



Republic of the Philippines
Department of Education
 NATIONAL CAPITAL REGION



April 25, 2024

REGIONAL MEMORANDUM

No. 418 s. 2024

To: Schools Division Superintendents
 SGOD Chiefs & CID Chiefs
 Public and Private Elementary and Secondary School Heads
 All Others Concerned

CONDUCT OF THE 2024 PALARONG PAMBANSA COMPETITIONS

1. Pursuant to the attached DepEd Memorandum No. 020, s. 2024 dated April 4, 2024, titled *Conduct of the 2024 Palarong Pambansa Competitions*, the Schools Divisions are hereby informed of the conduct of the *2024 Palarong Pambansa* to be held from **July 6-17, 2024**, in **Cebu City**.
2. The 2024 Palarong Pambansa competition format shall no longer feature the Pre-National Qualifying Meet (PNQM) and shall be reverted to the previous pre-COVID19 Pandemic set-up (from the school competitions, division meet, regional meet, to the Palarong Pambansa).
3. Attention is particularly invited to paragraph nos. 5, 6, 7, and 8 of the said Memorandum which requires specific compliance.
4. Immediate dissemination of this Memorandum is desired.


JOCELYN DR ANDAYA
 Director IV

Encl.:
 As stated

References
 DepEd Order Nos. 40, s. 2019; 9, s. 2005; and 53, s. 2023
 To be indicated in the Perpetual Index
 under the following subjects:

ATHLETICS	OFFICIALS	SPORTS
COMMITTEES	RULES AND REGULATIONS	STUDENTS



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Department of Education
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APR 04 2024

DepEd MEMORANDUM
 No. **020**, s. 2024

CONDUCT OF THE 2024 PALARONG PAMBANSA COMPETITIONS

To: Undersecretaries
 Assistant Secretaries
 Minister, Basic, Higher, and Technical Education, BARMM
 Bureau and Service Directors
 Regional Directors
 Schools Division Superintendents
 Public and Private Elementary and Secondary School Heads
 All Others Concerned

1. Pursuant to Sections 6, 8, 9, and 10 of Rule II of the Implementing Rules and Regulations (IRR) of Republic Act (RA) 10588 otherwise known as the Palarong Pambansa Act of 2013, the Department of Education (DepEd), through the Palarong Pambansa Board and its Secretariat, shall conduct the **2024 Palarong Pambansa** to be held from July 6 to 17, 2024 in Cebu City

2. The annual scholastic multi-sport competition shall be hosted by the local government unit (LGU) of Cebu City together with DepEd-Region VII and the Schools Division Office (SDO) of Cebu City. The event shall be participated by the 17 DepEd regional athletic associations and delegates from the National Academy of Sports (NAS). Filipino athletes enrolled in recognized schools overseas shall also be allowed to participate under the banner of Philippine Schools Overseas (PSOs).

3. The 2024 Palarong Pambansa competition format shall no longer feature the Pre-National Qualifying Meet (PNQM) and shall be reverted to the previous pre-COVID-19 Pandemic set-up (from the school competitions, division meet, regional meet, to the Palarong Pambansa).

4. The recommended schedule of Palarong Pambansa meets are as follows.

Activity	Date
Division Meets	4th week of January 2024
Regional Meets	April-May 2024
Palarong Pambansa (National)	July 6-17, 2024

5. This year's Palarong Pambansa shall continue to adopt the **Winner-Take-All** policy for all team sports (Basketball, Baseball, Softball, Football, Futsal, Sepak Takraw and Volleyball) and the **Qualifying Standards** for measurable sports such as Athletics, Swimming, and Archery.

6. The conduct of all competitions leading to, such as the lower meets (division and regional), and including the Palarong Pambansa shall be guided by the Guidelines

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on the Eligibility of Athletes and Technical Rules, Regulations, and Guidelines of the Different Sports to be played in the 2024 Palarong Pambansa.

7. The no disruption of classes policy, as stipulated in DepEd Order No. 9, s. 2005 titled Instituting Measures to Increase Engaged Time-on-Task and Ensuring Compliance Therewith, shall be strictly observed during the conduct of the 2024 Palarong Pambansa Competitions.

8. Fund's support to cover all Palarong Pambansa-related expenses shall be downloaded to the regional and schools division offices, and DepEd-Region VII and Schools Division of Cebu City for hosting the event, charged to the 2024 Physical Fitness and School Sports Funds (Continuing and Current) subject to the usual government accounting and auditing rules and regulations.

9. Enclosed are the following documents for easy reference:

Enclosure 1: Qualifying Standards for Measurable Sports,
Enclosure 2: Guidelines on the Eligibility of Athletes, and
Enclosure 3: Guidelines of the Different Sports to be played in the 2024 Palarong Pambansa,

10. For more information, all concerned may contact the Palarong Pambansa Secretariat at telephone no.: (02) 8687-4146 or through email address palarong.pambansa@deped.gov.ph.

11. Immediate dissemination of this Memorandum is desired.

By Authority of the Secretary:



Revsee A. Escobedo
ATTY. REVSEE A. ESCOBEDO
Undersecretary

Encls.:

As stated

References:

DepEd Order Nos. 40, s. 2012; 9, s. 2005; and 53, s. 2003

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2024 PALARONG PAMBANSA

QUALIFYING STANDARDS FOR MEASURABLE SPORTS

I. ATHLETICS

EVENT	TIME / DISTANCE / HEIGHT			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
100 m	12:97	14:00	11:50	13:00
200 m	26:44	29:22	23:51	26:60
400 m	1:02:59	1:04:88	52:59	1:04:00
800 m	2:26:00	2:42:00	2:05:00	2:33:00
1,500 m	4:59:00	5:21:00	4:20:00	5:06:00
3,000 m	N/A	N/A	10:50:00	11:20:00
5,000 m	N/A	N/A	16:50:00	N/A
100 m hurdles	N/A	18:26	N/A	17:00
110 m hurdles	20:05	N/A	16:00	N/A
400 m hurdles	N/A	1:19:00	N/A	1:10:00
410 m hurdles	1:12:00	N/A	1:00:54	N/A
High Jump	1.47	1.31	1.75	1.44
Long Jump	5.00	4.13	6.11	5.01
Triple Jump	10.16	10.00	13.47	11.00
Shot Put	9.50	8.20	12.00	9.84
Discus Throw	25.79	25.00	35.14	30.84
Javelin Throw	39.40	30.00	48.56	34.00
Pole Vault	N/A	N/A	2.80	N/A
Walkathon (2,000 m)	N/A	N/A	11:00:00	12:21:93

II. SWIMMING

EVENT	TIME			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
400 M Freestyle	4:48.44	5:32.02	4:28.06	4:52.84
100 M Backstroke	1:11.38	1:19.63	1:03.57	1:10.67
200 M Breaststroke	N/A	N/A	2:35.05	2:56.71
50 M Butterfly	0:33.22	0:33.78	0:26.74	0:30.92
800 M Freestyle	N/A	N/A	9:26.32	10:05.80
200 M Individual Medley	2:35.78	2:37.32	2:19.82	2:38.41
200 M Butterfly	N/A	N/A	2:18.03	2:35.48
100 M Freestyle	1:06.34	1:07.85	0:55.84	1:03.50
50 M Backstroke	0:35.53	0:36.49	0:28.91	0:32.36
400 M Individual Medley	N/A	N/A	5:06.10	5:39.36
100 M Butterfly	1:03.78	1:09.67	0:59.02	1:08.69
200 M Freestyle	2:24.02	2:18.64	2:04.57	2:20.01
50 M Breaststroke	0:38.34	0:40.38	0:31.91	0:37.63
1500 M Freestyle	N/A	N/A	18:04.31	21:14.19
200 M Backstroke	N/A	N/A	2:21.17	2:33.37
100 M Breaststroke	1:14.57	1:31.14	1:10.17	1:21.02
50 M Freestyle	0:28.89	0:31.05	0:25.27	0:28.75

III. ARCHERY

EVENT	QUALIFYING SCORE	
	BOYS	GIRLS
*1440 Round	1142	1078

*Aggregate score of four (4) distance rounds (30, 50, 60, 70 meter-rounds)



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**GUIDELINES ON THE ELIGIBILITY OF ATHLETES
IN THE DIVISION, REGIONAL AND PALARONG PAMBANSA 2024**

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. 10588, 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 and Regulations of Republic Act No. 10588," the Board shall constitute the National Screening and Accreditation Committee (NSAC) composed of the following:
- i. A representative from DepEd Legal and Legislative Affairs;
 - ii. Two (2) government physicians;
 - iii. Two (2) government dentists; and
 - iv. One (1) authorized representative from each 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,

RA 10588
IRR of RA 10588

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- iv. One (1) authorized representative from each Division Screening and Accreditation Committee (DSAC); and
 - 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. Accredit 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 athlete 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



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- g. Other functions that the Board may delegate.

Section 3. 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. Accredite 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.
- 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

- a. The participants in the *Palarong Pambansa* shall be elementary and secondary athletes from public and private schools who participated in the Division meet (School, District, and other applicable meets) and Regional Meet: *Provided* that secondary athletes shall refer to both junior and senior high school learners;
- b. Generally, Kinder 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 overage at the elementary level may be allowed to play at the secondary level.

Section 6. Eligibility of Athlete – To be eligible in the *Palarong Pambansa*, Regional, Division, 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 Philippine School Overseas (PSO) or National Academy of Sports (NAS) in the current school year and have attended and completed the curriculum year (for *Palarong Pambansa* only),



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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 lower meets, Division, Regional, and *Palarong Pambansa* provided that they shall represent the School or Division or Region where they are enrolled.

- c. In case of transfer of learner-athlete, the following rules shall apply, *viz*:
- i. **For transfer of athlete from one region to another region**, a one (1) academic year or school year residency requirement shall be imposed, which shall commence at the beginning of the school year except for those in Grade 7 and Grade 11. This provision shall also apply to Filipino student-athletes from other countries enrolling in a school in the Philippines.
 - ii. **For individual event** – Transferees from one school to another school within the Division or transferees from one Division to another Division within the same Region, are allowed to participate in the *Palarong Pambansa*, *provided*, they have participated in the lower meets, (School, District, Division, Regional);
 - iii. **For team events** (Basketball, Baseball, Futsal, Sepak Takraw, Volleyball, Softball and Football) – A student-athlete who transferred from one school within the Division or Region, shall be allowed to participate in the School, Division, Regional Meet and *Palarong Pambansa*, *provided* his/her transfer was made before the conduct of the school intramural.
- d. For student-athletes in the **elementary level**, the athlete must have been **born on or after January 1, 2011**. For *Palarong Pambansa* 2025, elementary student-athletes must have been born on or after January 1, 2012; for 2026, on or after January 1, 2013; 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, 2006**. For *Palarong Pambansa* 2025, secondary student-athletes must have been born on or after January 1, 2007; for 2026, on or after January 1, 2008; and so on and so forth for the succeeding years.





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Athletes born before said date shall be immediately disqualified from the School, Division, Regional Meet, and in the *Palarong Pambansa*.

- c. **Filipino athletes enrolled in Philippine School Overseas (PSOs)** may be allowed to participate in the *Palarong Pambansa* (National Palaro) without playing in the Division and Regional Meets, provided that the athlete:
- Shall compete only in the individual sport;
 - Shall meet the other requirements for qualification and accreditation;
 - Shall meet the qualifying standards in the individual sports where they are playing; and
 - Shall shoulder their expenses.

For purposes of representation, they shall be playing under the banner of Philippine School Overseas (PSOs).

Section 7. Grounds for Disqualification – Unless otherwise provided by the Board, the following athletes shall be disqualified or shall not be allowed to play in the *Palarong Pambansa*, Regional, Division, or other lower meets:

- Athletes who have been declared over age;
- Elementary athletes with 3rd molar tooth;
- For the Division and lower meets, athletes with three 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 or more learning areas in the second grading period.

Provided that in the case of Grades 11 to 12, athletes with three or more failing grades in any learning areas in the First Semester shall be disqualified.

- Athletes who become, have been, or are currently members of the National Team, National Training Pool, or National Developmental Pool and who received or are receiving monthly stipend and/or allowance from the Philippine Sports Commission (PSC) or played in the SEA Games, Asian Youth Games, Asian Games and/or Olympic Games: *Provided*, however, that those athletes who played in other foreign invitational competitions shall not be disqualified to play in the *Palarong Pambansa*; *Provided, further*, that athletes participating in one sports discipline as members of the National Team, National Training Pool, or National Developmental Pool and who received or are receiving monthly stipend and/or allowance from the Philippine Sports Commission (PSC) or played in the SEA Games,



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Asian Youth Games, Asian Games and/or Olympic Games shall not be disqualified to play in the *Palarong Pambansa* and other lower meets in a sports discipline other than the sport wherein the athlete participated in as a member of the above-mentioned team or pools;

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

Section 8. 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;



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- 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. **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. **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 both parents 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 caregiver and custodian shall execute a Notarized Affidavit of Actual Care and Custody in lieu of the Parent's Consent.



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- 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 student-athlete.**

RULE IV

Section 9. 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



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- i. Omnibus Affidavit.
- j. 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 j, Section 9 of this guidelines, an authorization from NAS shall be submitted.

Section 10. 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 that the *Palaro* Board may require.

RULE V

Section 11. 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;





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- 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:
- Certificate of Live Birth issued by the LCR;
 - Copy of the application/petition duly received by the LCR (supplemental report to the LCR/Court);
 - Affidavit of the parents, attesting to the true first or last name of the athlete;
 - Joint Affidavit of two (2) disinterested persons attesting to the true first or last name of the athlete;
 - 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:
- 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:
- Certificate of Live Birth issued by the LCR;
 - Affidavit of the parents, attesting to the true and correct entries;
 - Joint Affidavit of two (2) disinterested persons attesting to the true entries;
 - 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:
- Certificate of Live Birth issued by the LCR;
 - Affidavit of the parents, attesting to the true and correct biological sex of the athlete;
 - Certification issued by the NSAC Medical Team attesting to the true and correct biological sex of the athlete after conducting a physical examination.



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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 12. 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, *viz*:

- 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 13. 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



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upon receipt of the said master lists and galleries subject to the provision of Data Privacy Act.

Section 14. 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 15. 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 school team.

Section 16. Fielding of the NSAC members to the Palaro Venue

The NSAC members shall be at the *Palaro* 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 *Palaro* events to re-check and monitor the athletes, coaches, assistant coaches, and chaperones fielded during the games by the delegations.

Section 17. 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:



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- 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 18. 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 19. Effectivity. These Rules shall take effect immediately upon posting on the DepEd Website.

BY AUTHORITY OF THE PALARO BOARD:

FRANCIS CESAR B. BRINGAS
Assistant Secretary for Operations
Secretary-General, Palarong Pambansa



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2024 PALARONG PAMBANSA
July 09-16 2024 - Cebu City

QUALIFYING STANDARDS FOR MEASURABLE SPORTS

I. ATHLETICS

EVENT	TIME / DISTANCE / HEIGHT			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
100 m	12:97	14:00	11:50	13:00
200 m	26:44	29:22	23:51	26:60
400 m	1:02:59	1:04:88	52:59	1:04:00
800 m	2:26:00	2:42:00	2:05:00	2:33:00
1,500 m	4:59:00	5:21:00	4:20:00	5:06:00
3,000 m	N/A	N/A	10:50:00	11:20:00
5,000 m	N/A	N/A	16:50:00	N/A
100 m hurdles	N/A	18:26	N/A	17:00
110 m hurdles	20:05	N/A	16:00	N/A
400 m hurdles	N/A	1:19:00	N/A	1:10:00
410 m hurdles	1:12:00	N/A	1:00:54	N/A
High Jump	1.47	1.31	1.75	1.44
Long Jump	5.00	4.13	6.11	5.01
Triple Jump	10.16	10.00	13.47	11.00
Shot Put	9.50	8.20	12.00	9.84
Discus Throw	25.79	25.00	35.14	30.84
Javelin Throw	39.40	30.00	48.56	34.00
Pole Vault	N/A	N/A	2.80	N/A
Walkathon (2,000 m)	N/A	N/A	11:00:00	12:21:93

II. SWIMMING

EVENT	TIME			
	ELEM. BOYS	ELEM. GIRLS	SEC. BOYS	SEC. GIRLS
400 M Freestyle	5:12.51	5:32.02	4:28.06	4:52.84
100 M Backstroke	1:15.35	1:19.63	1:03.57	1:10.67
200 M Breaststroke	N/A	N/A	2:37.74	2:56.71
50 M Butterfly	0:33.28	0:33.78	0:26.74	0:30.92
800 M Freestyle	N/A	N/A	9:26.32	10:05.80
200 M Individual Medley	2:39.76	2:46.89	2:19.82	2:40.18
200 M Butterfly	N/A	N/A	2:18.03	2:35.48
100 M Freestyle	1:06.34	1:07.85	0:55.84	1:03.50
50 M Backstroke	0:35.53	0:36.49	0:28.91	0:32.36
400 M Individual Medley	N/A	N/A	5:06.10	5:39.36
100 M Butterfly	1:10.50	1:14.87	0:59.02	1:08.69
200 M Freestyle	2:24.02	2:36.24	2:04.57	2:20.01
50 M Breaststroke	0:38.34	0:40.38	0:32.28	0:37.63
1500 M Freestyle	N/A	N/A	18:04.31	19:52.75
200 M Backstroke	N/A	N/A	2:21.17	2:33.37
100 M Breaststroke	1:25.57	1:36.58	1:10.85	1:21.02
50 M Freestyle	0:28.89	0:31.05	0:25.27	0:28.75

III. ARCHERY

EVENT	QUALIFYING SCORE	
	BOYS	GIRLS
*1440 Round	1142	1078

*Aggregate score of four (4) distance rounds (30, 50, 60, 70 meter-rounds)