



Republic of the Philippines
Department of Education
REGION VIII - EASTERN VISAYAS

February 9, 2026

REGIONAL MEMORANDUM

No. **159** s. 2026

KEY UPDATES ON THE 2026 PALARONG PAMBANSA

To: School Division Superintendents
Division Sports Officers
All Other Concerned

1. This office, through the Education Support Services Division (ESSD), announces the key updates on the 2026 Palarong Pambansa.
2. Attached is Memorandum OM-OUGOPS-2026-05-08594.
3. Immediate dissemination of and compliance with this Memorandum are desired.

RONALO AL K. FIRMO CESO IV
Assistant Regional Director
Officer In-Charge
Office of the Regional Director

Enclosures: None,
References: None,

To be indicated in the Perpetual Index under the following subjects:
PALARONG PAMBANSA UPDATES

ESSD-MJDR





Republika ng Pilipinas
Department of Education

OFFICE OF THE UNDERSECRETARY FOR GOVERNANCE AND OPERATIONS

MEMORANDUM

OM-UGOPS-2026-05-08594

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

FROM : **MALCOLM S. GARMA**
Undersecretary for Governance and Operations
Secretary General, Palarong Pambansa

SUBJECT : **KEY UPDATES ON THE 2026 PALARONG PAMBANSA**

DATE : **06 February 2026**

The Department of Education (DepEd), in coordination with the Philippine Sports Commission (PSC) and the Department of the Interior and Local Government (DILG), shall conduct of the **66th edition of the Palarong Pambansa** this year to be hosted by the Provincial Government of Agusan del Sur (PGAS), in coordination with the Department of Education (DepEd)-CARAGA and Schools Division Office (SDO) of Agusan del Sur.

In view of the foregoing, this Office respectfully issues the following key updates on the 2026 *Palarong Pambansa*:

- a. **Guidelines on the Eligibility of Athletes in the Division, Regional, and Palarong Pambansa 2026** (see *Enclosure No. 1*) that include:
- The **Modified Winner Take-All Policy**, which shall still be adopted for all team sports (Baseball, Basketball, Football, Futsal, Sepak Takraw, Softball, and Volleyball).
 - Participation of the members of the **National Training Pool and National Developmental Pool** who are bona fide enrollees in basic education (elementary and secondary) in the 2026 *Palarong Pambansa* as provided for by *Palarong Pambansa* Board Resolution No. 2025-009.
 - **Home Region Representation Policy** which seeks to safeguard student-athletes from disenfranchisement, ensure fair and balanced regional competition, strengthen support for public school student-athletes, and promote inclusive nationwide sports development.

- b. **Qualifying Standards for Measurable Sports** (Athletics, Swimming, and Archery) remain in effect (*see Enclosure No. 2*);
- c. Updates in the technical guidelines including **adjustments to the weight and height specifications for Athletics implements**, the adoption of the **new Code of Points (CoP) for the 2025-2028 Olympic cycle for Gymnastics**, and the implementation of an **8-a-side format for elementary boys' Football** (*see Enclosure No. 3*); and
- d. **Weightlifting, Football (Secondary Girls)**, and **Futsal (Elementary Girls)** to be played as **regular sports**, pursuant to *Palarong Pambansa* Board Resolution No. 2025-010.

For inquiries, please contact the **Palarong Pambansa Secretariat** at (02) 8687-4146 or via email at palarong.pambansa@deped.gov.ph.

Immediate dissemination of this Memorandum is desired.

**GUIDELINES ON THE ELIGIBILITY OF ATHLETES
IN THE DIVISION, REGIONAL AND PALARONG PAMBANSA 2026**

RULE I

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

RULE II

Section 2. Composition. –

- a. Pursuant to Section 13 of Republic Act No. 10588¹ known as “An Act Institutionalizing the Conduct of the *Palarong Pambansa* and Appropriating Funds Therefor” and Section 17 (a) of DepEd Order No. 43, s. 2016, known as “The Implementing Rules and Regulations of Republic Act No. 10588,”² the Board shall constitute the National Screening and Accreditation Committee (NSAC) composed of the following:
- i. A representative from the Department of Education (DepEd) Legal and Legislative Affairs;
 - ii. Two (2) government physicians;
 - iii. Two (2) government dentists; and
 - iv. One (1) authorized representative from each Regional Athletics Association (RAA), preferably the Chairperson of the Regional Screening and Accreditation Committee (RSAC).

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

- b. The Regional Director shall create a Regional Screening and Accreditation Committee (RSAC) composed of the following:
- i. A representative from the Regional Legal Unit or a representative authorized by the Regional Director, who will act as the Chairperson;
 - ii. One (1) government physician;
 - iii. One (1) government dentist;
 - iv. One (1) authorized representative from each Division Screening and Accreditation Committee (DSAC); and

¹ RA 10588
² IRR of RA 10588

- v. Data Group that will serve as the secretariat and assist the RSAC in the preparation and submission of the master list, identification, photo galleries, and other documents of the athletes, coaches, assistant coaches, and chaperones.
- c. The Schools Division Superintendent shall likewise create a Division Screening and Accreditation Committee (DSAC) composed of the following:
 - i. A representative from the Legal Unit or a representative authorized by the Schools Division Superintendent, who will act as the Chairperson;
 - ii. One (1) government physician;
 - iii. One (1) government dentist;
 - iv. One (1) authorized representative from each district or cluster; and
 - v. Data Group that will serve as the secretariat and assist the DSAC in the preparation and submission of the master list, identification, photo galleries, and other documents of the athletes, coaches, assistant coaches, and chaperones.
- d. No teaching personnel engaged in classroom instruction shall be designated as NSAC, RSAC, or DSAC members.

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

- a. Interview, evaluate, and verify the authenticity of the documents of athletes, coaches, assistant coaches, and chaperones submitted by the Head of Delegation for the *Palarong Pambansa*;
- b. Accredite qualified athletes, coaches, assistant coaches, and chaperones and submit the master list to the Board at least two (2) months before the conduct of the *Palarong Pambansa*;
- c. Consider replacements for disqualified athletes during the period of screening;
- d. Re-check and monitor with the proper technical officials the athletes fielded by coaches during the actual competition based on the final official master list and photo gallery;
- e. Monitor the conduct of the screening and accreditation of the athletes, coaches, assistant coaches, and chaperones during the Division, Regional and *Palarong Pambansa*;
- f. Have an appellate jurisdiction on decisions rendered by the RSAC; and
- g. Other functions that the Board may delegate.

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

- a. Evaluate and verify the authenticity of the documents of athletes, coaches, assistant coaches, and chaperones submitted by the

Head of Delegation for the Regional Meet in the case of RSAC and Division Meet in the case of DSAC;

- b. Accredit qualified athletes, coaches, assistant coaches, and chaperones and submit the master list to the NSAC and RSAC, as the case may be;
- c. Monitor with the proper technical officials the athlete fielded by the coaches during the actual competition; and
- d. Provide technical assistance in the screening and accreditation of athletes, coaches and chaperones.

RULE III

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

5.1 Eligible Participants. Subject to Section 7 of these Guidelines, eligible participants in the *Palarong Pambansa* shall be bona fide elementary and secondary student-athletes from both public and private schools who have participated in the School, District, Division, Regional, and other lower qualifying meets; Provided, that “secondary athletes” shall refer to both junior and senior high school learners

5.2 Division classification. Generally, Kindergarten to Grade 6 athletes shall play in the Elementary Division, and Grade 7 to Grade 12 athletes shall play in the Secondary Division. However, an elementary athlete who has been declared over age at the elementary level may be allowed to play at the secondary level.

5.3 Event Classification. Events in the *Palarong Pambansa* shall be classified as either Individual or Team Events. Individual Events shall refer to events competed in by student-athletes individually, or by contingents composed of less than five (5) student-athletes, while Team Events shall refer to events competed in by contingents composed of five (5) or more student-athletes.

5.4 Representation Rules. Student-athletes participating in the *Palarong Pambansa* shall be subject to the following representation rules:

A. Representation of Region of Enrolment and Home Region.

Student-athletes shall represent either their Region of Enrolment or their Home Region, as provided in these Guidelines.

The **Region of Enrolment** refers to the region where the student-athlete maintains academic residence as evidenced by official enrolment during the current school year and as reflected in the DepEd Learner Information System (LIS) and corresponding school records. As a general rule, the Region of Enrolment shall

govern representation in School, District, Division, and Regional Meets, as well as in Individual Events at the *Palarong Pambansa*.

The **Home Region**, on the other hand, refers to the region determined pursuant to the academic residency rules set forth in this Section, and shall govern representation in Team Events at the *Palarong Pambansa*.

For the avoidance of doubt, the Home Region and the Region of Enrolment may or may not be the same, and shall not be presumed identical. A student-athlete's representation in School, District, Division, and Regional Meets or individual events shall not be determinative of his or her Home Region for purposes of team representation at the *Palarong Pambansa*.

B. Representation Rules for Team Events

i. **Home Region Representation Rule.** Student-athletes participating in team events shall represent their Home Region, determined primarily on the basis of the longest and most substantive period of academic residency immediately preceding the *Palarong Pambansa*, as follows:

1. If the student-athlete is enrolled in his or her first school in the Philippines, the student-athlete's Region of Enrolment shall be deemed the Home Region.
2. If the student-athlete has maintained an academic residence in one region for at least four (4) consecutive years immediately preceding the opening ceremony of the *Palarong Pambansa*, the student-athlete's Home Region shall be that Region of Enrolment.
3. If the student-athlete's current academic residence is for less than four (4) consecutive years in a region, the immediately preceding Region of Enrolment shall be deemed the student-athlete's Home Region, provided that the student-athlete has academically resided in such region for at least four (4) consecutive years.
4. If the student-athlete's academic residence is not covered by the three (3) preceding paragraphs, the Home Region shall be the region corresponding to the student-athlete's longest cumulative period of academic residency. In the event that such cumulative periods are equal among two or more regions, the student-athlete shall represent the most recent among such regions.

- ii. **Evidence of Academic Residence.** Academic residence shall be verified primarily through the DepEd LIS, Form 137 or SF-10, or other official school records. Secondary documents or affidavits may be accepted solely to resolve ambiguities.
- iii. **Integration into the Home Region.** A student-athlete shall be integrated into the qualified team of his or her Home Region for a *Palarong Pambansa* cycle when any of the following occurs:
 1. **Initiated by the Home Region.** The Regional Director (RD) of the Home Region issues a formal written notice of intent to field the student-athlete to the RD of the Region of Enrolment, after consultation with the concerned Home Region head coach, not later than thirty (30) days before the opening of the *Palarong Pambansa*; or
 2. **Upon inquiry by the Region of Enrolment.** Upon a formal written request from the RD of the Region of Enrolment seeking confirmation as to whether the student-athlete will be fielded, the RD of the Home Region issues a written confirmation that the student-athlete will be fielded, after consultation with the concerned Home Region head coach, within fifteen (15) calendar days from receipt of such request.
- iv. **Continuation with the Region of Enrolment and Waiver by the Home Region.** Notwithstanding the Home Region Representation Rule, the student-athlete shall continue to represent the Region of Enrolment for a *Palarong Pambansa* cycle, and the Home Region shall be deemed to have waived its right to field the student-athlete for that cycle, when any of the following occurs:
 1. The RD of the Home Region fails to issue a written notice of intent to field the student-athlete not later than thirty (30) days before the opening of the *Palarong Pambansa*; or
 2. After the RD of the Region of Enrolment submits a formal written request seeking confirmation as to whether the student-athlete will be fielded, the RD of the Home Region:
 - (i) issues a written certification that the student-athlete will not be fielded; or
 - (ii) fails to issue any written response within fifteen (15) calendar days from receipt of the request.

Any notice, confirmation, or certification issued beyond the periods herein prescribed shall not be recognized. Any waiver arising under this Section shall be final and irrevocable for that *Palarong Pambansa* cycle.

- v. **Service of Notices.** All notices, requests, certifications, confirmations, and other official communications required under this Section shall be served either (a) electronically through email, addressed to the official email address/es of the concerned Regional Office with copy furnished to the Palarong Pambansa Secretariat, or (b) by personal service upon the Regional Office concerned.

For service by email, the date and time of transmittal indicated in the sender's email system, in Philippine Standard Time (PST), shall be deemed the date and time of service and shall be the reckoning point for the computation of all periods prescribed under this Section. The sending party shall retain and, when required, produce proof of transmittal, which may consist of the sent email showing the date and time of sending, recipients, and attachments.

For personal service, service shall be deemed complete upon actual receipt by the concerned regional office, as evidenced by an acknowledged receiving copy bearing the name, signature, position, and date and time of receipt of the receiving personnel, which shall likewise be the reckoning point for the computation of all periods prescribed under this Section.

- vi. **Coach Discretion and Roster Limits.** Nothing herein shall be construed as authorizing any increase in the maximum allowable number of players for the Core Team and Additional Players under Section 7 hereof, nor as restricting the head coach's authority over tactical line-ups, player rotation, or the actual playing time of student-athletes representing the region in the *Palarong Pambansa*.
- vii. **Exemptions, special circumstances, and appeals.** Should unique circumstances arise—such as frequent relocations, reassignment of government personnel, or verified humanitarian reasons—that may justify an exemption to the Home Region Representation Rule, or should there exists any dispute regarding a student-athlete's home region, a *Palarong Pambansa* Board Appeals Committee shall be constituted to hear the dispute or request for exemption and to decide on the appropriate relief, subject to future guidelines to be issued by the *Palarong Pambansa* Board.

- viii. **Applicability.** The Home Region Representation Rule shall apply only to the *Palarong Pambansa* or the national level. Athletes shall continue to represent their schools of enrolment in the School, District, Division, and Regional Meets.

C. Representation Rules for Individual Events.

Student-athletes participating in Individual Events shall represent the Region of Enrolment, as reflected in the DepEd Learner Information System (LIS) and corresponding school records.

D. Representation Rules for Philippine Schools Overseas (PSOs).

Student-athletes from Philippine Schools Overseas (PSOs) shall participate under the banner of PSOs.

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

- a. A Filipino citizen
- b. Enrolled in a public, private recognized school (schools with recognition/permit to operate) or PSOs or National Academy of Sports (NAS) in the current school year, regardless of the delivery mode of learning, except those enrolled under Alternative Learning System.

For athletes under the Alternative Delivery Mode (Home Study Program/ Home Schooling Program, Modified Out School Approach, Open High School Program), they shall be allowed to participate in the *Palarong Pambansa*, Regional Meet, Division Meet, and other lower meets, provided that they shall represent their home region, subject to the applicable representation rules for team or individual events under these Guidelines

- c. Athletes who are members of the National Team, National Training Pool, or National Developmental Team, as well as those who have previously competed in international competitions, whether or not they receive stipends from the Philippine Sports Commission, shall be eligible to compete in the *Palarong Pambansa*.

For combative sports, in view of their access to high-level coaching, training facilities, resources, and exposure to more rigorous competition, the entry level of members of the National Team, National Training Pool, and National Developmental Pool

shall be the Regional Meet, provided that they comply with all applicable eligibility requirements.

- d. In case of transfer of a student-athlete from one school to another, the transferee shall be allowed to participate in the School, Division, and Regional Meets, as well as in the *Palarong Pambansa*, whether in individual or team events, provided that the transfer was effected prior to the conduct of the school intramurals of the receiving school, and that the learner-athlete has otherwise complied with all eligibility and participation requirements under these Guidelines.

However, for purposes of the ***Palarong Pambansa***, the playing region of student-athletes participating in **team events** who transfer from **one region to another** shall be determined in accordance with the Home Region Representation Rule under Rule III, Section 5 of these Guidelines.

- e. For athletes in the **elementary level**, the athlete must have been born on or after January 1, 2013. For *Palarong Pambansa* 2027, elementary athletes must have been born on or after January 1, 2014; for 2028, on or after January 1, 2015; and so on and so forth for the succeeding years.

For those in the **secondary level**, the athlete must have been **born on or after January 1, 2008**. For *Palarong Pambansa* 2027, secondary athletes must have been born on or after January 1, 2009; for 2028, on or after January 1, 2010; and so on and so forth for the succeeding years. Athletes born before said date shall be immediately disqualified from the School Meet, Division Meet, Regional Meet, and in the *Palarong Pambansa*.

- f. **Filipino athletes enrolled in PSOs** may be allowed to participate in the *Palarong Pambansa* without playing in the Division Meet and Regional Meet, provided that the athlete:
 - i. Shall compete only in the individual sport;
 - ii. Shall meet the other requirements for qualification and accreditation;
 - iii. Shall meet the qualifying standards in the individual sports where they are playing; and
 - iv. Shall shoulder their expenses.

Section 7. Modified Winner-Take-All Policy for Team Sports. – The final team roster for all team sports advancing to the *Palarong Pambansa* shall be composed principally of a **“Core Team”**, consisting of the student-athletes who comprise the main roster of the regional champion team that qualified for the *Palarong Pambansa*. The core team shall have a maximum of twelve (12) players for Basketball,

Volleyball, Sepak Takraw, Futsal, Softball, and Baseball, and a maximum of eighteen (18) players for Football, as determined by the technical requirements of each sport. Such Core Team roster shall, as a general rule, be preserved in its entirety throughout the duration of the competition.

Where the roster of the regional champion team is less than the maximum allowable Core Team complement, or where any member of the Core Team is required to represent his or her Home Region pursuant to the Home Region Representation Rule, the Core Team may be completed or such player replaced, as the case may be, through the inclusion of student-athletes who qualified and participated in the lower-level meets and who fall under either of the following:

1. Student-athletes from the same region who are not from the winning school; and/or
2. Student-athletes who are required to represent their Home Region pursuant to the Home Region Representation Rule.

In accordance with the Modified Winner-Take-All Policy, the final team roster may further include not more than three (3) **"Additional Players"**, who are student-athletes not part of the Core Team, who qualified and participated in the lower-level meets, and who fall under either of the following:

1. Student-athletes from the same region who are not from the winning school; and/or
2. Student-athletes who are required to represent their Home Region pursuant to the Home Region Representation Rule.

All student-athletes integrated pursuant to the Home Region Representation Rule shall be counted within the allowable Additional Players limit, unless they are replacing a Core Team player removed due to compliance with the Home Region Representation Rule or are integrated to complete the maximum allowable Core Team complement pursuant to this Section.

Section 8. Grounds for Disqualification. – Unless otherwise provided by the *Palarong Pambansa* Board, the following athletes shall be disqualified or shall not be allowed to play in the *Palarong Pambansa*, Regional, Division, or other lower meets:

- a. Athletes who have been declared over age;
- b. Elementary athletes with third (3rd) molar tooth;
- c. For the Division Meet and lower meets, athletes with three (3) or more failing grades in any learning areas in the First Grading Period. For the Regional Meet and *Palarong Pambansa*, athletes

with failing grades in three (3) or more learning areas in the second grading period; *Provided*, that in the case of Grades 11 to 12, athletes with three (3) or more failing grades in any learning areas in the First Semester shall be disqualified.

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

Section 9. Documentary Requirements. – The following are the required documents to be submitted by athletes who intend to participate in the *Palarong Pambansa* and other lower meets:

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

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

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

- i. For Grades 1 to 10, a Certificate of Attendance and Completion stating that the athlete had attended and completed the Curriculum Year.
 - ii. For Grades 11 and 12, a Certificate of Completion issued by the school where the athlete was enrolled in the 2nd Semester, stating that the athlete had attended and completed the Curriculum Year. The foregoing requirements apply to *Palarong Pambansa*.
- f. Parental Consent
- i. **For Combative sports, including gymnastics** - Parental Consent signed by both parents duly verified by the school head where the athlete is enrolled.
 1. In case one or both parent/s is /are residing in a place other than the athlete's residence, signed parent consent from both parents must be submitted and verified by the school head where the athlete is enrolled. Copy of the signed parent consent of any parent may be in electronic form (*i.e.*, sent to the school head or coach through email or other electronic means.)
 2. In case of de facto separation, legal separation, annulment of marriage, or declaration of nullity of marriage of parents, the consent of the parent with actual care and custody of the athlete duly verified by the school head where the athlete is enrolled.
 - ii. **For Non-combative sports** - Parental Consent of at least one parent duly verified by the school head where the athlete is enrolled.
 1. In case one or both parent/s is/are residing in a place other than the athlete's residence, signed parental consent from one parent must be submitted and verified by the school head where the athlete is enrolled. Copy of the signed parental consent of any parent may be in electronic form (*i.e.*, sent to the school principal or coach through email or other electronic means.)
 - iii. If the athlete is orphaned, has no known parents, or any other similar circumstances, the parent-substitute shall execute a Notarized Affidavit of Actual Care and Custody, which shall include a statement of his/her consent, in lieu of the Parental Consent.

- g. Medical certificate issued within three (3) months before the opening of each level of competition, stating that the athlete is physically fit. The complete name and signature of the physician shall appear on the medical certificate, with the license number and date of examination.
- h. Dental certificate with a universal entry issued within six (6) months before each level of competition is opened. The complete name and signature of the dentist shall appear on the dental certificate, with the license number and date of examination. For Secondary Athletes, No Dental Certificate is required.
- i. Passport of the athlete.

RULE IV

Section 10. *Qualifications and Documentary Requirements for Coach and Assistant Coach.* – Any school (private or public) personnel may be allowed/designated as a coach or assistant coach, provided he meets and submits the following documentary requirements:

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

employment/engagement in the public or private school before the Division meets; and

- i. Omnibus Affidavit.

In the case of coaches and assistant coaches of the National Academy Sports (NAS), items a to h shall be complied with, and in lieu of item i, Section 9 herein, an authorization from NAS shall be submitted.

Section 11. Qualification and Documentary Requirement for Chaperone. - (Certificate or any documents): a chaperone may be designated to accompany the athlete provided she meets the qualifications and submits the following documents duly issued by competent authorities, showing the following:

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

RULE V

Section 12. Special Cases Regarding Discrepancies in the Livebirth of the Athlete. -

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

- i. Certificate of Live Birth issued by the LCR;
 - ii. Joint Affidavit of two (2) disinterested persons attesting to the true name of the athlete;
 - iii. Resolution issued by the Head of the Delegation correcting the discrepancy in the SF 10 (Form 137).
- c. In case the first or last name is not found at the portion of the first or last name entered in the PSA/NSO Birth Certificate but indicated in the box below of said portion, the following additional requirements shall be submitted:
 - i. Certificate of Live Birth issued by the LCR;
 - ii. Copy of the application/petition duly received by the LCR (supplemental report to the LCR/Court);
 - iii. Affidavit of the parents, attesting to the true first or last name of the athlete;
 - iv. Joint Affidavit of two (2) disinterested persons attesting to the true first or last name of the athlete;
 - v. Resolution issued by the Head of the Delegation attesting the athlete's true first or last name as shown in the foregoing records.
- d. In case an illegitimate child (athlete) uses the surname of his / her father as indicated in the SF 10 (Form 137), the following additional requirement shall be submitted:
 - i. PSA/NSO Birth Certificate with the second page showing acknowledgment by the father or a notarized acknowledgment signed by the father.
- e. In case of unreadable entries in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:
 - i. Certificate of Live Birth issued by the LCR;
 - ii. Affidavit of the parents, attesting to the true and correct entries;
 - iii. Joint Affidavit of two (2) disinterested persons attesting to the true entries;
 - iv. Resolution issued by the Head of the Delegation attesting the true and correct entries as shown in the foregoing records.
- f. In case the biological sex/gender of the athlete is not indicated in the PSA/NSO Birth Certificate, the following additional requirements shall be submitted:
 - 1. Certificate of Live Birth issued by the LCR;

2. Affidavit of the parents, attesting to the true and correct biological sex of the athlete;
3. Certification issued by the NSAC Medical Team attesting to the true and correct biological sex of the athlete after conducting a physical examination.

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

RULE VI

Section 13. Period of Screening, Interview, and Evaluation. - Screening of athletes for the *Palarong Pambansa* may be conducted after the Regional Meet or within seven (7) days before the *Palarong Pambansa*. The screening and evaluation of documents of the athletes, coaches, assistant coaches, and chaperones may be conducted during the Regional Meet, or at the venue of the *Palarong Pambansa*.

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

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

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

Section 14. Posting of Master List to Websites. - The master lists and picture galleries of the athletes, coaches, assistant coaches, and chaperones shall be posted on the DepEd website or any available website upon submission by the delegation concerned. The published

master lists shall be the basis for the filing and/or receiving complaints or protests, if any, within the period prescribed therein.

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

Section 15. Protest on Eligibility and Appeals on Disqualification.

-

- a. Complaints or protests shall be in writing duly signed by the coach and the Head of the Delegation and filed before the NSAC within three (3) days from publishing the master list of qualified athletes in the DepEd Websites. The complaint or protest shall be resolved within three (3) days from receipt hereof;
- b. Complaint/Protest shall be accompanied by affidavit/s of witnesses and/or pieces of evidence in support thereof;
- c. Protests that do not comply with (a) and (b) hereof shall not be given due course;
- d. The decision on the complaint or protest shall be appealable to the Board within two (2) days from the issuance of the decision, and the Board shall resolve the appeal within two (2) days from receipt of the appeal. The decision of the Board shall be final and executory.

Section 16. Replacement of athletes, Coaches, and chaperones. -

Replacement of athletes may be allowed based on meritorious grounds two (2) days before the *Palarong Pambansa*, subject to eligibility and documentary requirements.

Replacements particularly in team sports shall be drawn from registered alternates that emanate from the regional team.

Section 17. Fielding of the NSAC members to the *Palarong Pambansa* Venue. - The NSAC members shall be at the *Palarong Pambansa* venue within five (5) days before the schedule of the opening of the *Palarong Pambansa* to continue the performance of their duties and responsibilities and during the period of the *Palarong Pambansa* events to re-check and monitor the athletes, coaches, assistant coaches, and chaperones fielded during the games by the delegations.

Section 18. Sanctions against Athletes, Technical Officials, and other persons. - Unless otherwise provided for by the Board, the following sanctions shall be imposed against the athletes, coaches,

chaperones and team of the Region who will violate the rules on eligibility:

- a. In team competitions, the games where the ineligible and/or disqualified athlete has taken part shall be declared forfeited in favor of the opposing team;
- b. In individual competitions, the games where the ineligible and/or disqualified athlete played shall be forfeited in favor of the opposing athlete;
- c. Individuals who violate the rules on eligibility may be suspended or banned from participating in future sports competitions, depending on the gravity of the offense;
- d. These sanctions shall be without prejudice to the filing of appropriate administrative and/or criminal charges against the erring officials and/or athletes in accordance with existing laws, rules, and regulations.

Section 19. Non-Discriminatory Clause – No athlete shall be denied participation in the Division Meet, Regional Meet, or *Palarong Pambansa* on account of sex, gender identity or expression, religion, ethnicity, language, disability, or socio-economic status, nor on the basis of the province, city, municipality, or locality where the student athlete is enrolled or resides, provided that all eligibility and documentary requirements under these Guidelines are satisfied.

No athlete who is otherwise qualified at the division or regional level shall be barred from competing in those levels solely on the ground that he or she may not be eligible to play in the *Palarong Pambansa*.

All screening and accreditation bodies, including the NSAC, RSAC, and DSAC, shall strictly observe this policy of equal opportunity and shall not impose additional qualifications or restrictions beyond those expressly provided in these Guidelines.

No school, sponsor, or athletic association shall suspend, revoke, or modify a learner's scholarship, athletic grant, or participation privilege solely for representing his/her home region in compliance with the Home Region Representation Rule. Any school that shall violate this provision shall be subject to administrative sanctions by DepEd, in coordination with the PSC.

Section 20. Transitory Provision. - These guidelines shall fully take effect beginning the 66th *Palarong Pambansa* (2026). However, current Grade 12 athletes under School Year (SY) 2025-2026 shall remain covered by the 2025 eligibility rules to avoid disruption.

Section 21. Repealing Clause. - All DepEd issuances regarding the eligibility of athletes, coaches, assistant coaches, and chaperones or

part thereof which are inconsistent with these Guidelines are hereby repealed, amended, or modified accordingly.

Section 22. Effectivity. These Rules shall take effect immediately upon posting on the DepEd Website.

ANNEX A

FREQUENTLY ASKED QUESTIONS (FAQs) ON ATHLETE REPRESENTATION

1. What is the Home Region Representation Rule?

Answer: The Home Region Representation Rule requires a student-athlete to represent his or her home region in team events at the *Palarong Pambansa*, notwithstanding his/her participation during the Division or Regional Meets. The purpose of the Home Region Representation Rule is to uphold fairness and integrity in the *Palarong Pambansa* by ensuring that student-athletes compete for the region where they are academically residing for a specified period of time. This rule also helps preserve the authentic identity of each region's team.

2. What is the "Home Region"?

Answer: The Home Region refers to the region determined based on the student-athlete's academic residence and enrolment history, applying the longest and most substantive period of enrolment rules under Section 5, Rule III of these Guidelines.

3. What is meant by "Region of Enrolment"?

Answer: The Region of Enrolment is the region where the student-athlete maintains academic residence as evidenced by official enrolment during the current school year and as reflected in the DepEd Learner Information System (LIS) and corresponding school records.

4. How is academic residence computed?

Answer: Academic Residence shall be computed by the academic years the student-athlete has officially enrolled in.

Illustration: A student-athlete was enrolled in National Capital Region (NCR) from Kindergarten to Grade Six, and is enrolled in Region IV-A from Grade 7 to Grade 10. The student-athlete has an academic residence in NCR for seven (7) years, and in Region IV-A for four (4) years.

5. How is academic residence computed if the student-athlete transfers regions middle of the academic year?

Answer: The academic residence shall be computed based on the academic period (i.e., quarter, semester) where he or she is graded.

Illustration: A student-athlete was enrolled in NCR for one semester, and then transferred to Region IV-A the next semester. The student-athlete has an academic residence in both National Capital Region (NCR) and Region IV-A for half a year each.

6. Does the Home Region Representation Rule apply to both individual and team events?

Answer: No, the Home Region Representation Rule only applies to team events. Student-athletes participating in individual events will continue to represent their Region of Enrolment.

7. If a student-athlete is still enrolled in his or her first school in the Philippines, what is his/her home region?

Answer: If the student-athlete is enrolled in his/her first school in the Philippines, his/her Home Region shall be the Region of Enrolment.

8. If a student-athlete, who transfers from a foreign school, and is a first-time enrollee in a school in the Philippines, what is his/her home region?

Answer: The Home Region shall be the Region of Enrolment.

9. If a student-athlete transfers to a new school in another region and has studied there for four (4) years, which region will he or she represent to the Palarong Pambansa?

Answer: If the student-athlete has maintained academic residence for at least four (4) consecutive years in one region immediately preceding the opening ceremony of the *Palarong Pambansa*, the student-athlete's Home Region shall be the current Region of Enrolment.

Illustration: X, a student-athlete, has been enrolled in a school located in the NCR for four (4) consecutive years. Prior to that, he studied in the Bicol Region for ten (10) years. In this case, X shall represent the NCR because he has maintained at least four (4) consecutive years of academic residence in NCR immediately preceding the opening of the *Palarong Pambansa*.

10. What if the student-athlete has been enrolled in his or her current school or region for less than four (4) years but was previously enrolled in a prior region for at least four (4) years, what is his or her home region?

Answer: If the current academic residence of the student-athlete is less than four (4) years in a region, the previous region of enrolment shall be the student-athlete's home region, provided that he/she has academically resided therein for at least four (4) consecutive years.

Illustration: X, a student-athlete, has been enrolled in a school located at the NCR for two (2) years now. Prior to that, he was enrolled in a school located at Bicol Region for ten (10) years. In this scenario, X shall be allowed to represent the Bicol Region because he has no academic residence in NCR for at least four (4) years and have resided in the Bicol Region for more than four (4) years.

11. What if the student-athlete has not stayed in any region for four (4) consecutive years?

Answer: If the academic residence of the student-athlete is not covered by the three (3) preceding situations, the Home Region shall be the region corresponding to the student-athlete's longest cumulative period of academic residency.

Illustration: X's, a student-athlete, current academic residence is in NCR for one (1) year. X previously academically resided in Region VI Region for three (3) years. X shall represent Region VI as his/her home region.

12. A student-athlete is enrolled in a school in NCR for one (1) year immediately preceding the Palarong Pambansa. Prior to this, the student-athlete studied in the Bicol Region for two (2) academic years, and thereafter in CAR for two (2) academic years. What is the student-athlete's home region?

Answer: Where a student-athlete's cumulative periods of academic residency are equal among two or more regions, the student-athlete shall represent the most recent among such regions. Therefore, the student-athlete's Home Region is CAR.

13. What if the student-athlete experiences unique circumstances—such as frequent relocations, parents being regularly reassigned due to government service, or other

verified humanitarian reasons? Can he or she request an exemption from the Home Region Representation Rule?

Answer: Yes, the student-athlete facing unique circumstances may submit a request to the Palaro Board Appeals Committee for an exemption from the Home Region Representation Rule, which would determine if the circumstances warranted such an exemption.

14. May a student-athlete who recently transferred from a school located in a different region from their previous one participate in the Division, Regional, and Palarong Pambansa 2026 competitions?

Answer: The transferee shall be allowed to participate in the School, Division, and Regional Meets, as well as in the *Palarong Pambansa*, provided that the transfer was effected prior to the conduct of the school intramurals of the receiving school, and that the learner-athlete has otherwise complied with all eligibility and participation requirements under these Guidelines.

However, for student-athletes participating in team events who transfer from one region to another, the student-athlete's playing region for the *Palarong Pambansa* shall be determined in accordance with the Home Region Representation Rule under Rule III, Section 5 of these Guidelines.

15. Does this policy prevent a student-athlete from joining UAAP, NCAA, or other school-based leagues?

Answer: No. The policy applies only to representation in the Palarong Pambansa at the national level and does not affect participation in school-based or external competitions.



DEPARTMENT OF EDUCATION

Office of the Undersecretary for Governance and Operations

PALARONG PAMBANSA SECRETARIAT

**QUALIFYING STANDARDS FOR MEASURABLE SPORTS
IN THE 2026 PALARONG PAMBANSA**



ATHLETICS

EVENT	TIME / DISTANCE / HEIGHT			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
100 m	12.22	13.35	11.08	12.58
200 m	25.21	27.34	22.6	26.02
400 m	56.11	1:04.88	50.22	01:00.6
800 m	2:17.22	2:34.15	01:59.7	02:20.9
1,500 m	4:48.5	5:18.12	04:05.8	05:04.3
3,000 m SC	N/A	N/A	09:52.7	10:59.3
5,000 m	N/A	N/A	16:02.3	N/A
110 m hurdles	N/A	N/A	14.79	16.10 (0.838)
400 m hurdles	N/A	N/A	57.87 (0.838)	1:10:00
410 m hurdles	N/A	N/A	N/A	N/A
High Jump	1.47 m	1.31 m	1.75	1.44
Long Jump	5.37 m	4.13 m	6.11	5.13
Triple Jump	11.64 m	10.12 m	13.47	11.00
Shot Put	N/A	N/A	12.55 (5kg)	10.10 (3kg)
Discus Throw	N/A	N/A	38.52 (1.5kg)	30.70 (1kg)
Javelin Throw	N/A	N/A	48.56	34.00
Pole Vault	N/A	N/A	2.80	2.00
Racewalk (2,000 m)	N/A	N/A	09:13.5	11:06.7

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SWIMMING

EVENT	TIME			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
400 M Freestyle	5:00.4	5:11.8	4:30.00	4:59.9
100 M Backstroke	1:15.54	1:17.8	1:03.9	1:12.3
200 M Breaststroke	N/A	N/A	2:33.1	2:56.3
50 M Butterfly	30:87	33.04	26.98	31.58
800 M Freestyle	N/A	N/A	9:18.4	10:33.2
200 M Individual Medley	2:44.6	2:47.7	2:22.2	2:42.3
200 M Butterfly	N/A	N/A	2:19.8	2:42.5
100 M Freestyle	1:03.5	1:07.5	56.42	1:04.00
50 M Backstroke	34.32	35.14	29.52	33.98
400 M Individual Medley	N/A	N/A	05:15.1	5:44.5
100 M Butterfly	1:15.2	1:15.2	59.94	1:09.4
200 M Freestyle	2:20.8	2:31.4	2:07.7	2:24.00
50 M Breaststroke	38.72	39.4	31.73	36.54
1500 M Freestyle	N/A	N/A	18:27.9	20:23.7
200 M Backstroke	N/A	N/A	2:21.6	2:42.1
100 M Breaststroke	1:26.7	1:28.7	1:09.8	1:21.2
50 M Freestyle	28.92	31.19	25.31	29.69



ARCHERY

EVENT	QUALIFYING SCORE	
	BOYS	GIRLS
*1440 Round	1178	1133

###

TECHNICAL GUIDELINES FOR ATHLETICS

I. COMPETITION RULES AND REGULATION:

The 2026 *Palarong Pambansa* Athletics competition shall be conducted in accordance with the World Athletics Rules 2026.

II. ELIGIBILITY GUIDELINES

Rules in age eligibility and qualifications of athletes and accreditation / qualification of coaches shall strictly be followed.

III. TEAM COMPOSITION

Each Region shall send two (2) qualifiers for each event. In the absence of a qualifier, the gold medalist shall automatically qualify to compete in the National *Palaro*.

IV. GROUND RULES:

1. Athletes should present ID to Gathering area for identification purposes.
2. An athlete is allowed to enter three (3) individuals and two relays.
3. A team may enter a maximum of two (2) individual and 1 relay per event.
4. A region may enter a maximum of two (2) athletes who meet or surpass the qualifying standard set by the Palarong Pambansa. If a region do not have any athlete qualified. The region can send one (1) entry but it should be their gold medalist.
5. Entry form should be prepared by rank from fastest to slowest runner or farthest to nearest distance indicating no. 1 and no. 2 respectively, prepared in 4 copies to be submitted during the solidarity meeting to the tournament secretary.
6. Athletes must wear their delegation uniform and athletes bib number when reporting to the Gathering area and during competition.

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7. In relay events, qualified teams can change their runners including the order of running up to a maximum of four (4) runners for as long as they are preliminary entered in the submitted relay team entry with a maximum of 8 athletes. The final line up of the relay team including the order of runners should be submitted atleast 1 hour before the first call.
8. The first event will start at 6:00 am in the morning and 3:00 pm in the afternoon.
9. Overlapped Rule will be applied in events 1,500 M and longer. 16 runners will remain to complete the said event.
10. No coach, no play.
11. For track events finalists will be determined by best time.
12. In case of rerun, the concerned or affected heat/s will run after their recovery.
13. If an athlete enters a simultaneous event (track and field) he/she will proceed to the track event first but inform the official/s of the field beforehand. Right after the event, the athlete will immediately go back to the field event. In case of vertical jumps, he will jump on the current height of the bar when he/ she arrives. The bar cannot be lowered to the previous height.
14. Coaches, chaperones, and parents are not allowed inside the competition area throughout the competition. They should stay outside the control fence or in the grandstand. Violation of this rule may lead to an athlete's disqualification. First offense will receive yellow card or warning, 2nd offense will receive red card and his/her athlete will be disqualified.
15. Athletes causing the delay on the progress of competition will be penalized. First offense will receive yellow card or warning, 2nd offense will receive red card and his/her athlete will be disqualified.
16. Take off board for triple jump should be decided during the solidarity meeting.
Suggested take off board:

Triple jump take off board

E Boys - 5m - 7m

E Girls - 5m, 7m

HS Boys- 9m -11m

HS Girls- 7m -9m

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V. CHANGES ON WEIGHT OF IMPLEMENT**5.1 Weight of Implement**

	Elementary Girls		Elementary Boys		Secondary Girls		Secondary Boys	
	from	to	from	to	from	to	from	to
Shot Put	3kg	3kg	5 kg	4kg	4kg	3kg	6kg	5kg
Discus Throw	0.75kg	0.75kg	1.5 kg	1kg	1kg	1kg	1.75kg	1.5kg
Javelin Throw	300 gms	300gms	400gms	400gms	600gms	500gms	700gms	700gms

5.2 Heights of hurdles

Note: Suggested Height of hurdle for Secondary is based on World Athletics competition rule for Elementary. The Palarong Pambansa ground rule shall be applied.

	Elementary Girls		Elementary Boys		Secondary Girls		Secondary Boys	
	from	to	from	to	from	to	from	to
100/110mH	0.762m	0.762m	0.914m	0.838m	0.838m	0.762m	0.991m	0.914m
400mH	0.762m	0.762m	0.838m	0.762m	0.762m	0.762m	0.914m	0.838m

VI. EVENTS

	Elem Boys	Elem Girls	Sec Boys	Sec Girls
Track Events				
100M	/	/	/	/
200M	/	/	/	/
400M	/	/	/	/
800M	/	/	/	/
1,500M	/	/	/	/
2,000W	N/A	N/A	/	/

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3,000M	N/A	N/A	N/A	/
3,000MSC	N/A	N/A	/	N/A
5,000M	N/A	N/A	/	N/A
100H	N/A	/	N/A	/
110H	/	N/A	/	N/A
400H	/	/	/	/
4X100R	/	/	/	/
4X400R	/	/	/	/
Long Jump	/	/	/	/
Triple Jump	/	/	/	/
High Jump	/	/	/	/
Pole Vault	N/A	N/A	/	/
Javelin Throw	/	/	/	/
Discus Throw	/	/	/	/
Shot Put	/	/	/	/

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TECHNICAL GUIDELINES FOR FOOTBALL

I. COMPETITION RULES AND REGULATIONS

The current International Football Federation Board LAWS OF THE GAME including the latest amendment shall govern the Football Competitions including the approved ground rules specifically for the Palarong Pambansa Football Technical Guidelines.

II. ELIGIBILITY GUIDELINES

NSAC rules regarding age eligibility and qualification of athletes and accreditation/qualification of coaches shall be followed.

III. COMPOSITION OF CONTINGENT

3.1 NUMBER OF PLAYERS AND OFFICIALS IN EACH TEAM

Each delegation shall consist of not more than twenty three (23) persons made up of:

- Maximum of 18 players + 3 additional players (selected players)
- Two (2) officials (1 Coach, 1 Assistant Coach)
- One (1) Physiotherapist/Medic Person Physiotherapist is not allowed to convey tactical instructions during the game, his duty and function is only to manage and assist the coach for injury management.
- Two teams, each consisting of not more than eleven (11) players, one of whom is the goalkeeper, play a match. A match may not start if either team consists of fewer than NINE (9) players.

3.2 COLORS

- Each team shall wear its official colors (first official uniform) as declared in the coaches meeting.
- If a team has a second set of uniform (color should be contrasting with that of the first official uniform, this should be likewise declared. Teams are obliged to use their first official outfit for all matches.
- All teams are obliged to bring along their official/first and spare/second outfits during the Coaches Meeting and to every match. If, in the opinion of the Tournament Director and the Referee, the colors of the two opposing teams clash, the outfits must be changed, whereby the spare/second outfit may be used as a whole or in combination.
- In the event that both teams do not have spare/ second outfits, one of the teams shall be obliged to wear vests. A toss of the coin, supervised by the referee, shall determine which team must wear the vests.

- Goalkeepers must be provided with jerseys of a color different from that of team colors. (If the goalkeeper is used as a field player, he should wear the same number in which he was registered.)
- All players shall wear a registered number in a color contrasting with the color of their jersey.
- All players shall play in jersey bearing numbers in which they were originally registered.
- **Major Sponsor** is allowed in the players uniform but sponsor's logo must be maximum of 6 cm by 6 cm or are of 36 sq cm and must be put on the left sleeves. If put in front of uniform the name of sponsors must be smaller than the Name of the Region.
Minor sponsor logo must be 3cm by 3 cm and printed at the back 1 inch from the edge of hem or bottom of shirts.
All uniforms must have a number in front and back
The height of the front number is 15 cm (5.9 inches) and minimum 10 cm (3.9 inches) , 3 to 5 cm (1.5-2 inch) thick.
The height of back number, max 35 cm (13.7) inches and minimum 25 cm (9.8) inches , 3 to 5 cm thick.
- Names must be at least 4 cm above the numbers and the height of names is at least 5 cm to 7 cm.
- Surname should be written on the back of the jersey and not the first name.
- Colors of the Number and Names must be in contrast of the dominant jersey color
- Jersey Number must be from 1- 21, other numbers (22 AND ABOVE IS NOT ALLOWED) are not allowed in the jersey and player cannot play wearing unprescribed Number. Number 1 is designated to First Goalkeeper.
- Substitution Vest must be worn by substitutes during the game. Vest or Bibs must be provided by teams.

IV. TOURNAMENT FORMAT

The 2026 Palarong Pambansa shall adopt the Single Round Robin, Cross-Over and Knock-Out System of tournament hence, there shall be grouping of teams: **Football will be conducted ahead of time for 2 days, venue will be announced later.**

GROUPING PROCEDURE:

1. The eighteen (18) regions shall be divided into four (4) groups, A, B, C & D. Three (3) groups will have four (4) teams each and one (1) group will have five (5) teams. After placing the top 4 seeded teams, Teams to draw in three lots to determine in 4 groups and shall have at least one (1) team from Luzon, Visayas, and Mindanao. Teams in each group shall play a single round robin and shall be ranked accordingly.

2. The top 1 to 8 rank is seeded to Group A, B, C and D.

GROUP "A"	GROUP "B"	GROUP "C"	GROUP "D"
1st	2nd	3rd	4th
8	7	6	5

3. Rank 9 to 10 will be drawn in three Pots (Luzon , Visayas and Mindanao).

4. Top two (2) teams in each group will advance to the quarterfinals and play on the cross-over system. Respective winners will advance to the semi-finals. Losers from the semi-finals will play for 3rd and 4th places respectively while the winners will play for the championship (1st & 2nd places).

QUARTER FINALS (4 GAMES)

QF1 A1 _____ VS D2 _____

QF2 A2 _____ VS D1 _____

QF3 B1 _____ VS C2 _____

QF4 B2 _____ VS C1 _____

SEMI-FINALS (2 GAMES)

Winner QF1 _____ VS Winner QF3 _____

Winner QF2 _____ VS Winner QF4 _____

FINALS

Loser SF1 _____ VS Loser SF2 _____ 3rd & 4th Places

Winner SF1 _____ VS Winner SF _____ 1st & 2nd Places

CLASSIFICATION OF TEAMS

Team	Game 1	Game 2	Game 3	Game 4	GS	GA	GD	Points	Rank

5. To break ties, after the points were considered in the elimination, the following system will be applied for the qualifiers for the next round:

5.1 Goal difference

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- 5.2 Greater number of goals scored.
- 5.3 Result of the match between the teams concerned (winner over the other)
- 5.4 Less number of points from Yellow Card (YC) and Red Card (RC) . YC = 1, RC = 2, VC = 3)
- 5.5 Kicks from the penalty mark if the teams involved are still on the field of play.

6. Points in Competition and system to break a tie

In the group elimination,

- 6.1 three (3) points shall be awarded for a win and
- 6.2 one (1) point for a draw
- 6.3 and 0 point for a loss.
- 6.4 For a team non-appearance (default) during their match the score of 3-0 is awarded in favor of the opposing team.
- 6.5 SPECIAL RULE in any case team Non-Appearance (defaulted) their match and it may affect the other team GOAL DIFFERENCE (GOAL SCORED minus GOAL AGAINST) requirement for qualification, the required number of goals to TIE will be awarded to the other team. This rule is to be applied to all rounds of the competition. A penalty shoot will follow to determine qualifier to next round.
- 6.6 Similarly, the same rule stated above is applied to abandoned matches. In abandoned matches the 15/15 grace period rule is applied.

7. DURATION OF THE MATCH AND EXTENSION TIME

- 7.1 Elimination round
- 7.2 Boys Secondary 30-10-30 no extension
- 7.3 Boys Elementary 20-10-20 no extension
- 7.4 IN Quarter final Match and match for Third Place if the match end in a tie score match will proceed to Kicks from Penalty Mark (shout out, 5 kickers).
- 7.5 In the semifinals and championship match, there will be an extension time of ten (10) minutes, two (2) halves of 5 minutes with no interval, the extension time will be played out in its entirety and the teams that score the most goals at the end will be declared winners. If after the extension time, no winner has been declared, five (5) kicks shall be taken from the penalty mark and will be applied to determine the winner. If after the five (5) kicks from the penalty mark shall be taken to kicks there is still no winner, each team will have one (1) penalty kick wherein the "Sudden Death" rule shall be applied.

8. MATCH REGULATIONS

- 8.1 Substitution
- 8.2 Not more than 10 players may be substituted during a match from the reserve players who must be registered before the start of each match. 21 out of 21 players can play each match provided 3 substitution opportunities is observed.
- 8.3 The substitution form must be accomplished and signed by the head coach before any substitution of a player could be made.
- 8.4 Any players substituted cannot re - enter the field of play.

8.5 Three opportunities are applied for Substitution Procedure, without counting the Half time break. Concussion Substitution is allowed any opportunities provided the injury is determined by Medical Physician/Assigned Medical Personnel.

8.6 One opportunity is allowed in the extra time, unused substitution opportunities in regular time can be added to extra time.

9. PLAYERS CAUTION OR DISMISSED FROM THE FIELD OF PLAY.

9.1 Any player who receives two (2) cautions (yellow card) shall automatically be suspended for the match following the match in which he receives the second caution. **Player who received 4 YC is suspended for whole tournament**

9.2 Any player expelled due to Violent Conduct or serious foul play from the field of play by a referee shall be suspended for:

8.2.1 Serious Foul Play 1 match

8.2.2 Violent conduct 2 matches

8.2.3 Participated/ Initiated Free for all disqualification

9.3 For a second red card, the player shall not be allowed to participate in any match for the duration of the tournament.

9.4 Disciplinary measures such as a caution, expulsion and suspension of players and officials shall be carried to the semifinals and finals.

9.5 **Officials expelled from the bench are suspended for 2 matches.** Second expulsion means disqualification from the tournament.

9.6 However if the team's medical staff is expelled from the field of play and no one will take care of the team injuries the medical staff may sit behind the team's Technical Area.

9.7 *"Only the captain" is aimed to improve on-field behaviour and to enhance cooperation and strengthen rapport between the players and the referee.*

9.8 *Normal interactions between players and the referee are allowed and remain important*

9.9 *Goalkeeper 8 seconds' rule*

9.10 *Referee will signal the final five seconds using a raised hand. Goalkeeper to release the ball within 8 seconds. Count-down starts when goalkeeper has full control of the ball.*

9.11 *Implementation of Amendments by IFAB Laws of the Game 2025-2026.*

10. SUBSTITUTE' BENCH / TECHNICAL AREA

10.1 Only the following duly accredited persons are authorized to sit on the substitutes' bench / technical area.

10.2 Maximum of 10 substitutes players have to be seated (except for warm-up and giving water to teammates).

10.3 A suspended player is not allowed to sit on the bench except during the match and the next succeeding match.

10.4 Maximum of two (2) team officials.

10.5 Only one person at a time is authorized to convey tactical instruction.

- 10.6** Only the Coach or another designated person can stand to deliver instructions.
- 10.7** If an official is thrown out of the game, he has to leave the inner Zone area.
- 10.8** The behavior of the persons on the substitute bench area must conform to FIFA's fair play policy.
- 10.9** The coach and other officials must remain within the confines of the technical area except in special circumstances: for example, a doctor or a physiotherapist entering the field of play, with the referee permission to assess an injured player.
- 10.10** Any insulting and abusive physical contact, gestures and language to match officials is severely sanctioned based on the PFF code of conduct.

11. WARM UP BEFORE AND DURING THE MATCH

- 11.1** Depending on the weather and the condition of the field (to be judged by the tournament Director / Match Commissioner). The team will be allowed to warm up on the half of the pitch closest to their respective bench with out ball.
- 11.2** During actual play:
 - 11.2.1** A maximum of 5 players from each team may warm up at the same time but without the ball, behind the goal closest to their respective bench with 1 assistant coach

GRACE PERIOD

No grace period from the official schedule time of the match will be applied. Teams are advised to be in the playing venue at least thirty (30) minutes before the scheduled match to avoid default.

11. VIOLENCE BY PLAYER AND / OR OFFICIALS

Any player or team officials reported by the referee or by a Tournament Official for indiscipline or violent conduct shall be dealt with severely in accordance with the PFF Catalog of Punishments. Reports on such cases shall be submitted to the disciplinary committee for further action if deemed fit.

- 11.1** Abusive Language and gestures 2 games suspension
- 11.2** Physical contact and abuse to Match officials-Disqualified from tournament
- 11.3** Harassment and Threats(verbal & gestures) -Disqualified from tournament

12. REFEREES AND ASSISTANT REFEREES

- 12.1.** All matches will have an official referee.
- 12.2.** The referee's decision is final and must be respected.
- 12.3.** No protest will be entertained regarding the decisions of the referee.
- 12.4.** When the referees restarted the match, they could not overturn previous decisions. He can only change his decision before the restart.
- 12.5.** Video evidence is not considered to change the outcome of the match.
- 12.6.** No legal proceedings will subject the MO in relation to Matches officiated by MO

13. FORCE MAJEURE

- 13.1. Considering the safety of all concerned, the undetermined weather conditions have prompted the tournament organizers to consider the possibility of games being terminated before regulation time. In such cases the following rules will be apply:
- 13.2. If the match cannot start as scheduled due to FORCE MAJEURE, a period of time (determined by the tournament officials) (15/15) will be allowed for weather conditions to improve for play to resume. If after such time, conditions still do not permit play, **the game will be rescheduled at the bottom of the schedule.**
- 13.3. If the match had started and was subsequently terminated due Force Majeure (ex. inclement weather conditions), a period of time will be allowed for conditions to improve for play to resume. If after such time, condition still does not permit play, the match will be rescheduled if,
- 13.4. Matches will be stopped and resumptions of the match is at the time of stoppage, with the same goals and disciplinary sanctions. The team that leads by three (3) goals will be declared winner.
- 13.5. If under the same conditions and the match is terminated after the considerable amount of time into the second (2nd) half with tied score, the game will be declared a draw except in the quarter finals, semi-finals, and finals where a penalty shootout will be implemented.

V. PROTEST, PENALTIES AND SANCTIONS

- All protests should be consistent with DepEd existing policies and guidelines in resolving protest on game technicalities and protest on eligibility , complaints should be in written form with affidavits of witness/ or evidence to support the same and shall be filed before the start of the second game of the concerned team. There shall be no protest fee to be collected from the protesting regional delegation.
- No protest will be entertained regarding eligibility of players
- No protest will be entertained regarding judgment calls of the referee
- Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within one (1) hour immediately after the conclusion of the match in protest. The TD shall decide within two (2) hours upon receipt of the protest.
- All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.
- Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within three (3) hours upon receipt of the decision.



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- The Jury of Appeals shall decide within six (6) hours upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.
- Concerning the decisions made by the TD and ATD and RA, no protest will be considered.

VI. ADDITIONAL TECHNICAL GUIDELINES SECONDARY GIRLS AND ELEMENTARY (8 ASIDE FOOTBALL WITH OFFSIDE)

1.1 TECHNICAL PROCEDURE FOR FOOTBALL GIRLS SECONDARY

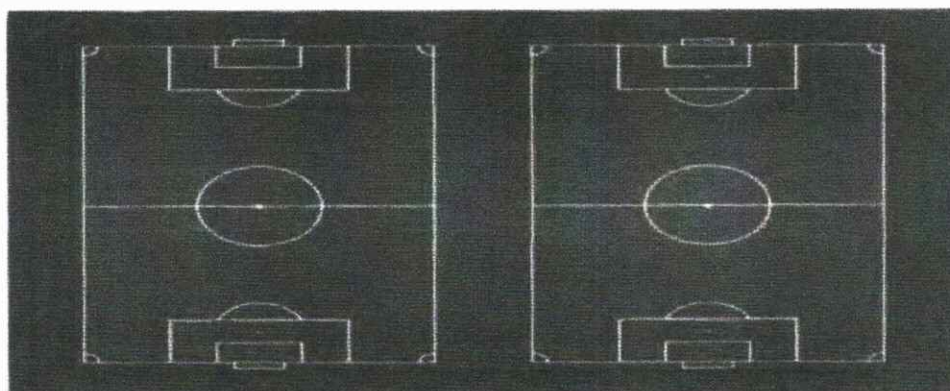
- 1.1.1 Open Substitution but substitute player must enter from center of field.
- 1.1.2 Fifa rules is applied in all games and all guidelines the same with Boys football.
- 1.1.3 Duration of match is 25 per half with 10 minutes interval.
- 1.1.4 Size 5 leather ball will be used.
- 1.1.5 Players who played futsal and represented schools in depEd games are disqualified from playing in Football Secondary Girls.
- 1.1.6 Members of the secondary Football Girls must come from 1 school, the core group of 18, and 3 selections from other school/s.
- 1.1.7 Coaches, asst coaches and chaperon must come from the same school. No foreign coaches is allowed to handle girls team.
- 1.1.8 It is encouraged that the girls team coach must be female.
- 1.1.9 Futsal Players who played in futsal and loss their qualification is not allowed to be member of the secondary football team girls.

1.2 TECHNICAL PROCEDURE FOR FOOTBALL BOYS ELEMENTARY

- 1.2.1 8 vs 8 format with offside
- 1.2.2 Will be played in 3 periods (1st, 2nd, and 3rd) at 15 mins. per half and 5 mins. interval in between.
- 1.2.3 It will be played on a small field in equivalent of half court area of the whole field. Specific measurement for field marking and will be played simultaneous in a whole court.
- 1.2.4 First period will have 10 players but only 8 can start the game and 2 substitutes. Substitute player can only enter the game after 5 mins. Substitute is open for the first batch.



- 1.2.5 Second period will have second set of 10 players but only can start the game and three (3) substitutes. Substitute player can only enter the game after 5 minutes. Substitution is open for the 2nd batch.
- 1.2.6 Any team/region compose of less than 21 players, must divide equally number of team composition per 1st and 2nd period.
- 1.2.7 In the 1st and 2nd period, any injured player before the 5 minute marks cannot be replace unless it is a concussion injury.
- 1.2.8 All players must play.
- 1.2.9 Third period is for Best Players and can start the match and substitution is three (3) opportunities.
- 1.2.10 Possible introduction of SIN BIN (3 minutes) for players sanctioned by reckless challenge only.
- 1.2.11 Ball is size 4 leather approved by FIFA or the same markings.
- 1.2.12 Goal Measurement: Height is 7ft and width is 16 ft or 18 ft.
- 1.2.13 Field Measurement (flexible): Length 50 to 60 meters; Width 30 to 40 meters.
- 1.2.14 Size of Penalty area: 14 meter by 20 meter.
- 1.2.15 Size of goalkeeper area: 8 meters by 10 meters.
- 1.2.16 Distance of penalty mark: 10 yards.
- 1.2.17 Distance to penalty arc from Penalty mark is 8 yards.
- 1.2.18 Diameter of halfway Center Circle is 16 yards.





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- 1.2.19 Distance between kicker and player during direct free kick is approximately 8 yards only.
- 1.2.20 All non players must wear a bibs or vest in which color is in contrast with team playing color.
- 1.2.21 Coaches team jersey must be of different color with teams playing jersey.

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TECHNICAL GUIDELINES FOR FUTSAL (For Secondary Girls and Elementary Girls)

I. COMPETITION RULES AND REGULATIONS

1.1 NAME OF THE COMPETITION

The competition shall be called the PALARONG PAMBANSA FUTSAL 2026

1.2 MANAGEMENT AND ORGANIZATION

This is organized and managed by the DEPARTMENT OF EDUCATION
PALARONG PAMBANSA BOARD.

1.3 RULING

The general ruling is anchored by the ruling of International Laws governed by
FIFA LOTG.

II. ELIGIBILITY GUIDELINES

NSAC rules regarding age eligibility and qualification of athletes and
accreditation/qualification of coaches shall strictly be followed.

III. COMPOSITION OF CONTINGENT

1. A Modified Maximum Selection of **Fifteen (12 + 3) accredited** players on a team.
(5 players & one of whom shall be a goalkeeper; 10 substitutes with the 3
additional players selected from other team/division). A minimum of **three (3)**
players are allowed to start the game and even end the match.
2. **Two (2) accredited** team officials (Coach and Chaperon).
3. One (1) Medics or Physical Therapist is also allowed to sit on the bench (must
present identification proving he/she is a medical officer or physiotherapist).

IV. DISQUALIFICATION

Those not accredited by NSAC shall not allowed to play throughout the Tournament.

V. PLAYER EQUIPMENT

1. For Athletes

- 1.1. All players' jersey numbers must only be from 1-15.
- 1.2. All players on the bench must wear bibs of different color
from their playing uniform and to their opponents.
- 1.3. **Regional uniforms are strictly imposed.**
- 1.4. Players are required to wear their complete uniform and
in conformity with FIFA Futsal Laws:

2. Team should adhere to their regional color; alternate uniform are now allowed to wear but same color and design.

2.1 (Sponsors uniform are not allowed). The player's number 1-15, on the uniform registered on the official list shall also be the same on the starting list and the same number shall be used by the player throughout the Palarong Pambansa game duration.

2.2 Official shirt with sleeves and shorts of their Region represented.

2.3 Long socks

2.4 Shin guards

2.5 **Futsal shoes or rubber sole (multi spikes shoes are not allowed)**

2.6 Undergarments should adhere to Futsal LOTG Law 4.

2.7 Tapes should be the same color with the socks.

2.8 The team captain is required to wear an arm band around her left arm to enable the referee to distinguished her from the rest of the team.

2.9 All teams are obliged to bring 7 bibs for bench players.

2.10 In the event that both teams do not have spare/second outfits, one of The Teams should wear their bibs with a toss coin who decides to wear bibs.

2.11 The Goalkeeper must wear a jersey that has a color different from the rest of the team colors and the match officials.

2.12 **Coaches** are also required to follow dress code, SEMI CASUAL ATTIRE. No sando or short should be worn at the bench.

Only:

a. **Pants or Jogging Pants**

b. **Polo, Polo Shirt (with collar)**

c. **Leather or Rubber shoes**

VI. PROTEST, PENALTIES AND SANCTIONS

PROTEST

1. Protest on technicalities shall be put in writing, signed by the coach and the head of the regional delegation. It should be submitted to the Tournament Director (TD) within **one (1) hour** immediately after the conclusion of the match in protest. The TD shall decide within **two (2) hours** upon receipt of the protest.

2. All protests must be supported with the necessary evidence and attachments. Video recordings taken privately will not be considered as evidence.



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3. The decision of the TD shall be appealable. Only questions on laws are appealable to the Jury of Appeal. Appeals shall be put in writing, signed by the head of delegation and shall be submitted to the Jury within **three (3) hours** upon receipt of the decision.
4. The Jury of Appeals shall decide within **six (6) hours** upon receipt of the written appeal. The decision made by the Jury is final, irrevocable, and executory.

PLAYERS CAUTIONED OR DISMISSED FROM FIELD OF PLAY

1. A player who will receive two (2) cautions (**yellow card**) shall automatically be suspended from the match following the match in which she received the second yellow card.
2. A player expelled (**red card**) from the pitch by the referee shall be suspended for the next match and a **2-minute lock down rule before replacement**.
3. **Disciplinary measures such as caution, expulsion of players and officials shall be carried out only during elimination matches. At the start of Quarterfinals up to Championship Match all sanctioned imposed during elimination round will be removed (back to zero counting).**
4. In case of free time, 3 players from the opposing team will be given red cards, that team will be automatically disqualified to play, and the other team will be automatically declared as winner of the match.

APPEARANCE OF THE TEAM

1. Team should be at the venue at least thirty (30) minutes before the scheduled time and should be already warmed up five (5) minutes before the time while equipment to be used is being inspected.
2. A grace period of ten (10) minutes shall be given to the non-appearing team after the scheduled playing. Non-appearance of the team after the grace period will automatically forfeit its game with a score of 1-0 points and the Tournament Committee will meet immediately to decide on further sanctions.

ABANDONED MATCH

Any Team that abandon their match due to protest or other reason and after an ample time was allowed for the team to reconsider (Maximum 15 minutes allowance), the game is awarded to the opponent. The team that abandoned their match is disqualified from the tournament. Matter will be reported to their Head of delegation.

VII. CONDUCT OF THE COMPETITION

Tournament Format:

Teams will be grouped in 4 or 5 in a bracket playing Single Round Robin in the elimination round. They will be bracketed/group based on the ranking result last Palarong Pambansa 2025 in Ilocos Norte which were shown in the bracket table below:

<u>A</u>	<u>B</u>	<u>C</u>	<u>D</u>
1	2	3	4
8	7	6	5
9	10	11	12
16	15	14	13
17	18		

- B. Top 2 teams of each bracket will qualify in the next round playing quarter final match (**QF1** - A1 vs D2, **QF2** - D1 vs A2, **QF3** - B1 vs C2, **QF4** - C1 vs B2).
- C. On the Semi-final round (**SF1** - WQF1 vs WQF3, and **SF2** - WQF2 vs WQF4).
For the Battle for 3rd and 4th place - LSF1 vs LSF2.
FOR CHAMPIONSHIP MATCH - WSF1 vs WSF2.
- D. If draw exists after the duration of the match in the quarter final match up to the final match, 5 kicks from the penalty mark will be used to determine the winner.
- E. Determining the rankings:
1. Win - 3 points
 2. Draw - 1 point
 3. Lose - 0
 4. A defaulted game has points/goal score of 1-0.
- F. In case of tie in the rankings, and to determine the 5th to 8th place, 9th to 12th place place, and 13th to 18th place the following rules shall apply.
- a. Goal Difference
 - b. Greater number of Goals/ Total points made
 - c. Win over the other
 - d. Lesser Red Cards received
 - e. Lesser Yellow Cards received
 - f. Toss coin
- G. Teams who fail to qualify in the Quarter Finals will be ranked according to their Ranking from their respective group.

RANKING	A	B	C	D
	1	2	3	4

LOSER IN THE QUARTER FINALS	8	7	6	5
3 RD IN THE GROUP	9	10	11	12
4 TH IN THE GROUP	16	15	14	13
5 TH TEAM IN THE 4 TH GROUP	17	18		

- G.1. **Rank 3** in their respective group will be **ranked number 9 – 12.**

Actual ranking from 9-12 will be based on win loss record, in case of tie it will be resolved using the breaking of ties rule. The last group game D will not be counted/bearing for breaking of tie purposes.

1. Goal difference
2. Greater number of goals
3. Win over the other
4. Lesser Red Cards received
5. Lesser Yellow Cards received
6. Toss coin

- G.2. **Rank 4 and 5** in their respective group will be **ranked number 13 – 18.**

Actual ranking from 13-18 will be based on win loss record, in case of tie it will be resolved using the breaking of ties rule. The last game of group D will not be counted/bearing for breaking of tie purposes.

1. Goal difference
2. Greater number of goals
3. Win over the other
4. Lesser Red Cards received
5. Lesser Yellow Cards received
6. Toss coin

- G.3. Loser in the Quarter Final Round will be ranked 5 – 8.

Actual ranking from 5-8 will be based on win loss record, in case of tie it will be resolved using the breaking of ties rule. (Back to Zero Counting)

1. Goal difference
2. Greater number of goals
3. Win over the other
4. Lesser Red Cards received
5. Lesser Yellow Cards received
6. Toss coin

VIII. Duration of the Game:

- Two (2) halves of 20 minutes per half (running time).
- Maximum five 5-minute interval in between half.
- Each team is allowed to have a maximum **one (1) minute time out only ONCE per half**. This time out cannot be carried over in the next half if unused.
- During **Elimination Round up to Quarter Finals, on the last 2 minute in every half for Secondary Girls and on the last 1 minute in every half**

for Elementary Girls, the rule on Running Time shall Change to Stoppage time when an interference or a ball out of play situation occurs.

On the **Semifinal Round up to the Championship Match**, in the **last Five (5) minutes** in every half for **Secondary Girls level** and on the **last two (2) minutes** in every half for **Elementary Girls level**, the rule on running time shall change to stoppage time when an interference or a ball is out of play situation occurs.

- E. In case of **Force Majeure**, the recorded time and score shall be kept and shall serve as a basis when the game resumes.

IX. All other rules not so mentioned in these guidelines, FIFA Laws apply.

TECHNICAL GUIDELINES FOR WEIGHTLIFTING**I. COMPETITION RULES AND REGULATIONS**

The 2026 *Palarong Pambansa* Weightlifting Competition shall be conducted in accordance with the International Weightlifting Federation (IWF) Technical and Competition Rules and Regulations (TCRR). However, there are ground rules that are not covered by the IWF Technical Rules and other authorized deviations that will be adopted accordingly to tune in with the local setting.

II. ELIGIBILITY OF PARTICIPANTS (ENTRIES)

Based on *Palarong Pambansa Guidelines on the Eligibility of Athletes in the Division, Regional and Palarong Pambansa*.

III. TECHNICAL OFFICIALS AND COACHES

A Technical Official is the person assigned/designated to manage the competition by applying the rules and regulations of sports. The Technical Official must not be involved in coaching and assisting any athlete during the event to make impartial judgement

of the weightlifting sport competition.

The Coach on other hand shall only be involved in the direction, instruction, and training of a sports team or athlete. Hence, Technical Officials and Coaches must have the required accreditation and technical knowledge of Olympic weightlifting sports as indicated in the eligibility of coaches acquired through attendance and participation in coaching seminars, trainings, and workshops conducted by the Department of Education in collaboration with the SWP.

IV. COMPETITION ATTIRE

- a. **ATHLETES** must wear the prescribed weightlifting costume/uniform that is compliant with the IWF-TCRR.

a.1. Any colour one-piece that must be collarless singlet; must not cover the elbows and; must not cover the knees.

a.2. Costume may be decorated or marked with the athlete's name, nickname, or region, or region name.

a.3. Athletes must wear the sport footwear or a weightlifting shoes would be better, if there is any.

- b. Coaches are required to wear proper outfit prescribed.

b.1. Only the **official coaches** whose picture is in the gallery and roster of coaches shall be allowed to sit in the coach's chair and required to wear:

a. Collared and sleeved shirt for chosen official delegation/team uniform

b. Official Delegation ID No. Coach shall be allowed to enter the field of play without his/her official delegation ID.

V. COMPETITION MECHANICS**A. INTRODUCTION**

1. The competition officially starts with the introduction of athletes. After the introduction of the Technical Officials, the timing clock starts a countdown of ten (10) minutes.
2. The Technical Officials are introduced after which they submit their TO Cards to the Jury President.

B. PRE-COMPETITION PROCEDURES - ENTRIES

1. Athletes listed in the Final Entry Form are those who successfully won in the lower meets of their respective regions.
2. Athletes not listed in the Final Entry Form cannot take part in the event.

C. VERIFICATION OF FINAL ENTRIES

1. The VFE Meeting consists of each participating team receiving a Verification Form which they requested / eligible to do the following:
 - Correct the spelling of the athletes' name
 - Correct the athletes' date of birth
 - Modify the athletes' bodyweight category
 - Modify the athletes' Entry Total
2. Substitution of athletes will not be accepted.
3. Maximum of five (5) boys and five (5) girls or equaling the number of categories on the program whichever is less, shall remain on the Verification Form with a maximum of two (2) athletes per bodyweight category. All additional athletes must be deleted.
4. Once the Verification Form is verified, signed and returned the Entries are considered final.
5. Teams with no representation at the VFE Meeting must accept the information according to their submitted Final Entry Form as final and binding.



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D. DRAWING OF LOTS AND TECHNICAL CONGRESS/ CONFERENCE

1. After the VFE, a randomly general lot number is drawn for each verified athlete. The athletes retain the lot number throughout the event. The lot number defines the order of the Weigh-in and the order of lifting during the course of the competition in the athlete's relevant group. (IWF-TCRR-2025 6.3.1-4)
2. Prior to the start of the Event, a Technical Congress/Conference Solidarity Meeting must be held where the participating teams and other parties concerned shall receive comprehensive information about the event.

E. WEIGH-IN PROCEDURE

1. The "No Palarong Pambansa ID, no weigh-in rule" shall apply.
2. The weigh-in shall be conducted on the day of the communication, 2 hours prior to the athletes scheduled competition time.
3. **Weigh-in in attire:** The athletes' attire during the weigh in shall be a weightlifting costume, NO FOOT WEAR, SOCKS, JEWELRY during the weigh-in. If an athlete's weight is over their officially entered bodyweight category, 250 grams can be deducted from the weight to account for the weight of the costume (IWF TCRR regulation 6.4). If the athlete is within their officially entered bodyweight category the weight on the scales will be recorded as shown.
4. An athlete who is within the weight of the bodyweight category in which he/she is officially entered is weighed only once. An athlete who is under or over their officially entered bodyweight category may return to the weigh-in room as many times as necessary in order to make the bodyweight category. The returning athlete does not have to follow the sequence of weigh-in order.
5. As soon as the athlete has weighed within the officially entered bodyweight category, accompanying Team Officials must be provided with Warm-up Passes for access to the warm-up area as per the following chart- per group:

- One (1) athlete – three (3) Passes
- Two (2) athletes – four (4) Passes

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- Any additional athlete (for combined categories / Events
- two (2) Passes per athlete

6. An athlete who fails to make the bodyweight with the allotted weigh-in time is excluded from the competition of the event.

F. CHALLENGE CARD

Challenge Cards are issued to Athletes/ Teams to Challenge Referee's / Jury's decision. One (1) Challenge Card shall be provided each athlete. Athletes/Team can only challenge the decisions of its own attempt.

G. WINNING

1. The total number of scores shall determine the Gold, Silver, and Bronze. Below are the factors to be considered in deciding the classification of athletes in total:
 - Best result- Highest first; if identical, then:
 - Best clean & jerk result's attempt number – the Athlete who achieved three total results earliest according to the calling order 6.6.6
2. In case of tie(s) in different group (s), the athlete(s) who competed earlier in time will be ranked higher regardless the attempt number at which the athletes reached the relevant result.

H. COURSE OF COMPETITION

1. The barbell is loaded in progression. The athlete requesting the lightest weight lifts first. Once the announced weight is loaded on the barbell, and the clock has started, the weight cannot be reduced.
2. The athlete or Team Official must, therefore, be responsible and observe the progression of the loading and be ready to make the attempt at the weight they have chosen.
3. In case of any mistake occurring in the lifting order, either by fault of the athlete/team official/technical official/speaker, the lifting order according to the rule is applied for the classification of the athletes.
4. The **minimum weights** that must be lifted at the *Palarong Pambansa* Competition are:
 - Men- Twenty (20) kgs men's bar.
 - Women-Fifteen (15) kgs women's bar.
5. Calling Order

5.1. The following four (4) factors listed in priority must be considered when calling the athletes:

- 5.1.1. The weight of the barbell (lightest weight first)
- 5.1.2. The number of the attempt (lightest weight first)
- 5.1.3. The sequence/order of the previous attempt(s) (the athlete who lifted earliest is first)
- 5.1.4. The start number of the athlete (lowest first)

5.2. One (1) minute (60 seconds) is allocated to each athlete between the calling of his/her name and the beginning of the attempt. After thirty (30) seconds a warning signal sounds.

When an athlete attempts two (2) lifts in succession, he/she is allowed two (2) minutes (120 seconds) for the succeeding.
(For exception see IWF-TCRR-2025 6.6.8)

Thirty seconds after the start of the allocated time and thirty (30) seconds before the end of the allocated time, a warning signal sounds. If at the end of the allocated time the athlete has not raised the barbell from the competition platform to make attempt, this attempt is declared "NO LIFT" by the three (3) referees.

5.3. Final call is the signal given by the timing clock thirty (30) second before the end of the allocated time.

Note: Full details of calling order, refer to IWF TCRR-2025 6.6.6

6. BREAK

There is a ten (10) minute break after the snatch portion to allow the athletes to warm up for the Clean & Jerk.

I. EVENTS

The two (2) lift events must be executed in the following sequence:

1. Snatch
2. Clean & Jerk

Note: Rules for all lifts, refer to IWF-TCRR-2025 2.4, 2.5, 2.6.

J. DIVISIONS & CATEGORIES

SECONDARY BOYS (Age 13-17 years old)

CATEGORIES	WEIGHT RANGE
48 kg	Not exceeding 48 kg
52 kg	Over 48.00 kg but not exceeding 52. 00 kg
56 kg	Over 52.00 kg but not exceeding 56.0 kg
60 kg	Over 56.00 kg but not exceeding 60.00 kg
60+ kg	Exceeding 60 kgs

SECONDARY GIRLS (Age 13-17 years old)

CATEGORIES	WEIGHT RANGE
40 kg	Not exceeding 40 kg
44 kg	Over 40 kg but not exceeding 44. 00 kg



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48 kg	Over 44 kg but not exceeding 48 kg
53 kg	Over 48 kg but not exceeding 53 kg
53+ kg	Exceeding 53 kgs

VI. LOCAL RULES

1. Any case or circumstance not covered by the IWF Handbook shall be dealt with accordingly and fairly by the Weightlifting Technical Team.

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