



Republic of the Philippines
OFFICE OF THE PRESIDENT
COMMISSION ON HIGHER EDUCATION

CHED MEMORANDUM ORDER

NO. 10
Series of 2004

TO : All CHED Central Office Directors
All CHED Regional Directors
Heads of Regional Tertiary Sports Associations
Presidents/Heads of Public/Private Colleges/Universities


SUBJECT : CHED NATIONAL PALARO 2004 PRIMER

In accordance with the pertinent provisions of Republic Act (RA) No. 7722, otherwise known as the "Higher Education Act of 1994", the Commission hereby issues the enclosed **final** guidelines for the effective, efficient and successful conduct of the CHED National Palaro from April 23 to 28, 2004 in Bacolod City.

Immediate dissemination of this CHED Memorandum Order is desired for the proper information, guidance and compliance of all concerned.

This CMO supersedes CMO No. 07 series of 2004.

Issued this 26th day of March 2004, Pasig City, Philippines.


DR. MANUEL D. PUNZAL
Commissioner, Officer in Charge
Office of the Chairman

CHED NATIONAL PALARO 2004

APRIL 23-28, 2004

BACOLOD CITY

PLAY DATES AND VENUE OF EVENTS

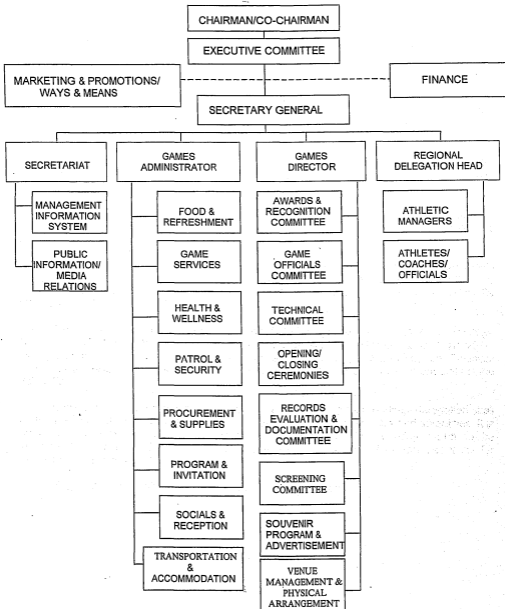
EVENT/ACTIVITY	WED 21	THU 22	FRI 23	SAT 24	SUN 25	MON 26	TUE 27	WED 28	THU 29	VENUES
Athletics (M&W)										Panaad Sports Complex
Badminton (M&W)										Pohang Badminton Gym
Basketball (M)										USLS, Silay City Gym
Chess (M&W)										Lopue's East Center
Dance Sport (pair)										USLS
Football (M)										USLS, Bago/Silay City, Panaad SC
Softball (W)										Panaad Sports Complex, UNO-R
Swimming (M&W)										Panaad Sports Complex
Taekwondo (M&W)					1					Gaisano Mall
Vocal Solo (M or F)										USLS
Volleyball (M&W)										USLS
Opening Ceremonies			4pm							Panaad Sports Complex
Closing Ceremonies								5pm		USLS Gym

USLS - University of St. La Salle; UNO-R - University of Negros Occidental Recoletos

1 - Weigh-in

CHE NATIONAL PALAR 2004

NATIONAL ORGANIZING COMMITTEE



**CHED PALARO 2004 PRIMER
(CHED NATIONAL GAMES)
Bacolod City
April 23 – April 28, 2004**

Theme: "UNITY THROUGH SPORTS FOR A STRONG REPUBLIC"

I. RATIONALE

The Commission on Higher Education in the pursuit of its mandate that tertiary education should incorporate a holistic approach in the development of the human being, and in the principle that a tertiary education sports program shall be a vehicle for the inculcation of positive Filipino and universal values hereby revives the CHED National Games or the CHED Palaro.

The CHED Palaro 2004 shall be a competition among the 17 regions of the country represented by bonafide tertiary students of any public or private higher education institution offering collegiate courses.

General championship shall be declared based on the Olympic medal system. However, the awards for the musical and dance competition shall not be included in the medal tally. The CHED Palaro's technical rule for every sport is designed and will be applied.

The management staff shall be designated from among technical experts from CHED and private individuals based on performance from previous national games. There will be no less than 3,500 athletes, coaches, and delegation officials expected to participate in ten sports disciplines, and musical and dance competition.

Each delegation shall be headed by the CHED Regional Director, Athletic Manager, Camp Director, Administrative Officer, Sports Manager, and several support staff. However, local government officials of the regions shall be encouraged to join the delegation. Financial and material resources for this purpose shall be shouldered by the local government units of the delegation.

Mechanics of the regional meets for purposes of selecting their regional delegation shall be the responsibility of each region but this can also be based from the attached guidelines. It is recommended that the regions will organize their own technical working group to be spearheaded by the CHED Regional Office to prepare and implement their own mechanics for the selection of their regional delegation.

Regional colors shall follow the Palarong Pambansa colors.

II. OBJECTIVES OF THE CHED PALARO

In consonance with the principle that the tertiary education sports program shall be a vehicle for the inculcation of positive Filipino and universal human values, the objectives of the CHED Palaro are the following:

1. To provide opportunities for tertiary level education officials to conceptualize, develop, organize and implement programs of sports which will complement the other components of the curriculum aimed at developing higher levels of skill, understanding, appreciation and knowledge, positive attitudes and values designed to develop the full potential of tertiary level students;
2. To provide opportunities for tertiary level sports coaches to identify, recruit and train athletes based on scientific coaching principles and practices, and thus, promote their professional growth and self-realization while they are engaged in the education of athletically talented college youth;
3. To serve as a practical and laboratory experience for tertiary level school personnel to acquire and develop the competencies which will enable them to manage and officiate athletic games, tournaments and competitions and thus contribute to professionalizing sports officiating;
4. To provide opportunities for sports participation of tertiary level students of varying skills and talents, so that in the process of active participation, the "cream of the crop" will rise to the top and become the carriers of our national colors in international sports competitions;
5. To ensure the good things and the Olympic ideals inherent in the practice of sports and the reasons for which the CHED Palaro is staged every year, with great expense and effort, becomes a tradition and legacy to the capacity of men and women to do great things for the greater glory of God. and
6. To promote the spirit of sportsmanship, camaraderie, fair play, peace and respect for others in order to help build character and consequently people who will contribute to the making of a strong republic.

III. CHED PALARO ORGANIZATIONAL SET-UP

- please refer to attached Organizational Chart and CSO

IV. GAMES VENUE

The Negros Occidental Provincial School Sports, Cultural, Education Association (NOPSSCEA) in coordination with the CHED Regional Office in the Western Visayas will host this year's Palaro. It will work with the HEIs in Bacolod City and other concerned agencies with regards to athletic facilities, dormitories, canteens, health services, safety and security, communication facilities and other resources that need to be utilized to ensure the successful staging of the Palaro.

V. GAMES SCHEDULE

- please refer to attached matrix

VI. PARTICIPATION

Each regional delegation shall be organized into an association and shall be composed of participants chosen from the regional eliminations. The following are the regional delegations with its provincial and city components.

REGIONAL DELEGATION

REGION I	Regional I Tertiary Athletic Association (RITAA) <ol style="list-style-type: none">1. Pangasinan I (Alaminos City)2. Ilocos Sur (Vigan City)3. Pangasinan II (Candon City, Urdaneta City)4. Ilocos Norte (Laoag City)5. Dagupan City6. San Carlos City7. La Union (City of San Fernando)
REGION II	Cagayan Valley Regional Athletic Association (CAVRAA) <ol style="list-style-type: none">1. Cagayan (Tuguegarao City)2. Isabela3. Batanes4. Quirino5. Nueva Vizcaya
REGION III	Central Luzon - Private School Athletic Association (PRISAA), State Colleges and University Athletic Association (SCUAA) <ol style="list-style-type: none">1. Tarlac2. Bulacan3. Cabanatuan City4. Nueva Ecija5. Bataan6. Pampanga7. Zambales8. Aurora9. Olongapo City10. Angeles City
REGION IV -A	Higher Education Regional Athletic Association (HERAA)-CALABARZON <ol style="list-style-type: none">1. San Pablo City

2. Batangas
3. Cavite City
4. Cavite
5. Lipa City
6. Laguna
7. Batangas City
8. Rizal
9. Lucena City
10. Quezon

**REGION IV –B Southern Tagalog Higher Education Athletic Association (STHEAA)-
MIMAROPA**

1. Occidental Mindoro
2. Oriental Mindoro
3. Marinduque
4. Romblon
5. Palawan (Puerto Princesa City)

REGION V Bicol Regional Athletic Association (BRAA)

1. Albay
2. Masbate
3. Legaspi
4. Sorsogon
5. Naga City
6. Catanduanes
7. Camarines Sur
8. Iriga City
9. Ligao City
10. Tabaco City
11. Sorsogon City
12. Masbate City
13. Camarines Norte

REGION VI Western Visayas Regional Athletic Association (WVRAA)

1. Aklan
2. Silay City
3. Antique
4. Cadiz City
5. Capiz
6. Bago City
7. Iloilo City
8. Roxas City
9. Negros Occidental
10. La Carlota City
11. Guimaras

12. San Carlos City
13. Bacolod City
14. Kabankalan City
15. Iloilo Province
16. Sagay City
17. Victoria City
18. Escalante City

REGION VII Central Visayas Regional Athletic Association (CVRAA)

1. Cebu Province
2. Siquijor
3. Cebu City
4. Negros Occidental
5. Mandaue City
6. Dumaguete City
7. Lapu-Lapu City
8. Toledo City
9. Bohol

REGION VIII Eastern Visayas Regional Athletic Association (EVRAA)

1. Tacloban City
2. Ormoc City
3. Leyte
4. Southern Leyte
5. Biliran
6. Calbayog City
7. Samar
8. Northern Samar
9. Eastern Samar

REGION IX Western Mindanao Regional Athletic Association (WMRAA)

1. Zamboanga City
2. Zamboanga del Norte
3. Pagadian City
4. Isabela City
5. Dipolog City
6. Zamboanga del Sur
7. Dapitan City
8. Sibugay Province

REGION X Northern Mindanao Regional Athletic Association (NMRAA)

1. Cagayan de Oro City
2. Misamis Oriental
3. Bukidnon
4. Misamis Occidental

5. Camiguin
6. Ozamis City
7. Gingoog City
8. Iligan City
9. Lanao del Norte
10. Tagub City
11. Ozamis City

REGION XI Southern Mindanao Regional Athletic Association (SMRAA)

1. Davao City
2. Digos City
3. Panabo City
4. Tagum City
5. Island Garden City of Samal
6. Compostela Valley
7. Davao Del Norte
8. Davao del Sur
9. Davao Oriental

REGION XII Cotabato Region Higher Education Regional Athletic Association (CRHERAA)

1. Cotabato Province
2. Sarangani
3. South Cotabato
4. Sultan Kudarat
5. Cotabato City
6. General Santos
7. Kidapawan
8. Tacurong

NCR National Capital Region Delegation

1. Manila
2. Taguig/Pateros
3. Quezon City
4. Makati City
5. Caloocan City
6. Malabon/Navotas
7. Pasay City
8. Valenzuela City
9. Pasig/San Juan
10. Las Piñas City
11. Marikina City
12. Mandaluyong City
13. Muntinlupa City

CAR Cordillera Administrative Region Tertiary Sports Association (CARTESA)

1. Abra
2. Kalinga
3. Benguet
4. Apayao
5. Mountain Province
6. Ifugao
7. Baguio City

ARMM Autonomous Region in Muslim Mindanao Athletic Association (ARMMAA)

1. Maguindanao
2. Sulu
3. Lanao del Sur I
4. Lanao del Sur II
5. Tawi-Tawi
6. Basilan
7. Marawi City

CARAGA

CARAGA Tertiary Athletic Association (CTAA)

1. Agusan del Norte
2. Surigao City
3. Agusan del Sur
4. Siargao
5. Surigao del Norte
6. Butuan City
7. Surigao del Sur
8. Surigao del Norte
9. Bislig City

VII. COMPETITION GUIDELINES

A. ELIGIBILITY RULES

1. The athlete must be a Filipino student enrolled in a public or private higher education institution.
2. The athlete should be enrolled in June of School Year 2003-2004 and currently carrying no less than 12 units.
3. Should have passed 50% of his/her carried load of the immediate semester preceding the Palaro for regular semester school. 1st semester grade for student enrolled in a trimester program – 2nd semester grades. NSTP is not included in the counting of loads.
4. Graduating students do not need to carry the minimum load of 12 units to allow him/her to compete. S/He may carry the least load that s/he needs in the current semester where the National Games is scheduled. This should be certified by the School registrar where s/he is enrolled.

5. A graduate student enrolled in courses leading to a post graduate degree is eligible to play provided that s/he has complied with the requirements for eligibility. His/her current load should not be less than 6 units in the graduate program.
6. The athlete should not be more than 25 years old at the opening of the Palaro (The date to be reckoned with for the age is April 23, 2004).
7. S/He should not be more than 7 years in college. For this year, the cut – off date will be April 25, 1997.
8. In order to promote the discovery of new talents, the following are ineligible to play for the Palaro:
 - Active members of the Armed Forces of the Philippines or the Philippine National Police
 - Foreign students
 - Regular and former members of regular National Teams
 - Athletes who are actively playing in Commercial or Professional leagues (i.e. PBA, PBL, NBL, CBL etc.)
 - Transferee athlete from one region to another who did not satisfy the residency requirement of one year

B. REQUIRED DOCUMENTS AND CREDENTIALS

1. Transcript of records duly signed and certified by the school registrar. It must indicate the following data:
 - a. Year graduated from High school
 - b. All grades from the first semester s/he is enrolled in college and the current load of the present semester.
2. Birth Certificate, duly certified true copy coming from the local civil registry
3. Medical Certificate
4. Athletes below 18 are required to have their Parents/Guardians consent
5. 4 pcs. 2 x 2 I.D. pictures (latest photo) for the entry form

C. Sports to be Competed

- | | |
|-----------------|----------------|
| 1. Athletics | Men/Women |
| 2. Badminton | Men/Women |
| 3. Basketball | Men |
| 4. Chess | Men/Women |
| 5. Football | Men |
| 6. Softball | Women |
| 7. Swimming | Men/Women |
| 8. Taekwondo | Men/Women |
| 9. Volleyball | Men/Women |
| 10. Vocal Solo | Male or Female |
| 11. Dance Sport | Pair |

D. COMPOSITION OF VARIOUS EVENTS TO BE COMPETED*

Event	Men	Women	Male/Female	Coaches/Trainers	Total
A. Basketball	12	-	-	2	14
B. Football	16	-	-	2	18

C. Volleyball	12	12	-	4	28
D. Athletics	15	15	-	4	34
E. Swimming	10	10	-	2	22
F. Chess	4	4	-	2	10
G. Taekwondo	6	6	-	2	14
H. Softball	-	12	-	2	14
I. Badminton	4	4	-	2	10
J. Vocal Solo	-	-	1	-	1
K. Dance Sport	1	1	-	1	3
Total	80	64	1	23	168

E. PROTEST AND SANCTIONS

1. All protest made on any sports competition shall be addressed and resolved by a jury in the following sequence:
 - a. Oral protests/clarifications – by the coach to the tournament chief referee – if not satisfied.
 - b. Inscribe in the score sheet that the game is under protest, immediately after the game and should be signed under the statement by the coach.
 - c. Submit a written protest addressed to the Chairperson of the Jury of appeal within 24 hours after the termination of the game.
 - d. The Jury shall immediately convene and decide within 24 hours. Its decision will be final and can no longer be appealed.
2. A protest bond of three thousand pesos (P 3,000.00) shall be charged to the protesting party.
3. Protest can be entertained only when it is supported by documents as evidences.
4. No protests on eligibility of a player shall be entertained after the 1st game of the team, which the player is representing.
5. Violation of rules. Athletes suspected of using prohibited drugs or questionable gender maybe further subjected to appropriate examination by the designated medical officer, who is appointed by the national organizing committee of the CHED National Palaro (CNP).
6. Athletes or officials who are found guilty of falsification of credentials /documents or have resorted to impersonification shall be declared ineligible. S/He shall be banned permanently from participation in all CNP competitions. Such decision is recommended by the technical committee to the national organizing committee of the CNP for final approval.
7. The games of a team found to have fielded ineligible players in a game or match shall automatically be forfeited in favor of their opposing team.
8. Teams absent from the playing venue after the expiration of the fifteen-minute grace period shall automatically lose the game by forfeiture. In case both teams are absent, both will lose by default with the score of zero in each team points.
9. A coach or athlete who walks out or refuses to participate in the scheduled game shall be banned from participation for the duration of the CNP and shall be fined five thousand pesos (P 5,000.00). Additional sanctions maybe imposed by the technical committee.
10. Any athlete, coach, trainer, team manager or any delegation official who fails to observe the rules on conduct and discipline in the true spirit of sportsmanship, maybe

suspended or banned from participation in all future CNP competitions. The extent of the penalty shall be determined by the national organizing committee.

F. GENERAL RULES

1. The international rules and regulations of the different sports shall govern the conduct of CNP competition, however, international rules which were amended by "Ground Rules" shall be adopted to suit local conditions.
2. Ground rules shall be agreed upon during the technical meeting presided by the respective tournament managers of different sports. Any agreement of such rules shall be signed by the coaches.
3. Official balls, equipment and necessary forms shall be provided by the CNP organizers.
4. An athlete is allowed to participate in two team sports and three individual events excluding relays in athletics. In swimming, athletes are allowed to participate in five individual events excluding relays.
5. Awarding of medals shall take place after winners are determined and declared by the clerk of the course.
6. Tournament managers shall report to the Secretary General regularly on the progress of their tournament possibly at the end of the day.
7. Only team members are allowed to sit on the team bench during the game. Other VIP's and ranking delegation officers shall be at a designated place in the grandstand/playing venue and are not allowed to be in the playing areas during the games.
8. In a sport event other than team ball games, the tournament format shall be determined by the respective tournament managers with concurrence of the participating team, following international rules and regulations of their respective sports/event. Local ground rules may be adopted for the best interest of the competitions upon recommendation of the chairman of the technical committee.
9. The international rules in the breaking of ties in each sports event shall be applied. In the absence thereof the following rules shall be applied:
 - a. Two-way tie – win over the other rules.
 - b. Triple or multiple ties – simple quotient system.
 - c. Last alternative is a play off, if time and resources permit.
11. Athletes competing should be presented to the public 30 minutes before its first game or during the finals of its event.
12. All athletes must wear their ID within the playing venue except during active competition.
13. Tournament directors for each sport/event must ensure readiness of the playing area/venues in coordination with the physical arrangement committee or utility committee including the availability of equipment and facilities before the start of the game.
14. Schedule of events should be strictly observed by all concerned. Any change in the schedule of games must be approved by the tournament director and the CNP secretary general.
15. Competitors in the athletics may play a maximum of three individual events and in all relays unless s/he is a member of a team event. Whereby, the athlete is allowed to compete in only two individual events.

16. Entries in athletics and swimming shall be limited to only two athletes per event per cluster.
17. Coaches and delegate officials without scheduled games must stay at their designated places. They are not allowed to sit at the playing areas/court.
18. All delegations should strictly impose curfew hours at 9:00 PM for the safety and welfare of the athletes.
19. Delegate officials and athletes are strongly enjoined to safeguard the properties, facilities and equipment under their care or use. More so on properties and facilities of the Host Schools.
20. Drinking alcoholic beverages, gambling and use of prohibited drugs are strictly prohibited in the playing venues and in the quarters.

VIII. GROUND RULES PER SPORTS

A. ATHLETICS

1. The athletes should always be aware of their schedule and shall therefore be present at the designated check – in area, 30 minutes before scheduled time of the event. Athlete stewards or its counter part shall check the attendance.
2. The steward shall bring the athletes to the appropriate area for presentation and immediately after shall proceed to the designated place (15 minutes before the start of the event) for competition.
3. The coach shall be responsible for the attendance of their athlete in the assembly area.
4. Runners in the dashes, including the relays, hurdling and the 800-meter run, shall run a qualifying heat to determine the eight fastest time, for the final competition of the event.
5. Tie breaking in the qualifying round
 - a. Compare the heat in which the tying runners have run, the fastest heats will break the tie.
 - b. If after the 1st procedure is done and still the tie remains the second fastest heat breaks the tie.
 - c. If the tie still remains, a re-run is scheduled
 - d. The official reading linear jumps/throws shall read the measures loud and clear and shall be repeated by the recorders. The competitor whose performance is being read shall be allowed to watch the proceedings up to the actual recording.
 - e. The Height Increment for vertical jumps shall be:

High jump	5 centimeters
Pole vault	10 centimeters
 - f. All matters regarding the competition shall be referred to the appropriate referee.
6. All coaches should submit their final entries during the scheduled solidarity meeting before the competitions.
7. Changes in the entries are not allowed unless given the approval by the tournament manager, and should be properly inscribed by the recorder.
8. No changes in the entry forms shall be entertained after the deadline for the submission of final entries.

B. CHESS

1. This will be a team competition. Each team is composed of four board players per team. All scores of the boards added together after the tournament shall determine the placement/rank of each team.
2. Before the start of the competition, the coordinator shall submit to the arbiter his/her permanent players per board of his/her team. No changing shall be allowed after the 1st round.
3. The number of rounds will be determined during the technical meeting.
4. Each team should at least bring with them two standard chess sets and two chess clocks.
5. Point Distribution:

Win	-	1.0 point
Draw	-	0.5 point
Loss	-	0 no point

C. BASKETBALL

1. No player shall be allowed to play if he is not wearing the official team uniform.
2. No player/coach is allowed to enter the playing court or participate in the game if s/he is under the influence of liquor or the presence of alcoholic break. This is to be determined by the referees and inscribe it in the score sheet.
3. All players should present their ID to the tournament managers or its representatives for proper identification before the start of the game.
4. Smoking of players or coaches or any team members are strictly prohibited within the playing areas.
5. Only the official members are allowed to sit on the team bench during the game. The team is composed of twelve (12) players, one coach and one utility man.
6. Players/coaches who shall be disqualified due to unruly behavior, unnecessary roughness, unsportsmanlike attitude and the like, shall be suspended from further participation in all games for the duration of the meet.

D. FOOTBALL

1. Matches will be played for forty-five minutes (45) per half with five minutes interval.
2. If a tie results at the end of the match, the winner shall be determined by taking five (5) kicks from the penalty mark. If a draw still exists after the five (5) kicks, a sudden death shoot off will be applied to break the tie.
3. Number of substitutions – A team is allowed to substitute four players including the goal keeper.
4. A player who receives two (2) yellow cards during the competition shall automatically be suspended for one (1) game following the match with whom he received the second caution.
5. A player dismissed from the field of play (red card) by the referee shall be automatically suspended for one game following the match.
6. For a second red card, the player shall not be allowed to participate in any match for the duration of the meet.

7. The fifteen minutes (15) grace period shall be followed. Both teams should be at the playing venue 30 minutes before the scheduled match.
8. Only sixteen (16) players and one coach and one trainer shall be allowed to be on the team bench during the match.
9. Only the coach shall be allowed to approach the officials table during the submission of line up and substitution.
10. In case of a free for all and the referee cannot identify the player who started the fight, both teams will lose the game and will be banned from the tournament. For championship games, both teams will forfeit their right to their rank and the next highest ranked team will be declared the champion.

E. SOFTBALL (WOMEN)

1. The game shall be played for five innings if they have complete team participants. However, if there are less than five teams participating in the tournament, all games shall be played in seven innings.
2. The ten run rule shall be implemented.
3. The fifteen minutes (15) grace period is implemented in determining the defaulted game.
4. It is expected that the rule of succession shall be followed strictly. It is therefore expected that a team should be at the playing venue thirty minutes (30) before the scheduled time.
5. Only fourteen (14) persons are allowed to sit on each teams bench.
6. Each team should have the following:
 - a. Shin guard
 - b. Chest protector
 - c. Mask with throat protector
 - d. Catcher's helmet
 - e. Batter and base runner helmets
7. Only rubber cleats are allowed to be used during the game.
8. Only the coach and the trainer's designated player can direct the team during the progress of the game. They should be wearing the team uniform and ID.

F. SWIMMING

1. Only two entries are allowed per event per cluster.
2. Swimmers are allowed to participate in five individual events and two relays, however, they are only allowed to participate in three (3) events per day inclusive of relay events.
3. Protests must be submitted to the tournament director in writing within thirty (30) minutes after the event is finished, duly signed by the coach and the delegation head.
4. Judgment and decision is not a ground for protest. Only those, which are technical in nature, can be entertained as a matter to be protested.
5. Smoking is strictly prohibited inside the playing venue. This includes spectators, coaches, players, and all individuals inside the playing venue.

G. TAEK WON DO

1. The format of the competition shall be the knock-out system.
2. Drawing of lots for the pairing shall be done in the presence of all coaches.
3. Weigh-in will be scheduled by the tournament manager and shall be announced during the solidarity meeting.
4. Coaches and referees are requested to attend the solidarity meeting. The final schedule will be announced properly by the tournament manager during this meeting.
5. The uniform shall be the official Tae Kwon Do uniform (DOBUK). When it is not available, an all-white kimono (karate uniform) shall be allowed
6. The rule on Warnings as amended by the Philippine Tae Kwon Do Association will take effect.

I. Rule:

Previous Rule

- 1st warning – no sanction – no point deduction

New Rule

- 1st warning – less 0.5 from the player being warned.
- 2nd warning – less 1 point
- 3rd warning – less 1.5 point

Until the 6th warning, the player – beyond the 6th warning the player shall be disqualified from the match.

II. No Free Warning (Oral Warning). All warnings shall follow the new rules.

7. Weigh – in: The sequence on weigh – in shall be scheduled by the tournament directors.

Pre Weigh – in

1st and 2nd Weigh – in

3rd and final Weigh – in – for Final Pairings

H. VOLLEYBALL

1. All games will be played in three out of five sets.
2. Only the coach and the twelve players are allowed to sit on the bench.
3. The fifteen minutes (15) grace period will be implemented.
4. It is expected that all teams shall be in the playing area 30 minutes before the scheduled time for the game.
5. The new amendments of the rules shall be applied.

I. BADMINTON

1. The competitors for these events shall follow the sequence of competition herewith stated:

Two singles & one doubles – the points garnered by a team based on its placement after the tournament shall be summed up to determine the total garnered points of a team.

2. To determine the total point garnered by a team the point distribution will be:

Singles	15, 10, 2, 5, 3
Doubles	20, 15, 10, 7, 5

IX. NUMBER OF PARTICIPANTS PER REGION IN THE INDIVIDUAL AND OTHER ALLIED EVENTS

1. ATHLETICS	Men	Women
100 Meter dash	2	2
200 Meter dash	2	2
400 Meter dash	2	2
800 Meter run	2	2
1500 Meter run	2	2
3000 Steeple chase	2	
5000 Meter run	2	2
10000 Meter run	2	2
100 Meter high hurdles		2
110 Meter high hurdles	2	
400 Meter low hurdles	2	2
4 x 100 Meter relays	4	4
4 x 400 Meter relay	4	4
Running High jump	2	2
Running Long jump	2	2
Triple jump	2	2
Pole vault	2	2
Shot put	2	2
Discus throw	2	2
Javeline throw	2	2
Decathlon	2	
Heptathlon		2

2. SWIMMING	Men	Women
50 Meter free style	2	2
100 Meter free style	2	2
200 Meter free style	2	2
800 Meter free style		2
1500 Meter free style	2	
100 Meter breast stroke	2	2
200 Meter breast stroke	2	2
100 Meter back stroke	2	2
200 Meter back stroke	2	2
100 Meter butterfly stroke	2	2
200 Meter butterfly stroke	2	2
200 Meter individual Medley	2	2
400 Meter individual Medley	4	
4 x 200 Meter free style relay	4	
4 x 100 Meter free style relay		4
4 x 100 Meter medley relay	4	4
400 Meter free style		2

3. TAEKWONDO - 1 entry per weight category

Men

- a. Up to 54 kg.
- b. Over 54 kg. Up to 58 kg.
- c. Over 58 kg. Up to 64 kg.
- d. Over 64 kg. Up to 70 kg.
- e. Over 70 kg. Up to 76 kg.
- f. Open Competition

Women

- a. Up to 47 kg.
- b. Over 49 kg. Up to 51 kg.
- c. Over 51 kg. Up to 55 kg.
- d. Over 55 kg. Up to 60 kg.
- e. Over 60 kg. Up to 65 kg.
- f. Open Competition

X. REQUIREMENTS

A. Allotment of Trophies and Medals

Medals

Event/Medal	Gold	Silver	Bronze	Total
a. Athletics	54	54	54	162
b. Swimming	43	43	43	129
c. Taekwondo	12	12	12	36
d. Basketball	14	14	14	42
e. Badminton	10	10	10	30
f. Volleyball	26	26	26	78
g. Football	17	17	17	51
h. Softball	14	14	14	42
i. Chess	10	10	10	30
j. Vocal solo	1	1	1	3
k. Dance Sport	2	2	2	6
GRAND TOTAL	203	203	203	609

Trophies

Overall Champion -	1
1 st Runner - up -	1
2 nd Runner - up -	1
	<u>3</u>

Team Championship

Champion -	19
1 st Runner - up -	19
2 nd Runner - up -	19
3 rd Runner - up -	19
	<u>76</u>

GRAND TOTAL = 79 Trophies

XI. ATHLETIC DELEGATIONS DUTIES AND RESPONSIBILITIES.

Each regional athletic delegation shall:

1. Conduct its own selection meet – this may be done by conducting their own tournament and athletic meets to be spearheaded by the CHED Regional Offices.
2. Be responsible in organizing their participation in the CHED National Palaro.
3. Maintain the cleanliness and orderliness inside and outside their assigned living quarters.
4. Protect and preserve the physical appearance of their living quarters.
5. Establish good relationships with the people in the community near the vicinity of their delegation quarters.
6. Conserve their light and water consumption during the meet.
7. Coordinate with the host or the management on activities before, during and after the meet.

8. Maintain discipline among delegation members in and out of the playing field.
9. Pay for any rentals of transport or other services provide by the host.
10. Exercise and demonstrate a sense of values while dealing with the host district, athletes and other officials.
11. Attend and participate actively in all programs of activities initiated by the host or national organizing committee.
12. Publish schedules of activities and competition to avoid delays and defaults.
13. Secure game results, notices, changes of policy schedules of games from the clerk of course daily after the last event.
14. Promote and implement Code of Ethics among officials, coaches, and athletes.
15. Shoulder all expenditures of persons in the delegation that are not in the official roster of athletes and officials that will be subsidized by the CHED Palaro National Organizing Committee.