



Republic of the Philippines
Department of Education
REGION XI
SCHOOLS DIVISION OF PANABO CITY

Office of the Schools Division Superintendent

August 5, 2025

DIVISION MEMORANDUM
No. 0176 s. 2025

**CONDUCT OF INTRAMURALS, SCHOOL SPORTS DAY, DISTRICT AND UNIT
MEETS IN PREPARATION FOR THE 2026 PANABO CITY ATHLETICS
ASSOCIATION (PCAA) MEET**

To : Assistant Schools Division Superintendent
Chiefs of Curriculum Implementation Division and
Chief of Schools Governance and Operations Division
Public and Private Elementary and Secondary School Heads
All Others Concerned

1. Pursuant to the Philippine Constitution, Section 19 of Article XIV, the State shall promote physical education and encourage sports programs, league competitions, and amateur sports, including training for international competitions to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry.
2. Anent thereto, the Schools Division of Panabo City through the Curriculum and Implementation Division (CID), announces the schedule of the conduct of **Intramurals, School Sports Day, District and Unit Meets from August to October 2025.**
3. Attached to this Memorandum are the following:

Enclosure 1: PCAA Activity Matrix
Enclosure 2: Guidelines on the Eligibility of Athletes and Coaches
Enclosure 3: Breakdown on the Composition of Athletes & Coaches
Per Event
Enclosure 4: Qualifying Standard for Measurable Sports
Enclosure 5: List of Sports with Changes in the Technical Guidelines
in the 2025 Palarong Pambansa

4. School Heads are advised to conduct their intramurals, school sports day, and selection of athletes during Saturdays, Sundays, Holidays, and/or at every 3:00pm during weekdays so as not to disrupt classes.



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5. The no disruption of classes' policy, as stipulated DepED Order No. 9, s. 2025 intitled **"Instituting Measure to Increase Engaged Time-on-Task and Ensuring Compliance Therewith"**, shall be strictly observed during the conduct of the Intramurals, School Sports Day, District and Unit Meets.
6. Expenses relative to the conduct of the Intramurals, School Sports Day, District and Unit Meets shall be charged against school MOOE and/or any other local funds subject to the usual accounting and auditing rules and regulations.
7. Wide and immediate dissemination of this Memorandum is desired.


JINKY B. FIRMAN PhD, CESO VI
Schools Division Superintendent


RELEASED

AUG 06 2025

RECORDS SECTION SDO PANABO CITY
BY 

Enclosed: As stated.
CID Sports/JEY/ARPJR



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(Enclosure No. 1 to Division Memorandum No. _____ s. 2025)

CONDUCT OF INTRAMURALS, SCHOOL SPORTS DAY, DISTRICT AND UNIT MEETS MATRIX

DATE	ACTIVITIES	RESPONSIBLE
August – October 2025	<ul style="list-style-type: none"> • Intramurals • School Meet • School Screening and Accreditation of Athletes & Coaches 	<ul style="list-style-type: none"> • School Sports Coordinators • School Heads • School Sports Club Members • School Screening Committee
November 2025	<ul style="list-style-type: none"> • District Meet • Unit Meet • District Screening and Accreditation of Athletes & Coaches 	<ul style="list-style-type: none"> • District Sports Coordinators • School Sports Coordinators • School Head • School Sports Club Members • District Screening Committee
December 2025 – January 2026	<ul style="list-style-type: none"> • School/District In-House Training • Division Screening and Accreditation of Athletes & Coaches 	<ul style="list-style-type: none"> • School Heads • School Sports Coordinators • District Coordinators • Qualified Coaches • Qualified Athletes
January 2026	<ul style="list-style-type: none"> • Panabo City Athletic Association (PCAA) Meet • Refresher Course for Technical Officials • Capability Building of Coaches 	<ul style="list-style-type: none"> • PCAA Executive Committee • Delegation Heads • Technical Officials • Coaches & Athletes
February 2026	<ul style="list-style-type: none"> • PCAA Qualified Athletes and Coaches In-House Training 	<ul style="list-style-type: none"> • PCAA Executive Committee • Delegation Heads • Qualified Trainers • Coaches & Athletes
March 2026	<ul style="list-style-type: none"> • DAVRAA Meet 	<ul style="list-style-type: none"> • PCAA Executive Committee • Delegation Heads • Qualified Trainers • Coaches & Athletes
April 2026	<ul style="list-style-type: none"> • Regional In-House Training of Athletes & Coaches 	<ul style="list-style-type: none"> • ROXI
May 2026	<ul style="list-style-type: none"> • 2026 Palarong Pambansa 	<ul style="list-style-type: none"> • ROXI


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Enclosure No. 2

**GUIDELINES ON THE ELIGIBILITY OF ATHLETES
IN THE DIVISION, REGIONAL AND PALARONG PAMBANSA 2025**

RULE I

Section 1. Scope and Application – These Rules shall apply to the conduct of the *Palarong Pambansa*, Regional, Division, District, and School Meets.

RULE II

Section 2. Composition

- a. Pursuant to Section 13 of Republic Act No. 10588,¹ known as "An Act Institutionalizing the Conduct of the *Palarong Pambansa* and Appropriating Funds Therefor" and Section 17 (a) of DepEd Order No. 43, s. 2016, known as "The Implementing Rules and Regulations of Republic Act No. 10588,"² the Board shall constitute the National Screening and Accreditation Committee (NSAC) composed of the following:
 - i. A representative from DepEd Legal and Legislative Affairs;
 - ii. Two (2) government physicians;
 - iii. Two (2) government dentists; and
 - iv. One (1) authorized representative from each Regional Athletic Association (RAA), preferably the Chairperson of the Regional Screening and Accreditation Committee (RSAC).

The *Palaro* Board may designate a Data Group/Secretariat that will assist the NSAC in preparing and reproducing the master lists, and photo galleries of the athletes, coaches, assistant coaches, and chaperones, and other works as deemed necessary.

- b. The Regional Director, in consultation with the members of the RAA, shall create a Regional Screening and Accreditation Committee (RSAC) composed of the following:
 - i. A representative from the Regional Legal Unit or a representative authorized by the Regional Director, who will act as the Chairperson;
 - ii. Two (2) government physicians;
 - iii. Two (2) government dentists;

¹ R.A. No. 10588

² IRR of R.A. No. 10588


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- iv. One (1) authorized representative from each Division Athletic Association (DAA); and
- v. Data Group that will serve as the secretariat and assist the RSAC in the preparation and submission of the master list, and photo galleries, and other documents of the athletes, coaches, assistant coaches, and chaperones.

c. The Schools Division Superintendent shall likewise create a Division Screening and Accreditation Committee (DSAC) composed of the following:

- i. A representative from the Legal Unit or a representative authorized by the Schools Division Superintendent, who will act as the Chairperson;
- ii. One (1) government physician;
- iii. One (1) government dentist;
- iv. One (1) authorized representative from each district or cluster and
- v. Data Group that will serve as the secretariat and assist the DSAC in the preparation and submission of the master list, and photo galleries, and other documents of the athletes, coaches, assistant coaches, and chaperones.

d. No teaching personnel engaged in classroom instruction shall be designated as NSAC, RSAC, or DSAC members.

Section 3. Duties and Functions of the NSAC – The NSAC shall:

- a. Interview, evaluate, and verify the authenticity of the documents of athletes, coaches, assistant coaches, and chaperones submitted by the Head of Delegation for the *Palarong Pambansa*;
- b. Accredit qualified athletes, coaches, assistant coaches, and chaperones and submit to the Board:
 - i. *the initial master list at least two (2) months before the conduct of the Palarong Pambansa;*
 - ii. *the final official master list at least two (2) days before the conduct of the Palarong Pambansa;*
- c. Consider replacements for disqualified athletes during the period of screening;
- d. Re-check and monitor with the proper technical officials the athlete fielded by coaches during the actual competition based on the final official master list with photo gallery released by NSAC;



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- e. Monitor the conduct of the screening and accreditation of the athletes, coaches, assistant coaches, and chaperones during the Division, Regional and *Palarong Pambansa*;
- f. Have appellate jurisdiction on decisions rendered by RSAC; and
- g. Other functions that the Board may delegate.

Section 4. Duties and Functions of the RSAC and DSAC – The RSAC and DSAC shall:

- a. Evaluate and verify the authenticity of the documents of athletes, coaches, assistant coaches, and chaperones submitted by the Head of Delegation for the Regional Meet in the case of RSAC and Division Meet in the case of DSAC;
- b. Accredit qualified athletes, coaches, assistant coaches, and chaperones and submit the master list to the RAA, DAA or Provincial Athletic Association (PAA), *through the Tournament Managers*, as the case may be, at least two (2) days before the conduct of the Division or Regional Meet;
- c. Re-check and monitor with the proper technical officials the athletes fielded by the coaches during the actual competition based on the final official master list and photo gallery;
- d. The Head of Delegation, through the DSAC or RSAC, shall submit the master list to the RSAC or NSAC, as the case may be;
- e. Provide technical assistance in the screening and accreditation of athletes, coaches, assistant coaches, and chaperones.

RULE III

Section 5. Rules on Participation in the *Palarong Pambansa*

- a. The participants in the *Palarong Pambansa* shall be elementary and secondary athletes from public and private schools who participated in the Division meet (School, District, and other applicable meets) and Regional Meet: *Provided* that secondary athletes shall refer to both junior and senior high school learners;
- b. Generally, Kinder to Grade 6 athletes shall play in the elementary Division, and Grade 7 to Grade 12 athletes shall play in the secondary Division.


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However, an elementary athlete who has been declared overage at the elementary level may be allowed to play at the secondary level.

Section 6. Eligibility of Athlete – To be eligible in the *Palarong Pambansa*, Regional, Division, and other lower meets, the athlete must be:

- a. A Filipino citizen;
- b. Enrolled in a public, private recognized school (schools with recognition/permit to operate) or Philippine School Overseas (PSO) or National Academy of Sports (NAS) at the beginning of the current school year and have attended and/or completed the curriculum year (for *Palarong Pambansa* only), regardless of the delivery mode of learning, except those enrolled under Alternative Learning System.

For athletes under the Alternative Delivery Mode (Home Study Program/ Home Schooling Program, Modified Out School Approach, Open High School Program), they shall be allowed to participate in the lower meets, Division, Regional, and *Palarong Pambansa* provided that they shall represent the School or Division or Region where they are enrolled.

- c. In case of transfer of learner-athlete, the following rules shall apply, *viz*:
 - i. **For transfer of athlete from one region to another region**, a one (1) academic year or school year **residency** requirement shall be imposed **only upon secondary student-athletes**, except for those in Grade 7 and Grade 11. *Transferees in the elementary level shall be allowed to play provided his/her transfer was made before or at the beginning of the school year.* This provision shall also apply to Filipino student-athletes from other countries enrolling in a school in the Philippines.

A one (1) academic year or school year residency shall commence at the beginning of the school year until the end of the current Palarong Pambansa.

- ii. **For individual event** – Transferees from one school to another school within the Division or transferees from one Division to another Division within the same Region, are allowed to participate in the *Palarong Pambansa*, provided, they have participated in the lower meets, (School, District, Division, Regional);



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iii. **For team events** (Basketball, Baseball, Futsal, Sepak Takraw, Volleyball, Softball and Football) – A student-athlete who transferred from one school within the Division or Region, shall be allowed to participate in the School, Division, Regional Meet and *Palarong Pambansa*, provided his/her transfer was made before the conduct of the school intramural.

d. For student-athletes in the **elementary level**, the athlete must have been **born on or after January 1, 2012**. For *Palarong Pambansa* 2026, elementary student-athletes must have been born on or after January 1, 2013; for 2027, on or after January 1, 2014; and so on and so forth for the succeeding years.

For those in the **secondary level**, the athlete must have been **born on or after January 1, 2007**. For *Palarong Pambansa* 2026, secondary student-athletes must have been born on or after January 1, 2008; for 2027, on or after January 1, 2009; and so on and so forth for the succeeding years.

Athletes born before said date shall be immediately disqualified from the School, Division, Regional Meet, and in the *Palarong Pambansa* for being overage.

e. **Filipino athletes enrolled in Philippine School Overseas (PSOs)** may be allowed to participate in the *Palarong Pambansa* (National Palaro) without playing in the Division and Regional Meets, provided that the athlete:

- i. Shall meet the other requirements for qualification and accreditation;
- ii. Shall meet the qualifying standards in the individual sports where they are playing;
- iii. Shall shoulder their expenses; and
- iv. For purposes of representation, they shall be playing under the banner of Philippine School Overseas (PSOs) and shall be exempted from the one (1) year residency requirement in case of athlete's transfer and the one school-one team rule representation in team events.

f. Athletes enrolled in the National Academy of Sports (NAS) shall be allowed to participate in the *Palarong Pambansa* without playing in the Division and Regional Meets, subject to the following conditions:


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- i. NAS student-athletes must undergo with the usual Screening and Accreditation process and abide by the rules on the eligibility of athletes provided by the Palarong Pambansa Board;
- ii. NAS shall be the 18th delegation to the Palarong Pambansa, carrying the banner of the National Academy of Sports;
- iii. All expenses to be incurred relative to the participants of NAS as a separate delegation shall be shouldered by the NAS and that no additional expenses shall be charged to the Department of Education and/or Palarong Pambansa; and
- iv. Transfers of athlete/s from Region III delegation and other Regions to NAS shall be considered as transfer from one region to another region.

Section 7. Grounds for Disqualification – Unless otherwise provided by the Board, the following athletes shall be disqualified or shall not be allowed to play in the *Palarong Pambansa*, Regional, Division, or other lower meets:

- a. Athletes who have been declared over age;
- b. Elementary athletes with 3rd molar tooth;
- c. For Elementary and Secondary level: Athletes with failing grades in three (3) or more learning areas in the:
 - i. **first grading period** for the Division Level;
 - ii. **second grading period** for the Regional Level and Palarong Pambansa;
- d. Athletes who become, have been, or are currently members of the:
 - i. National Team, National Training Pool, or who played in the South East Asian (SEA) Games, Asian Youth Games, Asian Games and/or Olympic Games;
 - ii. National Developmental Pool and who received or are receiving regular monthly stipend and/or allowance from the Philippine Sports Commission (PSC);

Provided, however, that those athletes who played in other foreign invitational competitions shall not be disqualified to play in the *Palarong Pambansa*: *Provided, further*, that athletes participating in one sports discipline as: a) members of the National Team, National Training Pool; b) National Developmental Pool and who received or are receiving monthly stipend and/or allowance from the Philippine Sports Commission (PSC) or played in the SEA Games, Asian Youth Games, Asian Games and/or Olympic Games shall not be


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disqualified to play in the *Palarong Pambansa* and other lower meets in a sports discipline other than the sport wherein the athlete participated in as a member of the above-mentioned team or pools;

- e. Athletes who fail to submit the required documents, physically appear during the screening and interview, and play in the Regional, Division, and lower meets, unless his/her failure to appear is justifiable or due to a fortuitous event beyond his/her control;
- f. Athletes banned during the previous *Palarong Pambansa* or disqualified during lower meets; and
- g. Other grounds include but are not limited to falsification of documents, misrepresentation, and use of prohibited drugs.

Section 8. Documentary Requirements. The following are the required documents to be submitted by athletes who intend to participate in the *Palarong Pambansa* and other lower meets:

- a. Athlete's Record (AR) signed by the athlete, coach, and authorized Division Sports Officer and/or Coordinator;
- b. Original and certified photocopy of Philippine Statistics Authority (PSA)/National Statistics Office (NSO) Birth Certificate. Late registration of the Birth Certificate of an athlete shall be accepted, *provided* the Birth Certificate is registered one (1) year before the current *Palarong Pambansa*. For those athletes who participated in the previous *Palarong Pambansa*, only a photo copy of the PSA birth certificate is required.
- c. In the case of foreign-born Filipino athletes, in lieu of an NSO/PSA Birth Certificate, the Original Birth Certificate issued by the country where he/she was born and a valid passport or a document issued by the Bureau of Immigration or Department of Foreign Affairs showing his or her Filipino nationality.

The eligibilities are subject to the specific technical rules of each sports discipline.

- d. Certified true copy from original or computer printed of Learner's Permanent Academic Record or School Form (SF) 10 (Form 137) with entries of Learner Reference Number (LRN) duly signed by the Teacher-Adviser or Registrar or Principal, or School Heads, and by the authorized


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Division Sports Coordinator, PESS Coordinator or Education Program Supervisor in charge of Sports.

- e. Certificate of Enrolment and Attendance duly signed by the School Registrar or School Head:
 - i. For Grades 1 to 10, a Certificate of Attendance and Completion stating that the athlete had attended and completed the Curriculum Year.
 - ii. For Grades 11 and 12, the athlete must not have three or more failing final grades in any learning areas for the 1st semester;
 - iii. For Grades 11 and 12, a Certificate of Completion issued by the school where the athlete was enrolled in the 2nd Semester, stating that the athlete had attended and completed the Curriculum Year. The foregoing requirements apply to *Palarong Pambansa*.
 - iv. For the lower meets, Grades 1 to 10 must not have three (3) or more failing grades in any learning areas; likewise, in Grades 11 and 12, 1st semester grades must not have three (3) or more failing grades in any learning areas.
- f. Parental Consent
 - i. **Combative sports, including gymnastics** – Parental Consent signed by both parents duly verified by the school head, or principal, or registrar, or teacher-adviser where the athlete is enrolled.
 1. In case one or both parent/s is /are residing in a place other than the athlete's residence, signed parent consent from both parents must be submitted and verified by the school head or principal, or registrar, or teacher-adviser where the athlete is enrolled. Copy of the signed parent consent of any parent may be in electronic form (i.e., sent to the school head or coach through email or other electronic means.)
 2. In case of *de facto* separation, legal separation, annulment of marriage, or declaration of nullity of marriage of parents, the consent of the parent with actual care and custody of the athlete duly verified by the school head or principal, or registrar, or teacher-adviser where the athlete is enrolled.



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ii. **Non-combative sports** – Parental Consent of at least one parent duly verified by the school head or principal, or registrar, or teacher-adviser where the athlete is enrolled.

1. In case both parents are residing in a place other than the athlete's residence, signed parental consent from one parent must be submitted and verified by the school head where the athlete is enrolled. Copy of the signed parental consent of any parent may be in electronic form (i.e., sent to the school principal or coach through email or other electronic means.)
- iii. If the athlete is orphaned, has no known parents, or any other similar circumstances, the caregiver and custodian shall execute a Notarized Affidavit of Actual Care and Custody in lieu of the Parent's Consent.

g. **Medical certificate** issued within three (3) months before the opening of each level of competition, stating that the athlete is physically fit and within the age limit required. The complete name and signature of the physician shall appear on the medical certificate, with the license number and date of examination.

h. **Dental certificate**, with a universal entry, issued within six (6) months before each level of competition is opened. The complete name and signature of the dentist shall appear on the dental certificate, with the license number and date of examination.

For Secondary Athletes, No Dental Certificate is required.

i. **Passport of the student-athlete** containing the documents enumerated under Section 8 of this Rule and accessible through QR Code or password.

j. Four (4) copies of passport size $1 \frac{1}{2} \times 1 \frac{1}{2}$, identical and clear pictures with name tag (surname, first name and middle initial) and with grade or year level, to be used for the Athlete's Record, Dental Certificate, Gallery and Accreditation Card.

k. Affidavit of the coach, attesting to the authenticity, validity and correctness of the entries on the above-mentioned documents.

l. Additional documents for athletes in Special Sports Events for SWDL:

- (i) Intellectual Disability Certification – Psycho-Educational Assessment Tests conducted and certified by Psychologist or


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DepEd SPED Supervisor indicating the athlete's IQ level (70 and below);

- (ii.) Visual Impairment Certification – test conducted and certified by an Ophthalmologist to determine the visual acuity (Totally Blind or Low Vision); and
- (iii.) Hearing Impairment Certification – test conducted and certified by an Otorhinolaryngologist to determine that the athlete is unable to hear.

RULE IV

Section 9. Eligibility and Documentary Requirements for Coach and Assistant Coach – Any school (private or public) personnel may be allowed/designated as a coach or assistant coach, provided he/she meets and submits the following documentary requirements:

- a. He/she must be a Filipino citizen;
- b. Certificate of Relevant sports training of twenty-four (24) hours for non-combative sports and forty (40) hours for combative sports/ gymnastics;
- c. Certificate of Relevant experience of one (1) year for non-combative sports and two (2) years for combative sports/ gymnastics;
- d. Coach and assistant coach Track Record of participation in the Division and Regional Meet;
- e. Educational and professional attainment of at least 2nd-year college, preferably sports-related course;
- f. Certificate of Membership in any relevant sports association; or License or certifications/ accreditation issued by the National/ International Sports Association, authorized organization, or by the DepEd (Division, Region, or Central Office);
- g. Medical Records (Medical Certificate of Fitness);
- h. Employment/Appointment Paper or duly Notarized Contract of Service that shows at least six (6) months of employment/engagement in the public or private school before the Division meets; and
- i. Omnibus Affidavit.


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j. Other requirements, including but not limited to, documents that will establish the coaches' competence, integrity and capability, and its legal relationship to the school and/or athletes to show accountability.

Section 10. Qualification and Documentary Requirement for Chaperone (Certificate or any documents); a chaperone may be designated to accompany the athlete provided she meets the qualifications and submits the following documents duly issued by competent authorities, showing the following:

- a. Competence, integrity, capability, and relation to a school (i.e., Employment/ Appointment or Contract of Service showing at least six (6) months of employment/engagement in the public school or private school before the Division Meets, Regional Meet and *Palarong Pambansa*;
- b. Commitment that SHE will nurture female athletes only and shall not coach the athletes;
- c. Physically fit; for this purpose, a medical certificate is required;
- d. Other eligibility that the *Palaro* Board may require.

RULE V

Section 11. Special Cases regarding discrepancies in the Livebirth of the athlete

- a. In case of discrepancy in the date of birth indicated in the PSA/NSO Birth Certificate and SF 10 (Form 137), the date of birth indicated in the PSA/NSO Birth Certificate shall prevail. As a remedy, the following additional requirements shall be submitted:
 - i. Certificate of Live Birth issued by the Local Civil Registrar (LCR);
 - ii. Joint Affidavit of two (2) disinterested persons attesting to the true date of birth of the athlete;
 - iii. Resolution issued by the Head of the Delegation correcting the discrepancy in the SF 10 (Form 137).
- b. In case of discrepancy in the name indicated in the PSA/NSO Birth Certificate and SF 10 (Form 137), the name indicated in the PSA/NSO Birth Certificate shall prevail. As a remedy, the following additional requirements shall be submitted:
 - i. Certificate of Live Birth issued by the LCR;
 - ii. Joint Affidavit of two (2) disinterested persons attesting to the true name of the athlete;


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iii. Resolution issued by the Head of the Delegation correcting the discrepancy in the SF 10 (Form 137).

c. In case the first or last name is not found at the portion of the first or last name entered in the PSA/NSO Birth Certificate but indicated in the box below of said portion, the following additional requirements shall be submitted:

- i. Certificate of Live Birth issued by the LCR;
- ii. Copy of the application/petition duly received by the LCR (supplemental report to the LCR/Court);
- iii. Affidavit of the parents, attesting to the true first or last name of the athlete;
- iv. Joint Affidavit of two (2) disinterested persons attesting to the true first or last name of the athlete;
- v. Resolution issued by the Head of the Delegation attesting the athlete's true first or last name as shown in the foregoing records.

d. In case an illegitimate child (athlete) uses the surname of his / her father as indicated in the SF 10 (Form 137), the following additional requirement shall be submitted:

- i. PSA/NSO Birth Certificate with the second page showing acknowledgment by the father or a notarized acknowledgment signed by the father.

e. In case of unreadable entries in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:

- i. Certificate of Live Birth issued by the LCR;
- ii. Affidavit of the parents, attesting to the true and correct entries;
- iii. Joint Affidavit of two (2) disinterested persons attesting to the true entries;
- iv. Resolution issued by the Head of the Delegation attesting the true and correct entries as shown in the foregoing records.

f. In case the biological sex/gender of the athlete is not indicated in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:

- i. Certificate of Live Birth issued by the LCR;
- ii. Affidavit of the parents, attesting to the true and correct biological sex of the athlete;
- iii. Certification issued by the NSAC Medical Team attesting to the true and correct biological sex of the athlete after conducting a physical examination.



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The above-mentioned Resolutions or Certification issued by the Head of Delegations or the NSAC shall be for purposes of *Palaro* only.

RULE VI

Section 12. Period of Screening, Interview, and Evaluation – Screening and evaluation of documents of the athletes, coaches, assistant coaches, and chaperones for the *Palaro Pambansa* may be conducted during or after the Regional Meet, or within seven (7) days before, and at the venue of, the *Palaro Pambansa*.

For this purpose, the Head of the Delegations shall submit to the NSAC within fifteen (15) days after their Regional Meet the following, *viz*:

- a. A letter request indicating the schedule of the interview, screening, and evaluations of documents of the athletes, coaches, assistant coaches, and chaperones;
- b. Master list and photo galleries (soft and hard copies) of athletes coaches, assistant coaches, and chaperones; and
- c. A certification stating that: They had screened and evaluated the athletes, coaches, assistant coaches and chaperones of the subject regional athletic delegation and shall certify that the attached documents are true, complete and correct to the best of their knowledge and belief, and they understand that any false information given, or any true information withheld from said documents may provide grounds for administrative disciplinary action.

The NSAC shall consolidate and finalize the Official Master List of qualified and accredited athletes, coaches, assistant coaches, and chaperones and submit the same to the *Palaro* Board two (2) days before the opening of the *Palaro Pambansa*.

Section 13. Posting of Master List to Websites

The master lists and picture galleries of the athletes, coaches, assistant coaches, and chaperones shall be posted on the DepEd website or any available website upon submission by the delegation concerned.

The Communications Division of the Department shall facilitate the immediate posting on the DepEd website or on any available website of the submitted master list and/or photo galleries of athletes, coaches, assistant coaches, and chaperones upon receipt of the said master lists and galleries subject to the provision of the Data Privacy Act.


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Section 14. Protest on Eligibility and Appeals on Disqualification

- a. Complaints or protests shall be in writing duly signed by the coach and the Head of the Delegation or his or her representative and shall be filed before the NSAC within five (5) days from the first day of publication of the master list of qualified athletes on the DepEd Website or submitting it to the *Palaro* Board through the *Palarong Pambansa* Secretariat. The complaint or protest shall be resolved within five (5) days from receipt hereof.
- b. Complaint/Protest shall be accompanied by affidavit/s of witnesses and/or pieces of evidence in support thereof;
- c. Protests that do not comply with (a) and (b) hereof shall not be given due course by the NSAC, without prejudice to the re-filing of the same upon compliance with the abovementioned requirements;
- d. The decision on the complaint or protest shall be appealable to the Board within five (5) days from the issuance of the decision, and the Board shall resolve the appeal within fifteen (15) days from receipt of the complaint or protest.
- e. All complaints/protests and appeals must be resolved with finality within thirty (30) days from receipt of the complaint or protest.

Section 15. Replacement of Athletes, Coaches, and Chaperones

Replacement of athletes, coaches and chaperones may be allowed based on meritorious grounds one (1) month before the *Palaro* and upon the written request by the Head of the Regional Delegation: Provided, that in case of illness and other fortuitous events, replacement maybe allowed two (2) days before the *Palarong Pambansa*.

For team events: Replacements particularly in team sports shall be drawn from registered alternates that emanate from the school team.

Section 16. Fielding of the NSAC members to the Palaro Venue

The NSAC members shall be at the *Palaro* venue within seven (7) days before the schedule of the opening of the *Palarong Pambansa* to continue the performance of their duties and responsibilities and during the period of the *Palaro* events to re-check and monitor the athletes, coaches, assistant coaches, and chaperones fielded during the games by the delegations.


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Section 17. Sanctions against Athletes, Technical Officials, and Other Individuals involved – Unless otherwise provided for by the Board, the following sanctions shall be imposed against the athletes, coaches, chaperones and team of the Region who will violate the rules on eligibility:

- a. In team competitions, the games where the ineligible and/or disqualified athlete has taken part shall be declared forfeited in favor of the opposing team;
- b. In individual competitions, the games where the ineligible and/or disqualified athlete played shall be forfeited in favor of the opposing athlete;
- c. With respect to sanctions that will be imposed against individuals who caused the violation of the rules on eligibility, he/she may be suspended from participating in future school sports competitions, the duration of which shall be one (1) to three (3) years depending on the gravity of the offense: Provided, that he/she shall suffer the penalty of perpetual disqualification from participating in any future school sports competition in case of violations which are intentional and willful.
- d. These sanctions shall be without prejudice to the filing of appropriate administrative and/or criminal charges against the erring officials and/or athletes in accordance with existing laws, rules, and regulations.

Section 18. Repealing Clause – All DepEd issuances regarding the eligibility of athletes, coaches, assistant coaches, and chaperones or part thereof which are inconsistent with these Guidelines are hereby repealed, amended, or modified accordingly.

Section 19. Effectivity. These Rules shall take effect immediately upon posting on the DepEd Website.

BY AUTHORITY OF THE PALARO BOARD:


MALCOLM S. GARMA
Officer-in-Charge Undersecretary for Operations
Secretary General





BREAKDOWN OF THE COMPOSITION OF REGIONAL DELEGATIONS TO THE 2025 PALARONG PAMBANSA

A. REGULAR EVENT (ELEMENTARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST.COACH	CHAPERONE	
ARNIS	BOYS	3	1			4
	GIRLS	3	1		1	5
ATHLETICS	BOYS	13	1	1		15
	GIRLS	13	1	1	1	16
BADMINTON	BOYS	4	1			5
	GIRLS	4	1		1	6
BASEBALL	BOYS	15	1	1		17
BASKETBALL	BOYS	15	1	1		17
CHESS	BOYS	2	1			3
	GIRLS	2	1		1	4
DANCESPORT	BOYS	2	1			3
	GIRLS	2	1		1	4
FOOTBALL	BOYS	21	1	1		23
GYMNASTICS						
AER	B/G	4	1		1	6
MAG	BOYS	3	1			4
WAG	GIRLS	3	1		1	5
RG	GIRLS	3	1		1	5
SEPAK TAKRAW	BOYS	4	1			5
SWIMMING	BOYS	11	1	1	1	14
	GIRLS	11	1	1		13
SOFTBALL	GIRLS	15	1	1	1	18
TABLE TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
TAEKWONDO	BOYS	6	1			7
	GIRLS	6	1		1	8
TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
VOLLEYBALL	BOYS	15	1	1		17
	GIRLS	15	1	1	1	18
TOTAL		211	29	10	14	264

B. REGULAR EVENT (SECONDARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST.COACH	CHAPERONE	
ARCHERY	BOYS	4	1			5
	GIRLS	4	1		1	6
ARNIS	BOYS	5	1			6
	GIRLS	5	1		1	7
ATHLETICS	BOYS	17	1	1		19
	GIRLS	17	1	1	1	20
BADMINTON	BOYS	4	1			5
	GIRLS	4	1		1	6
BASEBALL	BOYS	15	1	1		17
BASKETBALL	BOYS	15	1	1		17
	GIRLS	15	1	1	1	18
BASKETBALL (3 x 3)	BOYS	4	1			5
	GIRLS	4	1		1	6
BILLIARD	BOYS	2	1			3
	GIRLS	2	1		1	4
BOXING	BOYS	10	2	1		13
CHESS	BOYS	3	1			4
	GIRLS	3	1		1	5
DANCESPORT	BOYS	2	1			3
	GIRLS	2	1		1	4
FOOTBALL	BOYS	21	1	1		23
FUTSAL	GIRLS	15	1		1	17
GYMNASISTICS						
AER	B/G	4	1		1	6
MAG	BOYS	3	1			4
WAG	GIRLS	3	1		1	5
RG	GIRLS	3	1		1	5
PENCAK SILAT	BOYS	5	1			6
	GIRLS	5	1		1	7
SEPAK TAKRAW	BOYS	15	1	1		17
	GIRLS	5	1		1	7
SWIMMING	BOYS	12	1	1		14
	GIRLS	12	1	1	1	15
SOFTBALL	GIRLS	15	1	1	1	18
TABLE TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
TAEKWONDO	BOYS	10	2	1		13
	GIRLS	10	1	1	1	13
TENNIS	BOYS	4	1			5
	GIRLS	4	1		1	6
VOLLEYBALL	BOYS	15	1	1		17
	GIRLS	15	1	1	1	18
WRESTLING	BOYS	8	1			9
	GIRLS	8	1		1	10

WUSHU	BOYS	6	1			7
	GIRLS	4	1		1	6
TOTAL		347	47	15	23	432

C. DEMONSTRATION SPORTS (SECONDARY LEVEL)

EVENT	GENDER	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST.COACH	CHAPERONE	
WEIGHTLIFTING	BOYS	5	1			6
	GIRLS	5	1		1	7
TOTAL		10	2		1	13

D. PARAGAMES

EVENT	CATEGORY	COMPOSITION				TOTAL
		ATHLETES	COACH	ASST.COACH	CHAPERONE	
Visually Impaired						
ATHLETICS	BOYS	3	2			20
	GIRLS	3				
GOAL BALL	BOYS	4	2			2
	GIRLS	4				
Intellectual Disability						
ATHLETICS	BOYS	4 (Youth)	1			32
		4 (Juniors)				
	GIRLS	4 (Youth)	1			
		4 (Juniors)				
SWIMMING	BOYS	2	1			2
	GIRLS	2	1			
BOCCE	BOYS	2	1			
	GIRLS	2	1			
Orthopedically Handicapped						
ATHLETICS/ SWIMMING	BOYS	2	1			7
	GIRLS	2	1			
TOTAL		42	12		5	59

E. COMPOSITION OF REGIONAL DELEGATION (SUMMARY)

DELEGATION	REGULAR EVENT		DEMO SPORTS		PARAGAMES	TOTAL
	ELEM	SEC	ELEM	SEC		
ATHLETES	211	347		10	42	610
COACHES	29	47		2	12	90
ASSISTANT COACHES	10	15				25
CHAPERONES	14	23		1	5	43
DELEGATION OFFICIALS*			27			27

DELEGATION OFFICIALS:

Head of Delegation
Assistant Head of Delegation
Athletic Manager
Assistant Athletic Manager
Medical Officer
Records Officer

Legal Officer
Media
Transportation Officer
Communications Officer
Training Director
Documentation Officer

**QUALIFYING STANDARDS FOR MEASURABLE SPORTS
IN THE 2025 PALARONG PAMBANSA**

ATHLETICS

EVENT	TIME / DISTANCE / HEIGHT			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
100 m	12.73	14.00	11.48	13.07
200 m	26.14	29.22	23.06	27.83
400 m	58.21	01:04.85	52.59	01:04.00
800 m	02:26.00	02:42.00	02:05.00	02:33.00
1,500 m	04:59.00	05:22.08	04:20.00	05:23.46
3,000 m	N/A	N/A	10:50.00	11:41.39
5,000 m	N/A	N/A	16:50.00	N/A
100 m hurdles	N/A	N/A	N/A	17.08
110 m hurdles	20.05	18.26	16.00	N/A
400 m hurdles	1.12.00	01:19.00	01:00.54	01:10.00
410 m hurdles	N/A	N/A	N/A	N/A
High Jump	1.47 m	1.31	1.75 m	1.44m
Long Jump	5.00 m	4.13	6.11 m	4.95m
Triple Jump	10.16 m	9.67	13.47 m	10.67m
Shot Put	8.77 m	8.20	12.00 m	9.53m
Discus Throw	25.79 m	20.00	35.14 m	25.59m
Javelin Throw	39.40 m	30.00	48.56 m	32.13m
Pole Vault	N/A	N/A	2.80 m	N/A
Walkathon (2,000 m)	N/A	N/A	11:00.00	12:21.93


SWIMMING

- ✉ Address: Rooms 203-204, 2nd Floor, Dormitory D, DepEd Central Office, Meralco Avenue, Pasig City
- 📞 Telephone No: (02) 8687-4146
- ✉ Email Address: palarong.pambansa@deped.gov.ph

EVENT	TIME			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
400 M Freestyle	05:03.45	05:16.19	04:31.60	05:02.43
100 M Backstroke	01:15.78	01:18.88	01:03.16	01:14.92
200 M Breaststroke	N/A	N/A	02:32.03	02:53.19
50 M Butterfly	00:30:79	33.44	00:26.96	00:30.80
800 M Freestyle	N/A	N/A	09:40.25	10:53.38
200 M Individual Medley	02:43.35	02:50.29	02:20.31	02:37.47
200 M Butterfly	N/A	N/A	02:17.87	02:35.27
100 M Freestyle	01:03.27	01:08.46	00:56.37	01:03.35
50 M Backstroke	00:34.09	00:36.25	00:29.10	00:32.85
400 M Individual Medley	N/A	N/A	05:00.06	05:41.16
100 M Butterfly	01:11.73	01:17.01	01:00.92	01:10.40
200 M Freestyle	02:24.58	02:26.97	02:04.76	02:23.24
50 M Breaststroke	00:37.25	00:39.57	00:31.34	00:36.86
1500 M Freestyle	N/A	N/A	18:30.00	20.03.55
200 M Backstroke	N/A	N/A	02:22.93	2.45.22
100 M Breaststroke	01:22.70	01:27.39	01:09.39	01:21.35
50 M Freestyle	00:29.19	00:31.30	00:25.51	00:28.70



ARCHERY

EVENT	QUALIFYING SCORE	
	BOYS	GIRLS
*1440 Round	1142	1078

*Aggregate score of four (4) distance rounds (30, 50, 60, 70 meter-rounds)



SPORTS WITH CHANGES IN THE TECHNICAL GUIDELINES IN THE 2025 PALARONG PAMBANSA

Below are the 2025 *Palarong Pambansa* sports events with changes/modifications in the technical guidelines. Sports not included in this enclosure shall strictly adopt the technical guidelines implemented during the 2024 *Palarong Pambansa*, while all other provisions not affected by the changes/modifications in the technical guidelines of the sports enlisted below shall remain in effect.

Team Sports

Team Composition	Pursuant to the <i>Palarong Pambansa</i> Ad Referendum Board Resolution No. 2025-001 entitled <i>Adoption of the Modified Winner-Take-All Policy for Team Sports in the 2025 Palarong Pambansa</i> and DepEd Office of the Undersecretary for Operations Memorandum No. OM-OUOPS-2025-05-00833 entitled <i>Conduct of the 2025 Palarong Pambansa</i> , teams shall consist of core players (enrolled in the same school) plus additional three (3) players from other schools/divisions to strengthen the team and ensure the representation of the best players from the region.
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Archery

Sports Events/Disciplines	Competition in Archery for the Secondary Level shall consist of the following events:		
	Events	Boys/Girls	Target Faces
	1.	70-meter distance	122 cm
	2.	60-meter distance	122 cm
	3.	50-meter distance	80 cm
	4.	30-meter distance	80 cm – 6-ring TF
	5.	1440 round	36 arrows = 6 arrows per end
	6.	Olympic Round (70 meters)	122 cm
	7.	Team Event (70 meters)	Set System – 2 arrows per archer 4 ends – 5 set points
	8.	Mixed Team (70 meters)	Set System – 2 arrows per archer 4 ends – 5 set points

Baseball

Bench / Dugout	<p>The screened players, entered as official members of the team, their Head Coach and the Assistant Coach are the only persons allowed to occupy their bench/dug out for the duration of the game; seventeen (17) persons to wit, fifteen (15) players, one (1) coach and one (1) assistant coach. No trainer shall be allowed to sit on the bench of each baseball team. Only the official coach and assistant coach of the team can direct play during the progress of the game.</p> <p>For teams that did not comply with the modified winner-take-all rule, only twelve (12) players, one (1) coach and one (1) assistant coach will be allowed to sit on the bench/dug out.</p>
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Basketball

Team Composition	<p>1. For Regular Basketball (5x5) Category A team shall be composed of 12 team members plus 3 captured/additional players, a COACH and an Assistant COACH, while the Girls Team includes a CHAPERON. All 15 players may play in every game.</p>
Timing Regulations	<p>1. For REGULAR ELEMENTARY & SECONDARY LEVELS: The game shall consist of 4 periods. All the periods shall be played in 10 minutes, and 5 minutes for every extra period. The intervals between periods is one (1) minute while interval between halves is five (5) minutes.</p>
Players' Playing Regulations	<p>A. For ELEMENTARY LEVEL / CATEGORY Only:</p> <ol style="list-style-type: none"> 1. All players of the team must be fielded before the end of the 2nd period or within the 1st Half (1Q-7 or 8; 2Q-8 or 7). FAILURE of the Coach to field a player in the 1st Half shall be penalized with a Technical Foul (1 FT+BP) charged to the Coach, and as many Technical Fouls as may be equivalent to the number of players not fielded. (But the Technical Fouls will not disqualify the Coach)

Boxing

Team Composition	<ol style="list-style-type: none"> 1. One (1) boxer assigned in each age class and weight category. 2. Two (2) coaches and an (1) assistant coach who will serve as seconds during bouts. 																				
Age Classification and Weight Categories	<table border="1"> <thead> <tr> <th>Age Class.</th> <th>Age</th> <th>Year of Birth</th> <th>Weight Category</th> <th>Weight Range</th> </tr> </thead> <tbody> <tr> <td>Under 15 Boys</td> <td>13-14</td> <td>2011-2012</td> <td>Pin weight</td> <td>44-46 kg</td> </tr> <tr> <td>Under 15 Boys</td> <td>13-14</td> <td>2011-2012</td> <td>Light Flyweight</td> <td>Over 46-48 kg</td> </tr> <tr> <td>Under 17 Boys</td> <td>15-16</td> <td>2009-2010</td> <td>Pin weight</td> <td>44-46 kg</td> </tr> </tbody> </table>	Age Class.	Age	Year of Birth	Weight Category	Weight Range	Under 15 Boys	13-14	2011-2012	Pin weight	44-46 kg	Under 15 Boys	13-14	2011-2012	Light Flyweight	Over 46-48 kg	Under 17 Boys	15-16	2009-2010	Pin weight	44-46 kg
Age Class.	Age	Year of Birth	Weight Category	Weight Range																	
Under 15 Boys	13-14	2011-2012	Pin weight	44-46 kg																	
Under 15 Boys	13-14	2011-2012	Light Flyweight	Over 46-48 kg																	
Under 17 Boys	15-16	2009-2010	Pin weight	44-46 kg																	

Under 17 Boys	15-16	2009-2010	Light Flyweight	Over 46-48 kg
Under 17 Boys	15-16	2009-2010	Fly weight	Over 48-50 kg
Under 17 Boys	15-16	2009-2010	Light Bantam weight	Over 50-52 kg
Under 17 Boys	15-16	2009-2010	Bantamweight	Over 52-54 kg
Under 19 Boys	17-18	2007-2008	Minimum weight	46 kg-48 kg
Under 19 Boys	17-18	2007-2008	Flyweight	Over 48-51 kg
Under 19 Boys	17-18	2007-2008	Bantamweight	Over 51-54 kg

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

Chess

Additional Event	Rapid
Composition of Contingent and Event Categories	<p>I. Chess shall be played as a team and individual competition in Standard, Blitz & Rapid.</p> <ol style="list-style-type: none"> One (1) team for the Boys and one (1) team for the Girls in the Elementary Level One (1) team for the Boys and one (1) team for the Girls in the Secondary Level Each team in the Elementary Level shall be composed of two (2) players and a coach Each team in the Secondary Level shall be composed of three (3) players and a coach <p>II. The Individual Swiss System with Team Results shall be adopted.</p> <ol style="list-style-type: none"> Rapid Category - 7 Rounds Swiss System with Team Results <p>III. There shall be separate championships for the boys and girls in each division and per category.</p> <ol style="list-style-type: none"> Team: Standard, Blitz & Rapid Secondary – Boys & Girls Elementary – Boys & Girls *Team Championship – Total scores of 2 players in the Elementary Division and the total scores of 3 players in the Secondary Division. *A Team with one player can play for individual event only and shall not qualify in the Team Event. Individual: Standard, Blitz & Rapid Secondary – Boys & Girls Elementary – Boys & Girls *Individual Championship – The standing of the players after the end of the competition and tie-breaks.
Rules and Regulations	<p>A. Standard Chess</p> <ol style="list-style-type: none"> Time Controls:



	<ul style="list-style-type: none"> ▪ Rapid Category - Ten (10) Minutes with five (5) seconds increment per move. <p>B. Penalties</p> <ol style="list-style-type: none"> 1. For Blitz & Rapid Category <ul style="list-style-type: none"> ▪ 1st offense – plus 1 minute to the opponent's time ▪ 2nd offense – loss of the game <p>Infringement: Infringement made by a player such as displacement of pieces on the chess board, use of force in pressing the clock, improper clock handling, and non-recording of moves shall be penalized as follows:</p> <ol style="list-style-type: none"> 1. For Blitz & Rapid Category <ul style="list-style-type: none"> ▪ 1st offense & 2nd offense – oral warning ▪ 3rd offense – additional 1 minute to the opponent's time 4th offense – loss of the game
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Dancesport

Introductory Events (Non-Medal)	<table border="1"> <thead> <tr> <th>Event</th><th>Category</th><th>Age Group/ Grade Level</th><th>Discipline</th><th>Dances</th></tr> </thead> <tbody> <tr> <td>25</td><td>10-Dance</td><td>Elementary</td><td>Latin & Standard</td><td>W, T, VW, F, Q S, C, R, PD, J</td></tr> <tr> <td>26</td><td>10-Dance</td><td>Secondary</td><td>Latin & Standard</td><td>W, T, VW, F, Q S, C, R, PD, J</td></tr> </tbody> </table>	Event	Category	Age Group/ Grade Level	Discipline	Dances	25	10-Dance	Elementary	Latin & Standard	W, T, VW, F, Q S, C, R, PD, J	26	10-Dance	Secondary	Latin & Standard	W, T, VW, F, Q S, C, R, PD, J																										
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26	10-Dance	Secondary	Latin & Standard	W, T, VW, F, Q S, C, R, PD, J																																						
Composition of Contingent	<ol style="list-style-type: none"> 1. Each Region may enter a maximum of four (4) couples: <ol style="list-style-type: none"> a. one (1) couple for Modern Standard Discipline Elem. level b. one (1) couple for Latin American Discipline Elem. level c. one (1) couple for Modern Standard Discipline Sec. level d. one (1) couple for Latin American Discipline <table border="1"> <thead> <tr> <th>Level</th><th>Discipline</th><th>Gender</th><th>No. of Competitors</th><th>Coach</th><th>Chaperone</th></tr> </thead> <tbody> <tr> <td rowspan="4">Elem.</td><td rowspan="2">Standard</td><td>Male</td><td>1</td><td rowspan="2">1</td><td rowspan="4">1</td></tr> <tr> <td>Female</td><td>1</td></tr> <tr> <td rowspan="2">Latin</td><td>Male</td><td>1</td><td colspan="2" rowspan="2">1</td></tr> <tr> <td>Female</td><td>1</td></tr> <tr> <td rowspan="5">Sec.</td><td rowspan="2">Standard</td><td>Male</td><td>1</td><td rowspan="2">1</td><td rowspan="4">1</td></tr> <tr> <td>Female</td><td>1</td></tr> <tr> <td rowspan="2">Latin</td><td>Male</td><td>1</td><td colspan="2" rowspan="2">1</td></tr> <tr> <td>Female</td><td>1</td></tr> <tr> <td colspan="3">Total</td><td>4</td><td>2</td></tr> </tbody> </table> <p>No additional couple for the 10-Dance Event (INTRODUCTORY EVENT). Each Region can have a maximum of two (2) entries per region.</p> 	Level	Discipline	Gender	No. of Competitors	Coach	Chaperone	Elem.	Standard	Male	1	1	1	Female	1	Latin	Male	1	1		Female	1	Sec.	Standard	Male	1	1	1	Female	1	Latin	Male	1	1		Female	1	Total			4	2
Level	Discipline	Gender	No. of Competitors	Coach	Chaperone																																					
Elem.	Standard	Male	1	1	1																																					
		Female	1																																							
	Latin	Male	1	1																																						
		Female	1																																							
Sec.	Standard	Male	1	1	1																																					
		Female	1																																							
	Latin	Male	1	1																																						
		Female	1																																							
	Total			4	2																																					
Code of Conduct	<ol style="list-style-type: none"> 1. Coaches and Competitors <ol style="list-style-type: none"> a. Competitors and Coaches shall uphold the integrity of Danceport and must adhere to high ethical standards, 																																									



	<p>promote a positive image of the sport, and compete fairly and ethically in accordance with the rules and regulations set forth by the governing body.</p> <p>b. Competitors and coaches are expected to exhibit good sportsmanship at all times, before, during, and after performances, and must refrain from unsportsmanlike conduct, including taunting, gloating, and excessive celebration.</p> <p>2. Officiating Officials</p> <p>a. Officiating officials shall conduct themselves with professionalism, integrity, and ethics before, during and after Dancesport competitions, upholding high standards and promoting a culture of honesty, fairness, and transparency.</p> <p>3. Trainers and Parents</p> <p>a. Trainers and parents shall foster a culture of good sportsmanship, emphasizing fair play, integrity, and respect, and teaching competitors to graciously accept both victory and defeat, acknowledging the efforts of all participants.</p> <p>4. Enforcement</p> <p>a. Any violations of this Code of Conduct may result in disciplinary action, including but not limited to, warnings, restrictions on participation, or expulsion from the competition venue and banning from the competition for a year if proven guilty upon investigation based on evidence.</p>
Prescribed Uniform	See Annex A

Football

Composition of Contingent	<p>Each delegation shall consist of not more than twenty-one (21) persons made up of:</p> <ol style="list-style-type: none"> 1. Maximum of 18 players + 3 additional players (selected players). Play all observing 3 opportunities in substitution. 2. Two (2) officials (1 coach, 1 assistant coach) 3. One (1) Physiotherapist/Medic Person. Physiotherapist is not allowed to convey tactical instructions during the game, his duty and function is only to manage and assist the coach for injury management.
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Pencak Silat

Guidelines	<p>➤ Four (4) players from each team will have 2 events (1 in Tanding and 1 in Sine) and one (1) player will have 3 events (1 in Tanding and 2 in Sine). This is to regulate and resolve the selection process in the lower meets, regional meets up to <i>Palarong Pambansa</i>.</p>
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Sepak Takraw

Composition of Contingent	<ol style="list-style-type: none">Secondary Boys shall be composed of Twelve (12) to Fifteen (15) players, One (1) coach and One (1) assistant coach. (Minimum of 9 & Maximum of 12).Secondary Girls shall be composed of Five (5) players and One (1) coach and One (1) chaperon. (Minimum of 3 & Maximum of 5).Elementary Boys shall be composed of Four (4) players and One (1) coach. (Minimum of 3 & Maximum of 4).Entries and Registrations of Athletes:<ol style="list-style-type: none">The teams should only follow the Main Registration of its athlete's names submitted to the DepEd National Screening Committee months before the <i>Palarong Pambansa</i>;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; andUpon the start of the competition no Team shall be allowed to change its players nor do the swapping of players between events in its region.Only the members of the team including the Coach/Asst. Coach who are listed on the team gallery are allowed to sit on the bench during the whole duration of the game. In case of the Secondary Girls, the Chaperon will be allowed on the bench.In Secondary Boys, the regional team of 15 players comprising of 3 Regus is illustrated by the following options below: <table border="1"><thead><tr><th>Option</th><th>No. of School/s Sending Regu</th><th>Maximum No. of Players per Regu</th></tr></thead><tbody><tr><td>A</td><td>1</td><td>12 (for 3 Regus) + 3 Additional</td></tr><tr><td>B</td><td>2</td><td>8 / 4 + 3 Additional</td></tr><tr><td>C</td><td>3</td><td>4 / 4 / 4 + 3 Additional</td></tr></tbody></table> <p>For Options B, and C, all Regu players must come from the same school where a maximum of 4 players per Regu (one school) can be sent. In the Regu Event, 3 players shall come from one school and the reserve players can be from other schools.</p>	Option	No. of School/s Sending Regu	Maximum No. of Players per Regu	A	1	12 (for 3 Regus) + 3 Additional	B	2	8 / 4 + 3 Additional	C	3	4 / 4 / 4 + 3 Additional
Option	No. of School/s Sending Regu	Maximum No. of Players per Regu											
A	1	12 (for 3 Regus) + 3 Additional											
B	2	8 / 4 + 3 Additional											
C	3	4 / 4 / 4 + 3 Additional											

Table Tennis

Tournament Format	<ol style="list-style-type: none">Doubles<ol style="list-style-type: none">Each delegation can field one (1) entry per individual category/level.Team (Corbillon Cup System) (4 singles and 1 doubles)<table border="1"><tr><td>First Match</td><td>1st Singles</td><td>A vs X</td></tr><tr><td>Second Match</td><td>2nd Singles</td><td>B vs Y</td></tr><tr><td>Third Match</td><td colspan="2">Doubles</td></tr></table>	First Match	1 st Singles	A vs X	Second Match	2 nd Singles	B vs Y	Third Match	Doubles	
First Match	1 st Singles	A vs X								
Second Match	2 nd Singles	B vs Y								
Third Match	Doubles									

		*Fourth Match	1 st Reverse Singles	A vs Y
		*Fifth Match	2 nd Reverse Singles	B vs X
	* if necessary			

Taekwondo

Additional Events & Composition	<p>I. Poomsae Event for Both Elementary (Boys & Girls)</p> <table border="1"> <thead> <tr> <th>Event</th><th>Male</th><th>Female</th></tr> </thead> <tbody> <tr> <td>Individual Freestyle</td><td>1</td><td>1</td></tr> </tbody> </table> <p>II. Poomsae Event for Secondary (Boys & Girls)</p> <table border="1"> <thead> <tr> <th>Event</th><th>Male</th><th>Female</th></tr> </thead> <tbody> <tr> <td>Freestyle Individual</td><td>1</td><td>1</td></tr> </tbody> </table>	Event	Male	Female	Individual Freestyle	1	1	Event	Male	Female	Freestyle Individual	1	1
Event	Male	Female											
Individual Freestyle	1	1											
Event	Male	Female											
Freestyle Individual	1	1											
Competition Attire and Equipment	<ol style="list-style-type: none"> 1. Use of the PHILIPPINES, PHI, PH print on the uniform is strictly prohibited. 2. Competition uniforms must have the name of their region written at the back. (Black color, centered 12 cm from the top line, 12 cm long and 30 cm wide, Verdana bold in font.) 3. Competitors must have NSA approved equipment such as: <ul style="list-style-type: none"> ▪ Arm Guards ▪ Shin Guards ▪ Groin Guards (must be worn inside the uniform) ▪ Hand Gloves (white) ▪ White or transparent mouth guards ▪ E-foot protectors (sensor sock) ▪ Face shield (for gradeschool) 												
Official Coaches	<ol style="list-style-type: none"> 1. There should a separate coach for Kyorugi & Poomsae: <ol style="list-style-type: none"> a. 1 coach for Kyorugi elementary (boys & girls) b. 1 coach for Poomsae elementary (boys & girls) c. 1 coach for secondary boys d. 1 coach for secondary girls e. 1 coach for Poomsae secondary (boys & girls) 												
Competition Mechanics	<ol style="list-style-type: none"> 1. Height Categories <ol style="list-style-type: none"> a. Elementary Division (boys & girls) <table border="1"> <thead> <tr> <th>Category</th><th>Height Range</th></tr> </thead> <tbody> <tr> <td>Under 152 cm</td><td>Over 144 cm but not exceeding 152 cm</td></tr> <tr> <td>Under 160 cm</td><td>Over 152 cm but not exceeding 160 cm</td></tr> <tr> <td>Under 168 cm</td><td>Over 160 cm but not exceeding 168 cm</td></tr> </tbody> </table> <p>Note: <i>REGIONAL ATHLETIC ASSOCIATIONS</i> may adjust the maximum height limit in every category to avoid disqualification due to over/under height in Palarong Pambansa.</p> 2. Weigh In / Height Verification: For Kyorugi players only 	Category	Height Range	Under 152 cm	Over 144 cm but not exceeding 152 cm	Under 160 cm	Over 152 cm but not exceeding 160 cm	Under 168 cm	Over 160 cm but not exceeding 168 cm				
Category	Height Range												
Under 152 cm	Over 144 cm but not exceeding 152 cm												
Under 160 cm	Over 152 cm but not exceeding 160 cm												
Under 168 cm	Over 160 cm but not exceeding 168 cm												
Scoring System	The LPSS will be used as the Protector and Scoring System (PSS) during the competition.												

Wrestling

Rules of the Game	<ol style="list-style-type: none">Bringing back the 1 pin down rules:<ul style="list-style-type: none">1 pin down to win the match regardless it happen 1st or 2nd round.The wrestler who pin-downs his opponent will win the match by fall.If the referee declared fall/pin down without the approval of the mat chairman, the pin down/fall is invalid. No pin down if the head is outside the circle.The Challenge is accepted if the pin down is questionable. After reviewing the video, the TD/TM will announce the challenge decision.Modification for the Weigh-In:<ul style="list-style-type: none">The weigh-in is organized each morning for the concerned weight category for all competitions. The weigh-in and the medical control lasts 30 minutes per weight category.The weight category can be organized in one day for the competitions in the lower meet where less than 16 athletes are registered. If so, the medical control and the weigh-in remain on the morning of the competition and the draw could be organized during the weigh-in. Each weight category is organized in two days.We apply plus two (2) kilos per category during the weigh-in. No underweight allowed.Point System:<ul style="list-style-type: none">For Free-Style, for the safety of wrestlers, only one (1), two (2) and four (4) points shall apply in our current Setup. (All high amplitude throws are forbidden, if the wrestler uses any high amplitude Throws (Supplex and lifting up), it will result in immediate disqualification).Any attempt of high amplitude throw must be stopped or be given a caution (if the throw continued) upon the agreement of three (3) refereeing bodies (mat chairman, judge, and referee).One (1) arm throw and a fireman's throw are only allowed in low amplitude (kneeling). Any high arm and fireman's throw will result in a disqualification.Greco-Roman:<p>Greco-Roman wrestling style is played as exhibition games in 2025 Palarong Pambansa.</p>
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Paragames

Age Categories	<ol style="list-style-type: none">Open Category – Born year 2000 onwards<ol style="list-style-type: none">GoalballBocce
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	<p>c. Swimming d. Athletics (Visual and Physical Impairment)</p> <p>2. Youth Category – Born year 2010 onwards Athletics Athletes with Intellectual Impairment</p> <p>3. Juniors Category – Born between year 2000 to 2009 Athletics Athletes with Intellectual Impairment</p>
Composition of Contingent	Each region is allowed to field in a MAXIMUM of Fifty-Nine (59) delegates composing of 42 athletes, 12 coaches and 5 chaperones/guides.
Eligibility Documents	<p>1. Assessment by registered psychologist or registered guidance counselor with tool assessment and ophthalmologist with visual acuity (2022 Medical Assessment to present)</p> <ul style="list-style-type: none"> ▪ For Intellectual Disabled (ID) – IQ Level: 70% & below ▪ For Visually Impaired (B1, B2, & B3) – Visual Acuity Test by a licensed ophthalmologist.
Rules	<ol style="list-style-type: none"> 1. <i>Palarong Pambansa</i> Rules 2. World Para Athletics Rules 3. World Para Swimming Rules 4. IBSA Goalball Rules 5. World Special Olympics Bocce Rules 6. In matters not provided for, decisions shall rest with the Technical and Organizing Committee.
Participation	<p>1. Athletics</p> <ul style="list-style-type: none"> ▪ Each participating team can enter only a maximum of two (2) athletes in each event. ▪ An athlete may participate in a maximum of three (3) individual events and one (1) relay. ▪ Total number of entries in an individual event must be not less than four (4) participants. Events with less than four (4) entries will be combined to a higher class to complete the number of participants. In other cases not applicable in the combining of classifications, minus-one rule will be implemented. <p>2. Swimming</p> <ul style="list-style-type: none"> ▪ An athlete may participate in a maximum of three (3) individual events and one (1) relay. <p>Total number of entries in an individual event must be not less than four (4) participants.</p>

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