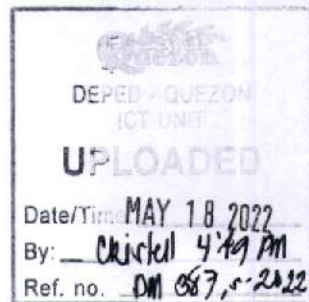




Republic of the Philippines
Department of Education
Region IV-A
SCHOOLS DIVISION OF QUEZON PROVINCE



12 May 2022

DIVISION MEMORANDUM
DM No. 387, s. 2022

MILO-DEPARTMENT OF EDUCATION PALARONG PAMBAHAY

To: Assistant Schools Division Superintendents
Division Chiefs
Public Schools District Supervisors
Public and Private School Heads and Coordinators
All Others Concerned

1. In support to the Department of Education's (DepEd) thrust in promoting the holistic development of its learners through sports despite the challenges posed by the COVID-19 pandemic, Nestle Philippines, Inc., through its flagship brand MILO, will conduct the **MILO-DepEd Palarong Pambahay** from May 21 to 22, 2022, 9:00 a.m. to 5: 00 p.m. via Facebook Live.
2. MILO-DepED *Palarong Pambahay* is an inter-school, inter-sports, home-based junior virtual sports competition featuring eight (8) sports namely Athletics, Arnis, Basketball, Football, Gymnastic, Jump Rope, Karate and Taekwondo. The competition is open to all public and private elementary and secondary school student-athletes aged seven (7) to fifteen (15) years old.
3. Attached are the Memorandum from Office of the Undersecretary for Field Operations, **General Guidelines** and **Guidelines per Sports** for reference.
4. Immediate dissemination of this Memorandum is desired.

ELIAS A. ALICAYA JR. EdD
Assistant Schools Division Superintendent
Officer-in-Charge
Office of the Schools Division Superintendent

cid-ims/farm/rqn/05/12/2022

DEPEDQUEZON-TM-SDS-04-009-003



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Republic of the Philippines
Department of Education
OFFICE OF THE UNDERSECRETARY

00MSDS22-10214

MEMORANDUM

TO : **REGIONAL DIRECTORS
BARMM MINISTER OF BASIC EDUCATION
SCHOOLS DIVISION SUPERINTENDENTS
PUBLIC AND PRIVATE ELEMENTARY AND SECONDARY
SCHOOLS HEADS
ALL OTHERS CONCERNED**

FROM : **Atty. REVSEE A. ESCOBEDO**
Undersecretary
Field Operations, *Palarong Pambansa* Secretariat, and DEACO

SUBJECT : **MILO-DEPARTMENT OF EDUCATION PALARONG PAMBAHAY**

DATE : **28 April 2022**



1. In support to the Department of Education's (DepEd) thrust in promoting the holistic development of its learners through sports despite the challenges posed by the COVID-19 pandemic, Nestle Philippines, Inc., through its flagship brand MILO, will conduct the **MILO-DepEd Palarong Pambahay** from May 21 to 22, 2022, 09:00 a.m. to 05:00 p.m. via Facebook Live.
2. MILO-DepEd *Palarong Pambahay* is an inter-school, inter-sports, home-based junior virtual sports competition featuring eight (8) sports namely **Athletics, Arnis, Basketball, Football, Gymnastics, Jump Rope, Karate, and Taekwondo.**
3. The Competition is open to all public and private elementary and secondary school student-athletes aged seven (7) to 15 years old.
4. All concerned are enjoined to extend the necessary support to student-athletes who will participate in the said Competition and those DepEd personnel who will serve as technical/officiating officials in each of the eight sports events.
5. Enclosed are the **General Guidelines** and **Guidelines per Sport** for easy reference.
6. For more information, all concerned may contact **Mr. Ricky Ballesteros**, Overall Organizer, MILO-DepEd *Palarong Pambahay* at mobile number (0928) 243-9643 or through email address: rickyb_excel@yahoo.com.
7. Immediate dissemination of this Memorandum is desired.



Milo-DepEd PALARONG PAMBAHAY 2022 – GENERAL GUIDELINES

The Milo-DepEd Palarong Pambahay is a online / virtual multi sports inter school competition and is open to all students, male or female, in the Elementary and Secondary Division of public and private schools in the Philippines

1. The Milo-DepEd Palarong Pambahay will feature the following 8 modified sporting events in the Elementary and Secondary Division:

<i>OLYMPIC EVENTS</i>	CATEGORY
Arnis	(Boys/Girls)
Athletics	(Boys/Girls)
Basketball	(Boys/Girls)
Football	(Boys/Girls)
Gymnastics	(Boys/Girls)
Jump rope	(Boys/Girls)
Karate	(Boys/Girls)
Taekwondo	(Boys/Girls)

2. Schedule of Registration and Submission of entries:

2.1. Registration for schools will start on April 18 to May 6, 2022. Links will be provided per sports thru the tournament managers.

3. Sporting systems and formats to be used are: Panel of Judges will determine the winner

4. Competitions are divided into two (2) divisions:

4.1. 12 and under division for Elementary Students (Grades 1-6, ages 7-12). The cut-off year of which is the year 2010.

4.2. 15 and under division for Secondary Junior (Grades 7 to 10, ages 13-15) provided they will meet the age cut-off 2007.

5. All participating athletes are required to register online, fill out all the needed details and attach the following. Registration link is provided per sports:

	Event	Tournament Manager	Contact Number	Registrarion Link
1	ARNIS	GERALD CANETE	9173210980	https://bit.ly/MiloPPArnis
2	ATHLETICS	JUDITH STAPLES	9189258493	https://bit.ly/MiloPPAthletics
3	BASKETBALL	MONICA JORGE	9178018021	https://bit.ly/BASKETBALL-MiloPP2022
4	CHEERDANCE	RICARDO BALLESTEROS	9209089742	https://bit.ly/MiloPPCheerdance
5	FOOTBALL	ISABELLA FRANCESCA FERNANDO	9175221516	https://bit.ly/MiloPP-Football
6	GYMNASTICS	KRIS JOY LEEPING	9175120456	https://bit.ly/MiloPPGymnastics
7	JUMPROPE	NOEL ANTONIO AGRA	9178551238	https://bit.ly/JUMPROPE-MiloPP2022
8	KARATEDO	RICHARD LIM	9255143404	https://bit.ly/MiloPPKarate
		JEFFREY LAGASCA	9255143404	
9	TAEKWONDO	ROCKY SAMSON	9189004770	https://tinyurl.com/PALARONGPAMBAHAY

6. Additional registration requirements are as follows:

SPORT	REGISTRATION FEE (PER PARTICIPANT)
Arnis	P 100.00
Athletics	P 100.00
Basketball	P 150.00
Football	P 100.00
Gymnastics	P 100.00
Jumprope	P 100.00
Karate	P 200.00
Taekwondo	P 250.00

6.1. Recent (2 x 2) photo of participant.

6.2. Parental Consent and waiver form.

6.3. School Certification

6.5. Proof of Payment

7. Failure to complete the required registration documents by the set deadline will result in automatic disqualification.

8. Competition entries will be recorded and the record will be submitted to the Tournament Managers before the deadline on May 6, 2022. Judging proper and awarding will be virtual/online. Event broadcast will be on May 21-22, 2022 from 9:00am to 5:00pm via facebook live.

9. Participants must follow the rules and regulations the Event Organizer has set for their sport. Any athlete and/or coach guilty of cheating, misrepresentation, or conduct unbecoming of a sportsman shall be disqualified and banned from participating in all future MILO sports events as per recommendation of the Tournament Manager to the Event Organizer.

10. A secretariat office will be organized by the Event Organizer to provide assistance and entertain inquiries on general information, official results, and medal tally, but not inquiries or protests on technical matters. It will also entertain inquiries or protests on eligibility, but will only do so during the Milo-DepEd Palarong Pambahay solidarity meeting (to be announced). Coaches who do not attend the solidarity meeting forfeit their right to question the rules and regulations approved during said meeting. The solidarity meeting will be scheduled by the respective tournament managers thru zoom or any other social media platform. The secretariat will not entertain any inquiries or protests on eligibility thereafter.

11. All inquiries and protests regarding technicalities of each sporting event must be directed to Tournament Managers only.

12. Any protest by the schools involving age, filed during the competitions, will not be entertained. However, the Event Organizer and Tournament Managers reserve the right to disqualify any athlete found overage with or without the proper counter-documents during the competitions.

13. Any formal, written protest on technicalities during the competitions may only be filed by heads, coaches or authorized representative from school.

14. The requirements for filing a formal protest are: a PhP 5000.00 non-refundable protest fee, a written protest duly signed by the school head or authorized coach, and attached evidence. All documents should be submitted before the broadcast (May 21-22) to the Tournament Manager or his authorized assistant (as approved by the Event Organizer) within 30 minutes after the game in question. Protest should not entertain after the broadcast. All burden of proof lies upon the protester.

15. There will be two (2) sets of overall winners – one for the 12 and UNDER Division and one for the 15 and UNDER Division. It will be based in point system to determine the winners

16. The Milo-DepEd Palarong Pambahay is privately organized. It does not necessarily need to seek sanction from any of the National Sports Associations (NSAs). The Event Organizer shall operate on its own merits and appoint its own technical staff.

17. There will be sidelights events during the (2) two day event broadcast.

A. CHEERDANCE COMPETITION:

MILO-DepEd Palarong Pambahay 2022

CHEERDANCE INVITATIONAL

Participants:

1. All members of the team must be in the collegiate or Senior High School level and presently enrolled in the current school year or semester.
2. All teams must submit a duly filled-up MILO-DepEd PALARONG PAMBAHAY information sheet found in link provided by the organizer.
3. Each team must have a minimum of 4 to a maximum of 8 members. Must represent a school and must secure permission from the school/university they represent by providing written endorsement.

Performance Guidelines:

1. The performance must not exceed to **2 min 30 seconds**. Timing will begin with the first and end with the last organized word, movement, or note of music.
2. Members must wear face masks all throughout the performance. Teams must also observe physical distancing in their choreography. No physical contact (i.e. holding hands, lifting, etc.)
3. Must use the provided MILO jingles and/or mixed with live drumbeats or beats and sound effects that are not under copyright of another entity or organization.
4. MILO Props / labels should be used in the routine as part of the criteria.

5. Choreography with vulgar or offensive suggestive movements is prohibited.
6. Routines must be appropriate for kids viewing and listening.

Recording of Entry:

Teams are required to video record their performance using one (1) camera only with full view of all the members for the entire duration. Showing other camera angles is not allowed. This is for purposes of the judges' easy viewing.

Submission of Entry:

1. Teams must submit their video entry in **mp4 or mov** format in **720p resolution**.
2. Filename of video entry must be labeled with the name of the school represented.

Criteria for judging:

Performance	35%
(Fluidity of movement, precision, coordination, synchronization, & showmanship)	
Choreography, Creativity, Style, & Formation	30%
Costume & Props	20%
Visual Impact	10%
Use of MILO Labels	5%
TOTAL	100%

Scoring:

For every violation of the contest mechanics, a 5-point deduction will be applied to the team's total score.

Results:

Decision of judges is final and non-appealable. No representative from any of the contestants is allowed to contact in any manner whatsoever any judge or organizing committee member with the intention of questioning the announced decision.

Prizes:

Winners will receive cash prizes and a plaque as follows:

1 st place	20,000.00 worth of sports equipment + plaque
2 nd place	15,000.00 worth of sports equipment + plaque
3 rd place	10,000.00 worth of sports equipment + plaque
4 th place	8,000.00 worth of sports equipment + plaque
5 th place	5,000.00 worth of sports equipment + plaque

B. HIGHEST VIRTUAL AUDIENCE:

MILO-DepEd Palarong Pambahay 2022

Biggest School Virtual Audience

How To Join:

School communities in elementary and high school level can join to have the largest number of live virtual audience by commenting a combination of two (2) hashtags on the MILO-DepEd Palarong Pambahay FB Live video on May 21 and 22, 2022.

The 1st hashtag is the event name: **#MiloPalarongPambahay** and the 2nd hashtag is the full name of the school and city, example is **#ColegioSanAgustinMakati**.

Hashtags must not have spaces in between the letters.

Sample comment:

Cheering for my classmate! Go Brian! **#MiloPalarongPambahay**
#StMarkHighSchoolIloilo

How To Win:

The school with the highest total number of hashtags for the 2-day livestream will be declared the winner.

Multiple posts of one (1) Facebook profile in a single day will only be counted as one.

Announcement of Winner:

Winning schools will be announced on the MILO Facebook page within the week of May 25, 2022.

Prizes:

The Top 3 Biggest School Virtual Audience will win the following:

1st place = Php 20,000 worth of sports equipment + plaque

2nd place = Php 15,000 worth of sports equipment + plaque

3rd place = Php 10,000 worth of sports equipment + plaque

18. The Event Organizer reserves the right to accept or deny participants, modify any of the above rules and regulations as it deems necessary to ensure the success of the Milo-DepEd Palarong Pambahay.

Submission of Entries	Starts on April 18, 2022 and deadline will be on or before May 6, 2022.
Sorting of Entries	May 2-6, 2022
Names and Photos Of Judges	May 6, 2022
Turnover of top 20 winners	May 6, 2022
Event Broadcast	May 21-22, 2022 thru facebook live

19. Prizes to the top three (3) schools are as follows:

RANK	ELEMENTARY DIVISION	SECONDARY DIVISION
1st Place	Php 25,000.00 worth of sports equipment plus trophy	Php 25,000.00 worth of sports equipment plus trophy
2nd Place	Php 15,000.00 worth of sports equipment plus trophy	Php 15,000.00 worth of sports equipment plus trophy
3rd Place	Php 10,000.00 worth of sports equipment plus trophy	Php 10,000.00 worth of sports equipment plus trophy

20. General Championship Points:

EVENTS		INDIVIDUALS / SINGLES						GENERAL CHAMPIONSHIP POINTS					
R A N K		1	2	3	4	5	6	1	2	3	4	5	6
ARNIS		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
ATHLETICS		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
BASKETBALL		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
FOOTBALL		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
GYMNASTICS		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
KARATEDO		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
JUMPROPE		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
TAEKWONDO		7	5	4	3	2	1						
Secondary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2
Elementary	boys							15	10	7	4	3	2
	girls							15	10	7	4	3	2

Date updated April 29, 2022



2022 MILO PALARONG PAMBAHAY ARNIS ONLINE
FORMS COMPETITION
ARNIS – ESKRIMA

I. REGISTRATION

All participants are required to fill out the official entry forms via google forms.

- i. Individual Athlete Entry Form and Waiver
- ii. Official Team Entry Forms

IMPORTANT DATES:

April 18 – May 6

Registration Period

May 21-22

Schedule of show/program (Milo Facebook)

1. All registration must be done online
2. Registration link: <https://bit.ly/MiloPPArnis>
3. Competition registration fee: P 100.00
4. Payment procedure:
 - Local: Send it thru **GCash** @ 0920-908-9742, GCash Name: **RICARDO JR B.**
 - Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51
 - Deadline: **MAY 6, 2022, 5pm** (Philippine Time)

II. QUALIFICATION

1. Participants must be endorsed / approved by the school represented. Application shall be coursed through the ORGCOM (Organizing Committee).
2. Certification from the school being represented signed by the school head or principal.

Note: All participants must comply with the requirements set by the tournament screening committee.

III. SUBMISSION OF ENTRIES

The COACH must submit all the entry forms by team together with the video link of the performances /entries to the ORGCOM before the deadline of submission.

The video will be uploaded in YouTube and categorized as "unlisted". So that only the persons with the link may view the video. Fill out the google form. Attach proof of payment in a separate google sheet. Your entries are pending, subject to the verification of payment.

Note: Failure to comply with any of the rules may result to disqualification.

IV. EVENTS

A. FORMS/ SAYAW/ ANYO COMPETITION

Cadet A (7 - 9 YRS)		
Individual Boys & Girls	Single Weapon	Traditional
Individual Boys & Girls	Double Weapon	Traditional

Cadet B (10 - 12 YRS)		
Individual Boys & Girls	Single Weapon	Traditional
Individual Boys & Girls	Double Weapon	Traditional

Junior (13 - 15 YRS)		
Individual Boys & Girls	Single Weapon	Traditional
Individual Boys & Girls	Double Weapon	Traditional

V. COMPETITION RULES:

a. Rules and Regulation:

MILO Palarong Pambahay Arnis Online Forms Competition will follow the Official Philippine Eskrima Kali Arnis Federation (PEKAF) approved Competition Guidelines in accordance with the World Eskrima Kali Arnis Federation (WEKAF) Tournament Rules. Ground Rules to adopt local condition will be made for this Tournament in accordance with PEKAF rules.

b. Method of Competition:

1. Order of performance (Competition Randomizer will be used to determine the order of performance).
2. All approved entries will be pre-Judged.

c. Length of Performance:

1. All forms/anyo performance should not be less than forty (40) seconds and no more than one (1) minute.
2. Start of Time will begin after the execution of Formal Salutation/ Pugay/Yuko.
3. Time will stop after the execution of Formal Salutation/ Pugay/ Yuko after the performance.

d. Scoring:

Lowest of 5 and highest of 10. Increments of .1.

e. No. of Entries

Each team may submit 2 entries per event, each player may join a maximum of 3 events

Note: Participant with more than 3 entries for individual events is not allowed and will be disqualified.

f. Playing Area:

1. Preferably Indoor.
2. Must be well lighted.
3. Use of rubber mats are encouraged.
4. For Safety, Playing Area must be of flat and plain flooring surface with no obstacles or obstruction.
5. Area must have ample space for the athlete to perform and execute Forms/Sayaw/ Anyo (preferred size of 4x4 mts or more).
6. Only the Athlete, Coach and Asst. Coach will be allowed in the Playing Area.
7. Observe 2 to 3 meters distance between individuals.

g. Video Preparation (Teams may submit a video using mp4 video file)

1. Height of Camera – 40 inches from the ground.
2. Position of Camera – must be positioned front and center of the athlete and a setback of one (1) meter from the end or edge of the outside line of the Playing Area. (See penalties)
3. Camera must be in a fixed position. No zooming in and out is allowed.

4. For the proper appreciation of the Judges, Coach or Athlete must make sure that the athlete's performance is fully visible in the video. Whole body including the weapon must be fully visible during the performance in the video. (Failure to comply may result to a low score from the judges.)
5. Angle of Camera – must be positioned in landscape mode and leveled at angle of 0 deg (see penalties).
6. Video Quality – must be of clear and of high quality. (min. 720 p)
7. Sound Quality – must be clear and good quality. Disruptive noise that will affect the overall performance may result to a low score or possible deduction.
8. Video Editing is not allowed and tampering of camera during the performance is also not allowed. Video manipulation through use of "Gimbal" stabilizer or any app video stabilization or manually video stabilization is not allowed (see penalties).
9. No other person aside from the athlete performing must be seen either on the sides or background.
10. Participants and Coaches are encouraged to follow IATF Health and Safety Protocols.
11. At the start of the video, participants will show their name plate (provided by the ORGCOM) in front of the camera for at least 3 seconds. The player will then proceed to the performance. This will be done without splicing or pausing the video. (Name plate should be clear, in landscape, electronic/computerized and in A4 size).

Note: Once the video has been submitted to the ORGCOM, the entry is considered as FINAL.

h. Coaches:

1. Only the COACH and Asst. Coach must assist the athlete in the taking of the video. (IATF compliance)
2. Coaches must always wear face mask (IATF).
3. Coaches must observe a physical distance of 2 to 3 meters from other individuals.
4. Participants and Coaches are encouraged to follow IATF Health and Safety Protocols.

i. Competition Attire/ Uniform:

1. Participants shall wear their Official Team Uniform or Formal Arnis Uniform.
2. Participants are not required to wear face mask in the video (IATF)
3. Shorts and sleeveless shirts are not allowed (see penalties).
4. Inappropriate, vulgar, distasteful, disrespectful, and offensive attire is not allowed and a violation of this rule. (See penalties)
5. Facepaint, vulgar and excessive make up is not allowed in respect to our National Sport.

j. Competition Equipment: (Participating teams may choose weapons based on required design and sizes stated in the PEKAF Rules).

(Chapter 1 Sec. 2.0 PEKAF Rule)

2.0 Equipment shall mean the materials and accessories that are used in the conduct of the competition.

2.1. Weapons

Players are required to use single-hand-wielded weapons.

2.1.1. Options

Players may use any of the following options

1.1.1.1 Wooden Sticks or Rattan Sticks These Rules were directly lifted from the official PEKAF Rules of Sport and National Standards by GM Richardson Gialogo, National Accreditor & Chairman of the Technical & Rules Committee Excerpts from the National Rules and Regulations for Eskrima, Kali, Arnis Sports .

Sticks made of wood or rattan shall measure not less than 20 inches and not more than 36 inches in length with a diameter of not less than ¼ inch and not more than 2 inches.

2.1.1.2 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 ethnic Filipino in origin or design.

2.1.1.3 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 shall be dull.

Note: Weapons for Single Weapon may include- stick or sword, for Double Weapon, it can be double stick or double sword and for Espada Y Daga, it can be sword and dagger, stick and dagger or stick and short stick.

k. Competition Codes of Conduct:

The PEKAF Competition Codes of Conduct shall be strictly enforced.

l. Penalties /Deductions

1. Deduction of .5 for disarm and time violation.
2. For Video Preparation: Distorted, Hazy, Unclear or Bad Video Format will result in disqualification.
3. Video Editing and Tampering will result in disqualification.
4. For submission of entries: Wrong video label/caption will be considered as a wrong submission of entry and will be disqualified in the event.
5. Failure to follow the guidelines for the correct height, position and angle of the camera will result in disqualification.
6. For Traditional Forms Performances: Fancy movements such as rolls, kicks, release of weapon/s are not allowed. This will result in a penalty of .5 deduction in the average score.

7. Improper execution of Focus Shout during the performance such as over exaggerated, excessive, irritating, and offensive shouting that is deemed disrespectful to the Sport and Martial Art by the Tournament Committee will result to a penalty of .5 deduction in the average score.
8. For Non-traditional Forms: performances without music accompaniment will be penalized with a .5 deduction in the average score.

9. For Traditional Forms: performances with musical accompaniment will be disqualified.
10. Uniform – failure to observe the guidelines will result in disqualification.

m. Protests

1. Any formal, written protest on technicalities during the competitions may only be filed by heads of schools or authorized coach.
2. Protests filed must follow the rules set forth by MILD Palarong Pambahay/, including protests fees.
3. Failure to follow set rules will forfeit the Protest.
4. After a protest that has been successfully filed and reviewed, the decision of the Tournament Manager is FINAL.
5. Scores and decision of Judges is final and will not be subject to any protest.

Prepared by:
Gerald O. Canete
Executive Vice President - PEKAF
Tournament Director – Milo Palarong Pambahay



**2022 MILO-DEPED PALARONG PAMBAHAY
ATHLETICS SPEED COMPETITION**

I. IMPORTANT DATES

April 18 – May 6	Registration Period
May 13	Deadline of Video Entry Submission
April 30, May 7 & May 14	Offline judging of entries
May 16	Submission of Winning Entries to MILO (9 entries)
May 21-22	Schedule of show/program (Milo Facebook)

II. QUALIFICATION FOR PARTICIPATION

1. Only DEPED accredited schools
2. Contestants shall represent their affiliated school.
3. Age requirements:
 - 7-9 years old (born 2013-2015) - Elementary
 - 10-12 years old (born 2010-2012) - Elementary
 - 13-15 years old (born 2009-2007) - High School

III. DIVISIONS AND CATEGORIES

1. Elementary (7-9yo) - Mixed Gender
2. Elementary (10-12yo) – Male & Female
3. High School (13-15yo) – Male & Female
4. Division by year of birth

DIVISION	YEAR OF BIRTH
Elementary (7-9yo)	Born 2013 to 2015
Elementary (10-12yo)	born 2010 to 2012
High School (13-15yo)	Born 2009 to 2007

*We will follow the YEAR OF BIRTH of the player

*7-9yo will be a mixed gender age group

* 10-12yo & 13-15yo age group will be categorized based on age and gender

*Categories may be merged or subcategorized depending on the number of participants

IV. EVENT

- SPEED ATHLETICS COMPETITION

V. REGISTRATION

1. All registration must be done online
2. Registration link : <https://bit.ly/MiloPPAthletics>
3. Competition registration fee : P100
4. **PAYMENTS (Non-refundable):**
5. Local: Php200.00 / category Deadline: MAY 6, 2022, 5pm (Philippine Time)
6. Local: Send it thru **GCash @ 0920-908-9742**, GCash Name: **RICARDO JR B.**
7. Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51

VI. SCORING SYSTEM

1. Cut off system (Top 3 players will be awarded)
2. Scoring shall be based on the Scoring Parameters below:
 - A. Technical (60%)
 - a. Total number of SPEED HIGH KNEES
 - b. Total number of STRENGTH PUSH-UPS
 - c. Total number of JUMP TOWEL SLAM
 - B. Performance (40%)
 - a. Quality of execution
 - b. Overall performance

Note : HAND TOWEL or BATH TOWEL (folded in half) may be used for the JUMP TOWEL SLAM exercise

VII. COMPETITION MECHANICS

Players will take a video of themselves executing as many assigned exercises as possible following the time limit on the chart below with **30 seconds recovery** in between each exercise.

CATEGORIES	TIME LIMIT	ATHLETICS EXERCISE
Elementary 7-9 yo Mixed	30 seconds	Speed High Knees
	30 seconds	Jump Towel Slam
Elementary Boys 10-12 yo	30 seconds	Strength Push-Ups
	30 seconds	Jump Towel Slam
Elementary Girls 10-12 yo	30 seconds	Strength Push-Ups
	30 seconds	Jump Towel Slam
Elementary Boys 13-15 yo	30 seconds	Strength Push-Ups

	30 seconds	Jump Towel Slam
Elementary Girls 13-15 yo	30 seconds	Strength Push-Ups
	30 seconds	Jump Towel Slam

Speed High Knees - stand with your feet hip-width apart. Lift up your left knee to your chest. Switch to lift your right knee to your chest. Continue the movement, alternating legs and moving at a stationary running or sprinting pace.

Jump Towel Slam - from standing athletic position, feet hip-width apart, grab a towel folded in half, jump with arms extended overhead and slam into the floor, jump with torso upright position and repeat the process.

Strength Push-up - get on the floor on all fours, positioning your hands slightly wider than your shoulders. Elbows close to the ribcage. Lower your body until your chest nearly touches the floor. Extend your legs back so you are balanced on your hands and toes, feet hip-width apart. Pause, then push yourself back up and repeat.

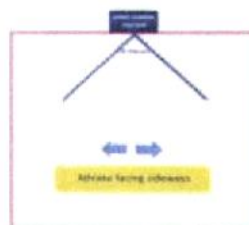
VIII. VIDEO RECORDING GUIDELINES

- A. Milo Entry Form should be shown on the screen before the performance.



Editing of entry form is **STRICTLY NOT ALLOWED**

- B. The contestants shall be 100% full body inside the screen.
The camera is not allowed to move, cannot zoom in and zoom out.
(Videos may be disqualified if parts of the body go out of the screen)
- C. Video entry should be in landscape orientation.
(Videos may be disqualified if it is in portrait orientation)



- D. The player should execute sideways.
(Videos may be disqualified if player is facing the camera)

- E. The angle of the video should be waist level.
(Videos may be disqualified if the angle is too high or too low)
- F. The video should be suitable lighting. (Videos may be disqualified if it is too dark)
- G. The video can be recorded indoors or outdoors. Please follow strictly the instructions from of the national and local health authorities with regard to social distancing, proper hygiene, etc.
- H. A timer should be always visible in the video.
 - Time starts on the 1st exercise



1. Timer App

2. Shown in Laptop/iPod

3. Shown in Mobile Phone

4. Shown in Digital Watch

IX. VIDEO UPLOADING GUIDELINES

- A. Videos must be uploaded in YouTube.
- B. Upload the video as Unlisted or Public. Make sure the video is NOT set to private.
- C. The YouTube Link must be attached in the online registration form.
- D. Strictly use this format for the title of the file:
NAME (First Name Last Name),School, Category
Juan Dela Cruz, QC High School, Elem 7-9 yo
Juan Dela Cruz, QC High School, Elem 10-12 yo Male

X. GENERAL PROVISIONS

1. Competition Rules: For all other matters not provided in these competition ground rules, the PATAFA Competition Rules and Interpretation, shall apply.
2. Competition Codes of Conduct: The PATAFA Competition Codes of Conduct shall be strictly enforced.
3. Participants must compete in athletic attire (Plain T-Shirt, Sando with matching Plain sports shorts, jogging pants or leggings)
4. Participants may perform in rubber shoes or barefoot

XI. AWARDS

Winning contestants in these categories shall be awarded the following:

- 1st place :
- 2nd place :
- 3rd place :
- 4th place :
- 5th place :

*All players will receive a Milo E-Certificate of Participation

*All officials will receive a Milo E-Certificate of Recognition

XII. HEALTH AND SAFETY PROTOCOL

1. Events in this tournament are all individual events.
2. The video can be recorded indoors or outdoors.
3. Temperature of the athlete and videographer must not be above 37.4 degrees Celsius.
4. Do not engage in physical activity if you are not feeling well.
5. Video recording must be done on a well-ventilated area.
6. Always maintain at least 2-meter distance.

7. If there are other people in the room, ensure that only the athlete performing is allowed to remove her face mask.
9. Please follow strict compliance to the IATF regulations.
<https://doh.gov.ph/sites/default/files/health-update/IATFResolution119.pdf>
10. Please follow strictly the health protocols from your local health authorities.

XIII. STREAMING

Competition will be streamed through Milo Facebook on Mat 21-22.

Competition schedule will be released two (2) days before the competition.



BASKETBALL SKILLS CHALLENGE

Competition Date:

May 21-22, 2022

Registration Period:

April 18 – May 6, 2022

Division:

- 7- 9 yrs old girls/boys (born 2013 – 2015)
- 10 – 12 yrs old girls/boys (born 2010 – 2012)
- 13 – 15 yrs old boys (born 2007- 2009)
- 13 - 15 yrs old born girls (2007- 2009)

REGISTRATION

All registration must be done online

Registration link : <https://bit.ly/BASKETBALL-MiloPP2022>

Competition registration fee : P150.00

PAYMENTS (Non-refundable):

Local: Php200.00 / category Deadline: MAY 6, 2022, 5pm (Philippine Time)

Local: Send it thru **GCash** @ 0920-908-9742, GCash Name: **RICARDO JR B.**

Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51

SKILLS CHALLENGE

Athletes will execute the following for 30 seconds:

7 - 9 yrs old

1. BLURR
2. FIGURE OF 8 SPEED DRIBBLE

10 - 12 YRS OLD

1. BLURR
2. FIGURE OF 8 2 BOUNCES
3. POUND SHUFFLE BETWEEN THE LEGS

13 - 15 YRS OLD

1. BLURR
2. FIGURE OF 8 2 BOUNCES
3. SHUFFLE BETWEEN THE LEGS

* Video samples of each skill will be posted in our BEST Center YouTube page:
<https://www.youtube.com/channel/UCOqZazonzgbjVWhcASMea2Q>

Requirements:

- Uniform – participants must wear rubber shoes, socks, shorts and shirt (jerseys are allowed). No competing logos with the sponsors or organizations are allowed.
- Ball – Only size 5 or 7 is allowed
- Video Recording
 - Skills challenge can be recorded outside or inside as long as there is ample light. Bad lighting may result in the judges not being able to count the repetitions accurately.
 - Raw videos will be submitted. Only video stitching of the recorded skills are allowed.
 - VIDEO TO FOLLOW
 - Recordings must be in landscape form. Portrait mode is not allowed.
 - At all times the participant and ball should be 100% inside the screen.
 - The video recording shall be done with the participant facing the camera.
 - At the start of the recording participant must hold a sign indicating his/her category, name, age, and school
 - A running 30 seconds timer per skill shall be displayed while doing the challenge
 - Videos must be uploaded in YouTube
 - Upload the video as UNLISTED or PUBLIC. Make sure the video is Not set to private
 - YouTube link must be attached in the online registration form
 - STRICTLY use this format for the title of the file/video:
Category, Name (First name, Last name), School

Example: Elementary 7-9 yrs old, Juan dela Cruz, Balara Elementary School

JUDGING:

- There will be 3 judges/counter.
 - 2 judges will rate the execution and 1 will count the repetitions.
- Criteria will be 60% for proper execution and 40% for number of repetitions



FOOTBALL CHALLENGE

IMPORTANT DATES

April 18 – May 6	Registration Period
May 8,	Deadline of Video Entry Submission
May 10	Submission of Winning Entries to MILO (9 entries)
May 21-22	Schedule of show/program (Milo Facebook)

REGISTRATION

All registration must be done online

Registration link : <https://bit.ly/MiloPP-Football>

Competition registration fee : P100.00

PAYMENTS (Non-refundable):

Deadline: MAY 6, 2022, 5pm (Philippine Time)

Local: Send it thru **GCash** @ 0920-908-9742, GCash Name: **RICARDO JR B.**

Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51

Day 1 – Dribbling Challenge

Ball

- Participants must use a football size 5. (HS)
- Participants must use a football size 4. (elementary)
- Ball must not be same color as player's background. For juggling, it is best if ball is also a different color from player's clothes.

Space

- Space or the figure 8 running challenge and dribbling challenge, the distance of the markers must be 5 feet apart to be measured by a ruler in front of the judges.
- Ample lighting is necessary so judge is able to count accurately. Please make sure there is no glare behind you.
- Skills challenges may be executed on grass, turf, mats or any hard surface (ie. cement, asphalt, wood)

Mechanics

- Judge will count how many complete figure 8's a player is able to make within 45 seconds.
- Participants are to run as quickly as they can to make the most number of repetitions possible.
- Participants will need 3 markers set up 5 feet apart, visible on screen with space for player to run around it.
- The number of rounds made past the starting marker will determine the winner.
- In the event of a tie, the participant who reaches the furthest point at the 45 second mark will determine their ranking.

Day 1 – Freestyle Juggling Challenge**Ball**

- Participants must use a football size 5. (HS)
- Participants must use a football size 4. (elementary)
- Ball must not be same color as player's background. For juggling, it is best if ball is also a different color from player's clothes.

Space

- Space for juggling: we recommend a 2m x 2m space (6ft x 6ft); however if this is not possible, please try to ensure judges can see your full body or at least the body parts you intend to juggle with.
- Ample lighting is necessary so judge is able to judge accordingly. Please make sure there is no glare behind you.
- Skills challenges may be executed on grass, turf, mats or any hard surface (ie. cement, asphalt, wood)

Mechanics

- Participants may only use feet, thigh, chest and head to juggle.
- Participants will be judged on the following criteria:
 - Ball Mastery (proper execution of technique, precision and accuracy) – 40
 - Artistic Execution (harmony of movement, aesthetic expression) – 30
 - Choreography (creativity and originality) – 20
 - Overall Impact of Performance (composure, stage presence and focus) - 10



The **1st Milo Palarong Pambahay Rhythmic Gymnastics Competition** is a sports event organized by Milo Philippines. The competition will be streamed live at the official Facebook page of Milo Philippines.

IMPORTANT DATES:

April 18 to May 6, 2022	Registration period
May 7-10	Judging of entries
May 21-22	Competition to be shown in Milo Facebook

I. GENERAL GUIDELINES

A. Eligibility

1. Competition is open to all elementary and secondary students from both public and private schools;
2. Participating teams/members are required to submit their enrollment certificate issued by their respective schools; and
3. The gymnast's age eligibility will be based on the year of birth, during the year of competition, as follows:
 - i. Elementary
 - 7- 9 years (2011; 2012; 2013)
 - 10- 12 years old (2008; 2009;2010)
 - ii. Secondary
 - 13 – 15 years old (2005; 2006; 2007)

B. Registration Link

All interested gymnasts may register to this link: <https://bit.ly/1MiloPPRGC>.

C. Participation Fee

A participation fee amounting to **One Hundred Pesos (Php 100.00)** is required from all interested participating gymnasts.

PAYMENTS (Non-refundable):

Deadline: MAY 6, 2022, 5pm (Philippine Time)

Local: Send it thru **GCash @ 0920-908-9742**, GCash Name: **RICARDO JR B.**

Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51

D. Competition Queries

1. Verification of scores must be done in writing only by the Official Coach and must be submitted right after the announcement/flashing of the gymnast's score. This should be addressed only by the Tournament Manager;
2. Validity of the scores (*FIG Technical Regulations, Section 1, Art. 8.3*): In cases where the scores being announced/flashed differs from what is in the official computer tabulation of the Judge Secretary, the scores registered in the computer of the Judge Secretary shall prevail;
3. Inquiries of the score (*FIG Technical Regulations, Section 1, Art. 8.4*): Inquiries on the Difficulty Score is allowed, however, inquiries on the execution score is not permitted;
4. Submission of Queries (written) should be **within 4 minutes** right after the score is announced/flashed. Late inquiries will not be entertained. A coach is not allowed to complain against a gymnast from another team; and
5. The judges' decision is final.

E. Apparatus Finals

1. Eight finalists, per event in each category will make it to the Apparatus/Event Finals.

F. Disruptive Behavior

1. Unsportsmanlike behavior; and
2. A coach who is found guilty of harassing or causing undue trouble with or without direct impact on the result/performance of the gymnasts/team will be reprimanded.

II. TECHNICAL GUIDELINES

A. General Rules

The *Federation Internationale de Gymnastique (FIG) Code of Points 2017-2020*, Updated Version valid from 1st of February 2018 will be used in the conduct of the **1st Milo Palarong Pambahay Rhythmic Gymnastics Virtual Competition** in consonance with the FIG Appendix to the COP, Technical Regulations, Statutes, and Apparatus Norms. The elementary level will observe the Gymnastics Association of the Philippines (GAP) Rhythmic Gymnastics Age Group Program 2017-2020 (PreJunior Category) while the secondary level will observe the FIG Junior Category.

Provision: all updates, errata, newsletters, and the like that are released by the FIG will be adapted as they are announced in effect.

B. Competition Requirements.

Elementary (7- 9 years old Developmental)			
Music	60 -75 seconds		
Competition Area	10 x 10 minimum		
Requirements	Freehand	Ball	Value
BD (Jumps/Leaps, balance & Rotation)	Min 3 max 5	Min 3 Max 5	Difficulties 0.10-.30 FIG Code
Dance Steps	Min 1 Max 2	Min 1 Max 2	0.30 each
Waves	3 different waves	2 different Waves	0.10 each (Freehand)
Pre - Acrobatics	Min 1 Max 2	No min Max 1	0.20 -0.40
AD	-----	Min 1 Max 3	0.20,0.30 0.40
Dynamic Element of Rotation	-----	No Min Max 1	
Elementary (10 -12 years old Pre Junior)			
Music	75 -90 seconds		
Competition Area	13 x 13		
Requirements	ROPE/BALL		Value
BD (Jumps/Leaps, balance & Rotation)	Min 3 Max 6 only		Difficulties 0.10-0.50 Only (fig code)
Dance Steps	Min 1 Max 2		0.30
Waves	2 different Waves		-----
AD	Min 1 Max 5		0.20,0.30 0.40 (fig code)

Dynamic Element of Rotation	No Min Max 2	FIG CODE
Secondary (13- 15 Juniors)		
Music	60 -75 seconds	
Competition Area	13 x 13	
Requirements	CLUBS/RIBBON	Value
BD (Jumps/Leaps, balance & Rotation)	Min 3 ,7highest BD count	FIG CODE
Dance Steps	Min 1 Max 2	FIG CODE
Waves	2 different Waves	-----
AD	No Min No limit	0.20,0.30 0.40 (fig code)
Dynamic Element of Rotation	Min1 Max 4	FIG CODE

1. Dress/Attire of Gymnast

- a. A correct RG leotard must be in non-transparent materials; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest);
- b. The neckline of the front and back of the leotard must no further down than half of the sternum and the lower line of the shoulder blades;
- c. Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed;
- d. The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum), undergarments worn beneath the leotards should not be visible beyond the seams of the leotard itself;
- e. The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body; however, decorative applications are allowed as long as they do not jeopardize the safety of the gymnast;
- f. It is allowed to wear: long tights over/under the leotards, a one-piece tightfitting unitard, a skirt that does not fall further than the pelvic area, the style of the skirt is free; and
- g. Bandages and support pieces cannot be in colors and must be of skin color.
 - *Penalty (Coordinator Judge): 0.30 point deduction if any of the above is violated.*

2. Apparatus

Although gymnasts are encouraged to use apparatus with standard dimensions set by the FIG, the GAP Technical Committee and the DepEd Palarong Pambansa, in consideration of the gymnasts' physical and psychomotor level of development, would allow gymnasts to use apparatus with the following dimensions in Elementary Level competitions:

- a. Ball dimensions: 160-180 mm diameter, 300g minimum;
- b. Clubs dimensions: 300-400 mm;
 - ✦ Weight: 150 g. min./Shape: Bottle shape/Diameter of the head: 30 mm max.
 - ✦ Elementary (developmental/pre-junior) gymnasts are allowed to use smaller than junior sized clubs

- c. Ribbon length: 4 meters in length, with 1 meter fold at the end attached to the stick.

For Secondary Level competitions, the use of apparatus which complies with the standard dimensions set by the FIG in Junior International competitions is required, including the ribbon length (which needs to be 5 meters long for Juniors according to FIG Junior Regulations).

- ✦ *Penalty: (Coordinator Judge) 0.50 pts for the use of non-conforming apparatus.*
- ✦ Apparatus must be GAP approved for Elementary & FIG approved for Secondary

6. Jury Composition

a. Judges' Panel

Each jury will consist of 2 groups of judges: **D- Panel (Difficulty)**, and **E- Panel (Execution)**.

b. Composition of the Panels

Difficulty Judges' Panel (D): 4 judges, divided into 2 subgroups

- The first (D) subgroup - 2 judges (D1 and D2)
- The second (D) subgroup - 2 judges (D3 and D4)

Execution Judges' Panel (E): 6 judges, divided into 2 subgroups

- The first (E) subgroup - 2 judges (E1, E2): Evaluate Artistic faults
- The second (E) subgroup - 4 judges (E3, E4, E5, E6): Evaluate Technical faults

- c. Modifications to the Judges' Panels are possible for other international competitions and for national and local competitions (4 Difficulty Judges and 4 Execution Judges).

7. Functions of Each Jury/Panel

- a. **The first subgroup of D-Panel Judges (D1 and D2)** records the content of the exercise in symbol notation: evaluates the number and technical value of Body Difficulties (BD), number and value of Dance Steps Combinations (S); D1 and D2 judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).
- b. **The second subgroup of D- Panel Judges (D3 and D4)** records the content of the exercise in symbol notation: evaluates the number and technical value of Pre-Acrobatic Element Series/Dynamic Elements with Rotation (R) and the number and technical value of the Apparatus Difficulty (AD) and Body Waves (); D3 and D4 judges evaluate the entire exercise independently and then jointly determine the partial D-score content (One Single common score).
 - ✦ Brief discussion in each subgroup is allowed if needed; in case of disagreement between the judges, the Superior Jury/Tournament Director will be consulted.
 - ✦ **The Final D- score** will be the sum of the two partial D-scores.
 - ✦ **The D1 judge(s) of the D-Panel Jury is the Coordinator Judge.** This judge will apply the penalties for leaving the floor area, timing of the exercises, and all the other penalties indicated in the table of penalties for Coordinator Judge.
 - ✦ The Superior Jury/Tournament Director must confirm the penalties given by the Coordinator Judge (D1).

- ✦ **Functions of the E- Panel:** must evaluate the faults and apply the corresponding deductions correctly.
 - **The first (E) subgroup - 2 judges (E1, E2)** evaluates the Artistic component independently and then jointly determines the Artistic penalties (one single common score). Discussion in subgroup is allowed if needed; in case of disagreement between E1 and E2, the counsel of the Superior Jury/Tournament Director must be solicited.
 - **The second (E) subgroup - 4 judges (E3, E4, E5, E6)** evaluates the Technical faults by deduction, determining the total deduction independently and without consulting the other judges (Average of the 2 middle scores).
 - Artistic and Technical deductions are entered separately for the final Execution score. The E-score deductions will be the sum of the two partial E- score deductions.
 - **The Final E- Score:** Sum of the Artistic and Technical deductions are subtracted from 10.00 points.
- ✦ The final score of an exercise will be established by the addition of the D-score and E-score.

8. General Notes: Applicable to Both Elementary and Secondary Levels

- a. All coaches must be updated and abreast with the latest trends in Rhythmic Gymnastics.
- b. Coaches may visit FIG website for more updates and details at www.FIGgymnastics.com.
- c. The general Difficulty and Execution norms for Individual Senior and Junior Exercises are also valid for individual Pre-Junior and Developmental Exercises.
- d. FIG NEW RULES will automatically **be applied** WITHOUT FURTHER NOTICE as deemed official and applicable by FIG RG TC.

9. Schedule of Activities

Registration Deadline	TBA
Video Submission Deadline	Video entries must sent on or before April 18, 2022 Email Address: TBA
	➤ FULLNAME/CATEGORY/APPARATUS/SCHOOL ➤ Example: KRIS_LEEPING/ELEM/BALL/NOHS
Award	<ul style="list-style-type: none"> ○ Awards will be given by Category per event ○ 1st, 2nd, 3rd places (Medals and Virtual Certificates) ○ Virtual Certificates to all participating clubs and participants
Provisional Schedules	<ul style="list-style-type: none"> ○ Coaches Meeting April 19, 2020 Time: TBA ○ Judges Meeting April 19, 2022

	Time: TBA
Elimination	➤ April 22, 2022 Time: TBA
Finals	➤ April 24 , 2022 (2:00- 2:30pm)
<p>Video Requirements</p> <ol style="list-style-type: none"> 1. Video entries must shoot horizontally (landscape mode); 2. Video can be filmed in the gym as long as the competition area is being observed; 3. Camera should be steady; 4. Recording starts from the very beginning until the end of the performance 5. No other individuals, except the gymnast, must be seen in the videos; 6. Performance must be continuous and should not edited (no splicing and stitching); 7. Video resolution must 720p to 1080p (HD) 8. No extraneous noises, comments and effects in the video. <p>NOTE:</p> <ul style="list-style-type: none"> ○ <i>Some videos will be used in the finals.</i> ○ <i>Automatically, all participating teams give full permission to publish their respective videos and photos in our social medial accounts such as Facebook.</i> 	

KRIS JOY J. LEEPING
Tournament Manager



JUMP ROPE ONLINE SINGLE UNDER AND SPEED STEP CHAMPIONSHIPS

1. IMPORTANT DATES

April 18-May 6,	Registration period
May 7-10,	Offline judging of entries
May 21-22,	Schedule of show/program (Milo Facebook)

2. QUALIFICATION FOR PARTICIPATION

1. Contestants shall represent their affiliated school.
2. Age requirements:
 - 7-9 years old (born 2013-2015) - Elementary
 - 10-12 years old (born 2010-2012) - Elementary
 - 13 -15 years old (born 2007-2009) - High School

3. DIVISIONS AND CATEGORIES

1. Elementary from 7-12yo Unisex
2. High School from 13-15yo Male and Female Separated By Divisions

<u>DIVISION</u>	<u>YEAR OF BIRTH</u>
• Elementary (7-9yo)	Born 2013 to 2015
• Elementary(10-12yo)	born 2010 to 2012
• High School (13-15yo)	Born 2007 to 2009

***GRADE SCHOOL DIVISION ***

We will follow the YEAR OF BIRTH of the athlete
All participants will be categorized / grouped based on gender and age
Categories may be merged or subcategorized depending on the number of participants

4. EVENT

- Single Unders (7-9yo and 10-12yo)
- Speed Step (13-15yo)

5. REGISTRATION

1. All registration must be done online
2. Registration link: <https://bit.ly/JUMPROPE-MiloPP2022>
3. Competition registration fee: P 100.00
4. Payment procedure:
 - Local: Send it thru **GCash @ 0920-908-9742**, GCash Name: **RICARDO JR B.**
 - Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51
 - Deadline: **MAY 6, 2022, 5pm (Philippine Time)**

6. SCORING SYSTEM

1. Cut off system (Top 3 players will be awarded)
2. Scoring shall be based on the Scoring Parameters below:
 - A. Single Unders
 - a. Total number of single unders in 45 sec
 - b. If total number of repetitions are tied, jumper with fewer mistakes takes the lead
 - c. If total number of repetitions and mistakes are tied, jumper with the longest unbroken streak takes the lead
 - d. If total number of repetitions, mistakes, and longest streak are tied, jumper to reach the repetitions for the longest streak first takes the lead
 - B. Speed Step
 - a. Total number of speed steps in 45 sec
 - b. If total number of repetitions are tied, jumper with fewer mistakes takes the lead
 - c. If total number of repetitions and mistakes are tied, jumper with the longest unbroken streak takes the lead
 - d. If total number of repetitions, mistakes, and longest streak are tied, jumper to reach the repetitions for the longest streak first takes the lead

7. COMPETITION MECHANICS

Rope

- the jumper may choose any type of jump rope for the event
- ropes can be of any length

Single Unders

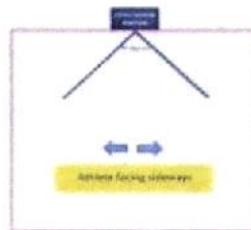
- most number of reps within 45 secs
- judges count each jump where both feet land simultaneously after the rope has passed underneath

Single Rope Speed Sprint

- most number of reps within 45 secs
- judges count the first completed right foot jump and each additional alternating right foot jump

8. VIDEO RECORDING GUIDELINES

- A. The contestants shall be 100% full body inside the screen.
The camera is allowed to move in an angle left and right but cannot zoom in and zoom out.
(Videos may be disqualified if parts of the body go out of the screen)
- B. Video entry should be in landscape orientation.
(Videos may be disqualified if it is in portrait orientation)



- C. The angle of the video should be waist level.
(Videos may be disqualified if the angle is too high or too low)
- D. The video should have suitable lighting. (Videos may be disqualified if it is too dark)
- E. The video can be recorded indoors or outdoors. Please strictly follow the instructions from the national and local health authorities with regard to social distancing, proper hygiene, etc.
- F. A timer should be always visible in the video.

- OPTIONS:



1. Video overlay



2. Shown in TV



3. Shown in laptop



4. Shown in phone/timer

9. VIDEO UPLOADING GUIDELINES

- A. Videos must be uploaded in YouTube
- B. Upload the video as Unlisted or Public. Make sure the video is NOT set to private.
- C. The YouTube Link must be attached in the online registration form.
- D. Strictly use this format for the title of the file:
NAME (First Name Last Name), CHAPTER, Division
Juan Dela Cruz, QC High School, Junior

10. GENERAL PROVISIONS

1. Competition Rules: For all other matters not provided in these competition ground rules, the PJRA Competition Rules and Interpretation, shall apply.
2. All participants must wear their school PE uniform or any workout attire.
3. All participants must wear supportive athletic shoes.

11. AWARDS

Winning contestants in these categories shall be awarded the following:

1st place :

2nd place :

3rd place :

*All players will receive a Milo E-Certificate of Participation

*All officials will receive a Milo E-Certificate of Recognition

12. HEALTH AND SAFETY PROTOCOL

1. Events in this tournament are all individual events.
2. The video can be recorded indoors or outdoors.
3. Temperature of the athlete and videographer must not be above 37.4 degrees Celsius.
4. Do not engage in physical activity if you are not feeling well.
5. Video recording must be done on a well-ventilated area.
6. Always maintain at least 2-meter distance.
7. If there are other people in the room, ensure that only the athlete performing is allowed to remove her face mask.
9. Please follow strict compliance to the IATF regulations.
<https://doh.gov.ph/sites/default/files/health-update/IATFResolution119.pdf>
10. Please follow strictly the health protocols from your local health authorities.

13. STREAMING

Competition will be streamed through Milo Facebook on May 21-22, 2022.

Competition schedule will be released two (2) days before the competition.

14. COORDINATING CENTER AND CONTACT PERSONS



KARATEDO

VIRTUAL INDIVIDUAL KATA COMPETITION GENERAL COMPETITION GUIDELINES

IMPORTANT DATES:

April 18 – May 6

Registration Period

May 21-22

Schedule of show/program (Milo Facebook)

1. This championship is open to all Schools.
2. Participants must strictly adhere to the IATF Protocols. (Violators of the IATF Protocols will be automatically disqualified.)
3. Members of the National Team are not allowed compete in this championship.
4. Entries by name should be submitted through email on or before May 6, 2022 at **orgcom.kpi@gmail.com**
 - Only videos submitted through link provided will be deemed official entries. Deadline of submission of videos will be on or before May 6, 2022 at 5:00pm. Video filenames should follow this format:
 - For EKata: NAME OF PLAYER_ KATA
(sample: MARIA DELA CRUZ_ KATA)
 - For Efantom: NAME OF PLAYER_ KUMITE
(sample: MARIA DELA CRUZ_ KUMITE)

Note: Coaches must double check and be careful in uploading the video(s) because once you upload it, you cannot view it again. Failure to follow will face disqualification.

5. Only Top 4 on each category will consider as winners.

GUIDELINES ON ACTUAL PERFORMANCE OF E-KATA

1. Use any of these materials (bond paper, whiteboard, tablet or cellphone) to indicate your match code. CODE: Milo 2022 (only competitors will be the one who will show the code before his/her performance.)
2. All competitors should be in complete Karate Uniform.
3. Competitors **MUST** wear their rank belts.

4. No specific video location requirement except that it must be on a flat surface that is free of hazard with relative silence and sufficient light condition.
5. Camera must be positioned at about eye level of competitor and must have a viewing angle that includes his/her whole body.
6. Recommended resolution: 720p or higher
7. Recording must provide good quality audio capture without background noise.
8. Edited videos are not allowed (No change of audio, no overlays, no pause and no cutting, speed ups or slowdowns).

GUIDELINES ON ACTUAL PERFORMANCE OF E-FANTOM KUMITE

1. Use any of these materials (bond paper, whiteboard, tablet or cellphone) to indicate your match code. CODE: Milo 2022 (only competitors will be the one who will show the code before his/her performance.)
2. All competitors should be in complete Karate Uniform.
3. Competitors may wear their rank or competition belts.
4. Protective equipment are mandatory (Gloves, instep protectors and Shin guards)
5. No specific video location requirement except that it must be on a flat surface that is free of hazard with relative silence and sufficient light condition.
6. Camera must be positioned at about eye level of competitor and must have a viewing angle that includes his/her whole body.
7. Competitor can move around his/her target specially to demonstrate precision and accuracy of techniques.
8. Recommended resolution: 720p or higher
9. Recording must provide good quality audio capture without background noise.
10. Edited videos are not allowed (No change of audio, no overlays, no pause and no cutting, speed ups or slowdowns).
11. **TARGET:**
 - 11.1. A ball, headgear or similar target that is about 8-12 inches across. It may be sit on topof a pole or stick or hanging from a rope from above.
 - 11.2. Ideally, it is prescribed that the target must be about as high as the competitor head level.
12. **OBJECTIVE:**
 - 12.1. The competitor must demonstrate a variety of their best kumite techniques towards the target (JODAN ONLY) within 20 seconds
 - 12.1. Start of time indicator will be the coach WHISTLE. Any technique thrown more than 20 seconds after that will not be included in the judging.
13. **JUDGING**
 - 13.1. Five (5) judges will score the performance by starting from a highest score of 10.0 and deducting of 0.2 for every fault or failure to observe the following scoring criteria.
 - 13.2. Quality and difficulty of techniques
 - 13.3. Formulation of combinations

- 13.4 Speed and Power
- 13.5. Precision and Accuracy
- 13.6. Distance (up to 10cm distance from target is considered a score)
- 13.7. Technique Variations
- 13.8. No touch of any kind on the target is allowed (Any contact will automatically be a deduction)
- 13.9. Kiai is voluntary and not part of the scoring criteria.

Upright and hanging punching bags and targets installed on the wall are not allowed as this are deemed heavy or immovable and will be an inconsistent indicator of contact. Such targets are regarded as heavy and immovable and will be an inconsistent indicator of contact. Competitors who use such targets will automatically be eliminated from the competition.

CATEGORIES for E-KATA: Day 1

Intermediate Kata, Yellow to Purple belt only

- | | |
|--------------------------------------------------------------------|-----------------------------|
| 8 years old and below BOYS | 8 years old and below GIRLS |
| 9 -11 years old BOYS | 9 -11 years old GIRLS |
| REQUIRED KATA: Kihon Kata, Taikyuku, Heian, Pinan and Gekisai Kata | |

Advance Kata, Brown and Black belt only

- | | |
|-------------------------------------------------------|-----------------------------|
| 8 years old and below BOYS | 8 years old and below GIRLS |
| 9 -11 years old BOYS | 9 -11 years old GIRLS |
| REQUIRED KATA: All Kata listed on WKF Kata is allowed | |

CATEGORIES for E-FANTOM KUMITE: Day 2

Intermediate E-FANTOM KUMITE (Yellow to Purple Belt)

- | | |
|-----------------------------|-----------------------------|
| 9 -11 years old under BOYS | 9 -11 years old under GIRLS |
| 12 -15 years old under BOYS | 12-15 years old under GIRLS |

Advance E-FANTOM KUMITE (Brown and Black Belt)

- | | |
|-----------------------------|-----------------------------|
| 9 -11 years old under BOYS | 9 -11 years old under GIRLS |
| 12 -15 years old under BOYS | 12-15 years old under GIRLS |

AWARDS:

1. All Individual winners will receive Certificate and Medal (Gold, Silver and Bronze).
- *Medals will be send thru LBC (Courier services will be shoulder by the coaches)

PAYMENTS (Non-refundable):

- Local: Php200.00 / category Deadline: MAY 6, 2022, 5pm (Philippine Time)
- Local: Send it thru **GCash @ 0920-908-9742**, GCash Name: **RICARDO JR B.**
- Bank: BPI, Account Name: **EXCEL EVENTS CONCEPTS**, Account Number: 2930-0038-51

Please contact Jeffrey Lagasca of KPSFI Organizing Committee for question and inquiry at 09752989017 or you can send an email at orgcom.kpi@gmail.com



TAEKWONDO ONLINE SPEED KICKING CHAMPIONSHIPS

I. IMPORTANT DATES

April 18 to May 6, 2022	Registration period
May 7-10	Judging of entries
May 21-22	Competition to be shown in Milo Facebook

II. QUALIFICATION FOR PARTICIPATION

1. Only members of affiliated schools who are in good standing with the Philippine Taekwondo Association may join the competition.
2. Contestants shall represent their affiliated school.
3. Age requirements:
 - 7-9 years old (born 2013-2015) - Elementary
 - 10-12 years old (born 2010-2012) - Elementary
 - 12-13 years old (born 2009-2010) - High School
 - 14 -15 years old (born 2007-2008) - High School
4. Belt Requirement: All participants must be yellow, blue, red, brown or black belts.

III. DIVISIONS AND CATEGORIES

1. Male and Female separated
2. Division by year of birth

DIVISION	YEAR OF BIRTH
Elementary (7-9yo)	Born 2013 to 2015
Elementary (10-12yo)	born 2010 to 2012
High School (12-13yo)	Born 2009 to 2010
High School (14-15yo)	Born 2007 to 2008

2. Category by Belt Level

CATEGORY	BELT LEVEL
Novice 1	Yellow and Blue
Novice 2	Red and Brown
Advanced	Black

3. Weight Categories

HIGH SCHOOL DIVISION (14-15yo)

WEIGHT CATEGORY	MALE	FEMALE
1. Fin - Fly	48 - below	44 kg. and below
2. Bantam - Feather	over 48 - 55 kg.	over 44 - 49 kg.
3. Light - Welter	over 55 - 63 kg.	over 49 - 55 kg.
4. Lt. Middle - Middle	over 63 - 73 kg.	over 55 - 63 kg.
5. Lt. Heavy - Heavy	over 73 kg.	over 63 kg.

HIGH SCHOOL DIVISION (12-13yo)

WEIGHT CATEGORY	MALE	FEMALE
1. Fin - Fly	37 kg. and below	33 kg. and below
2. Bantam - Feather	over 37 - 45 kg.	over 33 - 41 kg.
3. Light - Welter	over 45 - 53 kg.	over 41 - 47 kg.
4. Lt. Middle - Middle	over 53 - 61 kg.	over 47 - 55 kg.
5. Lt. Heavy - Heavy	over 61 kg.	over 55 kg.

***GRADE SCHOOL DIVISION ***

We will follow the YEAR OF BIRTH of the player

All participants will be categorized / grouped based on gender, age and belt.
Categories may be merged or subcategorized depending on the number of participants

IV. EVENT

Free Kicking Event

V. REGISTRATION

1. All registration must be done online
2. Registration link: <https://tinyurl.com/PALARONGPAMBAHAY>
- 3.
4. Competition registration fee: P250 per participant
5. Payment procedure: (to follow)

VI. SCORING SYSTEM

1. Cut off system (Top 4 players will be awarded)
2. Scoring shall be based on the Scoring Parameters below:
 - A. Technical (40%)
 - a. Total number kicks delivered
 - b. Total number of head
 - c. Total number of turning kicks and punches
 - B. Performance (60%)
 - a. Quality of kick
 - b. Difficulty of kick and kicking combination
 - c. Overall performance

VII. COMPETITION MECHANICS

Players will take a video of themselves executing as many kicks possible for their skill division following time limit on the chart below.

CATEGORY	TIME LIMIT	MIN. NO. OF KICKS	MIN. NO. OF PUNCHES
Novice 1 (Yellow and Blue)	30 seconds	20 Kicks	4 Punches
Novice 2 (Red and Brown)	60 seconds	50 Kicks	6 Punches
Advanced (Black)	60 seconds	70 Kicks	6 Punches

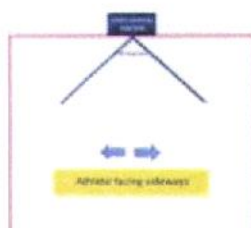
VIII. VIDEO RECORDING GUIDELINES

B. Milo Entry Form should be shown on the screen before the performance.



Editing of entry form is **STRICTLY NOT ALLOWED**

- C. The contestants shall be 100% full body inside the screen.
The camera is allowed to move in an angle left and right but cannot zoom in and zoom out.
(Videos may be disqualified if parts of the body go out of the screen)
- D. Video entry should be in landscape orientation.
(Videos may be disqualified if it is in portrait orientation)



- E. The player should kick facing sideways.
(Videos may be disqualified if player is facing the camera)
- F. The angle of the video should be waist level.
(Videos may be disqualified if the angle is too high or too low)
- G. The video should be suitable lighting. (Videos may be disqualified if it is too dark)
- H. The video can be recorded indoors or outdoors. Please follow strictly the instructions from of the national and local health authorities with regard to social distancing, proper hygiene, etc.
- I. A timer should be always visible in the video.
- Time starts on the **1st kick**
 - **OPTIONS:**



1. Edited



2. Shown in TV



3. Shown in laptop



4. Shown in phone/timer

IX. VIDEO UPLOADING GUIDELINES

- A. Videos must be uploaded in YouTube.
- B. Upload the video as Unlisted or Public. Make sure the video is NOT set to private.
- C. The YouTube Link must be attached in the online registration form.
- D. Strictly use this format for the title of the file:
NAME (First Name Last Name), CHAPTER, Division
Juan Dela Cruz, QC High School, Junior

X. GENERAL PROVISIONS

- 1. Competition Rules: For all other matters not provided in these competition ground rules, the PTA Competition Rules and Interpretation, shall apply.
- 2. Competition Codes of Conduct: The PTA Competition Codes of Conduct shall be strictly enforced.
- 3. All participants must wear the official PTA Kyorugi Uniform.
- 4. All participants must perform barefoot (wearing of shoes or any footwear will NOT be allowed)

XI. AWARDS

Winning contestants in these categories shall be awarded the following:

- 1st place : Milo Gold Medal
- 2nd place : Milo Silver Medal
- 3rd and 4th place : Milo Bronze Medals

*All players will receive a Milo E-Certificate of Participation

*All officials will receive a Milo E-Certificate of Recognition

XII. HEALTH AND SAFETY PROTOCOL

- 1. Events in this tournament are all individual events.
- 2. The video can be recorded indoors or outdoors.
- 3. Temperature of the athlete and videographer must not be above 37.4 degrees Celsius.
- 4. Do not engage in physical activity if you are not feeling well.
- 5. Video recording must be done on a well-ventilated area.
- 6. Always maintain at least 2-meter distance.
- 7. If there are other people in the room, ensure that only the athlete performing is allowed to remove her face mask.

9. Please follow strict compliance to the IATF regulations.

<https://doh.gov.ph/sites/default/files/health-update/IATFResolution119.pdf>

10. Please follow strictly the health protocols from your local health authorities.

XIII. STREAMING

Competition will be streamed through Milo Facebook on April 9-10.

Competition schedule will be released two (2) day before the competition.

XIV. COORDINATING CENTER AND CONTACT PERSONS

PTA Tournament Manager: Ricky Santiago (0917 791-2542)

Documentation: Dane Pio de Roda



TAEKWONDO ONLINE POOMSAE CHAMPIONSHIPS

XV. IMPORTANT DATES

April 18 to May 6, 2022	Registration period
May 7-10	Judging of entries
May 21-22	Competition to be shown in Milo Facebook

XVI. QUALIFICATION FOR PARTICIPATION

5. Only members of affiliated schools who are in good standing with the Philippine Taekwondo Association may join the competition.
6. Contestants shall represent their affiliated school.
7. Age requirements:
 - 7-9 years old (born 2013-2015) - Elementary
 - 10-12 years old (born 2010-2012) - Elementary
 - 12-13 years old (born 2009-2010) - High School
 - 14 -15 years old (born 2007-2008) - High School
8. Belt Requirement: All participants must be yellow, blue, red, brown and black belts.

XVII. DIVISIONS AND CATEGORIES

3. Male and Female separated
4. Division by Year of Birth

DIVISION	YEAR OF BIRTH
Elementary (7-9yo)	Born 2013 to 2015
Elementary (10-12yo)	born 2010 to 2012
High School (12-13yo)	Born 2009 to 2010
High School (14-15yo)	Born 2007 to 2008

5. Category by Belt Level

CATEGORY	BELT LEVEL
Novice 1	Yellow and Blue
Novice 2	Red and Brown
Advanced	Black

6. Required Poomsae per Belt Level

	Yellow (7 th - 8 th kup)	Blue (5 th - 6 th kup)	Red (3 rd - 4 th kup)	Brown (1 st - 2 nd kup)	Black
High School (14-15yo)	Taeguk 1	Taeguk 3	Taeguk 5	Taeguk 7	Pyongwon
High School (12-13yo)	Taeguk 1	Taeguk 3	Taeguk 5	Taeguk 7	Taebaek
Elementary (10-12yo)	Taeguk 1	Taeguk 3	Taeguk 5	Taeguk 7	Koryo
Elementary (7-9yo)	Taeguk 1	Taeguk 3	Taeguk 5	Taeguk 7	Koryo

XVIII. EVENT

Individual Recognized Poomsae

XIX. REGISTRATION

6. All registration must be done online
7. Registration link: (to follow)
8. Competition registration fee: P250 per participant
9. Payment procedure: (to follow)

XX. SCORING SYSTEM

Individual Recognized Poomsae

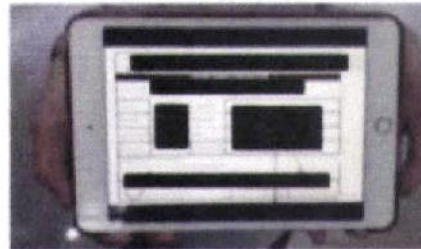
1. Accuracy (4.0)
 - a. Accuracy in basic movements
 - b. Accuracy in individual movement of the Poomsae
 - c. Balance
2. Presentation (6.0)
 - a. speed and power 2.0
 - b. Control of power, speed and rhythm 2.0
 - c. Expression of energy 2.0

XXI. METHOD OF COMPETITION AND SCORING

1. Individual Recognized Poomsae
 - a. Deduction Factors
 - i. 0.1 Deduction
 - ii. When a contestant makes a small mistake in individual movement (see WT Poomsae Rules & Interpretations as enforced as of May 14, 2019).
 - b. 0.3 Deduction
 - i. Every technique that is out of video frame
 - ii. Each time a contestant makes a big mistake in individual movement (see WT Poomsae Rules & Interpretations as enforced as of May 14, 2019).

XXII. VIDEO RECORDING GUIDELINES

- J. Milo Entry Form should be shown on the screen before the performance.



Editing of entry form is STRICTLY NOT ALLOWED

- K. The contestants shall be 100% full body inside the screen.
The camera is allowed to move in an angle left and right but cannot zoom in and zoom out.
(Videos may be disqualified if parts of the body go out of the screen)
- L. Video entry should be in landscape orientation.
(Videos may be disqualified if it is in portrait orientation)
- M. The angle of the video should be waist level.
(Videos may be disqualified if the angle is too high or too low)
- N. The video should be suitable lighting. (Videos may be disqualified if it is too dark)
- O. The video can be recorded indoors or outdoors. Please follow strictly the instructions from of the national and local health authorities with regard to social distancing, proper hygiene, etc.
- P. No background music

XXIII. VIDEO UPLOADING GUIDELINES

- E. Videos must be uploaded in YouTube.
- F. Upload the video as Unlisted or Public. Make sure the video is NOT set to private.
- G. The YouTube Link must be attached in the online registration form.
- H. Strictly use this format for the title of the file:
NAME (First Name Last Name), CHAPTER, Division
Juan Dela Cruz, QC High School, Junior

XXIV. GENERAL PROVISIONS

5. Competition Rules: For all other matters not provided in these competition ground rules, the PTA Competition Rules and Interpretation, shall apply.
6. Competition Codes of Conduct: The PTA Competition Codes of Conduct shall be strictly enforced.
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XXVI. HEALTH AND SAFETY PROTOCOL

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4. Do not engage in physical activity if you are not feeling well.
5. Video recording must be done on a well-ventilated area.
6. Always maintain at least 2-meter distance.
7. If there are other people in the room, ensure that only the athlete performing is allowed to remove her face mask.
8. Always maintain at least 2-meter distance.
9. Please follow strict compliance to the IATF regulations.
<https://doh.gov.ph/sites/default/files/health-update/IATFResolution119.pdf>
9. Please follow strictly the health protocols from your local health authorities.

XXVII. STREAMING

Competition will be streamed through Milo Facebook on April 23-24.

Competition schedule will be released two (2) day before the competition.

XXVIII. COORDINATING CENTER AND CONTACT PERSONS

PTA Tournament Manager: Ricky Santiago (0917 791-2542)

Documentation: Dane Pio de Roda