



TANGGAPAN NG KALIHIM

February 1, 1999

DECS MEMORANDUM

No 28, s 1999

**GUIDELINES FOR HOLDING SPORTS ARNIS COMPETITION
IN THE 1999 PALARONG PAMBANSA**

To Undersecretaries/Assistant Secretaries
Bureau/Regional/Center Directors
Schools Superintendents



- 1 Sports Arnis shall be a demonstration event in the 1999 Palarong Pambansa as indicated in DECS Memorandum No 474 s 1998

The Technical Guidelines for the conduct of the tournament provided by Arnis Philippines, Inc were tried out and finalized during the National Arnis Training of Coaches and Technical Officials at Teachers Camp Baguio City last December 13 16 1998 All regional participants agreed that these will govern the 1999 Palarong Pambansa Arnis Tournament

- 2 The technical guidelines are as follows

- 2.1 Arnis Competition shall be for the secondary boys and girls division only
- 2.2 There shall be two (2) entries per region one boy and one girl who will compete in all three events
 - a) Labanan (free style competition with armour)
 - b) Anyo (Mandatory Anyo 1 4)
 - c) Likha Anyo (creative Anyo)
- 2.3 Likha anyo competition shall not be less than two (2) minutes but not more than four (4) minutes
- 2.4 Weight Categories shall be
 - a) A minimum of not less than 40 kgs and not more than 45 kgs for girls
 - b) A minimum of not less than 50 kgs and not more than 55 kgs for boys

- 2.5 Weigh in for all Arnis participants shall be at the venue two hours before the start of the tournament
- 2.6 Criteria for Anyo Competition (Mandatory Anyo 1-4)
 - a) Art 40% (Coordination – 20% Cohesiveness – 20%)
 - c) Execution 40% (Timing - 20% Focus – 20%)
 - d) Stances 20% (Balance – 10% Stability – 10%)
- 2.7 Criteria for Likha Anyo Competition (Creative Anyo Form)
 - a) Art 30% (Grace 10% Cohesiveness 10% Costume 10%)
 - b) Execution 40% (Timing 10% Coordination 10% Balance 10% Focus - 10%)
 - c) Interpretation 30% (Originality 10% Creativity 10% Composure 10%)
- 3 The rules for Arnis Competition shall be the standard rules of Arnis Philippines (Annex A)
- 4 Regional Teams may invite Arnis Philippines through the BPSS to assist in the training of athletes
- 5 For information, guidance and compliance


 ANDREW B. GONZALEZ, FSC
 Secretary


Incl.

As stated

Reference

DECS Memorandum No 474, s. 1998

Allotment 1—(D O 50-97)

To be indicated in the Perpetual Index
under the following subjects

~~A~~THLETICS
~~C~~ONTESTS
~~R~~ULES & REGULATIONS

**RULES AND REGULATIONS FOR THE CONDUCT
OF SPORTS ARNIS COMPETITION**

I INTRODUCTION

This standard has been adopted from the Rules and Regulations promulgated by the Arnis Philippines which will be used in the conduct of all DECS Arnis Tournaments

II SCOPE

This standard shall describe the procedures practices and proper conduct of all competitive Arnis in tournaments and specifies the requirements by which the conduct of all competition shall be synchronized on the following

- a. Facilities
- b. Participants
- c. Divisions (Weight Categories)
- d. Uniforms
- e. Rules of the Game
- f. Officiating
- g. Official Calls and Signals

III GAME CHARACTERISTICS

Arnis is a sport played by two individuals in a court measuring 8 0 square meters, with smooth surface and well kept. Players are paired/matched by division or weight categories

The game is played by using prescribed stick/cane in delivering artistic and legal blows, strikes and thrusts and disarming the opponent to gain scores

The player that gains five points or disarms the opponent twice or where his opponent committed three fouls, wins the round. The winner of the match is decided by best of three rounds. Each round lasts for two minutes

SECTION I – THE GAME

CHAPTER ONE FACILITIES AND EQUIPMENT

RULE

1 0 Competition Area (Diagram 1 and 2)

Shall refer to the area by which the conduct of competition shall be set or held including the free zone around it.

1 1 Dimensions

The playing area is a square measuring 8 0 meters by 8 0 meters with a 2 meter minimum free zone around it, and clear space without any obstructions up to a height of not less than 5 meters from the playing surface

1 2 Lines of the Playing Area

All lines on the playing surface are 2 54 cm (1 inch) and must be of different color from that of the floor and other lines previously drawn for other purposes

1 3 Boundary Lines

Four lines mark the boundary of the playing area. These lines are drawn outside the dimension of the competition area.

1 4 Match Lines

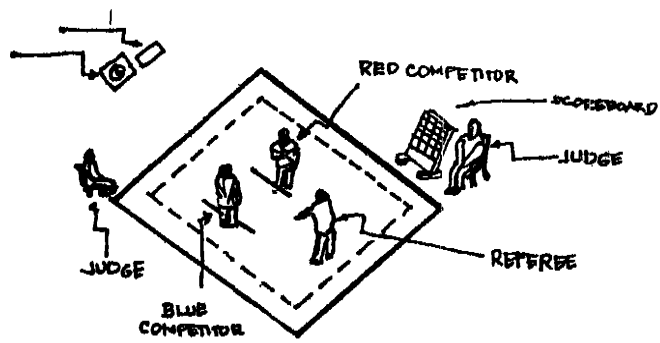
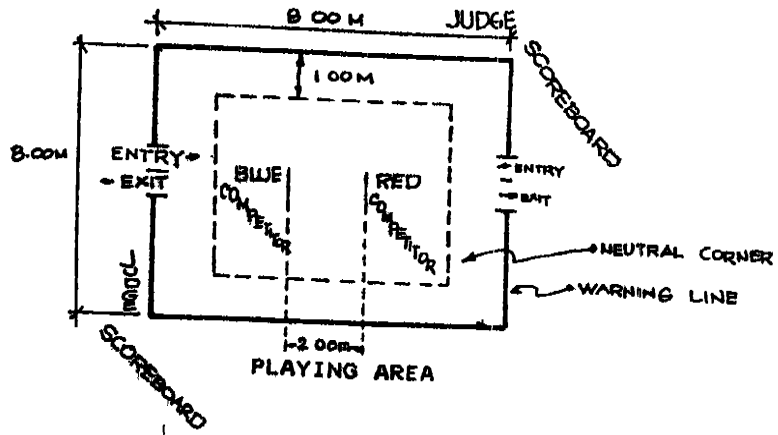
Two lines of 1 0 meter and 2 0 meters apart mark the horizontal match line

1 4 1 The horizontal match lines are drawn 3 meters from the boundary lines that run perpendicularly to the officials table and 1 5 meters from the boundary line that run parallel to the officials table

1 4 2 The horizontal match line left of the officials table is colored red and the opposite horizontal match line is blue to mark the respective zone of each competitor at the start and re-start of every match.

1 5 Warning Lines

A broken straight line is drawn 1 meter before each boundary line to serve as a marker before the outside zone



COMPETITION AREA (PLAYING AREA)

1 6 Playing Surface

1 6 1 The surface must be flat and smooth and must not be elevated from the ground.

1 6 2 The playing surface must be clean and free from foreign objects that may endanger or cause injury to the players. It is prohibited to hold any competition on a rough, slippery surface.

1 7 Neutral Corner

The corner of the competition area farthest to the officials table and in between the 2 judges shall be designated as the neutral corner. This shall also be the consultation area for the referee and judges.

1 8 Lighting (International Standard)

Lighting apparatuses is located above the free space (rule 1 1 1). It must not cause obstruction to the surface and must not affect the vision of the competitors.

1 9 Position of Players

Before the game starts, players must be positioned in the playing area so that red-coded player is at the right side of the referee and the blue coded is on his left side.

2 0 Equipment

Shall mean the materials and accessories that are used in the conduct of the competition.

2 1 Weapon

2 1 1 The cane (stick) made of rattan shall be the official weapon of the competitor. No other similar material will be allowed to be used in any local national or international competitions.

2 1 2 Each cane shall be properly foam cushioned and shall have a maximum grip diameter of not more than 2.54 cm (1 inch) and a length of 76.20 cm (30 inches).

2 2 Head Protector

2 2 1 Refers to a pair of protective headgear (helmet) to include an impact worthy face mask, the specifications of which shall be in accordance with IAF standards. A player however, may use his personal standard headgear.

2.2.2 Both headgears must be color coded, one red and the other blue, to match the cane of the competitors

2.3 Body Protector

2.3.1 All participants must wear body vest properly cushioned during the match.

2.3.2 Male participants must wear groin guard for their protection.

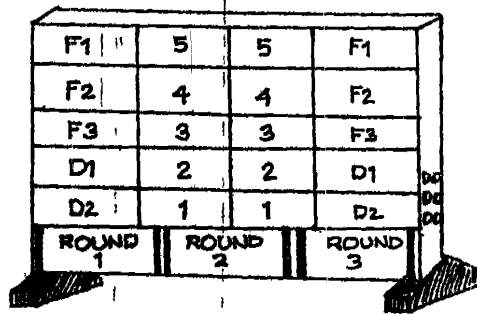
2.3.3 Forearm guard and shin guard must be provided by the management.

2.4 Scoreboard (Diagram 3)

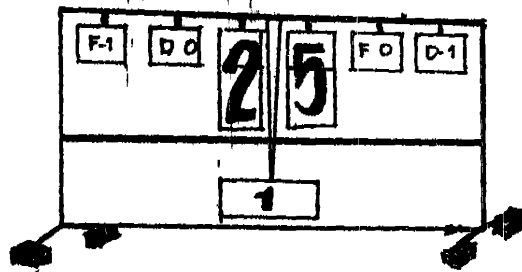
2.4.1 A pair of scoreboards either manually or electronically operated the specifications of which shall be in accordance with IAF standards

2.4.2 Two scoreboards per contest area shall be placed at diagonally opposite corners outside the competition area, right where the judges are positioned.

DIAGRAM 3
THE SCORE BOARD



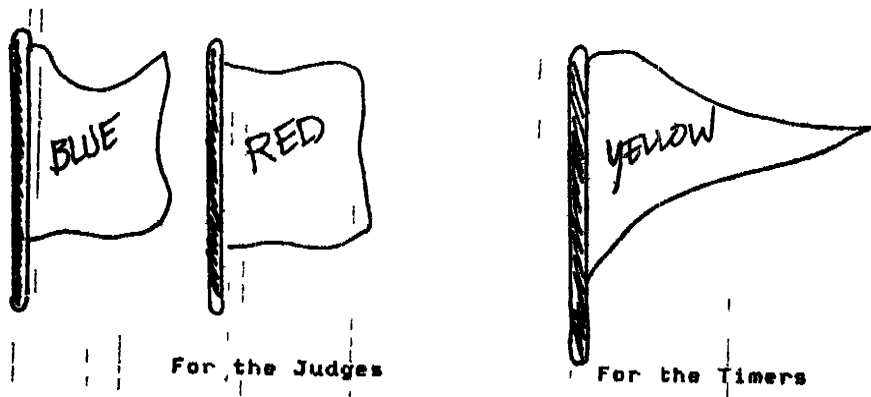
ELECTRONIC OPERATED SCOREBOARD



MANUAL SCOREBOARD

2 5 Flags

- 2 5 1 Two sets of red and blue flags, the size of which is 30 cm. by 25 cm. for the judges use in declaring decisions
- 2 5 2 One yellow flag, size 30 cm. by 25 cm for the timers use to declare a time out or resumption of the match.



2 6 Other Equipment

- 2 6 1 Stopwatch, to keep the two minute round This excludes interruptions such as injury changing of broken cane, etc
- 2 6 2 A gong and a mallet or other similar audible substitute such as whistle, bell or buzzer shall be provided for the timer to indicate the start and end of the match.
- 2 6 3 A table shall be provided for the Timer and Recorder which shall be situated one (1) meter in front of the playing area so that time signals are audible enough to both players and referee
- 2 6 4 Chairs shall be provided to the two judges, recorder and timer of the match.

CHAPTER TWO PARTICIPANTS

3 0 Composition

- 3 1 A team may consist of six (6) players one (1) player per weight divisions one coach, one trainer and one Medical Doctor
- 3 2 Only players listed in the entry form may participate in the match.

4 0 Qualifications

Shall conformed to all eligibility required by the DECS policy

5 0 Duties and Responsibilities

5 1 Participants

- 5 1 1 Participants must have a full knowledge of the rules of the game and are duty bound to follow same
- 5 1 2 Participants must accept the decision of the officials with sportsmanlike conduct, without disputing them. In case of doubt only the coach may request for clarification after the match.
- 5 1 3 Participants must at all times observe proper decorum such as respect and courtesy towards the referee, other officials, opponent teammates and even spectators
- 5 1 4 Players who are not actually playing should sit on the team bench provided for them outside the free zone
- 5 1 5 Only members of the team who are officially listed are allowed to sit on the bench during the match.
- 5 1 6 During the match, the team members are not allowed to stand and cheer or give instruction to their member competitor at play. However, they may give instructions while still seated. Cheering maybe done sitting.

5 2 Assistant Coach

- 5 2 1 The coach is responsible for the conduct and discipline of the team
- 5 2 2 During the match, he/she must sit at the players bench assigned to their team.
- 5 2 3 Only during time outs and intervals between rounds may the coach give instructions, without entering the playing area or delaying the game

6 0 Uniforms

Shall mean all those that form part of the athletes uniform worn in the playing area during the competition.

- 6 1 Clean white t-shirt or camisa chino with no extra design or accessory except for the printed name or logo of the division/region to which the participant/s belong, however, Regional Athletic uniform shall be allowed

- 6 2 Footwear for the competition is white rubber shoes. However, the prescribed delegation footwear shall be allowed.
- 6 3 Number tags shall be provided for each participant and must be pinned at the back side of the t-shirt.
- 6 4 Wearing of accessories that may cause injury such as rings, bracelets, watches, necklace, etc. are strictly not allowed.
- 6 5 Proper hygiene must be observed at all times. Fingernails cut short, long hair tied back, uniform clean and measures should be made to avoid unpleasant body odor. Spitting on the floor is not allowed.

7 0 Divisions (Subject to modification)

There shall be six (6) weight categories in the Boys and Girls Divisions

7 1 Boys Division

- 1 Pinweight - - - - - not more than 42 kg.
- 2 Flyweight - - - - 43 – 46 kg.
- 3 Bantamweight - - - - 47 – 50 kg.
- 4 Featherweight - - - - 51 – 54 kg.
- 5 Lightweight - - - - 55 – 58 kg.
- 6 Welterweight - - - - 59 – 64 kg.

7 2 Girls Division

- 1 Pinweight - - - - not more than 35 kg.
- 2 Flyweight - - - - 36 – 39 kg.
- 3 Bantamweight - - - - 40 – 43 kg.
- 4 Featherweight - - - - 44 – 47 kg.
- 5 Lightweight - - - - 48 – 51 kg.
- 6 Welterweight - - - - 52 – 55 kg.

SECTION II RULES OF THE GAME

CHAPTER III CONDUCT OF THE TOURNAMENT
SCORING BODY POINTS AND PENALTIES

8 0 Conduct of the Tournament

The conduct of the competition shall be on a two out of three set system. Each set shall be held for a maximum of two (2) minutes.

9 0 Scoring

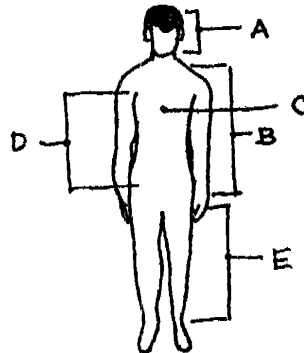
- 9 1 A score shall mean a strike delivered to a specific body point and is counted upon confirmation by the two or at least one of the judges, and is simultaneously recorded on the scoreboard
- 9 2 A player who scores the first five points in a set shall get the credit and is declared the winner upon making two straight win sets
- 9 3 A legitimate strike is given a score/point if it is delivered to a specific body point in correct form, that is – a right timing, correct posture with art, distance and attitude
- 9 4 A thrust to body points C and E (abdominal area and leg area) will be considered a point, provided that the requirements for a legitimate thrust is emphasized.
- 9 5 A disarming execution is considered a point. Two disarming executions automatically declares the player who executed the disarming the winner for a set match, even without making the required five points to win.
- 9 6 A score is recorded on the scoreboard by the judge himself who raises the flag that correspond to the color designated to the player who scored a point.

10 0 A Draw Score

- 10 1 In the event that the scores are the same at the end of the set match, the basis for declaring the winner shall be decided through the following
 - a. aggressiveness
 - b. major advance technique
 - c. artistic delivery
 - d. attitude
 - e. best time

11 0 Body Points

- A. Left and right side of the head and crown
- B. Left and right arms and collar
- C. Chest portion
- D. Left and right arm pit to thigh
- D Full length of right and left leg



Body Strike Points

12 0 Penalties

Contestants are given penalties for violations of the tournament rules and regulations

12 1 The following violations if committed are considered as foul

- a. Thrust to body point A (temple, face and crown)
- b. Strike to the groin
- c. Blocking with the use of the arm
- d. Butting, kicking, kneeling, elbowing hand butting, boxing, sweeping, spitting, giving remarks, non-combativeness, other actions inimical to the tournament rules and regulations and code of sportsmanship
- e. A prolonged hold to an opponent's cane. However the grab may be considered, provided that it is immediately followed by a legitimate strike or disarming technique
- f. Multiple strikes to one body point will not be given succeeding points, and will be considered a foul. Nevertheless, a point shall be given for the first or initial strike provided it conforms to the criteria for a legitimate strike
- g. A player who steps on the outside line or goes out the playing area boundary line

12 2 A player who commits three (3) fouls will be declared a loser by the referee for that particular round.

13 0 Disarming

A player who loses grip of his/her cane during the game is a violation.

13 1 A disarming violation shall be given to the player and shall be indicated in the scoreboard

13 2 The player who is disarmed twice in a set automatically loses that set

14 0 Disqualification

A player is disqualified based on the following conditions

14 1 A player who commits a dangerous intentional foul that inflicts injury or not to the other player is automatically disqualified and declared the loser by the referee

14 2 Any disruptive action or behavior of the player and/or his teammate, coach, relatives or friends which breaks the spirit of the sport, shall be given a point deduction after warning has been given on the player involved

14 3 If for one reason or another, one of the contestant is disqualified, the other player shall be declared the winner

15 0 Forfeiture

Decisions based on forfeiture should be forwarded to the Technical Committee

15 1 The contestant who forfeits his/her game during a match shall be declared the loser

16 0 Injuries

When an injury occurs during the contest and it can not be continued the decision of the judges shall be based on the following grounds

- a. When an injured party is responsible for the injury the other party wins
- b. When the injury is caused by the other party, the injured party wins
- c. When the responsibility of the injury cannot be determined the judges shall base it on the score
- d. When the injury is caused by a legal blow the injured party loses
- e. When the injury is caused by an illegal blow the injured party wins
- f. Only the medical doctor can determine and make decision as to the fitness of the injured player to resume or discontinue with the round

17 0 Default

A player who does not present himself/herself in the playing area after 15 minutes from the scheduled time shall automatically forfeit the game. The referee shall make the decision upon confirmation by the Technical Committee. The winner by default in this match shall enter the playing area and do the courtesy

18 0 Time outs

Only the contest referee may stop the time for the following reasons

- a. Giving warning
- b. Injury occurs
- c. Declaring winners
- d. Disarming is executed
- e. Judges request for time out
- f. Consultation with judges
- g. Changing and/or fixing of soiled uniform, broken equipment such as headgear, cane etc
- h. End of the set

19 0 **Courtesy**

Courtesy is done by placing right hand with the cane over the left chest. Upon entering the playing area, contestants must do the courtesy to the audience and officials, together with the referee. Finally courtesy must be given to the opponent. This shall be done BEFORE AND AFTER every set match

20 0 **Matching/Pairing**

Blind matching/pairing shall be adopted in most cases where the number of participants will allow it. This shall be done at least a day before the tournament. Representatives from the respective teams concerned shall be invited to observed the matching/pairing.

21 0 **Complaints or Protests**

Any complaints or protests must be made in writing, addressed to the Jury of Appeals and forwarded immediately after the match to the official s table. Any action made otherwise shall be nullified.

SECTION III TOURNAMENT OFFICIALS

CHAPTER FOUR OFFICIALS – DUTIES AND RESPONSIBILITIES, HAND SIGNALS AND CALLS

22 0 **Officials – Their Duties and Responsibilities**

Refers to the official body who shall implement the rules and regulations and shall have the sole authority in the administration of the tournament proper

22 1 **The Tournament Director**

The overall administrator and chairperson, who shall directly ensure the proper implementation of all procedure

22 2 **Judges and Referee**

These are officials who enforces the conduct of all contest in accordance with the rules and regulations of the game. They are the officiating officials of the tournament whose decisions are final

22 3 **The Timer**

He shall keep time during the actual match, a gong or whistle or bell shall be provided for his use in announcing the start and end of the game and other calls

22 4 The Recorder

Shall be tasked with recording the results of the actual game. A record sheet shall be provided for his use in recording results

23 0 Official Calls and Hand Signals

Referee shall use hand signals for the following calls

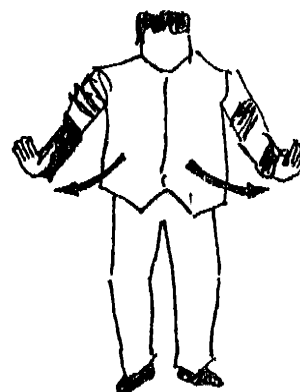
23 1 HANDA, LABAN! (Ready, Start)

Hand with thumb up, placed between the two players and simultaneously drawn upward.



23 2 HINTO! (Stop) is said with the stop sign outstretched arm forward, palm facing front with fingers pointing upward then point to the direction of the timer, to stop a fight or time-out

23 3 HIWALAY! (Separate) – Arms are extended forward, then spread out laterally simultaneously saying the command. Done in instances of grabbing or clenching.



23 4 PAYO! (Consultation with the judges) – raise outstretched arms, slightly pointing to neutral corner and simultaneously bring both arms a bit close together, hip level.



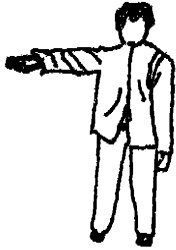
23 5 HATOL' (Decision) – one arm
Raised above the head.



23 6 PANALO! (Declaring the Winner)
One arm is raised obliquely



23 7 LAGLAG! (Disarming) – one
foot forward and one arm pointing
downward at 30 degrees



23 8 PAGLABAG' (Foul) – raises
one arm horizontally, with
palm facing down, and
simultaneously gesture the kind
of foul/violation committed.

23 9 PARUSA! (Penalty) – points
to offender



23 10 **MAG AYOS!** (Adjusting or Fixing) – both arms are crossed over in front, palms facing in, at waist level

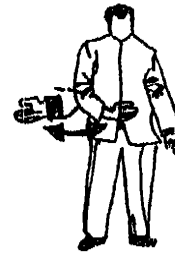


23 11 **WALANG LABANAN!** (Non combativeness) - circling of both arms in front then points to offender



23 12 **PAGWASTO!** (Correction of Mistake) swaying of arms and palm above the head, gesturing an erasing movement.

23 13 **SINADYANG PAGLABAG!** (Intentional Foul) – swaying of the hand from side to side



23 14 **PINSALA!** (Injury) – one arm raised above the head and the other arm raised horizontally at shoulder level, palm facing down.



**26 0 SCORING -- The judges places a point/
foul/disarming made by a player in the
scoreboard.**

27 0 Timers Signals

27 1 The timer strikes the gong for the following signals
a) **START - sounds the alarm (gong or substitute) ONCE**
b) **FINISH -- sounds the alarm TWICE**
c) **TIME OUT -- raises yellow flag on top of the table**
d) **CONTINUE -- yellow flag is placed down.**

INTERNATIONAL ARNIS FEDERATION FIGHT SHEET

Weight Category	Date	Area	OPS	Number
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Red No _____	CTFY
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Blue No _____	CTFY
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Round 1

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

Round 2

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

Round 3

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

1	2	3	4	5	
F-1	F-2	F-3	Total - S		
D-1	D-2	Time _____			

Code No	
Winner	CTFI

No _____	No _____	No _____	No _____
Judge	CTFI	Referee	CTFI
		Judge	CTFI

Recorder