration of a match is 3 rounds, continuous 1 minute per round with a 15 seconds rest interval for secondary level.

2.3. The timing of the bout starts when the referee gives the signal to start (Handa) and stops each time he calls "Hinto."

2.4. The Time-Keeper shall signal by an early audible gong or whistle indicating time- up.

2.5. Contestants are encouraged to demonstrate twirling technique before engaging into blows.

2.6 A legitimate strike is given a point if it is delivered to a specific body point in correct form, with power, right timing, with art, distance and intent.

2.7 Spontaneous strike is allowed, but the judges can only give one (1) point per encounter but in accordance with the guidelines on legitimate strike.

2.8 Attacks are limited to the following areas:

- a.)head
- b.face



- e.) back (lower extremities only)
- f.) side of the body
- g.) extremities

3. The following Acts shall be prohibited and may result to

FOULS

A. Light Fouls:

1. Deliberately going outside of the ring or stepping or going out of the playing area with both feet.
2. Pushing or pulling with any part of the body or head is not allowed.
3. Grabbing or holding the opponent to avoid action. The match will be stopped if grabbing and holding is done.
4. More than two consecutive strikes to the same target area.
5. Failure to step back when ordered to break (*buwag/hiwalay*) or if competitors do not stop action when a "*HINTO!* (Stop!)" or "*HIWALAY!*(Break!)" is called.
6. Removing head gear or other protective equipment in between rounds. (Head gear may be lifted but not removed.)
7. Adjusting the uniform or protective gear without the permission of the Referee.
8. Deliberately delaying the match in order to gain additional rest time.
9. Hitting while holding the opponent's *olisi* (stick).
10. Blocking with the use of the arm. An intentional use of the hand/arm to block the opponent's weapon, arm or hand.
11. Complete failure to use defensive tactics and maneuvers.

B. Harmful Fouls:

1. Hitting when the opponent is down or in the act of rising, is unconscious, turns his back, or signals surrender.
2. Striking with any part of the body.
3. Hitting the groin, neck, throat, back and back of head.
4. For LIVE STICK Events only, any area below the thigh.
5. Accidental hitting of illegal target areas.
6. Thrusts, butt strikes (*punyo*), or two-handed strikes.
7. Grappling, wrestling, or hooking.
8. Application of throws or sweeps.
9. Application of joint locks for any purpose, including disarming.
10. Checking to the face.
11. Useless, aggressive, or offensive utterances during the match, foul language, cursing and swearing (unintentional or otherwise), jeering, trash talking, and negative remarks will not be tolerated.
12. Any unsportsmanlike conduct causing embarrassment to an opponent, official, or the audience.
13. Striking or attempting to strike immediately after the referee has ordered break (*buwag/hiwalay*).
14. The use or application of prohibited drugs such as steroids, stimulants, marijuana, opiates, etc.



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3.2. Any discourteous behavior such as provocation and uncalled remarks. Any competitor/s, coach or official members of a team who have discourteously towards any members of the refereeing panel by words, gestures, etc., can earn the immediate disqualification of the whole group from the tournament.

3.3. In addition, attention is drawn to the coach's behavior. He shall at all times, during the operation of match, remain in his position and must not by words or deed, interrupt or course to be interrupt the smooth operation of the match. In the event that the coach contravenes the rules, then his/her competitor/s will be penalized accordingly.

4. CONDUCT AND ORGANIZATION OF THE COMPETITION FOR ANYO EVENT:

4.1 Anyo performance is classified into two (2) major classification:

A. Traditional Form: Anyo performance both in secondary and elementary Level which are strictly combative and emphasize focused on Amis skills and technique application without fancy movements and without music accompaniments.

B. Non Traditional Form: Anyo performance both in secondary and elementary Level which can incorporate weapons release/throws, kicks, jumps rolls and other creative acrobatic movements provided that must follow the principle of Eskrima Kali Amis and that at least (80%) of the performance shall emphasize sticks weapon being used and arnis skills/ technique are emphasized. Music accompaniment is allowed.

4.2 Anyo performance is a demonstration or combination of pre arrange or Choreographed sets of body movements, offensive and defensive technique through striking, blocking, thrusting using stick wooden replica or metallic unbladed replica of a bladed weapon.

4.3 In Anyo, music is optional but when there is time that may cause a delay, the management has the right to order the performer to perform even without music. Only Filipino ethnic music is allowed.

4.4 The time duration of the performance shall have minimum one (1) minute and a maximum of two (2) minutes performance. The official time shall start at the time the performer/s executes the salutation (Pugay) and it shall officially end when the performer/s executes the ending salutation (Pugay).



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4.5 The conduct of the competition shall be one (1) round Anya performance for both Secondary and Elementary level (boys / girls)

4.6 Score in the Likha Anyo competition shall have a numerical value from 7-10 with an increment of 0.1

X: DETERMINATION OF WINNER:

1. FULL CONTACT CRITERIA FOR DECISION

- 1.1. In *every* bout there should be a winner. The referee will call for a hatol, Judges will raise the flag red or blue as winner on his/her judgement.
- 1.2. Majority of the colors raised by the judges will be declared the winner.
- 1.3. If at the end of the 2nd bout scored tie is established the decision is a draw (tabla) third round will be called for by the referee.
- 1.4. After the third bout when the decision is draw (tabla), the bout will refer to the scores accumulated and the violations committed by the competitor/ s in the three rounds.

2. DETERMINING THE WINNER IN ANYO COMPETITION:

2.1 There shall be Five (5) judges. The highest and the lowest score will be removed and the remaining scores of the Three (3) judges will be added together to get the **total score**.

2.2 In case of tie, the highest and the lowest score of the Five (5) Judges shall be backed and added together to break the tie.

2.3 In case another Tie: Repeat performance

2.4 The ranking of participants is based from the net score obtained which is determined by deducting all identified point deduction/ s committed if any in accordance with the rules.

3. CRITERIA IN JUDGING THE ANYO COMPETITION:

In assessing the performance of a performer/ s in anyo competition, the following criteria must be observed.

3.1 PERFORMANCE STANDARD (60%)

Coordination

of

Movements/ Synchronization

(COM for Individual Events: The harmonization and dexterity of the movements of arms, legs, head, body and weapons of the performer. It is the well-balanced actions, steps, stances and movements (sense of balance)

(Synchronization for Team Events: The precise timing, indistinguishable, identical, harmonic and rhythmic movements of the arms, legs, head, body and weapons of the performers/ team during the duration of the performance. However, symmetrical angles of delivery, including the arms, legs, head, body weapons, footwork and other movements of the performers/ team are also allowed.

Artistic Execution and

Mastery

(The graceful, elegant, refined, stylish, animated, execution and comprehensive knowledge of the martial art skills and movements of the performer/ s including speed and power).

> Bearing, Stage Presence and Over-All



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(The over-all manner, composure, attitude, poise and posture of the performer /s during the performance.)

CONTENT STANDARD (40%)

Degree of Difficulty of Techniques and Movements

(The selection and magnitude of variety, complicatedness, complexity, intricacy of the movements of the arms, body and legs in executing martial art techniques of the whole performance.)

Creativity and Interpretation

(The originality, inventiveness and imaginativeness of the forms and movements together with the understanding and version of martial arts movements without sacrificing effectiveness.

XI. SAFETY PROTOCOLS

1. Observe COVID-19 Safety and Health Protocols
2. Use of prescribe/official safety gears and equipment per Team is required
3. STRICTLY adhere to CHILD PROTECTION POLICY
4. Presence of Medical Team throughout the duration of competition



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(Enclosure No. 8 to Division Memo No. 153, s. 2023)

ATHLETICS TECHNICAL GUIDELINES

For the 2023 *City Meet* 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 7 of Division Memorandum No. _____ 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

1. Track Events and Field Events

- 1.1. The top 24 athletes who meet the Qualifying Standards based on the consolidated results (hand time) shall qualify in the *Higher Meets*.
- 1.2. All athletes tied in the 24th place will be considered qualified to compete.
- 1.3. Minimum of three qualifiers per event to proceed with the competition.
- 1.4. Events with no qualifiers will not be played in the *City Meet*.

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.

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



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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. 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.

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

5. **Weight of Implements**

Implements	Elementary		Secondary	
	Girls	Boys	Girls	Boys
Shot	3kg	5kg	4kg	6kg
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	.762m		.840m	
110 MH		.914m	1.0 kg	.994 m
400 MH	.762m	.840m	.762 m	.914m

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.



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(Enclosure No. 8 to Division Memo No. 153, s. 2023)

BADMINTON TECHNICAL GUIDELINES

I. RULES

1. The competition shall be conducted in conformity with the Badminton World Federation's (BWF) existing laws and regulations. The **Tournament Manager**, however, shall have the final say in any matters not covered by these laws.
2. The technical organization of the tournament shall be the responsibility of the **Technical Committee/Tournament Manager**. The committee's decision shall be final in all matters relating to the competition.
3. Only the **Official Coach** and **Chaperon** listed on the gallery are allowed to sit on the coaches' chair and approach the players during intervals. (Maximum of two persons allowed).
4. Only the **Official Coach** and **Chaperon** are allowed to approach the **Match Control/ Referee** with regards to questions and inquiries during the match.

II. TOURNAMENT FORMAT

The format of the competition shall be run on a single elimination or knock-out system for all events in elementary and secondary levels both boys and girls.

III. EVENTS

Only Individual competition shall be played during the *Vigan City Meet SY 2023-2024*. A player can only play in one event except if chosen to play the mixed doubles. Elementary / Secondary

1. **Boys Singles (BS)** - (Two (2) entries / Team)
2. **Girls singles (GS)** - (Two (2) entries / Team)
3. **Boys Doubles (BD)**- (One (1) entry / Team)
4. **Girls Doubles (GD)**- (One (1) entry / Team)
5. **Mixed Doubles (XD)**- (One (1) entry / Team)

IV. SEEDING / RANKING

Pairings for elementary and secondary levels for both boys and girls in all events shall be done by draw lots. There will be no seeding of playe.

V. DRAWING OF LOTS

1. Drawing of lots shall be done before the start of the *Vigan City Meet SY 2023-2024* or one (1) day before the actual competition.
2. The **Tournament manager/ match control** shall be the one to facilitate the draw to determine the opponent, this will be done in the presence of



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3. Coach/representative's right to question the tournament proceedings or technical guidelines shall be waived if he/she fails to attend the Solidarity Meeting.

VI. ENTRY OF PLAYERS

1. Coaches shall submit their entries for Singles, Doubles, and Mixed doubles competition during the Solidarity Meeting on a prescribed entry form to be provided by the management.
2. The coach shall duly sign the entries.
3. Upon submission of the entries, **no** substitution shall be allowed especially after the draw.

VII. SCORING

The BWF scoring system of 1-21 points (rally point) best of three games shall apply to singles and doubles events. In case the score becomes 20-all, the player/pair who gains an advantage of two (2) points wins the game (20-22, 23- 21). If the score becomes 29-all, the player/pair who score the 30th point wins the game.

VIII. WALK-OVER

A fifteen (15) minute grace period upon call of the match shall be given, otherwise the team/player shall be declared loser via walk-over. Coach is required to submit a signed letter of explanation and duly signed by head of delegation or duly authorized for walk-over. The rule of succession shall be observed.

IX. ATTIRE

1. All players are required to use their playing uniform (school colors) on the **first day and during the championship or finals**. Doubles players should wear a playing attire of similar color as his/her partner (if not wearing their school colors).
2. **Coaches and Chaperones** are not allowed to wear sleeveless shirts, shorts, and slippers when coaching.

X. PROTEST

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the delegation. It should be submitted to the Tournament Manager (TM) within one (1) hour immediately after the conclusion of the match in protest. The TM 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.



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XI. UNFORESEEN EVENT

1. The decisions of the Referee on any disputes during the competition shall be final.
2. The ongoing matches will be impossible to continue; such matches will be continued later from the point where it was disrupted.



(Enclosure No. 8 to Division Memo No. 153, s. 2023)

BASEBALL TECHNICAL GUIDELINES

1. **ELEMENTARY BASEBALL** adopted the Little League, INTERMEDIATE DIVISION (50 -- 70) Playing Rules published by the LITTLE LEAGUE BASEBALL, INCORPORATED as the primary playing rules.
2. **SECONDARY BASEBALL** adopted the Official Rules of Major League Baseball Current Edition as the primary playing rules and World Baseball Softball Confederation (WBSC-BASEBALL) Tournament Regulations.

I. PLAYING

RULES

1. INNINGS

1.1.1 ELEMENTARY

It shall be played for **SEVEN (7) innings** during the Elimination, Quarter Finals, Semi-Final and Championship Game. Any team shall have the option to concede in any of their games.

1.1.2 SECONDARY

It shall be played in **FIVE (5) innings** during the Elimination, Quarter finals, Semi-final and **Seven (7) innings** in the championship game only. Any team shall have the option to concede.

1.2 MERCY RULE (Ten (10) Run Rule)

1.2.1 ELEMENTARY

If after four innings, three and one-half innings if the home team is ahead, one team has a lead of fifteen (15) runs or more, the manager of the team with the least runs shall concede the victory to the opponent. If after five innings, four and one-half innings if the home team is ahead, one team has a lead of ten (10) runs or more, the manager of the team with the least runs shall concede the victory to the opponent.

1.2.2 SECONDARY

For Secondary Baseball the 10-Run Rule shall be applied in all the games, except in the championship game (bottom of 3rd or any time after the 3rd of a five (5) inning game) as the case may be.



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1.3 PLAYING EQUIPMENT

It is mandatory for all competing teams to provide their respective teams the necessary equipment: bats, batting helmets, shin guards, catcher's mask and groin protector.

2. INJURY / ILLNESS

If a player is injured or becomes ill during a game, the decision of the division doctor or other medical personnel who are present will be final as to whether or not the player may continue in the game.

3. UNIFORMS

3.1 All players on a team shall wear uniforms identical in color, trim and style. Teams shall have preference to wear the colors of their school. It also applies for their second set of uniforms.

3.2 All players must wear a specified and different number on the back of the uniform. Each player will keep the same number during the competition. The numbers cannot be changed during the competition. Teams with more than one (1) set of uniform must have identical back numbers.

4. OTHER GROUND RULES OF THE GAME

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



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BASKETBALL (3x3) TECHNICAL GUIDELINES

I. COURT AND BALL

1. The game will be played on a 3x3 playing court with 1 basket. A regular 3x3 playing court is 15 m (width) x 11 m (length). The court shall have a regular basketball playing court sized zone, including a free throw line (5.80 m), a 2-point line (6.75 m) and a "no-charge semi-circle" area underneath the basket. Half of a traditional basketball court may be used.
2. A 3x3 ball shall be used in all categories.

II. TEAMS

Each team shall consist of no more than 4 players (3 players on the court and 1 substitute).

Note: Coaches on the field of play including seats for substitutes and/or remote coaching from outside the court are not allowed.

III. GAME OFFICIALS

The game shall be managed by up to 2 officials, 3 table officials and a sports supervisor, if any.

Note: Article 3 does not apply to grassroots events.

IV. BEGINNING OF THE GAME

1. A coin flip shall determine which team gets the first possession. The team that wins the coin flip can either choose to benefit from the ball possession at the beginning of the game or at the beginning of a potential overtime.
2. The game cannot begin if one of the teams is not on the playing court with 3 players ready to play.

V. SCORING

1. Every shot from inside the arc (1-point field goal area) shall be awarded 1 point.
2. Every shot from behind the arc (2-point field goal area) shall be awarded 2 points.
3. Every successful free throw shall be awarded 1 point.





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VI. PLAYING TEAMS / WINNER OF THE GAME

1. The regular playing time shall be 1 period of 10 minutes. The game clock shall be stopped during dead ball situations and free throws. The game clock shall be restarted when:
 - 1.1. During a check-ball, the ball is at the disposal of the offensive player after the check-ball has been completed;
 - 1.2. After a successful last free throw, the next offensive team is in possession of the ball; and
 - 1.3. After an unsuccessful last free throw and the ball continues to be live, the ball touches or is touched by any player on the playing court.
2. The first team to score 21 points or more wins the game if it happens before the end of regular playing time. This "sudden death" rule applies to the regular playing time only (not to a potential overtime).
3. If the score is tied at the end of regular playing time, an overtime shall be played. There shall be an interval of 1 minute before the overtime starts. The first team to score 2 points in the overtime wins the game.
4. A team shall lose the game by forfeit if at the scheduled starting time of the game the team is not present on the playing court with 3 players ready to play. In case of a forfeit, the game score is marked with w-0 or 0-w ("w" standing for win). For the winning team this game result shall not be considered when calculating the team's average score while for the losing team this game result shall be considered with 0 points when calculating the team's average score. A team shall be disqualified from the competition after its second forfeit or in case of no-show.
5. A team shall lose the game by default if it leaves the court before the end of the game or all the players of the team are injured and/or disqualified. In case of a default situation, the winning team may choose to keep its score as it stands or to have the game forfeited, whilst the defaulting team's score is set to 0 in any case. In case of a default where the winning team chooses to have the game forfeited, the game result shall not be considered when calculating the team's average score.

VII. FOULS AND FREE THROWS

1. A team is in a penalty situation after it has committed 6 fouls. Players are not excluded based on the number of personal fouls subject to Art. 16
2. If the foul is committed on a player in the act of shooting, that player shall be awarded a number of free throws as follows:

- 2.1. If the shot released from the field goal area is successful, the goal shall count and, in addition, 1 free throw;
- 2.2. 2 free throws shall be awarded as of the 7th team foul; and
- 2.3. If the shot released from inside the arc is unsuccessful, 1 free throw. 2 free throws shall be awarded as of the 7th team foul.
- 2.4. If the shot released from behind the arc is unsuccessful, 2 free throws.
3. Unsportsmanlike and disqualifying fouls are counted as 2 fouls for team fouls purposes. The first unsportsmanlike foul of a player shall be penalized with 2 free throws, but no ball possession. All disqualifying fouls (including the second unsportsmanlike of a player) shall be penalized with 2 free throws and ball possession.
4. Team fouls 7, 8 and 9 shall always be penalized with 2 free throws. Team foul 10 and any subsequent team fouls shall be penalized with 2 free throws and ball possession. This clause is applied also to unsportsmanlike fouls and to fouls on the act of shooting and overrules Art. 7.2 and 7.3 but shall not be applied to technical fouls.
5. All technical fouls shall be always penalized with 1 free throw. The free throw shall be administered immediately. After the free throw, the check-ball shall be administered by the team which had control of the ball or was entitled to the ball when the technical foul was called. The game shall be resumed as follows:
 - 5.1. If the technical foul was committed by a defensive player, the shot clock for the opponents shall be reset to 12 seconds; and
 - 5.2. If the technical foul was committed by the offensive team, the shot clock for that team shall continue from the time it was stopped.

Note: An offensive foul shall not be penalized with free throws.

VIII. HOW BALL IS PLAYED

1. Following each successful field goal or last free throw (except those followed by ball possession):
 - 1.1. A player from a non-scoring team shall resume the game by dribbling or passing the ball from inside the court directly underneath the basket (not from behind the end line) to a place on the court behind the arc; and
 - 1.2. The defensive player is not allowed to play for the ball in the "no-charge semi-circle area" underneath the basket.
2. Following each unsuccessful field goal or last free throw (except those followed by ball possession):
 - 2.1. If the offensive player rebounds the ball, he may continue to attempt to score without returning the ball behind the arc; and
 - 2.2. If the defensive player rebounds the ball, he must return the ball behind the arc (by passing or dribbling).

3. If the defensive team steals or blocks the ball, it must return the ball behind the arc
(by passing or dribbling).
4. Possession of the ball given to either team following any dead ball situation shall start/resume with a check ball, i.e. an exchange of the ball (between the defensive and the offensive player) behind the arc at the top of the playing court.
5. A player is considered to be "behind the arc" when neither of his feet is inside or on the arc line.
6. In the event of a jump ball situation, the game shall be resumed with a check-ball for the last defensive team.

IX. STALLING

The shot clock shall be reset to 12 seconds.

1. Stalling or failing to play actively (i.e. not attempting to score) shall be a violation.
2. If the court is equipped with a shot clock, a team must attempt a shot for a field goal within 12 seconds. The shot clock shall start as soon as the ball is at the disposal of the offensive player (following the exchange with the defensive player or after a successful field goal underneath the basket).
3. An offensive player, after the ball has been cleared, shall not dribble inside the arc with his back or side to the basket for more than 3 consecutive seconds.

Note: If the court is not equipped with a shot clock and a team is not sufficiently trying to attack the basket, the officials shall give in the last 5 seconds the offensive team an information on the remaining second by counting them loudly and signaling them with an extended arm.

X. SUBSTITUTIONS

Both teams are entitled to request a substitution when the ball becomes dead prior to a check-ball or free throw. The substitute can enter the game without any prior notice to the officials or table officials while the ball is dead and the game clock is stopped. The substitutions can only take place behind the endline and require no action from the officials or table officials.

XI. TIMEOUTS

1. Each team shall be granted 1 time-out. Any player or substitute can request a time-out when the ball becomes dead prior to a check-ball or free throw.
2. In addition to the teams' time-outs, in FIBA 3x3 Official Competitions or if so decided by the organizer 2 additional TV time-outs that shall be granted at the first dead ball after the game clock shows 6:59 and 3:59 respectively in all games.
3. All time-outs shall last 30 seconds.



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BASKETBALL TECHNICAL GUIDELINES

The International Basketball Federation (FIBA) Rules – valid as of 1st January 2022 including the latest amendments shall govern the Basketball competitions except for the approved Special Guidelines and Ground Rules for the Elementary Level.

I. PURPOSE

It is a game specially designed to build a strong foundation in developing positive values and character through their participation. It also aims to enhance the development of basic skills and productive exposure in games between and among young boys and girls, providing unique experience for fun, enjoyment, and eventually leading the way to a long-term involvement in the sports.

II. TEAM (Players, Coaches & Other Team Officials)

1.

Eligibility

- 1.1. The provisions on the Eligibility of Athletes stipulated in Enclosure No. 7 of Division Memorandum No. _____s. 2023 shall apply; and
- 1.2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

2. Team Composition

- 2.1. For Regular Basketball (5x5)

A team shall be composed of not more than 12 team members and a COACH and maybe, an Assistant COACH, while the Girls Team may include a CHAPERON (only when the coach and asst. coach are male), but if the Asst. Coach is a female, no more chaperon.



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3. Team Officials

- 3.1. A team shall be headed by a responsible Coach and an Assistant Coach as required by the City Meet Rules and Guidelines.
- 3.2. Only the Coach and the Assistant Coach (and Chaperon for girls) shall be allowed to sit/stay within the team bench during official games.

4. Team Uniform

- 4.1. The uniform of team members shall consist of:
 - Shirts of the same colour front and back as the shorts. All players must tuck their shirts into their playing shorts.
 - Shorts must end above the knee.
 - Socks of the same dominant colour and need be visible.
 - Shirts shall have visible numbers and colours contrasting with the colour of the shirt with the following specifications:
 - Those on the back shall be at least 16 cm high.
 - Those on the front shall be at least 8 cm high.
 - The numbers shall be at least 2 cm wide.
 - Teams may only use numbers 0, 00 and from 1 to 99.
 - Players on the same team shall not wear the same number.
- 4.2. A player who is not wearing the team's complete uniform may not be allowed to play. In case of an incomplete uniform on a player/s, a WRITTEN REQUEST FOR EXEMPTION (only when there is a valid reason) shall be submitted and duly signed by the Head of Delegation addressed to the Tournament Director; and the playing numbers shall be (0, 00, 1-99) and the assigned delegation color shall be followed (dominant / secondary colors).

III. TIMING REGULATIONS

1. For Elementary Level / Category only:

The game shall consist of 4 periods. The first three periods shall be played in **8 minutes** and **10 minutes** for the 4th period and **5 minutes** for every extra period.

2. **For Secondary Level (Boys / Girls category):**

The official FIBA 2015 Rules (Regular Rules) shall apply with the latest amendments.

3. **For Both Elementary and Secondary categories:**

The interval between periods is one (1) minute while the interval between halves is five (5) minutes.

IV. PLAYERS' PLAYING REGULATION

1. **For Elementary Level / Category only:**

1.1. All players of the team must be fielded before the end of the 2nd period or within the 1st Half. FAILURE of the Coach to field a player in the 1st Half shall be penalized with a Technical Foul (1FT+BP) charged to the Coach.

1.2. All players shall play at least one (1) period BUT not more than three (3) periods and MUST be rested for one (1) period. If a Coach fielded a player for more than three (3) periods, it shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach.

1.3. Normal substitution procedures shall apply in all periods. (Except when a certain rule does not apply). A player may enter in a game as a substitute as many times as possible within that period and considered as having played only in that period / quarter.

1.4. One (1) time-out for every period shall be granted to each team for the first three (3) periods and two (2) time-outs shall be granted in the fourth (4th) period, and one (1) timeout for every extra period. Unused timeouts shall not be carried over to the next period. In the first three periods the Timeouts shall either be used or forfeited if not used.

1.5. In case a team has an incomplete line-up during the scheduled game:
a. The 1st period shall always start with 5 players while the other periods may be played with the remaining members of the team

2. **For Secondary Level Category:**

The official FIBA Rules or NORMAL substitution procedures shall apply.

V. IN CASE OF DISQUALIFICATION

1. A thrown-out player must leave the confines of the play area.

2. A player/coach who is "**Ejected / Thrown out**" because of a Disqualifying foul due to Flagrant Foul / fighting or the like, subject player shall be automatically suspended. The number of games of suspension shall be determined by the Technical Committee headed by the Tournament Director and will be based on the gravity of the act. When there is suspension, it shall be applied in the team's succeeding games.

3. Any team member who is "**Disqualified**" due to a) 2 Unsportsmanlike Foul; b) 2 or 3 Technical Fouls by a coach / player, is different from the above provision



VI. RULES OF CONDUCT

I. FOULS

- 1.2. **Technical Fouls** - any PLAYER/COACH who displays unsportsmanlike/ disrespectful act such as slashing of neck, showing of dirty fingers, pointing of accusing finger and trash talking/shouting bad words/foul language, contesting calls, arguing with the officials and others. A WARNING may be given, or a TECHNICAL FOUL shall be slapped.
- 1.3. **Personal Fouls** - a player causing contact with an opposing Playmate, which gives an unfair advantage, and such contact is neither intentional nor flagrant.
- 1.4. **Unsportsmanlike / Disqualifying Foul** - a player causing excessive contact which may cause or have caused injury to an opponent such as: a) excessive swinging of elbow; b) throwing a punch; c) tripping; and d) intentional contacting/ pushing the back of a player going for a basket shall be judged to be an UNSPORTSMANLIKE / DISQUALIFYING FOUL

VII. PLAYERS' / COACHES' CONDUCT

1. Any player / coach, who is slapped with a Disqualifying Foul and ejected because of **Flagrantly Unsportsmanlike Act** (not due to 2/3 Technical Fouls), shall be penalized accordingly PLUS an additional game suspension/total disqualification or banned from further participation, depending on the gravity of the offense (As may be determined by the technical committee / Tournament Director).
2. Uttering/shouting of obscene/foul language/bad words or verbal abuse from players/coaches to opponents/officials or teammates shall not be tolerated. Such an act shall be dealt with a warning, or a Technical Foul will be slapped. **The Coach shall behave as a professional and or being a responsible sport official or teacher and that in any way it will not sacrifice the values and discipline of the team but rather to protect the integrity of the game. Any infringement/violation of this conduct shall be penalized with a Technical Foul, Game Suspension and or Ban.**
3. Teams shall keep and leave their bench areas clean and orderly. Non-compliance shall be dealt with a Warning for the first offense, **Technical Foul** for the second offense.
4. A player may be allowed to play with an incomplete uniform, for any valid reason thereof, (only when a Request by the Head of Delegation was submitted and approved by the Tournament Director) but shall be slapped with a Technical Foul before he will enter the playing court.
5. Coaches shall always confirm their next schedule of game with the Tournament Manager BEFORE leaving the playing venue/ or after their game.
6. A team that **walks out** of their game shall be penalized with a Disqualification from the competition and likewise the Coach shall be **banned**.
7. Any Coach who abandons his/her team without any valid reason shall be penalized with game suspension to ban for 1-year and or perpetual disqualification.
8. Any infraction committed in the **covenant** by any player/coach **maybe penalized** with a reprimand and or warning or Technical Foul if so warrants.

VIII. SPECIAL PROVISIONS AGAINST CHILD ABUSE AND BULLYING

The conduct of the City Meet and other higher level of competitions is an official DepEd activity and as such, pertinent provisions of the Child Protection Policy (DepEd Order No. 40, s. 2012). The Anti-Bullying Act (Republic Act No. 10627), and all laws protecting the rights of the learners shall be strictly observed before, during, and after the activity.

IX. RULE ON PROTEST

1. Protest on game rules technicalities shall be registered by the team thru



BILLIARDS TECHNICAL GUIDELINES

I. RULING:

The general ruling is anchored on the ruling set by the World Pool Association (WPA).

A. The ruling set by the Palarong Pambansa Technical Committee will be followed, to with:

1. A player must bring the necessary equipment during the match.
2. If the cue tip of the player's cue stick is accidentally broken, the player may borrow it from the venue or from his/her teammates. He is not allowed to borrow from the opponent's cue stick.
3. If a player unscrewed his/her cue stick while the opponent takes turn in running the table, the player who unscrewed the cue stick automatically **LOSES THE MATCH**.
4. Verbal communication between the coach and the player is strictly prohibited during the match. Coaches shall keep distance from the playing player.
5. Each player is allowed to take one (1) time-out of FIVE MINUTES (5 minutes) in every match in either 8-ball or 9-ball competition. It is only granted when it is the player's inning or turn to break.
6. COACHES and AUDIENCES are not allowed to interfere with referees' decision.
7. If a player feels that the referee has made an error in judgment, he may ask the referee to reconsider his call or lack of call. However, the referees' decision on judgment calls is final.
8. A player is given 40-second shot clock and a 30-second extension per inning.

II. ELIGIBILITY:

The participants for the event shall be students in the secondary private and public schools. They should pass the athletes eligibility based Division Screening Committee Guidelines.

III. DISQUALIFICATION:

Unsportsmanlike Conduct:

The rules and regulations give the referee and other officials considerable latitude in penalizing unsportsmanlike conduct. Several factors should be considered in such decisions, including previous conduct, previous warnings, how serious the offense is, and information that the players may have been given at the Players' Meeting at the start of the tournament.



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IV. SPORTS EVENTS / DISCIPLINE:

Disciplines that will be played during the Vigan City Meet SY 2023-2024 would be **9- ball** and **8- ball** singles.

NINE BALL- Nine ball is played with nine object balls numbered one through nine and the cue ball. The balls are played in ascending numerical order. The player legally pocketing the nine ball wins the rack.

**THE THREE POINT BREAK
RULE:**

(1) On the break shot, a minimum of three object balls must either be pocketed, or touch the head string line, or a combination of both. For example, if one object ball is pocketed, then at least two object balls must touch the head string line; or if two object balls are pocketed, then at least one object ball must touch the head string line. To touch the head string line means that the edge of the object ball must reach (break) the string line.

(2) If a player fails to meet the requirements in (1), but otherwise makes a legal break, the incoming player has the choice to accept the tables as is or hand the shot back to his opponent.

(3) In accepting the table as is, the incoming player is not permitted to play a "push-out", he must play a legal shot to the ball on.

(4) If the table is handed back to the breaker, the breaker is permitted to play a push-out. If so, his opponent will then have the choice to either play the shot, or hand it back.

(5) If a player fails to meet the requirements of (1), but otherwise makes a legal break and pockets the 9 ball, the 9 ball is reposted before the next shot is played.

V. PLAYERS REQUIREMENTS

A. Each player shall be required to bring at least one of the following equipment during the event. Lending or borrowing of such equipment is allowed for the Vigan City Meet.

1. Break Cue
2. Cue Sticks
3. Jump Cue
4. Chalk / Gloves
5. Tapper
6. Cue extension

B. Players Dress Code

BOYS

Delegation Uniform / Collared Polo (in the absence of delegation uniform)
Long Pants
Black shoes / shoes with rubber soles



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Delegation Uniform/ Collared Polo (in the absence of delegation uniform)
Long Pants
Black shoes / shoes with rubber soles

X. PROTEST, PENALTIES AND SANCTIONS Protest

Ruling (WPA)

If a player needs a decision to be taken, the first person to be contacted is the referee. The referee will form his decision by all means that seem suitable to him. If the player wants to protest against that ruling, he may contact the head referee and after that the tournament manager. In any regular tournament, the tournament manager's decision is binding

XI. CONDUCT OF COMPETITION

Disciplines that will be played during the Palarong Pambansa would be **9- ball** and **8- ball** singles. Single elimination or knock-out system is being applied



BOXING TECHNICAL GUIDELINES

I- Rules and Regulations

IBA Technical and Competition Rules dated March 25, 2023 shall be followed during the Vigan City Meet SY 2023-2024

II- Eligibility

A. Only secondary student-athletes who passed the screening and accreditation conducted by the Division Screening and Accreditation Committee shall be allowed to participate

B. Eligibility of boxers on medical-related issues shall be referred to Rule 4.2.6 of the IBA Technical and Competition Rules

III- Age Classification and Weight Categories

AGE CLASSIFICATION	AGE	YEAR OF BIRTH	WEIGHT CATEGORY	WEIGHT RANGE
School Boys	13-14	2010-	Pin weight	44 kg -46 kg
School Boys	13-14 y/o	2010-2011	Light Fly weight	Over 46 kg- 48 kg
Junior Boys	15-16	2008-2009	Pin weight	44 kg- 46 kg
Junior Boys	15-16	2008-2009	Light Fly weight	Over 46 kg- 48 kg
Junior Boys	15-	2008-2009	Flyweight	Over 48 kg-
Junior Boys	15-16	2008-2009	Light Bantam	Over 50 kg-
Junior Boys	15-16	2008-2009	Bantamweight	Over 52 kg-
Youth Boys	17-18 y/o	2006-2007	Minimum weight	46 kg- 48 kg
Youth Boys	17-	2006-2007	Flyweight	Over 48 kg-
Youth Boys	17-	2006-2007	Bantamweight	Over 51 kg-

Note: Boxer's age is computed by subtracting his year of birth from the year of the Palao.

IV- Sport Entries Check

A. During the Sport Entries Check, the registered Coach and/or the Asst.

Coach shall submit their official final entry and shall present the following:

1. Authentic School Identification Card of each boxer.
2. Boxer's Record Book of each boxer reflecting his participation in the lower Meets.
3. Copy of the Medical Certificate submitted to DSAC
4. Boxers' uniforms
5. Boxers' equipment **{footwear and socks, gum shield, cup protector}**

B. Please refer to Rule 6 of the IBA Technical and Competition Rules for other provisions in the Sport Entries Check.



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V- Official Draw

- A. Official Draw shall be conducted right after the Sport Entries Check.
- B. Only the entries who pass the Sport Entries Check shall be considered in the Official Draw.
- C. Manual Draw shall be done.
- D. Each team may send up to three (2) representative to attend the Draw.

VI- Weigh-In

- A. At the time fixed at 7:00 to 8:00 in the morning of each day of the competition, the Medical Check and the Daily Weigh-in shall be conducted. Only the boxers scheduled to box on the day shall be checked and weighed.
- B. The weight registered in the Sport Entries Check decides the Boxer's Weight Category for the entire competition.
- C. During the Boxer's first daily weigh-in of the competition, both the minimum and the maximum weights are controlled. The boxer's weight must not exceed the maximum weight limit nor below the minimum weight limit. On the succeeding boxer's daily weigh-in only the maximum weight limit shall be controlled.
- D. The Weigh-In must be conducted by Competition Officials appointed by the Tournament Director. No coach is allowed inside the final weighing room.
- E. Boxers who do not comply with the requirements shall not be allowed to compete.

VII- Rounds

- A. School Boys: Three (3) rounds of one and a half (1 1 / 2) minutes per round and 1-minute interval between rounds
- B. Junior Boys: Three (3) rounds of two (2) minutes per round and 1-minute interval between rounds
- C. Youth Boys: Three (3) rounds of three (3) minutes per round and 1-minute interval between rounds



VIII- Compulsory Count Limits

- A. School Boys: Two (2) Knockdowns in a bout.
- B. Junior Boys: Two (2) Knockdowns in a round, or three (3) knockdowns in a bout.
- C. Youth Boys: Three (3) Knockdowns in a round, or four (4) knockdowns in a bout.

Note: A "down" or a "count" caused by a foul shall not be counted in the compulsory count limit

IX- Boxer's Uniform and Accessories

- A. A boxer shall box wearing a red or blue vest (singlet) and shorts depending on their assigned corner. The vest (singlet) must cover the chest and the back and the short must not exceed the knee. The short's waistline must be clearly indicated with 6-10 cm wide white waist line.
- B. The boxer must box in light boots or shoes (no spikes and raised heel).
- C. No boxer shall be allowed to box with any tape in his body or uniform except a kinesiology taping at the back and below his waist.
- D. Wearing of bandage/hand wraps and personal gum shield is mandatory. No red or partially red gum shield shall be permitted. The team shall provide the gum shield and hand wraps of their boxers.

X- Seconds

- A. Each shall be entitled to be accompanied to the ring by up to three **Seconds**. However, only two (2) Seconds may mount the apron of the ring and one (1) may enter into the ring
- B. Prohibited Activities for the Seconds
 1. Seconds should refrain from standing and/or encouraging or incite spectators by words or signs during the progress of the round. Seconds will not be allowed to touch the ring during the bout, cause scandal or disturb the competition
 2. Seconds will not be permitted to walk off Seconds' designated area with disagreed actions against the Referee
 3. Seconds will not be permitted to throw any item in to the ring to demonstrate a disagreement or to kick any chair or water bottle or to take any action that may deemed as unsportsmanlike behavior
 4. The use of any communication device such as but not limited t cellphone, walkie talkie, etc. is not permitted during the bout in the FOP
- C. Sanctions (refer to Rule 16.4 of the AOB Technical and Competition Rules)

XI. Scoring System

- A. Ten-Point Must Scoring System shall be implemented
- B. Five Judges shall be selected to judge each bout. All their scores shall be counted.
- C. The result of the bout shall be announced immediately after each bout

XII. Protest

A. Questions on technicality and eligibility of a boxer on medical-related issues shall be dealt with accordingly and shall be referred to the IBA Technical and Competition Rules. Issues shall be resolved immediately by the Tournament Manager.

B. There is no protest on the result of bouts in IBA Open Boxing. The decision of the judges is final.

C. The Tournament Manager shall immediately suspend a Referee and/or Judge for the rest of the Competition Day for any wrongdoing. Once the Competition is completed, the TM will discuss with the R&J Evaluators any further recommendation regarding sanctioning the Referee and/or Judge.



(Enclosure No. 7 to Division Memorandum No. 153, 2023)

CHESS TECHNICAL GUIDELINES

I. TOURNAMENT RULES

The tournament shall be FIDE Rated and governed by FIDE Laws of Chess (January 2023) and those stated in the following guidelines:

A. Chess shall be played as a team and individual competition in Standard & Blitz.

- a. One (1) team for the Boys and one (1) team for the Girls in the Elementary Level/School.
- b. One (1) team for the Boys and one (1) team for the Girls in the Secondary Level/School.
- c. Each team shall be composed of two (2) players and a coach.

B. The Individual Swiss System with Team Results shall be adopted.

Blitz Category -7 Rounds Swiss System with Team Results

Standard Category -7 Rounds Swiss System with Team Results

- a. The Swiss Manager Pairing Program shall be used.

Note: Protest in pairing shall not be entertained.

- b. The number of games per day shall be: (see schedule of games)

Blitz Category - 7 games (1s day)

Standard Category - 1-2-2-2 games (1st day – 2nd day)

C. The initial ranking of players will be based on the FIDE Rating Lists. Unrated players will be ranked alphabetically.

D. Chess clock:

- a. Use of digital chess clock (with increment) is compulsory.

E. There shall be separate championships for the boys and girls in each division and per category.

a. Team: Standard / Blitz

Secondary -- Boys and
Girls Elementary – Boys
and Girls

Team Championship - Total scores of 2 players in their division.

*A Region with one player can play for individual event only and shall not qualify in the Team Event.

b. Individual: Standard / Blitz

Secondary – Boys and Girls

Elementary – Boys and Girls

Individual Championship - The standing of the players after the end of the competition and tie-breaks.

- F. Players shall be required to present their School ID's before the start of each round. Use of uniforms shall be mandatory on the 1s until last day.
- G. Players, coaches and spectators are not allowed to make post games analysis, play against each other coaches, spectators, and players or discuss finished or unfinished games within the playing area.
- H. Players are not allowed to eat inside the playing area while the game is in progress.
- I. Players who have finished their games *shall arrange the chess pieces and vacate the playing area* after signing their score sheets and submit it to designated tournament officials.
- J. Players must observe proper dress code while playing. The following are prohibited:
 - a. **Use of slippers**
 - b. **Using Short Pants / Sando**
- K. The **defaulting time is 30 minutes** after the official start of each round.
- L. **Protect Pairing** will be used so that players from the same region/team will not be paired against each other.
- M. Champions of the Individual Standard Category in Secondary Division (Boys / Girls) shall be awarded as **National Master** (NM). Champions of the Individual Standard Category in Elementary Division (Boys / Girls) shall be awarded as **Candidate National Master** (CNM).
- N. Coach who will put this tournament into **disgrace** shall be expelled/ disqualified from the competition.
- O. *Trainer, parents, coaches* are prohibited to enter the playing area while the game is in progress.

II. RULES AND REGULATIONS

A. STANDARD CHESS

1. Time Controls:
 - Blitz Category** - Three (3) Minutes with two (2) seconds increment per move.
 - Standard Category** - Sixty (60) Minutes with thirty (30) seconds increment per move.
2. Recording of moves in Algebraic Notation is mandatory throughout the Standard Games. Violation of this rule shall be considered as an offense.
3. Illegal moves. **Wrong movement of piece, exposing the King to an attack, King remaining under check, capturing the opponent's King, using two hands in making a move, non-replacement of piece after pawn promotion, and pressing the clock before making a move.**



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B. GAME POINTS SCORING SYSTEM

A player is credited **1 point for a win, .5 for a draw, and 0 for a loss.**

C. TIE-BREAKS

The following Tie-Break systems (in descending order of priority) shall be applied to determine the final ranking.

1. INDIVIDUAL RESULTS

- i. Direct Encounter
- ii. Buchholz System
- iii. Median Buchholz System
- iv. Sonnen Berger (SB) System
- v. Greater number of victories (Forfeit Counted)

2. TEAM RESULTS

- vi. Combined Buchholz Tie Breaks of the members of the Team
- vii. Combined Median Buchholz Tie Breaks of the members of the Team
- viii. Combined S.B. Tie Breaks of the members of the Team
- ix. Combined Greater Number of Victories of the members of the Team
- x. Score of the player with the highest number of points.

3. The decision of the Chief Arbiter on a Point of Law is Final.

D. PROTEST AND PENALTIES

- a. Any protest on the decision of the Chief Arbiter on a point of fact shall be submitted duly signed by the team coach and School Head/School Sports Officer in **writing not more than 30 minutes (Standard Category) and 10 minutes (Blitz Category)** after the conclusion of the game in question.
- b. All deliberations of the protest committee shall be presided by the Tournament Manager and DSAC Representative of who shall have no voting power.
- c. The decision of the Protest Committee on a point of fact is final.



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DANCE SPORTS TECHNICAL GUIDELINES

I. RULES:

1. The Dancesport of the Vigan City Meet SY 2023 will be done in a demonstration game and this will be held in accordance with the current **World DanceSport Federation (WDSF) Rules and Regulations** under the guidance of the **Philippine DanceSport Federation Inc. (PDSFI)** as recognized by the Philippine Sports Commission (PSC) and Philippine Olympics Committee (POC) to govern Dancesport competitions in the Philippines.

II. ELIGIBILITY

- 2.1. The provisions on the Eligibility of Athletes stipulated in Enclosure No. 7 of Division Memorandum No. _____s. 2023 shall apply; and
- 2.2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

V. SPORTS EVENTS / DISCIPLINES / CATEGORIES:

1. Every entry of schools must demonstrate at least three events in Modern Standard Discipline and three events in Latin American Discipline.



FOOTBALL TECHNICAL GUIDELINES

I GENERAL RULES

The current Federation International de Football Association (FIFA) Laws approved by the International Football Federation Board including the latest amendment shall govern the Football Competitions including the approved ground rules for lower meets and higher level meets for Football Technical Guidelines.

III. ELIGIBILITY AND REGISTRATION OF PLAYERS

DSAC rules regarding age eligibility and qualification of athletes and accreditation / qualification of coaches shall strictly follow.

IV. COMPOSITION OF CONTINGENT

1. NUMBER OF PLAYERS AND OFFICIALS IN EACH TEAM

Each delegation shall consist of not more than twenty (20) persons made up of

1. Maximum of 18 players
2. Two (2) officials
3. Two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper, play a match. A match may not start if either team consists of fewer than seven (7) players.

2. EQUIPMENT

Players are required to wear their complete uniform comprised of

1. Jersey with number
2. Shorts
3. Long Socks
4. Shin guards
5. Compulsory wearing footwear's (Barefoot will not be allowed to play).

In addition, the captain of the team is required to wear the Captain's Band around his left arm to enable the referee to distinguish him from the rest of the team.

3. COLORS

1. Each team shall wear its official colors (first official uniform) as declared in the coaches meeting.
2. Goalkeepers must be provided with jersey of a color different from that of team colors. (If the goalkeeper is used as a field player, he should wear the same number in which he was registered.)
3. All players shall wear registered number in a color contrasting with the color of their jersey.
4. All players shall play in jersey bearing numbers in which they were originally registered.
5. Names must be at least 4 cm above the numbers and the height of names is at least 5 cm to 7 cm.
6. Surname should be written in the back of jersey and not the first name.
7. Colors of the Number and Names must be in contrast of the dominant jersey color.
8. Jersey Number must be from 1- 18, other numbers are not allowed in the jersey.

4. DURATION OF THE MATCH AND EXTENSION TIME

- 4.1. Elimination round
- 4.2. Boys Secondary 35-10-35 no extension
- 4.3. Boys Elementary 25-10-25 no extension
- 4.4. In the championship match, there will be an extension time of ten (10) minutes, two (2) halves of 5 minutes with no interval, the extension time will be played out in its entirety and the teams that scores the most goals at the end will be declared winner. If after the extension time, no winner has been declared, five (5) kicks shall be taken from the penalty mark will be applied to determine the winner. If after the five (5) kicks from the penalty mark shall be taken to kicks there is still no winner, each team will have one (1) penalty kick wherein the "Sudden Death" rule shall be applied. Penalty procedure; encroachment of GK, not caution able offense. Goalkeeper not moving and feet must be on the line.

5. MATCH REGULATIONS

- 5.1. Substitution
- 5.2. Not more than 7 players may be substituted during a match from the reserve players who must be registered before the start of each match.
- 5.3. The substitution form must be accomplished and signed by the head coach before any substitution of a player could be made.
- 5.4. Any players substituted cannot re - enter the field of play.
- 5.5. Three opportunities are applied for Substitution Procedure, without counting the Half time break.

(All 7 substitutions can enter the game, regular substitution. however, the process of counting enter the field is only 3 times except halftime.)

6. PLAYERS CAUTION OR DISMISSED FROM THE FIELD OF PLAY.

- 6.1. Any player who receives two (2) cautions (yellow card) shall automatically be suspended for the match following the match in which he receives the second caution. Player who received 4 YC is suspended for whole tournament.
- 6.2. Any player expelled due to Violent Conduct or serious foul play from the field of play by a referee shall be suspended for:
 - 6.2.1 Serious Foul Play 1 Match
 - 6.2.2 Violent conduct 2 Match
 - 6.2.3 Initiated Free for Disqualification

all

- 6.3. For a second red card, the player shall not be allowed to participate in any match for the duration of the tournament.
- 6.4. Disciplinary measures such as a caution, expulsion and suspension of players and officials shall be carried to the semifinals and finals.
- 6.5. Officials, expelled from the bench are suspended for 2 matches. Second expulsion means disqualification from the tournament.
- 6.6. However, if the team's medical staff is expelled from field of play and no one will take care of the team injuries the medical staff may sit behind the team's Technical Area.

7. *SUBSTITUTE BENCH/ TECHNICAL AREA*

- 7.1. Only the following duly accredited persons are authorized to sit on the substitutes' bench / technical area.
- 7.2. Maximum of 7 substitutes players have to be seated (except for warm*
up and giving water to teammates.
- 7.3. A suspended player is not allowed to sit on the bench except during the match and the next succeeding match.
- 7.4. Maximum of two (2) team officials.
- 7.5. Only one person at a time is authorized to convey tactical instruction.
- 7.6. Only the Coach or another designated person can stand to deliver an instruction.
- 7.7. If an official is thrown out of the game, he has to leave the inner Zone area.
- 7.8. The behavior of the persons on the substitute bench area must conform to FIFA's fair play policy.
- 7.9. The coach and other officials must remain within the confines of the technical area except in special circumstances: for example, a doctor or a physiotherapist entering the field of play, with the referee permission to assess an injured player.
- 7.10 Any insulting and abusive physical contact, gestures and language to match officials is severely sanctioned based on the PFF code of conduct

8. *VIOLENCE BY PLAYER AND /OR OFFICIALS*

Any player or team officials reported by the referee or by a Tournament Official for indiscipline or violent conduct shall be dealt with severely in accordance with the PFF Catalogue of Punishments. Reports on such cases shall be submitted to the disciplinary committee for further action if deemed fit.

2. Physical contact and abuse to Match officials -Disqualified from tournament
3. Harassment and Threats (verbal & gestures) -Disqualified from tournament

9. REFEREES AND ASSISTANT REFEREES

- 9.1 All matches will have an official referee.
- 9.2 The referee's decision is final and must be respected.
- 9.3 No protest will be entertained regarding the decisions of the referee.
- 9.4 When the referees restarted the match, they cannot have overturned previous decisions. He can only change his decision before the restart.
- 9.5 Video evidences are not considered to change the outcome of the match.

V. PROTEST, PENALTIES AND SANCTIONS

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 Manager (TM) within one (1) hour immediately after the conclusion of the match in protest. The TM 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*.

APPEARANCE OF THE TEAM

Team should be at the venue at least thirty (30) minutes before the schedule time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.

VII. ABANDONED MATCH

Any Team that abandon their match due to protest or other reason and after an ample time was allowed for the team to reconsider (Maximum 15 minutes' allowance), the game is awarded to the opponent. The team that abandoned their match is disqualified from the tournament. Matter will be reported to their Head of delegation.



FUTSAL TECHNICAL GUIDELINES

I. RULES and REGULATIONS

1.1 RULING

The general ruling is anchored by the ruling of International Laws governed by FIFA LOTG 2021-2022 and Palarong Pambansa Technical Guidelines of 2019.

II. ELIGIBILITY

DSAC rules regarding age eligibility and qualification of athletes and accreditation/ qualification of coaches shall strictly follow.

III. COMPOSITION OF CONTINGENT

1. A maximum of **twelve (12) accredited** players on a team (5 players & one of whom shall be a goalkeeper; 7 substitutes.)
2. **Two (2) accredited** team officials (Coach and Chaperon)

IV. DISQUALIFICATION

Those not accredited by DSAC shall not allowed to play throughout the Tournament.

V. Player Equipments

1. For Athletes

- 1.1. All players' jersey number must only be from 1-12.
- 1.2. All players on the bench must wear bibs of different color from their playing uniform and to their opponents.
- 1.3. **Team uniform is strictly imposed to use.**
- 1.4. Players are required to wear their complete uniform and in conformity with FIFA Futsal Laws:

2. Team should adhere to their school color; alternate uniform shall only be worn in cases of color conflict

- 2.1 Official shirt with sleeves and shorts of their Team represented.
- 2.2 Long socks
- 2.3 Shin guards
- 2.4 Futsal shoes or rubber sole (multi spikes shoes are not allowed)
- 2.5 Undergarments should be the same color with the sleeves and short pants.
- 2.6 Tapes should be the same color with the socks.
- 2.7 The team captain is required to wear an arm band around her left arm to enable the referee to distinguished her from the rest of the team.



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- 2.9 In the event that both teams do not have spare /second outfits, one of the
Teams should wear their bibs with a toss coin who decides to wear bibs.
- 2.10 The Goalkeeper must wear a jersey that has a color different from the rest of the team colors and the match officials.

VI. PROTEST, PENALTIES AND SANCTIONS 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 **one (1) hour** immediately after the conclusion of the match in protest. The TM 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 TM 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.

PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

1. A player who will receive two (2) cautions (**yellow card**) shall automatically be suspended from the match following the match in which she received the second yellow card.
2. A player expelled (**red card**) from the pitch by the referee shall be suspended for the next match and a **2 minute lock down rule before replacement**.
3. Disciplinary measures such as caution, expulsion of players and officials shall be carried to the championship game.
4. In case of free for all, 3 players from the opposing team will be given red cards, that team will be automatically disqualified to play and the other team will be automatically declared as winner of the match.

APPEARANCE OF THE TEAM

1. Team should be at the venue at least thirty (30) minutes before the schedule time and should be already warmed up five (5) minutes before the time while equipment to be used are being inspected.
2. A grace period of ten (10) minutes shall be given to the non-appearing team after the schedule playing. Non-appearance of the team after the grace period will automatically forfeit its game with a score of 1-0 points and the Tournament Committee will meet immediately to decide on further sanctions.

ABAND ONED MATCH

Any Team that abandon their match due to protest or other reason and after an ample time was allowed for the team to reconsider (Maximum 15 minutes allowance), the game is awarded to the opponent. The team that abandoned their match is disqualified from the tournament. Matter will be reported to their Head of delegation.

VII. Number of Players:

- A. A maximum of 12 **accredited** players on a team (5 field player & one of whom shall be a goalkeeper; 7 substitutes).
- B. Flying substitution shall apply.
- C. Persons on the bench (technical area): 2 **accredited** team officials (coach and asst. coach / chaperon and 7 substitutes).

VIII. Duration of the Game:

- A. Two (2) halves of 20 minutes per half (running time) B. Maximum five 5-minute interval in between half.
- C. Each team is allowed to have a maximum **one (1) minute time out only ONCE per half**. This time out cannot be carried over in the next half if unused.
- D. During Elimination Round up to the Championship Match, on the last two (2) minutes in every half, the rule on running time shall change to stoppage time when an interference or a ball out of play situation occurs.
- E. In case of **Force Majeure**, the recorded time and score shall be kept and shall serve as a basis when the game resumed.

IX. All other rules not so mentioned in these guidelines, FIFA Laws apply.

VIII. Duration of the Game:

- A. Two (2) halves of 20 minutes per half (running time)
- B. Maximum five 5-minute interval in between half.
- C. Each team is allowed to have a maximum **one (1) minute time out only ONCE per half**. This time out cannot be carried over in the next half if unused.
- D. During Elimination Round up to the Championship Match, on the last two (2) minutes in every half, the rule on running time shall change to stoppage time when an interference or a ball out of play situation occurs.
- E. In case of **Force Majeure**, the recorded time and score shall be kept and shall serve as a basis when the game resumed.

IX. All other rules not so mentioned in these guidelines, FIFA Laws apply.



GYMNASTICS TECHNICAL GUIDELINES

I. RULES and REGULATIONS

The *Federation Internationale de Gymnastique* (FIG) Code of Points 2022-2024, Updated Version will be used in the **Palarong Pambansa 2023**. Gymnastics competition in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes and Apparatus Norms. *Artistic Gymnastics* will observe the modified DepEd and GAP Artistic Age Group Program Elementary/Pre-Junior Level (FIG-AGDP 2021) while the Secondary level will observe the FIG Junior Category. For *Rhythmic Gymnastics*, the Elementary level will observe the Palarong Pambansa RG Age Group Program 2022-2024 Pre-Junior Category while the Secondary level will observe the FIG Junior Category. On the other hand, Aerobic Gymnastics will observe the FIG World Age Group Competition Programme and AER COP 2022-2024, May 2022 edition with some modification in Elementary and Secondary levels, respectively.

The Code of Points must be read in conjunction with the Technical Regulations. In case of conflict of interpretation between the provisions of any of the technical guidelines, the principles of the COP and TR shall take precedence and DepEd Palarong Pambansa General Rules.

Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect. These changes will be proposed to DepEd Palarong Pambansa Board subject for approval.

II. ELIGIBILITY

- a. The NSAA Rules for eligibility shall apply:
 - Age- The gymnast's age eligibility will be based on age on the cut-off date which is in the year of competition.
 - Residency
 - Appeal

III. COMPOSITION OF CONTINGENT

a. Each team shall compose of three (3) gymnasts in per category (Elementary and Secondary) except for Aerobic Gymnastics which compose of two (2) gymnasts per gender and category.

DISCIPLINE	GENDER	NO.	OF	COACH	CHAPERONE
Women's	GIRLS	GYMNASTS		1	1
Artistic Gymnastics		Elementary: Cluster 2	2		
		Secondary: Cluster 3	3	1	1
Men's	BOYS	Elementary: Cluster 1	1	1	N/A
Gymnastics		Elementary: Cluster 2	2		N/A
		Secondary: Cluster 3	3	1	N/A
Rhythmic Gymnastics	GIRLS	Elementary	3	1	
		Secondary	3	1	
Aerobic Gymnastics	BOYS	Elementary	2	1	
	GIRLS	Elementary	2		
	BOYS	Secondary	2	1	
	GIRLS	Secondary	2		

b. 1 Coach per category (Elementary and Secondary)

c. 1 Chaperone per category except for Boys

IV. DISQUALIFICATION

- The athlete who did not qualify in the eligibility rules of DSAC.
- The athlete proved to have knowingly broken any DepEd and GAP rules and regulations.
- Unsportsmanlike
- Disruptive Behavior of Coach

A coach who is found guilty of harassing or causing undue trouble *with or without direct* impact on the result/performance of the gymnasts/team will be given the ff. sanctions: Unsportsmanlike conduct, other flagrant and undisciplined behavior.

- 1st time: Yellow card for coach (warning)

- 2nd time: Red Card or removal of coach from competition/training area.



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Unexcused delay or interruption, speaking to active judges during the competition, speaking directly to gymnasts, give signals, shouts / cheers during the exercise, etc.

- 1s time: -0.50 (from gymnast / team at event) & Yellow card to coach.
- 1s time: -1.00 (from gymnast / team at event) & Yellow card to coach who speaks aggressively to active coaches.
- 2nd time: 1.00 (from gymnast / team at event) & Red card & removal of coach from competition area.

Incorrect presence of prescribed persons in inner circle during competition / and or in the preparation of the apparatus.

- 1.00 (from gymnast / team at event) & immediate red card & removal of coach from competition floor.

(FIG Table of Faults and Penalties shall be followed)

- The use of flash when taking pictures is *NOT allowed*. The first offense will be issued a yellow card / warning and second offense will be issued a red card and will be escorted out of the competition venue immediately.
- There are serious breaches of the FIG Statutes, Technical Regulations and / or Code of Points and if there is a Walk-over.

VI. CATEGORIES

For Artistic Gymnastics

a. ELEMENTARY (GIRLS)

- Cluster 1 Ages 7-- 9 years old in the year of Palarong Pambansa competition (**Born 2015-2017, Ages 7-8 years old and turning 9 years old on 2024.**)
- Cluster 2 Ages 10--13 years old in the year of Palarong Pambansa competition (**Born 2011-2014, Ages 10-12 years old and turning 13 years old on 2024.**)

b. SECONDARY (GRILS)

- Cluster 3 Ages 13– 18 in the year of Palarong Pam bansa competition (**Born 2006•2011, Ages 13-17 years old and turning 18 years old on 2024**).

For Rhythmic and Aerobic Gymnastics

- a. Follow the Revised Eligibility Requirements and Guidelines for the Screening and Accreditation of Athletes, Coaches, and Chaperones in the Division, Regional, and Palarong Pambansa.

VIII. OFFICIALS

- a. Only trained DepEd officials and personnels are allowed to officiate in the Vigan City Meet.
- b. He / She must be Physically Fit.
- c. Must comply with the age requirement of DepEd Palarong Pambansa Guidelines. If the Technical Official did not qualify due to this provision, the NSA President or Secretary General and / or Tournament Director will make justification letter address to the Palarong Pambasa Secretary-General for his / her participation.

IX. PROTEST, PENALTIES AND SANCTIONS

No protest allowed. Only official coach will be allowed to ask queries.

Queries

- Verification of scores must be done by the Official Head Coach in writing and submitted right after the announcement of the gymnast's score. This should be addressed only to the Tournament Manager.
- Only queries about the DV Score, review line and time penalties will be entertained. Comparison of scores with the scores of other gymnasts will not also be entertained.
- Validity of the scores (FIG Technical Regulations, Section 1, Art. 8.4) - in cases where the scores announced / flashed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary prevails.
- Inquiries of the score (FIG Technical Regulations, Section 1, Art. 8.5) - inquiries on the Difficulty Score are allowed, however, inquiries on the execution score is not allowed.
- Submission of Queries (written) should be within four (4) minutes right after the score is flashed.
- Judges' decision is final. (Based on the FIG COP)

Disciplinary Penalties

a. WARNINGS

Warnings are given for the following:

- Presence in a prohibited area.
- Improper behavior on the Podium.
- Disrespectful manners to judges & officials.
- Unsportsmanlike behavior.
- Competition attire not being worn at the medal awarding ceremony. • A competitor receives one warning only and, irrespective of the category, the second warning will result in immediate disqualification.

b. DISQUALIFICATION

Disqualification is declared if:

-
- there are serious breaches of the FIG Statutes, Technical Regulations and/or Code of Points and if there is a Walk-over.

**X. CONDUCT OF THE COMPETITION ARTISTIC GYMNASTICS
(Cluster 1, Cluster 2 &
Cluster 3)**

Competition Ages

The gymnast's age eligibility will be based on her age in the year of Palarong Pambansa competition.

Warm-up and Assistance

- A spotter/ Coach is required for Uneven Bars/ Single Bar event for all Clusters.
A deduction of .3 will be taken off from the Final Score on Uneven Bars if the spotter/ coach leaves during the performance of the routine.
- For Cluster 1: .30 deduction if coach touches the gymnast during the element, value of the element will be deducted if the coach assists in the completion of the element.
- For Cluster 2 and 3: 1.00 deduction will be taken in the final score each time if spotting assistance (help) was done in Uneven Bars/ Single Bar, Balance Beam, and Floor Exercise specifically:
 - if the coach/ spotter helps gymnast after element completed and no CV
and No DMT bonus;
 - if coach/ spotter helps gymnast to perform element, then also no DV, CV, CR, and no **DMT** bonus
- Soft safety mats (5, 10, 20 cm) are permitted on all apparatus without penalty except Floor Exercise. The use of a safety mat on Floor Exercise will result in a 0.30 (age group) deduction and 0.50 deduction (Cluster 3) from the Final Score.
- A *safety-collar* must be used for all round-off entry vaults. Failure to use it will result in a Final Score of zero (0) point. (Apparatus Chair will not allow the gymnast to begin until a safety collar is present.)
- The use of any non-permitted supplementary equipment will have a corresponding deduction of .50.
- Cluster 1 & 2: There will be a *general warm up of 30 minutes* prior to the competition. No touch warm up before each apparatus for Cluster 1 only.
- Cluster 2 & 3: Warm-up will follow the FIG Warm up Rule: gymnasts are allowed touch warm-up before each event.



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General Judging Rules

FIG 2022 - 2024 Code of Points and FIG 2021 Age Group Development Program rules and regulations with modification, Technical Directives, Specific Apparatus Deductions and Table of General Faults and Penalties will be used. A gymnast has option to qualify for Competition III.



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PARAGAMES TECHNICAL GUIDELINES

I. ELIGIBILITY:

1.1 The Vigan City Meet (Para - Games) 2023-2024 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) 2022 - 2023.

1.3 **Age category:** for Vigan City Meet 2023-2024
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) --1Q 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.



SEPAK TAKRAW TECHNICAL GUIDELINES

I. RULES AND REGULATIONS

The tournament shall be managed in accordance with the rules of the International Sepaktakraw Federation (ISTAF) currently enforced.

Any unforeseen incidents not covered by the rules shall be dealt as follows:

1. Case of general nature that shall be resolved in accordance with the Vigan City Meet Games rules.
2. Technical questions shall be referred to and resolved by the Technical Committee.
3. In case of problems not covered by the existing ISTAF rules, the final decision shall rest with the Tournament Director.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the enclosure 7 of Division Memorandum No. _____, s. 2023 shall apply
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTINGENT

1. Secondary Boys shall be composed of Twelve (12) players and One (1) coach.
2. Secondary Girls shall be composed of Five (5) players and One (1) coach and One (1) chaperon.
3. Elementary Boys shall be composed of Four (4) players and One (1) coach.
4. Entries and Registrations of Athletes:
 - 4.1. The teams should only follow the Main Registration of its athlete's names submitted to the Division Screening Committee week before the City Meet.
 - 4.2. In no way can a team change its players prior to its first match unless the signature of approval of the Chairman of the National Screening Committee is affixed; and
 - 4.3. Upon the start of the competition no Team shall be allowed to change its players nor with the swapping of players between events in its region.
5. Only the members of the team including the Coach who are listed on the team gallery are allowed to seat on the bench during the whole duration of the game. In case of the Secondary Girls the Chaperon will be allowed on the bench.
6. In Secondary Boys, the regional team of 12 players comprising of 3 Regus is illustrated by the following the options below:

Option	No. of Schools Sending Regu	Max Number of Players per Regu
B	2	8/4
C	3	4/4/4

For Option Band C, all regu players must come from the same school where a maximum of 4 players per regu (one school) can be sent. In cases where entry to the "Regu Event" is a concern due to a team having 4 players only per school, an additional one player from the registered 12 players can be included to complete the 5 players in the Regu Event.

IV. DISQUALIFICATION

1. A player or a team and team officials shall be disqualified based on Law 16 (Penalty) and 17 (Misconduct of Team Officials) of the International Sepaktakraw Federation (ISTAF) Law.
2. A player shall not be allowed to play if he used jersey other than the official uniform of the team or used jersey number other than his/her assigned jersey number at the start of the tournament.
3. A team who arrived late after the Fifteen minutes' grace period given to a team after the conclusion of the match prior to their game will be DEFAULTED.
4. A team or a player wearing reflectorized colors or neon-colored uniforms that will affect the vision of the opposing players will not be allowed to play.
5. A team must wear jersey with numbers at the back and front ranging from 1 to 36 only.

V. SPORTS EVENTS / DISCIPLINES

1. Sepaktakraw Secondary Boys
2. Sepaktakraw Secondary Girls
3. Sepaktakraw Elementary Boys

VI. CATEGORIES

- | | | |
|-------------------------------------|---|----|
| 1. Sepaktakraw Secondary Boys Team | - | 12 |
| 2. Sepaktakraw Secondary Boys Regu | - | 5 |
| 3. Sepaktakraw Secondary Girls Regu | - | 5 |
| 4. Sepaktakraw Secondary Girls | - | 3 |
| 5. Sepaktakraw Elementary Boys | - | 4 |
| 6. Sepaktakraw Elementary Boys | - | 3 |

VII. ATHLETES' APPAREL AND UNIFORM

1. Participating teams should wear the color of their respective regions assigned to them during their schedule games. Other set of uniforms will be allowed provided that the same permanent number shall be used by the same players.
2. Reflectorized colors or neon-colored uniforms that can affect the vision of the opposing players will not be allowed.
3. Players not wearing their proper uniform during which their team or regu is scheduled to play will not be allowed to play.
 - 3.1. Players must wear their jersey uniform with permanent number at the back of their shirt, numbering 1 to 36; and
 - 3.2. All teams are required to bring their own ARMBAND and the Team Captain shall wear it during the competition.

VIII. PROTESTS, PENALTIES AND SANCTIONS

In the event of any question on any matter arising out of any point, which is not expressly provided for in any rules of the game, the decision of the Tournament Manager, Jury and its member and the Official Referee shall be final.

X. CONDUCT OF THE COMPETITION

Secondary Boys Team (SBT), Secondary Girls Regu (SGR), and Elementary Boys Regu (EBR).

1. The Tournament shall be played in Single Round Robin System.
2. Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double
 - 2.1. Only the Eight (8) Teams who qualified in the Pre-Qualifying Palarong Pambansa Competition will compete in the Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double and shall be played in a single elimination system after the conclusion of the Secondary Boys Team, Secondary Girls Regu and Elementary Boys Regu;
 - 2.2. Seeding of teams shall be based on a DRAWING OF LOTS; and
 - 2.3. RULE OF SUCCESSION will be applied. Fifteen (15) minutes grace period will be given to the team after the conclusion of the last match following their game schedule. Non-appearance of the team after the grace period will mean forfeiture of the game in favor of the opposing team.

XI. DETERMINATION OF WINNERS

Winners shall be determined on the following:

1. For the Secondary Boys Team, Secondary Girls Regu and Elementary Boys Regu.
2. The Top Two (2) teams in each group will advance to 2023 Palarong Pambansa National Finals group into Two (2) using the single round robin format in each group following the format below, the top Two (2) in each group will advance to the semifinal, the rank 3 and 4 in each group will compete for ranked 5th to 8th place.
3. For Semifinal Round: The top Two (2) in each group in the quarterfinals will advance to the Semifinal round in a cross over format.
 - For 5th to 8th Place:**
 - Group A3 vs Group B4
 - Group B3 vs Group A4
 - For 1 to 4th Place:**
 - Group A1 vs Group B2
 - Group B1 vs Group A2
4. For Finals:

and 6th Place **Loser GA1 & GB2 vs Loser GB1 & GA2** for
3rd and 4th Place **Winner GA1 & GB2 vs Winner GB1 & GA2** Championship Game

5. Two (2) points shall be awarded for the win and Zero (0) for a loss. If Two (2) or more teams obtain an equal number of points after the elimination, the following rules shall be applied:
 - 5.1. In case of a Tie, win over the other shall be applied, wherein the winner between the Two (2) teams during their elimination game shall be declared winner.
6. In case of Triple Tie, the Regu difference (Team), the Set difference between the total score "for" and "against" shall be decisive. This shall be obtained by deducting the points "against" from the points "for".
7. The score difference of the matches played by each of the teams shall be decisive.
8. If these alternatives are all found to be the same, then a decision taken by the toss of the coin shall be decisive.
9. For the Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double.
10. The team who has not loss at the end of the competition will be declared CHAMPION and the first team to be eliminated will rank eight (8) and so on.

5. Two (2) points shall be awarded for the win and Zero (0) for a loss. If Two (2) or more teams obtain an equal number of points after the elimination, the following rules shall be applied:
 - 5.1. In case of a Tie, win over the other shall be applied, wherein the winner between the Two (2) teams during their elimination game shall be declared winner.
6. In case of Triple Tie, the Regu difference (Team), the Set difference between the total score "for" and "against" shall be decisive. This shall be obtained by deducting the points "against" from the points "for".
7. The score difference of the matches played by each of the teams shall be decisive.
8. If these alternatives are all found to be the same, then a decision taken by the toss of the coin shall be decisive.
9. For the Secondary Boys Regu, Secondary Girls Double and Elementary Boys Double.
10. The team who has not lost at the end of the competition will be declared CHAMPION and the first team to be eliminated will rank eight (8) and so on.



SWIMMING TECHNICAL GUIDELINES

I. COMPETITION RULES

1. International Swimming Rules of the Federation Internationale de Natation (FINA) / World Aquatics will be applied. Ground rules which have been agreed upon shall be implemented.
2. In matters not provided for, decisions shall rest with the Technical Management and/or the Organizing Committee.
3. One start rule.
4. Competition shall be Timed Finals format
5. Each swimmer is allowed to swim five (5) individual events and two (2) relay events. However, a swimmer may only participate in three (3) events per day, inclusive of relay events.
6. A swimmer who fails to swim an event will not be allowed to swim his succeeding events for that session unless for medical reason, that swimmer submits a medical report from the City Meet Official or Medical Physician.
7. Only Athletes, Coaches and Delegation Officials with official identification tags will be allowed at areas designated for delegates.

II. RELAY ENTRY

1. Relay team entries in Secondary Level and names of swimmers in order of swim (including two (2) alternates for Freestyle Relay and four (4) alternates for the Medley Relay) must be submitted in the master list of entries.
2. Indicate order of swim by numbering swimmers (1-6) in the official Entry form. Swimmers must swim in the order in which they are to swim.
3. Relay swimmers participating in the heats will be the same swimmers that will participate in the finals. Order list of swimmers may be changed 30 minutes before the start of each session.

III. SWIMWEAR

1. The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
2. All swimsuits shall be non-transparent.
3. The competitor must wear swim suit in one or two pieces. For men, the swimsuit shall not extend above the



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- the knee. All swim suit shall be made from textile materials. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.
4. The referee of a competition has the authority to exclude any competitor whose swimwear or body symbols do not comply with this Rule.
 5. Composition / other items: Men's swimsuits are in one piece. Subject to decency rule and observance of limitation in surface covered, Women's swimsuits may be in one or two pieces. Other items covering the body and not part of the swim suit are prohibited.

IV. ATHLETES ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated Age: Elementary Level in the enclosure 7 of Division Memorandum No. _____, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

V. DISQUALIFICATION

1. Athletes who are members of the national team and who are receiving monthly allowance from the Philippine Sports Commission; (RA 10588)
2. Over-aged athlete in the elementary and secondary;
3. National Screening and Accreditation Committee (NSAC) Rules on Qualification / Participation.

VI. EVENTS TO BE CONTESTED

SECONDARY BOYS

EVENTS

- 800 m Freestyle
- 1500 m Freestyle
- 400 m Freestyle
- 400 m Ind. Medley
- 200 M Ind. Medley
- 200 m Freestyle
- 200 m Breaststroke
- 200 m Backstroke
- 200 m Butterfly stroke
- 100 m Freestyle
- 100 m Breaststroke
- 100 m Backstroke
- 100 m Butterfly stroke
- 50 m Freestyle
- 50 m Breaststroke
- 50 m Backstroke
- 50 m Butterfly stroke
- 4x 100 m Free Relay
- 4 x 50 m Free Relay

SECONDARY GIRLS

EVENTS

- 800 m Freestyle
- 1500 m Freestyle
- 400 m Freestyle
- 400 m Ind. Medley
- 200 M Ind. Medley
- 200 m Freestyle
- 200 m Breaststroke
- 200 m Backstroke
- 200 m Butterfly stroke
- 100 m Freestyle
- 100 m Breaststroke
- 100 m Backstroke
- 100 m Butterfly stroke
- 50 m Freestyle
- 50 m Breaststroke
- 50 m Backstroke
- 50 m Butterfly stroke
- 4 x 100 m Free Relay
- 4 x 50 m Free Relay

4x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay
4 X 100 m	Mixed Relay
ELEMENTARY BOYS	GIRLS
EVENTS	EVENTS
400 m Freestyle	400 m Freestyle
200 m Freestyle	200 m Freestyle
200 M Ind. Medley	200 M Ind. Medley
100 m Freestyle	100 m Freestyle
100 m Breaststroke	100 m Breaststroke
100 m Backstroke	100 m Backstroke
100 m Butterfly stroke	100 m Butterfly stroke
50 m Freestyle	50 m Freestyle
50 m Breaststroke	50 m Breaststroke
50 m Backstroke	50 m Backstroke
50 m Butterfly stroke	50 m Butterfly stroke
4x 100 m Free Relay	4 x 100 m Free Relay
4 x 50 m Free Relay	4 x 50 m Free Relay
4 x 100 m Med. Relay	4 x 100 m Med. Relay
4 x 50 m Med. Relay	4 x 50 m Med. Relay

VIII. PROTEST

Protests are possible:

1. the rules and regulations for the conduct of the competition not observed;
2. if other conditions endanger the competitions and/or competitors, or
3. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

XI. DETERMINATION OF WINNER

Winning athletes shall be determined thru fastest to slowest times registered by each athlete in each event he / she has qualified to swim.

XII. TIMING

In case of error in (the electronic timing system and/or) manual timing system, the official manual time of a swimmer shall be determined as follows:

If in case that the time of the first swimmer is higher than the time of the second swimmer, average time of the swimmers involved shall be the official time of both swimmers.

2. The Official placing will be decided by the referee based on facts and a referee's decision (RD) will be indicated at the official results.

XIII. SUBMISSION OF ENTRIES

1. All entries must be submitted on official entry forms; (annex 2 & 3)
2. Entries must indicate the Qualifying Time Standard (QTS) achieved during the Regional Meet by each swimmer in each event for seeding purposes;



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-
3. Entries must be submitted on or before 6:00 PM July 30, 2023. Late entries will not be accepted unless reasonably justified by authorized coach / team manager / head of delegation.)



TABLE TENNIS TECHNICAL GUIDELINES

I. EVENT AND AUTHORITY

The Department of Education (DepEd), in partnership with the DILG and the PSC, shall conduct the *Palarong Pambansa* Table Tennis Competition 2023 in accordance with the technical guidelines approved by the duly constituted *Palarong Pambansa* Board.

II. GENERAL RULES

The International Table Tennis Federation (ITTF) rules and regulations shall govern the conduct of the competition complemented by ground rules when deemed necessary.

III. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 7 of Division Memorandum No. __, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

IV. ENTRIES

Four (4) boys and **four (4) girls**- both in Elementary and Secondary levels.

V. GAME EVENTS

1. Doubles
2. Mixed Doubles
3. Singles

Note: there shall be no team event for this edition

Delegation coaches in each category and level are required to fill in an official entry form for the said events to be submitted at an assigned date before the solidarity meeting before the scheduled draw. All entries are final upon submission. Only Official coaches are allowed to assign and submit official entries.

A player shall be entitled to participate in two (2) individual events only.

VI. TOURNAMENT FORMAT

1. Singles

- 1.1. The coach has the sole discretion to choose two (2) players in the team to compete in the Singles event;

- 1.2. The first stage will be played in a group league system (round-robin) using two groups: A and B, each with four clusters each and shall be filled in via draw lots.
- 1.3. In case of tie in the bracketed group round robin, winner over the other rule shall prevail, in case of triple tie, point quotient difference shall be used to determine the bracket winner.
- 1.4. The quarterfinal stage will be played in a knock-out system with the following pairing: Group A cluster 1 vs 2 cluster 3 vs 4 / Group B cluster 1 vs 2 cluster 3 vs 4 subsequently Group A 1 vs A2 winner shall play group A 3 vs A4 winner / Group B vs 2 winner shall play group A 3 vs 4 winner to determine the two (2) finalists. The losers of the semi-finals matches shall be co-third placers.
- 1.5. All singles matches shall be played in the best-of-five games including finals.

2. **Doubles / Mixed Doubles**

- 2.1. Each Delegation can field two (2) entries per individual category/level;
- 2.2. The single elimination format shall be utilized;
- 2.3. A doubles / mixed doubles pair should wear identical shirts; and
- 2.4. All doubles / mixed doubles match shall be played in the best-of-five games including finals.

Note Doubles and Mixed Doubles shall be in single elimination format.

VII. **RANKING / SEEDING**

Ranking shall be waived for this edition. Teams shall be drawn in such a way that no two (2) regions belonging to one cluster (Luzon, Visayas, Mindanao) shall meet in the first round in **doubles and mixed doubles**, while random draw to fill in the brackets shall apply to **singles**.

VIII. **TOURNAMENT SESSION**

Grace period for a pair / player to report at the scheduled match is **5 minutes** after the official match time after which the match shall be considered as a walk-over/default in favor of the waiting player / pair.

IX. **PRE-MATCH PROCEDURES IN THE CALL AREA**

1. A Call Area shall be set up. The purpose of the Call Area is to minimize the inspection and checking made by the match umpire in the playing court and to resolve issues

or problems, if any, before entering the playing court thereby assuring that matches shall be played on time. All teams and players are required to report to the Call Area 30 minutes for the Singles event. If a pair or player fails to report 10 minutes before the scheduled match the player/pair of the said team shall automatically change shirt if both player/pair are wearing the same color.

2. To be conducted in the Call Area are the following:
 - 2.1. Checking of the players' identification;
 - 2.2. Checking of the teams/players' clothing;
 - 2.3. Racket inspection; and
 - 2.4. Identification of coach

X. CLOTHING / UNIFORM OF ATHLETES

1. Teams shall be required to wear their designated Regional uniform as provided including the coaches for proper identification or shirt similar to their respective regional color for the succeeding matches provided it is not similar to the color of the ball.
2. In case of identical shirt color by opponents, the official regional uniform shall prevail over the other.
3. The rules on playing clothing in the ITTF Handbook shall be in effect.

XI. EVENTUALITIES

Other unforeseen occurrences which are not covered by the ITTF rules shall be dealt upon by the **Table Tennis Technical Management Committee** whose decision shall be final.

XII. ADVISE / COACHING DURING MATCH

Only Coaches officially recognized in the DSAC screening gallery shall be allowed to seat on the bench.

Official coaches from other levels belonging to the same delegation can take the place of a designated coach if there shall be simultaneous play.

XIII. GROUND RULES ON USE GADGETS

The use of a video camera with a tripod is allowed provided that the player(s) /coach can independently set it **outside the surrounds as specified by the referee**. No spectator or other third party shall be allowed to go inside the field of play to operate it or manipulate it while an official match is going on. Calls/video calls to players/Coach during intervals is also prohibited.



TAEKWONDO TECHNICAL GUIDELINES

I. **COMPETITION ATTIRE AND EQUIPMENT**

1. Competitors.
 - i. Competitors shall wear the official competition uniform and equipment.
 - ii. These include the following.
 1. Competition uniform (white with blue for boys, white with red for girls)with black belts, junior black belts or competition belts. See PTA/WT approved uniforms

NOTE;

USE OF THE PHILIPPINES, PHI, PH print on the uniform is strictly prohibited.

*Competition uniforms must have the name of their region written at the back.

2. Arm Guards
 3. Shin Guards
 4. Groin Guards(must be worn inside the uniform)
 5. Hand gloves (white)
 6. White or transparent mouth guards
 7. E-foot protectors (sensor sock)
2. Official Coaches
 - i. Coaches are required to wear their OFFICIAL DELEGATION'S ID.

Note: Coaches without their delegation ID will not be allowed to enter the Field of Play.

- ii. Coaches are required to wear the following.
 - 1. Collared and sleeved shirt.
 - 2. Official delegation uniform.

II. COMPETITION MECHANICS

- a. METHOD OF COMPETITION: Individual competition between competitors of the same category.
 - 1. Competitors can only join one category per event.
 - b. The competition will follow the Single Elimination Tournament System.
 - c. The competition will use the Best of Three (3) system (see III. COMPETITION, Winning a Match, Best of Three System)
-
- a. DIVISIONS & CATEGORIES: There will be a division between male and female competitors
 - b. Each division is separated into different categories
 - c. Elementary Boys and Girls:

HEIGHT

Group 1 Over 144 cm. to 152 cm.
 Group 2 Over 152 cm. to 160 cm.
 Group 3 Over 160 cm

SECONDARY BOYS:

Category 1. Not exceeding 45 kg
 Category 2 Over 45 kg & not exceeding 48 kg
 Category 3 Over 48 kg & not exceeding 51 kg
 Category 4 Over 51 kg & not exceeding 55 kg
 Category 5 Over 55 kg & not exceeding 59 kg
 Category 6 Over 59 kg & not exceeding 63 kg
 Category 7 Over 63 kg & not exceeding 68 kg

SECONDARY GIRLS:

Category 1. Not exceeding 42 kg
 Category 2 Over 42 kg & not exceeding 44 kg
 Category 3 Over 44 kg & not exceeding 46 kg
 Category 4 Over 46 kg & not exceeding 49 kg
 Category 5 Over 49 kg & not exceeding 52 kg
 Category 6 Over 52 kg & not exceeding 55 kg
 Category 7 Over 55 kg & not exceeding 59 kg

WEIGH IN / HEIGHT VERIFICATION:

Weigh-in and height verification shall be conducted a day prior to the competition.

* A maximum of two hours and a maximum of two trials for weigh in.

*Height verification will only be done once.

1. DURATION OF THE MATCHES.

- a. ELEMENTARY DIVISION -- One (1) minute and 30 seconds per round with a 45- second break in between rounds.
- b. SECONDARY DIVISION - Two (2) minutes per round with a one (1) minute break in between rounds.

2. Drawing of lots

An automatic system for the drawing of lots will be used by the organizing committee.

3. Scoring System

- a. The LPSS will be used as the Protector and Scoring System

(PSS) during the competition.

- b. Permitted techniques

- i. Fist technique: using the knuckles of a tightly clenched fist to deliver a straight punching technique to the opponents trunk protector.
- ii. Foot technique: kicks delivered to the trunk or the head using any part of the foot below the ankle bone.

- c. Valid points

- i. Point(s) shall be awarded when a permitted technique is delivered to the colored area of the trunk protector with a proper level of impact.
- ii. Points shall be awarded when a permitted technique is delivered to the head protector.

- d. Different valid points

- i. One (1) point for a valid punch to the trunk protector
- ii. Two (2) points for a valid kick to the trunk protector
- iii. Four (4) points for a valid turning kick to the trunk protector
- iv. Three (3) points for a valid kick to the head protector
- v. Five (5) points for a valid turning kick to the head protector
- vi. One (1) point is awarded for every one "Gam-jeom" (see

Prohibited Acts and Penalties iii) given to the opponent

4. Prohibited Acts and Penalties
 - a. Penalties shall be decided by the referee.
 - b. Prohibited acts (see Annex C) shall be penalized with a "Gam• jeom" by the referee
 - c. A "Gam-jeom" shall be counted as one (1) point for the opposing contestant

5. Invalidation of Points

Recorded points will be invalidated when a competitor acquires the score right after the execution of a prohibited act. The referee would declare the penalty for the prohibited act and invalidate the acquired score.

6. Appeal Card

- a. The Appeal Card is the means for the coach to object to a judgment of the refereeing officials during the contest and request for a correction of the decision.
- b. The situations a coach can use the Appeal Card are the following.
 - i. Penalties against the opponent for instances of falling down or crossing the boundary line or attacking the opponent after "Kal yeo" or attacking the fallen opponent.
 - ii. Technical point.
 - iii. Any penalty against your own contestant.
 - iv. Any mechanical malfunction or error in time management.
 - v. When the referee forgot to invalidate point(s) after "Gam• jeom" was given for the prohibited act.
 - vi. Wrong identification of fist-attacking contestant by the judge.
 - vii. Head kick that is not scored.
- c. When an appeal is requested, the assigned referees of the court will convene.
- d. If the appeal is successful and the contested request is corrected, the coach shall retain the appeal right for the pertinent contest.
- e. If the appeal is unsuccessful, the coach shall forfeit the right to appeal to the pertinent contest.
- f. The decision of the convening referees is final, and no further appeals during the contest or protest after the contest will be accepted.

7. Winning a Match

(3) rounds wins the match.

- i. Winning a Round in the Best of Three System
 1. Winning by points: the competitor who has acquired more points in a round wins that round.
 2. Winning by point gap: in case of a twelve (12) point difference between the athletes, the referee will stop the contest and declare the competitor with more score the winner of the round.
 3. Winning by "Gam-jeom:" when a competitor receives five (5) "Gam-jeom" in a round, the opponent will be declared the winner of the round.
- ii. Round with Tied-Scores

The round winner shall be decided by superiority based on the following order of criteria.

 1. Most points scored by turning or spinning kick
 2. If the number of turning and spinning kicks are the same, the competitor who has more scores using higher value techniques, in the following order:
 - A. Head
 - B. Trunk
 - C. Punch
 - D. "Gam-jeom"
 3. If the high value points are the same, the competitor with the higher number of registered hits.
 4. If the three (3) above criteria are the same, the referee and judges shall determine superiority

III. PROTESTS

1. Protests shall be made in writing using the Protest Form.
2. The protest shall be submitted to the TOURNAMENT MANAGER
no more than 30 minutes after the match
in question.

IV. OFFICIALS AND REFEREES

All competitors will be judged and scored by qualified, DEP ED accredited technical officials/ NSA (PTA) National Referees. This is to ensure that the method of competition and scoring is in accordance with the WT Rules & Interpretations.

V. SITUATION NOT COVERED BY THE RULES AND COMPETITION CODE OF CONDUCT



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If any situation arises which is not covered by the rules in these Kyorugi Ground Rules, the The Palaro competition Management team,,Shall deliberate and give their decision on the matter and the NSA(PTA) code of conduct shall be strictly followed

VI. AWARDS

Winning contestants in these categories shall be awarded the following:

1st place: Gold Medal,

& certificate. 2nd place: Silver Medal, & certificate.

3rd place: 2 Bronze Medal, & certificate.



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& certificate. 2nd place: Silver Medal,
& certificate.
3rd place: 2 Bronze Medal, & certificate.



TENNIS TECHNICAL GUIDELINES

The Vigan City Meet 2023-2024 Tennis Tournament shall abide by the International Tennis Federation (ITF) Rules of Tennis. The following Ground Rules are hereby formulated and therefore be strictly implemented.

I. TOURNAMENT FORMAT

1. Singles Competition, Doubles Competition and Mixed Doubles Competition shall constitute the Tennis Tournament
2. Single Elimination format shall be implemented in Singles, Doubles and Mixed Doubles Competition.
3. Drawing of lots shall do the pairing of players.
4. All matches shall be played in straight 8 Games. This means a player or team who scores eight (8) games wins the set and match, provided that the player or team wins by a majority of two (2) games. If a set score is tied at seven (7) games all, it shall be decided by a 7-Point Tiebreak Game (ITF Rule 5B). The **Advantage Set** shall be implemented and the **No Let Rule in Serve** shall be in effect.

II. ATHLETES' ELIGIBILITY

1. The provisions on the Eligibility of Athletes stipulated in the Enclosure 7 of Division Memorandum No. ____, s. 2023 shall apply.
2. Only athletes and coaches in the approved gallery of delegates shall be allowed to participate and compete.

III. NUMBER OF ENTRIES

1. Each team is entitled to two (2) entries in Singles Competition and one (1) entry in Doubles Competition and one (1) entry in Mixed Doubles Competition.
2. In Singles & Doubles "fixed" entries shall prevail, which means entries in Singles are not allowed to play in Doubles-vice versa.
3. With the exception of Mixed Doubles wherein the coaches must choose their ideal pairing.
4. The competition shall take place in accordance with these Regulations, the ITF Rules of Tennis

IV. SCHEDULE OF THE COMPETITION

All morning and afternoon matches shall be based on availability of court, but not before the designated time.

2 Days of Competition

V. COURT DISCIPLINE

1. **Unsportsmanlike Conduct (unc)**, If such violation occurs during a match (including the warm-up), the player shall be penalized in accordance with the Point Penalty Schedule. In circumstances that are flagrant and particularly injurious to the success of tournament, or are singularly egregious, a single violation of this Section shall also constitute the Major Offence of "Aggravated Behavior" and shall be subject to the additional penalties. For the purposes of this Rule, Unsportsmanlike Conduct is defined as any misconduct by a player that is clearly abusive or detrimental to the Competition, the ITF or the sport of tennis.

Immediate Default the Referee may declare a default for any misconduct violation of the Code without going through the Point Penalty Schedule.

2. Conduct of Coaches before, during and after the match shall be exemplary.

Improper behavior by the Coach/Team Captain and Players directed to meet officials are liable to disciplinary actions. It may be in form of game suspension, suspension from the rest of the tournament or as the case may be, it can be a lifetime suspension from any tournament administered by DepEd. In case of physical abuse or grave misconduct the Tournament Director, Referee or the Chair umpire has the right for immediate removal of coaches.

VI. UNFINISHED MATCHES

1. In case of inclement weather or fortuitous event matches shall be postponed and must re-scheduled. In any case of postponement, standing score shall be carried in the resumption of games and occupancy of the court shall be followed. If so happen succeeding schedule of matches shall be adjusted accordingly.
2. If there is no alternative venue and not enough time to accomplish the tournament, in consultation with the Chairman of the Technical Management and Games Administration Committee (TMGA) the following options shall be agreed upon by the Tournament Director and Coaches involved:
 - 2.1. One (1) Set, Straight six (6), No Tiebreak Game, No-Advantage Set
 - 2.2. One (1) Set, Straight Four (4), No Tiebreak Game, No-Advantage Set
 - 2.3. Super Tiebreak, Ten (10)



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VII. PROTESTS

1. Protest on technicalities shall be in writing and be submitted to the Tournament Manager, signed by the Coach and the duly authorized representative of the Head



VOLLEYBALL TECHNICAL GUIDELINES

I. GENERAL RULES:

1. This volleyball competition shall be held in accordance with the rules of International Volleyball Federation (FIVB) 2021-2024 Edition and as modified by and/or supplemented by the guidelines stated hereunder.
2. Any unforeseen event not covered by the rules shall be dealt as follows;
 - 2.1 Cases of general nature shall be resolved in accordance with the guidelines of Department of Education Palarong Pambansa; and;
 - 2.2 Technical questions shall be resolved in accordance with the Technical Guidelines, Rules & Regulations of Volleyball. All necessary interpretations are to be clarified during the solidarity/ or the General Technical Meeting.

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, coaches, assistant coaches and chaperons in the approved gallery of delegates shall be allowed to participate and compete.

III. COMPOSITION OF CONTIGENT:

Each cluster shall send the top two qualifiers in two (2) divisions and two (2) levels: Elementary Boys and Girls; Secondary Boys and Girls divisions.

1. Composition of a Team

- 1.1. Twelve (12) players including one (1) or two (2) liberos
- 1.2. One (1) Head Coach
- 1.3. One (1) Assistant Coach
- 1.4. One (1) Chaperon in case of Girls' team [female chaperon only]

IV. SPORTS SOLIDARITY MEETING:

1. Coaches and team captains of all participating teams are obliged to attend sports solidarity meeting or the general technical meeting to be able to clarify rules to be applied/ adopted. Failure to attend waives its right to file neither protest nor complaint against any matter discussed and agreed during the meeting. It is also in this meeting that the coach of each participating team must:

Submit their hardcopy official entries to the volleyball tournament management to confirm officially its participation following the modified/ simplified O-2 BIS Form with twelve (12) players including the LIBERO / S and three (3) or more officials - the Coach, Assistant Coach and the chaperon (in case of girls' team entry), Therapist, and Medical Doctor.

- 1.1 Attend the "Preliminary inquiry" in the said meeting and submit for inspection the two (2) team captain's uniform and that of the LIBERO.

V. DETERMINATION OF WINNER

1. HOW TO WIN A SET / MATCH

- 1.1 All games for the elementary boys and girls shall be played on a 2-out-of-3 sets following the "Rally Point System" A team which scores 25 points with a minimum lead of two (2) points wins a set. In case of a 24-24 tie, play is continued until a two-point lead is achieved i.e., 26-24;27-25; etc. should there be 3 or deciding set, the change sides of court shall be at score 13 and the team which scores 25 points or with a minimum lead of two (2) points, wins a set.
- 1.2 All games for the secondary boys and girls during the preliminary rounds shall be played on a 2-out-of-3 sets following the Rally Point System. A team which scores 25 points with a minimum lead of two (2) points, wins a set. In case of a 24-24 tie, play is continued until a two-point lead is achieved i.e.,26-24;27-25; etc. Should there be 3r or deciding set, the change sides of court shall be at score 13 and the team which scores 25 points or with a minimum lead of two (2) points, wins a set. Starting in the Semi-finals matches up to finals, games will be played on a 3-out-of-5 sets. Should there be fifth (5th) or deciding set, teams change sides of the court at score 8 and a team which scores 15 points or with a minimum lead of two (2) points, wins the set.

VI. CONDUCT OF COMPETITION:

1. The First Referee shall not permit any discussion about his/her decisions. Rule 23.2.4.,p. 47 FIVB
2. Referees accredited by DepEd and officially endorsed by their respective regions and core referees from the DepEd-NSA shall be selected by the Tournament Director and tapped to officiate and manage the volleyball games.
3. The rule of succession in scheduling games in all levels shall apply.
Hence, teams shall be within the vicinity of the court forty five (45) minutes ahead of their scheduled time of play. Fifteen minutes prior to the start of the match, the 1st and the 2nd referees shall conduct the toss coin and game proceedings. Games shall start as scheduled.
4. Players, coaches, including identified team supporter, pointing dirty fingers, use of profane language or any derogatory remarks addressed to the officiating officials, shall be warned and repetition of the same offense warrants sanction. The team shall be sanctioned by loss of service or point against them if the spectator is identified to be the team supporter.
5. At the end of the match, team captains shall congratulate and shake hands with the Referees (a gesture of sportsmanship), sign the



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VII. SPORTSMANLIKE CONDUCT:

1. Participants must know the "official volleyball rules" and abide by them.
2. Participants must accept Referees' decision with sportsmanlike conduct, without disputing them. In case of doubt, clarification may be requested only through the game captain.
3. Participants must refrain from actions or attitudes aimed at influencing the decisions of the referees or covering up faults committed by their team.
4. Participants must behave respectfully and courteously in the spirit of FAIR PLAY, not only towards the referees but also towards other officials, the opponent, team-mates and spectators. (Rule 20.2.1)
5. MISCONDUCT LEADING TO SANCTIONS:

Incorrect conduct by a team member towards officials, opponents, team-mates or spectators is classified in three categories according to the seriousness of the offence.

5.1 Rude conduct: action contrary to good manners or moral principles. (rule 21.2.1)

5.2 Offensive conduct: defamatory or insulting words or gestures or any action expressing contempt. (rule 21.2.2)

5.3 Aggression: Actual physical attack or aggressive or threatening behavior. (rule 21.2.3)

5.4 SANCTION SCALE: According to the judgement of the 1st referee and depending on the seriousness of the offence, the sanctions to be applied and recorded on the scoresheet are: **Penalty, Expulsion or Disqualification** (Rule 21.3)

6. SUMMARY OF MISCONDUCT AND CARDS

USED: Warning: No sanction (rule 21.1)

Stage 1- verbal warning, Stage 2- Yellow Card

Penalty: Sanction: Red Card (rule 21.3.1)

Expulsion: Sanction: Red+ Yellow cards jointly (rule 21.3.2)

Disqualification: Sanction: Red + Yellow cards separately (rule 21.3.3)

VIII. OFFICIAL VOLLEYBALL RULES, UNIFORM AND NET HEIGHT

1. The competition shall be played in accordance with the FIVB Rules 2021-2024 edition. All necessary interpretations shall be made before the competition, i.e., during the General Technical Meeting of Coaches and Referees.
2. A team must officially register and declare one (1) or two (2) LIBEROS prior to its first game or during the General Technical Meeting.
3. **THE LIBERO:** The coach has the option to field in any of the

LIBEROS. Replacement of Libero shall be unlimited



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In no instance that the two liberos shall be fielded at the same time in the same set. **The libero can be either team or game captain.**

4. PLAYING UNIFORM:

4.1 The playing uniform must be in conformity with the school color and of the FIVB General Regulations.

4.2 Each team shall have an available of minimum of two (2) sets of playing uniforms (light and dark) color.

4.3 The uniform of the LIBERO must be in contrast with team's color. (Rule:4.3.1;19.

4.4 The number must be placed on the jersey at the center of the front and of the back.

4.5 The color and brightness of the numbers must contrast with the color and brightness of the jerseys.

4.6 The number must be a minimum of 15 cm in height on the chest, and a minimum of 20 cm in height on the back. The stripe forming the numbers shall be a minimum of 2 cm in width.

4.7 The team captain must have on his/her jersey a stripe of 8 x 2cm underlining the number on the chest only.

5. NET

a. The net is 1 meter wide and 9.50 to 10 meters long (with 25 to 50 cm on each side of the bands) made of 10 cm square black mesh.

b. Height of the Net:

Elementary Level:	Boys- 2.15 meters	Girls- 2.10 meters
Secondary Level:	Boys- 2.43 meters	Girls- 2.24 meter



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In case of equality of ranking points:

3.1 **SET QUOTIENT** - In case of equality in the number of matches won by two(2) or several teams, they shall be classified in descending order by the quotient resulting from the division of the number of all sets won by the number of all sets lost within in their bracket.

3.2 **POINTS QUOTIENT** - If the tie persists as per the set quotient (rule 12.2.4.1) they shall be classified in descending order by the quotient resulting from the division of all points scored by the total of points lost during all sets within their bracket; and

3.3 If tie continues as per the point quotient (rule 12.2.4.2) between two (2) teams, the priority shall be given to the team which won the last match between them. When the tie in point quotient is between three (3) or more teams, a new classification of these teams in term of (rule 12.2.4.1, (12.2.4.2) and shall be made taking into consideration only matches in which they were opposed to each other.

IX. MISCELLANEOUS PROVISIONS:

1. PROTEST / COMPLAINTS:

1.1 See NSAC Guidelines; sec. 14; and 1.2 VIII.

1.2 all forms of misconduct during competition shall be subject to sanction in accordance with the sanction scale. (Rule 21.3)

1.3 Protest shall be in written form duly signed by the coach;

1.4 The protest shall be submitted to the Tournament Director within thirty (30) minutes after the match;

1.5 No protest will be entertained regarding judgement calls of the referees; and

1.6 Only technicalities of the game may be protested.

2. CONDUCT DURING COMPETITION AND CORRESPONDING PENALTIES:

3. PLAYERS AND COACHES ATTITUDE DURING GAMES

Participants must refrain from actions or attitudes aimed at influencing the decision of the referees, otherwise, the player/team/coach shall be issued verbal warning. Repetition of the same offense warrants penalty.

4. UNDER THE INFLUENCE OF LIQUOR:

Any member of the team found to be under the influence of liquor or drugs shall not be allowed to sit on the bench.

5. SANCTIONS:

All forms of misconduct during competition shall be subjected to sanction in accordance with the sanction scale. (Rule 22.3.)

6. DEFAULT:

A team that does not appear fifteen (15) minutes after the scheduled time of their game shall be declared in default in favor of the opposing team.

7. DEFAULT / FORFEITURE / WALK-OUT:

A team that declares its game in default, voluntary forfeiture and/or walks-out before or during the match shall be given zero (0) point. Chances are, it might entail exclusion from the next qualifying/ranking round. This rule applies from the preliminary up to the championship round. All matches previously played shall be declared forfeited with score: 0-2: (0-25;0-25) for two out of three sets and 0-3(0-25;0-25;0-25) for three out of five sets.

8. VICTORY CEREMONIES AND OTHER PROTOCOLS

Victory ceremonies shall follow immediately after the conclusion of the Volleyball Competition. Coaches of top four (4) teams must advise their players to be in full of their regional uniform particularly those who will be receiving their awards.

9. PROTOCOL:

9.1 The Asian volleyball Confederation (AVC) protocol shall be adapted during the preliminary rounds and the championship matches.

9.2 All teams and players must be within the vicinity of the volleyball court 45 minutes prior to their scheduled game. Fifteen minutes prior to the match, the First Referee and the Second Referee shall conduct the toss coin and the other game proceedings. Games shall start as scheduled.

9.3 At the end of the match, team captains shall congratulate and shake hands with the Referees, a gesture of sportsmanship, and sign the score sheet to ratify the result of the match (Rule 5.1.3.1)

10. PROLONG INTERRUPTIONS:

Interrupted matches, even if it exceeds the four hours and played in another venue, match shall resume with the same scores, players, and position. Interrupted set shall continue normally with the scores of completed set/s kept as played.



WRESTLING TECHNICAL GUIDELINES

I. RULES & REGULATIONS

The Tournament Guidelines of PALARONG PAMBANSA in shall be managed and modified in accordance with United World Wrestling (UWW) for the safety of the students -athletes.

In order, to guide the field in the conduct of sports activity in Wrestling, the following ground rules are hereby issued for the information and guidance of all concerned:

I. ELIGIBILITY OF ATHLETES

Only Secondary Students-Athletes who passed the screening procedure shall be allowed to play and only one participant per age and weight class.

II. AGE and WEIGHT CLASS

There shall be two (2) age groups for both boys and girls:

- A. 13-15= Cadets (under 16 years of age come the nationals).
- B. 16-18= Juniors (16-18 and above years of age come the nationals)

CATEGORY	AGE	GENDER	WEIGHT (kg)
Cadets	13– 15 years	Boys	42, 46, 50,
Cadets	13– 15 years	Girls	40, 44, 48,
Juniors	16– 18 years	Boys	54, 58, 62,
Juniors	16– 18 years old	Girls	48, 52, 56,

III. COMPETITION SYSTEM

Pre-Tournament

- A. The weigh-in and the medical inspection shall be done one (1) day before the tournament.. A (2) kilogram plus allowance is allowed during the weigh-in. Only (1) weigh-in for each category (cadets/juniors).
- B. The drawing of lots shall be done after the weigh-in.

Tournament

- a. The **Nordic System** shall apply in accordance with the number of entries per weight categories. The direct elimination with repechage for (8) or more in a weight class with one (1) gold, one (1) silver and two (2) bronze medals, However, if there are 6 or 7 athletes one bronze only with crossover bout.

Classification in Nordic System Ranking:

The wrestler with the highest number of victories will be rank first.

For all the cases with a tie between athletes in the same group, the ranking will be determined with following criteria, across all competition:

- *The highest classification points:*
- *The highest victory by fall*
- *The highest match victory by superiority*
- *The highest technical points scored.*
- *The direct match (winner against each other).*

b. Modification for victory by FALL or 2 Pin down.

Two (2) **Pin down Rules**

2 pin down to win the match regarding it happen 1st or 2nd round. If only 1 pin down declared after the match, the wrestler with 1 pin-down will earn plus 5 points.

If the **pin down** is tie (both wrestlers got 1 **pin down**) the score sheet will be basis

to declare the winner.

c. The Challenge

Is the action through which the coach is allowed, on behalf of the wrestler, to

stop the action and request the mat chairman to watch the video evidence in case of a disagreement with the call. If the Jury and Mat chairman confirms the **decision by the refereeing body, the wrestler loses the challenge, and his opponent will receive one (1) technical point.**

No challenge can be requested after the end of the regular time of a period.

d. Point System

For the safety of wrestlers, only one (1) and two (2) points shall apply in our

current Set-up. (All throws low or high is forbidden, if the wrestler used any high

amplitude Throws (Supple and lifting up), it will result into immediate disqualification).

Further all fouls will be caution and

1 point. e. Duration of the Bout

- For Cadets and Juniors: the duration of a bout will be two periods of 2 minutes with a 30-second break.
- The timing displayed on the scoreboards will start from 4 to 0 minute.
- The winner is declared by the addition of the points in both periods at the end of the regular time.
- Technical superiority is reached when there is a difference of 10 points.
This automatically leads to victory and ending the bout by blowing of whistle.
- The fall stops automatically the match whatever the period.



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- Winner by Injury if opponent cannot continue due to injury
 - Disqualification after 3 cautions
 - Disqualification after any brutality action.

IV. **COMPETITION UNIFORM**

For the Palarong Pambansa National Championship, to limit the participation costs per teams, it is suggested that in place of the official Olympic Wrestling standard uniform, it is allowed to have a close approximate of having 1.) a pair of blue and red sando-and-cycling shorts combo per athlete and 2.) exempt the athletes from wearing wrestling shoes, have them compete barefooted.

Athletes must appear on the edge of the mat wearing a one-piece singlet of the color assigned to them (red or blue) ... wearing a sando should be approved by the technical officials.

A School emblem on the chest is optional.

The use of light knee pads containing no metal parts is allowed.

The athlete must have a cloth handkerchief with him/her on the duration of the bout/match.

At the beginning of each day, *every* athlete must be closely shaven or have a beard of several months' grown.

Advertising on clothing. Athletes may also wear their sponsor's name(s) at the back or sleeves of their robes. Letters and symbols should not be more than 6cm.

Ear Protectors. Ear protectors to be used by the wrestlers must be approved by DepEd and must not contain any metal or hard shells. The referee can oblige the wrestler with long hair to wear ear protectors.

Shoes. Athletes must wear wrestling shoes that provides firm support for the ankles. Shoes with heels or with nailed soles, shoes with buckles or with any metallic parts is prohibited. Shoes with laces must be wrapped with a sticky tape or hide the laces so that they will not be exposed during the bout / match to avoid interruptions or disturbance to the athletes. Each athlete is responsible for providing the tape for the shoes which should be controlled before entering the mat.

Bans. At the weigh-in, the referee must check that each competitor satisfies the requirement. The wrestler must be warned at the weigh-in that if his/her appearance is incorrect, he/she is NOT ALLOWED to enter the competition. If the wrestler enters the mat with a non-compliant appearance, officials will allow a maximum of one (1) minute for him/her to comply. If, after one minute, the wrestler is still at fault, he/she will lose the match by abandonment.

It is prohibited to:

- o Wear the emblem or abbreviation of another Division / Region.

- o Apply any sticky or greasy substance to the body.
- o Enter the mat perspiring for the beginning of the match and for the beginning of each period.
- o Wear bandages on fingers, wrists, arms, or ankles except in

- o Wear any objects that might cause injury to the opponent like rings, bracelets, prosthesis, piercings, etc.
- o Wear under-wired bras (for women wrestlers).

V. **ILLEGAL HOLDS**

The following holds and actions are illegal and should be strictly prohibited:

- o Lifting opponents in standing and parterre position (the only allowed is lifting while kneeling in double leg, backward roll and countering single or double leg attack in parterre position).
- o All throwing's (one arm throw, hip throw, head and arm throw, fireman's throw, double and single leg lifting up takedown).
- o Suplex and all high amplitude holds would result into disqualification of the athlete.
- o Pull the hair, ears, genitals, pinch the skin, bite, twist fingers or toes, etc. and generally, to perform actions, gestures or holds with the intention of torturing the opponent or making him suffer to force him to withdraw.
- o Kick, head-butt, strangle, push, apply holds that may endanger the opponent's life or cause a fracture or dislocation of limbs, tread on the feet of the opponent or touch his face between the eyebrows and the line of the mouth.
- o Thrust the elbow or knee into the opponent's abdomen or stomach, carry out any twisting action which is likely to cause suffering
- o Hold the opponent by his singlet.
- o Hitting the mat (using hands or legs)
- o Cling to or grasp the mat.
- o Talk during the bout.
- o Holding the toe of the opponent's foot (only seizing the upper part of the foot or the heel is permitted).
- o Bringing the opponent's arm behind his back and the same time applying pressure to it in a position where the forearm forms an acute angle.
- o Executing a holds by stretching the opponent's spinal column.
- o Executing a hold in the neck using two arm.(the only allowed is holding head and arm)
- o Lifting the opponents who is in bridge position and throwing it in the mat. o Breaking the bridge by pushing to the head direction.
- o If the attacking wrestler is found to be violated the Rules during the execution of the hold, the action in question shall be completely void, and the wrestler will get caution and 1 point to his/her opponent.
- o If a defending wrestler, by an illegal action, prevent his/her opponent from developing the holds, he/she will receive 'caution' and 1 point to the attacking wrestler.
- o Twisting the leg out while in parterre position
- o Agree with the match result between themselves.
- o Grasping or interlocking fingers to block the opponent and prevent Active Wrestling.
- o To spit the water out during the break. o Double nelson
- o Leg hook (binding/hooking the leg of opponent in ground/parterre position)

These general prohibitions are sanctioned based on the severity of the foul



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Other rules stated underneath should also be strictly implemented:

1. Adapt the two-period system with continuation of score from period one, based on the 2019 Palarong Pambansa Guidelines General Information, Technical Rules, Regulations, Guidelines in Sports (Memorandum No. 1, series of 2019). Cadets (2 minutes with 30 seconds break); Juniors (2 minutes with 30 seconds break).
 2. No more warning ("ACTION") will be given to a passive wrestler. An automatic 1 point will be given to the opponent in the next and succeeding passive actions. The referee is authorized to stop the play if a passive player is to be reprimanded.
 3. A warning ("ATTENTION") will be given to a wrestler who makes an unintentional or intentional brutality for the first offense.
 - a. The Officiating Team will also make a decision for any brutality that will be done by the wrestler (even on first offense) ... to whether a point will be given to the opponent or an automatic disqualification.
 - b. When brutality is being performed again by the wrestler, the game will be stopped, and a decision will be made by the officiating officials.
 4. If the wrestler is in a half pin position and quickly changes the position to escape from the danger of pinning down, is not yet considered pinned. But if he/ she will return to his previous half-pin position, he/ she is declared pinned down.
 5. NO WAIVERS ALLOWED (As per DepEd Order on Child Protection Policy).
 6. No wrestler is allowed to a "1 step up" in each weight category.
 7. There can only be one player/ wrestler in every weight category per delegation.
 8. Winning in medal tally will be based on the number of golds, silver, and bronze.

Even if the fourth placer is still bronze recipient, it is NOT included in the medal tally
 9. In case of a question about the official's decision, the coach should forward his /her queries, but the decision of the Jury would be final and irrevocable.
 10. Only the official video(s) by the Officiating Team will be used for any clarifications and review of decisions.
- d. Players could only remove their face masks when they are playing. They are also required to bring alcohol or any disinfectants.