

ANNEX A.

Arnis Elem.

A. GUIDELINES, RULES and MECHANICS of the CULTURAL AND TRADITIONAL ANYO COMPETITION

1. Pre—Recorded Video

1. Send your video: FB messenger, Google Drive
2. Video must not be edited such as: Using any video apps will not be accepted, Videos must send original copy, over-lay of name or placard, no cutting which includes pausing, speed -ups, removal of noise, and backgrounds effects. Any violations of the above mentioned will led to disqualification.
3. Video shoot during competition or training is not accepted.
4. Video format should MP4 (android) only. Submitted iPhone (ios) or digital format videos are disqualified.
5. Video recording must be done from the beginning up to the end of the performance.
6. No other individuals, except for the performer, must be seen in the video recording.
7. Recording must good quality audio capture without background noise and good lightning.
8. All video's recommended resolution is 720 pixels or higher.
9. Before the performer/s start he/she must show signboard with her/his name and Anyo event that he will perform in 2 seconds.

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Individual

Name of Player
Name of Team (School/District)
Date of Video recorded

Team

Name of Team
(School/District)
Date of Video Recorded

10. Rename the video following this format:

Division/Category _School_ District_ Name of Performer/s

Example: TAGirls/Individual_ TubaCS_ Maryann Grace G. Bolla

II. Setting of the Video

- ❖ It must be in a wide classroom, school or in a gym for the safety of performers.

III. Equipment's and Weapons

- ❖ Performer/s should perform on mats but in the absence of mats in the school, they can still perform in a clean and safety ground provided that fancy movements will be removed for the safety of the performers.
- ❖ Players are required to use single-hand -wielded weapons. They can use any of the following options:
 - Wooden sticks or Rattan sticks
 - Sticks made of wood or rattan shall measure not less than 20 inches and not more than 36 inches with a diameter of not less than 1/2 inch and not more than 2 inches.
 - Wooden Replicas of Bladed Weapons
 - Wooden replicas of swords shall measure not less than 20 inches and not more than 36 inches in full length. Wooden replicas of knives and daggers shall measure from 6 inches to less than 20 inches in full length. All wooden replicas shall be Filipino in origin or design.
 - Dull Metal Replicas of Bladed Weapons (unbladed).
 - Metal replicas of swords shall measure not less than 20 inches and not more than 36 inches in full length. Metal replicas of knives and daggers shall measure from 6 inches to less than 20 inches in full length. All metal replicas shall be ethnic Filipino in origin or design and all edges be dull.

1V. Participants:

A. Athletes

- ❖ The performer/s should be 9-12 years or must be born in 2009-2012 elem.level.
- ❖ The performer/s should be 13- 18 years of age or must born in high school level.
- ❖ The performer/s should be officially enrolled in a school validated by the documents submitted by the coach.

B. Coach

- ❖ The coach/es must be an elementary/highschool teacher.
- ❖ The coach/es must at least attend seminars or trainings related to the sport Arnis.

C. Technical Officials come from Division level pool.

V. Costumes and Backgrounds Music.

- ❖ Costumes can be school uniform (lose shirts and jogging pants, white shirt and red pants and ethnical costumes (tapis for girls and bahag for boys) especially in performing the cultural Arnis Anyo Team.
- ❖ Shirts must be tuck in and no folded pants.
- ❖ In using mats, no foot wear must be observe but, in the absence of mats,rubber shoes must be used for safety.
- ❖ No wearing of dangling, lose bracelets and necklaces.
- ❖ In the individual traditional anyo musical background is not allowed.
- ❖ The participants in the Cultural Arnis Anyo must choose any ethnical music or ethnical musical instrument of CAR region as accompaniment to their performances.Live musical accompaniment is not allowed.

VI. Categories (Both Elem. And high school)

A. Traditional Anyo (Either performer perform anyo 1,2 &3 or Anyo 4) Individual Performers

- ❖ Girls Division
 - Individual Single Weapon
 - Individual Double Weapon
 - Individual Sword and Dagger
- ❖ Boy Division
 - Individual Single weapon
 - Individual Double Weapon
 - Individual Sword and Dagger

B. Cultural Arnis Anyo Team

- ❖ For elementary level: minimum of four participants and a maximum of 10 participants mixed of boys and girls.
- ❖ For Highschool level: minimum of 6 participants and a maximum of 12 participants mixed of boys and girls.
- ❖ 1 player can join three categories depending on the strategy of the coach.
- ❖ Only players listed in the entry from may participate in the competition.
- ❖ No weight categories.

VII. Conduct of the performance and tournament

- ❖ In the Cultural Arnis Anyo Team,during the performance following steps such as empty hand and with weapon sinawali ,11 classical strikes ,six strikes must be observed or seen in the team performance with proper footwork movement without fancy movements ,rolling and kicking.(to observe fair play for those without mats and with mats.)
- ❖ Traditional Anyo -Performers must execute the anyo individually he/she may either choose Unang Anyo (Anyo 1,2,3) and Pangalawang Anyo (Anyo 4)
- ❖ Salutation (Pugay) must be observed at the beginning and end of the performance (nod head downward then in 2 seconds raised your head then shout "Pugay PO"!
- ❖ Each performer in the Individual Traditional Anyo shall finish her/his performances without time limit. The player gives the courtesy of Pugay Po and shall end with ending courtesy PUGay Po.
- ❖ In the Cultural Arnis anyo team, participants shall have a minimum of two (2) minutes and a maximum of three (3) minutes. The official time shall start when the players give the official courtesy Pugay and shall end the time when the players give the official ending courtesy.
- ❖ After the performance, the time recorder will announce the time for the information of the body.

- ❖ Scores will be collected and recorded by the assigned secretary and to be presented virtually after all the performances of each category.
- ❖ Decision of Technical official is final.
- ❖ No protest shall be made after the decision is made final.

ANNEX B

I. Criteria for Anyo Events

Criteria for Judging in Cultural Arnis Anyo Competition.

Criteria	Evaluation	Points
Mastery and expression of the skills.	Proper execution of skills. Performers possess confidence, easiness. Fineness and accuracy of the performance.	30
Artistic execution and a Synchronization of movements	Precise timing, identical, harmonic and rhythmic movements of hands, arms, legs, and body with a graceful, elegant, refined and animated execution of the martial arts movements.	30
Bearing and stage presence	The manner, composure, attitude, poise and posture of the performer/s.	20
Degree of difficulty	The magnitude of complicatedness, complexity, intricacy of the movements of the arms, body, and legs in executing martial arts technique in the whole performance.	20

B. Criteria in Judging Individual traditional Anyo Competiton

Criteria	Evaluation.	Points
Coordination of Movements	Proper execution of skills. Performers possess confidence, easiness. Fineness and accuracy of the performance.	Perfect-9.5 Excellent-9.3-9.4 V.Good-9.0-9.2 Good-8.8-8.9 Fair-8.7 Almost-8.5-8.6 Poor-below 8.5
Artistic Execution	Precise timing, identical, harmonic and rhythmic movements of hands, arms, legs, and body with a graceful, elegant, refined and animated execution of the martial arts movements.	Perfect-9.5 Excellent-9.3-9.4 V.Good-9.0-9.2 Good-8.8-8.9 Fair-8.7 Almost-8.5-8.6 Poorbelow 8.5
Bearing and stage presence	The manner, composure, attitude, poise and posture of the performer/s.	Perfect-9.5 Excellent-9.3-9.4 V.Good-9.0-9.2 Good-8.8-8.9 Fair-8.7 Almost-8.5-8.6 Poorbelow 8.5
Degree of difficulty	The magnitudde of complicatedness, complexity, intricacy of the movements of the arms, body, and legs in executing martial arts technique in the whole performance.	Perfect-9.5 Excellent-9.3-9.4 V.Good-9.0-9.2 Good-8.8-8.9 Fair-8.7 Almost-8.5-8.6 Poor-

1. Certificate of employment
2. Coach record with e -signature
3. At least 1- 2 certificate of seminars or trainings attended related to Arnis.

Arnis Secondary

2022 BENGUET DIVISION VIRTUAL SECONDARY ARNIS (TRADITIONAL AND CREATIVE-CULTURAL) ANYO DEMONSTRATION

General Provision

1. Video your performance and send your video using Google Drive.
2. Videos must be original copy; video must not be edited. Using any editing video apps, over-lay of name or placard, cutting, pausing, speed -ups, removal of noise, and backgrounds effect, etc. will led to disqualification.
3. Video shoot during competition or judging day will not be entertained/accepted.
4. Video format should be in MP4 (android) format. Submitted iPhone (ios) or digitally formatted videos will be disqualified.
5. Video recordings must be from the beginning (showing of performance board - pugay) up to the end of the performance (pugay).
6. No other individuals, except for the performer, must be seen in the video recording.
7. Recording must have good quality audio (capture without background noise) and good lighting.
8. Recommended video resolution is 720 pixels or higher.
9. Before the performer/s start he/she must show (for 3-5 seconds) performance or signboard containing her/his Event/Category, School/District, Performer's or Team's name, and date of Video.

Individual (for Traditional Anyo)

Event/Category
School/District
Name of Player

Team (for Creative-Cultural Anyo)

Event/Category
School/District
Name of Team

10. Before submission, rename the video file following this format: Event/Category _School/District_ Name of Performer/team (Example: Secondary Individual Solo Baston Girls Tuba Michael Banana)
11. It is recommended that shooting of video must be in a wide classroom, school, open area or in a gym for the safety of performers.

Participants

1. Athletes

- A. Secondary will be divided into three categories: Grade 7-8, Grade 9-10 and Grade 11-12 both for traditional anyo and for creative-cultural anyo.
- B. Performer/s should be officially enrolled in a school validated by the documents submitted by the coach.
- C. No age and/or weight restrictions.

2. Coach

The coach/es must be a secondary teacher with Arnis knowledge.

3. Officiating Officials

Technical officials will come from the pool of accredited Arnis Officiating Officials.

Equipment and Weapons

1. Performers must observe safety/precautions especially those who don't have mats.
2. Performance in playing mats is very much encouraged.
3. Players are required to use single-hand -wielded weapons. Such as:

- A. Wooden or rattan stick,
- B. Wooden replicas of a bladed weapon , and/or
- C. Dull/unbladed metal replica of a bladed weapons.

Costumes and Backgrounds Music

1. Costumes can either be the standard/club Arnis uniform (white shirt, red loose pants, rubber soled shoes), school PE uniform, or any ethnic attire.
2. Shirts must be tucked in. No folded pants.
3. Performance on mats is highly recommended. In the absence of mats, rubber shoes must be used for safety.
4. No wearing of dangling, loose jewelries and accessories.
5. No background music for traditional anyo.
6. The participants in the Creative-Cultural Arnis Anyo are given the option either to accompany their performance with or use any recorded ethnic/traditional music.

Categories

1. Traditional Anyo (to be performed individually and emphasizing proper strikes, blocks and footwork/body movement)

Girls Division:

Bracket A (Grade 7-8)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

Bracket B (Grade 9-10)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

Bracket C (Grade 11-12)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

Boy Division:

Bracket A (Grade 7-8)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

Bracket B (Grade 9-10)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

Bracket C (Grade 11-12)

- Individual Single Weapon
- Individual Double Weapon
- Individual Sword and Dagger

2. Creative-Cultural Arnis Anyo

- A. A team may be composed of a minimum of three and a maximum of 6 participants of any gender.
- B. A player can join other categories.
- C. Only players listed in the entry from may participate in the competition.
- D. No weight categories.

Conduct of Performance

1. In Creative-cultural Anyo, fancy/acrobatic movements are allowed but the performers must observe precautions/safety.
2. Traditional Anyo performances, execute it individually while emphasizing proper strikes, blocks and footwork/body movement.
3. Salutation (Pugay) must be observed at the beginning and end of the performance.
4. No time limit will be observed both in Traditional Anyo and Creative-cultural Anyo.
5. No line violations will be observed.
6. Sequence of performance/judging will be as agreed-viewed by the judges
7. Judges' scores will be collected and recorded by the assigned secretary and to be presented virtually after all of the performances of each category.
8. Decision of Technical officials are final, protest shall not be entertained.

Criteria for Judging Anyo

Rubrics for Judging Team Creative-Cultural Arnis Anyo Demonstration:

Criteria	Description	Point Distribution	
Synchronization of Movements	Precise timing, indistinguishable, identical, harmonic and rhythmic movements of arms, legs, head, body and weapons.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Artistic Execution	Graceful, elegant, refined and animated execution of the martial arts movements.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Bearing and stage presence	The manner, composure, attitude, poise and posture of the performers.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Degree of difficulty	The magnitude of complicated, complex, intricate movements of the arms, body, and legs in executing martial arts technique in the whole performance.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Creativity	Original, inventiveness and imaginative of the forms and movements without sacrificing the effectiveness of the martial art movement	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5

		Unaccepted Performance	7
Rubrics in judging Individual Traditional Anyo Demonstration:			
Criteria	Description	Point Distribution	
Mastery and expression of the skills	Proper execution of skills. Confidence in performing. Fineness and accuracy of the performance.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Coordination of movements	Harmonization and dexterity of the movements of arms, legs, head, body and weapons of the performer. Well balanced actions, steps, stances and movements (sense of balance).	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Bearing and stage presence	The manner, composure, attitude, poise and posture of the performer.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7
Degree of difficulty	The magnitude of complicated, complex, intricate movements of the arms, body, and legs in executing martial arts technique in the whole performance.	Perfect	10
		Excellent	9.5
		Very Good	9
		Fair	8.5
		Needs Improvement	8
		Disqualified Performance	7.5
		Unaccepted Performance	7

Forfeiture and Disqualifications

- A player/team may be disqualified if:
 - submitted documents are falsified.
 - showing questionable attitude towards game official and/or others
 - Grave misconduct; not following the given guidelines.
- Decision/s based on forfeiture shall be forwarded to the Technical Committee. The competitor/team who forfeits the game automatically loses in that particular event.
- Judges' decision are final.

Documents to be submitted (via email)

1. Athletes

Scanned copy of:

- Parents/Guardians waiver with signature
- Certificate of enrollment
- Gallery of Athletes with either 2x2 or passport size ID picture

2. Coach

Scanned copy of:

- Certificate of employment

B. Coach record (containing certificate of any Arnis Training) with e-signature


Awards

Top 3 will be recognized with medals and certificate while the rest will be acknowledged with a certificate of participation.

Tentative Scheduled activities

Date	Activity
TBA	Traditional Anyo Skills Development for Coaches and Officiating Officials
March 21, 2022 (cut off time: 5:00 PM)	Deadline of submission of entries
March 23, 2022	Judging of entries
March 25, 2022	Result submission at SDO
TBA	Awarding


MICHAEL C. BANANA
Tournament Manager - Secondary


MAVIS E. BALIQUED
Tournament Secretary - Secondary

MYRICK AO-ASEN
Chief Referee

For queries, contact Mr. Michael Banana at cp # 09125157340
Tuba Central HHS

Athletics

MECHANICS OF THE COMPETITION

The BENGUET TRACK AND FIELD CHALLENGE:
VIRTUAL EDITION, follows the mechanics stipulated below:

A. Eligibility

1. All contestants should have already enrolled for SY 2021 – 2022 .
2. Athletes joining the contest must fit the requirements .

B. Contest Proper

1. The contest is divided into 8 categories, they are as follows:
 - a. Kids Athletics boys (5 to 6 years old)
 - b. Kids Athletics girls (5to6 years old)
 - c. Kids Athletics boys (7 to 8 years old)
 - d. Kids Athletics girls (7 to 8 years old)
 - e. Elementary boys (12 years old below)
 - f. Elementary Girls (12 years old and below)
 - g. High School: Boys (17 years below)
2. The event is an individual show down of talent and skills.
3. Each performance will have to do three rounds except in all the runs.
4. Each performance will have a maximum of three minutes rest time .
5. There will be representative / competitors in each event..(Take note : still on the run jump throw an athlete will have a maximum of three events except on the demonstration they can have additional 2 (for elementary : skipping rope, forward squat jump, cross-hop ,and speed ladder, for high school: three events and additional 2 of either the demonstration : hexagonal test , shuttle run.
6. For the kids athletics: There will be individual performance winner and team winner. For the team winner the performance of each team member will be rated accordingly with the kids athletics scoring raw breaks for the team champion compose or 6 team members 3 boys 3 girls.
7. For the Elementary and Secondary Athletics the team champion will be based on the medal tally won by each athlete representing their respective district.

Athlet
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C. Uniforms / Athletes Attire

1. All athletes must wear the prescribed sports attire .
2. No unnecessary jewelries or what ever that may pose danger and hindrance to the performance of the athlete.
2. Coaches must insure the rights and welfare of the athletes are protected .
3. ALL MIATF protocols and local policy / orders must be followed at all times during the conduct of recording of the performance no exceptions.
4. Coaches must have on hand a duly signed parents waiver of the athlete and medical certificate if possible.

D.Video Entry Mechanics (adapted from OUA_Memo_0821060 DepEd Sports Skills Demo Contest Technical Guidelines Requirement)

- 1.Video entries must be shot horizontally (landscape mode) and must clearly cover the totality of the performance (performers' movements, routine, etc.
3. Performances shall not be accompanied by any genre of music or any musical instrument of choice as background .
4. Performance must be done and filmed at any venue as long as it is clear and away from unnecessary noise and hazard.
5. Camera to be used in filming the performance must be focused on the athlete maybe steady as not to hamper the proper judgement and timing / measuring of the performance . It is encouraged that a tripod be used to make the camera stable during the shoot.
6. Video recording must be done from the beginning up to the end of the performance
7. No other individuals, except for the performers, must be seen in the video recording done by the coach and co-coach.
8. No unnecessary or extraneous noises, comments, and effects must be heard from the video, except from audio that is necessary in the performance
9. Submitted video entry must be continuous and should not be edited (no splicing, stitching, and application of visual effects)
- 10.Video resolution of submitted entry must be 1080p (high definition) or higher if possible
- 11.The video file size should be kept at or under 100 MB for quicker upload/encoding time.

E.Proposed Timeline of the Event

Activity	Time/ Date
Submission and Approval of the Poject Proposal	Before November 19, 2021
Solidarity Meeting and polishing of the ground rules for the conduct of their own district meet	c/o SDO Benguet
Conduct of District Virtual Athletic meet	Per Distirct
Submission of Entries per District	c/o SDO Benguet
Individual Video recording per athlete at home	c/o SDO Benguet
Submission of video entries to the Project Developer	c/o SDO Benguet
Video judging	c/o SDO Benguet
Showing of the event to Social Media platform	c/o SDO Benguet
Submission of Accomplishment Report and MOVs	c/o SDO Benguet

Prepared by:


EMERSON B. HADSAN
HEAD TEACHER I

CP # 09075956222 Lamut ES, LTB

B. TECHNICAL OFFICIALS MOBILIZATION

TECHNICAL OFFICIALS	LOAD ALLOWANNCE	FOOD AND SNACK	TOTAL
1. CONSULTANT / TOURNAMENT DIRECTOR	500	300	800
2. TECHNICAL MANAGER (TOURNAMENT MANAGER)	500	300	800
3. TOURNAMENT SECRETARY KIDS ATHLETICS	500	300	800
4. TOURNAMENT SECRETARY ELEMENTARY	500	300	800
5. TOURNAMENT SECRETARY SECONDARY	500	300	800
6. CHIEF JUDGE KA	500	300	800
7. SECRETARY KA	500	300	800
8. JUDGE 1 KA	500	300	800
9. JUDGE 2 KA	500	300	800
10. JUDGE 3 KA	500	300	800
11. CHIEF JUDGE TIMER TRACK	500	300	800
12. TRACK SECRETARY	500	300	800
13. TIMER AND JUDGE 1	500	300	800
14. TIMER JUDGE 2	500	300	800
15. TIMER JUDGE 3	500	300	800
16. CHIEF JUDGE FIELD	500	300	800
17. FIELD SECRETARY	500	300	800
18. MEASURING JUDGE 1	500	300	800
19. MEASURING JUDGE 2	500	300	800
20. MEASURING JUDGE 3	500	300	800
TOTAL			12,800

Basketball

Annex A.

I. GUIDELINES ON THE TECHNICAL REQUIREMENTS:

- a. The contest shall be open to elementary learners and junior and senior high school from public and private schools.
- b. There will be two categories namely:
 - b.1: Elementary Level and
 - b.2: Junior and Senior High School Level.
- c. Entries for junior and senior high school shall consist of 6 to 12 members. Either all male or female members or a combination of both gender.
- d. Entries for elementary level shall consist of 6 to 12 male members
- e. Members of the participating teams must be fully vaccinated against COVID 19 and to submit medical certificate/clearance and must secure parental/guardian consent.
- f. The entries containing the performances of teams shall be recorded and be viewed via online modality.
- g. Submitted video entry must not be edited. Video recording must be done from the beginning up to the end of the performance.
- h. Video resolution submitted entry must be 1080p (high definition) or higher. The file size must not exceed to 120 MB. The file format must be used is MP4 for quicker upload.

II. MECHANICS AND PROCEDURES

ARTISTIC DEMONSTRATION OF BASKETBALL BASIC SKILLS

- a. Performance must show and properly execute the basic skills in basketball such as dribbling, passing, shooting, and rebounding.
- b. Performance shall be accompanied by any genre of music of choice.
- c. Performance shall not exceed three minutes.

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Annex B.

I. CRITERIA FOR JUDGING:

CRITERIA	FACTORS FOR JUDGING	SCORE
Mastery and Expression of the Sports Skills	Proper Execution of Skills	40
	Demonstration of Strength, power, and balance	
	Exudes confidence and easiness	
	Difficulty of the technique	
Artistic Execution and Synchronization of Movement	Fluidity and Gracefulness of execution	30
	Aesthetic expression	
Choreography	Creativity	20
	Originality	
Showmanship	Energy	10
	Projection	

II. AWARDS:

RANK	AWARD
FIRST PLACE	GOLD MEDAL + CERTIFICATE
SECOND PLACE	SIVER MEDAL + CERTIFICATE
THIRD PLACE	BRONZE MEDAL + CERTIFICATE
PARTICIPATING TEAMS	CERTIFICATE OF PARTICIPATION

Annex C.

I. SUBMISSION OF ENTRIES:

1. District/school shall submit its entry one week prior to the actual schedule of the virtual sports skill competition.
2. The contest shall be open to junior and senior high school from public and private schools.
3. Entries shall consist of 6 to 12 members. Either all male or female members or a combination of both gender.
4. Members of the participating teams must be fully vaccinated against COVID 19 and to submit medical certificate/clearance and must secure parental/guardian consent.
5. The entries containing the performances of teams shall be recorded and be viewed via online modality.
6. Submitted video entry must not be edited. Video recording should be done from the beginning up to the end of the performance.

For queries, contact Mr. Kurt Wendel Panagan
at CP # 0912 464 8311 - CRSHS



Republic of the Philippines
Department of Education
CORDILLERA ADMINISTRATIVE REGION
SCHOOLS DIVISION OF BENGUET
BENGUET NATIONAL HIGH SCHOOL-MAIN
WANGAL, LA TRINIDAD, BENGUET

BILL
Sec. 1

BILLIARD REMOTE GAMES - *For secondary only*

Annex A: TOURNAMENT GUIDELINES:

I. REGISTRATION OF PLAYERS

- A. Players shall register before the event to the Screening Accreditation Committee.
- B. Players must submit the following:
 - 1. PSC/ LCR Photocopy of Birth Certificate
 - 2. Certificate of Enrollment
 - 3. Parent Consent
 - 4. Medical Certificate (duly sign by authorized DOH personnel).
- C. Two players for each delegation (1 Male and 1 Female).

II. PLAYERS REQUIREMENTS

- A. Each player shall be required to have at least one of the following equipment during the event:
 - 1. Break Cue
 - 2. Cue Stick
 - 3. Gloves
 - 4. Camera
 - 5. Strong Internet Connection
 - 6. Standard Billiard Table with standard sets of balls.

III. PLAYERS DRESS CODE

A. BOYS

- Delegation Uniform and/or collared polo and long pants
- With shoes

B. GIRLS

- Delegation Uniform and/ or collared polo and long pants
- With shoes

IV. CODE OF CONDUCT

All athletes must act and behave at all times in the best interests of the sports. An athlete will refrain from making public comments that could be deemed as bringing the sport into disrepute. If an athlete fails to act properly he/she will be dealt in accordance with the penalties.

V. MODE OF COMPETITION

Disciplines that will be played during the Provincial Remote Games would be 10 Ball Singles. Single Elimination or Knockout System is applied. The match will be rack to five (5) for elimination round, Rack to Eight (8) for the championship round. The winner for Group A will play against the winner of Group B to determine the Gold, Silver and Bronze medalists.

MODE OF PLAY:

- a. The players will be group into two (2)- Group A and Group B
- b. Drawing of lots shall be done to determine the groupings
- c. A single elimination or knock- out system shall be applied in the competition
- d. Both players will play the same number of Racks.
- e. Highest point will win the game

VI. RULES OF THE GAME TOURNAMENT GUIDELINES

10 BALL

- Call Shot rule applied.
- 0- point for break and scratch, driven off the table or committed a foul.
- 5- points: Shall be awarded if no ball is pocketed or Dry Break and Run Out, A player is entitled to a two times Ball in Hand within a rack. (If ever the player cannot make a run out, he/ she will be given a zero point)
- 10- points: Shall be awarded if the ball(s) is/ are pocketed on a break shot and run out. A player is entitled to a one ball in Hand within a rack. (If ever the player cannot make a run out, he/ she will be given a point/s depending on a number of balls he/she pocketed.)
- 15- points: Shall be awarded if the ball(s) is/ are pocketed on a break shot, and continuing the shot and run out without Ball in Hand. (If ever the player cannot make a run out, he/ she will be given a point/s depending on a number of balls he/she pocketed.)
- In case of a tie, extension of one rack shall apply.

Boxing

Suggested Shadow Boxing Guidelines

- This competition will focus on the contestants' ability to demonstrate and combine boxing stance, steps, punches, counterattack and defense skill and technique in the art of Boxing in a flat and safe area/surface.
- Direction of Shadow Boxing performance should be in 3 directions only (Front / Left / Right)
- This will be competed into virtual arena and scored by 5 Judges.

BO
Elem

WALL
STARTING POINT / FINISHING POINT
MOVING DIRECTIONS

- 1minute- shadow boxing video for elementary, 1 minute and 30 seconds shadow boxing video for grade 7 and grade 8 while 2 minutes for grade 8,9,10,11,12, Benguet teachers and coaches.
- Participants must be dressed in Boxing attire (Blue sando and short or red sando and short and rubber shoes).
- Video Orientation should be landscape recording.
- Video should be recorded in a good light with subject light from the front, back lighting is not allowed.
- A tripod/Steadicam could be used for videotaping (optionally).
- No edited video.
- Edited video will be disqualified. (Fast forward, repetition, cut videos and others.)
- Names and District will be included in their video.
- The coaches will save the videos of his/her athletes including the medical certificates, enrolment form,

parental consent and gallery on a flash drive and submit it to the Technical Officials on and before the final submission of shadow boxing videos.

- The judges will score the shadow boxing videos of the athletes following the criteria prepared and agreed by coaches and officiating officials.
- Decision of the judges are final. Protest shall not be entertained.

Annex B.

Suggested Shadow Boxing Categories		
Grade 4 & below Category	Female Qualification <ul style="list-style-type: none"> • Grade 4 & below female student. • No weight and age qualification. 	Male Qualification <ul style="list-style-type: none"> • Grade 4 & below male student. • No weight and age qualification.
Grade 5 Category	Female Qualification <ul style="list-style-type: none"> • Grade 5 female student. • No weight and age qualification. 	Male Qualification <ul style="list-style-type: none"> • Grade 5 male student. • No weight and age qualification.
Grade 6 Category	Female Qualification <ul style="list-style-type: none"> • Grade 6 female student. • No weight and age qualification. 	Male Qualification <ul style="list-style-type: none"> • Grade 5 male student. • No weight and age qualification.
Grade 7 Category	Female Qualification <ul style="list-style-type: none"> • Grade 7 female student. • No weight and age qualification. 	Male Qualification <ul style="list-style-type: none"> • Grade 7 male student. • No weight and age qualification.

Grade 8 Category	<p>Female Qualification</p> <ul style="list-style-type: none"> • Grade 8 female student. • No weight and age qualification. 	<p>Male Qualification</p> <ul style="list-style-type: none"> • Grade 8 male student. • No weight and age qualification.
Grade 9 Category	<p>Female Qualification</p> <ul style="list-style-type: none"> • Grade 9 female student. • No weight and age qualification. 	<p>Male Qualification</p> <ul style="list-style-type: none"> • Grade 9 male student. • No weight and age qualification.
Grade 10 Category	<p>Female Qualification</p> <ul style="list-style-type: none"> • Grade 10 female student. <p>No weight and age qualification.</p>	<p>Male Qualification</p> <ul style="list-style-type: none"> • Grade 10 male student. <p>No weight and age qualification.</p>
Grade 11 Category	<p>Female Qualification</p> <ul style="list-style-type: none"> • Grade 11 female student. • No weight and age qualification. 	<p>Male Qualification</p> <ul style="list-style-type: none"> • Grade 11 male student. • No weight and age qualification.
Grade 12 Category	<p>Female Qualification</p> <ul style="list-style-type: none"> • Grade 12 female student. <p>No weight and age qualification.</p>	<p>Male Qualification</p> <ul style="list-style-type: none"> • Grade 12 male student. <p>No weight and age qualification.</p>

Annex C.

**Suggested division-based Scoring Criteria for Shadow Boxing
Competition via video recording
10 - POINT SYSTEM**

10 POINTS – If the boxer perform and combine all the 5 boxing skills (stance, steps, punches, defense, and counterattack) correctly with balance, coordination, speed, endurance, agility, and power.

9 POINTS- If the boxer perform and combine only 4 of the boxing skills (stance, steps, punches, defense, and counterattack) correctly with balance, coordination, speed, endurance, agility, and power.

8 POINTS- If the boxer perform and combine only 3 of the boxing skills (stance, steps, punches, defense, and counterattack) correctly with balance, coordination, speed, endurance, agility, and power.

7 POINTS- If the boxer perform and combine only 2 of the boxing skills (stance, steps, punches, defense, and counterattack) correctly with balance, coordination, speed, endurance, agility, and power.

6 POINTS- If the boxer perform only 1 of the boxing skills (stance, steps, punches, defense, and counterattack) correctly with balance, coordination, speed, endurance, agility, and power.

Deductions

.10 Deduction for every mistake

Examples:

1. Not retracting hands immediately after punching.
2. Not returning to boxing stance after series of punches.
3. Out balanced while punching.
4. Wrong part of the hand hitting the target during punches.
5. Not returning to boxing stance after performing the different boxing steps.
6. Elbowing and kicking.
- 7 Putting hands down for 5 seconds.
8. over swinging of punches.
9. out balance while doing boxing steps.
10. Back fist.

Computation of scores

5 Judges scores/5= final score

Example:

$$10+9+9+10+10=48/5= 9.6$$

Annex D.

Medals to be contested
Gold - 18 (9 male & 9 female)
Silver- 18 (9 male & 9 female)
Bronze- 36(18 male and 18 female)

Eligibility

- Open to elementary and secondary public and private school including BSU.
- Participating team members are required to submit a team gallery, certificate of enrolment, medical certificate/ clearance and must secure a parental/ guardian consent.

Officiating Officials

1. Jake Canuto
2. Cristobal Dinamling
3. Leo Ignacio
4. Wilson Cayso-en
5. Julius Baliquied

For updates & queries, contact Mr. Julius Baliquied at
CP# 0946 236 9564 - TSHI



Chess

PROJECT PROPOSAL

Project Title: 2022 Benguet Provincial Virtual Competition

Date and Time:

Proponent: ROGER L. RIVERA/CARLOS MAMA-O JR.

Participants: Benguet Chess Players (Elementary and Secondary)

I. RATIONALE

The COVID 19 pandemic prohibited face to face chess practices and over the board chess tournaments. As a result, chess players and enthusiasts relied to online chess games and competitions in order to remain active in playing chess. Although online chess has been popular since this pandemic started, this new trend in chess tournament is still new to the coaches and chess players province of Benguet.

With this, we would like to propose the conduct of an online chess seminar-workshop to chess coaches in the province of Benguet. The target participants will be elementary and secondary chess coaches from the different municipalities of Benguet. This seminar will focus on the basics of online chess, rules and use of applications in the conduct of the tournament.

II. OBJECTIVES

- ✦ To promote chess as a tool in fostering self-discipline, teamwork, friendship, sportsmanship, excellence and other values inherent in the practice of sports.
- ✦ To provide opportunity for student-athletes on the continuous growth and development on their chosen sports through a virtual chess competition.
- ✦ To identify potential student-athlete to represent Benguet in other higher level competition.

III. METHODOLOGY

1. The tournament will be divided into 4 categories (Elementary Boys, Elementary Girls, Secondary Boys and Secondary Girls).
2. The Tournament will use the Lichess application for the games.
3. The Tournament will use 7 rounds Swiss system.
4. The time control is Rapid Play - Each player shall have 15 minutes with the additional of 10 seconds per move starting from the first move. The clocks of all games shall be started by the Chief Arbiter
5. All participants will be required to use computers with camera during the game.



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IV. GENERAL RULES AND REGULATIONS

The Championship shall be governed by the FIDE Online Chess Regulations.

V. PARTICIPANTS

Elementary and Secondary chess players from Public and Private Schools of Benguet.

VI. ELIGIBILITY OF PLAYERS

1) To be eligible to participate in the Palarong Pambansa Online Tournament, players must be:

1. A Filipino Citizen.
2. He or she should be born January 1, 2003 and after.
3. Enrolled in a recognized Elementary/High School both public and private.
4. Must attach the scanned copy of his/her NSO/SECPA and Certificate of Enrollment duly signed by the School Head in the given official online link for the registration.

2) The following shall not be allowed to play in the online tournament:

1. Athletes who have been declared over age.
2. Athletes who become or has been member of the National Team, National Training Pool and National Development Pool, receiving monthly stipend/allowance for Philippine Sports Commission (PSC), played in the SEAGAMES and/or OLYMPIC GAMES. Provided, however, that those athletes who played in the foreign individual competition not included in the above-mentioned games shall not be disqualified to play in the Palarong Pambansa (IRR 10588)
3. Athletes banned during the previous Palarong Pambansa and banned in the NCFP online tournament.

3) To register in the online link:

1. (Link for Elementary Girls):
2. (Link for Elementary Boys):
3. (Link for Secondary Girls):
4. (Link for Secondary Boys):

VII. FAIR PLAY RULES

Players may play on laptop or desktop. Players should log into Zoom with their 3-letter City/Municipality code and name. The Zoom Arbiters per Category shall virtually inspect the Setup of playing devices and Zoo, set up of players before the start of each game. Only players are allowed to access his/her playing area.



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Each player shall be monitored by cameras, front video-cam and side camera. Only players with approved cameras and device set up will be allowed to play. The camera should show clear view of the player.

In the playing venue, the fair play measures should be applied in accordance with the FIDE Anti-Cheating Regulations and FIDE Anti-Cheating Protection Measures. Players shall be monitored by Tornelo Live Fair Play Reports.

Unless authorized by the arbiter, it is forbidden for anybody to use a mobile phone or other kind of communication or electronic device in the playing venue, or any contiguous area designated by the Zoom Arbiters.

The Zoom Arbiters should see that each player is connected to zoom, front Audio in Zoom should always be open during live games. Close audio of the side camera to avoid feedback. It is not allowed for players to use headphones or virtual Zoom background. Playing venue should be well lit. There should be no external noise.

All participants shall comply and co-operate with the Fair Play rules. Players may be removed from the Championship at any time on final decision of the Chief Arbiter based on Fair Play Rules.

All the players agree that they have no right to appeal the aforementioned actions either through arbitration, consultation or in a court of law within any jurisdiction. Participants have no right to appeal for pairings made during the Championship.

For the success of the event the Organizer has the right to change the schedule with due notice, update the regulations or decide for any matter that is not mentioned in the current regulations.

Before the game starts the VCS Arbiters assigned for each division should make it mandatory that all playing device run only one tab in one browser. No other website, application or software can be open on the playing device except Tornelo and Zoom.

VIII. DATE AND VENUE

Benguet National High School - Main

Day 1	
Time	Activity
8:00 - 8:30	Registration
8:30 - 9:00	Opening Program and Orientation of Rules
9:00 - 10:00	Round 1
10:00 - 10:30	Break
10:30 - 11:30	Round 2
11:30 - 1:00	Lunch Break
1:00 - 2:00	Round 3
2:00 - 2:30	Break
2:30 - 3:30	Round 4



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Day 2	
Time	Activity
8:00 - 9:00	Round 5
9:00 - 9:30	Break
9:30 - 10:30	Round 6
10:30 - 11:00	Break
11:30 - 12:30	Round 7
12:30 - 1:30	Lunch Break
1:30 - 2:30	Virtual Awarding

IX. MEDAL TO BE CONTESTED

EVENT	MALE		FEMALE		TOTAL
	Elem	Sec	Elem	Sec	
Rapid Chess (Individual)	1	1	1	1	4
Rapid Chess (Team)	2	2	2	2	8
TOTAL OF MEDALS TO BE CONTESTED					12
GOLD	SILVER		BRONZE		TOTAL
12	12		12		36

X. BUDGET REQUIREMENT



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XI. OFFICIATING

1. Technical Officials (6)

- a) Tournament Manager
- b) Chief Arbiter
- c) Arbiters (4)

2. Awarding

- a) Online awarding after competition
- b) There shall be certificates for all athletes
- c) The athlete taking Rank 1 in each event will be given GOLD Medal and Certificate;
- d) The athlete taking Rank 2 in each event will be given Silver Medal and Certificate;
- e) The athlete taking Rank 3 in each event will be given Bronze Medal and Certificate.

3. Entries

a) Preliminary Entry form

- ✓ Must be submitted 1 month before the scheduled tournament.

b) Final entry: Requirements

- ✓ Enrolment Certificate
- ✓ PSA/NSO/LRC
- ✓ Medical Certificate
- ✓ Scanned Vaccination Card
- ✓ Parents Waiver

✦ The final entry with events and names of the competitors must reach the tournament manager or the Secretariat two (2) weeks before the start of the tournament.

XII. HEALTH PROTOCOLS

- a) Only athletes, coaches, health officers of each team and technical officials are on the playing venue.
- b) No sharing of foods and drinks.
- c) No spectators including parents.
- d) Disinfection of playing area is a must before and after the tournament.
- e) Mandatory wearing of athletes, coaches, chaperon, and officiating official's identification card.
- f) Mandatory observance of physical distancing (2 meters away)
- g) Mandatory use of face mask and have personal alcohol.
- h) Observance of NO hands shake or any physical contact.

For queries, contact Mr. Roger Rivera at cp# 09391226348-Beng. HH
Carlos Mama-O = 09094164697 = BSU

Note: As per orientation conducted on Feb. 16, 2022 at the Benguet NHS,
the competition will be conducted F2F at the ICT Room on March
25, 2022 at the above school.

AEROBIC GYMNASTICS

- 3 gymnasts will perform as a group following the guidelines in performing the skills in Aerobic Gymnastics.

Guidelines

RHYTHMIC GYMNASTICS	
<i>Length of exercise</i>	<ul style="list-style-type: none"> * Gymnasts exercise must run at least 2:30 – 3mins. * The stopwatch will be started as soon as the gymnast begins to move and will be stopped as soon as the gymnast is totally motionless. <p style="text-align: center;"><i>Penalty (Coordinator Judge) 0.05 point will be deducted for every missing/additional sec.</i></p>
<i>Music</i>	<ul style="list-style-type: none"> • Music could be of one or several instruments including voice as instrument, with/ without words • It is permitted to record a sound signal at the beginning of the music.
<i>Dress/ Attire of Gymnast</i>	<ul style="list-style-type: none"> • Leotard/ unitard must be in non-transparent materials. • The neckline of the front and back of the leotard must not be further than half of the sternum and no further than the lower line of the shoulder blades. • Leotards may be with or without sleeves, but dance leotards with narrow sleeves are not allowed. • The cut of the leotard at the top of the legs must not go beyond the fold of the crotch. • The leotard must be skin tight to enable the judges to evaluate the correct position of every part of the body. <p style="text-align: center;"><i>Penalty: (Coordinator Judge) 0.30 point deduction if any of the above is violated.</i></p>
<i>Apparatus</i>	Ball dimensions – 180 mm diameter, 300 g minimum
	Ribbon length – 5 metres in length, with 1 metre fold at the end attached to the stick.
Code of Points	
<p>The final score of the routine is the sum of the difficulty score and execution score. Penalties incurred will also be deducted from the final score. The difficulty score is open ended with no maximum score, while the execution score has a starting value of 10 points. There are also penalties which are realized by subtracting points from the final note for certain specified mistakes made by the gymnasts.</p> <p>Difficulty- consist of body difficulties (jumps, balances and rotations), dynamic elements with rotation (commonly known as risks), dance step combinations and exchanges and collaborations. The difficulty score is evaluated during the routine without a pre-made difficulty sheet.</p> <p>Execution - is the degree to which gymnast perform with aesthetic and technical perfection. The unity and character of the composition, harmony with music, body expression and the variety in the use of space and apparatus elements, among others are valued; on the other hand, the technical handling of the apparatus (like catching the ball with one hand and not two, not losing the apparatus, etc). and technical aspects of body movements (like touching the head with the foot during a ring form, not falling, etc.) are valued. Errors regarding the perfect model of conduct accumulate and are assigned specific penalties values, which ultimately are subtracted from the starting value (an execution score of 10 represents a perfect execution equal to the model, without any error.</p>	

Gymna
Elem 4

Penalties - are taken by the time, line and coordinator judges. Possible penalties are included:

- The gymnast leaving the floor area
- The apparatus leaving the floor area
- The exercise is being longer or shorter than the acceptable length of time.
- Music not conforming to the regulation
- Dress of the gymnast not conforming to the regulations
- Communication with the coach during the execution of the exercise
- Verbal communication between group gymnasts during the exercise
- Grabbing the new apparatus from the side of the floor if the first apparatus is still on the floor area.

WOMEN'S ARTISTIC GYMNASTICS

<i>Floor area</i>	12 x 12 meters
<i>Length of the exercise</i>	Minimum of 75 sec and maximum of 90 sec
<i>No. Gymnasts</i>	1
Cluster 1	<ol style="list-style-type: none"> 1. 2-3 steps partially piked or stretched dive roll 2. Cartwheel 3. Backward walkover 4. Cat leap 5. Lift leg high to step forward and then full turn 6. Split leap from a run 7. Step to handstand hold 1 sec and step down to stand 8. 2-3 steps hurdle to Round off Straight jump 9. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.
<i>The E-Score deductions:</i>	Small Error - 0.1 Medium Error - 0.2 Large Error - 0.3 Fall - 0.5
<i>Cluster 2</i>	2 Gymnast
	8 skills maximum for D-score <ol style="list-style-type: none"> 1. A passage with three dance elements 2. Acrobatic element forward 3. Acrobatic element backward 4. Dismount
<i>The E-Score deductions:</i>	Small Error - 0.1 Medium Error - 0.3 Large Error - 0.5 Fall - 1.0

MEN'S ARTISTIC GYMNASTICS

<i>Cluster 1</i>	<ol style="list-style-type: none"> 1. 2-3 steps to front handspring, straight jump and then rebound to stretched dive roll 2. Finish with control in straddle split 2 sec. 3. Press to handstand with bent arms and straddled legs to momentary hold and forward roll and jump with 3/4 turn to face side 4. Step to scissor kick to 2 cartwheels 5. Pike down and backward roll with straight arms and straight legs to stand 6. Front scale or y scale (2 sec) 7. 3 steps hurdle to round off back handspring straight jump and backward roll tucked to stand.
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MEN'S ARTISTIC GYMNASTICS

Cluster	Age	Apparatus	No. of Athletes
Cluster 1	6-9 yrs. old	FX and VT	1
Cluster 2	10 - 12	FX	2
RHYTHMIC GYMNASTICS			
Elementary	6 - 12 yrs. old	group	5
AEROBIC GYMNASTICS			
Elementary	6-12 yrs. old	Trio	3

For queries call Mrs. Flora Teliad @ cp # 0948 205 8580 = Puguis Es

	8. From run, hurdle onto vault board and jump from 2 feet to hands with straight body and fall to back on a soft mat of 80 cm height.
<i>The E-Score deductions:</i>	Small Error – 0.1 Medium Error – 0.2 Large Error – 0.3 Fall – 0.5
<i>Cluster 2</i>	2 gymnast
	Difficulty A=.1 B=.2 C=.3
	8 skills max. for D-score
<i>The E-Score deductions:</i>	Small Error – 0.1 Medium Error – 0.3 Large Error – 0.5 Fall – 1.0
AEROBIC GYMNASTICS	
<i>Categories</i>	TRIO
<i>Exceptions</i>	No 1 arm push up No 1 arm support
<i>Music length</i>	1 minute 20 sec. (+/- 5sec)
<i>Different elements</i>	8 maximum
<i>Acrobatic elements</i>	2 Elements from A1 to A6 (optional) Off Axis jump not allowed
<i>Combination of different elements</i>	1 Combination of 2 different elements allowed
<i>Competition space</i>	7m x 7m: IM-IW 10m x 10m: TR, MP, AER DANCE
COMPULSORY ELEMENTS (must be performed without combination)	4 A) Helicopter to PU B) Straddle Support (max 1/1 turn) C) Tuck Jump 1/1 turn D) 1/1 Turn to Vertical Split
	0.1 – 0.6 (1 ELEMENT 0.7 POINT OPTIONAL)
<i>Elements allowed value</i>	Maximum 1 JUMP landing in SPLIT Maximum 1 JUMP landing in PUSH UP
<i>Push up Split landing</i>	5
<i>Floor elements</i>	1 (optional), no value
<i>Lift</i>	FIG Code of Points (light make-up)
<i>Attire</i>	FIG Code of Points (no make-up) Optional tights are allowed Form Fitting body shorts are allowed for both boys and girls.

ANNEX B – ENTRIES

WOMEN'S ARTISTIC GYMNASTICS			
Cluster	Age	Apparatus	No. of Athletes
Cluster 1	6-9 yrs. old	FX and VT	1
Cluster 2	10 - 12	FX	2
MEN'S ARTISTIC GYMNASTICS			
Cluster	Age	Apparatus	No. of Athletes
Cluster 1	6-9 yrs. old	FX and VT	1
Cluster 2	10 - 12	FX	2
RHYTHMIC GYMNASTICS			
Elementary	6 – 12 yrs. old	group	5
AEROBIC GYMNASTICS			
Elementary	6-12 yrs. old	Trio	3

For queries call Mrs. Flora Teliao @ cp # 0948 205 8580 = Puguis Es

ANNEX A.

TOURNAMENT GUIDELINES - *Sepak Takraw Elem.*

A. RULES

1. All of the given challenges shall be played base in accordance with the existing rules and regulations of ASTAF/ISTAP in Sepaktakraw ball control/handling and fitted in our new normal.
2. Participants for Level 1 to 4 must be officially enrolled in any school in Benguet Division both Public and Private Schools.
3. Sepak Takraw Attire.

Grade 1 to Grade 12 learners, for bought Public, Private Elementary/ Secondary including Benguet State University (BSU).

• FOUR (4) EVENTS

Female Category
Level 1 (Grade 1 to Grade 3)
Level 2 (Grade 4 to Grade 6)
Level 3 (Junior High School)
Level 4 (Senior High School)
Not over 18 years old

Male category
Level 1 (Grade 1 to Grade 3)
Level 2 (Grade 4 to Grade 4)
Level 3 (Junior High School)
Level 4 (Senior High School)
Not over 18 years old

*Sepa
Taki
Elem*

B. SYSTEM OF PLAY

Allowable body parts to be used during Sepak Takraw ball Control

- o Right and Left in-step
- o Right and Left thigh
- o Front Kick
- o Head

(Note: Arms are prohibited)

C. TECHNICAL OFFICIALS

* Technical officials of the Solo Sepak Takraw Challenge consist of five (5) Regional accredited officials.

* To Judge from each video as the number of, errors and tabulate.

D. AWARDS

Certificate of Recognition to coaches and players, medals and cash prizes

E. ELIGIBILITY

- . Strictly NO overage for Level 4 Submit PSA/ NSO/ LCR
- . Parents Waiver
- . Certificate of Enrollment
- . Medical Certificate

ANNEX B.

COMPETITION PROPER

- o Must perform using any of allowable parts of the body for 5 minutes on each level.
- o A player may start ball controlling by holding - throwing and touching the ball using the allowable parts of his/her body continuously until the given time ends.
- o There will be only one (1) starting act during the duration, therefore every time an attempt to restart ball controlling made is allowable but it will be counted as error or fault.

o Formula:

$$S = C/N, \text{ where; } S = \text{Score}$$

C = Correct Execution & C = N - number of errors


N = Number of touches within the given time

In case of tie, the player with the highest number of ball-controlled wins.

ANNEX C. ENTRIES:

ALL DISTRICTS ARE REPRESENTED INCLUDING PRIVATE SCHOOLS AND BSU.

Prepared by:


CONRADO M. CANIERO JR. = CP # 0950 2918289
HEAD TEACHER III


RANDALL R. NAPEEK
TEACHER III



BENGUET VIRTUAL SEPAKTAKRAW CHALLENGE - Secondary

Annex A: DEMONSTRATION GUIDELINES:

I. Date

The Benguet Virtual Sepaktakraw Challenge will on March 21-25, 2022, via video demonstration.

II. REGISTRATION OF PLAYERS

- A. Players shall register before the event to the Screening Accreditation Committee.
- B. Players must submit the following:
 1. PSC/ LCR Photocopy of Birth Certificate
 2. Certificate of Enrollment
 3. Parent Consent
 4. Medical Certificate (duly sign by authorized DOH personnel).
- C. 9-12 athletes in each delegation for Male participants and 3-4 athletes for Female participants.

III. PLAYERS REQUIREMENTS

- A. Each player should have the following equipment's when taking their video:
 1. Ball
 2. Net
 3. Any gadget in taking videos

IV. PLAYERS DRESS CODE

A. BOYS

- Delegation Uniform and/or jersey and short pant
- With shoes

B. GIRLS

- Delegation Uniform and/or jersey and short pant
- With shoes

V. CODE OF CONDUCT

All athletes must act and behave at all times in the best interests of the sports. An athlete will refrain from making public comments that could be deemed as bringing the sport into disrepute. If an athlete fails to act properly, he/she will be dealt in accordance with the penalties.

V. MODE OF COMPETITION

The demonstration will be divided into two: individual and group demonstration for male and female participants.

VI. RULES OF THE GAME

DEMONSTRATION GUIDELINES

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a. MALE

INDIVIDUAL DEMONSTRATION			
<i>Number of participant/s</i>	<i>Skills to be demonstrated</i>	<i>Duration</i>	<i>Awarding (Gold, Silver and Bronze)</i>
1	Freestyle Ball Control	<i>Highest number of freestyle ball control for 5 minutes</i>	3 top scorers
1	Left and Right Foot Ball Control	<i>Highest number of left and right ball control for 5 minutes</i>	3 top scorers
1	Frontal Ball Control	<i>highest number of frontal ball control for 2 minutes</i>	3 top scorers
1	Demonstration of Advance Skill in Sepaktakraw	<i>Any advance skill- winners will be based on the number of skills demonstrated</i>	3 best demonstrators of advance skill
GROUP DEMONSTRATION			
<i>Number of participant/s</i>	<i>Skills to be demonstrated</i>	<i>Duration</i>	<i>Awarding (Gold, Silver and Bronze)</i>
A minimum of 9 and a maximum of 12 participants	Sepaktakraw Warm-up Training Demonstration	minimum of 15 minutes	Top 3 best group demonstrators
7 participants	Magic 7	Depends on the minutes accumulated by the athletes in finishing the magic 7	Top 3 completer of the magic 7 (based on the accumulated minutes in finishing the magic 7)

b. FEMALE

INDIVIDUAL DEMONSTRATION			
<i>Number of participant/s</i>	<i>Skills to be demonstrated</i>	<i>Duration</i>	<i>Awarding (Gold, Silver and Bronze)</i>
1	Freestyle Ball Control	<i>Highest number of freestyle ball control for 5 minutes</i>	3 top scorers
1	Left and Right Foot Ball Control	<i>Highest number of left and right ball control for 3</i>	3 top scorers



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		<i>minutes</i>
GROUP DEMONSTRATION		
<i>A minimum of 3 participants and a maximum of 5 participants</i>	Sepaktakraw Warm-up Training Demonstration	minimum of 15 minutes
		Top 3 best group demonstrators

*** **Note:** Strictly 1 event or skill per athlete except for the group demonstration.

Warm-up Training Criteria				
	<i>Exceeds Skill (50%)</i>	<i>Meets Skill (40%)</i>	<i>Developing Skill (30%)</i>	<i>Basic Skill (20%)</i>
Warm- Up	-Participants executes exercises correctly all the time.	- Participants executes exercises correctly most of the time.	- Participants executes exercises correctly some of the time.	- Participants correctly executes exercises none of the time.
	<i>Exceeds Skill (40%)</i>	<i>Meets Skill (30%)</i>	<i>Developing Skill (20%)</i>	<i>Basic Skill (10%)</i>
Demonstration	<i>Demonstrates proper form, technique, and tempo.</i> - Participants executes exercises without hesitation and completes workout all the time.	<i>Demonstrates proper form, technique, and tempo.</i> - Participants executes exercises without hesitation and completes workout most of the time.	<i>Demonstrates proper form, technique, and tempo.</i> - Participants executes exercises without hesitation and completes workout some of the time.	<i>Demonstrates proper form, technique, and tempo.</i> - Participants executes exercises without hesitation and completes workout none of the time
	<i>Exceeds Skill (10%)</i>	<i>Meets Skill (7%)</i>	<i>Developing Skill (5%)</i>	<i>Basic Skill (3%)</i>
Teachers Prompt	Teacher prompts are not needed to correct exercise.	Teacher prompts are rarely needed to correct exercise.	-Teacher prompts are frequently needed to correct exercise.	Teacher prompts are repeatedly needed to correct exercise



Republic of the Philippines
 Department of Education
 CORDILLERA ADMINISTRATIVE REGION
 SCHOOLS DIVISION OF BENGUET
 Wangal, La Trinidad, Benguet



FLOW and SCHEDULE OF THE EVENT

March 21-22	Recording of skills by the different delegations
March 23	Submission of entries via google link, flash drive, or Gmail account a. Name of delegation: b. Name of athlete per skill demonstrated in each video
March 24	Evaluation of submitted entries by the selected technical committees
March 25	Posting of Winners via Facebook

VII. NUMBER OF MEDALS TO BE AWARDED

MEDALS	BOYS	GIRLS	TOTAL
GOLD	23	7	30
SILVER	23	7	30
BRONZE	23	7	30
TOTAL			90

VIII. MATERIALS AND EQUIPMENT

1. Video Camera
2. Internet Connection
3. Coupon bond
4. Medals
5. Cash Incentives (if possible)

IX. TECHNICAL WORKING GROUP

	Name
1 Zoom Administrator/ Secretary	Sir Nobel Saclangan
1 Announcer	Sir Brixton Alacdis- BeNHS
2 Tournament Manager	1. Sir Raindy Anno 2. Sir Angelito Linggoden
1 Assistant Tournament Manager	1. Sir Federico Ancheta
6 Technical Officials	To be updated

XI. GENERAL

In the event of any question or any matter arising out of any point, which is not expressly provided for in any rules of the game, the decision of the Technical Officials shall be final.

For queries, contact Mr. Raindy Anno @cp # 09073120465
 Beng. HHS

VIRTUAL TAEKWONDO COMPETITION GUIDELINES
(Open to public, private elementary/secondary schools including BSU)

A. SPEED KICKING EVENT

1. *Team Composition: 1 participant per district (Applicable to Categories A-D)*

- a. Novice 1 Division – Yellow/Blue Belt B/G
- b. Novice 2 Division – Red/Brown Belt B/G
- c. Advance Division – Blackbelt B/G

2. *Method of Competition: (Individual)*

The **cut-off system** shall be applied in this competition. It shall comprise of the following stages:

1.1 Eliminations:

Contestants shall perform the required kicks/punches for the elimination round in their respective division and **ONE HALF** of the contestants shall be selected for the semi-final round based on their point rankings. (more than 12 contestant)

1.2 Semi-final:

Contestants shall perform the required kicks/punches for the semi-final round in their respective division and **3 CONTESTANTS** shall be selected for the final round based on their point rankings.

1.3 Final:

Contestants shall perform the required kicks/punches for the final round in their respective division and they shall be awarded based on their point rankings.

3. *Duration of Contest:*

The time limit for the performance of the required kicks/punch shall be 1 minute and 30 seconds.

4. *Competition Codes of Conduct:*

The Philippine Taekwondo Association (PTA) Competition Codes of Conduct shall be strictly enforced. (copies to given during the orientation)

5. *Uniform:*

The contestant shall use only the approved Taekwondo V-neck uniform (dobuk) with the PTA or WTF approved seal. (delegation uniform is accepted, jogging pants, plain T-shirt for Novice 1 only)

6. *Competition Area:*

The size of the playing venue (4mx6m) must be enough for the player to perform the speed kicking, preferably with taekwondo rubber mats

7. *Scoring Decision: (to be officiated by 3 judges)*

SPEED KICKING SCORING GUIDELINES

Free Kicking and Kickpad Kicking

(Adapted Guidelines - PTA)

TECHNICALS (40%)

JUDGE 1 (Total Number of Kicks)

1. Must be above waist (above 90 degrees) angled higher than horizontal plane
2. Regardless of form
3. One leg kicking – same kick done 3x or more shall be counted as 2 kicks only

Examples:

- front leg roundhouse continuous 3x or more
- cut kick side kick or roundhouse 3x or more

4. Clip back then kick again shall be counted as 2 counts (max of 2 kicks of same kind)
5. Fake kick – no count
6. Fake and kick – 1 count

JUDGE 2 (Number of Head Kicks)

1. Above the shoulder (neck and above) – standing and turning kick included
2. Clip back then kick again shall be counted as 2 counts (max of 2 kicks of same kind)
3. Fake kick – no count
4. Fake and kick – 1 count

Taek
Elon

JUDGE 3 (Number of Turning Kicks and Punches)

A. Valid turning kick

1. Must be above waist (above 90 degrees) angled higher than horizontal plane
2. Turning kicks to the body (turning side, jumping turning side, jumping turning 45)
3. Turning kick to head (turning long, varied jumping turning kicks to the head)
4. Should have 80% knee extension
5. Turning side and follow up - counted separately as long as kick comes from the back

B. Valid punch

1. Only reverse punch shall be counted
2. Target is the body
3. Use of the fore fist
4. Alternate side punching (maximum of 2 properly delivered reverse punch)
5. Consecutive punching using one arm shall be counted as 1 point only

C. Invalid Punch

1. Jab, hook, upper cut
2. Over the shoulder

PERFORMANCE (60%)

1. Quality of Kick

- Kicks are delivered with speed and power
- Kicks are delivered with proper kicking form, hip extension, and recovery

2. Difficulty of Kick & Quality of Kicking Combinations

- Combination kicking shall be defined as continuous and flowing combinations
- Players are able to combine low, high, and turning kicks
- Kicking in a "sequential" or "drill like" or "choreographed" manner shall receive a low Score

3. Overall performance

- Shall be defined as the overall composition and level of execution of performance
- Application of techniques (kicks, footwork, proper punch) in a random but flowing performance
- Techniques are done with proper posture, fighting form, speed, and balance
- Energetic performance (speed, intensity, shout) in a kyorugi style of kicking

NOVICE 1 DIVISION GUIDELINES:

It is the spirit of the Novice 1 Division to provide an opportunity for beginners to compete with other players with the same skill level. It is therefore against the spirit of this provision to have players who have stayed long in Yellow belt or Blue belt; or who have developed skills equivalent to red belt or higher to join in the Novice 1 Division. Instructors and coaches are therefore reminded to use their discretion in fielding players in the Novice 1 Division.

1. Who are excluded: The following yellow belt and blue belt players are not allowed to compete in the Novice 1 division and are also not allowed to be elevated to advance division.

- Players who are more than 8 months from the date of their first promo test as White belt
- Players who have won a gold medal in previous national and regional level competitions.
- Players who have developed advanced skills (power, speed and technique).
- Members of school varsity teams, school or LGU selections.

2. Referee Decision: The referees shall decide on the classification of a player thru a majority vote system.

3. Violation and Penalty: Players who violate the Novice 1 guideline shall be disqualified. Transferring to another category will not be allowed.

List of permitted kicks

1. Yellow Belt (all white belt and yellow belt kicks are allowed)

- Stretching Kick
- In-out Kick
- 45 Kick
- Roundhouse
- Turning side kick
- Out-In Kick
- Front Kick
- Side Kick
- Jumping out-in

2. Blue Belt (all white belt, yellow belt, and blue belt kicks are allowed)

- Stretching Kick
- In-out Kick
- 45 Kick
- Roundhouse
- Turning side kick
- Stepping side kick
- Full moon kick
- Out-in Kick
- Front Kick
- Side Kick
- Jumping out-in
- Punch kick
- Axe kick

2. Nov 2 - Redbelt & Brown belt (all kicks are allowed)

4. Advance – Blackbelt (all kicks allowed)

IMPORTANT:

1. Novice 1 players who perform techniques and kicks belonging to Novice 2 and Advance division will not be counted.
2. Bullet kick is considered as Advanced Kicking technique and therefore not allowed in Nov 1 Division.

B. POOMSÆ EVENT

1. Delegation Composition: (Applicable to Categories A-D)

- a. Novice 1 Division – Yellow/Blue Belt
- b. Novice 2 Division – Red/Brown Belt
- c. Advance Division – Blackbelt

A. Individual Poomsae – Novice 1 B/G

- a. Category A
- b. Category B
- c. Category C
- d. Category D

B. Individual Poomsae – Novice 2 B/G

- a. Category A
- b. Category B
- c. Category C
- d. Category D

C. Individual Poomsae – Advance B/G

- a. Category A
- b. Category B
- c. Category C
- d. Category D

D. Team Poomsae – Novice 1 B/G (Compose of 3 players from each category)

- a. Category A
- b. Category B
- c. Category C
- d. Category D

E. Team Poomsae – Novice 2 B/G (Compose of 3 players from each category)

- a. Category A
- b. Category B
- c. Category C
- d. Category D

F. Team Poomsae – Advance B/G (Compose of 3 players from each category)

- a. Category A
- b. Category B
- c. Category C
- d. Category D

2. TABLE OF REQUIRED POOMSAE TO BE PERFORMED PER CATEGORY

NOVICE 1 – TAEGUK 1, 2, 3, 4

NOVICE 2 – TAEGUK 5, 6, 7, 8

ADVANCE – KORYO, KEUMGANG, TAEBEK

3. Method of Competition:

The cut-off system shall be applied in this competition. It shall comprise of the following stages:

3.1 Eliminations:

Contestants shall perform 1 required poomsae for the elimination round chosen in the Drawing of Lot and **ONE HALF** of the contestants shall be selected for the semi-final round based on their point rankings.

3.2 Semi-final:

Contestants shall perform 1 required poomsae for the semi-final round chosen in the drawing of lot and 3 contestants shall be selected for the final round based on their point rankings.

3.3 Final:

Contestants shall perform 1 required poomsae for the final round chosen in the drawing of lot and they shall be awarded based on their point rankings.

4. Duration of Contest:

The time limit for the performance of the required Poomsae in all events (Individual and Team) shall be 1 minute and 30 seconds.

5. Competition Area:

The size of the playing venue (4mx6m) must be enough for the player to perform the speed kicking, preferably with taekwondo rubber mats

6. Competition Codes of Conduct:

The Philippine Taekwondo Association (PTA) Competition Codes of Conduct shall be strictly enforced.

7. Uniform:

The contestant shall use only the approved Taekwondo V-neck uniform (dobuk) with the PTA or WTF approved seal. (delegation uniform is accepted; jogging pants, plain T-shirt for Novice 1 only)

8. Scoring Decision

To be scored by 5 Judges

A. ACCURACY – 4 pts

1. Accuracy in Basic Movements
2. Accuracy in Individual Movement of the Poomsae
3. Balance
 - a. Minor error is 0.3 deduction
 - b. Major error is 0.5 deduction

B. PRESENTATION – 6 pts

1. Power & Speed
2. Coordination of Rhythm & Tempo/Softness & Power
3. Expression of Energy

C. VIDEO FORMAT (Poomsae/Speed Kicking):

1. Video Cam should have high resolution for better recording and mounted on a tripod. Blurred/edited/unstable video recordings are automatically disqualified.
2. Height level set up of video cam should be above shoulder and place exactly at the front center of the player and at a landscape position.
3. Participants must present their entry/registration form by holding it at chest level and move closer towards the video cam for verification and goes back to its starting point.
4. The coach starts the competition by commanding “CHARYEOT-KYUNGRE-JOONBI-SHIJAK” and ends it by commanding BARRU-CHARYEOT-KYUNGRYE-DUEJANG”.
5. Submit the said entry (VIDEO) with in the day of competition for judging.

D. GENERAL GUIDELINES:

1. All participants are required to comply the prescribe documents (**parent's waiver/certificate of enrollment, medical certificate**) before they are allowed to perform. Non-compliance should be ground for disqualification of submitted videos.
2. Always observe health protocols in the conduct of the competition.
3. Only Accredited DepEd Technical Officials are allowed to officiate the game.
4. Protest is not allowed. The decision of the technical officials are final.
5. For all other matters not provided in these competition ground rules, the current WTF Poomsae Competition Rules & Interpretation and the Palarong Pambansa Guidelines shall apply.

E. AWARDS:

First Place Gold Medal + Certificate
 Second Place Silver Medal + Certificate
 Third Place Bronze Medal + Certificate
 Certificates for Participants

A. SPEED KICKING

CATEGORY/ DIVISION	GOLD	SILVER	BRONZE	TOTAL
Category A - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category B - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category C - B/G		1	1	3
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category D - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
TOTAL	24	24	24	72

B. POOMSAE

CATEGORY/ DIVISION	GOLD	SILVER	BRONZE	TOTAL
INDIVIDUAL POOMSAE				
Category A - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category B - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category C - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category D - B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6

Advance	2	2	2	6
TEAM POOMSAE				
Category A – B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category B – B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category C – B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
Category D – B/G				
Novice 1	2	2	2	6
Novice 2	2	2	2	6
Advance	2	2	2	6
TOTAL	48	48	48	144

For queries, contact Mr. Abelou Bray @ cp # 09085191300
Lamtang ES, LTB



Schools Division of Benguet
Wangal, La Trinidad, Benguet

PROJECT PROPOSAL – secondary only

**2022 SECONDARY WUSHU - TAOLU
AND AEROBICS MARTIAL ARTS COMPETITION
THROUGH VIDEO RECORDING**

BENGUET PROVINCIAL ONLINE ATHLETIC MEET

I. RATIONALE:

One of the thrusts of the Department of Education is to promote sports among the youth. However, this school year, the COVID-19 pandemic has affected the implementation of sports activities such as intramurals, provincial meet, CARAA meet and Palarong Pambansa among other school programs and celebrations. Such activities were supposed to be avenues for learners to learn new skills, sharpen their abilities, and showcase their potentials.

Despite the situation, continuing the goal to promote sports among the learners is of great importance. Therefore, Shadow Boxing Competition via video recording is deemed necessary. The competition will focus on the basic skills in boxing.

The coaches are then tasked to formulate the mechanics to judge these sports activities and to monitor the progress of the activities under their care.

This competition would help athletes and coaches rekindle and refine their passion, skills in boxing and they will continue being active in their trainings and practices of the said sport.

II. OBJECTIVES:

The Wushu-Taolu competition via video recording aims to:

- a.) Promote sports among the learners, out of school youth, and Benguet Deped employees/coaches/trainers/teachers;
- b.) Allow learners to learn new skills in Wushu-Taolu;
- c.) Motivate learners to develop their fitness components through Wushu-Taolu; and
- d.) Provide an avenue for learners to showcase their potentials.

III. STRATEGIES

1. Disseminate the information regarding Wushu-Taolu.
2. competition via video recording to the coaches through a virtual conference/text messaging/Facebook post/direct message/group chat.
3. 2018 IWUF Taolu Rules and Taolu skills videos will be included in the face-to-face meeting or virtual conference with the coaches.
3. Coaches and officiating officials will discuss and agree about the criteria in judging Wushu-Taolu videos.

4. The learners will submit their outputs to their coaches' Facebook account or save their outputs on a flash drive and submit it to their coaches.
5. The coaches will submit the output of their athletes to the Technical Officials
6. The judges will score the Wushu-Taolu videos of the athletes following the criteria prepared and agreed by coaches and officiating officials.
7. The tournament manager will monitor the progress of the competition.

**PROPOSED VIRTUAL WUSHU - TAOLU AND AEROBICS MARTIAL ARTS
TECHNICAL GUIDELINES**

Wushu TAULO (Forms)

1. **PLACE/VENUE** - TBA
2. **DATE** - TBA

3. COMPETITION EVENTS

i. **SECONDARY CATEGORY (Male & Female)**

1. Barehands Routine
 - a. Wu Bu Quan (5 STEPS)
 - b. Yi Lu Quan (10 STEPS)
 - c. San Lu Quan
 - d. 24 Steps Tai Ji

2. Weapons Category

2.1. Short Weapon

- a. Basic/ Elementary Dao Shu
- b. Basic/ Elementary Jian Shu
- c. 32 Tai Ji Jian

2.2 Long Weapon

- a. Basic Cudgel (Gunshu)
- b. Basic Spear (Qiang Shu)

3.(Special Event/ Group Competition)

*Secondary Aerobic Martial Arts Demonstration Contest

4. PARTICIPATION METHOD

a. Athlete

1. Should choose on the event in barehands routines.
2. Should wear prescribed competition attire (see Competition Attire below);

b. Team Composition

i. Secondary

1. Maximum of 9 (18) players;
 - a. four (9) male & four (9) female;
2. For Aerobics Martial Arts Demo (Minimum of 6 performers and maximum of 12)

ii. Coaching Staff

1. 1 Coach for Male
2. 1 Coach for Female
3. 1 Coach for the Group Demo
4. 1 Female Chaperon

5. MEDAL TO BE CONTESTED

a. Secondary (42 Gold – 42 Silver – 42 Bronze)

Event	Male	Female	Total
Bare hands	4	4	8
Short Weapon (Sword)	3	3	6
Long Weapon	2	2	4
Group Contest: Aerobics (Counted as 1 Medal)	12	12	24
TOTAL of Medals to be contested			42

Medals' Needed

GOLD	SILVER	BRONZE	TOTAL
42	42	42	126

6. COMPETITION METHOD

a. Time Limit

i. Taiji Routines

1. 24 Step Tai Ji & 32 Steps Taiji Jian

a. Minimum three (3) minutes; Maximum four (4) minutes;

ii. No Time Limit for Basic Taolu Routines

b. Age Group

Secondary - 15 years old to 18 years old;

c. No MUSIC for Taolu Forms and Tai Ji Forms

c. Number of Events Allowed to compete in

i. Each athlete may register in at least not more than 3 events which may be limited to 1 barehand form (as long as the athlete will perform San Lu Quan), 1 short weapon and 1 long weapon

ii. The same athlete can compete in Wu Bu Quan and Yi Lu Quan and choose one weapon form (either short or long weapon)

iii. Tai Ji competitors can only compete in Tai Ji and Tai Ji Jian (not Taolu forms)

d. For the Group Contest (Martial Arts Aerobics)

*The Aerobics Martial Arts Demo Contest is open for any Martial Arts enthusiasts including Wushu – Sanda, Muaythai, Kickboxing, Boxing and other forms of Martial Arts Practitioners.

*Taolu athletes may also join the said performance events (totally excluded

in the number of their Taolu Forms)

*The Martial Arts Aerobics Performance must show case the basic elements of Martial Arts which include Punches, Kicks, Knees, Elbows, Evading, Footwork and Combination of all, together with Aerobics exercises.

*The Martial Arts Aerobics must have a minimum of 5 minutes and a maximum of 7 minutes (excluding warm up)

*It must contain an appropriate music of their choice including disco, techno and any music that may fit the performance.

*The performance will be considered as 1 MEDAL only.

7. COSTUME AND EQUIPMENT

a. Costume

- i. Competitor must wear the prescribed fu Zhuang (*uniform*) as prescribed by the IWUF 2018 Taolu Rules, Chapter 4 Section 2;



- ii. Note: In a case where there is no Wushu Uniform, the organizers will allow the use of a delegation jogging pants and Team Shirt Uniform.
- iii. For Aerobics Martial Arts, the performers may use uniformed Training Shorts or Pants paired with their Team Shirt.

8. COMPETITION FORMAT

- i. The participants may register and submit their videos via the official page created by the Technical Officials.
- ii. The submitted videos will be uploaded to an official page provided by the Technical Officials.
- iii. Judging of the submitted videos will be viewed by the judges through official page created by the Technical Officials.

9. REQUIREMENTS FOR THE PERFORMANCE AREA

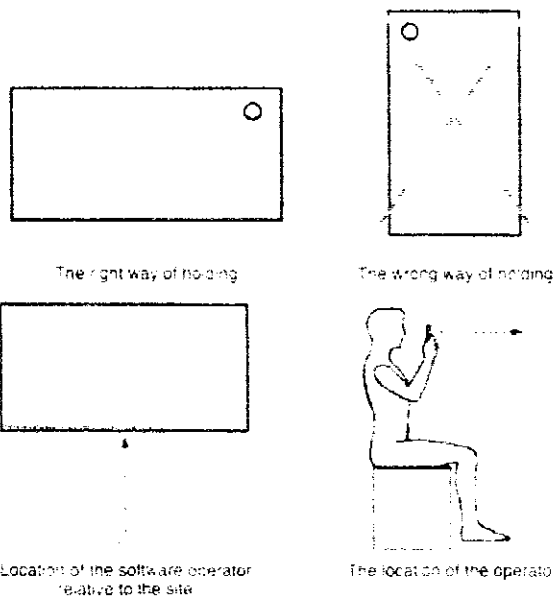
- i. The size not exceeding the area 6mx3m without carpet or puzzle mats. Ceiling height of at least 2.5 meters. The performance area should be marked on the floor before recording (with chalk, plaster, strips of paper stuck on the floor etc). The site borders must be visible to the judges when viewing the routine.
- ii. The video can be shot both outdoors and indoors, without violating the local Rules and Laws of self-isolation, within the rules established in

the region of the athlete.

- iii. The surface of the performance area, it is possible to record one's performance on flat ground, lawn, wooden flooring, ceramic tiles, concrete floor, smooth stone floor.
- iv. The lighting conditions should be sufficient for the judges to distinguish all phases of movement. If the light level is low, the record is rejected and the athlete is withdrawn from the competition.

10. VIDEO TAKING REQUIREMENTS

- i. The provided recording of the participant's routine performance must be made on a smartphone/video camera/camera in Full HD 1920 X 1080 mp4 format with a frequency of 25 or 50 frames per second, with sound.
- ii. The athlete has to fit into the frame as a whole. Cropping/dropping out of the frame of hands and feet is **not allowed**.
- iii. Acceleration, using of video effects and video editing are **not allowed**.



- v. The smartphone must be located at the level of the head of the person sitting on the chair (the position of the judge).
- vi. The video has to be clear, stable and smooth, recorded one-shot with sound in a landscape orientation.
- vii. The video should not explicitly promote any brands and/or contain any offensive or sensitive content including religious, racial, political, obscene, violent or pornographic content.

11. SCORING METHODS

For TAOLU Forms

- i. The jury shall be composed of five (5) judges responsible for evaluating both quality of movements and over-all performance and the head judge.
12. The full score for each event shall be ten (10) points.
13. Judges will score independently based on their judging of the submitted videos. Scores of the judges will be added and average score will be the final score of the athlete.

14. Final score will be posted in the official page created by the Technical Officials.

For AEROBICS Martial Arts
(Please See Attached Criteria)

12. JUDGES

- i. All judges must be appointed by the Technical Organizing Committee

13. OFFICIATING

1. Technical Officials (10)
 - i. Chief Referee / Tournament Manager (1)
 - ii. Assistant Chief Referee / Assistant TM(1)
 - iii. Head Judge (1)
 - iv. Judges (4)
 - v. Chief Scheduler-Recorder (1)
 - vi. Support Staff
 1. Camera operator (1)
 2. Registrar / Recorder (1)

14. AWARDING

- i. Online awarding after the competition.
- ii. There shall be certificates for all athletes.
- iii. The athlete taking Rank 1 in each event will be given GOLD Medal and Certificate;
- iv. The athlete taking Rank 2 in each event will be given Silver Medal and Certificate;
- v. The athlete taking Rank 3 in each category will given Bronze Medal and Certificate.

15. ENTRIES

1. PRELIMINARY ENTRY FORM
 - a. Must be submitted 1 month before the scheduled tournament;
- ii. FINAL ENTRY

***REQUIREMENTS**

- Enrolment Certificate
- PSA/NSO/LCR
- Medical Certificate
- Fully Vaccinated
- Parents Waiver

- a. The Final Entry with events and names of the competitors must reach the Tournament Manager and/or the Secretariat two (2) weeks before the start of the tournament;
- b. No changes or additional entries will be accepted

after the deadline for the FINAL ENTRY. Under special circumstances, a team may apply to the Provincial Meet Organizing Committee in writing for alternatives but there will be *Penalty charge per event or per competitor*. No changes will be accepted thereafter

17. COMPETITION RULES & MANAGEMENT

1. Management shall follow the Provincial Meet Technical Committee specifications;
2. All technical rules must adhere to the 2018 IWUF Taolu Rules and/or Specified Judging Guidelines set by the Wushu Federation Philippines.

18. RIGHTS TO THE VIDEOS

- i. By submitting video(s) to the 2022 Benguet Provincial Meet Online Taolu Competition , participants grant the Organizing Committee a worldwide, royalty-free, perpetual, exclusive right and license to copy, distribute and display the submitted videos, in any media including posting in an online gallery, publication(s) and various marketing materials, and with right to use, copy, modify, edit and create derivative works therefrom, and agree to execute documents confirming such right and license at the Organizing Committee reasonable request. By entering and/or permitting your child to participate, participants and/or their parents/guardians understand that their videos (or portion thereof) may be (re-)posted online, in the Organizing Committee sole discretion, to be viewed by members of the general public.

19. HEALTH PROTOCOLS:

- i. Only athlete, coaches, health officers of each team and technical officials on the playing venue.
- ii. No sharing of foods and drinks.
- iii. No spectators including parents.
- iv. Disinfection of playing area is a must before and after the performance.
- v. There will be a handwashing area outside the playing area.
- vi. Mandatory wearing of athletes, coaches, chaperon and officiating officials Identification Card
- vii. Mandatory observance of Physical Distancing. (2 meters away)
- viii. Mandatory use of Face Mask and Face Shield
- ix. Requiring all athletes, coaches, chaperons and officiating officials to have them personal alcohol.
- x. Observance of regular hand washing with alcohol before and after performance
- xi. Regular checking of body temperature. (Thermal Scanning)
- xii. Observance of NO hands shake or any Physical contact.

IV. DATE: 1st Quarter of 2022

V. PARTICIPANTS: 25 athletes/ district; 5 coaches/ district; 10 Officiating Officials

VI. PROGRAM OF ACTIVITIES

Date	Target Activity
1 st quarter of 2022	Preparation of proposal for the online contest to be submitted on or before November 19, 2021
	Preparation for the virtual conference or face to face meeting with the coaches and officiating officials.
	Training of participants in the online contest
	Submission of Outputs to the coaches' Facebook account or save their outputs on a flash drive. Coaches will send the videos of their athletes to the officiating officials.
	Judging of the Wushu Taulo competition through video recording.
	Awarding of winners

VII. BUDGETARY REQUIREMENT: Source of FUNDS:

Proposed Budget:

Particulars	Quantity	Unit	Unit Price	Total Price
Preparation for the face to face or Virtual Conference: Lunch and 2 snacks	40 coaches and officiating officials	Pax		
External Drive 500 gig SSD	1	Pc		
Office Supplies: Bond paper	1	Ream		
Special Paper GSM200	35	Packs		
Medals	72	Pcs		
TOTAL				

VIII. MONITORING AND EVALUATION:

The online contest shall be monitored and evaluated by the Division Sports Coordinator, PSDS, School Principal, DO Personnel, District Sport Coordinators.

Attachment for the AEROBICS MARTIAL ARTS Competition

Proposed Aerobic Free Style Martial Arts Rules and Regulations

- This competition will focus on the competitors' ability to demonstrate different martial arts techniques such as punches, kicks, elbows, knees etc.
- This will be competed into virtual arena and scored by 5 Judges.
- A minimum of 5 minutes and maximum of 7 minutes will be the duration of the performance.
- The Attire of participants must be in jogging pants, t-shirt and rubber shoes (any color and design).
- Video Orientation should be landscape recording.
- Video should be recorded in a good light with subject light from the front, back lighting is not allowed.
- A tripod/Steadicam could be used for videotaping (optionally).
- No edited video except for the musical background.
- Edited video will be disqualified. (Fast forward, repetition, cut videos and others.)

Proposed division-based Scoring Criteria for the Aerobic Free Style Martial Arts Competition through video recording

Choreography - 30 points

- Creativity (eg old moves set in a unique way, or variation of old moves).
- Floor Patterns (use of stage, moving team members around the performance area, ie from side to side, front to back, corner to corner) and balance (balance between standing and floor).
- Exercise Selection (excessive repetition will score lower than a continual display of different moves and combination of moves).
- Aerobic content / intensity / appropriateness (routine should include a minimum of 50 - 70% "standing" moves, with a solid level of athleticism maintained. Excessive use of movements from other disciplines will score poorly).
- Musical Interpretation (routine suiting the music, ie using the accents, mood, timing).

Showmanship - 10 points

- Energy (generating excitement and enjoyment to the audience).
- Facial Expressions (sincere, happy, varied and appropriate expressions).
- Eye Contact (ability to maintain eye contact with the judges, audience and each other).

Musical Selection - 5 points

- Appropriate Speed (not too fast that moves cannot be properly finished, and not too slow to make the routine drag, ie between 140-160 bpm = beats per minute).
- Quality of cut (distinct beginning and end, no distorted recordings).

- Music has been approved before competing (please note music must be approved)

Appearance / Costume – 5 points

SKILL – 50% of total score

Made up of four components:

Strength – 15 points

- Assesses the compulsory moves as well as challenging moves executed throughout the routine.
- Strength in all sections of body – core strength: upper body (push-ups), mid-sections (abdominal curls), and lower body (jumps).
- Execution, correct form and safety, ie controlled posture without excessive trunk movement.

Avoid locking out elbow on push-ups.

Flexibility – 15 points

- Assesses the number, range of movement, ease of execution and quality of flexibility moves.
- Controlled displays of flexibility will be given more credit than uncontrolled, harder moves.
- Ease of execution is important. A move attempted that is too difficult for a competitor to perform well, will score poorly.
- A simple move that is performed by more team members will score better than a more difficult move performed by one or two competitors.

- Execution, correct form and safety, ie controlled posture without excessive trunk movement

(example – a poor split position resulting in a hurdle sit is a poorly executed move and points

will be deducted).

Transitions – 10 points

- Assesses the team's ability to link moves together in a smooth and flowing way.
- Efficient and smooth transitions between standing and floor moves (points deducted for excessive time wasting or jerky transitions).

- Fluency of linkage of floor moves.

Synchronization - 10 points

- Points awarded for the team's ability to move as 'one', ie togetherness.
- Timing (staying in time with the music and each other).
- Unity of technique / style (includes placement of limb lines, and hand placements).
- Maintenance of spacing (correct spacing and symmetry).

DEDUCTIONS & PENALTIES

Points will be deducted for the following:

- Compulsory moves not included (eg omitting high kicks) – 10 point deduction per each move not included.
- Incomplete compulsory moves (eg only performing 3 push-ups) – 5 point deduction.
- Music: using more than one song – 5 point deduction.
- Team lift (any team member being lifted to a height so that their whole body is about

standing shoulder height of the person(s) lifting them) – 10 point deduction.

- Props (included, but not limited to: hats, balls, gloves, weights, sunglasses, glitter, balloons, sticks) – 10 point deduction.

- Timing – For each second over or under time limit (1:40 – 2 mins), 1 point will be deducted per second.

- Area infringement – 2 points deducted each time a competitor makes contact with the

surface outside the competition area (any body part). Touching the line is okay.

- Team Entry and Exit – 2.5 points deducted for “counting in” or any choreography on the

stage prior to starting position, and following the routine.

- Unacceptable or unsafe moves (eg walkover, handstand, cartwheel, aerial somersault, dive

roll, handspring, full squats, hurdle stretch/sit, straight leg sit-ups, windmills, bridge/backbend

etc) – 10 point deduction.

Please note: This list is not exhaustive. Judges will use their own discretion regarding

deductions and penalties to ensure fair marking.

For queries, contact Mr. Bryan Old (9) cp # 0919 310 9869

Sablan HHS