



Republic of the Philippines
Department of Education
Cordillera Administrative Region
Division of Baguio City
82 Military Cut-off, Baguio City
Telefax # 442-7819



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September 18, 2018

Division Memorandum No. 423, S. 2018

DIVISION TRAINING ON MUAYTHAI COACHING AND OFFICIATING

To: Public School Supervisors
Public Elementary School Heads
Public Secondary School Heads
District Sports Coordinators
Coaches

1. The Schools Division of Baguio City through the School Governance and Operation Division (SGOD) in partnership with the Muaythai Association of the Philippine-Baguio City Chapter will conduct a Division Training on Muaythai Coaching and Officiating for identified Public Teachers on September 26-27, 2018 at Baguio SPED Center Covered Court.
2. The school heads are advised to make necessary contingency plan for teachers who are involved and who are participants from the activity so as not to disrupt classes during the said seminar training slated on September 26-27, 2018.
3. The objectives of these activity aims to:
 - a. Discuss and apply the basic skills in Coaching and Officiating Muaythai Sports.
 - b. Interpret/orient the rules of International Federation of Muaythai Association.
 - c. Prepare Coaches/Trainers from future Deped Events and Invitational Meets.
 - d. Build camaraderie among Coaches/Trainers and Officiating Officials in Muaythai.
4. A registration fee of P 300.00 shall be collected from each participant to defray the expenses such technical handbook, certificates and other expenses to be charged against school or local funds subject to the usual accounting rules and regulations. The participants will bring or take care of their own snacks and lunch.



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5. Participants to this seminar training are the following:

Name of Teacher	School
1. Nelson Mana-a	Dontogan Elementary School
2. Arthur Sadcat	Baguio Central School
3. Jaime Pundo	Baguio City High School
4. Sunshine Malateo	Pinget National High School
5. Carla Fatit	Guisad Valley National High School
6. Jonalyn Cornel	Magsaysay National High School
7. Joeferino Guinumtad	Pines City National High School
8. Arnold S. Cayso	Pinget National High School
9. Beltran Cabradilla	Magsaysay National High School
10. Nelie Domngal	Pinget Elementary School
11. Wagner Dionisio	Pines City National High School
12. Arthur Pecay	Roxas National High School
13. Clifford Aridao	Dominica-Mirador National High School
14. Benjie Melchor Nicolas	Irisan National High School
15. Lenie Mila	Elpidio Quirino Elementary School
16. Benjamin C. Diaz Jr.	Pinget National High School
17. Martin Diwang	San Vicente National High School
18. Orden Cayso	Elpidio Quirino Elementary School
19. Reynaldo Salingbay	Dona Aurora National High School
20. Rhea Parayao	Mil-an National High School
21. Brent Gumuwang	Pinget Elementary School

6. Please see the matrix of activities and Muaythai Palarong Lungsod Technical Guidelines attached herewith.
7. For more details on the seminar training, please contact Mr. Arnold S. Cayso with CP Number 09488019275.
8. The full support and cooperation of all concerned is earnestly enjoined.

FEDERICO P. MARTIN, EdD, CEEd, CESO V
Schools Division Superintendent



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**DIVISION TRAINING ON MUAYTHAI COACHING AND OFFICIATING
MATRIX OF ACTIVITIES**

DATE	ACTIVITIES
September 26, 2018	Day 1
8:00-9:00 AM 9:00-9:30 AM 9:30-10:00 AM 10:00-12:00 AM	A. Registration of Participants B. Opening Program C. Waikru Demonstration and Workshop D. Health Break E. Speakers Lecture <ul style="list-style-type: none">• Introduction to Martial Arts• Sports Psychology
12:00-1:00 PM	Lunch Break
1:00-2:30 PM 2:30-3:00 PM 3:00-5:00 Pm	F. Strength and Conditioning Exercises/Drills G. Basic Muaythai Skills/Techniques H. Health Break I. Lecture on Muaythai Technical Guidelines
September 27, 2018	Day 2
8:00-9:30 AM 9:30-10:00 AM 10:00-11:00 AM 11:00-12:00 AM	A. Continuation of Basic Muaythai Skills B. Health Break C. Lecture on Muaythai Judging/ Refereeing
12:00-1:00	D. Lunch Break
1:00-2:00 PM 2:00-2:30 PM 2:00-2:30 PM 3:00-5:00	E. Continuation of Lecture on Muaythai Judging/ Refereeing F. Participants Written Examination G. Health Break H. Closing Program and Awarding of Certificates



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PALARONG LUNGSOD 2018 (MUAYTHAI)

TECHNICAL RULES AND REGULATIONS

The rules and regulation presented hereafter are in accordance with the current rules and regulations of the International Federation of Muaythai Amateur (IFMA) approved by the Committee, the Executive Board of IFMA and are the governing rules and regulations to govern the conduct of Muaythai event.

A slight adjustment on the weight category was done to match the DepEd students fighting weight.

Participants

* All participants should come from the 4 Secondary Districts of the Baguio City. Winners on the different District meets will be the ones to represent their district in the City Meet. All participants must abide by the IFMA Rules and Regulations and the rules to be agreed upon during the Solidarity Meeting of coaches and team managers, these rules being implemented and observed by the Muaythai Technical Officials in the conduct of the 2018 Muaythai Palarong Lungsod, in order to have a UNIFORMITY in decision making. Failure or refusal to do so, the head Muaythai Technical Official has the right to refuse/ deny the participation of the concerned Muaythai student-athlete.

Medical Check-up and Weigh-in

* All contestants must have a Medical Check-up and Official Weigh-in on the opening day of the bout and all bouts thereafter outlined in the technical handbook in the morning of their competition for each bout. Student-athletes will be given a record book and to be presented at every medical check-up.

Drawing of Lots for Pairing

* The draw will be carried out after the Medical Check-up and Weigh-in. During this, the Team Manager or Coach or a selected representative from each District must be present.

Appearance of Contestant

* A contestant must wear the official uniform shorts and sleeveless shirt bearing the colors of their respective regions. The contestant must wear a Mongkol (sacred headband) during the Waikru before the fight. An amulet maybe worn around the upper arm or wrist but must be neatly covered.

* The contestant must wear the standard head-guard, gloves, shin guard, elbow guard and body armor as provided by the Technical Officials. Contestants are required to wear their own groin-guard (male and female), breast protector (female only) and gum-shield. Toenails must be short.

Hand wraps

* Contestant must wear the wraps provided by the Technical Committee.



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Competition Conduct

* All contestants must behave according to the IFMA code of ethics (see <http://www.ifmamuythai.org/techincal-reference/ifma-code-of-ethics/>) - as a good sportsman and follow the rules and regulations as laid out. Contestants will be penalized for any violations.

Appealing Decision

* All appeals should be in accordance with the rules of the International Federation of Muaythai Amateur (IFMA). Protest fee of Php. 3, 000 non-refundable.

Award and Prizes

* In each division, the winner of the Final bout will be the Champion and awarded with the Gold Medal. The other finalist will receive the silver medal and bronze medals will be awarded to the semi-finalists.

CATEGORIES and DIVISION

** Student athlete's age must be conformed with the age category during the event itself. Any over age will be disqualified.*

Youth 12-13 years old

Kilograms	Male	Female
40 kgs below		
42 kgs below		
45 kgs below		

Youth 14-15 years old

Kilograms	Male	Female
45 kgs below		
48 kgs below		
51 kgs below		

Youth 16-17 years old

Kilograms	Male	Female
45 kgs below		
48 kgs below		
51 kgs below		
54 kgs below		
57 kgs below		
60 kgs below		



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Number of Medals

Gold Medal - 22


Silver Medal - 22


Bronze Medal - 44

Prepared by:


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Coordinator, Muaythai Deped Baguio
Pinget National High School
CP Number: 09488019275

Noted by:


BRYAN S. OLOD
President, MAP-Baguio City Chapter
Cp Number: 09193109369


JOSEPH B. OLOAN
Chairman, MAP-Baguio City Chapter
Cp Number: 09475418411