



Republic of the Philippines  
**Department of Education**  
Cordillera Administrative Region  
**SCHOOLS DIVISION OF BAGUIO CITY**



May 09, 2025

**DIVISION MEMORANDUM**

NO. **291-2025**

**SDO-BAGUIO NTP FITNESS HEROLYMPICS 2025 IN CELEBRATION OF  
EDUCATION SUPPORT PERSONNEL DAY**

To: Chief Education Supervisors  
Public Schools District Supervisors  
Education Program Supervisors  
Public Elementary and Secondary School Heads  
National, SEF, COS and JO Personnel  
All Others Concerned

1. Pursuant to Republic Act No. [Republic Act Number Declaring May 16 as Education Support Personnel Day], which declares May 16 as "Education Support Personnel Day" and a special working holiday to honor the invaluable contributions of non-teaching personnel, the Schools Division of Baguio City, in coordination with the Baguio City Public Schools Non-Teaching Employees Association (BCPSNTEA), will be holding a **FITNESS HEROLYMPICS** on **May 16, 2025** at the PFVR Gymnasium from 8:00AM to 5:00 PM.

2. This activity aims to:

- Recognize and celebrate the vital role of non-teaching personnel in the effective functioning of our schools and the delivery of quality education.
- Foster camaraderie, teamwork, and sportsmanship among non-teaching personnel through friendly athletic competitions.
- Promote physical well-being and a healthy lifestyle among the attendees.

3. All non-teaching personnel in the Schools Division of Baguio City are enjoined to participate in this significant event. Their active participation in the activity is highly encouraged. Kindly accomplish the link on or before May 10, 2025. Groupings shall be then announced via BCPSNTEA official group chat. **[tinyurl.com/BCPSNTEAMasterlist](https://tinyurl.com/BCPSNTEAMasterlist)**

4. The BCPSNTEA, in coordination with the Division Office, will be responsible for the overall planning, organization, and implementation of the activity.

5. The following documents are enclosed for reference:

- Enclosure No. 1: Program Matrix
- Enclosure No. 2: Team Mechanics
- Enclosure No. 3: Team Line Up  
(shall be accomplished on or before May 14, 2025).



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6. Participants are advised to come in appropriate attire for the sporting events.
7. This memorandum serves as the official notification for the conduct of the aforementioned activities on May 16, 2025.
8. Immediate dissemination of this memorandum is desired.

  
**SORAYA T. FACULO PhD, CESO VI**  
Schools Division Superintendent





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**Enclosure 1. Program Matrix**

**PROGRAM**

7:30 - 8:00 AM	Registration	Carmel F. Meris Assistant Schools Division Superintendent
8:00 - 8:30 AM	Parade	
8:30 - 8:50 AM	Preliminaries	
8:50 - 9:00 AM	Opening Remarks	
9:00 - 9:10 AM	Inspirational Message	Soraya T. Faculo, PhD, CESO VI Schools Division Superintendent
9:10 - 9:30 AM	House Rules	Don Jose C. Tolentino IC-PSNTEA Vice President
9:30 - 9:40 AM	Oath of Sportsmanship	Samuel F. Babanga IC-PSNTEA President
9:40 - 9:50 AM	Closing Remarks	Nieves D. Ebanio Administrative Officer A
9:50 - 10:00 AM	Zumba	Aisa Avelyn Dy C. Torres Jowellrey J. Orpilla
10:00 - 10:20 AM	Health Break	
II. OPENING GAMES (simultaneous conduct of ball games)		
	Basketball	
	Volleyball	
	Badminton**	
	Dart**	

\*\*games will be announced due to availability of playing venue

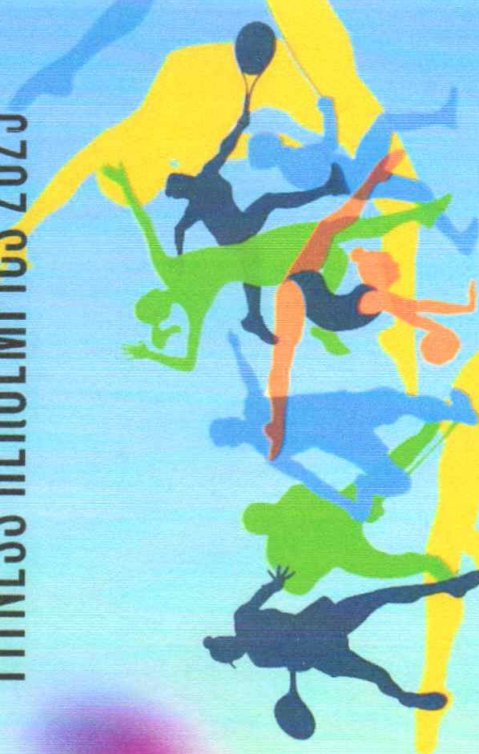
Raymark P. Valentino  
Rachel F. Delos Reyes  
*Hosts of Ceremony*



# SDO BAGUIO

## NON-TEACHING PERSONNEL

## FITNESS HEROLMPICS 2025



**MAY 16, 2025**  
**PFVR Gynasium**  
**8:00 AM**



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**Enclosure 2. Team Mechanics**

**BASKETBALL**

**Team Composition**

- **Maximum of 12 players and Minimum of 8 players per team.**
- No mixed-gender composition per team
  - *Concerns about Safety:*
    - *Contact: While basketball is a relatively low-contact sport compared to some others, there are still instances of physical contact. The potential for injury is greater when players of differing sizes and strengths are on the same team.*
- Per team must be composed of 3 Division office Personnel only and remaining players from other Districts  
(e.g: (3) three DO Personnel, (4) four from District one, (2) two from District three, and (4) four from District five = 14 players)

**Team Uniform**

- Light-colored jersey (usually white or a very light tone).
- Dark-colored jersey (often in the team's primary color).

**Game Duration**

- The game clock would be 8 minutes per quarter (running time).
- Last 2 minutes of the 4<sup>th</sup> quarter will be stopped during dead ball and free throws.

**VOLLEYBALL**  
**(Mixed gender)**

**Team Composition**

- **Maximum of 12 players and Minimum of 8 players per team.**
- **6 players on the court** at a time, consisting of:
  - 3 Male Players
  - 3 Female Players
- **Substitutions:**
  - Typically, teams can substitute players in and out during stoppages in play.
  - Substitutes must respect the male-to-female ratio, meaning that for each male substituted, a male must come in, and the same for female players.
- **Court Setup**
- For mixed-gender play, the net height is generally set at the **standard women's height** (2.24 meters) unless otherwise specified.
- **Positioning Rules for Mixed Play**
  - In mixed-gender volleyball, the positions on the court should respect the gender ratio, meaning that players must be strategically placed so





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that each gender has equal representation during offensive and defensive plays. The typical arrangement is as follows:

- **Rotations and Positioning**
  - ✓ Players must rotate positions, with the order typically alternating between male and female players (i.e., male players can't all be in one row or one part of the court).
- **Tournament Rules (General)**
  - **Match Format:**
    - Typically, matches are played in **best of 3 sets**, with each set played to **18 points** (win by 2). If a third set is needed, it may be played to **21 points**.
  - **Fouls and Violations:** Mixed teams must comply with regular volleyball rules, such as:
    - **6-player rotation** with no more than 3 male players at once.
    - **No gender-based discrimination** in terms of setting, serving, and other core volleyball actions.

## BADMINTON

### Game Objective

- Score points by hitting the shuttlecock over the net and into the opponent's court.
- Rally ends when the shuttle hits the ground, goes out of bounds, or a fault is committed.
- Matches are typically best of 3 games to 21 points (win by 2, cap at 30).
- **Doubles:** Mixed
- Rally scoring: A point is scored on every serve, regardless of who served. Serve changes sides after every point.

## DARTS

### Escalera (Ladder) – Mechanics and Rules

1. **Players:** Male Singles, Female Singles, Doubles and Mixed Doubles
2. **Goal:** Be the first to hit numbers 20-12 in order.
3. **Turns:** Players take turns throwing 3 darts.
4. **Progression:**
  - You must hit the current target number to move to the next.
  - For example: if you're on 20, hitting a 20 lets you move to 19.
  - If you miss, you stay on the same number for your next turn.
5. **No skipping:** You must hit each number in order.
6. **Winning:** First player to complete wins the game.



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**Enclosure 3. Team Line Up**

*(shall be accomplished on or before May 14, 2025)*

TEAM NAME: \_\_\_\_\_

NAME OF COACH/ TEAM CAPTAIN: \_\_\_\_\_

SPORTING EVENT: \_\_\_\_\_

MEMBERS/ PLAYERS:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

**\*\* Note: Kindly submit this form on or before May 14, 2025 through [donjose.tolentino@deped.gov.ph](mailto:donjose.tolentino@deped.gov.ph) or access the link: [tinyurl.com/NTPHerolympicsForm3](https://tinyurl.com/NTPHerolympicsForm3)**