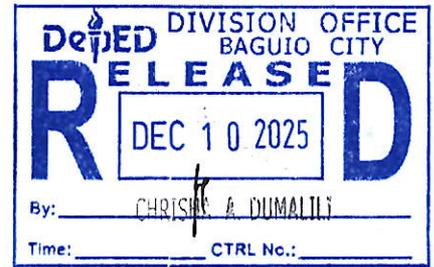




Republic of the Philippines  
**Department of Education**  
 Cordillera Administrative Region  
**SCHOOLS DIVISION OF BAGUIO CITY**



December 9, 2025

**DIVISION MEMORANDUM**

No. **812-2025**

**MUAYTHAI PALARONG LUNGSOD 2025**

To: Schools Division Superintendent  
 Chief of SGOD and CID  
 All Public Schools District Supervisors  
 Public and Private Elementary and Secondary School Heads  
 All others Concerned

1. Relative to the conduct of the Annual Sports Activities or so-called CITY MEET this school year 2025-2026, The Division Muaythai tournament will be held on December 12-14, 2025, at Joaquin Smith National High School, Asin Road Baguio City. Medical and General weigh in will start from 7 AM at Joaquin Smith National High School, Asin Road Baguio City. It will be followed by a Coaches Meeting and at the same time checking of papers vis-à-vis the Sport Entries Check submitted earlier.
2. Participants to the said events who will serve as Technical Officials aside from the coaches/seconds:

**MUAYTHAI TECHNICAL OFFICIALS FOR PALARONG LUNGSOD 2025**

1. Joshua Lingwayon	TD-Combat	Mil-an NHS
2. Carla Fattit	TD-Forms	Joaquin Smith NHS
3. Francisco Wangag	R/J	Happy Hallow NHS
4. Balsonn Cabato	R/J	Mil-an NHS
5. Rowena Domingo	R/J	Pines City NHS
6. Leanarda Balisong	R/J	Pinsao NHS
7. Joseph Orinion	R/J	Pinsao NHS
8. Zaidi Laruan	R/J	MAP
9. Melanie Ngina	R/J	MAP
10. Zephania Poldo	R/J	MAP
11. Marie Chris Badival	R/J	MAP
12. Crizzle Sadcopen	R/J	
13. Josh Ordonio	R/J	
14. TJ Ajochay	R/J	
15. John Kevin Jovenal	R/J	



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5. For further inquiries and concerns, please feel free to contact Joshua Lingwayon on this number 09087808499.
6. Immediate dissemination of this memorandum is desired
7. Attached is the Tournament Guidelines for your guidance.

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



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**Enclosure 1: Muaythai Tournament Guidelines**

## MUAYTHAI Technical Guidelines

### MUAYTHAI

It is known as the sport of eight limbs where practitioners utilize their fists, elbows, shins and knees. Thai warriors utilized Muaythai as their primary and most successful form of self-defense. Nai Khanom Dtom made Muaythai famous for his battle against a group of Burmese while he was a prisoner of war in Burma (1774). Since then it has developed into a premier ring sport with no equal in terms of unarmed combat and spectator appeal. Muaythai was officially codified (1930's), with rules and regulations being created. Round contests were introduced along with eight divisions based on international boxing. Boxing gloves replaced the rope bindings on the fighters' hands. Muaythai is Thailand's national sport and one of its most valuable cultural exports (IFMA 2021).

### INTERNATIONAL FEDERATION OF MUAYTHAI ASSOCIATIONS (IFMA)

- 130 world-member countries with 5 continental federations.
- The sole governing body for Muaythai, recognized by the IOC.

On July 20, 2021, The IOC General Assembly granted full recognition to Muaythai as an Olympic Sport.

### MUAYTHAI ASSOCIATION OF THE PHILIPPINES (MAP)

- The national sole governing body for Muaythai
- Regular member of the POC
- Recognized by the PSC

### DIRECTORY: MUAYTHAI ASSOCIATION OF THE PHILIPPINES (MAP)

**Chairman** : Atty. Lucas M. Managuelod (P/Dir.Ret)

**President** : Gian Carlo G. Sotto

**Secretary General** : Maria Lourdes Joy Y. Fernandez

## 1. Submission of Entries

Entries for each participating province shall accomplish the following requirements in accordance with the DepEd Guidelines:

1. AR-1
2. Original and Certified Photocopy of PSA Birth Certificate
3. Form 137 duly certified by the school head
4. Certificate of Enrolment
5. Certificate of Completion
6. Medical and Dental Form
7. Parents/Guardian consent (Signature must be original. Printed name over signature)
8. 1.5 x 1.5 ID picture

## 2. Eligibility

**2.1** To be eligible for participation in the Palarong Panlungsod, a competitor must comply with the DepEd CARAA Rules as well as the IFMA Guidelines.

**2.2** Only student athletes who pass the Screening procedure shall be qualified to represent their respective provinces in the competition. Coaches, co-coach, trainers must be part of the delegation and placed in the gallery. All disputes relating to the determination of the Schools, which an athlete may represent in the CARAA shall be resolved in accordance with DepEd CARAA Rules and Guidelines.



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### 3. Doping Control

- 3.1** CARAA, under the guidance of the Department of Education, will be responsible for the Anti-Doping Program during the CARAA. The Anti-Doping Program will be implemented in accordance with CARAA Anti-Doping Rules and the World Anti-Doping Code and its relevant International Standards.
- 3.2** Doping Control procedures will be implemented according to WADA's International Standards for Testing and Investigations. Sample analysis will be performed at a WADA-accredited laboratory.
- 3.3** An athlete identified for doping testing should be accompanied by a team official for the entire testing process.

### 4. Approval of the Technical Guidelines

This Technical Guidelines was approved by the International Federation of Muaythai Associations (IFMA), Muaythai Association of the Philippines (MAP) and the DepEd Palarong Panlungsod/CARAA Technical Committee.

Any Further amendments to the Technical Guidelines shall be circulated via e-mail/ booklet hardcopy to the schools.

### 5. Events

The Waikru & Maimuay and combat competitions are contests of individual (Waikru/Combat) or duo (Maimuay) formats. Each competing team can only enter one (1) Athlete per division of the individual contest, and one (1) Team, containing two (2) athletes per division of the duo contest.

The Muaythai Competition will consist of the following events:

<b>Elementary</b> (Male & Female)	9-10 years old	Waikru (Individual) Maimuay (Duo)
	11-12 years old	Waikru (Individual) Maimuay (Duo)
<b>Secondary</b> (Male & Female)	12-13 years old	Waikru (Individual) Maimuay (Duo) Combat (40 kg) (42 kg)
	14-15 years old	Waikru (Individual) Maimuay (Duo) Combat (48 kg) (51 kg)
	16-17 years old	Waikru (Individual) Maimuay (Duo) Combat (51 kg) (54 g)

### 6. Quotas

Each participating team may enter a maximum of **Twenty-one (21) male** and **Twenty-one (21) female athletes** for the Muaythai competition.



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## 7. Competition Procedures, Rules and Regulations

### 7.1 Competition Rules

The Muaythai competition of the Palarong Panlungsod will be held in accordance with the DepEd Palarong Pambansa/CARAA Rules and the current International Federation of Muaythai Associations (IFMA) Rules and Regulations.

In case of any disagreement in the language interpretation of the IFMA Rules and Regulations, the English version shall prevail. Any unforeseen cases not covered by the Rules and Regulations shall be resolved as follows:

**7.1.1 General Issues:** To be resolved in accordance with the DepEd CARAA/Palarong Pambansa Standards

**7.1.2 Technical Issues:** To be resolved in accordance with the IFMA Rules and Regulations and IFMA Norms.

### 7.2 Competition Format

**7.2.1** There shall be three (3) competition formats – the Waikru, Maimuay and the Combat. Each competing team can only enter one (1) Athlete per division of the individual contest, and one (1) Team, consisting of two (2) athletes per division for the duo contest.

**7.2.2 Waikru.** Athletes shall perform a complete Waikru (Sitting and Standing) in the ring for not less than 4 minutes and not more than 5 minutes.

**7.2.3 Maimuay.** Athletes shall perform a complete Waikru (Sitting and Standing) and the combat performance in the ring for not less than 5 minutes and not more than 6 minutes.

**7.2.4 Combat.** A full-contact martial art that utilizes stand-up striking which can involve fists, elbows, knees and shins along with various clinching techniques.

### 7.3 Medical check-ups

All competing athletes must have a medical check-up before the competition proper. The athlete must be certified to be fit to compete by the appointed qualified doctor as accomplished in the medical certificate submitted.

### 7.4 Official Draw

The Official Draw will be carried out using the IFMA approved competition system at the Team Managers' Meeting.

### 7.5 Awarding of points and scoring system

The duo format Maimuay contest has a maximum combined total score of 100 points. The Waikru has a maximum total score of 100 points during an individual format Waikru contest and a maximum total score of 35 points during a duo format Maimuay contest.

#### 7.5.1 Awarding of points

**A. Waikru.** Waikru is a contest between individual contestants. The performance must follow the traditional structure starting from Prom Nang (Sitting Postures) to Prom Yuen (Standing Position)

**STARTING POSTURES.** All Athletes must perform all five (5) of the Wai Kru Starting Postures. The Starting Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**Starting posture must include:** 1. *Thep Pa Nom*, 2. *Kom Krab*, 3. *Kob Pra Mae Toranee*, 4. *Tha Wai Bangkom* and 5. *Pathom and Prom*.



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**PROM NANG (SITTING) POSTURES.** Athletes must perform four (4) of the seven (7) Wai Kru Prom Nang Postures. The Prom Nang (sitting) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**Prom Nang (sitting) Postures:** 1. *Lab Hok Mokkasak (Kumpakan Lab Hok)*, 2. *Mekkala Loah Kaew*, 3. *Song Mek (Tai Mek)*, 4. *Mae Pra Thoranee Beeb Muay Phom*, 5. *Sue Lak Hang*, 6. *Praya Krut Yut Naka* and 7. *Sao Noi Pa Paeng*.

**PROM YUEN (STANDING) POSTURES.** Athletes must perform four (4) of the seven (7) Wai Kru Prom Yuen Postures. The Prom Yuen (standing) Postures have a maximum total score of 20 points (individual), or 10 points (duo).

**Prom Yuen (standing) Postures:** 1. *Yoong Ram Paen*, 2. *Na Rai Kwang Jak*, 3. *Chang Choo Nguang*, 4. *Pra Ram Plaeong Sorn*, 5. *Kum Pa Kan Pong Hok*, 6. *Kun Paen Fun Mahn* and 7. *Hong Hoen*.

**FINISHING.** Athletes must perform all five (5) Finishing movements. The Finishing has a maximum total score of 20 points (individual), or 5 points (duo).

**Finishing:** 1. *Yang Sam Khum*, 2. *Payak Dom Kwang*, 3. *Kwang Liaw Lang*, 4. *Tad Mai Kom Nam* and 5. *Yang Suk Ka Sem*.

**JOIN (CONNECTION) POSTURES.** Athletes can perform the Joining Postures. The Join (connection) Postures have a maximum total score of 20 points (individual), or 5 points (duo).

**Join (connection) Postures:** 1. *Sod Soi Mala*, 2. *Khuang Mad*, 3. *Muan Muay*, 4. *Chang Yaek Plok*, 5. *Klub Hua Sanam*, 6. *Klum Choeng Kru*, 7. *Doo Dussakorn*, 8. *Fon Long Choeng* and 9. *Kinaree Liab Thom*.

The following categories will be used to deduct points for minor infringements during Waikru contests:

- a. **Authentic:** Correct postures used;
- b. **Completed:** Postures Full identity performed;
- c. **Rhythmic:** Performed in good rhythm;
- d. **Fluidity:** Postures flow uninterrupted and smoothly;
- e. **Gracefully:** Artistically correct; and
- f. **Costume:** Traditional Muay boran uniform

**B. Maimuay.** The Maimuay has a maximum total score of 65 points. This competition will be played by pair teams. This discipline requires the competitors to perform a Waikru and a choreographed Maimuay demonstration which integrates and showcases the essential fighting art forms of traditional muaythai.

**The following are guidelines for awarding points:**

- a. **Performance Realism:** A maximum total score of 30 points;
- b. **Athlete Fitness:** A maximum total score of 25 points; and
- c. **Other:** A maximum total score of 10 points.

**C. Combat.** Event will be conducted on an elimination system. Each bout will be competed over three (3) rounds of three (3) minutes each, with one (1) minute of rest in between each of the rounds. Stopping of the competition for warnings, cautions, counting, putting clothing or equipment into order or for any other reason is not included in the period of round. No additional round may be given.

## 7.6 Delays, postponements or cancellations

The Tournament Director must consult the CARAA Secretariat if there is any delay, postponement or cancellation of any competition that affects the scheduled times for "live broadcast" or victory ceremonies.



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**8. Sports equipment and Competition Attire**

**8.1 Sports equipment**

All sports equipment used by athletes in competition must comply with the CARAA Rules and the International Federation of Muaythai Associations (IFMA) Rules and Regulations.

**8.2 Competition Attire**

All attire worn by athletes in competition must comply with the CARAA Rules and the IFMA Rules and Regulations.

**A. Waikru & Maimuay Attire**

**8.2.1** Athletes should wear the traditional Muay Boran uniform in any color except for black and be approved by IFMA.



**8.2.2** There are two elements the athlete should consider:

- Costume must consist of a traditional top and short appropriate for athlete gender; and
- Accessories including traditional hand bindings (hand wraps) and sash belt.

**8.2.3** Each athlete must wear the sacred headband (Mong-Kon) for paying homage before entering the ring. A Krueng-Wrang (Prajiad/arm band) with an amulet or charm may be worn around the upper arm, biceps or waist but must be neatly covered. The Mongkon & Prajiad are an athlete's personal belongings.

**8.2.4** Athletes must not wear provocative uniforms.

**B. Combat Attire**

**8.2.5** All attire worn by athletes in competition must comply with the IFMA Rules and Regulations, in accordance with the following:



**8.2.6** Athletes for each bout shall also be wearing the head guard, groin guard, mouth piece, shin guard, mongkon, elbow guard, breast protection if female and body protector as well. If the athlete's glove or dress becomes undone during the bout, the referee shall stop the competition to have it attended to.



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**8.3 Prohibited objects.**

The use of grease, Vaseline, rubbing lineament or products likely to be harmful or objectionable to an opponent on the arms or any other part of the body is forbidden.

A reasonable amount of Vaseline is permitted on the face only for the purpose of reducing the risk of cuts.

Athletes must be clean-shaven. Beards and moustaches are not allowed.

**8.4 Music**

The traditional Muay Boran musical instruments (java pipe, small cymbals and two drums) will accompany the ritual. If a live band is not available, it is permissible to use Muay Boran music (known as 'Sarama' Waikru and 'Keck Jao Sen' Mai Muay) played from a recording.

**8.4.1** For duo format Maimuay contests, the transition from Waikru music to Maimuay music will happen only when the athletes have completed their Waikru performance. The Maimuay music will not stop until the teams have completed their full performance.

**8.4.2** For individual format Waikru contests, the music will not stop until the Teams have completed their full performance

## 9. Starting a Contest

**9.1 Presenting for Competition.** The Athletes will approach the competition area wearing the prescribed traditional Muay Boran Uniform.

**9.1.1** The Mongkon shall be held by the Athlete's Coach in preparation for the contest.

**9.1.2** Athletes shall enter the ring between the 2nd & 3rd rope or the in the contest area, and after having entered the ring will have the Mongkon placed on their head by the Coach before presenting themselves to the Jury and Judges

**9.2 Signal of Starting.** An Athlete will signal the Jury that the Team is ready to start the Waikru. The Head of Jury will confirm the Athlete signal, and the performance, music and time will begin.

**9.2.1** Waikru finishes for individual contests when the Athlete is standing facing towards the Jury in the center of the ring or contest area, for duo event it is when the Athletes are standing in their own corners.

**9.2.2** Maimuay Begins when the Athletes pull their Mongkon down from their head and place it around their neck.

**9.2.3** Maimuay finishes when the Athletes are standing in their own corners.

**9.2.4** Present to Jury Athletes must present themselves to the Jury and Judges before leaving the ring or contest area.

**9.3. Performing the waikru in combat events.** After the equipment inspection is completed, the Referee will signal the start of the Waikru.

**9.3.1** Shaking of Hands before beginning and after a contest, Athletes shall shake hands or "Wai" in a proper manner, as a sign of a purely sporting and friendly rivalry in accordance with the rules.



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## 10. Decisions

**10.1 WIN BY RANKING (BR).** At the end of the competition or championship, the performer who has been awarded the most points in their final performance shall be declared the winner.

**10.2 Standings.** The Team with the highest score will be awarded first place, and the Team with the lowest score will be awarded last place. All other Teams will be ranked between first and last place dependent on their final score

## 11. Timekeeper and Announcer

**11.1 Duties of the Timekeeper.** Each contest shall have one (1) timekeeper who shall be seated within the competition area. The Timekeeper shall:

- Regulate the duration of the Waikru and Maimuay;
- Regulate the intervals between rounds;
- Commence and end each round by striking the gong or bell;
- Take note of all time durations.

**11.2 Duties of the Announcer.** Each contest shall have one (1) announcer who shall be seated within the competition area, next to the Timekeeper.

- Prior to the first contest of each day, announce the position, name and delegation of the Jury officiating the competition to the public;
- Announce the position, name and delegation of the Judges officiating the contest to the public, prior to the beginning of each group of contests;
- Announce the group class, division, Athlete(s) name, team or delegation to the public whenever the team appears at the ring for contest; and
- Announce the result of the competition and name of the winner.

## 12. Protests and Appeals

**12.1** Any written protest must first be made and submitted by the Team Manager or Team Coach to the Technical Delegate within thirty (30) minutes after the end of the bout in which the protest is generated with the payment of a Protest Fee of PhP 3,000.00 non-refundable per protest payable to Technical Delegate. If conditions causing a potential protest are noted prior to the start of the event, a written protest must be lodged before the signal to start the event is given.

**12.2** Protest procedure will be based on the IFMA rules and DepEd Palarong Panlungsod Guidelines.

## 1. Technical Officials and Jury of Appeal

The appointments of Technical Officials and Jury of Appeal members will be in accordance with the IFMA Rules and Palarong Panlungsod Committee in-charge.

### 16.1 Jury of Appeal

The Jury of Appeal shall consist of the Technical Delegate (TD) as the Chairman, and two (2) of the other Technical Officials (ITO) appointed by the TD.

### 16.2 Team Officials

Each Team can nominate their Team Technical Officials at their expense provided they attended in the Regional Accreditation Course conducted by the Department of Education and the Muaythai Association of the Philippines (MAP) the Sole Governing Body for Muaythai Amateur in our Country.



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**17. Other Matters**

- 17.1.** Each team shall abide by the rules of DepEd and the Organizing Committee
- 17.2.** Those who will violate the Rules and regulation will be dealt with according to the regulation of DepEd: (such as: Throwing of protective gears, uttering bad words, extreme and violent reactions, etc. together with the attitude of the team members, coaches, team officials and audience).

Prepared by;

  
**CARLA G. FATTIT**  
**MAP National Technical Official**  
**Muaythai -Tournament Manager**



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**Enclosure 2: Schedule of Activities**

**SCHEDULE OF ACTIVITIES**

<b>DATE</b>	<b>TIME</b>	<b>ACTIVITY</b>	<b>VENUE</b>
Dec. 12, 2025	7:00AM – 9:00AM	<ul style="list-style-type: none"><li>• Weigh-in</li><li>• Submission and checking of athletes documents</li></ul>	Baguio City Sports Office
	9:00AM onwards	<ul style="list-style-type: none"><li>• Coaches meeting and draw lots</li></ul>	
Dec. 13, 2025	8:00AM-9:00AM	<ul style="list-style-type: none"><li>• Technical Official's Orientation and Refresher Course</li></ul>	Joaquin Smith NHS
	9:00AM-10:30AM	<ul style="list-style-type: none"><li>• Waikru and Maimuay Competition</li></ul>	
	10:30AM-12:00NN	<ul style="list-style-type: none"><li>• Combat Elimination/Quarter Final Bouts</li></ul>	
	1:00PM-4:00PM	<ul style="list-style-type: none"><li>• Combat Semi Final bouts</li></ul>	
Dec. 14, 2025	8:30AM – 10:30AM	<ul style="list-style-type: none"><li>• Combat Final Bouts</li></ul>	Joaquin Smith NHS
	10:30AM-11:00AM	<ul style="list-style-type: none"><li>• Awarding Ceremony</li></ul>	
	11:00AM-12:00NN	<ul style="list-style-type: none"><li>• Post Evaluation</li></ul>	

**Note:** Schedule is subject to change depending on the number of qualified entries.  
Finals can be moved depending on the agreement during the meeting.

Prepared by:

  
**CARLA G. FATTIT**  
**MAP National Technical Official**  
**Muaythai -Tournament Manager**