



2023 PHILIPPINE NATIONAL GAMES

PENCAK SILAT TECHNICAL HANDBOOK

December 18-22,2023





The information contained in this Technical Handbook was correct at the time of its publication. However, kindly note that details may be subject to change without prior notice until such a time the official date of the Championships has finally been announced. Any Changes on schedules, procedures, facilities, services and or any other pertinent information concerning the 2023 Philippine National Games Pencak Silat Championships will be circulated through e-mail, written memoranda, or any other platform of communications to all parties concern by the Organizing Committee

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What is the Philippine National Games? *

The **POC-PSC NATIONAL GAMES** shall become a yearly national championships for all sports - to assess the expanse of athletic potentials as by-product of your national programs, to serve as the ultimate challenge grounds to bring out the best of the national crop and the emerging ones, and finally, to serve as the final "ranking and selection ground" for possible composition of the national pool, and from which the team for the future international competitions (e.g. SEA Games, Asian Games, Olympics, etc...)

Fundamental Principles *

The Philippine National Games is an integrated Olympic-style multi-sports national competition. It is envisioned to be the centerpiece of the government's physical fitness and sports development program, which would spur activities in the grassroots level and enhance the development of elite athletes for international competitions.



The Objectives of the Philippine National Games *

1. To provide the structure for a truly integrated and comprehensive national sports program linking grassroots sports promotion to elite sports development.
2. To serve as the government's premier national sports competition to be held once every two years.
3. To encourage all local government officials to promote the development of sports in the countryside covering all barangays, towns, municipalities, cities and provinces.
4. To encourage and assist various National Sports Association in promoting their respective sports at the grassroots level providing the necessary linkages with local government units.
5. To encourage the entire citizenry to participate in physical fitness and sports activities in furtherance of the Philippine Constitution 's mandate for the State to promote physical education and sports, to foster self-discipline, teamwork and excellence for the development of a healthy and alert citizenry.
6. To serve as the pinnacle of a unified sports promotion and development program, bringing together in harmony and solidarity all sectors in sports, public and private. The Palarong Pambansa, and other local sports competitions organized by the LGUs and/or the private sector, shall serve as "feeder" and preparatory program for the PNG.

(* Source: PSC Website <https://png.psc.gov.ph/index.php>)

EVENT DETAILS

DATE	ACTIVITIES
December 15-16	Competition Venue Set-up
December 16	Technical Official's Refresher Course
	Team Manager's Technical Meeting/Draw Lots
December 17	Solidarity Meeting
	BP and PNG 2023 Opening Ceremonies
December 18	Pencak Silat Gelanggang Opening Ceremonies
	Start of Pencak Silat Competition
December 19 -22	Pencak Silat Competition Proper
December 22	Awarding Ceremonies/Closing of PS Competition

Note: **Schedule may change depending on number of participants. **Schedule is based on 1 arena for PNG .



EVENT VENUE

The Batang Pinoy and Philippine National Games will be held at (Venue to be determined).

ORGANIZING COMMITTEE

Philippine Sport Commission

DR. LAURO O. DOMINGO

BP-PNG Director

Email address : lauro.domingo@psc.gov.ph

Regional Contact email address:

North Luzon - PNG2023northluzon@gmail.com

South Luzon - PNG2023southluzon@gmail.com

NCR - PNG2023ncr@gmail.com

Visayas - PNG2023visayas@gmail.com

Mindanao - PNG2023mindanao@gmail.com

INIER L. CANDOR

Tournament Director

Email address : secgen.philsilat@yahoo.com

ACCOMMODATION, LOCAL TRANSFER and MEALS PROVISION

The organizers of BP PNG 2023 shall not provide **ACCOMMODATION, MEALS and TRANSPORTATION/LOGISTICS** for each participating contingents



COMPETITION CATEGORIES & ELIGIBILITY

TANDING (Combat) Categories		
MALE	WEIGHT CATEGORY	FEMALE
S	45 KGS & below	S
A	45 - 50 KGS	A
B	50 - 55 KGS	B
C	55 - 60 KGS	C
D	60 - 65 KGS	D
E	65 - 70 KGS	E
F	70 - 75 KGS	F
G	75 - 80 KGS	G
H	80 - 85 KGS	H
I	85 - 90 KGS	
J	90 - 95 KGS	
OPEN 1	95 - 110 KGS	OPEN 1
OPEN 2	110 & Above	OPEN 2
SENI (Artistic) Categories		
MALE	SENI CATEGORY	FEMALE
√	Bebas	√
√	Tunggal	√
√	Ganda	√
√	Regu	√

ELIGIBILITY AND PARTICIPATION GUIDE

1. Open to both Male and Female pencak silat athletes from **18 years old up to 30 years** of age as of December 22, 2023, or as stated in the PNG 2023 General Guidelines of PSC.
2. Only the above age bracket (Senior) categories are eligible to join the PNG 2023. Proof of age in the form of Certified True Copy of the athlete's Birth Certificate printed using security paper issued by the Philippine Statistics Authority (formerly known as NSO) must be submitted to the PNG Tournament Secretariat.



3. A pesilat or pencak silat athlete can be registered in two (2) different Seni Categories .
4. Participating LGUs can only enter one (1) participant per event (only single contingent per LGU is allowed) category both in the Tanding and Seni Categories. Tanding (Combat) competitors are also allowed to register in any two (2) Artistic (Seni Bebas, Tunggal,Ganda,Regu) events.

NUMBER OF ENTRIES PER EVENT:

Each LGU is allowed to field in the following maximum of entries per event category:

1. Tanding Categories :
 - Male - 13 Events
 - Female - 11 Events
 - Total : 24 Tanding Events**
2. Seni Categories :
 - Male - 4 Events
 - Female - 4 Events
 - Total : 8 Seni Events**

AS A RULE , for an Event to push through there must be at least **FOUR (04) LGUs** fielding in an entry for each Event Category.

3. **Only Accredited/Recognized /Licensed Coach of Philsilat Sports Association, Inc.** are eligible to serve as coach of a Team or pesilat during performance competition. This is pursuant to Memo P-7 8/12/2020, and adoption locally of the Memo P-11 2/3/2023 of Pencak Silat International Federation (PERSILAT) in national competitions .

4. LGUs/Chapters must register and submit their **Entry By Number (Form A)** and **Entry By Name (Form B)** via the following **email addresses** :

North Luzon	-	PNG2023northluzon@gmail.com
South Luzon	-	PNG2023southluzon@gmail.com
NCR	-	PNG2023ncr@gmail.com
Visayas	-	PNG2023visayas@gmail.com
Mindanao	-	PNG2023mindanao@gmail.com



The Team Manager/Coach should provide the Pencak Silat Event Secretariat a copy of Entry By Name (**Form B**) during TM Tech. Meeting day to confirm entry of event to be participated in by each athlete.

5. Each competing athlete or Pesilat must submit a Medical Certificate, using the form provided in this Technical Guideline (See Annex C) signed and issued by a licensed Medical Doctor or Physician. Certification date must not exceed one (1) month before the competition regardless of the competition category. Submission of the medical form is on the registration day or upon weigh-in.
6. A Pesilat who fails to present the medical certification before weight-in will be disqualified from competing in the competition. The Organizing Committee may recommend certain doctor/hospital in the Host City, cost will be borne by the competitor's team.
7. Team Manager or Coach is allowed to change/correct entry by name during the Team Managers' Technical Meeting day only.
8. Draw lots will be done during Technical Meetings with the Team Manager or Coach as representatives of LGUs. Venue for the Technical Meeting will be announced by the Organizing Committee.
9. Each participant will be issued with an official accreditation card/pass by the PNG Secretariat organizer as a valid proof of qualifications for athlete

COMPETITION RULES AND REGULATIONS:

1. Competition Rules
The Pencak Silat Seni competition of the 2023 Philippine National Games will be held in accordance with the Rules of Competition set by the organizers, the PNG Secretariat, and of the Philippine Sports Commission (PSC); and in accordance with rules and regulations set International Pencak Silat Federation (PERSILAT) under the Competition Rules, Version 6 as of August 2022, under the guidance of the Tournament Director (TD) appointed by Philsilat Sports Association, Inc.
2. **Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:**
 - a. General Issues: To be resolved in accordance with the Phil. National Games General Rules and Guidelines.
 - b. Technical Issues: To be resolved in accordance with the PERSILAT Rules and Regulations based on the Version 6 , August 2022 New Competition Rules.



3. Competition System

a. *Tanding (Match)* Duration: 3 rounds of 2 minutes, with 1 minute break in between

- Time will stop each time the Wasit stops the fight.
- Timekeeper will strike the gong to indicate the start and end of each round.
- Timekeeper will clap the clapper at 50-seconds during break time to indicate that athletes must return to the arena for the next round

b. *Seni (Artistic)*

- *Tunggal, Ganda and Regu*, competing athletes are given 3 minutes to perform in the gelanggang.
- *Bebas (Solo Creative)* - The duration of time allocated for each performance is between 1 minute up to 3 minutes maximum.

4. *Seni (Artistic) Weapons Allowed*

a. *Single (Tunggal) Category*

Long knife (Golok or Parang) measuring about 30 - 40cm and its made of metal and blunt (No sharp corners).

Toya/Long Stick/Tembung made out of natural rattan with the length between 150 - 180cm long and with a diameter of 2.5 - 3.5cm.

These weapons MUST be inspected by the competition committee before the starting of the competition

b. *Double (Ganda) Category*

Besides the mentioned weapons of the same specifications as in the Single Category, competitors are allowed to use an additional (Optional) Nusantara weapon such as the “Keris”, “Pisau”, “Celurit” or a pair of “Trisula” as stated in the Pencak Silat Competition Rules & Regulations book. These weapons MUST also be inspected by the competition committee before the starting of the competition.

The Team Manager of the participating Teams must submit the “Synopsis Form” for Doubles (Ganda) category before the starting of the competition.



c. Team (Regu) Category

Team (Regu) category is a category of Pencak Silat competition which is performed by 3 (Three) athletes from the same team performing their skills (Repertoire) in a compulsory manner correctly, with accuracy, firmness, complete with the expressions, synchronization and compact with empty hands according to the rules and regulations applied for Regu category.

d. Solo Creative

- All participants must be in their own respective style of attire and performance in accordance to their own stance/identity/Perguruan).
- All competitors must begin their performance with empty handed (No weapons) followed by the usage of weaponry for the following sessions. There are no restrictions on the duration on time of these two sessions as long as it is completed within the allocated time of 3 (Three) minutes.
- All competitors are **STRICTLY PROHIBITED** from using the steps (Jurus) of Tunggal and/or Regu.
- Each competitors is allowed to use 2 (Two) type of weapon listed in the Malay/ Nusantara traditional weapons (e.g.: “Keris”, “Pisau”, “Celurit “Trisula”, “Tombak”, “Kerambit”, “Sundang”, etc.) These choice of weapons must be inspected by the Organizing Committee before the competition Starts.
- The organizer will **NOT BE PROVIDING** any choice of weapons for this category.
- The competitors will be judged by their criteria of Pencak Silat movements, the forms of the Pencak Silat and the discipline of the performances starting from the beginning till the ending of the performance.

NOTE:

Inspection of weapons will be done at a designated time and place before each competition that will require as such (Bebas, Tunggal and Ganda). Please submit **FORM D upon Call for Athletes by the Weapon Inspector.**

5. Match/Tanding

VALID POINTS for Tanding match is based in the PERSILAT New Competition Rules Version 6, August 2022.

Only hits within the “TOGOK” or armor is considered a validating and scoring area. Togok covers the trunk area of the body, this **EXCLUDES** the neck upwards, and area from the navel downwards to the groin.



All **TECHNIQUES ALLOWED** under Article 14 of the International Pencak Silat Federation or (PERSILAT) Rules of competition 2022 NEW RULES (version 6 released August 2022) will be adopted .

6. Weigh-in for Tanding

No over weight tolerance will be allowed!!

- a. Weigh-in for Tanding Match will be conducted once daily , in the morning at 8:30am before each fight and must be witnessed by officials from both teams
- b. No measuring tolerance in body weight is allowed.
- c. All weigh-in is carried out in the morning of each competition day according to the schedule of competition.
- d. During weight-in, Pesilats are allowed to wear underwear or any light materials, for privacy athletes are allowed to cover themselves with any cloth for modesty's sake.
- e. For Female athletes, only female Technical Officials shall witness their weigh-in. Further, they are allowed to wear Pencak Silat uniform or Baju use for competition, dry, without belt, without any protective gears (genitals & protective joints)
- f. A Pesilat (athlete) whose weight fails to meet his/her class requirement during weigh-in will be disqualified from the competition.
- g. The weigh-in officials and officials from both teams should sign the Weigh-in Form which is provided by the Organizing Committee.
- h. The weight-in officials are appointed by the Tournament Director.

IMPORTANT NOTE:

For safety purposes, all Tanding athletes must provide their own mouthpiece, shin guards, arm guards, protective gloves and groin guards . for **NON-WEARING OF THE ABOVE MENTIONED PROTECTIVE GEARS** , will cause **disqualification for a competing athlete**. Match will not begin unless protective gears are all worn by the competing athlete.



7. Scoring

A competing athlete may win a contest via the following means:

- a. Win by Points Score
- b. Win by Technical knock Out (TKO)
- c. Win by Absolute Victory
- d. Win by Referee Stop Contest (RSC)
- e. Win bi Walk Over (WO)
- f. Win by Disqualification

The Tournament Organizers will be using the “Manual Scoring” system and “Video Playback System” throughout the **PNG 2023** Championships.

The SCORE or Result will be announced immediately as soon as tabulation of the points in the score sheets have been done.

8. The decision of the jury is absolute and cannot be contested, we do hope that the

Coaches and Athletes competing will obey this rule. If a Coach or Athlete wishes to file for an objection of the results, they should follow the Rules of PERSILAT in filing for an objection

9. Protests

1. A request for the ‘Protest Form’ must be made within 10 minutes after result of the competition has been announced. Strictly no protest will be entertained ten (10) minutes after the result of the winner is declared by a referee.
2. Claims and protest can be made only at the Jury of Appeal by the Team Manager in writing within the following 20 minutes, the completed form must be returned to the Jury of Appeal including the protest fee of PhP 3,000.00 in cash.
3. Result of the protest that will be declared after a thorough review and investigation by the Jury of Appeal is **irrevocable and absolutely final**.



4. Protest fee will be refunded to the Team Manager if the protest appeal is accepted and approved by the Jury of Appeal. However, should the protest appeal is unsuccessful, the protest fee will be forfeited.
5. Protest shall be based on Article 13 of the PERSILAT Rules. The decision of referee is final.

GAME OFFICIALS AND TECHNICAL OFFICIALS

The competition will have several Event Categories, in each session there will be a different set of Technical Officials : Chairman (KP) , Council of Juries (Dewan), Wasit-Juries, and Game Secretary.

REFEREES / JURORS

1. The competitions will be conducted by an NSA Technical Officials- Licensed Referees & Jurors holding an International or National License Certificate issued and or accredited by Philsilat Sports Association, Inc.
2. Participating LGU or Chapter may nominate one referee / juror to be part of the Technical Officials that will conduct the competition fairly, orderly and in smooth manner. However, the Appointment of Technical Officials will be done at the discretion of the PHILSILAT Sports Association's Tournament Director.
3. A refresher course or workshop will be conducted by PHILSILAT appointed Game Chairman two (2) days prior the competition proper.
4. Referees/Jurors would need to arrive in the morning of the start of the Refresher Course (2 days before the start of the Tournament)



WINNERS MEDALS AND OVER-ALL CHAMPIONS

Each Winner for all Categories will receive the following recognition:

1. Tanding Match Category

1st Place - Gold Medal and Certificate in each category.

2nd Place - Silver Medal, Medal and Certificate in each category

3rd Place – 2 Bronze Medals and 2 Certificates in each category

2. Seni Category

1st Place - Gold Medal and Certificate in each category.

2nd Place - Silver Medal, Medal and Certificate in each category

3rd Place - 2 Bronze Medals and 2 Certificates in each category

No Cash incentives or any monetary prize shall be given to any winners.

TECHNICAL MEETING AND DRAW LOTS

There shall be a technical meeting of the Team Managers or Coaches and followed by draw lots of competitors for the match sequence. Technical meeting for all qualifying rounds will take place 1 day before the start of the competition. . Time and venue will be determined and announced during official registration day.

GENERAL MATTERS

Any matters that will arise during the competition proper which is not stated herein the competitions system is subject to the final decision of the Tournament Director and the Jury of Appeal.

MANDATORY DOCUMENTS TO BE SUBMITTED BY PNG 2023 PARTICIPANTS:

THE FOLLOWING ARE PROOF OF ELIGIBILITY OF ATHLETES

1. Birth Certificate (Certified True Copy) printed using Security Paper and issued by the Philippine Statistics Authority (formerly PSA) .
2. LGU Endorsement from any of the following officials (Governor, Mayor or their duly appointed Sports Coordinator or Barangay Chairman)



3. LGU ENTRY FORM – It is a Delegation Master List indicating the names, sports and ages of the participating athletes to be certified by the above officials (see B).
4. Waiver of Medical Liability to be signed by the LGU representative or Coach.

PROTOCOL, ETIQUETTE & DISCIPLINE

The protocol, etiquette & discipline for attire during Philippine National Games 2023 Championships are as follows:

1. **Opening Ceremony / Closing Ceremony and Medal Presentation** - Official team tracksuit/uniform or Standard Pencak Silat attire
During Competition\
 - a. Match – Standard Pencak Silat attire
 - b. Artistic – According to the International Pencak Silat Competition Rules and Regulations

2. Yellow & Red Card

All accredited persons (Technical Officials, Team Officials, Coaches and Athletes) are required to adhere to the code of ethic. Failing to observe the code of Ethics may cause, a penalty card to be issued to them as stated in article 18 of the International Pencak Silat Competition Rules & Regulation (Version 5, June 2022).

a. Misbehavior of coaches, players and delegation members, friends and relatives shall be dealt with in accordance to Article 10 of the International Rules of PERSILAT.

b. Smoking in any form is not allowed in the tournament premises. The tournament manager has the power to give orders the peace and order committee to send the subject outside the tournament premises.

c. ***The discipline during ceremonies & competition are as follows:***

All participants must be on time and present in every ceremony & event according to the official schedule.

Participants must at all time, shows good personal appearance with a good attitude and the spirit of sportsmanship.



d. Participants should attend and adhere to any ceremony in an orderly manner and must not make any noise or disturbances which can disturb the solemnity of the ceremony.

e. A strict “Disciplinary Action” will be taken towards any athlete who will disobey or with a bad attitude.

- No abusive and vulgarities language/words at all time.
- No indecent hand gestures or signs at all time (Eg: Middle finger, etc.)
- **Strictly NO RACIAL or SEXUAL discriminations.**

NOTE:

All accredited person involved in the Pencak Silat event is binded by the International Pencak Silat Competition Rules & Regulation (Version 6, August 2022) during games period as Stated in Article 2.2 . Any personnel who are found to breach the Code of Ethics, the Disciplinary Committee will act accordingly to the seriousness of the case.

**** IF ANY OF THE ABOVE MENTIONED ITEMS UNDER SECTION 7.D (Items 7.d.4 – 7.d.7), AND ESPECIALLY VIOLATIONS OF ARTICLES 2.2 AND 18 HAS BEEN COMMITTED OR NOT ADHERED TO OR FOLLOWED, THE ENTIRE TEAM MAY SUFER SERIOUS CONSEQUENCES SUCH AS , WILL BEBARRED AND SENT HOME IMMEDIATELY AT THEIR OWN COSTS AND ARRANGEMENTS.**

APPROVAL OF THE COMPETITION

TECHNICAL HANDBOOK

This Technical Handbook was approved by Philsilat Sports Association, Inc. and Philippine Sports Commission

Any further amendments shall be circulated via emails or any forms of communications to the respective Participating Teams from time to time.