



Division Memorandum

No. 169 s. 2014

To: **Public Schools District Supervisors**
Public & Private Elem. & Sec. School Heads & District PESS Coordinators

From: **FRANCIS CESAR B. BRINGAS, CESO VI**
Schools Division Superintendent

Subject: **HOLDING OF PALARONG LUNGSOD 2014**

Date: **December 1, 2014**

1. This is to announce to the field that the PALARONG LUNGSOD 2014 will commence on December 3, 2014.
2. This year's theme is "PROMOTING PHYSICAL FITNESS AND APPRECIATION OF SCHOOL SPORTS."
3. Schedules of Activities shall be on a staggered basis due to limited sports facilities and playing venues.
4. The following documents must be submitted to the Tournament Directors one day before the schedule for screening purposes: hence, **no documents, no play** is strictly implemented.
 - a. AR-1.
 - b. certified photocopy of NSO Birth Certificate.
 - c. Photocopy of Form 137 to be duly certified by the school head
 - d. Certification of Enrolment by the school head
 - e. Parent's/guardian consent (signature must be original. PRINTED NAME OVER SIGNATURE)
 - f. Medical Certificate to be signed by government physician
 - g. Dental Certificate
5. The final district list of qualified athletes, coaches and officials shall be submitted to the Division Office for the distribution of T-shirts. No list, no t-shirts.
6. The opening program will be on December 12, 2014 at 9:00 AM at the BCNHS Gym and games will start at 1:00 PM., same date.
7. School heads are required to allow their coaches and athletes to practice 2 days before the Palarong Lungsod. Likewise, necessary arrangements shall be done to avoid disruptions of classes while the activities are going on.
8. Service credits shall be granted to teachers and certificate of overtime credits (COC) for non-teaching personnel who will serve during Saturdays and Sundays during the Palarong Lungsod 2014.
9. The schedule of activities, general technical guidelines, rules and other policies related to the conduct of the PALARONG LUNGSOD 2014 are enclosed.
10. For the guidance and strict compliance of all concerned.

GENERAL GUIDELINES, MECHANICS, POLICIES AND RULES

1. Only Working Committee Members, Officiating Officials, Coaches, Trainers, Chaperons and Athletes are excused from their classes during the Palarong Lungsod 2014. School heads should make the necessary arrangements.
2. All athletes, District delegation officials, coaches, trainers, chaperons and Palarong Lungsod working committee members and officiating officials are required to attend the opening program.
3. The participation of all Districts (District I, District II, and District III) shall be guided by the objective of promoting physical fitness and appreciation of school sports.
4. The following documents stipulated in this memorandum shall be strictly monitored.
5. The **“No Coach, No Practice, No Play”** policy shall be strictly observed.

Nota bene:

1. The Baguio City National High School MAPEH Department shall assist the Division in the opening program.
2. All technical officials, coaches/co-coaches/trainers and District PESS coordinators will meet on January 12, 2015 at 3:00 PM at the FVR Center for the final selection of athletes, coaches and officiating officials to the 2015 CARAA Meet. Training shall commence right after the holding of Palarong Lungsod 2014.
3. The Tournament Director, the Champion Coach and the Event Secretary shall have the final say on the composition of the team sports for the 2015 CARAA.

Final Schedule of 2014 Palarong Lungsod

EVENTS	Playing Venue	Dates
Archery Sec.	Athletic Bowl	Jan. 10-11, 2015
Arnis Sec./Elem.	SLU Tennis Court	Dec. 17-18, 2014
Athletics Sec./Elem.	Teachers Camp	To be announced
Badminton Sec. / Elem.	BCNHS Auditorium	Dec. 11-12, 2014
Basketball Sec./Elem.	BCNHS Gym	Dec. 12-14, 2014
Baseball Sec./Elem.	Melvin Jones	Dec. 12-14, 2014
Boxing Sec.	Guisad Valley NHS	Dec. 15-18, 2014
Chess Sec./Elem.	Josefa Cariño ES	Jan. 13-14, 2014
Football Sec./Elem./Futsal	Melvin Jones/BCNHS Gym	Dec. 16-18, 2014
Gymnastics Sec./Elem.	BCNHS Auditorium	Dec. 13, 2014
Lawn Tennis Sec./Elem.	Baguio Tennis Club	Dec. 11-14, 2014
Sepak Takraw Sec./Elem.	Lueban ES	Dec. 12-13, 2014
Softball Sec./Elem.	Melvin Jones	Dec. 12-14, 2014
Swimming Sec./Elem.	Baguio Swimming Pool	Dec. 13-14, 2014
Table Tennis Sec./Elem.		
Taekwondo Sec./Elem.	UP	Dec. 3-4, 2014
Volleyball Sec./Elem.	SLU Covered Court	Dec. 12-14, 2014
Billiard	Puyat Sports	Dec. 14, 2014
Wrestling		
Wushu	Woodsgate, Camp 7	Dec. 20, 2014
Kadang-kadang	Quezon Ground	Dec 12-13
Sanggul		

2014 CITY MEET BOXING TOURNAMENT GUIDELINES

I. Weight Classifications and categories, Year of Birth/ Cut –off date and Age

A. School Boys Classifications

Weight Category	Year of Birth	Weight –Kg	Ages
1 .Light Mosquito weight	Born 2001-2002	36-38 kgs.	13-14 years old
2. Mosquito weight	Born 2001-2002	40 kgs	13-14 years old
3. Light paper weight	Born 2001-2002	42 kgs	13-14 years old

B. Junior Boys Classification

Weight Category	Weight Kg	Year of Birth	Ages
Pin weight	44-46 kgs	Born 1999-2000	15-16 years old

C. Youth Boys Classification

Weight Category	Weight –Kg	Year of Birth	Ages
Light Flyweight Born	46-49 kgs	1997-1998	17-18 years old

NOTE: During the Tournament a boxers will be boxing 1 kilogram lower than the weight classification (i.g. 46 – 49 kgs to 46 – 48 kgs)

II. Number of Rounds and Knockdowns or Compulsory Count Limit

SECONDARY

A. School Boys Classifications (Light Mosquitoweight 38 kgs., Mosquitoweight 40 kgs. And Light Paperweight 42 kgs.) 3 rounds of 1 1/2 minutes each and 1 minute rest period between rounds. The bout will automatically stop if any or both of the boxers is counted 2 times due to knockdown in any round and 3 times in the whole duration of the bout.

B. Junior Boys Classification (Pinweight 44-46 kgs.) 3 rounds of 2 minutes each and 1minutes rest period between rounds. The bout will automatically stop if any or both of the boxers is counted 2 times due to knockdown in any round and or 3 times in the whole duration of the bout.

C. Youth Boys classification (Light Flyweight 46-49 kgs.) - 3 rounds of 3 minutes each and 1 minute rest period between rounds. The bout will automatically stop if any or both of the boxers is counted 2 times due to knockdown in any round and or 3 times in the duration of the bout .A “down” or count caused by any foul shall not be included in the compulsory Count Limit.

III. TOURNAMENT FORMAT: KNOCK OUT SYSTEM

IV. TOURNAMENT RULES: Palarong Pambansa General Guidelines and International Amateur Boxing Association (AIBA) Technical and Competition Rules shall be followed.However, if Palarong Pambansa General Guidelines and AIBA Rules is not applicable or insufficient a ground rule/s may be formulated.

V. UNIFORMS

A. Competitors shall box in a light boots or shoes (w/o spikes or heels) Socks, shorts (not to exceed knee length), and a vest covering the Chest and back.

B. For all ABAP approved event, the boxers shall wear red/blue vest depending on their assigned corner and trunk of any color, which shall be their own responsibility. Where trunk and vest are of the same color, the belt line must be clearly indicated using 6-10 cm. wide elastic waistband.

C. Awardees must wear their team uniform during the awarding ceremony. Slippers and sandals are not allowed.

D. Coaches/Seconds shall wear their Team official uniform or jogging pant and jacket. Wearing of slippers, sandals, maong pants and casual attires shall not be allowed.

VI. Record Book: Every Boxer must have a Record/Medical Book (Red Book), properly filled-up without any alteration or erasure/s and affix his 2x2 I.D., (latest picture with name tag) inside the front page cover thereof. The boxer shall present his record/medical book during general weigh-in and medical check-up and thereafter if the boxer is due to box (No red book No box and Red Book is Non Transferable). This rule shall apply from the lowest level of competition up to the paralong pambansa.

VII. Number of Coaches/Seconds: Each Boxer is entitled of two (3) Coaches/Seconds who shall be governed by the following rule: Only the two (2) Coaches/Seconds shall mount the apron of the ring and only one may enter the ring.

VIII. Referees and judges: Only DepED National and Regional Accredited Referees and Judges in Good Standing are allowed to officiate in the tournament. Understanding and practice of the AIBA Code of Conduct is mandatory, (Refresher Course on AIBA Rule is mandatory). Referee/s and Judge/s who were suspended or with a very poor performance during the preceding Palaro shall not be eligible to officiate in the forthcoming Palaro. However, if the R&J/s is the number one in the order of list of R&J/s recommended by The District Sports Coordinator, the TM has the power to deny the recommended R&J/s and select the R&J/s from the list submitted by the District Sports Coordinator. However, to maintain neutrality ABAP/AIBA R&J/s and ITO (TD/Juries/Draw Commission) may assign by the TM to officiate.

IX. Ring Physician: The ring doctor shall be a Doctor of Medicine and coming from DepEd. However, local doctor/s and nurses may be allowed to assist the Official Ring Doctor, during general weigh-in and medical check-up and daily weigh-in. In case the Number of Medals are Tie: To break the tie and determine the team winner, if two or more teams have equal number of medals, draw by lot shall be used.

2014 CITY MEET BOXING TOURNAMENT

SCHEDULE OF ACTIVITIES

Daily competition and meeting schedule

DATE	TIME	PHASE
DAY 1 DECEMBER 15,2014	8-5	REFRESHER'S COURSE COACHES AND R/J'S
DAY 2 DECEMBER 16,2014	7-9 9-10 10-11 1-	GENERAL WEIGH IN OFFICIAL DRAW R AND J MEETING QUARTER FINALS
DAY 3 DECEMBER 17,2014	7-8 9-10 1	DAILY EXAMINATION AND WEIGH IN R AND J MEETING SEMI FINALS
DAY 4 DECEMBER 18,2014	7-8 9-10 1 4-5	DAILY EXAMINATION AND WEIGH IN R AND J MEETING FINALS AWARDING CEREMONY

Prepared by:

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