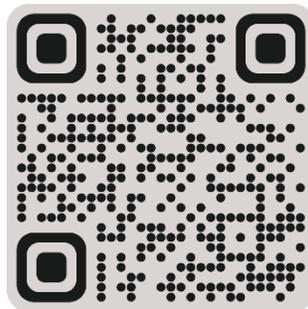




## **International Pencak Silat Federation (PERSILAT)**

### **Pencak Silat Competition Rules & Regulation (9<sup>th</sup> October 2023, Version 7)**



[www.ipsf-persilat.org](http://www.ipsf-persilat.org)

## INTRODUCTION TO PENCAK SILAT COMPETITION RULES & REGULATION VERSION 7.

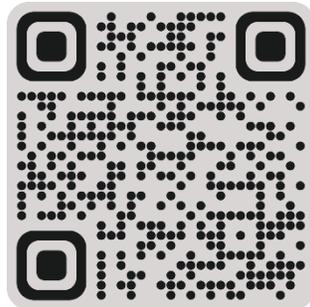
Salam Pencak Silat.

Since its launching in March 2020 until October 2023, the new Pencak Silat Competition Rules and Regulations has been updated 7 (seven) times.

Within this 3 ½ years period, the competition rules has been used (“tested”) in many Pencak Silat championship ranks from national championships of member of PERSILAT to international championships of multi events such as SEA Games and single events such as Asian and World Championships.

It is within this period that findings from championships and recommendations to improve the competition rules were received by Steering Committee, a committee established by Founding Member to develop the new rules.

The Pencak Silat Competition Rules and Regulation Version 7 can be accessed thru QR Code or link to [ipsf-persilat](http://ipsf-persilat.org) below:



[www.ipsf-persilat.org](http://www.ipsf-persilat.org)

Highly appreciation is presented to Steering Committee for their hard work in order to develop competition of Pencak Silat more transparent, more attractive and more entertaining while maintaining and prioritizing safety of the pesilat.

Thank you.

Jakarta, October 2023



**Benny Sumarsono**  
Executive Chairman.

## Table of Contents

<b>Introduction</b> .....	14
Synopsis for 6 new Pencak Silat competitions.....	15
World Cup .....	15
Pencak Silat World League.....	15
Open World Freestyle Artistic Pencak Silat Championship .....	15
Beach Silat Championship.....	15
Battle of Warrior (Arena of Pendekar).....	16
Pencak Silat-A-Bility .....	16
Synopsis for Ranking .....	16
<b>Foreword Speech</b> .....	17
Lieutenant General (Ret.) H. Prabowo Subianto, President of International Pencak Silat Federation (PERSILAT) .....	17
Meeting & Agreement .....	18
Final Meeting and Signing of New Rules.....	20
<b>What is Pencak Silat?</b> .....	25
<b>The International Pencak Silat Federation (PERSILAT)</b> .....	28
PERSILAT Founding Members Structure .....	30
Structure for Pencak Silat Federation .....	32
<b>International Pencak Silat Federation (PERSILAT) Task Force</b> .....	33
Introduction .....	33
PERSILAT Task Force.....	33
People in the PERSILAT Task Force .....	33
Objective of PERSILAT Task Force .....	34
Roles and Responsibilities of PERSILAT Task Force.....	34
<b>Article 1: Who is the Technical Official in Pencak Silat?</b> .....	36
<b>Technical Officials</b> .....	36
Code of Ethics – Technical Official .....	36
Pledge for Wasit-Juri.....	37
<b>Article 1.2: International Technical Officials Manpower Requirement</b> .....	37
<b>Article 1.3: International Technical Officials Upgrading Requirement</b> .....	39
<b>Article 2: Powers and Duties of Technical Officials</b> .....	40
Technical Delegate.....	40

(A) TD/ATD to Local Organizing Committee (LOC).....	40
(B) Site Visit Inspection .....	41
(C) Preparation.....	41
(D) Duties Upon Arrival .....	42
(E) Duties During the Event.....	42
(F) Duties Before the First Match Day.....	42
(G) Duties Before a Match .....	43
(H) Duties During a Match .....	43
(I) Duties in Case of Protests.....	43
(J) After the Event .....	43
PENCAK SILAT EVENT CHECKLIST (Annex 1).....	44
Technical Chairman.....	54
Disciplinary Committee.....	54
Competition Chairman.....	54
Council of Wasit-Juri .....	54
Protest Commissioner.....	55
Wasit .....	55
Juri.....	56
Competition Secretariat.....	56
Secretariat.....	56
Running Secretariat.....	56
Head of Secretariat Equipment.....	57
Team Composition .....	57
Roles & Duties .....	57
Announcer.....	57
Announcements for Match Category.....	58
Announcement for Artistic Category .....	59
Timekeeper .....	59
Gong Striker .....	59
Technical Briefing & Balloting .....	60
Post Event .....	62
<b>Article 2.1: Team Composition.....</b>	<b>63</b>
Officials .....	63
Code of Ethics – Officials – Requirements .....	63
Athlete .....	64

Code of Ethics – Athlete.....	64
Pledge for Pesilat .....	65
Criteria for Best Athlete Award.....	65
<b>Article 2.2: Breaking the Code of Ethics .....</b>	<b>65</b>
<b>Article 3: Honorarium for Technical Officials .....</b>	<b>67</b>
<b>Article 4: Criteria for Best Wasit-Juri Award .....</b>	<b>68</b>
<b>Article 5: Fitness &amp; Requirements .....</b>	<b>68</b>
Physical Fitness .....	68
Age Category .....	69
Points & Grades .....	69
Basic Fitness Test .....	70
Push Up .....	70
For Male .....	70
For Female .....	72
Sit-up .....	73
For Male .....	73
For Female .....	74
Run .....	75
For Male .....	75
For Female .....	77
Beep Test .....	77
Beep Test.....	78
For Male .....	78
For Female .....	78
Reaction Test.....	80
Reaction Test Calculation.....	81
Standard First-Aid Course .....	82
Medical Check-up.....	82
Basic English Test .....	83
Knowledge, Experience & Obligations.....	83
International Class 3 .....	84
International Class 2 .....	85
International Class 1 .....	86
Honorary Wasit-Juri .....	87
Referee Logbook .....	88

<b>Article 6: Official Attire in Pencak Silat Competition</b> .....	94
Wasit Juri.....	94
Technical Delegate, Competition Chairman and Protest Commissioner.....	95
Athletes .....	97
Coaches .....	105
<b>Article 7: Abbreviations</b> .....	106
<b>Article 8: Counting from One (1) to Ten (10)</b> .....	108
<b>Article 9: Competition Commands</b> .....	109
<b>Appendix 1 – Wasit Aba-Aba (Hand Signal)</b> .....	110
Etiquette of a Pencak Silat Wasit Juri .....	110
<b>Appendix 1.1 – Tying of Sash &amp; Aba Aba (Hand Signal) for Wasit in Tanding</b> .....	111
Tying the Sash .....	111
<i>Hormat</i> Chairman, and Audience .....	112
Juri to Be Seated .....	117
Calling Blue & Red Corner .....	118
Wasit Briefing.....	121
Check on Juri Readiness .....	123
<i>Sedia</i> (Ready) .....	124
<i>Mulai</i> (Start).....	125
<i>Berhenti / Ti</i> (Stop).....	126
To Fight .....	126
Return to Coach Corner for Break .....	127
Return & Exit the Arena – complete duty.....	127
<b>Appendix 1.2 – Aba-aba for Dropping Technique</b> .....	129
Valid Drop .....	129
Invalid Drop.....	130
<b>Appendix 1.3 – Juri Verification</b> .....	131
Valid / Penalty for Red .....	133
Valid / Penalty for Blue .....	133
Invalid / No Penalty.....	133
<b>Appendix 1.4 – Winner Decision</b> .....	134
<b>Appendix 1.5 – Aba-aba Not to be Used in Pencak Silat Competition</b> .....	135
<b>Appendix 1.6 – Aba-aba for 2 Second Counterattack</b> .....	136
<b>Article 10: Prohibition</b> .....	137
Light Violation (Verbal Warning).....	137

Moderate Violation (Reprimand).....	138
Serious Violation (Warning) .....	139
Disqualification .....	140
<b>Article 11: Warning &amp; Penalties</b> .....	141
Verbal Warning .....	141
Reprimand.....	142
Reprimand I (1-point deduction) .....	142
Reprimand II (2-points deduction).....	142
Warning.....	142
Warning I (5-points deduction).....	142
Warning II (10-points deduction).....	142
Disqualification (Warning III) .....	143
Technical Counting.....	145
How to do Technical Counting?.....	145
<b>Appendix 2 – Aba-Aba for Violations</b> .....	146
Stepping out of Arena .....	146
Attacking before/after command .....	146
Illegal Attack.....	147
Sweeping / Scissors further than 1m .....	148
Scratching / Pulling Opponent Hair / Scarf / Face .....	148
Pile Driving (12 to 6) & Suplex .....	149
<b>Appendix 3 – Aba-Aba for Penalties</b> .....	149
Verbal Warning I / II .....	149
Reprimand I / II .....	150
Warning I.....	150
Warning II.....	151
Warning III (Disqualification) .....	151
Protocol and Procedure in Issuing Warning III (Disqualification) involving Locking Technique/Submission.....	152
<b>Appendix 4 – Aba-aba for Technical Counting</b> .....	156
<b>Appendix 5 – Aba-aba for Protest – Request to View Video Assistant Replay</b> .....	157
<b>Article 12: Injuries and Accidents in Competition</b> .....	158
Injury .....	158
Types of Bandages That Will Not Allow Athlete to Continue Match .....	158
Types of Bandages That Will Allow Athlete to Continue Match .....	159
Improper Defensive Technique.....	159

<b>Article 13: Protest</b> .....	160
Coach Protest.....	160
Guide List .....	162
Team Manager Protest .....	163
<b>Article 14: Tanding (Match) Rules</b> .....	165
<b>Article 14.1: Tanding Competition Area</b> .....	165
<b>Article 14.2: Organisation of Tanding Competition</b> .....	167
Sample for the Knock-Out System Structure .....	168
<b>Article 14.3: Weigh-in Procedure</b> .....	172
<b>Article 14.4: The Wasit Juri Panel</b> .....	176
<b>Article 14.5: Age, Weight &amp; Duration of Match</b> .....	176
Age .....	176
Citizenship.....	177
Weight Category .....	177
Duration of Match.....	182
<b>Appendix 6 – Arrangement of Match Event</b> .....	183
<b>Appendix 7 – Techniques Allowed in Pencak Silat Competition</b> .....	192
<b>On Guard Position in Pencak Silat</b> .....	192
<b>“Pola Langkah” in Pencak Silat</b> .....	193
<b>Hand-Patterns in Pencak Silat</b> .....	194
<b>Valid Scoring Area</b> .....	195
<b>Techniques to Score: 1 Point</b> .....	196
<b>Technique to Score: 2 Point</b> .....	207
<b>2 Hands Grabbing</b> .....	217
<b>Technique to Score: 3 Point</b> .....	221
<b>Dropping Technique</b> .....	275
Failed Dropping Technique .....	354
IMPORTANT NOTE – On Dropping Techniques.....	362
<b>Counterattack</b> .....	363
<b>Locking</b> .....	375
<b>Striking</b> .....	375
<b>Non-Scoring Area</b> .....	395
<b>Appendix 8 – Techniques Not Allowed in Pencak Silat Competition</b> .....	401
<b>Illegal Attack</b> .....	401
<b>Illegal Hand Attack</b> .....	403

<b>Illegal Leg Attack</b> .....	410
<b>Illegal Submission</b> .....	426
<b>Pile Driving (12 to 6)</b> .....	428
<b>Illegal Counterattack</b> .....	431
<b>Suplex</b> .....	432
<b>Points Deducted &amp; Awarded</b> .....	435
<b>Don'ts's (What Not to Do) Inside the Arena</b> .....	440
<b>Allowed (What You Can Do) In the Arena</b> .....	449
<b>Article 14.6: Scoring</b> .....	450
Successful Hand Attack .....	450
Successful Leg Attack .....	451
Valid Dropping .....	451
Points Awarded .....	452
<b>Article 14.7: Criteria for Decision</b> .....	453
Win by Points .....	453
Win by Technical Knock Out (TKO) .....	453
Win by Absolute Victory .....	453
Win by Wasit Stop Match .....	453
Win by Walk Over .....	454
Win by Disqualification .....	454
<b>Article 14.8: Award Ceremony</b> .....	454
<b>Article 15: Artistic Rules</b> .....	455
<b>Article 15.1: Artistic Competition Area</b> .....	455
<b>Article 15.2: Organisation of Artistic Competition</b> .....	456
<b>Article 15.3: The Juri Panel</b> .....	456
<b>Article 15.4: Criteria for Evaluation</b> .....	457
Official Performance .....	457
Tunggal .....	457
Ganda .....	460
Regu .....	461
Solo Creative .....	461
Assessment .....	461
Tunggal and Regu .....	461
Ganda and Solo Creative .....	462
Compulsory Weapons .....	462

Additional <i>Nusantara</i> Weapon .....	462
Weapon Inspection .....	464
Point System .....	464
Resolving draws .....	466
Disqualification .....	467
<b>Article 15.5: Operation of Artistic Event .....</b>	<b>471</b>
<b>Appendix 9 – Arrangement for Artistic Category .....</b>	<b>472</b>
<b>Article 16: Digital and Manual Scoring System .....</b>	<b>481</b>
<b>Article 16.1: Digital Scoring System .....</b>	<b>481</b>
The Objective .....	481
The Equipment .....	481
The Solution .....	482
Simplicity and Accuracy .....	482
Drawing .....	482
Schedule .....	483
Weigh-In Station .....	483
Match Scoring System .....	483
Timekeeper .....	484
Juri .....	484
Juri Verification (Dropping) .....	485
Juri Verification (Penalty) .....	486
Council .....	487
Arena Screen .....	487
Match Result .....	488
Video Screen .....	489
Tunggal Arena Screen .....	490
Tunggal Council Screen .....	491
Juri .....	491
Council .....	492
Match Result .....	494
Ganda Arena Screen .....	495
Juri .....	495
Council .....	496
Match Result .....	498
Regu Arena Screen .....	499

Regu Council Screen.....	500
Juri.....	500
Council.....	501
Match Result .....	503
Digital Broadcasting Equipment.....	504
Competition Forms .....	504
<b>Article 16.2: Manual Scoring</b> .....	505
Competition Secretariat.....	505
Secretariat.....	505
Running Secretariat.....	505
Head of Secretariat Equipment.....	505
Balloting Equipment.....	506
Weigh – In Equipment.....	506
Team Composition .....	506
Roles & Duties .....	506
Announcer.....	506
Timekeeper .....	506
Dispatcher/Gong Striker .....	506
Technical Briefing & Balloting .....	507
Competition Day .....	508
Post Event .....	509
Competition Forms .....	509
Result Compilation Form .....	521
Flow using the Manual Scoring.....	521
Sample Scoring Sheet & Collation by Council (for Match Category) .....	522
<b>Article 17: VAR Protest System</b> .....	525
<b>Article 18: Penalty Card</b> .....	529
Code of Ethics – Technical Official .....	530
For Technical Officials who break the Code of Conduct.....	530
Code of Ethics – Officials.....	531
For Coach/Cornerman who break the Code of Conduct .....	531
Code of Ethics – Athlete.....	532
For Athlete who break the Code of Conduct .....	532
For Others (Spectators, Supporters, etc) who break the Code of Conduct .....	533
<b>Article 19: Medical Protocol</b> .....	534

Medical Standby .....	534
Medic Bag.....	535
Competition’s Doctor.....	535
Ambulance on Standby .....	536
Medical Team Evaluation.....	537
<b>Article 20: Front of House &amp; Back of House .....</b>	<b>542</b>
<b>Article 20.1: Front of House .....</b>	<b>542</b>
Field of Play (FOP) .....	542
Sport Stand.....	543
Public Spectator Stand .....	543
Media Stand .....	543
VIP Viewing Platform .....	543
Mixed Zone .....	543
Pat Down Area .....	543
Victory Ceremony Area .....	544
Time Out Zone.....	545
Pop-Up Changing Room .....	545
Sample Floorplan for Front of House.....	546
<b>Article 20.2: Back of House .....</b>	<b>546</b>
Technical Officials Room .....	546
Technical Delegate Room .....	547
Competition Secretariat Room .....	547
Victory Ceremony Room .....	547
Weigh-in Room (Male & Female) .....	547
Medical Room .....	548
Overall Operation Room .....	548
Body Protector Collection Area .....	548
Athlete’s Holding Area .....	548
<b>Sample for Full Layout (BOH &amp; FOH) .....</b>	<b>548</b>
<b>Effective Communication Between the Front and Back of House is Key .....</b>	<b>549</b>
<b>Article 20.3: List of Competition Equipment .....</b>	<b>550</b>
Additional Item – Air Horn .....	555
Additional Item – Clapper .....	556
Additional Item – Coach Box.....	557
Additional Item – Countdown Timer .....	558

<b>Article 20.4: List of Manpower (Technical Officials)</b> .....	559
<b>Article 21: Safe Sport for PERSILAT</b> .....	560
Annex 1 – Safe Sport Incident Report Form .....	563
<b>Article 22: Anti-Doping for PERSILAT</b> .....	564
Annex 2 – WADA PERSILAT Anti-Doping .....	567
<b>Article 23: Sport Safety</b> .....	571
Personal Precaution .....	571
Heat Disorder .....	572
7-R Heat Disorder First Aid Management .....	574
Risk Management .....	575
<b>Reference List</b> .....	577
Wasit Juri (Do’s & Don’t’s) .....	577
Coaches (Do’s & Don’t’s).....	577
Athlete (Do’s & Don’t’s) .....	578
Allowed Techniques (Hand) .....	578
Allowed Techniques (Leg) .....	578
Allowed Techniques (Dropping).....	579
Not Allowed Techniques (Hand) .....	581
Not Allowed (Leg).....	581
Not Allowed (Others) .....	582
Warning & Penalties .....	582
Light Violation (Verbal Warning).....	582
Moderate Violation (Reprimand I/II) .....	582
Serious Violation (Warning I/II).....	583
Warning III (Disqualification) .....	584
Tanding (Match).....	584
Seni (Artistic) .....	585
Usage of Protest Card .....	585
Sample of Wasit Juri Upgrading & Refresher Course Template .....	586
Program for TM, Coach & Athlete Briefing .....	590
Sample of Technical Handbook Table of Content.....	591
Tunggal Guide .....	593
Ganda Sample Movements .....	671
Regu Guide .....	678
<b>End of Manual</b> .....	733



## Introduction

The International Pencak Silat Rules & Regulations was formed by the International Pencak Silat Federation (PERSILAT) together with the contributions and inputs from the Four Founding Members in ensuring the officiating of the games is being conducted and judged fairly and equally.

Throughout the years since the establishment of the International Pencak Silat Federation (PERSILAT) on 11 March 1980, the game play has been evolving with improvements to follow the passage of time.

Some of the significance amendments were made to the International Rules and Regulations when there are needs to be included in the multi-event games, such as Asian Beach Games, which was primarily held in Bali – Indonesia, in 2008.

The International Pencak Silat Competition Rules and Regulations or also known as the Pencak Silat Manual has been developed and produced after much research, consideration, and discussion from the PERSILAT Founding Members. This is to suits with the vast development of martial arts around the world, and interest of all martial arts enthusiasts.

With the new upgrades on the rules and regulations, Pencak Silat will continue to diversify its gameplay, where the international federation is introducing new competitions, such as; *\*Pencak Silat World Cup, Pencak Silat World League, World Open Freestyle Artistic Pencak Silat, Arena of Pendekar, and the updated version of World Beach Pencak Silat.*

As part of the objective on being inclusive, the federation is venturing on introducing Pencak Silat for those individuals with disabilities (both physical and mental), and this is where Pencak Silat-A-Bility will be introduced in due course.

And with the vast development of Digital and Information Technology, Pencak Silat will have to move in accordance with the flow modernization, and have it implemented in the current norm and practices in a Pencak Silat competition.

*\*(Attachment for the Technical Handbook is attached separately in the Pencak Silat Competition Rules – 09 October 2023, Version 7. Please ensure you received the handbooks).*

## Synopsis for 6 new Pencak Silat competitions

### World Cup

Copying the same format of competition as per World Cup (Soccer/Football), this is to approve the format of Pencak Silat World Cup.

Pencak Silat World Cup will only offer Match (Tanding) events/categories. No Artistic (Seni) events/categories will be offered in the Pencak Silat World Cup.

Pencak Silat World Cup is a Team Event, where team will need to win six (6) games out of eleven (11) games against each team. Events/categories will be based on Host Country Selection. However, it will need to include eight (8) Male Match Events and three (3) Female Match Events.

### Pencak Silat World League

Copying the same format of competition as per World Cup (Soccer/Football), this is to approve the format of Pencak Silat World League.

Pencak Silat World League will only offer Match (Tanding) events/categories. No Artistic (Seni) events/categories will be offered in the Pencak Silat World League.

### Open World Freestyle Artistic Pencak Silat Championship

A contest where the unique feature and technique of Pencak Silat are performed, accompanied by music (live/pre-recorded). Each category can be choreographed to your best ability, using Pencak Silat Movements. Tunggal/Regu movements is not allowed.

Artistic competition takes the form of 14 events as listed; Male Solo Barehand, Female Solo Barehand, Male Solo Weapon, Female Solo Weapon, Male Duo Barehand, Female Duo Barehand, Male Duo Weapon, Female Duo Weapon, Mix Duo Weapon, Mix Duo Barehand, Group Male, Group Female, Group Mix, and Theatre Silat.

### Beach Silat Championship

Format for Beach Silat Championship is similar to the approved Pencak Silat event in the Asian Beach Games. Match (Tanding) Category will be accordance to the Pencak Silat Competition Rules & Regulations. For Artistic (Seni) Category will have it own sets of scoring and rules.

Athlete will be declared as winner if they won two (2) rounds in a row. Should each athlete from each corner won each round, the third round will be determined with the points accumulated in each round. Athlete who stepped out of the arena for three-times in one round will be considered lose. Athlete who have been thrown down three (3) times in a round will be declared as lose due to referee stoppage.

Artistic competition takes the form of four events as follow: Solo Barehand, Solo Weapon, Duo Barehand, Duo Weapon, and Trio.

### Battle of Warrior (Arena of Pendekar)

Battle of Warrior (Arena of Pendekar) is a Tanding team event, whereby each team has a minimum of three (3) and maximum of five (5) members. The team will compete under one weight category.

The double elimination system until semi will be applied unless otherwise specifically determined for a competition. Finals will be via knockout. A double elimination tournament is a type of elimination tournament competition in which a participant ceases to be eligible to win the tournament's championship upon having lost two games or matches.

Changing of player can only be done at any point of time when Wasit commands "Ti".

### Pencak Silat-A-Bility

It is a competition for athletes with disabilities under this two categories;

PARA	SPECIAL
<ul style="list-style-type: none"> <li>• Athlete with physical disabilities or challenges</li> <li>• An individual that have physical conditions that affects a person's mobility, physical capacity, stamina or dexterity.</li> <li>• Such as hearing and visual impairments, physical handicapped, etc</li> </ul>	<ul style="list-style-type: none"> <li>• Athlete with intellectual disabilities or mentally ability, and lack of skills necessary for day-to-day living.</li> <li>• Such as mood disorders (anxiety, autism, etc) down syndrome</li> </ul>

### Synopsis for Ranking

Sports ranking system is a system that analyses the results of sports competitions to provide ratings for each team or player.

To qualify for ranking, each championship there must be a minimum of four (4) countries participating and minimum six (6) athletes per contingent and minimum of two (2) competitors per category.

Rankings are numeric representations of competitive strength, often directly comparable so that the game outcome between any two or more teams can be predicted.

## Foreword Speech

Lieutenant General (Ret.) H. Prabowo Subianto, President of International Pencak Silat Federation (PERSILAT)



**REMARK FROM THE PRESIDENT OF  
INTERNATIONAL PENCAK SILAT FEDERATION (PERSILAT) ON  
PENCAK SILAT COMPETITION RULES 2020**

Salam Pencak Silat.

I would like to express my appreciation for the hard working and long process of the Steering Committee representatives from 4 (four) Founding Countries who have developed and made innovations so that we can successfully achieve to have Pencak Silat Competition Rules 2020.

In general, new rules will minimize the interruption by reprimand and warning due to too rigid rules. As a result, the match time between two opponents will be maximized.

I hope that with this new competition rules, Pencak Silat will be more accepted throughout the world, and in line with the competition's reference of International Olympic Committee (IOC) and the spirit and motto of Olympic: *Citius-Altius-Fortius*, Faster-Higher-Stronger.

This new competition rules is very significant stepping stone to achieve our goal of Pencak Silat to be competed at Olympic.

Thank you very much.

Jakarta, 17 August 2020

International Pencak Silat Federation (PERSILAT)

Lieut. Gen. (Ret.) H. Prabowo Subianto  
President

Padepokan Pencak Silat Indonesia, Jl. Taman Mini I, Jakarta 13560, Indonesia  
Phone: (62-21) 8416011, 8416214. Website: [www.persilat-ipsf.org](http://www.persilat-ipsf.org). Email: [president@persilat.international](mailto:president@persilat.international)

## Meeting & Agreement

The initial discussion amongst the PERSILAT Founding Members came about when Singapore was hosting the International Wasit-Juri Upgrading Course from 20 to 24 October 2019. As the Founding Members unanimously agreed on the needs to update on the Pencak Silat competition rules and regulations, the discussion includes the following agenda:

1. Improving the Competition Rules & Regulations
2. Improving the Technical Official and Team Official Rules

Following are the dates where the PERSILAT Founding Members had the discussion on improving and modifying the rules and regulations:

1. Date: 24 October 2019, Thursday  
 Venue: D'Begonia, Downtown East, 1 Pasir Ris Close, Singapore (S)519599  
 Attended By: Benny G. Sumarsono - PERSILAT  
 Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
 Datuk Megat Zulkarnain Omardin - Malaysia  
 Nur Fazlin Juma'en - Admin, Singapore
  
2. Date: 25 January 2020, Saturday  
 Venue: PERSILAT Office, Padepokan Pencak Silat Indonesia, Jl. Taman Mini I, Jakarta 13560  
 Attended By: Benny G. Sumarsono - PERSILAT  
 Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
 Datuk Megat Zulkarnain Omardin - Malaysia  
 Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei  
 Haji Abdul Rahman Bin Haji Mahali - Brunei  
 Mohd Shaffie Omar - Malaysia  
 Fahmi Wardi - Indonesia  
 Daeng Syahabudin - Indonesia  
 Arko Murjoko - Indonesia  
 Nur Fazlin Juma'en - Admin

3. Date: 8 February 2020, Saturday
- Venue: PERSILAT Office, Padepokan Pencak Silat Indonesia, Jl. Taman Mini I, Jakarta 13560
- Attended By: Benny G. Sumarsono - PERSILAT  
 Teddy Suratmadji - PERSILAT  
 Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
 Zaihan Bin Mohd Isa - Malaysia  
 Kamarul Ariffin Bin A. Latib - Malaysia  
 Mohamad Sayuthi Abdul Rani - Malaysia  
 Fahmi Wardi - Indonesia  
 Daeng Syahabudin - Indonesia  
 Arko Murjoko - Indonesia  
 Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei  
 Haji Abdul Rahman Bin Haji Mahali - Brunei  
 Nur Fazlin Juma'en - Admin
4. Date: 3 March 2020, Tuesday
- Venue: PERSILAT Office, Padepokan Pencak Silat Indonesia, Jl. Taman Mini I, Jakarta 13560
- Attended By: Benny G. Sumarsono - PERSILAT  
 Teddy Suratmadji - PERSILAT  
 Aidinal Al-Rashid - EPSF  
 Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
 Datuk Megat Zulkarnain Oмарdin - Malaysia  
 Kamarul Ariffin Bin A. Latib - Malaysia  
 Daeng Syahabudin - Indonesia  
 Arko Murjoko - Indonesia  
 Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei  
 Haji Abdul Rahman Bin Haji Mahali - Brunei  
 Nur Fazlin Juma'en - Admin

## Final Meeting and Signing of New Rules

### Final Meeting and Signing of New Rules

The final meeting and signing of new rules took place on the 03 March 2020. Full details are as below:

Date: 03 March 2020

Venue: PERSILAT Office, Padepokan Pencak Silat Indonesia, Jl. Taman Mini I, Jakarta 13560

On this date, the International Pencak Silat Federation and its founding member agrees to the new Pencak Silat Competition Rules and will implement it from the 19<sup>th</sup> World Pencak Silat Championship 2020, Sarawak, Malaysia onwards.

#### International Pencak Silat Federation (PERSILAT)

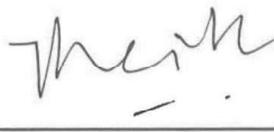


Benny G. Sumarsono  
Executive Chairman  
International Pencak Silat Federation




Teddy Suratmadji  
Secretary General  
International Pencak Silat Federation

#### Founding Members



Dr. Sheik Alau'ddin Yacoob Marican, PBM  
Chief Executive Officer  
Singapore Silat Federation




Benny G. Sumarsono  
Vice President  
Ikatan Pencak Silat Indonesia (IPSI)



Datuk Megat Zulkarnain Oмарdin  
Secretary General  
Persekutuan Silat Kebangsaan Malaysia  
(PESAKA)




Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan  
Vice President  
Persekutuan Pencak Silat Brunei Darussalam (PERSIB)

Two (2) Zoom Meeting Session with the Four Founding Members to wrap up on Pencak Silat New Rules items before conducting the virtual international seminar (22 & 23 August 2020), were held on the following dates:

1. Date : 10 July 2020, Friday  
Time : 4pm to 8.30pm

Attended By: Benny G. Sumarsono - PERSILAT  
Teddy Suratmadji - PERSILAT  
Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
Datuk Megat Zulkarnain Omardin - Malaysia  
Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei  
Nur Asiah Arshad (Administrator) - Singapore

2. Date : 14 August 2020, Friday  
Time : 4pm to 6pm

Attended By: Benny G. Sumarsono - PERSILAT  
Teddy Suratmadji - PERSILAT  
Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
Datuk Megat Zulkarnain Omardin - Malaysia  
Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei  
Nur Asiah Arshad (Administrator) - Singapore

Zoom Meeting Session with the Four Founding Members to evaluate the feedbacks and comments from the participants who have attended the virtual international seminar was held on:

1. Date : 7 September 2020, Monday  
Time : 1.30pm

Attended By: Benny G. Sumarsono - PERSILAT  
Teddy Suratmadji - PERSILAT  
Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
Datuk Megat Zulkarnain Omardin - Malaysia  
Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei

Zoom Meeting Session with the Four Founding Members to conclude on the implementation on the Pencak Silat New Rules (version 2020) on:

1. Date : 17 September 2020, Thursday  
Time : 3pm

Attended By: Benny G. Sumarsono - PERSILAT  
Teddy Suratmadji - PERSILAT  
Dr Sheik Alau'ddin Yacoob Marican, PBM - Singapore  
Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan - Brunei

Three (3) International Pencak Silat Competition Rules and Regulations Webinar were organized to all the PERSILAT Members, where they have sent most of their key people (Presidents, Secretaries, Management Committee, Team Managers, Coaches, Wasit-Juri, and Athlete) to attend the Webinar.

The webinar was organized on the following dates:

**First Webinar was held on:**

Date/Day : 22 August 2020, Saturday  
 Time : 1600hrs till 2100hrs (GMT+8)  
 Platform : Zoom Meeting

**Second Webinar was held on:**

Date/Day : 23 August 2020, Sunday  
 Time : 1600hrs till 2100hrs (GMT+8)  
 Platform : Zoom Meeting

**Third Webinar was held on:**

Date/Day : 4 October 2020, Sunday  
 Time : 1600hrs till 2000hrs (GMT+8)  
 Platform : Zoom Meeting

**Fourth Webinar (Hybrid) was held on:**

Date/Day : 19 December 2021, Sunday  
 Time : 1300hrs till 1900hrs (GMT+8)  
 Platform : Zoom Meeting & Physical session at Kompleks Lincah Mahaguru Omardin (Kuala Lumpur, Malaysia)

International Pencak Silat Federation have since released updated versions of the International Pencak Silat Competition Rules & Regulations manual to all PERSILAT Members.

**First Release** : 7 October 2020, Wednesday  
**Second Release** : 25 February 2021, Thursday  
**Third Release** : 21 February 2022, Monday  
**Fourth Release** : 3 April 2022, Sunday  
**Fifth Release** : 24 June 2022, Friday

**1<sup>st</sup> Training of Trainers (online) was held on:**

Date/Day : 15 & 16 January 2022 and 5 & 6 February 2022  
 Time : 1000hrs till 1900hrs (GMT+8)  
 Platform : Zoom Meeting & Physical session at OCBC Arena, Hall 4

After the successful webinar for the PERSILAT Members, the Founding Members continue to have meeting to discuss further on any improvements can be done on the Competition Rules and Regulations. Following are the dates on the meetings.

S/N	Date of Meeting	Time
1	29 November 2020, Sunday	8pm
2	19 February 2021, Friday	3.30pm
3	5 March 2021, Friday	4.30pm
4	17 September 2021, Friday	5pm
5	24 September 2021, Friday	5pm
6	20 November 2021, Saturday	4pm
7	26 November 2021, Friday	7pm
8	1 December 2021, Wednesday	8pm
9	30 December 2021, Thursday	4pm
10	10 January 2022, Monday	11am
11	12 January 2022, Wednesday	3pm
12	2 February 2022, Wednesday	9pm
13	20 February 2022, Sunday	9.30pm
14	16 March 2022, Wednesday	6pm
15	9 April 2022, Saturday	12pm
16	10 July 2023, Monday	2pm
17	24 July 2023, Monday	2pm

Since the COVID-19 outbreak affecting globally, where it halted most of sports event inclusive our own Pencak Silat. The National Pencak Silat Federations have decided to move their training, activities, events, and programmes to online session.

The upgrading of the International Pencak Silat Competition Rules and Regulations will need to go through proper testing to ensure the implementation is fully understood by all the Technical Officials, Officials (Team Managers & Coaches), Athletes, and all.

Events that are recognized by the International Pencak Silat Federation (PERSILAT) using the latest version of the rules and regulations are as follow:

Name of Event : 8<sup>th</sup> Southeast Asia Pencak Silat Championship  
 Date : 25 – 27 February 2022  
 Venue : OCBC Arena Hall 1, Singapore Sports Hub, Singapore

Adding on to educate the viewers on the improvement of the International Pencak Silat Competition Rules and Regulations, Singapore Silat Federation has initiated to work with International Pencak Silat Federation to have a YouTube Live session.

Name of Event : YouTube Live Session – Panel Discussion & Demonstration  
 Date : 9 April 2022  
 Link : [https://www.youtube.com/watch?v=hPc7H\\_y0hFs](https://www.youtube.com/watch?v=hPc7H_y0hFs)

For Part 1, the content of the live session was where the panellists shared on the initiative of the changes, journey towards the upgrading, feedback, and reviews from national Pencak Silat federations and member of public.

For Part 2, almost two-hours live demonstration was showcased by Dr Sheik Alau'ddin, together with three demonstrators displaying on the improved techniques, prohibited actions, and many more.

After two major Pencak Silat competitions was held, which is the 31<sup>st</sup> SEA Games and 19<sup>th</sup> World Pencak Silat Championship in 2022 using the improved version, much feedback received from all aspect. After much studying and reviewing the feedback, the steering Committee had a meeting to debate how can the rules and regulations be improved further.

Date : 7 June 2023, Wednesday  
 Time : 9PM (GMT +8)  
 Method : Zoom Online

A meeting was held in Padepokan Pencak Silat, attended by representatives from PERSILAT, Indonesia and Singapore to finalize the rules and regulations. The meeting was joined via zoom by the representative from Malaysia and Brunei Darussalam. The purpose of the meeting was to finalise the version 7 of the rules and regulations and clear all confusion that was raised, and witnessed, during the recent 32<sup>nd</sup> SEA Games in Cambodia.

Date : 09 October 2023, Monday  
 Time : 3pm

Attended By: Benny G. Sumarsono	- PERSILAT
Teddy Suratmadji	- PERSILAT
Dr Sheik Alau'ddin Yacoob Marican, PBM	- Singapore
Datuk Megat Zulkarnain Omardin	- Malaysia (Zoom)
Pengiran Haji Abdul Karim Bin Pengiran Haji Metassan	- Brunei (Zoom)

## What is Pencak Silat?

Pentjak Silat is a traditional Indonesian martial art that was originally an armed style of combat.

Traditionally Pentjak was a secretive method of self-defence and was not meant to be used for competitive combats shown in public. It was also a path to spiritual enlightenment and in some parts of Java also a component of community celebrations.

Although it has been described as one of the deadliest martial arts of the Indonesian Archipelago, it is not considered an art of war, but rather an art of stopping the war.

Today, it is a non-aggressive martial art that is practiced by men and women of any age, and is accessible to children and complete beginners in martial arts.

Silat is the essence of the fighting and self-defense, the application of these movements in a fight. In this sense Silat and Pencak represent the esoteric and exoteric aspects of the same fighting style.

The origin of the words Pencak and Silat are still unclear. Some believe that Silat comes from silap, 'meaning making a mistake', in the sense that the opponent's strength is used against him. However, the most prominent origin theory of the word Silat is that it derives from *sekilat* which means "as (fast as) lightning". This may have been used to describe a warrior's movements before eventually being shortened to Silat. Some believe it may come from the word *elat* which means to fool or tick. Pencak is thought to come from the Sanskrit word *Pancha* meaning five, or from the Chinese *Pencha* meaning avert or deflect.

Another interpretation is that Pencak has the meaning of "method of educating" whereas "Silat" means "friendship", in which case Pencak Silat would stand for "to be educated in how to live harmoniously with others".

Pentjak Silat systems are generally named after a geographical area, city, district, person, animal, physical action, or a spiritual or combative principle. For example, Undukayam Silat takes its name from the actions of a hen scratching the ground. The Seitia Hati, 'faithful heart', system gets its name from a spiritual principle. Mustika Kwitang is named after the Kwitang district in Jakarta. Menangkabau people.

*Reference – Donn. F. Draeger (1992). Weapons And Fighting Arts of Indonesia. Rutland, Vt. : Charles E. Tuttle Co.*

*American Kun Tao Silat. Indonesia Fighting, The Devastating Art of Pentjak Silat by Cass Magda.*

*Ian Douglas Wilson (2002). The Politics of Inner Power: the prace of Pencak Silat in West Java. School of Asian Studies, Murdoch University, Western Australia.*

*D.S. Farrer (2009). Shadows of the Prophet: Martial Arts and Sufi Mysticism. Springer.*

Silat is a collective word for a class of indigenous martial arts from a geo-cultural area of Southeast Asia encompassing most of the Nusantara, the Indonesia Archipelago, the Malay Archipelago, and the entirety of the Malay Peninsula.

The origin of Silat is uncertain. The Silat tradition is mostly oral, having been passed down almost entirely by word of mouth. In the absence of written records, much of its history is known only through myth and archaeological evidence.

*Reference – Green, Thomas A. (2010). Martial Arts of the World: An Encyclopedia of History and Innovation. ABC-CLIO. ISBN 9781598842432.*

As an art (*seni*), Pencak Silat is performed to celebrate the beauty of movement. Pencak Silat *seni* expresses cultural values in the form of patterns of movement and rhythm, which involve harmony, balance, and the accord of gracefulness, rhythm, and feeling. In some regions, artistic moves are accompanied by special percussion instruments and are performed at social events, such as harvest festivals, marriages, and public gatherings.

As a form of self-defense (*bela diri*), Pencak Silat is performed to heighten the human instinct to defend oneself against any kind of threat and danger. To this end, the tactics and techniques that the Pencak Silat practitioner (*pesilat*) uses emphasize his physical safety and, if necessary, attacking the opponent first.

Likewise, as a sport (*olah raga*), Pencak Silat prioritizes physical skills to attain fitness, dexterity, and endurance. When training, a *pesilat* (practitioner of Pencak Silat) strives to enhance the agility of the body and to make more forceful maneuvers, while gaining confidence to perform well in sport competitions.

As a spiritual exercise (*olah batin*), Pencak Silat focuses more on shaping the individual bearing and character of the *pesilat* as befitting its spiritual philosophy. It places equal emphasis on controlled physical movements, inner power, and observance of the core value of nobleness of mind and character (*keluruhan budi pekerti*).

These four aspects combine in the specific movements of Pencak Silat, which consist of several key components or basic techniques. In general, we can differentiate four kinds of basic techniques: initial stance, footwork, offensive techniques, and defensive techniques. By assuming an initial stance (standing position), the *pesilat* shows that he/she is ready and on guard. This could switch at any time to a particular tactical move. Normally both legs and arms are employed in this stance, which may involve standing, crouching, sitting, or lying down.

If initial stances are the static part of Pencak Silat, the footwork is its dynamic part. By determining the direction, type, and tactic of the maneuver, the *pesilat* moves to defend or attack. More specifically, defending oneself involves taking action to evade attack from an opponent (using defensive, evasive, and disengaging techniques for instance). Offensive action involves trying to bring down the opponent in several ways, such as punching, kicking, and grappling. These defensive and offensive techniques also make use of several kinds of weapons, such as knives, swords, *trisula* (tridents), and *toya* (wooden staffs usually of rattan).

Somehow paradoxically, the unified Pencak Silat pattern is constituted from a great range of variation in how the basic moves and techniques are combined and depending on which key aspect within this combination is being emphasized. Different masters and their students have created their own styles according to their preferences and to the physical environment and social-cultural context wherein they live, resulting in hundreds of schools and styles. This makes Pencak Silat a rich cultural phenomenon, fascinating to practice and study.

#### Sources

*The preceding text is derived from Master O'ong Maryono's book **Pencak Silat in the Indonesian Archipelago** (Yogyakarta: Yayasan Galang, 1995 and 2002). Please cite when referring to it.*

References used by the author in the text include:

*Drager, D. & Smith, R. **Comprehensive Asian Fighting Arts** (Tokyo: Kodansha International, 1980).*

*Mattulala et al. "Pencak-Silat Tradisional di Sulawesi Selatan." Research report, 1980.*  
*Mitchell, D., **Martial Arts Handbook: The New Official** (London: Stanley Paul, 1995 and 2002).*  
*Notosoejitno. "Pencak Silat Nilat dan Perkembangannya." Unpublished paper, 1984.*  
*PB IPSI. "Khazanah Pencak Silat." Unpublished paper, 1994.*

## The International Pencak Silat Federation (PERSILAT)

The following details is extracted from the PERSILAT's Constitution last updated in May 2020.

### **Article 01. Name, Nature and Headquarters**

- 01.01 The name of the organization shall be known as Persekutuan Pencak Silat Antarabangsa, translated as the International Pencak Silat Federation, hereafter referred to as "PERSILAT".
- 01.02 PERSILAT is an international sanctioning body that sanctions international Pencak Silat championships, with their own juridical personality and fiscal autonomy, having jurisdiction and competence over all associated Associations and Members that are relevant.
- 01.03 The headquarters may be transferred to another location or may establish additional offices following a resolution adopted by the Executive Board.

### **Article 02. Objectives**

The objectives of PERSILAT are:

- 02.01 To support the achievement of social, economic development and human progress, world peace, and the Millennium Development Goals, and to encourage every PERSILAT member to come together to contribute to achieve the common goal of building a better world;
- 02.02 To promote and spread the sporting spirit of Pencak Silat, and bring a positive influence to everyone, especially the younger generation;
- 02.03 To work towards a common goal of ensuring the health, safety and protection in the sport of Pencak Silat, and to protect and ensure the safety and welfare of Pencak Silat athletes around the world;
- 02.04 To prevent all methods or practices which might severely damage the integrity, image and value of Pencak Silat; to promote the sport of Pencak Silat as integrity, equity, fairness, transparency and healthy exercise;
- 02.05 To create a fair, equitable, scientific, independent and objective ranking system for the ratings of Pencak Silat athletes, and to provide fairness and equal opportunity at all times to all associated parties and participants;
- 02.06 To create a sustainable competitive advantage to provide more opportunities for the best and brightest Pencak Silat athletes to help their dreams come true, as well as achieve our common goal;

- 02.07 To sanction high quality competition based on the criteria set by the International Federation, and to recognize the best athlete as our Champion;
- 02.08 To organize high standard Pencak Silat competition, courses, activities, according to the processes as per stated in the document.

**By-Laws to Article 02:**

*Referring to item 02.07 and 02.08 The federation is responsible to evaluate the host country which is interested to become Major Event Organizer (MEO). Where the country will need to submit their bidding and follow the process as per – Criteria & Requirements in Hosting Pencak Silat Events & Championship and Risk Assessment Management System. (please refer to Annex 3 and Annex 4 for the document).*

**Article 03. Activities and Duties**

PERSILAT shall have the following activities and duties:

- 03.01 To promote a deeper friendship, solidarity, international respect and goodwill among countries, through the unity of a united Pencak Silat family, and absolutely opposed to any kind of discrimination based on national origin, racism, color, gender or religious beliefs;
- 03.02 To exercise its authority to actively regulate, control, and supervise Pencak Silat in its respective jurisdictions which includes Africa, Asia, Europe, America and Oceania;
- 03.03 To draw up Regulations, Provisions and Code of Ethics, and to ensure their enforcement;
- 03.04 To sanction and recognize male and female championship contests in all events for the World, Intercontinental, International, Continental and Regional championship, in accordance with the Constitution, By-Laws, Code of Ethics and the Rules and Regulations of PERSILAT.
- 03.05 To increase the comprehensive quality of officials and improve their conduct and ethics and ability to ensure greater equity, transparency and fairness for the result of each contests;
- 03.06 To resolve all conflicts that arise between the different persons related to PERSILAT with respect to the Pencak Silat activities throughout Africa, Asia, Europe, America and Oceania countries;
- 03.07 To be responsible in endorsing the organizing of the international courses and certify the participants based on their achievements;
- 03.08 To be responsible in organizing and sanctioning any Pencak Silat competitions proposed by its members.

**By-Laws to Article 03:**

Referring to item 03.04      *The federation will suspend or withdraw recognition from any champion in any event of violation of its Constitution, By-Laws, Code of Ethics and the Rules and Regulations.*

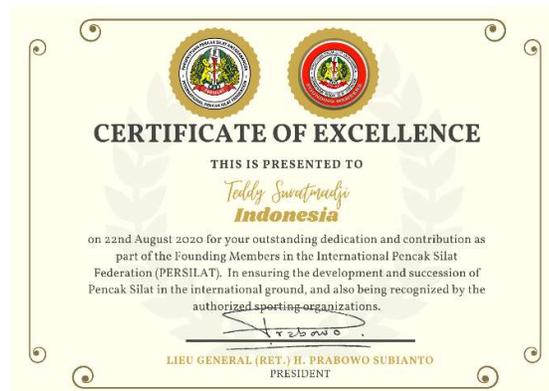
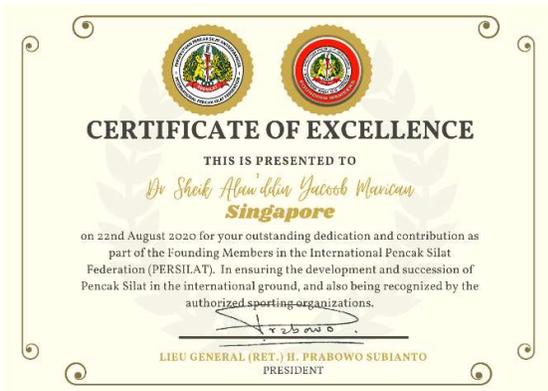
Referring to item 03.05      *For such other cause which, in the opinion and discretion of the Executive Board, justifies such suspension or withdrawal of recognition, that action will also be taken.*

Referring to item 03.06      *The federation will punish, suspend or expel any members or officers who are found to have violated its Constitution, By-Laws, Code of Ethics and the Rules and Regulations.*

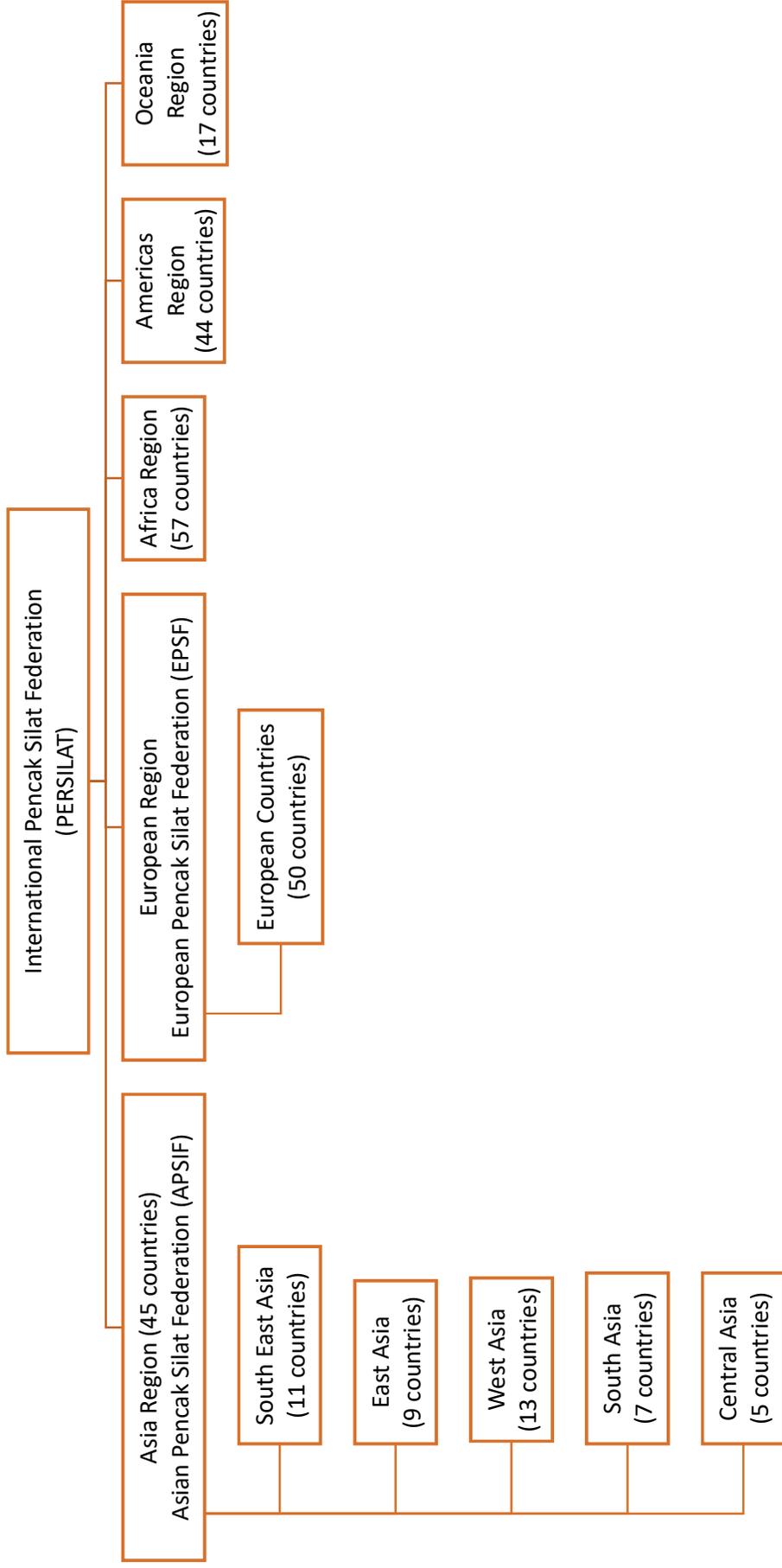
Referring to item 03.07 and 03.08      *The federation is responsible to issue a recognition and certification for participants at the following courses; International Pencak Silat Coaching Course and International Wasit-Juri Upgrading Course (Class 3, 2, 1, and ITD) and Train the Trainer*

### PERSILAT Founding Members Structure





Structure for Pencak Silat Federation



## International Pencak Silat Federation (PERSILAT) Task Force

### Introduction

Task Force is a unit specially organized for a task where groups of people come together to accomplish a specific objective.

A task force is formed to facilitate the development of ideas, create new opportunities, answer questions, or solve a problem. In which, these groups are not meant to be permanent as they can be disbanded once the task is done.

A task force can be part of a community coalition, and local or government committee, or small group of people within the organisation. A task force constitutes the roles and responsibilities for each member.

Some organisations will refer to Task Force as a “Steering Committee” where they are the key project stakeholders with the power bestow on them to “steer” the project till the proper objectives is achieve and resulting to a successful outcomes.

### PERSILAT Task Force

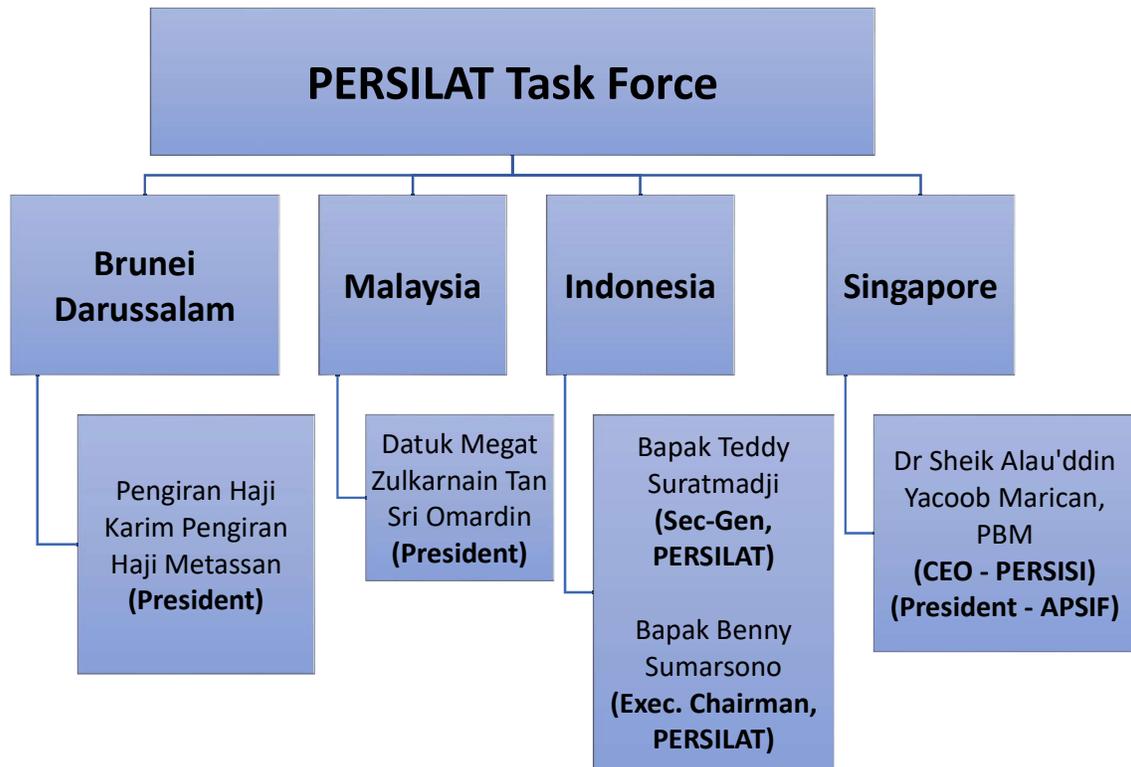
Being the Four Founding Members of the International Pencak Silat Federation since its first establishment in the 1980 has its privilege, where one office holder from their National Pencak Silat Federation will be appointed to sit in the PERSILAT Task Force.



### People in the PERSILAT Task Force

The representative who sits in the PERSILAT Task must get endorsement of their own National Pencak Silat Federation, as they are the voice of their nation.

For any changes in the representation will need to be informed officially by their National Pencak Silat Federation to the International Pencak Silat Federation.



#### Objective of PERSILAT Task Force

Creating a “PERSILAT Task Force” in the International Pencak Silat Federation will be an effective way to address on matters, especially on the International Pencak Silat Competition Rules and Regulations.

Since the first improvement and upgrades of the rules and regulations in March 2020, further enhancement cannot be avoided to ensure the safety aspect of the sport.

A formation of PERSILAT Task Force is also to ensure that for any changes made will only be done by the appointed officer, and updates are disseminated to the National Pencak Silat Federation in a proper version and correct order.

#### Roles and Responsibilities of PERSILAT Task Force

Mainly the roles of the PERSILAT Task Force are on the management of the International Pencak Silat Competition Rules and Regulations.

PERSILAT Task Force will be authorized to plan on improving on any changes and further development to the International Pencak Silat Competition Rules and Regulations.

Their roles include the following:

1. To plan the necessary arrangement on scheduling for meeting (either virtually or physically) with all the National Pencak Silat Federation to collate any updates, and news.
2. To alter, modify or review and update the rules and regulations of Pencak Silat as a competition sport.
3. To be the authorization party in planning, arranging, and conducting the International Pencak Silat Competition Rules and Regulations seminar, workshop, courses, or anything similar.
4. To allot the schedule in conducting the Pencak Silat Competition Rules and Regulations seminar physically or virtually.
5. To conduct review and feedback sessions with all the National Pencak Silat Federations and ensuring that the transition on the changes was smooth and understand fully on the updated rules and regulations.
6. PERSILAT Task Force and its Action Committee will do research on any new techniques and tactics before developing it as one of the valid or legal technique.
7. Be responsible to uphold safety when introducing any new attacking elements.
8. To overview and monitor the registered Referee-Jury throughout the on-going Pencak Silat competition.
9. PERSILAT Task Force is given the authority to conduct the International Referee Course and/or International Upgrading Referee Course for its PERSILAT Members.

## Article 1: Who is the Technical Official in Pencak Silat?

### Technical Officials

Technical Officials here will be referred to as “Wasit-Juri” or also known as “Referee-Jury”.

The certified Technical Officials is registered and recognized by the International Pencak Silat Federation. The International Pencak Silat Federation will be assigning duties before any championship.

All Wasit-Juri on duty at the major competitions must be certified and endorsed by the International Pencak Silat Federation and by the National Pencak Silat Federation.

### Code of Ethics – Technical Official

#### All Wasit-Juri are:

1. Binded by the International Pencak Silat Competition Rules & Regulation;
2. Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a certified Wasit-Juri of International Pencak Silat Federation;
3. Required to be aware of the new development in the game of Pencak Silat, and undertake efforts to maintain and continue learning in the skills of officiating;
4. Required to be committed by being punctual and being present throughout the competition period;
5. Needed to take instructions from the Technical Delegate and cooperate with other Wasit-Juri on duty;
6. Not allowed to make wrong decisions with intentions;
7. Required to avoid any unnecessary act that may interpreted as conflicts of interest;
8. Required to maintain personal grooming. And appear smart, with proper hairdo, neat uniform, and no accessories during game;
9. Required to be respectful and courteous to organizer or host country, fellow Wasit-Jury, athlete and officials, spectators, and members of the public;
10. Not allowed to consume any type of alcoholic beverage throughout the competition period, even when not on duty;
11. Not allowed to display temper, unethical behaviour (verbal or non-verbal abuse), physical abuse, and any other inappropriate behaviour;
12. Not allowed to engage in gambling outcome of the games where he/she is officiating;
13. Not allowed to make any unauthorized statements verbally or written to any media;
14. Not allowed to accept any types of bribery in terms of monetary or gifts from athletes and officials, organizer, or member of the public.

### Pledge for Wasit-Juri

“We, the International Pencak Silat Wasit and Juri promised,

- To carry out the duties in accordance to the rules of International Pencak Silat Competition
- To conduct the competition honestly, fairly and with responsibility
- To maintain and protect the honour and dignity of Pencak Silat with appropriate behaviour and attitude”

On top of reading out the pledge before carrying out their duty as a Technical Officials at a Pencak Silat event, all Technical Official are required to sign a contractual agreement related to their appointment as Technical Official.

Those who will be binded with the contractual agreement upon accepting their duties as Technical Officials are;

1. Technical Delegate,
2. Technical Chairman,
3. Competition Chairman,
4. Council of Wasit-Juri,
5. Protest Commissioner,
6. Wasit,
7. and Juri.

The contractual agreement is to ensure that the appointed Technical Official will perform their duty as per their jurisdiction and adhering to the requirements and Code of Ethics.

### Article 1.2: International Technical Officials Manpower Requirement

Following are the requirement for deployment of International Technical Officials to be on duty for one arena.

Usage of International Technical Officials at a Pencak Silat event must be sanctioned or endorsed by the International Pencak Silat Federation (PERSILAT).

S/N	Role	Pax Required	Remarks
1	International Technical Delegate	1	Provided by the International Pencak Silat Federation (PERSILAT), which are selected from the Founding Members Task Force. For all multi events or inviting international teams for international competitions  Appointed TD must have/be International Class 1 Referee.
2	Assistant Technical Delegate	1	A certified International Class 1 Referee from Host Country.

3	Technical Chairman	1	A certified Referee from Host Country.
4	Competition Chairman (Ketua Pertandingan)	5	<p><u>4 pax</u> will be provided by the International Pencak Silat Federation (PERSILAT) from Founding Members lists of certified ITO.</p> <p><u>1 pax</u> will be a certified International Class 1 Referee from Host Country.</p>
5	Council of Wasit-Juri (Dewan)	5	<p><u>4 pax</u> will be provided by the International Pencak Silat Federation (PERSILAT) from Founding Members lists of certified ITO.</p> <p><u>1 pax</u> will be a certified International Class 1 Referee from Host Country.</p>
6	Protest Commissioner & Operator	4	<p>Provided by the International Pencak Silat Federation (PERSILAT), which are selected from the Founding Members.</p> <p>1)Protest commissioner needs to be a minimum international class 2 .</p> <p>2)Protest Commissioner needs to attain the Protest Commissioner license, conducted by Persilat.</p>
		2	<p>Operators are the one that manages and handles the VAR System. And runs the system upon request by the Protest Commissioner or Competition Chairman.</p> <p>1) Operators shall NOT advise and influence the Protest Commissioner.</p> <p>2) Competition Chairman and ITD cannot supersede the Protest Commissioner official results.</p>

7	Wasit & Juri	15	<p><u>X-pax</u> will be provided by the International Pencak Silat Federation (PERSILAT), which are selected from the Founding Members.</p> <p>Wasit Juri must be an international class 3 with a minimum of:</p> <ol style="list-style-type: none"> <li>1) 2 years international experience</li> <li>2) must be a citizen or naturalize citizen of the country represented.</li> </ol> <p>The remaining will be from the list of certified International Technical Officials.</p>
---	--------------	----	--

### Article 1.3: International Technical Officials Upgrading Requirement

#### International Class 3

- Minimum 2 years National Level Certification
- Nominated by the country's Federation
- No disciplinary records

#### International Class 2

- Minimum 2 years experience in International games sanctioned by PERSILAT, APSIF, EPSF, PSFA
- No disciplinary records
- Nominated by country's Federation

#### International Class 1

- Minimum 3 years experience in International games or 3 major games sanctioned by PERSILAT, APSIF, EPSF, PSFA (Asian Games and Championship/Sea Games/ World Championship/Martial Arts Games/ Beach/ AUG)

## Article 2: Powers and Duties of Technical Officials

### Technical Delegate

1. International Technical Delegate (ITD)
  - a. The ITD will be appointed by PERSILAT.
  - b. One (1) liaison officer & transport assigned for the ITD throughout.
  - c. Appointed ITD is given the authority to oversee the management of a Pencak Silat competition and its Technical Officials (namely; Technical Chairman, Competition Chairman, Council of Wasit-Juri, Wasit-Juri on duty, and Protest Commissioner), and have the full rights to override any decision made.
  - d. An ITD must master the Rules and Regulations of International Pencak Silat Competition
  - e. Must come from neutral country.
  - f. The ITD must do a venue recce at least two times to ensure that the hosting of event will go smoothly.
  - g. To resolve any problems concerning general issues as well as technical matters, of which decision of the ITD has binding force.
  - h. The right including to stop, postpone, cancel championship and or replace the Competition Committee if deemed necessary.
  - i. Those actions should be taken to secure the championships, technical execution of championships, and the sake of good image of Pencak Silat.
  - j. To fill in and to sign the Record Book of Referee and Jury.
  - k. To submit duty report to the Board of PERSILAT within 1 (one) month after the championship ends.
  - l. To check & sign the daily competition schedule.
  - m. To assign Wasit Juri for their duty with Competition Chairman & Council.
  
2. Assistant Technical Delegate (ATD)
  - a. The ATD who comes from the Organizing Committee of the competition is appointed by PERSILAT based on the criteria of mastering and comprehending PERSILAT general rules and regulations and particularly regulations of international Pencak Silat competitions.
  - b. Must assist the ITD accordingly.

*\*Attached together in the International Competition Rules and Regulations is the Pencak Silat Event Checklist (Pre & Post Checklist).*

### (A) TD/ATD to Local Organizing Committee (LOC)

1. TD is responsible for providing technical requirements to the LOC
2. TD is responsible for monitoring compliance with the PERSILAT Rules and Regulations
3. Cooperatively assist the LOC in planning the technical organization of a competition, where applicable, and ensure that the plan is accomplished and resolve any technical problems together.
4. Establish and agree timelines with the LOC for allocation, confirmation, entry and registration for the event.

5. Ensure the LOC is liaising with PERSILAT on event operation matters – medals, promotional material approvals, etc.
6. Review the event registration information ensuring that event standards are being met.
7. Work with LOC to ensure the accreditation of all participants for the event. The number of members and the age shall be controlled with the Registration Form according to the PERSILAT Rules & Regulations.
8. Provide consultation to the LOC to ensure that the competition is conducted in a safe, quality and dignified manner according to PERSILAT Rules & Regulations.
9. Ensure that the LOC conforms to PERSILAT requirements for drug-free sport and anti-doping control.
10. Review and confirm all sport technical references in the event checklist and Host Event Contract.
11. Work closely with the LOC to develop the schedules/programmes to include competition, training/warm-up, eligibility control, classification, equipment control, education and accreditation requirements, meals.
12. Advise the LOC on the need's assessment, recruitment, selection and training of the officials (Classifiers, Referee, Jury, and Council).
13. Advise the LOC on the need's assessment, selection and training of sport specific volunteer personnel (outside of the officials).
14. Prepare, in cooperation with the LOC, Pre-Tournament Briefing Papers.
15. Review all tournament documents and communications prior to distribution.
16. Prepare, in cooperation with the LOC and Chief Officials the competition schedule, ceremonies and demonstration programs.
17. Supply sport equipment specifications to the LOC.
18. Manage arrangements for Results-Timing-Scoring.

#### (B) Site Visit Inspection

1. Plan site visit inspections.
2. Perform the site visit inspections (or receive site visit report and attachments prepared by appointed technical/competition site visit personnel).
3. Make a report of each inspection with recommendation on technical aspects and advise if any exception shall be taken in the Contract. And provide the reports to PERSILAT.

#### (C) Preparation

1. Coordinate LOC with allocation, confirmation, entry and registration deadlines and details.
2. Work with the Secretariat Team on matters relating to event qualification, allocation and drawing.
3. Propose which Delegates and VIPs should be invited to visit the event.
4. Provide guidance and monitor the implementation of the balloting process.
5. Work with the Secretariat Team and the LOC to ensure the accreditation of all athletes, officials, and delegates for the event.
6. Maintain progress reports and provide periodic updates in conjunction with event.
7. Manage any presentation requirements (prepare presentation / speech for Opening and Closing ceremonies).

#### (D) Duties Upon Arrival

Contact the LOC and/or Secretariat Team to ensure:

1. The completion of the PERSILAT Arena Equipment list of necessities concerning the technical requirements for the administration and control of the event.
2. That arrangements with hotel, meals and transport (airport -> accommodation and accommodation -> sports venues for teams and delegates) go smoothly.
3. That is ready: Accreditation Cards for Team Delegations, Officials and Delegates.
4. That is ready: Technical Delegate Briefing, Team Manager's Briefing, Classifiers Briefing, Referee Briefing, Jury Briefing, Volunteers Briefing, Office Facilities, Hosting Services.
5. To ask for a place to work with computer and where copies can be made by the TD
6. Look for suitable sports where the flags shall be hanged. Audience should face the flag.
7. Instruct the LOC to arrange that the flags are flying outside and inside the competition venue.

#### (E) Duties During the Event

1. Be present during the entire event, at the venue concerned, including Familiarization Days, and Competition Days.
2. Provide advice and support to LOC and Officials to resolve issues that arise during the event.
3. Monitor all technical information of LOC and Officials.
4. In case the PERSILAT Representative is not present: meet with invited VIPs during the event.
5. Do not approve any revisions made to the competition schedule at proposal of Chief Officials or LOC. Schedules/programs shall not be changed.
6. Monitor anti-doping provision and support for the Anti-Doping Officer and LOC personnel to fulfil their responsibilities.
7. Supervise the Opening and Closing ceremonies.
8. Sign off on the official results list and give the authorization for the awards ceremony.
9. Provide guidance on the implementation of the proper awards protocol to ensure a dignified ceremony based on the guidelines.
10. Contribute event related detail and information to ensure press coverage.
11. Liaise appropriately on risk management issues.
12. Bring forward non-technical issues requiring the Executive Board resolution.
13. Work collaboratively with the LOC in deciding the delay, postponement, or cancellation of the sport competition
14. To conduct briefing for Wasit Juri before start of event, during breaks & end of event for the day.
  - Start of event: Reminder on the rules & upkeeps of standard
  - During breaks: Identifying & improving on the duties performed
  - End of Event: Post duty evaluation

#### (F) Duties Before the First Match Day

1. Together with the Chief Jury, Chief Referee, their assistants and respective LOC members, inspect all areas of the competition and training venues to confirm that they meet the requirements.
2. Check together the competition ground, warm-up area, technical equipment and facilities.

#### (G) Duties Before a Match

1. Take the official transport from the hotel to the sport venue at the time stated to arrive at the match venue, not later than 30-minutes prior to the start of the first match.
2. Check the availability of the Medical Team on duty and the equipment prepared.
3. Supervise that the Secretariat Team are present in time, and ready for their duties.
4. Supervise that the start of the matches keeps strictly on schedule.

#### (H) Duties During a Match

1. Serve as the expert authority regarding the enforcement of the PERSILAT rules and regulations.
2. Observe if all officials do their job properly.
3. Observe the level of play/way of play and make notes of conspicuous cases.
4. Make notes of points for discussion and improvements.

#### (I) Duties in Case of Protests

1. The Competition Chairman shall report immediately any protest to the TD.
2. The TD does not handle first protests. This is the task of the Competition Chairman, Council and Juri. In case the Protest Committee wants advices from the TD, the Committee will communicate with the TD.
3. If Team Manager appeal on protest decision, TD will need to make a statement.

#### (J) After the Event

1. Submit report by the Technical Delegate within two weeks of the end of the event, for their approval. Ask the LOC, Technical Officials for necessary information/reports.
2. Request the LOC to deliver the report with all match results in the format by the end of the day.

### **Appointed Technical Delegate Requirements**

- 3 months prior to the competition, the appointed Technical Delegate will need to conduct a site recce to ensure major requirements are met with the requirements and in accordance with the guidelines set by the International Pencak Silat Federation (PERSILAT).
- 1 month prior to the competition, the appointed Technical Delegate will need to do a final check on all the preparation or on all the checklist that have been checked three months ago.
- Appointed Technical Delegate will need to arrive Host Country at least five days before to do final checking on all the preparation in running the event.

ITEM	LIST	YES	NO	REMARKS
<b>Approval and Acknowledgement</b>	Inform PERSILAT And APSIF on hosting of event Check with APSIF if date of competition clash with any other competition			<ul style="list-style-type: none"> <li>Submitted to PERSILAT</li> </ul>
<b>Budget</b>	Prepare event budget and monitor spending			<ul style="list-style-type: none"> <li>Insurance Coverage for Event Organizer</li> </ul>
<b>Location</b>	Select location or venue			<ul style="list-style-type: none"> <li>Ensure venue is big enough to fit participants and spectators</li> <li>Ensure venue is air-conditioned/ well ventilated</li> <li>Ensure there is unlimited power supply to last through the competition</li> <li>Ensure venue is accessible to public</li> <li>Ensure there are enough toilet facilities &amp; cleaners are on standby</li> <li>Prepare enough trash cans and rubbish bins</li> <li>Ensure safety of building and surroundings</li> </ul>
<b>Accommodation</b>	Hotels			<ul style="list-style-type: none"> <li>Hotels must be at least 3* to 4*</li> <li>Hotel should close by to the venue</li> <li>Hotel must not be in isolated area</li> <li>Convenience store nearby is advised for buying daily necessities</li> <li>All participants/jury from overseas to stay in hotel</li> <li>Preferably, to have access to the ball room for registration and other purposes</li> <li>Hotel must understand that participants come from all over the world to compete</li> <li>Ensure there are enough rooms (2 Pax per room)</li> <li>Preferably, hotels should have swimming pool &amp; gym for training</li> <li>Hotels must have elevator/lift</li> <li>Hotel must serve breakfast spread</li> </ul>

	<p>What is the goal of the event?</p>		<ul style="list-style-type: none"> <li>• Who will be the guest of honour?</li> <li>• How many VIPs will be invited?</li> <li>• Target number of participants</li> <li>• Target number of audiences</li> <li>• How many days to complete the championship (including prize giving)</li> </ul>	
<b>Sponsorship</b>	Develop event timeline			
	Book entertainment and emcee		<ul style="list-style-type: none"> <li>• Opening and closing ceremony performance</li> <li>• Emcee with good command of English</li> </ul>	
	Schedule & Programme		<ul style="list-style-type: none"> <li>• Ensure Host Country conduct 2-days Refresher Course is arranged for Technical Officials to attend before the beginning of the competition.</li> <li>• Ensure Host Country conduct at least minimum of 4-hours of workshops to be attended for all participants (Technical Officials, Officials (Team Managers &amp; Coaches), and Athletes)</li> </ul>	
	Create sponsorship proposal Identify potential sponsor Deliver sponsorship packages and follow up Use sponsor testimonials and acknowledge sponsors			
<b>Marketing and promotion</b>	Develop marketing/ promoting plan		<ul style="list-style-type: none"> <li>• Newspaper</li> <li>• Social media</li> <li>• Official website</li> <li>• Etc.</li> </ul>	
	Design promotional material		<ul style="list-style-type: none"> <li>• Logo</li> <li>• Banner</li> <li>• Poster</li> <li>• Flyer</li> <li>• Press conference</li> <li>• Press release</li> </ul>	
	Distribute promotional material			<ul style="list-style-type: none"> <li>• Hang banner and poster</li> </ul>

	Submit press release			<ul style="list-style-type: none"> <li>• Before event</li> <li>• During event</li> <li>• After event</li> </ul>
<b>Participant registration and invitation</b>	Determine what is included in cost of registration			<ul style="list-style-type: none"> <li>• Determine cost of registration fee</li> <li>• Inform what is included in participation fee: accommodation, meal, transport, etc.</li> </ul>
<b>Permit and license</b>	Apply for food permit			<ul style="list-style-type: none"> <li>• Make sure food is prepared in hygienic environment</li> <li>• Make sure the F&amp;B tally with total number of staff/volunteers/participants</li> </ul>
	If using music, apply for noise permit			<ul style="list-style-type: none"> <li>• If applicable, some countries must keep noise level low after certain timing</li> </ul>
<b>Contractors</b>				<ul style="list-style-type: none"> <li>• Staging for VIP to seat</li> <li>• Additional lighting if required</li> <li>• Additional power generator, for scoring system - if required</li> <li>• Sound system – for announcement and national anthem during national anthem</li> </ul>
	Order equipment's – stage, lighting, PA system			<ul style="list-style-type: none"> <li>• Participants and volunteer pass</li> <li>• Medals, certificates, and trophies</li> <li>• Pre-order event t-shirt, merchandises</li> <li>• Prepare gifts for VIP (from hosting country)</li> </ul>
	Toilets			<ul style="list-style-type: none"> <li>• Book table and chairs to host champion ship</li> <li>• Make sure there are more than 1 toilet at the venue</li> <li>• Toilet must be always clean, with running water</li> </ul>
	Check insurance – public liability, staff, volunteer			<ul style="list-style-type: none"> <li>•</li> </ul>
	Book certified medical team			<ul style="list-style-type: none"> <li>• Must be a certified doctor / first aider</li> <li>• Must brief and make sure doctor understand the rules of the competition</li> <li>• Make sure to obtain and prepare first-aid kit before the competition</li> </ul>
<b>Risk management</b>	Create risk management plan			<ul style="list-style-type: none"> <li>• Find nearest clinic and hospital</li> <li>• Quickest route to hospital- for injuries that require immediate medical attention</li> </ul>

					<ul style="list-style-type: none"> <li>Bring first-aid kit for less serious wounds</li> <li>Will rain affect the power generator?</li> <li>What if there are any unforeseen circumstances?</li> <li>What if response for participation is above expectation?</li> <li>Security barricades to make sure that supporters do not get too close to the competition area</li> <li>Security must step in to make sure fights can be avoided</li> <li>Separate participants and supporters</li> <li>Make sure there is enough space for athletes to important places e.g.: weighing in, vest collection etc.</li> <li>Safety purpose: in case of emergency</li> <li>Make sure journey from hotel to venue is not too far and how to tackle traffic jams</li> <li>Allocate parking spaces for team bus to be on standby at venue at all times</li> <li>Make sure one team get on bus each</li> <li>Create floor plan</li> <li>Decide on to use scoring system or not</li> <li>Cleaners must be on standby at all times</li> <li>Toilet must be kept clean at all times</li> <li>Venue must be clear from dust before set-up</li> <li>Include list of VIP names</li> <li>Make sure tallies with number of participants</li> <li>Participants' list should include: <i>perguruan</i>, category and team member names (for <i>Ganda</i> and <i>Regu</i>)</li> <li>For G.O.H, VIP, VVIP, jury</li> <li>Goodie bags should have plain water bottle, gym towel, mini mascot plushie(optional), snacks, event-inspired accessories (bracelets)</li> </ul>
	Contingency plans				
	Book security and two-way radios				
<b>Security plan</b>	Crowd control				
	Notify police, ambulance service and fire brigade				
<b>Essential services</b>	Design traffic plan				
	Signage, disabled parking, VIP parking, pedestrian access, marshals, car parking area, entry and exit points, lighting				
<b>Traffic management</b>	Design plan of venue/ event site				
<b>Site preparation and plan</b>	Book toilet cleaners and extra paper if appropriate				
	Clean up venue/ clear area of debris				
	Prepare script or run sheet for ceremony				
<b>Cleaning and maintenance plan</b>	Organize awards/trophies/certificates & decoration				
	Write up lists of all the participants, perguruan and volunteers				
<b>Lists</b>	Hire/source out for photography/videography team				
<b>Photographer</b>	Ensure there are enough seating areas and chairs				
<b>Seating</b>	Make/find suitable goodie bags for participants				

<b>Goodie bags</b>	Draft and finalize feedback form			<ul style="list-style-type: none"> <li>• Questions like: “did you enjoy our event”, “were the referees fair?”</li> </ul>
<b>Feedback forms</b>	On all areas and aspect of the event			<ul style="list-style-type: none"> <li>• On overall event organized</li> </ul>
<b>COVID-19</b>	Vaccinated Travel Lane			<ul style="list-style-type: none"> <li>• Quarantine requirements for travellers?</li> </ul>
	Polymerase Chain Reaction Test (PCR) & Antigen Rapid Test (ART)			<ul style="list-style-type: none"> <li>• Pre-Departure Test</li> </ul>

#### On-Site Items Checklist

ITEMS	LIST	YES	NO	REMARKS
Medals	Gold			<ul style="list-style-type: none"> <li>• Match- 1 medal per category</li> <li>• Tunggal – 1 medal per category</li> <li>• Ganda – 2 medals per category</li> <li>• Regu – 3 medals per category</li> <li>• Solo Creative – 1 medal per category</li> </ul>
	Silver			<ul style="list-style-type: none"> <li>• Match- 1 medal per category</li> <li>• Tunggal – 1 medal per category</li> <li>• Ganda – 2 medals per category</li> <li>• Regu – 3 medals per category</li> <li>• Solo Creative – 1 medal per category</li> </ul>
	Bronze			<ul style="list-style-type: none"> <li>• Match - 2 medal per category</li> <li>• Tunggal – 2 medal per category</li> <li>• Ganda – 4 medals per category</li> <li>• Regu – 6 medals per category</li> <li>• Solo Creative – 2 medals per category</li> </ul>
Trophy	Overall champion			<ul style="list-style-type: none"> <li>• 1 challenge trophy (large)</li> <li>• 1 replica (large)</li> </ul>
	1 <sup>st</sup> runner up			<ul style="list-style-type: none"> <li>• 1 challenge trophy (medium)</li> <li>• 1 replica (medium)</li> </ul>
	2 <sup>nd</sup> runner up			<ul style="list-style-type: none"> <li>• 1 challenge trophy (small)</li> <li>• 1 replica (small)</li> </ul>

	Best male athlete				<ul style="list-style-type: none"> <li>• 1 challenge trophy (smaller than 2<sup>nd</sup> runner up trophy)</li> <li>• 1 replica</li> </ul>
	Best female athlete				<ul style="list-style-type: none"> <li>• 1 challenge trophy (smaller than 2<sup>nd</sup> runner up trophy)</li> <li>• 1 replica</li> </ul>
Victory Ceremony	Presentation of medal to the medallists				<ul style="list-style-type: none"> <li>• National Anthem of each participating country</li> <li>• National Flag of each participating country</li> <li>• Engage uniformed group personnel as Flag Raiser</li> </ul>
Mascot	Have a mascot specific for the competition (dressed in silat uniform)				<ul style="list-style-type: none"> <li>• Create doll size figure of mascot &amp; life size for someone to wear</li> </ul>
Banner/Backdrop	Competition banner				<ul style="list-style-type: none"> <li>• Standard size</li> <li>• Include: name of event, date, venue, opening ceremony</li> <li>• Logo: international federation, Asian federation, national federation, other supporting federations, sponsors</li> </ul>
	Welcome banner				<ul style="list-style-type: none"> <li>• Standard size</li> <li>• Include: name of event, date, venue, opening ceremony</li> <li>• Logo: international federation, Asian federation, national federation, other supporting federations, sponsors</li> </ul>
	Stage backdrop				<ul style="list-style-type: none"> <li>• Fully covered (stage)</li> <li>• Make sure there is head space so VIP will not cover backdrop during photo taking</li> </ul>
	Winner's stand backdrop				<ul style="list-style-type: none"> <li>• Fully covered (podium)</li> <li>• Make sure there is head space so medal winners will not cover backdrop during photo taking</li> </ul>
Match items	Protection				<ul style="list-style-type: none"> <li>• Ensure number of vests and strings are enough for participants</li> </ul>
	Timer/stopwatches				<ul style="list-style-type: none"> <li>•</li> </ul>

	Walkie-talkies				<ul style="list-style-type: none"> <li>• For communication between volunteers, section leaders, staff</li> </ul>
	Lights				<ul style="list-style-type: none"> <li>• Points light, winner light</li> </ul>
	Weapons				<ul style="list-style-type: none"> <li>• Ensure that all weapons are dulled</li> <li>• Ensure all weapons are according to proper regulations</li> </ul>
Certificates	Certificate of participation				<ul style="list-style-type: none"> <li>• For all participants</li> </ul>
	Winner's certificate				<ul style="list-style-type: none"> <li>• For medallists</li> </ul>
Bouquet of Flower	Any types of flowers				<ul style="list-style-type: none"> <li>• For medallists</li> </ul>
Tokens of appreciation	Token for participating contingent				<ul style="list-style-type: none"> <li>• To be prepared by organizer</li> </ul>
	Token for VIP and Guest of Honour				<ul style="list-style-type: none"> <li>• To be prepared by organizer</li> </ul>
Entry passes	For verification purposes				<ul style="list-style-type: none"> <li>• Participants</li> <li>• Coaches</li> <li>• Team managers</li> <li>• Volunteers (secretariat, runner, etc)</li> <li>• Referee and jury</li> <li>• Medical team</li> <li>• Officials (staff, security, etc.)</li> </ul>
	Welcome dinner				<ul style="list-style-type: none"> <li>• Include entertainment</li> </ul>
Receptions	Farewell dinner				<ul style="list-style-type: none"> <li>• Include entertainment</li> </ul>
	Daily meals for contingents, volunteer				<ul style="list-style-type: none"> <li>• Breakfast, lunch &amp; diner</li> <li>• Must be Halal certified</li> <li>• To include option for vegetarian</li> </ul>
	Different meals for VIP, VVIP, Guest of honour, presidents of national federations(s)				<ul style="list-style-type: none"> <li>• Proper table set-up</li> <li>• Air-conditioned room</li> </ul>
Tour arrangements	Set a day before return for tour				<ul style="list-style-type: none"> <li>• For all contingents</li> <li>• Visit tourist attractions</li> <li>• Shop for souvenirs</li> <li>• Special arrangements for VIP, VVIP, Guest of Honour</li> </ul>

	For VVIP, VIP and guest of honour, president of national federation(s)			<ul style="list-style-type: none"> <li>• Proper Event Floorplan and Layout</li> </ul>
	Stage to be filled with comfortable seats and tea table			<ul style="list-style-type: none"> <li>• Seating arrangements</li> </ul>
Main stage	Snacks for VVIP VIP, Guest of honour			
	Sound system speakers to face out			
	Flower arrangements for decorations			
	Prepare rostrum stand for speeches			<ul style="list-style-type: none"> <li>• Who will give out speech?</li> <li>• Speech must be vetted; information must be correct</li> </ul>
Competition preparation	Prepare competition equipment list, following international Pencak Silat Federation standards			<ul style="list-style-type: none"> <li>• Ensure all the equipment is set up and available at the competition venue</li> </ul>
	Prepare team of volunteers			<ul style="list-style-type: none"> <li>• Have section leader for each job scope</li> <li>• Make sure there is more than medium number required</li> </ul>
	Judging and scoring system			<ul style="list-style-type: none"> <li>• Digital scoring – make sure items required are working before start of competition</li> <li>• Manual scoring – prepare all forms before start of competition</li> </ul>
Referee and jury	Inform all participating countries on requirement for referee and jury to be on duty			<ul style="list-style-type: none"> <li>• Prepare honorarium</li> <li>• Prepare separate transport</li> <li>• All appointed Technical Officials on duty are required to attend minimum 2-days Refresher Course.</li> </ul>
	Send out invitation proposal to all countries prior to competition			<ul style="list-style-type: none"> <li>• Set cut-off date for submission</li> <li>• Include daily charges, including accommodation, meals and transport</li> <li>• Include details of competition venue and accommodation</li> <li>• Do inform all contingents should there be any changes to competition venue or accommodation</li> </ul>

**POST EVENT CHECKLIST**

ITEM	LIST	YES	NO	REMARKS
Thank-you notes	Prepare and send out thank you notes			<ul style="list-style-type: none"> <li>Send out to all perguruan, VIP, VVIPs and guest of honour</li> </ul>
Post event Clean-up	Ensure that all participants throw away trash in rubbish bins			
	Hire/ source out cleaners for post event cleaning			
	Hire/ source out movers for bigger logistics			<ul style="list-style-type: none"> <li>E.g. stage, mats</li> </ul>
Logistics	Check that all logistics items are accounted for			<ul style="list-style-type: none"> <li>Vests, mats, seni weapons, etc</li> <li>Return any rented equipment</li> </ul>
Feedback	Collect feedback forms (if any)			<ul style="list-style-type: none"> <li></li> </ul>
Pictures	Collate and post pictures on social media			<ul style="list-style-type: none"> <li>Instagram</li> <li>Facebook</li> <li>Websites</li> </ul>
De-brief	Gather all staff and volunteers for debrief			<ul style="list-style-type: none"> <li>Preferably staff and volunteers have different de-brief</li> </ul>
Evaluation of budget	Go through budget to check on any losses			
Payments	Give payments to those that require			<ul style="list-style-type: none"> <li>Ambulance, first-aiders, volunteers (if any)</li> </ul>
Report	Start on post event report			<ul style="list-style-type: none"> <li>To be submitted within 1 month after completion of event</li> </ul>

### Technical Chairman

1. Technical Chairman comes from the hosting country
2. Local liaison person between Organizing Committee and Technical Delegate
3. Ensure that request made by Technical Delegate for competition requirements are met
4. Pick up on matters brought up by Technical Delegate during site recce prior to competition
5. Ensure that checklist provided by Technical Delegate is checked prepared before their arrival for site recce.
6. Assist in any matter during the competition.

### Disciplinary Committee

1. Consist: 1 Executive Board, 2 Local Appointed
2. Oversee the behaviour and conduct of the following:
  - a. Technical Officials
  - b. Team Officials
  - c. Athletes
3. Issue a yellow/red card if the following happen:
  - a. Breaking code of conduct (includes; did not follow the event's protocols, programme or schedule, and ceremonies (opening, closing, victory, official dinner), provoking other contingents, instigating other contingents (to jeer the athletes competing, the Technical Officials on duty, the organizing committee and its staff)
  - b. Giving negative remarks on the running of the event (verbally, posting and uploading on social media, etc.)
  - c. Creating chaos during the running of event

### Competition Chairman

1. To ensure the correct preparation for each given tournament in consultation with the Organising Committee regarding competition area arrangement, the provision and deployment of all equipment and necessary facilities, match/match operation and supervision, safety precautions, etc.
2. Competition Chairman must come from a neutral country.
3. To manage and to be responsible for the smooth running of the competition.
4. To warn and if necessary, replace any technical official after consulting the ITD, if the pertinent person does not properly carry out his duty and responsibility.
5. To stop the course of a contest, if necessary.
6. To resolve any competition problem at first level after consulting the Council.
7. To listen attentively to the report made by the Council of Wasit-Juri when there is a protest made by the Coach during game.
8. To announce the protest issue clearly.
9. To forward competition problems to the ITD.

### Council of Wasit-Juri

1. To appoint and deploy the Wasit Juri to their respective matches.
2. To assist the ITD & Competition Chairman in arranging the assignment of Wasit Juri
3. To review the Juri scoring results and, has the right to request to question the Jury via the Competition Chairman.

4. The Council will have the right to question or call Wasit on duty via Competition Chairman for any arising issues that the Council needs clarification.
5. To supervise and co-ordinate the overall performance of the Wasit Juri
6. To nominate substitute officials where such are required.
7. To head over to the Coach to hear the objection when there is a protest
8. To clearly record the objection as per described by the Coach, and to record decision made by Protest Commissioner.
9. To give consideration when a contestant protests the competition result.

#### Protest Commissioner

1. Protest Commissioner will be appointed by PERSILAT. Only qualified Protest Commissioner will be appointed.
2. Protest Commissioner will only focus on the VAR System and ensure that decision for protest is unbiased.
3. Protest Commissioner will come from neutral country.
4. When a protest comes in, Protest Commissioner will look at the video and make an unbiased decision.
5. Once result is made, commissioner must raise either Valid or Invalid card to inform everyone on the result.
6. Process must not take longer than 5-minutes, after exceeding 5 minutes the decision will be done by verification called by Competition Chairman (KP).
7. Official result made by commissioner is final.
8. Technical Delegate will have the right to overrule Protest Commissioner's decision if the result is biased and may cause discrepancy.
9. All Protest Commissioner must be certified and licensed by PERSILAT.

#### Wasit

At an international competition, for one arena the ideal number of Wasit Juri is 10 people, 2 Chairman and 2 Council. Tanding competition is conducted by 1 Wasit and scored by 3 Juries.

1. The Wasit shall have the power to conduct matches, including announcing the start, the suspension, and the end of the match.
2. Wasit must come from a neutral country.
3. To stop the match when an injury, illness, or inability of an Athlete to continue is noticed.
4. To stop the match when it in the Wasit opinion has been a foul committed, or to ensure the safety of the Athletes.
5. To get assistance from the Juri for unclear incidents.
  - a. Wasit will head to the Chairman to request for Juri assistance.
  - b. Upon approval, Wasit will stand on the left of the Chairman, facing the Arena.
  - c. Wasit will raise right hand up while the announcer informs the Juri on the scenario.
  - d. Once Chairman blows the whistle, Wasit will put his/her hand down and look at the Juri decision.
  - e. Wasit will return to the Arena after confirming the result with the Chairman.
6. To issue warnings and impose penalties.

7. To resolve ties.
8. To announce the winner.
9. The authority of the Wasit is not confined solely to the competition area but also to its entire immediate perimeter including controlling the conduct of Coaches, other Athletes, or any part of the Athletes' entourage, present on the competition floor.
10. The Wasit shall give all commands.
11. To consult the Juri when any doubt occurs in decision-making.
12. The Wasit is not allowed to communicate with any external people without going through the Competition Chairman while officiating the games.

#### Juri

1. Demonstrate objectivity and fairness throughout
2. Exhibit Care and heed the rules and judging standards as specified.
3. Avoid personal opinions or bias when scoring.
4. To pick a winner by giving points.
5. Must know how to give points using both digital and manual system.
6. The Juri is not allowed to communicate with any external people without going through the Competition Chairman while officiating the games.

#### Competition Secretariat

1. To assist in the administrative aspect of running the competition.
2. Ensure all the documents and necessary items are ready before the event
3. Ensure that competition schedules are shared to all participating teams before the start of first match.
4. Provide a full competition report for all participating teams at the end of the competition.

#### Secretariat

1. Update score and winner of every match in the competition schedule

#### Running Secretariat

1. Get results from the secretariat at the arena and updates on flow charts and score board
2. Prepare competition forms for upcoming matches
3. Final day event
  - Compile all result at the end of the day
  - Update results and winner whenever possible
    - Identify medal winner for each category
    - Finalize medal tally for each country
    - Identify overall winner

## Head of Secretariat Equipment

No.	Item	Quantity
1	Competition Schedule	1 for each arena
2	Competition Bracket (schema)	1
3	Score Board	1
4	Tables	2
5	Printer	2
6	Paper	1 ream
7	Pen	4
8	Laptop	2
9	Microphone	2
10	Battery	4 pair
11	Stopwatch	2
12	Gong & Striker	1
13	Clapper	1

## Team Composition

Following is the team composition for **Digital System**, following is the role for 1 arena:

- 1x announcer
- 1x timekeeper
- 1x gong striker
- 2x re-weighing / body protector collection
- 1x scoring operator
- 1x VAR operator
- 1x 5 second Timer Operator

## Roles &amp; Duties

*Announcer*

- Announcement throughout competition
- Call athletes for re-weighing (*at end of round 1*)
- Call athletes to report to arena (*at end of round 3*)

The announcements:

Announcements for Match Category

**1. Calling for Wasit and Juri** – for Wasit Juri to enter arena to be on duty

*“From Arena \_\_\_\_\_. For Match number \_\_\_\_\_, will be led by Wasit \_\_\_\_\_, and assisted/officiated by:*

*Juri 1 \_\_\_\_\_.*

*Juri 2 \_\_\_\_\_.*

*Juri 3 \_\_\_\_\_.*

*Calling for Wasit and Juri.”*

**2. First Call**– for athlete to enter arena (3 calls with interval of 30-seconds)

*“From Arena \_\_\_\_\_. First call for Blue and Red Corner.”*

**3. During Match**

**Drop Verification** – Valid Drop / Invalid Drop

*“Valid Drop for the Blue/Red Corner”*

*“Invalid Drop”*

**4. Reprimand / Warning**

*“First / Second reprimand for Blue/Red Corner”*

*“First / Second warning for Blue/Red Corner”*

**5. Match Result**

*“The winner is **Blue/Red corner.**”*

*“The winner is Blue/Red corner by **Technical Knock-Out (TKO).**”*

*“The winner is Blue/Red corner due to **Disqualification of Pesilat from the Red/Blue corner.**”*

*“The winner is Blue/Red e corner by **Absolute Winning.**”*

*“The winner is Blue/Red corner as **Referee Stop Contest.**”*

*“The winner is Blue/Red corner due to **Walk-Over.**”*

## Announcement for Artistic Category

### 1. **Weapon Inspection**

*“For Artistic Category, (Male / Female), (Single / Double),*

*Calling all Team Managers for Artistic (Single / Double) to report at the Weapon Inspection counter for Weapon Inspection now. Thank you.”*

### 2. **Calling for Juri** – for Juri to enter arena to be on duty

*“From Arena \_\_\_\_\_, For match \_\_\_\_\_, will be officiated by the following juries:*

*Juri 1 \_\_\_\_\_*

*Juri 2 \_\_\_\_\_*

*Juri 3 \_\_\_\_\_*

*Juri 4 \_\_\_\_\_*

*Juri 5 \_\_\_\_\_*

*Juri 6 \_\_\_\_\_*

*Juri 7 \_\_\_\_\_*

*Juri 8 \_\_\_\_\_*

*Juri 9 \_\_\_\_\_*

*Juri 10 \_\_\_\_\_*

*Calling for Juri.”*

### 3. **Calling for Athletes**

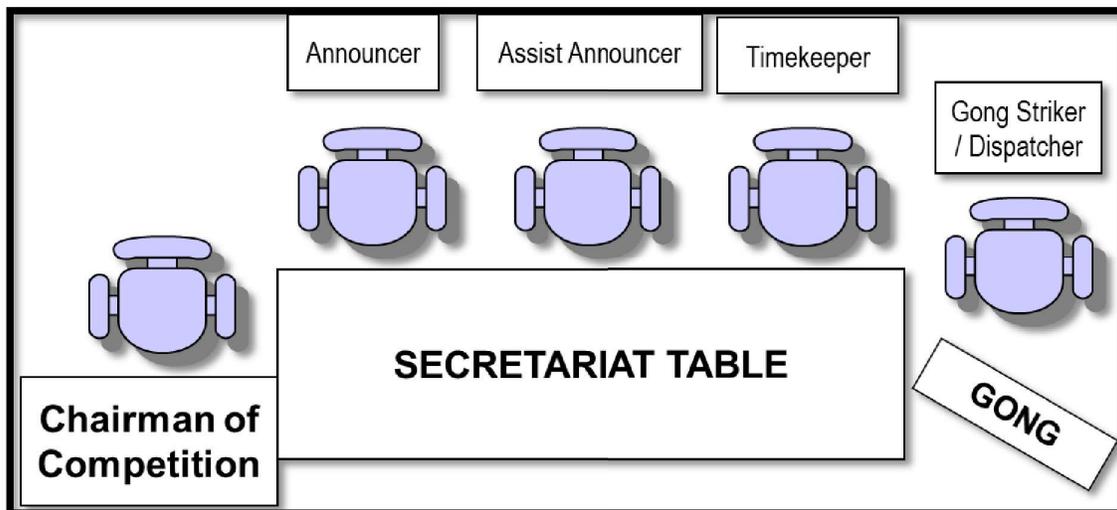
*“From Arena \_\_\_\_\_, calling for Blue and Red Corner”*

#### *Timekeeper*

- Time will stop each time the Wasit stops the fight
- Timekeeper will strike the gong to indicate the start and end of each round
- Timekeeper will clap the clapper at 50-seconds during break time to indicate that athletes must return to the arena for the next round
- When athlete is knocked down, use another stopwatch to take note of the medical time of 5-minutes.
- For artistic event, timekeeper will clock 3 minutes sharp.

#### *Gong Striker*

- Gong Striker – to strike the at the start of every round and at the end of each round.
- For artistic event – to strike once to indicate the start, and at 3-minutes.



#### Technical Briefing & Balloting

The meeting is presided by the International Technical Delegate (ITD) or Assistant Technical Delegate (ATD), accompanied by the Competition Chairman, and the representative of the Organizing Committee. ITD and/or ATD will need to be presented throughout the session.

Technical briefing must be attended by athletes, coaches, team managers and other team officials. Technical briefing covers:

1. Rules and Regulations
2. Safety Management Measures
3. Event Run Down

The process of the Balloting will require support of at least 4 Secretariat Personnel. Balloting is a process which determines the sequence of the matches for the athletes.

The process will involve the following group of people:

1. Representative of the Organizing Committee
2. Technical Director
3. Team Managers from all participating team

At the start of the balloting process, the Secretariat Personnel will need to do the following:

1. Secretariat will project the balloting event on the screen

**Athlete Random Chart**

REPORT PARAMETER	
Event	TESTING EVENT ▾
Match Category	TANDING ▾
Match Delegation Type	SENIOR ▾
Gender	Putra ▾
Chart Name	Male A
Class	A
Execution Number	100
Random Execution	0

Random Chart Edit Data

NO	ATHLETE NAME	DELEGATION
1	JACIREN UYOD ABAD	PHILIPPINES
2	NIJINAI THAMKAE0	THAILAND
3	KHOIRUDIN MUSTAKIM	INDONESIA
4	THANAPHONH SIMPHILAVONG	LAO PEOPLE'S DEMOCRATIC REPUBLIC
5	MUHAMMAD KHAIRI ADIE	MALAYSIA
6	NGUYEN THAN LONG LE	VIETNAM

2. The announcer will announce the category & participating athletes that will be balloted.
  - For example: Senior Match Male A, from USA, John Doe. From UK, Harry Wilbert, from China, Hendry Lao.
3. Team Managers must reconfirm the athletes' participation for each category.
  - Any names not mentioned during the announcement, Team Manager must inform the Secretariat team before we proceed to the next step.
4. The balloting can only start after getting confirmation from all team managers.
  - Verbal or physical (thumbs up) confirmation
5. The main equipment used for balloting are one (1) named ballot box with named balloting balls.
6. Secretariat will extract 1 ballot ball from the named balloting box.
  - Only contingents participating in the projected event will be added into the named ballot box.
7. Selected contingent will choose a number from one (1) to five (5) for the digital scoring operator to randomize the ballot by clicking on the random chart button.
8. The operator will project the finalised ballot and it will appear on screen automatically.



9. Repeat steps 1 to 8 for the remaining events.

The balloting processes can be carried out either by;

1. Secretariat Team or
2. One Team Manager will draw out for everyone, only for category that they are participating in or
3. Each Team Manager from participating country will draw ballot for their own athlete

The appointed ITD will have the decision to conduct the balloting in either manual or digital system.

Then, the balloting for all Match and Artistic categories can be carried out after mutual agreement has been made.

#### Post Event

After the end of a Pencak Silat competition, the Secretariat Team will need to ensure all forms (Daily Schedule & Match Result) are compiled and recorded accordingly.

And to prepare Competition Report.

## Article 2.1: Team Composition

### Officials

Officials here will be referred to as “Team Manager” and “Coach”.

Officials are the important roles for a competing team participating in any competition to ensure smooth transaction before, during and after competition.

The Team Manager is a catalyst and a bridge, causing things to happen for other people and stimulating the development of the team through nurturing a climate of trust, respect, and shared ownership.

### *Code of Ethics – Officials – Requirements*

#### Team Manager is required to:

1. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
2. Know and understand fully the process and practice of the games and competitions;
3. Know and understand medical injury and medical evacuation processes;
4. Respect the rights of every individual to participate in the competition;
5. Develop a mutual relationship and understanding with athletes that is based on responsibilities (demonstrate proper personal behaviour and conduct at all times);
6. Demonstrate a positive attitude at all times throughout the competition period;
7. Be responsible for all their athletes during the competition and ensuring that safety is their first priority;
8. Not showcase any unethical or unruly behaviour (verbal or non-verbal);
9. Not to shout and show of unruly behaviour to the competition officials, organizer, or host country for any dispute on competition made;
10. No grouping up in any manner with the intent to make the championship a failure;
11. Should not threaten organizing committee / organizer, Wasit-Juri, athlete, opponents, spectators, or members of the public;
12. Should not upload on social media (Facebook, Instagram, Twitter, etc) in relation to the competition with the main intention to condemn or defame the organizing committee / organizer, running of competition, Wasit-Juri, and all others.



Coach is required to:

1. Educate the athletes through communicating ideas and concept of Pencak Silat competition;
2. Improve athlete technical ability by applying knowledge and skills in relation to Pencak Silat;
3. Demonstrate proper personal behaviour and conduct at all times throughout the competition period;
4. Ensure their athletes execute safe and correct techniques during games, without intention to injure opponent at illegal area;
5. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
6. Know and understand fully the process and practice of the games and competitions;
7. Not shout or swear to Wasit-Juri on duty that can or may spark a fight or riot amongst contingents;
8. Not influence the act or decision of the Wasit-Juri officiating the games;
9. Not threaten the off or on duty Wasit-Juri as it may result in the decision making of the Wasit-Juri.
10. All Coaches mandatory to attend the International Corner Coach Course conducted by PERSILAT.

Athlete

Athletes here will be referred to as a “Competitor”.

All Competitors participating at the major competitions must be certified and endorsed by their national Pencak Silat association/federation and its National Olympic Council.

*Code of Ethics – Athlete*

All Competitors are believed to:

1. Binded by the International Pencak Silat Competition Rules & Regulation during games;
2. Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a Pesilat;
3. Required to be aware of the new development in the game of Pencak Silat, and undertake efforts to understand the point system;
4. Be worthy of trust in all they do (trustworthiness);
5. Live up to high ideals of ethics and sportsmanship and always pursue victory with honour (integrity);
6. Live and compete honourable, such as; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct (honesty);
7. Fulfil commitments, such as; do what they say they will do (reliability);
8. Treat all people with respect all the time and require the same of other fellow *pesilat*;
9. Do not engage in any disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport;
10. Treat games and its Wasit-Juri with respect, by not complaining about or arguing with Wasit-Juri calls or decisions during or after the game.

### *Pledge for Pesilat*

- A *Pesilat* is an individual who has noble mind and character
- A *Pesilat* is a man who honours his fellow man and loves friendship and peace
- A *Pesilat* is a man who always thinks and acts positively, is creative and dynamic
- A *Pesilat* is a warrior who uphold truth, honesty and justice, and is always resilient in facing any ordeal and temptation

### *Criteria for Best Athlete Award*

In each competition or games, each competing or participating athlete will be evaluated based on their overall performance. Host Country or Organizer will present two (2) Best Athlete Award for both male and female participant. And, following are the criteria for competing athlete to be awarded with Best Athlete Award.

- Showcasing of Good Sportsmanship, Showmanship, Performance & Behaviour
- Number of Matches the Athlete have to Fight
- Number of Knockouts in the Games

The overall criteria will be evaluated by the panellists, who are; the International Technical Delegate, 1 representative from PERSILAT, and 1 representative from the Organizer or Host Country.

### **Article 2.2: Breaking the Code of Ethics**

All accredited person involved in the Pencak Silat event is binded by the International Pencak Silat Competition Rules & Regulation during games period.

Any personnel who are found to breach the Code of Ethics, the Disciplinary Committee will act according to the seriousness of the case.

### The following procedures will need to be adhere accordingly:

1. A case report should be issued against the offender (by filling up the Incident Report Form).
2. The on-duty Technical Delegate will pick up and discuss further and recommend the charges to the International Pencak Silat Federation on further action to be taken.
3. The International Pencak Silat Federation will issue out the sentence.
4. The offender can appeal for his/her case with Appeal Fee of USD500 to be paid to International Pencak Silat Federation.
5. An independent committee formed by the International Pencak Silat Federation will review the case again. Should the appeal be accepted, the charges will be lifted.
6. However, if the appeal and review is rejected, and the offender wants to submit the appeal again, a Re-Appeal Fee of USD1000 will be imposed.
7. And the different group of committees formed by the federation will review the case again.
8. Decision by the formed committees is final.



**INTERNATIONAL PENCAK SILAT FEDERATION  
INCIDENT REPORT FORM**

INFORMER'S DETAILS	
Reported by	
Position	
Date of Report	
Contact Details	(Email)
	(Mobile)
Signature	
INCIDENT DETAILS <i>(please describe the incident occurs)</i>	
Date of Incident	Time of Incident <i>(Local Time Zone)</i>
Name of Event	
Location	
Incident Description <i>(how the incident happened, factors leading to the incident, what took place, etc)</i>	
Involved any relevant groups?	YES / NO <i>(please circle)</i> If yes, please state: _____
FOR INTERNATIONAL PENCAK SILAT FEDERATION FOLLOW-UP	
Report Accepted by Name & Position	
Signature	
Action to be Taken	

## Article 3: Honorarium for Technical Officials

Following are the guidelines Honorarium for the Technical Officials on duty at a game:

### **Single Event – Major Games (World Championship)**

Rank	Amount
International Technical Delegate	USD150 / day (To be paid for Refresher & Event Day)
Assistant Technical Delegate	USD120 / day (To be paid for Refresher & Event Day)
Class I (Competition Chairman)	USD100 / day (To be paid for Refresher & Event Day)
Class II (Council & Competition Chairman)	USD80 / day (To be paid for Refresher & Event Day)
Class III (Wasit-Juri)	USD60 / day (To be paid for Refresher & Event Day)
Protest Commissioner	USD100 / day (To be paid only for Event Day)

### **Multi Events (Southeast Asian Games, Asian Games, Olympics)**

Rank	Amount
Class I (Competition Chairman)	Based on the National Olympic Council (NOC) of Host Country
Class II (Council & Competition Chairman)	Based on the National Olympic Council (NOC) of Host Country
Class III (Wasit-Juri)	USD100 / day (To be paid for Refresher & Event Day)
Protest Commissioner	Based on the National Olympic Council (NOC) of Host Country

*\*Flight for International Technical Officials on duty will be by the Organizing Committee.*

## Article 4: Criteria for Best Wasit-Juri Award

Following are the criteria for Wasit-Juri on duty to be awarded with the award:

- Proper Attire
- Fairness in Judgement
- Good Performance while on-duty
- Follow the Code of Ethics

## Article 5: Fitness & Requirements

### Physical Fitness

Physical activity or exercise can improve on health benefits, and it will help the Technical Officials when carrying out their duties when officiating the games.

Following are the fitness test they have to maintain to keep themselves fit and Technical Officials are required to undergo the Physical Fitness Test during competition season.

Fitness Test	Requirements
Sit-up	To achieve minimum requirements according to age group.
Push-up	To achieve minimum requirements according to age group.
2.4-km Run	To achieve minimum requirements according to age group.
Beep Test	<ul style="list-style-type: none"> <li>• Male – minimum level of 6 to pass</li> <li>• Female – minimum level of 5 to pass</li> </ul>
Reaction Test	< 12 taps (average reaction of 5 seconds per tap)

### Age Category

The current age categories will be 10-year gap.

This is to better differentiate the different age groups for the Technical Officials, and to rate their physical assessment in performance-to-age matching.

Grouping	Age
Group 1	21 – 30 years old
Group 2	31 – 40 years old
Group 3	41 years old and above

### Points & Grades

Technical Officials is required to achieve minimum passing points for Physical Fitness Test which consists of;

- **Sit-up,**
- **Push-up and**
- **2.4km run**

In accordance with the table format stated based on their age categories.

Grade Type	Total Points Required (Male)	Total Points Required (Female)
Grade A	> 80	> 85
Grade B	> 70	> 75
Grade C	> 60	> 60
Grade D	> 50	> 55

## Basic Fitness Test

### Push Up

A push-up is a common calisthenics exercise beginning from the prone position.

By raising and lowering the body using the arms. This is an upper body and strength endurance.



Female Technical Officials are allowed to do modified push-up.



*For Male*

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
<b>Repetition</b>	<b>Total Score</b>		
60			
59			
58			
57	25		
56	24		
55	24		

54	24	25	
53	23	24	
52	23	24	
51	23	24	
50	23	23	
49	22	23	
48	22	23	25
47	22	23	24
46	22	22	24
45	21	22	23
44	21	22	23
43	21	22	23
42	21	21	23
41	20	21	22
40	20	21	22
39	20	21	22
38	20	20	22
37	20	20	21
36	19	20	21
35	19	20	21
34	18	20	21
33	18	19	20
32	18	19	20
31	17	18	20
30	17	18	20
29	17	18	20
28	16	17	19
27	16	17	19
26	16	17	18
25	15	16	18
24	15	16	18
23	15	16	17
22	14	15	17
21	13	15	17
20	12	15	16
19	11	14	16
18	10	13	16
17	9	12	15
16	8	11	15
15	6	10	15
14	4	9	14
13	2	8	13
12	1	6	12
11	0	4	11
10	0	2	10
9	0	1	9
8	0	0	8
7	0	0	6
6	0	0	4
5	0	0	2
4	0	0	1
3	0	0	0
2	0	0	0
1	0	0	0

For Female

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
<b>Repetition</b>	<b>Total Score</b>		
46			
45			
44	25		
43	24		
42	24		
41	24		
40	24		
39	23		
38	23	24	
37	23	24	
36	23	24	
35	22	23	
34	22	23	
33	22	23	
32	22	23	
31	21	22	25
30	21	22	24
29	21	22	24
28	21	21	24
27	20	21	23
26	20	21	23
25	20	20	23
24	19	20	22
23	19	20	22
22	19	19	22
21	18	19	21
20	18	19	21
19	18	18	20
18	17	18	20
17	16	18	19
16	15	17	19
15	15	16	18
14	10	15	18
13	5	15	17
12	1	10	16
11	0	5	15
10	0	1	15
9	0	0	10
8	0	0	5
7	0	0	1
6	0	0	0
5	0	0	0
4	0	0	0
3	0	0	0
2	0	0	
1	0	0	

### Sit-up

Sit-up is an abdominal endurance training exercise to strengthen, tighten and tone the abdominal muscles. This is to test on abdominal strength and endurance.



### For Male

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
<b>Repetition</b>	<b>Total Score</b>		
60			
59			
58			
57	25		
56	24		
55	24		
54	24	25	
53	23	24	
52	23	24	
51	23	24	
50	23	23	
49	22	23	
48	22	23	25
47	22	23	24
46	22	22	24
45	21	22	23
44	21	22	23
43	21	22	23
42	21	21	23
41	20	21	22
40	20	21	22
39	20	21	22
38	20	20	22
37	20	20	21
36	19	20	21
35	19	20	21
34	18	20	21
33	18	19	20
32	18	19	20
31	17	18	20

30	17	18	20
29	17	18	20
28	16	17	19
27	16	17	19
26	16	17	18
25	15	16	18
24	15	16	18
23	15	16	17
22	14	15	17
21	13	15	17
20	12	15	16
19	11	14	16
18	10	13	16
17	9	12	15
16	8	11	15
15	6	10	15
14	4	9	14
13	2	8	13
12	1	6	12
11	0	4	11
10	0	2	10
9	0	1	9
8	0	0	8
7	0	0	6
6	0	0	4
5	0	0	2
4	0	0	1
3	0	0	0
2	0	0	0
1	0	0	0

*For Female*

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
<b>Repetition</b>	<b>Total Score</b>		
46			
45			
44	25		
43	24		
42	24		
41	24		
40	24		
39	23		
38	23	24	
37	23	24	
36	23	24	
35	22	23	
34	22	23	
33	22	23	
32	22	23	
31	21	22	25

30	21	22	24
29	21	22	24
28	21	21	24
27	20	21	23
26	20	21	23
25	20	20	23
24	19	20	22
23	19	20	22
22	19	19	22
21	18	19	21
20	18	19	21
19	18	18	20
18	17	18	20
17	16	18	19
16	15	17	19
15	15	16	18
14	10	15	18
13	5	15	17
12	1	10	16
11	0	5	15
10	0	1	15
9	0	0	10
8	0	0	5
7	0	0	1
6	0	0	0
5	0	0	0
4	0	0	0
3	0	0	0
2	0	0	
1	0	0	

### Run

2.4-km run is to test on each Technical Official cardiovascular fitness, and lower body strength and endurance.

Technical Officials requires fast movements to see the overall action happening in the arena and keeping up with the athletes performing high-speed and rapid techniques and tactics.

### For Male

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
Time (<)	Total Score		
9:00	50		
9:10	49		
9:20	48		
9:30	46		
9:40	45	50	
9:50	44	49	
10:00	43	48	
10:10	42	46	50

10:20	41	45	49
10:30	40	44	48
10:40	39	43	47
10:50	39	42	46
11:00	38	41	45
11:10	38	40	44
11:20	37	40	43
11:30	37	39	42
11:40	36	39	41
11:50	36	38	40
12:00	35	38	40
12:10	35	37	39
12:20	34	37	39
12:30	33	36	38
12:40	32	36	38
12:50	31	35	37
13:00	30	35	37
13:10	29	35	36
13:20	28	34	36
13:30	27	33	35
13:40	26	32	35
13:50	25	31	34
14:00	24	30	33
14:10	23	29	32
14:20	22	28	31
14:30	21	27	30
14:40	20	26	29
14:50	19	25	28
15:00	18	24	27
15:10	16	23	26
15:20	14	22	25
15:30	12	20	24
15:40	10	18	22
15:50	8	16	20
16:00	6	14	18
16:10	4	12	16
16:20	2	10	14
16:30	1	8	12
16:40	0	6	10
16:50	0	4	8
17:00	0	2	6
17:10	0	1	4
17:20	0	0	2
17:30	0	0	1
17:40	0	0	0
17:50	0	0	0
18:00	0	0	0
18:10	0	0	0
18:20	0	0	0

For Female

Following are the requirements:

Age Group	21 to 30 years old (1)	31 to 40 years old (2)	41 years old and above (3)
Time (<)	Total Score		
18:10	24	28	30
18:20	23	27	30
18:30	22	26	29
18:40	21	25	28
18:50	20	24	27
19:00	18	23	26
19:10	16	22	25
19:20	14	21	24
19:30	12	20	23
19:40	10	18	22
19:50	8	16	21
20:00	6	14	20
20:10	4	12	18
20:20	2	10	16
20:30	1	8	14
20:40	0	6	12
20:50	0	4	10
21:00	0	2	8
21:10	0	1	6
21:20	0	0	4
21:30	0	0	2
21:40	0	0	1
21:50	0	0	0
22:00	0	0	0
22:10	0	0	0

### Beep Test

The Beep Test is a multi-stage fitness test used to measure cardiovascular fitness and maximum running aerobic fitness test following audio cues which dictate the running speed required.

At regular intervals, the required running speed increases.

The test continues until the participants are no longer able to keep up with the required pace.

It is also known as the 20-metre shuttle run test, beep, or bleep test among other names.

The test involves continuous running between two lines 20-metre apart in time to recorded beeps.

The participant will stand behind one of the lines facing the second line, and begin running when instructed by the audio cue.

The speed at the start is quite slow. The participant continues running between the two lines, turning when signalled by the recorded beeps. After about one minute, a sound indicates an increase in speed, and the beeps will be closer together. This continues each minute (level).

Rating or scoring for the participant beep test is the level and number of shuttles (20-metre) reached before they were unable to keep up with the recording.

#### Beep Test

For Male

Following are the requirements:

Ranking	Very Poor	Poor	Fair	Average	Good	Very Good	Excellent
Age							
18 – 25 years	< 5/2	5/2-7/1	7/2-8/5	8/6 - 10/1	10/2 - 11/5	11/6 - 13/10	> 13/10
26 – 35 years	< 5/2	5/2-6/5	6/6-7/9	7/10 - 8/9	8/10 - 10/6	10/7 - 12/9	> 12/9
36-45 years	< 3/8	3/8-5/3	5/4-6/4	6/5-7/7	7/8-8/9	8/10 - 11/3	> 11/3
46-55 years	< 3/6	3/6-4/6	4/7-5/5	5/6-6/6	6/7-7/7	7/8-9/5	> 9/5
56-65 years	< 2/7	2/7-3/6	3/7-4/8	4/9-5/6	5/7-6/8	6/9-8/4	> 8/4
> 65 years	< 2/2	2/2-2/5	2/6-3/7	3/8-4/8	4/9-6/1	6/2-7/2	> 7/2

For Female

Following are the requirements:

Ranking	Very Poor	Poor	Fair	Average	Good	Very Good	Excellent
Age							
18 – 25 years	< 4/5	4/5-5/7	5/8-7/2	7/3-8/6	8/7-10/1	10/2-12/7	> 12/7
26 – 35 years	< 3/8	3/8-5/2	5/3-6/5	6/6-7/7	7/8-9/4	9/5-11/5	> 11/5
36-45 years	< 2/7	2/7- 3/7	3/8- 5/3	5/4-6/2	6/3-7/4	7/5-9/5	> 9/5
46-55 years	< 2/5	2/5-3/5	3/6-4/4	4/5-5/3	5/4-6/2	6/3-8/1	> 8/1
56-65 years	< 2/2	2/2-2/6	2/7-3/5	3/6-4/4	4/5-5/6	5/7-7/2	> 7/2
> 65 years	< 1/5	1/5-2/1	2/2-2/6	2/7-3/4	3/5-4/3	4/4-5/7	> 5/7

## Best Test – Recording Sheet

Following is the sample to record each participant's performance level in Beep Test

<b>Beep Test Recording Sheet Form</b>	
Name	
Date	
Recorded by	
Signature	
Level 1 1 2 3 4 5 6 7	
Level 2 1 2 3 4 5 6 7 8	
Level 3 1 2 3 4 5 6 7 8	
Level 4 1 2 3 4 5 6 7 8 9	
Level 5 1 2 3 4 5 6 7 8 9	
Level 6 1 2 3 4 5 6 7 8 9 10	
Level 7 1 2 3 4 5 6 7 8 9 10	
Level 8 1 2 3 4 5 6 7 8 9 10 11	
Level 9 1 2 3 4 5 6 7 8 9 10 11	
Level 10 1 2 3 4 5 6 7 8 9 10 11	

<p>Level 11</p> <p>1 2 3 4 5 6 7 8 9 10 11 12</p>
<p>Level 12</p> <p>1 2 3 4 5 6 7 8 9 10 11 12</p>
<p>Level 13</p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13</p>
<p>Level 14</p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13</p>
<p>Level 15</p> <p>1 2 3 4 5 6 7 8 9 10 11 12 13</p>

### Reaction Test

Reaction time testing assesses a person's quickness to react to a stimulus (see more about reaction time).



Participant is required to undergo the reaction test to find out how fast they react in arena.

Participant will be assigned between 4-6 different colours, the test time will be set to 1-minute, where the pod will be placed at random location within the 8-metre circumference of the competition arena.

Participant is required to “tap” on the colour that lighted up on the pod as many in 1-minute duration. Participant is required to complete 3 sets or 5 sets of 1-minute test with 20-second break in between.

Grade Type	Total Tap Required (Male)	Total Tap Required (Female)
Grade A	> 20 taps < 2.85 secs	> 20 taps < 2.85 secs
Grade B	< 20 – 17 taps Within 3 – 3.52 secs	< 20 – 17 taps Within 3 – 3.52 secs
Grade C	> 16 – 13 taps Between 3.75 – 4.61 second	> 16 – 13 taps Between 3.75 – 4.61 second
Grade D	< 12 taps > 5 seconds	< 12 taps > 5 seconds

#### Reaction Test Calculation

Total Seconds

----- = Average time per tap

Total Taps

#### Example of the calculation for 3 sets of taps:

Set 1 = 19 taps

Set 2 = 15 taps

Set 3 = 13 taps

180 seconds

----- = 3.82 seconds per tap

47 taps

#### Example of the calculation for 5 sets of taps:

Set 1 = 20 taps

Set 2 = 18 taps

Set 3 = 14 taps

Set 4 = 12 taps

Set 5 = 10 taps

300 seconds

----- = 4.05 seconds per tap

74 taps

## Standard First-Aid Course

First Aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury, with care provided to preserve life, prevent the condition from worsening, or to promote recovery.

The Standard First Course comprises of an in-depth approach to performing critical emergency interventions while equipping participants with the practical and theoretical skills to perform effective First Aid, CPR & AED on adult's victim.

As a Technical Officials (Wasit) on duty, you are required to know the symptoms if the athlete requires immediate medical attention.

If an athlete gets punched in the face and knock-out, it has to be attended by medic immediately. Wasit needs to be alert, for excessive bleeding which has to be treated immediately.

On duty Technical Officials will need to bring their valid certification (Standard First Aid, CPR & AED), failing which, they will not be allowed to be on duty.

*\*First Aid – legal implication of first aid treatment which include spinal injuries, heat or cold injuries, bone and joint injuries, chest injuries, and medical injuries.*

## Medical Check-up

Technical Official (especially on duty Wasit-Juri) will need to undergo medical check-up in order to be on duty for a major championship.

INTERNATIONAL PENCAK SILAT FEDERATION REFEREE JURY PENCAK SILAT MEDICAL FORM			
FULL NAME (AS PER IDENTIFICATION NUMBER / PASSPORT)		IDENTIFICATION NUMBER	
HOME ADDRESS			
MOBILE NUMBER	DATE OF BIRTH	GENDER	EXAMINATION DATE
MEDICAL HISTORY			
MEDICINES AND ALLERGIES <small>(List all prescription and over-the-counter medicines and supplements (herbal &amp; nutritional) that you are currently taking)</small>			
DO YOU HAVE ANY ALLERGY?	Y / N	IF YES, SPECIFY ALLERGY:	
PHYSICAL HISTORY			
<input type="checkbox"/> Fainting Spells	<input type="checkbox"/> Rupture (Hernia)	<input type="checkbox"/> Chest Pains	<input type="checkbox"/> Operations
<input type="checkbox"/> Swollen Joints	<input type="checkbox"/> Rheumatism	<input type="checkbox"/> Diabetes	<input type="checkbox"/> Frequent Headache
<input type="checkbox"/> Convulsions	<input type="checkbox"/> Chronic Cough	<input type="checkbox"/> Operations	
<input type="checkbox"/> Cerebral hemorrhage / serious head-injury	<input type="checkbox"/> None		
Other medical history / explain operation:			
Has the applicant ever been a patient in a mental hospital? <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, explain:			
Other hospitalizations? <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, explain:			
<p>If the applicant under any type of prescription medication(s) that may diminish his or her skills to officiate? If so, please explain and forward any and all medical records related to the drug being prescribed. If the applicant is under prescription medication relevant medical records must be forwarded to International Federation for review prior to selection / allocation for ITO duties. Please indicate whether the applicant is or is not suitable to officiate while under the prescribed medication(s).</p>			
PHYSICAL EXAMINATION			
General Appearance: _____			
Height: _____		Weight: _____	
Mouth: _____	Neck: _____	Tongue: _____	
Pulse at rest: _____	Pulse after 50 hops: _____		Blood Pressure at rest: _____
Blood Pressure after 50 hops: _____		Heart: Pulse Rhythm <input type="checkbox"/> Regular <input type="checkbox"/> Irregular	
Enlarged Glands: <input type="checkbox"/> Yes <input type="checkbox"/> No	Mammary: <input type="checkbox"/> Yes <input type="checkbox"/> No	Lungs: Rates <input type="checkbox"/> Yes <input type="checkbox"/> No	
Reflexes: Pupil: _____	Rose Jerks: _____	Nonberg: _____	Sublingual: _____
Skin: Tone _____	Rash _____	Boils _____	Unhealed Wounds _____
Remarks			
EYE EXAMINATION			
Has the applicant ever had blurred vision? <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, please explain:			
Has the applicant ever had any surgical procedures done to the eyes? <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, please explain:			

Does the applicant wear glasses? <input type="checkbox"/> Yes <input type="checkbox"/> No		Contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Vision without glasses/contact lenses? right _____ left _____		right _____ left _____	
Vision with glasses right _____ left _____		right _____ left _____	
Vision with contact lenses right _____ left _____		right _____ left _____	
I have examined the above named applicant and I <input type="checkbox"/> DO FIND <input type="checkbox"/> DO NOT FIND this person to be physically and/or mentally fit in good physical condition with the speed and reflexes necessary for the protection of athletes during competition.			
I <input type="checkbox"/> DO FIND <input type="checkbox"/> DO NOT FIND a condition that would preclude him/her from being licensed as a referee.			
I declare that the above name physical condition is correctly outlined in this International Federation Physical Examination for Referees. I declared that I prepared this form.			
LICENSED DOCTOR / PHYSICIAN NAME		HOSPITAL / CLINIC	
OFFICE ADDRESS			
LICENSED DOCTOR / PHYSICIAN SIGNATURE		HOSPITAL / CLINIC STAMP	

## Basic English Test

Technical Officials is required to take up a Basic English Test based on Grammar, Vocabulary and Reading Comprehension. Will need at least 85% minimum passing rate.

For those achieve less than 85%, they are required to:

- 6-hours lesson (3 days of 2-hours each day)
- Test will be done either manual or digital.

## Knowledge, Experience & Obligations

All Technical Officials who are appointed to be on duty for a competition or championship sanctioned by the International Pencak Silat Federation (PERSILAT) are required to attend Refresher Course before the competition or championship begin.

This is a mandatory requirement for all appointed Technical Officials to attend the session, as it will helps them to understand and clear any doubts related to the International Pencak Silat Competition Rules and Regulation should they have any.

Host Country or Organizer must schedule a minimum 2-days of Refresher Course in the Competition Programme and circulated to all the National Pencak Silat Federation for planning purposes. The breakdown of the session can be arranged as follow:

Number of Day	Program
Day 1	Theory Session Practical Session Techniques (Showcase & Demonstration)
Day 2	VAR System Protest (Flow & Procedure) Digital Scoring System

### International Class 3

Expectation after completing International Class 3 Wasit-Juri Course is as follow:

1. Able to know the rules and regulations of the different categories for *Tanding* (Match), *Seni* (Artistic) – *Tunggal* (Single), *Ganda* (Double), and *Regu* (Team).
2. Able to officiate a Pencak Silat games confidently.
3. Understand the protest procedures.

Upon completing the course successfully, the Wasit Juri will be receiving International Class 3 Badge – where he/she will need to put on their uniform when on duty.



After completing the International Class 3 Wasit Juri Course, the Wasit Juri is required to clock and complete the practical, and:

1. To be on duty and officiating as a Wasit or a Juri for at least two (2) year
2. To be on duty and officiating as a Wasit or a Juri for two (2) major competition, such as; World Championship (for any category, such as; Senior, Junior, Pre-Junior or Pre-Teen), Southeast Asian (SEA) Games, Asian Games, Olympics
3. To be on duty and officiating as a Wasit or a Juri for Pencak Silat competition sanctioned by the International Pencak Silat Federation (PERSILAT).

Once the Wasit Juri completed the requirement, the Technical Official then can attend International Upgrading Wasit Juri Course – for Class 2 – endorsed by the International Pencak Silat Federation.

## International Class 2

Expectation after completing International Class 2 Wasit-Juri Course as follow:

1. Able to know the rules and regulations of the different categories for *Tanding* (Match), *Seni* (Artistic) – *Tunggal* (Single), *Ganda* (Double), and *Regu* (Team).
2. Able to officiate a Pencak Silat games confidently.
3. Able to delegate duties to Wasit-Juri to be on duty.
4. Able to know the necessities needed in running a Pencak Silat championship.
5. Understand the protest procedures.
6. Able to treat officials and participants in a professional way.

Upon completing the course successfully, the Wasit Juri will be receiving International Class 2 Badge – where he/she will need to put on their uniform when on duty.



After completing the International Class 2 Wasit Juri Course, the Wasit Juri is required to clock and complete the practical, and:

1. To be on duty and officiating as a Council of Wasit Juri for at least one (1) year
2. To be on duty and officiating as a Council of Wasit Juri for two (2) major competition, such as; World Championship (for any category, such as; Senior, Junior, Pre-Junior or Pre-Teen), Southeast Asian (SEA) Games, Asian Games, Olympics
3. To be on duty and officiating as a Wasit or a Juri for Pencak Silat competition sanctioned by the International Pencak Silat Federation (PERSILAT).

Once the Wasit Juri completed the requirement, the Technical Official then can attend International Upgrading Wasit Juri Course – for Class 1 – endorsed by the International Pencak Silat Federation.

### International Class 1

Expectation after completing International Class 1 Wasit-Juri Course as follow:

1. Able to understand the overall rules and regulations of the different categories for *Tanding* (Match), *Seni* (Artistic) – *Tunggal* (Single), *Ganda* (Double), and *Regu* (Team).
2. Able to officiate a Pencak Silat games confidently.
3. Able to delegate duties to Wasit-Juri to be on duty.
4. Able to know the necessities needed in running a Pencak Silat championship.
5. Understand the protest procedures.
6. Able to treat officials and participants in a professional way.

Upon completing the course successfully, the Wasit Juri will be receiving International Class 1 Badge – where he/she will need to put on their uniform when on duty.



After completing the International Class 1 Wasit Juri Course, the Wasit Juri is required to clock and complete the practical, and:

1. To be on duty and officiating as a Competition Chairman for at least one (1) year
2. To be on duty and officiating as a Wasit Juri Council for two (2) major competition, such as; World Championship (for any category, such as; Senior, Junior, Pre-Junior or Pre-Teen), Southeast Asian (SEA) Games, and Asian Games
3. To be on duty and officiating as a Competition Chairman for Pencak Silat competition sanctioned by the International Pencak Silat Federation (PERSILAT).

Once the Wasit Juri has completed all three level for the International Wasit-Juri Course, and have also completed clocking in the practical hours, the Technical Officials will be allowed to hold the highest level as a Technical Official, which is the International Technical Delegate.

## Honorary Wasit-Juri



The idea on improving the Pencak Silat Competition Rules and Regulations has been debatable since few years back. This is to improvise and making a “traditional” martial art to be on the same par with other combat martial arts which has managed to garner more enthusiasts over the past few years.

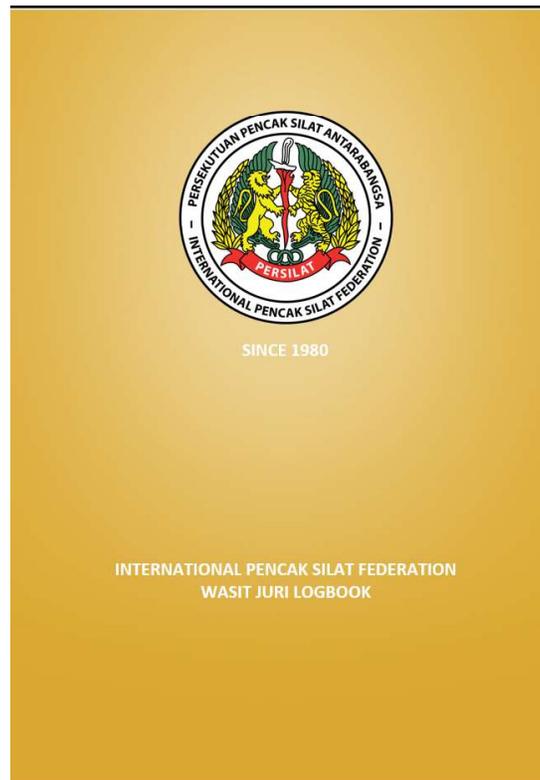
With that, in earlier 2019 the Founding Members of International Pencak Silat Federation (PERSILAT) has formed a Steering Committee consisting of one (1) representative from each four (4) Founding Members to spearhead the discussion, improvisation, research and development on the techniques, and many more. Together with their manpower coming from various Pencak Silat background, the Steering Committee has managed to produce the Pencak Silat New Rules version 2020. All these with the purpose to enhance and bring Pencak Silat into another level.

Therefore, the International Pencak Silat Federation has decided to award each of the individual who are involved in the project with a title of – HONORARY WASIT JURI.

They will be receiving wing-designed badge, and a certificate, which this will allows them to conduct the future briefing and seminar as a lecturer to other National Pencak Silat Federations.



## Referee Logbook



<div style="text-align: center; margin-bottom: 10px;">  <p>PHOTO</p> </div> <p>Name : _____</p> <p>Address : _____</p> <p>Contact No. : _____ (Whatsapp)</p> <p>Email : _____</p> <p>Country : _____</p> <p>Date of Completion : _____</p>	<p style="text-align: center;"><b><u>PLEDGE FOR WASIT-JURI</u></b></p> <p>We, the International Pencak Silat Wasit and Juri promised,</p> <ul style="list-style-type: none"> <li>• To carry out the duties in accordance to the rules of International Pencak Silat Competition</li> <li>• To conduct the competition honestly, fairly and with responsibility</li> <li>• To maintain and protect the honour and dignity of Pencak Silat with appreciate behaviour and attitude</li> </ul>
---	--

### HOW TO USE THE WASIT-JURI LOGBOOK

This Wasit-Juri Logbook serves to the purposes to record all official duties during the attachment period. Upon completion, you should obtain the event Organizing Chairman signature and/or an official stamp from the organising body and or International Technical Delegate on duty.

You are highly encouraged to keep a copy of your records for reference purposes.

Sample for Refresher Course:

S/N	DATE	IN CONJUNCTION WITH EVENT NAME	NAME OF ORGANIZER	HOURS	NAME OF AUTHORITY (SIGNATURE / STAMP)
1	2/02/2020	9 <sup>th</sup> Singapore Open	SSF	8 hrs	

### WASIT-JURI CODE OF ETHICS

#### Preamble:

The integrity of the International Pencak Silat Federation (PERSILAT) is only maintained when all members act, speak and think in the highest standard of ethics.

This code applies to affiliated bodies, members, officials, referees, judges, athletes and any person or organizations connected to the activities of PERSILAT. Any conduct or actions violating the code of ethics written will not be tolerated.

Disciplinary measures against any violation of the code will be taken, which may be anything from a verbal reprimand to dismissal, according to the seriousness of the misconduct.

There will be a subsection of the code of ethics added at the end, namely "Safe Sport for PERSILAT". All persons are required to understand and uphold the all written codes written in the subsection. Disciplinary measures will be taken in the case of any breach or misconduct.

#### Principles:

1. Acting with Integrity, Respect and Fairness

We cultivate an environment where integrity, respect and fairness are of utmost importance. All affiliated bodies, members, officials, referees, judges, athletes and any person or organizations connected to the activities of PERSILAT will uphold these values while carrying out their duties:

- a. Any kind of discrimination based on national origin, racism, colour, gender, or religious beliefs are not to be practiced. Equal opportunity will be given to each athlete where he or she deserves.
- b. PERSILAT does not condone meaningless rivalry, foolish stunts, intimidation of others, violent behaviour, criminal activities, self-preening vanity, any vices, or addictions.

c. Abstain from all behaviours of considered to be harassment or inappropriate relations with any persons connected or not connected to PERSILAT.

d. Responsible decision making is crucial at any given time to avoid any kind of activities and misrepresentations that may affect the reputation of PERSILAT.

e. All persons must compete and judge impartially. Ensure fairness in sports events and competitions.

f. Respect principles, rules and regulations from PERSILAT.

g. Denounce fraud or the manipulation of results, always arguing for sporting truth.

#### 2. Seeking Constant Progress

We, as an organization will strive for excellence in everything we do so as to push the sport forward and ensure our performances are at par with international standards and uphold the highest standards of professionalism.

Through this, PERSILAT and the sport will be recognized on a worldwide platform and have continuous progression. All members will follow these codes:

- a. Stimulate, recognize, support, and distinguish good practices in the field of sports ethics
- b. Build lasting relationships with sports organizations promoting good ethics practice.
- c. Take into consideration the interest of and service to communities in order to popularize the sport.
- d. Support countries in terms of equipment, manpower or participation in the best interest of all its members.
- e. Illegal use of resources is strictly prohibited.

f. All persons are to act in a manner that encourages and maintains confidence among athletes, sport organizations and the public, in the integrity of the organization and its people.

g. Communications with any clients or stakeholders will be done in a professional and accurate manner to ensure clarity.

#### 3. Upholding discipline and proper etiquette

Discipline is an act of self-control. It encompasses emotions, actions, and mental activities. Through this we hope that all persons of PERSILAT will always present themselves in a respectful manner, able to control all aspects of their being from harm.

Etiquette is defined as the socially acceptable mode of behavior. Following certain traditional and cultural values, all persons of PERSILAT will be able to strive in every action they take. They will naturally practice respect, humility and excellence while practicing the sport and in their daily lives.

Technical Officials here will be referred to as "Wasit-Juri" or also known as "Referee-Jury".

All Wasit-Juri on duty at the major competitions must be certified and endorsed by the National Pencak Silat Federation and by the International Pencak Silat Federation.

#### All Wasit-Juri are:

- Bound by the International Pencak Silat Competition Rules & Regulation.
- Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a certified Wasit-Juri of International Pencak Silat Federation.
- Required to be aware of the new development in the game of Pencak Silat and undertake efforts to maintain and continue learning in the skills of officiating.
- Required to be committed by being punctual and being present throughout the competition period.
- Needed to take instructions from the Technical Delegate and cooperate with other Wasit-Juri on duty.
- Not allowed to make wrong decisions with intentions.

- Required to avoid any unnecessary act that may interpreted as conflicts of interest.
- Required to maintain personal grooming. And appear smart, with proper hairdo, neat uniform, and no accessories during game.
- Required to be respectful and courteous to organizer or host country, fellow Wasit-Jury, athlete and officials, spectators, and members of the public.
- Not allowed to consume any type of alcoholic beverage throughout the competition period, even when not on duty.
- Not allowed to display temper, unethical behaviour (verbal or non-verbal abuse), physical abuse, and any other inappropriate behaviour.
- Not allowed to engage in gambling outcome of the games where he/she is officiating.
- Not allowed to make any unauthorized statements verbally or written to any media.
- Not allowed to accept any types of bribery in terms of monetary or gifts from athletes and officials, organizer, or member of the public.

#### Rules

All the principles will come together to unify the link between all aspects of the sport and the organization. They are not only applicable for when the sport is practiced but are to be upheld in daily interactions as well.

Breaking the code of ethics can result in termination or dismissal from the organization. A code of ethics is important because it clearly lays-out the rules for behaviour and provides the groundwork for a pre-emptive warning. If they break the code of ethics, the yellow card will be given as first warning, together with summon payment of USD100 to be paid to PERSILAT. Second warning will be issued by giving a red card to the party involved and will result in immediate termination.

## SAFE SPORT

**Definition** Based on the International Olympic Council's Consensus Statement development in 2016, Safe Sport is defined as "an athletic environment that is respectful, equitable and free from all forms of harassment and abuse (non-accidental) violence".

Types of Harassment and Abuse that all persons should stay away from:

### 1 Discriminatory Harassment

- 1.01 Racial Harassment
- 1.02 Gender Harassment
- 1.03 Religious Harassment
- 1.04 Disability-Based Harassment
- 1.05 Sexual Orientation-Based Harassment
- 1.06 Age-Based Harassment

### 2 Personal Harassment

- 2.01 Inappropriate comments
- 2.02 Offensive jokes
- 2.03 Personal humiliation

### 3 Physical Harassment

- 3.01 physical attacks or threats

### 4 Sexual Harassment

- 4.01 Unwanted sexual advances conduct or behavior.
- 4.02 Sharing sexual photos (pornography)
- 4.03 Posting sexual posters
- 4.04 Sexual comments, jokes, questions
- 4.05 Inappropriate sexual touching
- 4.06 Inappropriate sexual gestures
- 4.07 Invading personal space in a sexual way

### 5 Verbal Harassment

#### Purpose:

- 1) To protect the interests of staff, athletes, coaches, volunteers and technical officials in our sport from harassment and abuse.
- 2) To outline the principles that guide our approach to safeguarding and protecting staff, athletes, coaches, volunteers and technical officials.
- 3) To adopt practices and outline standards.
- 4) To establish a safe sport culture that is understood, endorsed and put into action by staff, athletes, coaches, volunteers and technical officials who work for, volunteer or access our activities, courses, events and programmes.

#### Responsibilities:

The organization is responsible for the development and endorsement of PERSILAT's Safe Sport Commitment. It delegates the implementation of the policy to the five (5) Regional Chairman. The role of each entity in relation to the development and compliance of PERSILAT's Safe Sport Commitment is detailed below:

#### Management Committee of PERSILAT:

- 1) Promote the commitment to this policy and its expectations.
- 2) Support policy review on an annual cycle as a minimum or at a time governed by legislation, regulations or organizational learnings that promote a change to the policy and all relevant procedural guidelines.
- 3) Ensure compliance to the policy via an inbuilt review mechanism
- 4) Ensure adequate resources are allocated to allow for the development and effective implementation of this policy.
- 5) Develop opportunities for regular discussion at all levels to support a culture of openness and continued improvement and accountability towards safe sport.
- 6) Advocate and promote safe sport, empowering and engaging stakeholders (staff, athletes, coaches, volunteers and technical officials in support of this policy and its expectations.

#### Staff and Board Members:

- 1) Maintain a full understanding of the commitments and expectations of this policy, as well as all other policies relevant to safe sport.
- 2) To undertake any induction and training anticipated in this policy.
- 3) To take action to protect staff, athletes, coaches, volunteers and technical officials from all forms of harassment and abuse.

- 4) To assist in creating and maintaining a sport safe culture and a culture of inclusion.

#### Commitment:

PERSILAT is committed to ensuring the safety and well-being of staff, athletes, coaches, volunteers and technical officials.

Our policies and procedures seek to address risks to safe sport and to establish safe sport culture and practices. Our suite of safe sport policies is; accessible in forms that are easy to understand; (staff, athletes, coaches, volunteers and technical officials) consultation; and are communicated to staff, athletes, coaches, volunteers and technical officials. We will regularly review our policies to gain endorsement of changes and advise our stakeholders of changes.

#### Commitment to Safe Sport:

Through our Safe Sport Framework, PERSILAT will document its clear commitment to keeping the sport safe from harassment and abuse. We communicate our commitment to staff, athletes, coaches, volunteers and technical officials and give them access to a copy of our commitment statement.

PERSILAT minimize the likelihood of recruiting a person who is unsuitable: PERSILAT will have appropriate measures in place to minimize the likelihood that we will not recruit staff, athletes, coaches, volunteers and technical officials who are unsuitable to work in sport.

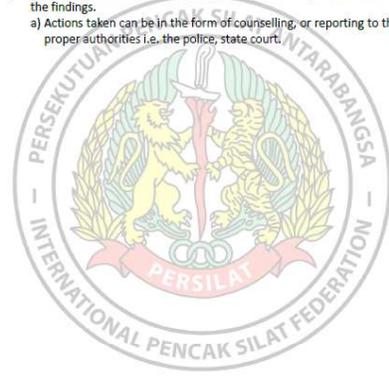
#### We have recruitment procedures that ensure:

- 1) Our commitment to safe sport is communicated to potential applicants for positions
- 2) Face-to-face interviews are held which include safe sport related questions.
- 3) Two professional reference checks are undertaken
- 4) Screening checks are undertaken, including identity, declarations of disciplinary or criminal record, qualifications or any relevant checks if available.

#### Procedures taken in case of harassment or abuse:

- 1) An appointment of Safe Sport Officer has to be made beforehand.

- 2) Person reporting the incident has to fill in a form and submit it to the Safe Sport Officer (refer to Annex 7 for an example of the incident report form).
- 3) Safe Sport Officer has to investigate the case after consulting the necessary with the Disciplinary Committee. Investigation will take about 1 - 2 weeks.
- 4) Safe Sport Officer will then report findings from investigation to Disciplinary Committee.
- 5) Disciplinary Committee will deliberate take necessary action based on the findings.
  - a) Actions taken can be in the form of counselling, or reporting to the proper authorities i.e. the police, state court.



\*Safe Sport: an athletic environment that is respectful, equitable and free from all forms of harassment and abuse (non-accidental) violence.

**WASIT-JURI MEDICAL FORM**

INTERNATIONAL PENCAK SILAT FEDERATION  
REFEREE JURY PENCAK SILAT MEDICAL FORM

FULL NAME (AS PER IDENTIFICATION NUMBER / PASSPORT)		IDENTIFICATION NUMBER
HOME ADDRESS		
MOBILE NUMBER	DATE OF BIRTH	SEX
		EXAMINATION DATE

**MEDICAL HISTORY**

**MEASUREMENTS AND ALLERGIES**  
Use SI units unless stated otherwise. All measurements should be rounded to the nearest centimetre or millimetre.

DO YOU HAVE ANY ALLERGY?	Y/N	IF YES, SPECIFY ALLERGY:
--------------------------	-----	--------------------------

**PHYSICAL HISTORY**

<input type="checkbox"/> Fatigue Spells	<input type="checkbox"/> Pain (Specify)	<input type="checkbox"/> Chest Pain	<input type="checkbox"/> Operations
<input type="checkbox"/> Swelling	<input type="checkbox"/> Headaches	<input type="checkbox"/> Injuries	<input type="checkbox"/> Fractures
<input type="checkbox"/> Constipation	<input type="checkbox"/> Chronic Cough	<input type="checkbox"/> Operations	<input type="checkbox"/> Prosthetic Implants
<input type="checkbox"/> Central Nervous System	<input type="checkbox"/> Previous Injuries	<input type="checkbox"/> None	

Other medical history / medical operations:

Has the applicant ever been a patient in a mental hospital?  Yes  No  If yes, explain:

Other hospitalizations?  Yes  No  If yes, explain:

If the applicant under any type of (or multiple) medication(s) that may diminish his or her skills to officiate? If so, please explain and forward one and all medical records related to the drug being prescribed. If the applicant has any prescription medication relevant medical records must be forwarded to International Federation for review prior to selection. (Approved for IJF Judges. Please indicate whether the applicant is or is not compliant to officiate while under the prescribed medication(s).)

**PHYSICAL EXAMINATION**

General appearance:

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Mouth: \_\_\_\_\_ Teeth: \_\_\_\_\_

Pulse at rest: \_\_\_\_\_ Pulse after 50 skips: \_\_\_\_\_

Blood Pressure at rest: \_\_\_\_\_ Blood Pressure after 50 skips: \_\_\_\_\_

Enlarged Spleen:  Yes  No  Heart Pulse Rhythm:  Regular  Irregular

Murmurs:  Yes  No  Lung:  Clear  Crackles

Reflexes: Right: \_\_\_\_\_ Left: \_\_\_\_\_

Neck: \_\_\_\_\_ Back: \_\_\_\_\_ Arms: \_\_\_\_\_

Shoulder: \_\_\_\_\_

Wrist: \_\_\_\_\_

Hand: \_\_\_\_\_

Other: \_\_\_\_\_

Remarks:

---

**EYE EXAMINATION**

Has the applicant ever had laser vision?  Yes  No  If yes, please explain:

Has the applicant ever had any surgical procedures done to the eye(s)?  Yes  No  If yes, explain:

Does the applicant wear glasses?  Yes  No  Contact lenses?  Yes  No

Visual acuity with glasses: Right: \_\_\_\_\_ Left: \_\_\_\_\_

Visual acuity without glasses: Right: \_\_\_\_\_ Left: \_\_\_\_\_

Visual acuity without contact lenses: Right: \_\_\_\_\_ Left: \_\_\_\_\_

I have examined the above named applicant and I  DO FIND  DO NOT FIND this person to be physically and/or mentally fit to officiate as a referee.  DO FIND  DO NOT FIND a condition that would preclude him/her from being licensed as a referee.

I declare that the above named physical condition is correctly outlined in this form and that I prepared this form.

EXAMINER DOCTOR / PHYSICIAN NAME	MINISTER / JUDGE
OFFICIAL ADDRESS	
EXAMINER DOCTOR / PHYSICIAN SIGNATURE	MINISTER / JUDGE SIGNATURE

**FITNESS TEST**

Physical activity or exercise can improve on health benefits, and it will help the Technical Officials when carrying out their duties when officiating the games.

Following are the fitness test they have to maintain to keep themselves fit and Technical Officials are required to undergo the Physical Fitness Test during competition season.

Fitness Test	Requirements
3km Run	Minimum 30-minutes to pass
Beep Test	<ul style="list-style-type: none"> <li>A 20-meter shuttle run used for maximal running aerobic fitness test.</li> <li>To run from the start of the 20-meter line to the end of the 20-meter line before the 'BEEP' sound</li> <li>Male – minimum level of 6 to pass</li> <li>Female – minimum level of 5 to pass</li> </ul>
Reaction Test	To touch on the parts mentioned as fast and as many as you can in one-minute
Push-up	< 30 (male)
Sit-up	< 25 (female)
	< 35 (male)
	< 25 (female)

Each will be 3x try for each of the test. If fail any of the test, the Technical Officials will need to be retested.

**For Male**

Following are the requirements:

Age Group	Grades	Points	3km Run	Beep Test	Reaction Test	Push-up	Sit-up
21 years old and above	A	4	< 20 min	> Level 9	> 0.5 sec	> 50	> 55
	B	3	< 25 min – 20 min	> Level 8 – Level 9	> 0.7 sec – 0.5 sec	> 40-50	> 45– 55

C	2	< 30 min – 25 min	> Level 7 – Level 8	> 1.0 sec – 0.7 sec	> 30-40	> 35-45
D	1	> 30 min	< Level 7	< 1.0 sec	< 30	< 35

**For Female**

Following are the requirements:

Age Group	Grades	Points	3km Run	Beep Test	Reaction Test	Push-up	Sit-up
21 years old and above	A	4	< 20 min	> Level 8	> 0.5 sec	> 45	> 45
	B	3	< 25 min – 20 min	> Level 7 – Level 8	> 0.7 sec – 0.5 sec	> 35-45	> 35-45
	C	2	< 30 min – 25 min	> Level 6 – Level 7	> 1.0 sec – 0.7 sec	> 25-35	> 25-35
	D	1	> 30 min	< Level 6	< 1.0 sec	< 25	< 25

**DUTY IN CHAMPIONSHIP LOG**

S/N	DATE	EVENT NAME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

**ATTENDING REFRESHER COURSE LOG**

S/N	DATE	IN CONJUNCTION WITH EVENT NAME
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		



## Article 6: Official Attire in Pencak Silat Competition

1. Athletes and their Coaches must wear the official attire as herein defined.
2. The Technical Official may disbar any official or Athlete who does not comply with this regulation.

### Wasit Juri

1. Wasit Juri must wear the standard white uniform with yellow sash. This uniform must be worn at all championships.
2. Hosting country must provide wasit juri uniform with games logo.
3. The standard white uniform as below:
  - a. International Pencak Silat Federation Logo on Right Chest
  - b. International Wasit Juri Logo on Left Chest
  - c. Female Wasit Juri who don a Hijab must wear a plain white head scarf (without pins)
  - d. Tying of sash on the left



## Technical Delegate, Competition Chairman and Protest Commissioner

1. The official attire will be as follow:
  - a. Single-breasted plain black blazer
  - b. Plain white shirt, long sleeve
  - c. Red/Black Necktie without tiepin
  - d. Plain slim fit black trousers without turn ups
    - i. Length must be up to ankle
  - e. Plain black socks, with black formal shoes
  - f. Female officials may wear a plain black head scarf





Female  
Technical Delegate,  
Competition Chairman,  
Protest Commissioner



Female (with Hijab)  
Technical Delegate,  
Competition Chairman,  
Protest Commissioner

For multi-sport events where a cross-sport uniform is provided for all Referees at the cost of LOC with the feel & look of the specific event.

The official uniform for our Wasit Juri might be substituted by that common uniform, provided that it is requested in writing to PERSILAT by the event organizer and formally approved by PERSILAT. However, the preferred colour for the common uniform is – Beige.

Wasit-Juri will need to match attire with a black pair of martial arts shoes.



*For example, in 2019 Chungju World Martial Arts Mastership, a standardized uniform was made for all Technical Officials.*

## Athletes

1. Athletes must wear a standard black Pencak Silat Uniform without stripes, piping, or personal embroidery other than specifically allowed by PERSILAT. Allowance for length of uniform up to the wrist and ankle is  $\pm$  2cm.
2. The logo of PERSILAT will be on the right chest, and National Federation on the left chest. Logo must not exceed 10cm diameter.
3. For sponsor's logo will be placed on the right arm, where the size of the sponsor's logo must not exceed the size of PERSILAT's badge. Logo must not exceed 10cm diameter.
4. The national emblem or flag of the country will be worn on the left arm of the uniform.

5. The country name may be embroidered at the back of the uniform, with the dimension not exceeding 35cm in length and 25cm in height. No restriction on the colour, font, and design of the wording.
6. Arm sleeves and pants must not be rolled up.
7. Athletes are given 3-minutes to change to a new pair of Silat uniform if their Silat uniform (either top or bottom) are torn and exposing their skin or inner clearly.

Competition Chairman will need to record on the timing, once 3-minutes is up, Reprimand I will be issued out to the athlete. If the athlete is still not back to the arena within 3 - minutes, the Competition Chairman will continue with additional 2-minutes countdown. If the athlete does not return to the arena within the 2-minutes, the athlete will be issued with a Warning I.



If the athlete takes longer than 10-minutes, the athlete will be issued with a Warning III (Disqualification).

Should the athlete take lesser than the 3-minutes countdown, no points will be deducted.

Competition Chairman will need to make the announcement clearly once the athlete is back in the arena.

Please refer to the table below:

Time	Penalty
0.00 minute to 3.00 minutes	No penalty
3.01 minutes to 5.00 minutes	Reprimand I (-1 point)
5.01 minutes to 10.00 minutes	Additional Warning I (-5 points)
Beyond 10.00 minutes	Warning III (Disqualification)

8. Athletes must keep their hair clean and cut to a length that does not obstruct a smooth match conduct. Hair slides are prohibited, as are metal hairgrips. Ribbons, beads, glitters, and other decorations are prohibited. Rubber band to tie up hair is permitted.
9. Athletes must have short fingernails and must not wear metallic or other objects, which might injure their opponent.
10. The following protective equipment are compulsory:
  - a. Body protector – one athlete wearing red and the other wearing blue
  - b. Groin Guard – personal item

No.	Item	Image	
a.	<p>Body Protector (Red &amp; Blue)</p> <p>*Red &amp; Blue Sash will not be provided, as the colors has been indicated (coated) on the vest itself.</p> <p>**Exchange of Body Protector during game due to torn or damaged which could injured the athlete when receiving any attack, will need to be done immediately.</p> <p>Changes to be done within 3-minute.</p>	 <p data-bbox="906 575 976 604">Front</p>	 <p data-bbox="1214 569 1284 598">Front</p>
		 <p data-bbox="906 953 976 982">Back</p>	 <p data-bbox="1222 947 1292 976">Back</p>
b.	Guards	 <p data-bbox="976 1325 1211 1354">Male – Groin Guard</p>	
		 <p data-bbox="959 1724 1227 1753">Female – Groin Guard</p>	

11. The following protective equipment is allowable for athlete to put on, however it is an optional equipment:

No.	Item	Image
a.	<p>Mouthpiece / Mouthguard</p> <p>The use of metallic teeth braces is allowed however athlete must accept full responsibility for any related injury.</p>	
b.	<p>Step Shin Guard</p>	
c.	<p>Forearm Guard</p>	
d.	<p>Hand Wrap</p> <p>Hand Wrap (as per Image 1), such as using Kinesio Tape, <b>IS ALLOWED.</b></p>	 <p>Image 1 ^</p>

However, hand wrap for the following sports is **NOT ALLOWED**, such as; Boxing, Muay Thai, Lethway, and Kick Boxing.



12. Glasses are forbidden, unless it is a sport goggle with elastic band. Soft contact lenses can be worn at athletes' own risk.



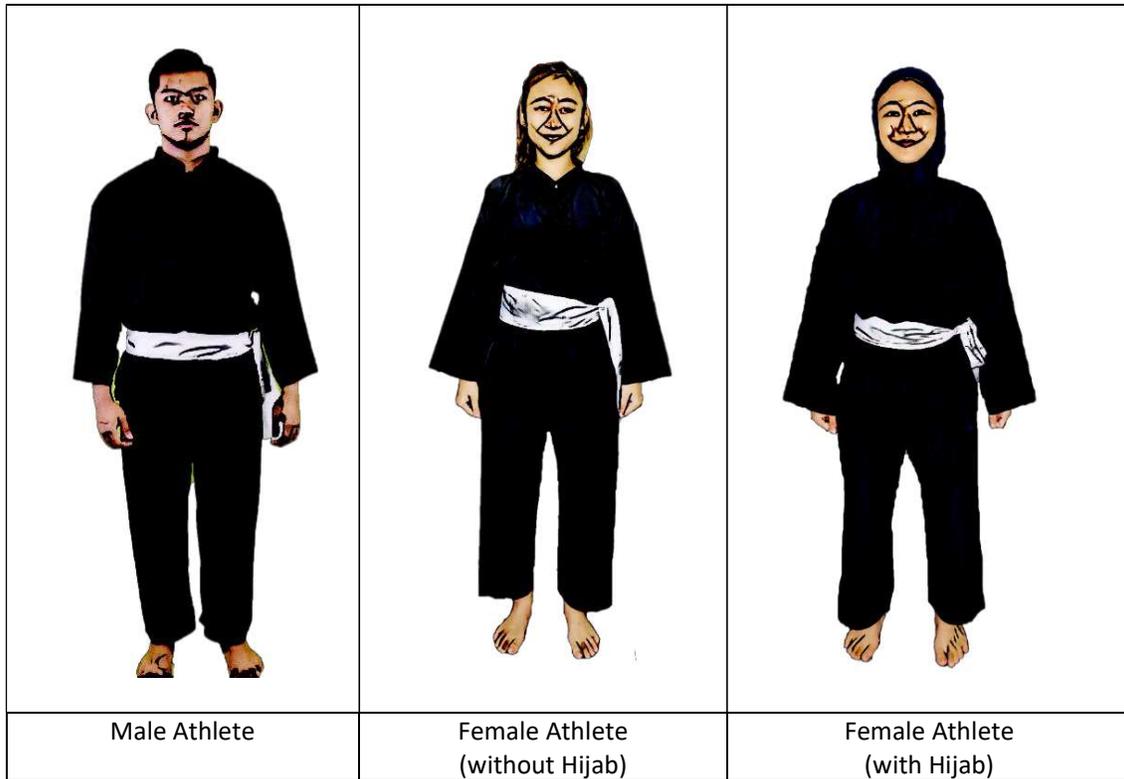
13. For athletes competing in *Tunggal* and *Ganda* categories – athletes must complete their attire with a set of *Tanjak* and *Samping*.

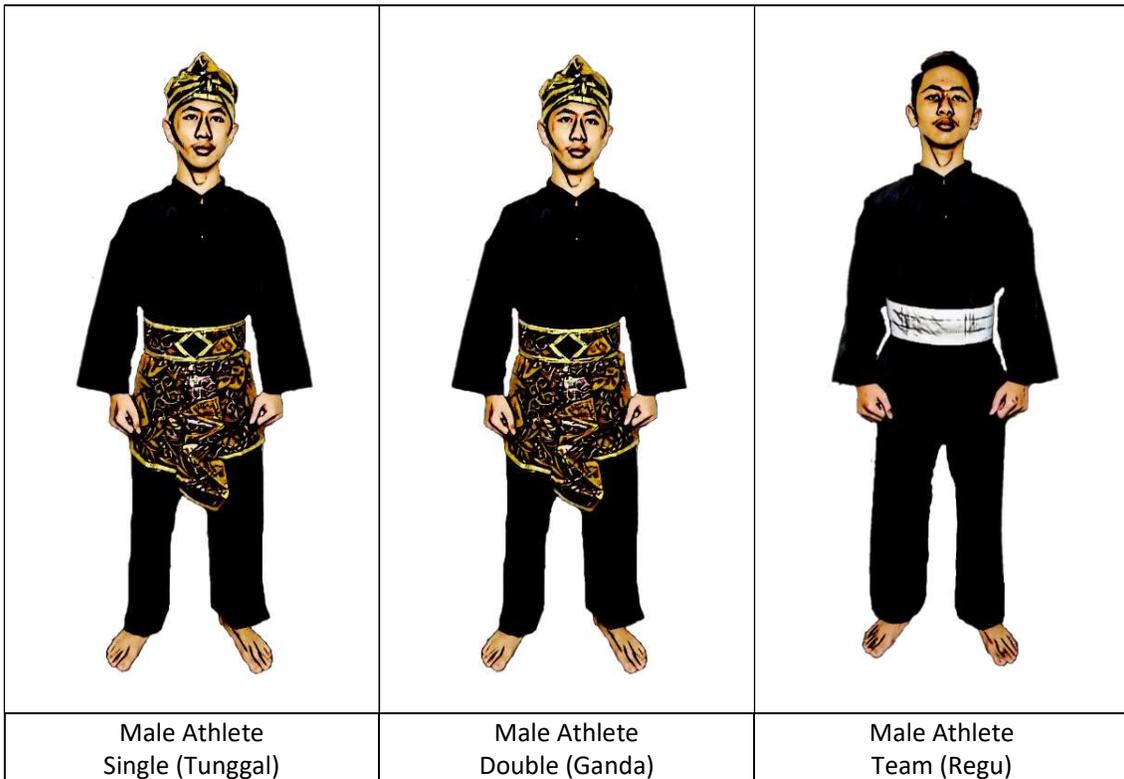
14. For athletes competing in *Regu* category – athletes must complete their attire with a white sash of 10cm wide, wrapped around the waist, and not tied. The Silat uniform must not be tucked in.

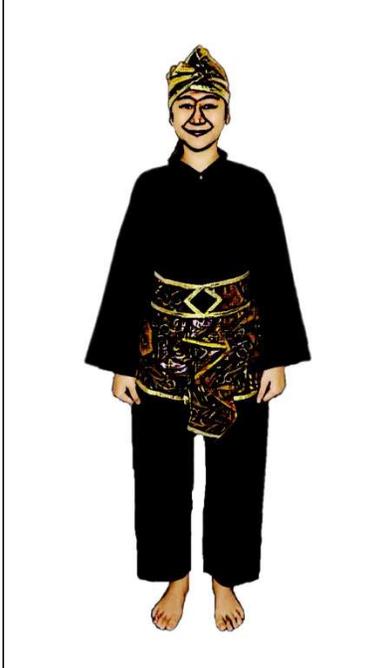
15. Female athletes who don **Hijab (Headscarf)** can only wear a **black scarf and must be tucked in and tied knots (as per Red Arrow & Image 3)**. A plain black head scarf is allowed for female athletes and must be PERSILAT Approved.

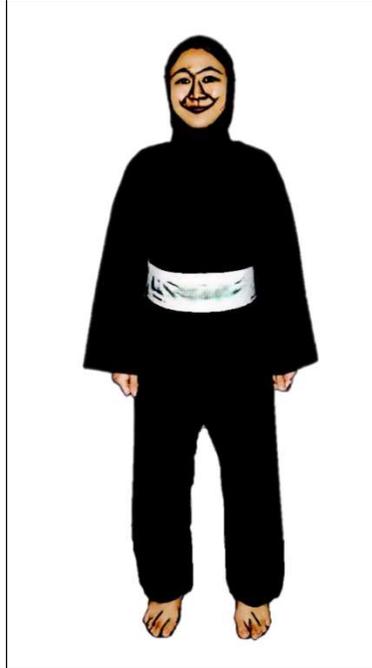


Image 3 ^





		
Female Athlete Single (Tunggal)	Female Athlete Double (Ganda)	Female Athlete Team (Regu)

		
Female Artistic Single (Tunggal) Athlete With Hijab	Female Artistic Athlete Double (Ganda) With Hijab	Female Artistic Athlete Team (Regu) With Hijab

*Athletes competing in the Artistic Single (Tunggal) and Double (Ganda) categories is allowed to wear single coloured uniform and samping & tanjak for both top and bottom.*

*Athletes found wearing a different coloured top and bottom will be issued a penalty of -0.50 points under improper attire.*

## Coaches

1. Coaches shall during the event wear a standard black Pencak Silat Uniform without stripes or personal embroidery other than specifically allowed by PERSILAT. Allowance for length of uniform up to the wrist and ankle is  $\pm 2$ cm.
2. The logo of PERSILAT will be on the right chest, and National Federation on the left chest. Logo may not exceed 10cm diameter.
3. For sponsor's logo will be placed on the right arm, where the size of the sponsor's logo must not exceed the size of PERSILAT's badge. Logo must not exceed 10cm diameter.
4. The national emblem or flag of the country will be worn on the left arm of the uniform.
5. The country name may be embroidered at the back of the uniform, with the dimension not exceeding 35cm in length and 25cm in height. No restriction on the colour, font, and design of the wording.
6. Female coaches who don *Hijab* (Headscarf), can only wear a plain black scarf.



### **Explanation:**

1. *There will be a check for athletes and coaches before they move off from the holding area to the Arena.*
2. *If an athlete enters the arena inappropriately dressed, he/she will be given time to change before moving to the arena.*
3. *Material for the uniform for Match (Tanding) category must be Japanese Cotton, this is due to the durability of the fabric.*
4. *There should not be any pockets at the Silat pants for athletes to be worn when competing.*
5. *Cornerman/Coach should prepare at least one set of Silat uniform at their Coach Box for their competing athlete.*
6. *No requirements on the types of fabric for uniform for Artistic (Seni) category. The uniformity will be based on the standard guidelines and rules set.*

## Article 7: Abbreviations

Following are the terms to be used by the Wasit throughout officiating the Pencak Silat games.

The Technical Officials on duty are required to learn the terms used to ensure that they have mutual with all Technical Officials on duty and understand the games fully.

<b>Bahasa</b>	<b>English</b>
<i>Bersedia / Sedia</i>	Ready
<i>Mulai</i>	Start
<i>Berhenti, Henti, Ti</i>	Stop
<i>Hormat</i>	To Respect
<i>Pasang</i>	On Guard
<i>Langkah</i>	Step Pattern
<i>Lawan</i>	To Fight
<i>Bendera</i>	Flag
<i>Wasit</i>	Referee
<i>Juri</i>	Jury
<i>Ketua Pertandingan a.k.a KP</i>	Competition Chairman
<i>Dewan</i>	Council
<i>Merah</i>	Red
<i>Biru</i>	Blue
<i>Kuning</i>	Yellow
<i>Hitam</i>	Black
<i>Putih</i>	White
<i>Ikat Kepala / Tanjak / Tengkolok</i>	Head Gear
<i>Samping</i>	Sarong (Cloth)
<i>Sabuk / Bengkung</i>	Sash
<i>Keris</i>	Kris

<b>Bahasa</b>	<b>English</b>
<i>Songkok</i>	Oval Brimless Hat
<i>Sudut</i>	Corner
<i>Tunggal</i>	Single
<i>Ganda</i>	Double
<i>Regu</i>	Team
<i>Solo Bebas</i>	Solo Creative
<i>Tanding</i>	Match
<i>Seni</i>	Artistic
<i>Tendang</i>	Kick
<i>Tumbuk</i>	Punch
<i>Tarik</i>	Pull
<i>Tolak</i>	Push
<i>Sah</i>	Valid
<i>Tak / Tidak Sah</i>	Invalid

## Article 8: Counting from One (1) to Ten (10)

Following are the terms to be used by the Wasit throughout officiating the Pencak Silat games.

The Technical Officials on duty are required to learn the terms used to ensure that they have mutual with all Technical Officials on duty and understand the games fully.

<b>Bahasa</b>	<b>English</b>	<b>Numeric</b>
<i>Satu</i>	One	1
<i>Dua</i>	Two	2
<i>Tiga</i>	Three	3
<i>Empat</i>	Four	4
<i>Lima</i>	Five	5
<i>Enam</i>	Six	6
<i>Tujuh</i>	Seven	7
<i>Lapan</i>	Eight	8
<i>Sembilan</i>	Nine	9
<i>Sepuluh</i>	Ten	10

## Article 9: Competition Commands

1. The command 'SEDIA' (Get Ready) is used to alert both athletes and all competition officials to be ready as the match is about to begin. The command shall be used throughout the match.
2. The command 'MULAI' (Start) is used each time a match is started or continued. This command is used together with the hand signal.
3. The command 'TI' (Stop) is used to stop the match.
  - a. "Ti" derives from the word "Henti" or "Berhenti", which means To Stop.
4. The start and the end of each round is marked by a strike on the Gong.

### **Explanation:**

1. *When beginning a match, the Wasit first calls the athletes to their starting lines.*
2. *When Wasit command "SEDIA" both arms need to be straight up (an arm length) between both athletes, acting as a barrier.*
3. *When restarting the match, the Wasit should check that both athletes are properly composed. Athletes jumping up and down or otherwise moving must be still before match can recommence. The Wasit must restart the match with the minimum of delay.*
4. *Match will restart at the same position where Wasit stops.*
5. *Match will restart in the center of the arena if it is for injury treatment, Juri verification, Competition Chairman calls the Wasit and VAR Protest/Request.*

## Appendix 1 – Wasit Aba-Aba (Hand Signal)

*“Officials are important in every sport, but they have an additional significance in combat sports. A mistake by an umpire in a baseball game may cost a team a win, but a mistake by a referee in mixed martial arts can have much more dire consequences.”- anonymous.*

### Etiquette of a Pencak Silat Wasit Juri

1. When you “think” you saw something, you did not.
  - Missing a call is never a positive thing. But most assigners, coordinators and observers will tell you that failing to call something that did occur is more acceptable than calling something you are not positive happened.
  - See what you call and call only what you see. Period.
2. Keep the game moving.
  - What is not acceptable is for officials to be the cause of a game going long.
  - By being educated with the latest updates on the rules and regulations, all officials will be able to carry out the game under control without the unnecessary signals and making a blunder.
3. When in doubt, do what is expected.
  - In any event, do not try to run away from the play or shrug your shoulders.
  - When a call is necessary, do what is expected and make the call or ruling with a clear conscience.
4. Answer questions, not statements.
  - Statements do not need an answer from officials.
5. Get the game going after a mistake or ejection.
  - While participants will be forced to move on when action resumes, officials should keep the mistake/ejection in the back of their mind.
6. Do not insert yourself or disrupt game rhythm if it is not necessary.
  - Do not be that official looking for something, any kind of violation or penalty, to make it look like you are “in the game.”
  - The better officials know when to stay out of the way and call only what needs to be called.

## Appendix 1.1 – Tying of Sash & Aba Aba (Hand Signal) for Wasit in Tanding

### Tying the Sash

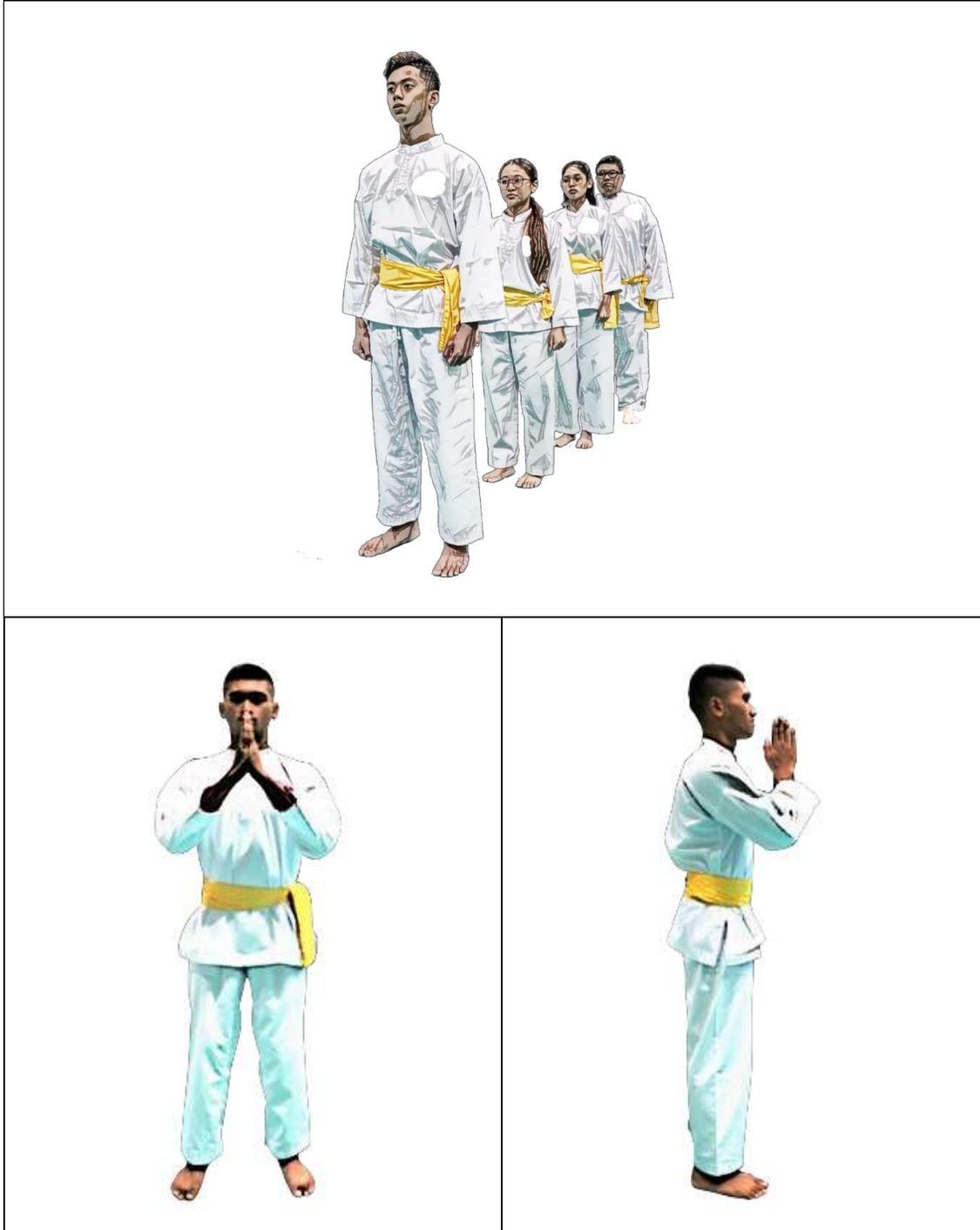
The sash is to be tied on the left.

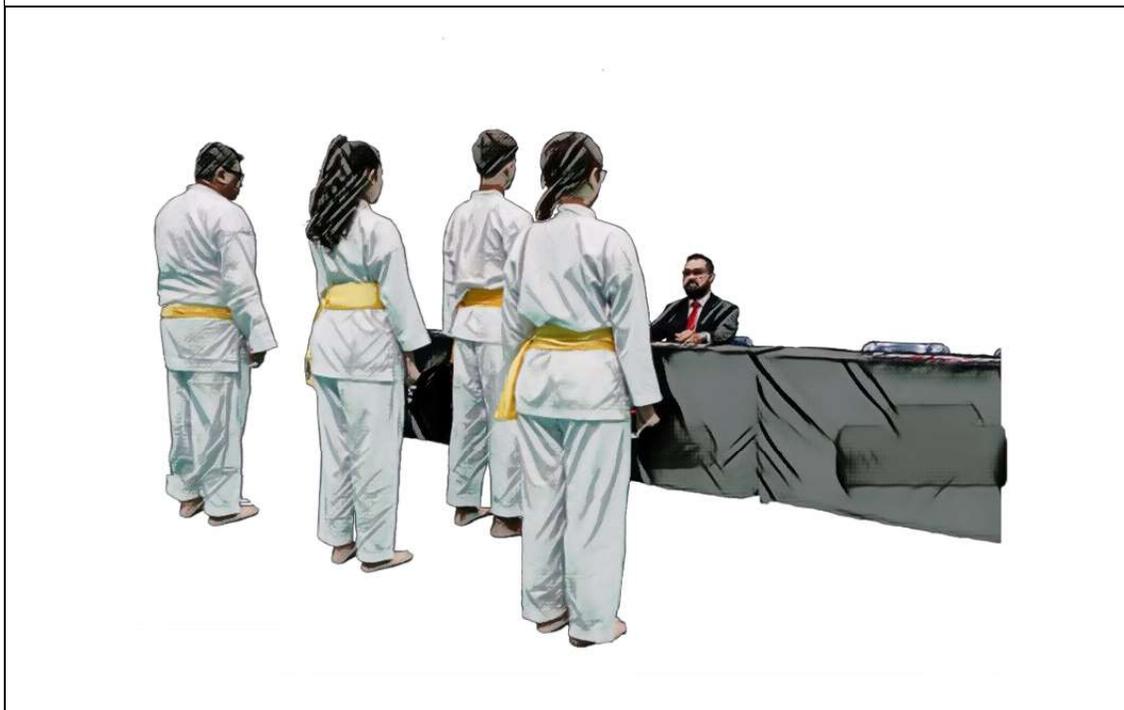
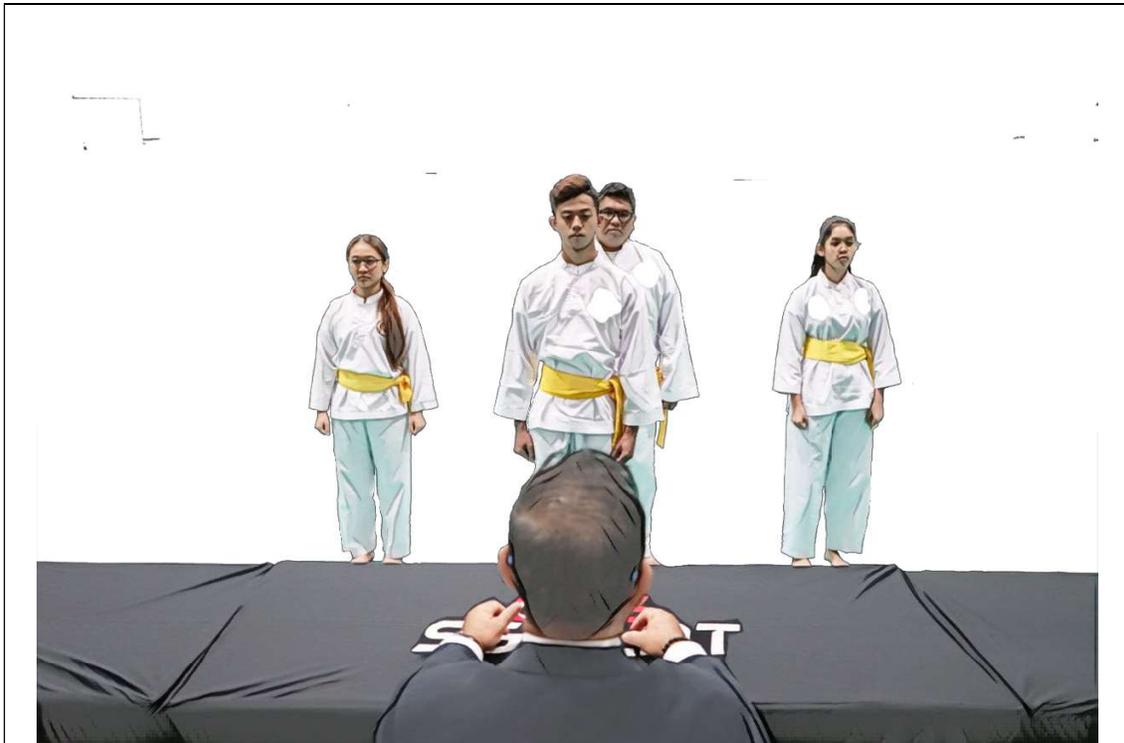


### *Hormat* Chairman, and Audience

When entering the Arena, the Wasit will lead the Juries. The steps to take are as below:

1. Enter from the right side.
2. Line up facing the Chairman and *Hormat* upon command.

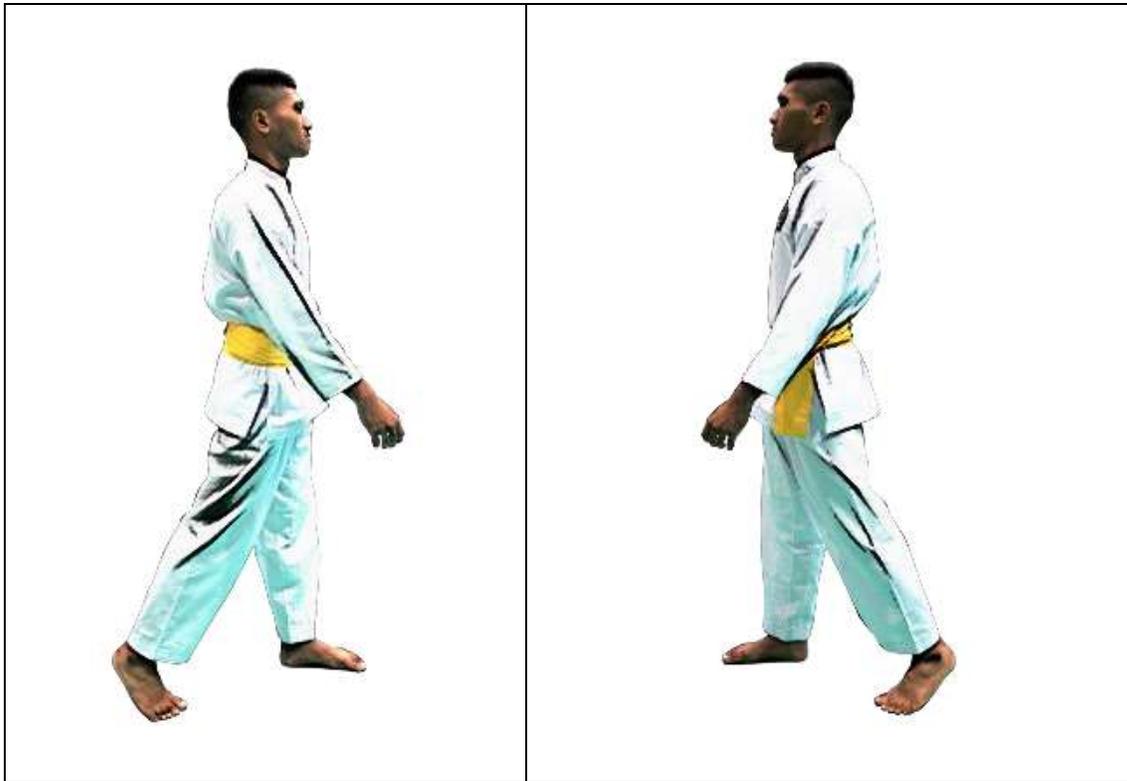






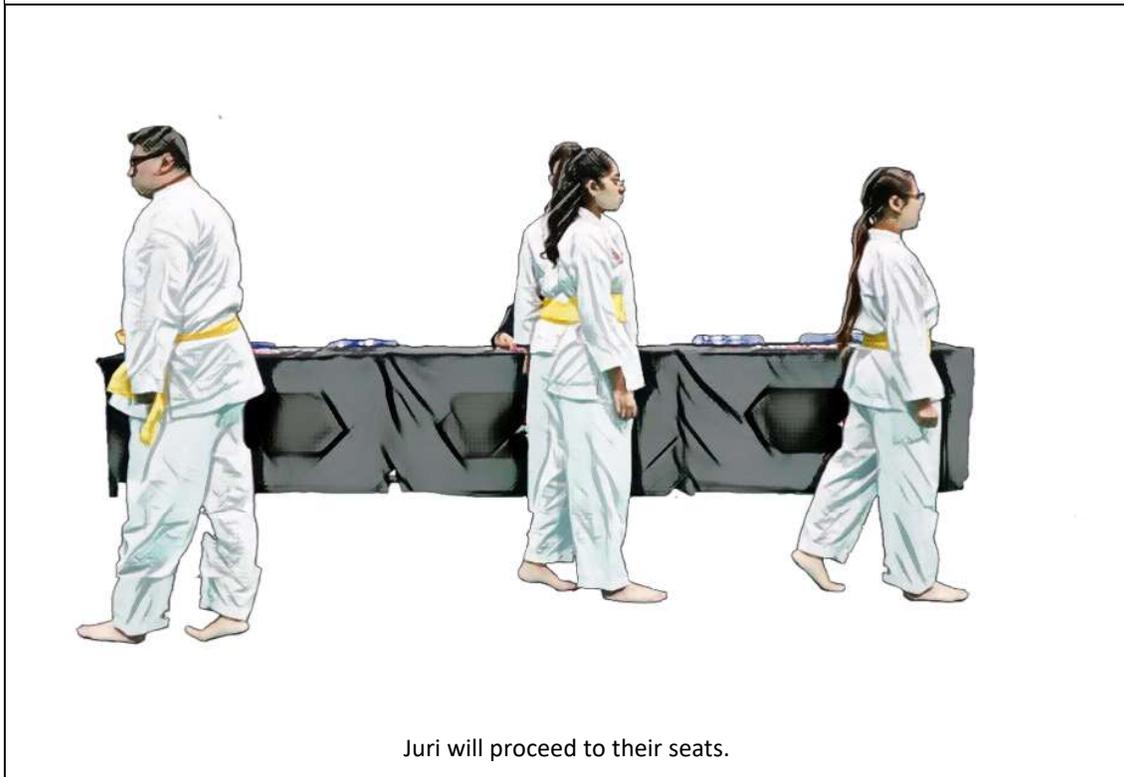
3. Upon hearing the command “*Pusing*”, the Technical Officials will take one step forward with the left leg and turn to the right to face the audience.



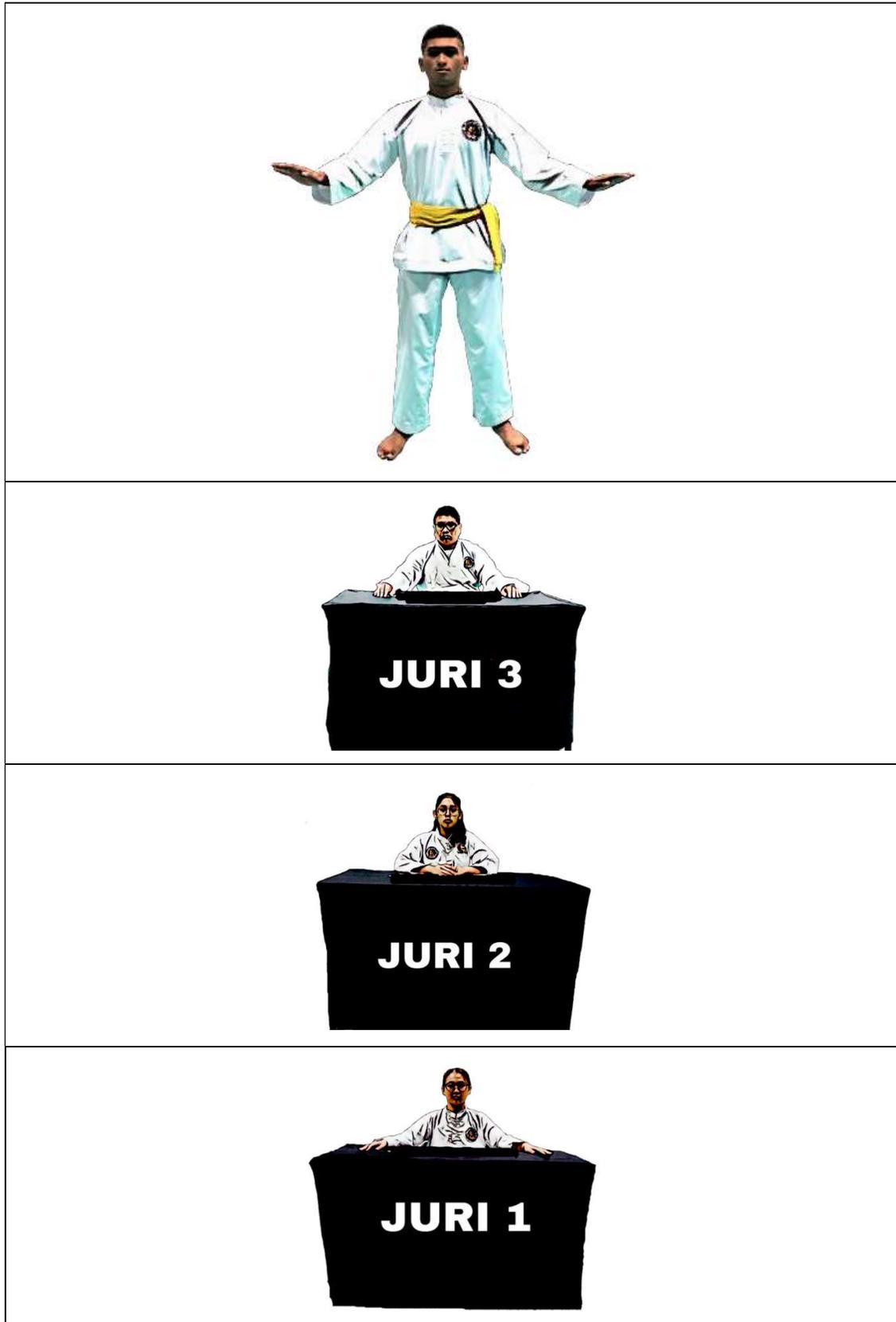


4. The Technical Officials will then stand straight and *Hormat* the audience before heading to their designated seats.





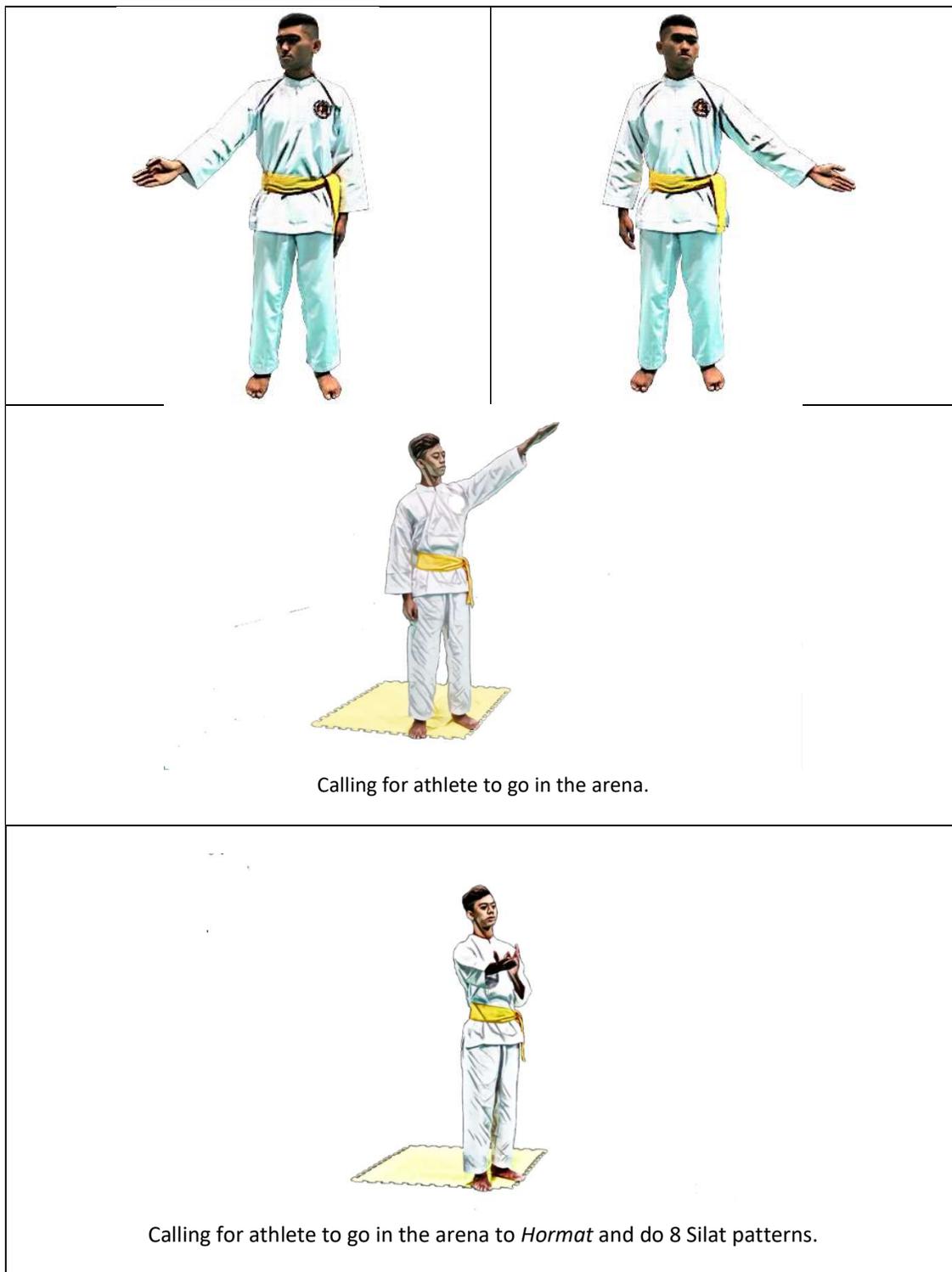
## Juri to Be Seated



### Calling Blue & Red Corner

Wasit should not clap in any situation. Wasit should call Blue Corner athlete with – Biru. And Red Corner athlete with Merah.

Wasit will call both Blue & Red Corner athlete into the arena at the same time.





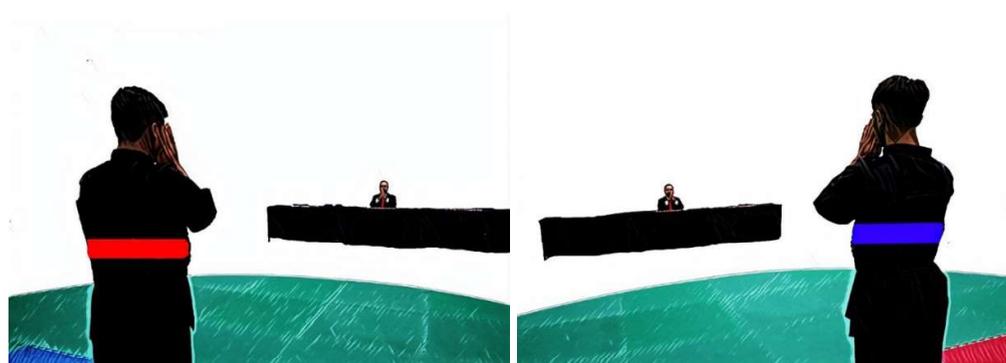
Athlete ready at the Coach Corner.



Athlete Hormat to the Coach before entering the arena.



Once athlete enters the arena, he/she will need to Hormat the Wasit first.



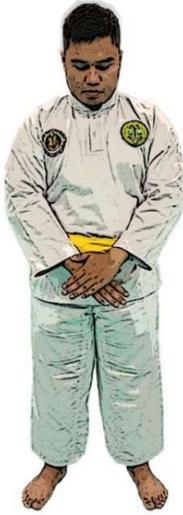
Followed by Hormat to the *Ketua Pertandingan* (Competition Chairman).

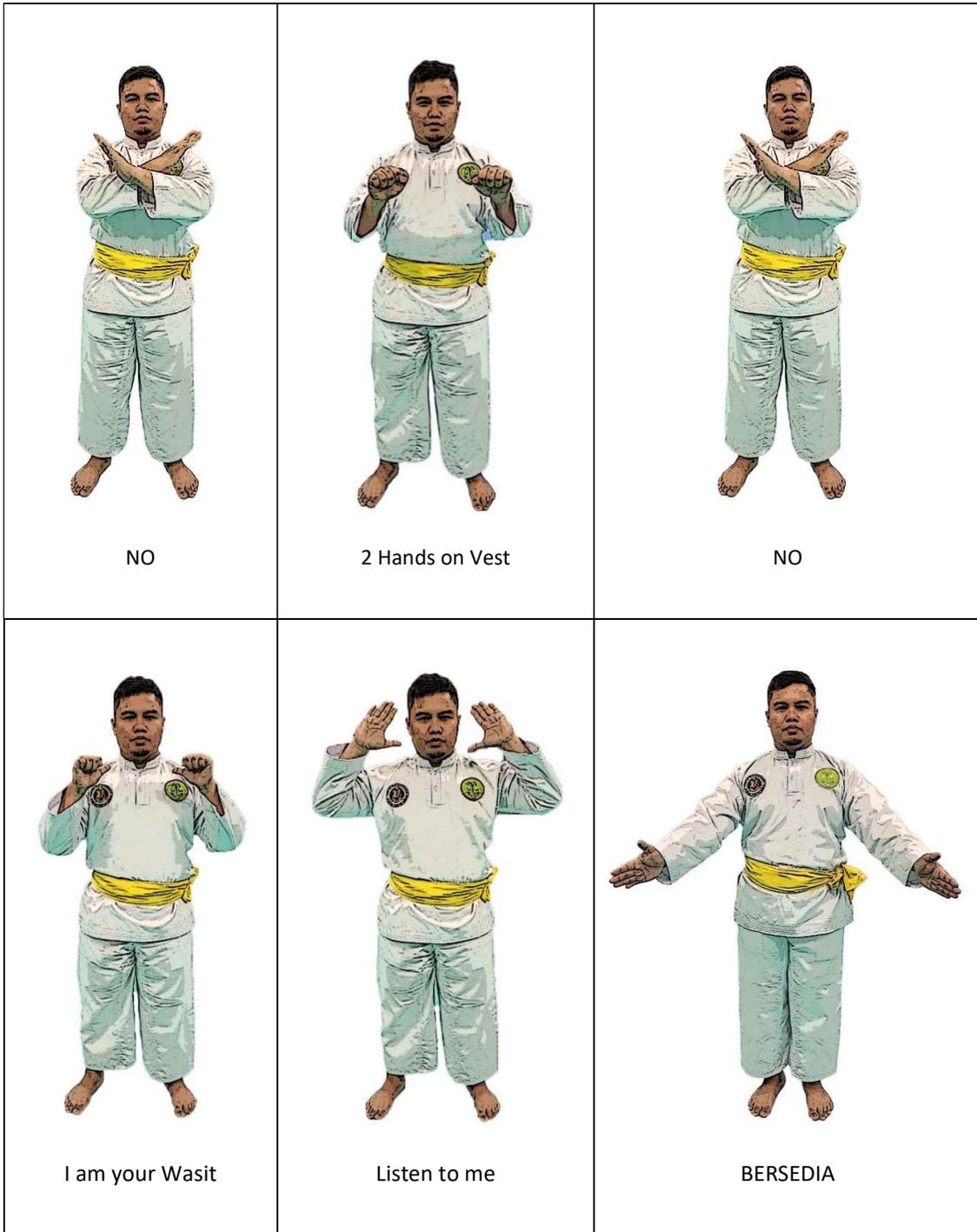


And continue to perform 8 Silat movements.

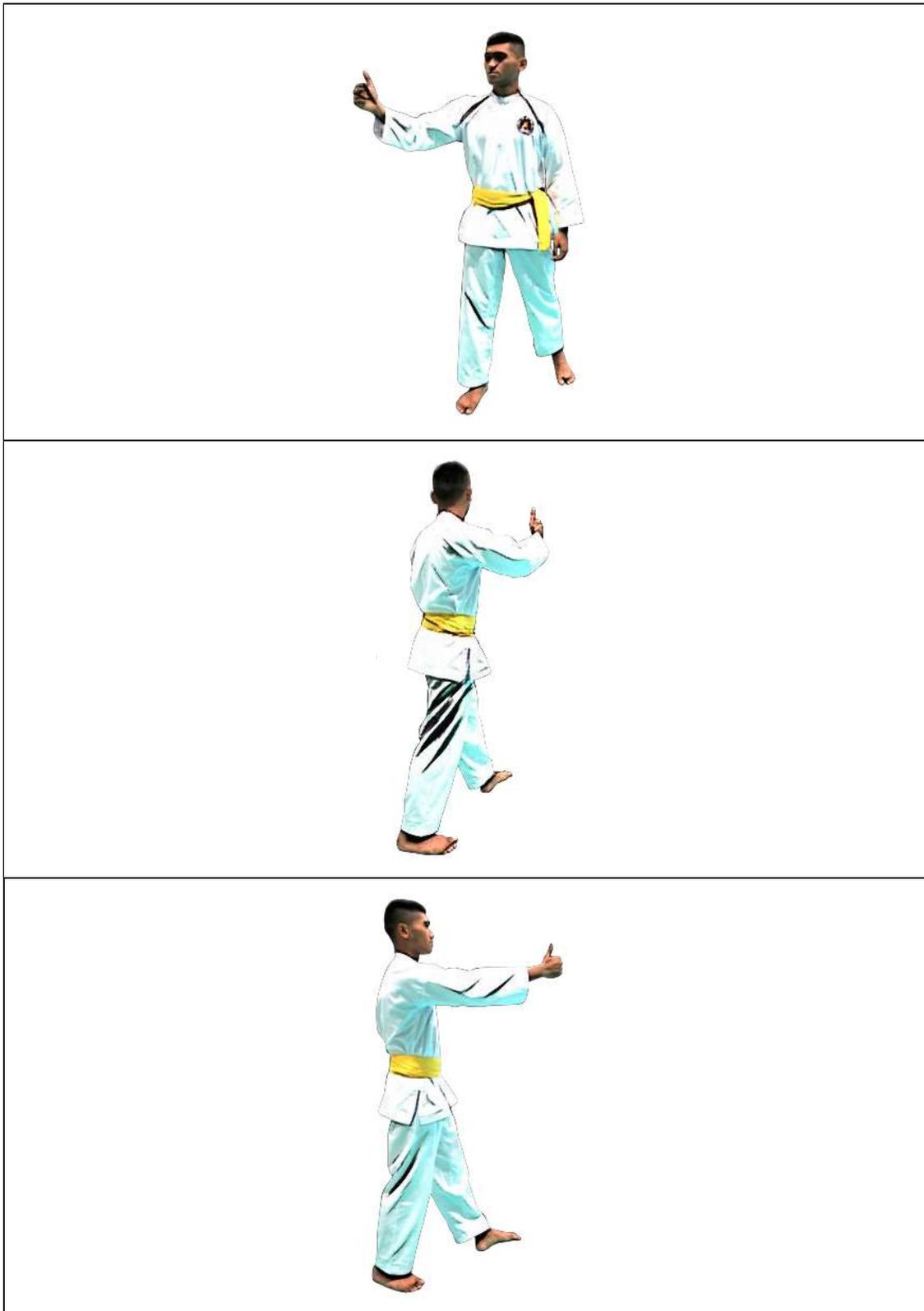
Coaches are not allowed to step out of the Coach Box during verification, medical injury time or at any point of time the athlete is pushed back to their corner during the match, except for during break in between rounds to assist athletes with stretching, wiping of vest & sweat, etc.

Wasit Briefing

	 <p>Neck and above</p>	 <p>NO</p>
 <p>Kick to the knee</p>	 <p>NO</p>	 <p>Attack to the groin</p>



## Check on Juri Readiness



*Sedia (Ready)*

When Wasit command "SEDIA" both arms need to be straight up (an arm length) between both athletes, acting as a barrier.

Athlete must stay still at the position until Wasit command "MULAI".



*Mulai (Start)*

*Berhenti / Ti (Stop)*



*To Fight*

Wasit to show fist bump hand signal when both athletes did not make any moves or techniques (attacking) within ten (10) seconds.

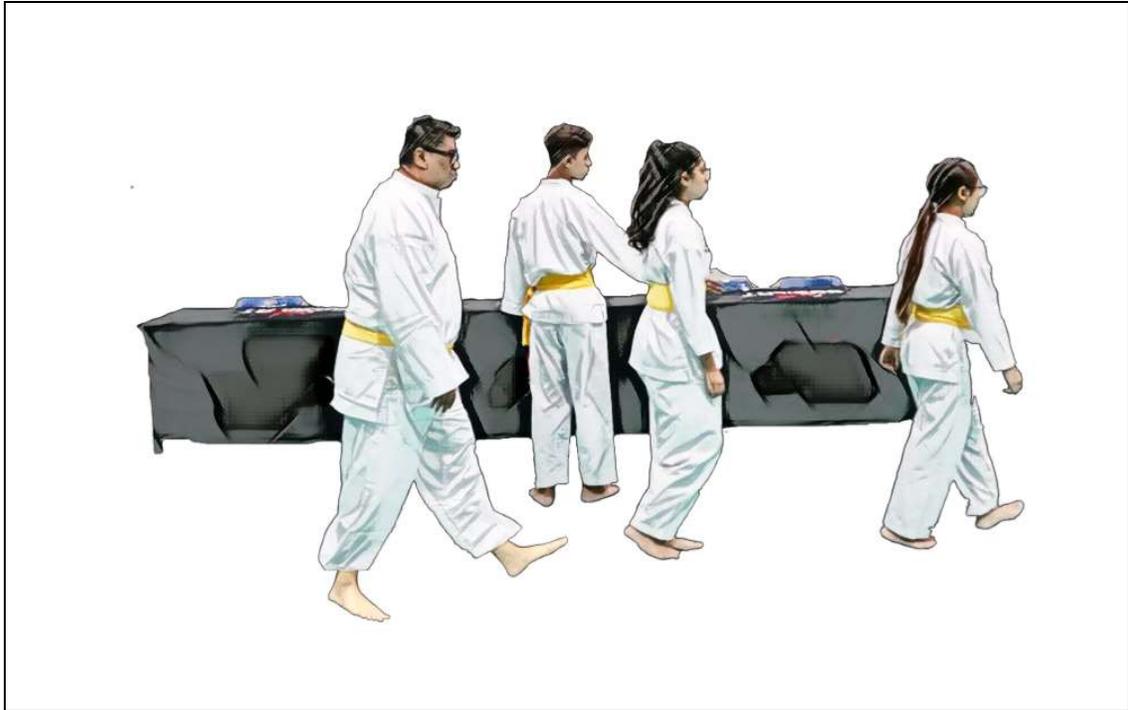


Return to Coach Corner for Break



Return & Exit the Arena – complete duty

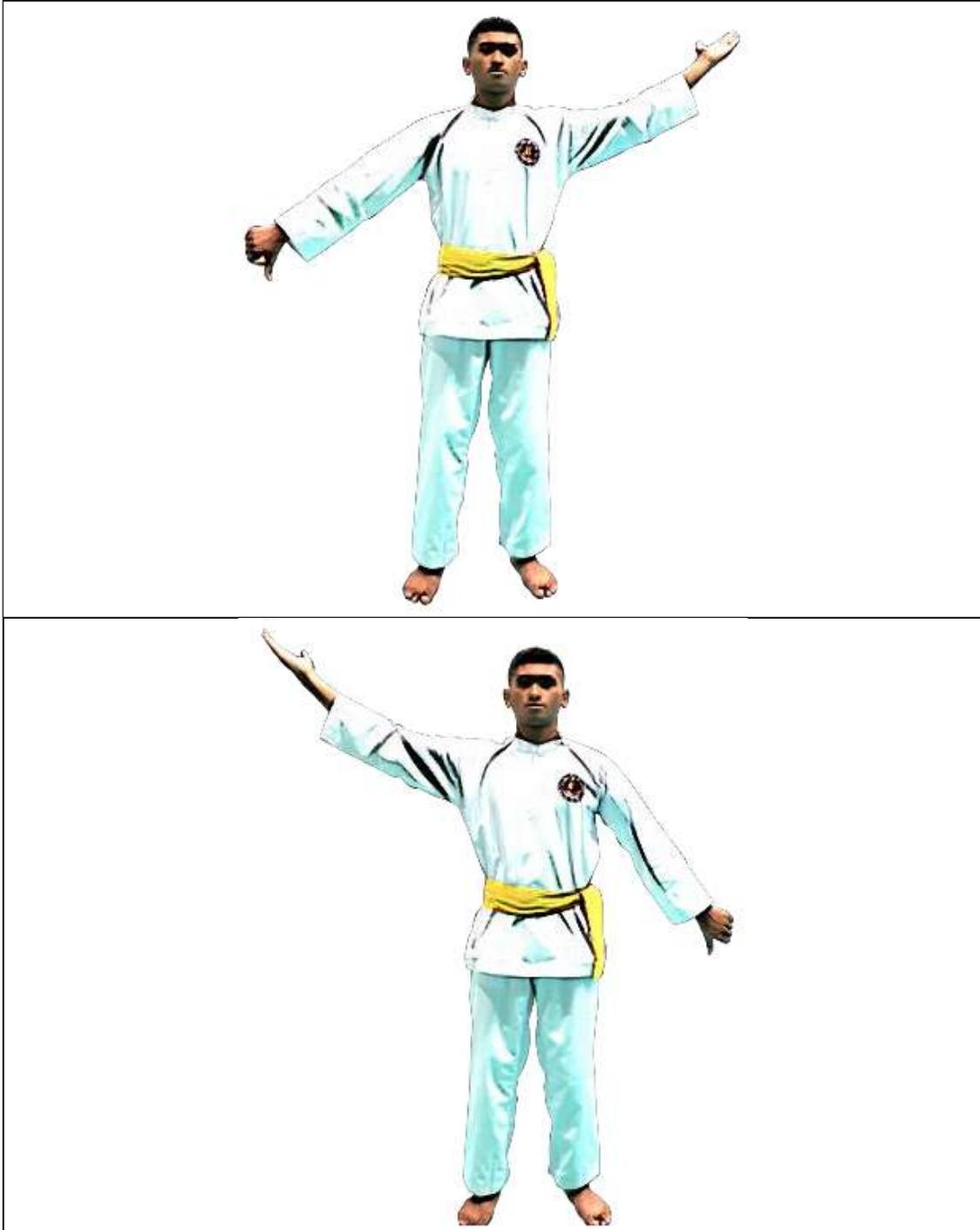




## Appendix 1.2 – Aba-aba for Dropping Technique

Valid Drop

Wasit to hold for 3 seconds when showing valid drop.



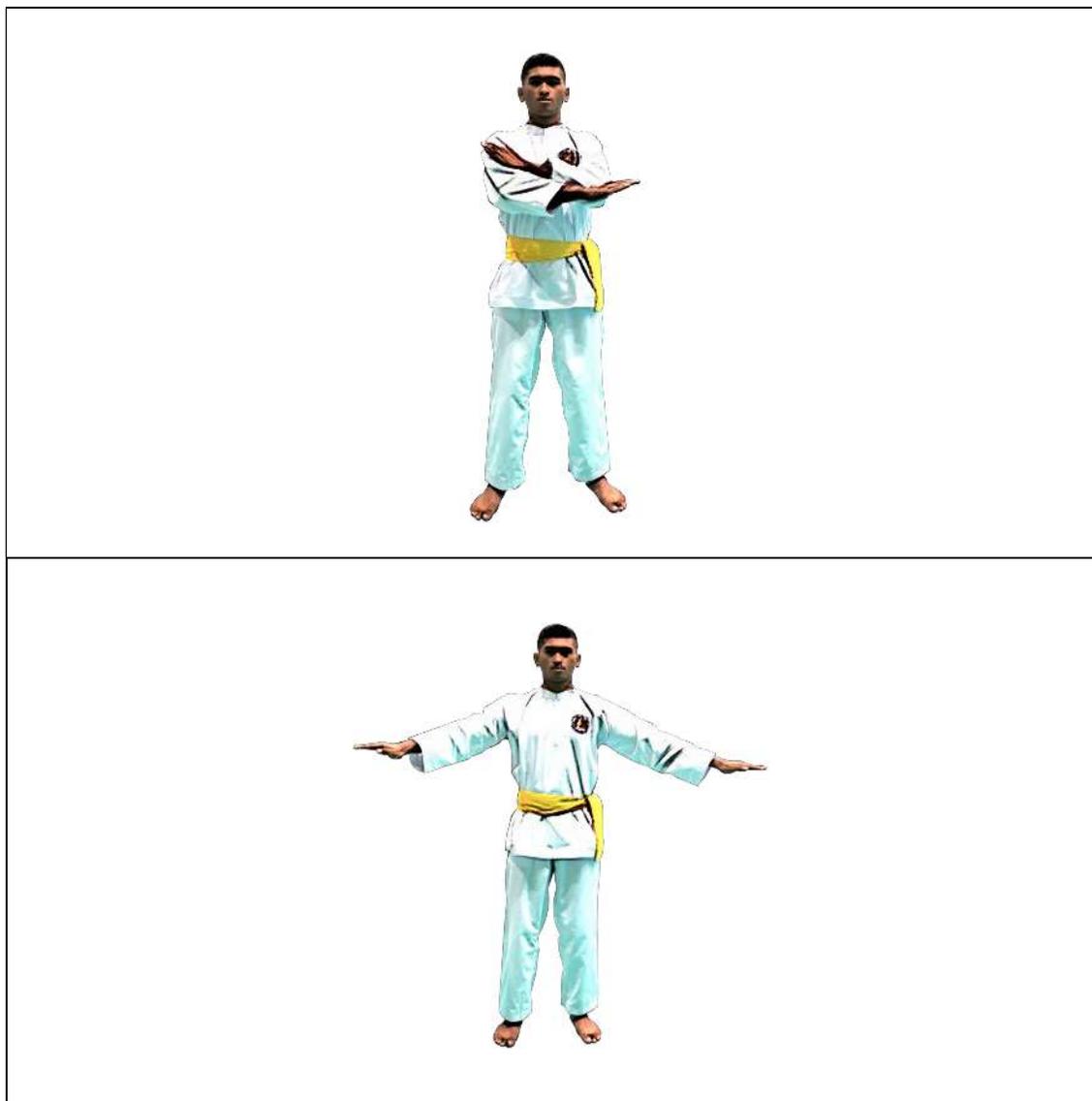
## Invalid Drop

- a. *Upon witnessing the process of athletes performing any dropping techniques (inclusive of pulling, tugging, locking) the Council will immediately start the counting of 5-seconds through a countdown timer or device. The Council will sound the alert/notification on the count of five, to notify the Wasit on the ground.*

*Wasit will show "Invalid Drop" if the dropping technique is unsuccessful within the 5 seconds.*

- b. *For an athlete who grabbed or touched their opponent to perform dropping techniques, however the athlete slipped and fell on their own without any contact from the opponent, it will be considered as "Invalid Drop".*

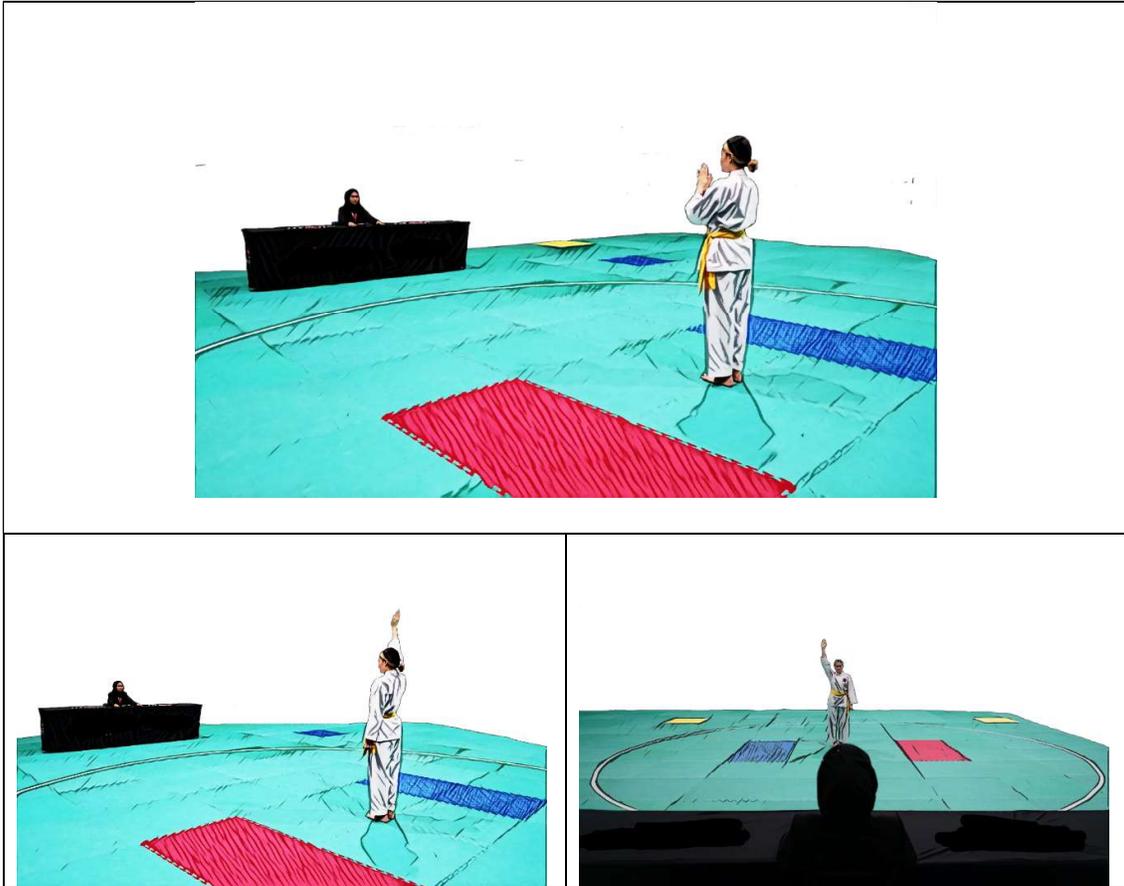
*Wasit may request to view the VAR System to confirm the technique.*



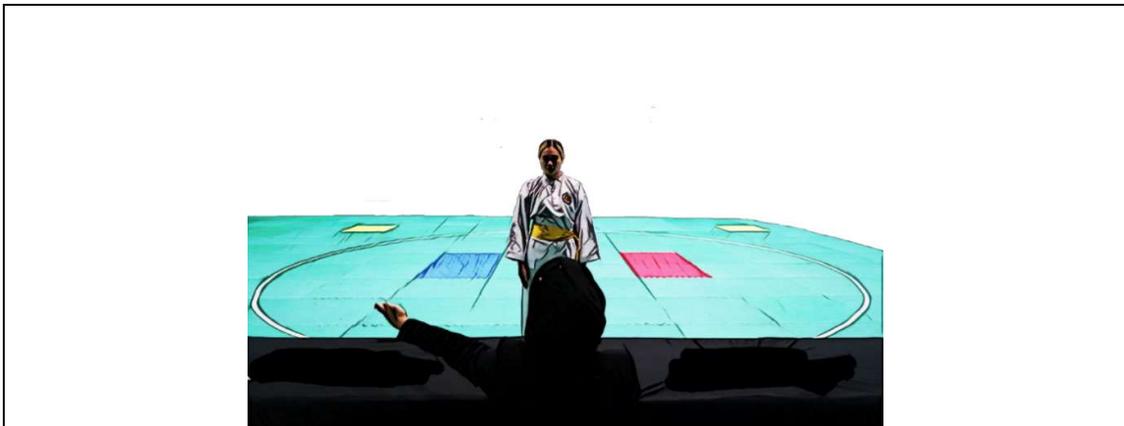
### Appendix 1.3 – Juri Verification

Command by Wasit : Permission to request for Juri Verification for

- Dropping Technique
- Penalty (Illegal Attack)



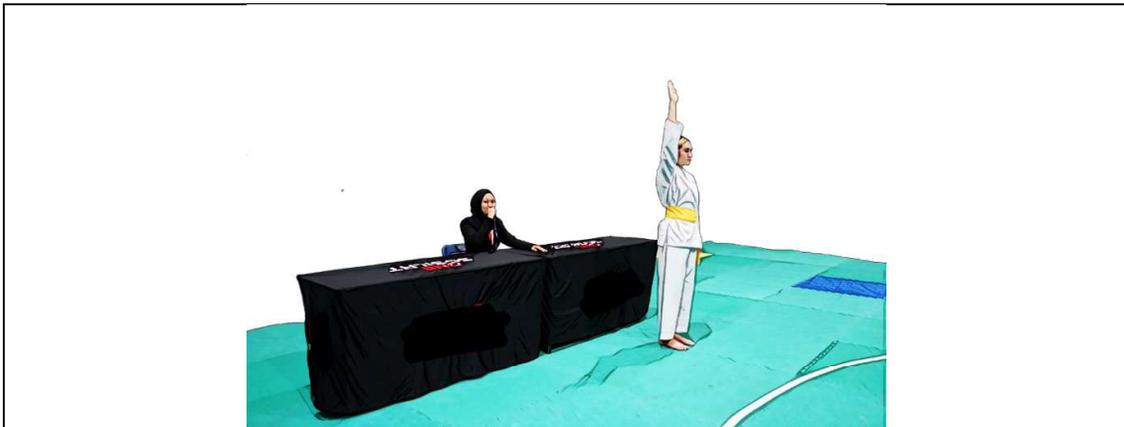
Wasit to explain why he/she requested for a Jury Verification. Competition Chairman will announce the issue raised by the Wasit.





Wasit will proceed to stand to the left of the Chairman, raising his right hand up straight.

Competition Chairman will announce the verification request and blow the whistle for the juries to input their decision.



Corner Coach are not allowed to protest on the result after a Juri Verification.

The decision from a juri verification is final.

Announcement for Juri Verification will be done by Competition Chairman upon Wasit request, as follow:

#### **Drop Verification**

*"Drop Verification!"*

*"Valid/Invalid Drop!"*

#### **Penalty Verification**

*"Penalty Verification for illegal attack..."*

This include: attack to the face, attack to the groin, attack to the thigh without follow up with a valid attack, direct attack to the knee, and many more.

## Valid / Penalty for Red



## Valid / Penalty for Blue



## Invalid / No Penalty



*\*This flag verification is applicable only if Scoring System is not in use due to specific reasons.*

## Appendix 1.4 – Winner Decision

Wasit to hold for 3 seconds when announcing the winner, facing the Chairman only.



### Appendix 1.5 – Aba-aba Not to be Used in Pencak Silat Competition

The following aba-aba (hand signal) is no longer in used in the Pencak Silat competition. This is due to improvement and upgrading towards the International Pencak Silat Competition Rules and Regulations.


Hand/palm on top of another

Invalid Drop (5-seconds of doing dropping technique is up)

### Appendix 1.6 – Aba-aba for 2 Second Counterattack

The following aba-aba (hand signal) will be used to indicate that the athlete has exceeded the 2 seconds counterattack timing. Counterattack completed after the 2 seconds; the technique will be invalid.



## Article 10: Prohibition

There are four (4) categories of prohibitions:

- Light
- Moderate
- Serious
- Disqualification

### Light Violation (Verbal Warning)

1. No “*Pola Langkah*” before making any attacks if there are gap between competitors.
2. No running is allowed.
3. Stepping out of the arena, intentionally or unintentionally, including if athlete falls outside of the arena.
4. Athlete walking inside arena.
5. Athlete jumping around in the arena.
6. Athlete not on-guard position (standing without stances).
7. Athlete clinching both fists.
8. Athletes in *Sikap Pasang*, but no action was made within 10-seconds.
9. Disregarding the Wasit’s instructions; An athlete must always follow the instructions of the Wasit.
10. Doing sweeping / scissors technique when distance between opponent is more than 1 metre.

### Moderate Violation (Reprimand)

1. Following act or techniques may result the Wasit to issue Reprimand to the athlete;
  - Touch the opponent and elbow
  - Touch the opponent and knee
  - Grab the neck
  - Kick or step on the thigh while opponent is on the ground
  - Continue to clinch/grab after a valid and legal dropping technique
    - o Lift and slam opponent to the ground after legal dropping
  - Continue to punch or kick after valid and legal dropping technique
  - Slice/Graze to any illegal area unintentionally without causing any injury
  - An attack is made to the valid area, but slipped up/down to illegal area, intentionally or unintentionally.
2. Scratching and pulling the opponents' hair/scarf.
3. Technical Counting by Wasit. Example: Due to valid attack, due to poor fitness, unable to be in ready position upon Wasit command, etc.
4. Time delaying tactics. Example: Moving slowly, tying of hair when its not loose, adjusting shin / forearm guard when its not required, removing medical tape randomly, etc.
5. Making an attack after end of round, signified by the sound of gong and/or Wasit. Once the Wasit has made the call of time, any action initiated by the athlete shall be considered illegal.
6. Avoiding the opponent by hiding behind the Wasit purposely, without touching.
7. Grabbing the vest and hand / shirt with two hands.
  - a. Grabbing of vest with 2 hands to prevent from dropping is not allowed.
  - b. Grabbing of vest with 2 hands to execute dropping technique is not allowed.
  - c. Grabbing of vest and hand is not allowed.
  - d. Grabbing of vest and shirt is not allowed.

### Serious Violation (Warning)

1. Any attack to illegal parts of the body intentionally or unintentionally (Wasit may request for VAR).
  - a. Neck, head and groin.
  - b. Single attack to the thigh area without immediate follow up with a valid attack.
  - c. Direct attempts to break the joints.
    - i. Direct kick to the knee
2. Attack with head (Head butt).
3. Grab/grip or hold while elbow the opponent.
4. Grab/grip or hold while knee the opponent.
5. Hammer kick or push kick after scissors technique.
6. Avoiding the opponent by hiding while touching, hugging, holding, pushing, or grabbing the Wasit.
7. Touching the Wasit at any point during the match.
8. Causing injury to the opponent by attacking before/after Wasit commands *Mulai/Ti*.
9. Pile driving (12 to 6).
10. Biting and spitting on opponent.
11. Fingers outstretched toward an opponent's face/eyes in the standing position.
  - a. An athlete that moves his arm(s) toward his opponent with an open hand, fingers pointing at the opponent's face/eyes, will receive a warning.
12. Executing improper defensive technique intentionally
  - a. Purposely ducking / bending / diving towards opponent's attack towards legal area.

## Disqualification

1. Receiving a Warning III.
2. Vomiting in the arena.
  - a. If athlete runs to the corner and vomit in the bucket, it is allowed.
  - b. If athlete vomits in between round, in the bucket at the corner coach box, it is acceptable.
3. An athlete shall not engage in any unsportsmanlike behaviour during a match.
4. Once the Wasit has called for a stop to the brawl, athletes shall cease all offensive actions towards their opponent. If athlete takes longer than 10-minutes to change their uniform during games.
5. Refusing to continue the match although the Medical Team declare them fit to continue.
6. Wasit to conduct Technical Counting for the third time in a round.
7. An athlete, or team official and supporter physically or verbally abuses the ITD, Wasit Juri & Protest Commissioner and Operator during the ongoing match.
8. Pile Driving (12-6) or Supplex, where opponent fall neck first.
9. Failing to Meet Weight during Weighing-In
10. Failing the Doping Test
11. Failing to Pass Medical Check-up
12. Showing Tantrum (during game, break time or post game)
  - a. Leaving the arena due to unhappiness
  - b. Kicking the pail/bucket
  - c. Destroying competition equipment
  - d. Using/hurling vulgarities to opponent, Technical Officials on duty, or Corner Coach.

### Note:

- i. *During an ongoing match, athlete will be disqualified if they refuse to return to the arena after the third call. If athlete return before the third call, Warning 1 will be issued.*
- ii. *If an athlete breaks the code of ethic, a yellow card will be issued. Second yellow card within the same competition, will lead to a red card. Disciplinary committee will step in, and action will be taken.*
- iii. *If an athlete feigns, or exaggerate an injury, the Disciplinary Committee will evaluate the situation and further action will be taken.*

## Article 11: Warning & Penalties

Wasit will go towards the athlete to issue warning, reprimand, or penalties.

Wasit is not required to face the athlete when issuing out Warning I, Warning II, and Warning III. Wasit will only face Competition Chairman when showing the aba-aba (hand signal).

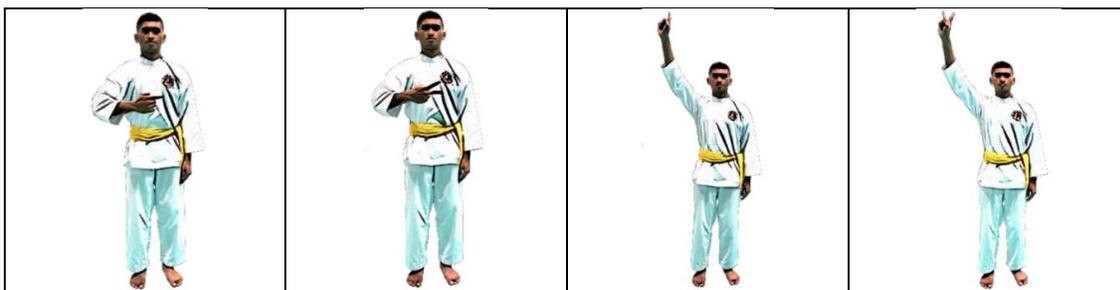


### Verbal Warning

1. Imposed when a light violation is committed.
2. No points will be deducted.

Will be added on consecutively for any light violation occurred in the same round.

Will reset in the following round.



### **Example 1**

Should an athlete step out of the arena intentionally Round 1, the athlete will be issued with Verbal Warning.

And should the athlete repeat the same violation again in the same round, the athlete will be issued with Verbal Warning II.

However, when the athlete commits the same violation in Round 2, the athlete will be issued with Verbal Warning I, as the issuance of the penalty will be reset.

**Example 2**

If the athlete commits a violation by stepping out of the arena intentionally at Round 2, the athlete will be issued with Verbal Warning I.

In the same round, the athlete commits another light violation – No Pola Langkah – the athlete will be issued with Verbal Warning II.

And, if the athlete commits another different light violation – Clinching Both Fists – the athlete will be issued with Reprimand I.

Reprimand

*Reprimand I (1-point deduction)*

1. Imposed when an athlete commits a light violation for the third time in the same round.
2. Imposed when a moderate violation is committed.

*Reprimand II (2-points deduction)*

1. Given when an athlete commits another violation, after Reprimand I have been issued within the same round.

Will reset in a new round.

**Example 1**

Athlete already committed light violation – stepping out of the arena intentionally – two times in the same round. The athlete will be issued with Reprimand I when the athlete commits any light violation in the same round.

**Example 2**

When the athlete committed a moderate violation in Round 1. And Wasit already has issued out Reprimand I.

Next the athlete committed a light violation in Round 2, the athlete will be issued with Verbal Warning instead of Reprimand II, as it will be reset in a new round.

Warning

*Warning I (5-points deduction)*

1. Imposed when an athlete commits any violation after Reprimand II has been issued within the same round
2. Imposed when a serious violation is committed.

*Warning II (10-points deduction)*

1. Warning II will be issued if the athlete commits another serious violation after Warning I have been issued regardless of rounds in the match.

All warnings will be followed throughout all rounds in the match.

**Example 1**

The athlete commits a serious violation in Round 1, Wasit will issue out Warning I immediately.

And when the athlete commits another serious violation in Round 2, Wasit will issue out Warning II immediately to the athlete. As the Warning will follow throughout all rounds for that game and will not reset in the next round.

*Disqualification (Warning III)*

1. Receiving a Warning III.
2. Vomiting in the arena.
  - a. If athlete runs to the corner and vomit in the bucket, it is allowed.
  - b. If athlete vomits in between round, in the bucket at the corner coach box, it is acceptable.
3. An athlete shall not engage in any unsportsmanlike behaviour during a match.
  - a. Once the Wasit has called for a stop to the brawl, athletes shall cease all offensive actions towards their opponent.
4. If athlete takes longer than 10-minutes to change their uniform during games.
5. Refusing to continue the match although the Medical Team declare them fit to continue.
6. Wasit to conduct Technical Counting on athlete for the third time in a round.
7. An athlete, or team official and supporter physically or verbally abuses the ITD, Wasit Juri & Protest Commissioner and Operator during the ongoing match.
8. Pile Driving (12-6) or Supplex, where opponent fall neck first.
9. Failing to Meet Weight during Weighing-In
10. Failing the Doping Test
11. Failing to Pass Medical Check-up

12. Showing Tantrum (during game, break time or post game)
- a. Leaving the arena due to unhappiness
  - b. Kicking the pail/bucket
  - c. Destroying competition equipment
  - d. Using/hurling vulgarities to opponent, Technical Officials on duty, or Corner Coach.

*Note:*

- iv. During an ongoing match, athlete will be disqualified if they refuse to return to the arena after the third call.*

*If athlete return before the third call, Warning 1 will be issued.*

- v. If an athlete breaks the code of ethic, a yellow card will be issued. Second yellow card within the same competition, will lead to a red card. Disciplinary committee will step in, and action will be taken.*
- vi. If an athlete feigns, or exaggerate an injury, the Disciplinary Committee will evaluate the situation and further action will be taken.*

## Technical Counting

How to do Technical Counting?

Wasit will carry out to perform Technical Counting when athlete is unable to be in sikap pasang when Wasit command Sedia.

1. Upon seeing the athlete unable to be in *sedia* position. Wasit will call the athlete; “*Pesilat, Sedia!*” two times.
2. If athlete struggle, Wasit will start the Technical Counting process.
  - a. Left hand directing to the injured athlete
  - b. Right hand moves to do the counting – 1 to 9
  - c. If athlete able to do *Pola Langkah*, and be in *Sedia* position, in between the Technical Counting, after the counting reaches 9, Wasit will issue out Reprimand I to the athlete for wasting time and resume the match.
  - d. If athlete is still unable to get up, Wasit will finish the counting – 10.
3. Athlete will receive Warning III (Disqualification) after three Technical Counting in the same round.
4. For athlete who refused to get up after receiving a valid and legal attack, Wasit will call in Doctor/Medic to verify whether the athlete is fit or unfit to continue.
  - a. If athlete is declared fit but refuses to get up after being called “*Pesilat, Sedia!*” 3-times, Wasit will continue with Technical Counting.
  - b. If the athlete has fits or spasm, Wasit to stop Technical Counting, and call in Doctor/Medic to attend to athlete. Doctor/Medic is to certify whether the athlete is fit or unfit to continue the match.
5. For athlete who refused to get up after receiving a valid and legal attack, however, there is a protest and claim the attack was illegal.

Competition Chairman will get a confirmation from Wasit, and Wasit will proceed to request on viewing the VAR System. Then, Wasit will call in the Doctor/Medic to check on the athlete.

Upon viewing the VAR System, and Protest Commissioner has stated that the attack is valid.

If Doctor/Medic declared the athlete is fit to fight, after being called with “*Pesilat, Sedia!*” 3-times, the athlete will be issued with Warning I (-5 points) for wasting time.

If the Doctor/Medic declared the athlete is unfit to fight, the athlete will be disqualified.

## Appendix 2 – Aba-Aba for Violations

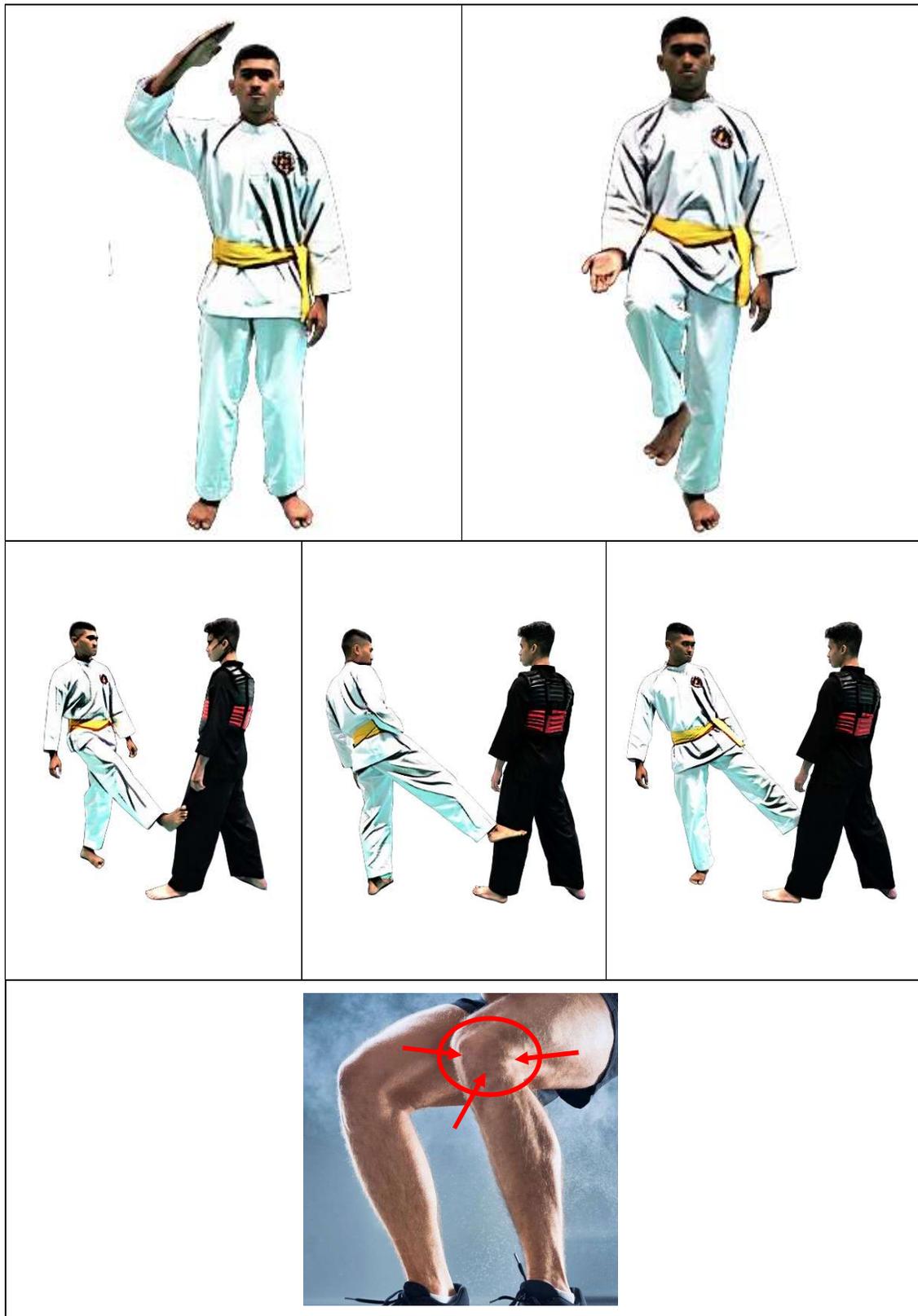
### Stepping out of Arena



### Attacking before/after command



## Illegal Attack



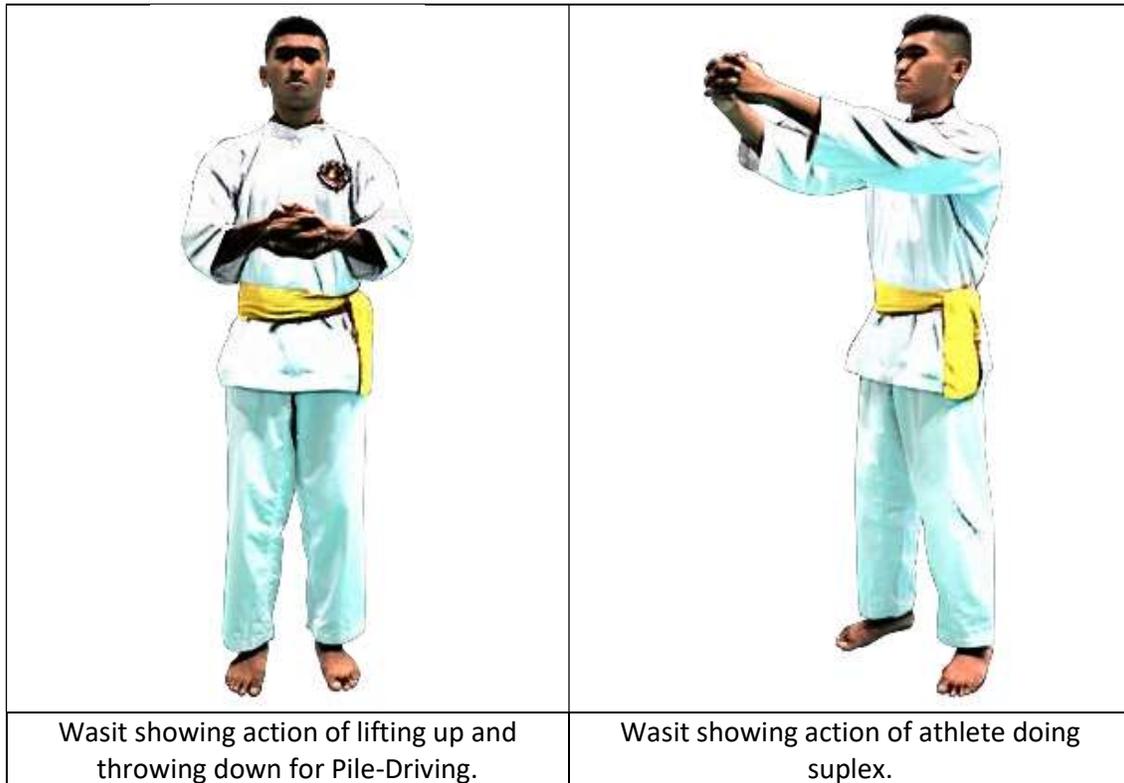
Sweeping / Scissors further than 1m



Scratching / Pulling Opponent Hair / Scarf / Face



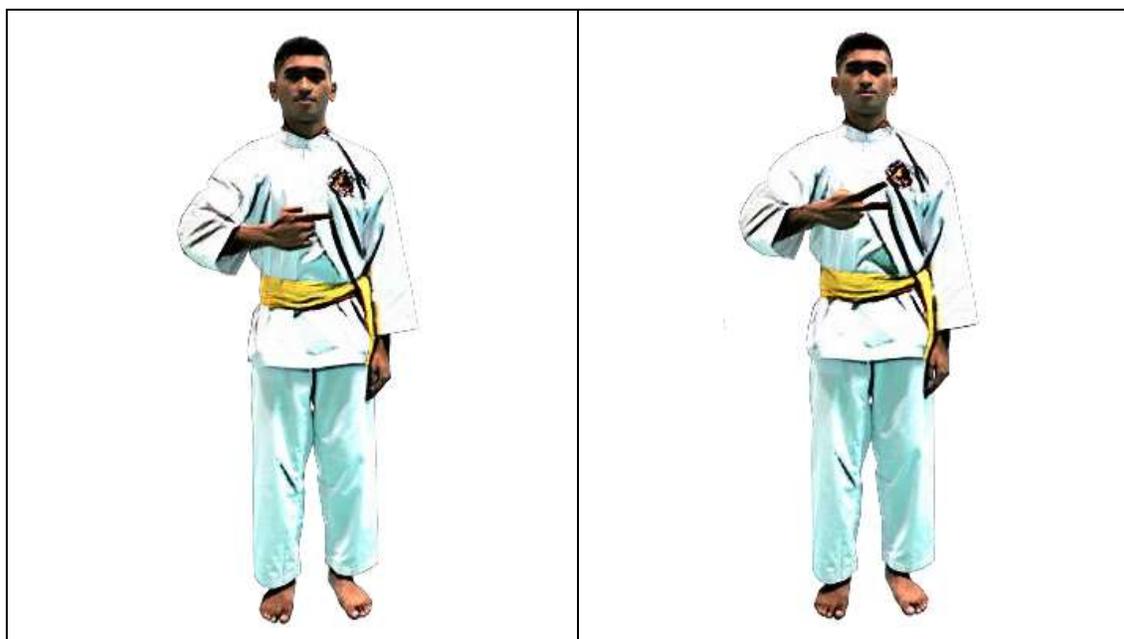
### Pile Driving (12 to 6) & Suplex



### Appendix 3 – Aba-Aba for Penalties

#### Verbal Warning I / II

Wasit to extend hands out in an in-out movement.



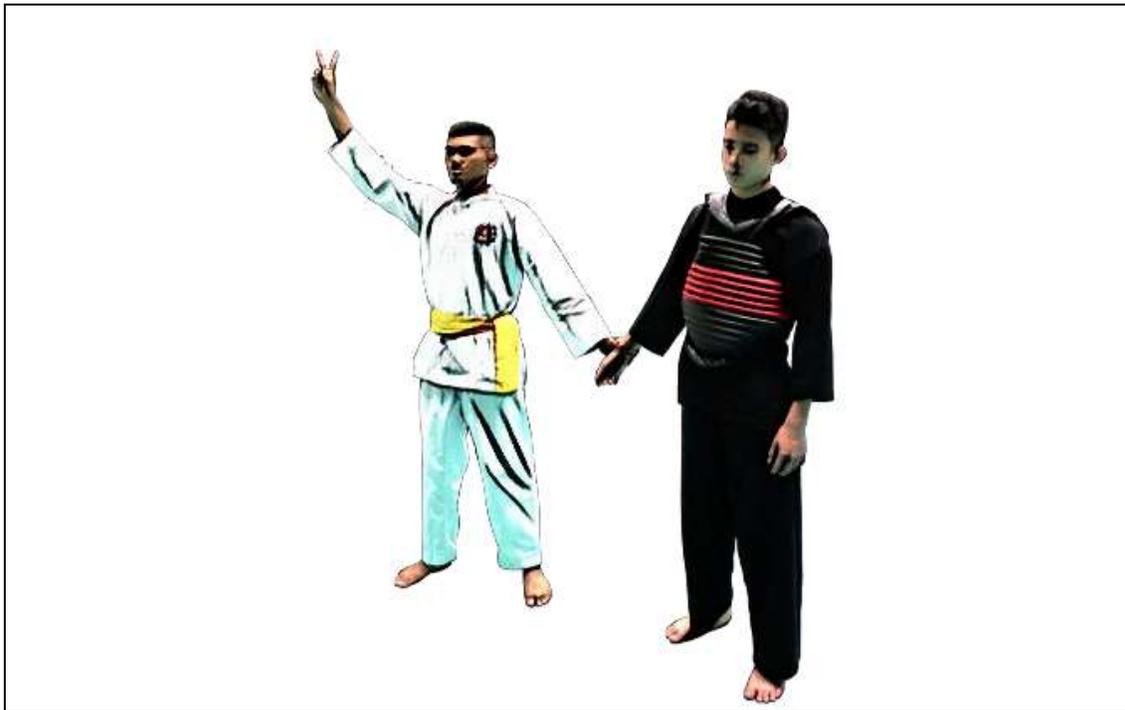
## Reprimand I / II



## Warning I



Warning II



Warning III (Disqualification)



## Protocol and Procedure in Issuing Warning III (Disqualification) involving Locking Technique/Submission

An athlete is allowed to do locking techniques to its opponent with a timeframe of 5-seconds.

If the athlete who is being locked shows signs of submission physically or verbally, the athlete will be disqualified.

### **i. Submission / Physical Tap Out**

When an athlete physically uses parts of their body to indicate that he or she is unable to bear the pain or no longer wishes to continue.

### **ii. Submission / Verbal Tap Out**

When an athlete verbally screams in pain or distress. Screaming while being locked will lead to disqualification.

### **iii. Technical Submission**

When a legal submission act results in unconsciousness or broken/dislocated bone(s)/joint(s).

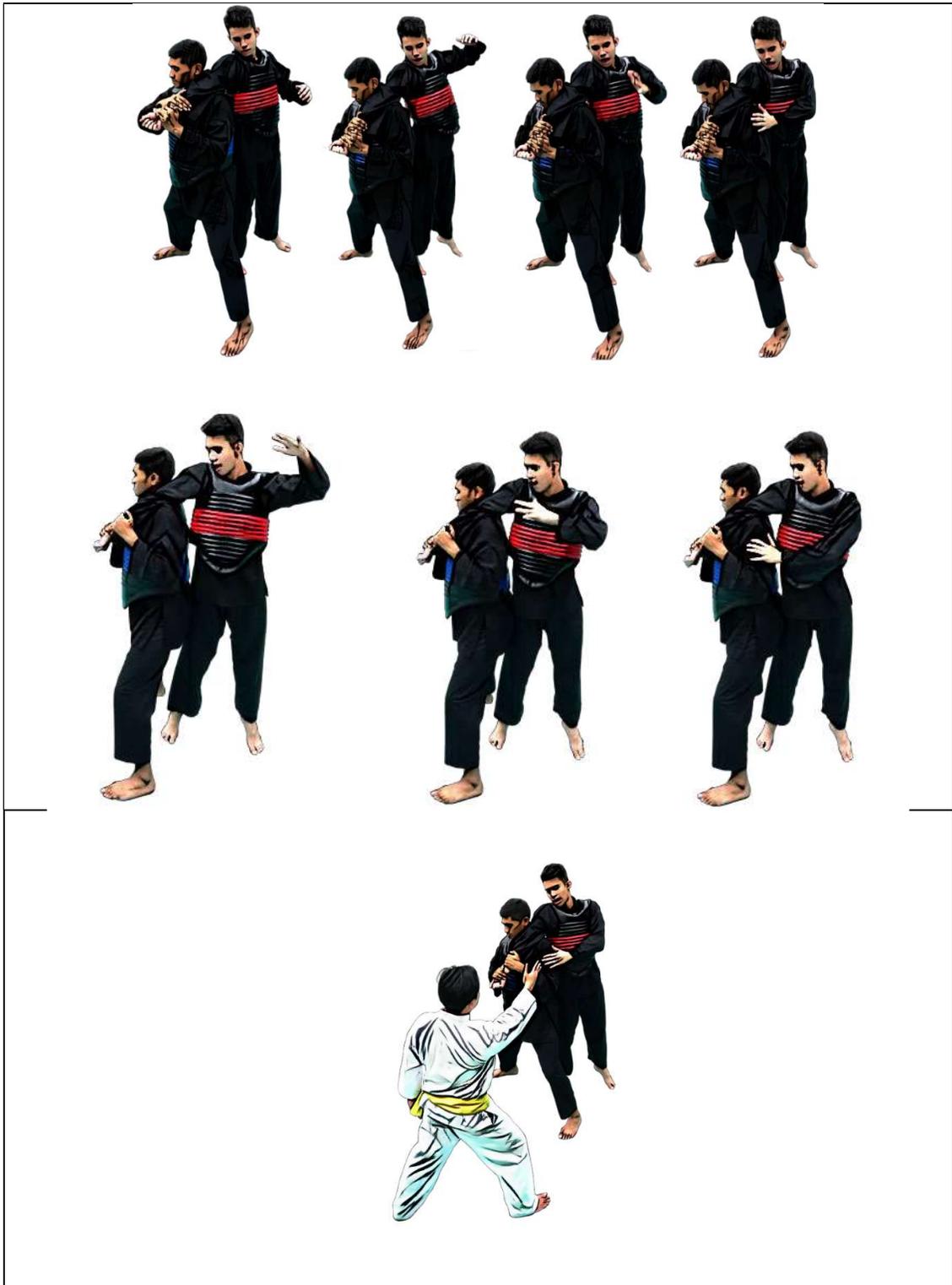
**\*Technical Knock-Out** or stoppage by Wasit, is declared when the Wasit decides that the athlete cannot safely continue the match for any reason. It can also be declared by the Medical Team on duty attending to the competitor.

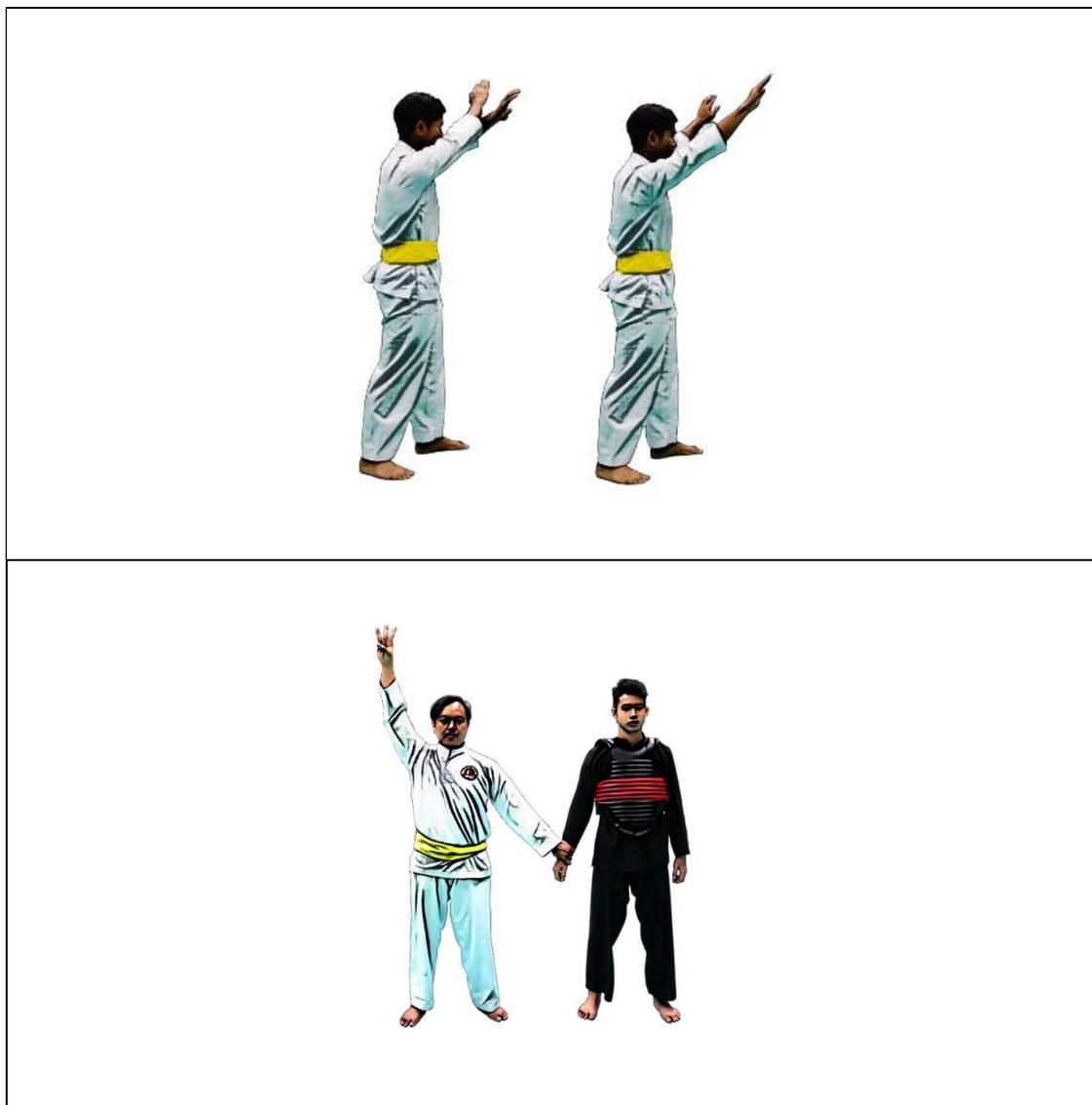
Following are some of the locking techniques, and images below are some of the samples:

1. Standing Armbar
2. Locking the Wrist
3. Locking the Ankle
4. Shoulder Lock (standing)

### **Aba-aba for Athlete Standing**

1. Once the athlete who is being locked, verbally give up or tap to give up, Wasit will immediately stop the game.
2. Wasit will then show signal of Open & Closed "X-V-X-V" Formation Signal to the Competition Chairman.
3. Issue out Warning III (with one hand holding to athlete lower arm or its uniform's sleeve) to the athlete who tapped.
4. Wasit will proceed to declare the Winner.
5. If further medical attention required, Wasit to call in Medic on duty.





#### Aba-aba for Athlete on the Ground

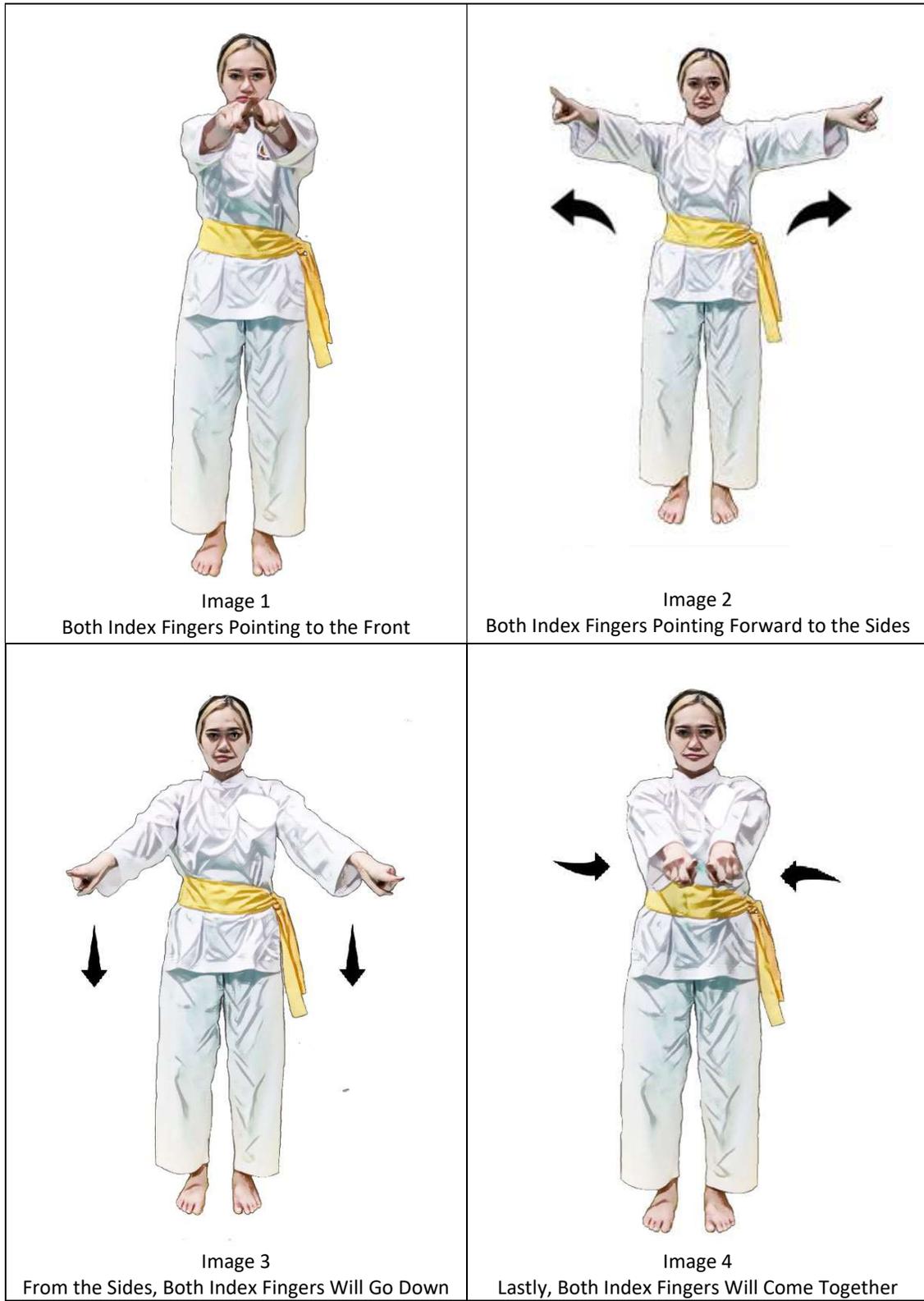
1. Once the athlete who is being locked, verbally give up or tap to give up, Wasit will immediately stop the game.
2. Wasit will then show signal of Open & Closed “X-V-X-V” Formation Signal to the Competition Chairman.
3. Issue out Warning III (with left hand pointing towards the athlete on the ground – without holding) to the athlete who tapped.
4. Wasit will proceed to declare the Winner.
5. If further medical attention required, Wasit to call in Medic on duty.



## Appendix 4 – Aba-aba for Technical Counting

	<p>Left hand directing to the injured competitor.</p>
	<p>Right hand moves to do the counting.</p>
	<p>Technical counting ended.</p>

Appendix 5 – Aba-aba for Protest – Request to View Video Assistant Replay



## Article 12: Injuries and Accidents in Competition

### Injury

1. When an athlete is injured, the Wasit shall stop the match and call the Medical Team. The Medical Personnel is authorised to diagnose and treat injury only.
2. An athlete who got injured during a match and requires medical treatment will be given five minutes for treatment.
  - a. If treatment is not completed within the time allowed, the Medical Team will decide if the Athlete is able to continue or will be declared unfit to fight.
3. If an athlete suffers a low blow (attack to the groin), five minutes will be given for athlete to recover.
4. If there is an open cut, Medical Team must first stop the bleeding. If successful, Vaseline must be applied to cover the cut before athlete can continue the match.
  - a. Medical Team must not apply injury bandage as it may affect the smooth running of the match.
  - b. Medical Team will treat the injury proper once the match is over.

### Types of Bandages That Will Not Allow Athlete to Continue Match



### Types of Bandages That Will Allow Athlete to Continue Match



### Improper Defensive Technique

1. When a concurrent attack happens and one or both of athlete falls, the dropping will be validated by the following criteria:
  - a. If one of them is not able to get up, Wasit must start technical counting immediately.
  - b. If both are not able to get up, Wasit must start technical counting to both athletes immediately.
  - c. If both are not able to get up by the count of 10, the winner will be the one with the highest score.
  - d. If no points have been awarded, both athletes will proceed to the weighing scale to check their weight, and the one who is lighter will win.
    - i. Weighing scale will be ready at the Arena.
2. When executing a blocking technique against a valid attack towards Body Protector causes injury to self,
  - a. If athlete refuses to continue will lead to disqualification.

### **Explanation:**

1. *When the doctor declared an athlete unfit, the doctor must indicate the reason.*
  - a. *E.g. Not fit due to non-stop bleeding, etc.*
2. *The Wasit should call the Medical Team when an athlete is injured and needs medical treatment by raising his hand and verbally call out "Medic"*
3. *The Medical Team is obliged to make safety recommendation.*

## Article 13: Protest

There are two types of protest:

1. Coach Protest
2. Team Manager Protest

### Coach Protest

1. Corner Coach must stand straight and firm at the Coach Box area, raising the protest card with their right hand. If the Council or Competition Chairman is unaware, Corner Coach is allowed to voice out clearly “BLUE / RED PROTEST” once.
2. Council will head towards the coach with a microphone. The Coach is required to state the protest within 10-seconds to the Protest Commissioner. Council will record the objection accordingly.
3. Once decision is made, Protest Commissioner will raise the result card.
4. Decision made by Protest Commissioner is final. However, Technical Delegate would have the right to override the decision, if the decision made is biased, and may cause discrepancy.
5. Protest card will not be returned to the corner coach.
6. Opponent’s corner coach is not allowed to counter the protest on the same issue.
7. Coach Protest is not allowed after a juri verification.

### Coach Protest

- a. Coach will be given two (2) Protest Card for each match to be used throughout the three (3) rounds.



- b. During competition, Coach will raise the Protest Card in objecting the Wasit decision and request to look at the Video Replay.

For Corner Coach who may have difficulties in stating their protest in English language, they are required to have their own team members or translator who is able to communicate in English to be on standby within the Field of Play (FOP).



## Guide List

Following are the list for Coaches to use the terms for their protest.

S/N	Category	Description
1	Valid Drop	Valid Drop for Red/Blue Corner, Opponent Fell First
2	Valid Drop	Valid Drop for Red/Blue Corner, Knee Touch the Mattress First
3	Valid Drop	Valid Drop for Red/Blue Corner, Hand Touch the Mattress First
4	Valid Drop	Valid Drop for Red/Blue Corner, Counter Action by Doing Scissors
5	Valid Drop	Valid Drop for Red/Blue Corner, Counter Action by Pulling
6	Valid Drop	Valid Drop for Red/Blue Corner, there is Contact When Opponent in Process of Doing Scissors
7	Valid Drop	Valid Drop for Red/Blue Corner, there is Contact When Opponent in Process of Doing Sweep
8	Invalid Drop	Invalid Drop for Red/Blue Corner, Hands and Knee Did not Touch the Mattress
9	Invalid Drop	Invalid Drop for Red/Blue Corner, Athlete Doing a Knee Down Attacking Technique
10	Invalid Drop	Invalid Drop for Red/Blue Corner, Athlete Fall Outside the Line
11	Illegal Attack	Illegal Attack by Red/Blue Corner – Punch to the Face
12	Illegal Attack	Illegal Attack by Red/Blue Corner – Kick to the Face
13	Illegal Attack	Illegal Attack by Red/Blue Corner – More than 1 Contact After Scissors
14	Illegal Attack	Illegal Attack by Red/Blue Corner – More than 1 Contact After Sweep
15	Illegal Attack	Illegal Attack by Red/Blue Corner – Stomping to the Vest After Sweep
16	Illegal Attack	Illegal Attack by Red/Blue Corner – Stomping to the Vest After Scissors
17	Illegal Attack	Illegal Attack by Red/Blue Corner – Elbow to the Face
18	Illegal Attack	Illegal Attack by Red/Blue Corner – Knee to the Face
19	Illegal Attack	Illegal Attack by Red/Blue Corner – Pull and Elbow
20	Illegal Attack	Illegal Attack by Red/Blue Corner – Pull and Knee
21	Illegal Attack	Illegal Attack by Red/Blue Corner – Pull the Neck
22	Illegal Attack	Illegal Attack by Red/Blue Corner – Kick Directly to the Knee
23	Illegal Attack	Illegal Attack by Red/Blue Corner – Kick to the Thigh without Follow-up
24	Illegal Attack	Illegal Attack by Red/Blue Corner – Pull and Push Athlete After Valid Drop
25	Illegal Attack	Illegal Attack by Red/Blue Corner – Continue Attacking After Dropping Opponent
26	Illegal Attack	Illegal Attack by Red/Blue Corner – Kick to the Groin
27	Illegal Attack	Illegal Attack by Red/Blue Corner – Pile Driving
28	Illegal Attack	Illegal Attack by Red/Blue Corner – Suplex

### Team Manager Protest

- a. Protest is raised after match result.
- b. Protest Fee is non-refundable.
- c. Protest Fee will be paid to International Pencak Silat Federation (100%).

### (First-Tier Protest)

1. No one may protest a match a judgement to the members of the Juri Panel.
2. If a judging procedure appears to contravene the rules, the Team Manager are the only ones allowed to make a Team Manager Protest.
3. The protest will take the form of a written report submitted within 10 minutes after the match.
4. The protest must be submitted to the Chairman. In due course the First-Tier Protest Committee will review the circumstances leading to the protest.
5. Any protest concerning application of the rules must be announced by the Team Manager no later than ten minutes after the end of the match. The Team Manager will request the official protest form from the Competition Chairman and will have twenty minutes to have it completed, signed, and submitted to Organizing Committee with the payment of USD300.00 (must be in USD currency only).
6. The Organizing Committee will hand the completed protest form to the Technical Delegate that will have 2 hours to discuss and render a decision.
7. Composition of the First-Tier Protest Committee are: Technical Chairman, Competition Chairman and Protest Commissioner/VAR. The composition of the First-Tier Committee must not come from the affected team.
8. The First-Tier Protest Committee will make inquiries and investigations, as they deem necessary to substantiate the merit of the protest. Each member is obliged to give their verdict to the protest. Abstentions are not acceptable.
9. If a protest is found invalid, the First-Tier Protest Committee will notify the Team Manager that the protest has been declined via a written report.
10. If a protest is accepted, the First-Tier Protest Committee will notify the Team Manager for the affected match. The Competition Chairman will proceed to remedy the situation, including reversing previous result. The Technical Delegate must ensure that the decision will not disturb the program of the event in any significant manner.

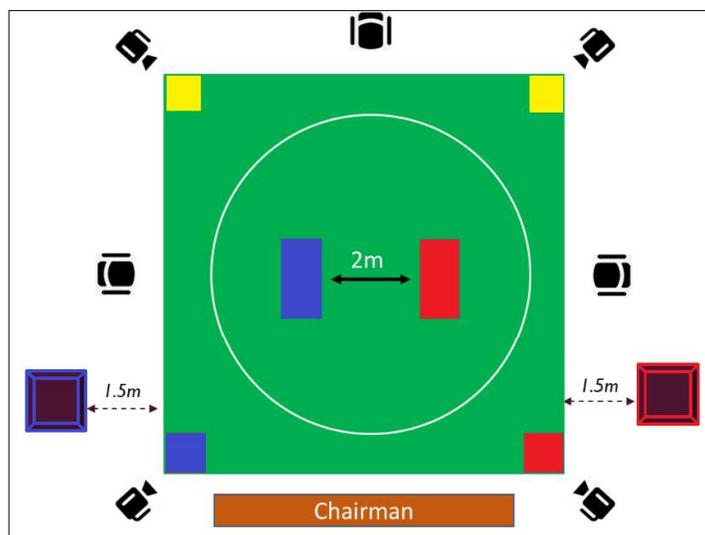
### Re-Appeal (Second-Tier Protest)

1. If Team Manager wants to re-appeal for a declined protest, they must request for another form and return it within 20 minutes, with a payment of USD200 (must be in USD currency only)
2. The Technical Delegate will inform the Second-Tier Protest Committee.
3. Composition of the Second-Tier Protest Committee are: Technical Delegate, Medical Team and 1 PERSILAT Executive Board Member. The composition of the Second-Tier Committee must not come from the affected team.
4. The Second-Tier Protest Committee will have three hours to render a decision.
5. If a protest is found invalid, the Second-Tier Protest Committee will notify the Team Manager that the protest has been declined via a written report.
6. If a protest is accepted, the Second-Tier Protest Committee will notify the Team Manager for the affected match. The Competition Chairman will proceed to remedy the situation, including reversing previous result. The Technical Delegate must ensure that the decision will not disturb the program of the event in any significant manner.
7. Decision made by the Second-Tier Protest Committee will be final.

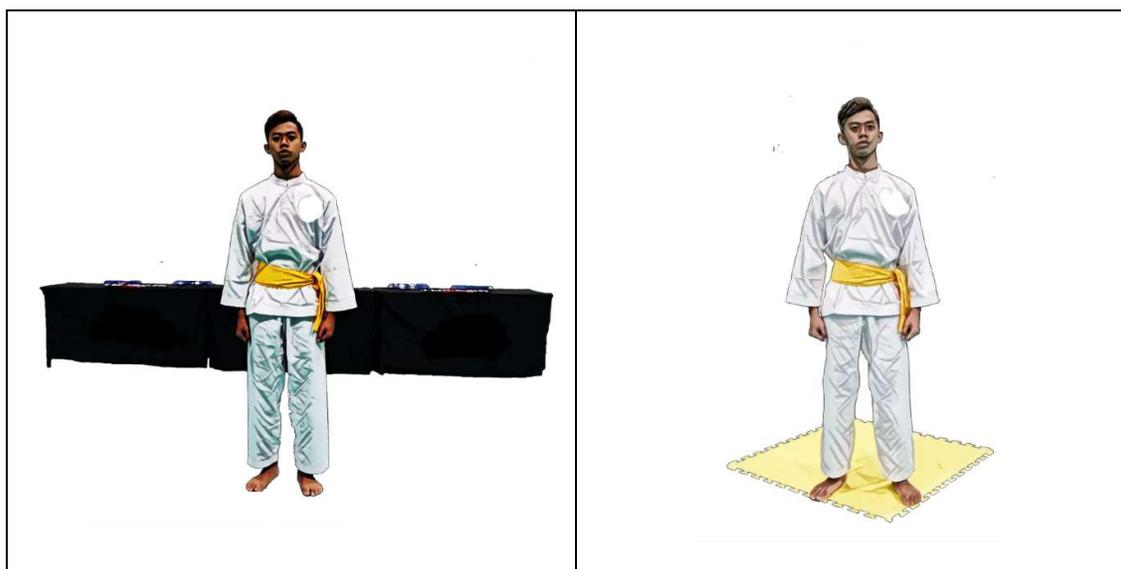
## Article 14: *Tanding* (Match) Rules

### Article 14.1: *Tanding* Competition Area

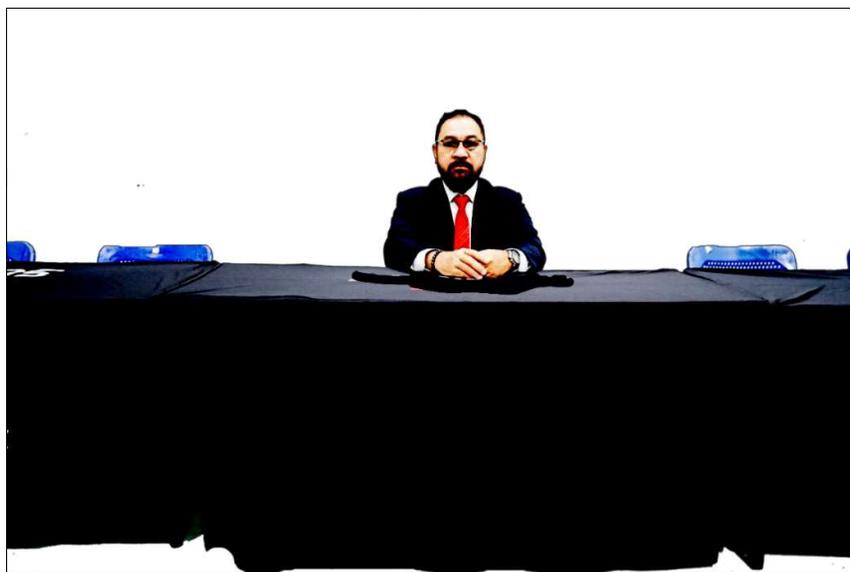
1. The competition area will be a PERSILAT approved puzzle square, with sides of 10-metre by 10-metre. Where an elevated competition area is used, the safety area should be of an additional 1-metre on each side.



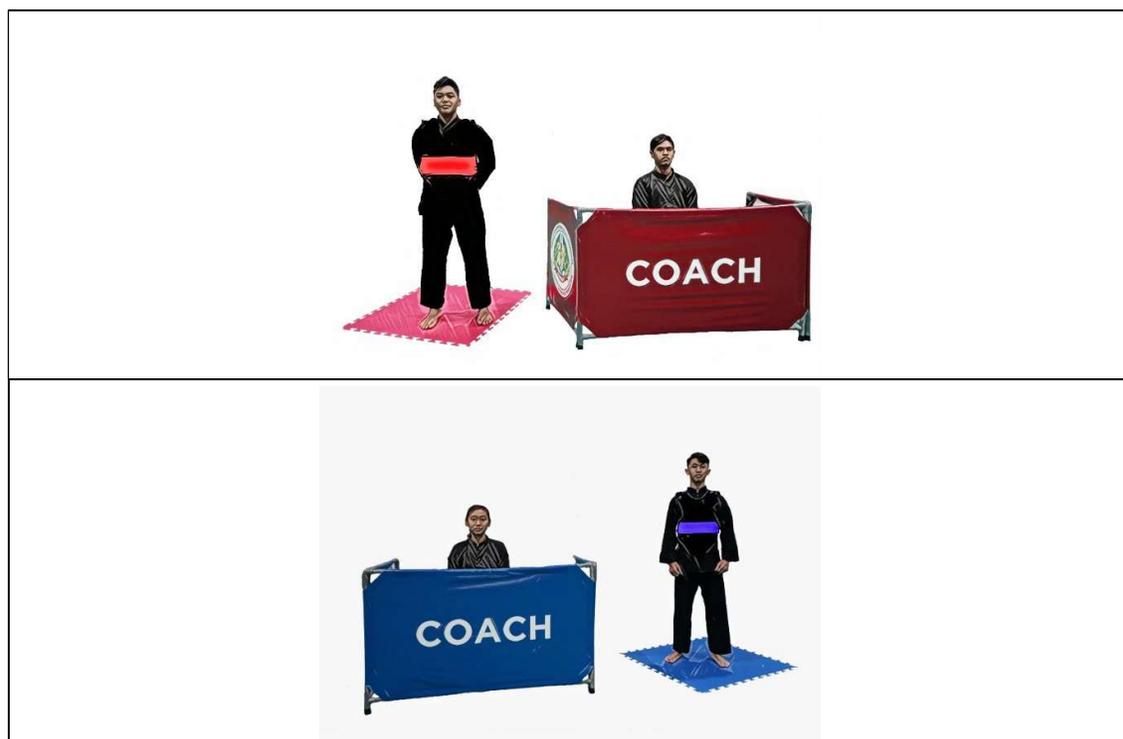
2. Four mattresses (two pieces of red mattresses with dimension of 2-metre by 1-metre, and two pieces of blue mattresses with dimension of 2-metre by 1-metre) are placed in two metre distance from the centre to form a boundary between the athletes.
3. The Wasit will be standing between the two red & blue mattresses, inside the white circle facing the athletes.



4. Each Juri will be seated at the side of the arena. The Wasit may move around the entire mattress. Each Juri will be equipped with a tablet.
5. The Chairman will be seated at the table near blue and red corner, between the timekeeper and Council.



6. Coaches will be seated outside the arena, on their respective sides at the side of the mattress. When the arena is elevated, the coaches will be placed outside the elevated area.



**Explanation:**

1. *The mattresses used should be non-slip where they contact the floor but have a low coefficient of friction on the upper surface. The Organizing Committee must ensure that the mattresses do not move apart during the competition, since gaps cause injuries and constitute a hazard. The mats must be PERSILAT approved.*
2. *The athlete will begin their fights inside the red and blue mattresses only at the beginning of each round. Subsequently, the game will start at the last spot they stopped.*
3. *The white circle act as the "Fighting Area", with a diameter of 8-meter circumference.*
4. *Thickness of the mattresses is 5-centimetre in high density quality.*
5. *Two neutral corners (Yellow mattress) with sides of 1-metre by 1-metre each.*
6. *Red and Blue corners (Red and Blue mattresses) with sides of 1-metre by 1-metre each.*
7. *VAR Cameras can be placed from 4 to 8 cameras around the arena.*

**Article 14.2: Organisation of Tanding Competition**

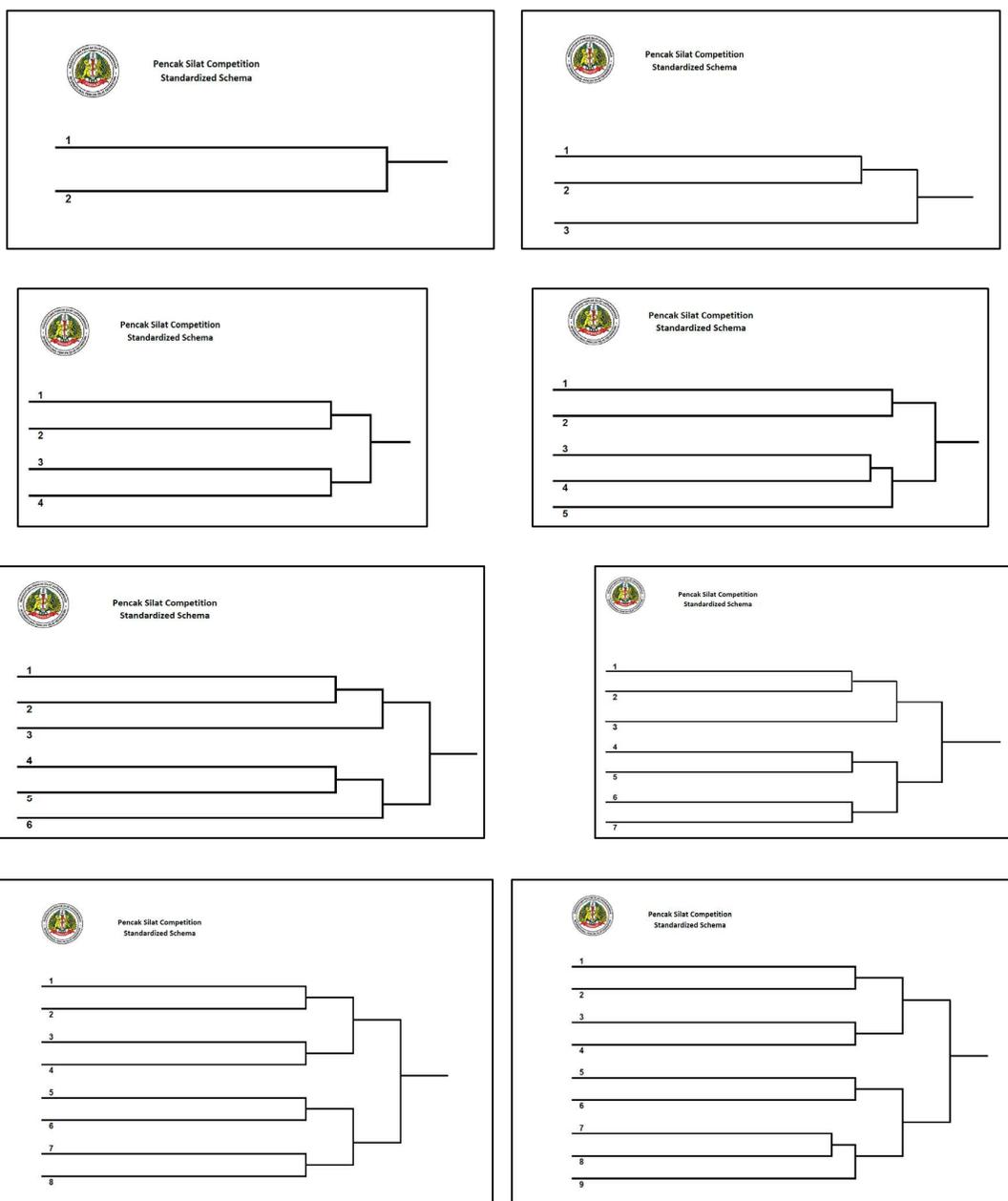
1. A Pencak Silat competition comprised of a Tanding and/or Artistic competition. The Tanding competition is an individual event, i.e. sparring between two athletes from different teams. It is further divided into age and weight categories.
2. The knock-out system will be applied unless otherwise specifically determined for a competition. Organizers must follow the structure below for Knock-Out System Competition. Please refer to the sample provided.
3. No athlete may be replaced by another after the drawing has taken place.
4. Additional events to be offered for Junior category in multi-event games.
5. Uttering of voice is allowed.

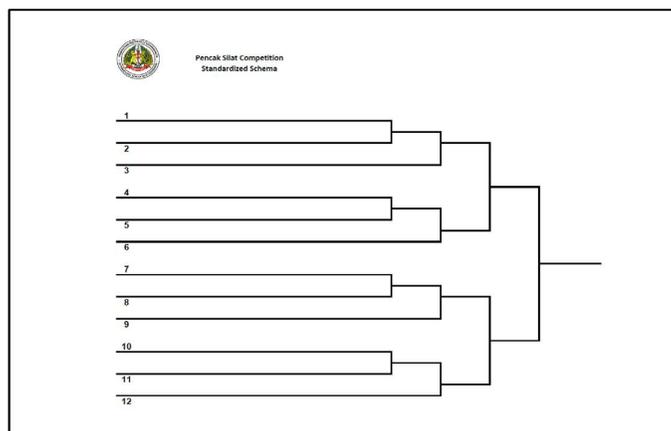
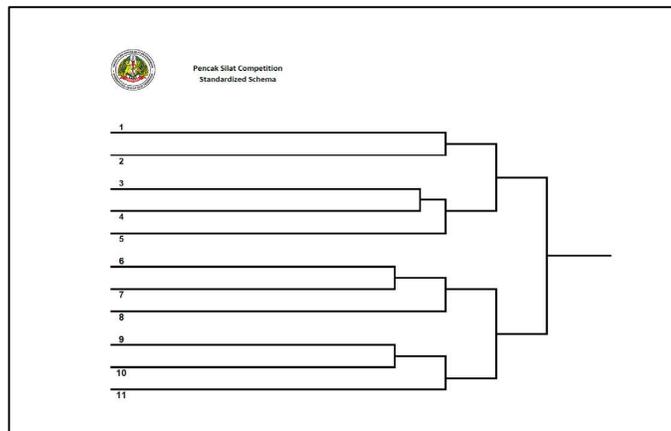
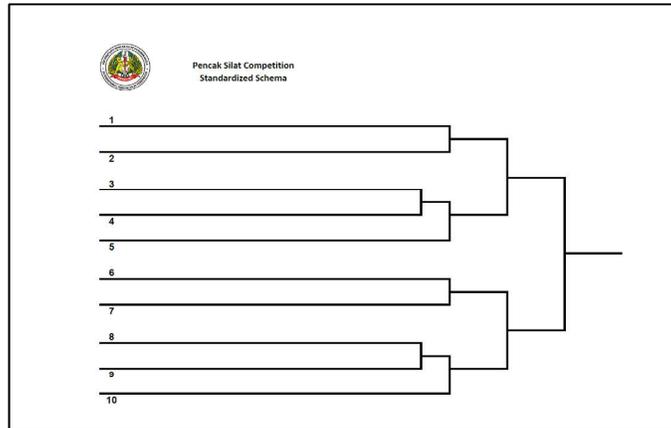
**Explanation:**

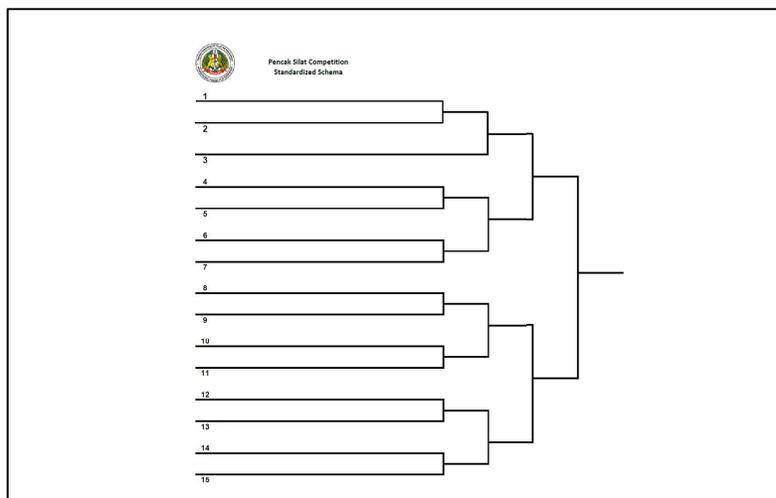
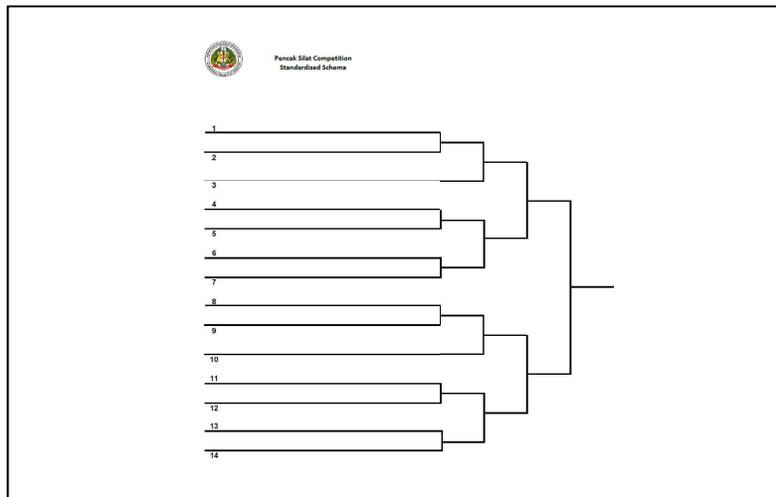
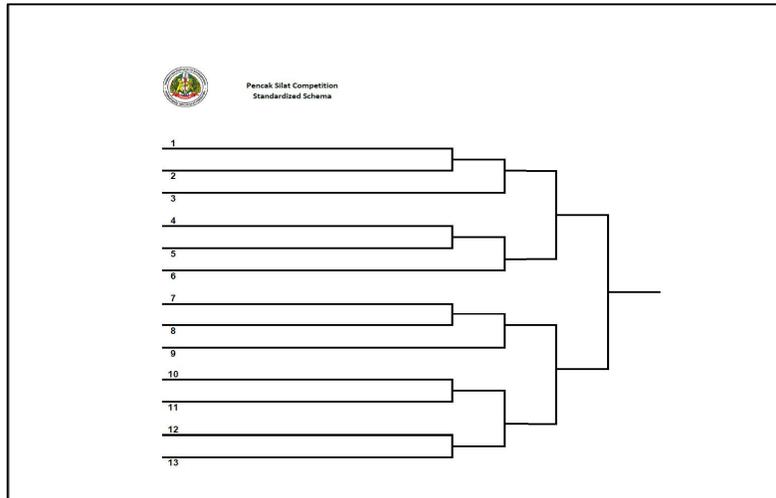
1. *In an elimination Tanding competition, a round eliminates fifty percent of athletes within it, counting byes as athletes.*
2. *Coaches must present their accreditation together with that of their Athlete or team to the official at the holding area. The Coach must sit in the chair provided and must not interfere with the smooth running of the match by word or deed.*

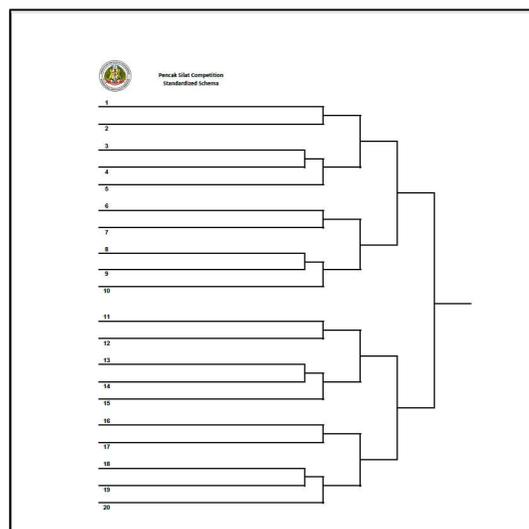
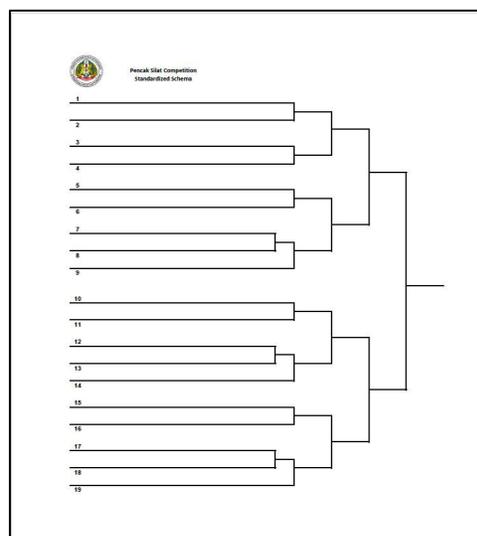
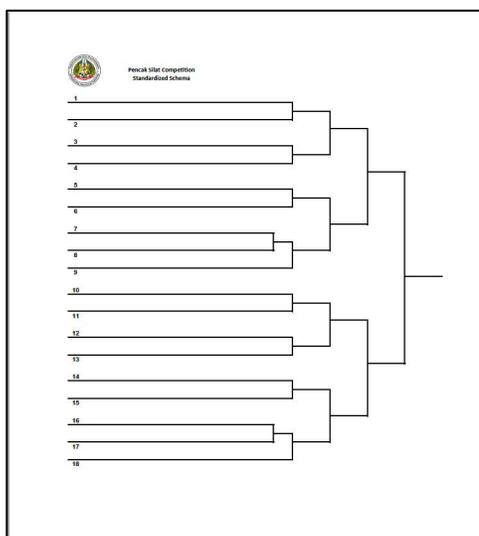
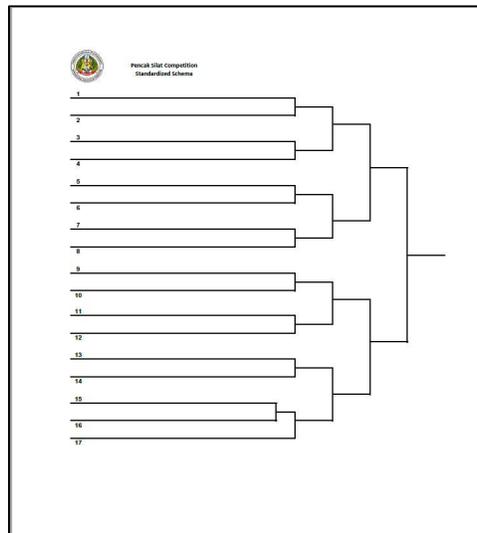
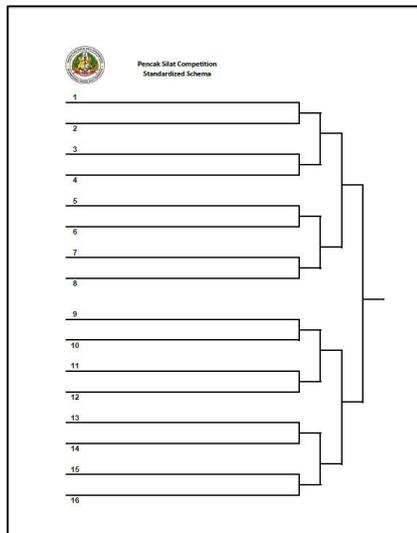
3. *A host country for the multi-event games (inclusive of Southeast Asian Games, Asian Games, Olympics, etc), will need to include additional 3 to 5 event categories specifically for Junior category, on top of the Senior categories offered as the main event.*
  - a. *Event categories will include both Match (Tanding) and Artistic (Seni)*
  - b. *Junior participant’s age will range between 14 to 16 years old (please refer to Article 14.5 – Age.*
  - c. *Host Country will have the right to choose events (from a total of 28 weight categories) to be competed for the Junior category.*

Sample for the Knock-Out System Structure









### Article 14.3: Weigh-in Procedure

1. The weigh in officials is appointed by the ITD. Every weigh in must be accompanied by one (1) female ITO & three (3) male ITO.



2. Weigh in will be carried out in the morning of the competition, only for those scheduled to fight on the same day. The athletes will be lined up according to the day schedule outside the weigh in room.



3. Group photo will be taken before the start of weigh in.



4. When reporting for weigh-in, athlete must wear a standard Pencak Silat uniform without sash, groin guard or any other guards.
5. Team Officials on duty will call up for both athletes of the weight category for weigh in.
6. Athlete will be given a choice to strip down completely before proceeding with the weigh in. Towels will be provided to assist the athletes. Separate rooms to be provided to conduct weighing-in.
7. Should the athlete decide to strip only after stepping on the weighing scale and realising they do not make weight, they will be disqualified.
8. There will be no weight tolerance.
9. The weigh-in is only carried out once and must be witnessed by team officials from both teams and an official on duty.
10. Official on duty will first call athlete from Blue Corner for weigh in. Followed by the Red Corner.



*Weigh in with standard black Pencak Silat Uniform*



*Stripped down weigh in*

11. Athlete from Blue & Red Corner will take the following photo in sequence:

- a. Individual with silat pose
- b. Blue & Red Corner face off (no pose)
- c. Blue & Red Corner face off (with silat pose)
- d. Blue & Red Corner facing forward (with silat pose)



12. Last weigh in will be 1-hour before the start of the competition. If athlete fail to turn up for the weigh in, he/she will be disqualified.

13. It is mandatory for the weigh in officials and officials from both teams to sign the weigh-in form.



14. For injured athletes who are getting treatment in the hospital, they are given till 1300hrs to report for weigh in.

#### Article 14.4: The Wasit Juri Panel

1. The Wasit Juri Panel for each match shall consist of one Wasit, three Juri, one Council and one Chairman.
2. Wasit Juri Deployment:
  - a. The council will announce the deployment of Wasit Juri for each match.
  - b. Only names listed by Council can be on duty for the match.
  - c. Wasit Juri must be changed for each match.

#### **Explanation:**

1. *Wasit Juri will enter the arena from the right side of the Competition Chairman. Wasit Juri will respect and report to the Competition Chairman that they are ready to carry out their duties.*
2. *At Wasit's signal, athlete enters the arena from their corner.*
  - a. *The sequence as follow: Respect Coach, Wasit, and followed by Competition Chairman*
  - b. *Athletes must showcase a minimum of eight (8) Pencak Silat Movement before returning to their respective corner.*
3. *After the Wasit confirms the readiness of all officials on duty, he will command the start of the match.*
4. *Only at the start of each round, both athletes (together with the Wasit) must stand at the centre of the arena.*
5. *During break time, both athletes must return to their Corner Coach.*
6. *For victory decision, Wasit will call both athletes to the centre of arena. Wasit will lift the winners' hand.*
7. *Athlete will head over to one another's coach before the Wasit Juri leave the arena via the left side.*

#### Article 14.5: Age, Weight & Duration of Match

##### Age

1. Confirmation of the age of an athlete competing is proved by an identity card, or original passport.
  - a. Identity card must clearly show photo, name and date of birth of athlete.
2. The age of the athlete must confirm with the age category, based on birth year.

3. The age categories are as below:
  - a. Singa for Male and Female                      between 3 to 6 years old
  - b. Macan for Male and Female                      between 7 to 9 years old
  - c. Pre-Teen for Male and Female                      between 10 to 11 years old
  - d. Pre-Junior for Male and Female                      between 12 to 13 years old
  - e. Junior for Male and Female                      between 14 to 16 years old
  - f. Senior for Male and Female                      between 17 to 45 years old
  - g. Master A for Male and Female                      between 46 to 60 years old
  - h. Master B for Male and Female                      of 61 years and above

#### Citizenship

1. For multi-event games, athlete must be a citizen of the country they will be representing.
2. For single event games, athlete can represent any country. Participation must be accompanied by support letter from National Federation and endorsed by PERSILAT.

#### Weight Category

1. Singa
  - a. As this is a young age group, athletes are match based on the following guideline:
    - i. Age Difference                      : 1-year
    - ii. Height Difference                      : 3cm
    - iii. Weight Difference                      : 2kg
2. Macan
  - a. As this is a young age group, athletes are match based on the following guideline:
    - i. Age Difference                      : 1-year
    - ii. Height Difference                      : 3cm
    - iii. Weight Difference                      : 2kg

3. Pre-Teen

Total of 20 weight categories for Male.

Total of 20 weight categories for Female.

Total of 40 weight categories for Pre-Teen.

MALE	CLASS	FEMALE
26kg to 28kg	A	26kg to 28kg
Over 28kg to 30kg	B	Over 28kg to 30kg
Over 30kg to 32kg	C	Over 30kg to 32kg
Over 32kg to 34kg	D	Over 32kg to 34kg
Over 34kg to 36kg	E	Over 34kg to 36kg
Over 36kg to 38kg	F	Over 36kg to 38kg
Over 38kg to 40kg	G	Over 38kg to 40kg
Over 40kg to 42kg	H	Over 40kg to 42kg
Over 42kg to 44kg	I	Over 42kg to 44kg
Over 44kg to 46kg	J	Over 44kg to 46kg
Over 46kg to 48kg	K	Over 46kg to 48kg
Over 48kg to 50kg	L	Over 48kg to 50kg
Over 50kg to 52kg	M	Over 50kg to 52kg
Over 52kg to 54kg	N	Over 52kg to 54kg
Over 54kg to 56kg	O	Over 54kg to 56kg
Over 56kg to 58kg	P	Over 56kg to 58kg
Over 58kg to 60kg	Q	Over 58kg to 60kg
Over 60kg to 62kg	R	Over 60kg to 62kg
Over 62kg to 64kg	S	Over 62kg to 64kg
Over 64kg to 68kg	OPEN	Over 64kg to 68kg

4. Pre-Junior

Total of 17 weight categories for Male.

Total of 17 weight categories for Female.

Total of 34 weight categories for Pre-Junior.

MALE	CLASS	FEMALE
30kg to 33kg	A	30kg to 33kg
Over 33kg to 36kg	B	Over 33kg to 36kg
Over 36kg to 39kg	C	Over 36kg to 39kg
Over 39kg to 42kg	D	Over 39kg to 42kg
Over 42kg to 45kg	E	Over 42kg to 45kg
Over 45kg to 48kg	F	Over 45kg to 48kg
Over 48kg to 51kg	G	Over 48kg to 51kg
Over 51kg to 54kg	H	Over 51kg to 54kg
Over 54kg to 57kg	I	Over 54kg to 57kg
Over 57kg to 60kg	J	Over 57kg to 60kg
Over 60kg to 63kg	K	Over 60kg to 63kg
Over 63kg to 66kg	L	Over 63kg to 66kg
Over 66kg to 69kg	M	Over 66kg to 69kg
Over 69kg to 72kg	N	Over 69kg to 72kg
Over 72kg to 75kg	O	Over 72kg to 75kg
Over 75kg to 78kg	P	Over 75kg to 78kg
Over 78kg to 84kg	OPEN	Over 78kg to 84kg

5. Junior

Total of 15 weight categories for Male.

Total of 13 weight categories for Female.

Total of 28 weight categories for Junior.

*\*Refer to Article 14.2 Item 4 – Organisation of Tanding Competition  
Additional events for multi-event games, for Junior category.*

MALE	CLASS	FEMALE
Under 39kg	< 39	Under 39kg
Over 39kg to 43kg	A	Over 39kg to 43kg
Over 43kg to 47kg	B	Over 43kg to 47kg
Over 47kg to 51kg	C	Over 47kg to 51kg
Over 51kg to 55kg	D	Over 51kg to 55kg
Over 55kg to 59kg	E	Over 55kg to 59kg
Over 59kg to 63kg	F	Over 59kg to 63kg
Over 63kg to 67kg	G	Over 63kg to 67kg
Over 67kg to 71kg	H	Over 67kg to 71kg
Over 71kg to 75kg	I	Over 71kg to 75kg
Over 75kg to 79kg	J	Over 75kg to 79kg
Over 79kg to 83kg	K	
Over 83kg to 87kg	L	
Over 87kg to 100kg	OPEN 1	Over 79kg to 92kg
Above 100kg	OPEN 2	Above 92kg

6. Senior

Total of 13 weight categories for Male.

Total of 11 weight categories for Female.

Total of 24 weight categories for Senior.

MALE	CLASS	FEMALE
Under 45kg	< 45	Under 45kg
Over 45kg to 50kg	A	Over 45kg to 50kg
Over 50kg to 55kg	B	Over 50kg to 55kg
Over 55kg to 60kg	C	Over 55kg to 60kg
Over 60kg to 65kg	D	Over 60kg to 65kg
Over 65kg to 70kg	E	Over 65kg to 70kg
Over 70kg to 75kg	F	Over 70kg to 75kg
Over 75kg to 80kg	G	Over 75kg to 80kg
Over 80kg to 85kg	H	Over 80kg to 85kg
Over 85kg to 90kg	I	
Over 90kg to 95kg	J	
Over 95kg to 110kg	OPEN 1	Over 85kg to 100kg
Above 110kg	OPEN 2	Above 100kg

## 7. Master A &amp; Master B

a. As this is a very senior age group, athletes are match based on the following guideline:

i. Weight Difference: 5kg

## Duration of Match

1. Singa, Macan, Pre-Teen
  - a. 3 rounds of 1 minute and 30 seconds
  - b. 1-minute break in between
2. Pre- Junior, Junior, Senior
  - a. 3 rounds of 2 minutes
  - b. 1-minute break in between
3. Master A
  - a. 2 rounds of 1 minute and 30 seconds
  - b. 1-minute break in between
4. Master B
  - a. 2 rounds of 1 minute
  - b. 1-minute break in between

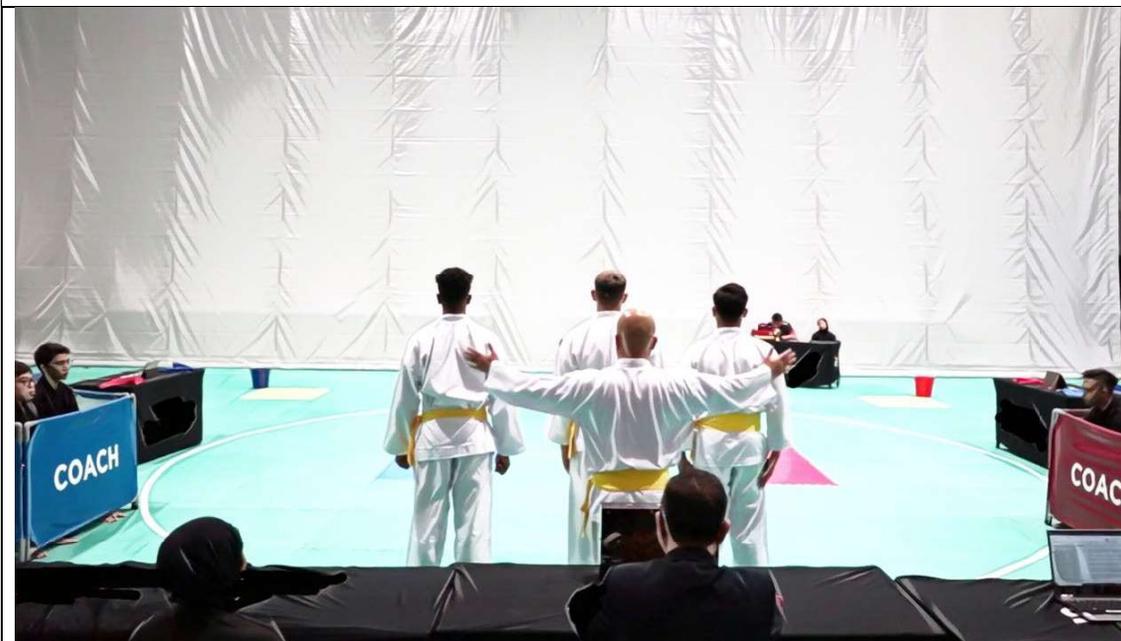
### **Explanation:**

1. *Time will stop each time the Wasit stops the fight.*
2. *Timekeeper will strike the gong to indicate the start and end of each round.*
3. *Timekeeper will clap the clapper at 50-seconds during break time to indicate that athletes must return to the arena for the next round.*

## Appendix 6 – Arrangement of Match Event



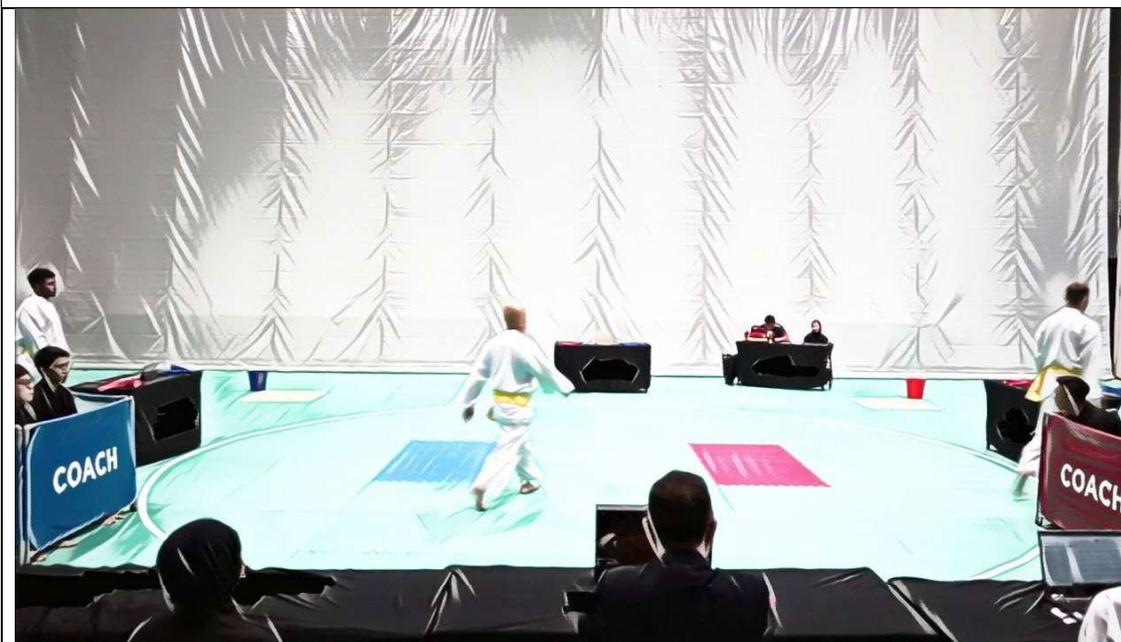
Competition Chairman will call for Wasit-Juri on duty to enter the arena.  
Wasit-Juri will enter from the right side of the Competition Chairman.  
“Hormat” the Competition Chairman



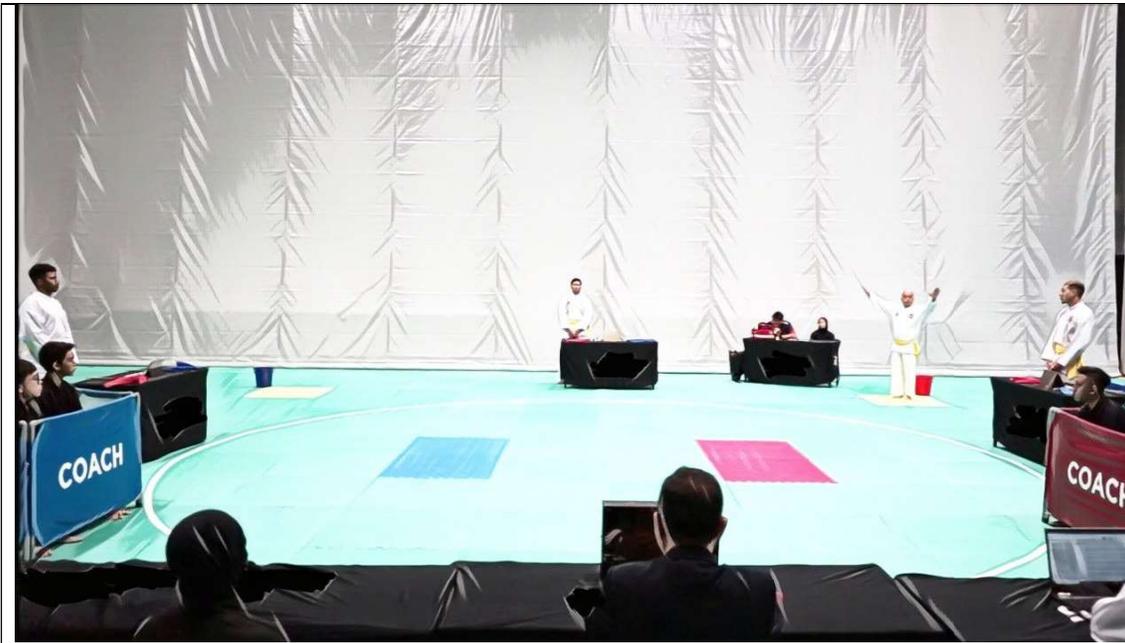
Positioning of Juri Facing the Arena is  
Juri 1 | Juri 3 | Juri 2  
Turn to the arena, “Hormat” the audience.



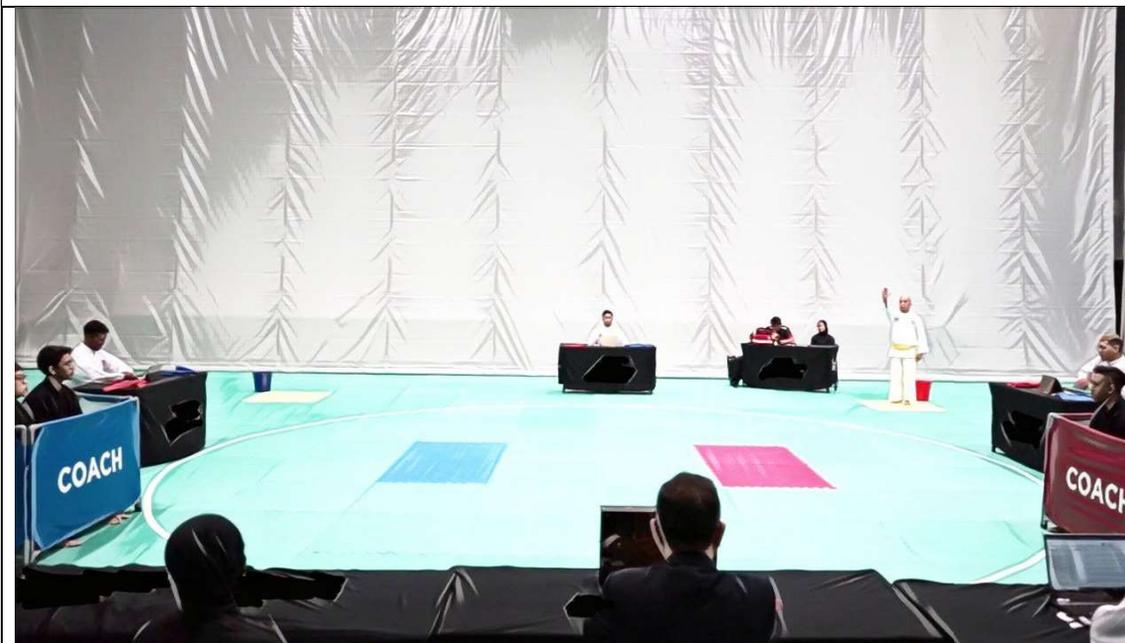
Juri on duty will proceed to their seat.  
 Juri 1 – will proceed to the seat on the left  
 Juri 2 and 3 – will proceed to their seats on the right



Wasit will proceed to the Yellow Corner (right side of the Competition Chairman)



Wasit to give aba-aba for Juri to sit.



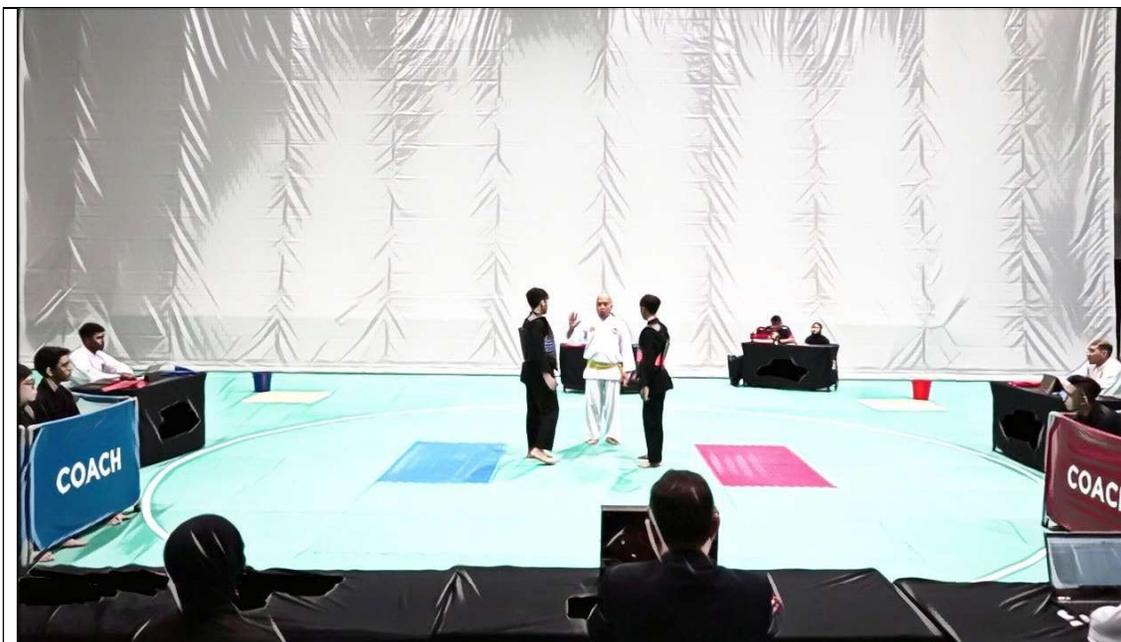
Wasit will call for Blue & Red Corner to enter the arena.



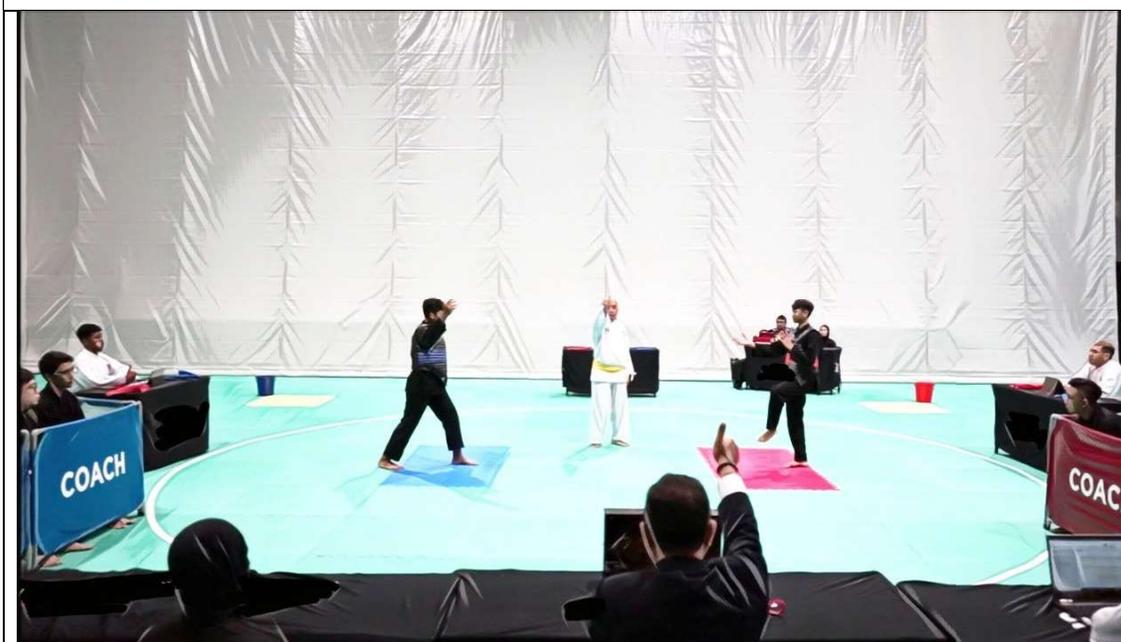
Blue & Red Corner Athlete will enter the arena.  
Giving "Hormat" to the Coach, Wasit, and Competition Chairman.



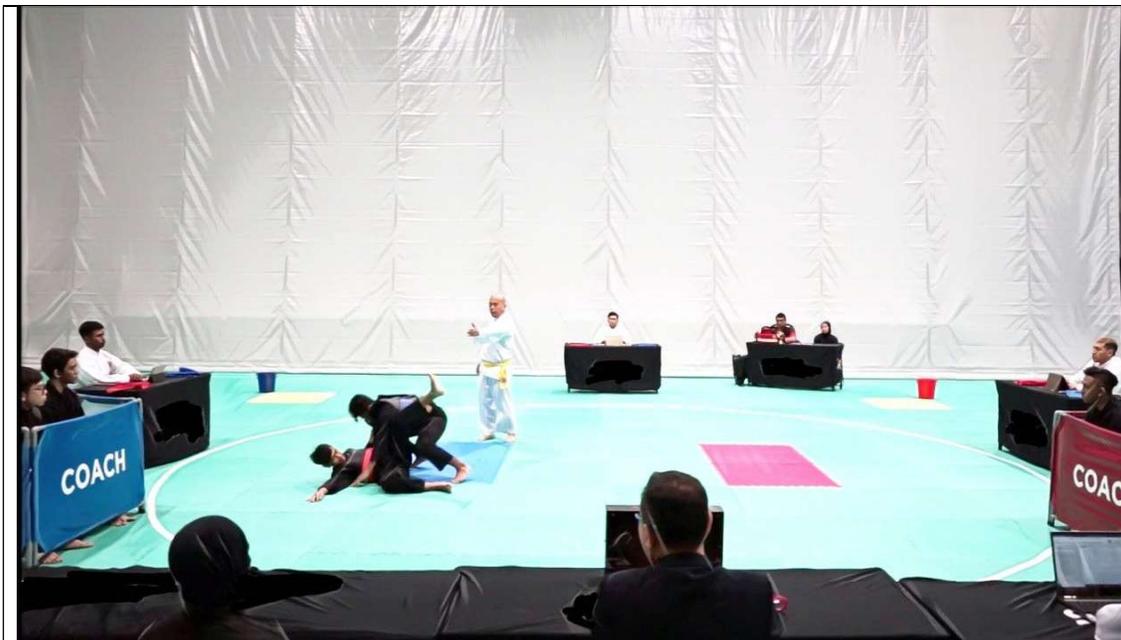
Blue & Red Corner proceed to showcase 8 Pencak Silat Movements.  
Both athlete will remain in the arena after the 8 Pencak Silat Movements.



Wasit giving briefing.

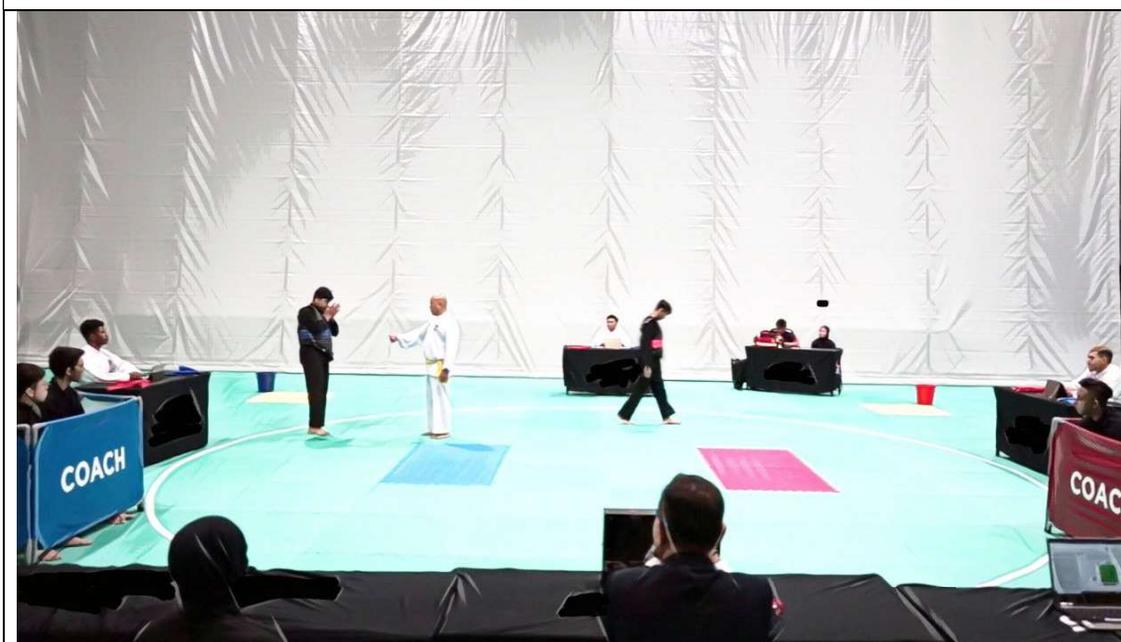


Wasit will then check with the Juri, Medic, Timekeeper, and Competition Chairman.

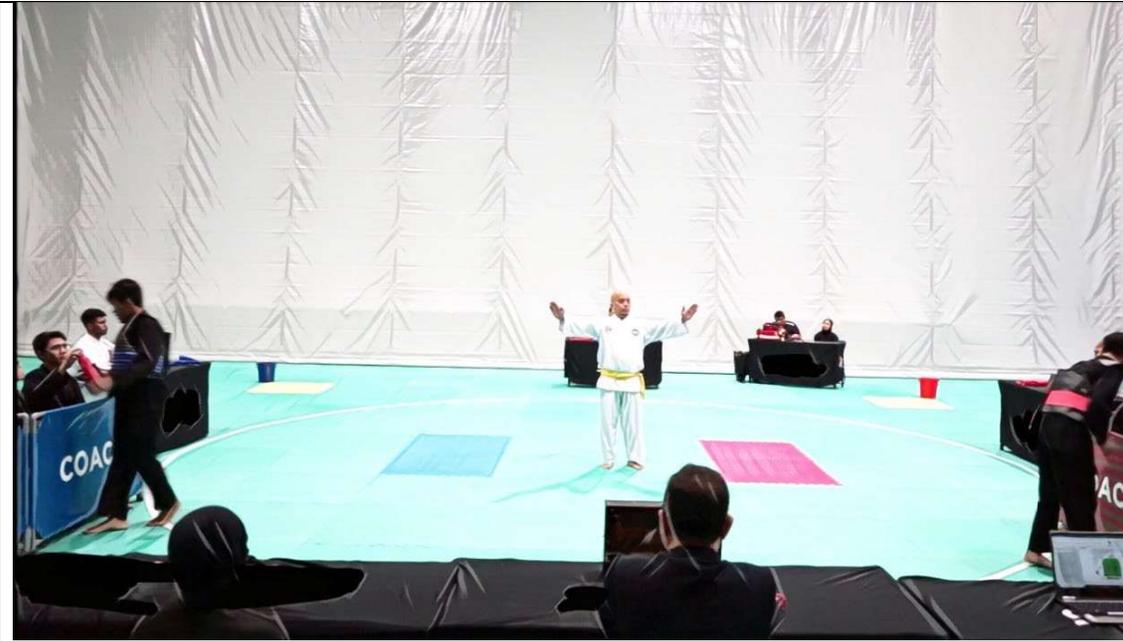


Game on going.

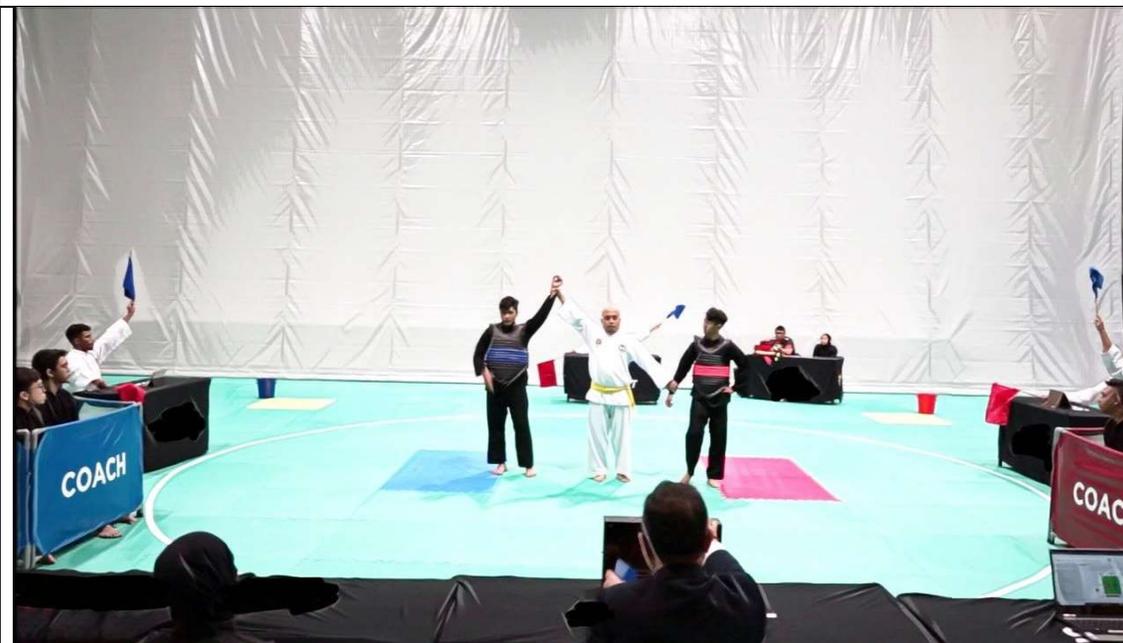
Wasit is not required to bring athletes to the centre of the arena after each “TI”.  
Wasit will immediately “MULAI” or start the game at where the last game was “TI” or stop.



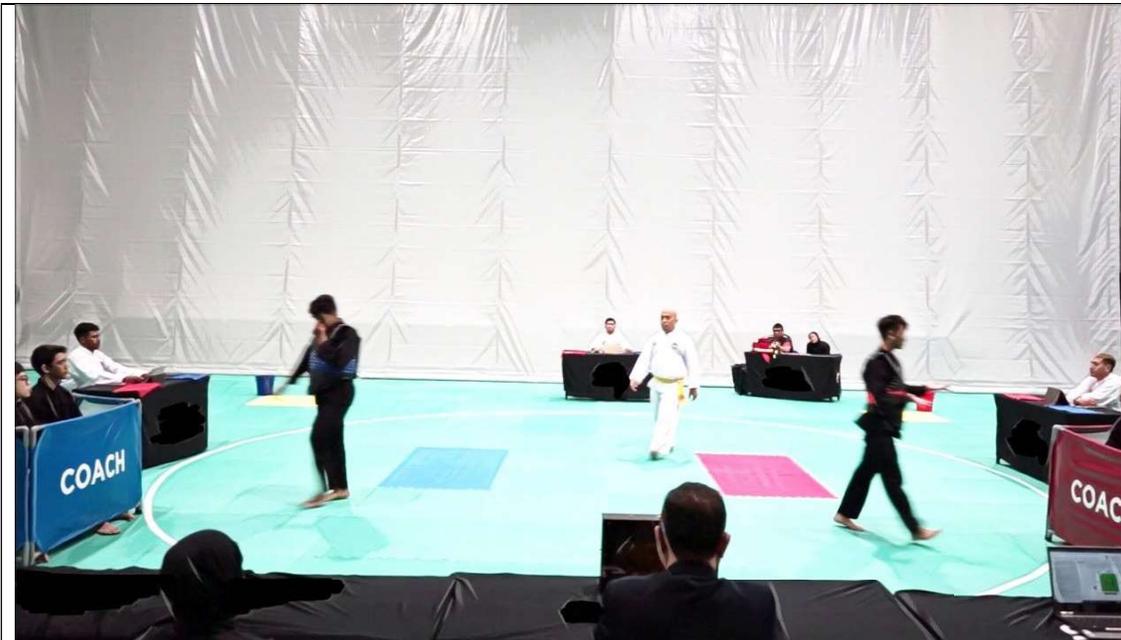
For any issues in the game, Wasit will go towards the athlete to inform on the warning or reprimand.



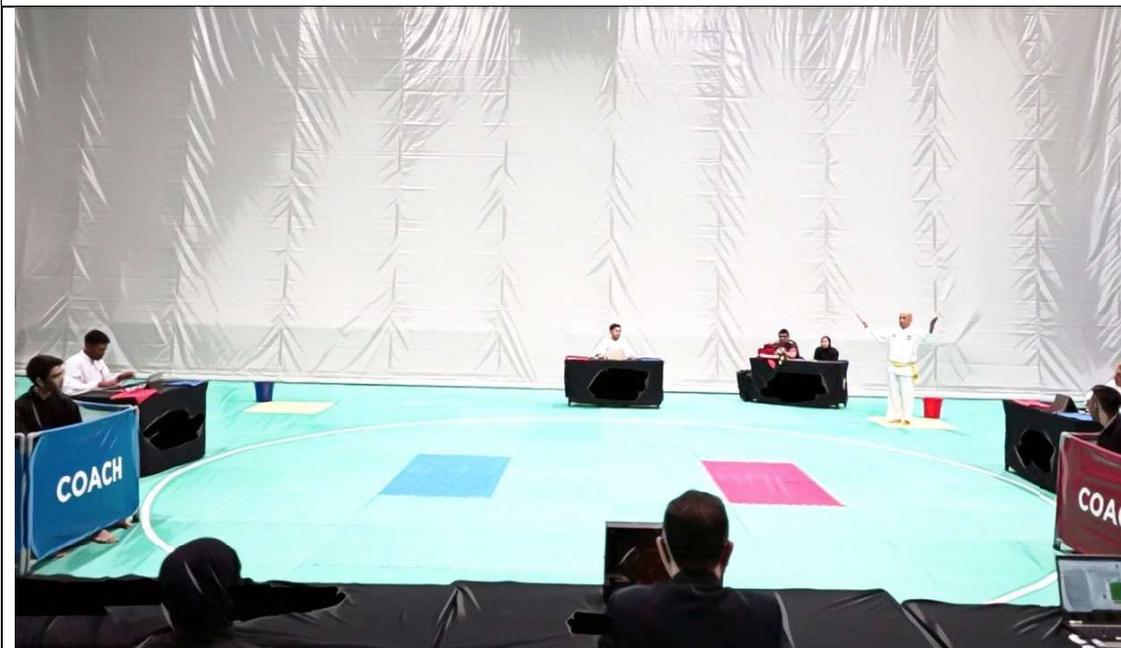
Athletes will return to their respective corners for their break in between rounds.



For Victory Decision  
Wasit will lift the hand of the winner, facing the Competition Chairman only.



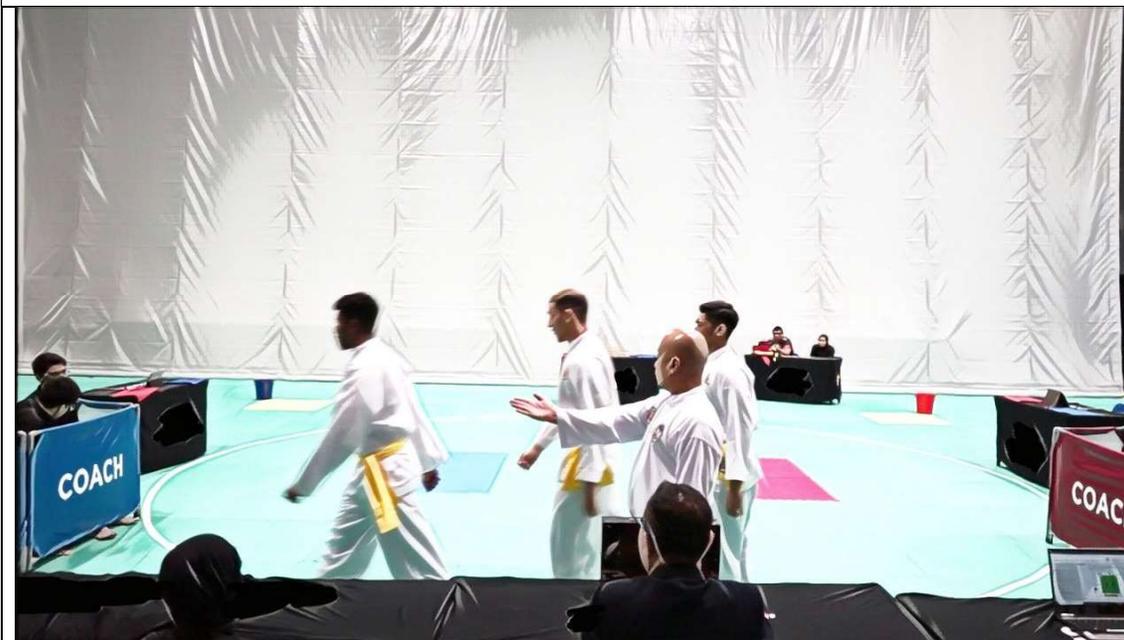
Athletes will head over to one another's Coach to shake hand / show respect, then leave the arena.



Wasit will call all the Juri to stand and report back after duty.



Wasit-Juri will give “Hormat” to Competition Chairman after completing their duty.



And leave the arena from the left side.

## Appendix 7 – Techniques Allowed in Pencak Silat Competition

### On Guard Position in Pencak Silat



*"Pola Langkah"* in Pencak Silat

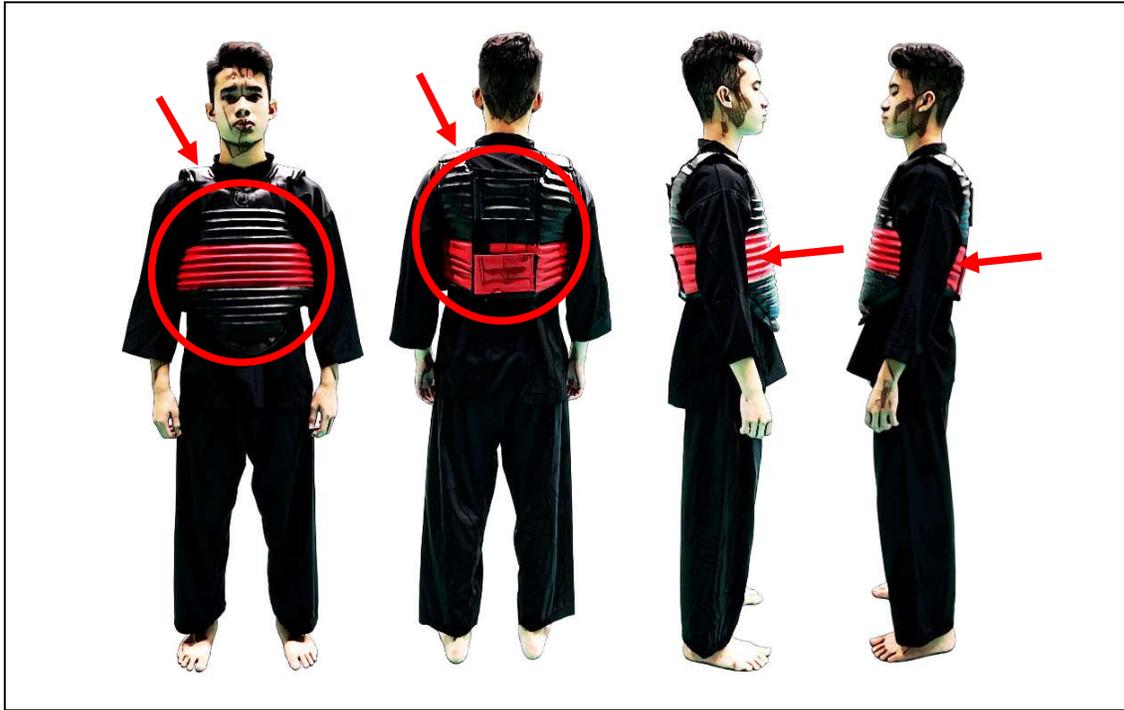


## Hand-Patterns in Pencak Silat



### Valid Scoring Area

All areas covered by the vest (including shoulders, trunk & back) is a valid scoring area.



### Techniques to Score: 1 Point

The techniques shown below will score the athlete with 1 point.





Pulling the Vest & Spade to the Stomach



Pulling the Hand and Punch



Grab the Body & Punch



Catch Opponent's Leg & Hook Punch



Elbow Strikes without grabbing



Elbow Strikes without grabbing





Front Elbow to the Chest



Top Down Elbow to the Vest



Elbow to the Collar of the Body Protector

### **Important Notice**

**For any Elbow Technique performed towards the opponent vest, attacker is not allowed to touch, grab, grip or hold the opponent.**

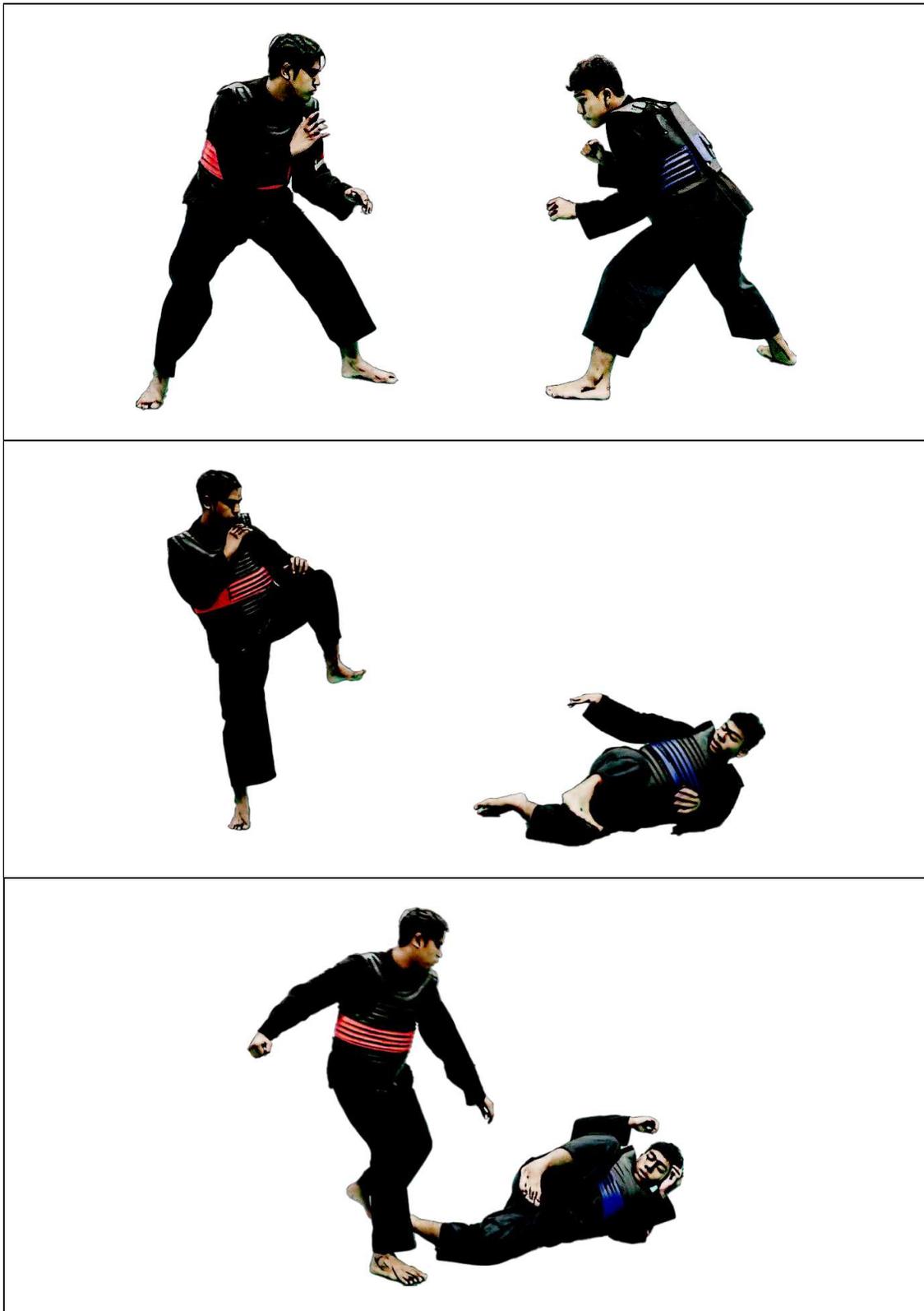
**If attacker touch the opponent while doing any Elbow Technique, Wasit will issue out Reprimand I.**

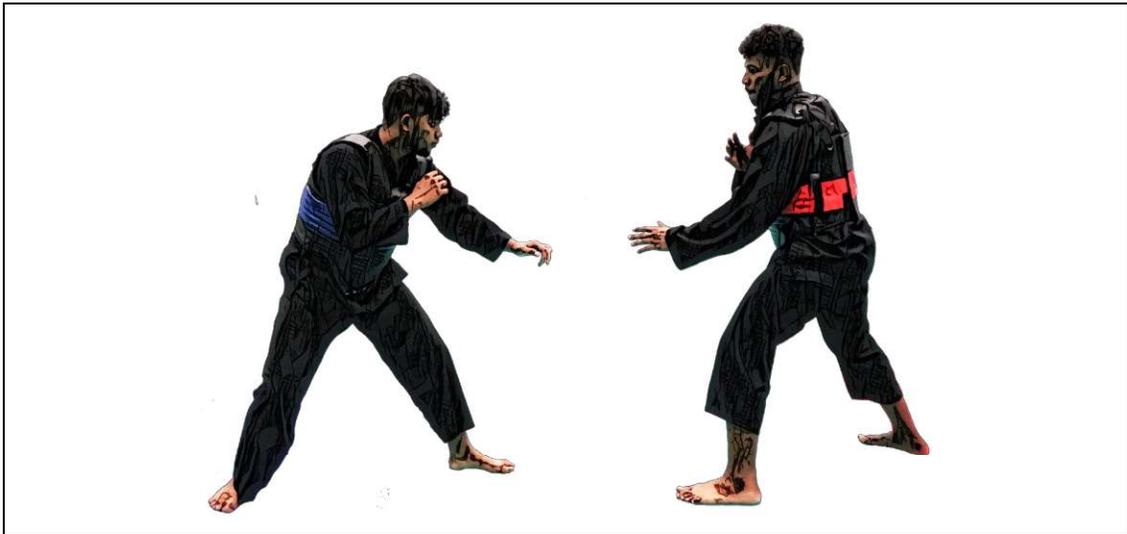
**If attacker grab, grip or hold the opponent while doing any Elbow Technique, Wasit will issue out Warning I.**

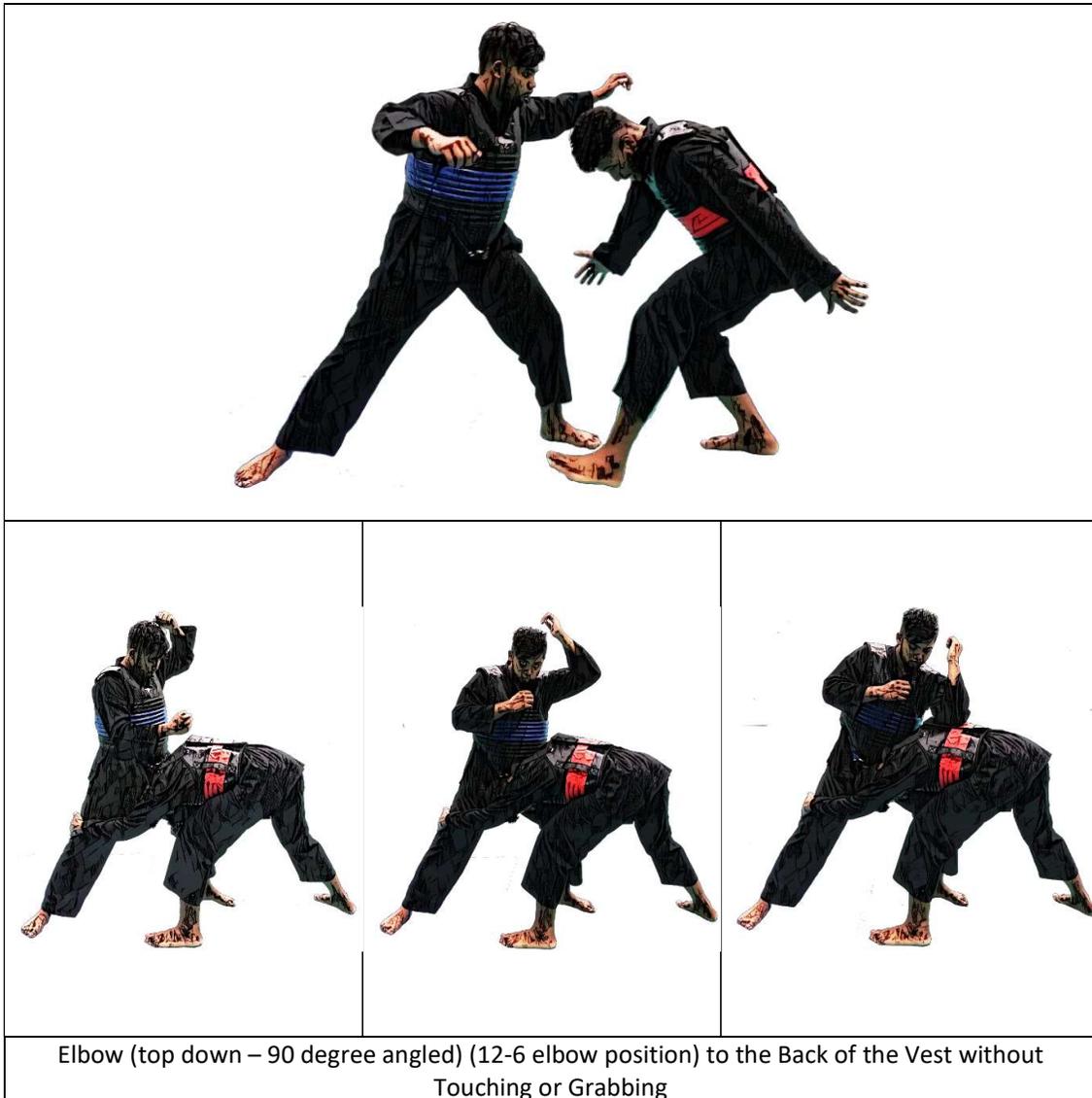




Technique – Punch while on the Ground







**Technique to Score: 2 Point**

The techniques shown below will score the athlete with 2 points.



Front Kick



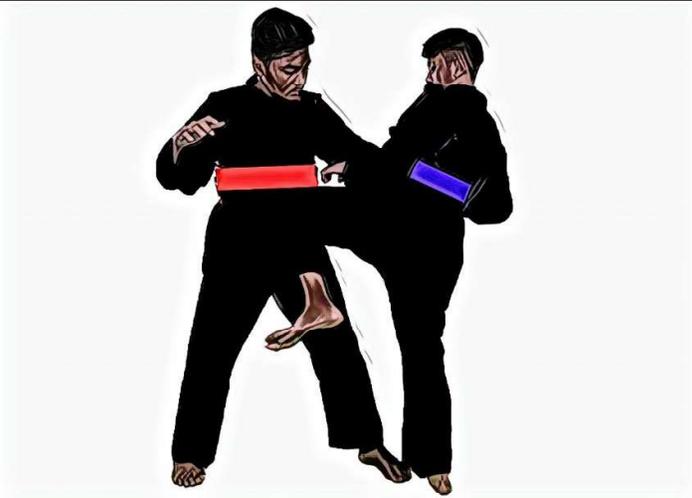
Front Kick



Turning Kick



Side Kick



Knee Kick

(for performing knee attack – attacker is not allowed to hold opponent’s hand, body, uniform, etc)



Knee Kick (however not holding/grabbing opponent’s vest)



Turning Kick with Holding Opponent's Body Vest and Leg



Sample – Red is attacking with a kick. Blue grab the leg, and counter it with a kick to the side.

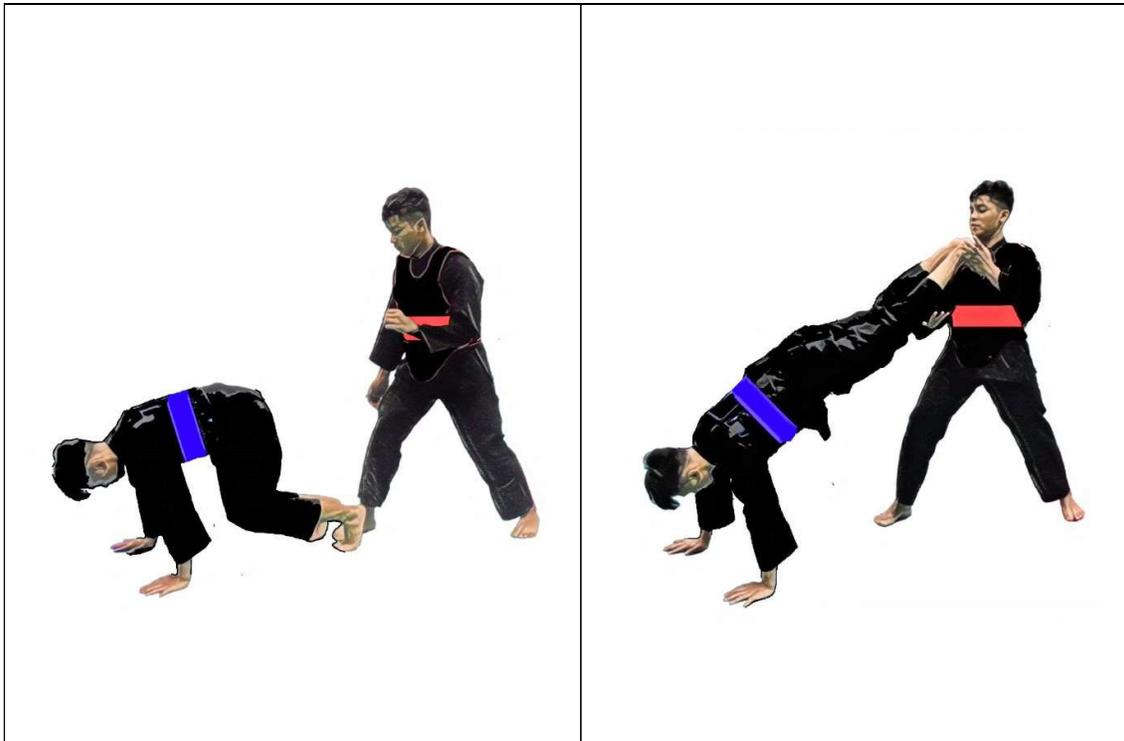


Kicking at the opponent's back



Single Horse Kick.

*\*Hand on the ground is allowed only when the athlete is doing the "Horse Kick" technique, other than that technique, it will be considered as Valid Drop.*



Double Horse Kick

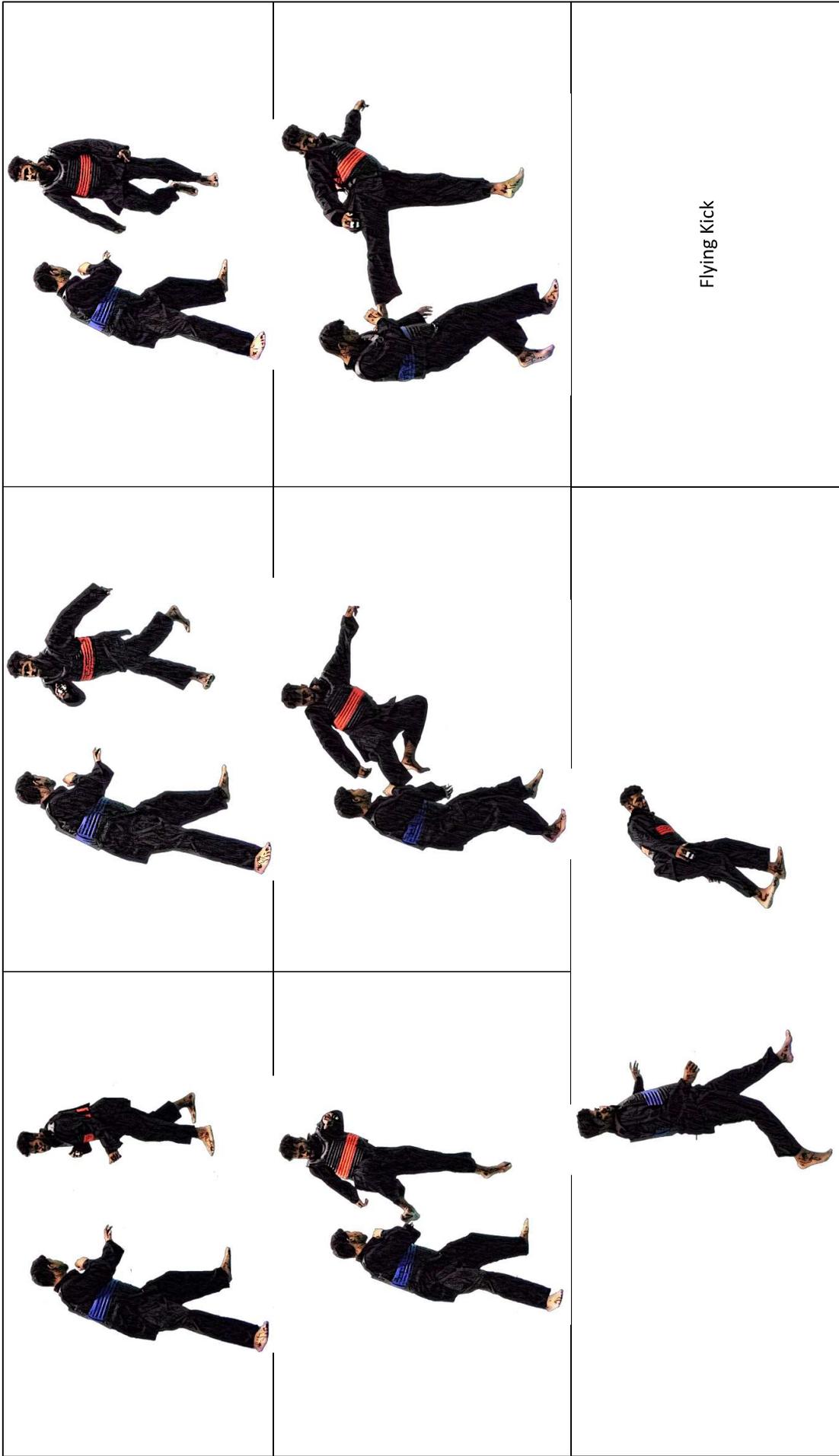
*\*Hand on the ground is allowed only when the athlete is doing the "Horse Kick" technique, other than that technique, it will be considered as Valid Drop.*



Bicycle Knee without Touching



Jumping Knee



Flying Kick



### **Important Notice**

**For any Knee Technique performed towards the opponent vest, attacker is not allowed to touch, grab, grip or hold the opponent.**

**If attacker touch the opponent while doing any Knee Technique, Wasit will issue out Reprimand I.**

**If attacker grab, grip or hold the opponent while doing any Knee Technique, Wasit will issue out Warning I.**



Kick to the Collar of the Body Protector



#### **Kicking to the Vest (Direct at the Chest Area)**

However, due to the sweat or the size of the feet (where the toe exceeded the Vest), the feet may slipped and hit to the neck/throat.

Wasit will need call to view VAR System. The one who kicked, may be awarded with 2-points. But the opponent may claimed that it hits the neck/throat or any illegal area.

And Medic/Doctor may be called in to attend to the athlete, and if the Medic/Doctor deems that he/she is fit to fight, the athlete will be Technical Counting and opponent will win via Absolute Victory.

If the Medic/Doctor deems that he/she is unfit to fight, the athlete will lose due to Technical Knockout.

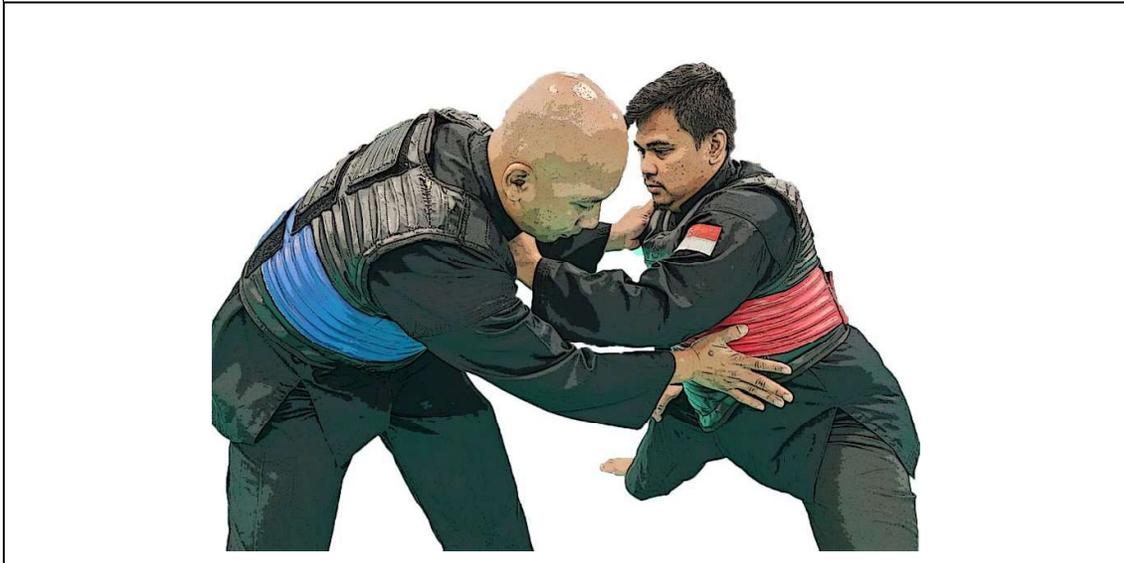
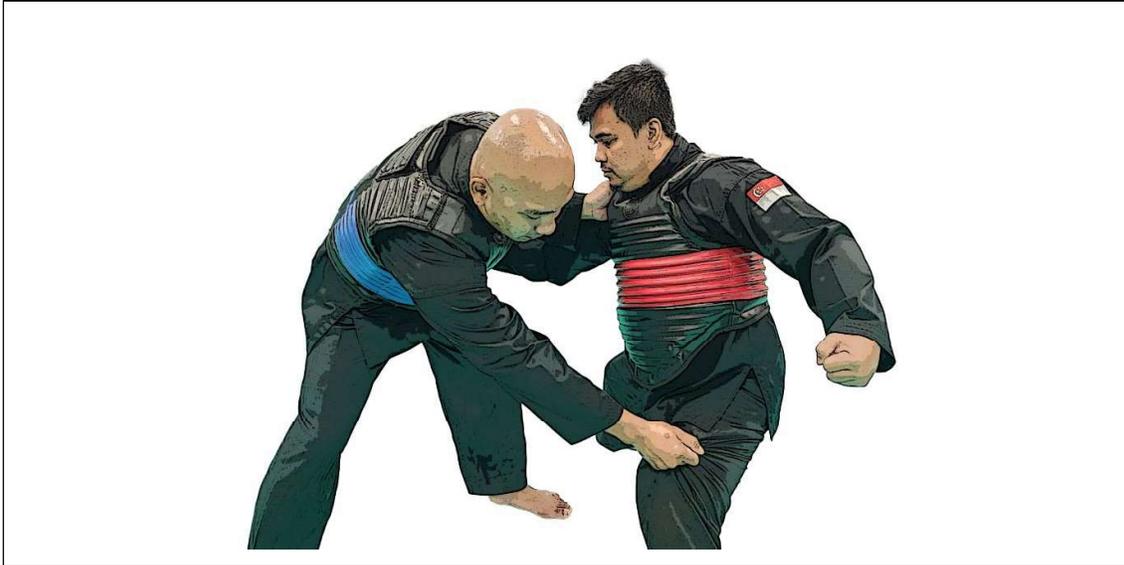
## 2 Hands Grabbing

### Allowed

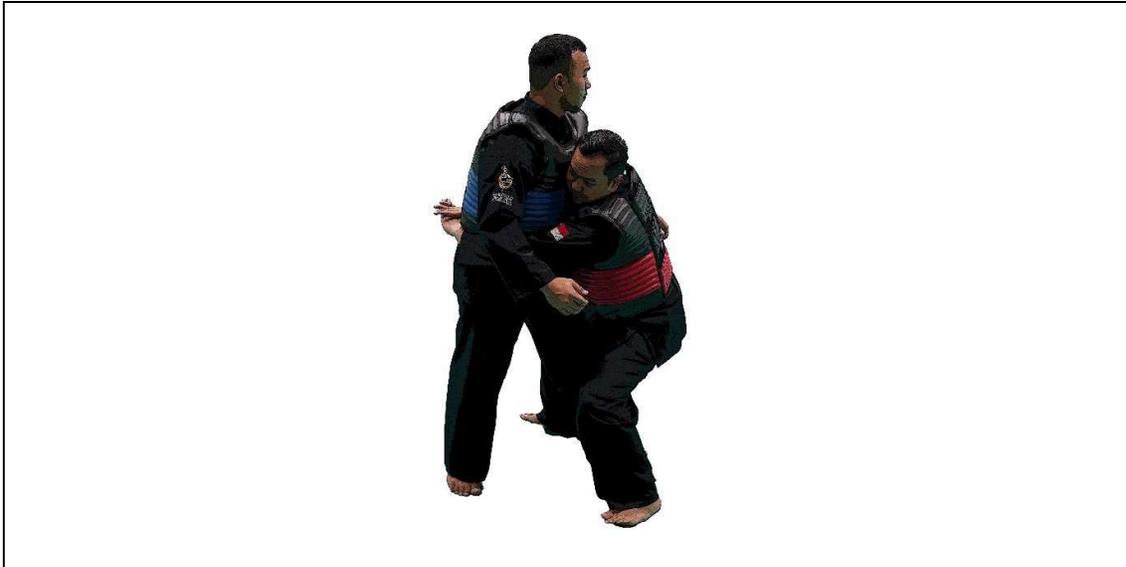
#### Important Notice

#### 2 Hand Grabbing Techniques that is allowed:

1. Vest + Pants
2. Vest + Legs
3. Vest + Open Palm
4. Open Palm + Open Palm
5. Hand on Hand







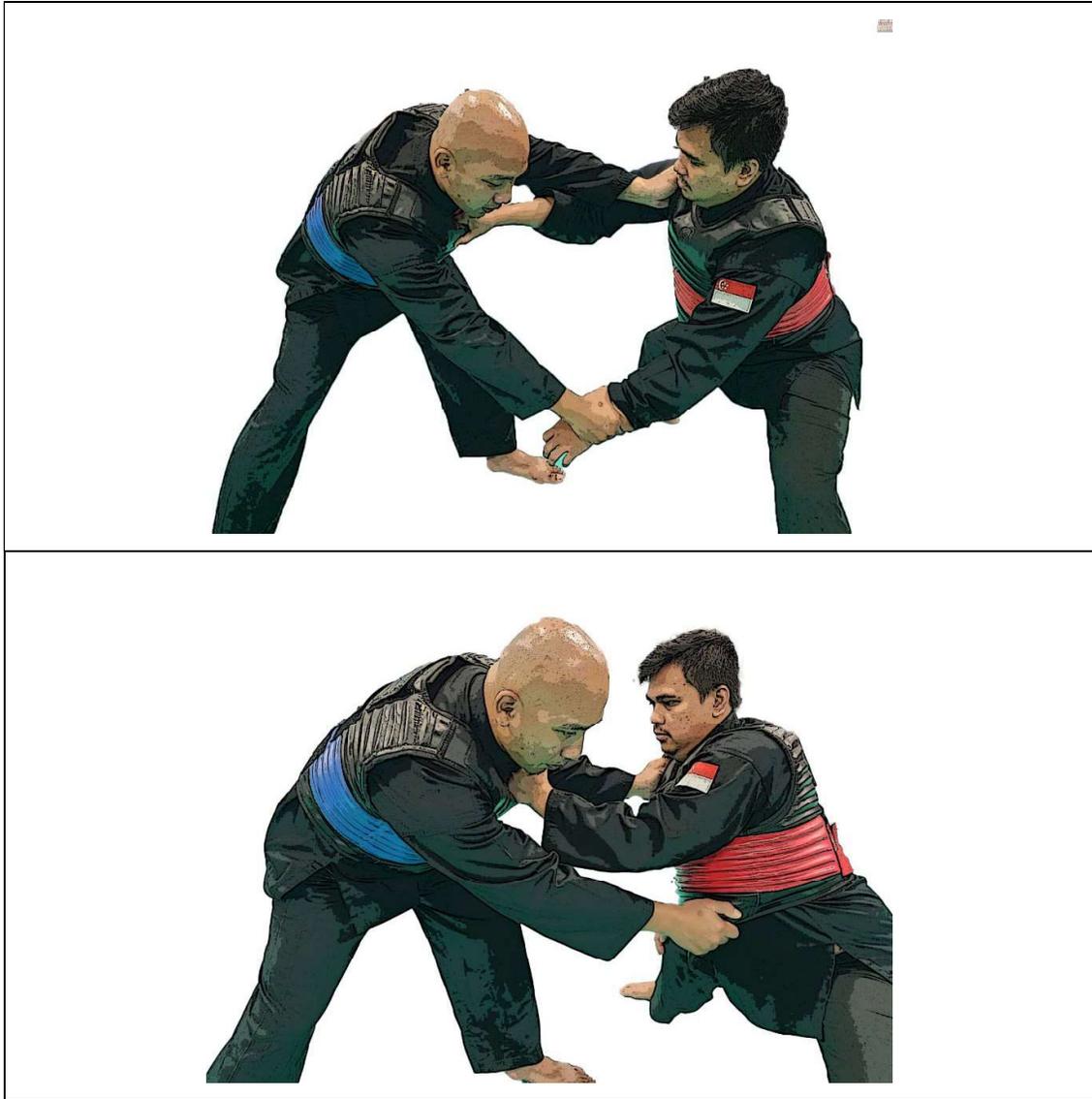
**Not Allowed**

**Important Notice**

**2 Hands Grabbing Technique that is Not Allowed Technique**

1. Vest + Vest
2. Vest + Shirt
3. Vest + Hand





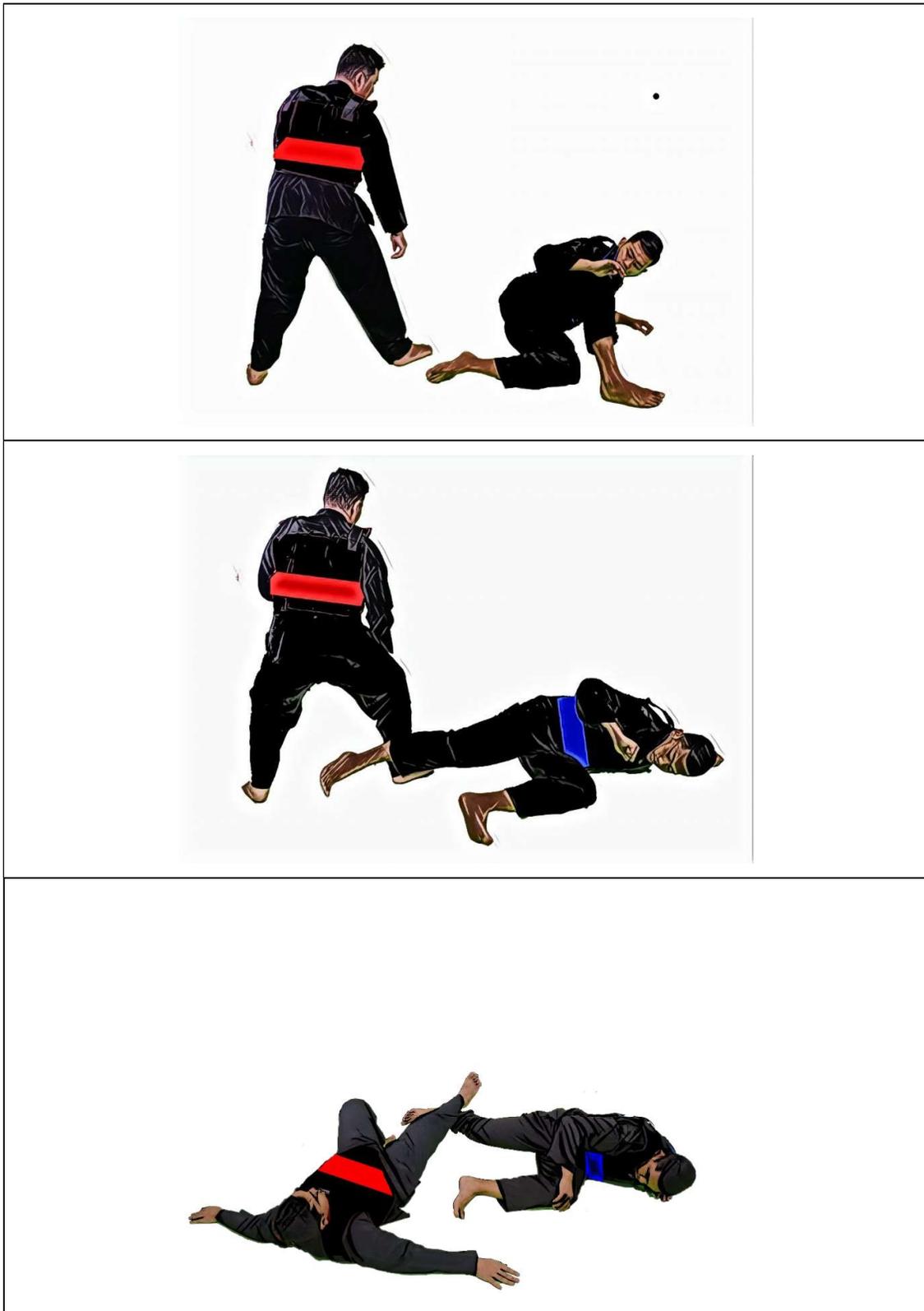
### Technique to Score: 3 Point

The techniques shown below is score the athlete with 3-points.

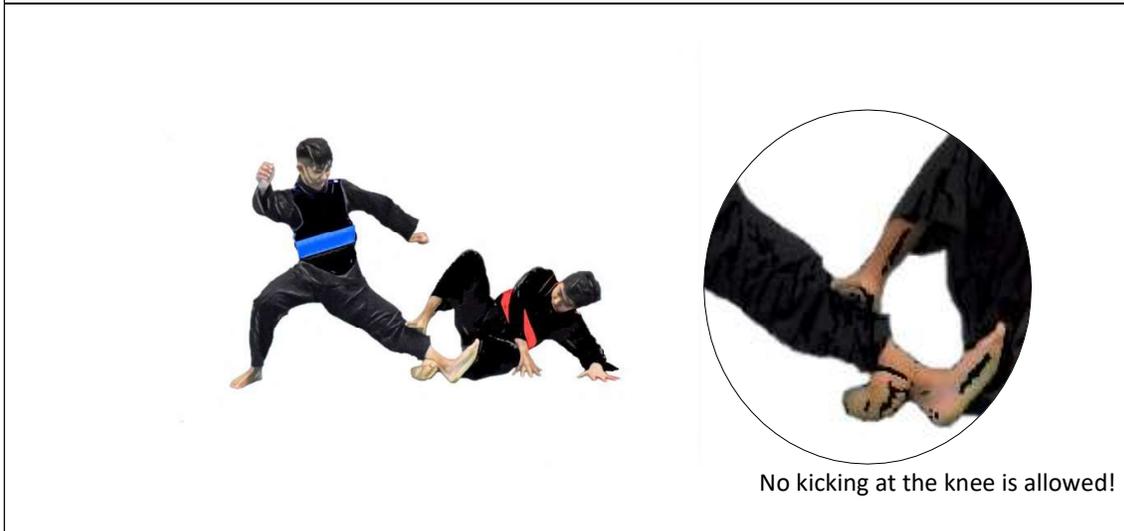
#### Technique 1 – Sweeping



## Technique 2 – Sweeping



Technique 3 – Sweeping



### Technique 4 – Sweeping (Double)

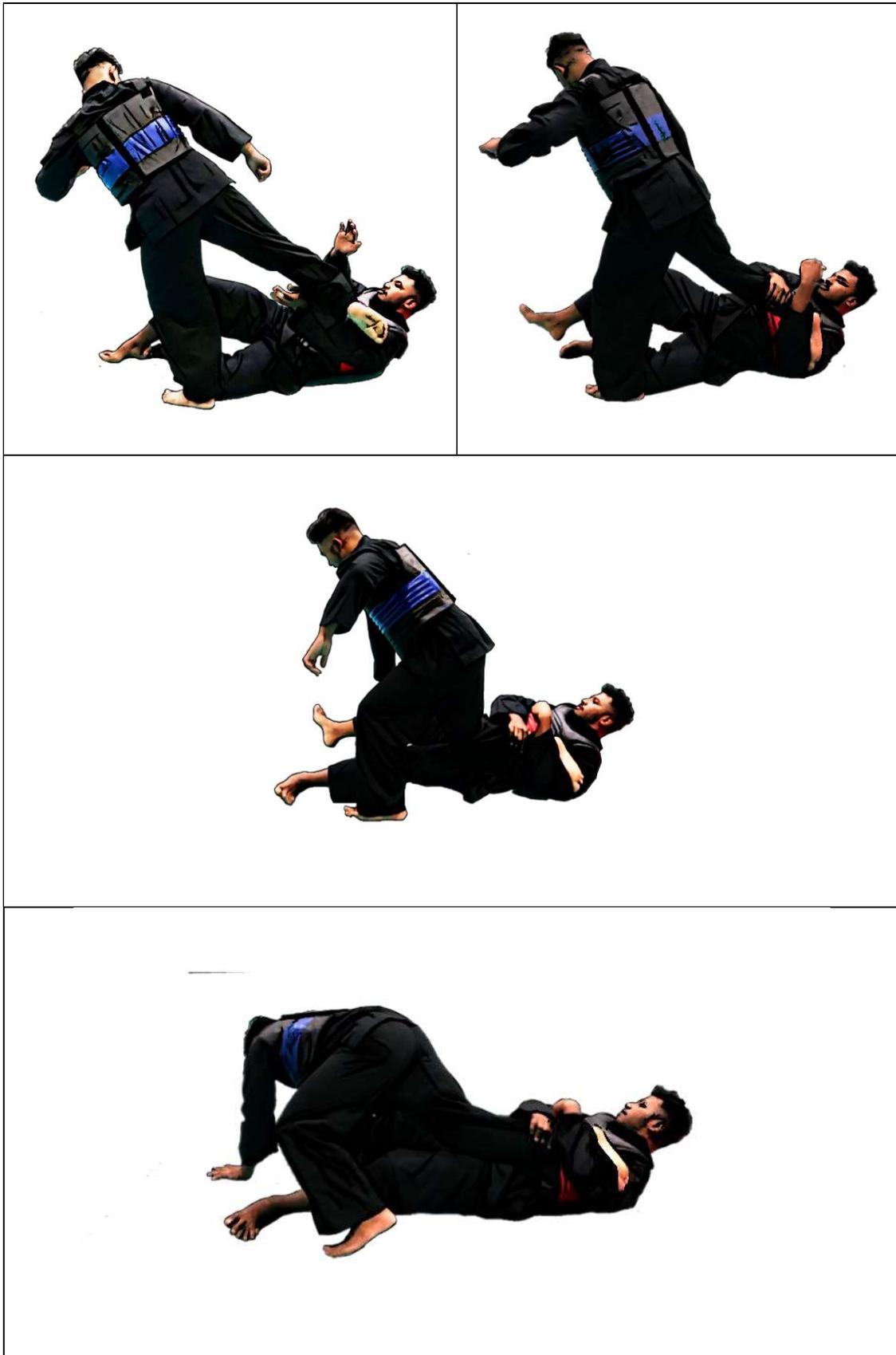


Technique 5 – Sweeping (Kicking to the Back of the Body while Doing Sweeping)



Technique 6 – Sweeping – The (Red) Athlete is doing the Sweeping while the (Blue) Athlete is counterattack by kicking to the body. However, (Red) Athlete catches the leg and do the dropping technique.





Technique 7 – Sweeping – The (Red) Athlete is doing the Sweeping. After doing the Sweeping, the (Red) Athlete immediately do Frontal Kick to the opponent’s body. However, if the (Red) Athlete’s buttock touch the ground, the opponent (Blue) will get 3-points (Dropping). The (Red) Athlete will earn 2-points for the Kick.



### Technique 1 – Scissors



## Technique 2 – Scissors



### Technique 3 – Scissors



### Technique 4 – Scissors



### Technique 5 – Scissors



### Technique 6 – Scissors



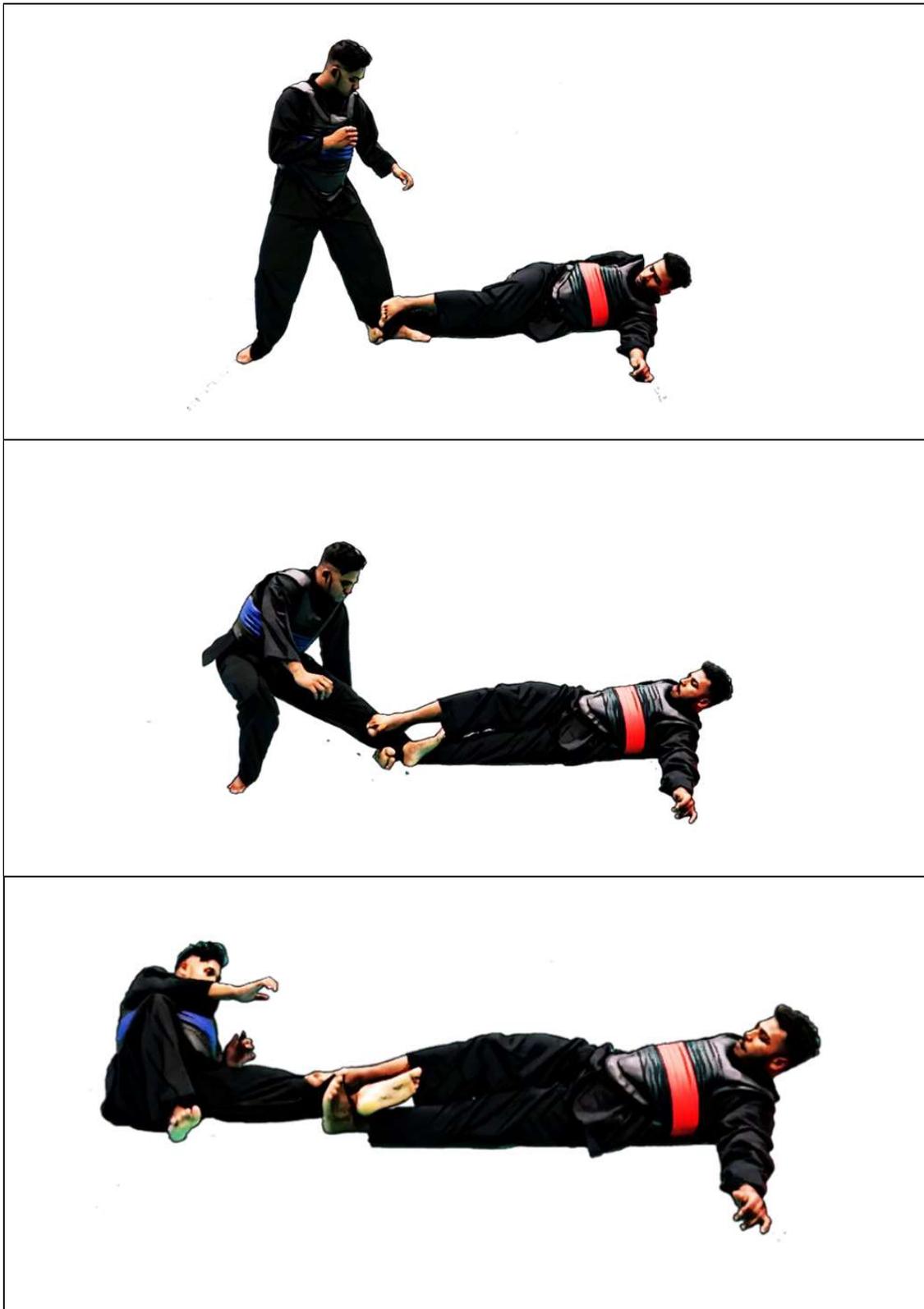
Technique 7 – Scissors (Touch the ground in the midst of doing scissors technique is allowed)

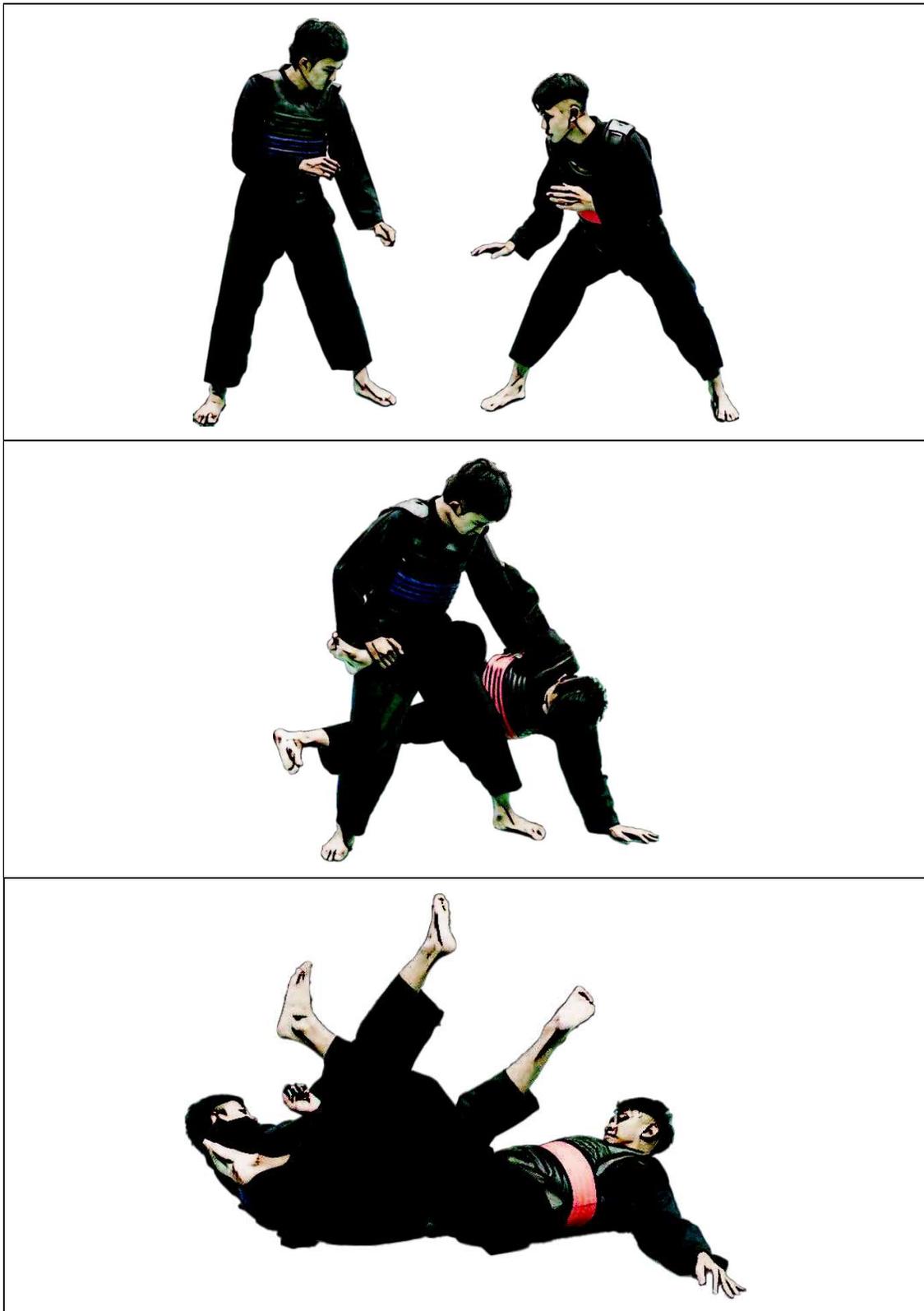


Technique 8 – Scissors (Touch the ground in the midst of doing scissors technique is allowed)

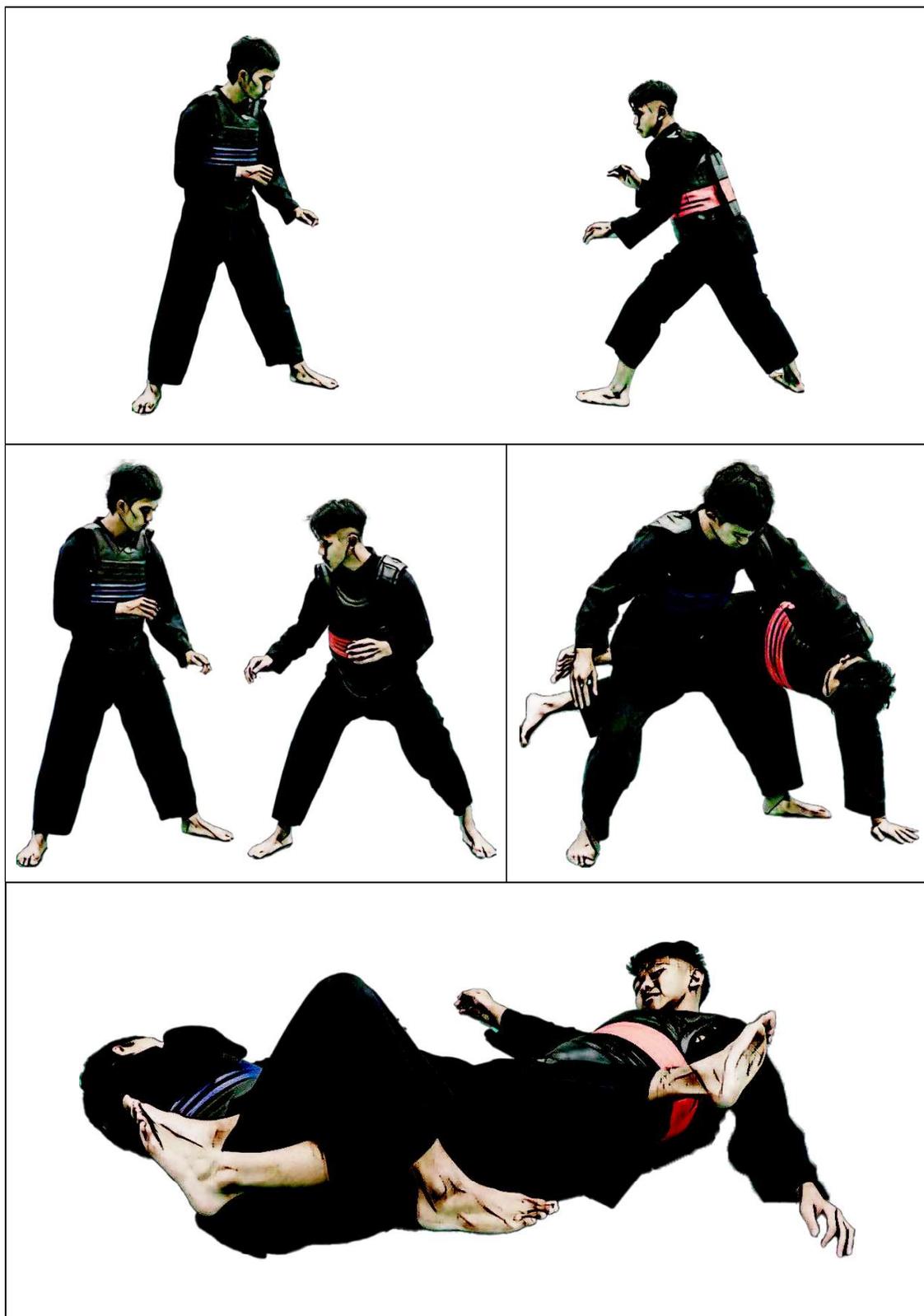


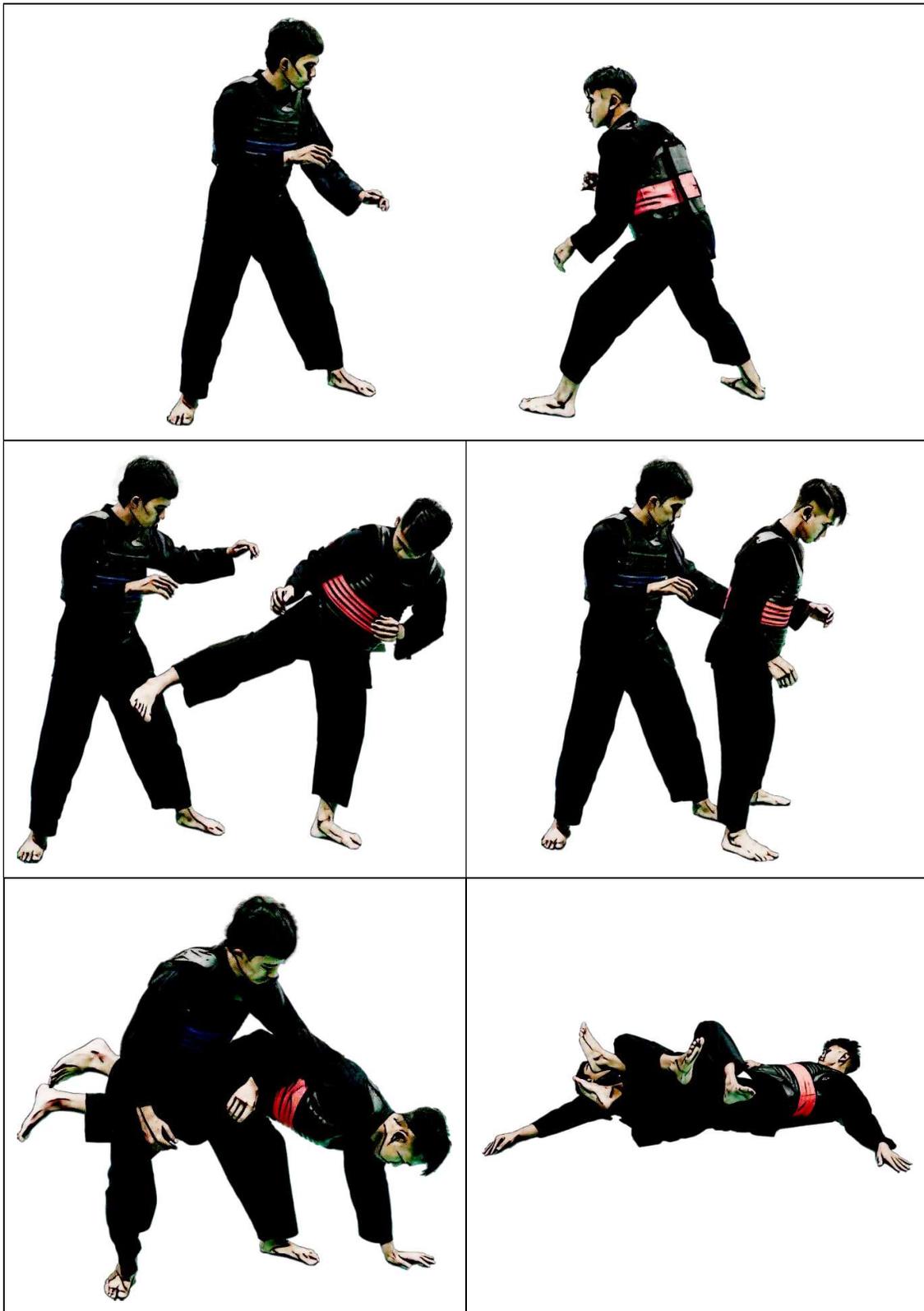
### Technique 9 – Scissors



Technique 10 – Scissors

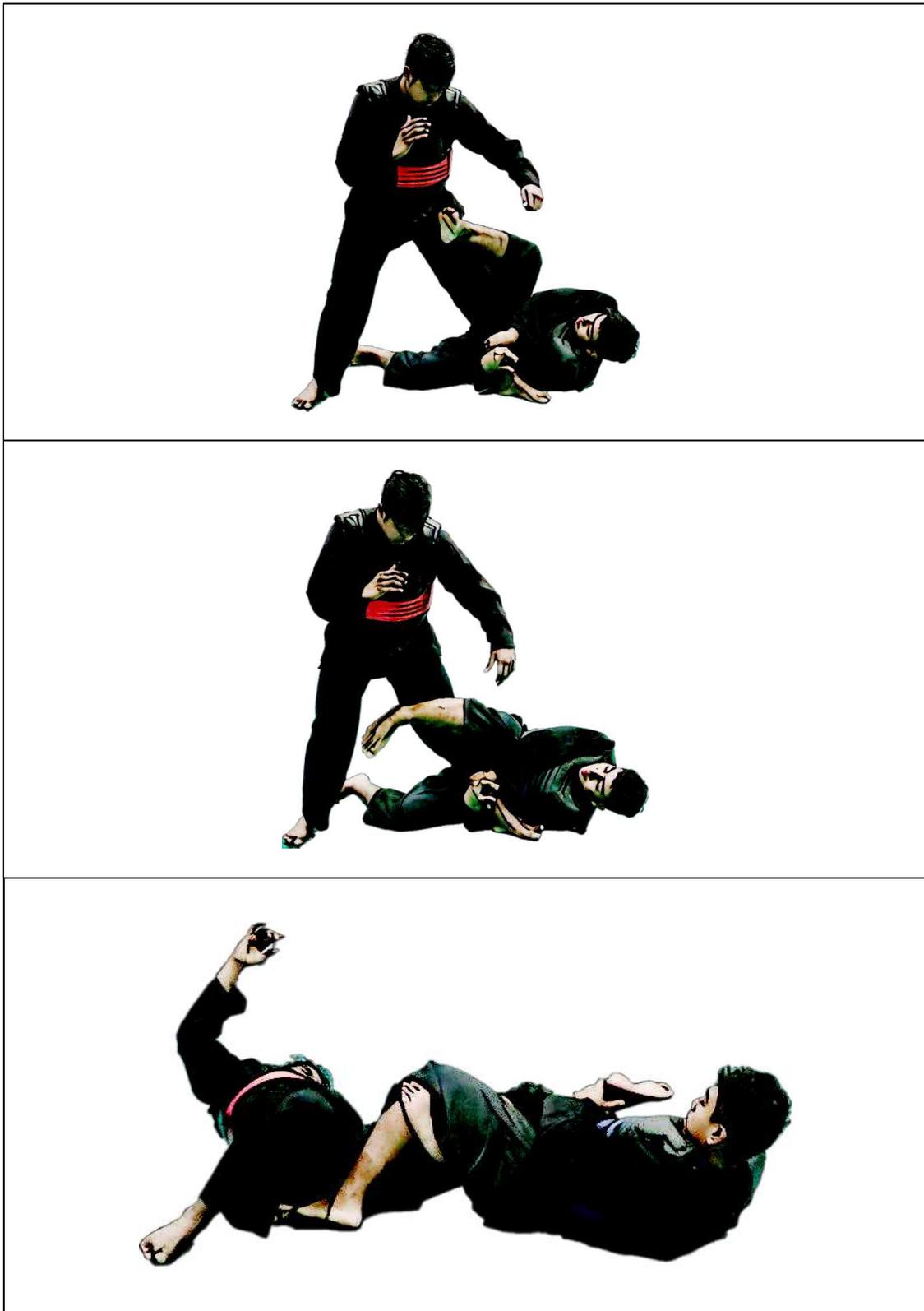
### Technique – Step Scissors



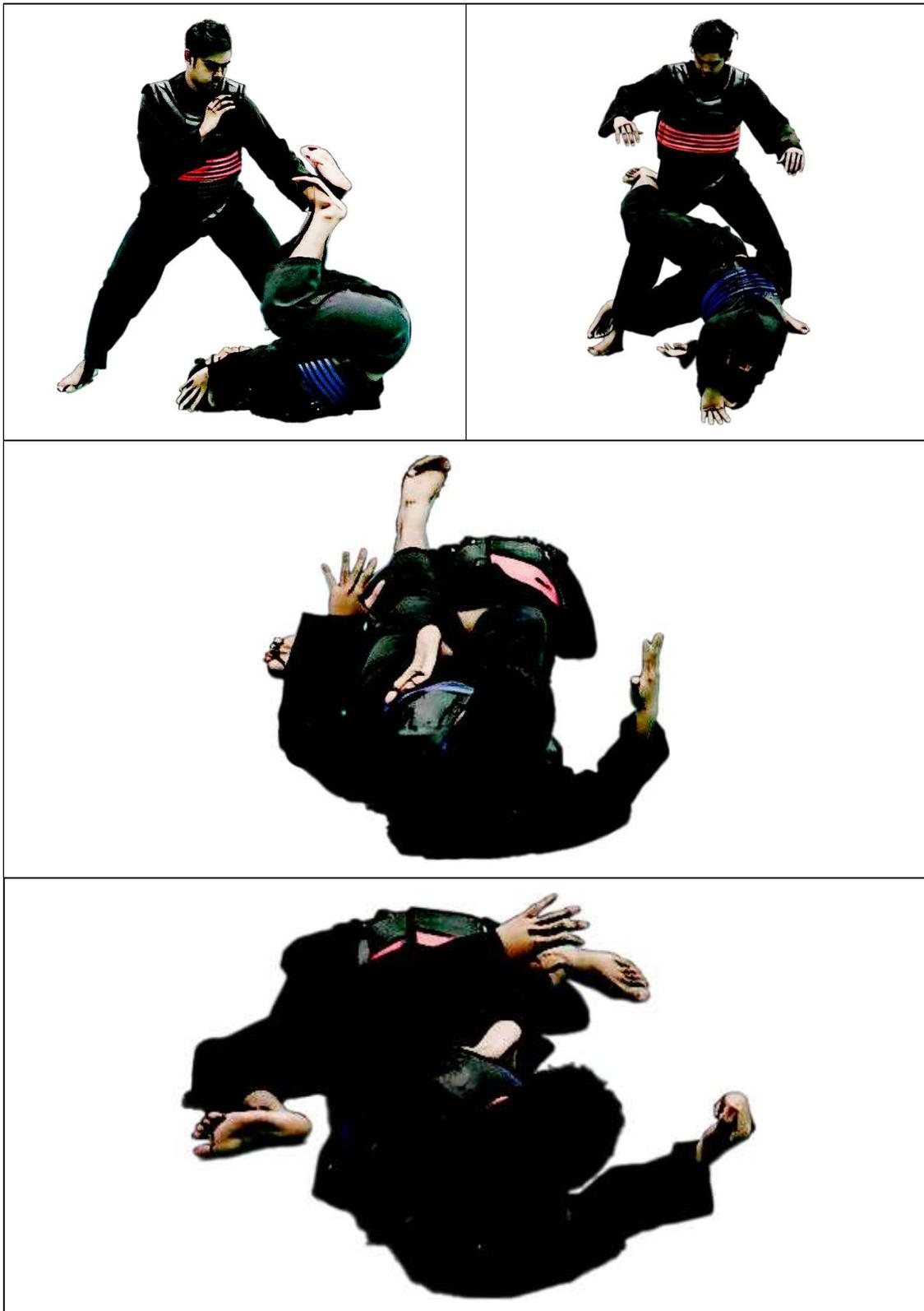
Technique – Back Scissors

### Technique 1 – Rolling Scissors



Technique 2 – Rolling Scissors

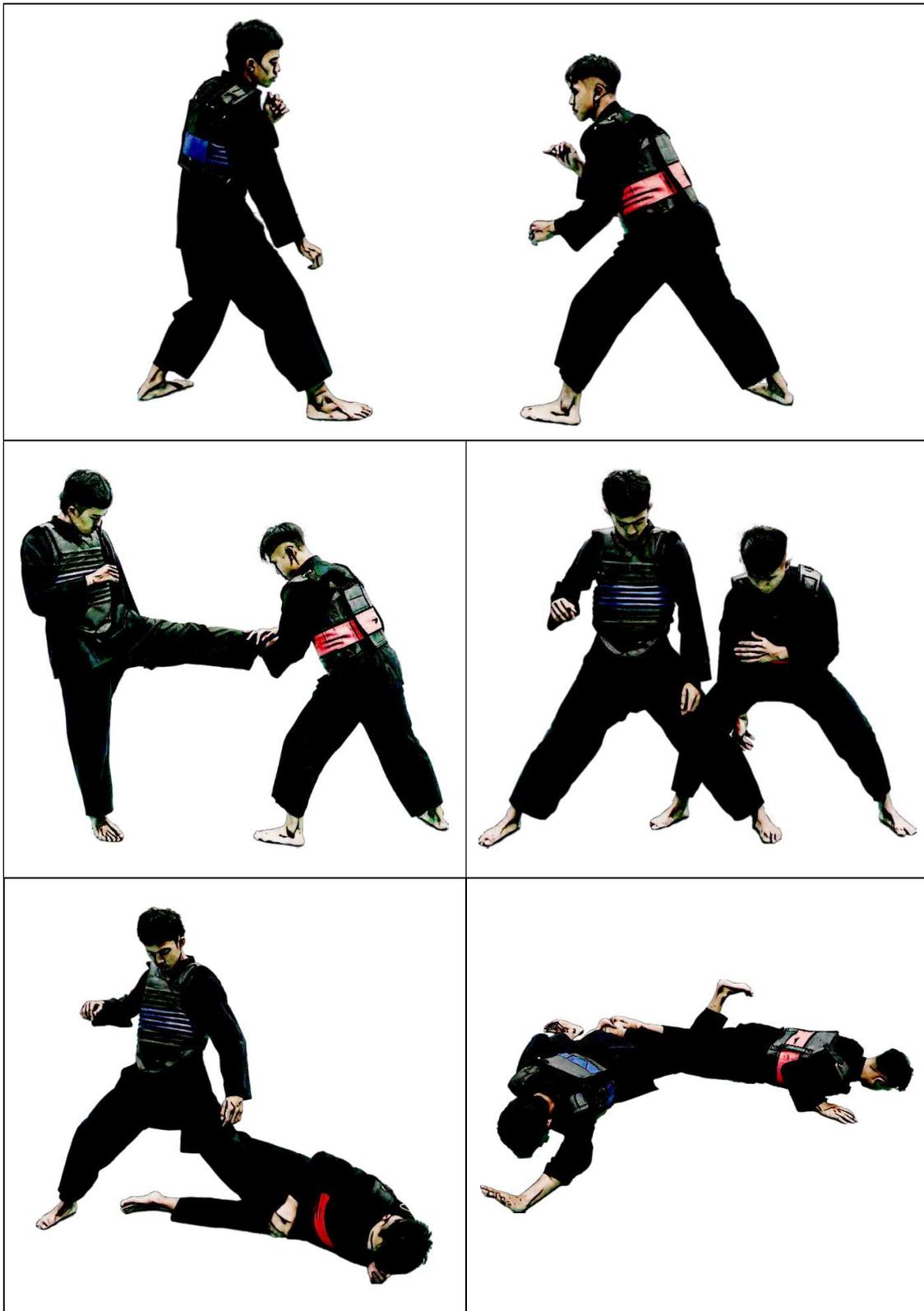
### Technique 3 – Rolling Scissors



### Technique 4 – Rolling Scissors



Technique 5 – Rolling Scissors

Pull & Scissors Technique

### Pull Scissors Technique



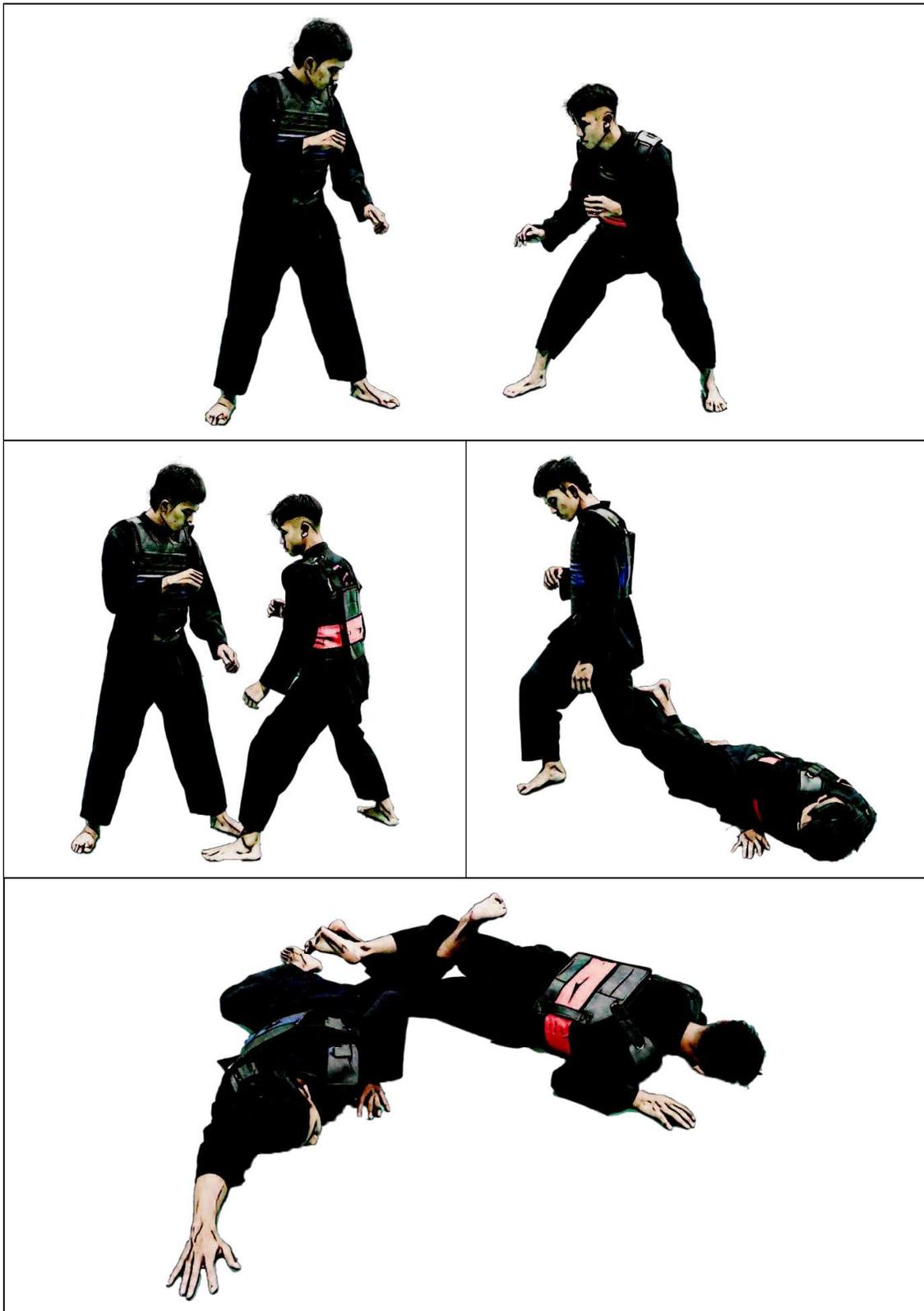
### Front Leg Scissors



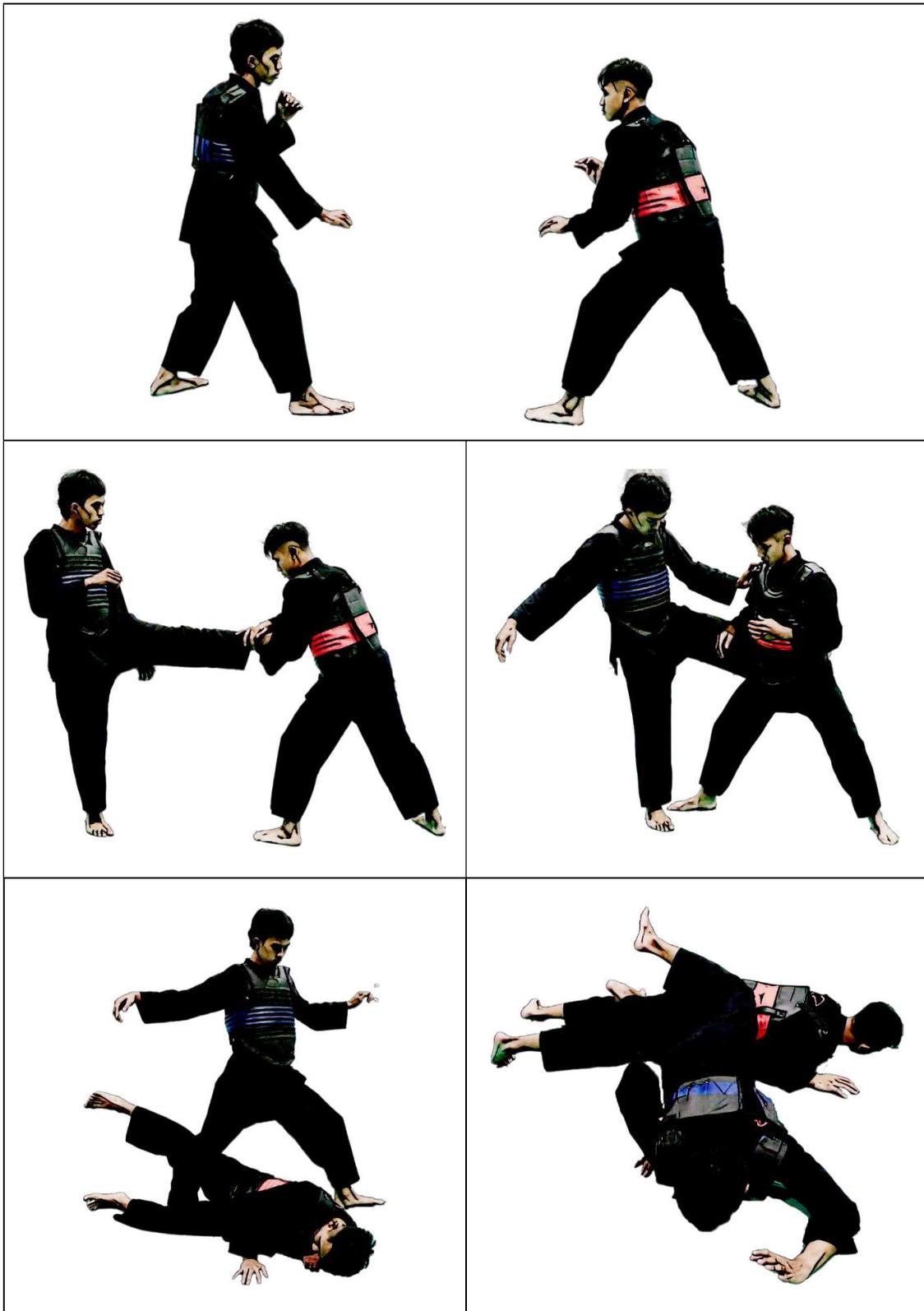
### Normal "Crocodile" Technique

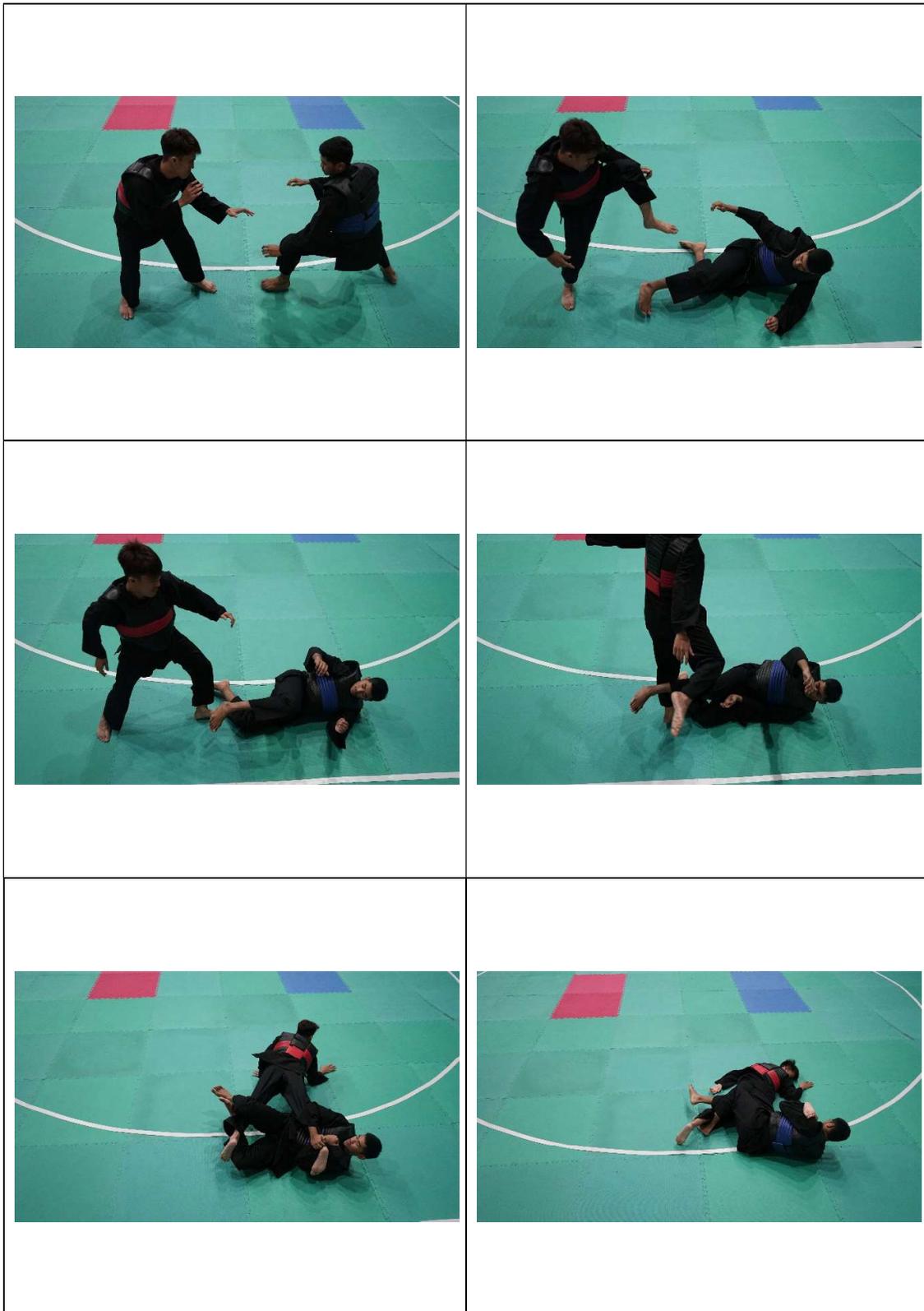


### Single Leg "Crocodile" Technique



### Pull Back Leg “Crocodile” Technique



“Crocodile” Technique

“Corkscrew” Technique

Crocodile Technique

Inner Leg Crocodile Technique

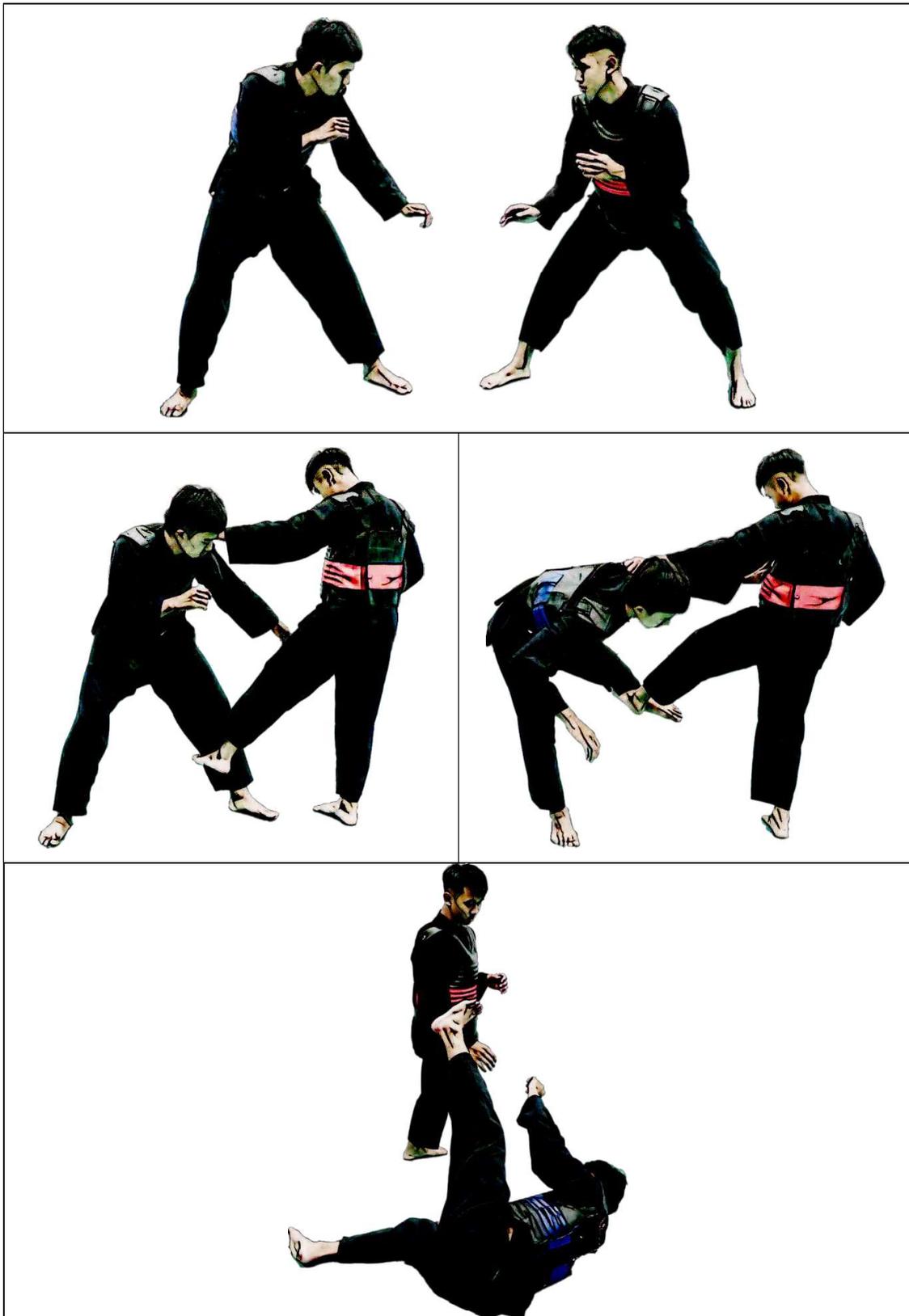
### Front Leg Press Technique



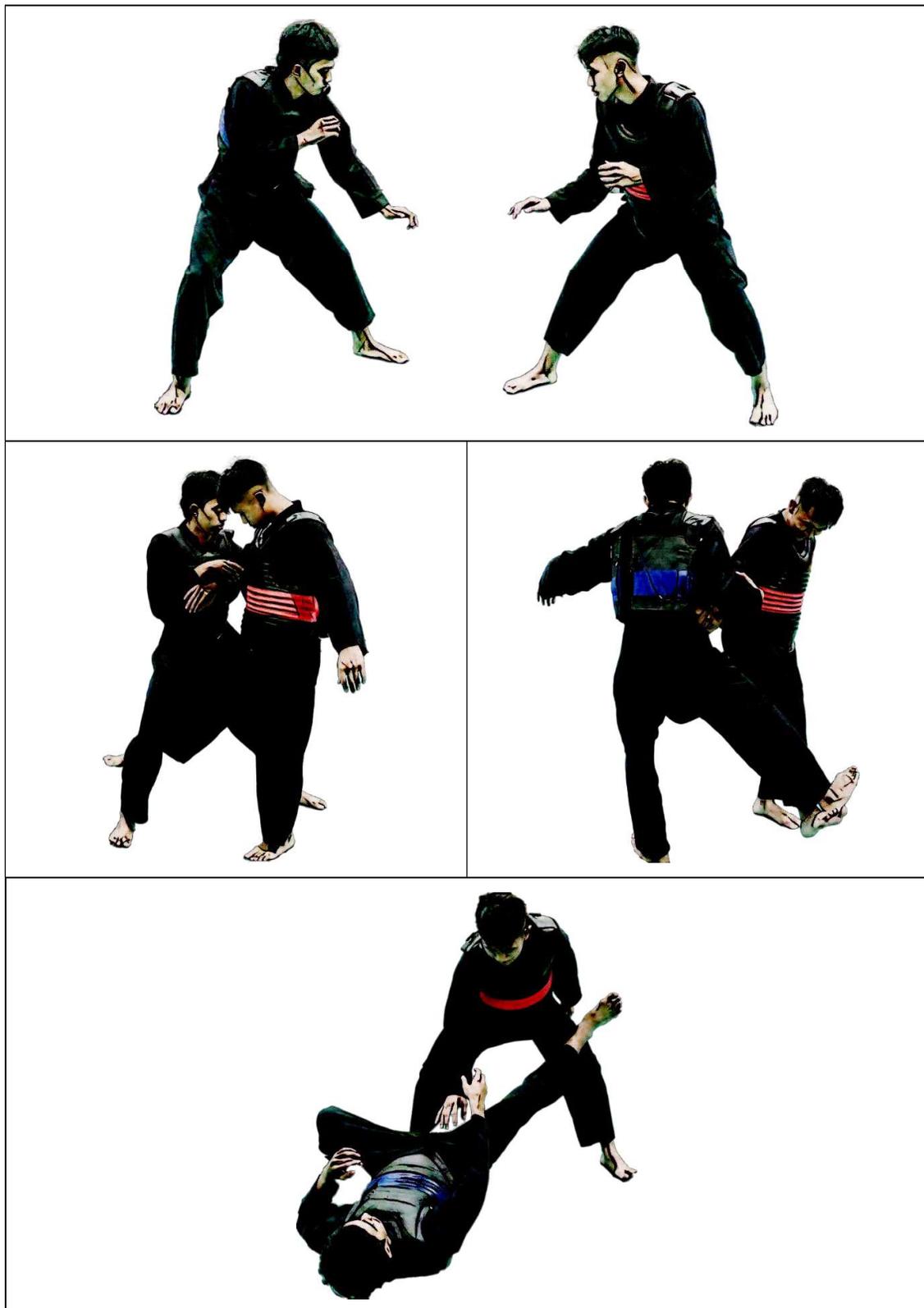
### Inward Single Leg Takedown

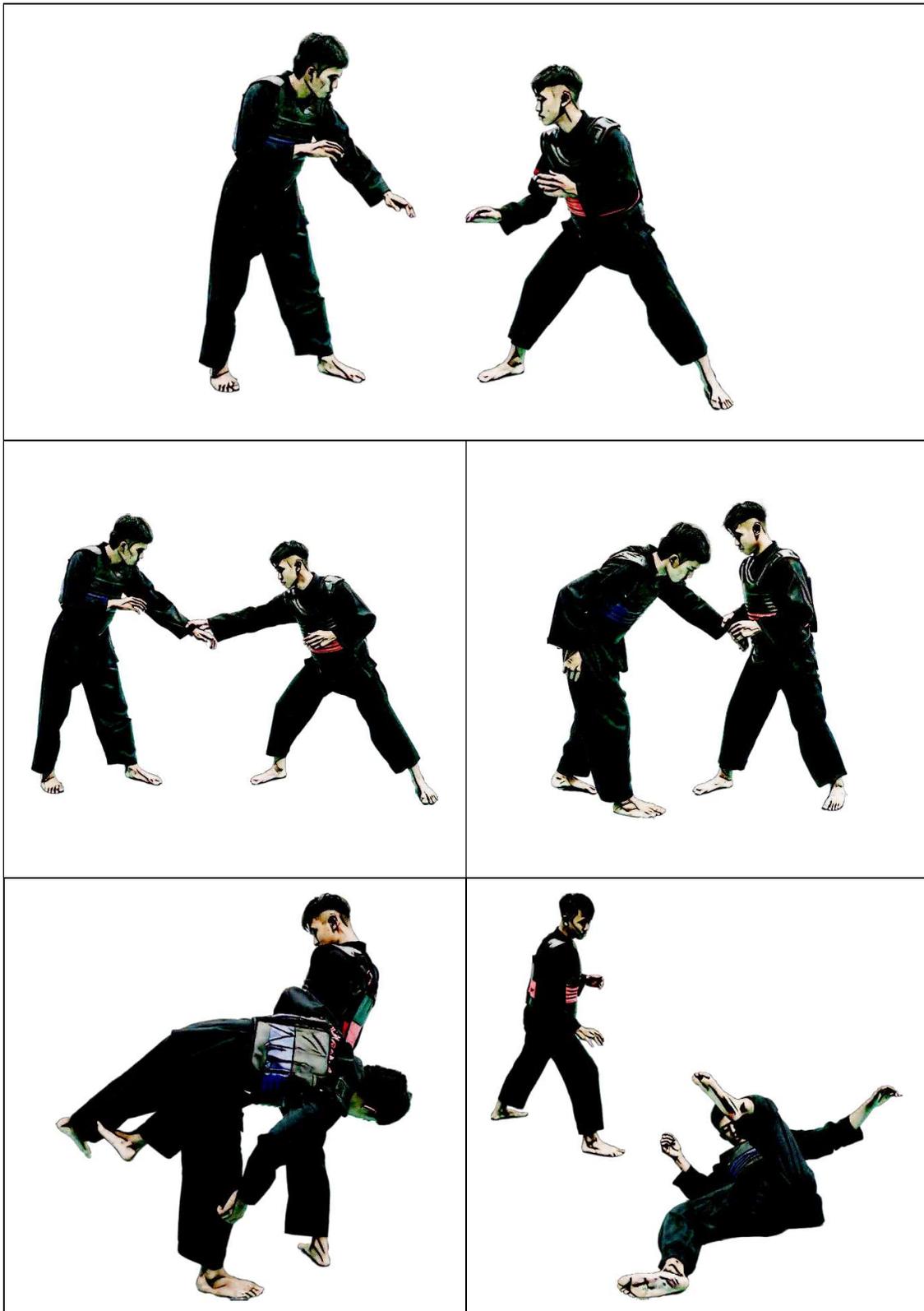


Right Leg Takedown

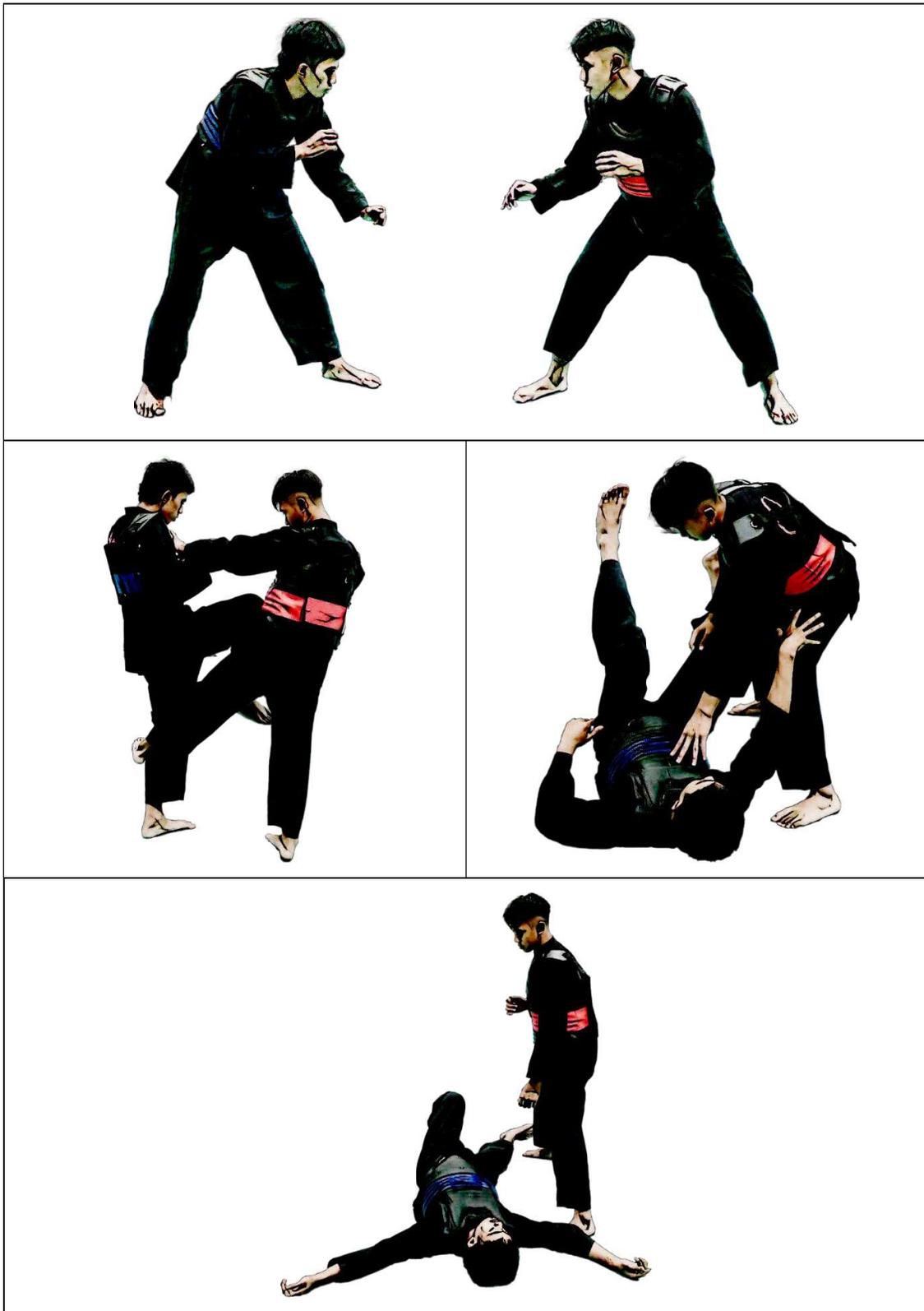
Left Leg Takedown

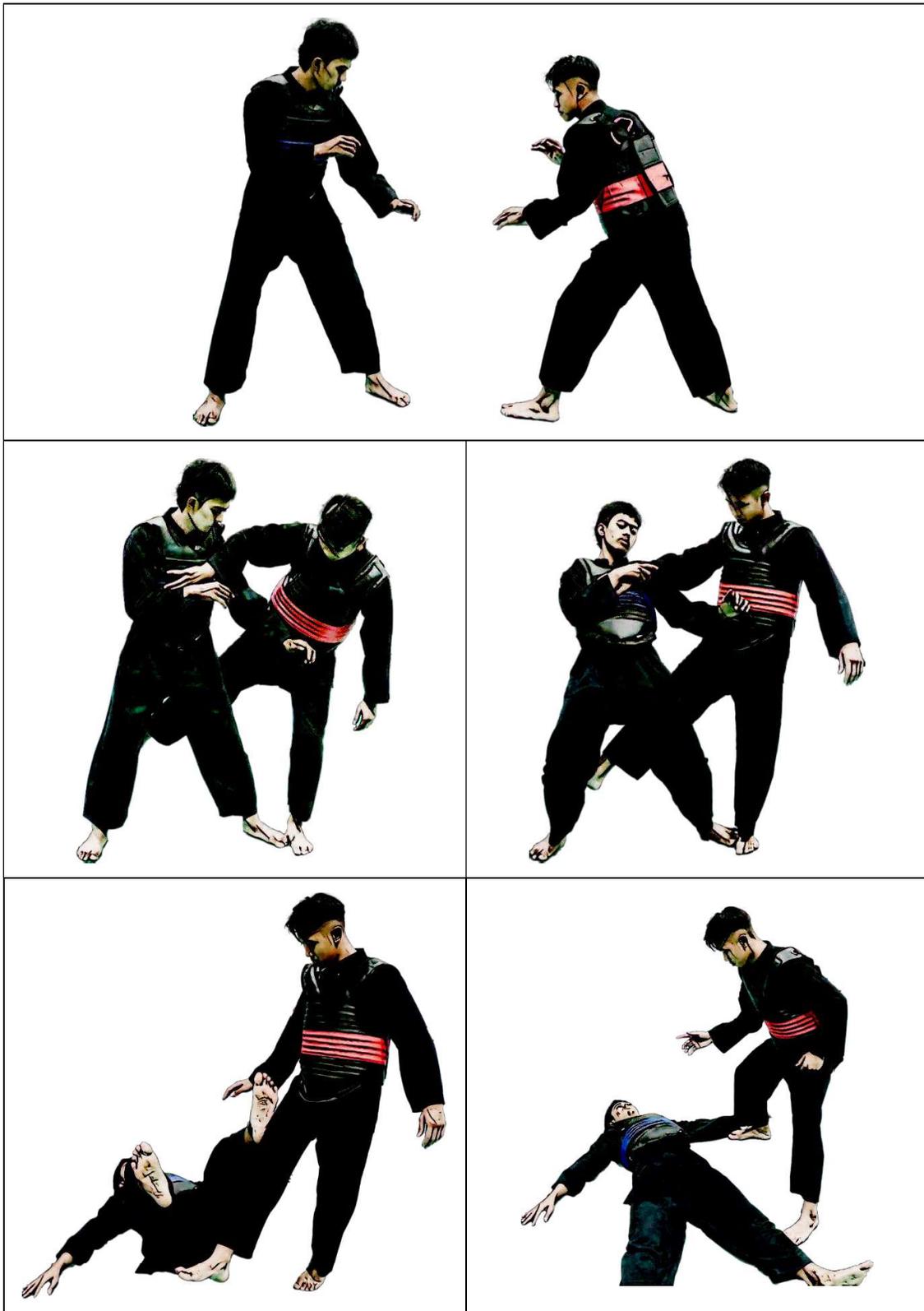
### Back Leg Takedown



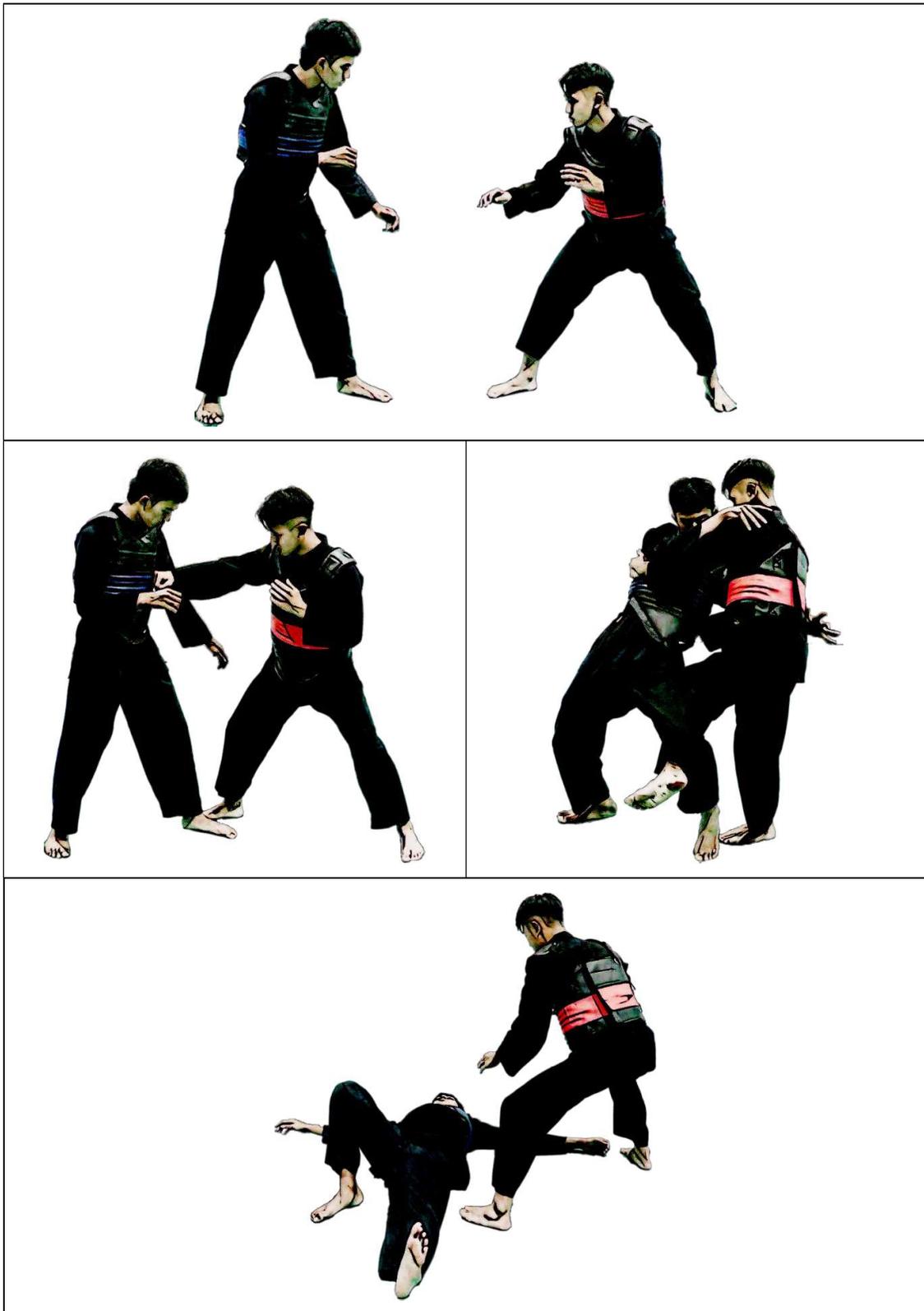
Pull Takedown

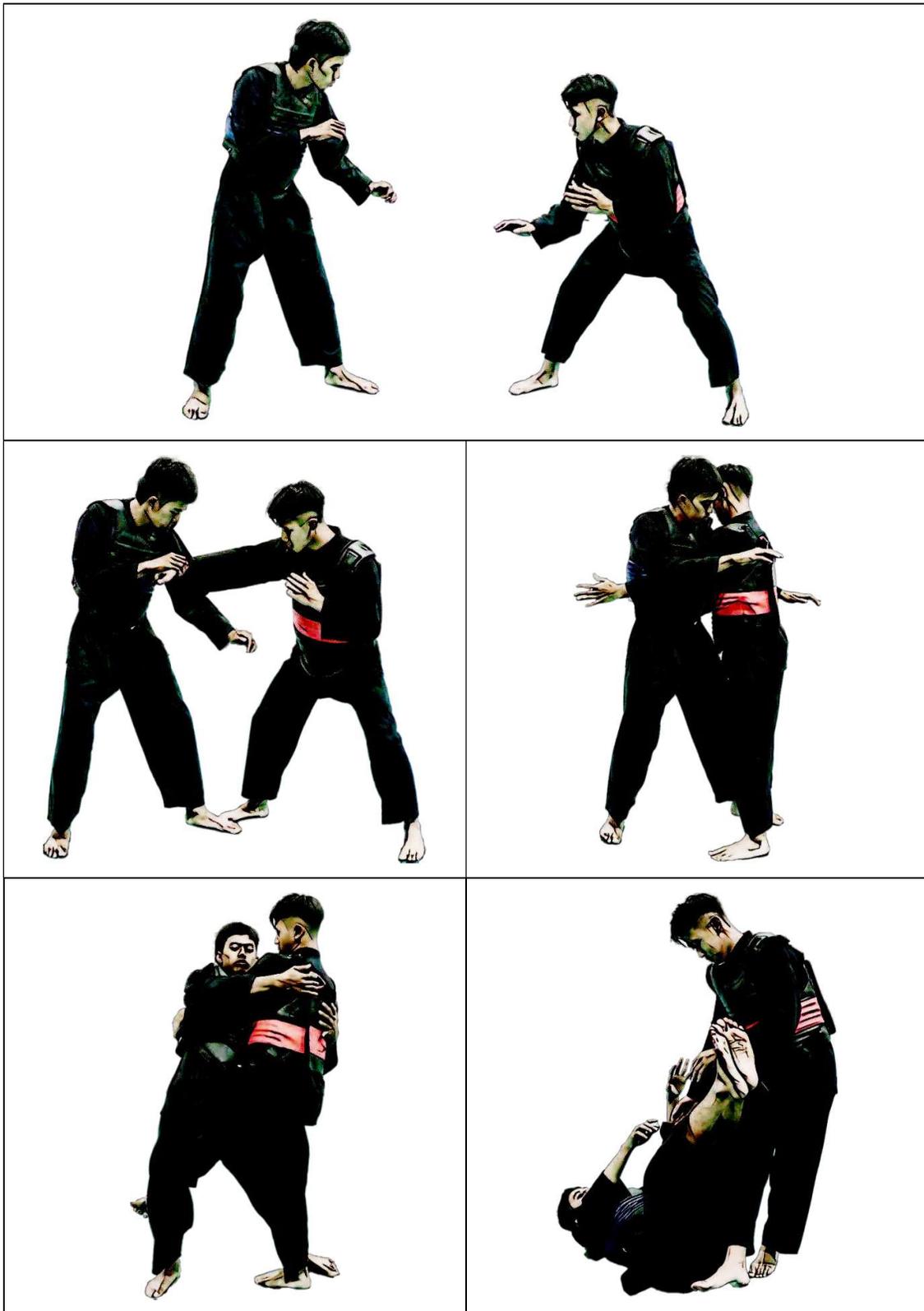
### Right Single Leg Takedown



Left Single Leg Takedown

### Double Leg Takedown



Clamp Single Leg Takedown

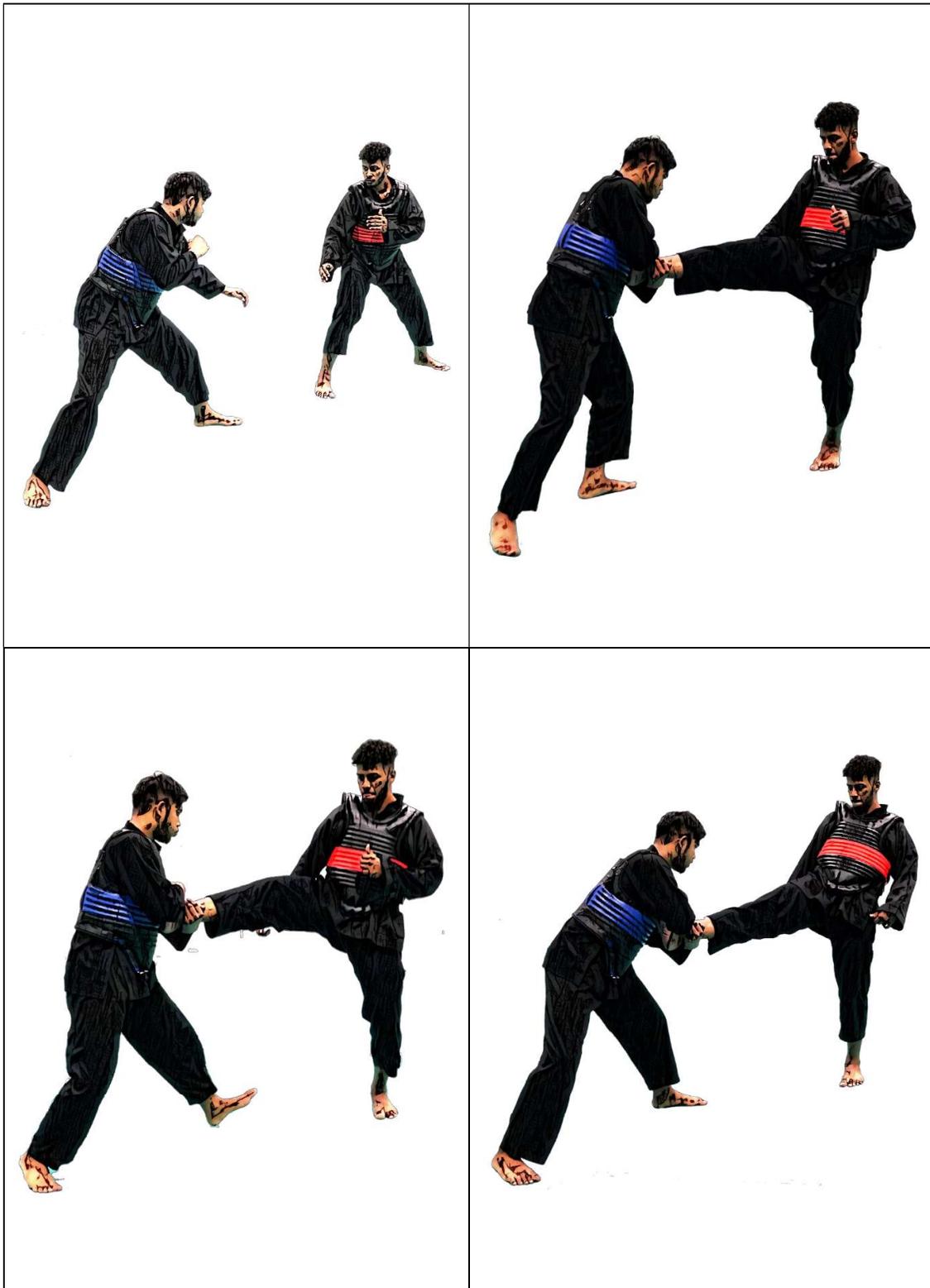
### Technique – Catch the Leg & Throw



Technique – Catch the Leg & Throw



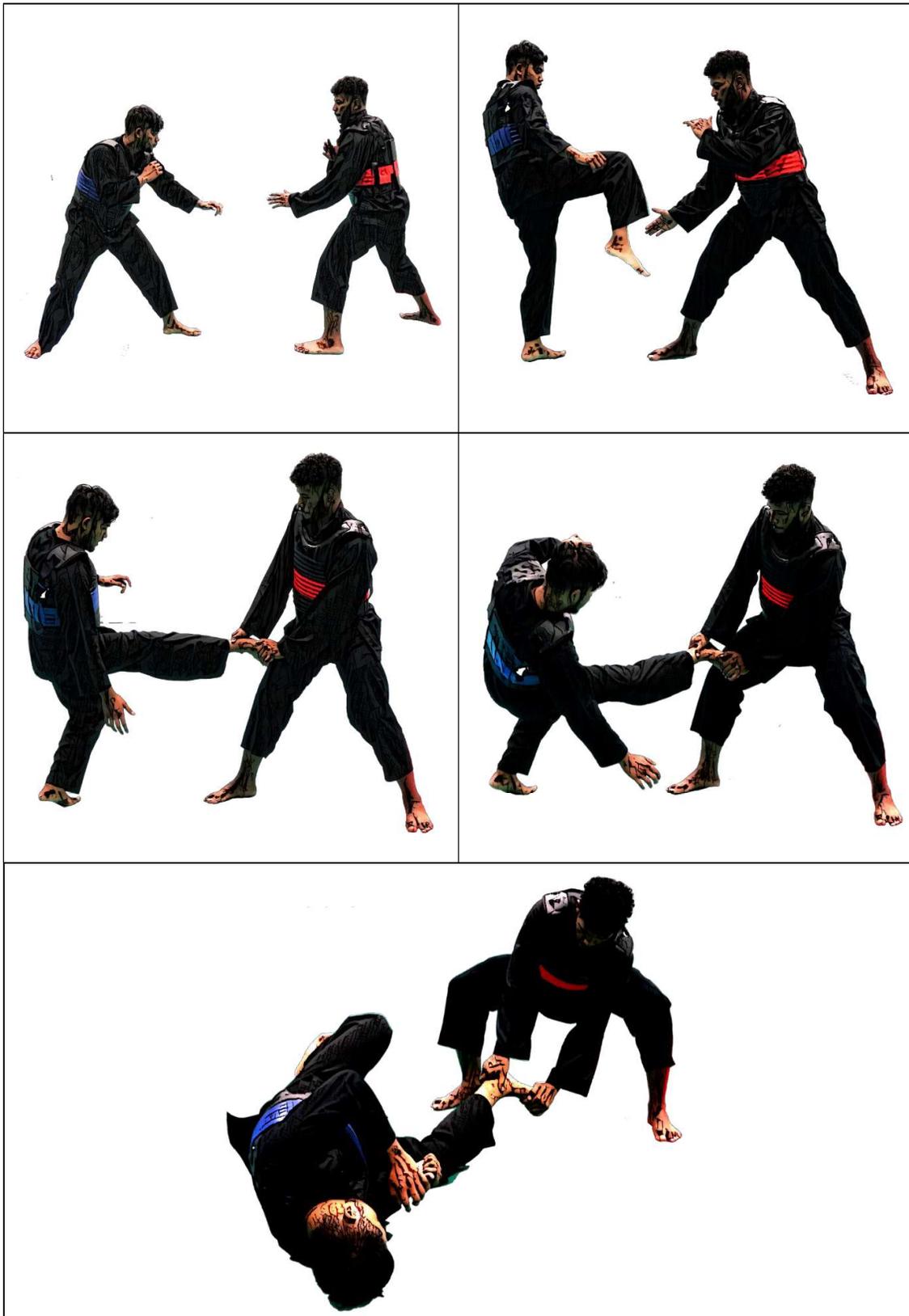
### Technique – Catch the Leg & Push



Technique – Catch the Leg & Kick to the Shin



### Technique – Catch the Leg & Twist the Foot



### Technique 1 – Locking of Hand & Dropping



Technique 2 – Locking of Hand & Dropping (frontal)



### Technique 3 – Locking of Hand & Dropping



#### Technique 4 – Locking of Hand & Dropping



## Dropping Technique

The images below are showing on how to do the dropping techniques.

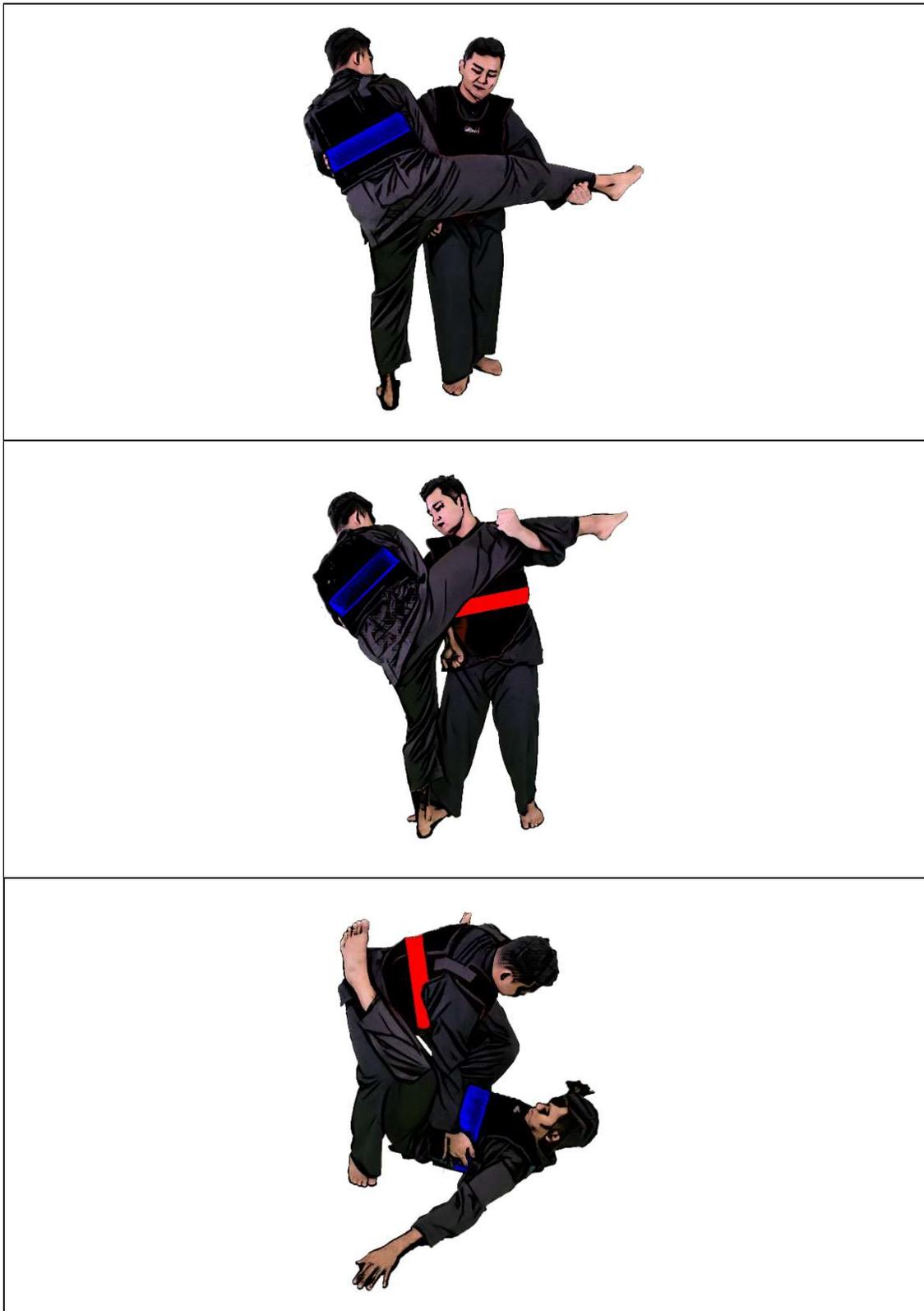
### Technique 1:



Technique 2:

Technique 3:

Technique 4:

Technique 5:

Technique 6:

### Technique 7 – Pulling the Vest and Side Drop



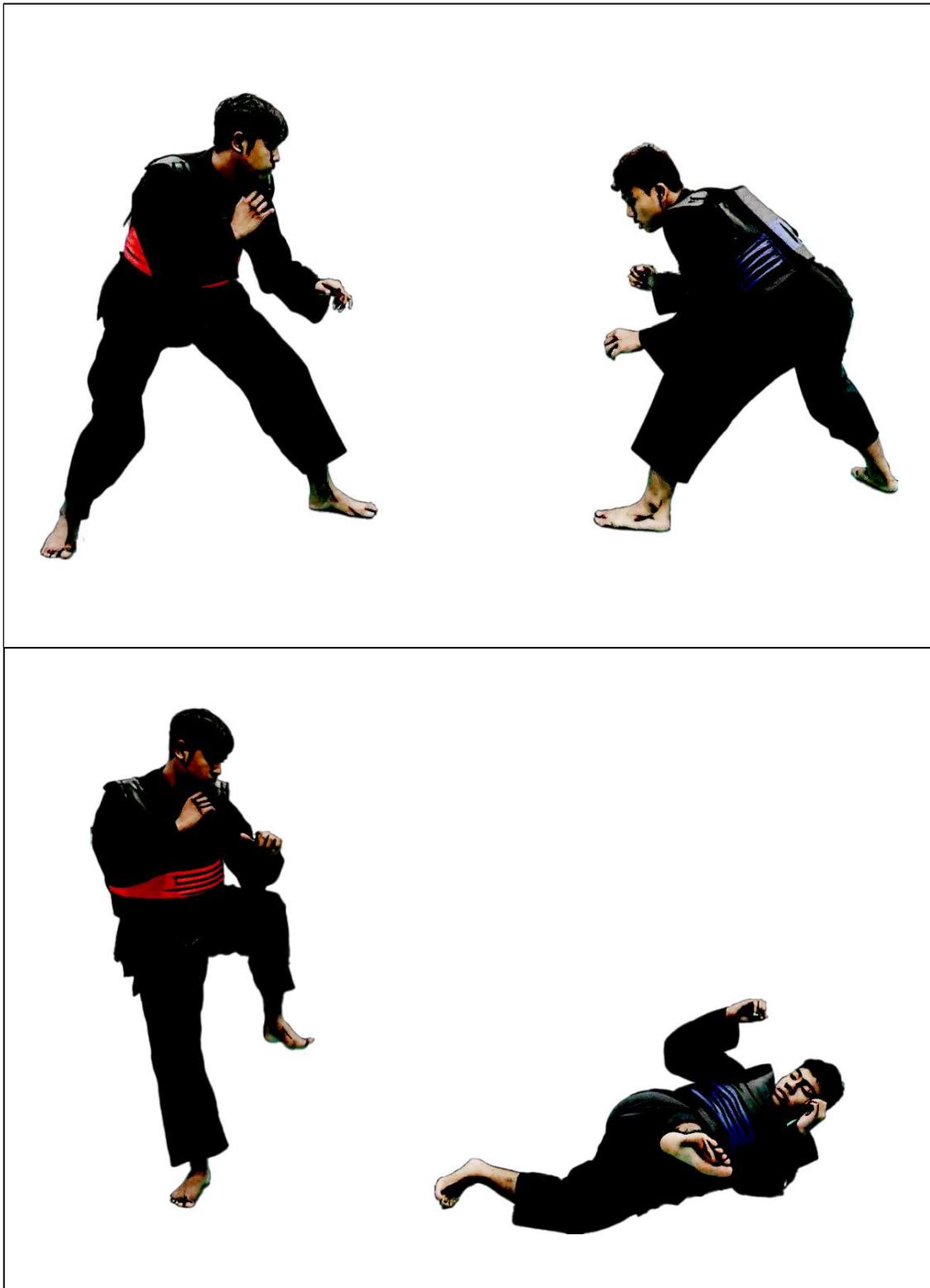
### Technique 8 – Pulling the Leg Down and Side Drop



On the Ground Technique (Alternate Sweeping)



On the Ground Technique (Counterattack)





Catch Leg – Knee – Thigh (however, if the technique performed is unsuccessful, the executor will need to follow-up with a punch or kick).



Low High Lift (Tuck & Lift)

### Double Knee – Lift & Throw

Direct attempt to this technique is not allowed. An attack must be made before attempting this technique.



### Side Knee – Lift & Throw



### Front Ankle Pull

Direct attempt to this technique is not allowed. An attack must be made before attempting this technique.



Back Ankle Pull

One-legged Side Throw

## Shoulder Throw

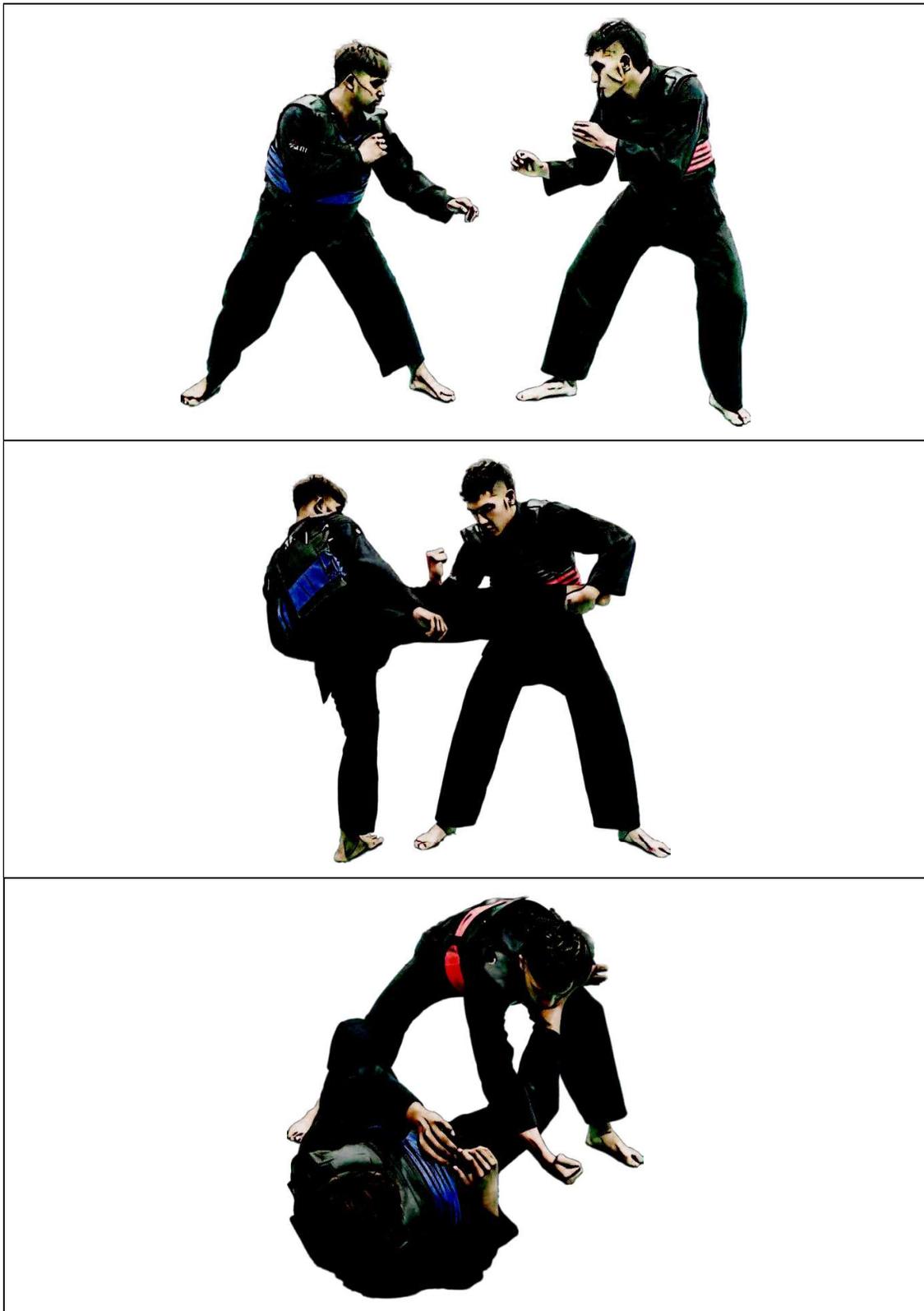


### Powerlift Overhead Throw

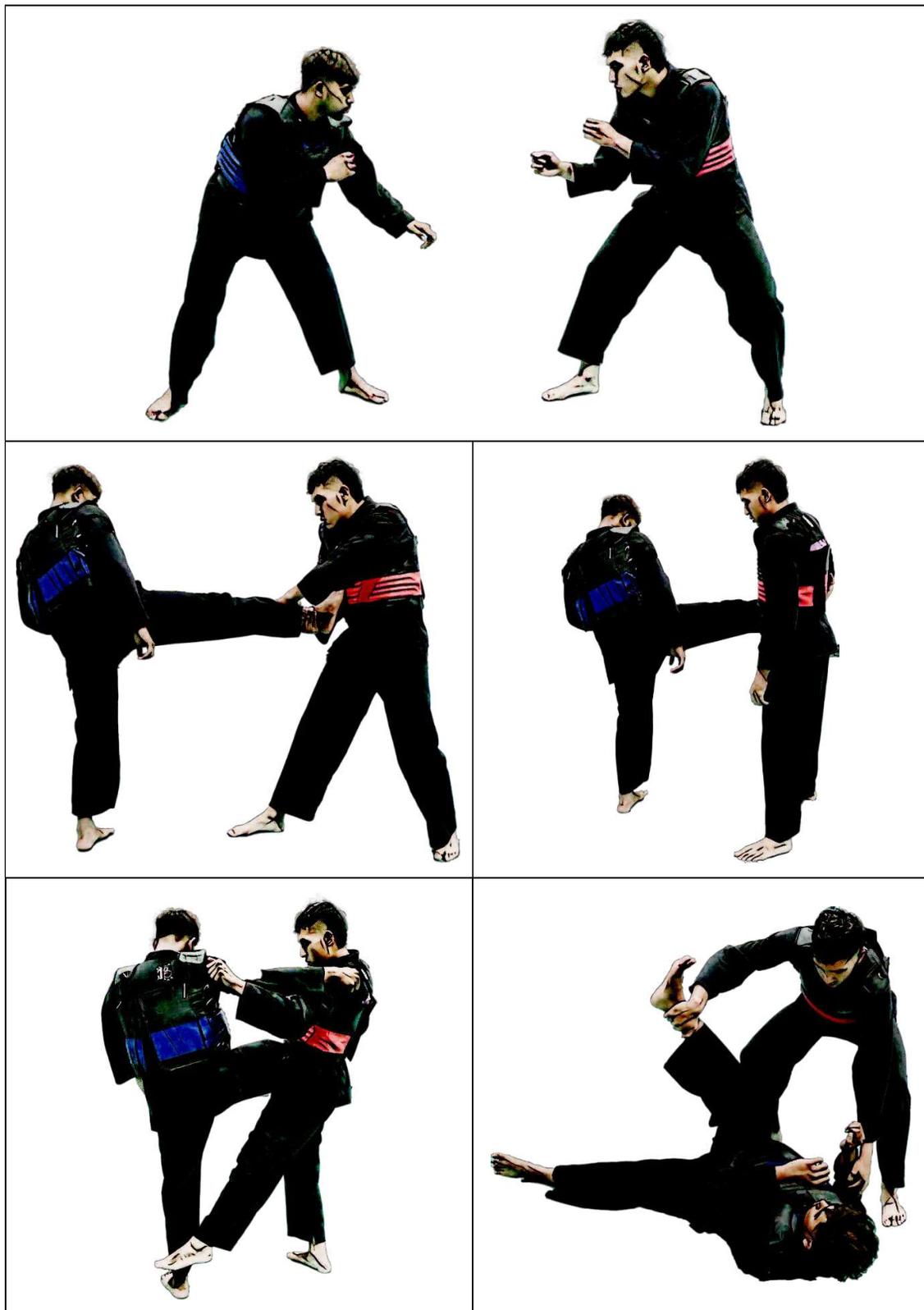


### Single Lift Knee Throw



Forearm to the Thigh

Leg Thrust to the Shin Followed by Leg Hook



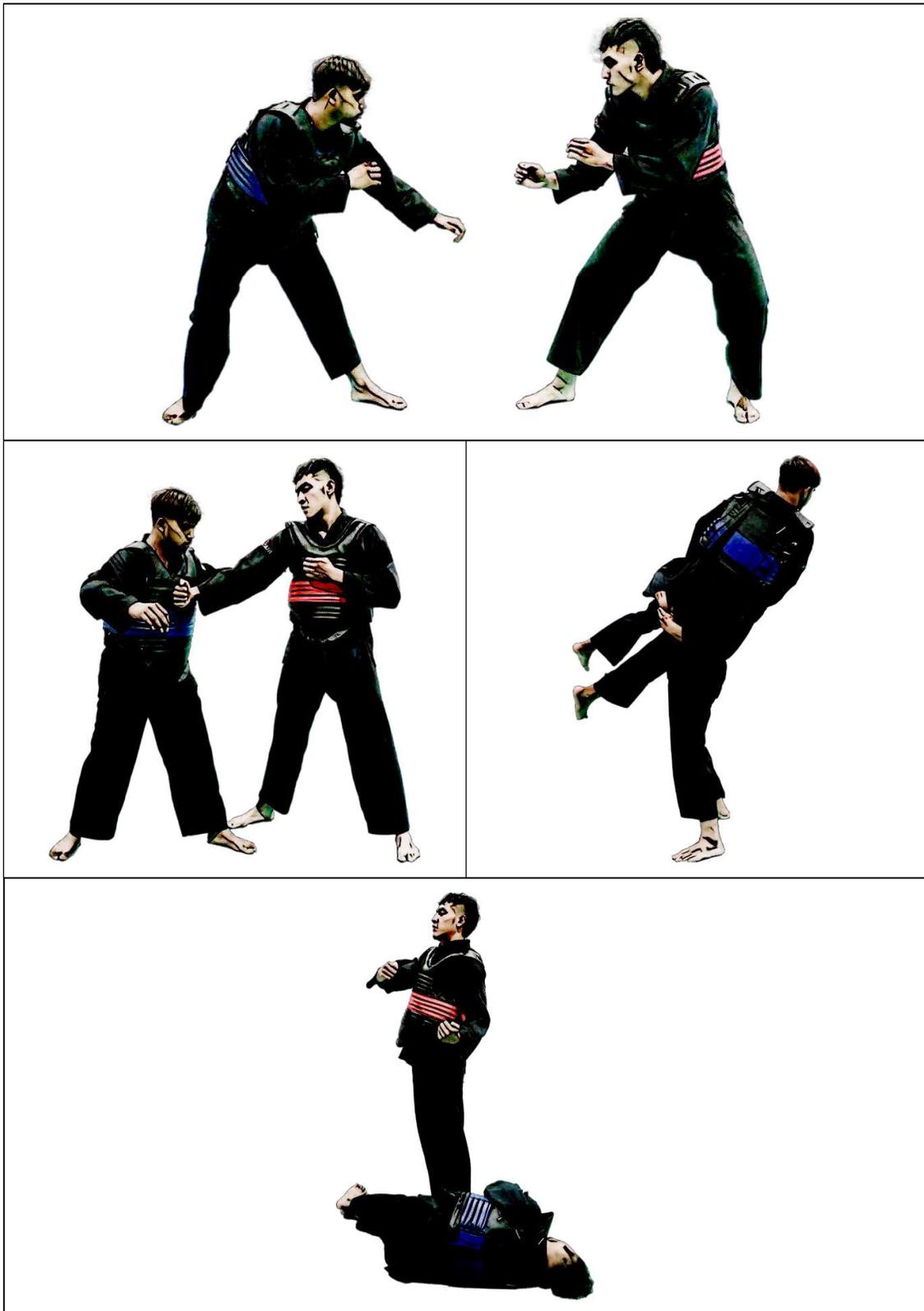
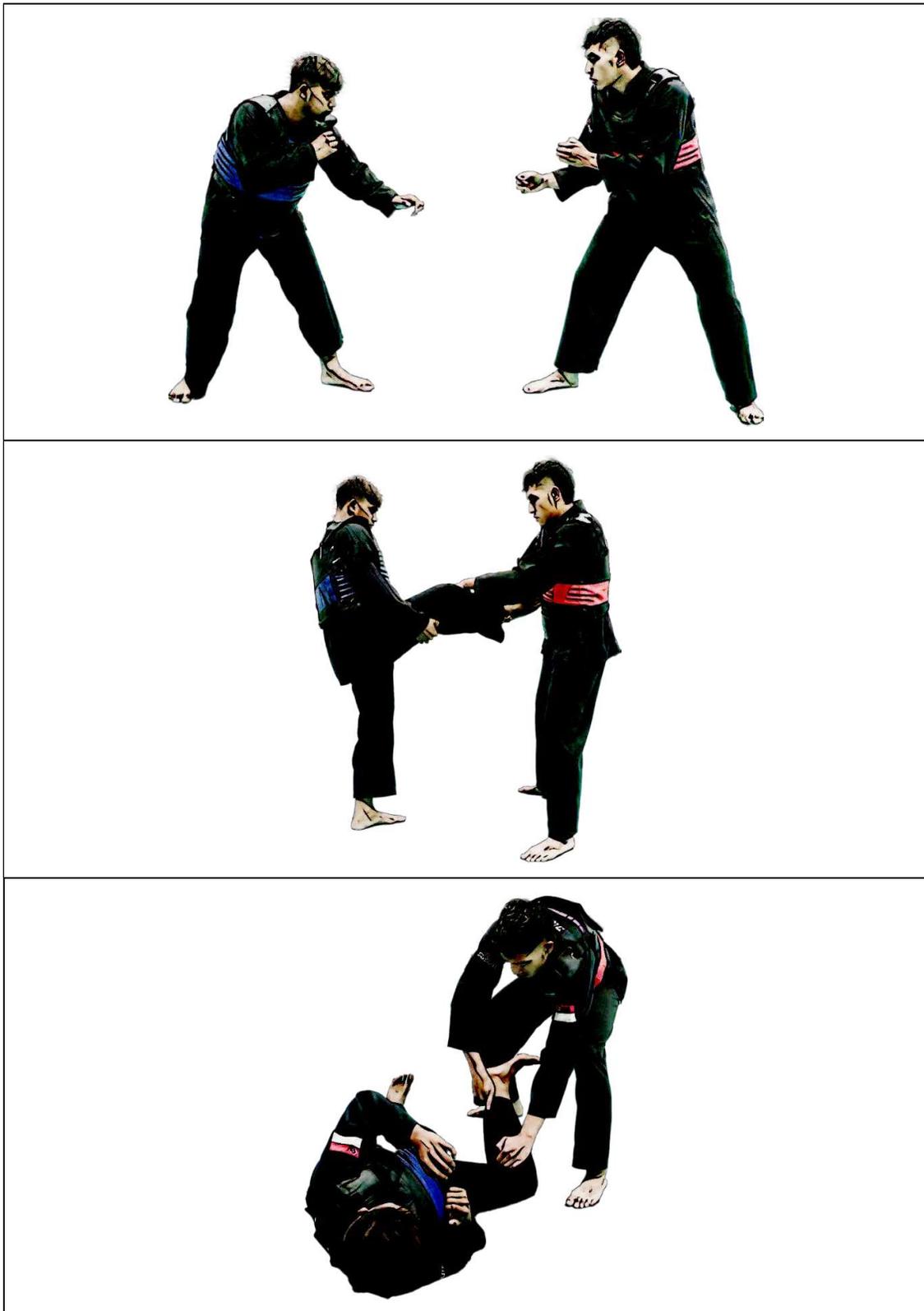
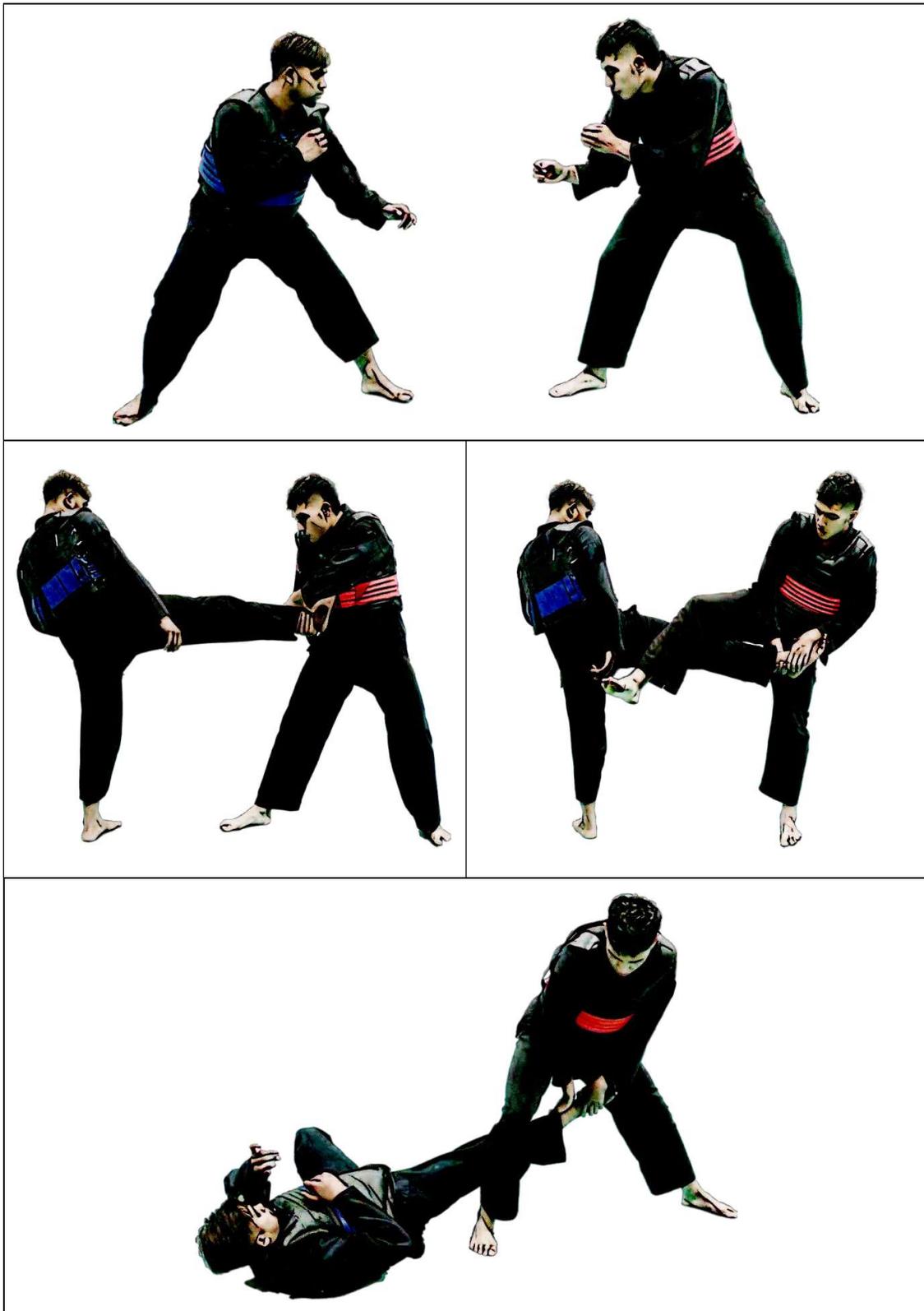
Overhead Throw

Figure Four



Forearm Hip Throw

Leg Pull Upper Throw

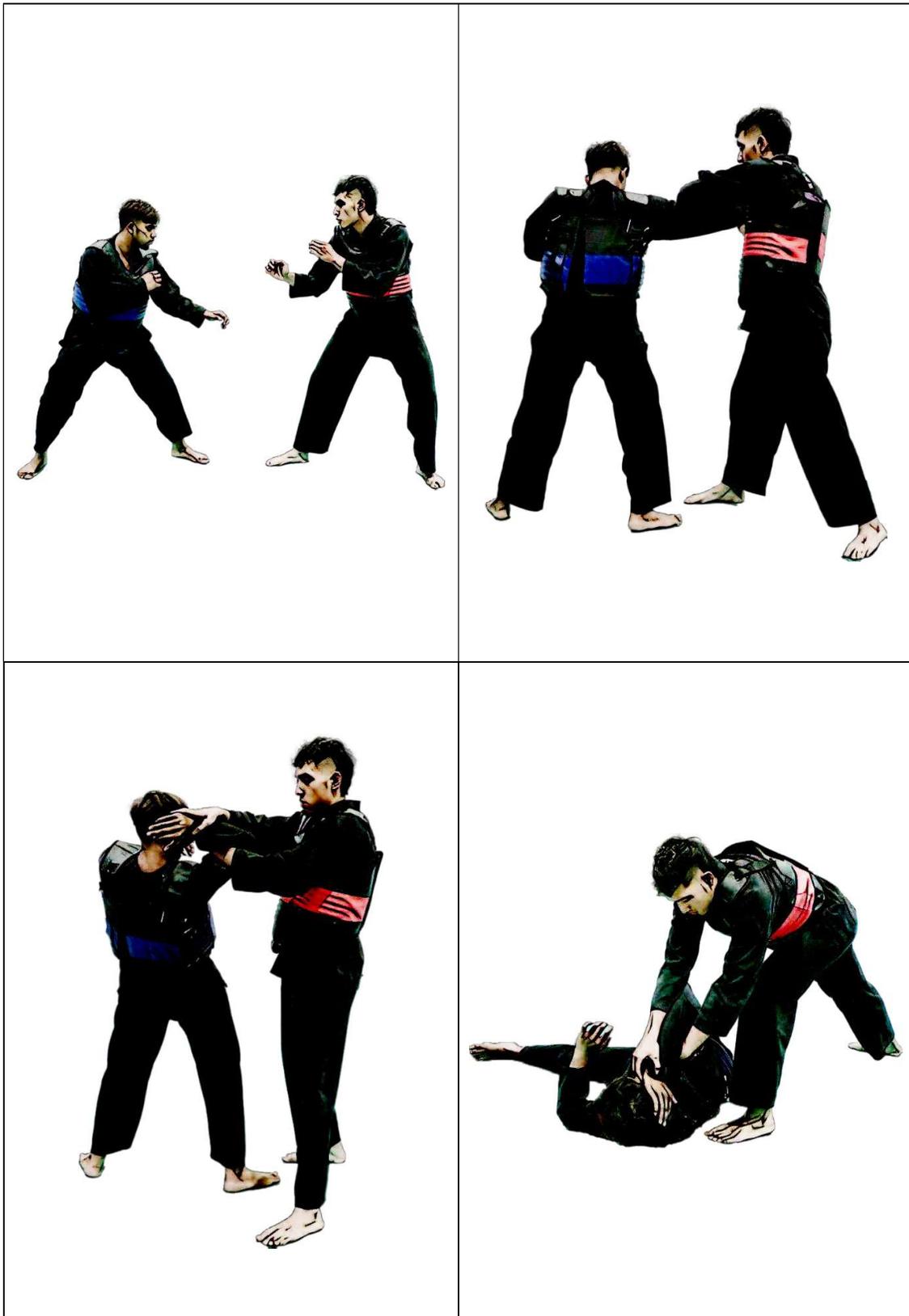
Leg Over Leg

Twister

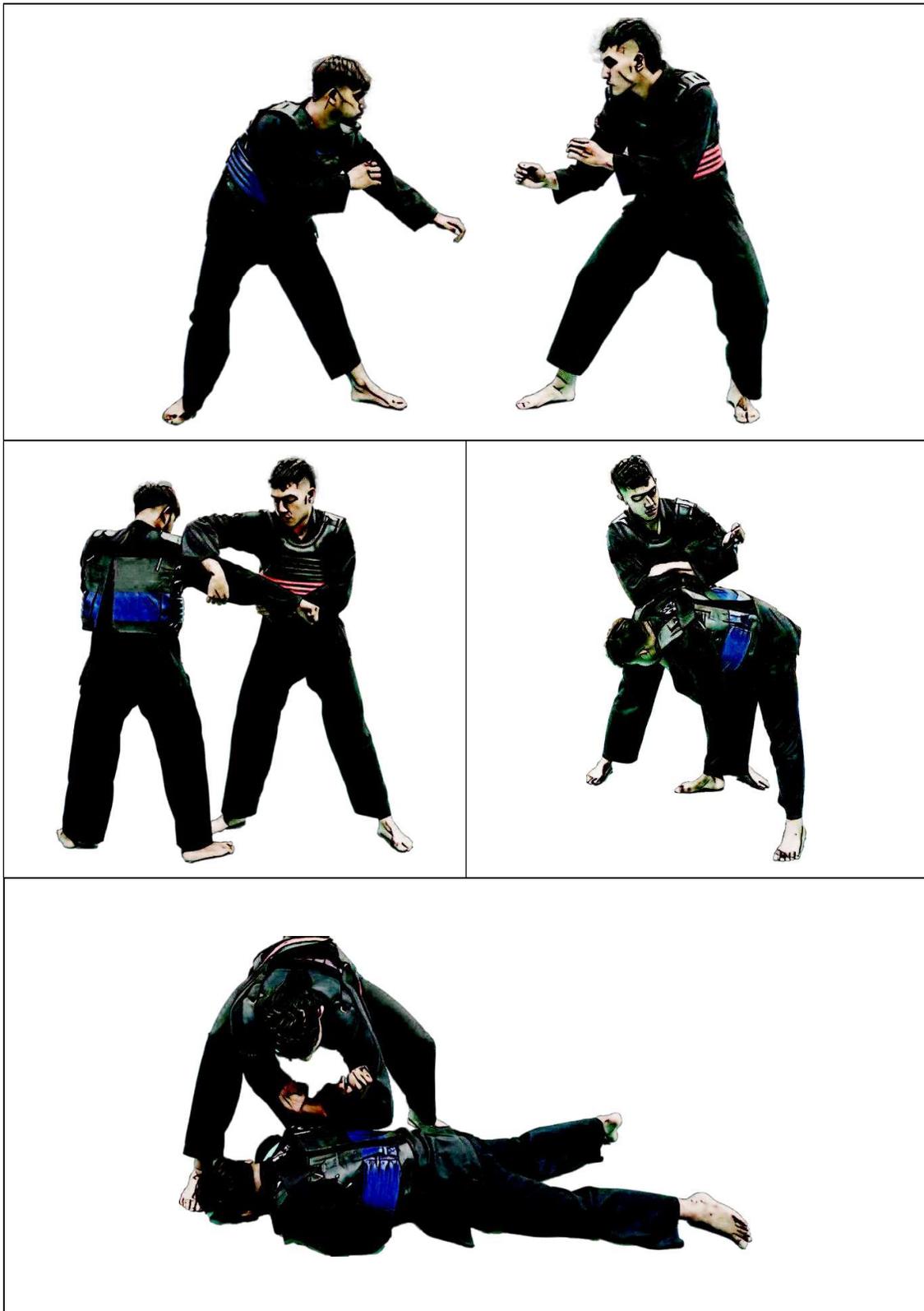
### Powerlift Single Leg Throw Backwards

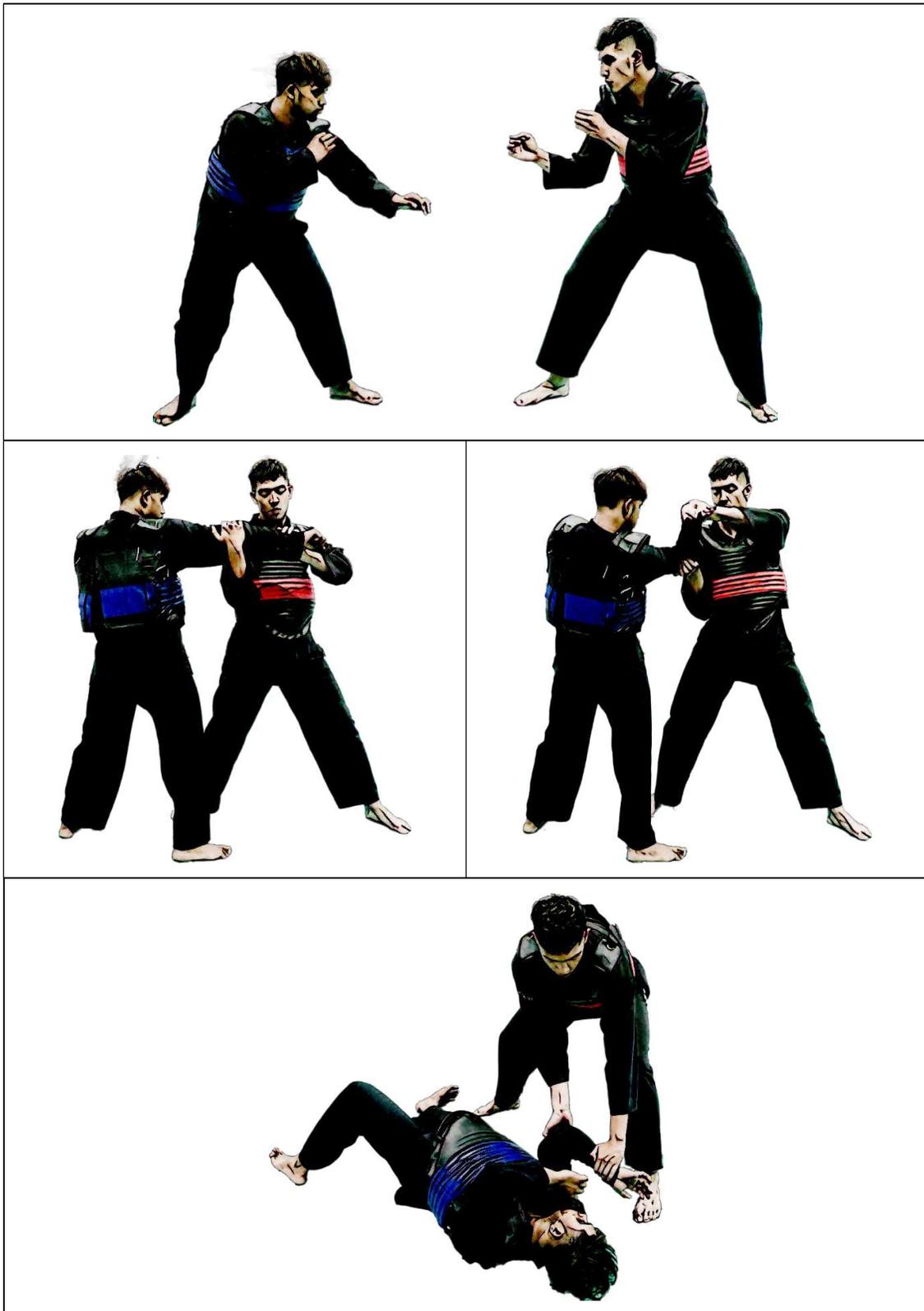


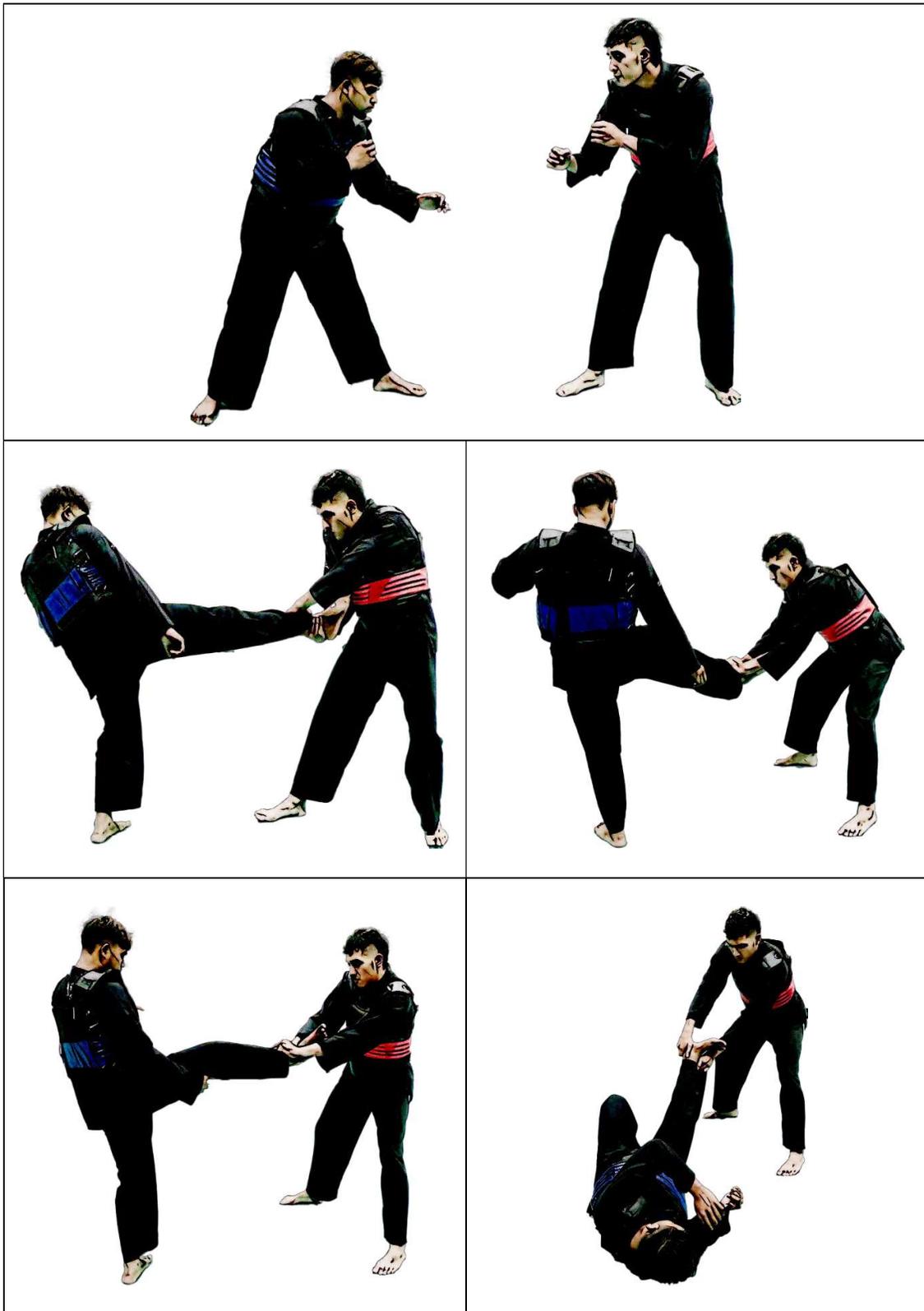
### Single Hand Side Drop

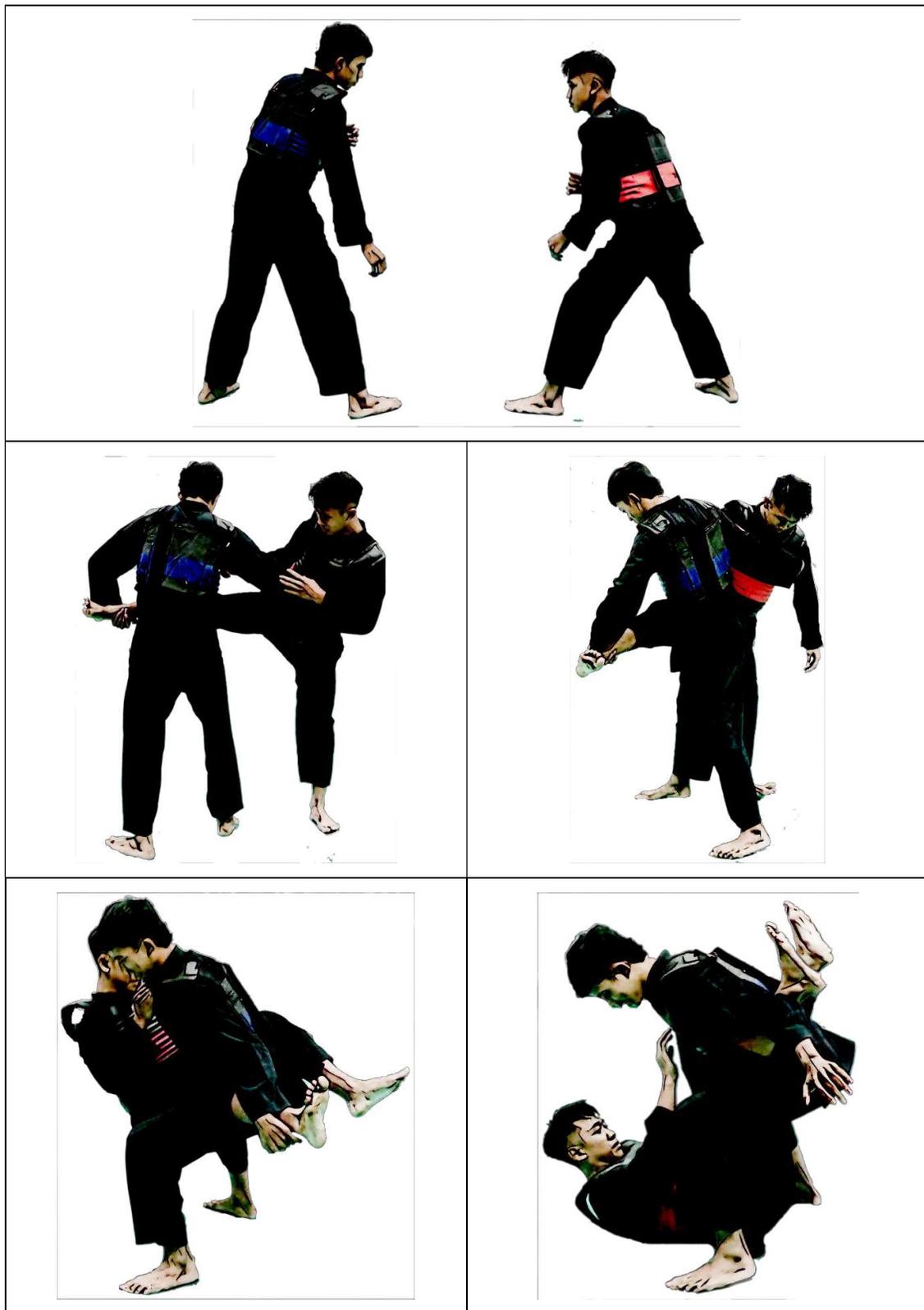


Single Hand Roundabout

Shoulder Spiral Downwards

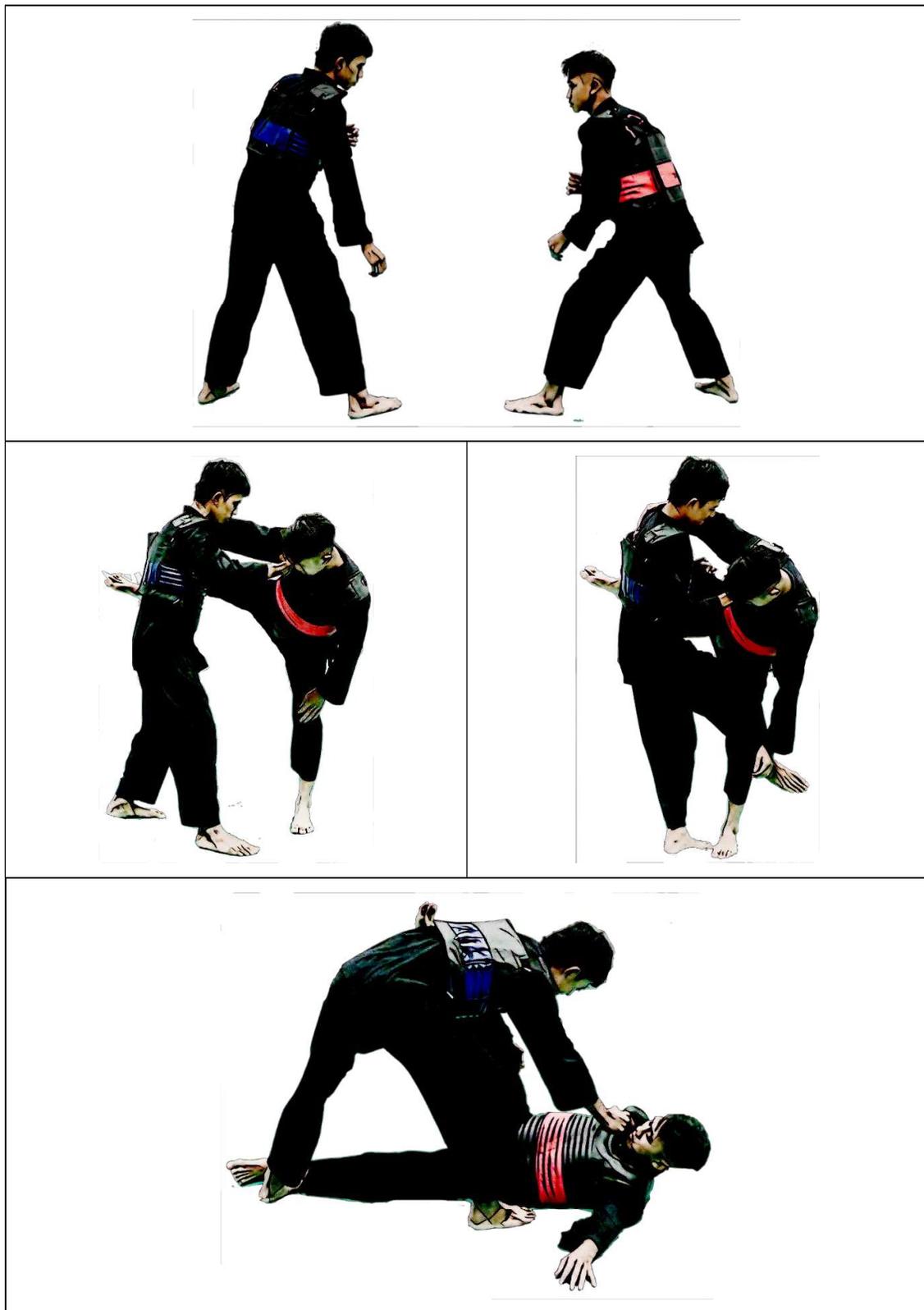
Elbow Twister

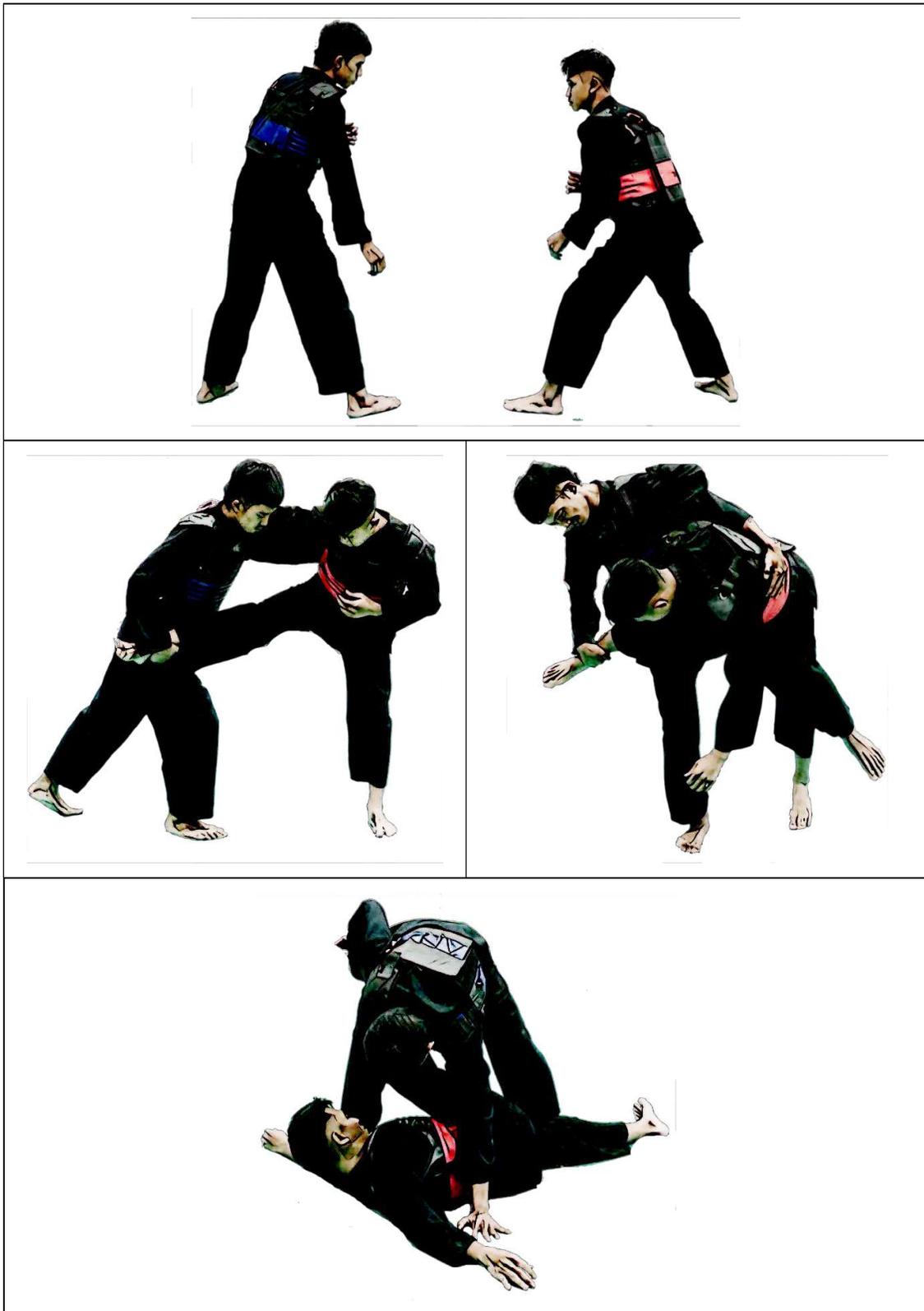
Lollipop Technique

Inside Single Leg Drop

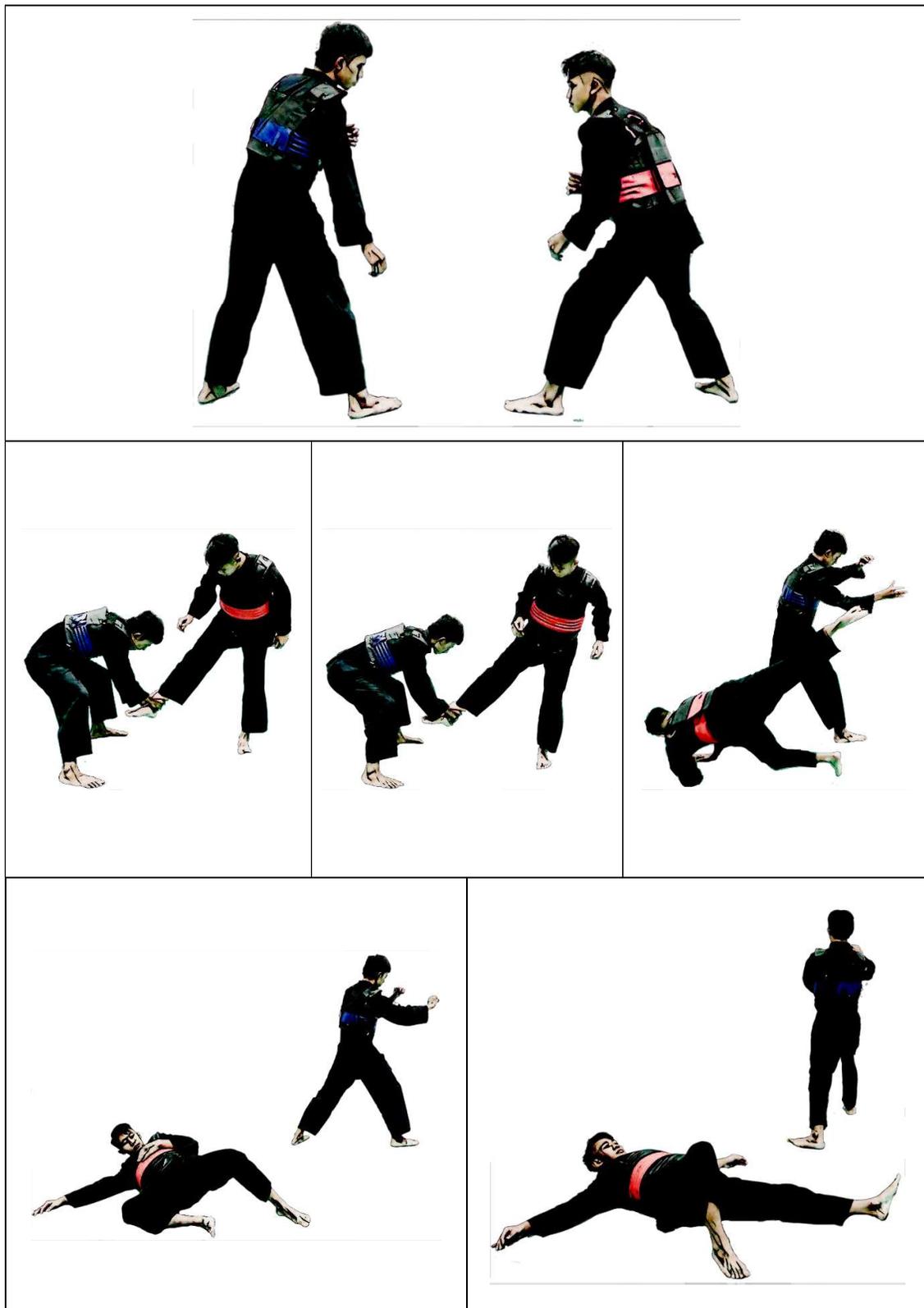
Outside Single Leg Drop

Leg Hook

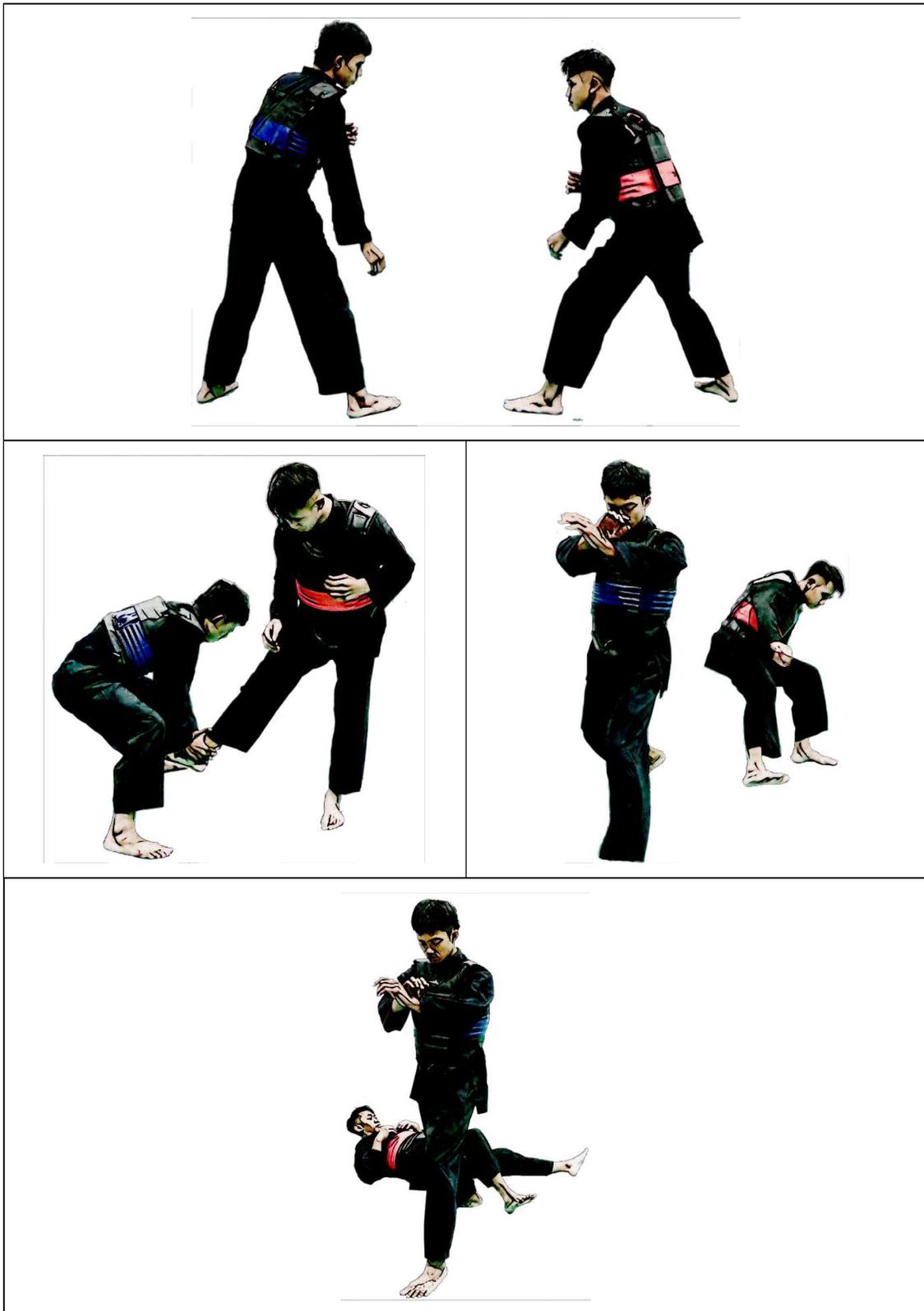
Front Drop Left

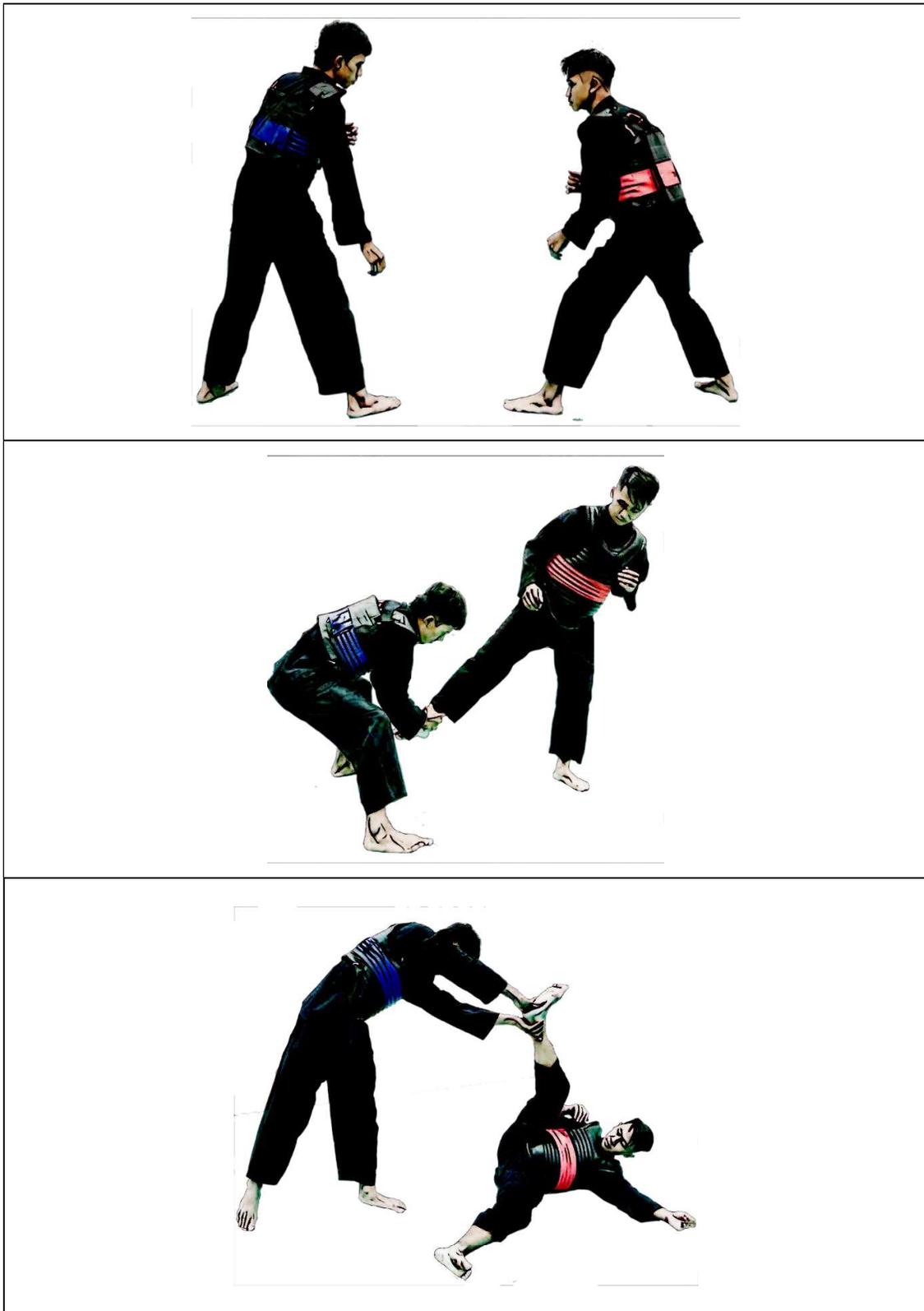
Front Drop Right

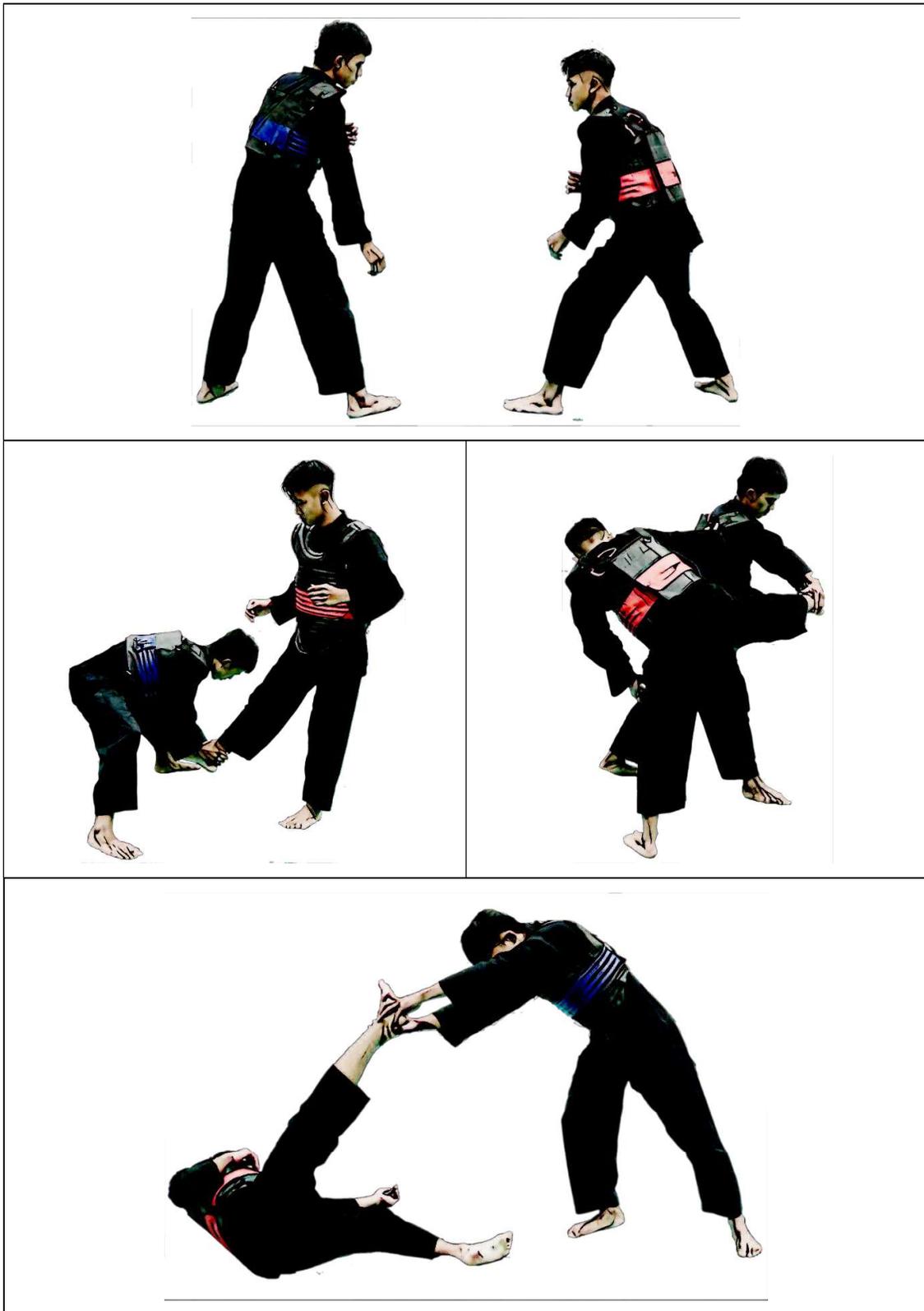
### Nike-shaped Technique



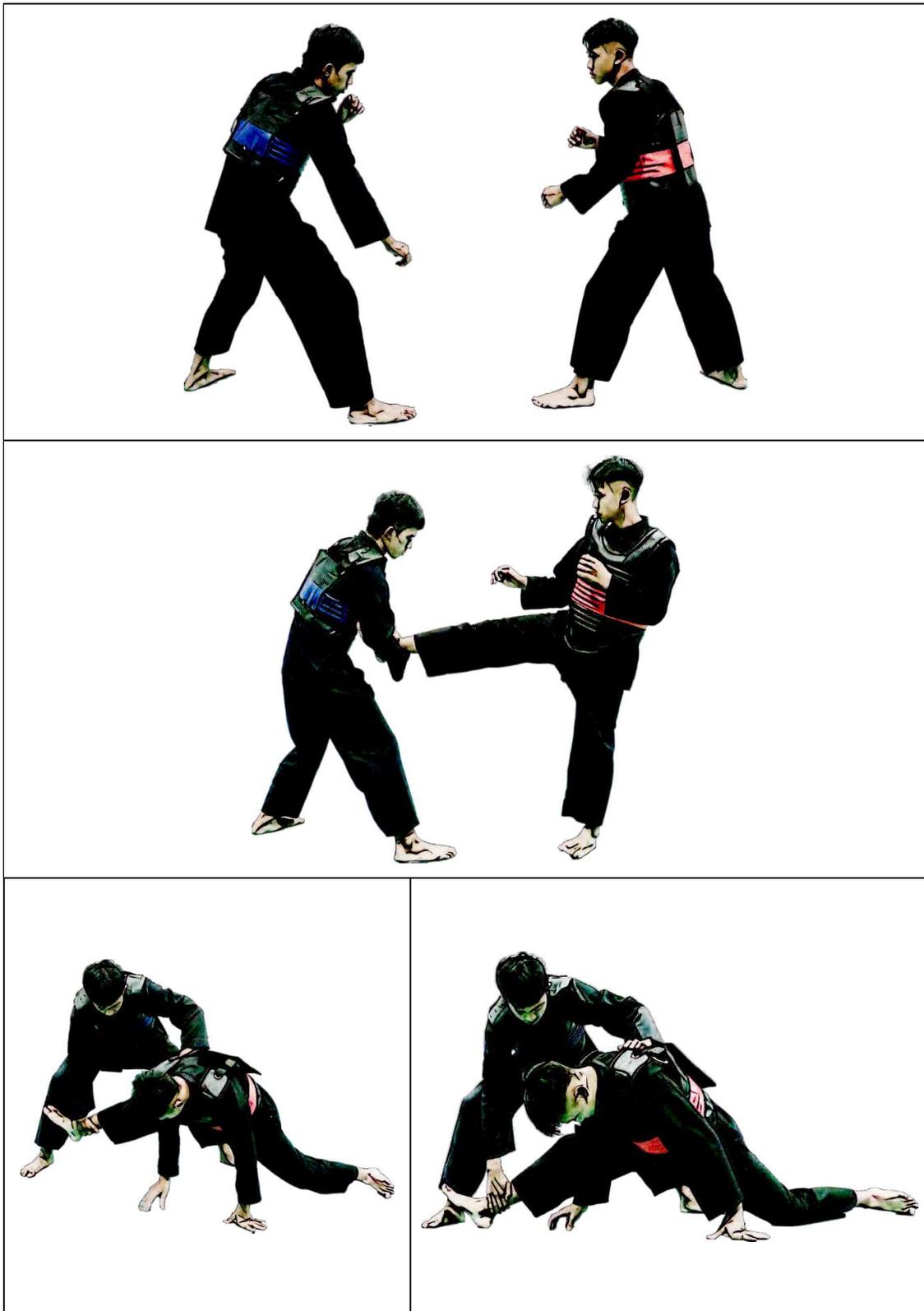
## L-shaped Technique



Right Hook

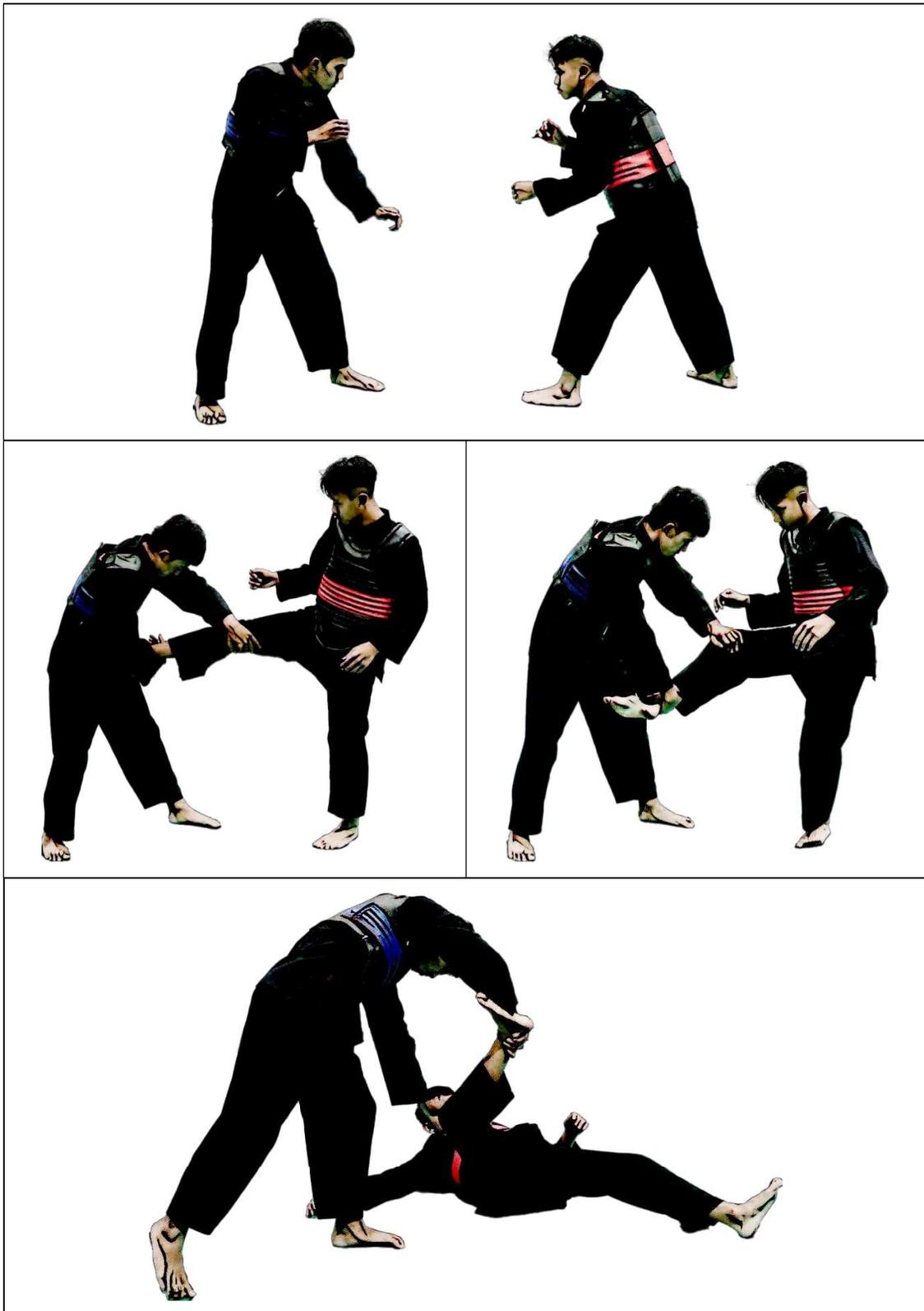
Left Hook

UPS Technique

Split Technique

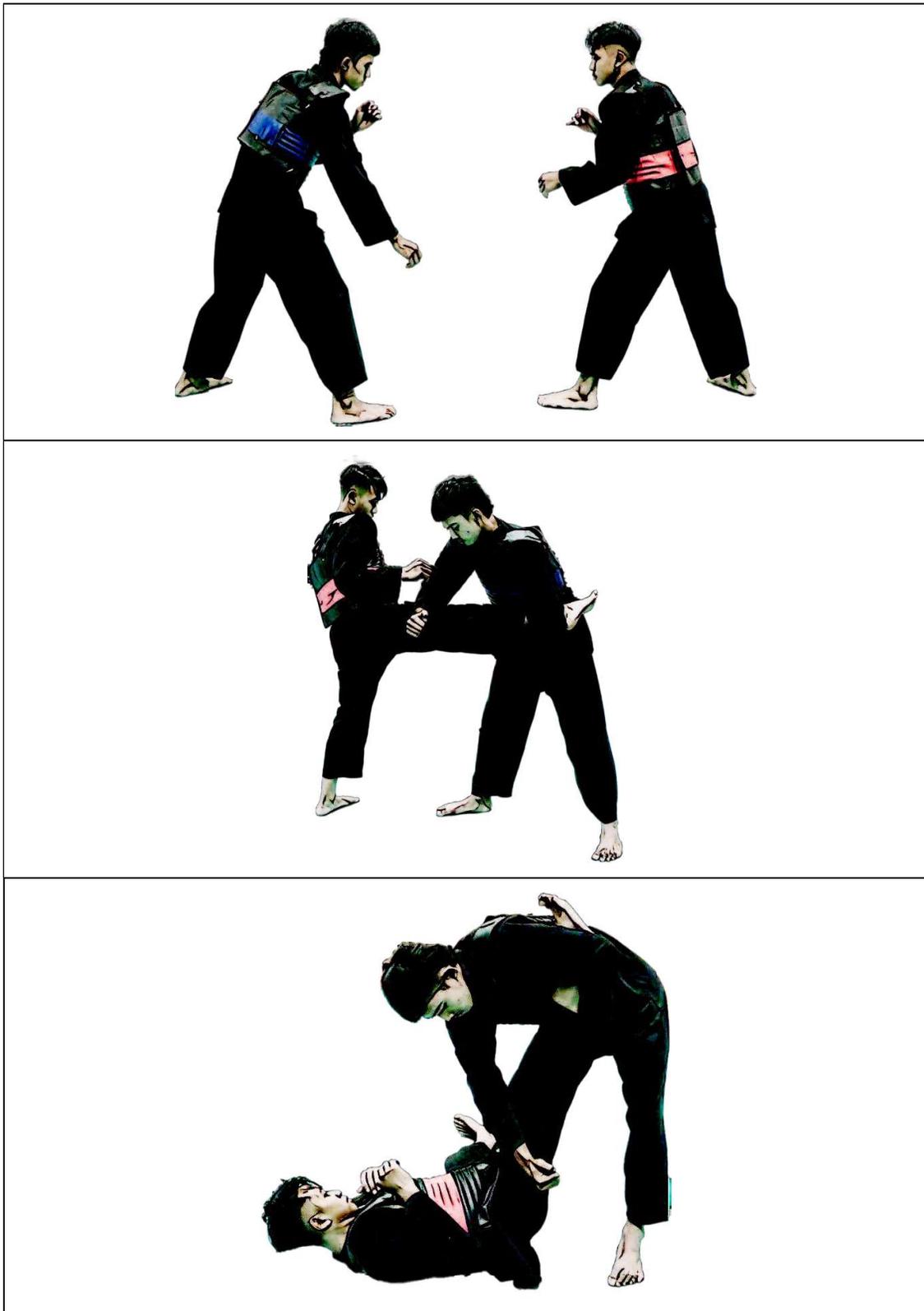
Inside 69 Technique

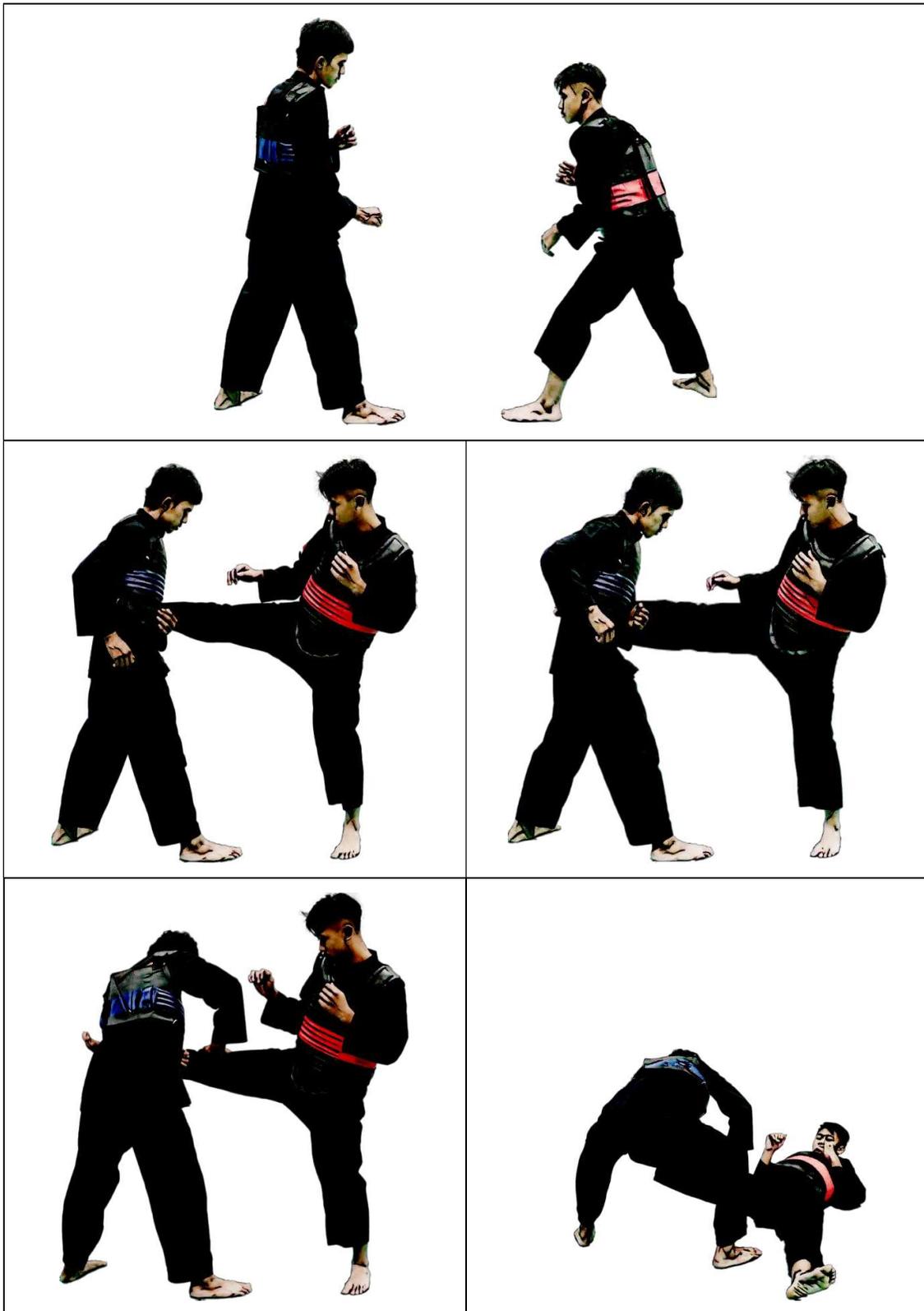
Outside 69 Technique

Twist & Drop Outside

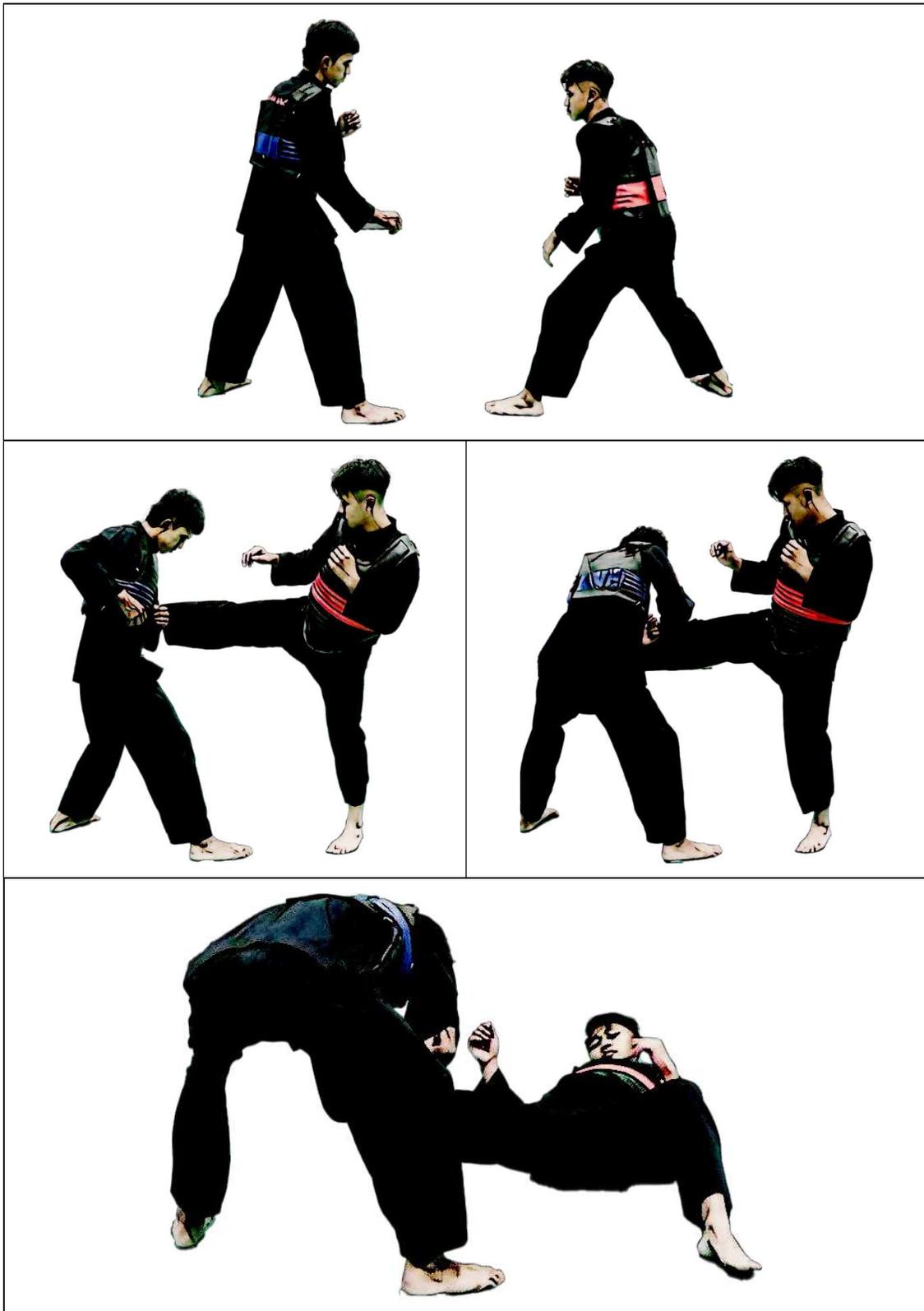
Twist Drop Inside

### Single Leg Thigh Push



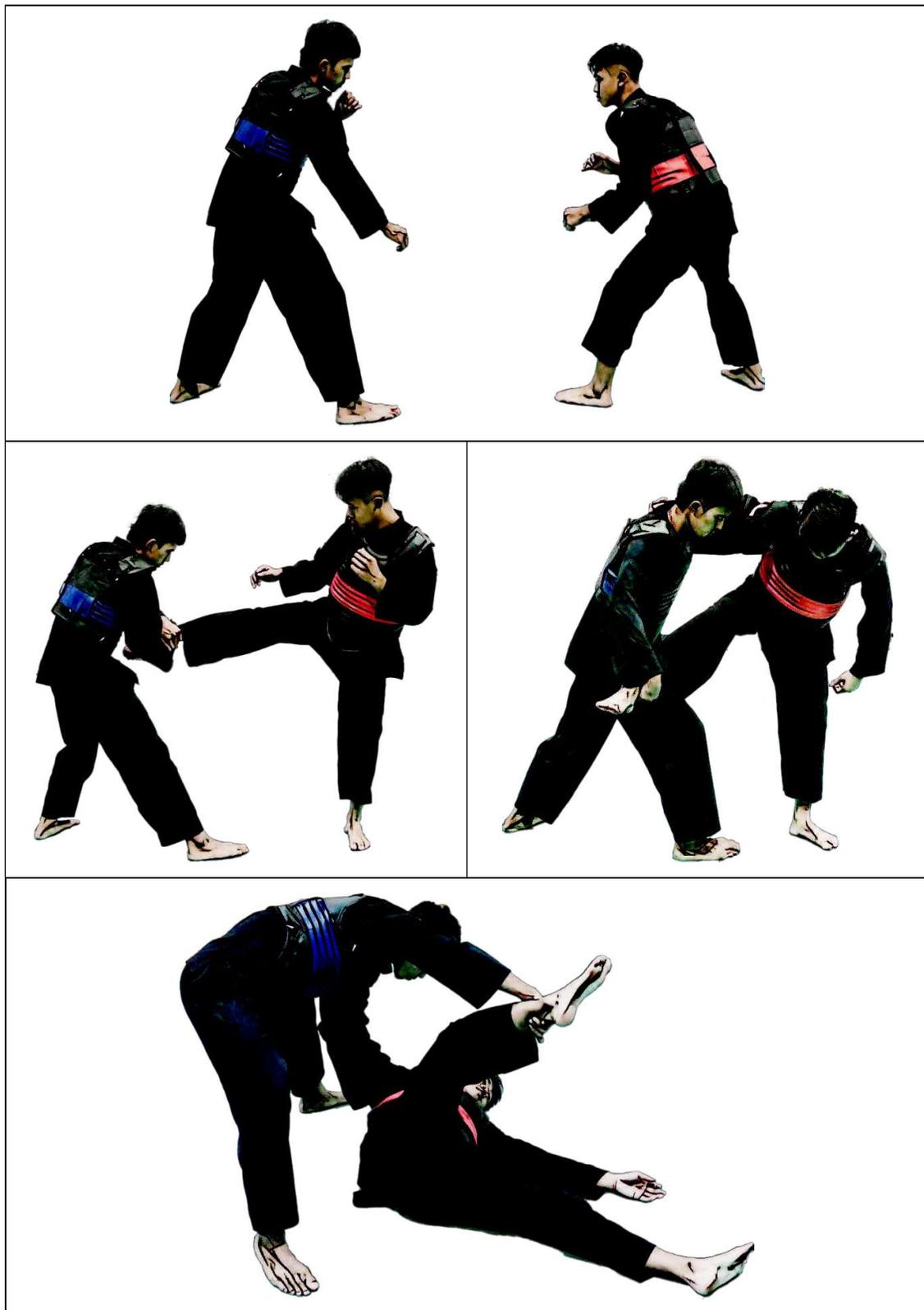
Single Leg Knee Push

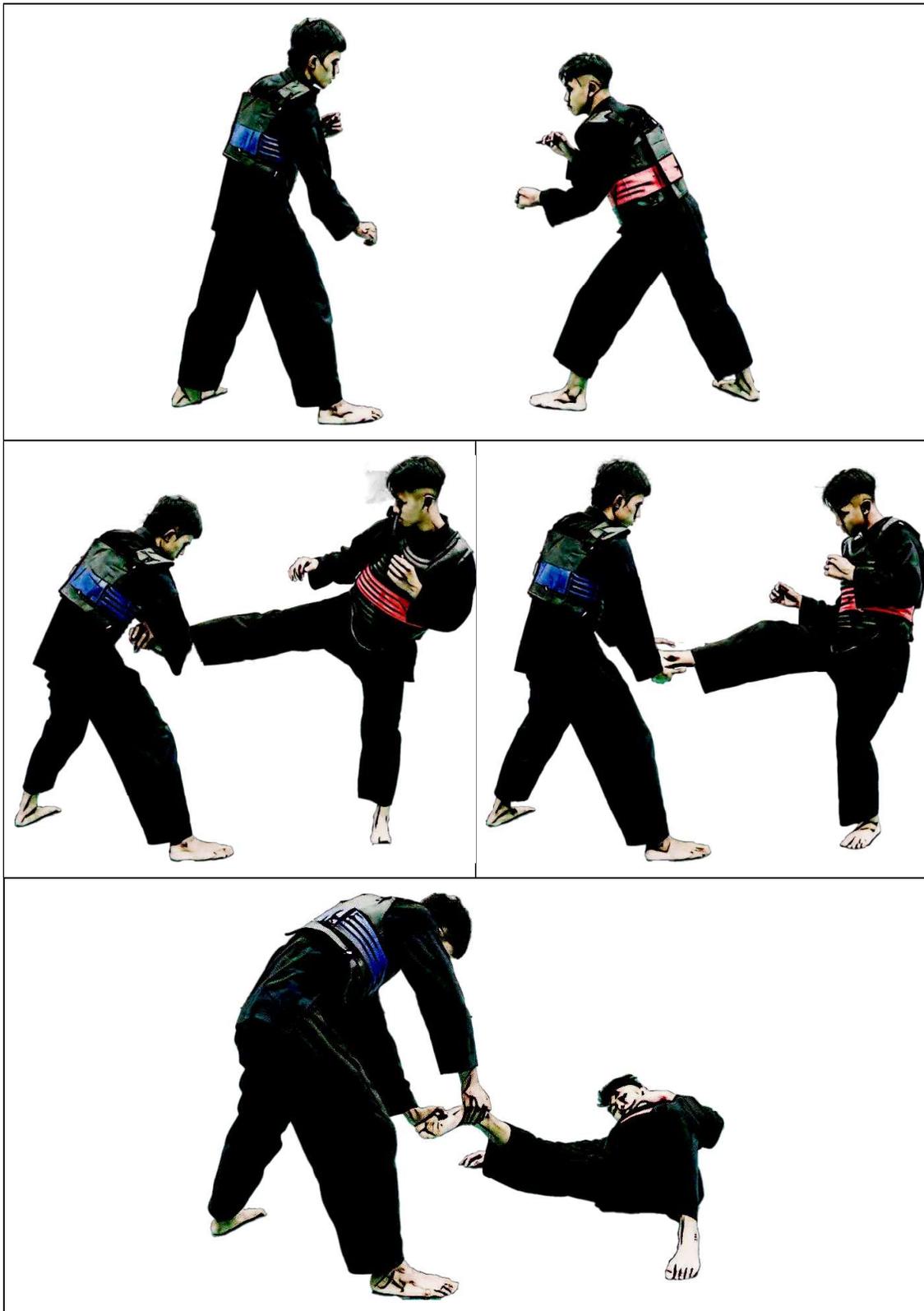
### Single Leg Shin Push

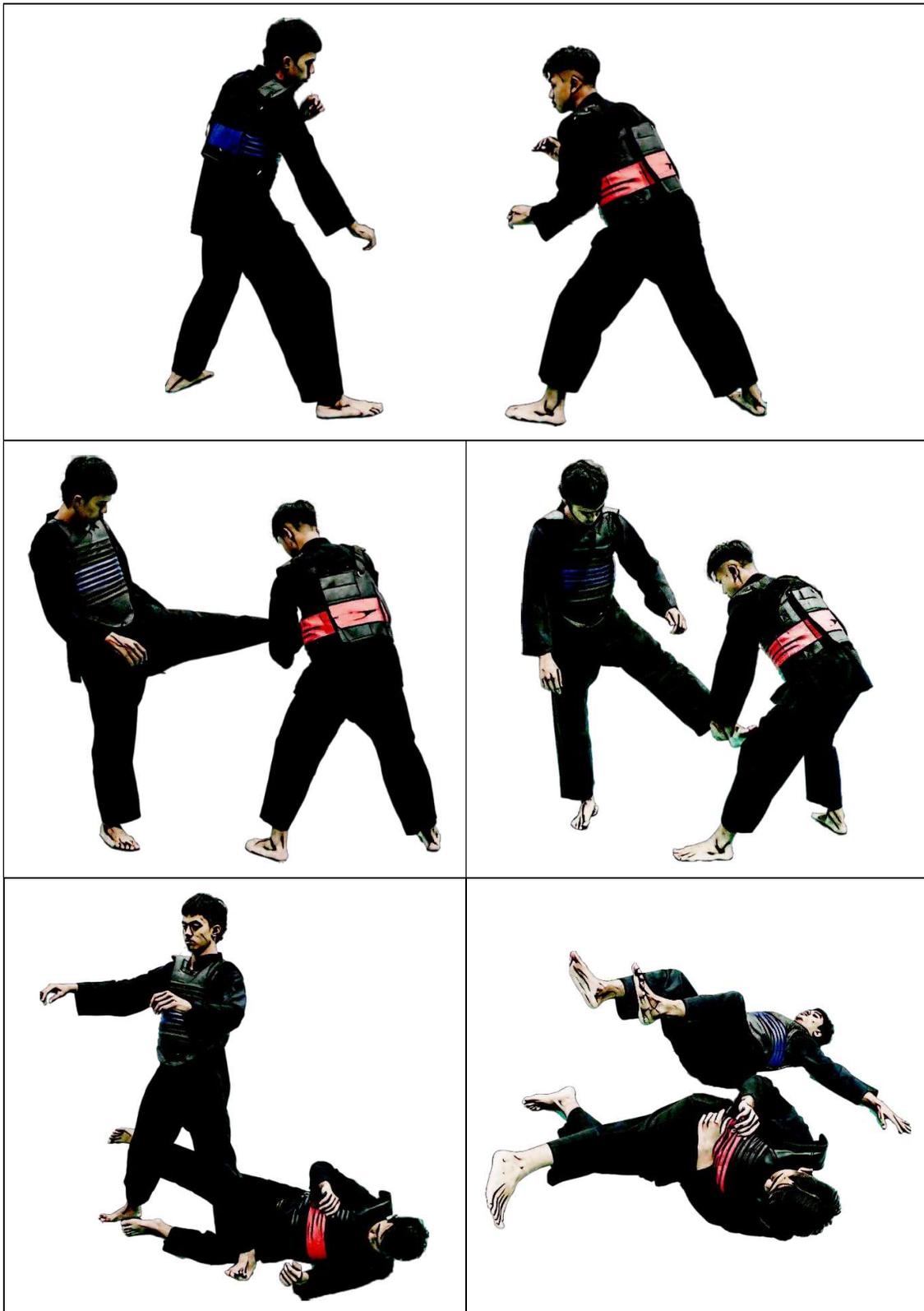


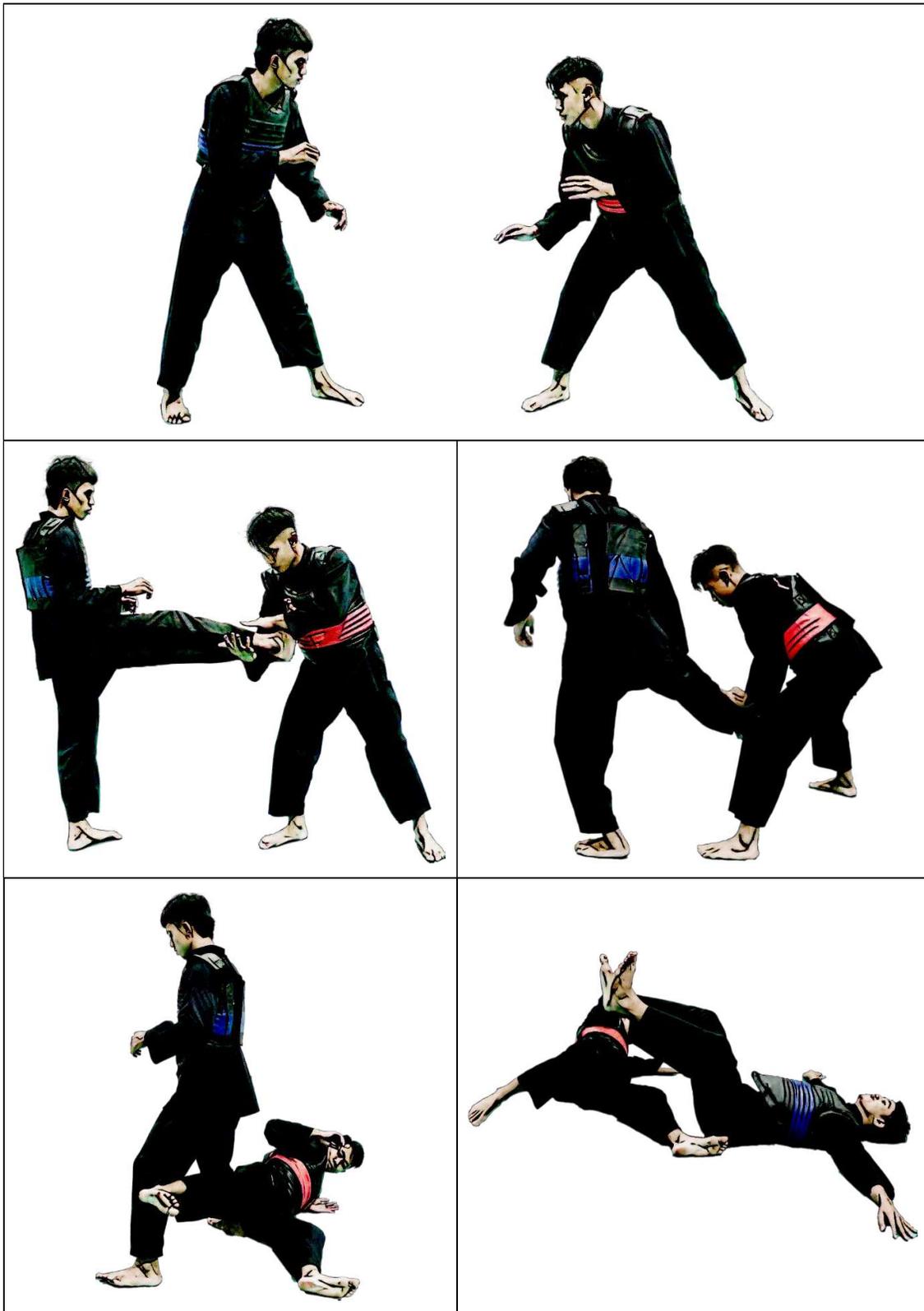
Single Leg Roll Takedown

Right Pull Drop

Left Pull Drop

Ankle Twist

Pull Front Sweep

Pull Back Sweep



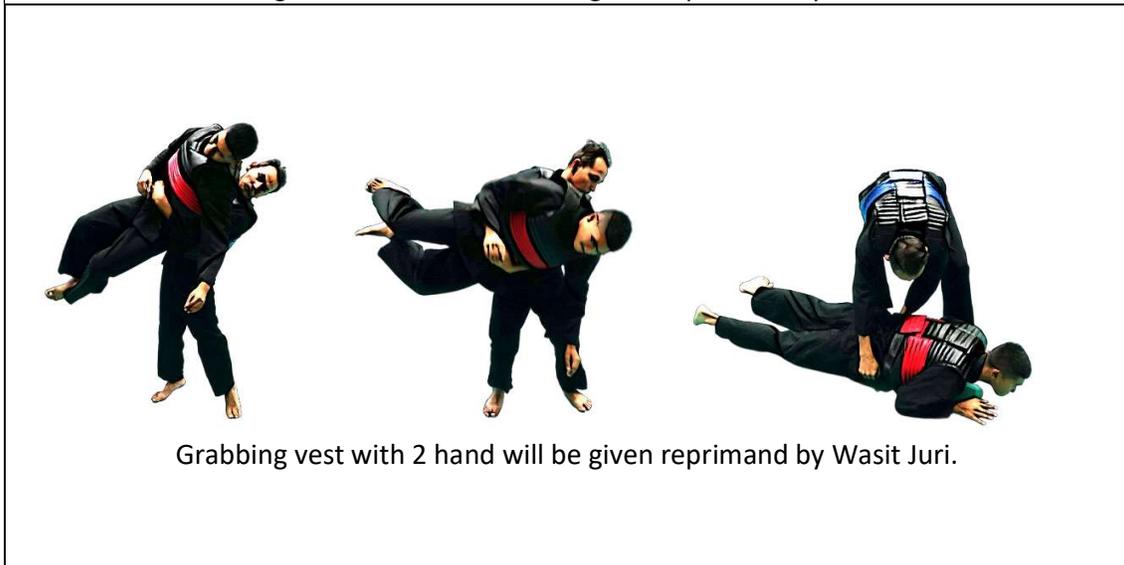
Grabbing vest with 2 hand will be given reprimand by Wasit Juri.



Grabbing vest with 2 hand will be given reprimand by Wasit Juri.



Grabbing vest with 2 hand will be given reprimand by Wasit Juri.





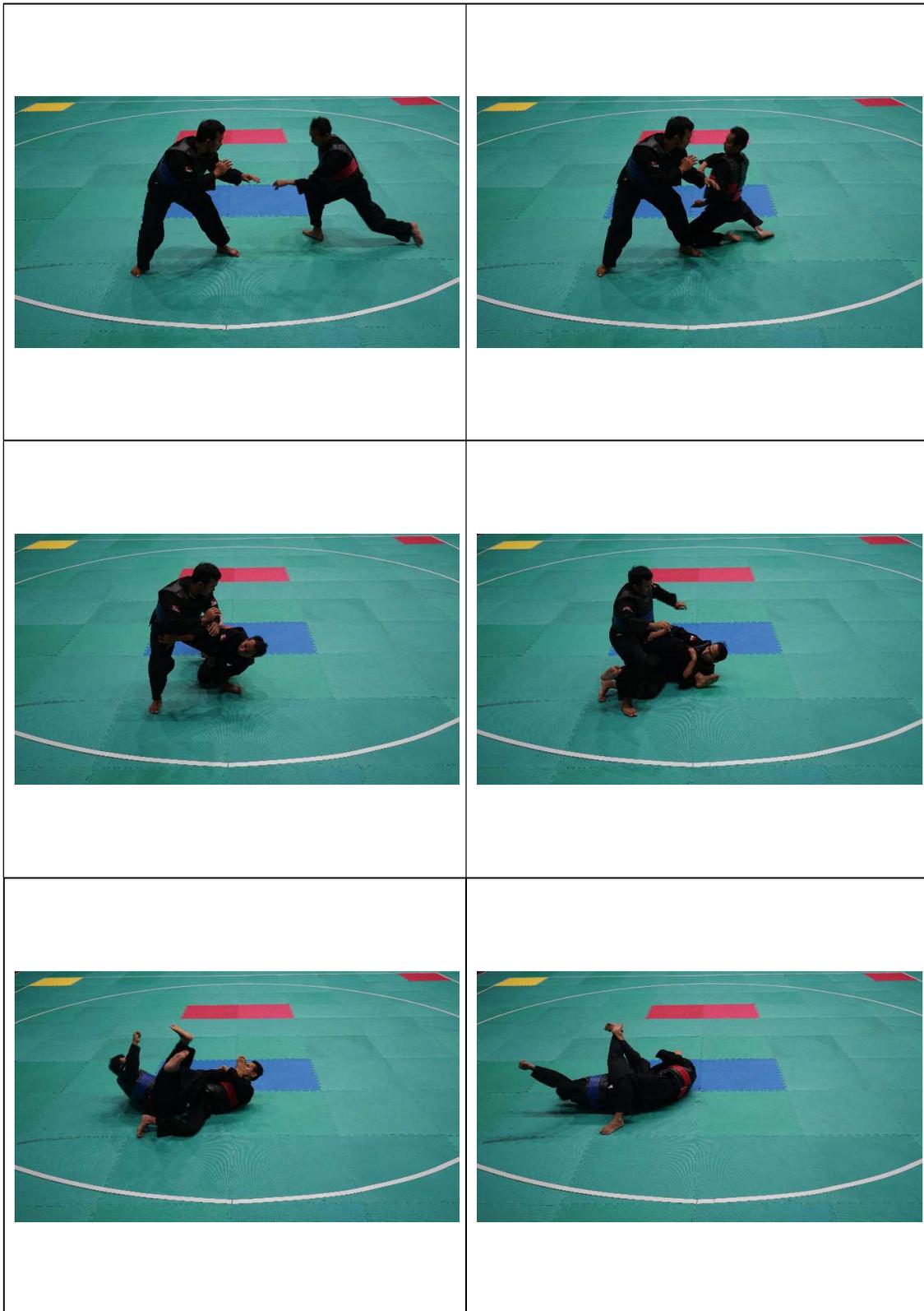
### Step-Toe and Dropping Technique



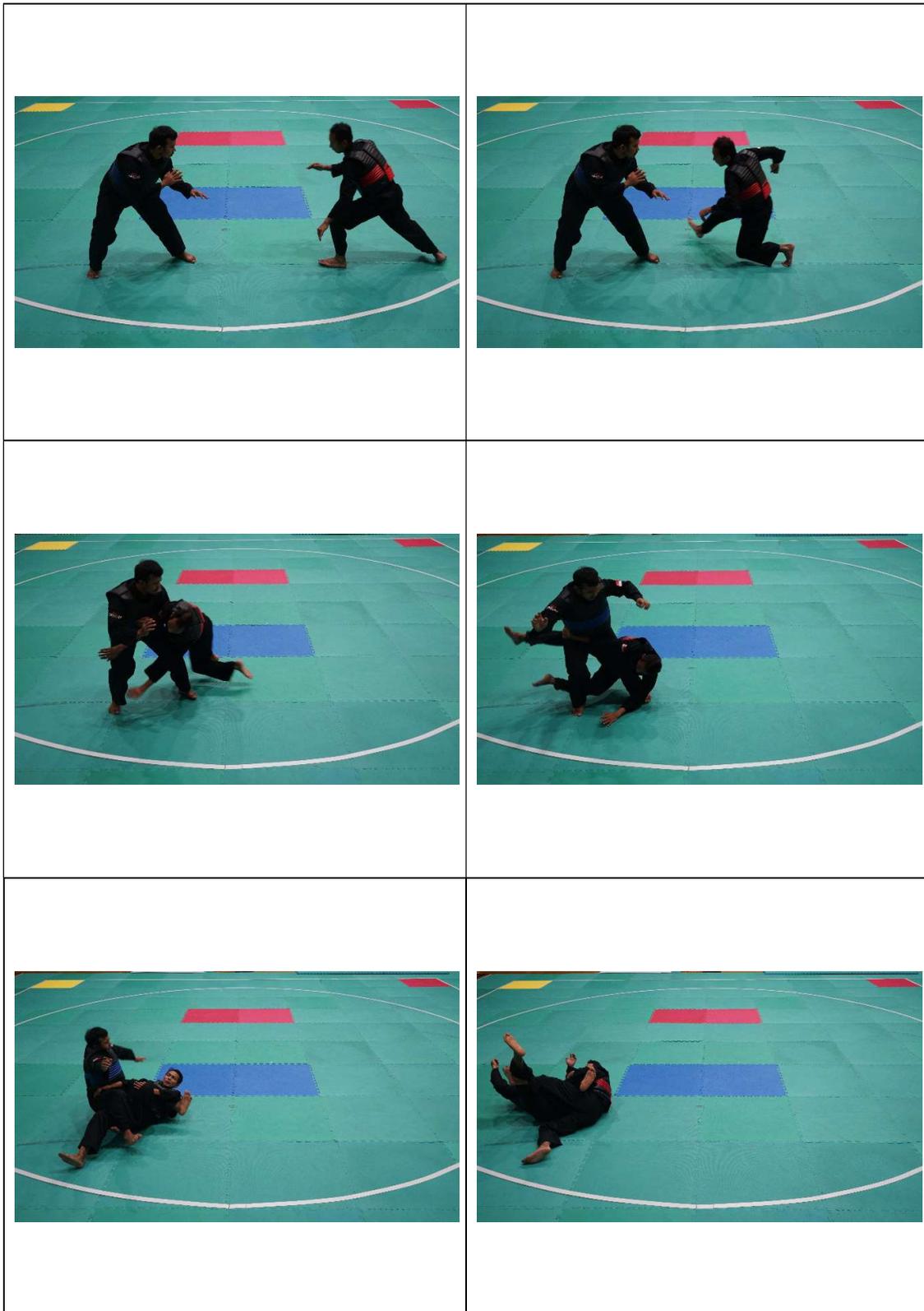
### Step-Toe Dropping Technique

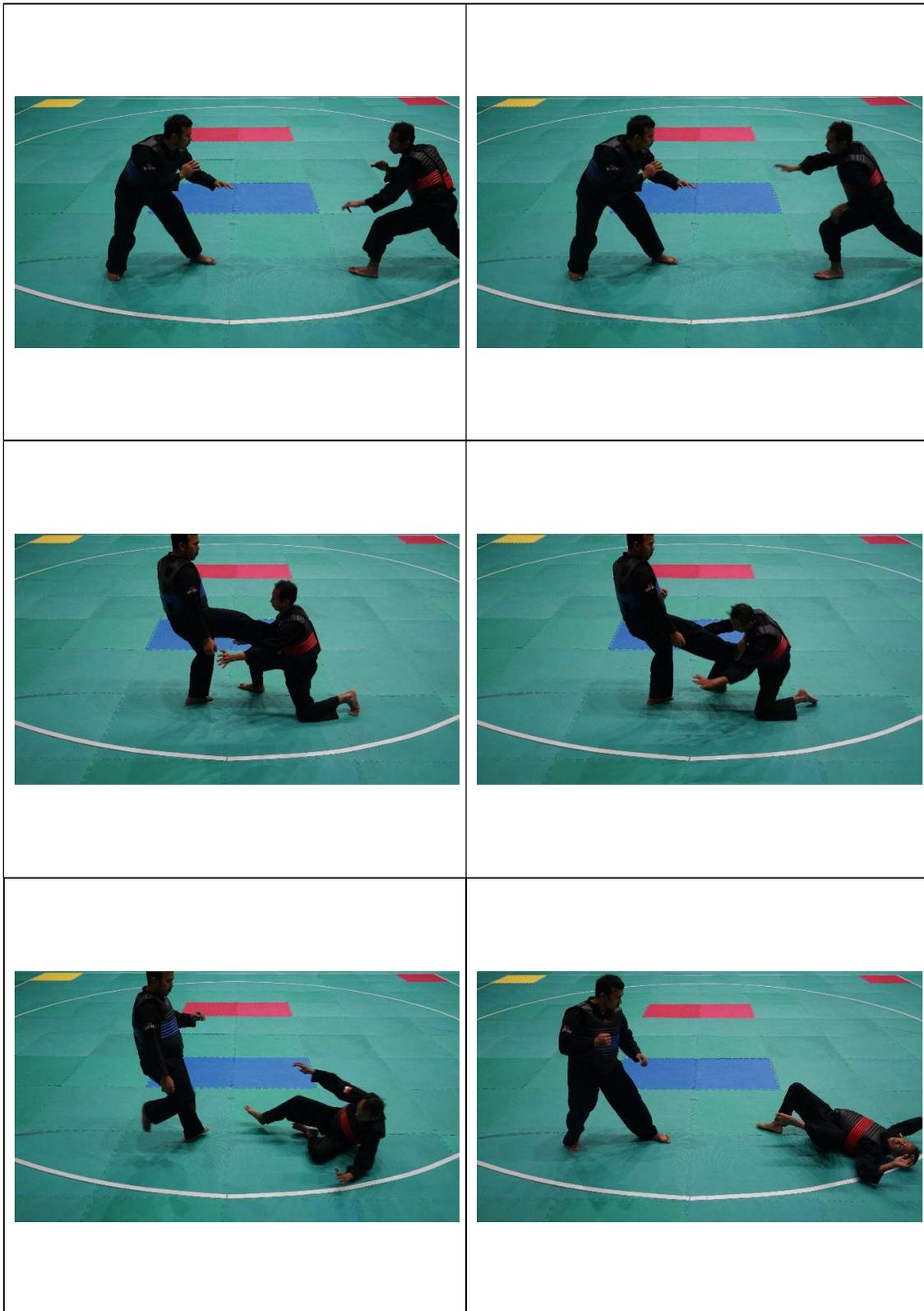


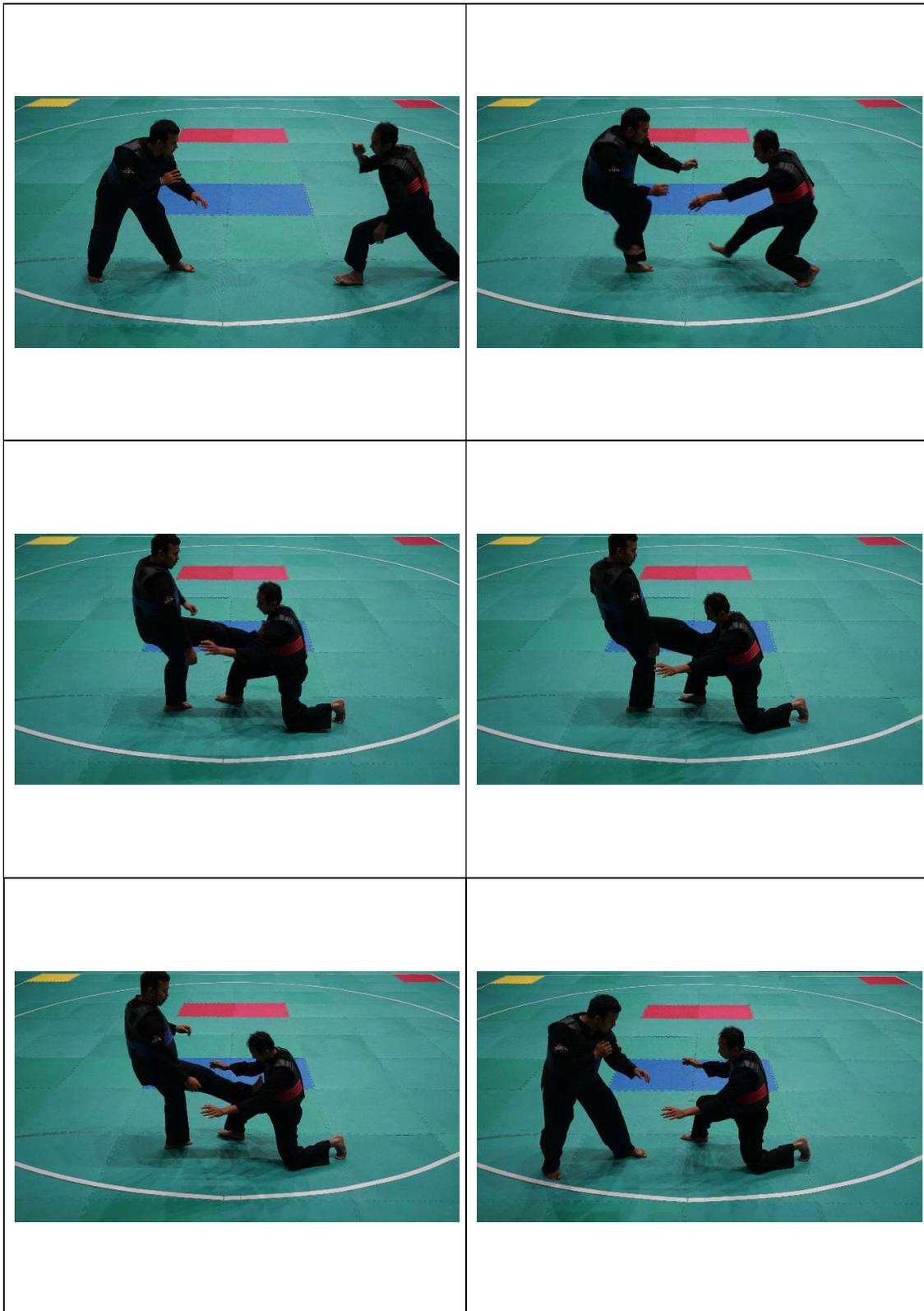
### Technique – Slide and Catch the Knee



### Technique – Slide and Catch the Knee 2

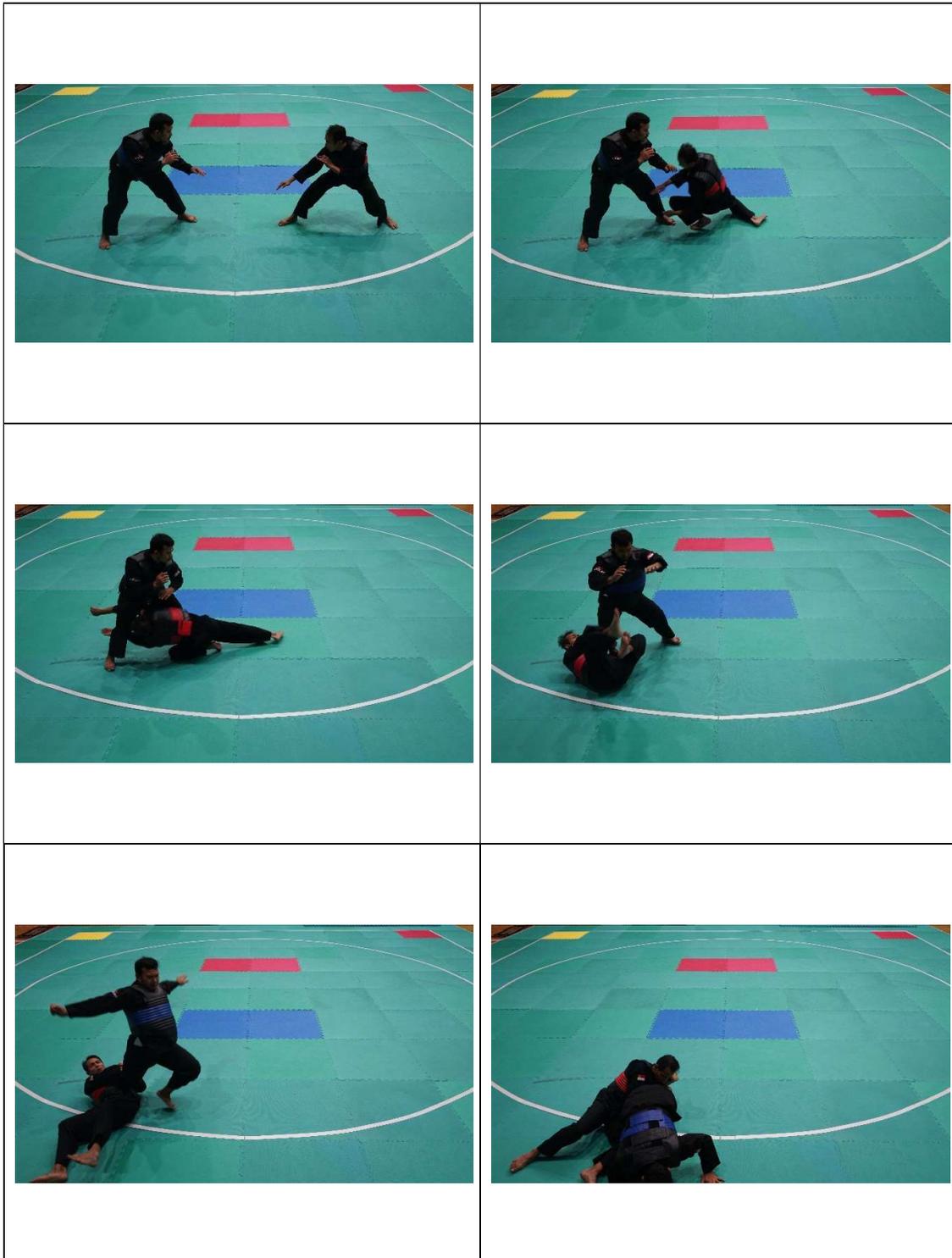


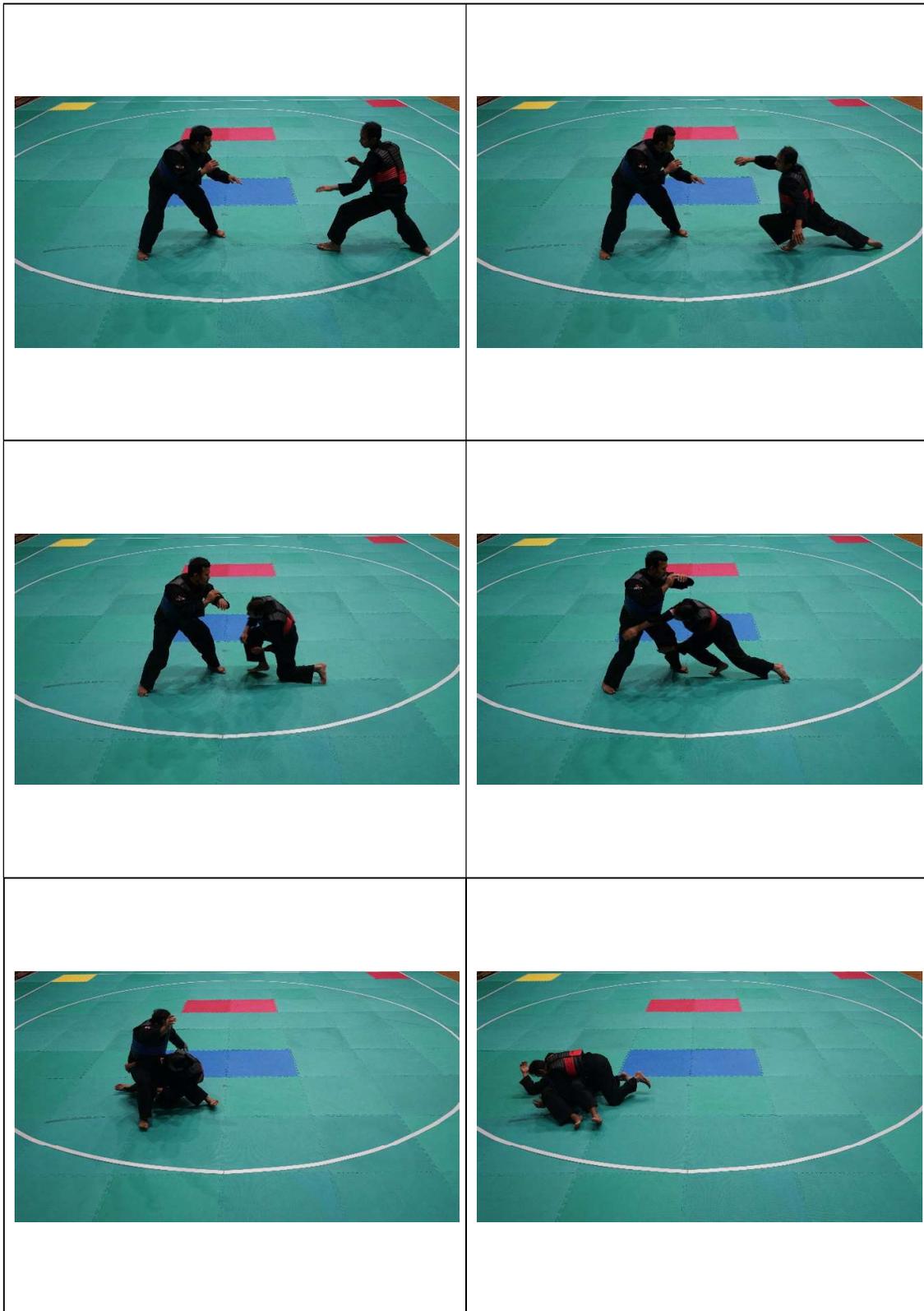
Technique – Kick and Drop

Technique – Kick and Drop 2

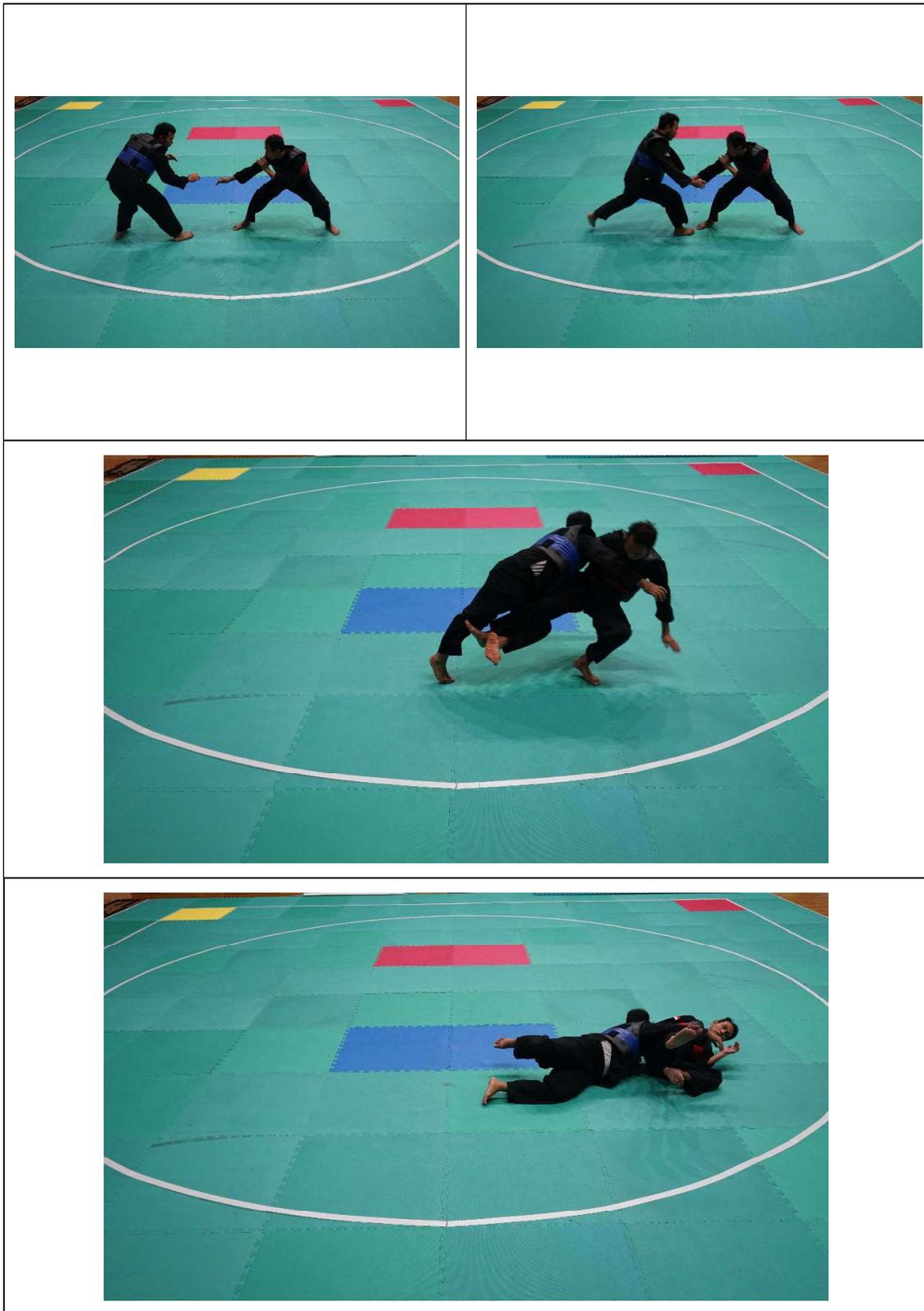
### Technique – Dive to Grab the Knee

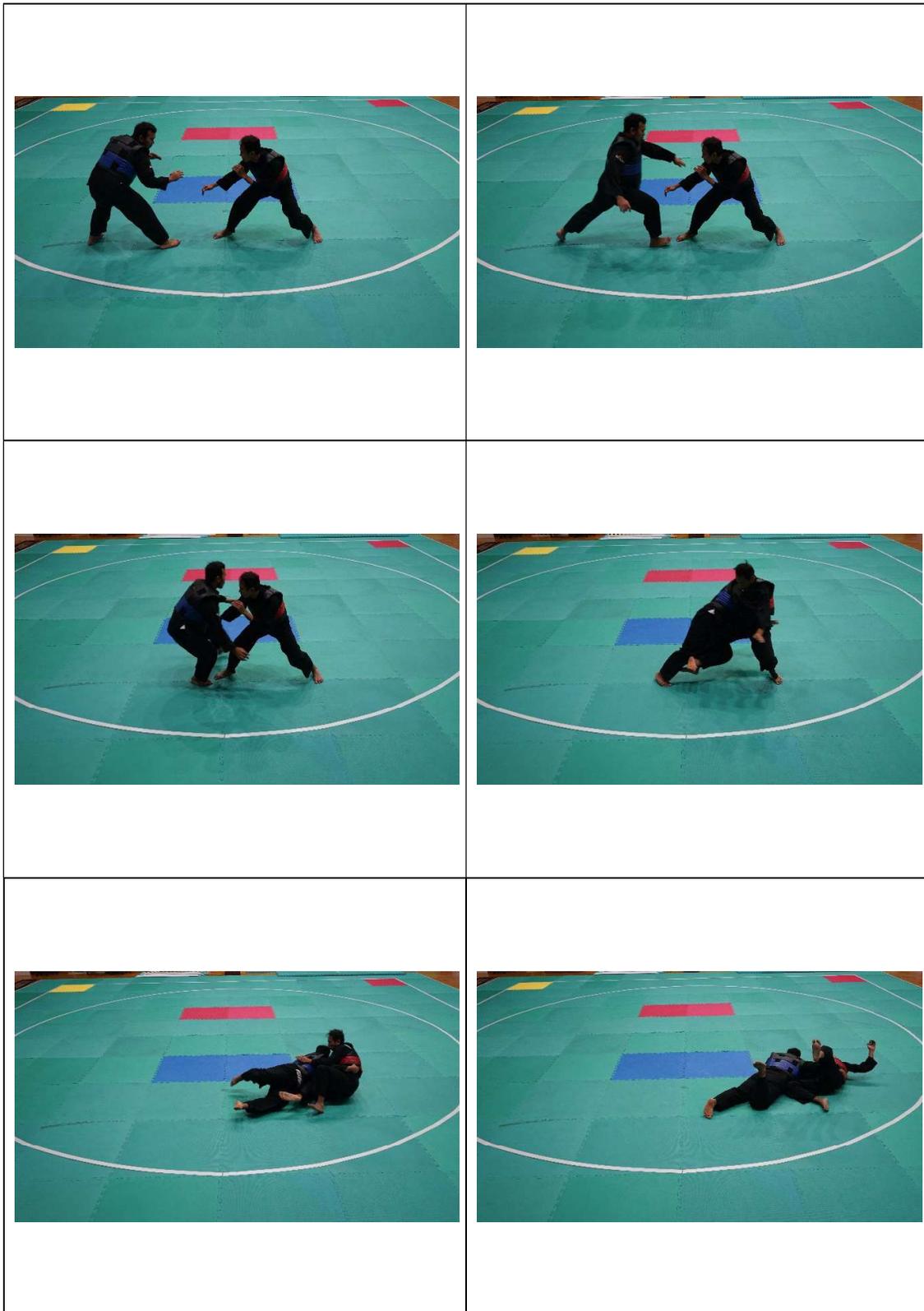
Direct attempt to this technique is not allowed. An attack must be made before attempting this technique.

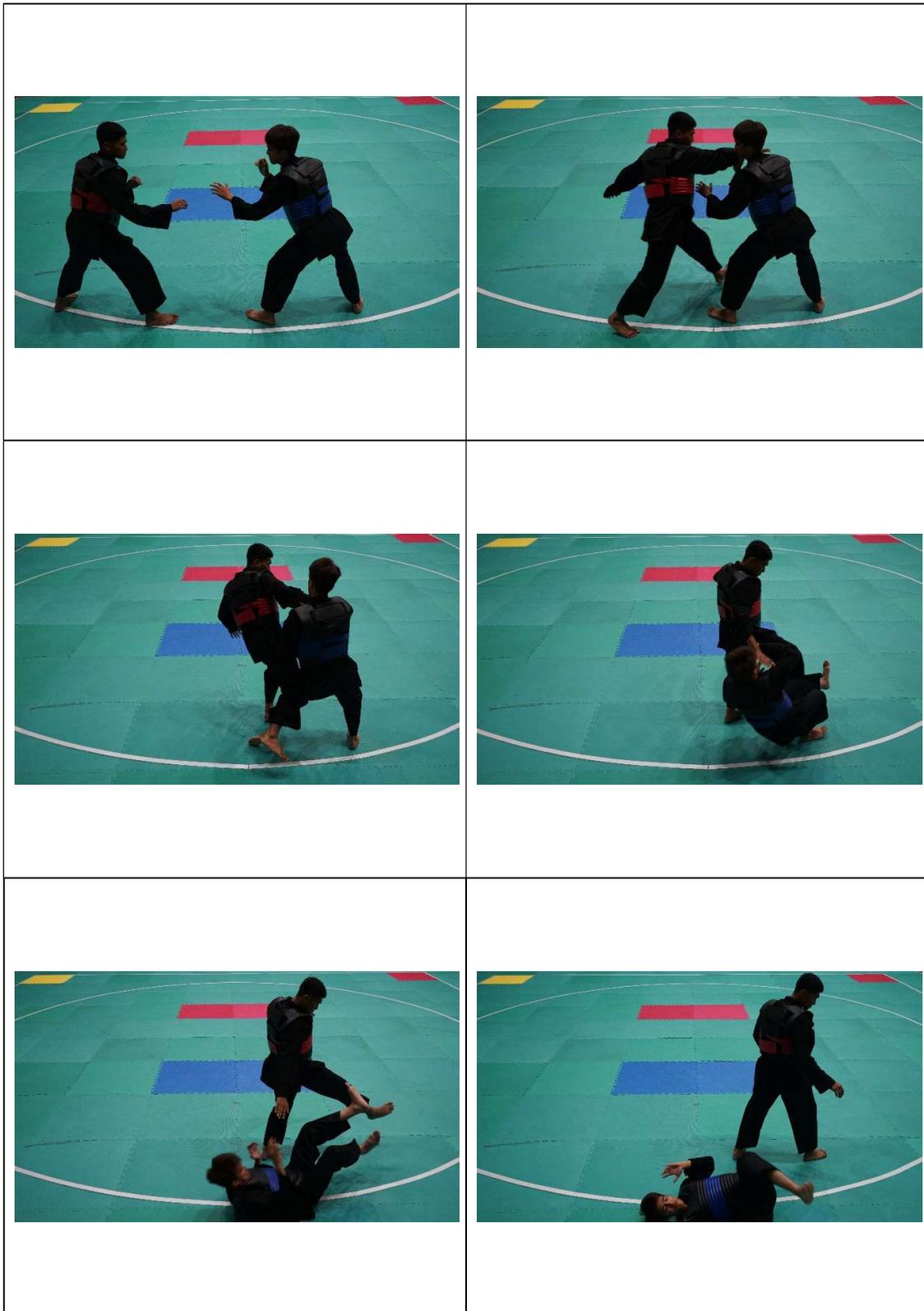


Technique – Dive to Drop

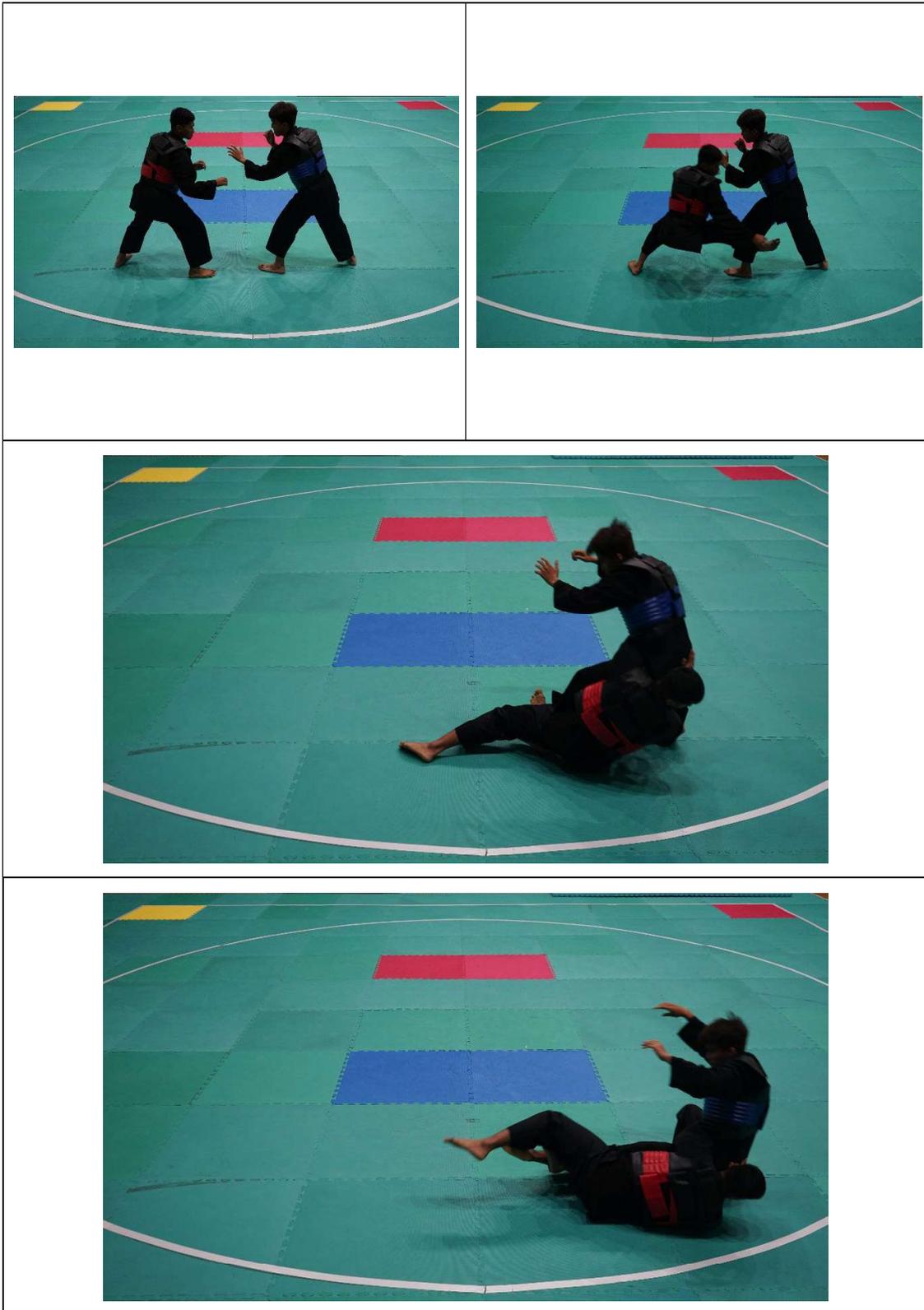
### Technique – Body Push to Drop



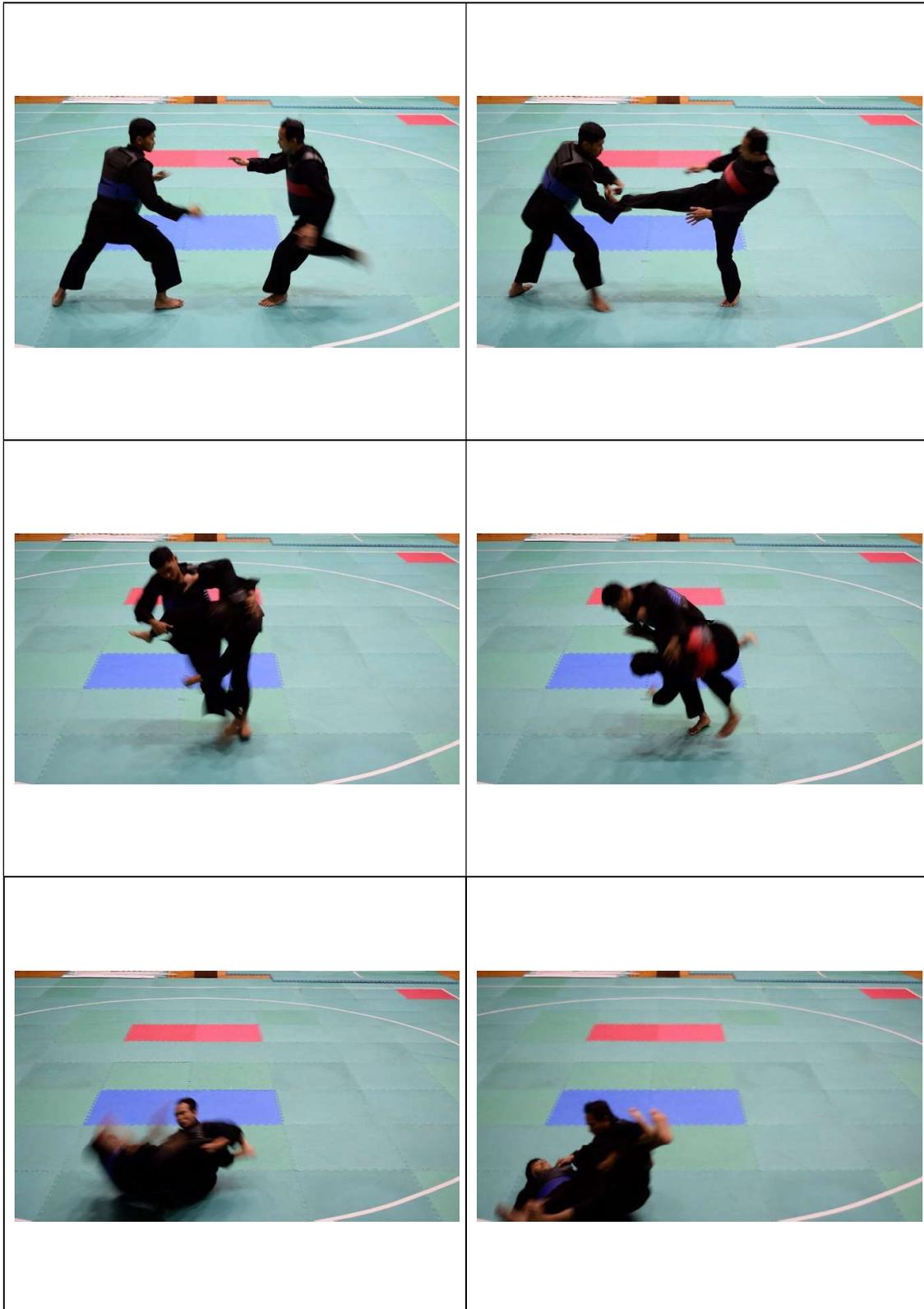
Technique – Body Push to Drop 2

Allowed Dropping Technique

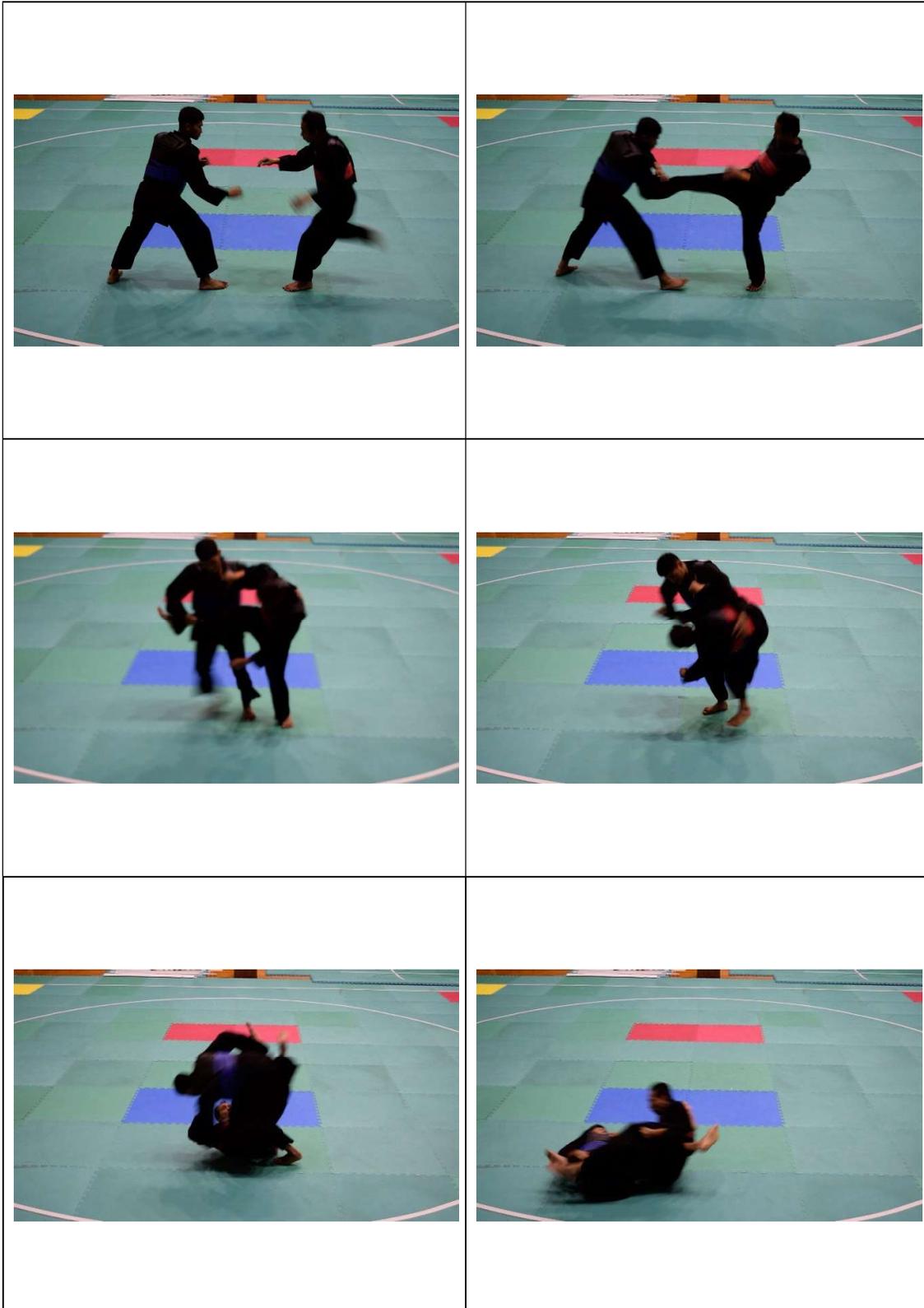
### Allowed Dropping Technique – Knee Hook

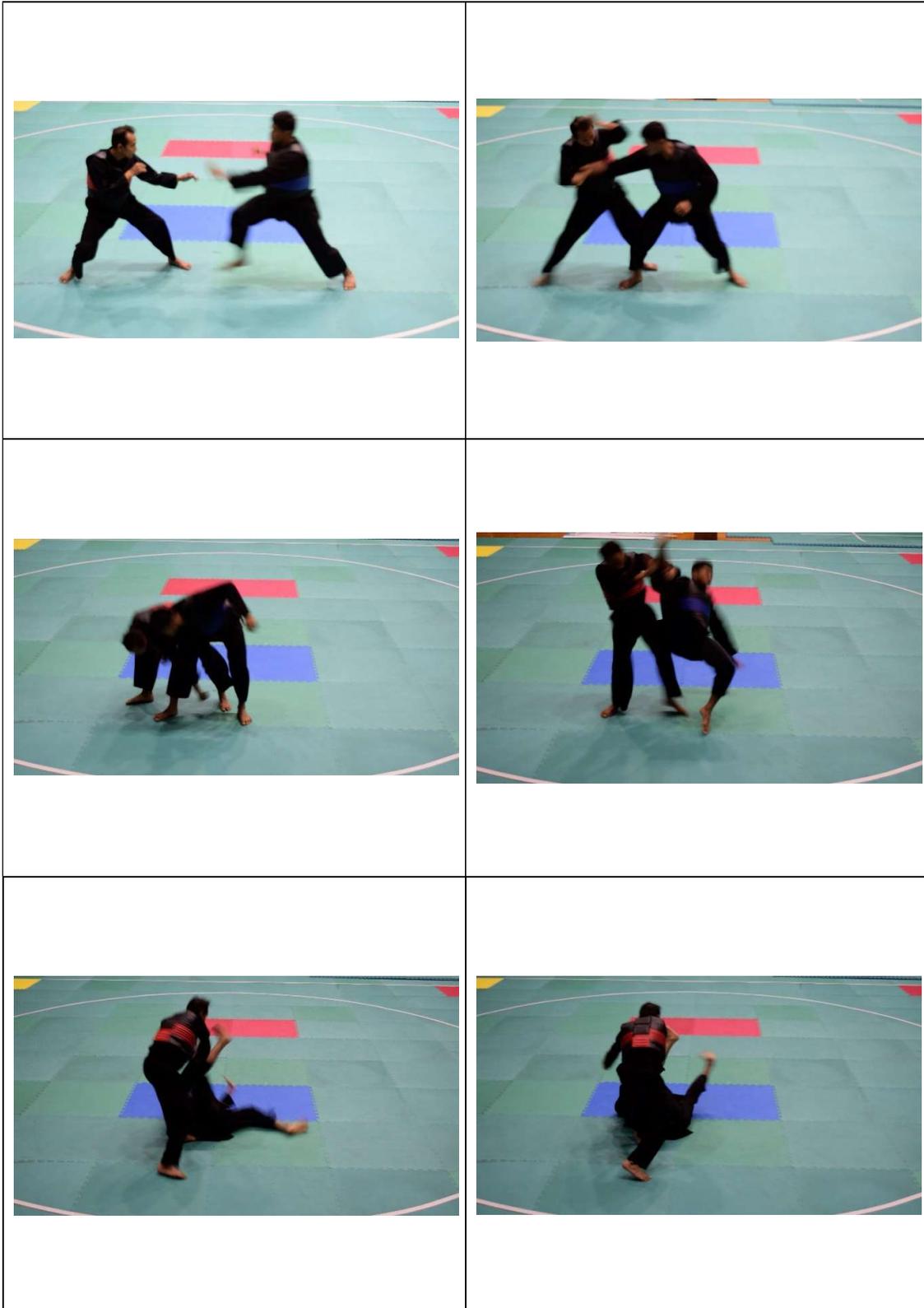


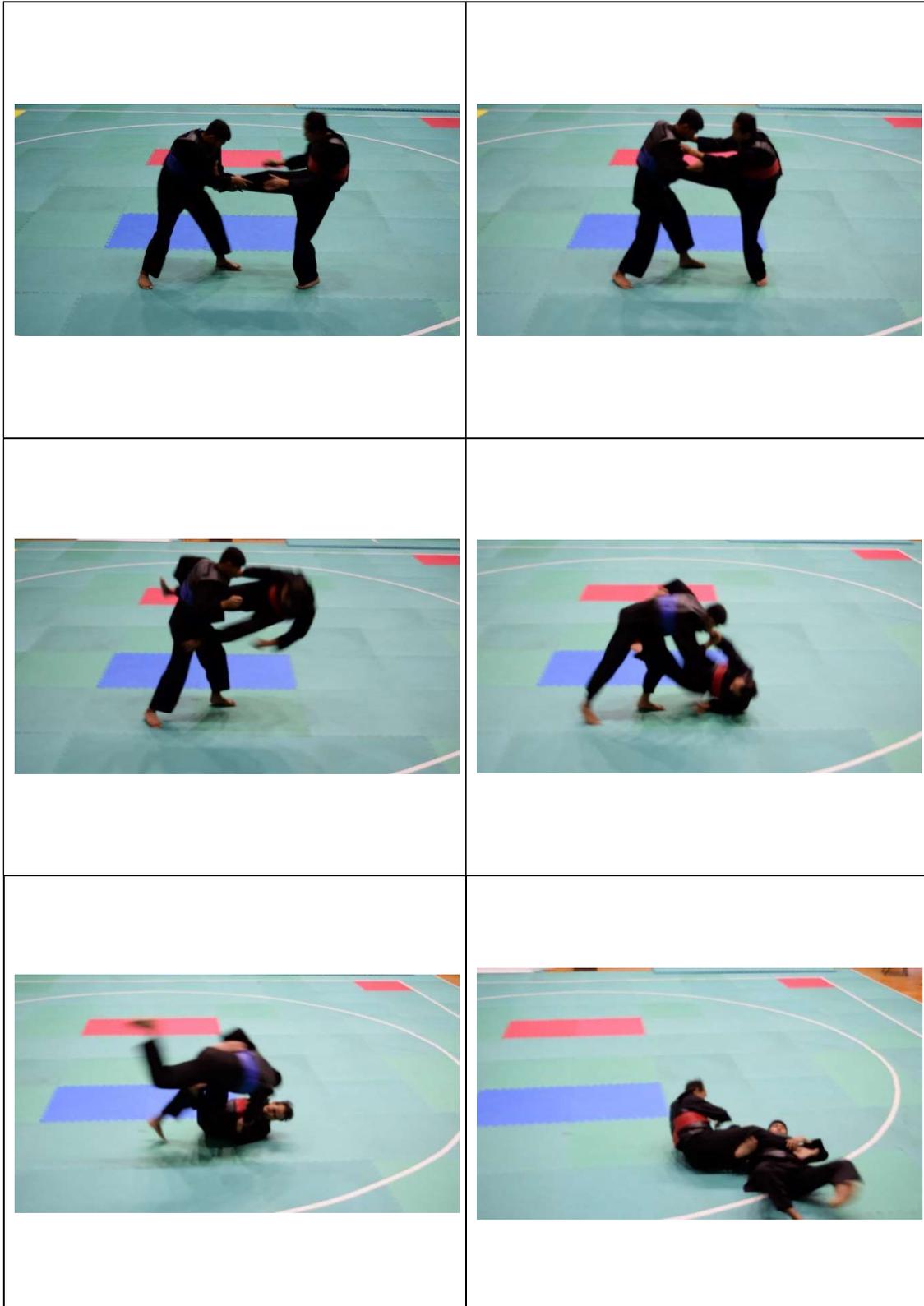
### Allowed Dropping Technique



### Allowed Dropping Technique



Allowed Dropping Technique

Allowed Dropping Technique

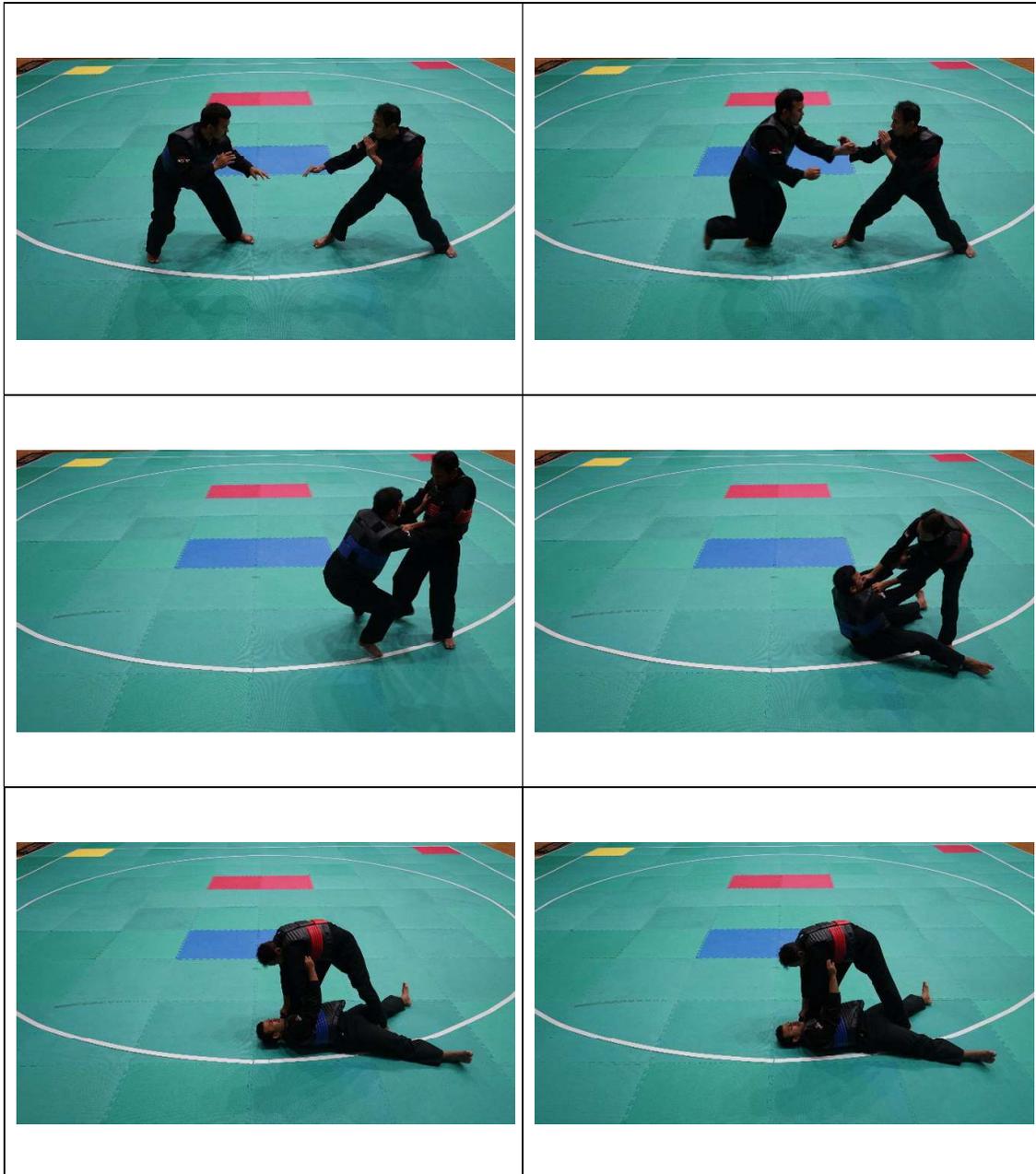
Allowed Dropping Technique

## Failed Dropping Technique

### Technique - Lock Arm and Drop

*Red Athlete will be awarded 3-points as both arms are locked preventing the Blue Athlete to execute a dropping technique. Failed technique from Blue Athlete.*

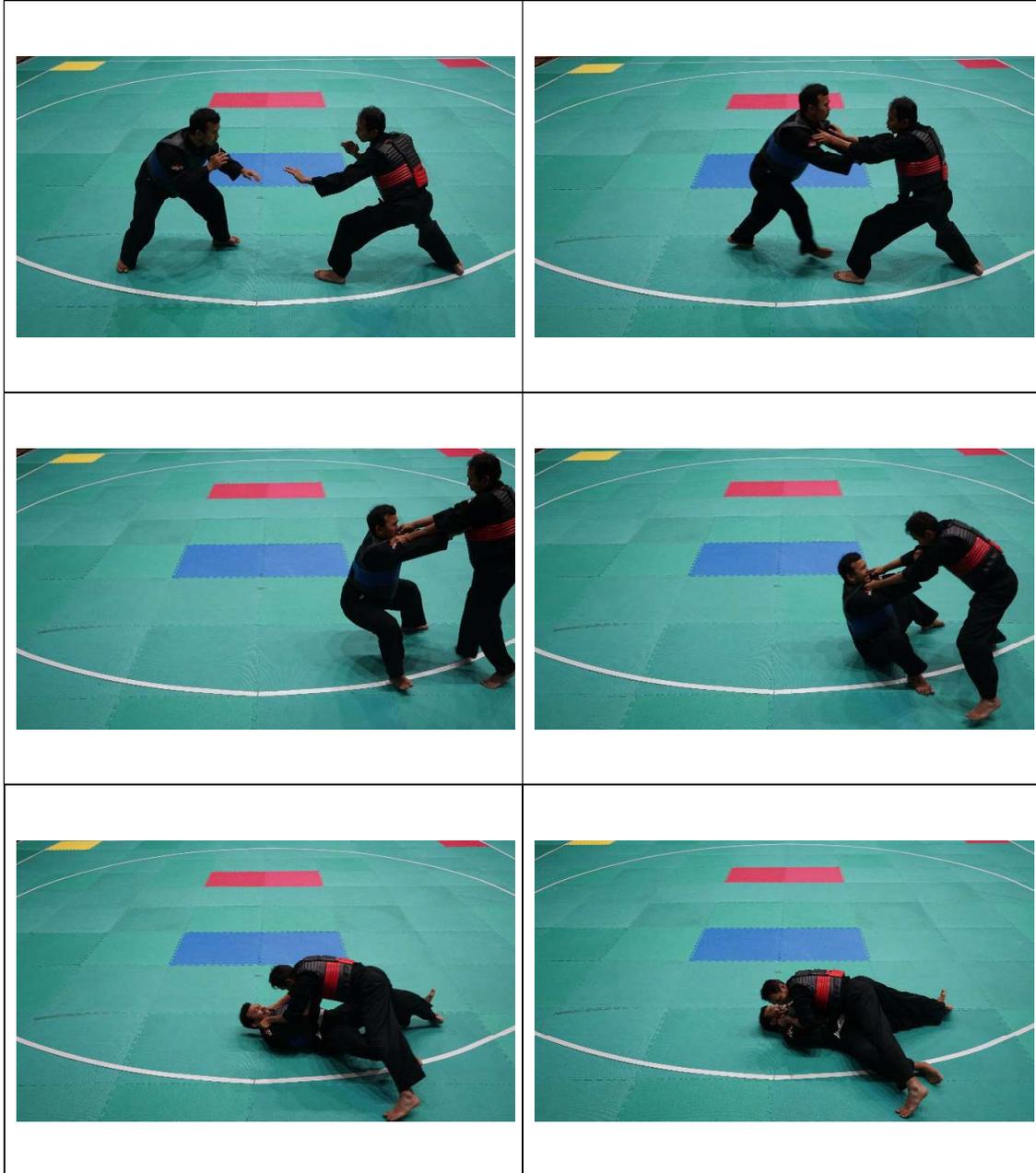
*However, grabbing the vest using 2 hands is a moderate violation.*



### Failed Dropping Technique

*Red Athlete will be awarded 3-points as both arms are locked preventing Blue Athlete to execute a dropping technique. As long as the hands, knee or body of Red Athlete did not touch the ground. Failed technique from the Blue Athlete.*

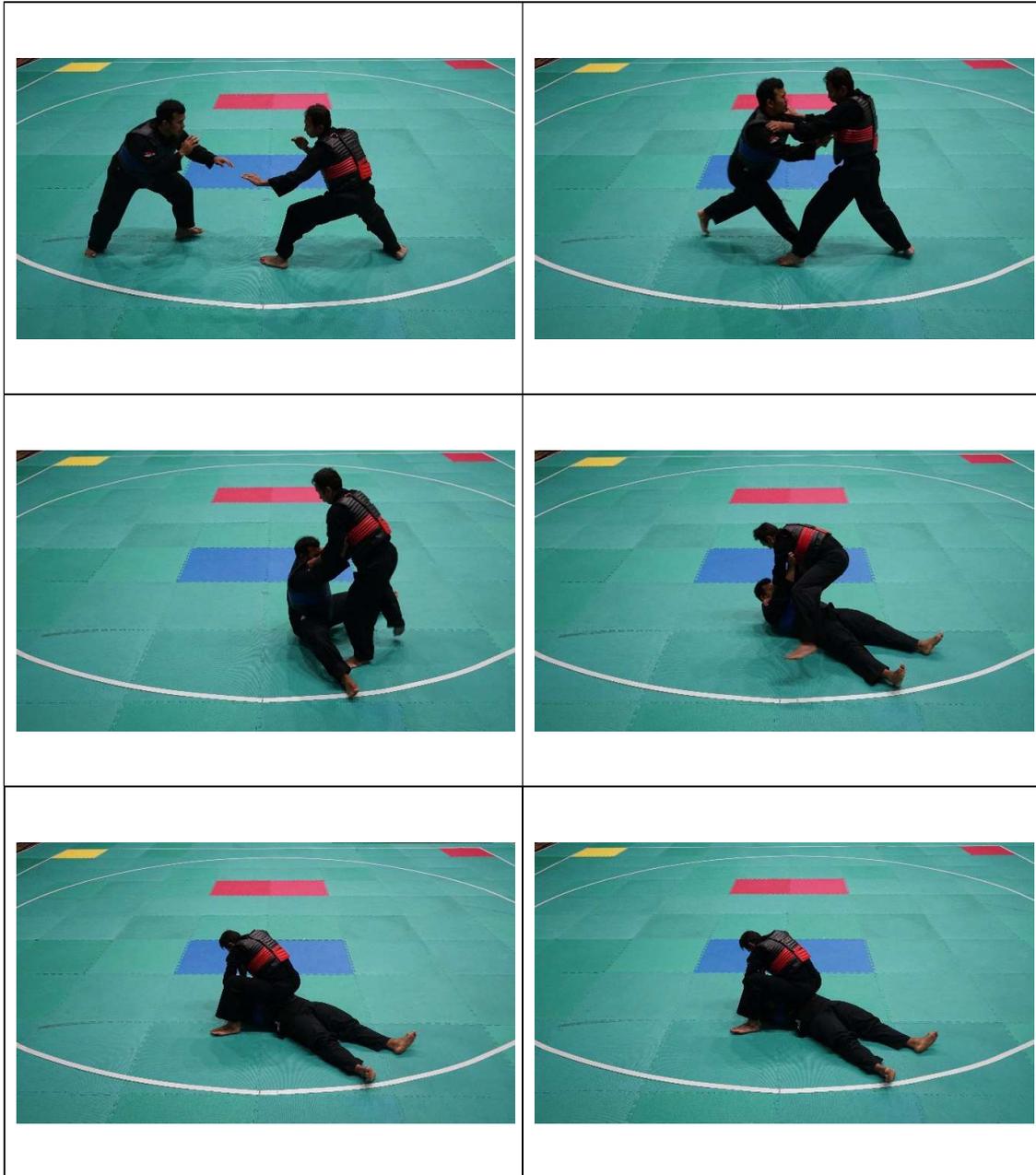
*However, grabbing the vest using 2 hands is a moderate violation.*



### Failed Dropping Technique

*Red Athlete will be awarded 3-points as the arm is locked preventing Blue Athlete to execute dropping technique. As long as, hand, knee, body did not touch the ground. Failed technique from Blue Athlete.*

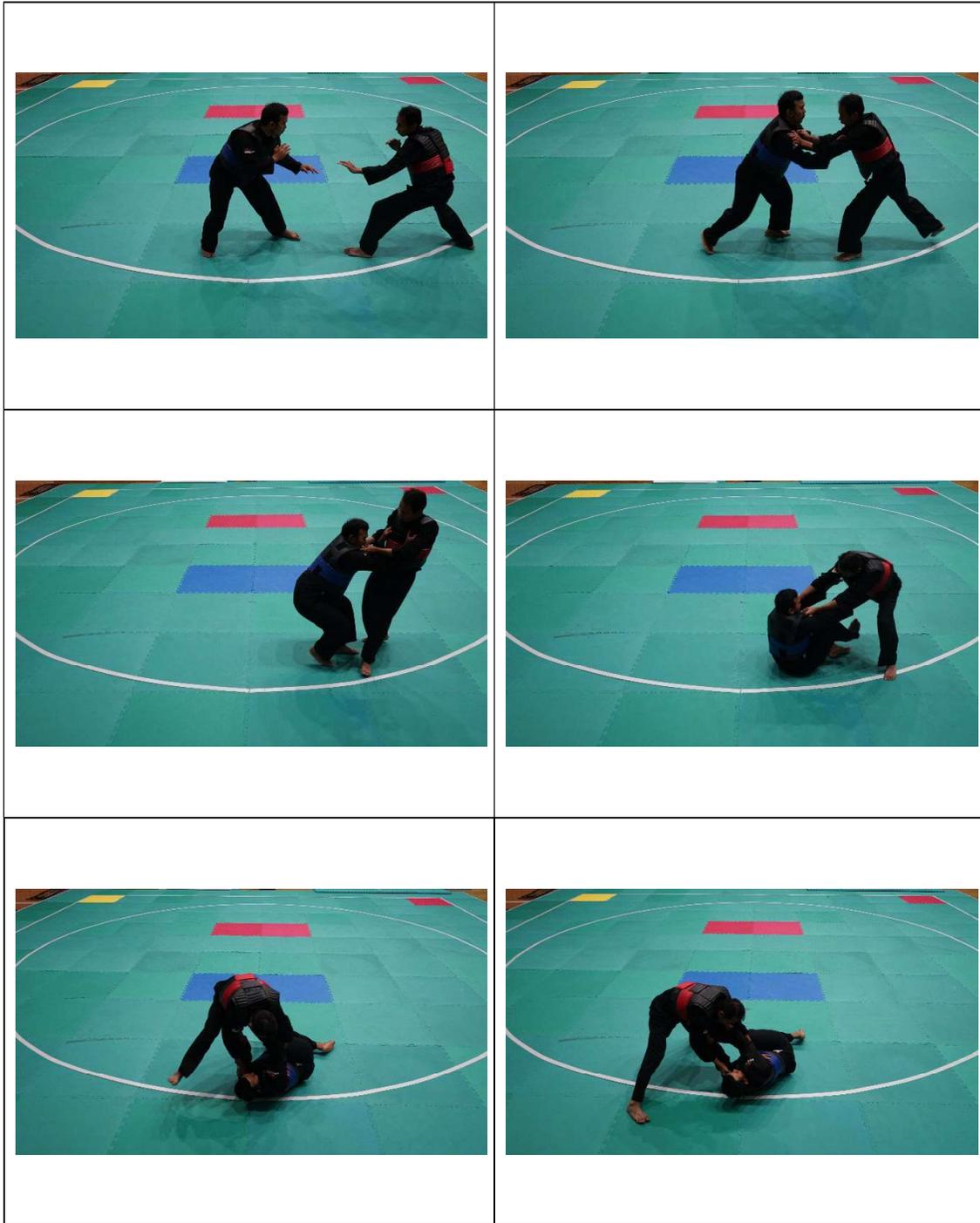
*However, grabbing the vest using 2 hands is a moderate violation.*



### Failed Dropping Technique

*Red Athlete will be awarded 3-points as the arm is locked preventing Blue Athlete to execute a dropping technique. Failed technique from Blue Athlete.*

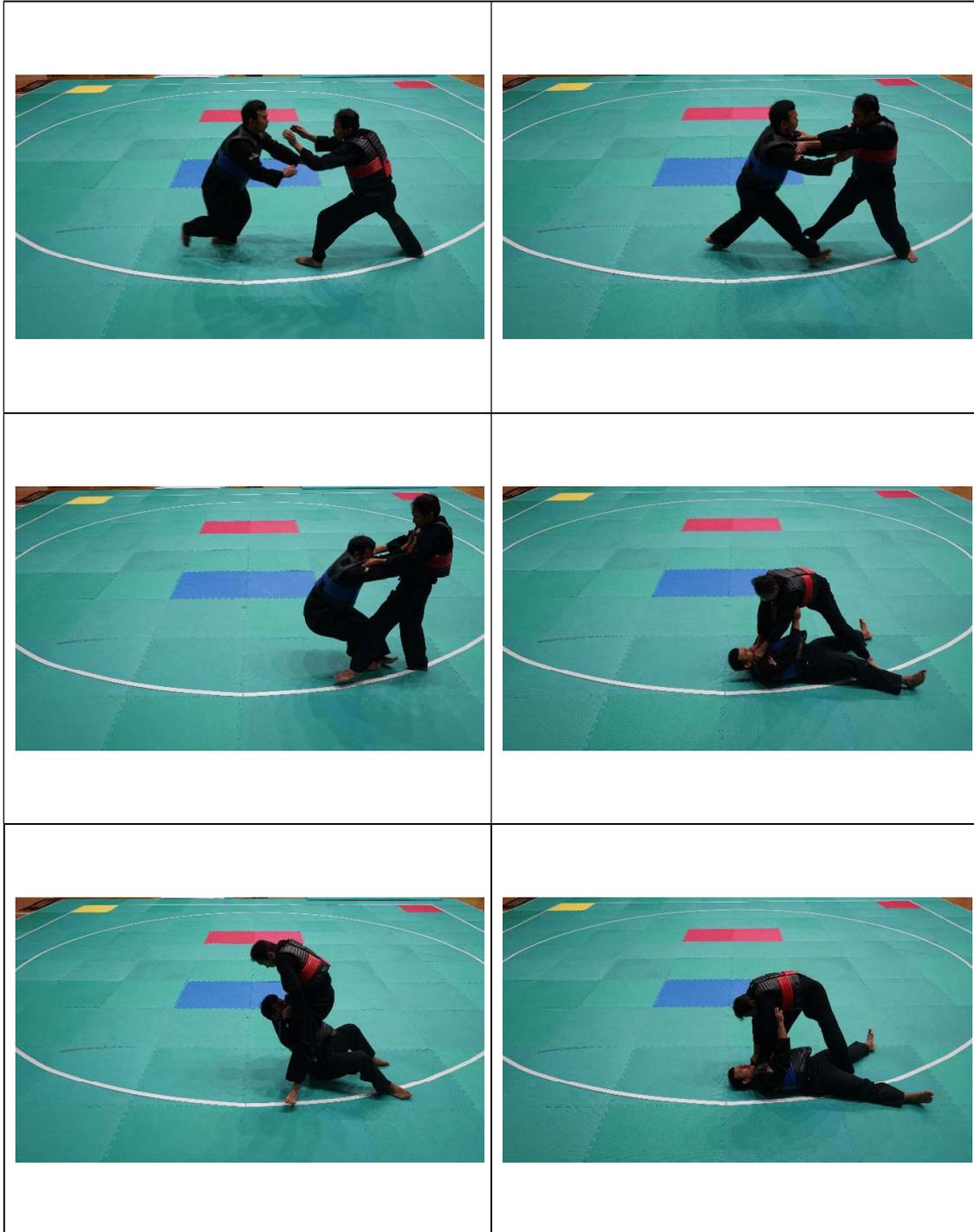
*However, grabbing the vest using 2 hands is a moderate violation.*



### Failed Dropping Technique

*Red Athlete will be awarded 3-points as both arms are locked preventing the Blue Athlete to execute a dropping technique. Failed technique from Blue Athlete.*

*However, grabbing the vest using 2 hands is a moderate violation.*



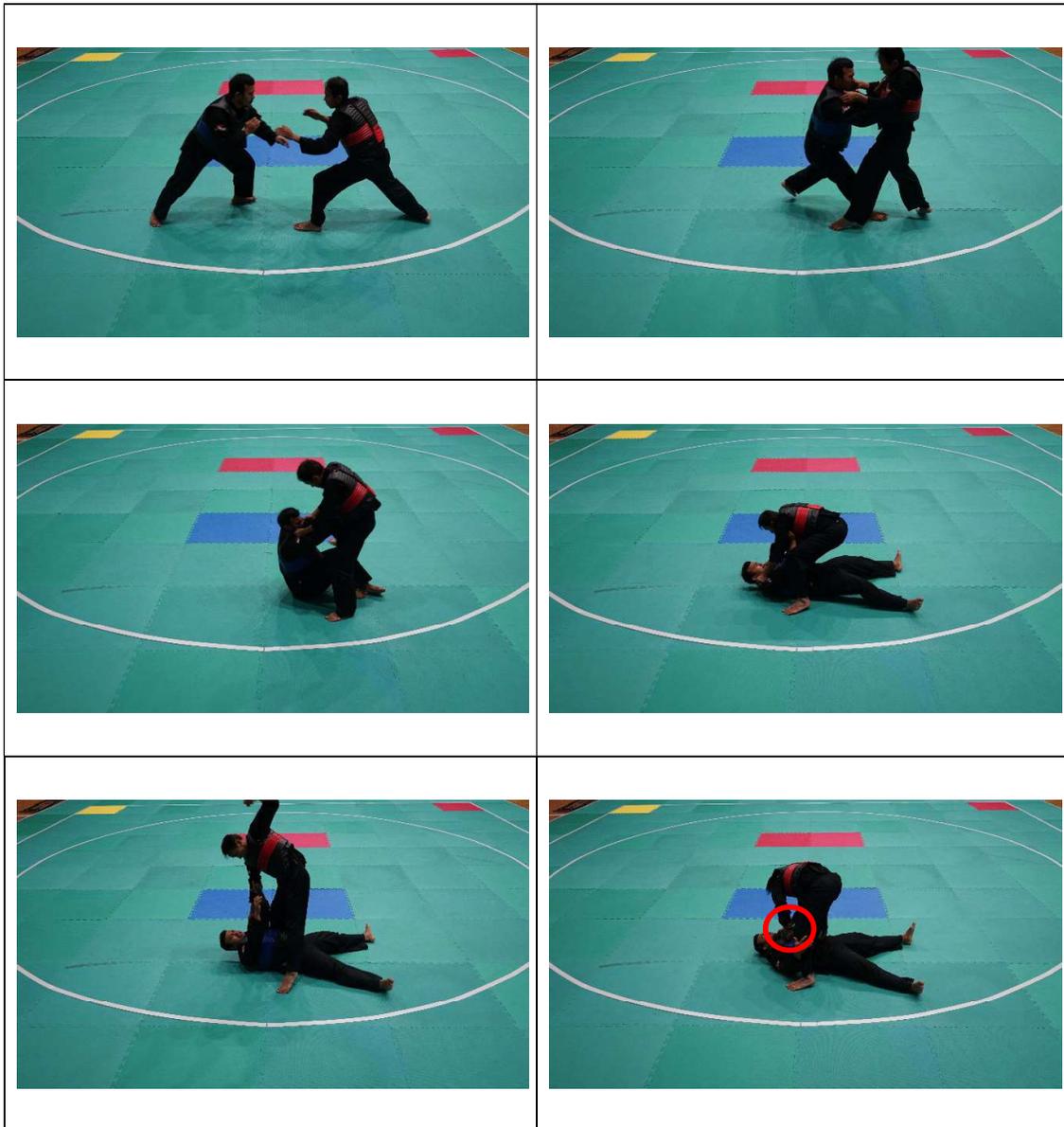
### Failed Dropping Technique

Red Athlete will be awarded 3-points as the arm is locked preventing Blue Athlete to execute a dropping technique. Failed technique from Blue Athlete.

Red Athlete will be issued with Reprimand I for continuing with an attack while holding, touching, grabbing the vest when Blue Athlete is on the ground.

However, if Red Athlete is not holding, touching, grabbing the vest and continue with either punch or kick, Red Athlete will be awarded 1 point for punch and 2 points for kick.

Grabbing vest with 2 hand will be given reprimand by Wasit Juri.



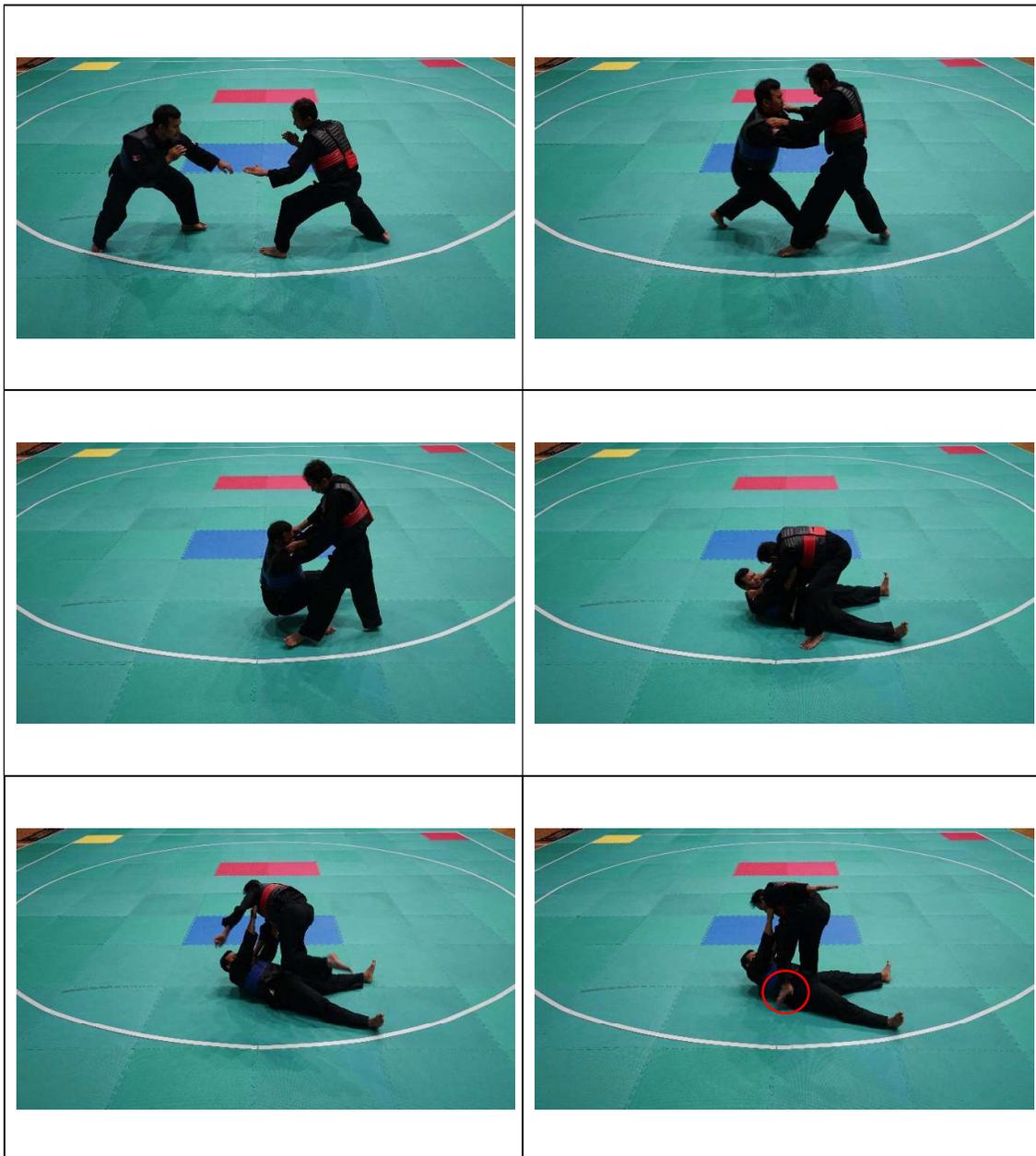
### Failed Dropping Technique

Red Athlete will be awarded 3-points as the arm is locked preventing Blue Athlete to execute a dropping technique. Failed technique from Blue Athlete.

Red Athlete will be issued with Reprimand I for continuing with an attack while holding, touching, grabbing the vest when Blue Athlete is on the ground.

However, if Red Athlete is not holding, touching, grabbing the vest and continue with either punch or kick, Red Athlete will be awarded 1 point for punch and 2 points for kick.

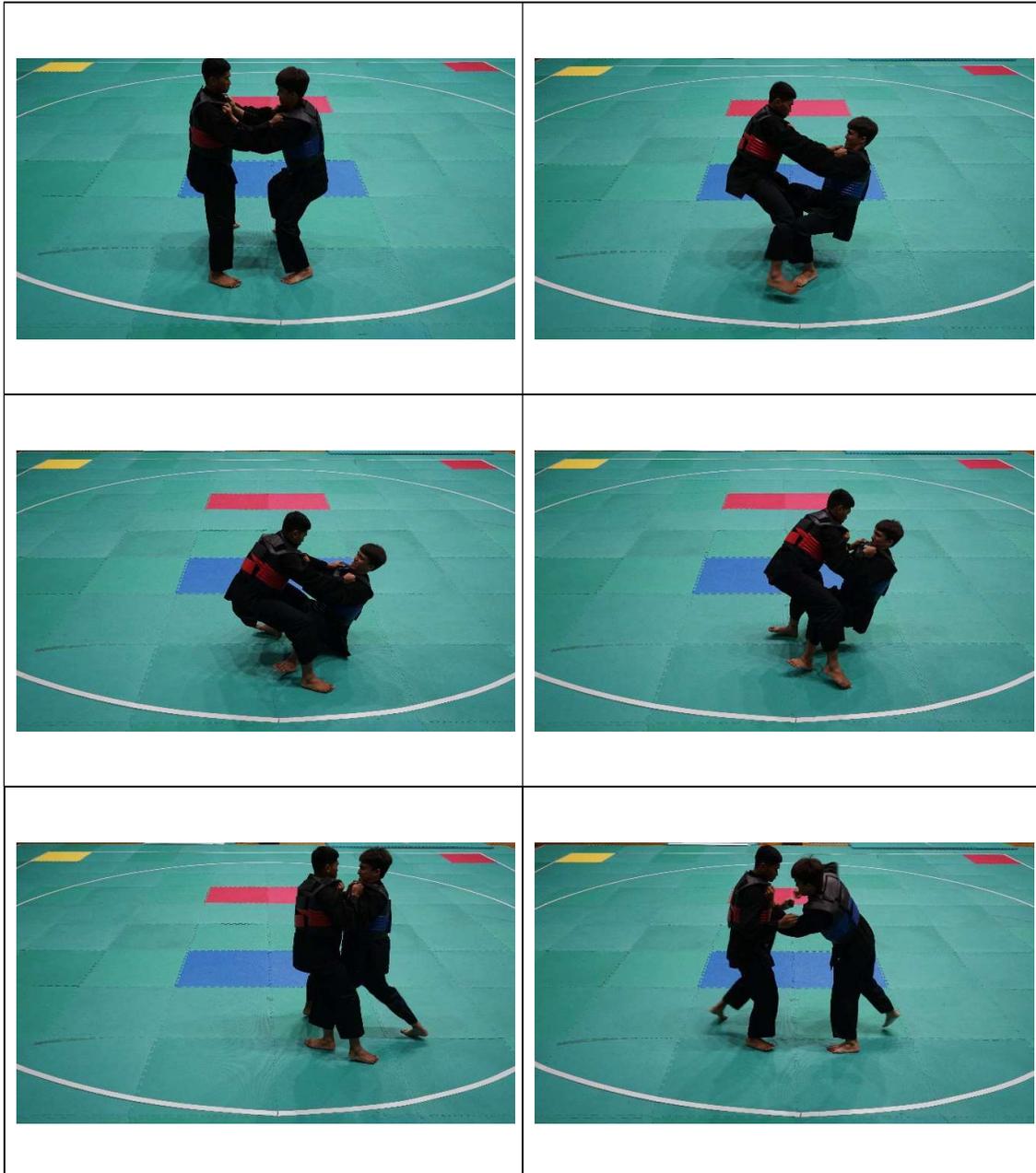
Grabbing vest with 2 hand will be given reprimand by Wasit Juri.



### Failed Dropping Technique

*Failed Dropping Technique with no points awarded to any athlete as the Blue Athlete's buttock did not touch the ground. No stoppage of match.*

Grabbing vest with 2 hand will be given reprimand by Wasit Juri.



#### IMPORTANT NOTE – On Dropping Techniques

For techniques that involves touching the ground, only listed techniques approved under the International Pencak Silat Competition Rules and Regulations is allowed.

Following are the dropping & kicking techniques (as listed in this manual):

1. Scissors (touch the ground in the midst of doing scissors)
2. Back Scissors (touch the ground in the midst of doing scissors)
3. Pull Scissors (touch the ground in the midst of doing scissors)
4. Single Leg “Crocodile”
5. “Corkscrew”
6. On the Ground Dropping
7. Single Horse Kick
8. Double Horse Kick

### Counterattack

A counterattack is allowed, when an athlete is being attacked, and counter the move with – Counter & Attack. Only two (2) techniques are allowed while on the ground within 2-seconds. More than two techniques, the athlete will be issued with Reprimand I.

The images below are some of the techniques.

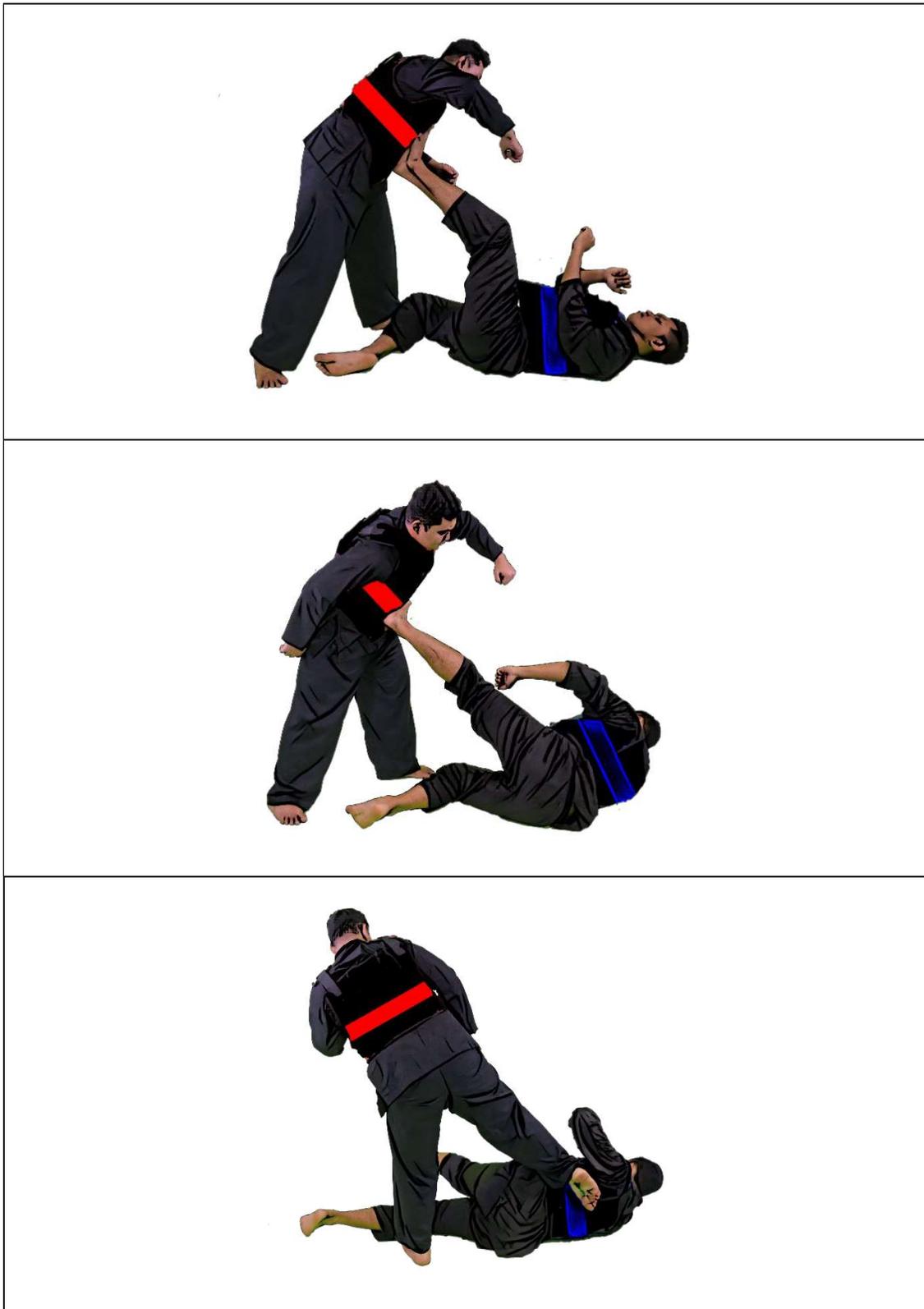
#### Technique 1: Red Athlete counter the scissors technique with a punch.



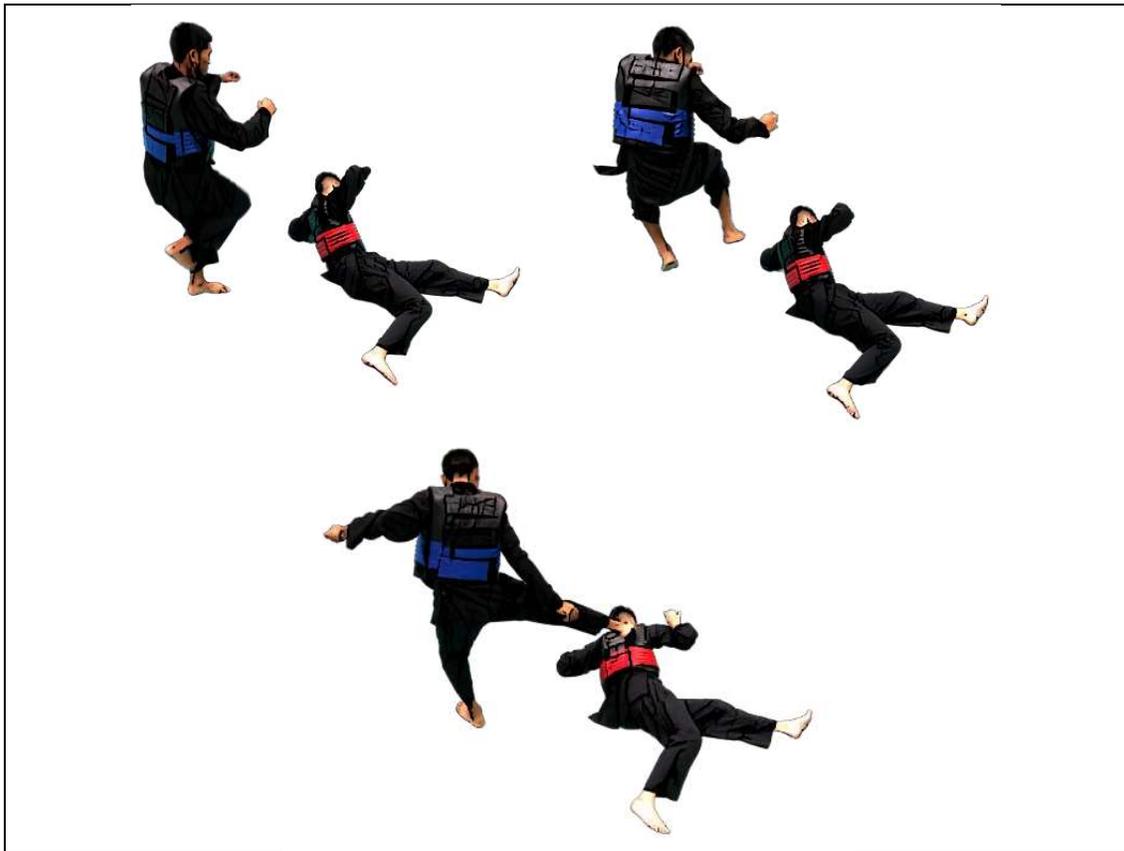
#### Technique 2: Red Athlete counter the scissors technique with a kick.



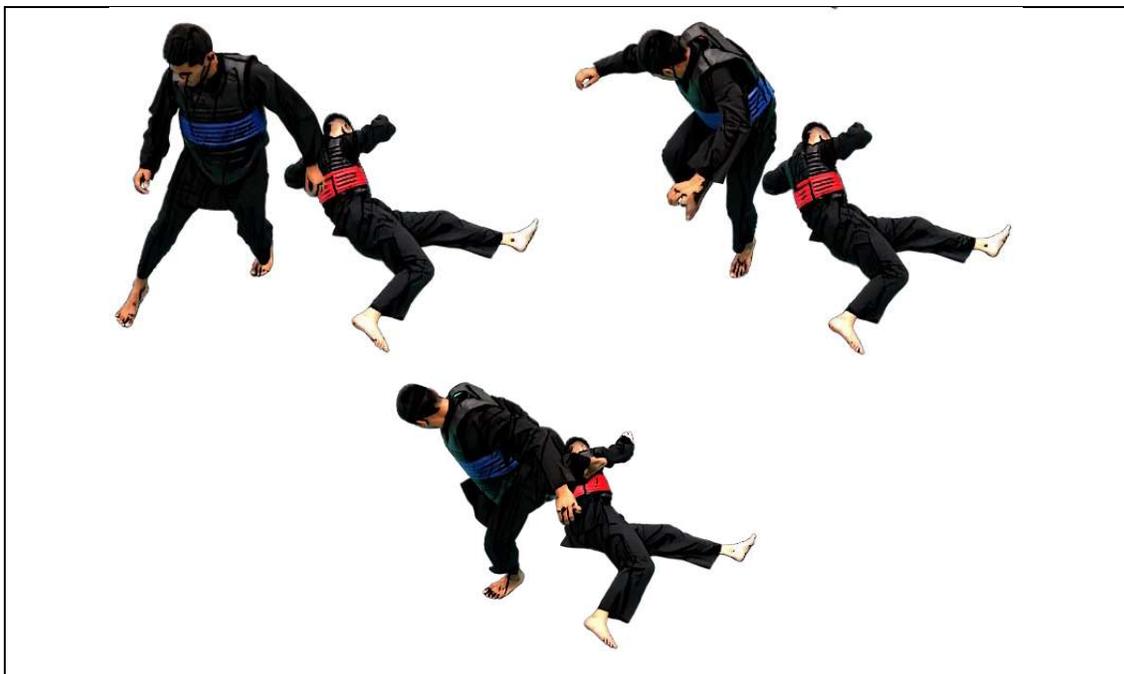
Technique 3:

Technique 4:

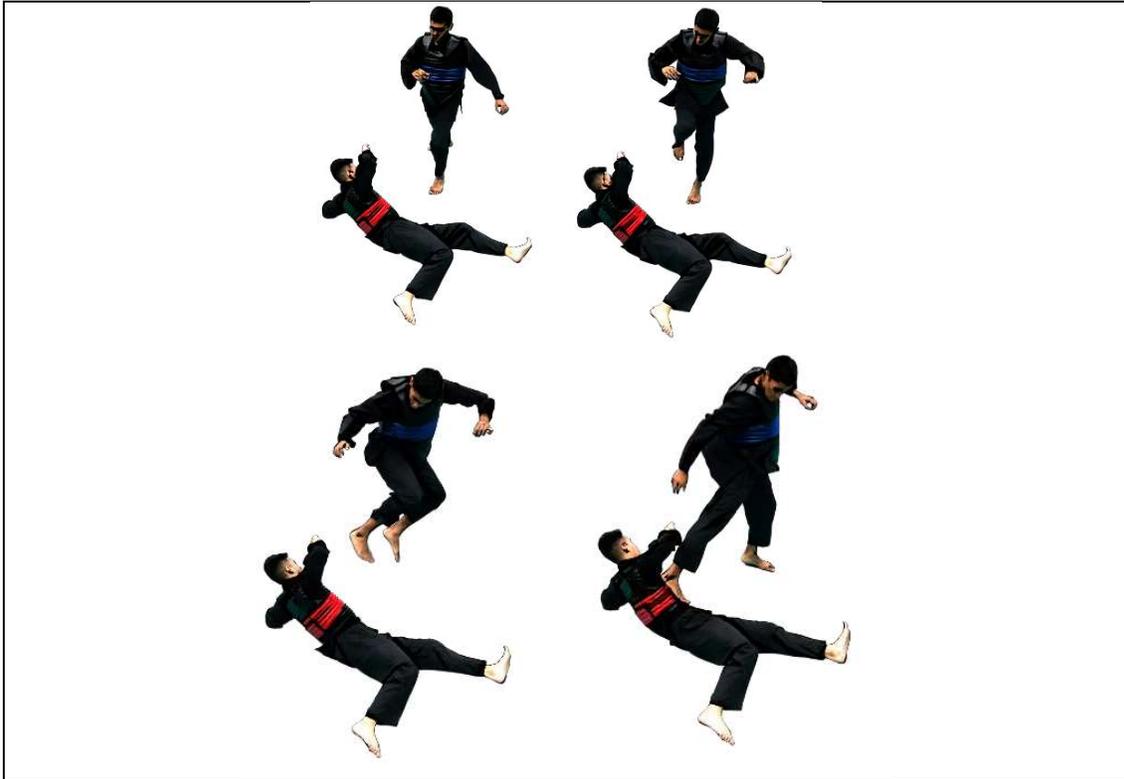
Technique 5: Jumping side to the back of the vest



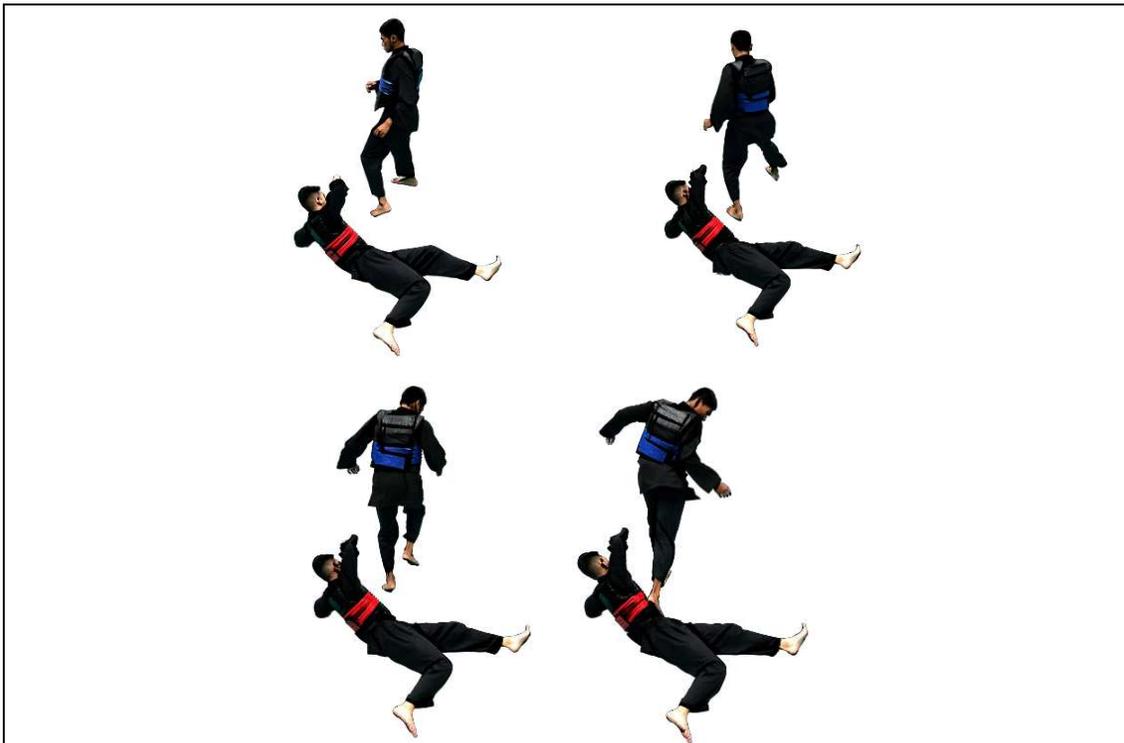
Technique 6: Jumping back heel kick to the back of the vest



### Technique 7: Jumping Side Kick



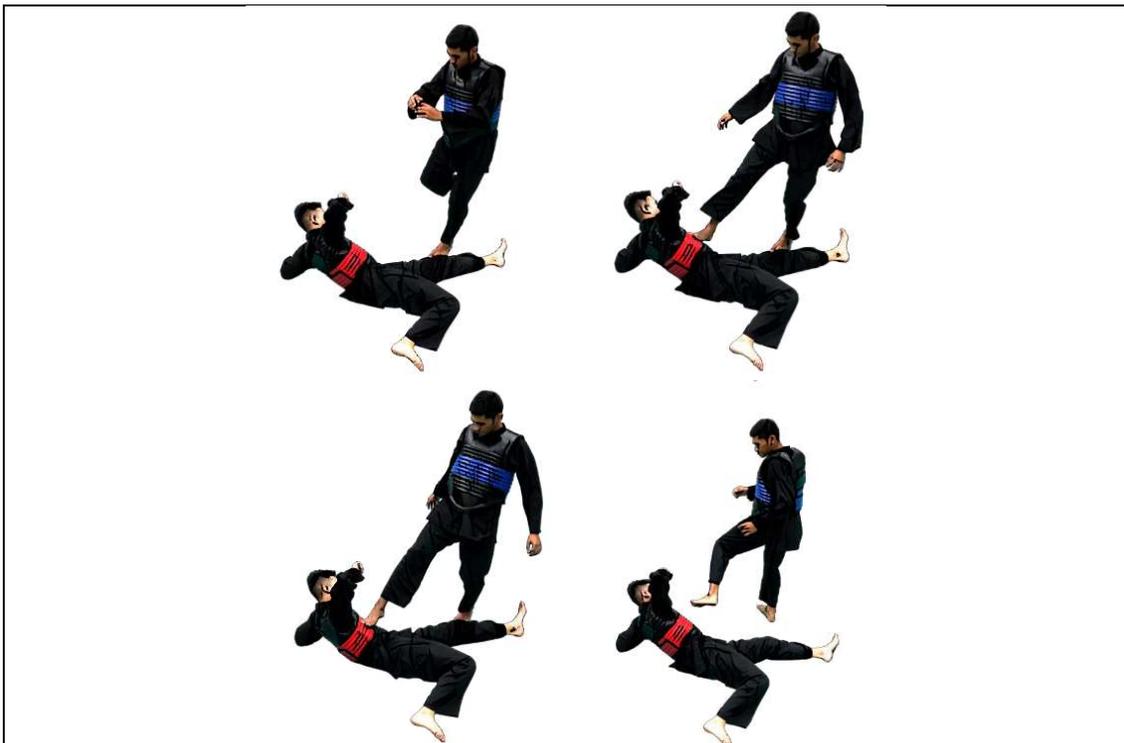
### Technique 8: Jumping Back Heel Kick



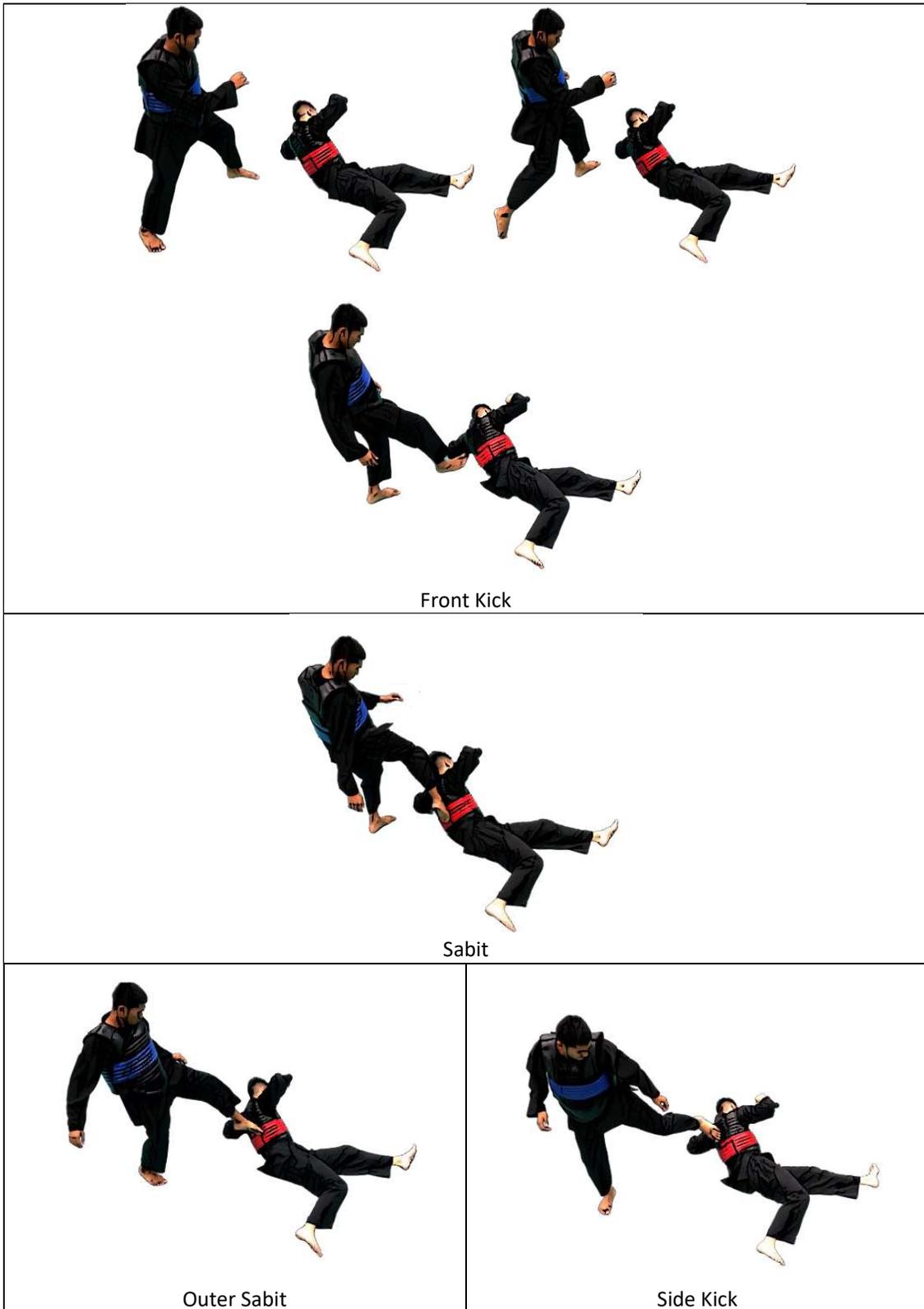
### Technique 9: Sabit to the Vest



### Technique 10: Front Kick to the Vest



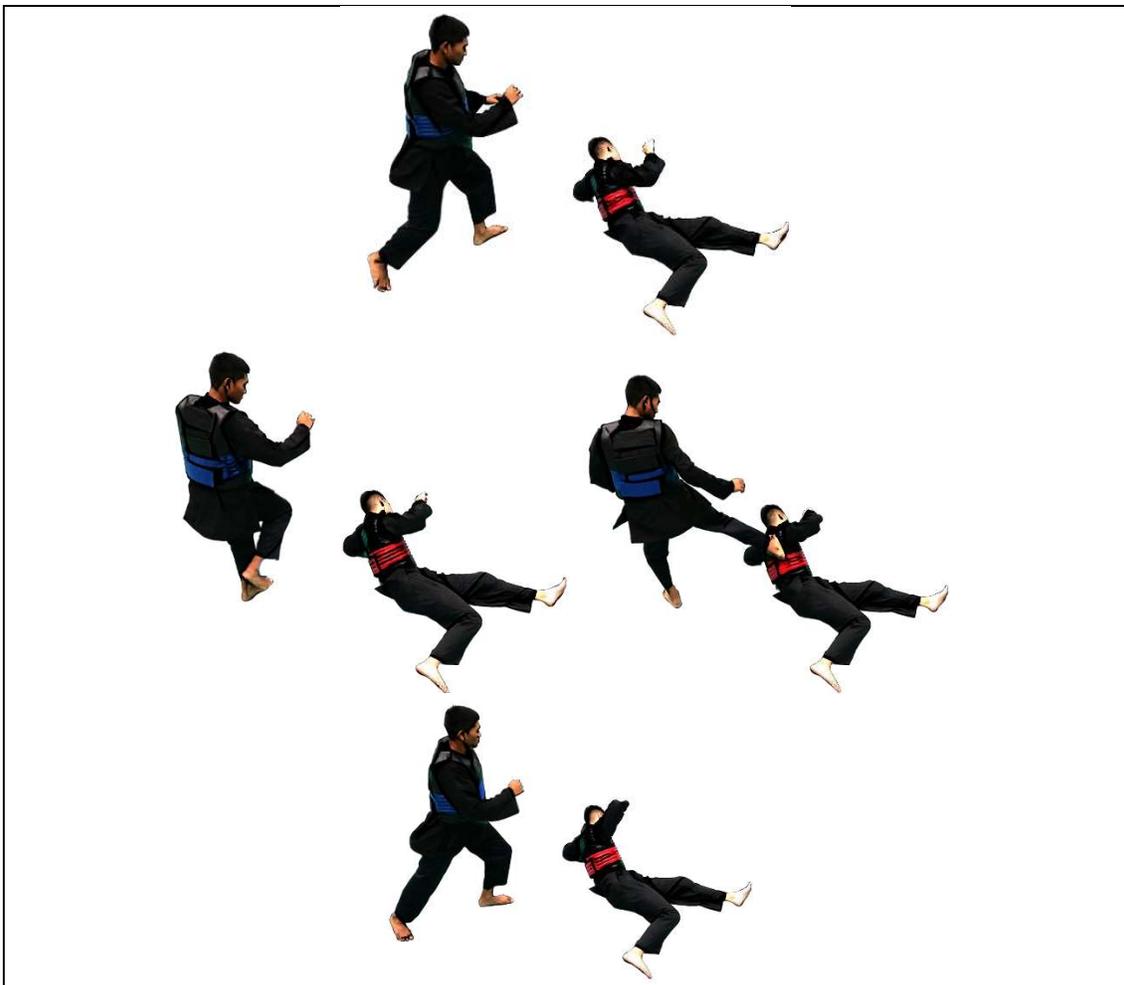
Technique 11: Kick to the Back of the Vest



### Technique 12: Back Heel Kick to the Back of the Vest



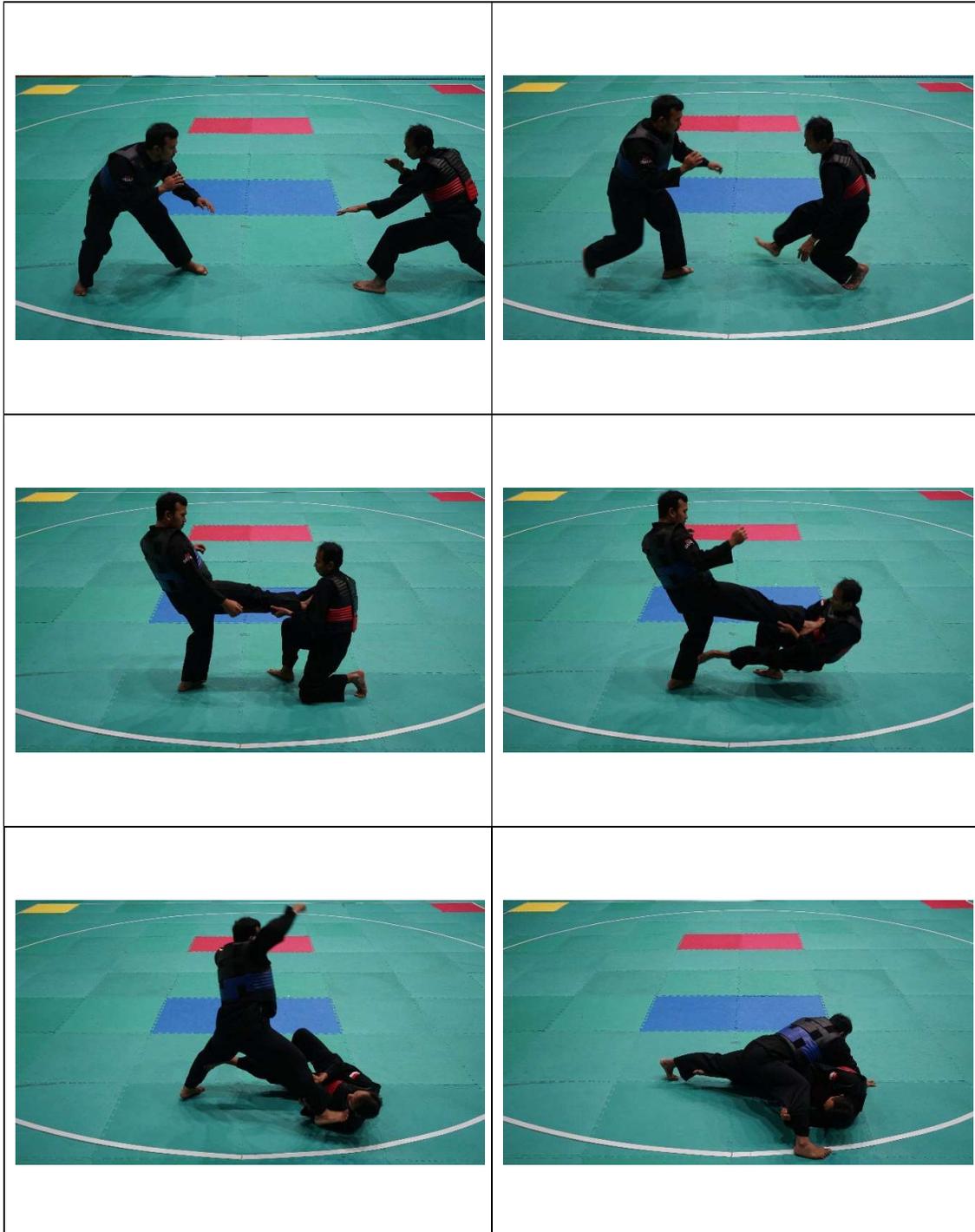
### Technique 13: Side Kick



A counterattack is allowed, when an athlete is being attacked, and counter the move with – Counter & Attack. This is a three (3) technique counterattack.

Below are the techniques:

Technique 14: Red performed a three (3) technique counterattack and earned a valid 3-points for doing the dropping technique.



Technique 15:

Technique 16:

Technique 17:



## Locking

The athlete is allowed to do locking techniques to its opponent with a timeframe of 5-seconds.

Should the athlete who is being locked physically or verbally give up, the athlete will be disqualified.

Following are some of the locking techniques, and images below are some of the samples:

1. Standing Armbar
2. Locking the Wrist
3. Locking the Ankle
4. Shoulder Lock (standing)

The athlete performing the locking will not be issued with verbal warning or reprimand.

## Striking

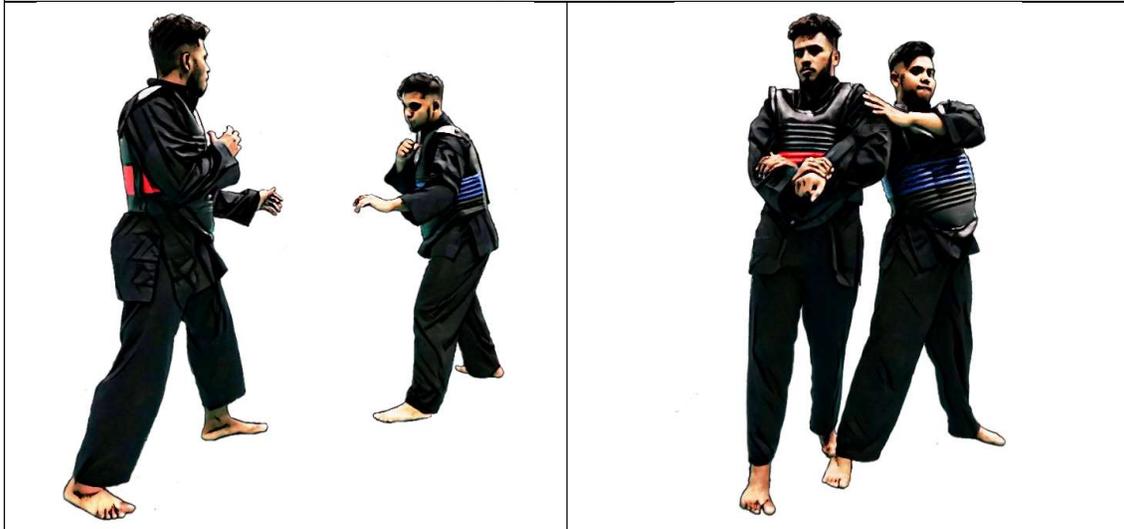
Should the athlete who is being strike physically or verbally gives up, the athlete will be disqualified.

The athlete performing the striking will not be issued with verbal warning or reprimand.





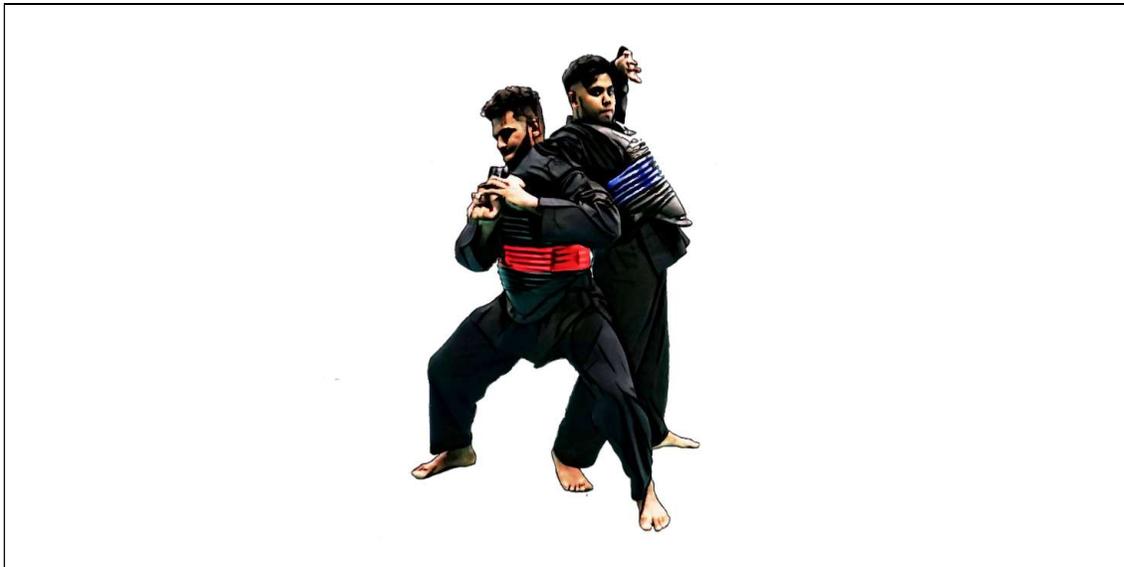
Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.



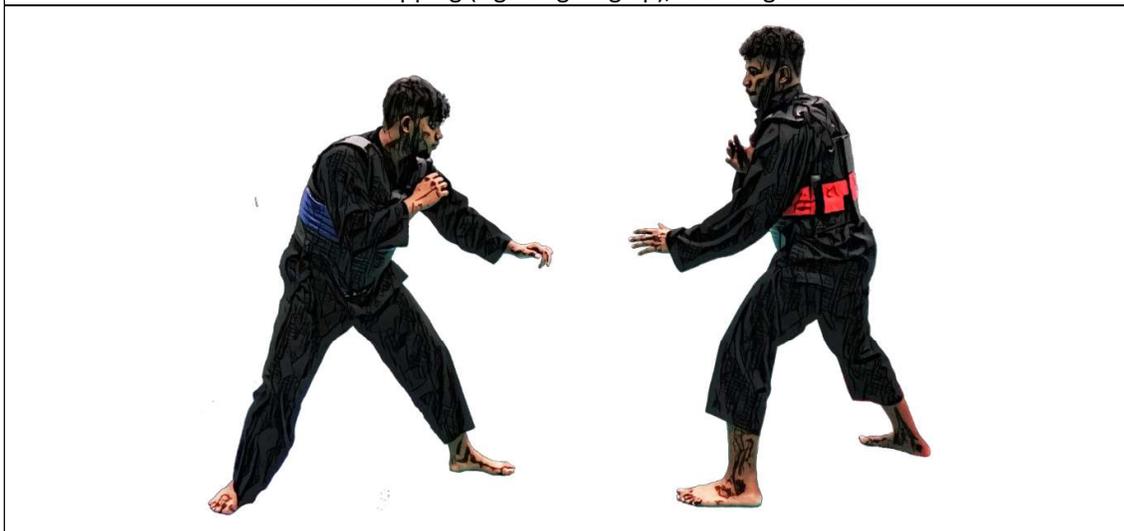


Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





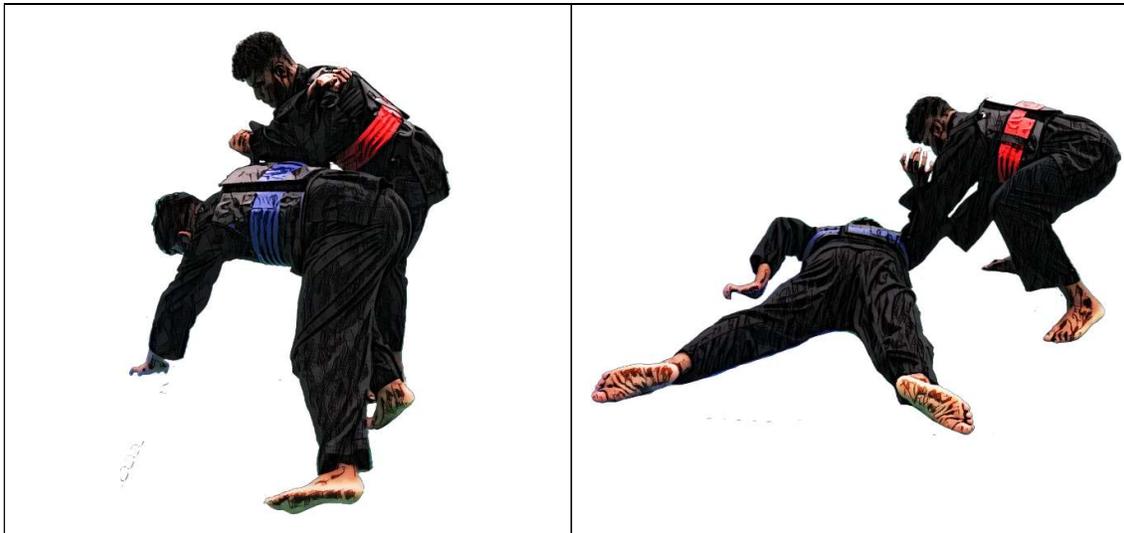
Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





Standing Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.



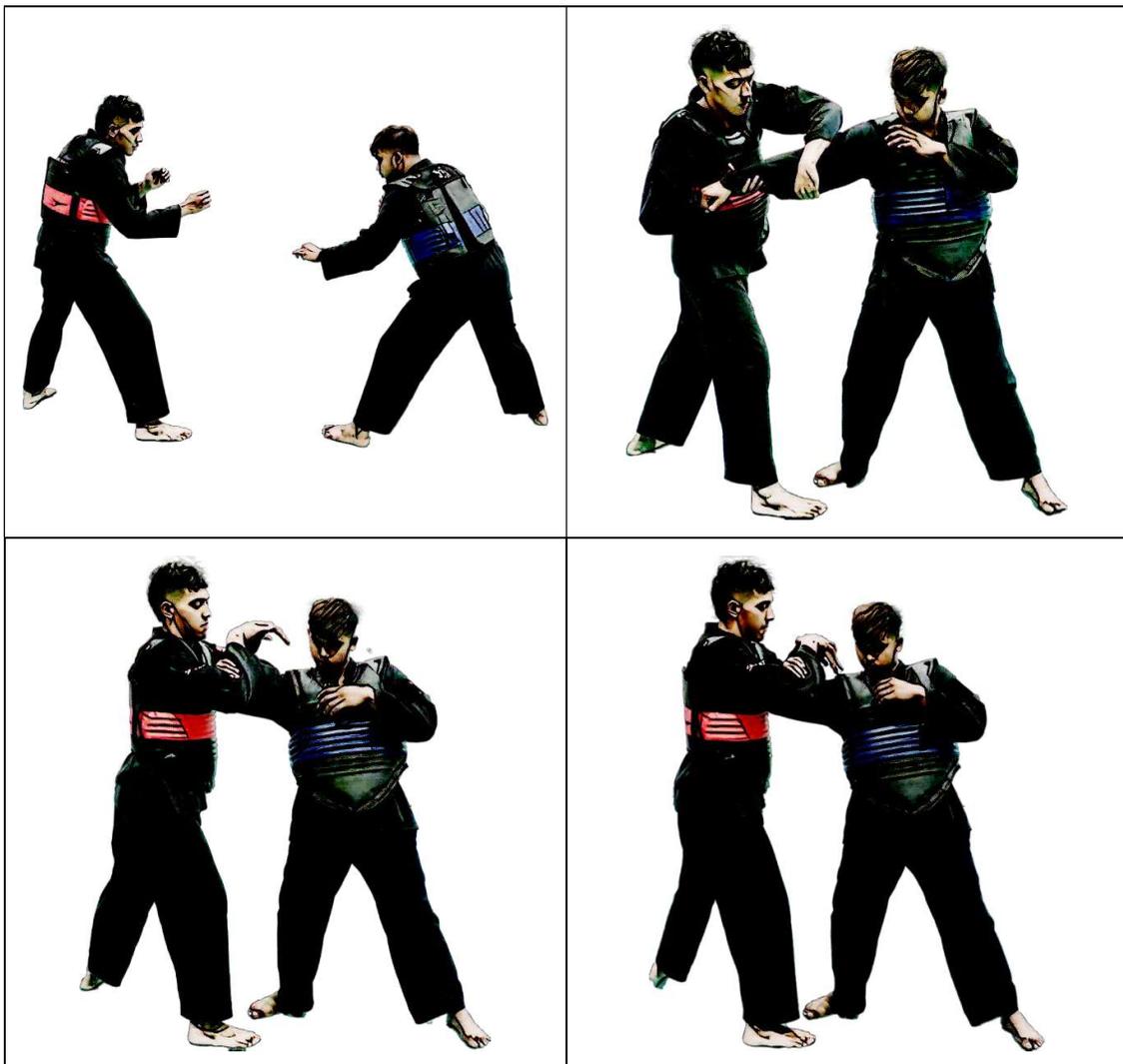


Over Shoulder Armbar.  
Verbal or tapping (sign of giving up), resulting to TKO.





Locking the Wrist.  
Verbal or tapping (sign of giving up), resulting to TKO.





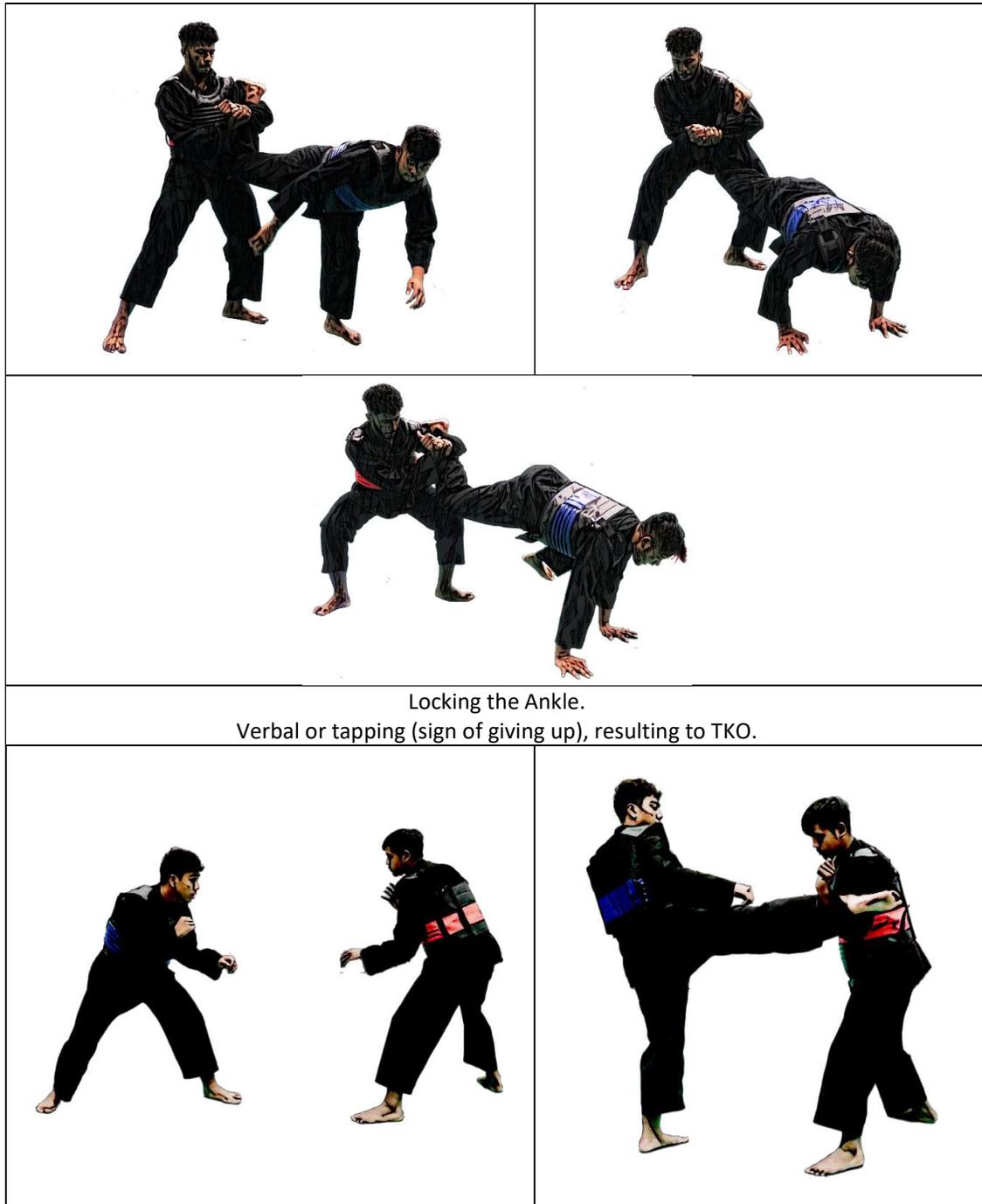
Locking the Wrist.  
Verbal or tapping (sign of giving up), resulting to TKO.





Wrist Twist  
Verbal or tapping (sign of giving up), resulting to TKO.









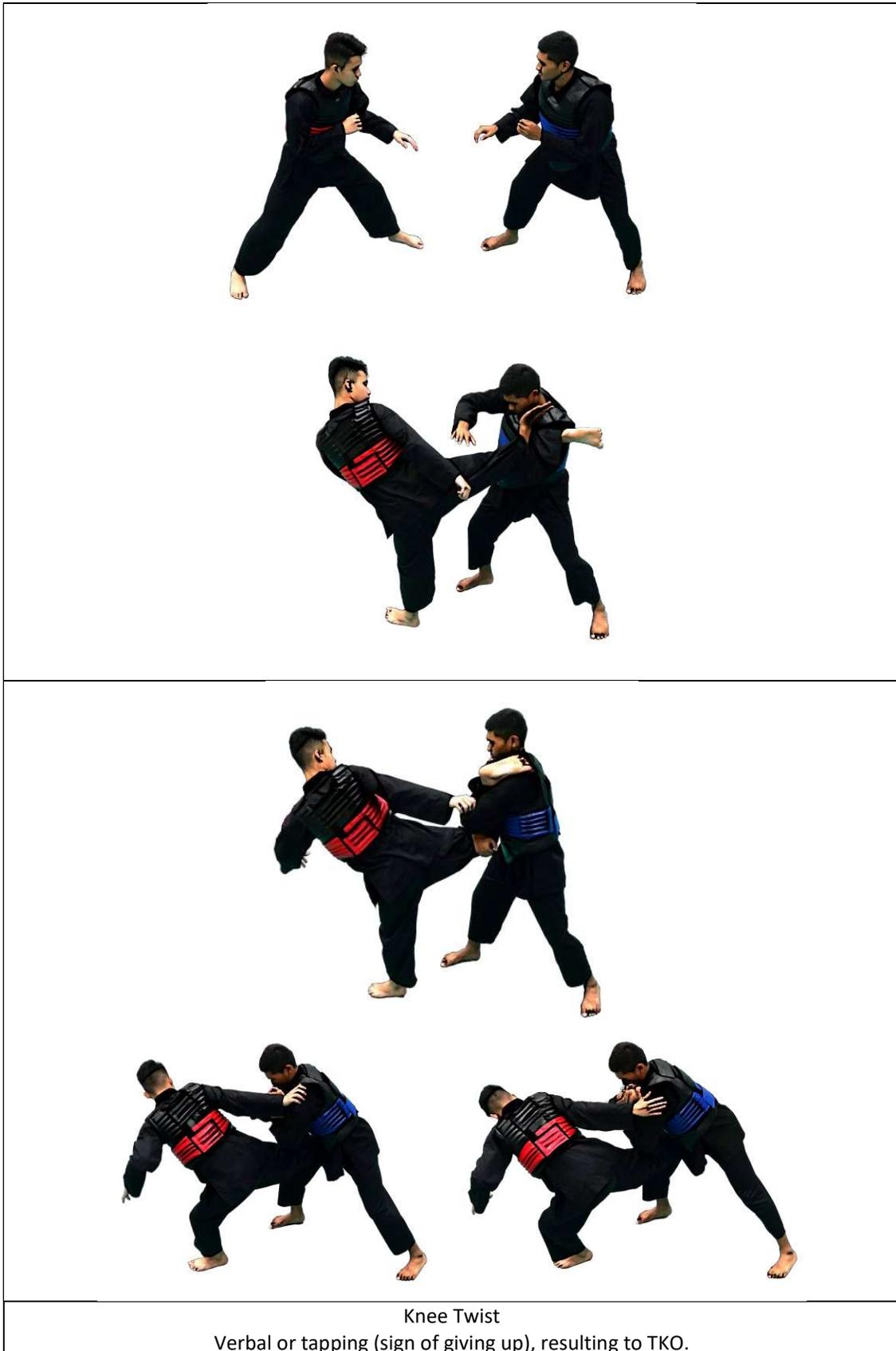
Locking the Ankle  
Verbal or tapping (sign of giving up), resulting to TKO.





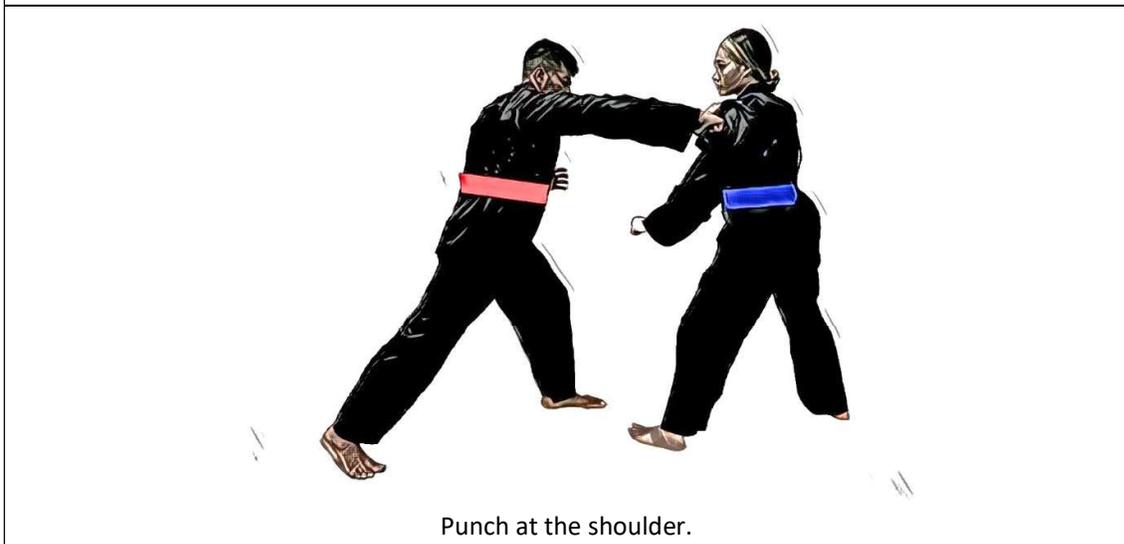
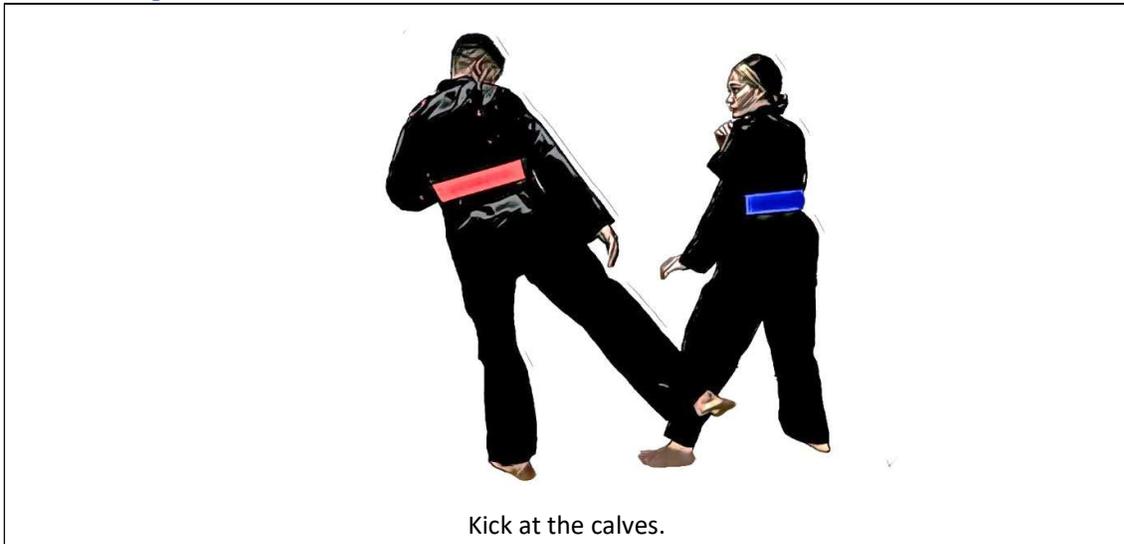








## Non-Scoring Area





Karate Chop at the vest



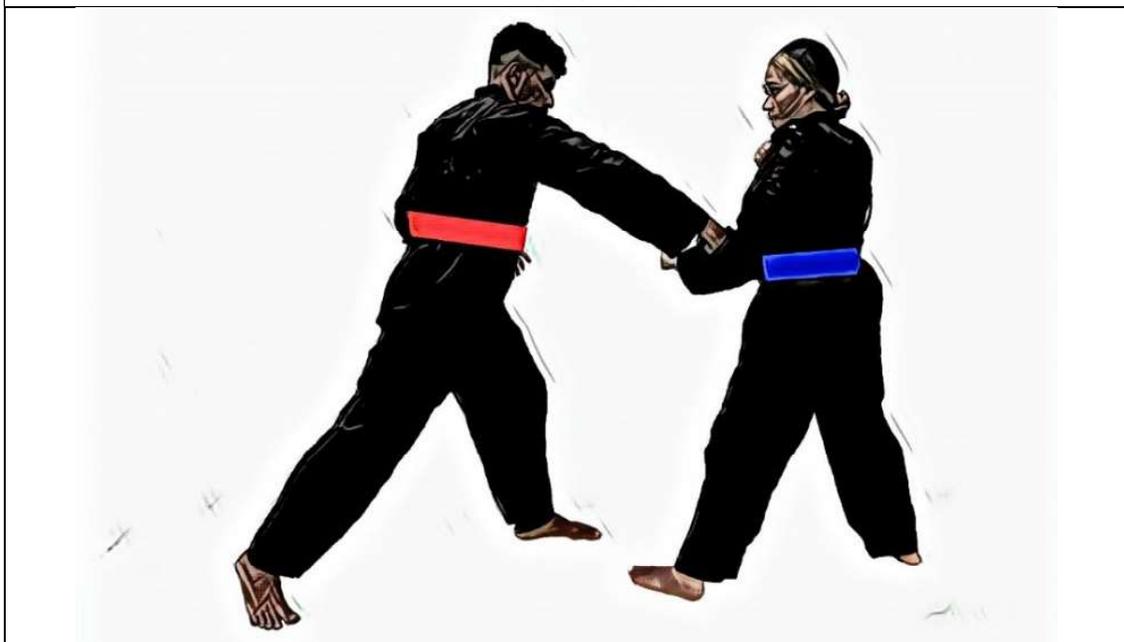
Kick at the shoulder



Kick at the hip.



Kick at the waist.



Punch at the forearm.





Kick to the ankle.



Grab the Opponent and Stomp on the Feet



## Appendix 8 – Techniques Not Allowed in Pencak Silat Competition

For all the techniques done, the athlete will be issued “Reprimand” for Moderate Violation and “Warning” for Serious Violation from the Wasit.

### Illegal Attack



Grab the neck and attack



Kick to the Groin



Kick to the Face/Head



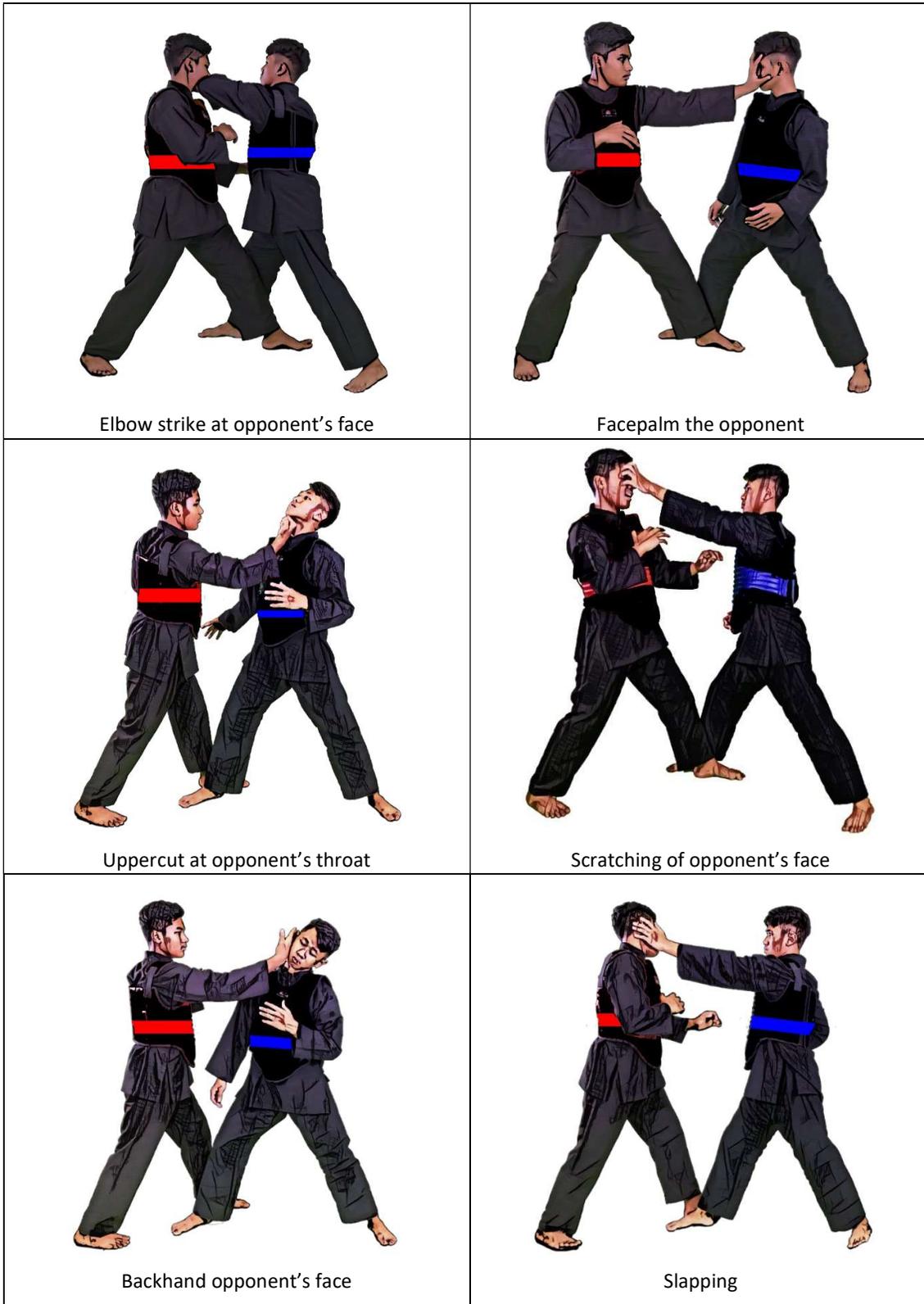
Attack opponent with head (Head-butt)



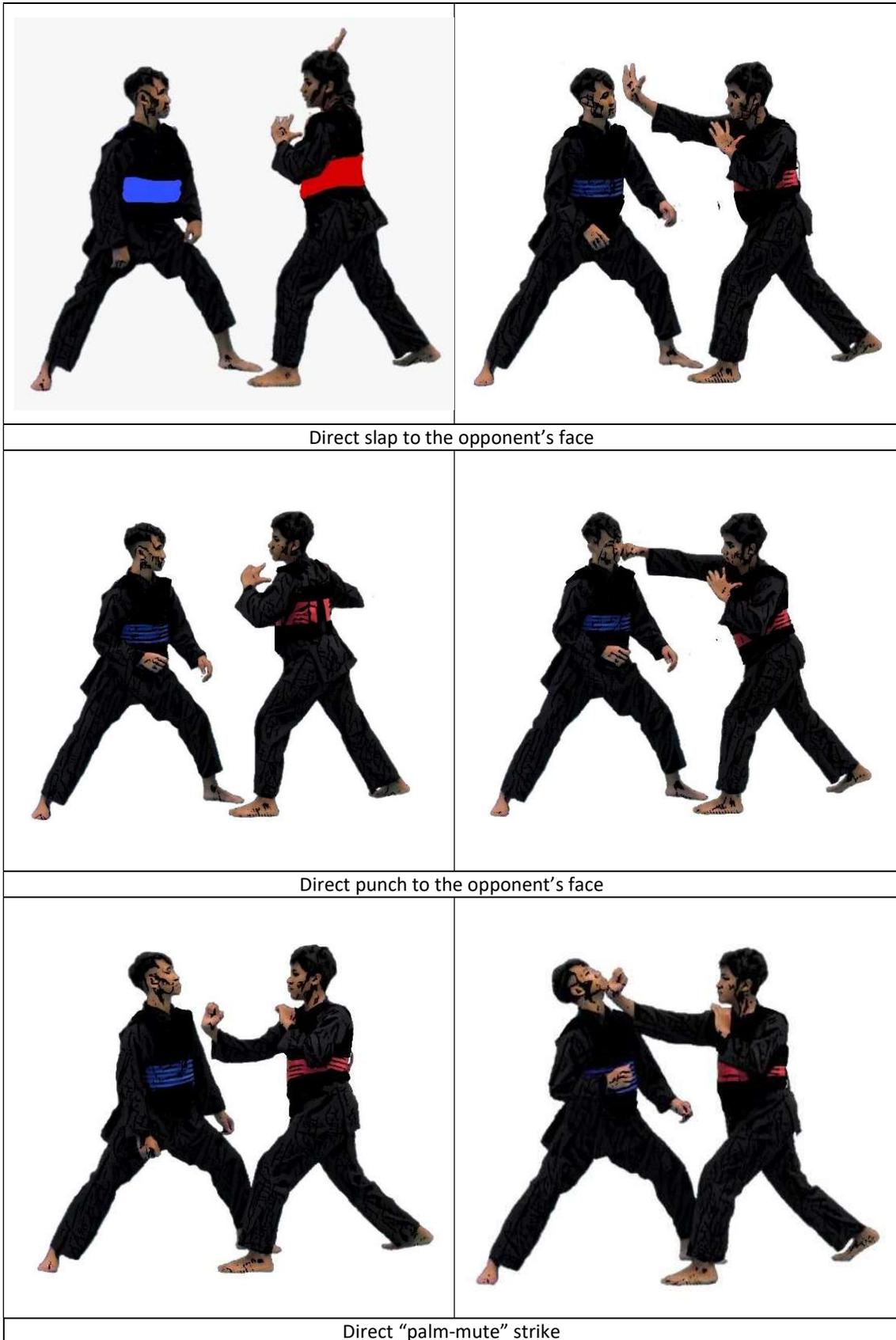
Head-butt

### Illegal Hand Attack











Attacking the head region



Striking to the opponent's eyes



Eye-poke the opponent's eyes



Pull Hair



Pull Vest and Elbow

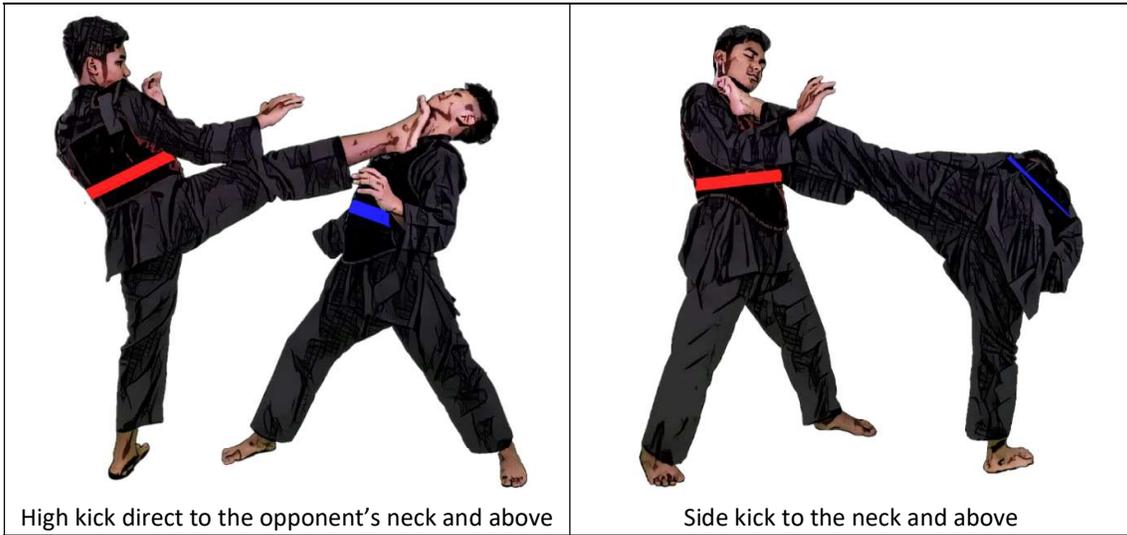


Pull Vest and Elbow Attack



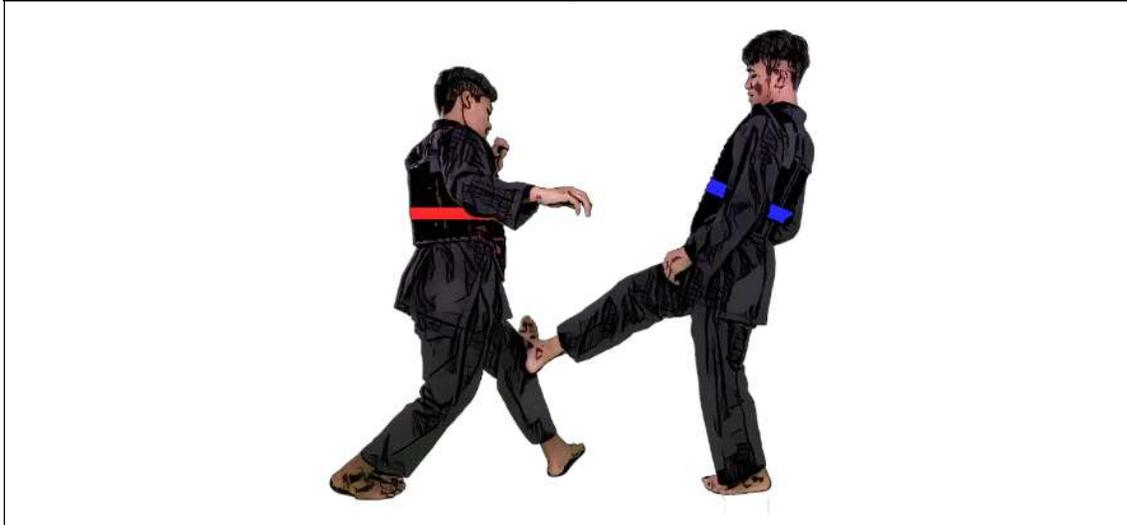
Elbow to the back of the body, with holding or grabbing the opponent.

### Illegal Leg Attack



High kick direct to the opponent's neck and above

Side kick to the neck and above



Direct kick to the knee area (in an attempt to break the joints) – also known as "Oblique-Kick"



Kick to the Knee



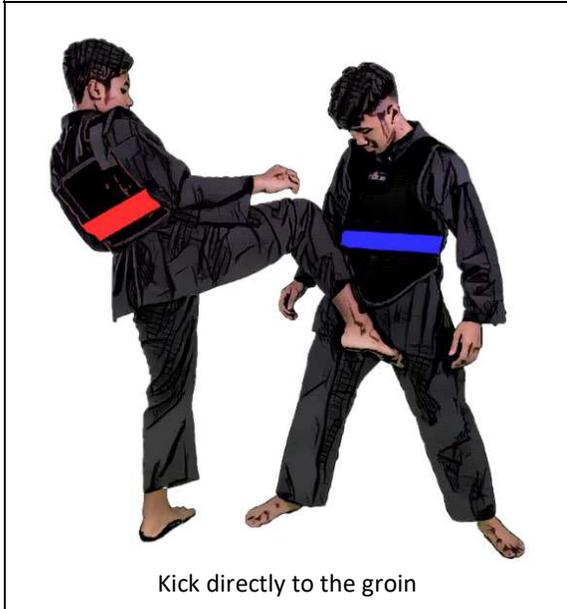
Direct kick to the back of knee



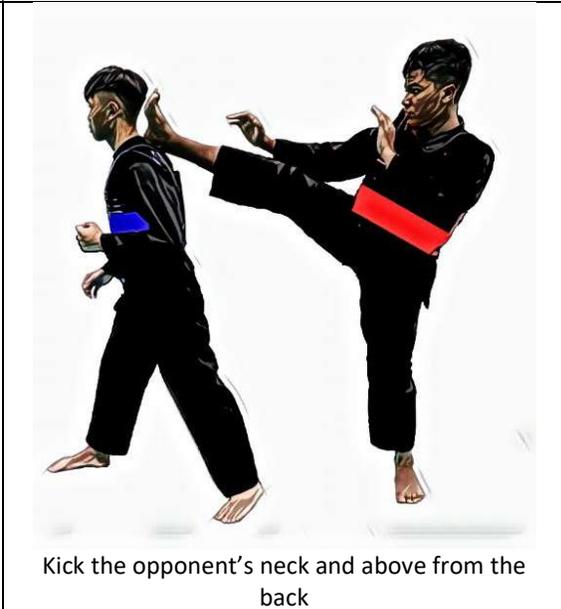
Kick to the side of the knee.



Kick to the side of the knee.



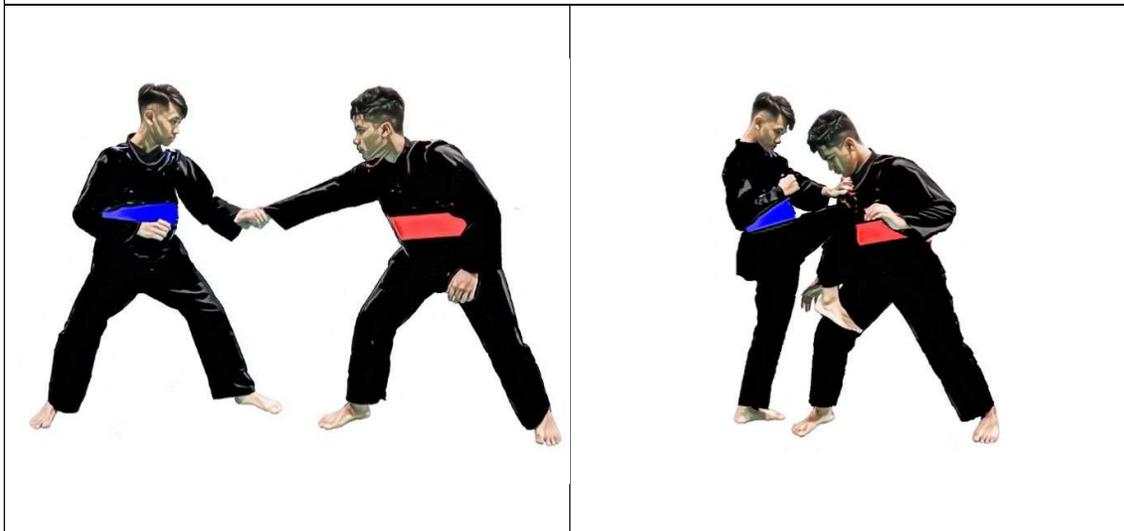
Kick directly to the groin



Kick the opponent's neck and above from the back



Pull Vest and Knee Kick



Pull Hand/Uniform/Vest and knee attack

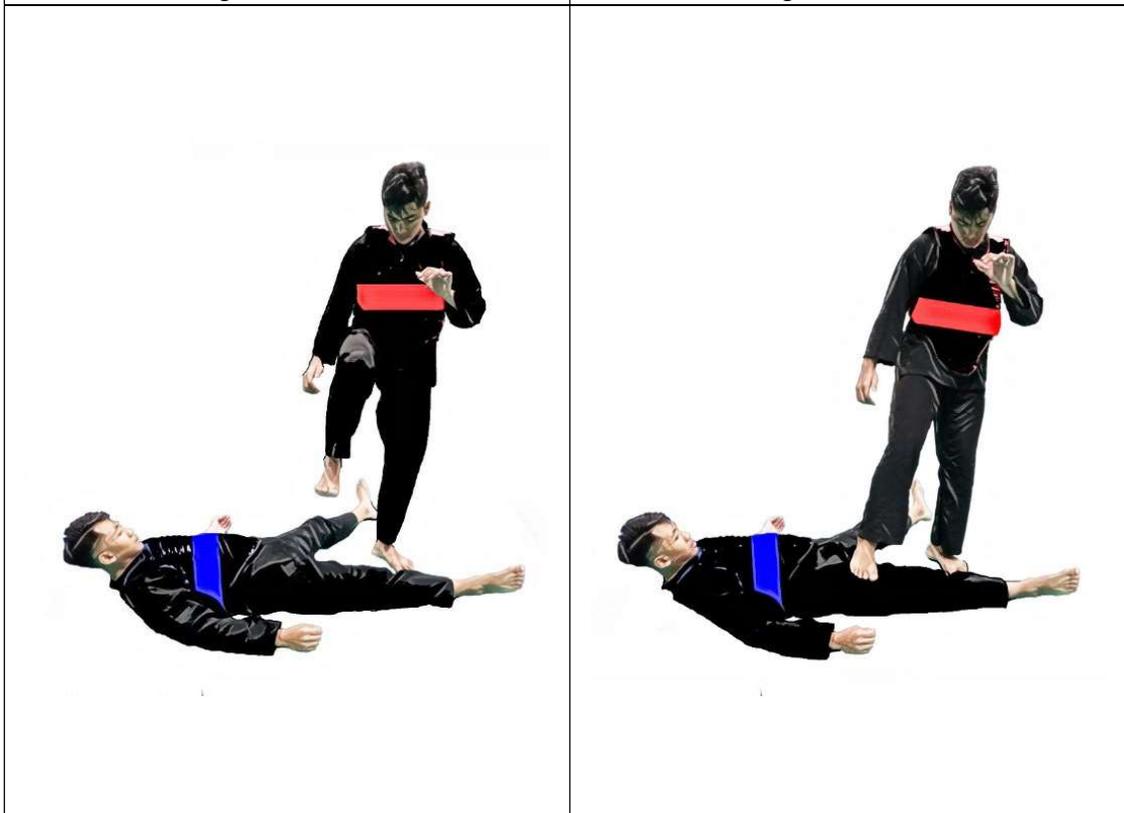


Kick or Step on the Knee



Kicking front of the knee

Kicking front of the knee



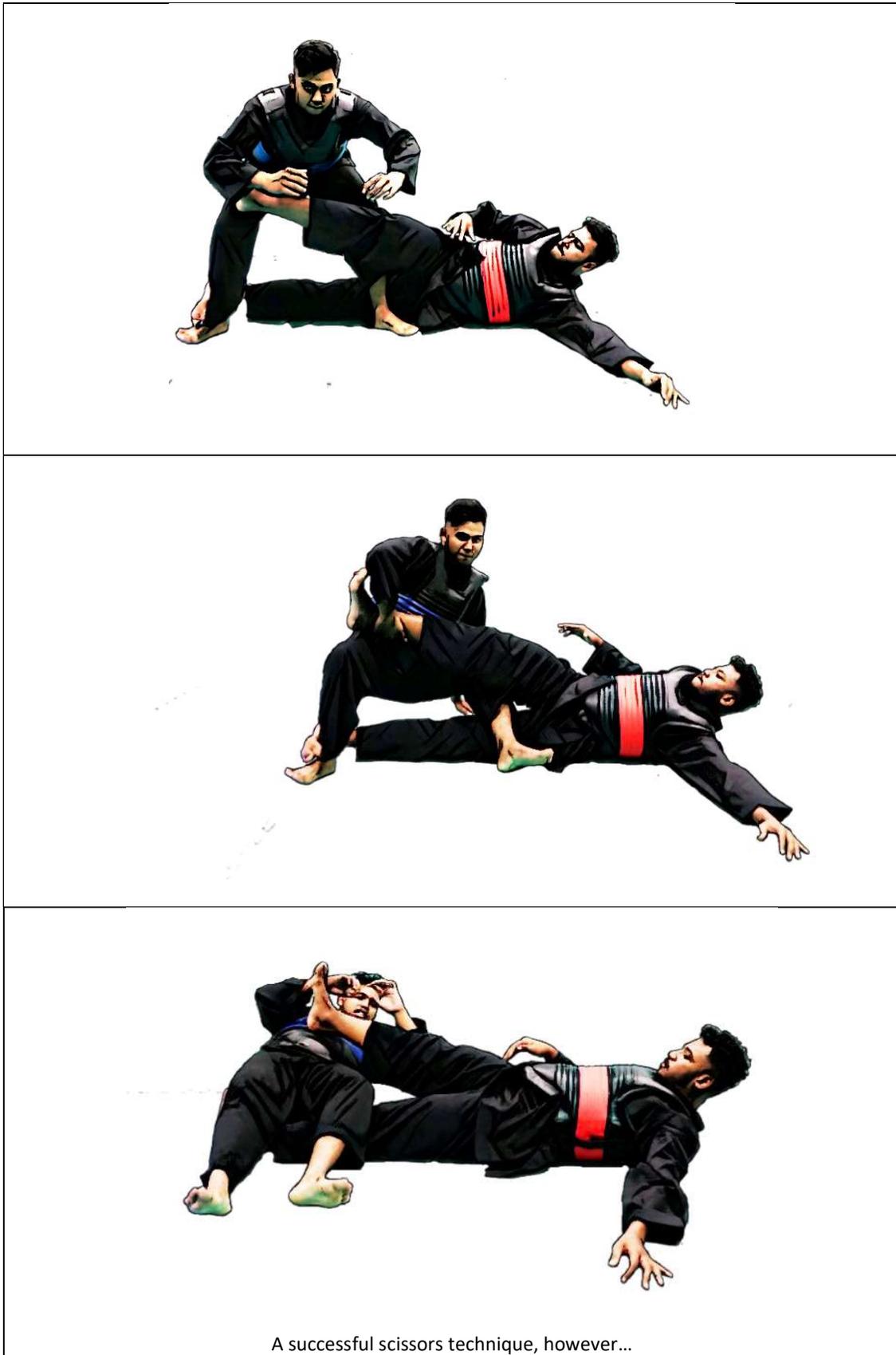
Kick or Step on the Thigh

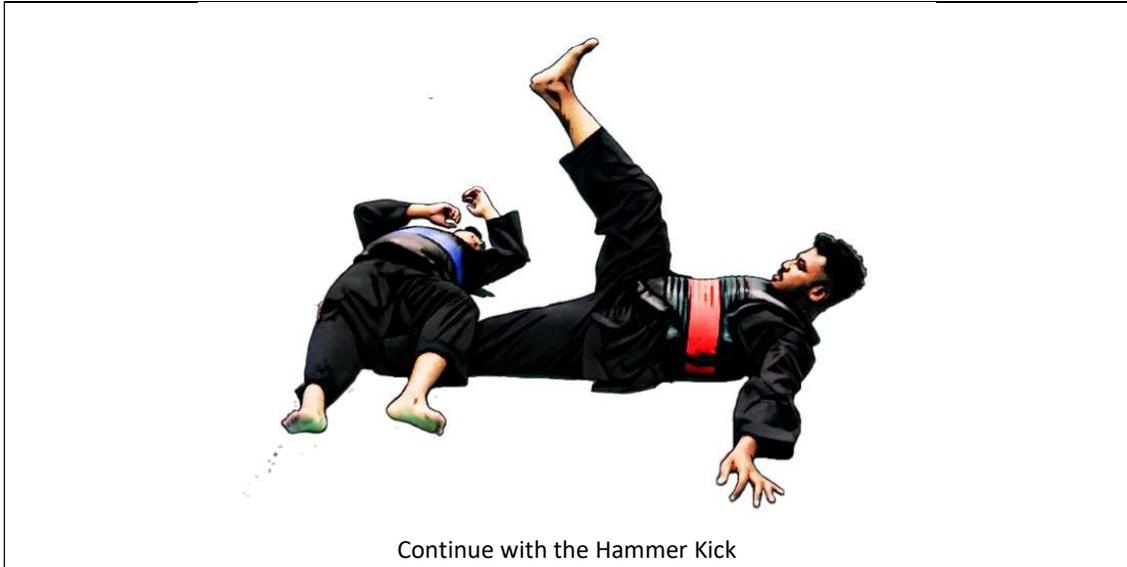


Red Athlete is trying to do dropping technique towards the Blue Athlete. The Blue Athlete can defend by kicking or kneeing the Vest, apart from that area, the Blue Athlete will be issued with a reprimand and will lead to disqualification



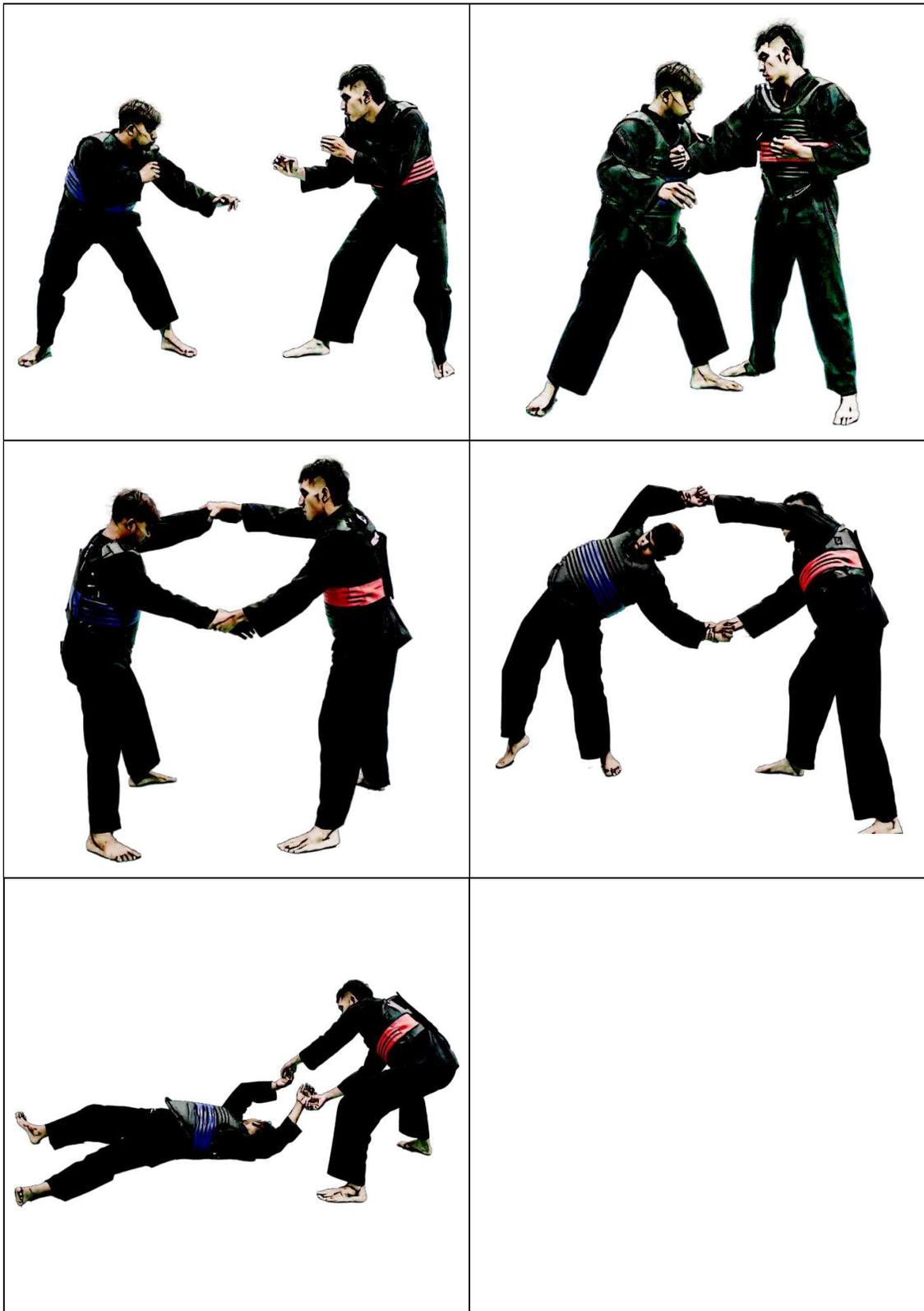
While doing a scissors technique...



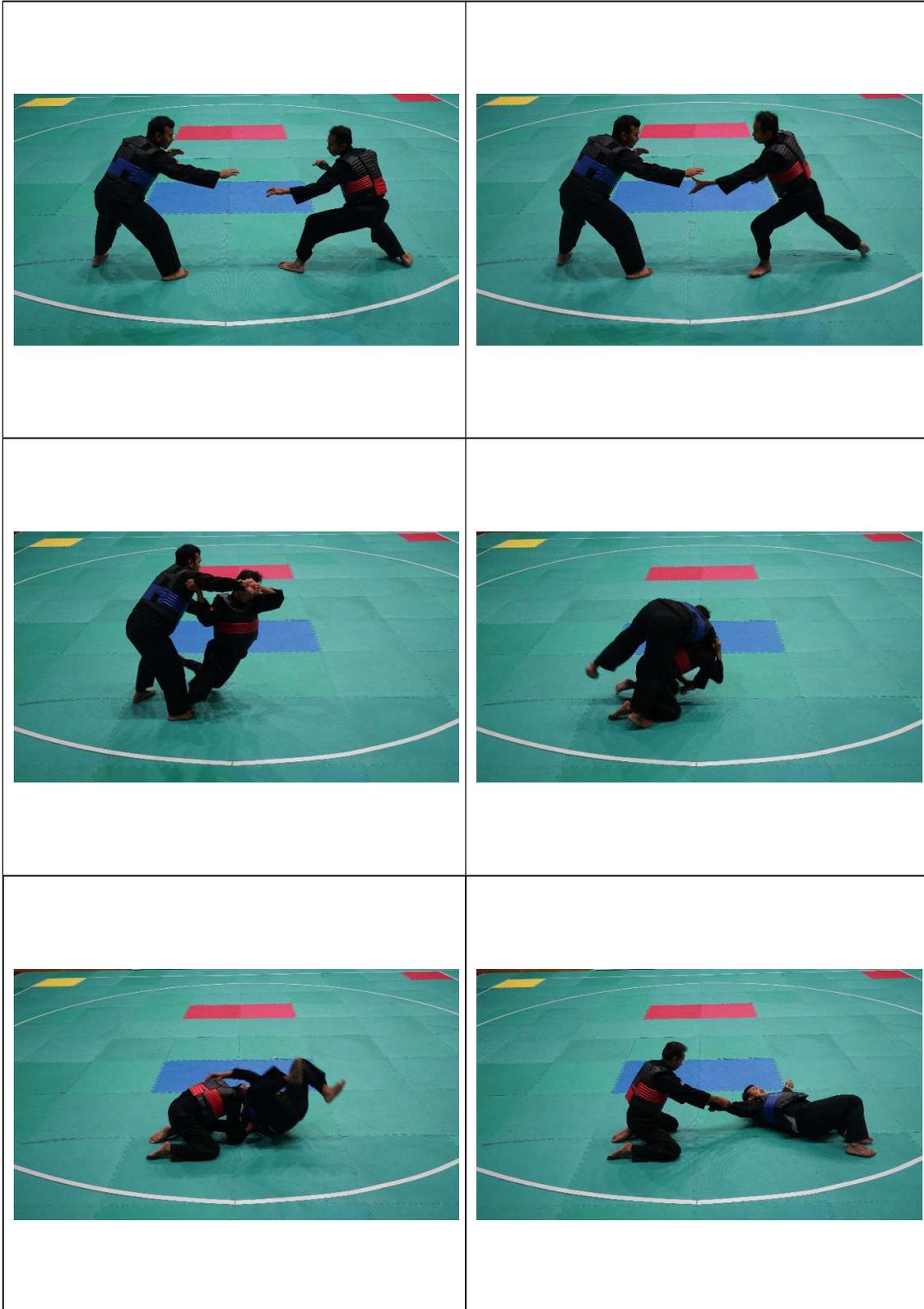




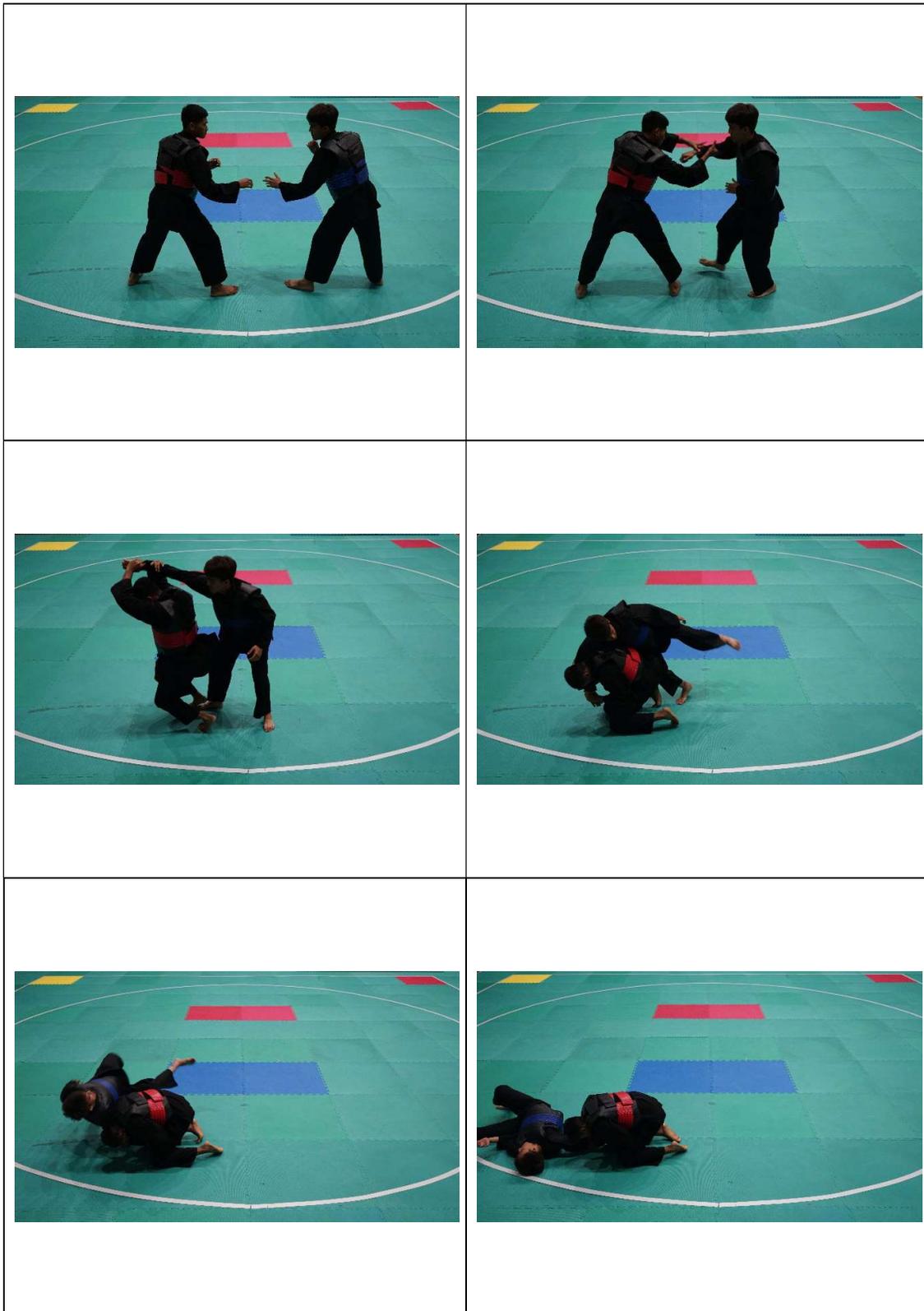
## Hand Twister

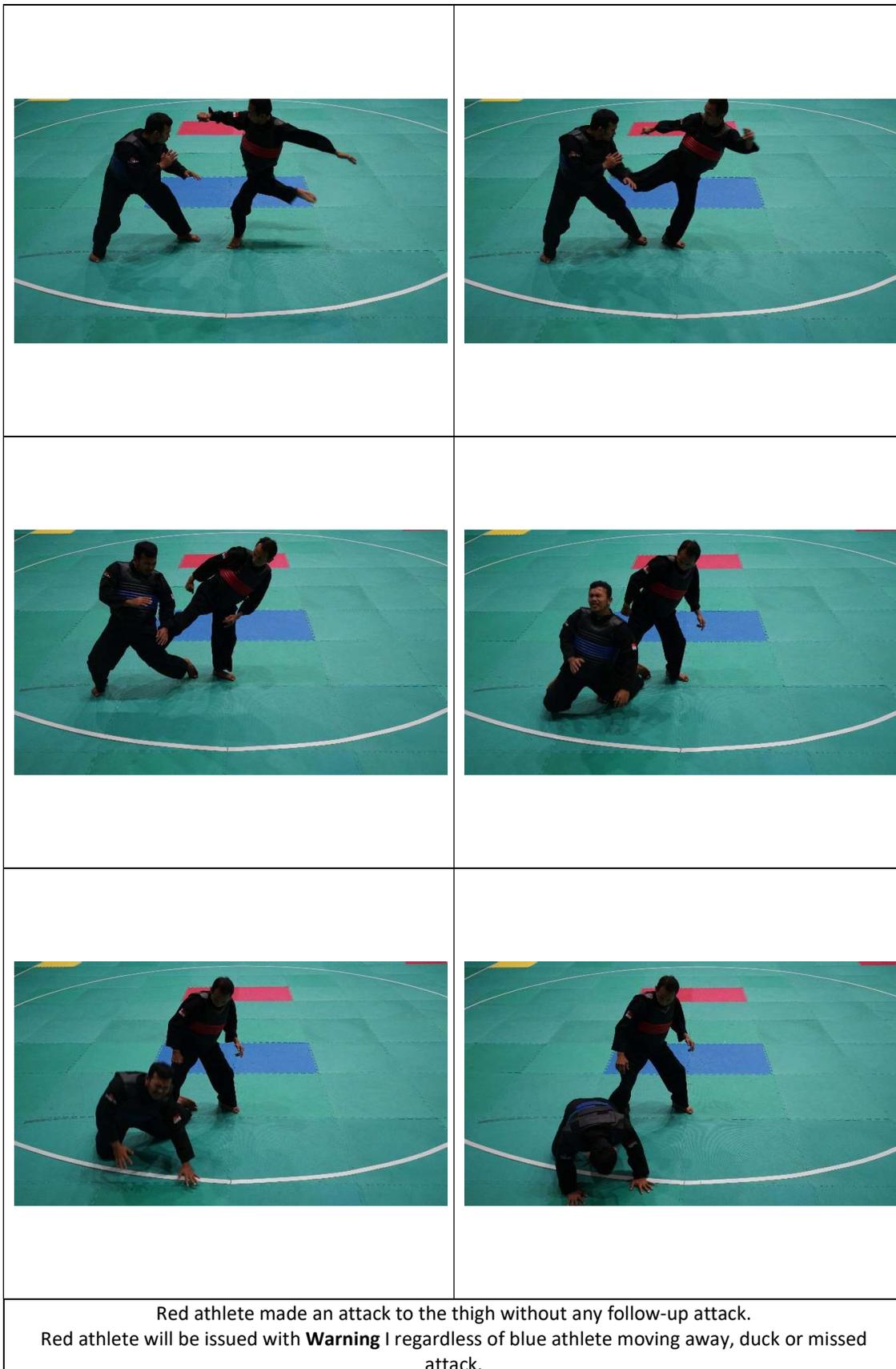


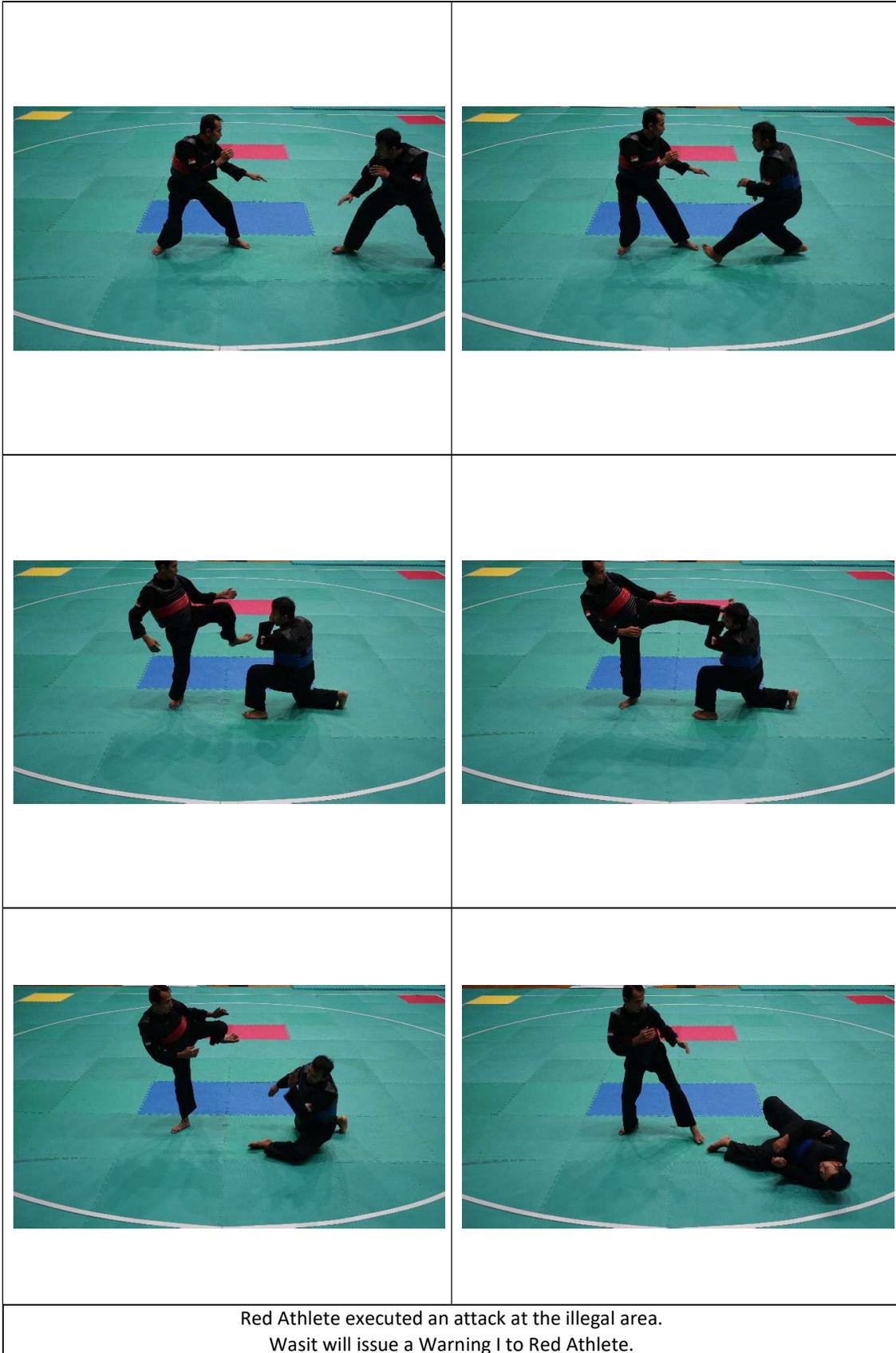
Single Hand Throw

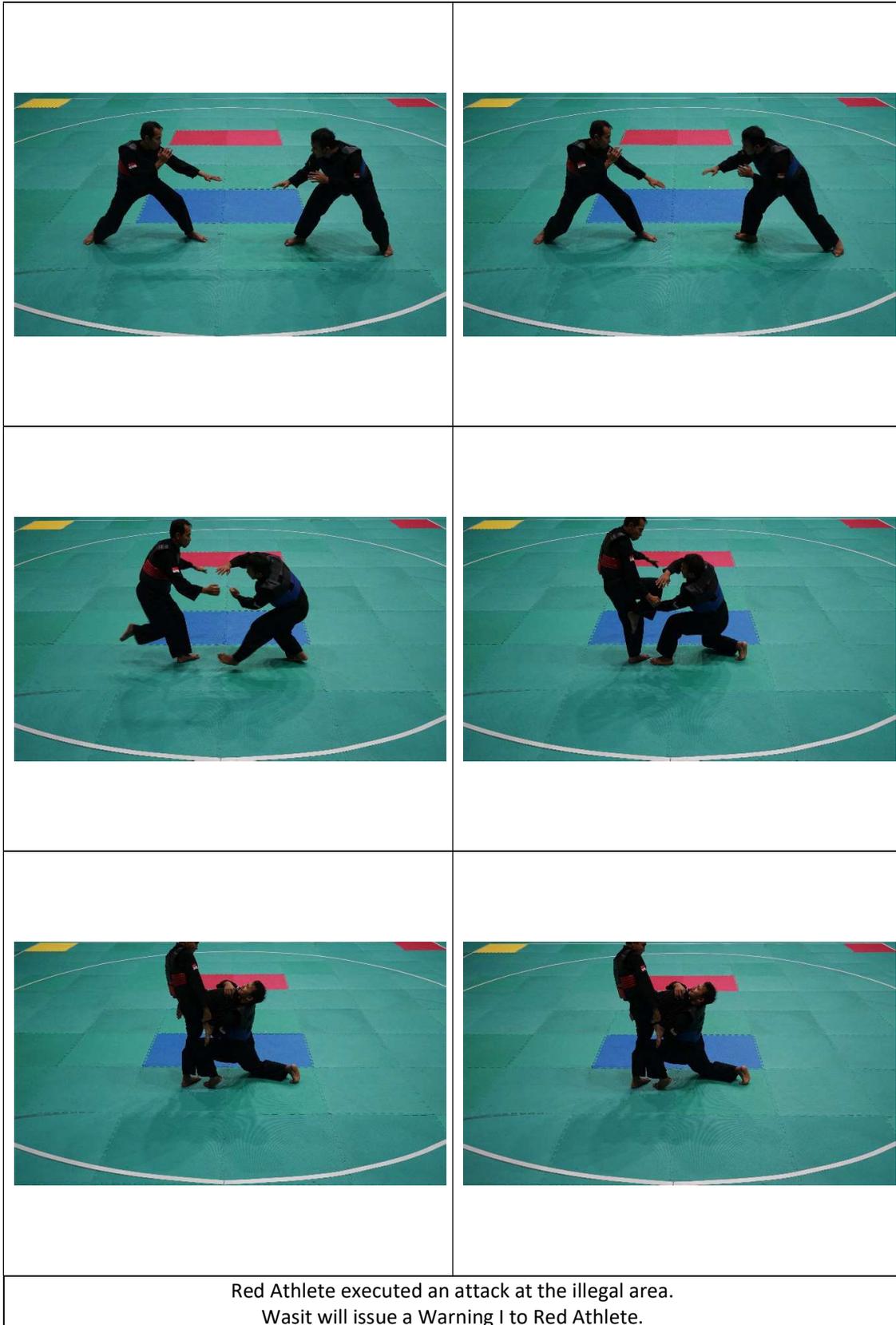
Technique – Pull & Overthrow

### Dropping Technique – Pull and Overthrow 2









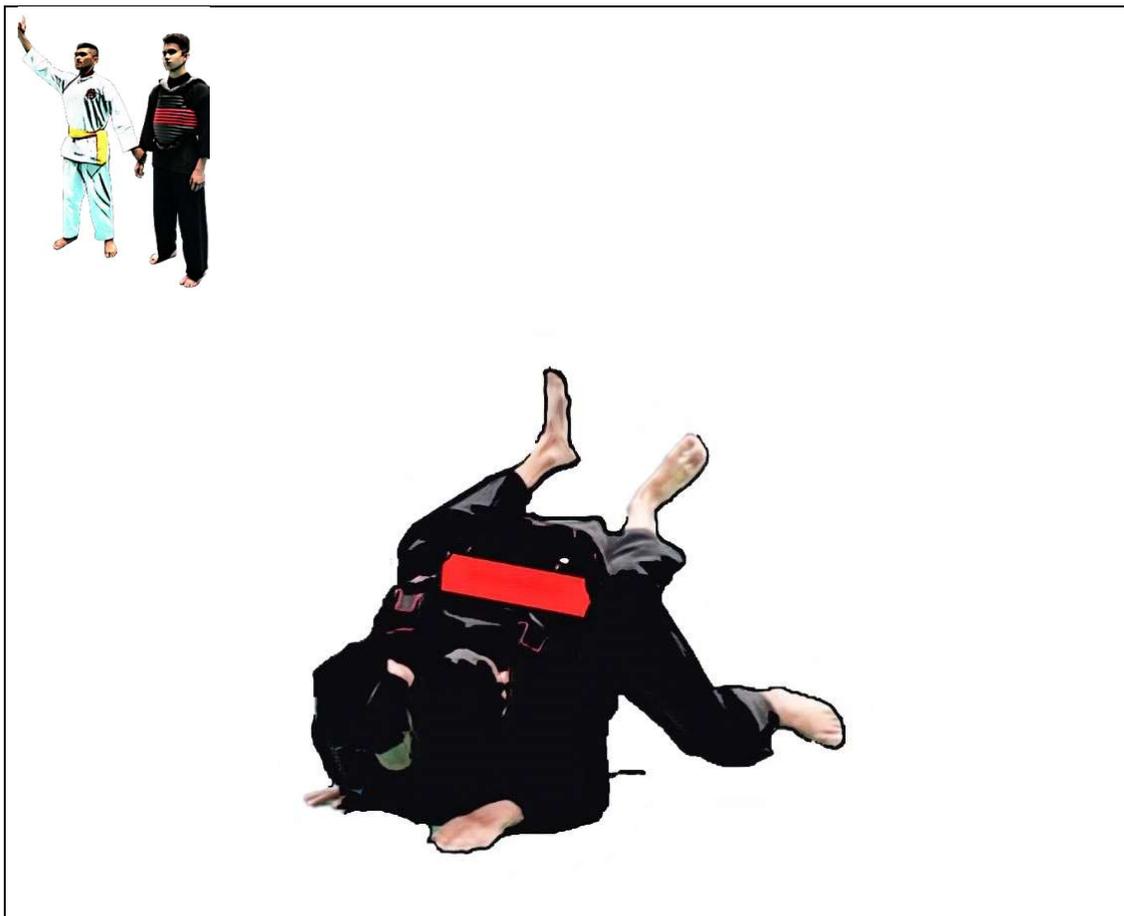
### Illegal Submission

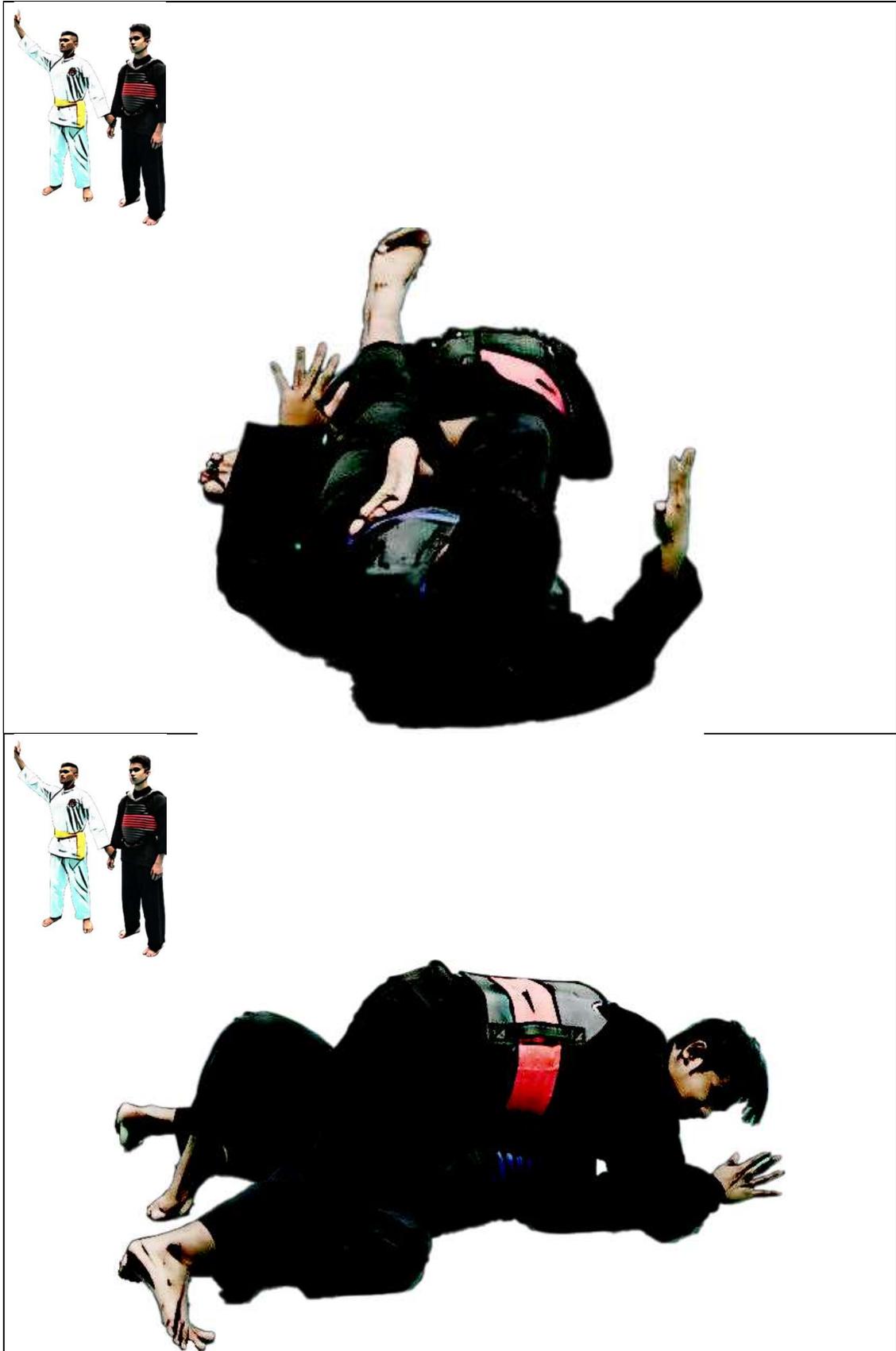
For the following acts done will result the athlete to be issued with Warning I from Wasit.

Wasit to immediately stop the game, if an athlete successfully performed a Dropping Technique, and, proceed to continue attack with Punch or Kick techniques. And Wasit will then issue out Warning I to the athlete who performed the submission technique.

For example, in a situation as follow:

1. Red Athlete successfully performed a legal dropping technique to Blue Athlete.
2. However, instead of stopping, he continues to clinch, grab, punch or kick Blue Athlete.
3. Wasit to stop the game immediately.
4. Get both athletes to get up and stand.
5. If Blue Athlete does not require any medical attention, Wasit will then go towards Red Athlete, and issue Warning I before resuming the match.





## Pile Driving (12 to 6)







If the one is being pile-driven curled their body, and tuck their head in between the leg resulting to a fail Pile-Driving act, the one who initiates the act will be given a Warning and points will be deducted.

However, if the act is successful, and the victim fall on its head/neck, the one who initiates will be disqualified.

## Illegal Counterattack



Kicking to the groin



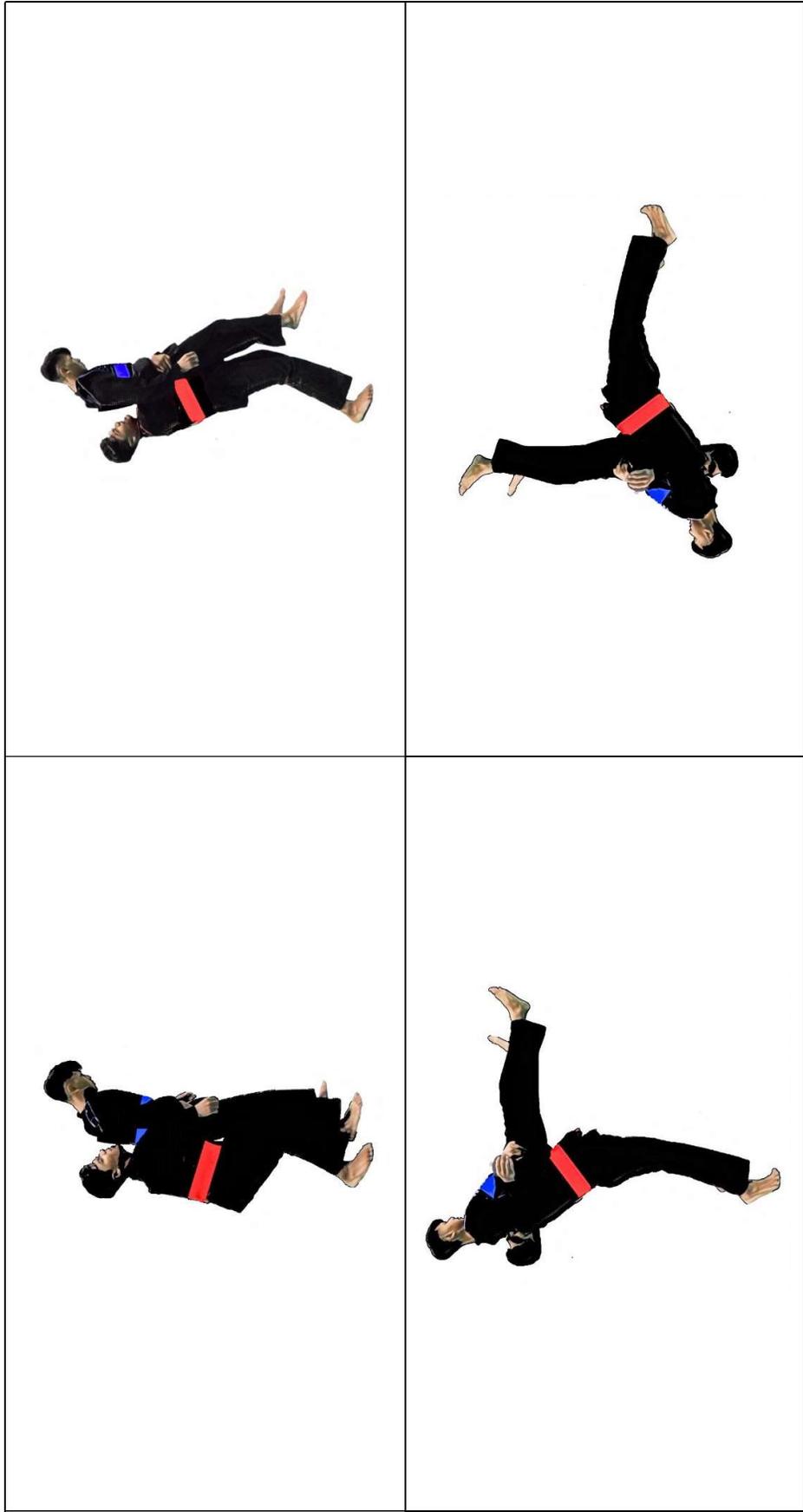
Kicking right in the face

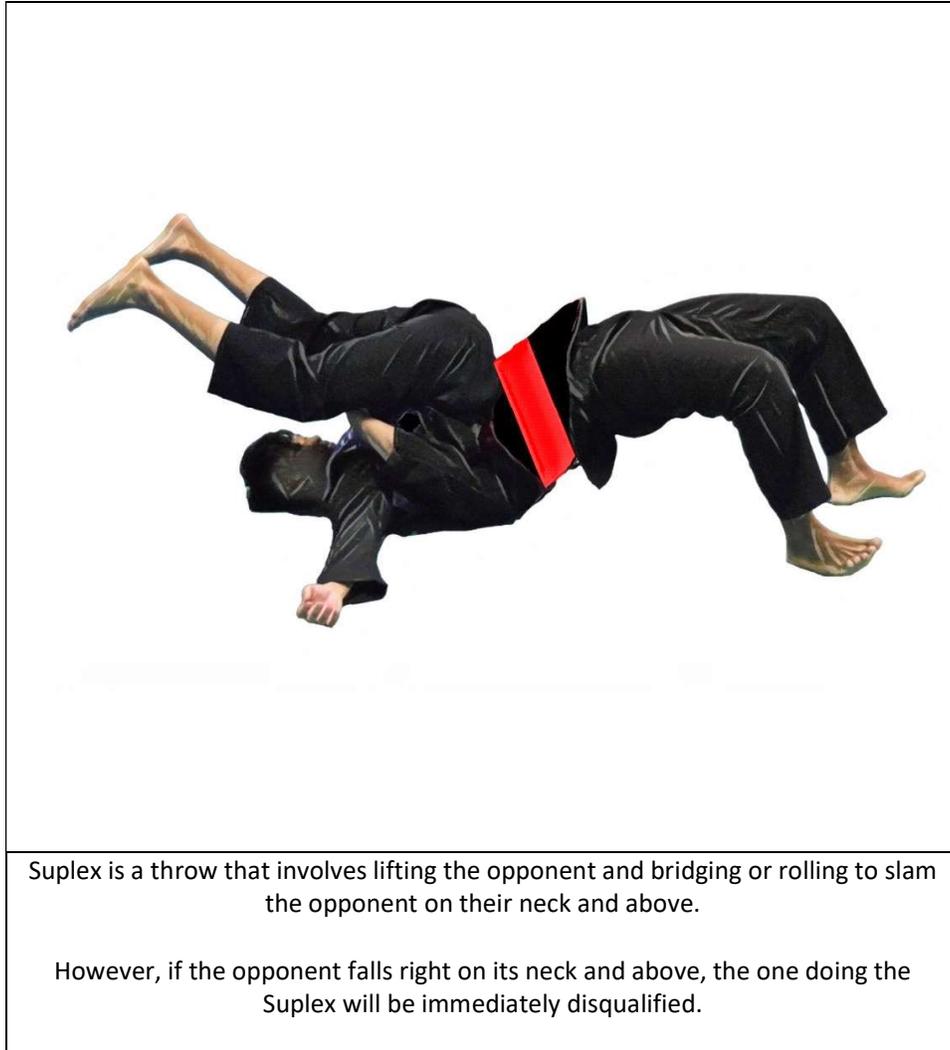


Stomping the foot on opponent's chest or stomach

Supplex

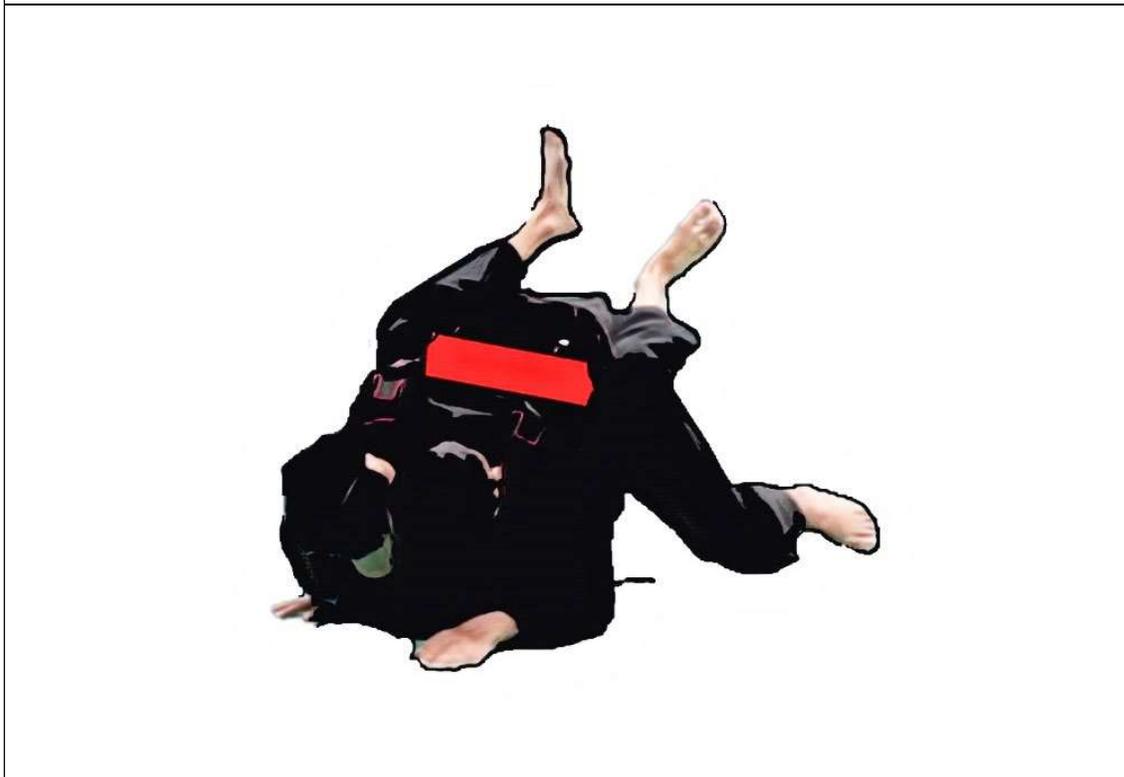






## Points Deducted &amp; Awarded



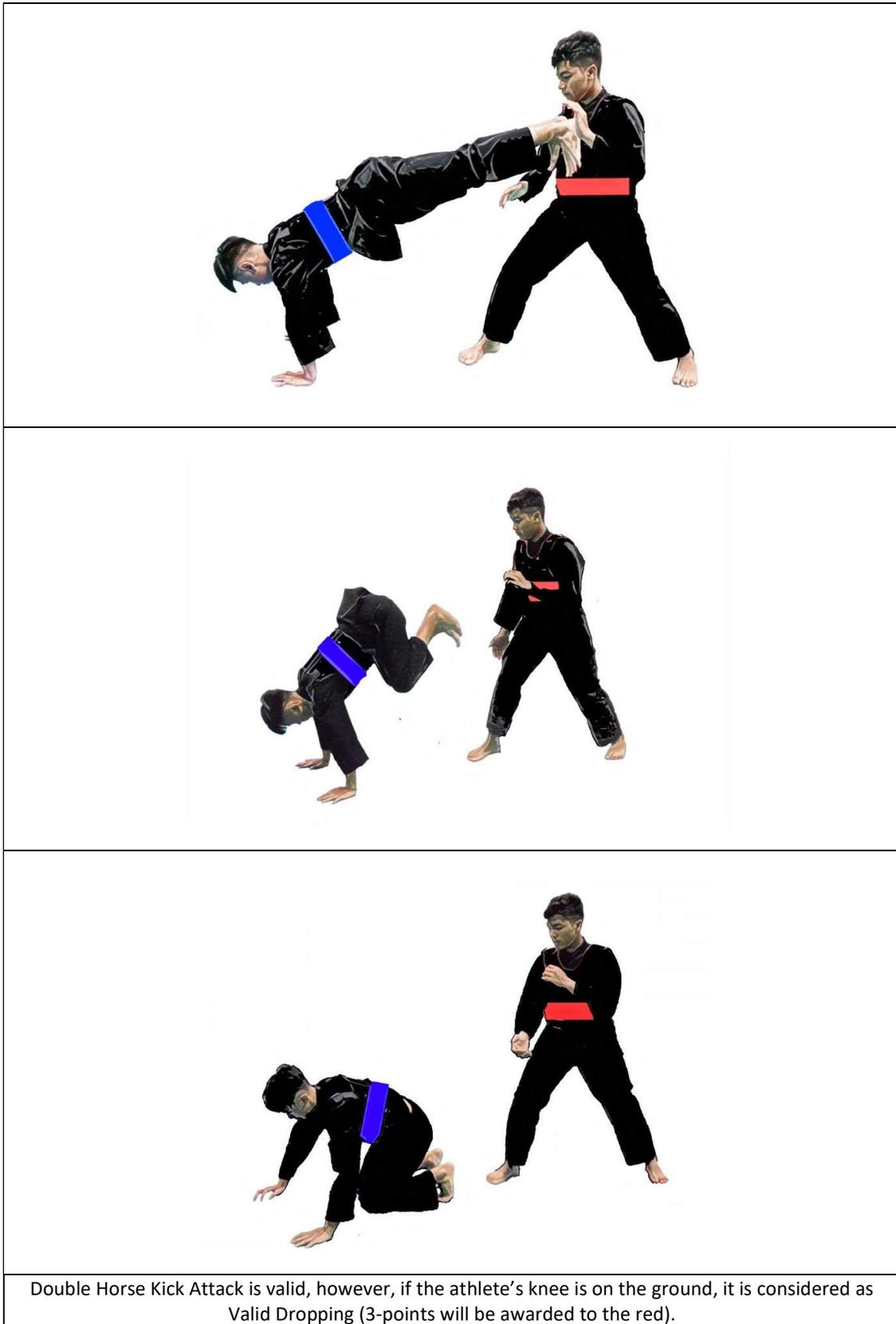


#### Bear Hug

Red Athlete will earn 3-points for the successfully Dropping Technique. However, if Blue Athlete grab the neck of its opponent, Wasit will stop the game (command "TI") and issue Reprimand I to the Blue Athlete.



Single Horse Kick Follow-up with Rolling



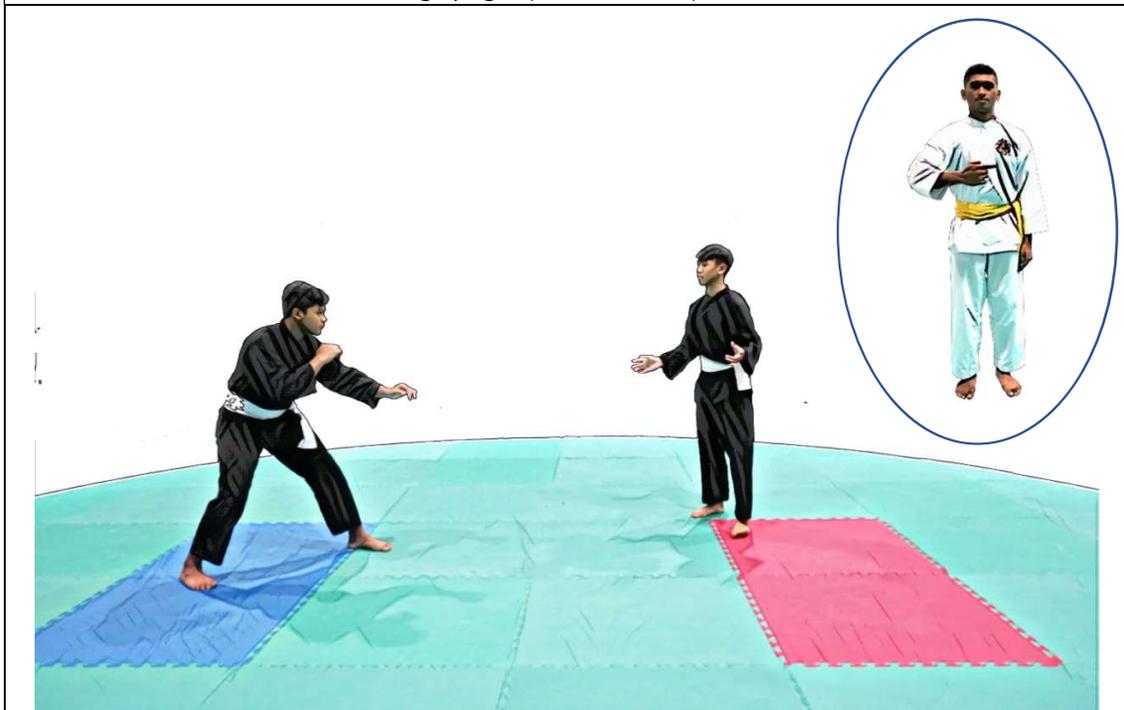


### Don'ts's (What Not to Do) Inside the Arena

For the following acts done will result the athlete to be issued with Verbal Warning from Wasit.



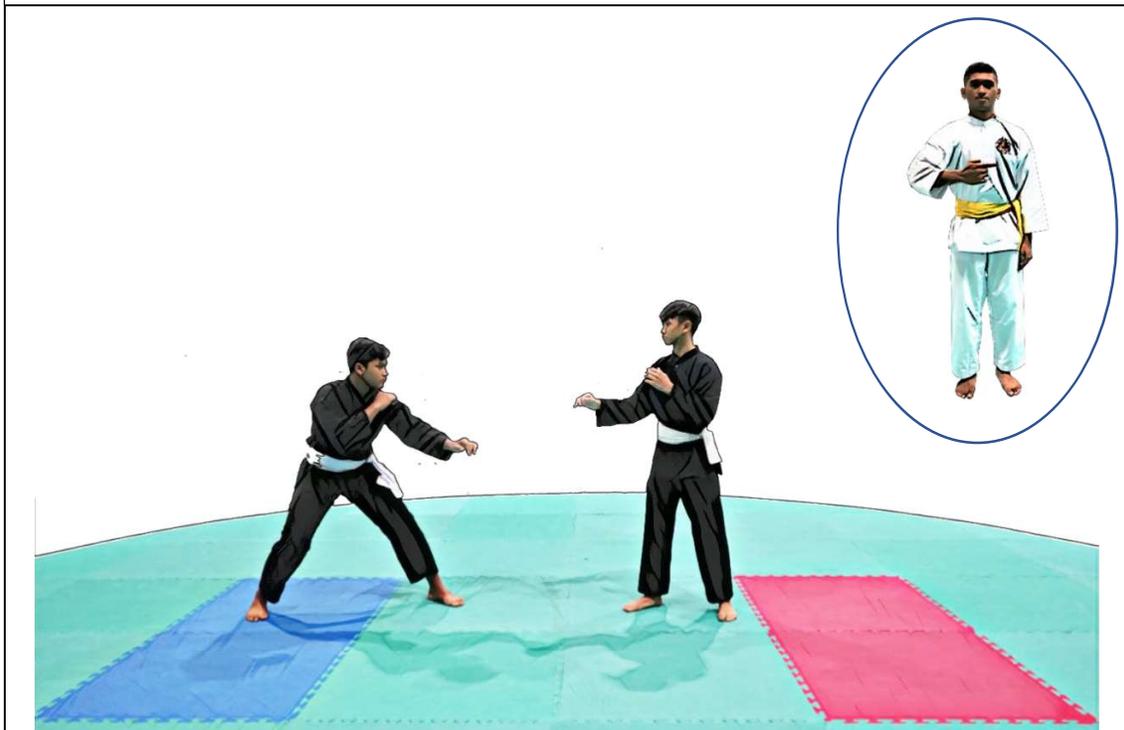
Athlete standing upright (no movement) inside the arena



Athlete walking inside arena



Athlete jumping around in the arena



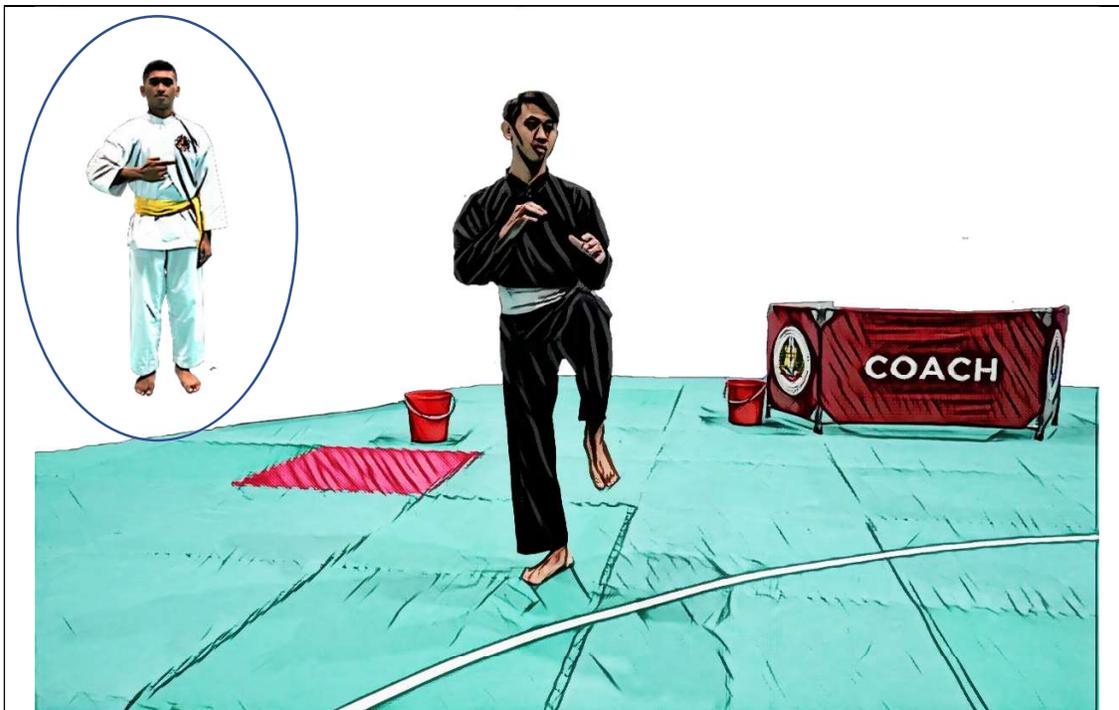
Athlete (on right) not on-guard (stances) position.



Athlete clinching both fists



Athlete is still consider in the arena... (continue to next image)

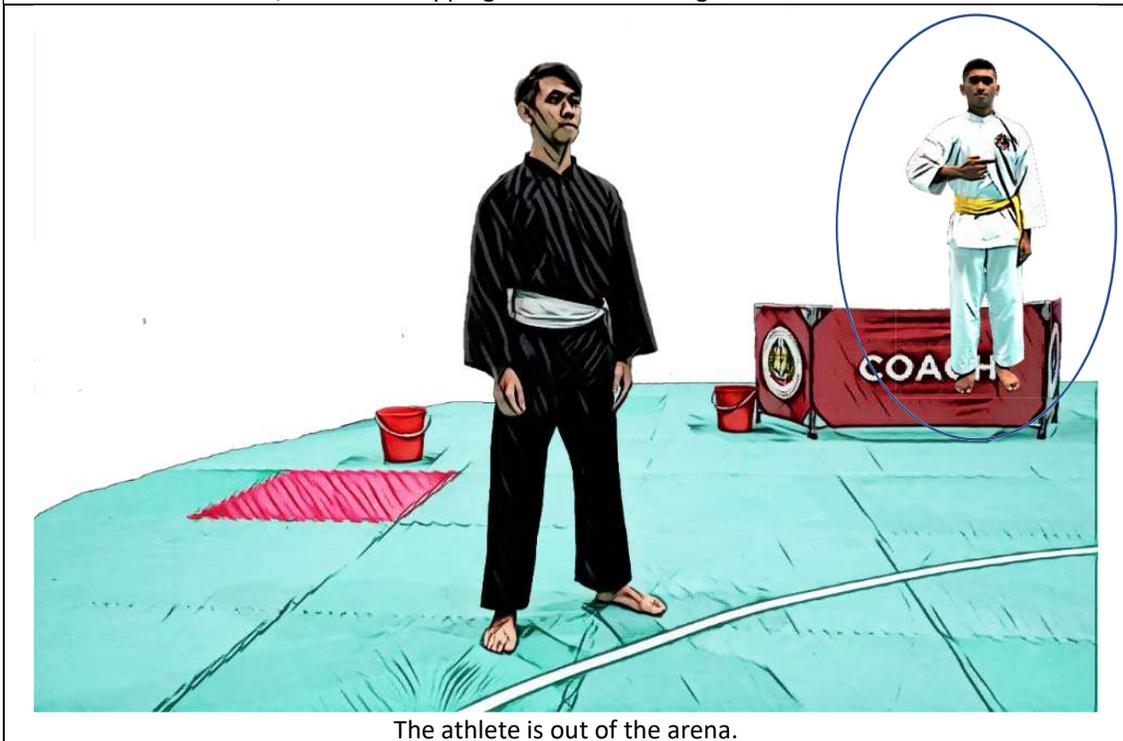


... However if the athlete lifted up the feet which was in the arena, the athlete is consider to be out of the arena.

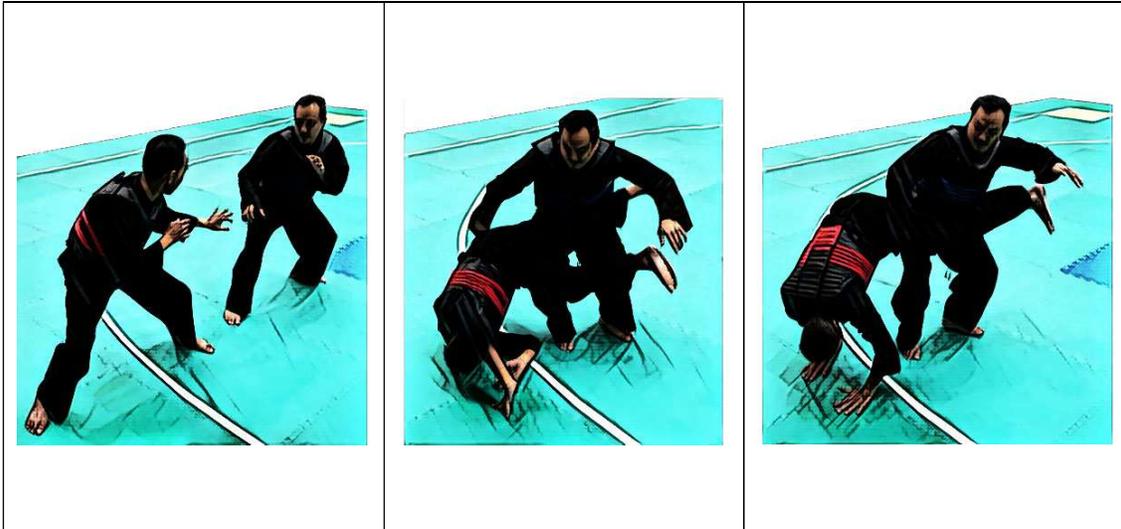




Athlete is still in the arena.  
As his feet/toe is still stepping on the outer lining of the circle white line.



The athlete is out of the arena.



Red Athlete right leg was outside the arena, however he was in an attempt to do a Dropping Technique...



As the attempt is quite complicated due to lifting both leg off the ground, but at the same time, both of his hand and half of his body is still in the arena.



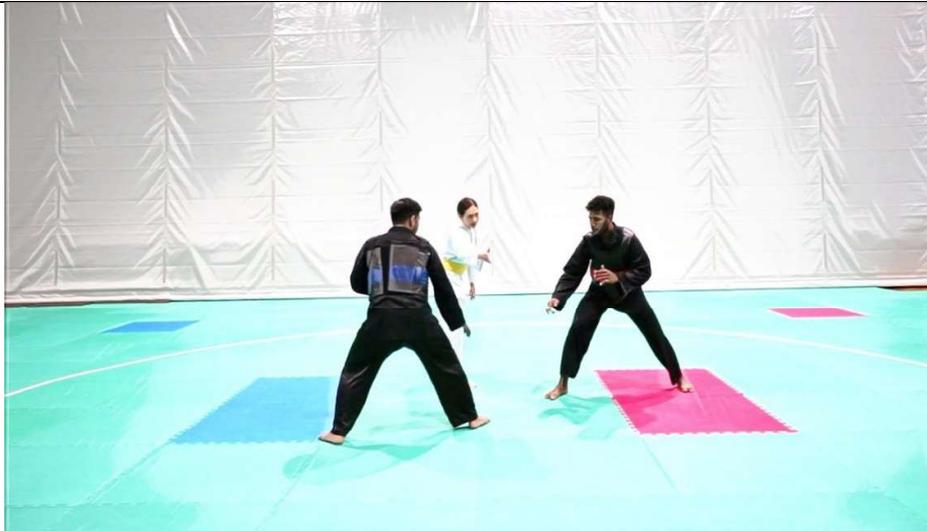
His attempt to do the Dropping Technique is still considered as valid, as Blue Athlete fall to it.



Both athletes in *Sikap Pasang*...



In an attempt to make an attack...



However, no action was made within 10-seconds. Wasit will stop the game...



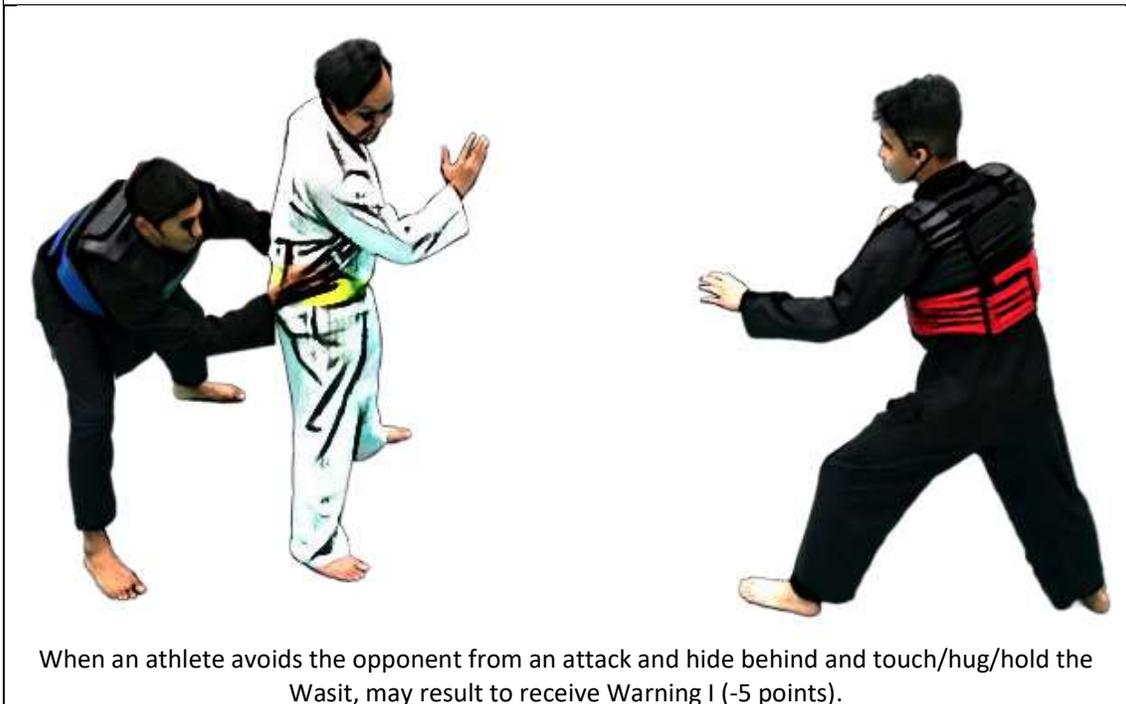
Give Verbal Warning to both athletes...



And show fist bum (hand signal) to indicate to make their moves.



When an athlete avoids the opponent from an attack and hide behind the Wasit purposely without touching, may result to receive Reprimand I (-1 point).



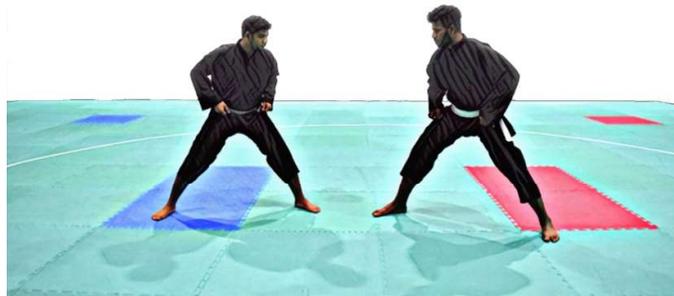
When an athlete avoids the opponent from an attack and hide behind and touch/hug/hold the Wasit, may result to receive Warning I (-5 points).

### Allowed (What You Can Do) In the Arena

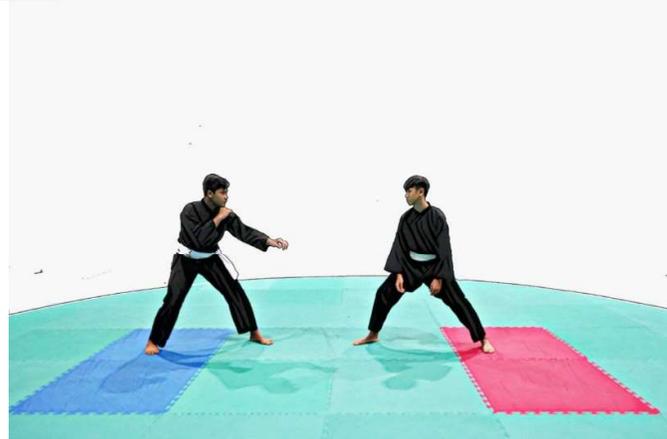
For the following acts are allowed in the arena.



Athlete in Sikap Pasang



Both athletes keep pulling up their pants.



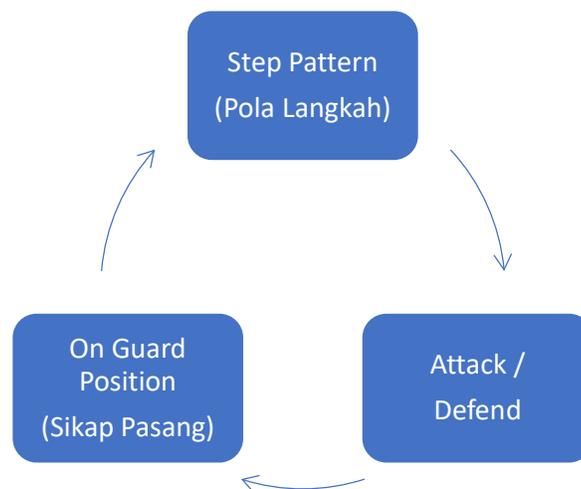
When Wasit commands “Sedia”, athletes must have Sikap Pasang (both hands up and/or one hand down. Once Wasit commands “Mulai”, athletes are allowed to have both hands down with stances.

### Article 14.6: Scoring

Technical scores are given as below:

- |   |            |
|---|------------|
| 1. Successful & visible hand attack/contact | = 1 Point  |
| 2. Successful & visible leg attack/contact  | = 2 Points |
| 3. Successful dropping technique            | = 3 Points |

To obtain a technical score, an athlete must apply the Pencak Silat Principle, an athlete must apply a combative pattern as below:



#### Types of Langkah:

1. Forward
2. Backwards
3. Sideways
4. Crossover
5. Single Leg Lift
6. Double Jump (Forward / Backward)
7. Alternate Jump
8. 45° Jump
9. Combination

#### Types of Sikap Pasang:

1. On Guard (One Open, One Close)
2. Both Hands Open
3. Left Hand Down
4. Right Hand Down

#### Successful Hand Attack

1. All types of hand attack to the body which is direct and powerful
  - a. Straight Punch

- b. Haymaker Punch
- c. Back Fist
- d. Elbow Strikes
- e. Hook Punch
- f. Jab Punch
- g. Slap
- h. Palm Strikes
- i. Superman Punch
- j. Uppercut
- k. Spade to stomach
- l. Overhand Punch
- m. Casting Punch
- n. Spinning Back Fist
- o. Vertical Punch
- p. Forearm Thrust

#### Successful Leg Attack

2. All types of foot attack which is direct and powerful

- a. Front
- b. Side
- c. Spinning back
- d. Half Turn
- e. Stomping
- f. Flying Kick
- g. Horse Kick
- h. Double Side Kick
- i. Double Front
- j. Jumping Side
- k. Jumping Front
- l. Skipping Double Roundhouse Kick

#### Valid Dropping

3. All applicable techniques to drop the opponent ensuring that the knee and above touches to floor

- a. Applying direct technique such as sweeping, scissors, etc.
  - l. Athletes can do two sweeping / scissors technique within two seconds
- b. Pushing the opponent with open palm.
- c. Applying indirect dropping technique by tugging of opponent's leg is allowed only after an attack attempt. (Spear technique)
- d. Dropping process is given duration of 5 seconds

- e. A counterattack is allowed within two seconds of a failed sweeping or scissors technique. The score for the counterattack is determined by the technique applied.
  - I. Athlete on the ground can defend themselves by kicking the body protector or following up with another direct technique
  - II. If the defend-attack fails to meet the legal area, it will be considered as serious violation.
  - III. If the counterattack took more than two seconds, the athlete will be issued with Reprimand I (-1 point).

Attacks or target are limited to the following areas:

1. Chest
2. Abdominal
3. Left and Right Ribs
4. Back part of the trunk
5. Thigh area can attack, but must immediately follow up with a valid technique
  - a. If there is no follow up, the attack is considered as a serious violation (Warning I).
6. Below knee level can be targeted but are non-scoring area.
  - a. If attack is directly to the knee, it is considered as a serious violation (Warning I).

A technique delivered when the *gong* is struck to signal the end of the match, is considered valid. A technique delivered after the *gong* is struck to signal the end of the match shall not be scored.

#### Points Awarded

1. Red punch / kick Blue, and then Red falls.
  - i. 1 point for Red (Punch) / 2 points for Red (Kick), and 3 points for Blue.
2. Red punch / kick Blue, and Blue falls.
  - i. 1 point for Red (Punch) / 2 points for Red (Kick), and additional 3 points for Red (Fall).
3. Red successfully drop Blue, but Blue grab with 2 hands.
  - i. 3 points for Red (Fall), R1 for Blue (Grabbing with 2 Hands)

#### **Explanation:**

*In order to score, a technique must be applied to a scoring area while using the Pencak Silat Principle.*

1. *For reasons of safety, dropping technique where the opponent is thrown down headfirst (12 to 6) is a serious violation. After a dropping technique has been executed, the Wasit must immediately stop the match and decide if it is valid.*

- a. *When an athlete is thrown head down first, it is a serious violation.*

- b. *If an athlete falls on his upper back downwards, technique will be valid.*
2. *An athlete must maintain awareness of the opponent's potentiality to counterattack. For safety reason, he/she must not turn their face/back away during delivery of a technique and remains facing the opponent.*
  3. *The gong signals the end of scoring possibilities in a match, even if the Wasit may inadvertently not stop the match immediately.*
    - a. *Chairman will step in and confirm that the round has ended.*

### Article 14.7: Criteria for Decision

#### Win by Points

1. When the number of points for one athlete is more than the other.
2. In the event where there is a tie, the winner will be determined based on the following:
  - a. Least penalty score (includes Verbal Warning, Reprimand & Warning)
  - b. Most technical score
  - c. Additional round (*With new set of Wasit Juri*)
  - d. Sudden Death
    - First player to obtain a technical score will win.
3. The score will always be displayed on the scoring board.

#### Win by Technical Knock Out (TKO)

1. Opponent request not to continue
2. Medical Team deems athlete is not fit to continue with match, after attending to their injury.
3. Coach throws in towel
4. Athlete unable to stand up after technical counting to 10

#### Win by Absolute Victory

1. The decision of absolute victory is made when the opponent is knocked down due to valid attack and he/she is unable to get up after Wasit technical counting to 10.

#### Win by Wasit Stop Match

1. Wasit value the match is unbalanced
2. As an unbalanced match may cause an injury due to lack of experience, the Coach is not able to protest against Wasit decision to stop the match.

#### Win by Walk Over

1. Opponent did not turn up for match.

#### Win by Disqualification

1. Athlete gets a Warning III
2. Athletes commits serious violation causing opponent to be unable to continue the match
3. Athlete does not make weight
4. Athlete fails to clear the medical check-up prior to competition

#### **Explanation:**

1. *If an athlete wins via disqualification due to injury obtain caused by a serious violation, the medical team must state that athlete is fit to proceed to next round. Failing which, athlete will not be able to compete in the next round and winner will be given to opponent immediately.*
2. *All results and information on the competition will be with the Competition Secretariat Team, and will be handed to the Competition Secretary.*

#### Article 14.8: Award Ceremony

The Secretariat Team will work with the Floor Manager for Award Ceremony.

Details needed and requested will be channelled to the following groups:

1. Team Manager of Participating Countries
2. ITD & ATD
3. Sports Authorities
4. Others

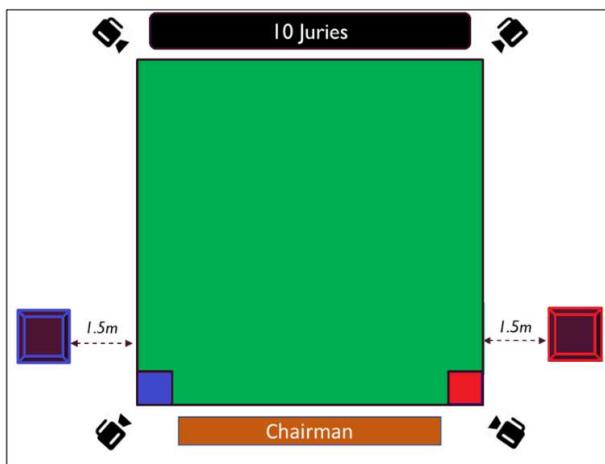
## Article 15: Artistic Rules

### Article 15.1: Artistic Competition Area

1. The competition area will be a PERSILAT approved puzzle square, with sides of 10 m by 10 m. Where an elevated competition area is used, the safety area should be of an additional 1 metre on each side using different colour of mattresses.
2. Ten juries will be seated opposite the Chairman and equipped with one tablet each.
3. The Chairman will be seated at the table near red and blue corner, between the timekeeper and Council.
4. Coaches will be seated outside the arena, on their respective sides at the side of the mattress. When the arena is elevated, the Coaches will be placed outside the elevated area.
5. Set up a total of 4 to 8 VAR Cameras around the arena.

#### **Explanation:**

1. *The mats used should be non-slip where they contact the floor but have a low co-efficient of friction on the upper surface. The Organizing Committee must ensure that the mat do not move apart during the competition, since gaps cause injuries and constitute a hazard. The mats must be PERSILAT Approved.*
2. *Thickness of the mattresses will need to 5-centimetre in high density quality.*
3. *For International, Regional, and Invitational Open events, it is mandatory to have 10 juries.*
4. 4 to 8 VAR Cameras will be placed around the arena



## Article 15.2: Organisation of Artistic Competition

1. Artistic competition takes the form of four events as below:
  - a. Pre-Teen, Pre-Junior, Junior, Senior: Tunggal, Ganda, Regu
  - b. Master A, Master B: Solo Creative
2. The elimination system used for artistic will be the knock-out system. The winner will proceed to the next bracket, all the way up to Finals. The team that fails at the semi round will share a joint bronze.
3. Athlete or Team will only showcase a maximum of two-times (1-time in the morning, and 1-time in the afternoon – if the Athlete or Team proceeds to the next round) in one day. Should the Athlete or Team proceed to the next round, they will continue to showcase the next following day.
4. Athlete or Team that do not present themselves when called will be disqualified from that event. Disqualification in one event does not affect participation in another event.
5. Additional events to be offered for Junior category in multi-event games.

### **Explanation:**

1. *A host country for the multi-event games (inclusive of Southeast Asian Games, Asian Games, Olympics, etc), will need to include additional 3 to 5 event categories specifically for Junior category, on top of the Senior categories offered as the main event.*
  - a. *Event categories will include both Match (Tanding) and Artistic (Seni)*
  - b. *Junior participant's age will range between 14 to 16 years old (please refer to Article 14.5 – Age.*
  - c. *Host Country will have the right to choose events to be competed for the Junior category.*

## Article 15.3: The Juri Panel

1. For all official PERSILAT endorsed competitions, the panel of Juries will be designated by random selection, decided by a computer program.
2. For Juri deployment, the Council will assist the Digital Scoring System team by providing the list containing the Juri available per Arena.
3. For the Juri draw, the Digital Scoring Team will enter the list in the system and ten (10) Juri will be randomly selected as the Juri for each event.
4. However, due to any unforeseen circumstances (i.e Covid19, natural disaster), if there is a limitation of Juri (i.e. less than 10 Juri), number of Juri is available to officiate will be selected to be on duty.

5. In addition to the Digital Scoring System, the Chairman will keep track of the performance time while the timekeeper will focus on striking the gong to mark the start of the 3-minutes performance. Timekeeper will then strike the gong once the timer hits 3-minutes, even if athlete perform lesser or beyond the 3-minutes.

**Explanation:**

1. *All Juries will enter the arena from the right side of the Competition Chairman. Juri will report to the Chairman that they are ready to carry out their duties before heading to their designated seating area.*
2. *All Juries will sit with 1-metre gap between one another when on duty.*
3. *Once done, Juries will exit by the left side of the Chairman*

**Article 15.4: Criteria for Evaluation**

Official Performance

*Tunggal*

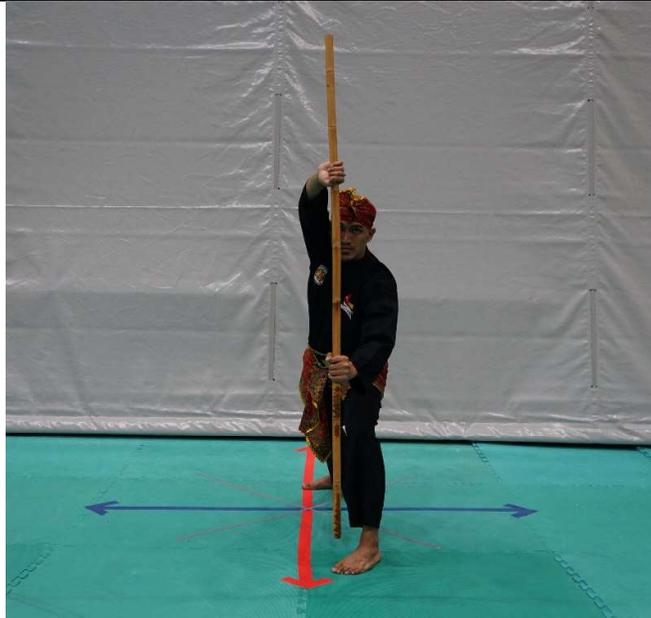
1. Tunggal is a 3-minutes artistic performance performed by one athlete using the Tunggal movements.
2. Tunggal is showcase according to the sequential movement.
3. A tolerance period of  $\pm 10$  seconds is allowed for Pre-Teen and Pre-Junior categories, while  $\pm 5$  seconds for the Junior and Senior categories.
4. Should the tolerance period go beyond the limit, it will lead to disqualification.
5. Athlete will need to start their movement and end the movement in the same spot.
6. Points will be deducted accordingly should there be any additional move required in order to end their movement.
7. The athlete is allowed to hold a maximum of 5 seconds for each movement. For movements exceeding 5 seconds, there will be a penalty deduction of 0.50 points. This will be monitored by the Council on duty.
8. If the athlete fails to continue his/her performance due to whatever reason, the Competition Chairman will declare he/she as being disqualified.
9. Uttering of voice is allowed. However, Coach/Cornerman is not allowed to give guides or uttering any voice command.
10. Competition stages: Knockout System

**Explanation:**

1. *Athlete is not allowed to exceed 1 metre gap from the end point. (Refer to photo)*
2. *-0.01 point will be deducted if athlete exceed 1 metre gap from the end point and took additional move in order to end their movement in the middle.*
3. *Coach is allowed to protest for Tunggal and Regu athletes who hold more than 5-seconds for each movement. For movements exceeding 5 seconds, there will be a penalty deduction of 0.50 points. This will be monitored by the Council on duty.*

**Criteria for Evaluation**  
**Official Performance – Tunggal**  
**Points Deducted**

Marking in Red is to indicate the range of end point. It will not be visible during Tunggal category.



No points deducted if athlete is positioned within the red & blue marking



If athlete made 1 movement towards end point, no points will be deducted.  
 If athlete made 2 movements towards end point, -0.01 will be deducted



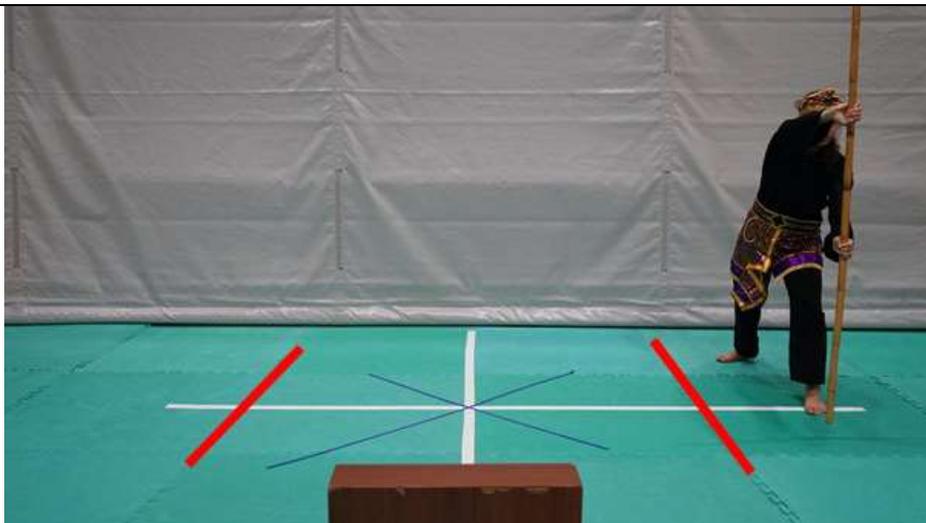
Athlete ended routine within the red & blue markings. No points will be deducted.  
 -0.01 point will be deducted if athlete end routine out of the red marking

### Criteria for Evaluation

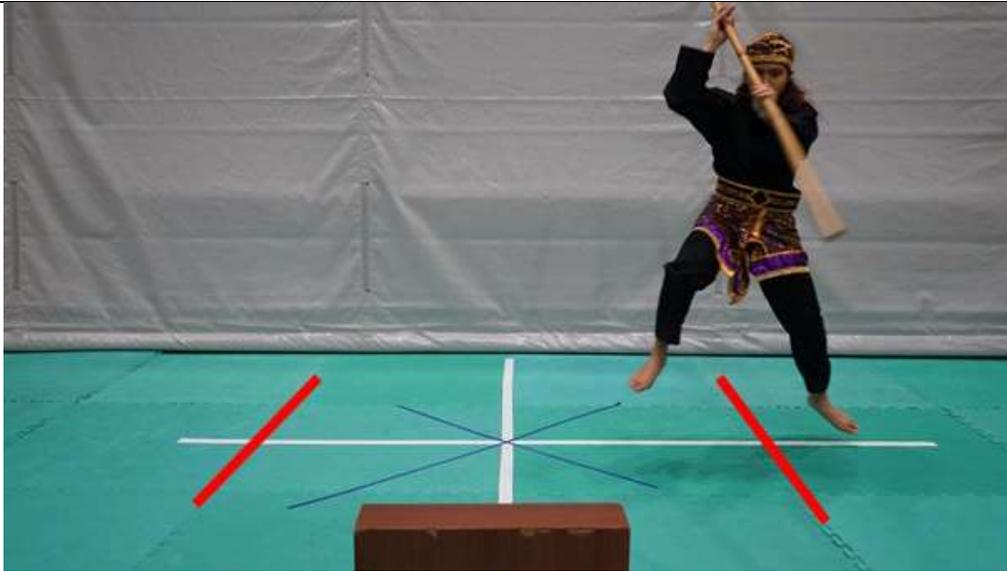
#### Official Performance – Tunggal

#### Points Deducted

Marking in Red is to indicate the range of end point. It will not be visible during Tunggal category.



--0.01 point will be deducted if athlete exceed 1 metre range from the end point.  
 (As indicated red marking)



If athlete made 1 movement towards end point, no points will be deducted.  
If athlete made 2 movements towards end point, -0.01 will be deducted.



Athlete ended routine within the red markings.  
No points will be deducted.

-0.01 point will be deducted if athlete end routine outside of the weapon box range  
(As indicated red marking)

### *Ganda*

1. Ganda is a 3-minutes artistic performance performed by two athletes by choreographing fighting scenes. Fight scenes must include weapon play and movements needs to be realistic.

2. Weapon used such as, *Golok/Parang* is allowed to collide, make noise, and create sparks. However, the blade will need to be blunt, non-sharp pointed and according to the dimension.
3. A tolerance period of  $\pm 10$  seconds is allowed for Pre-Teen and Pre-Junior categories, while  $\pm 5$  seconds for the Junior and Senior categories.
4. Should the tolerance period go beyond the limit, it will lead to disqualification
5. Uttering of sound is allowed. However, Coach/Cornerman is not allowed to give guides or uttering any voice command.
6. Competition stages: Knockout System

#### *Regu*

1. Regu is a 3-minutes artistic performance performed by three athletes using the Regu movements. Team must move in synchronization.
2. Regu is performed according to sequence of movements.
3. A tolerance period of  $\pm 10$  seconds is allowed for Pre-Teen and Pre-Junior categories, while  $\pm 5$  seconds for the Junior and Senior categories.
4. Should the tolerance period go beyond the limit, it will lead to disqualification.
5. The team is allowed to hold a maximum of 5 seconds for each movement. For movements exceeding 5 seconds, there will be a penalty deduction of 0.50 points.
6. If the athlete fails to continue his/her performance due to whatever reason, the Competition Chairman will declare he/she as being disqualified.
7. Uttering of sound is allowed. However, Coach/Cornerman is not allowed to give guides or uttering any voice command.
8. Competition stages: Knockout System

#### *Solo Creative*

1. Solo Creative is a 1 to 3 minutes choreographed performance, performed by one athlete.
2. Performance must be accompanied by a Nusantara weapon.
3. Weapon used is allowed to collide, make noise, and create sparks. However, the blade will need to be blunt, non-sharp pointed and according to the dimension.
4. Live music or accompanied audio is allowed.

#### *Assessment*

##### *Tunggal and Regu*

In assessing the performance of an athlete or team, the Juri will evaluate the performance based on Firmness of Performance, while the Council will keep tab (written down) of the penalties for wrong movement and other penalties.

Firmness score includes the following:

1. Movement
2. Movement rhythm
3. Movement soulfulness
4. Power and stamina

The performance is evaluated from the first gong strike till the end of the routine.

### *Ganda and Solo Creative*

In assessing the performance of a team, the Juri will evaluate the performance based on the following:

1. Attack-defence technique
  - a. Quality of technique
  - b. Richness of technique
  - c. Skill and creativity
  - d. Logic in executing technique
2. Firmness
  - a. Harmony of athlete
  - b. Weapon skill
  - c. Power and stamina
3. Soulfulness
  - a. Expression of movement

The performance is evaluated from the first gong strike till the last movement as stated in the synopsis form. Team must submit a clear and complete form before the start of the event.

### Compulsory Weapons

\*Important note – for weapon with metal blade, it should be non-sharp-pointed and blunt.

Age Category	Weapons	Tunggal	Ganda
Pre-Teen Pre-Junior	Golok/Parang	Length: 20cm to 30cm Width: 2cm to 3.5cm	
	Toya	Length: 100cm to 150cm Width: 1.5cm to 2.5cm	
Junior Senior	Golok/Parang	Length: 30cm to 40cm Width: 2.5cm to 4cm	
	Toya	Length: 150cm to 180cm Width: 2.5cm to 3.5cm	

### Additional *Nusantara* Weapon

For Ganda and Solo Creative event, athletes are required to use an additional *nusantara* weapon. The lists are as below:

S/N	Weapon	Photo	Remarks
1	Celurit		Length between 30cm to 40cm
2	Keris		Not inclusive of the handle, the blade length is between 30cm to 40cm
3	Pecut		
4	Pisau Belati or Dagger		Length between 15cm to 20cm
5	Trisula		Length between 30cm to 40cm
6	Kerambit		
7	Kipas		
8	Kujang		
9	Parang Panjang		Length must not exceed 60cm
10	Badik		

11	Belati		
12	Sewar		Length must not exceed 60cm
13	Lading		Length must not exceed 60cm
14	Sikin		Length must not exceed 60cm
15	Rencong		Length must not exceed 60cm

#### Weapon Inspection

The Competition Secretariat will make an announcement at least thirty-minutes before the beginning of Artistic competition event, for Weapon Inspection.

Competitors or the officials (Team Manager / Coach) are required to bring the weapon that will be used for the competition to the Weapon Inspection Station to be checked thoroughly by the Technical Officials on duty.

The weapons that were certified by the Technical Officials on duty will be quarantined. And the weapon is allowed to be collected just before the competitor is entering the arena for his/her turn (immediately after their name was announced).

#### Point System

Performance is scored using the scale from 9.00 to 10.00.

The system will calculate the median score from all the juries.

The median is the middle score in a set of given numbers, in this scenario will be the middle score out of 10 Juries.

Point Deduction	- 0.01 (By Juri)	- 0.50 (By Council)
Tunggal	<ul style="list-style-type: none"> <li>▪ Mistake in movement sequence</li> <li>▪ Mistake in techniques</li> <li>▪ Missing movements</li> <li>▪ Weapon slipping out of hand, but did not touch the ground</li> <li>▪ End point exceed within end point 1 metre range</li> <li>▪ Additional move to end point</li> </ul>	<ul style="list-style-type: none"> <li>▪ Performance exceeds time tolerance by additional +/- 5 seconds</li> <li>▪ Performance exceeds the 10m-by-10m Arena</li> <li>▪ Holding a movement exceeding 5 seconds</li> <li>▪ Dropping of weapon, touching the floor</li> <li>▪ Attire is not according to prescription. Part of the attire (such as; <i>Tanjak</i>, <i>Samping</i> or <i>Bengkung</i>) fall out and not wearing single coloured top and bottom &amp; samping and tanjak</li> </ul>
Ganda	X	<ul style="list-style-type: none"> <li>▪ Performance exceeds the 10m-by-10m Arena</li> <li>▪ Performance exceeds time tolerance by additional +/- 5 seconds</li> <li>▪ Weapon drop does not meet synopsis</li> <li>▪ Weapon fall out of arena while team is still required to use it</li> <li>▪ Holding a movement exceeding 5 seconds</li> <li>▪ Attire is not according to prescription. Part of the attire (such as; <i>Tanjak</i>, <i>Samping</i> or <i>Bengkung</i>) fall out and not wearing single coloured top and bottom &amp; samping and tanjak</li> </ul>
Regu	<ul style="list-style-type: none"> <li>▪ Mistake in movement</li> <li>▪ Mistake in movement details</li> <li>▪ Mistake in movement sequence</li> <li>▪ Missing movement</li> <li>▪ Synchronization</li> </ul>	<ul style="list-style-type: none"> <li>▪ Performance exceeds the 10m-by-10m Arena</li> <li>▪ Holding a movement exceeding 5 seconds</li> <li>▪ Performance exceeds time tolerance by additional +/- 5 seconds</li> <li>▪ Attire is not according to prescription. Part of the attire (i.e <i>Bengkung</i>) fall out.</li> </ul>
Solo Creative	X	<ul style="list-style-type: none"> <li>▪ Performance exceeds the 10m-by-10m Arena</li> <li>▪ Weapon drop does not meet synopsis</li> <li>▪ Weapon fall out of arena while team is still required to use it</li> </ul>

These are some samples of steps from Tunggal & Regu that athlete and/or team can hold a movement not exceeding 5 seconds.



#### Resolving draws

If the score is equal, the winner will be determined accordingly:

1. Lesser penalty point
2. Timing nearest to 3 minutes
3. Standard deviation
  - a. Standard deviation is a number used to tell how measurements for a group are spread out. A low standard deviation means that most of the numbers are close to the average. A high standard deviation means that the numbers are more spread out.
  - b. The team that has a lower standard deviation value will be declared the winner.
4. Juri Vote
  - a. Decision will be made by a voting from the Chairman and 10 Juries.

- b. Chairman and Juries will choose one winner, red or blue.
- c. The team with more votes will win the round.

#### Disqualification

A Competitor or a team of Competitors may be disqualified for any of the following reasons:

1. Weapon come out loose from handle or break
2. Weapon failing the inspection
3. Failing to showcase whole package
4. Performing sequence not in order
5. Putting on a wrong attire
6. Performance exceeds the time tolerance given
  - a. Pre-Teen & Pre Junior: More than +/- 15 seconds
  - b. Junior & Senior: More than +/- 10 seconds
7. Failing a doping test
8. Failing to pass the medical check up

A disqualification is indicated by a 0.00 score. When a disqualification occurs, the Chairman will immediately stop the performance and announce the disqualification.

Since Artistic format is now using the knock-out system, if both Athlete or Team is/are disqualified, the following factors will be considered:

#### For categories Single (Tunggal) and Team (Regu)

1. Number of Jurus (package) the athlete or team has perform. Those performed to later Jurus (package) will proceed to the next round.
2. Penalty
3. Timing of Performance
4. Toss Coin by Chairman of Competition

#### For category Double (Ganda)

1. Time

Those performed to the later timing will proceed to the next round. Reason being, both team has been disqualified to the mistakes they made.

However, if timing is tie.

## 2. Toss Coin by Chairman of Competition

### **Explanation:**

1. *Artistic is not a dance or theatrical performance. It must adhere to the traditional values and principles. It must be realistic in fighting terms and display concentration, power, and potential impact in its techniques. It must demonstrate strength, power, and speed – as well as grace, rhythm, and balance.*
2. *The members of the team must demonstrate competence in all aspects of the Regu performance, as well as synchronisation.*
3. *When resolving draws the original score is retained. Considerations of other scores for determining the winner between equally scoring Competitors does not change the official score.*
4. *Sample of result of assessment:*

Judges	J1	J2	J3	J4	J5	J6	J7	J8	J9	J10	Mean Score	Foul	Total
Score	9.85	9.75	9.70	9.85	9.80	9.80	9.75	9.75	9.75	9.85	$(9.80 + 9.75) \div 2 = 9.775$	0.25	<u>9.535</u>

Format: Remove the highest and lowest scores till you will be able to get the Median Number. Then, calculate the number to get the Mean Score.

### *i. Sample of standard deviation in a draw:*

#### *Athlete A:*

Judges	J1	J2	J3	J4	J5	J6	J7	J8	J9	J10	Mean Score	Foul	Total
Score	9.85	9.75	9.70	9.85	9.80	9.80	9.75	9.80	9.75	9.85	$(9.80+9.80) \div 2 = 9.80$	0.00	<u>9.80</u>

#### *Athlete B:*

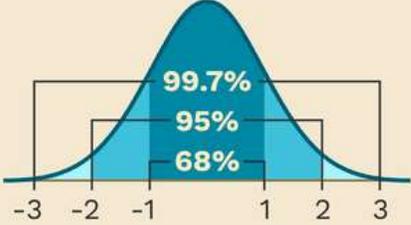
Judges	J1	J2	J3	J4	J5	J6	J7	J8	J9	J10	Mean Score	Foul	Total
Score	9.85	9.70	9.70	9.85	9.80	9.80	9.75	9.80	9.75	9.90	$(9.80+9.80) \div 2 = 9.80$	0.00	<u>9.80</u>

Standard Deviation Formula:

## Calculating Standard Deviation

$$S_x = \sqrt{\frac{\sum_{i=1}^n (x_i - \bar{x})^2}{n - 1}}$$

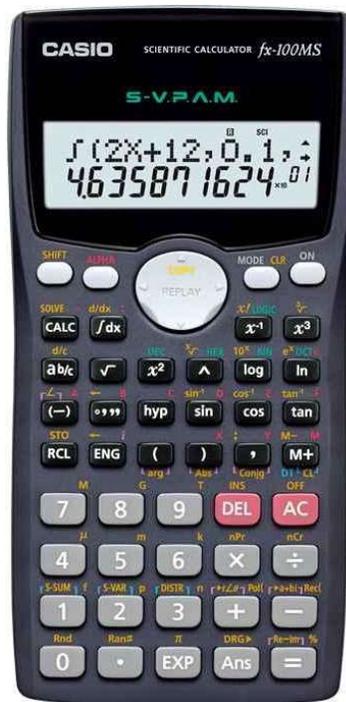
**n** = The number of data points  
 **$x_i$**  = Each of the values of the data  
 **$\bar{x}$**  = The mean of  **$x_i$**



Normal Distribution Curve

ThoughtCo.

Scientific Calculator to be used for Standard Deviation Calculation:



**Based on Excel Spreadsheet Formula**

=STDEV.P (J1:J10)

\*Must apply 2 decimal point

**Based on Manual Calculation**

Athlete	Athlete
<b>A</b>	<b>B</b>
First	First
Work out the average, or arithmetic mean, of the numbers: Count	Work out the average, or arithmetic mean, of the numbers: Count
10 (How many numbers)	10 (How many numbers)
Sum	Sum
97.90 (All the numbers added up)	97.90 up)
Mean	Mean
9.79 (Arithmetic mean = Sum / Count)	9.79 (Arithmetic mean = Sum / Count)
<b>Second</b>	<b>Second</b>
Take each number, subtract the mean and square the result:	Take each number, subtract the mean and square the result:
Differences	Differences
0.06 (Every Number minus Mean)	0.06 (Every Number minus Mean)
-0.04	-0.09
-0.09	-0.09
0.06	0.06
0.01	0.01
0.01	0.01
-0.04	-0.04
0.01	0.01
-0.04	-0.04
0.06	0.11
Differences <sup>2</sup>	Differences <sup>2</sup>
0.0036 (Square of each difference)	0.0036 (Square of each difference)
0.0016	0.0081
0.0081	0.0081
0.0036	0.0036
0.0001	0.0001
0.0001	0.0001
0.0016	0.0016
0.0001	0.0001
0.0016	0.0016
0.0036	0.0121
<b>Third</b>	<b>Third</b>
Now calculate the Variance	Now calculate the Variance
Sum of Differences <sup>2</sup>	Sum of Differences <sup>2</sup>
0.0240 (Add up the Squared Differences)	0.0390 (Add up the Squared Differences)
Variance	Variance
0.0024 (Sum of Differences <sup>2</sup> / Count)	0.0039 (Sum of Difference- / Count)
<b>Lastly</b>	<b>Lastly</b>
Take the Square Root of the Variance	Take the Square Root of the Variance
Standard Deviation 0.0489857949	Standard Deviation 0.0624997998

**Sample Results**

*Athlete A: 0.048989794855664*

*Athlete B: 0.062449979983984*

*In this scenario, Athlete A has a lower standard deviation value, therefore Athlete A will be declared the winner.*

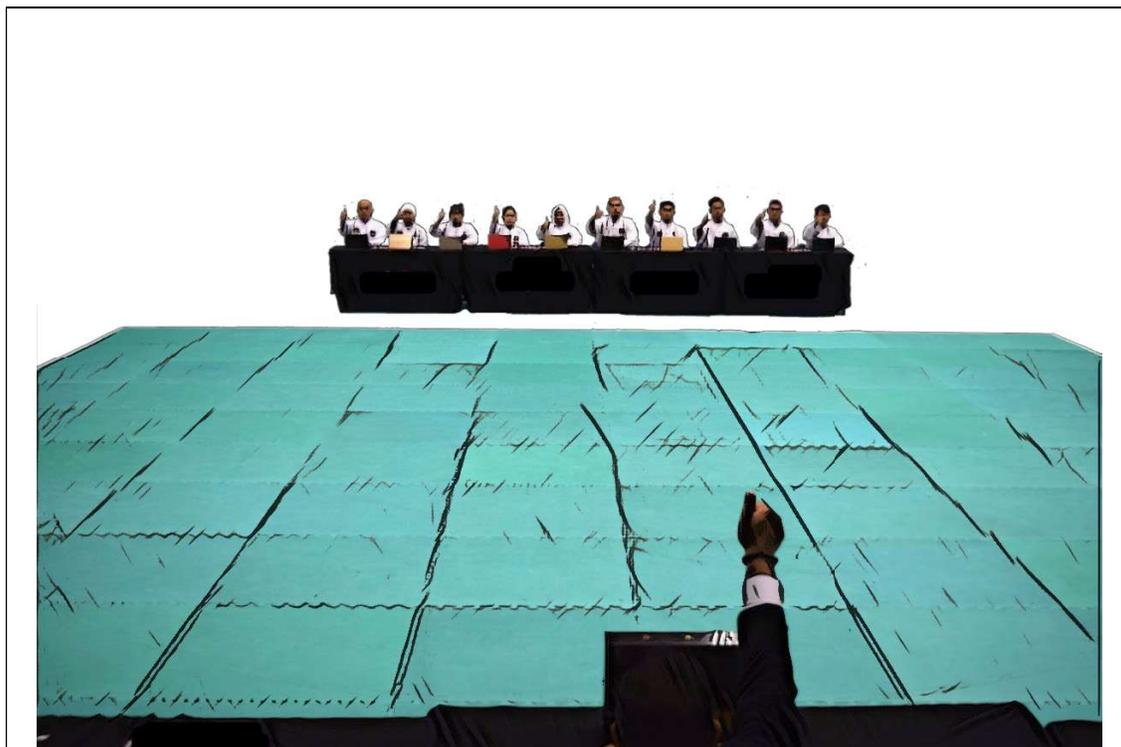
**Article 15.5: Operation of Artistic Event**

1. At the start of each round the athlete, or team, will line up at the match area perimeter facing the Juri. Both teams will stand in line and *hormat* the Chairman and Judges and step back out of the Arena.
2. When called, the athlete, or team, will step up to the starting point for their event.
3. The starting point for the performance is anywhere within the perimeter of the competition area.
4. Performance will start at the strike of gong.
5. At the end of the performance, after *hormat* the Chairman and Juri, the athlete or team must leave the arena.
6. After the second athlete, or team performs, both teams will return to the Arena to wait for the result. Once the result is out, athletes must respect the Juri and Chairman before leaving the Arena.
7. Corner Coach will be given 1 Protest Card for each game.

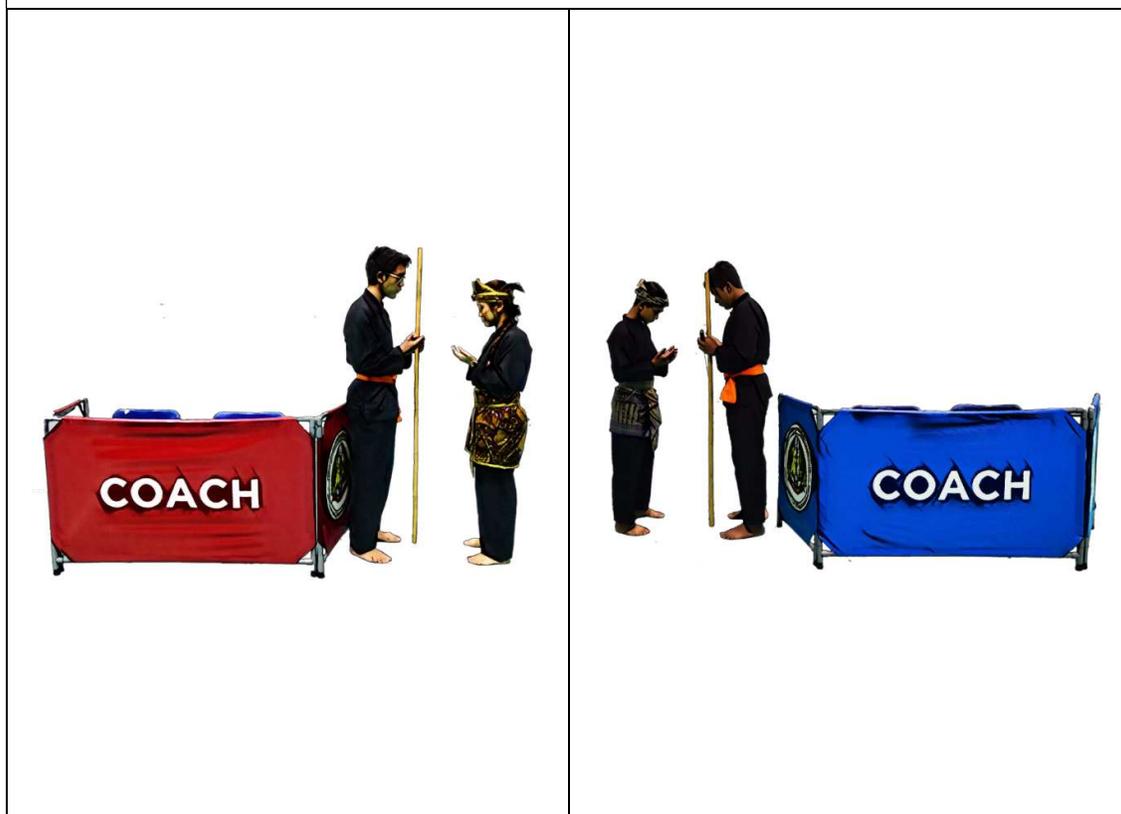
**Explanation:**

1. *The starting point for an artistic performance is within the perimeter of the competition area.*
2. *Protest Card to be used immediately after the sound of Gong when the athletes have completed their performance. Before the announcement of the result. If result has been announced, Corner Coach can no longer submit its protest. The next step to protest is through Team Manager.*
3. *Protest Card is used on e.g. missing out *Jurus* (package), dropping of weapon (where it is not supposed to), and holding a maximum of 5 seconds for each movement.*

## Appendix 9 – Arrangement for Artistic Category



Refer to Article 15.1





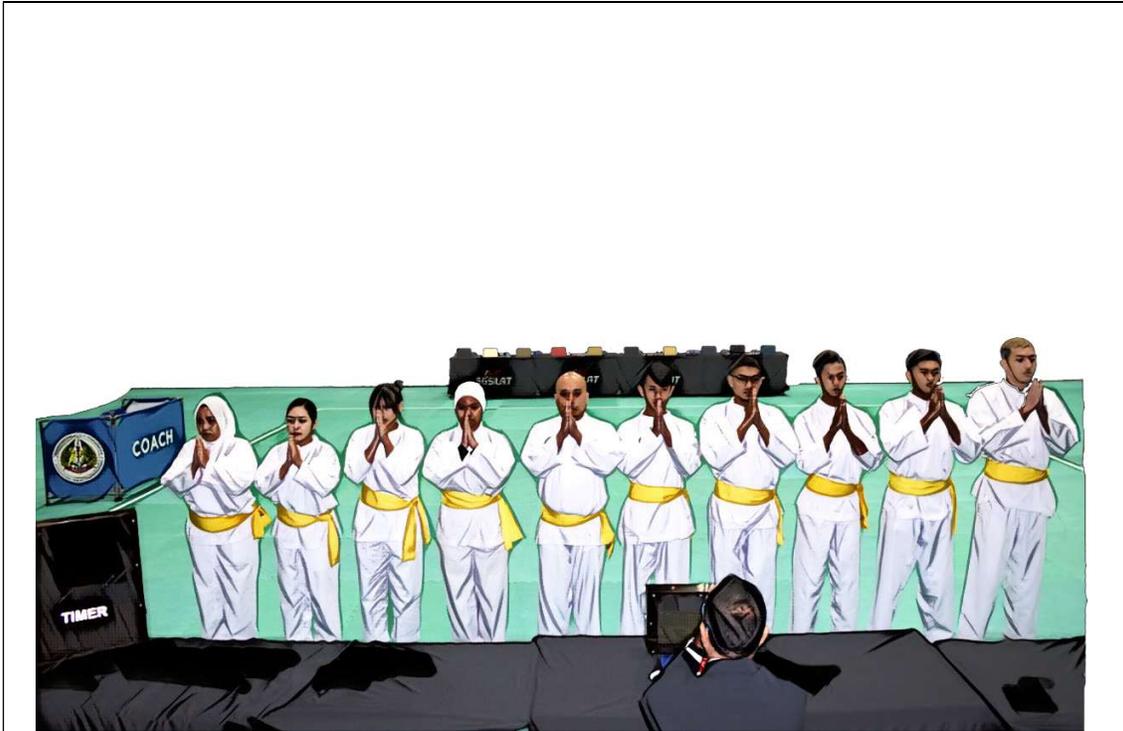
All juri will enter the arena from the right side of the Competition Chairman.



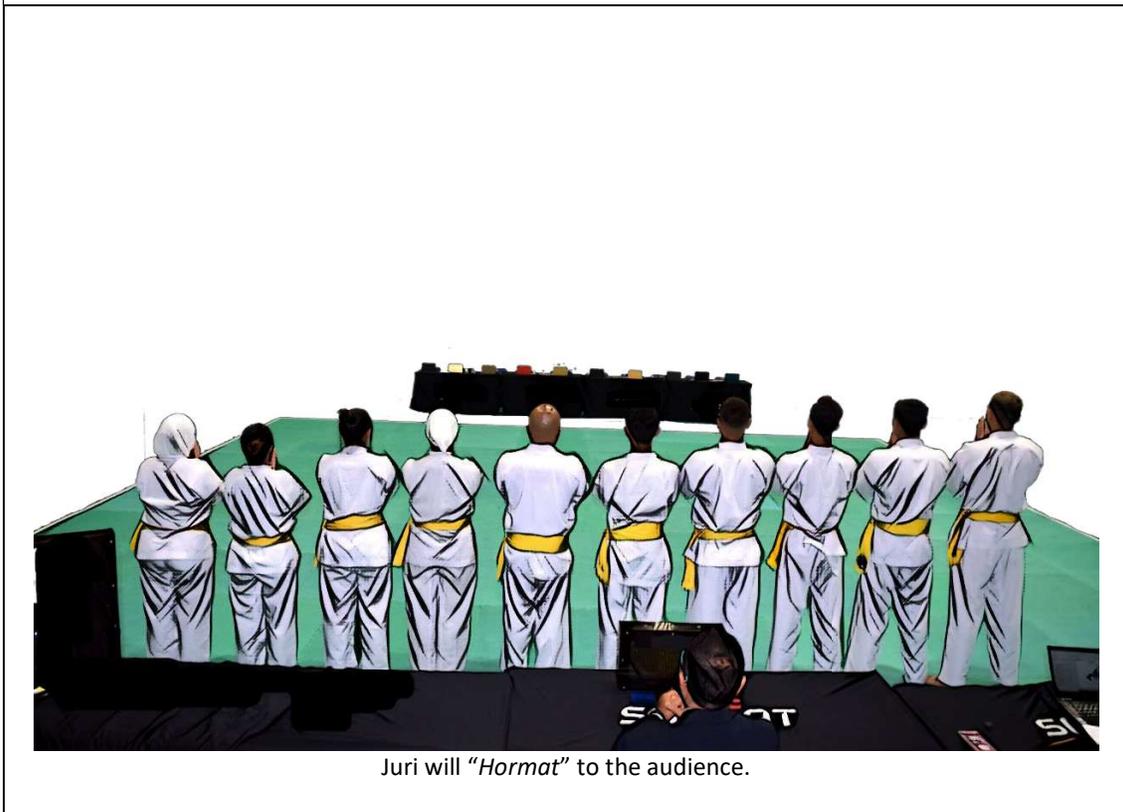
Juri will report to the Competition Chairman that they are ready to carry out their duties.

Standing arrangement for Juri from left to right:

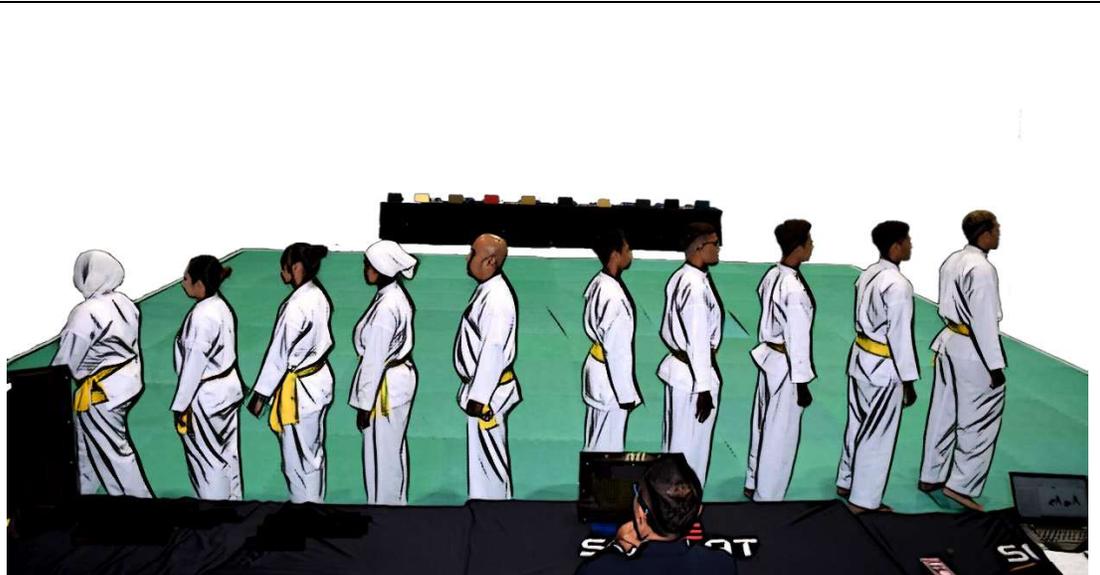
Juri 5 | Juri 4 | Juri 3 | Juri 2 | Juri 1 | Juri 10 | Juri 9 | Juri 8 | Juri 7 | Juri 6



Juri will "Hormat" to the Competition  
Juri 1 will give the command

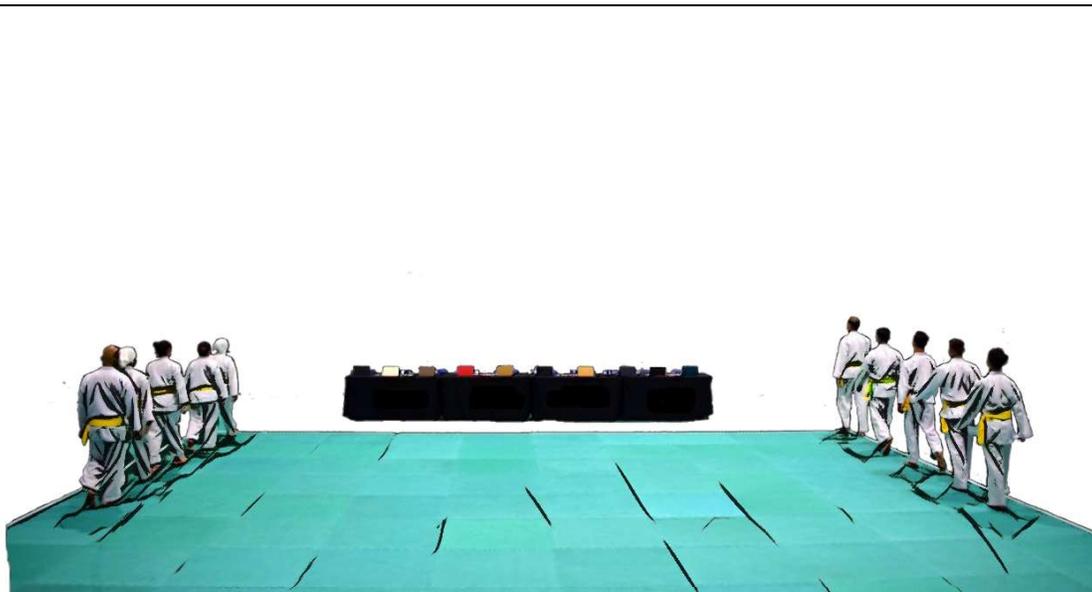


Juri will "Hormat" to the audience.



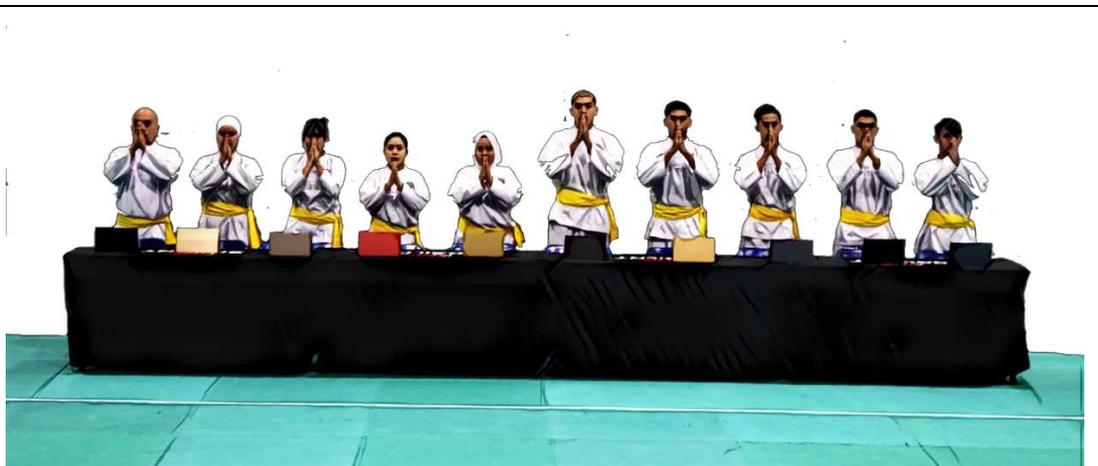
Formation to move to the designated seats (for duty)

Juri facing to the LEFT – Jury 5 | Jury 4 | Jury 3 | Jury 2 | Jury 1  
 Juri facing to the RIGHT – Jury 10 | Jury 9 | Jury 8 | Jury 7 | Jury 6

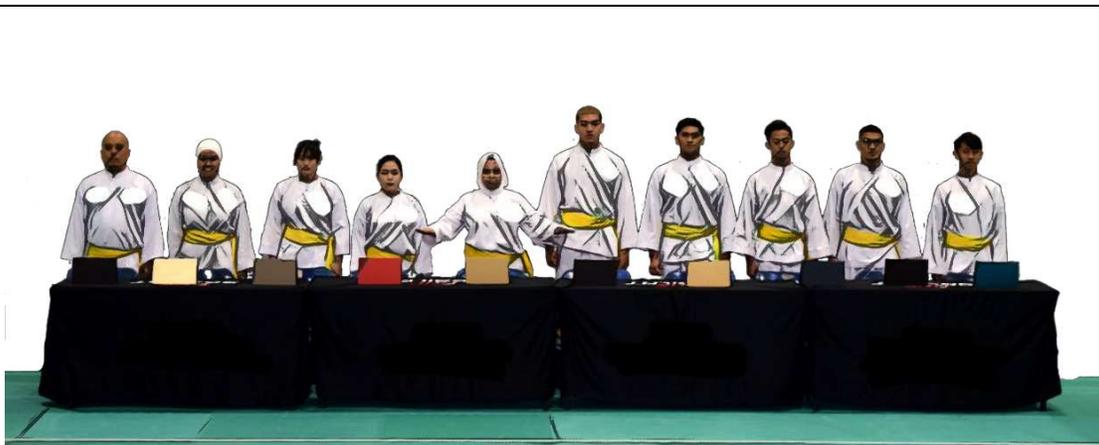


Juri facing the left will move towards the seat, from the left side of the arena.

Juri facing the right will move towards the seat, from the right side of the arena.



Juri will give "Hormat" to the arena



Juri 5 (from Left) will give command to sit



Seating arrangement for the juries (J) from left to right  
 Juri 1 | Juri 2 | Juri 3 | Juri 4 | Juri 5 | Juri 6 | Juri 7 | Juri 8 | Juri 9 | Juri 10

\*Juri will sit with a gap of 1-meter from each other.



Athlete from both corner will be called in to give “*Hormat*” to the Competition Chairman



Athletes from both corner will give “*Hormat*” to each other



Athletes from both corner will give “*Hormat*” to the Juri



After giving the “*Hormat*” both athletes will step out from the arena. Athlete from the Blue Corner will showcase its performance first. Followed by Athlete from Red Corner.



Athlete from both corner will be called in to give “Hormat” to the Competition Chairman



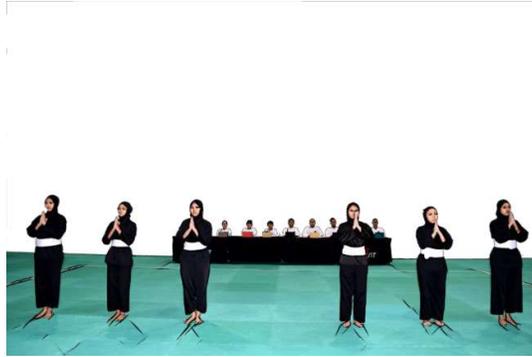
Athletes from both corner will give “Hormat” to each other



Athletes from both corner will give “Hormat” to the Juri



After giving the “Hormat” both athletes will step out from the arena.  
Athlete from the Blue Corner will showcase its performance first. Followed by Athlete from Red Corner.



Athlete from both corner will be called in to give “*Hormat*” to the Competition Chairman



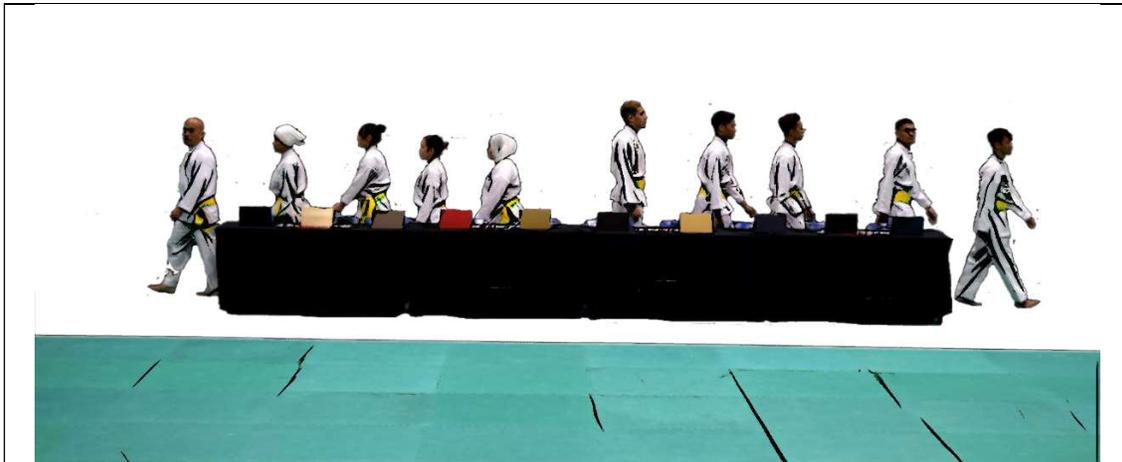
Athletes from both corner will give “*Hormat*” to each other



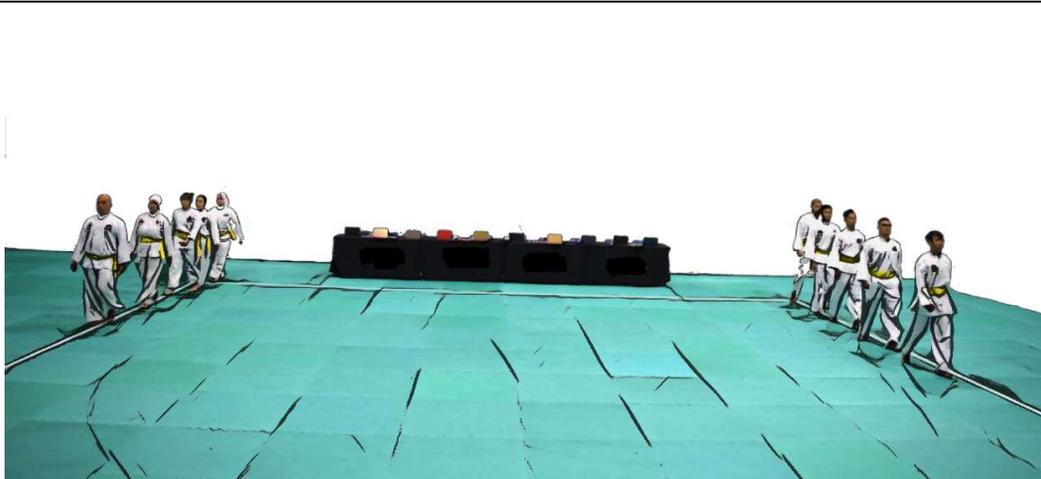
Athletes from both corner will give “*Hormat*” to the Juri



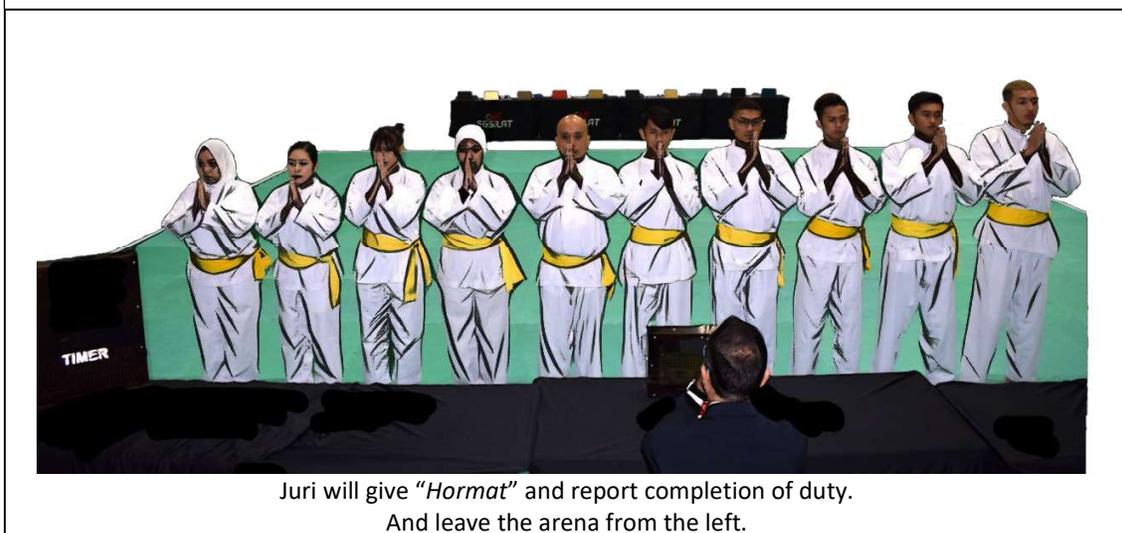
After giving the “*Hormat*” both athletes will step out from the arena.  
Athlete from the Blue Corner will showcase its performance first. Followed by Athlete from Red Corner.



After completion of duty, juries will need to report back to Competition Chairman  
Formation to move off from their seats as follow;  
Juri 1 to Juri 5 will move off from the right side of their seats  
Juri 6 to Juri 10 will move from the left side of their seats



Juri walking towards Chairman Competition



Juri will give "Hormat" and report completion of duty.  
And leave the arena from the left.

## Article 16: Digital and Manual Scoring System

### Article 16.1: Digital Scoring System

The Objective

1. All events must use the digital scoring system approved by PERSILAT.
2. Create more credible and transparent tournament.
3. Efficient number of tournament days

The Equipment

No.	Item	Photo	Description	Quantity
1	Central Processing Unit (CPU)		Main Server to run the system	1
2	Admin Laptop		Main laptop to run the system	1
3	Operator Laptop		Placed at the arena to control round and bout	1
4	Wireless Router		To connect devices via WiFi	1
5	Android Box		To connect to TV for audience to see score	1
6	Android Tablet		For Timekeeper, Chairman, Council and Juri	15
7	Android Tablet Screen Protector		Privacy Screen is recommended to avoid peeking.	15
8	Android Tablet Cover with Stand		For protection and stability	15

9	Monitor		For council to monitor the Juri	1
10	TV		To project score for audience	1
11	Wired Mouse		For android box and laptop	3

The list of cables and power sockets required are as below:

No.	Item	Photo	Description	Quantity
1	Cable Reel		Power Source Connector	1
2	Extension Wire		Power Source for other devices	2
3	Ethernet Cable		To connect from CPU server to Router and Laptop	5
4	HDMI Cable		To connect to TV or Monitor screen	2

#### The Solution

1. Showing the points in real time so the public spectators can see in real time who is winning the match.
2. Showing how much time is left in the round.

#### Simplicity and Accuracy

1. All calculation including winner decision is done by the system
2. It minimizes calculation mistake.

#### Drawing

Drawing of match bracket will be done manually. Team Manager for participating countries will pick up the ball from the box for their individual country.

Once drawing is completed, it will be transferred into the Digital System.

#### Schedule

Schedule can be generated as soon as the drawing is completed. It will be generated from preliminary round up to the finals, starting with the event that has the most number of competitors.

#### Weigh-In Station

The list of items required for weigh in station are as below:

S/N	Item	Photo	Description	Quantity
1	Barcode Scanner		To scan the athlete details	1
2	Laptop		To update in the system	1
3	Weighing Station		Callibrated	1
4	Monitor		For Team Official to see the weight of the athlete	1
5	Android Tablet		For Team Official to sign as witness for weigh in.	1

#### Match Scoring System

The system will capture the weight of an athlete and immediately updated to the Council.

<p><b>MUHAMMAD KHAIRI ADIE</b></p>   <p>2002-07-30 Male</p> <p>MALAYSIA</p> <p>Class A (45 - 50 kg)</p> <p>Weight Recommendation</p> <p><b>47.35 kg</b> </p>	<p><b>NGUYEN THAN LONG LE</b></p>   <p>2000-03-05 Male</p> <p>VIETNAM</p> <p>Class A (45 - 50 kg)</p> <p>Weight Recommendation</p> <p><b>49.10 kg</b> </p>
---	--

Shown on Screen during weigh in

WEIGHT VALIDATION		
DATE : 18 Feb 2020	CHART STAGE : 1/4 Final	
CLASS : A MALE	ARENA : A	
	MATCH NUMBER : 1	
BETWEEN PESILAT		
RED CORNER	NAME	BLUE CORNER
MUHAMMAD KHAIRI ADIE		NGUYEN THAN LONG LE
MALAYSIA	CONTINGENT	VIETNAM
47.35	WEIGHT	49.10
STATED		STATED
<b>VALID</b>		<b>VALID</b>
CLASS : A MALE		
Jakarta, 18 Feb 2020		
Weigh In Officer		
Official MALAYSIA		Official VIETNAM
		
Iskandar		Alpons

Shown on Council Screen

#### Timekeeper

The timekeeper will be in-charge of the match time, and round number.

Arena A, Round 3				
Time :				
<b>Start Clock</b>		<b>Stop Clock</b>		
<b>MUHAMMAD KHAIRI ADIE</b> MALAYSIA	<b>NGUYEN THAN LONG LE</b> VIETNAM	1	A MALE	1/4 Final
<b>NITINAI THAMKAO</b> THAILAND	<b>KHOIRUDIN MUSTAKIM</b> INDONESIA	2	A MALE	1/4 Final
<b>Round 1</b>	<b>Round 2</b>	<b>Round 3</b>		

#### Juri

The juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For athletes to earn points, two out of three Juries must give the points. Points will not be given if only one out of three Juries presses the button.

Points will need to be reflected immediately to the system. However, at times scores will appear to be delayed on the screen due to the technical system. And only added on after the game time has ended, and gong has been sound.

For example; Juri key in a valid kick of 2-points, and press on the tablet at 1-minute 59 seconds. And it may take few seconds for the points to be added in the system, therefore scores are reflected on the screen at 2-minutes 2 seconds, after the gong sounded.

SINGAPORE		Jury 1		INDONESIA	
		Arena A			
MR. SHEIK				MR. BENNY	
Score	Round	Score			
	I				
	II				
	III				

Punching

Kicking

Del Last Score

Del Last Score

Punching

Kicking

Round	1 2	1 2	1 2
I			
II			
III			

Send Point Is Blocked

**OK**

#### *Juri Verification (Dropping)*

When the Wasit request for assistance from the Juri on a technique validity, the decision will be made via the digital scoring system. If the Juri deems that either red or blue corner made a valid technique, they are required to press either the red or blue button in favour of the athlete who will gain points. However, if the Juri deems that the technique is invalid, they are required to press the invalid button.

### Jury Verification

**Drop Verification**

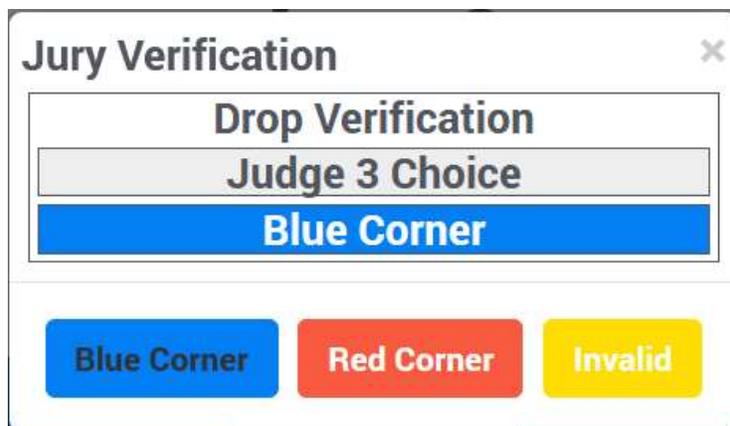
**Judge 3 Choice**

**Waiting**

Blue Corner

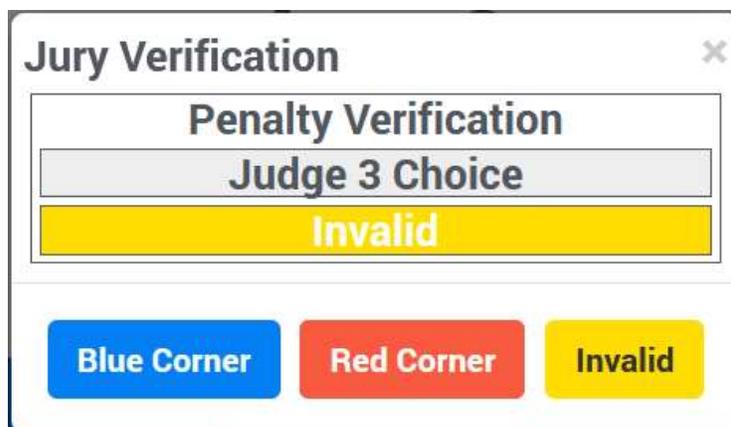
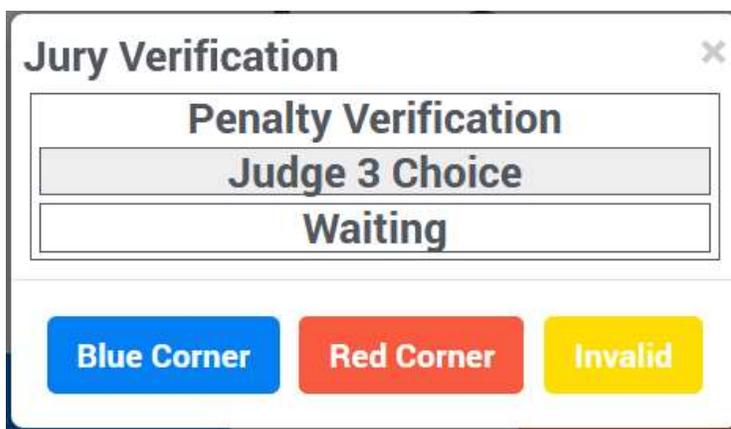
Red Corner

Invalid



#### *Juri Verification (Penalty)*

When the Wasit request for assistance from the Juri on a penalty verification, the decision will be made via the digital scoring system. If the Juri deems that either red or blue corner made an illegal attack, they are required to press either the red or blue button in favour of the athlete who will be issued the penalty. However, if the Juri deems that the illegal attack is invalid, they are required to press the invalid button. Likewise, if the Juri is unsure, they can opt for their vote to be invalid by pressing the invalid button.



Council

For Tanding (Match) – As the Juries focus only on the punches and kicks, the council will input the points for valid dropping, and penalty. The council can also check on the points given by the Juries.

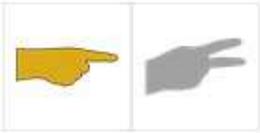
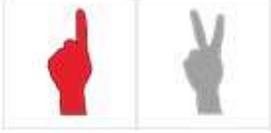
PENCAK SILAT												
SINGAPORE					INDONESIA							
SHEIK ALAUDDIN					0	02:00.0	0	BENNY G. SUMARSONO				
Blue				Round	Red							
Total	Detail Point				Detail Point			Total				
0				Jury 1				0				
				Jury 2								
				Jury 3								
				Score								
				Dropping								
				Penalty								
			0	Verbal Warning			0					
2022-02-01 20:17:53												
EventSilat.Com - Pencak Silat for the World												

10	1 2 1 1 2	Jury 1
	1 2 1 2 1 1 2	Jury 2
	1 2 1 2 1 2 1 1 2	Jury 3
	1 2 1 2 1 1 2	Score

Arena Screen

The arena screen will update real-time points of the ongoing match.

PENCAK SILAT										
A - 1					Final					
SINGAPORE					INDONESIA					
SHEIK ALAUDDIN					02:00.00	BENNY G. SUMARSONO				
0					1	0				
Round										
J1	J2	J3	Fists		J1	J2	J3			
J1	J2	J3	Kick		J1	J2	J3			

 <p>Verbal Warning</p>	 <p>Reprimand</p>	 <p>Warning</p>			
<div style="display: flex; justify-content: center; align-items: center;"> <div style="background-color: green; width: 60px; height: 30px; margin-bottom: 5px; display: flex; justify-content: center; align-items: center;"> <span style="font-size: 24px; color: black;">III</span> </div> <div style="background-color: green; width: 60px; height: 30px; margin-bottom: 5px; display: flex; justify-content: center; align-items: center;"> <span style="font-size: 24px; color: black;">II</span> </div> <div style="background-color: green; width: 60px; height: 30px; margin-bottom: 5px; display: flex; justify-content: center; align-items: center;"> <span style="font-size: 24px; color: black;">I</span> </div> <div style="border: 1px solid black; padding: 5px; font-weight: bold; font-size: 24px; margin-bottom: 5px;">Round</div> </div> <p>Round Indicator</p>					
<div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%; background-color: yellow;">J1</td> <td style="width: 33%; background-color: yellow;">J2</td> <td style="width: 33%;">J3</td> </tr> </table> </div> <p>Punch Indicator</p>			J1	J2	J3
J1	J2	J3			
<div style="display: flex; align-items: center;">  <table border="1" style="border-collapse: collapse; text-align: center;"> <tr> <td style="width: 33%; background-color: orange;">J1</td> <td style="width: 33%; background-color: orange;">J2</td> <td style="width: 33%; background-color: orange;">J3</td> </tr> </table> </div> <p>Kick Indicator</p>			J1	J2	J3
J1	J2	J3			

Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT

A - 1
Final
TANDING - CLASS E







Winner

BLUE

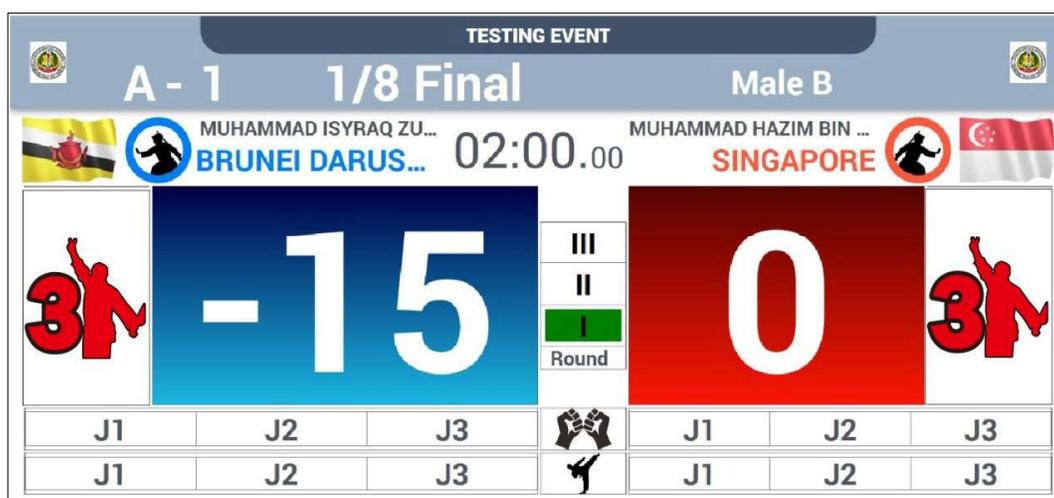
With Score

18

18

Corner	Warning	Warning	Reprimand	Reprimand	Verbal Warning	Dropping	Kicking	Punching
Blue	0	0	0	0	0	6	0	0
Red	0	0	0	0	0	5	1	1

For match with disqualification, screen will be displayed as such:



This screen will be displayed on council screen after the end for match decision.

Winner Blue Corner									
Corner	Warning 2	Warning 1	Reprimand 2	Reprimand 1	Verbal Warning	Dropping	Kicking	Punching	
Blue	0	0	0	0	0	0	0	1	
Red	0	0	0	0	0	0	0	0	
Winning Point				1	-	0			

#### Video Screen

The video screen will show statistical result per match and round. Before the match begins, the competition history of the athlete will be shared.

DWI PUTRI					
Kelas C Putri					
BENGKULU					
Semi Final VS WEWEY WITA	JAWA BARAT	2-1	WIN BY POINTS		
1/4 Final VS MALICHA AKBARINA	KALIMANTAN TIMUR	3-0	WIN BY POINTS		
1/8 Final VS AGUSTINA YULIANA DONE	PAPUA BARAT	3-0	WIN BY POINTS		

It will also show the athlete strength profile, statistical data based on the competition history of the athlete.



Tunggal Arena Screen

The arena screen will update real-time points of the ongoing match.



## Tunggal Council Screen

The council screen will update real-time points of the ongoing match.

TESTING EVENT										
TUNGGAL-TUNGGAL @ Arena A Match 32										
THAILAND	Arena A, Match 32									
ILYAS SADARA	TUNGGAL									
Judge	1		2		3		4		5	
Movement	0	0	0	0	73.00	2.00	26.00	0	0	0
CORRECTNESS SCORE	0	0	9.17		0		0		0	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0	0	0		0		0		0	
Total Score	8.90		8.90		9.17		8.90		8.90	
Time Performance	Minutes		Seconds		Performance exceeded tolerance time					0
	0		0		Performance exceeded the 10m by 10m arena					0
Sorted Judge	-	-	-	-	Dropping of weapon, touching the floor					0
	-	-	-	-	Attire is not according to prescription (Tanjak or Samping falls out)					-0.50
Median	0		Athlete staying at one move for more than 5 seconds					-0.50		
Final Score					0					
Standard Deviation					0					

## Juri

The Juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For artistic, points will be deducted for movements accuracy, flow of movement/stamina.

Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

SINGAPORE	Arena A, Match 2, Jury 7											
SHEIK ALAUDDIN	TUNGGAL/SINGLE											
Tunggal Jurus 1 Tangan Kosong Movement 1												
0					0							
Wrong Move					Movement Details Movement Sequences Movement Has Not Shown Style Sequences						Next Move	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)												
0.01   0.02   0.03   0.04   0.05   0.06   0.07   0.08   0.09   0.10												
Total Score												
8.90												
2022-02-05 06:13:35												
EventSilat.Com - Pencak Silat for the World												

Finish	
14.00	86.00
Wrong Move	Next Move
Movement Details Movement Sequences Movement Has Not Shown Style Sequences	
ACCURACY TOTAL SCORE	
9.76	

Movement accuracy

FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)											0.05
0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10		

Flow of Movement/Stamina

Update point is already blocked, please contact referee council if you want to edit data

Juri is not allowed to amend points

Council

As the Juri will only key in on the movement's accuracy and flow of movement/stamina. The Council will key in for penalty and monitor real life scoring.

PELATNAS <b>ASEP YULDAN SANI</b>		Arena A, Match 1 <b>TUNGGAL</b>	
Penalty	Score		
Performance exceeded the 10m by 10m arena	Clear	- 0.50	0
Dropping of weapon, touching the floor	Clear	- 0.50	0
Attire is not according to prescription (Tanjak or Samping falls out)	Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds	Clear	- 0.50	-0.50
<b>Total</b>			<b>-0.5</b>
EventSilat.Com - Pencak Silat for the World			

Performance exceeded tolerance time	0
Performance exceeded the 10m by 10m arena	0
Dropping of weapon, touching the floor	0
Attire is not according to prescription (Tanjak or Samping falls out)	-0.50
Athlete staying at one move for more than 5 seconds	-0.50

## Penalty Screen

Judge	1		2		3	
Movement	2.00	97.00	6.00	94.00	4.00	96.00
ACCURACY TOTAL SCORE	9.88		9.84		9.86	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0.07	
Total Score	9.88		9.84		9.93	

Sorted Judge	2	5	1	3	4	6	7	9	8	10
	9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95	9.96
Median	9.935									

Final Score	9.940
Standard Deviation	0.021656408

## Median Value

Time Performance	Minutes	Seconds
	3	0

Time of performance input by operator

## Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT									
A - 2		FINAL				TUNGGAL			
									
<b>INDONESIA</b>									
BENNY G. SUMARSONO									
9	7	5	10	1	3	6	8	2	4
9.90	9.92	9.92	9.93	9.94	9.94	9.94	9.96	9.97	9.97
		Median		Penalty		Time Performance		Total	
		9.940		0.00		3:00		9.940	
		Standard Deviation							
		0.021656408							
2022-02-05 05:50:02 <span style="float: right;">EventSilat.Com - Pencak Silat for the World</span>									

Arena Screen  
Result for Red or Blue Athlete

PENCAK SILAT									
A - 2		FINAL				TUNGGAL			
		<b>BENNY G. SUMARSONO</b>				<b>SHEIK ALAUDDIN</b>			
		<b>INDONESIA</b>				<b>SINGAPORE</b>			
				Winner					
				Blue					
		Score Result							
Detail Point		Blue				Red			
Standard Deviation		0.020223748				0.004714045			
Performance Time		180				177			
Penalty		0.00				-0.50			
Winning Point		9.880				-		9.460	
2022-02-02 18:45:10 <span style="float: right;">EventSilat.Com - Pencak Silat for the World</span>									

Arena Screen  
Result for Red and Blue Corner

Winner Decision			
<b>Winner</b> <b>Red</b>			
Detail Point	Score Result		
	Blue		Red
Standard Deviation	0.029681644		0.047539457
Performance Time	180		177
Penalty	-1.00		-0.50
Winning Point	8.900	-	9.430

Council Screen  
Result for Red and Blue Athlete

#### Ganda Arena Screen

The arena screen will update real-time points of the ongoing match.

PENCAK SILAT										
A - 3			FINAL				GANDA			
										Timer
<b>MALAYSIA</b>									<b>00:00</b>	
MOHD TAQIUDDIN BIN HAMID   SAZZLAN BIN YUGA										
1	2	3	4	5	6	7	8	9	10	
9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	

2022-02-01 22:04:06 EventSilat.Com - Pencak Silat for the World

#### Juri

The juri will be in-charge of giving points to the competing athletes. While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

Points for ganda will be scored after Red or Blue completed their routine. Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

MALAYSIA MOHD TAQIYUDDIN BIN HAMID, SAZZLAN BIN YUGA		Arena A, Match 3, Jury 1 GANDA (GANDA)										
SCORING ELEMENT	Score										SCORE	TOTAL SCORE - Technique - Firmness - Soulfulness  <b>0</b>
ATTACK DEFENSE TECHNIQUE ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
FIRMNESS & HARMONY ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
SOULFULNESS ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
<b>Total</b>											<input type="checkbox"/>	<b>0</b>

EventSilat.Com - Pencak Silat for the World

SCORING ELEMENT	Score										SCORE	TOTAL SCORE - Technique - Firmness - Soulfulness  <b>0.82</b>
ATTACK DEFENSE TECHNIQUE ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0.27</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
FIRMNESS & HARMONY ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0.28</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
SOULFULNESS ( 0.01 - 0.30 )	0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	<b>0.27</b>	
	0.11	0.12	0.13	0.14	0.15	0.16	0.17	0.18	0.19	0.20		
	0.21	0.22	0.23	0.24	0.25	0.26	0.27	0.28	0.29	0.30		
<b>Total</b>											<input type="checkbox"/>	<b>9.92</b>

Council

Juri will only key in the final score after Red or Blue Athlete complete their routine. The Council will key in for penalty and monitor real life scoring.

PENCAK SILAT												
PELATNAS		Arena A, Match 1										
DEDE SETIADI, HAIDIR AGUNG FALETEHAN		GANDA										
Juri		1	2	3	4	5	6	7	8	9	10	
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)		0	0	0	0	0	0	0	0	0	0	
FIRMNESS & HARMONY (0.01 - 0.30)		0	0	0	0	0	0	0	0	0	0	
SOULFULNESS ( 0.01 - 0.30 )		0	0	0	0	0	0	0	0	0	0	
Total Nilai		9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	9.10	
Time Performance	Menit	Detik									Performance exceeded tolerance time	0
Sorted Judge	-	-	-	-	-	-	-	-	-	-	Performance exceeded the 10m by 10m arena	0
Median	0										Weapon drop does not meet synopsis	0
											Weapon fall out of arena while team is still required to use it	0
											Athlete staying at one move for more than 5 seconds	-0.50
Final Score											0	
Standard Deviation											0	

## Council Screen

PELATNAS  
RISKA HERMAWAN, RIRIN RINASIH

Arena A, Match 1  
GANDA

Penalty	Score		
Performance exceeded the 10m by 10m arena	Clear	- 0.50	0
Weapon drop does not meet synopsis	Clear	- 0.50	0
Weapon fall out of arena while team is still required to use it	Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds	Clear	- 0.50	-0.50
<b>Total</b>			<b>-0.5</b>

EventSitat.Com - Pencak Silat for the World

Performance exceeded tolerance time	0
Performance exceeded the 10m by 10m arena	0
Weapon drop does not meet synopsis	0
Weapon fall out of arena while team is still required to use it	0
Athlete staying at one move for more than 5 seconds	-0.50

## Penalty Screen

Judge	1	2	3	4	5	6
ATTACK DEFENSE TECHNIQUE (0.01 - 0.30)	0.16	0.28	0.14	0.15	0.15	0.14
FIRMNESS & HARMONY (0.01 - 0.30)	0.15	0.27	0.25	0.17	0	0.17
SOULFULNESS ( 0.01 - 0.30 )	0.13	0.26	0.25	0.16	0	0
<b>Total Score</b>	9.54	9.91	9.74	9.58	9.25	9.41

<b>Sorted Judge</b>	2	5	1	3	4	6	7	9	8	10
	9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95	9.96
<b>Median</b>	<b>9.935</b>									

<b>Final Score</b>	<b>9.935</b>
<b>Standard Deviation</b>	<b>0.013601471</b>

## Median Value

Time Performance	Minutes	Seconds
	3	0

Time of performance input by operator

### Match Result

This screen will be displayed on arena screen after the end for match decision.

PENCAK SILAT													
A - 3		FINAL				GANDA/DOUBLE							
						Median		Penalty		Time Performance		Total	
						9.930		0.00		3:00		9.930	
MALAYSIA										Standard Deviation			
MOHD TAQIYUDDIN BIN HAMID   SAZZLAN BIN YUGA										0.026532998			
2	4	10	1	9	7	3	8	6	5				
9.90	9.91	9.91	9.92	9.92	9.94	9.95	9.96	9.97	9.98				

Arena Screen

Result for Red or Blue Athlete

PENCAK SILAT														
A - 3		FINAL				GANDA/DOUBLE								
					MOHD TAQIYUDDIN BIN HAMID, SAZZLAN BIN YUGA									
MALAYSIA					VIETNAM									
														
Winner														
Red														
Detail Point		Score Result												
		Blue				Red								
Standard Deviation		0.026532998				0.026851443								
Performance Time		161				180								
Penalty		-0.50				0.00								
Winning Point		9.430				9.940								

Arena Screen

Result for Red and Blue Corner

Winner Decision		
<b>Winner</b> <b>Red</b>		
Detail Point	Score Result	
	Blue	Red
Standard Deviation	0.029681644	0.047539457
Performance Time	180	177
Penalty	-1.00	-0.50
Winning Point	8.900	- 9.430

Council Screen  
Result for Red and Blue Athlete

## Regu Arena Screen

The arena screen will update real-time points of the ongoing match.

PENCAK SILAT									
A - 4		FINAL				REGU			
				Timer					
<b>THAILAND</b>				<b>00:00</b>					
FADIL DAMA   MASOFEE WANI   ISLAMEE WANI									
1	2	3	4	5	6	7	8	9	10
9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90	9.90

2022-02-02 19:14:44 EventSilat.Com - Pencak Silat for the World

## Regu Council Screen

The council screen will update real-time points of the ongoing match.

PENCAK SILAT											
PELATNAS ASEP YULDAN SANI, NUNU NUGRAHA, ANGGI FAISAL										Arena A, Match 1	
										REGU	
Juri	1	2	3	4	5	6	7	8	9	10	
Movement	0	0	0	0	0	0	0	0	0	0	
CORRECTNESS SCORE	0	0	0	0	0	0	0	0	0	0	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0	0	0	0	0	0	0	0	0	0	
Total Nilai	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90	8.90	
Time Performance	Menit 0		Detik 0		Performance exceeded tolerance time					0	
Sorted Judge	-	-	-	-	-	-	-	-	-	-	Performance exceeded the 10m by 10m arena 0
Median	0				Attire is not according to prescription (White sash falls out) 0					Athlete staying at one move for more than 5 seconds -0.50	
Final Score										0	
Standard Deviation										0	

## Juri

The juri will be in-charge of giving points to the competing athletes.

While sitting, Juri will need to hold the tablet/device up right and focus on the game, the tablet/device should not be resting on their laps.

For artistic, points will be deducted for movements accuracy, flow of movement/stamina.

Points will need to be reflected immediately to the system. Juri is not allowed to amend points after calculation.

THAILAND FADIL DAMA, MASOFEE WANI, ISLAMEE WANI											Arena A, Match 4, Jury 10
											REGU ()
Regu Juri 1 Movement 1											
0					0						
Wrong Move					Detail Of Movement Order Of Movement Missed Moves Order Of Package			Next Move			
ACCURACY TOTAL SCORE										8.90	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)											
0.01	0.02	0.03	0.04	0.05	0.06	0.07	0.08	0.09	0.10	0	
Total Score										8.90	

Finish	
14.00	86.00
Wrong Move	Next Move
Movement Details Movement Sequences Movement Has Not Shown Style Sequences	
ACCURACY TOTAL SCORE	
9.76	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	
<input type="text" value="0.01"/> <input type="text" value="0.02"/> <input type="text" value="0.03"/> <input type="text" value="0.04"/> <input type="text" value="0.05"/> <input type="text" value="0.06"/> <input type="text" value="0.07"/> <input type="text" value="0.08"/> <input type="text" value="0.09"/> <input type="text" value="0.10"/>	0.05

### Council

Juri will only key in the final score after Red or Blue Athlete complete their routine. The Council will key in for penalty and monitor real life scoring.

Judge	1		2		3	
Movement	0	0	0	0	0	0
ACCURACY TOTAL SCORE	0		0		0	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0	
Total Score	8.90		8.90		8.90	

Council Screen

Penalty		Score		
Performance exceeded the 10m by 10m arena		Clear	- 0.50	0
Attire is not according to prescription (White Sash falls out)		Clear	- 0.50	0
Athlete staying at one move for more than 5 seconds		Clear	- 0.50	-0.50
Total				-0.5

EventSilat.Com - Pencak Silat for the World

Performance exceeded tolerance time	0
Performance exceeded the 10m by 10m arena	0
Attire is not according to prescription (White sash falls out)	0
Athlete staying at one move for more than 5 seconds	-0.50

Penalty Screen

Judge	1		2		3	
Movement	8.00	84.00	5.00	95.00	4.00	96.00
ACCURACY TOTAL SCORE	9.82		9.85		9.86	
FLOW OF MOVEMENT / STAMINA (RANGE SCORE : 0.01 - 0.10)	0		0		0.05	
Total Score	9.82		9.85		9.91	

Sorted Judge	2	5	1	3	4	6	7	9	8	10
		9.91	9.92	9.93	9.93	9.93	9.94	9.94	9.94	9.95
Median	9.935									
Final Score						8.900				
Standard Deviation						0.029681644				

Mediann Value

Time Performance	Minutes	Seconds
		3

Time of performance input by operator

Match Result

This screen will be displayed on arena screen after the end for match decision.

**PENCAK SILAT**  
**A - 4 FINAL** REGU/TEAM

**THAILAND**  
 | FADIL DAMA | MASOFEE WANI | ISLAMEE WANI |

Median	Penalty	Time Performance	Total
9.915	-0.50	3:06	9.415
Standard Deviation			
0.035156792			

10	6	5	2	9	4	8	7	1	3
9.84	9.87	9.90	9.91	9.91	9.92	9.92	9.93	9.95	9.97

2022-02-05 09:47:20 EventSilat.Com - Pencak Silat for the World

Result for Red or Blue Athlete

**PENCAK SILAT**  
**A - 4 FINAL** REGU/TEAM

**MALAYSIA** SYAFIQ, JUNED, NASHRUL EDZAM  
**THAILAND** FADIL DAMA, MASOFEE WANI, ISLAMEE WANI

Winner

Detail Point	Score Result	
	Blue	Red
Standard Deviation		
Performance Time		
Penalty		
Winning Point		

2022-02-05 09:56:26 EventSilat.Com - Pencak Silat for the World

Arena Screen  
 Result for Red and Blue Corner

**Winner Decision**

**Winner Red**

Detail Point	Score Result	
	Blue	Red
Standard Deviation	0.029681644	0.047539457
Performance Time	180	177
Penalty	-1.00	-0.50
Winning Point	8.900	9.430

Council Screen  
 Result for Red and Blue Athlete

### Digital Broadcasting Equipment

In promotion of the sport, digital broadcast must be included in the events.

Especially for major event, live streaming that is easily accessible must be shared for broadcasting.

No.	Item	Quantity
1	Transmitter	To be advised by Digital Broadcasting Company
2	Receiver	
3	Antenna	
4	Transmission Lines	
5	Audio Processor	
6	Speakers	
7	Cables	
8	Mixers	
9	Audio Playback Component	
10	Camera	

### Competition Forms

As most of the recording will be done digitally, only the following forms need to be printed:

#### Forms for Artistic

1. Juries Assignment Forms
2. Synopsis Form (only for Double)

#### Forms for Match

1. Reweighing Form

## Article 16.2: Manual Scoring

In an unforeseen circumstance whereby the Digital Scoring System is faulty and cannot be fixed, competition will proceed using the Manual Scoring.

### Competition Secretariat

1. To assist in the administrative aspect of running the competition.
2. Ensure all the documents and necessary items are ready before the event
3. Ensure that competition schedules are shared to all participating teams before the start of first match.
4. Provide a full competition report for all participating teams at the end of the competition.

### Secretariat

1. Update score and winner of every match in the competition schedule

### Running Secretariat

1. Get results from the secretariat at the arena and updates on flow charts and score board
2. Prepare competition forms for upcoming matches
3. Final day event
  - Compile all result at the end of the day
  - Update results and winner whenever possible
    - Identify medal winner for each category
    - Finalize medal tally for each country
    - Identify overall winner

### Head of Secretariat Equipment

No.	Item	Quantity
1	Competition Schedule	1 for each arena
2	Competition Flowchart (schema)	1
3	Score Board	1
4	Tables	2
5	Printer	2
6	Paper	1 ream
7	Pen	4
8	Laptop	2
9	Microphone	2
10	Battery	4 pair
11	Stopwatch	2
12	Gong & Striker	1
13	Clapper	1

### Balloting Equipment

No.	Item	Quantity
1	Ballot Box	2
2	Numbered Balloting Ball (Table Tennis ball)	1 set
3	Named Balloting Ball (Participating Team)	1 set
4	Laptop	2
5	Projector	1
6	Table	2

### Weigh – In Equipment

No.	Item	Quantity
1	Calibrated Digital Weighing Machine	1
2	Weigh – In List & Form	1 set
3	Pen	1 box
4	Towel	2

### Team Composition

Following is the team composition for **Manual System**, following is the role for 1 arena:

- 1x running secretariat
- 2x announcer
- 1x timekeeper
- 1x dispatcher / gong striker
- 2x re-weighing / body protector collection

### Roles & Duties

#### Announcer

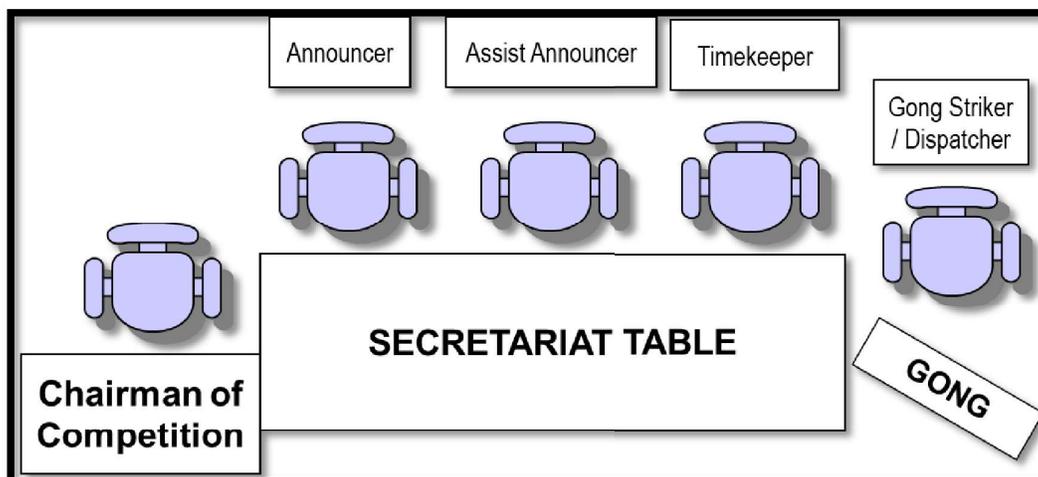
- Announcement throughout competition
- Call athletes for re-weighing (*at end of round 1*)
- Call athletes to report to arena (*at end of round 3*)

#### Timekeeper

- Time will stop each time the Wasit stops the fight
- Timekeeper will strike the gong to indicate the start and end of each round
- Timekeeper will clap the clapper at 50-seconds during break time to indicate that athletes must return to the arena for the next round
- When athlete is knocked down, use another stopwatch to take note of the medical time of 5-minutes.

#### Dispatcher/Gong Striker

- In a situation that the electricity/system is down, the Juri will have to write down the scores manually on the prescribed form.
- Dispatcher – after the match ends; dispatcher must collect the score sheet start from Juri 1 to Juri 3 and give a new score sheet for the next fight. Pass all the score sheet to the Council.
- Gong Striker – to strike the gong at the start and end of each round.



### Technical Briefing & Balloting

The meeting is presided by the International Technical Delegate (ITD) or Assistant Technical Delegate (ATD), accompanied by the Competition Chairman, and the representative of the Organizing Committee. ITD and/or ATD will need to be presented throughout the session.

Technical briefing must be attended by athletes, coaches, team managers and other team officials. Technical briefing covers:

1. Rules and Regulations
2. Safety Management Measures
3. Event Run Down

The process of the Balloting will require support of least 4 Secretariat Personnel. Balloting is a process which determine the sequence of the matches for the athletes.

The process will involve the following group of people:

1. Representative of the Organizing Committee
2. Technical Director
3. Team Managers from all participating team

At the start of the balloting process, the Secretariat Personnel will need to do the following:

1. Secretariat will project the balloting event on the screen
2. The announcer will announce the category & participating athletes that will be balloted.
  - For example: Senior Match Male A, from USA, John Doe. From UK, Harry Wilbert, from China, Hendry Lao.
3. Team Managers must reconfirm the athletes' participation for each category.

- Any names not mentioned during the announcement, Team Manager must inform the Secretariat team before we proceed to the next step.
4. The balloting can only start after getting confirmation from all team managers.
    - Verbal or physical (thumbs up) confirmation
  5. The main equipment used for balloting are one (1) numbered ballot box with numbered balloting balls and one (1) named ballot box with named balloting balls.
  6. Secretariat will extract 1 ballot ball from the named balloting box.
    - Only contingents participating in the projected event will be added into the named ballot box.
  7. Team selected will ballot for the projected event.
  8. Secretariat must tally the name and number of participants in the ballot box.
  9. Team manager from selected team will come forward and extract one ball from numbered and named ballot box each.
  10. Team manager will announce the name and number selected until no ballot balls remaining.
    - i. Malaysia, Number 2
    - ii. Thailand, Number 5
  11. Secretariat will take note of the balloting result and update the competition bracket.
  12. Secretariat will display the completed event bracket on the screen.
  13. Repeat step 1 to 12 until all events are balloted.

The nomination for balloting can be carried out either by;

1. Secretariat Team or
2. One Team Manager will draw out for everyone, only for category that they are participating in or
3. Each Team Manager from participating country will draw ballot for their own athlete

#### Competition Day

Requirement:           1) Competition Schedule  
                                   2) Competition Flowcharts (Schema)  
                                   3) Score Board

No. of Persons         : 2/3

### Competition Day

1. Secretariat
  - To update score and winner of every match in the competition schedule
2. Running Secretariat
  - a) To get results from the secretariat at the arena and update on flow charts and score board and prepare competition forms for next matches
  - b) To compile all results at the end of each competition day

### Last Day of Competition

1. Secretariat
 

To update score and winner of every match in the competition schedule
2. Running Secretariat
  - a) To get results from the secretariat at the arena and update on flow charts and score board
  - b) Compile all results
  - c) Update results and winner whenever possible
    - i) To identify medal winner (gold, silver, bronze) for each category
    - ii) To finalize medal tally for each country/club
    - iii) To identify overall winner

Note: All results and information on the competition will be with the Competition Secretariat Team. Details needed and requested will be channelled to these groups;

- Team Manager of Participating Countries
- ITD & ATD
- Sports Authorities
- Others

### Post Event

After the end of a Pencak Silat competition, the Secretariat Team will need to ensure all forms (Daily Schedule & Match Result) are compiled and recorded accordingly and prepare Competition Report.

Using the Manual Scoring System, the Organizing Committee must ensure that the following forms are prepared:

### Competition Forms

1. Match (Tanding)
  - Weigh-In Form
  - Wasit and Juri Assignment Form
  - Score Sheet
  - Results of Match Form
  - Match Scoring Keeping (RJ Council)
  - Protest Form

- Protest (1<sup>st</sup> Tier) Form
- Protest Result (1<sup>st</sup> Tier) Form
- Protest Appeal (2<sup>nd</sup> Tier) Form
- Protest Result (2<sup>nd</sup> Tier) Form

Corner	BIRU	MERAH
Name:		
Country:		
Range:		
Weight:		
Valid / Invalid:		

Verified by:  
Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Witness by:

Biru	Merah
Athlete Signature	Athlete Signature
Team Official Signature	Team Official Signature
Name:	Name:

BIRU	MERAH
Name:	Name:
Country:	Country:

Led By	Wasit	
Assisted by	Juri 1	
	Juri 2	
	Juri 3	

Verified by  
Dewan Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Chairman Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Approved by  
ITD Signature: \_\_\_\_\_

 **Pencak Silat Competition Form**  
**Match**  
**Score Sheet for Juri**

Match No. \_\_\_\_\_ Category: \_\_\_\_\_ Date: \_\_\_\_\_

Name: _____			Name: _____			
Country: _____			Country: _____			
BIRU			MERAH			
Total Score	Penalty	Score	Round	Score	Penalty	Total Score
			1			
			2			
			3			
<b>Final Score</b>				<b>Final Score</b>		

**Match Result**  
 Corner: \_\_\_\_\_ Round: \_\_\_\_\_  
 Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
 Juri No: \_\_\_\_\_  
 Juri Name: \_\_\_\_\_ Signature: \_\_\_\_\_

 **Pencak Silat Competition Form**  
**Match Result**

Match No. \_\_\_\_\_ Category: \_\_\_\_\_ Date: \_\_\_\_\_

BIRU		MERAH	
Name: _____		Name: _____	
Country: _____		Country: _____	

**Match Result**  
 Corner: \_\_\_\_\_ Country: \_\_\_\_\_  
 Name: \_\_\_\_\_

**Won By:** Points / TKO / Absolute / Disqualification / RSC / Walk Over

Juri	Score		Winner
	BIRU	MERAH	
1			
2			
3			

Wasi: \_\_\_\_\_  
 Compiled by Dewan: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_  
 Verified by Competition Chairman: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Signature: \_\_\_\_\_

 **International Pencak Silat Federation**  
**Dewan Match Score Keeping**

Match No: \_\_\_\_\_ Category: \_\_\_\_\_  
 Name / Country: \_\_\_\_\_ Name / Country: \_\_\_\_\_

BIRU				MERAH		
Warning	Reprimand	Dropping	Round	Warning	Reprimand	Drop
			1			
			2			
			3			
Remarks: _____						



## Pencak Silat Competition Form Match Card Protest

Match No. \_\_\_\_\_ Category: \_\_\_\_\_ Date: \_\_\_\_\_

Protest by: RED / BLUE

Issue: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Written by:

Dewan Name: \_\_\_\_\_ Signature: \_\_\_\_\_



**Protest Form – Pencak Silat**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Country: \_\_\_\_\_ Time Collected: \_\_\_\_\_  
 Match Number: \_\_\_\_\_ Time Return: \_\_\_\_\_  
 Category: \_\_\_\_\_

Protest Description:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Team Manager: \_\_\_\_\_  
 Signature: \_\_\_\_\_



**Protest Result – Pencak Silat**

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
 Country: \_\_\_\_\_ Time Informed: \_\_\_\_\_  
 Match Number: \_\_\_\_\_  
 Category: \_\_\_\_\_

Protest Result:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Chairman of Competition: \_\_\_\_\_  
 Signature: \_\_\_\_\_ Time: \_\_\_\_\_



**Protest Appeal – Pencak Silat**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Country: \_\_\_\_\_ Time Informed: \_\_\_\_\_

Match Number: \_\_\_\_\_

Category: \_\_\_\_\_

Protest Appeal:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Team Manager: \_\_\_\_\_

Signature: \_\_\_\_\_



**Protest Appeal Result – Pencak Silat**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Country: \_\_\_\_\_ Time Informed: \_\_\_\_\_

Match Number: \_\_\_\_\_

Category: \_\_\_\_\_

Protest Result:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Chairman of Competition: \_\_\_\_\_

Signature: \_\_\_\_\_ Time: \_\_\_\_\_

2. Artistic – Single (Tunggal)

- Juri Assignment Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)

Pencak Silat Competition Form Assignment of Artistic Juri	Pencak Silat Competition Form Artistic Single Weapon Validity																																
 Match No. _____ Category: _____ Date: _____	 Match No. _____ Corner: <u>RED / BLUE</u> Category: _____ Date: _____																																
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%; background-color: #0000FF; color: white;">BIRU</th> <th style="width: 50%; background-color: #FF0000; color: white;">MERAH</th> </tr> <tr> <td>Name: _____</td> <td>Name: _____</td> </tr> <tr> <td>Country: _____</td> <td>Country: _____</td> </tr> </table>	BIRU	MERAH	Name: _____	Name: _____	Country: _____	Country: _____	Name: _____ 1. _____ 2. _____ Country: _____																										
BIRU	MERAH																																
Name: _____	Name: _____																																
Country: _____	Country: _____																																
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr><td>Juri 1</td><td></td><td>Juri 6</td><td></td></tr> <tr><td>Juri 2</td><td></td><td>Juri 7</td><td></td></tr> <tr><td>Juri 3</td><td></td><td>Juri 8</td><td></td></tr> <tr><td>Juri 4</td><td></td><td>Juri 9</td><td></td></tr> <tr><td>Juri 5</td><td></td><td>Juri 10</td><td></td></tr> </table>	Juri 1		Juri 6		Juri 2		Juri 7		Juri 3		Juri 8		Juri 4		Juri 9		Juri 5		Juri 10		<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Weapon</th> <th>Length</th> <th>Valid / Invalid</th> <th>Remarks</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Golok</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">Toya</td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Weapon	Length	Valid / Invalid	Remarks	Golok				Toya			
Juri 1		Juri 6																															
Juri 2		Juri 7																															
Juri 3		Juri 8																															
Juri 4		Juri 9																															
Juri 5		Juri 10																															
Weapon	Length	Valid / Invalid	Remarks																														
Golok																																	
Toya																																	
<b>Verified by</b> Dewan Name: _____ Signature: _____  Chairman Name: _____ Signature: _____  <b>Approved by</b> ITD Signature: _____	Checked by (Wasit / Juri): Name: _____ Signature: _____  Verified by (Competition Chairman): Name: _____ Signature: _____																																

Pencak Silat Competition Form Artistic Single Score Sheet for Juri								
Match No. _____		Corner: <u>RED / BLUE</u>		Category: _____		Date: _____		
Name: _____				Country: _____				
Scoring Element	Order and Details of Package							
Each move is 0.01 point  i. Details of Movement ii. Order of Movement iii. Missed Moves iv. Order of Package	1	2	3	4	5	6	7	
	7	13	18	25	31	39	50	
	8	9	10	11	12	13	14	
	57	63	75	81	86	91	100	
	Score A: 9.90 - _____ =					<b>Total Score:</b>		
	<u>Between 0.01 to 0.10</u>		Score B: _____ / 0.10					
	i. Flow of Movement							
	ii. Stamina							
	Juri No.		Juri Name		Signature			



**Pencak Silat Competition Form**  
**Artistic Category**  
**Record of Performance Duration**

Match No. \_\_\_\_\_ Corner: **RED / BLUE**  
 Category: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Country: \_\_\_\_\_

---

Performance Duration	
•	•
Minutes	Seconds
Less	More
Seconds	Seconds

Timekeeper	
Name	
Signature	

Competition Chairman	
Name	
Signature	



**Artistic Result Form for Dewan**

Event	Age Category				Date					
<b>BLUE</b>										
Name									Country	
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56
<b>RED</b>										
Name									Country	
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76
Result										
BLUE					RED					
Median	9.735	Min	Sec		Median	9.805	Min	Sec		
Penalty	0	Time			Penalty	0	Time			
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ					
Final Score	9.735	Discrepancy			Final Score	9.805	Discrepancy			
If all is draw:		SD	0.12000463		If all is draw:		SD	0.10108302		
WINNER										
Dewan (Name & Sign)										
KP (Name & Sign)										

3. Artistic – Double (Ganda)

- Juri Assignment Form
- Synopsis Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)

 **Pencak Silat Competition Form**  
Assignment of Artistic Juri

Match No. \_\_\_\_\_ Category: \_\_\_\_\_ Date: \_\_\_\_\_

BIRU	MERAH
Name: _____	Name: _____
Country: _____	Country: _____

Juri 1		Juri 6	
Juri 2		Juri 7	
Juri 3		Juri 8	
Juri 4		Juri 9	
Juri 5		Juri 10	

**Verified by**  
Dewan Name: \_\_\_\_\_ Signature: \_\_\_\_\_  
Chairman Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Approved by**  
ITD Signature: \_\_\_\_\_

<p style="text-align: center;"> <b>Pencak Silat Competition Form</b> Artistic Double Synopsis Form</p> <p>Match No. _____ Corner: <b>RED / BLUE</b> Category: _____ Date: _____ Name: _____ 1. _____ 2. _____ Country: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th>Weapon</th> <th>Number of Drop</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Golok</td> <td></td> </tr> <tr> <td style="text-align: center;">Toya</td> <td></td> </tr> <tr> <td>Additional Weapon <i>(Please name weapon):</i></td> <td></td> </tr> </tbody> </table> <p>Last movement: _____ _____</p> <p><b>Submitted by:</b> Name: _____ Signature: _____ Position: Coach / Team Manager <i>(Circle One)</i></p>	Weapon	Number of Drop	Golok		Toya		Additional Weapon <i>(Please name weapon):</i>		<p style="text-align: center;"> <b>Pencak Silat Competition Form</b> Artistic Double Weapon Validity</p> <p>Match No. _____ Corner: <b>RED / BLUE</b> Category: _____ Date: _____ Name: _____ 1. _____ 2. _____ Country: _____</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th>Weapon</th> <th>Length</th> <th>Valid / Invalid</th> <th>Remarks</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Golok</td> <td></td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">Toya</td> <td></td> <td></td> <td></td> </tr> <tr> <td>Additional Weapon <i>(Please name weapon):</i></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> <p><b>Checked by (Wasit / Juri):</b> Name: _____ Signature: _____</p> <p><b>Verified by (Competition Chairman):</b> Name: _____ Signature: _____</p>	Weapon	Length	Valid / Invalid	Remarks	Golok				Toya				Additional Weapon <i>(Please name weapon):</i>			
Weapon	Number of Drop																								
Golok																									
Toya																									
Additional Weapon <i>(Please name weapon):</i>																									
Weapon	Length	Valid / Invalid	Remarks																						
Golok																									
Toya																									
Additional Weapon <i>(Please name weapon):</i>																									

Pencak Silat Competition Form Artistic Double Score Sheet for Juri	
	<b>Pencak Silat Competition Form Artistic Double Score Sheet for Juri</b>
Match No. _____	Corner: <b>RED / BLUE</b>
Category: _____	Date: _____
Name: _____	
1. _____	
2. _____	
Country: _____	
Scoring Element	SCORE
Attack Defense Technique	SCORE
I. Quality of Technique	/ 0.30
ii. Richness of Technique	+
iii. Skill and Creativity	
iv. Logic in Executing Movement	
Firmness	SCORE
I. Harmony of athlete	/ 0.30
ii. Weapon Skill	+
iii. Power and Stamina	
Soulfulness	SCORE
I. Expression of Movement	/ 0.30
	+
	=
	9.1
Juri No: _____	
Juri Name: _____	Signature: _____

Pencak Silat Competition Form Artistic Category Record of Performance Duration	
Match No. _____	Corner: <b>RED / BLUE</b>
Category: _____	Date: _____
Name: _____	
Country: _____	
Performance Duration	
Minutes	Seconds
Less	More
Seconds	Seconds
Timekeeper	Competition Chairman
Name	Name
Signature	Signature

Artistic Result Form for Dewan											
Event					Age Category					Date	
BLUE											
Name						Country					
Juri	1	2	3	4	5	6	7	8	9	10	
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56	
RED											
Name						Country					
Juri	1	2	3	4	5	6	7	8	9	10	
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76	
Result											
BLUE					RED						
Median	9.735		Min	Sec		Median	9.805		Min	Sec	
Penalty	0	Time				Penalty	0	Time			
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ											
Final Score	9.735	Discrepancy				Final Score	9.805	Discrepancy			
If all is draw:				SD	0.12000463	If all is draw:				SD	0.10108302
WINNER											
Dewan (Name & Sign)											
KP (Name & Sign)											

4. Artistic – Team (Requ)

- Juri Assignment Form
- Timing Form
- Score Sheets
- Recapitulations (summary of results)



**Pencak Silat Competition Form**  
**Assignment of Artistic Juri**

Match No. \_\_\_\_\_ Category: \_\_\_\_\_ Date: \_\_\_\_\_

BIRU	MERAH
Name: _____	Name: _____
Country: _____	Country: _____

Juri 1	_____	Juri 6	_____
Juri 2	_____	Juri 7	_____
Juri 3	_____	Juri 8	_____
Juri 4	_____	Juri 9	_____
Juri 5	_____	Juri 10	_____

**Verified by**

Dewan Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Chairman Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Approved by**

ITD Signature: \_\_\_\_\_



**Pencak Silat Competition Form**  
**Artistic Team**  
**Score Sheet for Juri**

Match No. \_\_\_\_\_ Corner: RED / BLUE Category: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_ Country: \_\_\_\_\_

Scoring Element	Order and Details of Package					
	1	2	3	4	5	6
Each move is 0.01 point	9	18	28	37	44	52
	7	8	9	10	11	12
i. Details of Movement						
ii. Order of Movement						
iii. Missed Moves						
iv. Order of Package						
	61	72	81	85	93	100
	Score A: 9.90 - _____ =				<b>Total Score:</b>	
<i>Between 0.01 to 0.10</i>	Score B: _____ / 0.10					
Juri No.		Juri Name		Signature		



**Pencak Silat Competition Form**  
**Artistic Category**  
**Record of Performance Duration**

Match No. \_\_\_\_\_ Corner: RED / BLUE  
 Category: \_\_\_\_\_ Date: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Country: \_\_\_\_\_

---

Performance Duration	
Minutes	Seconds
Less	More
Seconds	Seconds

Timekeeper	Competition Chairman
Name	Name
Signature	Signature



**Artistic Result Form for Dewan**

Event	Age Category					Date				
<b>BLUE</b>										
Name	Country					Country				
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56
<b>RED</b>										
Name	Country					Country				
Juri	1	2	3	4	5	6	7	8	9	10
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76
<b>Result</b>										
<b>BLUE</b>					<b>RED</b>					
Median	9.735	Min	Sec		Median	9.805	Min	Sec		
Penalty	0	Time			Penalty	0	Time			
<i>Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ.</i>					<i>Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ.</i>					
Final Score	9.735	Discrepancy			Final Score	9.805	Discrepancy			
<i>If all is draw:</i>		SD	0.12000463		<i>If all is draw:</i>		SD	0.10108302		
<b>WINNER</b>										
Dewan (Name & Sign)										
KP (Name & Sign)										

5. Solo Creative

- Juri Assignment Form
- Synopsis Form
- Weapon Validity
- Timing Form
- Score Sheets
- Recapitulations (summary of results)

BIRU		MERAH	
Name:		Name:	
Country:		Country:	

Juri 1		Juri 6	
Juri 2		Juri 7	
Juri 3		Juri 8	
Juri 4		Juri 9	
Juri 5		Juri 10	

**Verified by**

Dewan Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Chairman Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Approved by**

ITD Signature: \_\_\_\_\_

BIRU		MERAH	
Name:		Name:	
Country:		Country:	

Scoring Element		SCORE	Final Score
Attack Defense Technique			9.1
i. Quality of Technique		/ 0.30	+
ii. Richness of Technique			
iii. Skill and Creativity			
iv. Logic in Executing Movement			
Firmness			
i. Harmony of athlete		/ 0.30	+
ii. Weapon Skill			
iii. Power and Stamina			
Soufulness			
i. Expression of Movement		/ 0.30	+
			=

Juri No: \_\_\_\_\_

Juri Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Artistic Result Form for Dewan											
Event	Age Category				Date						
<b>BLUE</b>											
Name	Country										
Juri	1	2	3	4	5	6	7	8	9	10	
Score	9.87	9.77	9.80	9.65	9.55	9.79	9.68	9.70	9.90	9.56	
<b>RED</b>											
Name	Country										
Juri	1	2	3	4	5	6	7	8	9	10	
Score	9.58	9.88	9.70	9.85	9.75	9.88	9.87	9.70	9.85	9.76	
<b>BLUE</b>						<b>RED</b>					
Median	9.735	Min			Sec	Median	9.805	Min			Sec
Penalty	0	Time				Penalty	0	Time			
Remarks: Time tolerance / Step Out of Arena / Uniform / Weapon / DQ											
Final Score	9.735	Discrepancy				Final Score	9.805	Discrepancy			
If all is draw: SD 0.12000463											
If all is draw: SD 0.10108302											
<b>WINNER</b>											
Dewan (Name & Sign)											
KP (Name & Sign)											

## Result Compilation Form

All forms used during the competition will need to be compiled according to each category.

1. Match (*Tanding*)
2. Artistic – Single (*Tunggal*)
3. Artistic – Double (*Ganda*)
4. Artistic – Team (*Regu*)
5. Solo Creative

Organizing committee must use the form that are provided by PERSILAT.

## Flow using the Manual Scoring

Following are the flow when the competition is using manual scoring system:

1. Competition Forms will be distributed to all the Technical Officials on duty for each of the game.
2. At the end of each game, all Juri is required to complete the Score Sheet.
3. The Running Secretariat will then go over to each Juri to collect the Score Sheet Form and submit to the Council for checking.
4. The Council will do the checking and final calculation, and then the Score Sheet will be handed over to the Chairman of Competition for verification and endorsement.
5. Chairman of Competition will then raise either the Blue or Red flag to announce the winner for that game.
6. When using the Manual Scoring System, the Juri is not required to raise the Blue or Red flag to show the point (i.e. 3-0 or 2-1) of the winner.

Sample Scoring Sheet & Collation by Council (for Match Category)

Juri will be given the forms to write the score manually.

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

MERAH		BIRU	
Total Score	Penalty	Score	Total Score
15	-1	1 1 1 1	1 1 1 1 1 1
		2 2 2 3 3	3 3 3 -1
10	-1	1 1 1 1	1 1 1 1 1 1
		2 2 2 2 3 3	3 3 3 10
9		3 3 3 3	1 1 1 1 1 1
		1 1 1 1 1 1	2 2 2 2 3 3 3 2
<b>34</b>		<b>Final Score</b>	<b>22</b>

Match Result  
Corner: Red Round: 3  
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
Juri No: 1 Signature: Siti Ayu  
Juri Name: Siti Ayu

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

MERAH		BIRU	
Total Score	Penalty	Score	Total Score
13		1 1 1 1	1 1 1 1 1 1
		2 2 3 3 3	3 3 -1 8
12	-1	1 1 1 1	1 1 1 1 1 1
		2 2 2 2 3 3	3 3 3 11
9		3 3 3 3	1 1 1 1 1 1
		1 1 1 1 1 1	3 3 3 4
<b>34</b>		<b>Final Score</b>	<b>23</b>

Match Result  
Corner: Red Round: 3  
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
Juri No: 2 Signature: P2  
Juri Name: P2

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

MERAH		BIRU	
Total Score	Penalty	Score	Total Score
16		1 2 2 2	1 1 1 1 1 1
		3 3 3 3	3 3 3 -1 11
10	-1	1 1 1 1	1 1 1 1 1 1
		2 2 2 2 3 3	2 2 2 2 3 3 3 13
10		3 3 3 3	1 1 1 1 1 1
		1 1 1 1 1 1	3 3 3 4
<b>36</b>		<b>Final Score</b>	<b>28</b>

Match Result  
Corner: Red Round: 3  
Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
Juri No: 3 Signature: Shu  
Juri Name: Shu

For athletes to earn points, points will be recorded and accepted and accepted when two out of three Juries give the points. Points will not be given if only one out of three Juries presses the button.

Council will be the one to collate the points and scores.

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

Total Score	MERAH			BIRU			Total Score
	Penalty	Score	Round	Score	Penalty	Round	
15		1 0 0 3 2 2 3 3	1	1 0 0 3 3	-1	1	10
10	-1	1 0 0 2 2 2 3 3	2	1 0 0 3 3 3		2	10
9		3 3 3	3	1 1		3	2
<b>34</b>							<b>Final Score 22</b>

Match Result: Red Corner: Red Round: 3  
 Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
 Juri No: 1 Signature: [Signature]  
 Juri Name: Siti Ayu

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

Total Score	MERAH			BIRU			Total Score
	Penalty	Score	Round	Score	Penalty	Round	
13		1 0 0 2 2 3 3	1	1 0 0 3 3	-1	1	8
12	-1	1 0 0 2 2 2 3	2	1 0 0 3 3 3		2	11
9		3 3 3	3	1 0 0		3	4
<b>34</b>							<b>Final Score 23</b>

Match Result: Red Corner: Red Round: 3  
 Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
 Juri No: 2 Signature: [Signature]  
 Juri Name: [Name]

**Pencak Silat Competition Form**  
Match  
Score Sheet for Juri

Match No. 64 Category: Match Male A Date: 3 Feb 2021

Name: JOHN WICK Name: LEE WAI LAI  
Country: USA Country: CHINA

Total Score	MERAH			BIRU			Total Score
	Penalty	Score	Round	Score	Penalty	Round	
16		1 0 0 2 2 2 3 3 3	1	1 0 0 3 3 3	-1	1	11
10	-1	1 0 0 2 2 2	2	1 0 0 3 3 3		2	13
10		3 3 3	3	1 0 0		3	4
<b>36</b>							<b>Final Score 28</b>

Match Result: Red Corner: Red Round: 3  
 Won by: Points / TKO / Absolute / Disqualification / RSC / Walk Over  
 Juri No: 3 Signature: [Signature]  
 Juri Name: [Name]

After the calculation, Council will transfer the scores to the Match Result Form, then it will be given to Competition Chairman to endorse and make the announcement.



### Pencak Silat Competition Form Match Result

Match No. 64      Category: Match Male A      Date: 3 Feb 2021

MERAH	BIRU
Name: <u>JOHN WICK</u>	Name: <u>LEE WAI KAI</u>
Country: <u>USA</u>	Country: <u>CHINA</u>

**Match Result**  
 Corner: Red      Country: USA  
 Name: JOHN WICK

Won By: Points      TKO / Absolute / Disqualification /  
                  RSC / Walk Over

Juri	Score		Winner
	Merah	Biru	
1	34	20	Red
2	32	23	
3	32	23	

Wasit: Park Lee

Compiled by Dewan:  
 Name: Mega  
 Signature: Mega

Verified by Competition Chairman:  
 Name: AHMAD  
 Signature: Ahmad

## Article 17: VAR Protest System

When a Coach Protest is made, the Council will take note of the issue and the Protest Commissioner will be informed.



Upon confirmation of the issue, the Protest Commissioner will automatically check the VAR Protest System. The system will show frame by frame shots of the match, and the Protest Commissioner will need to evaluate properly.

**The placement of VAR Protest System, Protest Commissioner & Protest Operator must not be within the perimeter of any contingent, event volunteers and/or event officials.**



There are 4 to 8 camera angles, therefore the Protest Commissioner must evaluate all angles before making an unbiased decision.

To announce the decision, the Protest Commissioner will only need to raise one of the following cards:



The Protest Commissioner will possess one set each corner to announce the decision whether it is valid or invalid. And each set of cards will have a tick (v) and a cross (x) for blue and red corner.

Requirements for the cards as follow:

- Acrylic Card (in Red & Blue)
- To be printed front and back (i.e. X & X front and back, and v & v front and back)

Following are how the Protest Commissioner showcasing their decision:

Results	Card
The Protest Commissioner accepts Red Corner Coach protest.  The protest is valid.	
The Protest Commissioner rejects Red Corner Coach protest.  The protest is invalid.	

Results	Card
The Protest Commissioner accepts Blue Corner Coach protest.  The protest is valid.	
The Protest Commissioner rejects Blue Corner Coach protest.  The protest is invalid.	

Results	Card
The Protest Commissioner did not accept the protest.  The protest is invalid for both corners.	

Results	Card
---------	------

<p>The Protest Commissioner will show the <b>following cards</b> only when there is a request from the Technical Officials (Wasit or Competition Chairman) on duty to view the VAR System.</p> <p>This is to answer on the request from the Technical Officials.</p> <p><b>*Corner Coach are not allowed to state/show their protest on the results whenever Wasit requested to view the VAR System.</b></p>	
--	--

Results	Card
<p>The Protest Commissioner will show the <b>either one of the cards</b> only when there is a request from the Technical Officials (Wasit or Competition Chairman) on duty to view the VAR System.</p>	
<p>This is to answer on the request from the Technical Officials.</p> <p><b>*Corner Coach are not allowed to state/show their protest on the results whenever Wasit requested to view the VAR System.</b></p>	

The list of equipment required for the VAR System are as below:

No.	Item	Photo	Description	Quantity
1	Zoom Q2N-4K Video Camera		To capture the action for protest For best result – 8 units	4 to 8
2	BLACKMAGIC Atem Mini Extreme		To connect 4 to 8 cameras	1
3	BLACKMAGIC Hyperdeck Studio Mini		For playback purpose	1

4	SD Card		To save the video from camera	3
5	External Hard Disk		To transfer the video	1
6	Monitor Screen		For Technical Official to review videos	1
7	Aluminum Tripod		To hold the camera at 4 to 8 angles	4 to 8
8	Laptop		To manage the system	1
9	TV Screen 55"		To project to audience	1
10	Electrical Wire and Cable		For connectivity	$n$

## Article 18: Penalty Card



### **Yellow & Red Card**

All accredited person is required to adhere to the code of ethic. Failing which, a penalty card will be issued to them.

If an issue or fights arises where a Technical Official (Chairman, Council, Wasit Juri), Team Official (Team Manager, Coaches) or Athlete breaks the code of conduct, firstly, the Air Horn will be sounded to notify on all on-going movements in the competition arena to be stopped at once.



The immediate penalty will be the yellow or red card, depending on the severity of the issue. The Disciplinary Committee will discuss further and advice the International Pencak Silat Federation on what further action to be taken.

## Code of Ethics – Technical Official

### All Wasit-Juri are:

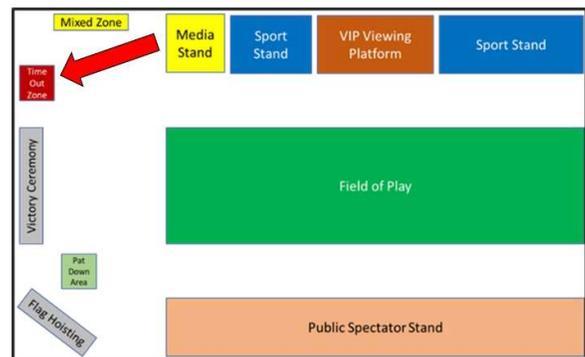
1. Binded by the International Pencak Silat Competition Rules & Regulation;
2. Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a certified Wasit-Juri of International Pencak Silat Federation;
3. Required to be aware of the new development in the game of Pencak Silat, and undertake efforts to maintain and continue learning in the skills of officiating;
4. Required to be committed by being punctual and being present throughout the competition period;
5. Needed to take instructions from the Technical Delegate and cooperate with other Wasit-Juri on duty;
6. Not allowed to make wrong decisions with intentions;
7. Required to avoid any unnecessary act that may interpreted as conflicts of interest;
8. Required to maintain personal grooming. And appear smart, with proper hairdo, neat uniform, and no accessories during game;
9. Required to be respectful and courteous to organizer or host country, fellow Wasit-Jury, athlete and officials, spectators, and members of the public;
10. Not allowed to consume any type of alcoholic beverage throughout the competition period, even when not on duty;
11. Not allowed to display temper, unethical behaviour (verbal or non-verbal abuse), physical abuse, and any other inappropriate behaviour;
12. Not allowed to engage in gambling outcome of the games where he/she is officiating;
13. Not allowed to make any unauthorized statements verbally or written to any media;
14. Not allowed to accept any types of bribery in terms of monetary or gifts from athletes and officials, organizer, or member of the public.

For Technical Officials who break the Code of Conduct

The following action will be taken against him/her accordingly:

### First offence

1. A Yellow Card will be issued
2. Offender will be escorted to the Time-Out Zone
3. Offender will need to be seated at the Time-Out Zone for a period of 3-hours
4. The Disciplinary Committee will discuss and decide for any further action to be taken against the offender



### For repeated offence

1. A Red Card will be issued
2. Will not be allowed to be on duty. And not allowed to be near the Field-of-Play (FOP) for the remaining of the event
3. Offender will not receive allowance for remaining period
4. Disciplinary Committee will advise the International Pencak Silat Federation on further actions to be taken against the offender

For any decision made against the offender, the Disciplinary Committee will discuss and decide on the further action to be taken, after getting approval from PERSILAT.

## Code of Ethics – Officials

### Team Manager/Team Officials/Country Representative is required to:

1. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
2. Know and understand fully the process and practice of the games and competitions;
3. Know and understand medical injury and medical evacuation processes;
4. Respect the rights of every individual to participate in the competition;
5. Develop a mutual relationship and understanding with athletes that is based on responsibilities (demonstrate proper personal behaviour and conduct at all times);
6. Demonstrate a positive attitude at all times throughout the competition period;
7. Be responsible for all their athletes during the competition and ensuring that safety is their first priority;
8. Not showcase any unethical or unruly behaviour (verbal or non-verbal);
9. Not to shout and show of unruly behaviour to the competition officials, organizer, or host country for any dispute on competition made;
10. No grouping up in any manner with the intent to make the championship a failure;
11. Should not threaten organizing committee / organizer, Wasit-Juri, athlete, opponents, spectators, or members of the public;
12. Should not upload on social media (Facebook, Instagram, Twitter, etc) in relation to the competition with the main intention to condemn or defame the organizing committee / organizer, running of competition, Wasit-Juri, and all others.
13. **Not allowed to march or barge into the field-of-play or competition arena throughout at any point of time. (Will be issued an immediate red card)**

### Coach is required to:

1. Educate the athletes through communicating ideas and concept of Pencak Silat competition;
2. Improve athlete technical ability by applying knowledge and skills in relation to Pencak Silat;
3. Demonstrate proper personal behaviour and conduct at all times throughout the competition period;
4. Ensure their athletes execute safe and correct techniques during games, without intention to injure opponent at illegal area;
5. Understand fully and adhere to the International Pencak Silat Competition Rules & Regulations;
6. Know and understand fully the process and practice of the games and competitions;
7. Not shout or swear to Wasit-Juri on duty that can or may spark a fight or riot amongst contingents;
8. Not influence the act or decision of the Wasit-Juri officiating the games;
9. Not threaten the off or on duty Wasit-Juri as it may result in the decision making of the Wasit-Juri.
10. **Not allowed to march or barge into the field-of-play or competition arena throughout at any point of time. (Will be issued an immediate red card)**

For Coach/Cornerman who break the Code of Conduct

The following action will be taken against him/her accordingly:

#### First offence

1. A Yellow Card will be issued either by Wasit, Competition Chairman, Technical Delegate
2. Will not be allowed to be on duty for its team for the next three (3) games – for Coach
3. Will not be allowed to be on duty for its team for the remaining days of the competition – Team Manager

For repeated offence/Immediate Red Card

1. A Red Card will be issued either by Wasit, Competition Chairman, Technical Delegate
2. Will not be allowed to be on duty for its team for the remaining of the event
3. Offender will be barred as official on-duty for at least two (2) future major competitions (World Championship, Asian Championship, Asian Games, SEA Games & Invitations recognised by International Pencak Silat Federation)

Code of Ethics – Athlete

All Competitors are believed to:

11. Binded by the International Pencak Silat Competition Rules & Regulation during games;
12. Required to uphold the integrity of the International Pencak Silat Competition Rules & Regulation, the name of Pencak Silat, and as a Pesilat;
13. Required to be aware of the new development in the game of Pencak Silat, and undertake efforts to understand the point system;
14. Be worthy of trust in all they do (trustworthiness);
15. Live up to high ideals of ethics and sportsmanship and always pursue victory with honour (integrity);
16. Live and compete honourable, such as; do not lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct (honesty);
17. Fulfil commitments, such as; do what they say they will do (reliability);
18. Treat all people with respect all the time and require the same of other fellow *pesilat*;
19. Do not engage in any disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport;
20. Treat games and its Wasit-Juri with respect, by not complaining about or arguing with Wasit-Juri calls or decisions during or after the game.
21. Not allowed to march or barge into the field-of-play or competition arena throughout at any point of time. (Will be issued an immediate red card)

For Athlete who break the Code of Conduct

The following action will be taken against the athlete accordingly:

First offence

1. A Yellow Card will be issued by Wasit
2. 20 points will be deducted immediately from points the athlete has scored in the current game
3. Athlete is still allowed to continue with the game

For repeated offence/Immediate Red Card

1. A Red Card will be issued Wasit
2. Offender will be disqualified immediately
3. Athlete is not allowed to continue with the remaining game (if any) throughout the competition days
4. Athlete will be barred from representing its country for a period of one-year

*For Others (Spectators, Supporters, etc) who break the Code of Conduct*

The following action to be taken as follow:

1. Upon an initial incident of verbal abuse directed towards technical officials on duty during on-going match, any athletes and/or officials, Wasit will stop the on-going game. ITD/ATD will then proceed to Team Manager to notify about the incident, to warn the Team Manager, and allowing the Team Manager to advise their team. This is with issuance of a Yellow Card to the Team Manager.
2. If incident occurs, will cause for stoppage of the match, and on duty Competition Chairman will immediately stop the game and sound the air-horn. All movements in the Competition Arena to be stopped at once.
3. Security Team will be notified to remove the involved external supporters/spectators out of the Competition Venue.

A fine will be issued if the following takes place:

1. Verbal Abuse
  - a. Hurling Vulgarities
  - b. Name Calling
  - c. Insulting
2. Physical Abuse
  - a. Starting a fight
3. Abusive Hand Gesture
  - a. Middle Finger
  - b. Etc
4. Destruction of Property
  - a. Damaging competition equipment

## Article 19: Medical Protocol



### Medical Standby

For one arena, following are the requirement needed throughout a competition:

No.	Item	Quantity
1	Room	1
2	Tables	1
3	Chairs	3
4	Ambulance	1
5	1 Team	1 Doctor 2 Paramedic 1 Ambulance Driver
6	Stretcher	1
7	Wheelchair	1
8	Medic Bag	1
9	Medic Bed	2
10	Ice Box	1
11	Plastic Wrap	1 roll

## Medic Bag

No.	Item	Quantity
1	Waterproof Dressing Strip 7.5cm x 1m	1
2	Microporous Tape 1.25cm x 10m	1
3	Instant Hot Pack	1
4	Instant Ice Pack	1
5	Sterile Moist Cleansing Wipes (pack of 10)	1
6	Non-sterile Disposable Triangular Bandage 90cm x 90cm x 130cm	1
7	Low-adherent Absorbent Dressing Pad 5cm x 5cm	1
8	Low-adherent Absorbent Dressing Pad 7.5cm x 7.5cm	1
9	Tuff-Kut Scissors	1
10	Green Plastic Tweezers 11.5cm	1
11	Nitrile Powder-free Gloves, Medium (pairs)	1 box
12	Eye Wash Bottle 250ml	1
13	Hand Sanitizer 500ml	1
14	Face Shield	1
15	Burnshield® Burn Blott Sachets 3.5g	1
16	Washproof Plasters, Standard Clear Assorted Sizes	2 packs of 10
17	No. 16 Sterile Eye Pad Dressing	1
18	Medium HSE Sterile Dressings 12cm x 12cm	2
19	Large HSE Sterile Dressings 18cm x 18cm	1

## Competition's Doctor

1. Every competition must have a medical team on standby which consist of the following: Doctor, Paramedic, Ambulance Driver, Ambulance on standby.
2. Medical Team need to undergo briefing and training before they can be on duty during games. Medical Team must be present throughout the competition.
3. At the request of the Wasit, the medical team will enter the arena to examine, treat and evaluate an Athlete's injury.
4. The processes are as below:
  - a. The Medical Team will enter the arena when the Wasit request for evaluation and/or assistance in evaluation and treating and injured athlete.
  - b. The Medical Team will be given a maximum of five minutes for treatment
  - c. The Medical Team should bring gloves, oro-pharyngeal tube, clean gauze pads, and a penlight into the Arena.
  - d. The Medical Team must perform an independent evaluation on the injury and must not let Athlete influence any decision.
  - e. If athlete is unfit, the Medical Team need to clearly show the "NO-GO" sign by crossing their arms twice above their head.
5. The result of the Medical Team evaluation will determine if the Athlete can continue the match.
  - a. If Athlete is not fit to continue with current match, the Medical Team will need to re-evaluate the Athlete before their next match.
  - b. If Athlete fails to clear the re-evaluation, they will not be able to compete in the next match.
6. If the Medical Team deems that the athlete is unfit to continue with the match, they must mention the reason for the decision.
7. The decision by the Medical Team is final.

#### Ambulance on Standby

1. There must always be at least one ambulance on standby.
2. The ambulance must arrive before the start of the first match.
3. The ambulance may only leave the venue after all contingents leave the venue.

4. There must be proper and near-by parking space for the ambulances just outside the hall.
5. Ambulance staff must have ALS (Advanced Life Support) skills

### Medical Team Evaluation

The medical team is usually asked to examine 1 of 4 conditions:

1. Cut
2. Nosebleed
3. Unsteadiness, balancing problem after a blow to the head
4. Some other injury like shoulder, knee, ankle, etc.

### **Cuts**

When evaluating a cut, the Medical Team must consider the:

1. Length of Cut
2. Depth of Cut – abrasion, epidermal, dermal, sub-dermal
3. Is it a Dry Cut (not bleeding or only slightly) or a Bloody Cut?
4. Location

Occasionally, a cut will be in an area where deep structures may be injured. In Pencak Silat, it is still unusual to have to stop a match unless lacerations are quite deep and severe.

### The Medical Team has the following possible decisions to make:

1. Let the match continue if the cut is treated and dressed to stop the bleeding.
  - a. Vaseline to be used to cover the cut and stop the bleeding
  - b. No injury bandages allowed as it disrupts the flow of the match.
2. Most cuts will not require the match be stopped. The Medical Team must evaluate the cut and consider the following:
  - a. Is there significant bleeding? Stop the bout if there is an arterial bleed or extensive venous bleeding.
  - b. Is there a transdermal cut over important structures such as the supraorbital nerve, the supratrochlear?
  - c. Nerve, etc.
  - d. Does the bleeding affect the Athlete's Breathing or Vision?

If the answer to any of these considerations is YES, then a match should be stopped.

If not, the match can continue, but the wound must be continuously observed.

### **Nosebleeds**

An athlete can continue to compete with a nosebleed unless there is one of the following conditions:

1. Arterial bleed from the nose
2. Excessive venous bleeding
3. Septum Hematoma
4. Naso-ophthalmo-ethmoidal Fracture
5. Extreme pain from a fracture Nosebleeds usually occur after injury to vessels in the Kiesselbach plexus in the anterior nasal septum region (anterior nose bleeds).

Occasionally, epistaxis can have a posterior origin and these bleedings, though rare, can be difficult to manage. Epistaxis is usually caused by local trauma or irritation but can be associated with systemic conditions such as a coagulation disorder or hypertension – these conditions should be excluded in the medical examination.

“Management of Nosebleed: If there is a venous bleed, compress both nares and observe if the Athlete winces with pain. If so, there is probably a fracture present and the Athlete should be removed from the Arena for further examination at the medical room. If the Athlete does not seem to be in pain, continue to exert pressure on the nares and inspect the mouth for blood. The presence of blood in the back of the mouth or behind the uvula and soft palate indicates significant, and possibly posterior, bleeding and the Athlete should be removed from the Arena for further examination. If the Athlete is stable, there is no sign of arterial bleeding, the athlete is not in pain and the bleeding ceases after compression of the nares, make a quick concussion assessment and if OK, the Athlete may continue (in Pencak Silat this examination is rudimentary as the time allowed does not allow the Medical Team to conduct a proper evaluation).”

### **Concussion/Head Blow**

A Referee should stop a match if the Athlete is demonstrating signs of altered consciousness. Occasionally, the Medical Team will be called to evaluate an Athlete for Concussion.

It is not possible for a Medical Team to conduct a proper Concussion Evaluation on an Athlete in the short evaluation period. Therefore, the Medical Team must:

1. Evaluate the Athlete’s state immediately after the blow – stunned, unbalanced, uncoordinated.
2. Evaluate the Athlete’s approach to corner – unbalanced, swaying and abnormal?
  - a. Is the Athlete disorientated, vacant or dismayed?
3. Check Pupils – equal, reactive, nystagmus
4. Check for signs of cranial nerve weakness,
5. Speak to athlete – are responses adequate – incorrect, slurred?
  - a. This is difficult to assess if the Doctor and the Athlete do not speak the same language
6. Conduct balance test

“If the Medical Team has any indication that the Athlete’s response is abnormal or there is a suspicion of a concussion – the match must be stopped, and the Athlete sent to the Medical Room for a Concussion Evaluation.”

### **Management of a “Down Athlete” in the Arena**

The Wasit will always call the Medical Team into the Arena if there has been a Knock-Out (KO) or serious injury to an Athlete. The Medical Team should enter the Arena as soon as possible and go straight to the fallen Athlete.

### **Unresponsive Athlete without spontaneous respiration (Non-Convulsing)**

If an Athlete has fallen to the floor ground

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. If not breathing spontaneously – perform a chin lift and jaw tilt
  - i. Look for a sign of broken teeth
4. If still not breathing spontaneously, initiate CPR and prepare AED.

### **Unresponsive Athlete with spontaneous respiration (Non-Convulsing)**

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. Evaluate responsiveness quickly, Check pupils
4. Clear airways, observed for broken teeth
5. If not able to hold mouth open – chin lift/jaw thrust
6. Cervical protection – inline cervical protection
7. Log Roll into recovery position
8. Once the support staff arrives, roll Athlete’s back onto a scoop stretcher then into a basket stretcher and transfer Athlete from Arena to Medical Room

### **Convulsing Athlete’s Convulsions/seizures**

Are not usually dangerous and few athletes, if any, suffer sequelae after a convulsion – if the convulsion was post-traumatic and that there is no serious brain pathology. Convulsions are not common in Pencak Silat but can be dramatic. Post-traumatic convulsions usually occur within 2 seconds of impact and can last for some seconds to several minutes. Convulsions that last several minutes should cause more concern and if approaching 5 minutes, sedatives must be administered – usually 5 mg Diazepam intravenously per minute until the seizure stops (10 – 20 mgs usually suffices) or Midazolam 5 mg buccal. Avoid giving rectal doses in the Arena. Should the convulsions not cease after the first administration of sedatives a repeat dose can be administered after 10 minutes. All Athletes who have received a head blow and who later get a convulsion must be sent to a neurological unit for further examination. Despite this, post-traumatic convulsions are not necessarily associated with structural brain damage or with the development of epilepsy and have a good outcome and there seems to be little evidence of long-term cognitive damage for single episodes.

Sometimes the athlete awakes and reacts aggressively – be aware of this. Once the athlete recovers, check the pupils and check light reflexes. The Athlete leaves the Arena with support and must undergo an examination in the Medical Room before being sent to hospital for further examination.

Treatment Unconscious Convulsing Athlete in the Arena:

1. Enter the Arena
2. Remove body protector and mouth guard (if any)
3. If possible – Clear airways
4. Observe athlete while convulsing
5. If convulsion is approaching 5 minutes – danger of status epilepticus – Athlete needs sedative
6. IV Diazepam! Buccal Midazolam
7. Cervical protection – inline cervical protection – Log Roll
8. Roll Athlete back onto Backboard – Secure – Transfer supporting neck and airway

### **Removing a Seriously Injured Athlete from the Arena**

Perform any necessary lifesaving treatment in the Arena. If the patient is stable, then secure and immobilize the patient before transporting out of the Arena directly to the ambulance. Repeat a full Primary Survey in the ambulance before departing. Ensure that an IV line has been inserted. There is no point in taking a seriously injured athlete to the Venue Medical Room as this will just delay treatment. If a spinal injury is suspected, then extra attention must be given to spinal immobilization. If the patient is unconscious ask the coach, trainer, teammates or bystanders if they have any relevant information before leaving the venue.

Do not, under any circumstances, be pressurized by team officials into moving a seriously injured patient if you believe that movement would compromise life or limb however a rapid and safe extrication to a safe area is usually the best course of action. If an Athlete is unable to walk from the Arena, then assistance should be offered, or the Athlete should be carried. Athlete will usually decide themselves if they are incapable of walking unassisted but should be encouraged to lie down and wait for the stretcher if there is the potential for serious injury or lower extremity fracture. Carrying a casualty from the Arena needs training and repeated practice if it is to be carried out without injury to the athlete or the carrying team. Ensure that the equipment to be used is adequate for the size and weight of the athlete to be evacuated and that the team carrying the athlete is physically capable of lifting and carrying the casualty.

The Field of Play (FOP) medical team leader must coordinate and supervise the evacuation. The evacuation route must be as direct as possible and must not include stops to allow the carrying team rests or changes of position, as necessary.

### **Knock-Out (KO) or Technical Knock-Out (TKO)**

All athletes who have lost by KO or TKO, unless they have been transferred to hospital, must report to the Medical room for a medical examination. The Medical Team will decide if a Sport Concussion and Assessment Tool (SCAT) 5 evaluation needs to be performed.

**Knock-Out** is a fight-ending, winning criterion in several full-contact combat sports, which involves striking (valid or legal). The term is often associated with a sudden traumatic loss of consciousness caused by a physical blow.

**Technical Knock-Out** or stoppage by Wasit, is declared when the Wasit decides during the round that the competitor cannot safely continue the match for any reason. It can also be declared by the Medical Team on duty attending to the competitor.

### **Evaluating a Head Injury**

All Athlete who have suffered a potentially serious head blow after a Technical Knock-Out or Knock-Out, who have received multiple head blows during the match must be examined in the Medical Room after leaving

the Arena. The Medical Team will conduct an immediate Head Injury evaluation and if OK, a Concussion evaluation. It is often better to wait 30-minutes after the Head Injury Evaluation before conducting a concussion evaluation as many findings may be delayed. In such cases a Sport Concussion and Assessment Tool (SCAT) 5 Card must be completed. The Medical Team must note an appropriate restriction period for the athlete to return to sport.

### **Sending an Athlete to Hospital**

If an Athlete is sent to hospital, the Medical Team must get the name of that hospital and be in contact with the Paramedic that accompanies the Athlete. If the Paramedic does not speak English, then the Athlete must also be accompanied by an English-speaking volunteer. In case of a head injury, ensure that the hospital has Computed Tomography (CT Scan) facilities.

**In summary, following are the common injuries prone to happen to a Pencak Silat Competitor during games:**

1. **Dislocation or Dislodge**
  - a) Toe
  - b) Finger (phalanges and metacarpal bones)
  - c) Elbow
  - d) Shoulder
  
2. **Fracture**
  - a) Wrist
  
3. **Knee Injury**
  - a) Anterior Cruciate Ligament (ACL)
  - b) Posterior Cruciate Ligament (PCL)
  - c) Medial Collateral Ligament (MCL)
  - d) Lateral Collateral Ligament (LCL)
  - e) Tendon Tears
  - f) Meniscus Tears
  
4. **Cuts**
  - a) Eyebrows
  - b) Lips
  - c) Between toes & fingers
  - d) Cheekbone
  
5. **Concussion**

## Article 20: Front of House & Back of House

When running a Pencak Silat event, there are 2 main areas that you are required to focus on:

1. Front of House (FOH)
2. Back of House (BOH)

### Article 20.1: Front of House

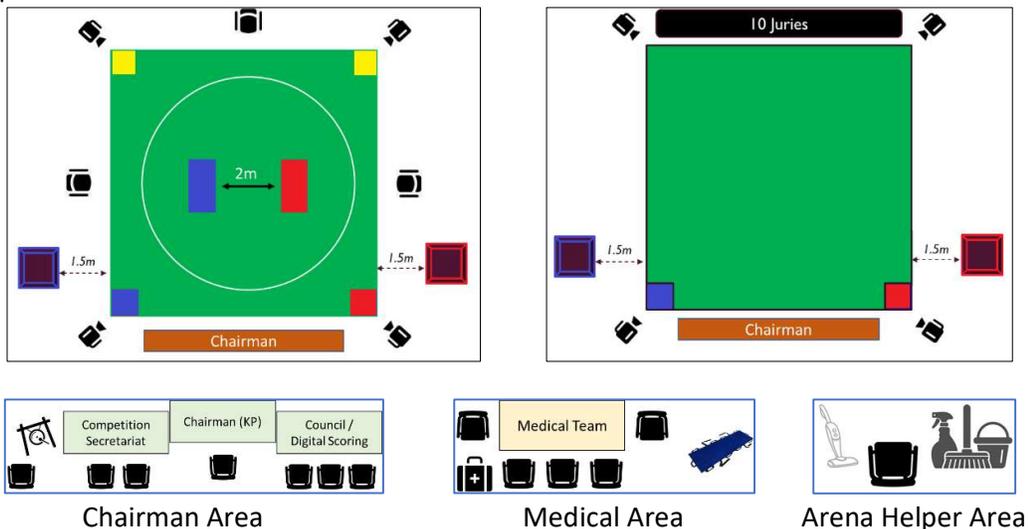
Front of house, or FOH, is a quick way of referring to the front part of an event. The term usually means all the public area of the event, which includes the following:

1. Field of Play (FOP)
2. Sport Stand
3. Public Spectator Stand
4. Media Stand
5. VIP Viewing Platform
6. Mixed Zone
7. Pat Down Area
8. Victory Ceremony Area
9. Time out Zone
10. Pop Up Changing Room

#### Field of Play (FOP)

In Pencak Silat, the FOP refers to the Competition Arena. Spectators are not allowed to be in the FOP. A standard FOP for Pencak Silat includes the following:

1. 10m by 10m Puzzle Mattress (Approved by PERSILAT)
  - a. 92 Green, 3 Red, 3 Blue, 2 Yellow
2. Table for Competition Chairman, Council, Secretariat Team
3. Table for Medical Team, fully equipped with Medical Items
4. Arena Helper



### Sport Stand

Sport stand is the designated seating area for contingent that is registered and has an accreditation pass. For major event, the contingent will be separated from the public due to security reasons.

### Public Spectator Stand

Public spectator stand is the designated seating area for the public. Whether the event is ticketed, or free, the public will be separated from the contingent.

### Media Stand

Media stand is the designated seating area for all medias, reporters, photographers, etc. This area is usually situated near the mixed zone, so if they want to interview an athlete, they can approach them as they leave the FOP and wait for them at the mixed zone.

### VIP Viewing Platform

The VIP viewing platform is for Guest of Honour, invited guest, and other important or relevant individual. This platform, or stage, will be elevated for the guest to have a full view of the Field of Play.



### Mixed Zone

The mixed zone is where Athletes meet with the media after they finished competing at an event. The media generally conduct short interviews with the athletes here.

### Pat Down Area

Pat-downs consist of a hands-on search of the athletes for unallowable items. Several factors must be checked by the pat down officer:

1. Uniform
2. Groin Guard
3. Accessories or Jewelleries
4. Fingernails
5. Body Protector
6. Any Hard Material Guards
7. Female Athlete with Hijab

### What do a Pat Down Officer have to do a thorough check?

1. Check body, arms, and legs for any use of illegal or sharp items. Only the following optional protective equipment is allowed:
  - i. Mouthpiece / Mouthguard
  - ii. Step shin guard (No soccer shin pad allowed)
  - iii. Forearm guard
  - iv. Hand wrap using Kinesio tape (Boxing hand-wrap not allowed)
2. Check for piercings on lips, nose, ears, eyebrow, etc.
  - i. Athletes are required to remove all piercings
3. Check for additional accessories like rings, wrist bands, bracelets, necklaces, etc.
4. Make sure athlete is wearing the compulsory protective equipment
  - i. Vest is worn properly
  - ii. Groin Guard
5. Make sure athlete fingernail and toenail are short.
6. For female athlete:
  - i. Not wearing tudung: No hair pins, hair clips, or any additional hair accessories other than hair tie.
  - ii. Wearing tudung: Only black coloured and must be tucked in and tied knots. No safety pins, brooches, or any sharp accessories.
7. Ask verbally:
  - i. Do you have an extra set of uniform and silat pants with no pockets on standby?
  - ii. Do you wear contact lens? If yes, do you have an extra pair or sports goggle on standby?

### Victory Ceremony Area

The victory ceremony area must include the following items:

1. Winners Podium
2. Winners Backdrop
3. Flag Hoisting (With Joint Bronze)



### Time Out Zone

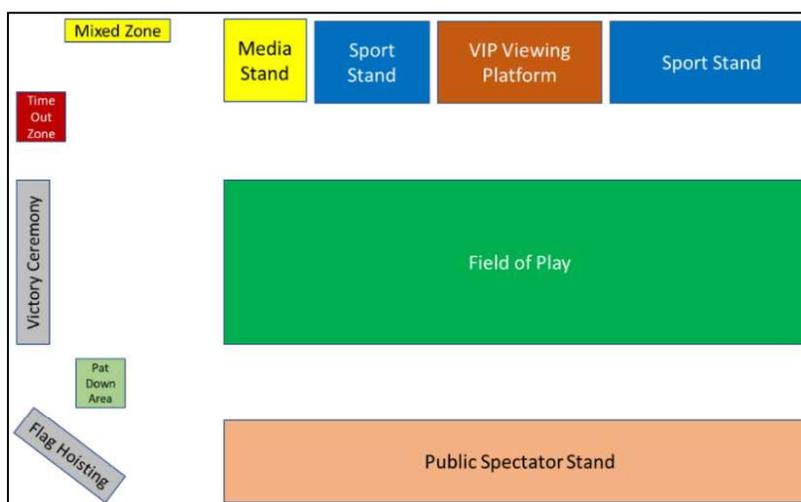
The Time Out Zone is where the Technical Officials will be placed for a period of 3 hours if they receive a yellow card from the Disciplinary Committee for breaking the Code of Ethics. The zone will need chairs and barricade.

### Pop-Up Changing Room

The Pop-Up Changing Room is placed at the Front of House specifically to be used for the athlete who needs to change their Silat uniform (either top or bottom) during the game.



## Sample Floorplan for Front of House



### Article 20.2: Back of House

Back of house, or BOH, is the part of the event that the public do not see.

The Back of House includes the following:

1. Technical Officials Room
2. Technical Delegate Room
3. Competition Secretariat Room
4. Victory Ceremony Room
5. Weigh-in Room (Male & Female)
6. Medical Room
7. Overall Operation Room
8. Body Protector Collection Area
9. Athlete's Holding Area

#### Technical Officials Room

All Technical Officials not on duty are required to stay in the Technical Officials Room. The room will be equipped with the following:

No.	Item	Quantity
1	Table	4
2	Chair	30
3	LED Screen / TV	2
4	Refreshments (Food & Drinks)	For total number of TO on duty.
5	Competition Schedule	2

#### Technical Delegate Room

When resting, the technical delegates can rest in their room. The technical delegate room will be equipped with the following: Tea-time snacks, coffee and tea, competition schedule (printed and pasted on the wall), screening of the ongoing match, WiFi connection.

#### Competition Secretariat Room

The Competition Secretariat Room is where all the daily schedules are prepared and printed. The competition secretariat will need the following: double sided photocopier machine, printer, paper, pen, stapler, paper clip, binder clips, calculator, WiFi connection.

#### Victory Ceremony Room

The victory ceremony room will be where the medals, mascots, trophy, certificate and other awards be kept. On top of the awards, the medallist flag for the flag hoisting will also be kept, ironed, and prepared in the room. The room will require the following: medal tray, steam iron, hangers, clothing rack.

#### Weigh-in Room (Male & Female)

As athletes can strip down completely naked for weigh in now, it must be done in a close room. The room will require the following:

No.	Item	Quantity
1	Table	3
2	Chair	3
3	Weighing Machine (Calibrated)	1
4	Body Protector	5 Pair Each
5	Competition Schedule	2
6	Re-weighing Form	2
7	Weigh Category Chart	2
8	Name List of Competitors	2
9	Pen	3
10	Red & Blue Sash	5 Pair Each

### Medical Room

The medical room will be used when an injured athlete requires further medical evaluation. The room will be equipped with the following: portable medical bed, partition screen, medical necessity.

### Overall Operation Room

The overall operation room is where the organizing committee will be resting during break. The room will require the following: Printer, Wi-Fi connection, Power-point, etc.

### Body Protector Collection Area

Athletes will collect their body protector about 15 minutes before their match. The body protector collection area will need the following: Competition schedule, body protector of all sizes.

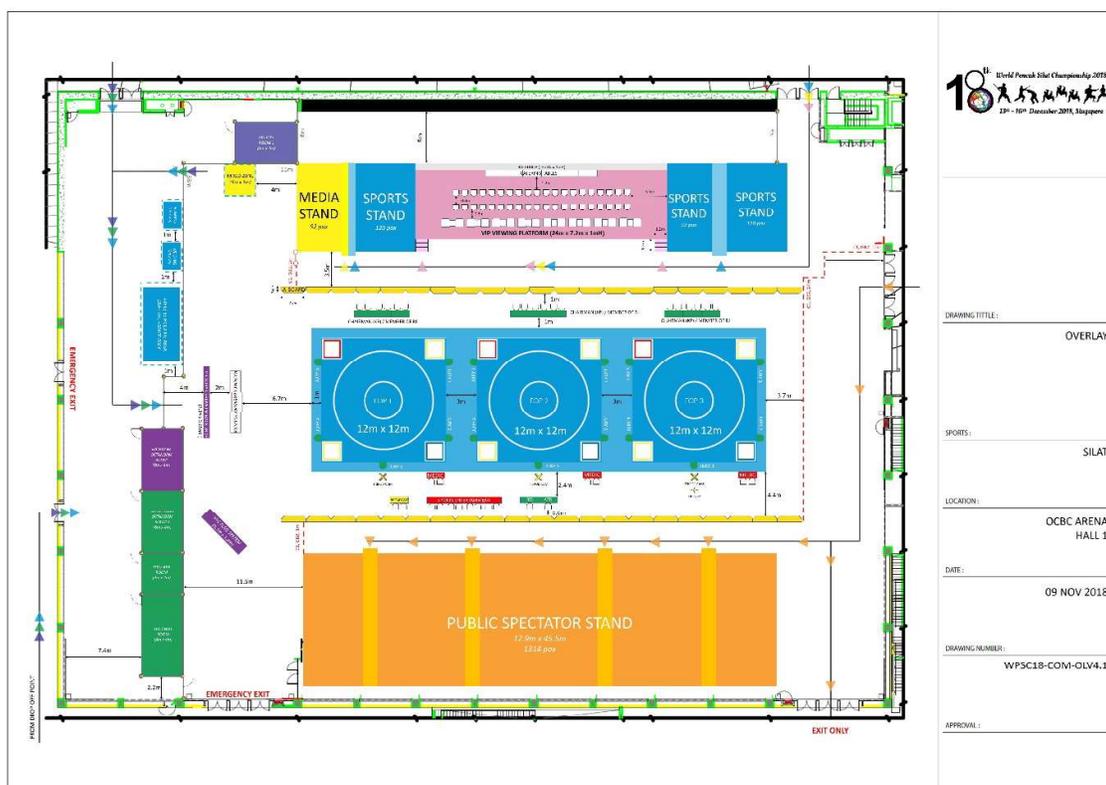
### Athlete's Holding Area

The Athlete's Holding Area is an area where athletes are gathered before they proceed to the Field of Play or also known as place for Pat-Down Checks.

In this area, the athletes will prepare for their match, accompanied by the Corner Coach.

Before going to the arena, the athlete will be checked on by Pat-Down Official on the body protector, guards, mouth-piece guard, nails, etc. The area needs the following equipment: chairs, signages, etc.

### Sample for Full Layout (BOH & FOH)



### Effective Communication Between the Front and Back of House is Key

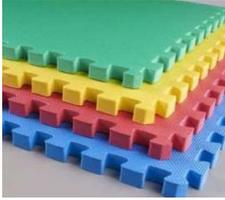
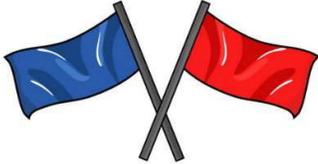
A quite typical problem is a lack of communication and animosity between the back-of-house and front-of-house. Often, when things go wrong during busy periods, the FOH blames the BOH, and vice versa.

Usually, this comes down to a break-down in the lines of communication.

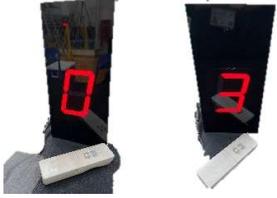
Many event companies use an expeditor to help with this problem. An expeditor is a liaison between the BOH and FOH and works to make sure the event runs smoothly. In simpler term, a floor manager. The floor manager will handle the flow of the event, and conduct briefings prior to start of event including the BOH and FOH leaders, to ensure that the communication line is clear.

### Article 20.3: List of Competition Equipment

Following equipment are estimated items used based one (1) competition arena. Set-up may vary on each Pencak Silat event.

No.	Equipment	Qty	Photo
1	Arena Mattress (5CM) 92 Green, 2 Yellow, 3 Red, 3 Blue	1	
2	Warm Up Area Mattress (5CM) 10m by 10m	1	
3	Gong & Striker	1	
4	Red & Blue Flag <i>Only used for manual scoring</i>	3	
5	White Pylox Spray Paint	5	
6	String & Chalk	8m	
7	Round Light	1	
8	Result Light	1	

9	Microphone	2	
10	Stopwatch	2	
11	Air Horn*	1	
12	Clapper (Wooden)**	1	
13	Tables	12	
14	Chairs	25	
15	Power Cables (Multi Cable)	5	
16	Calculator Scientific Calculator	12	

17	Pens	2 Box	
18	Laptop	2	
19	Printer & Photocopier	1	
20	Coach Box (Red and Blue)*** 0.8m x 1.5m (height & width)	2	
21	Projector & Screen	1	
22	Weighing Machine (Calibrated)	2	
23	Countdown Timer**** (Will be used together with item 10 – stopwatch – in dropping technique processes)	1	
24	Body Protector 5 Pair Per Size		

25	Pail / Bucket Red & Blue (To be placed at Red & Blue Corner and at Coach Corner)	4	
26	Floor Towel Red & Blue	1	
27	Mop with Bucket (To clean and clear any vomits, blood, etc in the arena)	1	
28	Disinfectant Spray (To disinfect after cleaning is done)	1	
29	Black Towel (To clean and clear any vomits, blood, etc in the arena)	2	
30	Winner Podium	1	
31	Flag Raising <i>For Victory Ceremony</i>	1	
32	Medals Gold, Silver, Bronze		

33	Trophy Best Male Athlete, Best Female Athlete, Best Wasit Juri	3	
34	Overall Champion Trophy 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Placing		
35	Certificate		

All accredited person involved in the Pencak Silat event is binded by the International Pencak Silat Competition Rules & Regulation during games period.

Anyone who are found to be involved in damaging or destroying the competition equipment throughout the competition period will be charged and required to pay the organizer or host country on the damages occurred immediately.

## Additional Item – Air Horn



### **\*Item 12 – Air Horn**

New inclusion to the list of competition equipment. To be used as follow:

1. Air horn will be horned if a fight breaks out during the event.
2. All arenas will be put on hold immediately until the situation is cleared.
3. Air horn to be handled by the Competition Chairman only.

If an issue or fights arises where a Technical Official (Chairman, Council, Wasit Juri), Team Official (Team Manager, Coaches) or Athlete breaks the code of conduct, firstly, the Air Horn will be sounded to notify on all on-going movements in the competition arena to be stopped at once.

### Additional Item – Clapper



### **\*\*Item 13 – Clapper**

New inclusion to the list of competition equipment. To be used as follow:

1. A clapper will clap at fifty (50) seconds during break in between rounds.
2. Upon hearing the clapper, Wasit must call both athletes from the red and blue corner to the centre of the arena.
3. To be handled by timekeeper.

### Additional Item – Coach Box



#### **Dimension of the Coach Box**

Height : 0.8-metre

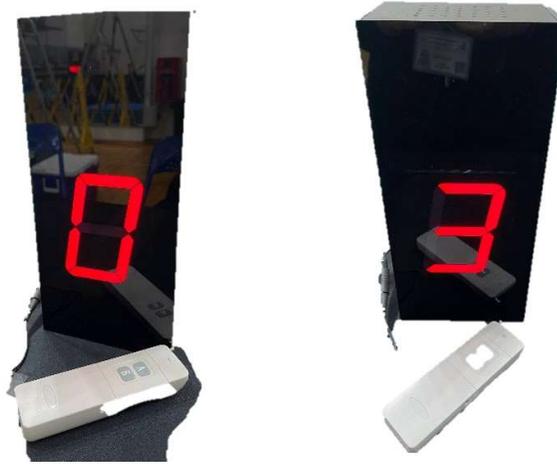
Width : 1.5-metre

#### **\*\*\*Item 21 – Coach Box**

New inclusion to the list of competition equipment. To be used as follow:

1. There will be an allotted space for the Corner Coach on duty to stand/sit at the corner of the competition arena.
2. Where the Corner Coach can do his/her protest there.
3. The coach box will be situated at least 1.5-metre away from the Red/Blue corner.

### Additional Item – Countdown Timer



#### **\*\*\*\*Item 23 – Countdown Timer**

New inclusion to the list of competition equipment. To be used as follow:

1. The device will be placed in front of appointed Technical Official on duty (sit external). Where he/she will assist the Wasit to count the 5-second's ruling upon witnessing the athlete in process to perform dropping technique (inclusive of pulling, tugging, locking).
2. Chairman will also be required to have Stopwatch placed in front of him.
3. Upon seeing the process of dropping, assigned Technical Official will need to click on the Start button at the device.
4. At 5-seconds, Wasit is required to stop the game with "Ti" as dropping process is given 5-seconds duration after hearing the alert/notification.

(Reference from page 118 on A-ba Invalid Drop)

*Upon witnessing the process of athletes performing all valid dropping techniques (inclusive of pulling, tugging, locking) the appointed on-duty Wasit (sit external) will immediately start the counting of 5-seconds through a countdown timer or device. The on-duty Wasit will sound the alert/notification on the count of five, to notify the Wasit on the ground.*

- a. *Wasit will show the "Invalid Drop" if the dropping technique is unsuccessfully performed within the 5 second's rule.*
- b. *Should the dropping technique be successful, the Council will continue to record the point.*

#### Article 20.4: List of Manpower (Technical Officials)

Following are the required amount of manpower for International Technical Officials to be on duty for one (1) Field-of-Play or Arena.

Should the Host Country or Organizer decided to have more than one (1) arena, they are required to multiply the number of manpower required accordingly.

S/N	Role	Pax Required	Remarks
1	International Technical Delegate (ITD)	1	To oversee the management of a Pencak Silat competition and its Technical Officials.
2	Assistant Technical Delegate (ATD)	1	Assisting ITD accordingly.
3	Technical Chairman	1	Liaison person between Organizer and Technical Delegate.
4	Competition Chairman (Ketua Pertandingan)	5	Manage and be responsible for the smooth running of the competition.
5	Council of Wasit-Juri (Dewan)	5	In-charge of the deployment and appointment of Wasit & Juri to their respective matches.
6	Protest Commissioner	4	Focus on VAR System & make decision on protest.
	Operator	2	Manage & handle the system.
7	Wasit & Juri	15	Conduct the matches. Give points to valid attacks.
8	Pat Down Officer	4	Hands-on search before athlete entering the arena.
9	Scoring System Operator	2	Manage & handle the scoring system throughout the running of the matches.
		1	

## Article 21: Safe Sport for PERSILAT

### **Safe Sport**

**Definition** Based on the International Olympic Council's Consensus Statement development in 2016, Safe Sport is defined as "an athletic environment that is respectful, equitable and free from all forms of harassment and abuse (non-accidental) violence".

Types of Harassment and Abuse that all persons should stay away from:

#### **1 Discriminatory Harassment**

1. Racial Harassment
2. Gender Harassment
3. Religious Harassment
4. Disability-Based Harassment
5. Sexual Orientation-Based Harassment
6. Age-Based Harassment

#### **2 Personal Harassment**

1. Inappropriate comments
2. Offensive jokes
3. Personal humiliation

#### **3 Physical Harassment**

1. Physical attacks or threats

#### **4 Sexual Harassment**

1. Unwanted sexual advances conduct or behaviour.
2. Sharing sexual photos (pornography)
3. Posting sexual posters
4. Sexual comments, jokes, questions
5. Inappropriate sexual touching
6. Inappropriate sexual gestures
7. Invading personal space in a sexual way

#### **5 Verbal Harassment**

##### Purpose:

1. To protect the interests of staff, athletes, coaches, volunteers and technical officials in our sport from harassment and abuse.

2. To outline the principles that guide our approach to safeguarding and protecting staff, athletes, coaches, volunteers and technical officials.
3. To adopt practices and outline standards.
4. To establish a safe sport culture that is understood, endorsed and put into action by staff, athletes, coaches, volunteers and technical officials who work for, volunteer or access our activities, courses, events and programmes.

Responsibilities:

The organization is responsible for the development and endorsement of PERSILAT's Safe Sport Commitment. It delegates the implementation of the policy to the five (5) Regional Chairman. The role of each entity in relation to the development and compliance of PERSILAT's Safe Sport Commitment is detailed below;

Management Committee of PERSILAT:

- 1) Promote the commitment to this policy and its expectations.
- 2) Support policy review on an annual cycle as a minimum or at a time governed by legislation, regulations or organizational learnings that promote a change to the policy and all relevant procedural guidelines.
- 3) Ensure compliance to the policy via an inbuilt review mechanism
- 4) Ensure adequate resources are allocated to allow for the development and effective implementation of this policy.
- 5) Develop opportunities for regular discussion at all levels to support a culture of openness and continued improvement and accountability towards safe sport
- 6) Advocate and promote safe sport, empowering and engaging stakeholders (staff, athletes, coaches, volunteers and technical officials in support of this policy and its expectations.

Staff and Board Members:

- 1) Maintain a full understanding of the commitments and expectations of this policy, as well as all other policies relevant to safe sport.
- 2) To undertake any induction and training anticipated in this policy.
- 3) To take action to protect staff, athletes, coaches, volunteers and technical officials from all forms of harassment and abuse.
- 4) To assist in creating and maintaining a sport safe culture and a culture of inclusion.

Commitment:

PERSILAT is committed to ensuring the safety and wellbeing of staff, athletes, coaches, volunteers and technical officials.

Our policies and procedures seek to address risks to safe sport and to establish safe sport culture and practices. Our suite of safe sport policies is; accessible in forms that are easy to understand; (staff, athletes, coaches, volunteers and technical officials) consultation; and are communicated to staff, athletes, coaches, volunteers and technical officials. We will regularly review our policies to gain endorsement of changes and advise our stakeholders of changes.

Commitment to Safe Sport:

Through our Safe Sport Framework, PERSILAT will document its clear commitment to keeping the sport safe from harassment and abuse. We communicate our commitment to staff, athletes, coaches, volunteers and technical officials and give them access to a copy of our commitment statement.

PERSILAT minimize the likelihood of recruiting a person who is unsuitable:

PERSILAT will have appropriate measures in place to minimize the likelihood that we will not recruit staff, athletes, coaches, volunteers and technical officials who are unsuitable to work in sport.

We have recruitment procedures that ensure:

- 1) Our commitment to safe sport is communicated to potential applicants for positions
- 2) Face-to-face interviews are held which include safe sport related questions.
- 3) Two professional reference checks are undertaken
- 4) Screening checks are undertaken, including identity, declarations of disciplinary or criminal record, qualifications or any relevant checks if available.

Procedures taken in case of harassment or abuse:

- 1) An appointment of Safe Sport Officer has to be made beforehand.
- 2) Person reporting the incident has to fill in a form and submit it to the Safe Sport Officer (refer to Annex 7 for an example of the incident report form).
- 3) Safe Sport Officer has to investigate the case after consulting the necessary with the Disciplinary Committee. Investigation will take about 1 - 2 weeks.
- 4) Safe Sport Officer will then report findings from investigation to Disciplinary Committee.
- 5) Disciplinary Committee will deliberate take necessary action based on the findings.
- a) Actions taken can be in the form of counselling, or reporting to the proper authorities i.e. the police, state court.

**\*Safe Sport: an athletic environment that is respectful, equitable and free from all forms of harassment and abuse (non-accidental) violence.**

## Annex 1 – Safe Sport Incident Report Form

PERSILAT believes each person related to the organization should be safe from any type of harm and is committed to safeguard all those that are vulnerable. If you happen to witness or are involved in any harm done to anyone related to the organization, please follow the steps below:

### Procedures:

1. When you see any harm inflicted on any person related to PERSILAT, fill in the boxes below and email it to [cb\\_persilat@yahoo.co.id](mailto:cb_persilat@yahoo.co.id).
2. The suspected person/s who were involved will be temporarily suspended from duty while the investigation is on-going.
3. The safe sport officer and disciplinary committee will conduct an investigation that will last between 1 to 2 weeks (or more depending on the amount of evidence).
4. Once concluded, the officer and disciplinary committee will inform the persons involved on the decision made.

Name of Person reporting suspected issue	
Mobile No. & Email Address	
Date of Incident	
Location/Venue of Incident	
Name of suspected person	
Name of others involved	
Team Name	
Incident report	

## Article 22: Anti-Doping for PERSILAT

### **Anti-Doping**

**Definition** These Anti-Doping Rules are sport rules governing the conditions under which sport is played. Aimed at enforcing anti-doping rules in a global and harmonized manner, they are distinct in nature from criminal and civil laws.

They are not intended to be subject to or limited by any national requirements and legal standards applicable to criminal or civil proceedings, although they are intended to be applied in a manner which respect the principles of proportionality and human rights. When reviewing the facts and the law of a given case, all courts, arbitral tribunals and other adjudicating bodies should be aware of and respect the distinct nature of these Anti-Doping Rules, which implement the Code, and the fact that these rules represent the consensus of a broad spectrum of stakeholders around the world as to what is necessary to protect and ensure fair sport.

Based on the World Anti-Doping Code (Code) is the core document that harmonizes anti-doping policies, rules and regulations within sport organizations and among public authorities around the world.

The World Anti-Doping Code (Code) works in conjunction with six International Standards aimed at bringing harmonization among anti-doping organizations in various technical areas, namely:

- Prohibited List
- Testing and Investigations
- Laboratories
- Therapeutic Use Exemptions (TUEs)
- Protection of Privacy and Personal Information
- Code Compliance by Signatories

### **Prohibited List**

[The Prohibited List](#) identifies the substances and methods prohibited in- and out-of-competition, and in particular sports. The substances and methods on the List are classified by different categories (e.g., steroids, stimulants, gene doping).

### **Testing and Investigations**

The purpose of the [International Standard for Testing and Investigations \(ISTI\)](#) is to plan for effective testing and to maintain the integrity and identity of samples, from notifying the athlete to transporting samples for analysis.

### **Laboratories**

The purpose of the [International Standard for Laboratories \(ISL\)](#) is to ensure production of valid test results and evidentiary data and to achieve uniform and harmonized results and reporting from [all accredited laboratories](#).

In addition, the ISL and its related Technical Documents specify the criteria that must be fulfilled by anti-doping laboratories [to achieve and maintain WADA accreditation](#).

### **Therapeutic Use Exemptions**

The purpose of the [International Standard for Therapeutic Use Exemptions \(ISTUE\)](#) is to ensure that [the process of granting TUEs](#) is harmonized across sports and countries.

Where the competitor already has a TUE granted by the Competitor's National Anti-Doping Organization, the International Federation or the Major Event Organizer will recognize it. Unless if the IF or MEO decides that the TUE does not meet those criteria and so refuses to recognize it, it must notify the competitor promptly and explain the reasons.

### **Protection of Privacy and Personal Information**

On 1 June, WADA published a [revised International Standard for the Protection of Privacy and Personal Information \(ISPPPI\)](#) that took effect immediately. The main purpose of the ISPPPI is to ensure that organizations and persons involved in anti-doping in sport apply appropriate, sufficient and effective privacy protections to personal data that they process.

### **Code Compliance by Signatories**

The Code makes WADA responsible for monitoring and enforcing compliance by Signatories with the Code and the International Standards. The Code also requires Signatories to report on their compliance to WADA. The purpose of the [International Standard for Code Compliance by Signatories \(ISCCS\)](#) is to ensure that strong, Code-compliant anti-doping rules and programs are applied and enforced consistently and effectively across all sports and all countries, so that clean athletes can have confidence that there is fair competition on a level playing field, and public confidence in the integrity of sport can be maintained.

As stated from WADA;

“Any pharmacological substance which is not addressed by any of the subsequent sections of the List and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g. drugs under preclinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is prohibited at all times.”

Prohibited substances are such as:

- anabolic agents
- peptide hormones, growth factors, related substances, mimetics
- beta-2 agonists
- hormone and metabolic modulators
- diuretics and masking agents

Please refer to <https://www.wada-ama.org/en/resources/science-medicine/prohibited-list-documents> for the specific and updated prohibited substances.

**PERSILAT Anti-Doping**

Please refer to Annex 1.

## Annex 2 – WADA PERSILAT Anti-Doping

### 1. Introduction and Scope

As a requirement by the World Anti-Doping Agency (WADA), the International Federation of Pencak Silat (PERSILAT) has produced a risk assessment document. This document is based on WADA's International Standard of Testing (IST) and contains and evaluation of:

- a. Physiological profile of athletes and the requirements
- b. Performance-enhancing drugs that can cause doping
- c. Training and major competition schedules
- d. The history of doping in Pencak Silat

PERSILAT's risk assessment is based on the model above. It functions as a base for the federation's Test Distribution Plan, which is periodically evaluated and modified.

### 2. Risk and Patterns of Doping

#### 1.1 Physiological Profile in Pencak Silat

In order to create the Test Distribution Plan, the physiological profile of a Pencak Silat competitor must be considered.

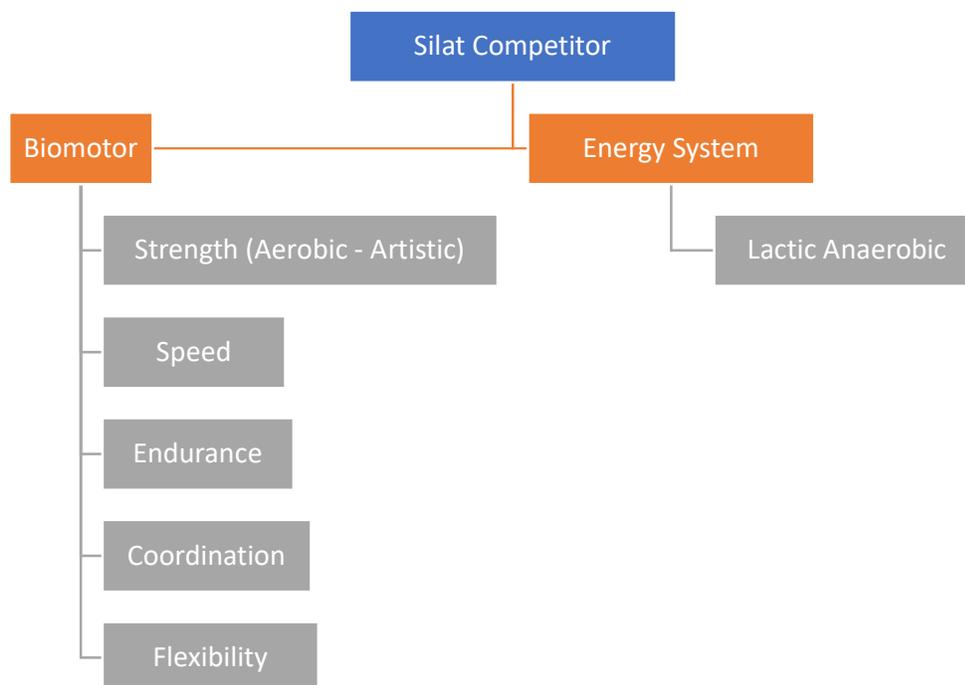
Generally, sports based Pencak Silat is divided into two main categories, match and artistic. The artistic part of the competition is then divided into three sub-categories: single (one competitor), double (two competitors), and team (three competitors).

The energy system required in Match category comprises of **lactic-anaerobic system**, due to the fact that the competitor will often utilize maximum intensity movements during game play. The execution of each movement will take approximately 10 to 120 seconds. During the competitions, the competitors body system will produce a large amount of lactic acid.

One the other hand, artistic requires less energy compared to their match counterparts and thus, the intensity of their movements are at a medium. The continuous also last for less than three minutes, producing mainly CO<sub>2</sub> and H<sub>2</sub>O during the game play. The energy system required for this category is identified as the **aerobic system**.

During both categories, competitors will actively utilize their neuromuscular, cardiorespiratory, digestion, cardiovascular, energy, bone and muscular systems. These systems then make up the main components required by a Pencak Silat competitor: strength, speed, endurance, coordination and flexibility.

#### 1.2 Summary of Requirement in Pencak Silat



### 1.3 Time on the Arena within Match

Generally, there are two types of motions in Pencak Silat: the core motion (attacking or fighting movements in Match and Artistic), as well as interval motion (patterns or development in match and performing stances in artistic).

There are three rounds in a match competition, which each round clocked to two minutes. In one round, an average of six attacks are launched, with each attack taking 5 – 6 seconds to perform. Before attacking, the competitor will move around for approximately 7 – 8 seconds.

In the artistic category, competitors have three minutes in the arena to showcase their performance. Single (*Tunggal*) competitor will perform twelve types of package of *Tunggal* movements; double (*Ganda*) competitors will be performed by two competitors by choreographing fighting scenes – fight scenes will need to include weapon play and movements needs to be realistic, while team (*Regu*) competitors will perform by three competitors using the *Regu* movements, and competitors must move in synchronization.

### 1.4 Performance Enhancing Drugs in Pencak Silat

Although the risk of doping in Pencak Silat is relatively low, there are concerns that doping might occur through weight gain supplements. To qualify for a competition, the competitor is obliged to meet the required weight based on his or her respective categories. Not meeting the requirement will cause the athletes to be disqualified from the competition.

With this being said, Pencak Silat competitors are very particular about their weight and may consume additional weight gain or weight loss supplements to reach their goals. These supplements

in turn may contain substances that are prohibited by WADA. To prevent this from happening, the competitors are encouraged to read the supplement label identify restricted substances before consuming the supplement.

Pencak Silat requires a complex physiological profile that can only be improved by intensive training. Apart from these components, the competitors also need to have strong technical and tactical skills. So far, there has not been any substances that can be used to enhance the skills needed by a Pencak Silat competitor.

Financially, there are no professional leagues and not a lot of money involved in the sport, and thus, these factors do not play a big role in doping.

## **2. Training and Competitions Schedules**

The competition season can be divided into two, regional and international competitions. The main two regional competitions are SEA Games which occur every two years, while Asian Games occurs every four years. International or world level championships, such as the recent World Pencak Silat Championship 2018 also happens every two years.

For both regional and international championships, the competitors will train at least six months prior to the date of the competition. They will also take part in national championship as part of their training.

Pencak Silat can both be a team or an individual sport, but the competitors will always train together as a team. The competitors train 5 – 6 times a week in addition to various kinds of physical exercises such as strength training, agility, endurance training and technique trainings. The focus and exercises will differ based on the categories (match or artistic).

## **3. History of Doping**

Pencak Silat is a type of martial arts that originates from the Malay Archipelago. Its culture-rich background has helped to develop the game play to be based on three main criteria: respect, integrity and teamwork. These criteria are also instilled in the athletes and thus, the risk of doping in Pencak Silat at the moment is relatively low.

Since the first World Pencak Silat Championship event in 1982, there has only been one known case where the competitor is temporarily suspended from entering competitions. This is because the athlete has unknowingly consumed a prohibited substance found in her weight gaining prescription.

## **4. PERSILAT Registered Testing Pools (RTP)**

PERSILAT Testing Pool System is based on a pyramid approach and focuses on the athletes who compete on the highest level according to ranking and other criteria. Each RTP competitor is tested 1 – 2 times during their RTP period (+ NADO Tests).

Competitors who retired while being in the PERSILAT RTP 1, and those who are making a comeback to the national team level, need to notice PERSILAT about their comeback in advance if they wish to continue their career on the national team level. These competitors are then included to PERSILAT RTP. Also,

competitors that are serving a period of ineligibility are to be included in PERSILAT Testing Pool as well as possible suspected dopers.

#### 4.1 PERSILAT RTP

A competitor in the PERSILAT Registered Testing Pool (RTP) is required to make a quarterly Whereabouts Filing that provides accurate and complete information about the Competitor's Whereabouts during the forthcoming quarter.

PERSILAT RTP consisting of all medallists in Major Events. PERSILAT will then choose the competitors according to this pattern\*:

<b>Number of Competitor</b>	<b>Gender</b>	<b>Category</b>
13 competitors	Men/Male	Match Category's Gold Medallist
11 competitors	Women/Female	Match Category's Gold Medallist
13 competitors	Men/Male	Match Category's Silver Medallist
11 competitors	Women/Female	Match Category's Silver Medallist
13 competitors	Men/Male	Match Category's Bronze Medallist
11 competitors	Women/Female	Match Category's Bronze Medallist

\*Also depending on the mission carried out by the Doping Officer on the competition days, as it may be selected or random chosen competitors.

These competitors will submit their individual whereabouts filings to the PERSILAT four times in a year.

## Article 23: Sport Safety

Practicing Pencak Silat is suitable not only for children, but also adults. It has both physical, psychological, and spiritual benefits. In general, Pencak Silat can increase physical coordination, health, fitness, and self-esteem. They also teach the important lesson about teamwork and self-discipline.

However, younger Silat practitioners are at risk for sports injuries because their bodies are still growing, and their coordination is still developing. According to research, many children under the age of 14 years old are treated for sports-related injuries each year. Half of those injuries can be prevented with proper use of safety gear, changes to the playing or training environment, and by following sports rules that help prevent injuries.

Most sports injuries occur due to the following:

- Lack of education and awareness about safety precautions and potential injury
- Inappropriate or lack of equipment
- Poorly conditioned players

These are general safety precautions to help prevent sports injuries:

- Wear the right safety gear and equipment
- The playing environment should be well lit and appropriate for the sport in question
- Enforce safety rules
- Players should stay hydrated during and after sports
- Take breaks while training and during games to prevent overuse injuries

### Personal Precaution

Individuals are recommended to take these precautions to avoid dehydration or overheating during sports activities:

- Bring along a bottle of cold water or isotonic drink for any sports activity
- Drink sufficient fluids to prevent your body from overheating; passing clear or light-coloured urine is a sign that you are adequately hydrated
- Avoid strong coffee or alcohol because they can cause dehydration
- Ideally, drink about 500ml of water 30-minutes before exercise, 250ml to 500ml every half-hour during exercise, and 1000ml after exercise
- Isotonic or sports drinks are also recommended for any activity that lasts more than an hour

### Environmental Considerations

The environment should be safe and suitable for the sport you participated in. If the sports activity involves rough waters or steep terrain, wear proper protective gear and check that you have taken all appropriate safety precautions.

To avoid getting caught in bad weather, check the weather forecast before a sports activity. Cancel or postpone any outdoor activity if there are signs of lightning. If you are caught in stormy weather, seek shelter immediately.

### **Sports Equipment**

Wearing protective sports gear and using the correct sports equipment reduces the risk of injury and harm. Examples of protective gear include helmets for cyclists and shin guards for soccer or hockey player

### **Before & After**

To keep yourself injury-free, ensure that you have a proper warm-up and cool down before and after any sports activity.

Warm-up and stretching exercises prepare your mind, heart, muscles, and joints for higher levels of exertion during a sports activity. They also improve performance and prevent injuries.

Cardiovascular exercises involving your heart, lungs, and leg muscles, such as jogging, brisk walking or jumping jacks, can help you to warm up.

All sporting activities should end with static stretching and cool down exercises to loosen muscles and reduce discomfort and soreness.

### **Fair Play**

Understand the International Pencak Silat Competition Rules and Regulations, employ proper techniques, and engage in fair play to reduce the risk of injuring yourself or harming others.

### **Essential Skills**

Standard First Aid, Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) certification are essential skills that will come in useful during critical situations.

Everyone is encouraged to equip themselves with such emergency response skills.

### **Nutrition**

The Health Diet Pyramid is a guide to help you plan a well-balanced daily diet.

Adults are recommended to consume more servings of items from the Pyramid's lower tiers and fewer servings of items from its upper tiers:

- Rice & alternatives (5-7 servings)
- Fruits & vegetables (2 servings each)
- Meat & alternatives (2-3 servings)
- Fats, oil, salt, and sugar (sparingly)

### **Heat Disorder**

While exercising or taking part in sports activities under hot weather conditions, you have to take precautions to prevent heat disorders. Heat disorders may be fatal in many incidents if left unattended.

Children are more likely to suffer from heat disorders than adults. Heat disorders can be classified as one or more of the following serious conditions:

1. Heat Cramps are the mildest form of heat disorders. Painful intermittent muscles cramps are experienced in the larger muscle groups (calves, thighs, and abdomen). They occur when there is an excessive loss of water and salt caused by profuse sweating when your body attempts to lose heat quickly.
2. Heat Exhaustion refers to the overheating of your body due to excessive loss of fluids or, in rare cases, salt depletion. Heat exhaustion is not fatal but, if left unattended, can result in heat stroke.
3. Heat Stroke is a more severe condition that occurs when your body's thermoregulatory system stops working. Heat stroke can bring about an irreversible coma and even death.

### **Causes of Heat Disorder**

Heat disorders occur when your body absorbs more heat than it can lose. When your body is unable to cool down through sweating, it causes your body's core temperature to rise. You are at greater risk of suffering from heat disorders when you:

- do not drink enough water before, during and after sports activities
- are unaccustomed to training or competition in high temperature
- are suffering from illness
- are physically unfit
- wear thick or excessive clothing or padding
- have previous occurrences of heat disorders

### **The Symptoms**

It is important to identify the symptoms of heat disorders so that actions can be taken before matters escalate beyond control.

Symptoms include:

- Headache
- Nausea
- Dizziness
- Fainting
- Discomfort or uneasiness
- Excessive sweating
- Lack of sweating
- Rising body temperature
- Rapid pulse
- Poor concentration
- Red and hot skin
- Muscle ache
- Muscle cramps
- Blurred vision
- Loss of co-ordination
- Disorientation or confusion
- Seizures or fits

- Fatigue
- Vomiting
- Decreased and dark-coloured urine
- Pale and clammy skin

Urine Colour Charts								
WELL HYDRATED			DEHYDRATED			SEVERELY DEHYDRATED		

Lightly coloured urine (1 – 3)

– Continue the drinking habit

Darker coloured urine (4 – 6)

– Drink more fluid during and after training

Very dark coloured urine (7 – 9)

– Seek advice from medical practitioner or Sports Nutritionist/Physiologist

### Prevention is Better than Cure

#### **Keep Drinking**

Adequate hydration is important before, during and after all sporting activities as it can help cool down your body's core temperature. Drink as much as you can. Your body can lose up to 1 litre of fluid per hour in hot conditions. Thirst is not a good indication of your body's fluid needs. Do not wait until you are thirsty before you drink.

You should drink about 500ml of water half an hour before and 250 - 500 ml of water every half hour during sports activities. Weigh yourself before and after the sports activity. For every kilogram that you have lost, it means that your body has lost 1 litre of fluid. Replace the fluid loss by drinking 1.5 times the amount of fluid lost.

#### **Wear Appropriate Attire**

Loose clothing can help reduce the heat build-up surrounding your body. It also helps improve the ventilation around your body. Choose clothing made from breathable or heat-wicking material to help remove heat from your body.

Your body takes at least 7 - 10 days to get used to a hot environment. So, before you start on a sport activity at a new location and environment, take it slow and easy to allow your body to get used to the new surroundings.

#### **Watch your Consumption**

Heavy meals add extra heat to your body and divert blood flow away to aid digestion while alcoholic and caffeinated drinks cause your body to dehydrate. Avoid taking such food and drinks before doing any sports activities as they can increase the risk of heat disorders

### 7-R Heat Disorder First Aid Management

<b>Recognise Symptoms</b>	Recognise symptoms of heat disorders and report them early
<b>Rest Casualty</b>	Lie or sit casualty down in cool, shaded area with good air circulation

<b>Remove Clothing</b>	Loosen any clothing to assist in cooling whenever possible, only when there is a dire need to
<b>Reduce Temperature</b>	Douse the casualty in cool water. Use fans and other cooling devices to reduce body temperature
<b>Re-Hydrate</b>	If the casualty conscious and alert, give them lots of fluids to drink. If unconscious, do not administer fluids by mouth as this may cause choking
<b>Resuscitate</b>	Resuscitate unconscious casualty if you are trained Protect the airway, support breathing and give intravenous fluids. Otherwise, rush the casualty to the hospital as soon as possible
<b>Rush to Hospital</b>	Do not delay!

### Risk Management

The International Organisation for Standardisation (ISO) defines risk as “the effect of uncertainty on objectives”. In the context of organising and delivering a sport or recreational event, this guide considers that your objective is to deliver your event successfully by ensuring identified risks are managed to levels as low as reasonably practicable.

Every sport and recreational event involve risk. The type and level depend on variables such as the activity, location and environment, skill level and number of participants, weather conditions, and number of spectators. Whatever your event, it is essential that you are prepared by identifying, assessing, and managing these risks.

Risks to health, safety and well-being are implicit to sport and recreation. Many sports and recreational activities involve high-speed impact, extreme effort, use of various equipment, and environmental factors such as the weather. Participants must understand and accept that risk is involved when participating in these activities. At the same time, as the event organiser, you have a legal responsibility to take all reasonable steps to support the health and safety of participants, spectators, officials, paid staff, volunteers, and the general public.

Effective risk management applies a clear process to identifying, analysing, and evaluating event-related risks. By using this framework, you can implement, communicate, and monitor control measures to ensure risk levels are managed within agreed risk tolerances.

In addition to delivering a positive and safe event for participants, legal compliance and defensibility are important considerations in event risk management. Ensuring awareness of relevant legislation, regulations, industry codes of practice, competition rules, and recognised standards is critical, as is being able to demonstrate compliance with these points of reference.

Failure to comply could result in court proceedings and prosecution which may lead to fines, imprisonment, or other crippling sanctions.

Successful event organisers manage risk rather than avoid it. With effective risk management, you can minimise the potential costs and liabilities of event planning, leading to a safer, more enjoyable event.

## **Process for Managing Event Risk**

### ***Establish the Context***

The context is the process of defining the external and internal parameters you need to take into account in your risk management plan. Each and every event will have a unique context. A good understanding of the context on your part will ensure the event risk management plan is relevant and specific.

### ***Undertake a Risk Assessment***

Undertaking a risk assessment involves identifying all the possible threats, or negative situations, that could occur (often known as the “what ifs”). This should be an exhaustive process and you should, where possible, complete it using a small group to ensure you take a broad perspective in identifying risks.

You should analyse each risk once you have identified them. This is the process where you consider the probability of the risk materialising and what the impact could be. It is important that you use a consistent range of parameters to analyse all risks so that you can compare and prioritise them.

You will now have an understanding of what the risks are and the level of threat each risk poses. The next step is to evaluate the risks against pre-determined risk tolerances. You need to consider what control measures you could put in place to reduce either the probability of the risk materialising, the impact if it does, or both. This is a decision-making process, using the results of your risk assessment, to determine what controls are required to ensure the risk levels are contained to tolerable, acceptable levels.

### ***Treat the Risks***

Risk treatment is the process of planning and implementing a range of control measures you have determined that will manage each risk to within your agreed tolerance levels.

### ***Communicate and Consult***

Throughout the process, we highly recommend that you engage with key stakeholders at each stage of the process, to ensure that you take a thorough and well-informed approach to developing the risk management plan. This may include senior officials, committee members, National Sports Associations, sources of local knowledge, subject matter experts and/or safety service providers.

### ***Monitor and Review the Risks***

Having an effective, well considered risk management plan is critical. However, ensuring the requirements outlined in the plan is reflected in practice will ultimately determine whether risk levels are managed to appropriate levels and that the event is delivered safely. To achieve this, it is important that before, during and after the event, there is constant monitoring in place to detect if there are any changes to the risk profile (such as changes in weather conditions).

You will also need to monitor that the control measures are in place and effective in managing the risks within agreed tolerances. In addition to ensuring risks are managed effectively during the event, the intelligence gathered through monitoring can be used during the review process to continually improve the risk management for future events.

## Reference List

### Wasit Juri (Do's & Don't's)

1. Be Alert When Game Officiating Game.
2. Focus on what is happening in the arena!
3. Learn on how to use the Digital Scoring System
4. Learn on how to navigate VAR System (International Class 2 onwards)
5. Understand the flow of Manual Scoring System
6. Understand and Adhere to the Code of Ethics – Technical Officials
7. Aba-aba – Hormat Chairman, and Audience
8. Aba-aba – Juri to be Seated
9. Aba-aba – Calling of Red & Blue Corner
10. Aba-aba – Wasit Briefing
11. Aba-aba – Check on Juri Readiness
12. Aba-aba – Sedia (Ready)
13. Aba-aba – Mulai (Ready)
14. Aba-aba – Berhenti / Ti (Stop)
15. Aba-aba – Langkah / Pasang
16. Aba-aba – To Fight
17. Aba-aba – Return to Coach Corner for Break
18. Aba-aba – Return & Exit the Arena – complete duty
19. Aba-aba – for Dropping Technique (Valid & Invalid)
20. Aba-aba – Juri Verification
21. Aba-aba – Winner Decision
22. Aba-aba – Warning & Penalties – Verbal Warning
23. Aba-aba – Warning & Penalties – Reprimand I / Reprimand II
24. Aba-aba – Warning & Penalties – Warning I / Warning II / Warning III (Disqualification)
25. Aba-aba – Technical Counting
26. Have the knowledge on handling athlete's injuries, and the procedure
27. Aba-aba – Violations – Stepping out of Arena
28. Aba-aba – Violations – Attacking before/after command
29. Aba-aba – Violations – Illegal Attack
30. Aba-aba – Violations – Scratching / Pulling Opponent Hair / Scarf / Face
31. Aba-aba – Violations – Pile Driving
32. Aba-aba – Violations – Supplex
33. Aba-aba – Protest – Request to View VAR System
34. Understand the Flow and Procedures of Coach Protest
35. Cease Usage of Aba-aba – Hand/palm on top of another (to show invalid drop)
36. Cease Usage of Aba-aba – Invalid Drop (5-seconds of doing dropping technique is up)
37. Understand the Arrangement of Tanding (Match) Competition
38. Understand the Arrangement of Seni (Artistic) Competition

### Coaches (Do's & Don't's)

1. Understand and Adhere to the Code of Ethics – Coach / Corner Coach

2. Understand the Arrangement of Tanding (Match) Competition
3. Understand the Arrangement of Seni (Artistic) Competition
4. Knowledgeable on procedures for injured athlete
5. Keep updated on International Pencak Silat Competition Rules and Regulations

#### Athlete (Do's & Don't's)

1. Need to be aware on the updates on the International Pencak Silat Competition Rules and Regulations, and understand fully on the games
2. Understand and Adhere to the Code of Ethics – Athletes
3. Compulsory to showcase 8 Pencak Silat Movements
4. On Guard position in Pencak Silat
5. "Pola Langkah" in Pencak Silat
6. "Sikap Pasang" (Hand Patterns) in Pencak Silat
7. Understand all Aba-aba (Hand Signal) by Wasit)
8. Understand the process of Technical Counting

#### Allowed Techniques (Hand)

1. Straight Punch
2. Straight Punch (vertical)
3. Spade to Stomach Punch
4. Overhead Punch
5. Pulling Vest & Spade to the Stomach
6. Pulling the Hand and Punch
7. Grab the Body and Punch
8. Catch Opponent's Leg & Hook Punch
9. Elbow Strikes (without grabbing)
10. Spinning Elbow to the Vest (without grabbing)
11. Front Elbow to the Chest
12. Top-Down Elbow to the Vest
13. Elbow to the Collar of the Body Protector
14. Hammer Punch to the Back of the Vest
15. Hammer Punch at the Shoulder/Collar of the Body Protector
16. Punch while on the Ground
17. Elbow (top down – 90 degree angled) (12-6 elbow position) to the Back of the Vest without Touching or Grabbing

#### Allowed Techniques (Leg)

1. Front Kick
2. Side Kick
3. Knee Kick (however not allowed to hold/grab opponent's vest)
4. Round-House Kick with Holding Opponent's Body Vest and Leg
5. Kick Opponent's Back
6. Single Horse Kick
7. Double Horse Kick
8. Bicycle Knee without Touching

9. Jumping Knee without Touching
10. Kick to the Collar of the Body Protector
11. Kicking to the Vest (Direct at the Chest Area)
12. Kick to the Side of the Body

#### Allowed Techniques (Dropping)

1. Sweeping
2. Sweeping (Double)
3. Sweeping (Kicking to the Back of the Body while Doing Sweeping)
4. Scissors
5. Scissors (touch the ground in the midst of doing scissors technique is allowed)
6. Step Scissors
7. Back Scissors
8. Rolling Scissors
9. Pull & Scissors
10. Front Leg Scissors
11. Normal "Crocodile"
12. Single Leg "Crocodile"
13. Pull Back Leg "Crocodile"
14. Corkscrew
15. Inward Single Leg Takedown
16. Right / Left Leg Takedown
17. Back Leg Takedown
18. Pull Takedown
19. Right / Left Single Leg Takedown
20. Double Leg Takedown
21. Clamp Single Leg Takedown
22. Catch the Leg and Throw
23. Catch the Leg and Push
24. Catch the Leg and Kick to the Shin
25. Catch the Leg and Twist the Foot
26. Locking of Hand & Dropping
27. Locking of Hand & Dropping (Frontal)
28. Pulling and Throw Down
29. Pulling the Vest and Side Drop
30. On the Ground
31. Catch Leg – Knee – Thigh (if unsuccessful, will need to follow-up with a punch or kick)
32. Low High Lift (Tuck & Lift)
33. Double Knee – Lift & Throw
34. Side Knee – Lift & Throw
35. Front Ankle Pull
36. Back Ankle Pull
37. Leg Thrust to the Back of the Knee
38. Pull Waist from the Back
39. Pull Upper Back to the Floor
40. One-Legged Side Throw

41. Shoulder Throw
42. Powerlift Overhead Throw
43. Single Lift Knee Throw
44. Forearm Roll to the Thigh
45. Bend Forward Throw
46. Leg Thrust to the Shin Followed by Leg Hook
47. Overhead Throw
48. Figure Four
49. Forearm Hip Throw
50. Leg Pull Upper Throw
51. Leg Over Leg
52. Twister
53. Single Hand Pull
54. Powerlift Single Leg Throw Backwards
55. Ground Double Leg Overhead Throw
56. Powerbomb
57. Single Hand Side Drop
58. Single Hand Roundabout
59. Shoulder Spiral Downwards
60. Elbow Twister
61. Two Legs Thrust to the Back
62. Lollipop
63. Inside / Outside Single Leg Drop
64. Right / Leg Hook
65. Front Drop Left / Right
66. Nike-shaped
67. L-shaped
68. UPS
69. Split
70. Inside 69
71. Outside 69
72. Twist and Drop Outside / Inside
73. Single Leg Thigh Push
74. Single Leg Knee Push
75. Single Leg Shin Push
76. Single Leg Roll Takedown
77. Right / Left Pull Drop
78. Ankle Twist
79. Pull Front Sweep
80. Pull Back Sweep
81. Step-Toe and Dropping Technique
82. Side and Catch the Knee
83. Kick and Drop
84. Dive to Grab the Knee
85. Body Push to Drop
86. Lock Opponent's Arm and Drop

87. Knee Hook
88. Pushing Opponent with Open Palm

#### Not Allowed Techniques (Hand)

1. Grab Neck and Attack
2. Head-Butt
3. Grab & Elbow Strike on the Opponent's Jaw
4. Uppercut at Opponent's Jaw
5. Overhead Punch at Opponent's Spine
6. Hammering Opponent's Spine or Neck
7. Hammering Behind the Neck
8. Elbow Strike at Opponent's Face
9. Facepalm the Opponent
10. Uppercut at Opponent's Throat
11. Scratching of Opponent's Face
12. Backhand Opponent's Face
13. Slapping
14. Direct Slap to the Opponent's Face
15. Direct Punch to the Face
16. Biting of Opponent's Ear
17. Direct Punch to Opponent's Throat
18. Hammer Strike to the Face
19. Raking on Opponent's Face
20. "Karate-chop" on the Opponent's Neck
21. Direct "Palm-Mute" Strike
22. Attacking the Head Region
23. Striking the Opponent's Eyes
24. Eye-poke to the Opponent's Eyes
25. Pull Hair
26. Pull Vest and Elbow
27. Elbow to the Back of the Body, while Grabbing/Holding the Opponent
28. Slapping the Body Protector with Open Palm
29. "Karate-chop" on the Body Protector (confusing for the Juri)

#### Not Allowed (Leg)

1. Kick to the Groin
2. Kick to the Face/Head
3. Kick to the Body
4. Kick to the Side of the Body
5. Kick at the Illegal Area
6. High Kick Direct to the Opponent's Neck and above
7. Side Kick to the Neck and above
8. Direct Kick to the Knee Area (in an attempt to break the joints)
9. Kicking to the side of the knee
10. Kicking to the back of the knee
11. Kicking to the front of the knee

12. Kick or Step on the Knee
13. Direct Kick to the Groin
14. Kick to the Opponent's Neck and Above from the Back
15. Pull Vest and Knee Kick
16. Pull Hand/Uniform/Vest and Knee Attack
17. Kick or Step on the Thigh
18. Kick at the Thigh without follow-up

#### Not Allowed (Others)

1. Illegal Counterattack (kick to the groin, kick right in the face, stomping the foot on opponent's chest or stomach)
2. Single Hand Throw
3. Hand Twister

#### Warning & Penalties

There are four (4) categories of prohibitions:

- Light
- Moderate
- Serious
- Disqualification

#### Light Violation (Verbal Warning)

1. No "Pola Langkah" before making any attacks if there are gap between competitors.
2. No running is allowed.
3. Stepping out of the arena.
  - a. Stepping out of arena due to impact of kick is not allowed.
  - b. Stepping out of arena when being pushed despite having time allowance to evade from stepping out of arena is not allowed.
  - c. Stepping out of arena after trying to prevent from falling (i.e. multiple hops before stepping out of arena / diving / single step) is not allowed.
4. Athlete walking inside arena.
5. Athlete jumping around in the arena.
6. Athlete not on-guard position (standing without stances).
7. Athlete clinching both fists.
8. Athletes in Sikap Pasang, but no action was made within 10-seconds.
9. Disregarding the Wasit's instructions; An athlete must always follow the instructions of the Wasit.
10. Doing sweeping / scissors technique when distance between opponent is more than 1 metre.

#### Moderate Violation (Reprimand I/II)

1. Following act or techniques may result the Wasit to issue Reprimand to the athlete;

- a. Touch the opponent and elbow
  - b. Touch the opponent and knee
  - c. Grab the neck
  - d. Kick or step on the thigh while opponent is on the ground
  - e. Continue to clinch/grab after a valid and legal dropping technique
  - f. Continue to punch or kick after valid and legal dropping technique
  - g. Slice/Graze to any illegal area unintentionally without causing any injury
2. Scratching and pulling the opponents' hair/scarf.
  3. Technical Counting by Wasit. Example: Due to valid attack, due to poor fitness, unable to be in ready position upon Wasit command, etc.
  4. Time delaying tactics. Example: Moving slowly, tying of hair when its not loose, adjusting shin / forearm guard when its not required, removing medical tape randomly, etc.
  5. Making an attack after end of round, signified by the sound of gong and/or Wasit. Once the Wasit has made the call of time, any action initiated by the athlete shall be considered illegal.
  6. Avoiding the opponent by hiding behind the Wasit purposely, without touching.
  7. Grabbing the vest with two hands.
    - a. Grabbing of vest with 2 hands to prevent from dropping is not allowed.
    - b. Grabbing of vest with 2 hands to execute dropping technique is not allowed.

#### Serious Violation (Warning I/II)

1. Any attack to illegal parts of the body intentionally or unintentionally (Wasit may request on viewing of VAR System for transparency purposes).
  - a. Neck, head and groin.
  - b. Single attack to the thigh area without following up with another attack.
  - c. Direct attempts to break the joints.
2. Direct kick to the knee
3. Attack with head (Head butt).
4. Grab/grip or hold while elbow the opponent.
5. Grab/grip or hold while knee the opponent.
6. Hammer kick or push kick after scissors technique.
7. Imposed when an athlete avoids the opponent from an attack by hiding behind the Wasit and/or touch/hug/hold/push/grab the Wasit during the match.
8. Imposed when an athlete/coach/team manager intentionally touches/hug/hold/push/grab the Wasit during the match.
9. Causing injury to the opponent by attacking before/after Wasit commands *Mulai/Ti*.
10. Pile driving (12 to 6) (however, if the opponent did not fall on its neck, the athlete performing the act will not be disqualified).
11. Biting and spitting on opponent. Biting in any form is illegal. An athlete must recognise that a Wasit may not be able to physically observe some actions and must make the Wasit aware if they are being bitten by an opponent

12. Fingers outstretched toward an opponent's face/eyes in the standing position, an athlete that moves his arm(s) toward his opponent with an open hand, fingers pointing at the opponent's face/eyes, will be a foul.
13. Executing improper defensive technique intentionally
  - a. Purposely ducking / bending / diving towards opponent's attack towards legal area.

#### Warning III (Disqualification)

#### Tanding (Match)

1. Receiving a Warning III.
2. Vomiting in the arena.
3. If athlete runs to the corner and vomit in the bucket, it is allowed.
4. If athlete vomits in between round, in the bucket at the corner coach box, it is acceptable.
5. An athlete shall not engage in any unsportsmanlike behaviour during a match.
6. Once the Wasit has called for a stop to the brawl, athletes shall cease all offensive actions towards their opponent.
7. If athlete takes longer than 10-minutes to change their uniform during games.
8. Refusing to continue the match although the Medical Team declare them fit to continue.
9. Wasit to conduct Technical Counting for the third time in a round.
10. An athlete, or team official and supporter physically or verbally abuses the ITD, Wasit Juri & Protest Commissioner and Operator during the ongoing match.
11. Pile Driving (12-6) or Suplex, where opponent fall neck first.
12. Failing to Meet Weight during Weighing-In
13. Failing the Doping Test
14. Failing to Pass Medical Check-up
15. Showing Tantrum (during game, break time or post game)
  - a. Leaving the arena due to unhappiness
  - b. Kicking the pail/bucket
  - c. Destroying competition equipment
  - d. Using/hurling vulgarities to opponent, Technical Officials on duty, or Corner Coach.

#### Note:

- i. During an ongoing match, athlete will be disqualified if they refuse to return to the arena after the third call. If athlete return before the third call, Warning 1 will be issued.
- ii. If an athlete breaks the code of ethic, a yellow card will be issued. Second yellow card within the same competition, will lead to a red card. Disciplinary committee will step in, and action will be taken.
- iii. If an athlete feigns, or exaggerate an injury, the Disciplinary Committee will evaluate the situation and further action will be taken.

### Seni (Artistic)

1. Weapon Come out Loose from Handle or Break
2. Weapon Failing the Inspection
3. Failed to Showcase the Whole Package
4. Perform not in order (sequence)
5. Exceeds time tolerance
6. Failed Doping Test
7. Failed Medical Check-up

### Usage of Protest Card

1. Corner Coach will receive 2 Protest Card at each game, to be used throughout 3 rounds.
2. Corner Coach must stand at the Coach Box area, raising the Protest Card with right hand straight and firm.
3. Corner Coach will need to state their protest within 10-seconds

## Sample of Wasit Juri Upgrading &amp; Refresher Course Template

## Daily Itinerary for Wasit Juri Refresher Course

Day	Time	Activity	Remarks
Day-1	10AM to 12PM	Introduction Briefing on the event and venue Article 1: Code of Ethics – Technical Officials Article 2.2: Breaking the Code of Ethics	Briefing: venue entry and exit point, emergency route, daily programme, transportation, meal timing, etc.
	12PM to 1PM	Lunch Break	
	1PM to 3PM	Article 6: Official Attire in Pencak Silat Competition Article 10: Prohibition Article 11: Warning Penalties	Theory Session, and live showcase of techniques by model athlete ( <i>Peraga</i> )
	3PM to 3:30PM	Tea Break	
	3:30PM to 6PM	Article 14: Tanding Rules	Showcase of Techniques using model athlete ( <i>Peraga</i> )
	6:00PM	End of Day 1	
Day-2	10AM to 12PM	Article 9: Competition Command Article 12: Injuries and Accidents in Competition Article 13: Protest	Theory Session, and live showcase of techniques by model athlete ( <i>Peraga</i> )
	12PM to 1PM	Lunch Break	
	1PM to 3PM	Article 14: Tanding Rules Scenario and Case Study	Showcase of Techniques by model athlete ( <i>Peraga</i> )
	3PM to 3:30PM	Tea Break	
	3:30PM to 6PM	Article 14: Tanding Rules Article 15: Artistic Rules Scenario and Case Study	Showcase of Techniques by model athlete ( <i>Peraga</i> )
	6:00PM	End of Day 2	
Day-3	10AM to 12PM	Walk-In / Walk-Out Rehearsal Aba-Aba Training	Practical Session
	12PM to 1PM	Lunch Break	
	1PM to 3:30PM	WJ: Try Out Scoring System PC: Try Out VAR Protest System	Practical Session
	3:30PM to 5:30PM	Full Practice Rehearsal	Practical Session
	5:30PM to 6PM	Summarize & QnA	
	6PM	End of WJ Refresher	

### Overall Schedule for 19WPSC

Date	Upgrading	Refresher	Workshop
21-Jul	Arrival of Course Participant	Arrival of ITOS	
22-Jul	Theory, Practical and Match Simulation	Theory Session and TGR Recap	
23-Jul	Fitness Test, Theory and Match Simulation	Theory Session and Scoring / VAR Practice	Arrival of Contingent
24-Jul	Technique Showcase Digital Scoring System	Technique Showcase Match Simulation	Technical Briefing
25-Jul	Fitness Test, Theory Test, Graduation	Match Simulation	Technical Meeting and Balloting
26-Jul	PERSILAT Congress Welcoming Dinner		
27-Jul	Competition		
28-Jul			
29-Jul			
30-Jul			
31-Jul			
1-Aug	Departure of Course Participants, ITOs and Contingent		



**International Class III Upgrading Course**

Time	22-Jul	23-Jul	24-Jul	25-Jul
1000 – 1230	Introduction Course Expectation & English Test Assessment What is Pencak Silat? The International Pencak Silat Federation PERSILAT Task Force Article 1 to 6	Fitness Test Sit-up Push-up Beep Test Reaction Test	<b>Tanding Technique Showcase</b>	Fitness Test 2.4KM Run/Walk
1230 – 1330	<b>Lunch</b>			
1330 – 1530	Article 7 to 11, 14	Article 15 to 18	Digital Scoring System Training (Match)	Theory Test Artistic Test (TGR)
1530 – 1600	<b>Break (If required)</b>			
1600 – 1830	Training on Artistic (TGR)	Article 19 to 23	Digital Scoring System Training (Artistic)	Match Simulation
1830-1930	<b>Dinner</b>			
1930 - 2100	Match Simulation (Enter, Exit, Aba-aba)	Match Simulation (Enter, Exit, Aba-aba)	Match Simulation	Graduation Ceremony

**SAMPLE**

### International Class III Upgrading Course

Lecturer:

Dr. Sheik Alau'ddin Yacoob Marican, PBM

Assisted By:

Nur Fazlin Binte Juma'en : Admin Support

Hasmuzaffar Bin Hasibollah : Lead Peraga

2 Peraga : Technique Showcase and Match Simulation

Equipment Required:

1. Projector with Screen / 55" TV
2. Practical Session – Full Competition Set Up
3. Theory Session – Classroom Set Up
4. Fitness Test
  - a. Sit Up : Padded Flooring (Mattress/ Yoga Mat)
  - b. Push Up : Padded Flooring (Mattress/ Yoga Mat)
  - c. Beep Test : Flat ground, 20m distance with no obstacle
  - d. Reaction Test : BlazePod Flash Reflex
  - e. 2.4km Run/Walk : Stadium / Flat ground that covers 2.4km distance
5. Competition Equipment
  - a. Competition Vest (PERSILAT Approved)
  - b. 5-Seconds Buzzer
  - c. VAR Protest System (To understand the result given by protest, and what decision to make as a Wasit)

Things to be provided by PERSILAT:

1. International Wasit Juri Class I Certificate
2. International Wasit Juri Book
3. International Wasit Juri Class I Badge

## Program for TM, Coach & Athlete Briefing

### **Program & Equipment**

Duration: Minimum 4 Hours

Equipment: Projector and Screen / 55" TV, Full Competition Set Up, Participant seating area, Demonstrator (Peraga)

#### Important Topics to Cover (Theory):

1. Event Protocol (If any)
2. Code of Ethic
3. Breaking Code of Ethic
4. Attire for Athletes (Changing of torn uniform during match)
5. Prohibition
6. Warning and Penalties
7. Technical Counting
8. Protest
9. Techniques Allowed in Pencak Silat
10. Techniques Not Allowed in Pencak Silat
11. Criteria for Decision
12. Artistic
13. Protest
14. Penalty Card
15. Competition Equipment

#### Important Topics to Cover (Practical with Demonstrator):

1. Prohibitions
2. Techniques Allowed in Pencak Silat
3. Techniques Not Allowed in Pencak Silat
4. Coach Protest

## Sample of Technical Handbook Table of Content

Table of Contents	
Introduction .....	4
Organizing Committee .....	4
List of PERSILAT Members .....	4
Event Overview .....	5
General Information .....	5
Games details .....	5
Objectives .....	5
Tagline / Slogan .....	5
Logo .....	5
Games Logo or Mascot .....	5
Accreditation and Validation .....	5
Immigration and Visa .....	5
Transportation .....	6
Arrival & Departure .....	6
Dedicated Vehicle Service .....	7
Accommodation .....	7
Meals .....	7
Media .....	8
Mixed Zone & Press Conference .....	8
Medical Service .....	8
Host Country / City Information .....	8
Geography .....	8
Climate .....	8
Monetary Unit .....	8
Tourism in Brief .....	8
Technical Information .....	8
Competition Details (Date, Venue, Time) .....	8
Competition Management .....	8
Competition Events (Categories) .....	8
Competition Schedule .....	9
Referee-Jury .....	9
Contingent's Arrival & Departure .....	9
Technical Meeting and Balloting .....	9
Training Schedules and Venues .....	9
Equipment at Training Venue .....	9
Competition Days .....	9
Opening & Closing Ceremony .....	9

Rest Day (Leisure Tour – Optional) .....	9
Finals .....	10
Sport Entry .....	10
Eligibility .....	10
Entry Timeline .....	10
Policy .....	10
Athlete's Order .....	11
Competition Format .....	11
Competition Rules and Regulations .....	11
General Issues .....	11
Technical Issues .....	11
Competition Equipment .....	Error! Bookmark not defined.
Competition Format .....	Error! Bookmark not defined.
Rules for Match Category .....	Error! Bookmark not defined.
Rules for Artistic Category .....	Error! Bookmark not defined.
Protest .....	Error! Bookmark not defined.
Technical Officials .....	17
Doping Control .....	19
Medical Clearance .....	19
Victory Ceremony .....	19
Etiquette and Behaviour (Code of Conduct) .....	20
For Technical Officials who break the Code of Conduct .....	21
For Coach/Cornerman who break the Code of Conduct .....	22
For Athlete who break the Code of Conduct .....	22
For Others (Spectators, Supporters, etc) who break the Code of Conduct .....	22
Approval of Technical Handbook .....	23
General Contact .....	23
General Competition Schedule .....	23

## Tunggal Guide

These are samples and guides for Jurus Tunggal.

### PREFACE

Pencak Silat started officially contested in the international sporting event at Sea Games XIV held in Jakarta in 1987 (O'ong Maryono, 2000: 188). The matches are held in accordance with the provisions of the categories set forth in the rules of the game and are led by the legitimate game technical implementer.

There are four categories of pencak silat matches, namely category of Tanding, Tunggal (Single), Ganda (Double), and Regu (Team). Each category has its own characteristics, whether the rhythm of motion, the biomotor component, or the energy system. The following is an explanation of the category of pencak silat matches (Persilat, 2012: 1-2): (1) Tanding categories are: Pencak Silat match categories featuring two fighters from different corners using defense and attack elements, use of tactics and techniques to compete, endurance stamina and fighting spirits, using rules and step patterns that utilize the wealth of stance techniques to get the most value, (2) The single category is: the category of pencak silat match featuring a Pesilat demonstrating his skill in a standard single stance correctly, accurately and steadily, full of inspiration, empty-handed and armed and comply to the rules and regulations applicable to this category, (3) The double category is: the category of pencak silat match featuring two fighters from the same corner, demonstrating the skills and wealth of the technique of the pencak sila attack. The defensive movement is presented in a planned, effective, aesthetic, steady and logical manner in a regular series, powerful and fast or in slow motion of empty-handed and armed, and (4) The team category is: the category of pencak silat match featuring three fighters from the same corner demonstrate their skills in the standard shift squad correctly, precisely, steadily, full of inspiration and compact with bare hands and comply to the rules and regulations applicable to this category.

The Single Category at the beginning of the competition is still not standardized. Movement materials / Jurus displayed variously, as well as the selection and use of various weapons. This will certainly complicate the assessment. At the 1998 Persilat Congress, the Jurus Tunggal Baku was defined to be one of the categories contested. This jurus is composed by a team whose members consist of pencak silat experts from four founding countries of Persilat, namely:

1. IPSI (Ikatan Pencak Silat Indonesia)
2. PERSISI (Persekutuan Silat Singapura)
3. PESAKA (Persekutuan Silat Kebangsaan Malaysia)
4. PERSIB (Persekutuan Silat Kebangsaan Brunei Darussalam)

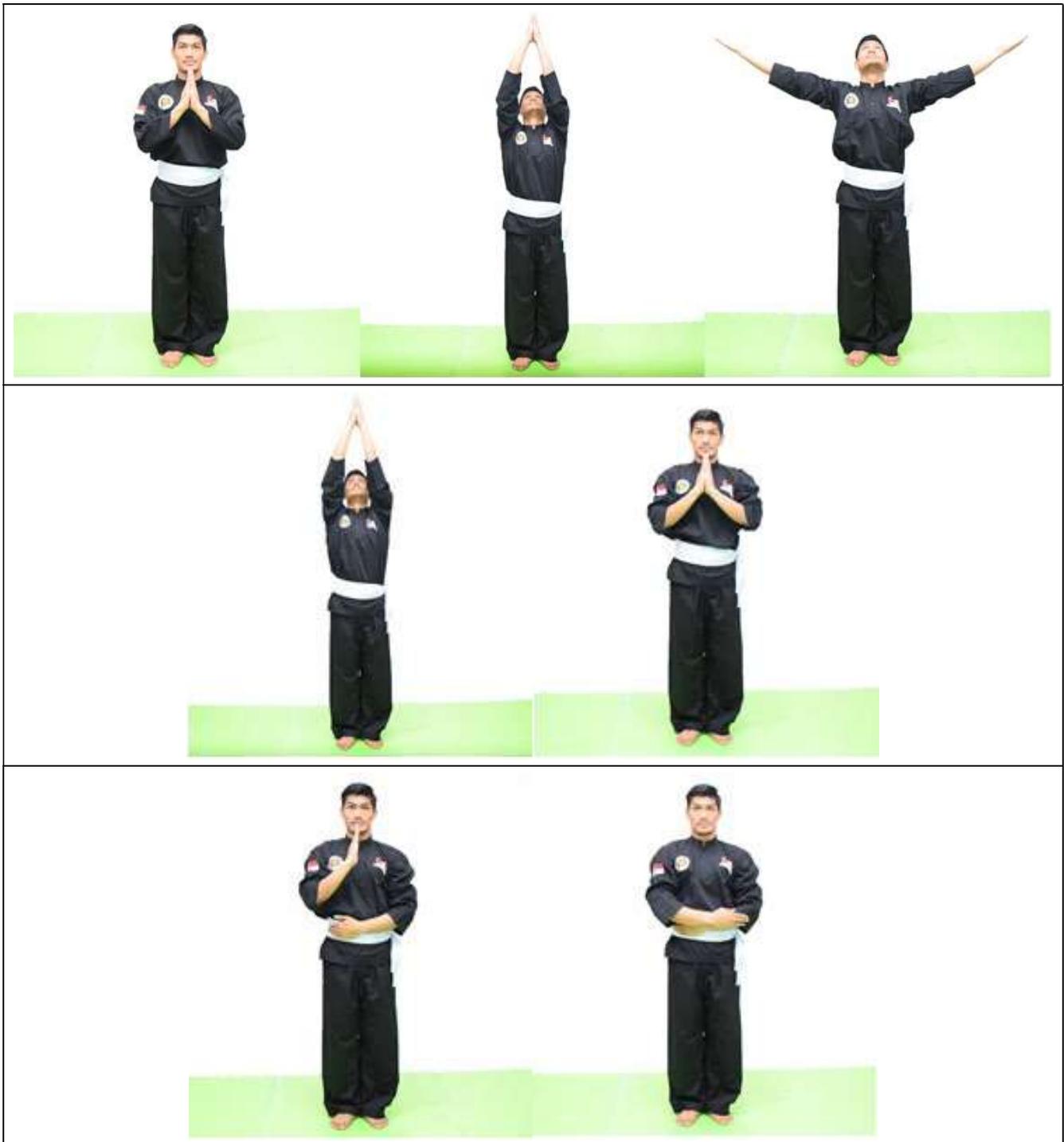
The whole motion contained in this jurus is expected to represent pencak silat moves that have been agreed as the original martial art from Southeast Asia region. In addition, with this series of international standard stance can also be used as a means of unifying all pencak silat schools. The rules of the International Pencak Silat Match that have been stipulated in the PERSILAT Technical Meeting on September 26, 1998 shall not be altered by any organizational institution except by PERSILAT and shall be followed and implemented by all its members.

Just after the organized of the world pencak silat championship on 2000 in Padepokan Pencak Silat Indonesia located at Taman Mini Indonesia Indah Jakarta complex single and the team category is standardized. At the international level, it was contested at the 2001 Sea Games in Malaysia. The standardization of movements in single and team category facilitates the assessment system. But the process of standardization and socialization program that take less time becomes a separate problem. Differences in perceptions about standardized movements still occur. This is because the comprehension and individuals' memory are different.

Single category consists of 100 movements divided into 14 jurus. Seven jurus on empty hand movements, four jurus on the weapon with a golok/long knife, and three jurus on the movement with toya/long stick. Each moment is performed for an average of 4-7 seconds and separated by an average motion (interval) of 2-4 seconds (Galuh, 2015: 18). Single category is an implementation of two aspects of pencak silat, that is cultural arts and sports. Aspects of art and culture materialized in the stance that is arranged with a systematic and aesthetic factor or the beauty of motion, which certainly does not leave the effectiveness in self-defense. The implications of the sport aspect are clearly evident in the achievements of the matches. Criteria assessed in a single category include: (1) the correctness of motion, (2) the steadiness / stamina, and (3) the inspiration of motion. While in the double category and the team added the assessment of cohesiveness.

This book is presented to assist in the learning and mastery of a single category. In this book, there are pictures and explanations about the shape, direction, and sequence of motion of the jurus tunggal in detail to make it easier to learn and master the jurus tunggal properly and correctly. In addition, this book also aims to support instructional media in the form of instructional videos that already exist.

## SINGLE MOVEMENT (BAREHAND)

Opening Salute  
Front View

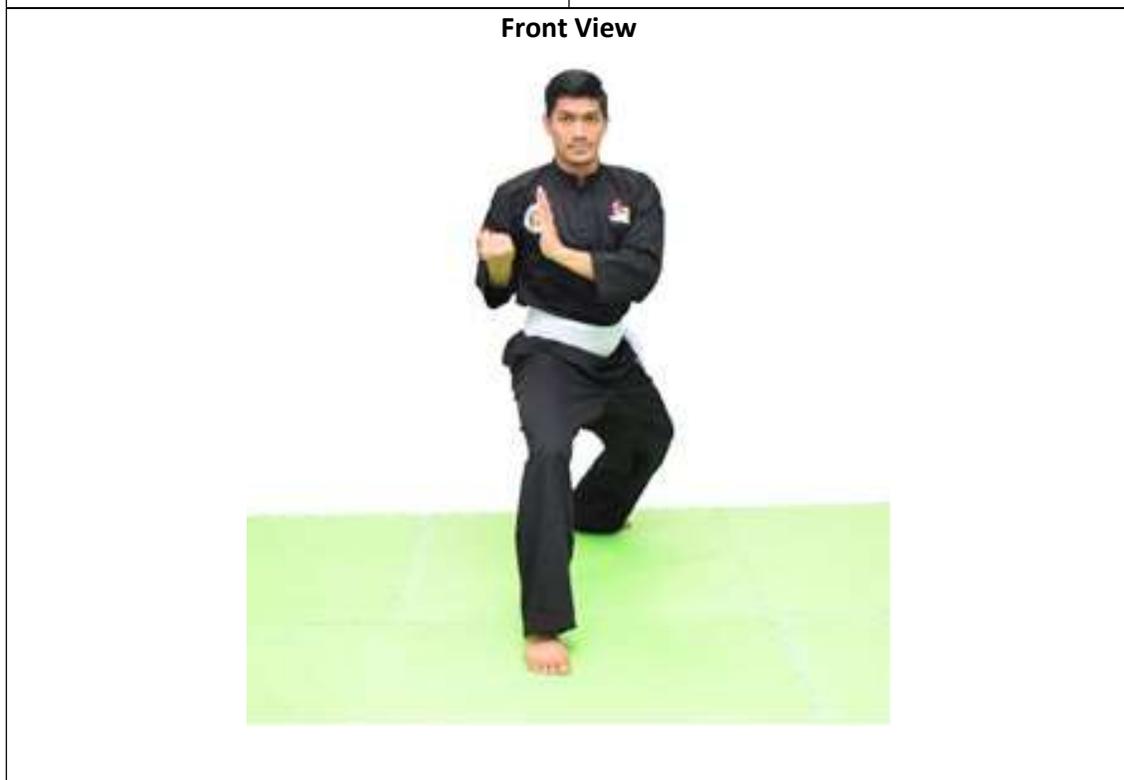
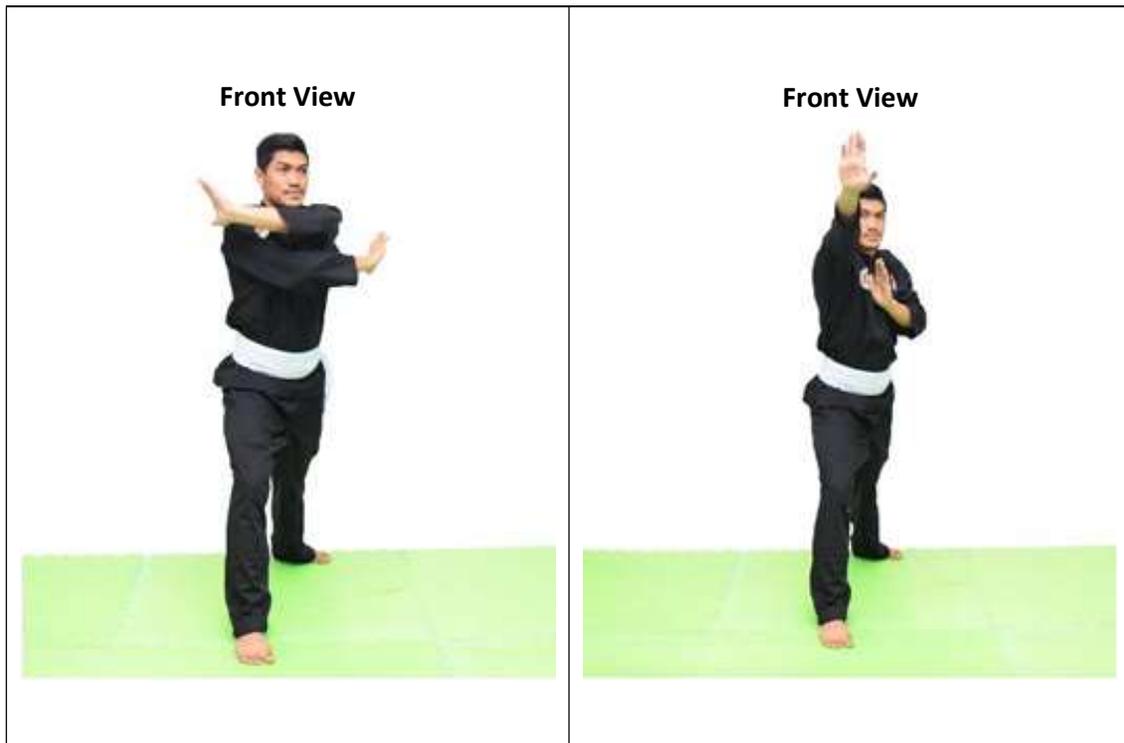
**SINGLE MOVEMENT (BAREHAND)**

**PACKAGE 1**  
Step 1

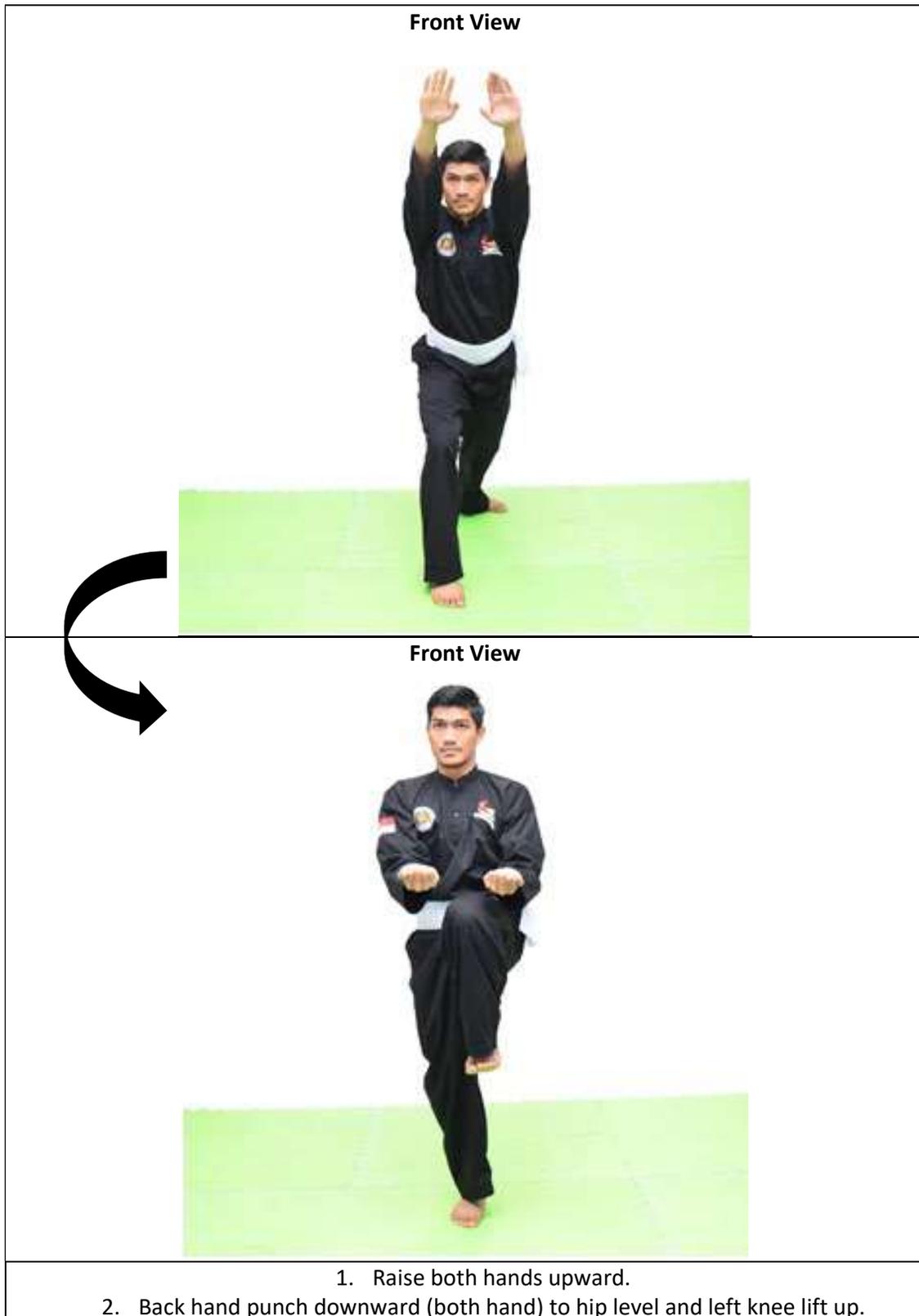
<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<p>1. Left leg step back</p>			
<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<p>3. Center stance, body face forward &amp; right hand over left hand</p>			

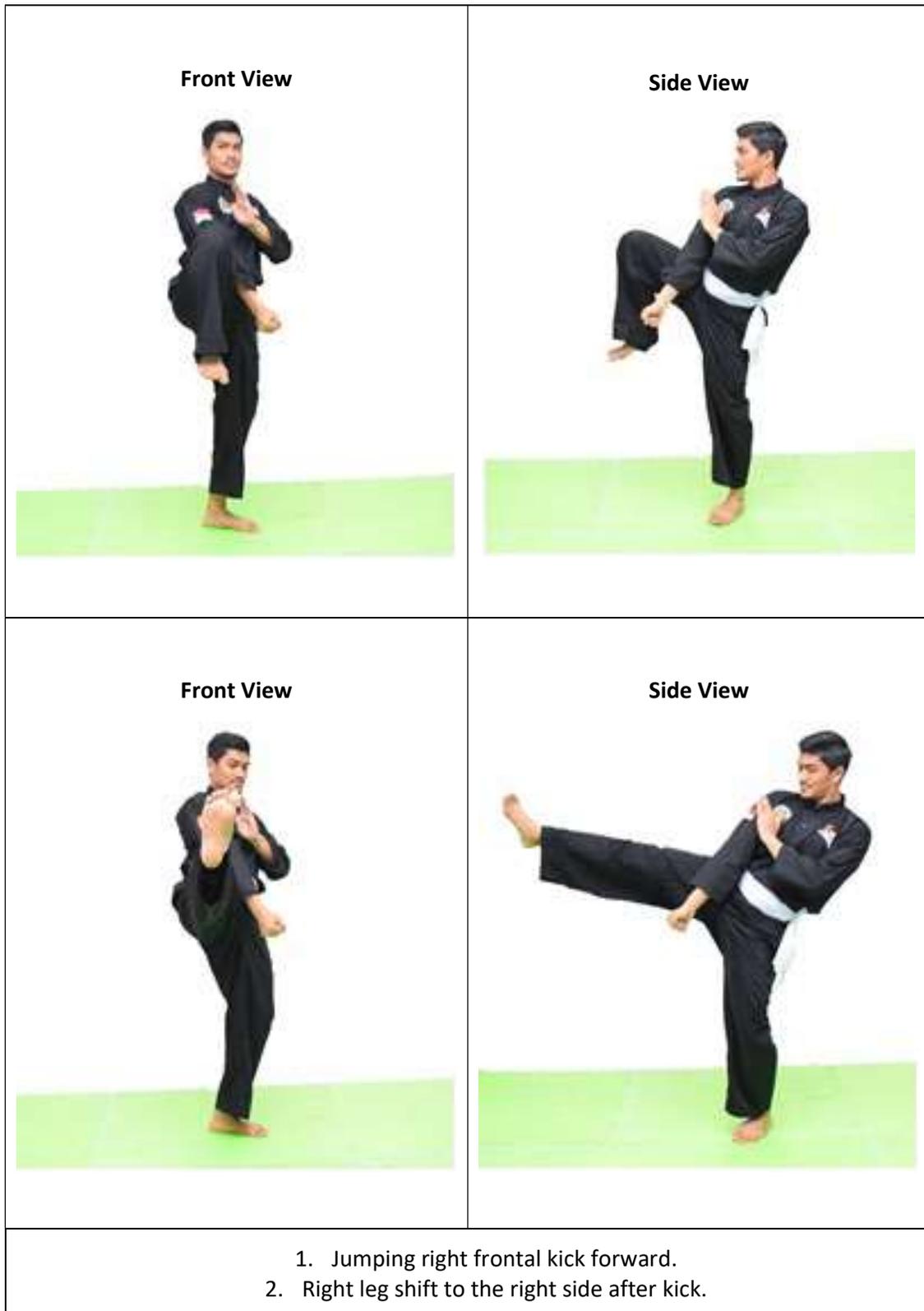
**PACKAGE 1****Step 2**

<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Side View</b></p> 
<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Side View</b></p> 
<p style="text-align: center;"><b>Front View</b></p> 	
<ol style="list-style-type: none"><li>1. Left leg step forward.</li><li>2. Feet close together with both hands together above forehead and thrust both hands forward.</li></ol>	

**PACKAGE 1****Step 3**

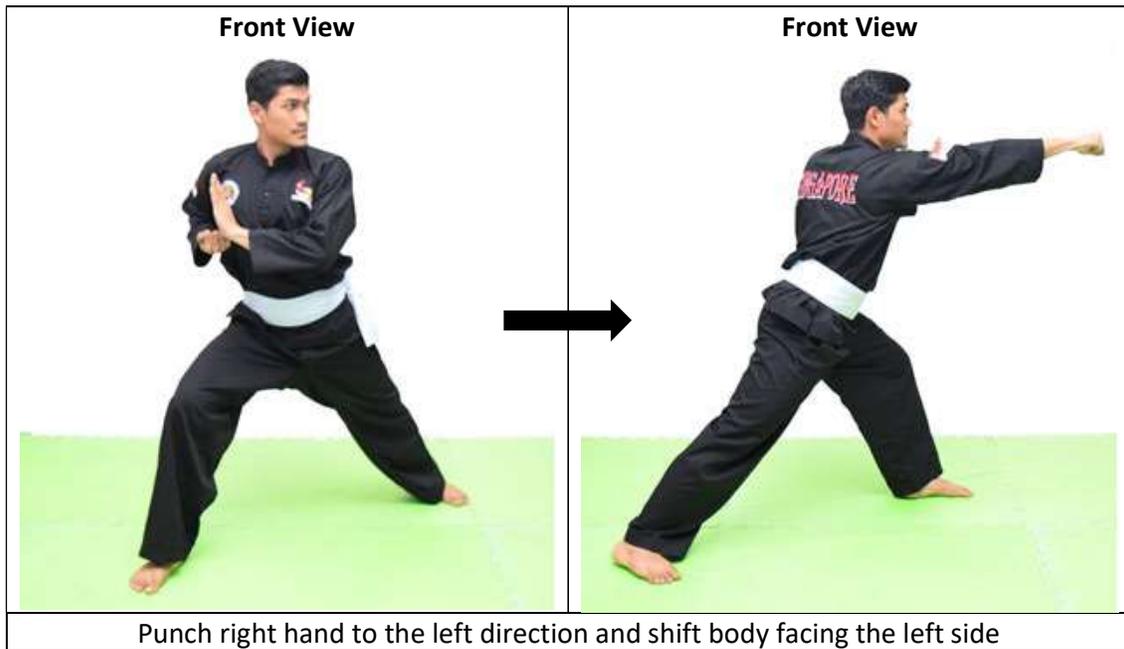
1. Right hand block forward and clinch right hand downward to waist level.
2. Left hand at left chest.

**PACKAGE 1****Step 4**

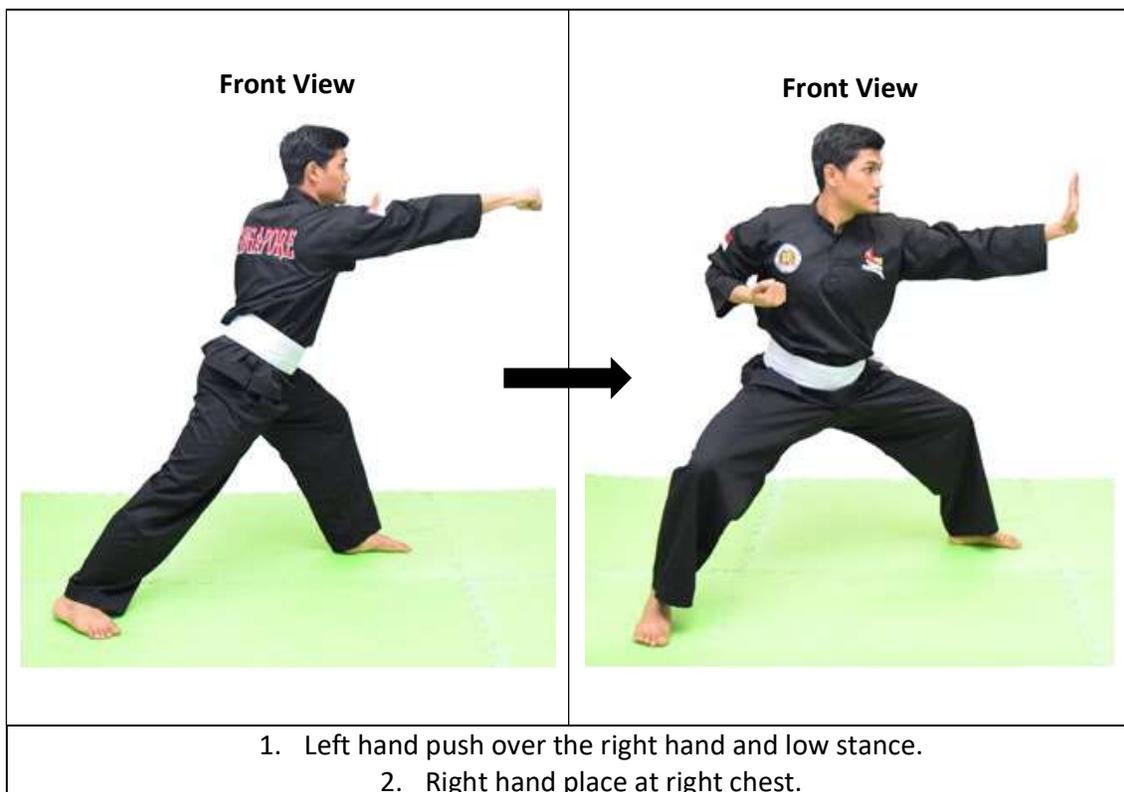
**PACKAGE 1****Step 5**

**PACKAGE 1**

## Step 6

**PACKAGE 1**

## Step 7



**PACKAGE 2**

Step 1

<p><b>Front View</b></p>  <p>→</p>	<p><b>Front View</b></p>  <p>→</p>	<p><b>Front View</b></p>  <p>→</p>	<p><b>Front View</b></p> 
<p>1. Shift right leg forward and turn on the left side. 2. Right hand forward.</p>			

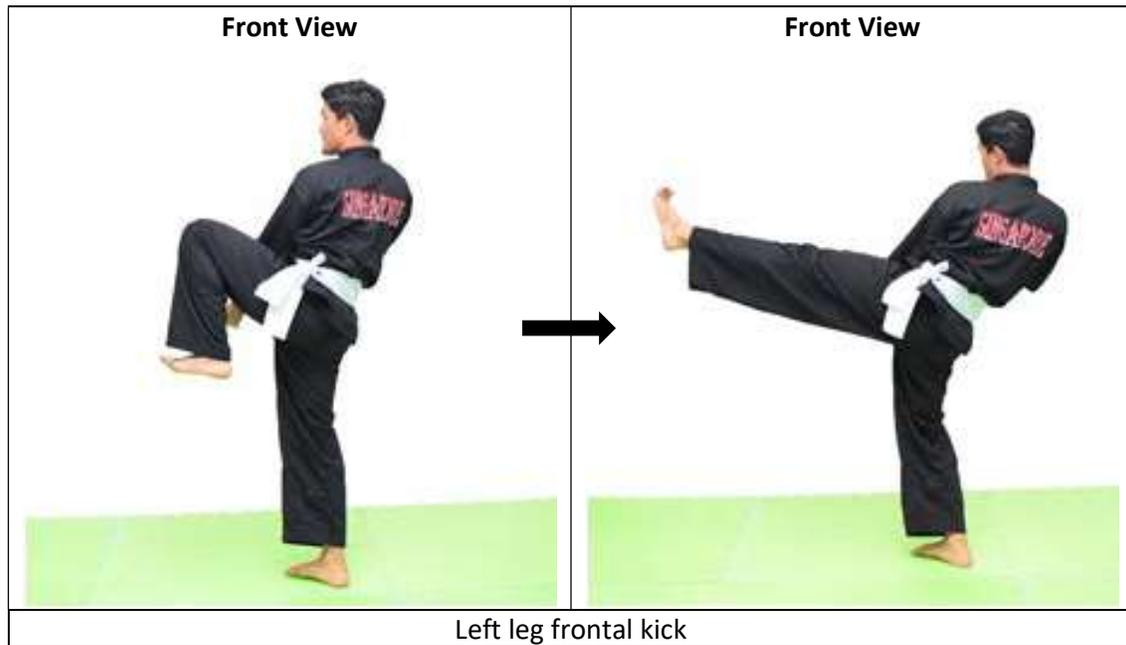
**PACKAGE 2****Step 2****Front View****Back View**

1. Left hand push over the right hand.
2. Left hand forward, left leg tip toe and right back stance.

**PACKAGE 2****Step 3**

**PACKAGE 2**

## Step 4

**PACKAGE 2**

## Step 5



**PACKAGE 2**  
Step 6

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Back View</b></p> 
<ol style="list-style-type: none"> <li>1. Right leg shift 45 degree to right.</li> <li>2. Right hand side blocking (face level) and left-hand elbow upward (face level).</li> </ol>		

**PACKAGE 2**

Step 7

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<ol style="list-style-type: none"> <li>1. Left hand block downward till hip level.</li> <li>2. Right back hand punch downward and kneel down together.</li> </ol>		

**PACKAGE 3**

Step 1

<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Front View</b></p> 
<ol style="list-style-type: none"> <li>1. Right leg cross over backward the left leg.</li> <li>2. Move left leg backward and lift right knee at waist level.</li> <li>3. Both hand at chest level.</li> </ol>			

**PACKAGE 3****Step 2**

**PACKAGE 3**

**Step 3**

**Front View**



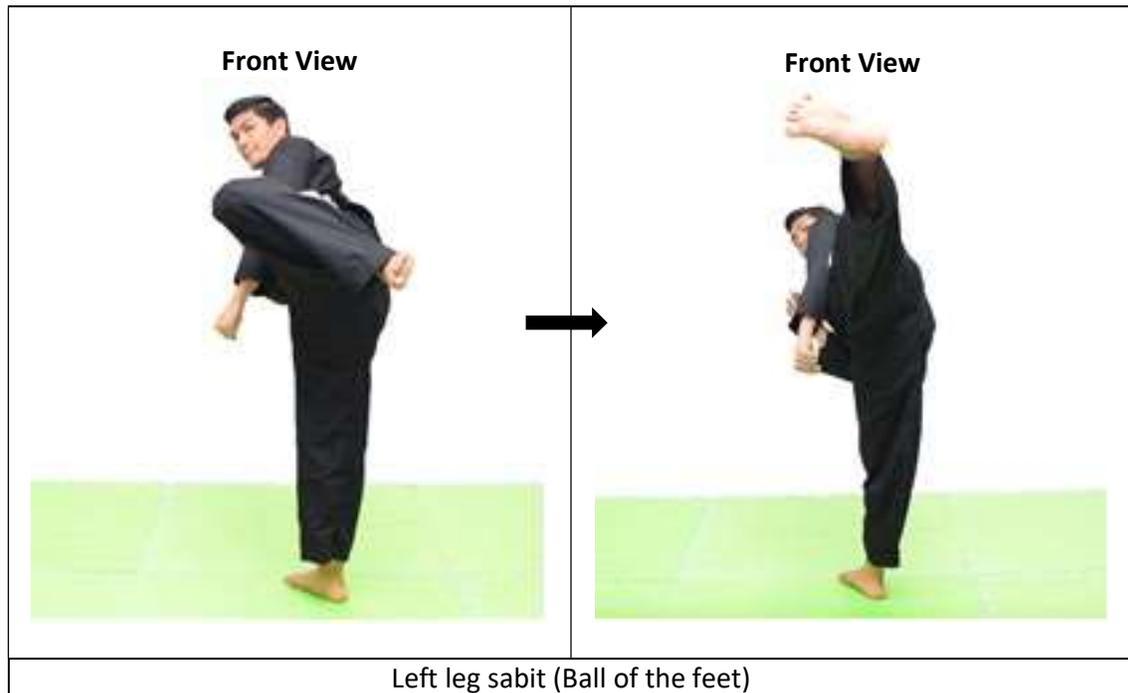
**Side View**



Right leg moves forward and right back hand punch to the right side (nose level).

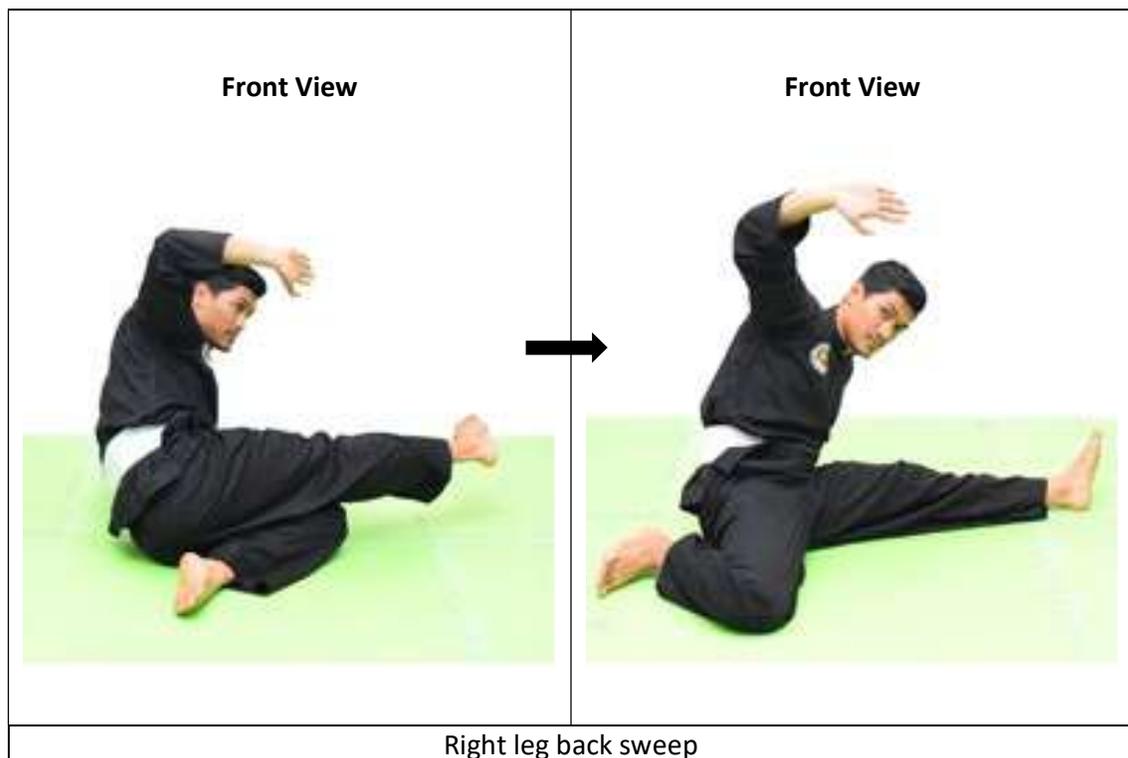
**PACKAGE 3**

Step 4



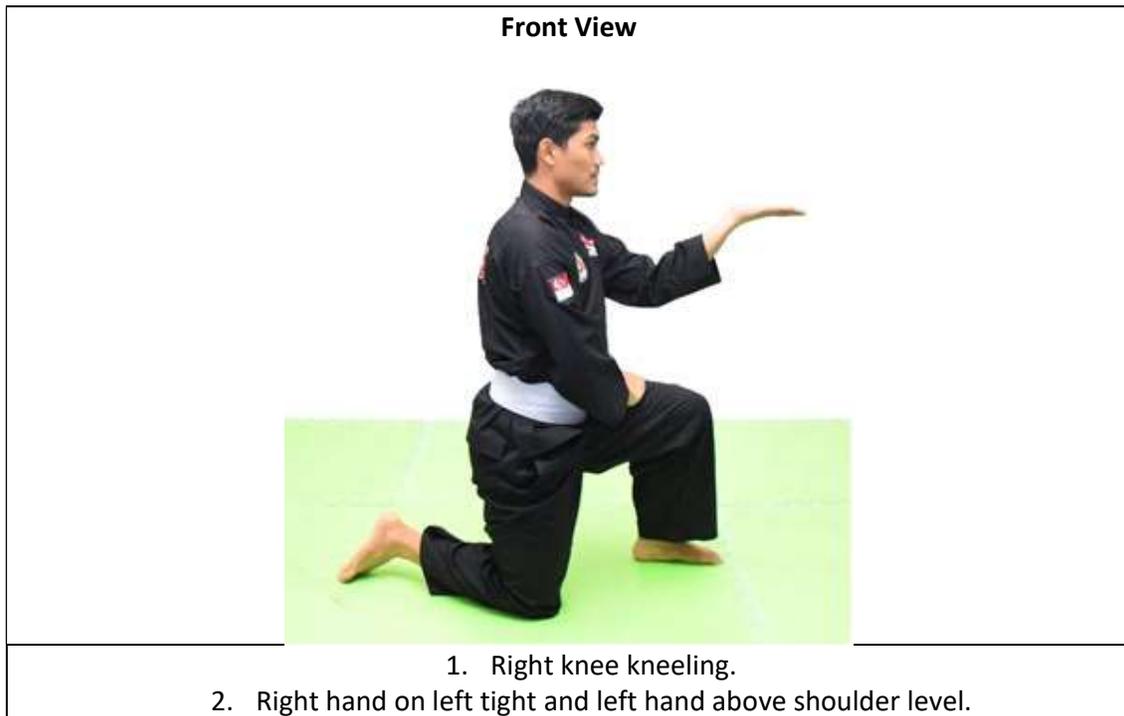
**PACKAGE 3**

Step 5

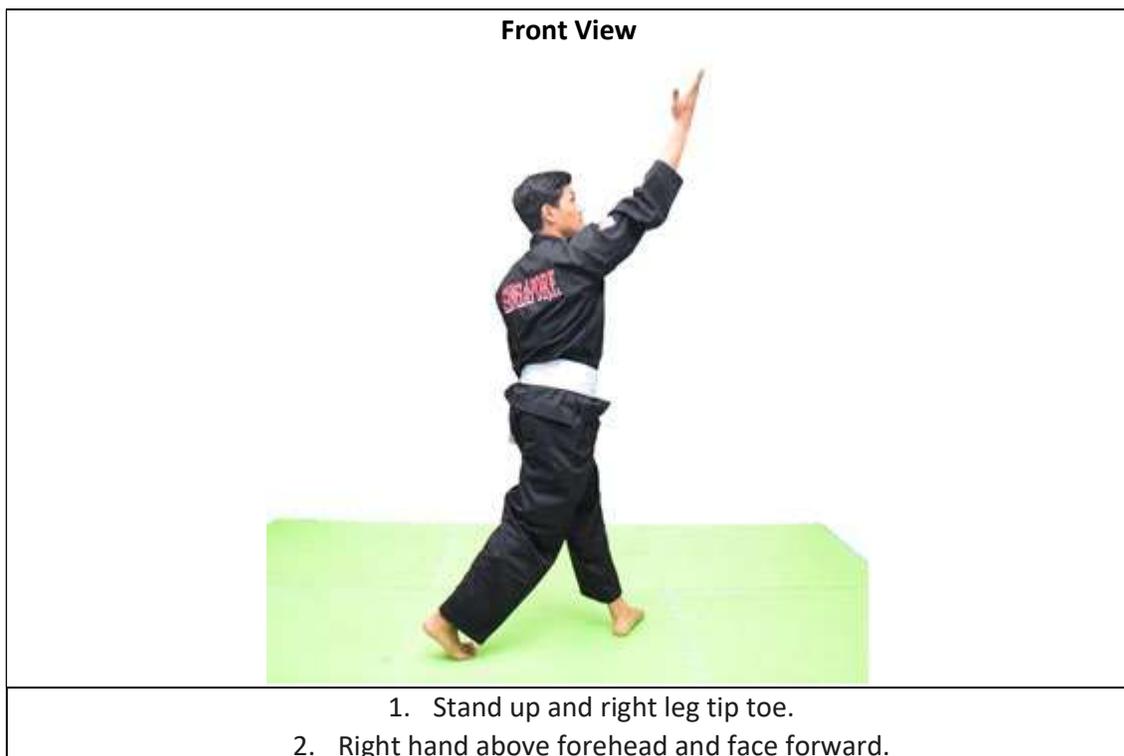


**PACKAGE 4**

## Step 1

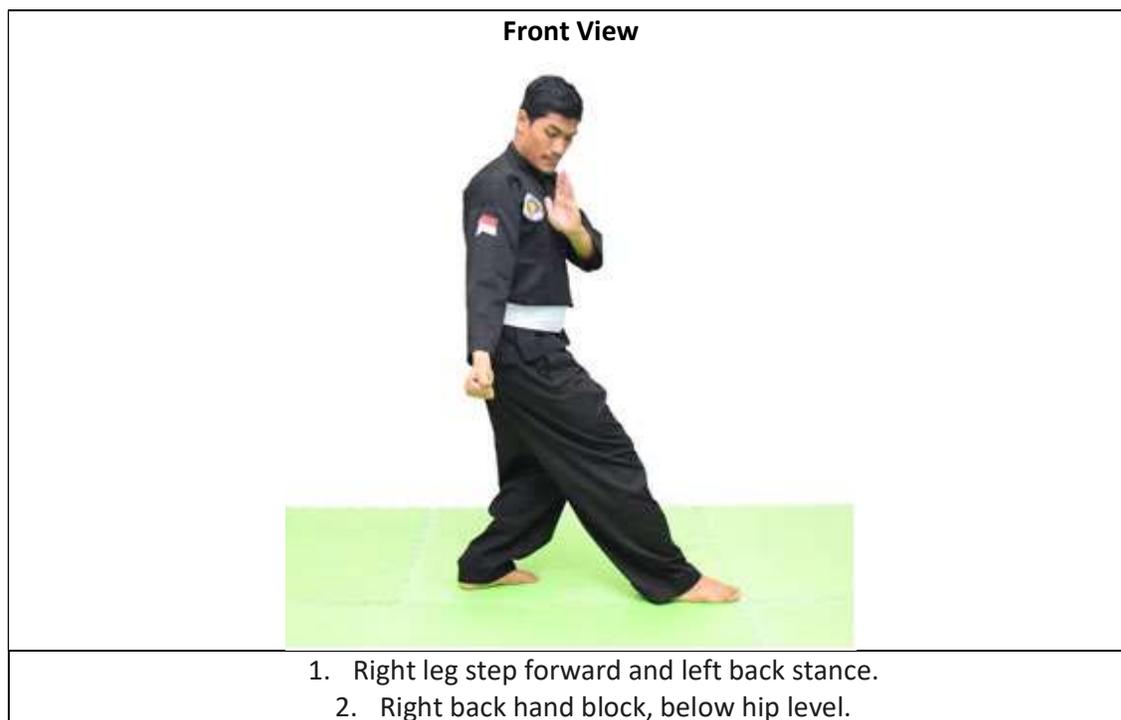
**PACKAGE 4**

## Step 2

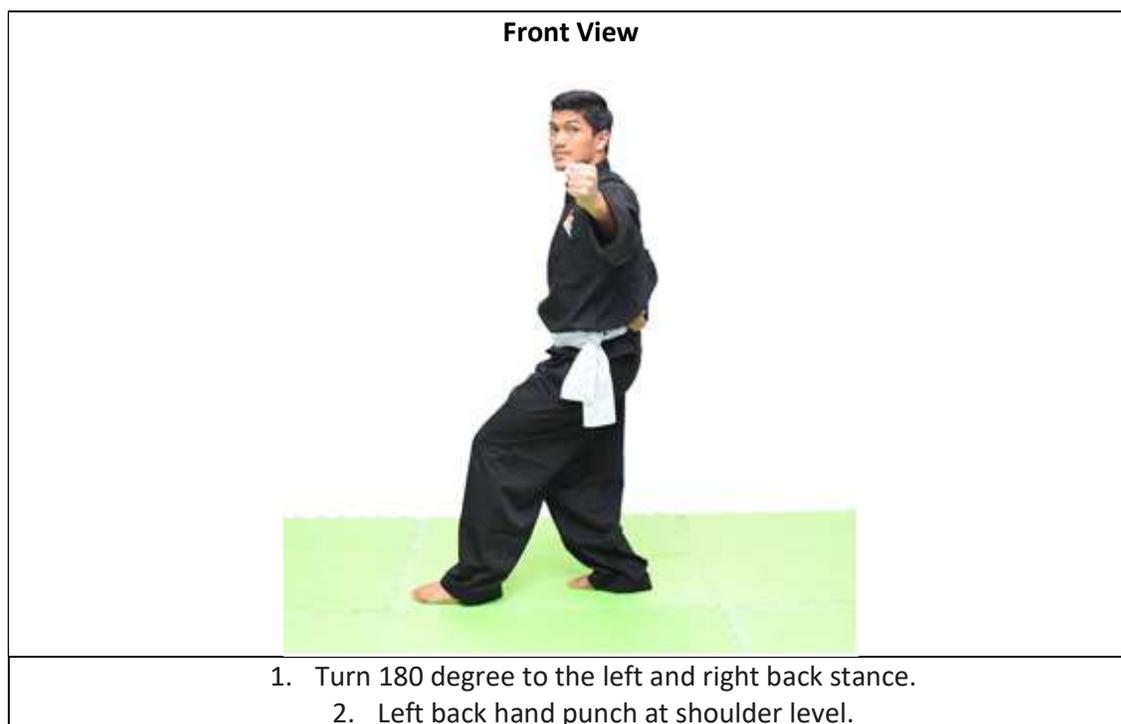


**PACKAGE 4**

## Step 3

**PACKAGE 4**

## Step 4



**PACKAGE 4**

**Step 5**

**Front View**



Move left leg 45 degree forward to the left elbow side way forward

**PACKAGE 4****Step 6**

**PACKAGE 4**

**Step 7**

**Front View**



**Side View**



**Right hand strike forward (Palm Open)**

**PACKAGE 4**

## Step 8

**Front View**



1. Right leg pull back align with the left leg (right leg tip toe) and face left side
2. Right hand palm facing the face.

**PACKAGE 5**

## Step 1

**Front View**



1. Right leg cross over the left and low stance.
2. Left hand facing front (Palm Open)

**PACKAGE 5**

## Step 2

**Front View**



1. Move left leg forward and slightly to the left side.
2. Both hand on ground position.

**PACKAGE 5**

## Step 3

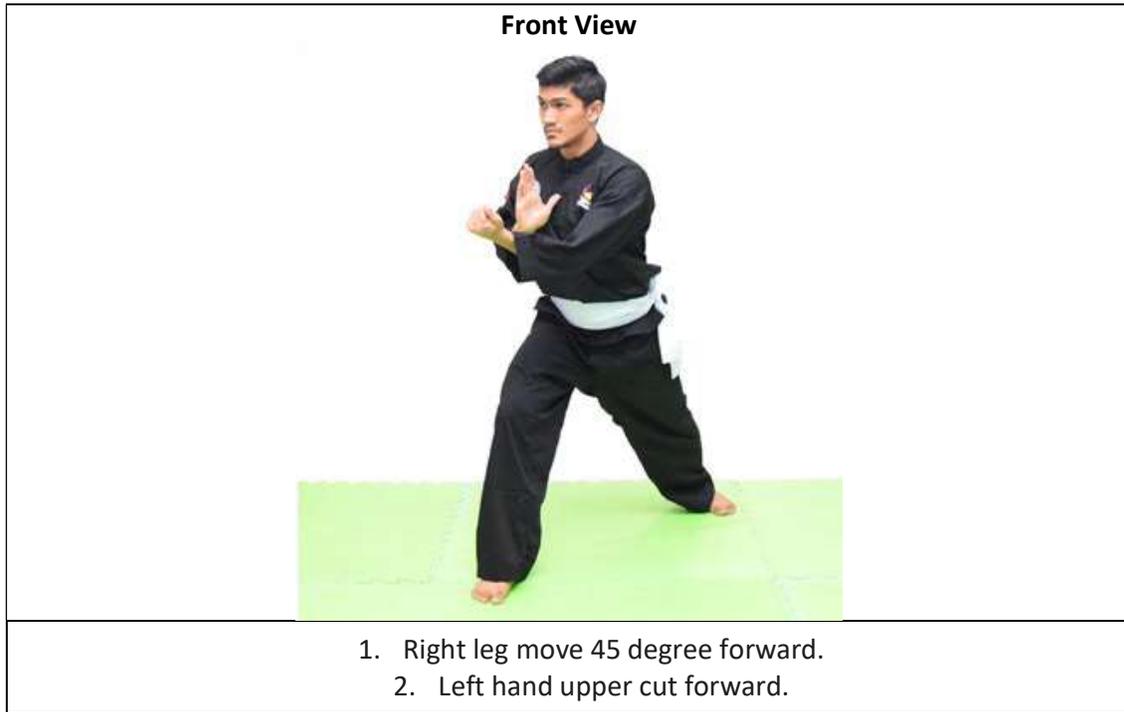
**Front View**



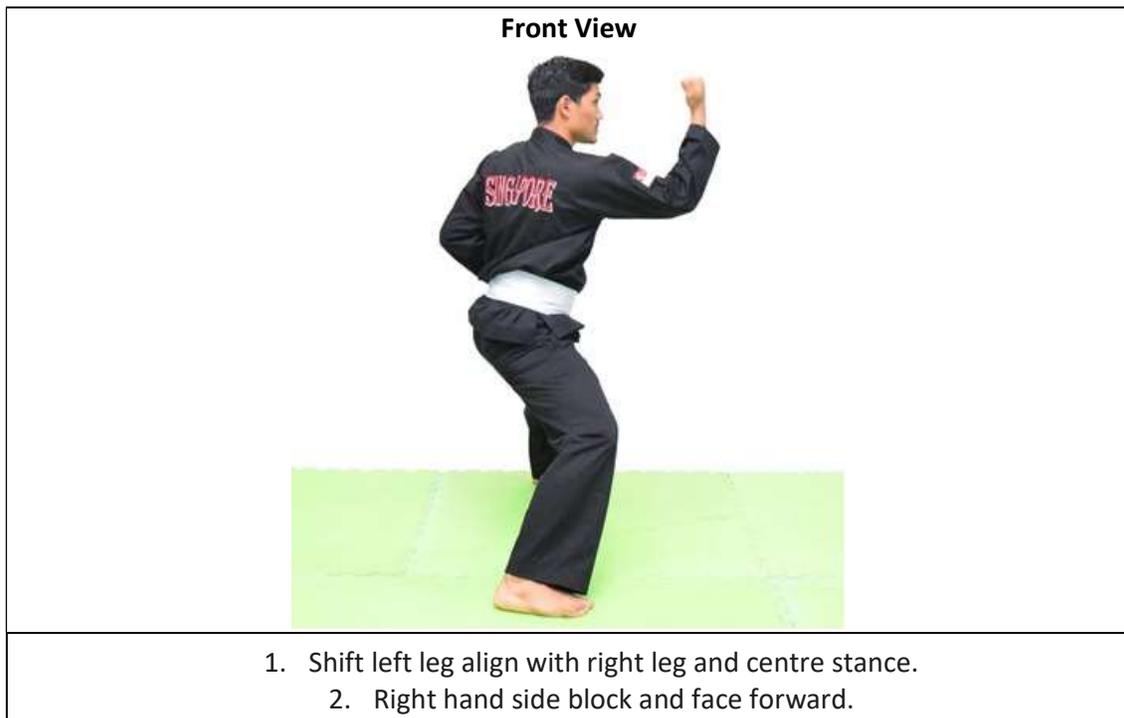
1. Right leg move forward.
2. Right hand knuckle strike forward

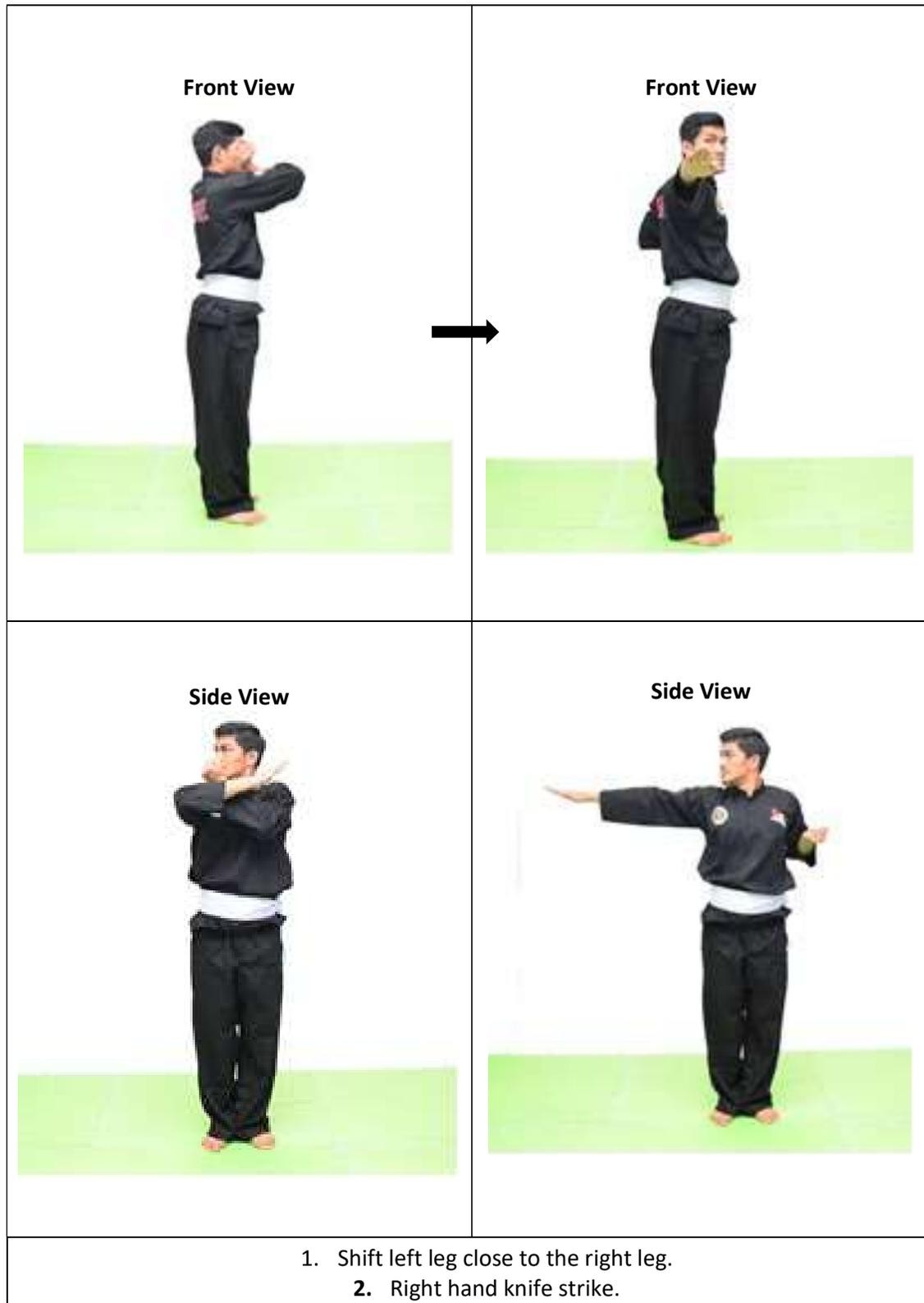
**PACKAGE 5**

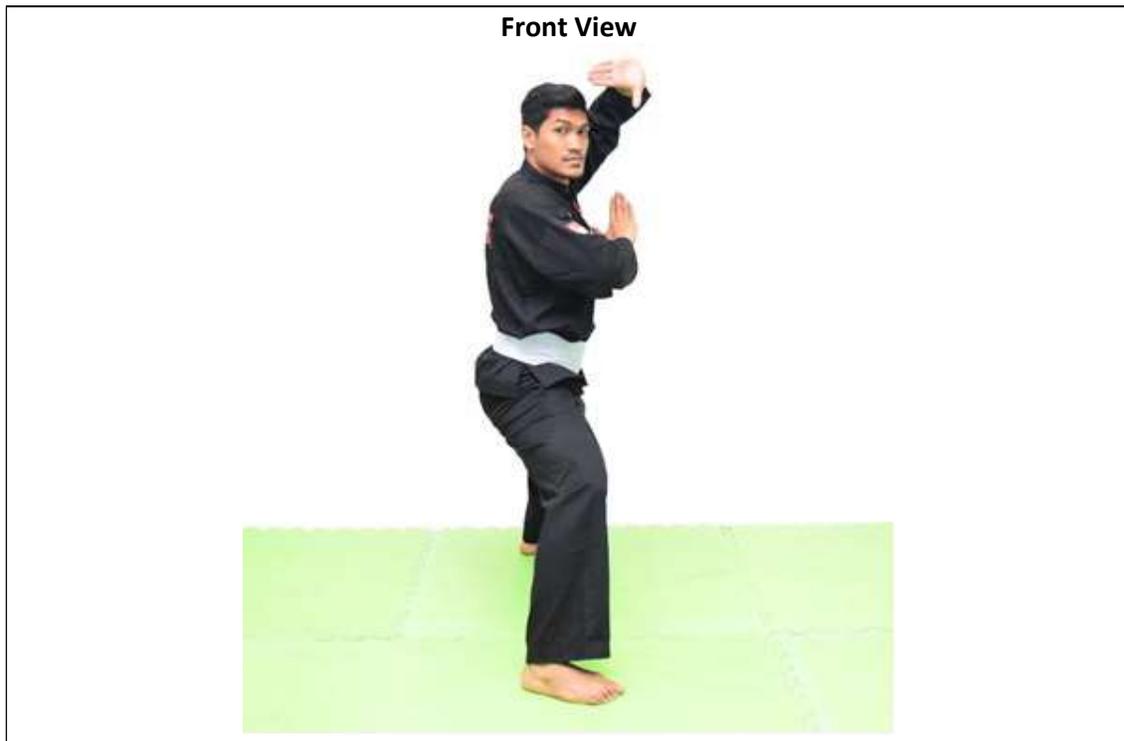
## Step 4

**PACKAGE 5**

## Step 5



**PACKAGE 5****Step 6**

**PACKAGE 5****Step 7**

1. Shift left leg backward and left back stance.
2. Left hand above forehead and right hand center abdominal level.

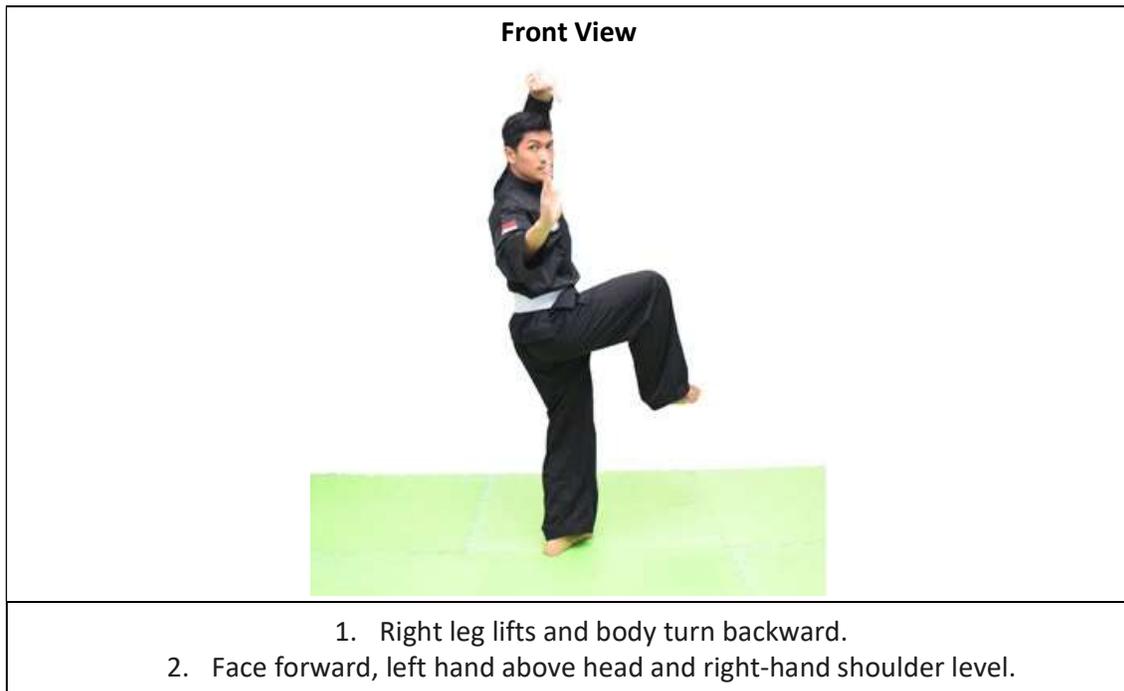
**PACKAGE 6**

Step 1

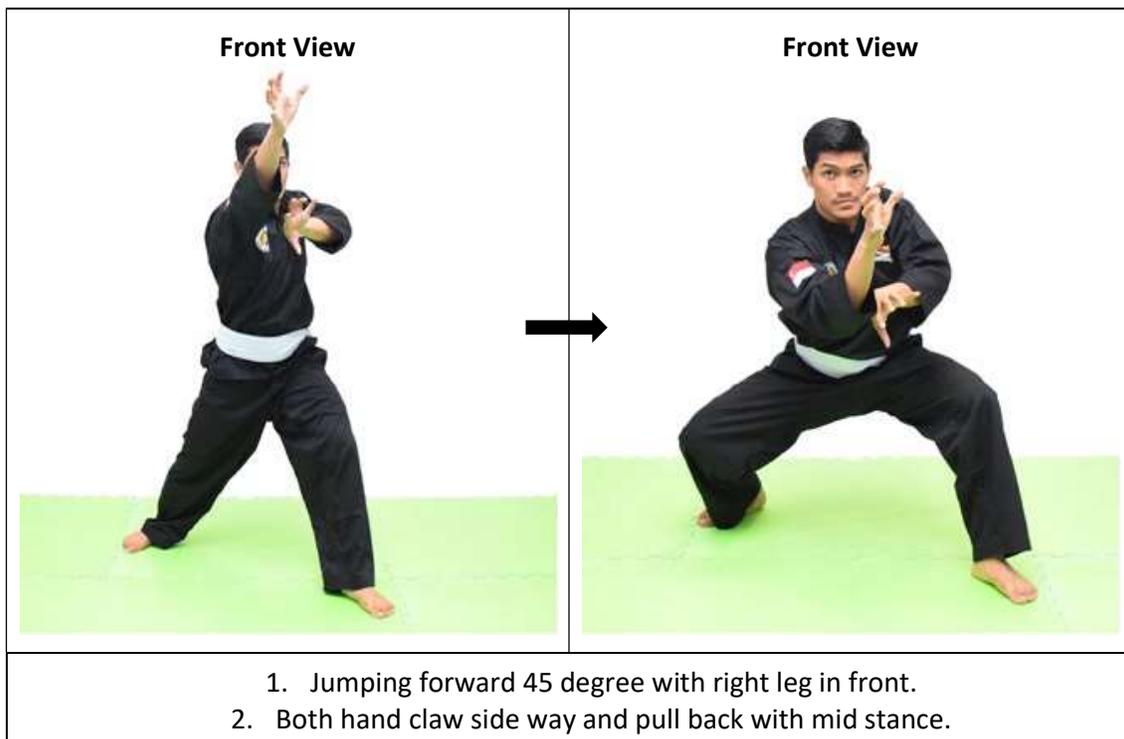
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<ol style="list-style-type: none"> <li>1. Lift up right knee and shift backward.</li> <li>2. Right hand palm facing upward and left hand at chest level.</li> </ol>	<ol style="list-style-type: none"> <li>1. Clinch right hand above shoulder level and face forward.</li> <li>2. Left leg forward stance.</li> </ol>		

**PACKAGE 6**

## Step 2

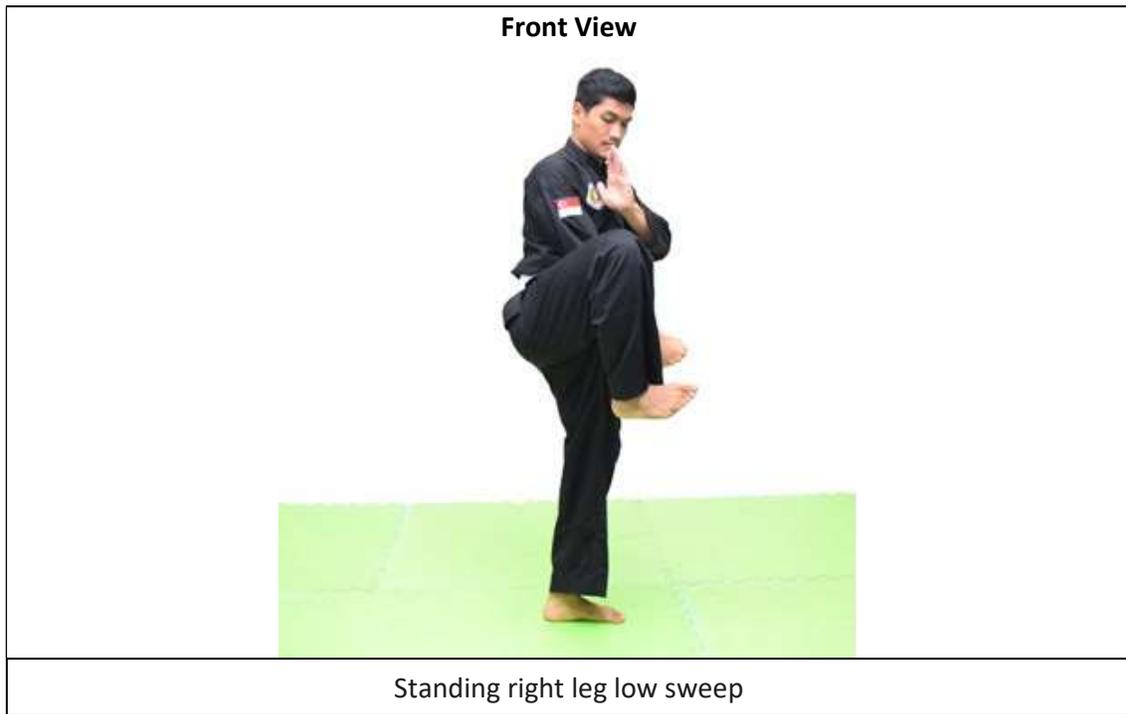
**PACKAGE 6**

## Step 3



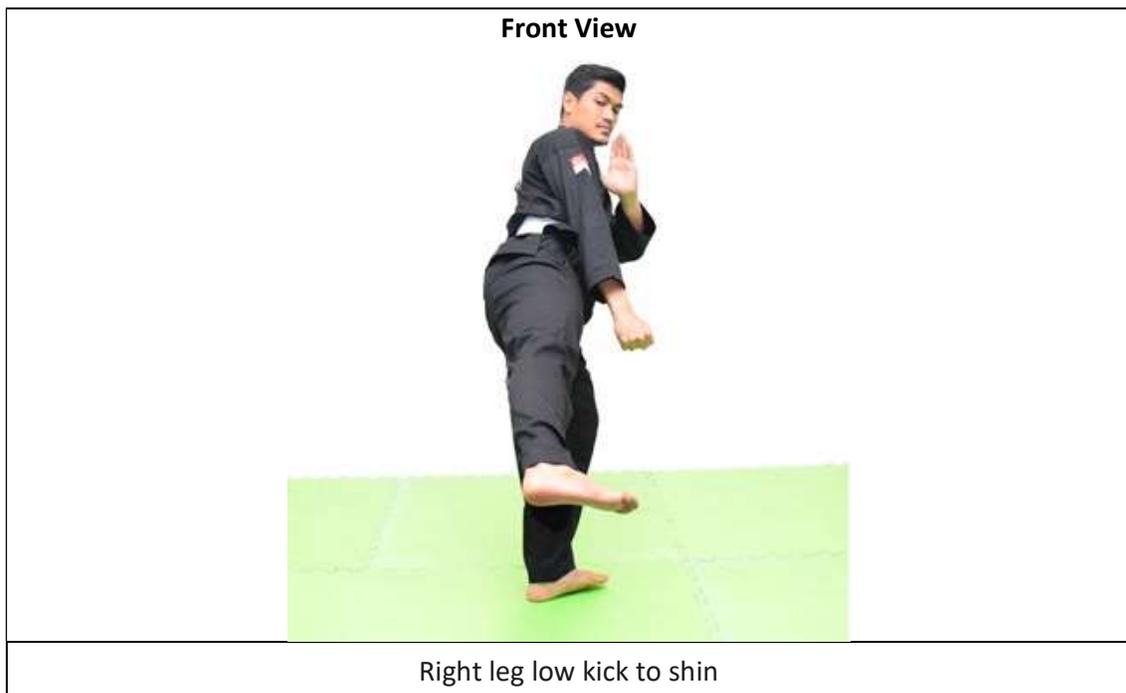
**PACKAGE 6**

Step 4



**PACKAGE 6**

Step 5



**PACKAGE 6**

## Step 6

**Front View**



1. Right leg shift 45 degree forward.
2. Eagle stance.

**PACKAGE 6**

## Step 7

**Front View**



Shift left leg align with the right leg and right back stance.

**PACKAGE 7**

## Step 1

**PACKAGE 7**

## Step 2



**PACKAGE 7****Step 3****PACKAGE 7****Step 4**



**PACKAGE 7**

**Step 7**

**Front View**



**Right front sweep forward and left-hand block above forehead**

**PACKAGE 7**

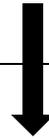
Step 8

<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Front View</b></p> 	<p style="text-align: center;"><b>Side View</b></p> 
<p style="text-align: center;"> <ol style="list-style-type: none"> <li>1. Turn body 360 degree to the left.</li> <li>2. Lied down (shoulder above ground) and right frontal kick using heel.</li> </ol> </p>		

**PACKAGE 7**

**Step 9**

**Front View**



**Front View**



Sit up and left leg bent above right leg

**PACKAGE 7**

Step 10

<p><b>Front View</b></p> 	<p><b>Back View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<ol style="list-style-type: none"> <li>1. Turn body 180 degree to the right.</li> <li>2. Double leg horse kick upwards (45 degree)</li> </ol>			

**PACKAGE 7****Step 11****Front View**

Scissors after the double horse kick

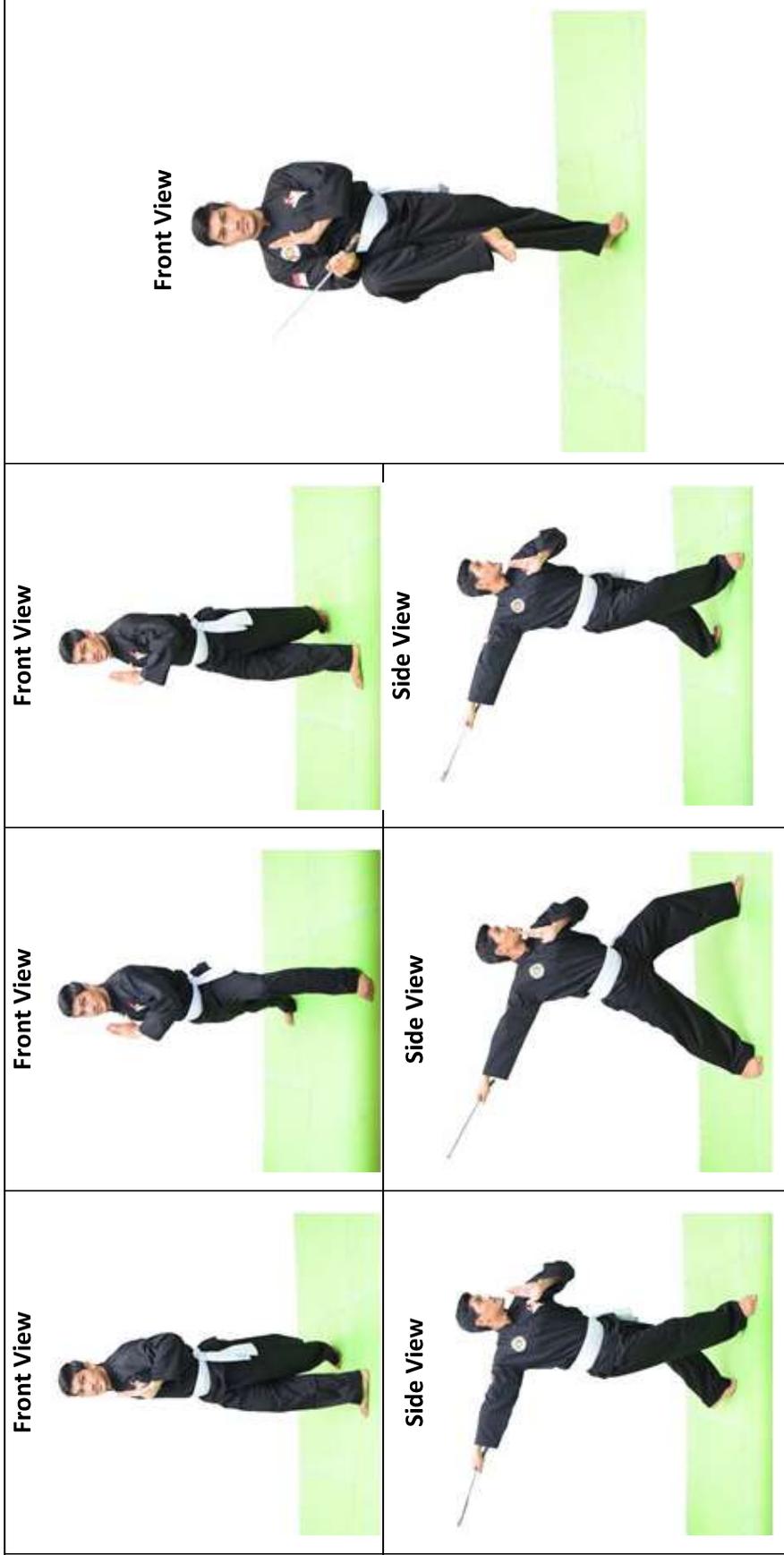
**SINGLE MOVEMENT (WEAPON – GOLOK)**

**PACKAGE 1**  
 Step 1  
 Front View

		
		
<ol style="list-style-type: none"> <li>1. Interval - Move two (2) steps forward to retrieve weapon.</li> <li>2. Pick up weapon and point it forward 45 degrees upwards.</li> </ol>		

**PACKAGE 1**

Step 2



1. Stand and move three (3) steps (cross steps) to the back.
2. Right hand with weapon face back (above shoulder level).

**PACKAGE 1****Step 3****Front View**

Turn & body facing to right side and swing weapon outwards (above shoulder level).

**PACKAGE 1**

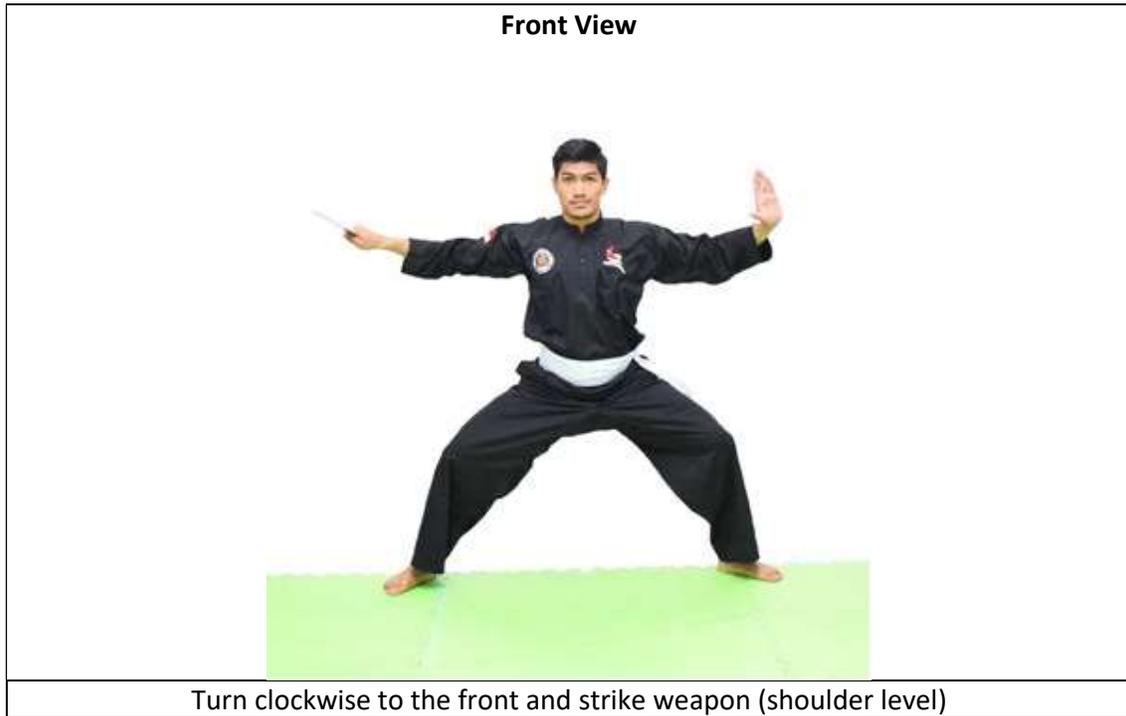
Step 4

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<p>1. Lift up weapon, swing downwards and move upwards in one (1) motion.                  2. At the same time take two (2) steps (cross steps) 45 degrees to the left.</p>		
<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	
<p>1. Turn body 45 degrees to right and swing long knife outwards.                  2. Strike weapon side way shoulder level.</p>		

**PACKAGE 1****Step 5**

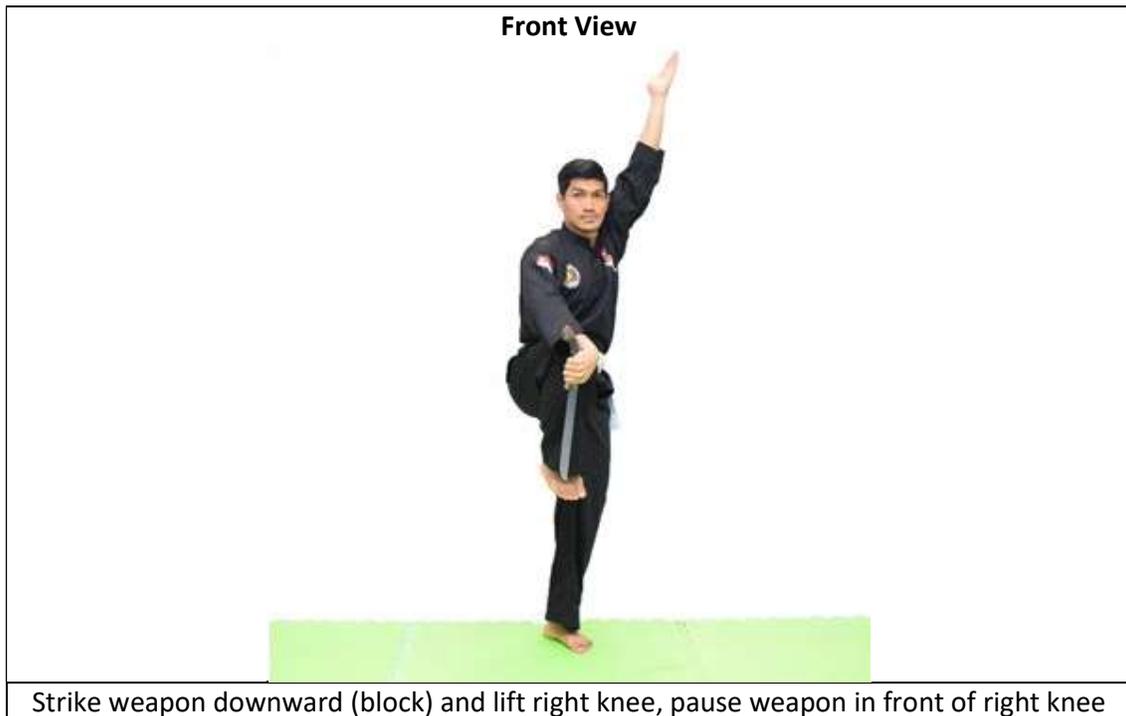
**PACKAGE 1**

Step 6



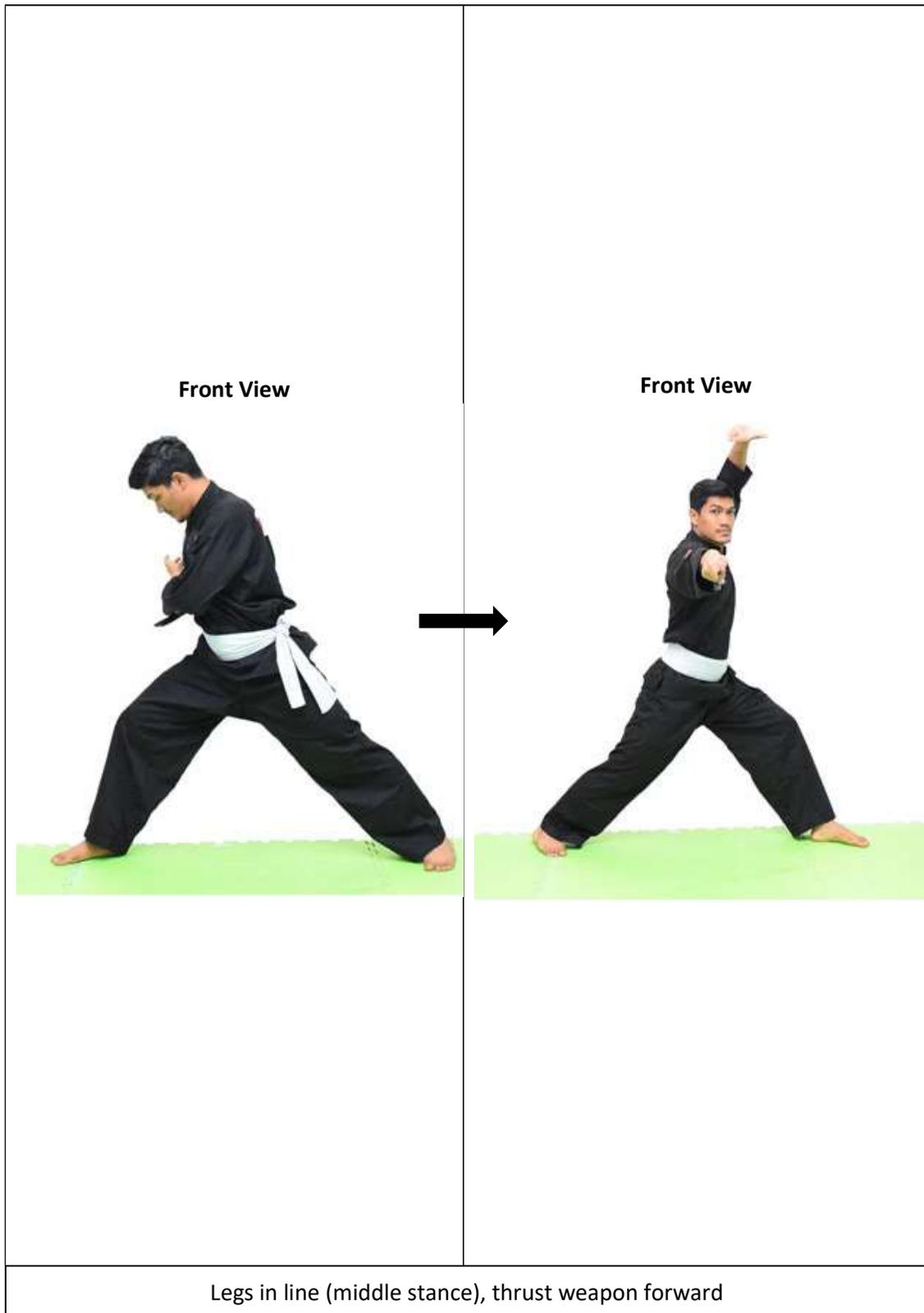
**PACKAGE 1**

Step 7



**PACKAGE 2**

**Step 1**



**PACKAGE 2**  
Step 2

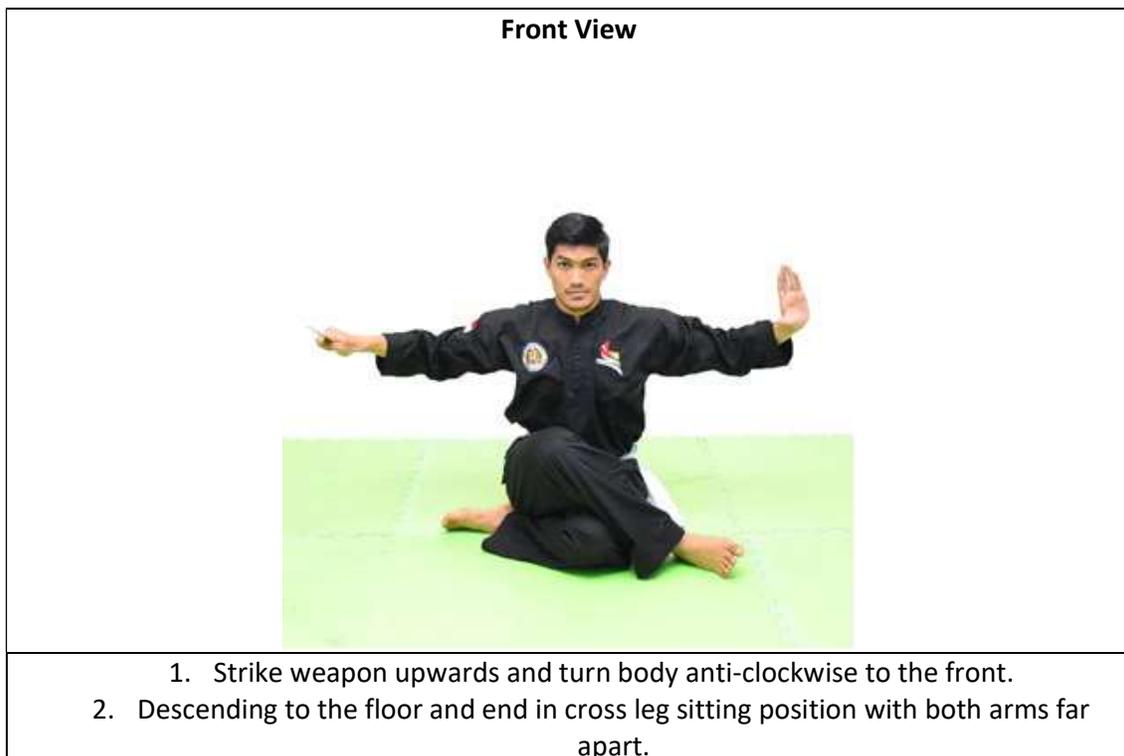
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<p>Shift right leg back and turn body clockwise to the back with weapon pointing back</p>			<p>Face front (remain at the same posture)</p>

**PACKAGE 2**

## Step 3

**PACKAGE 2**

## Step 4



**PACKAGE 2**

Step 5

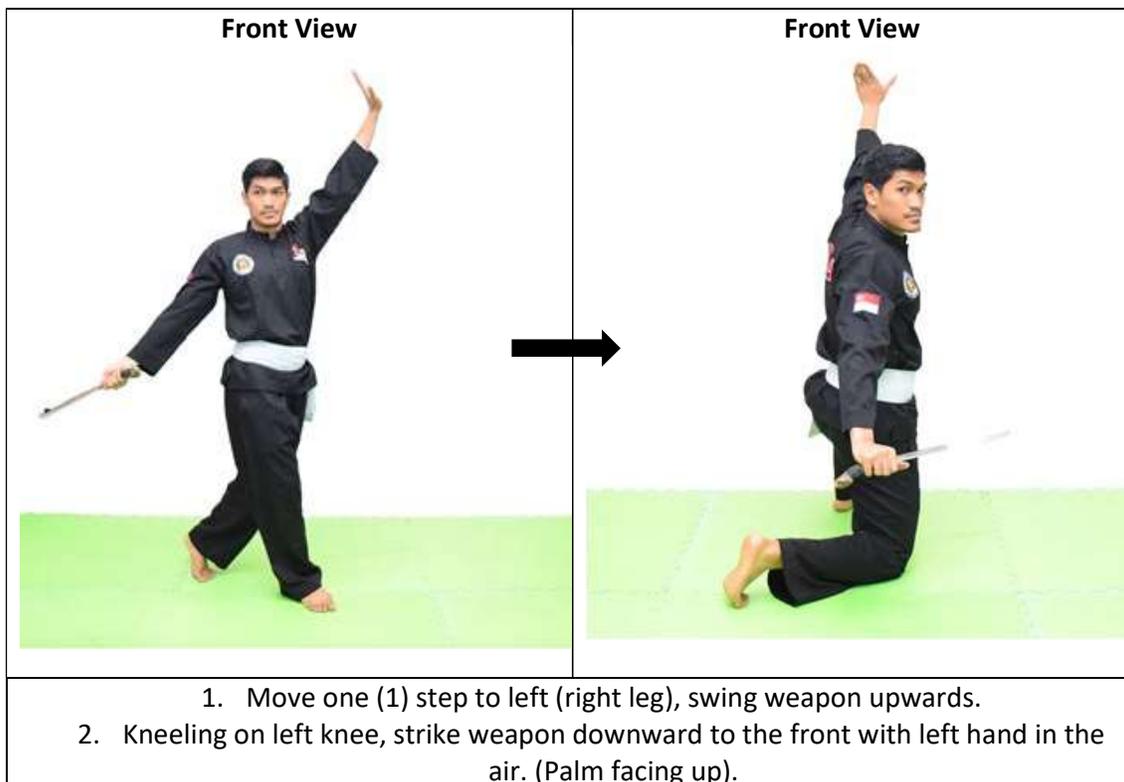
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<ol style="list-style-type: none"> <li>1. Shift body 45 degrees to the right and block oneself using left arm.</li> <li>2. Shift weight and kneel on left leg and at the same time change the way of holding the long knife</li> </ol>			
<p>Stand 45 degrees to the left (standing stance) and block using long knife (bring long knife closer to forearm).</p>			

**PACKAGE 2**

## Step 6

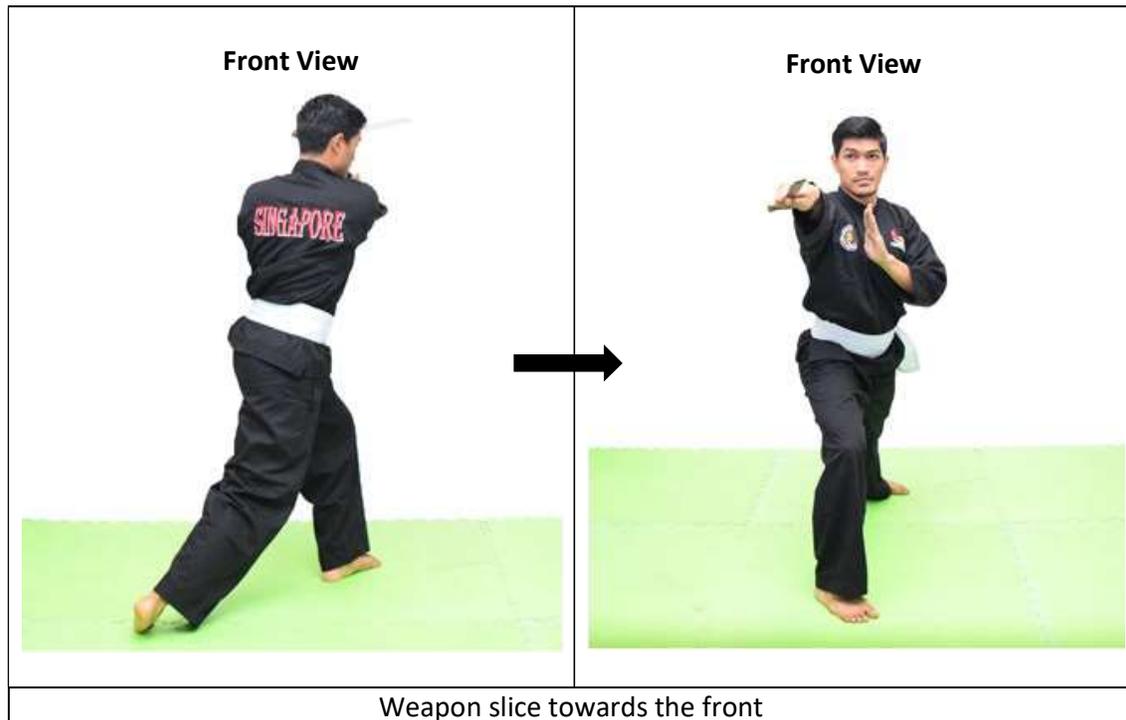
**PACKAGE 3**

## Step 1

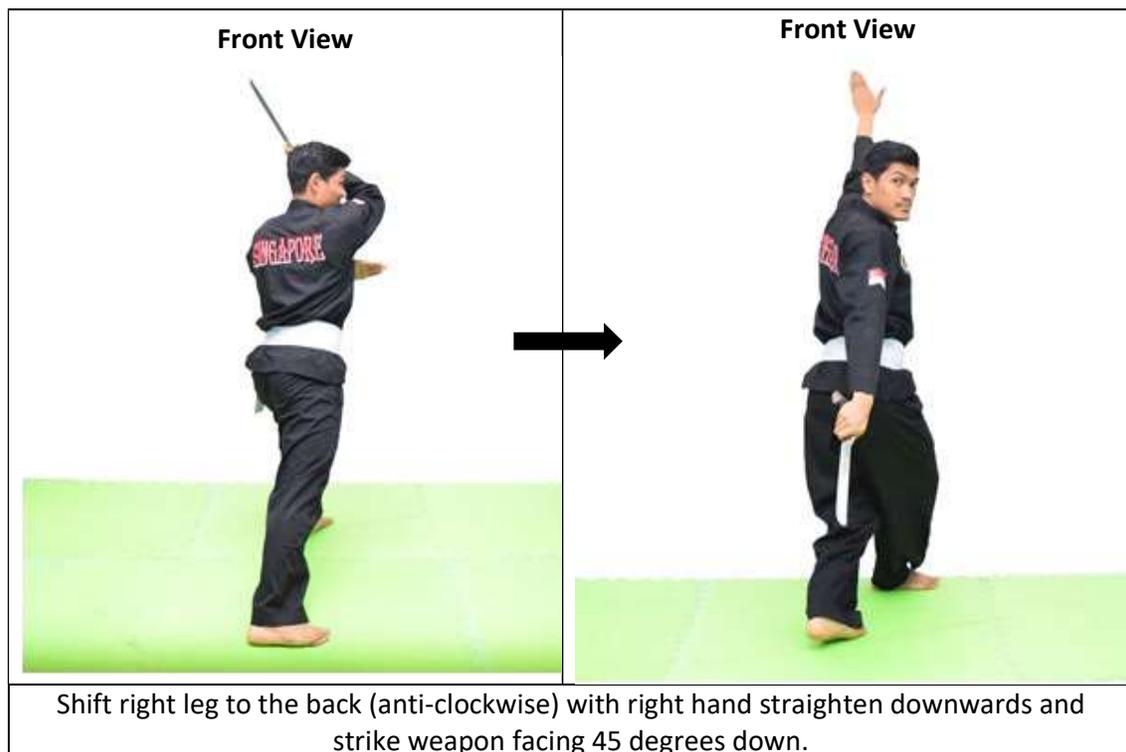


**PACKAGE 3**

## Step 2

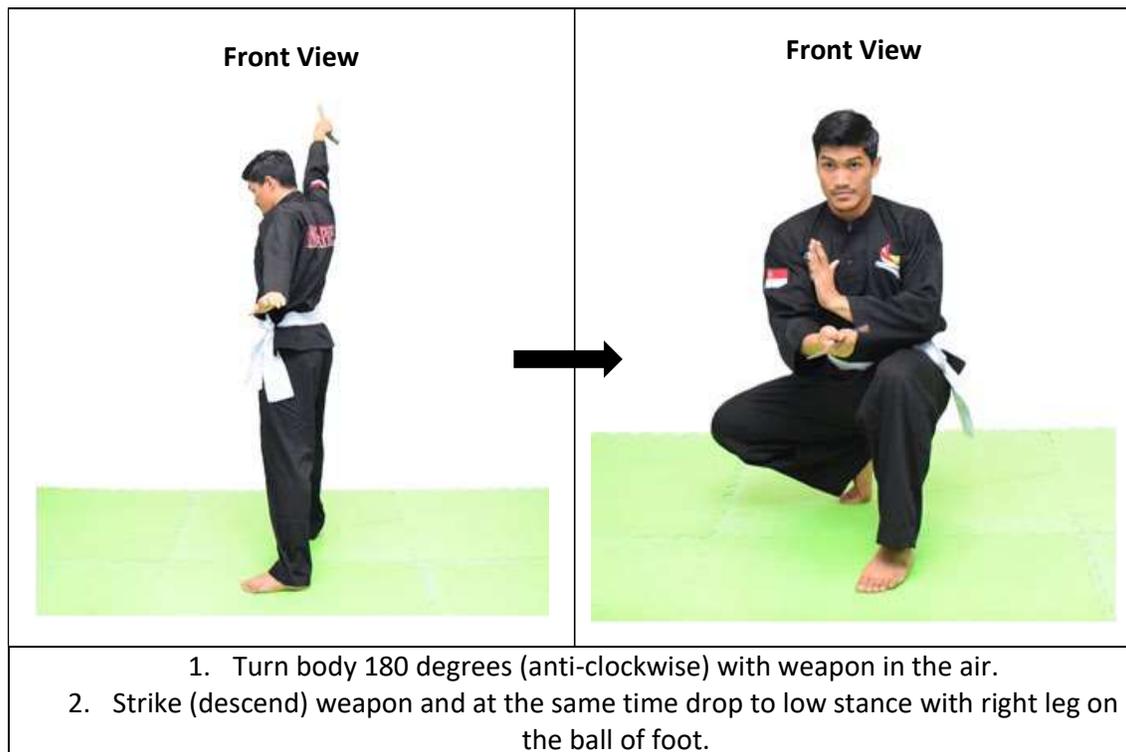
**PACKAGE 3**

## Step 3

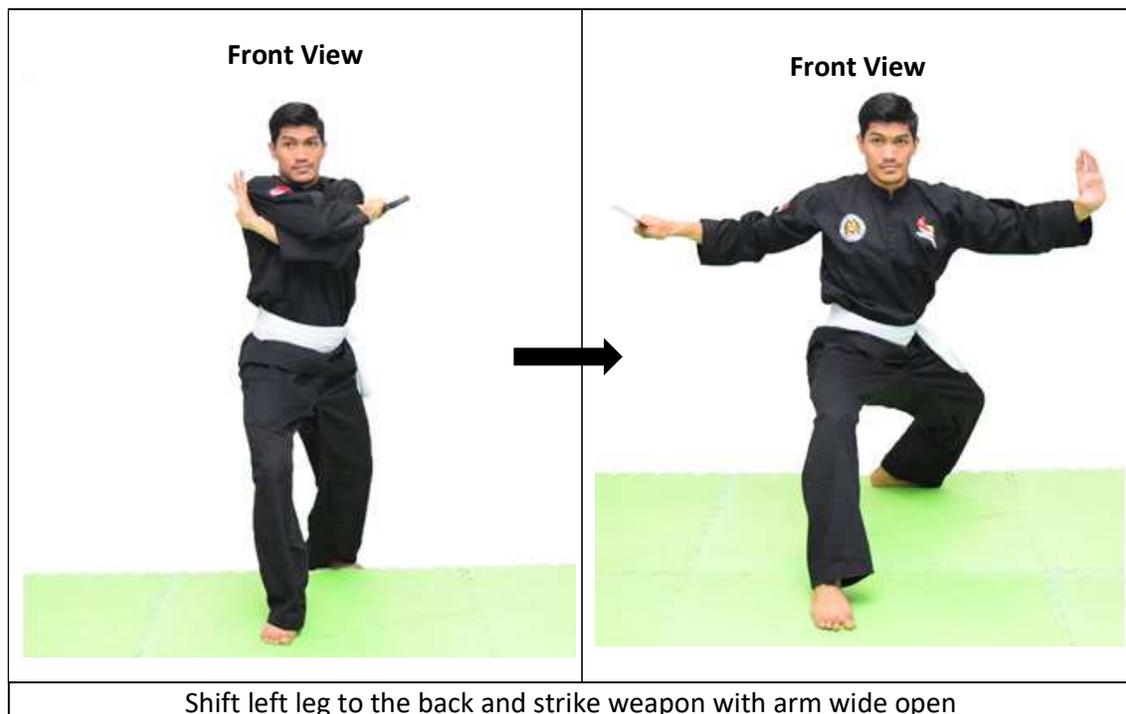


**PACKAGE 3**

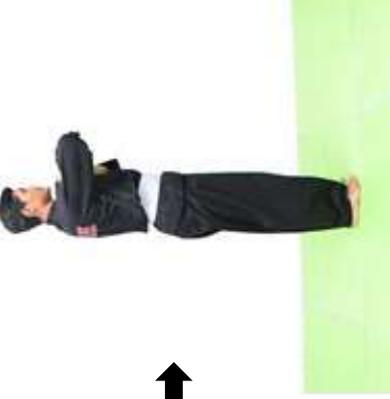
## Step 4

**PACKAGE 3**

## Step 5



**PACKAGE 3**  
Step 6

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<ol style="list-style-type: none"> <li>1. Change stance to centre standing stance and swing weapon to left and to right.</li> <li>2. With feet close together and facing left, blocking with weapon parallel to the ground.</li> </ol>			

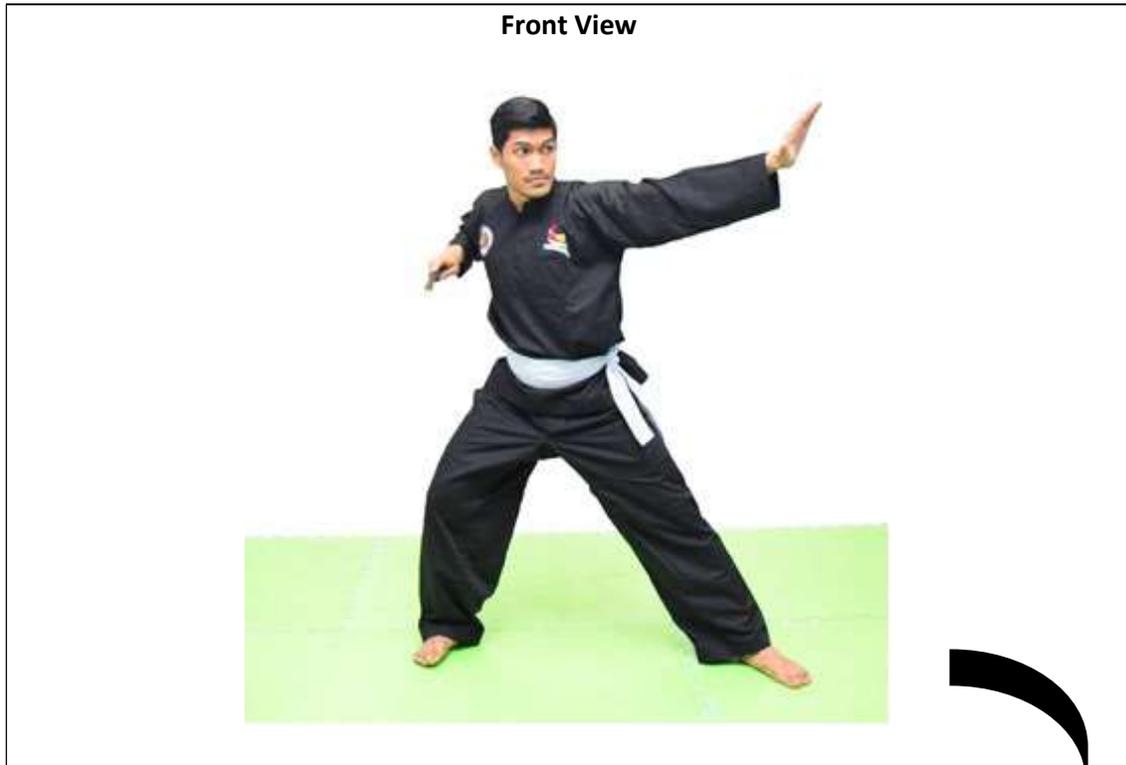
**PACKAGE 3**

Step 7

<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	<p><b>Front View</b></p> 
<ol style="list-style-type: none"> <li>1. Shift right leg (shift weight to right leg) to the back with weapon swing perpendicular to the ground.</li> <li>2. Right hand close to the chest (open palm).</li> </ol>		

**PACKAGE 3**

**Step 8**



Move left leg 45 degrees to left and block oneself using weapon  
(bring weapon away from forearm).

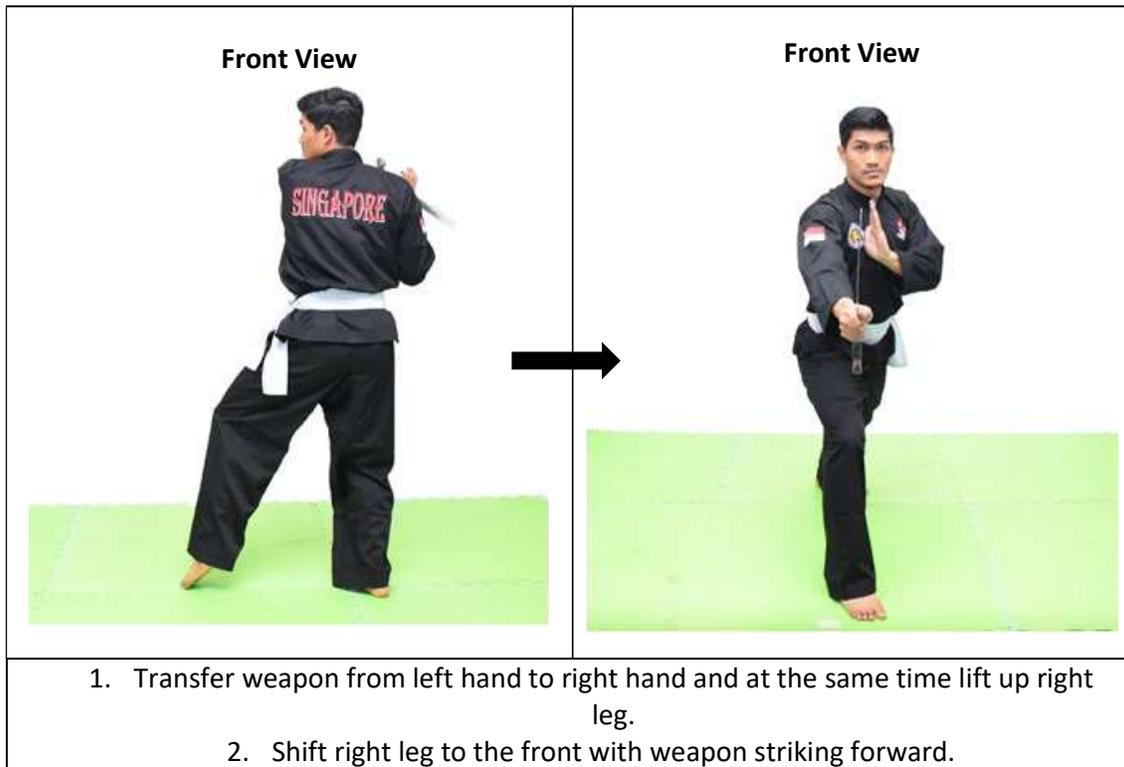
**PACKAGE 3**

Step 9

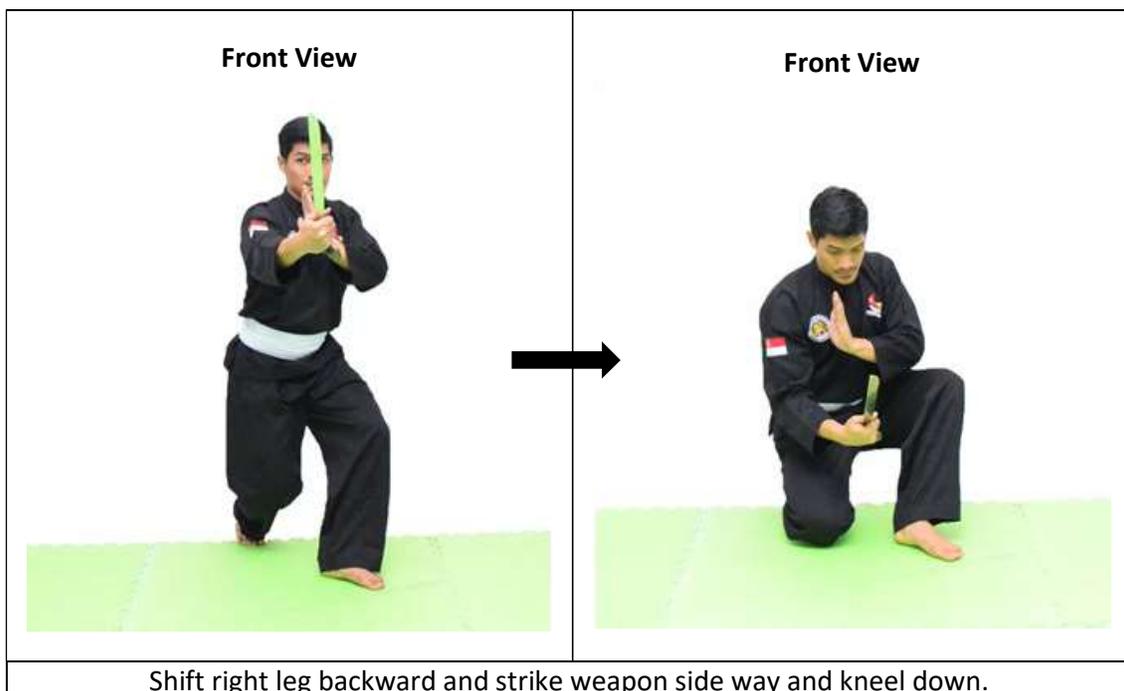
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<ol style="list-style-type: none"> <li>1. Bring feet close together, transfer weapon from right hand to left hand.</li> <li>2. Turn body 90 degrees (anti-clockwise) with shifting left leg (left leg forward stance) to the left side.</li> <li>3. Long knife is parallel to the ground.</li> </ol>		

**PACKAGE 3**

## Step 10

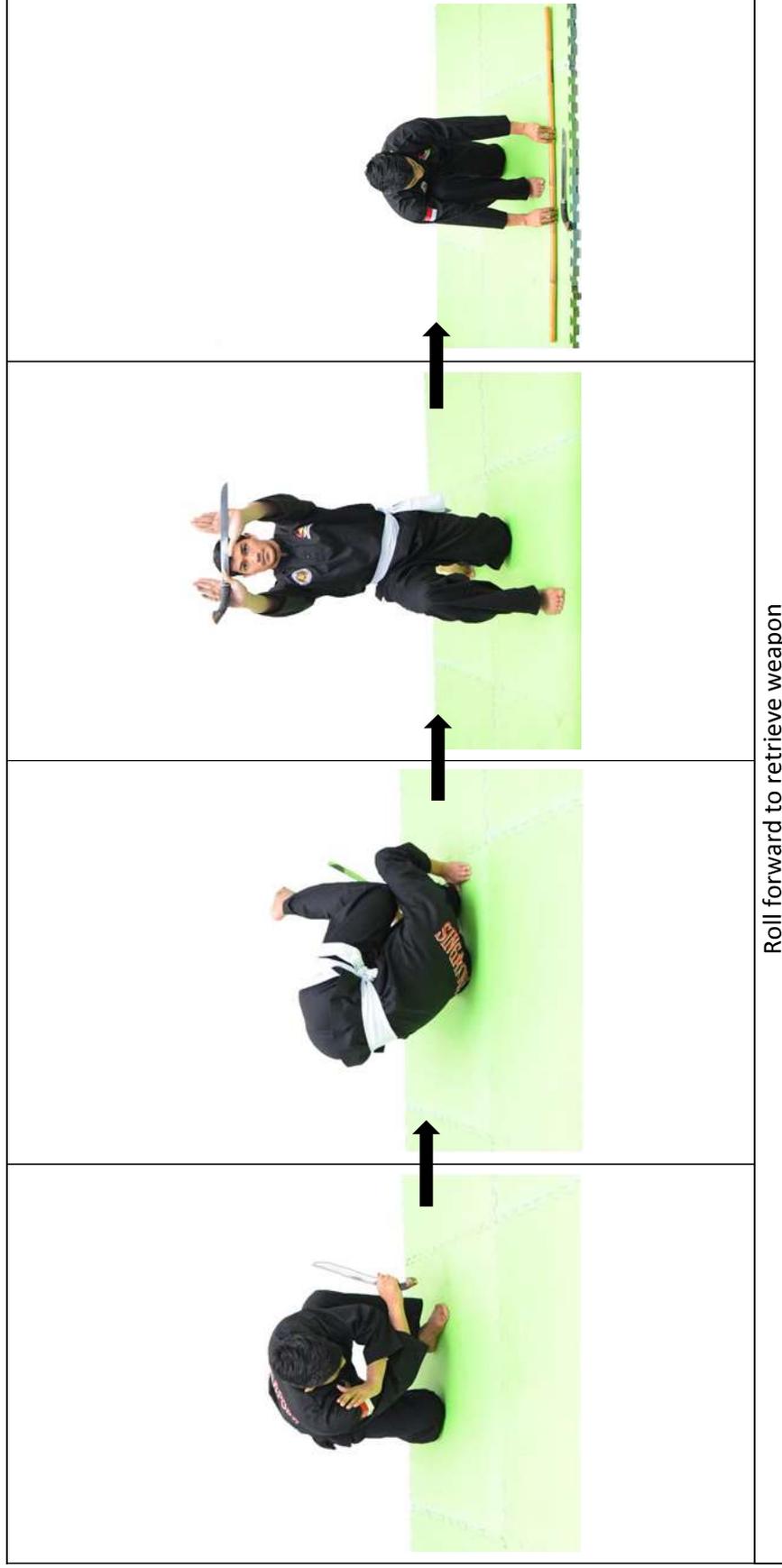
**PACKAGE 3**

## Step 11



**SINGLE MOVEMENT (WEAPON – TOYA)**

**PACKAGE 1**  
**INTERVAL**  
Front View



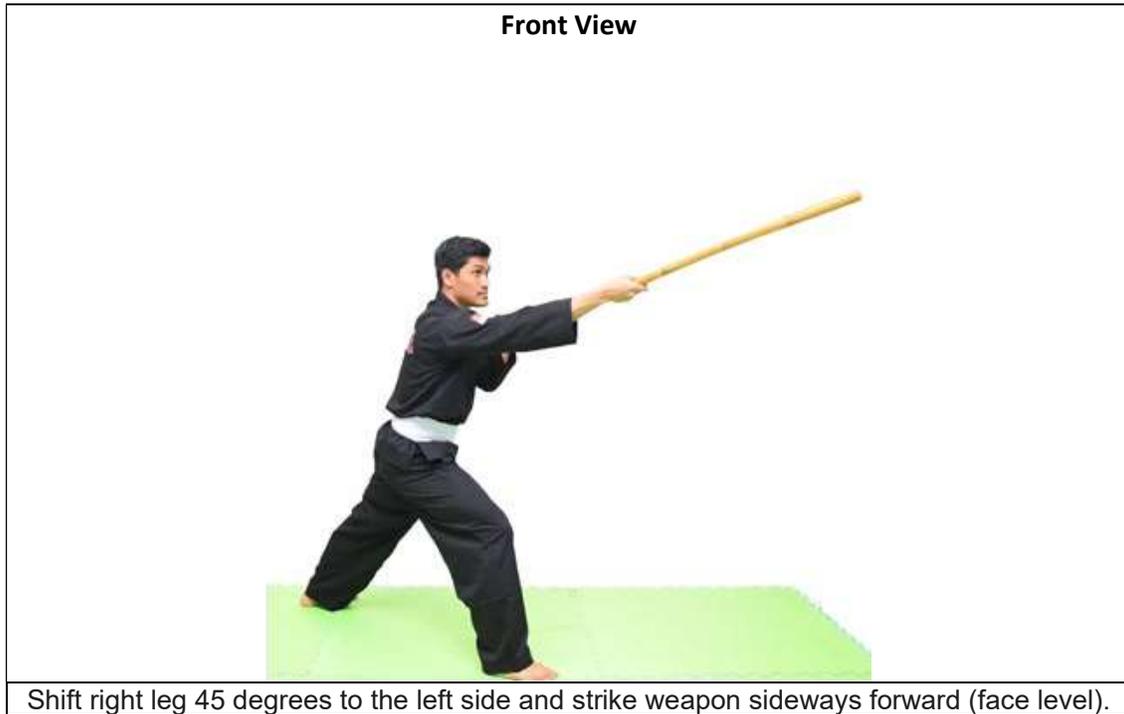
**PACKAGE 1**

Step 1

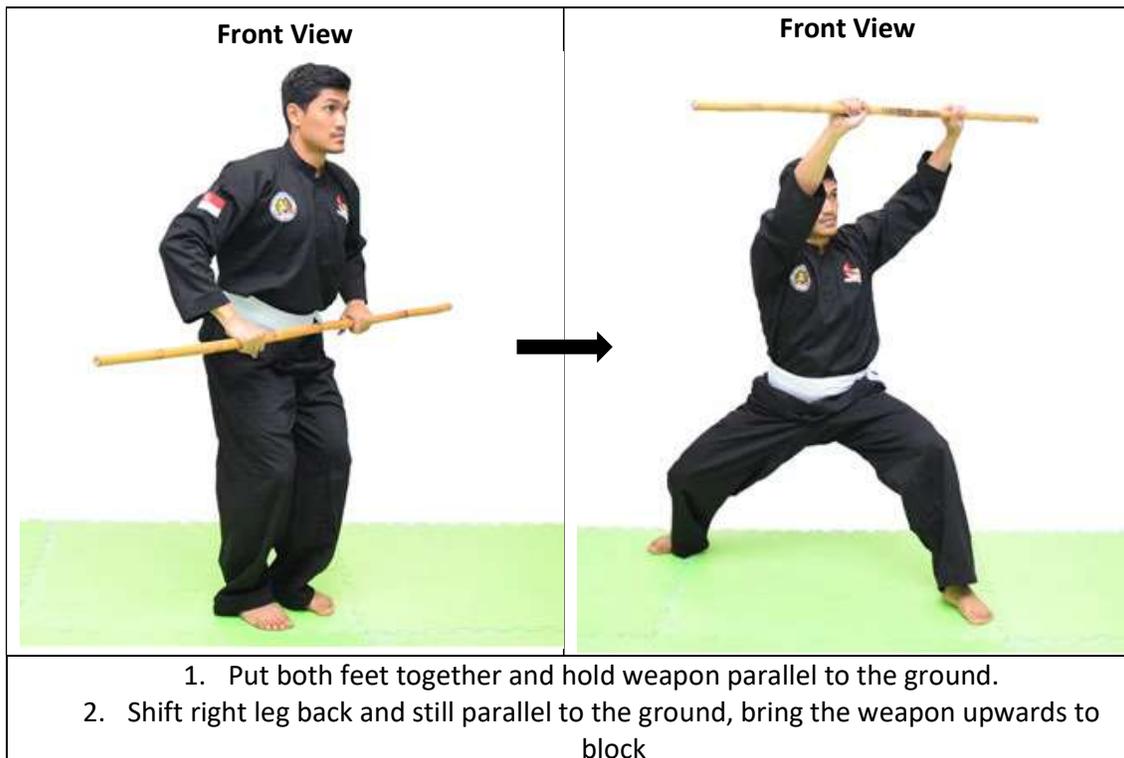
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	<p><b>Front View</b></p> 
<ol style="list-style-type: none"> <li>1. Interval - Retrieve weapon and shift the stick to right hand armpit.</li> <li>2. Stand up. move (3) steps (cross step) to the back final position on center stance.</li> </ol>		

**PACKAGE 1**

## Step 2

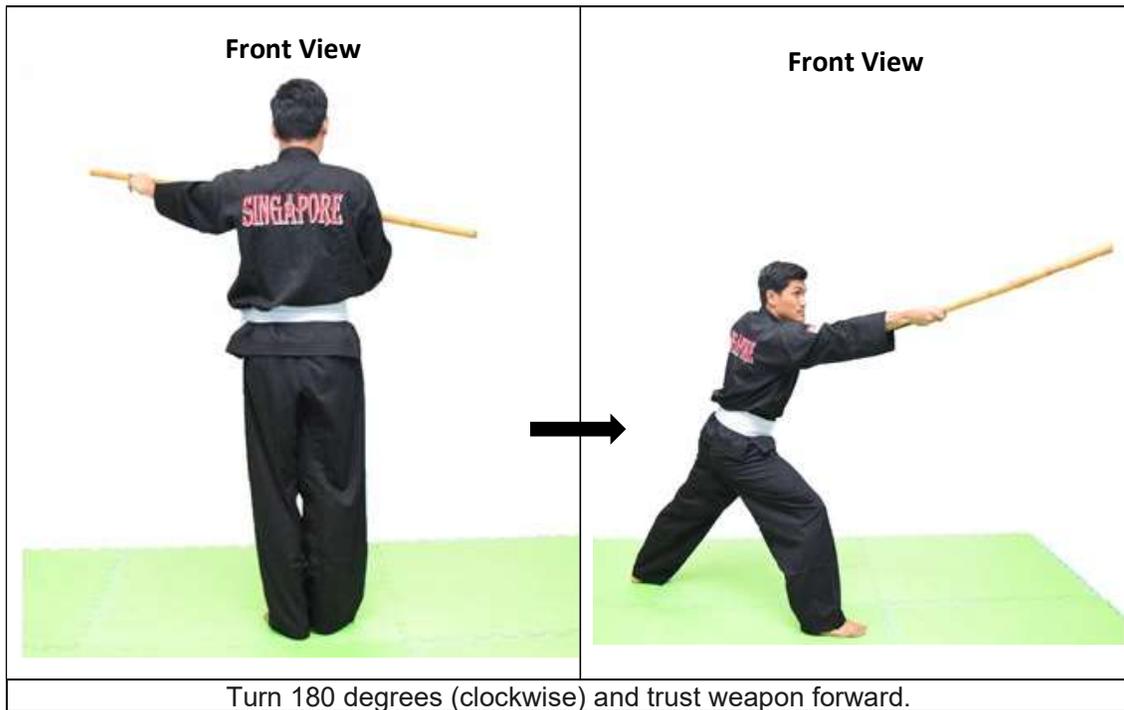
**PACKAGE 1**

## Step 3

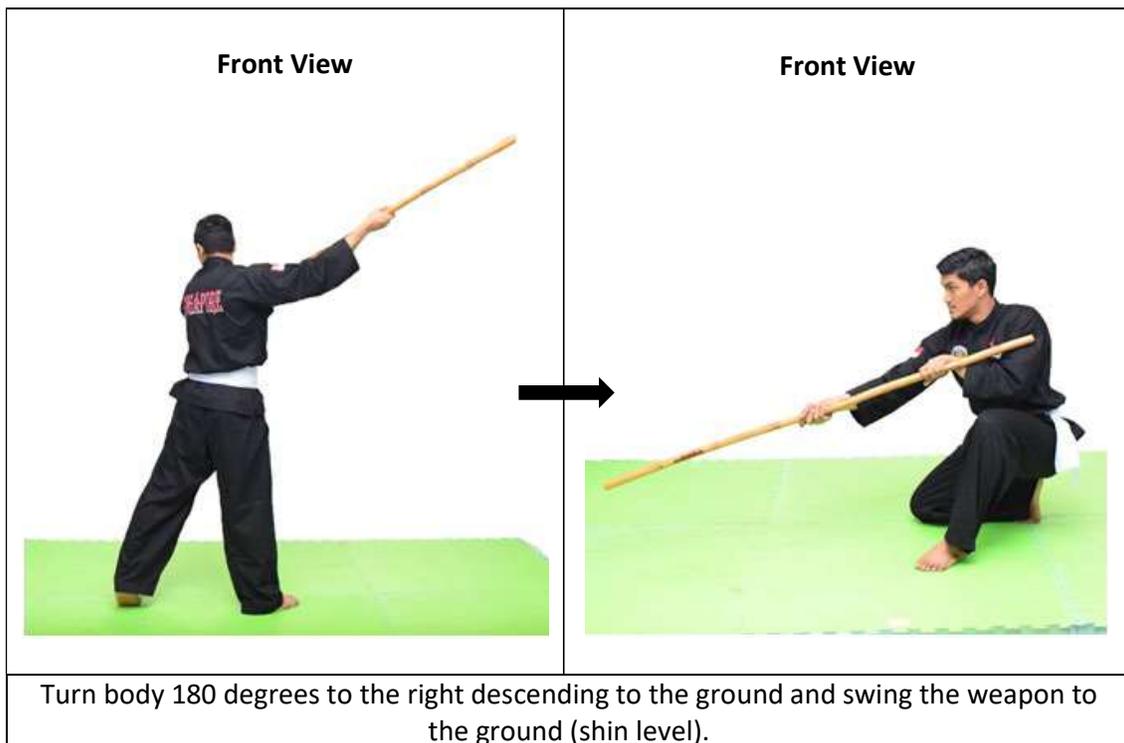


**PACKAGE 1**

## Step 4

**PACKAGE 1**

## Step 5



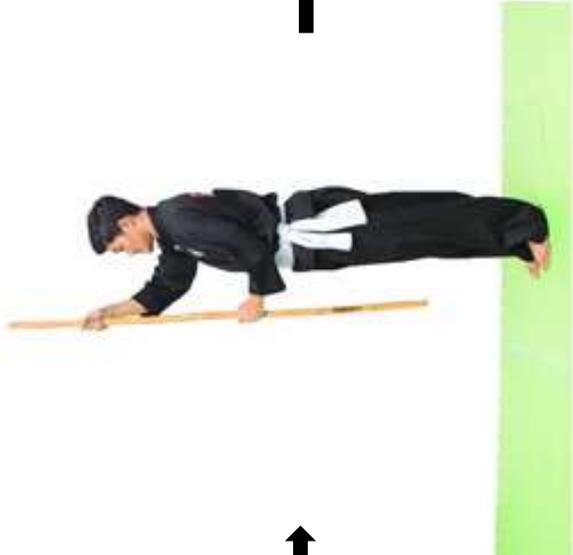
**PACKAGE 1**

Step 6

<p><b>Front View</b></p> 	<p><b>Side View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<p>1. Turn and place the weapon on the back of the body. 2. Shift right leg 45 degree to the right.</p>			
<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p>Turn 380 degree (anti clockwise) and swing weapon on the ground with low center stance.</p>

**PACKAGE 2**

Step 1

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<p>Place weapon center of the body with mid center stance.</p>	<p>Shift right leg and align with left leg.</p>	<p>Turn body forward and shift left leg to the left.</p>

**PACKAGE 2****Step 2**

**Front View**



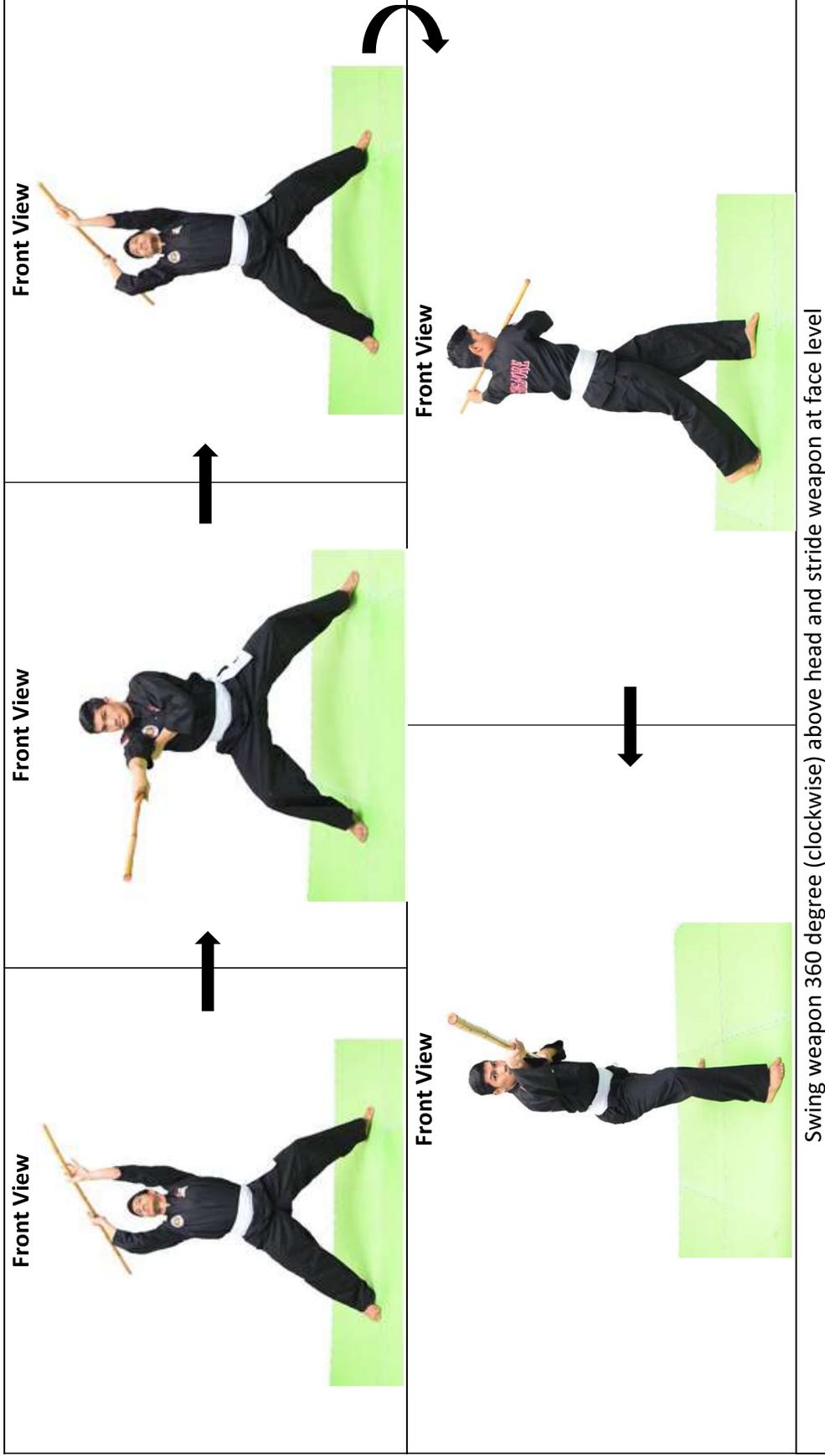
**Front View**



1. Jump forward (left without touching the ground then right) with center stance.  
2. Strike weapon side way to the front (face level).

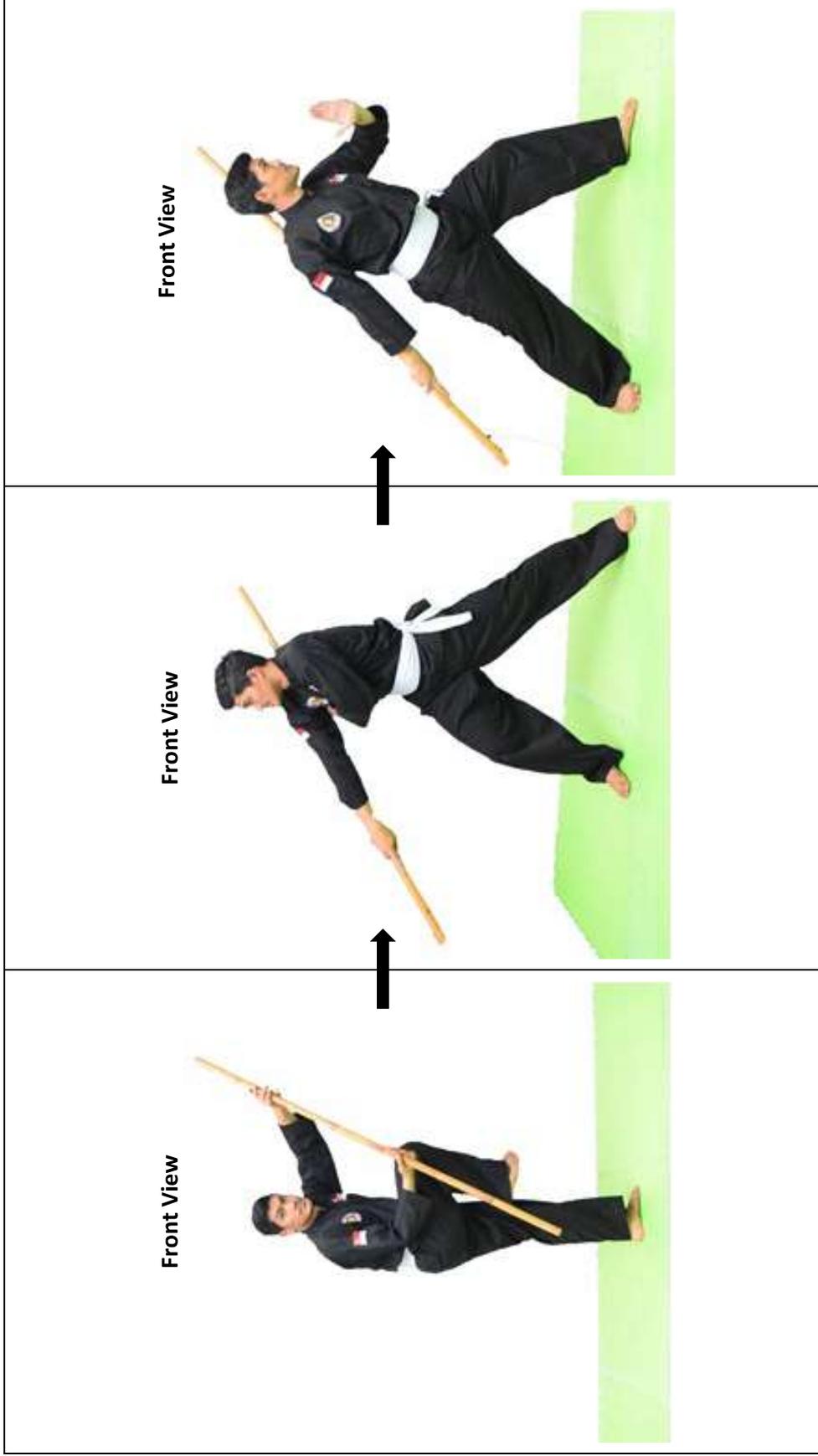
**PACKAGE 2**

**Step 3**



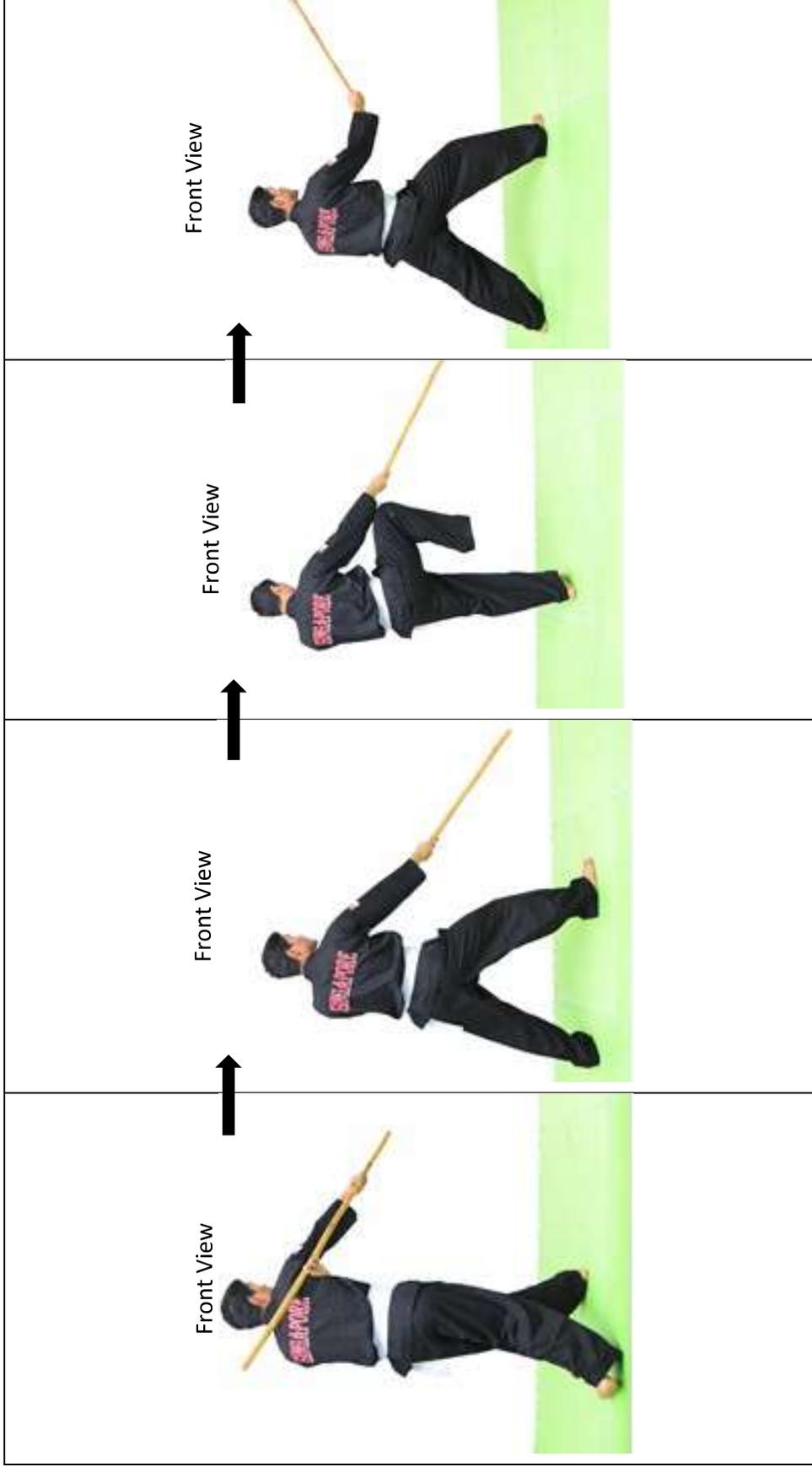
**PACKAGE 2**

**Step 4**



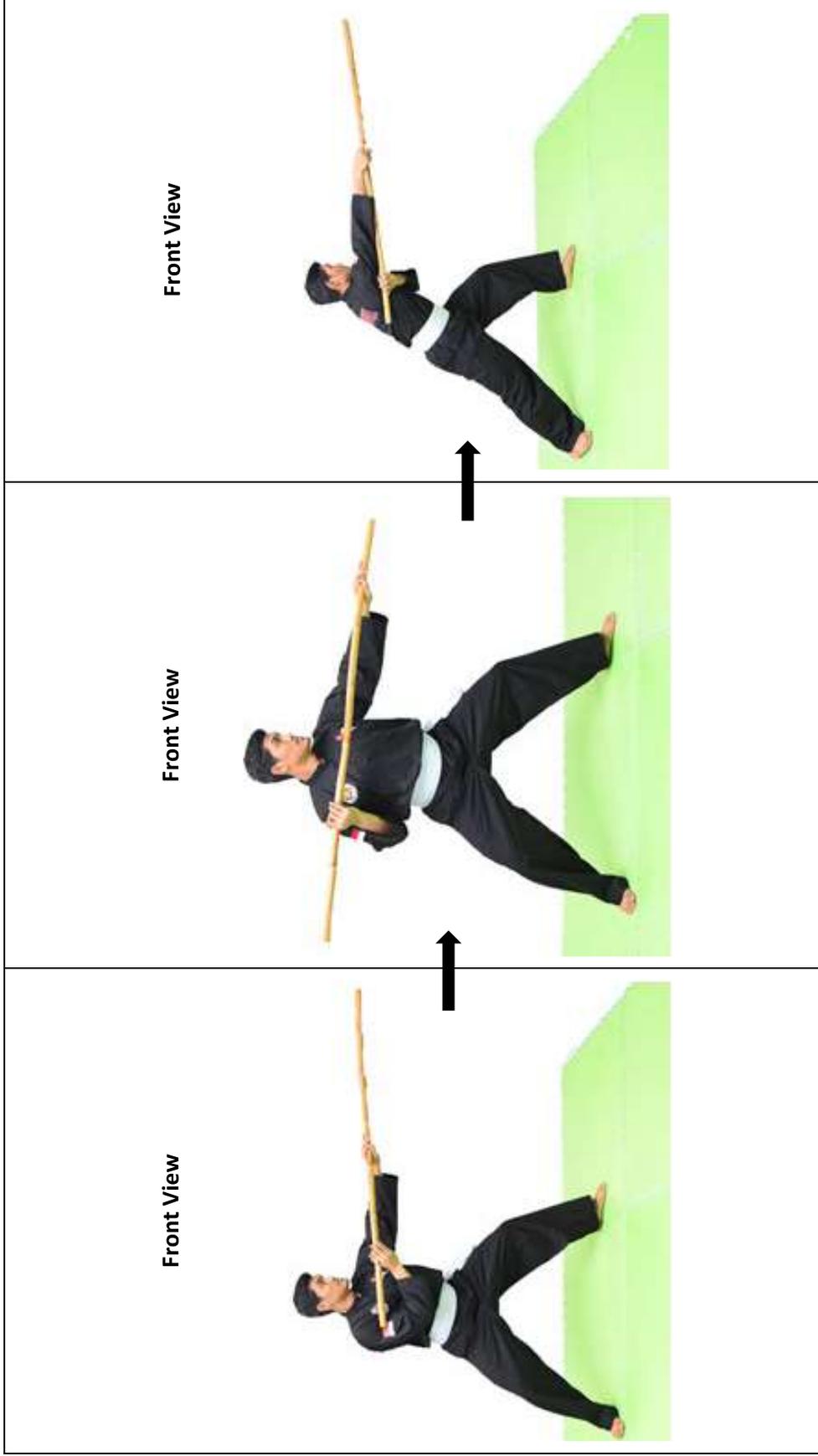
**PACKAGE 3**

Step 1



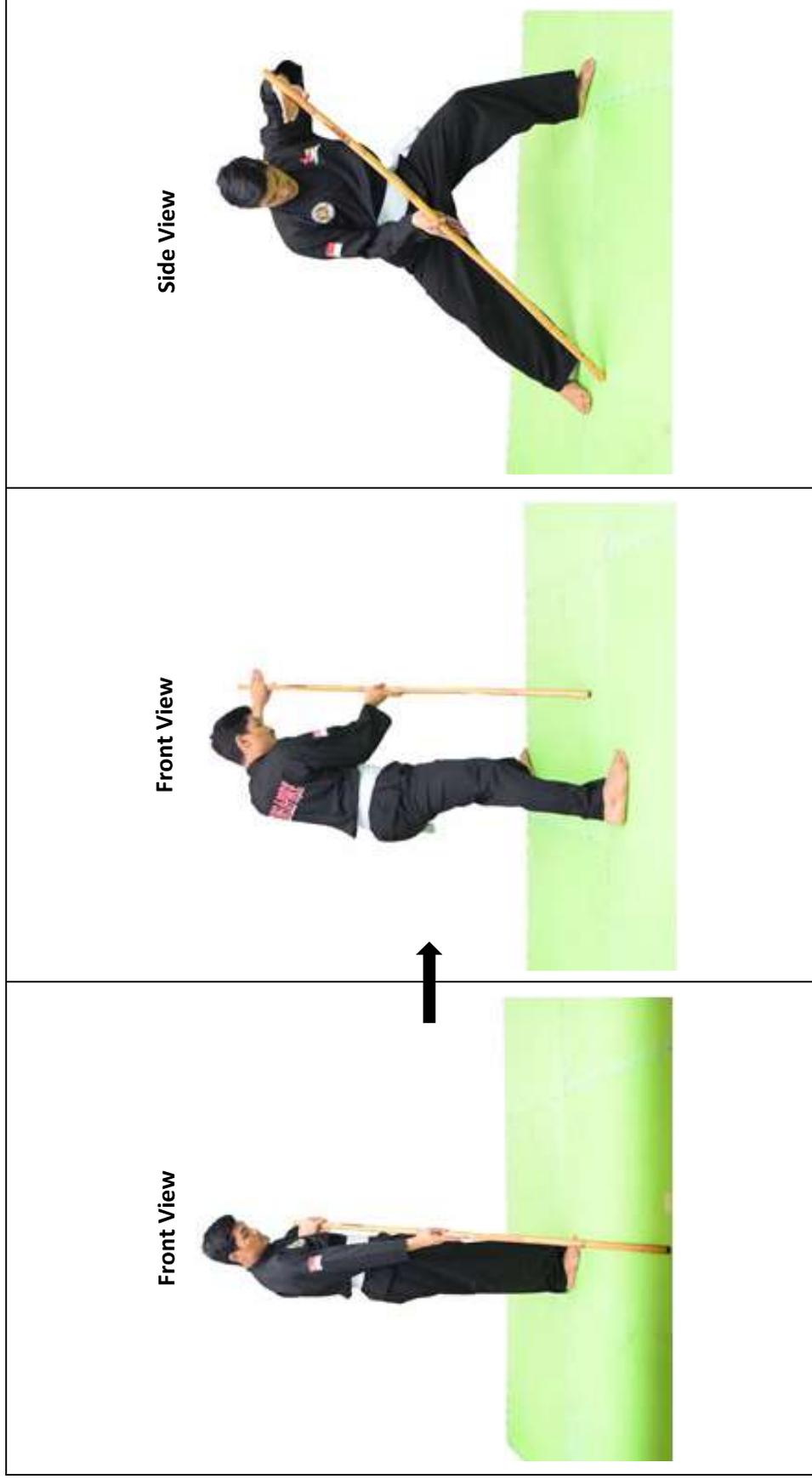
**PACKAGE 3**

Step 2



**PACKAGE 3**

Step 3



**PACKAGE 4**

**Step 1**

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 
<p>Turn body 360 degree (anti clockwise) and strike weapon side way (face level) with left leg 45 degree to the left.</p>		

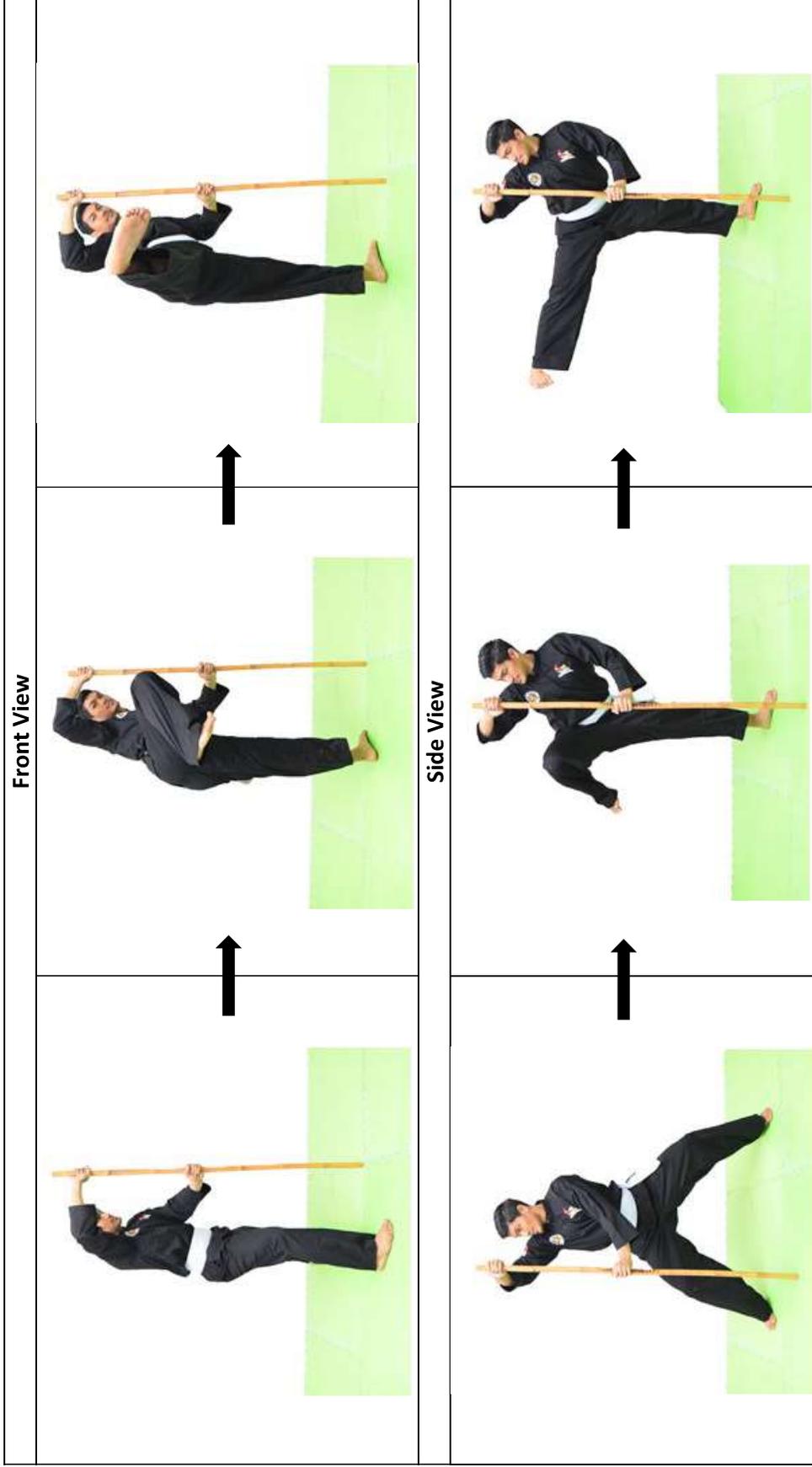
**PACKAGE 4**

Step 2

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
<p>Lift up right leg together with the weapon blocking side way</p>		

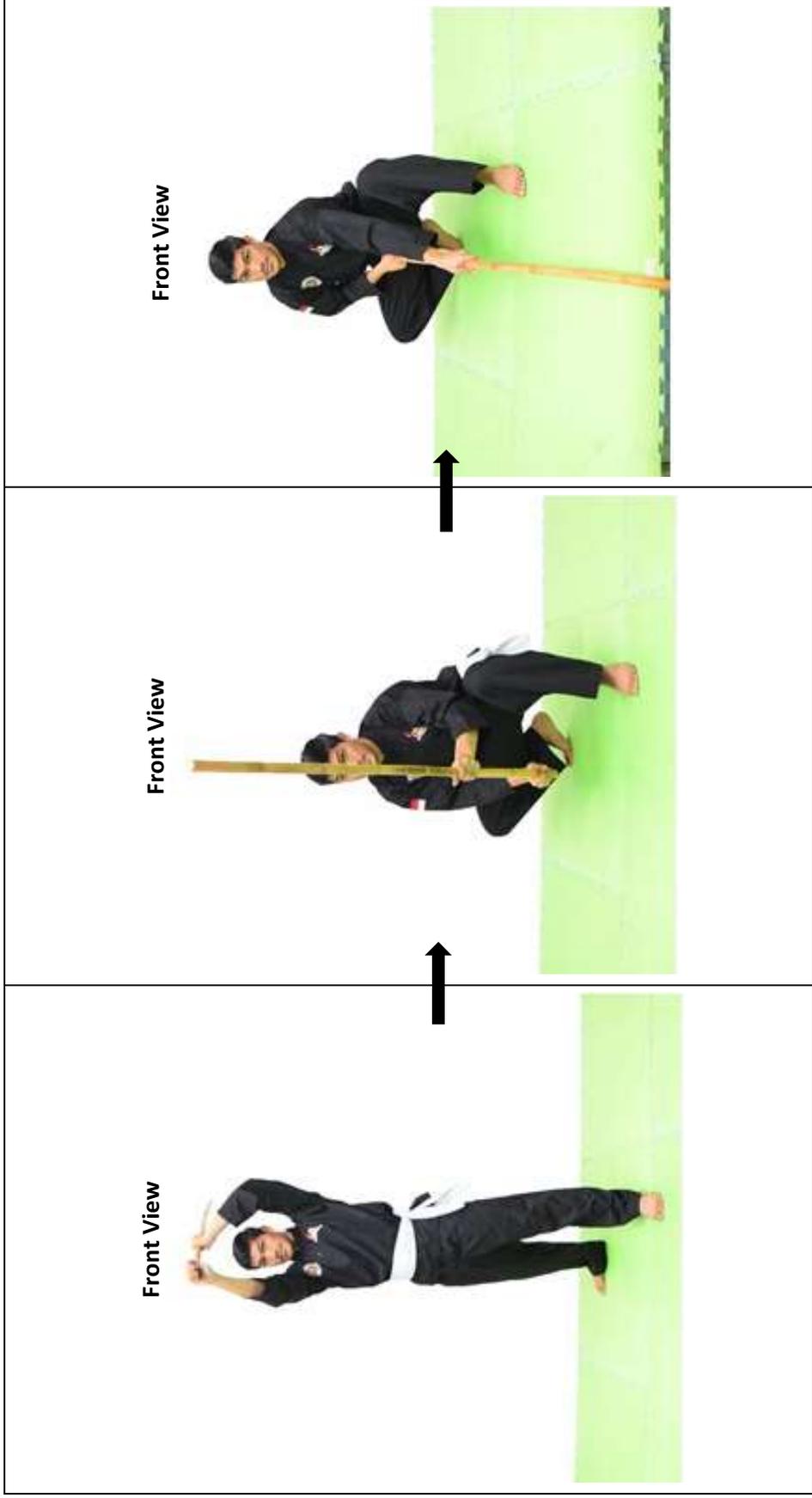
**PACKAGE 4**

**Step 3**



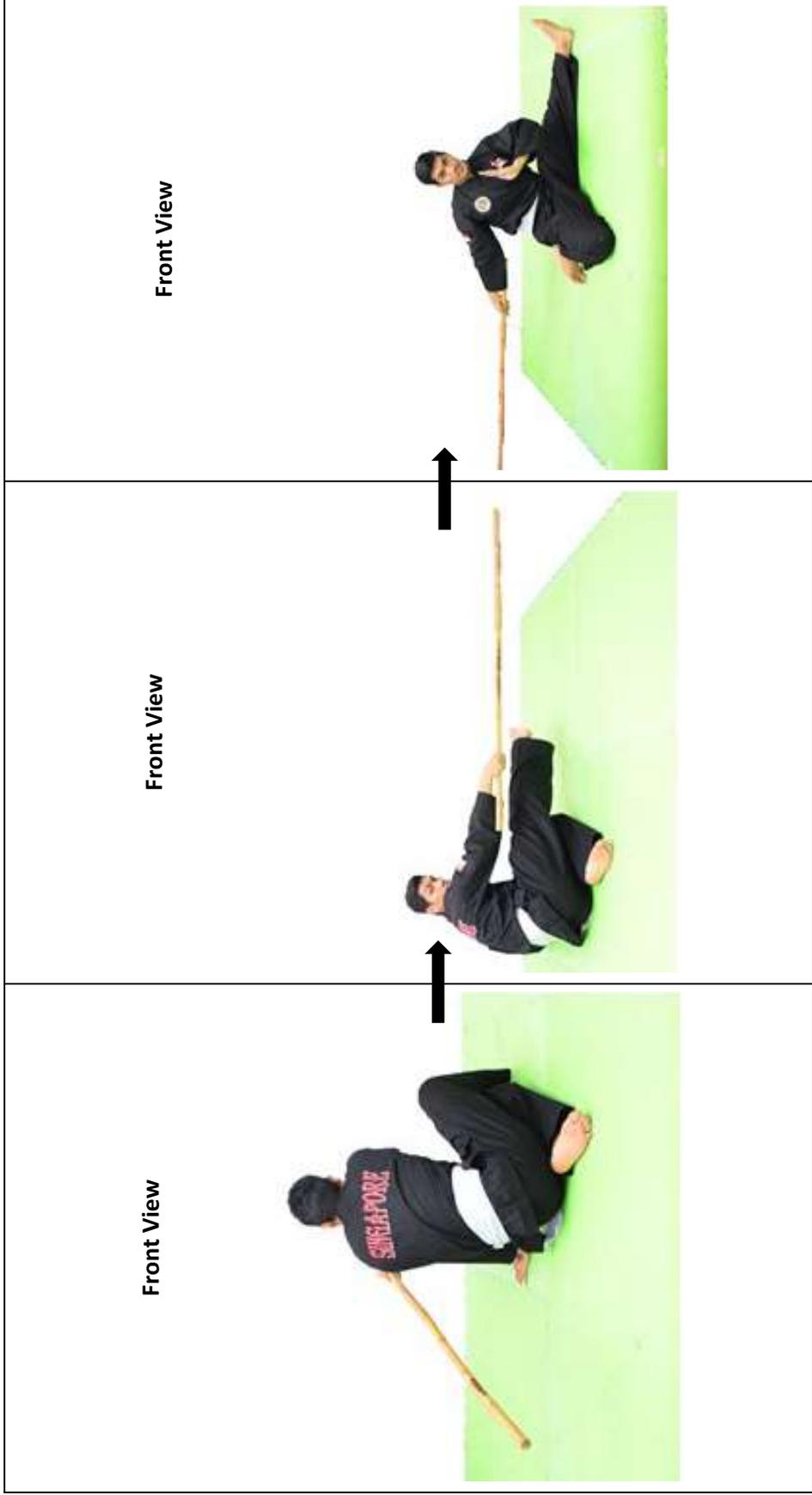
**PACKAGE 4**

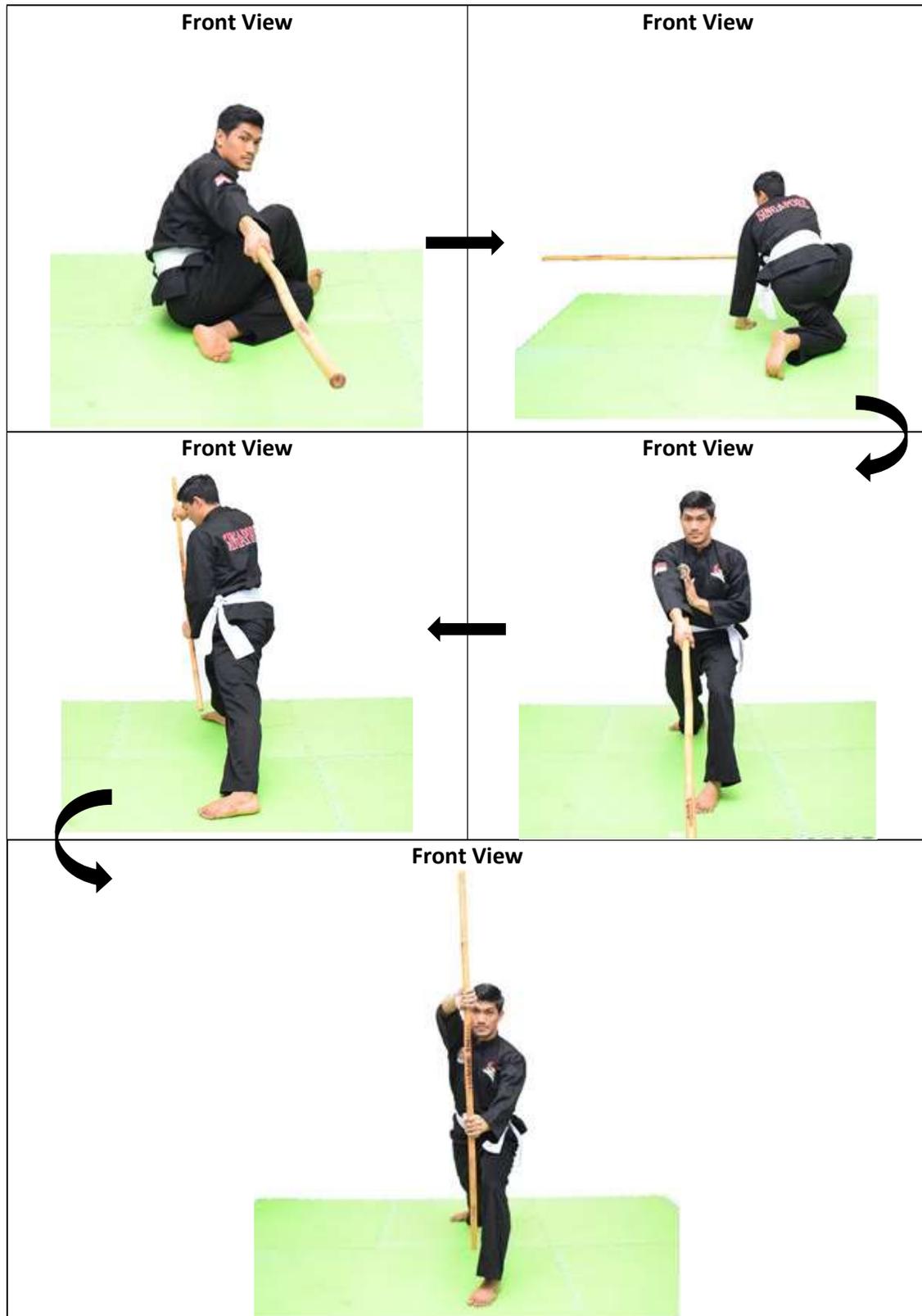
Step 4



**PACKAGE 4**

**Step 5**



**PACKAGE 4****Step 6**

**PACKAGE 4****Step 7****Front View**

From the last position in step 6, jump to sitting position while cross your legs.  
This is the ending position.

## Ganda Sample Movements

These ganda movements are samples and is not a compulsory movement.

### PREFACE

Double categories are the only category of artistic that has not been standardized. This is because the double category is a combination of artistic aspects and self-defence in Pencak Silat. The combination of these two aspects must be balanced to strengthen the character of Pencak Silat as a martial art which has its own characteristics to distinguish with other martial arts.

The explanation of the double category from PERSILAT is as follows: Ganda (Double) category is the category of Pencak Silat competition which confronts two Pesilat of the same team that performs choreographed technical skills rich of attacking – defensive movement of Pencak Silat. The movement of the attacking-defensive movement is performed with a well-planned, effective, aesthetical, powerful and in an orderly series, with empty hands or with weapon according to rules and regulations apply for double category.

The material displayed in the double category includes empty-handed, empty-handed with weapons, as well as weapons with weapons. Weapons used are divided into two types, namely mandatory weapons, and additional weapons. Compulsory weapons consist of a golok and a long stick, while the additional weapons may be a keris, dagger, trident, or sickle. Regarding the details of weapons used can be seen in the competition rules for the double category.

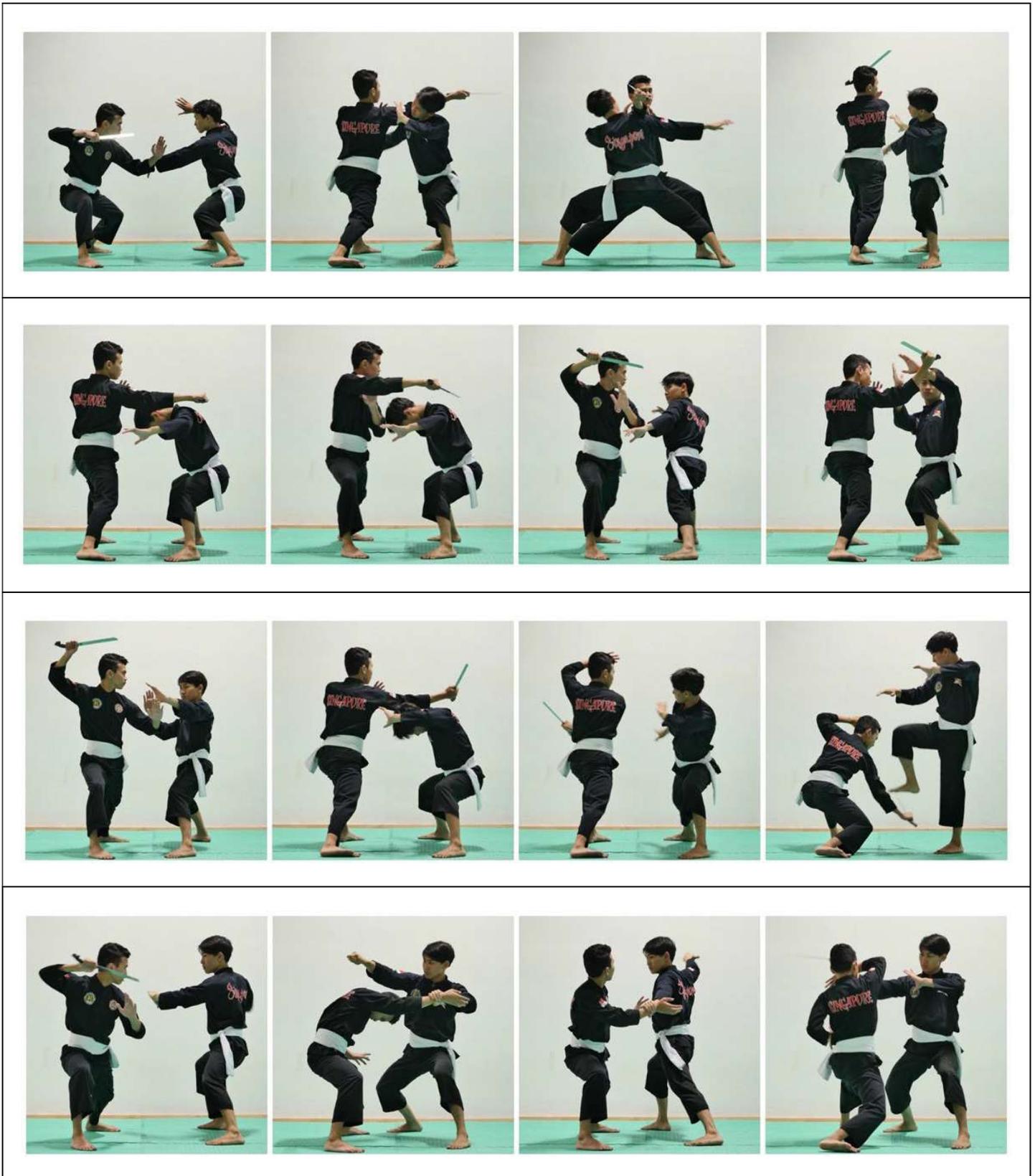
Scoring in double category consist of attack-defence technique bare-handed or armed, includes various attack-defence techniques by hands or foot such as: hitting, kicking, sweeping, dropping, parrying, dodging/evading, catching, locking, etc. Scoring shall focus on the following elements:

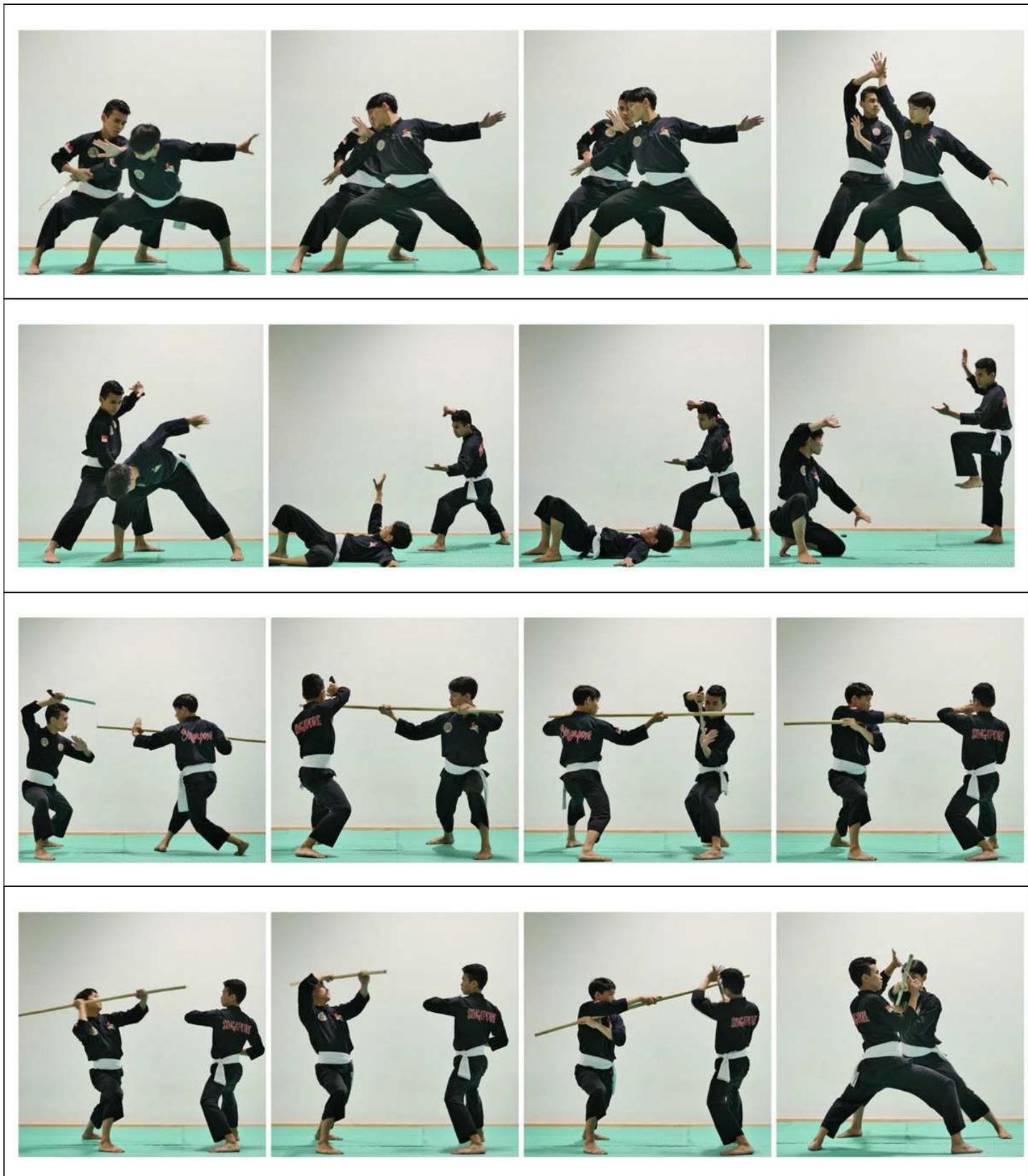
- a. The quality of attack-defence techniques in barehanded as well as using weapon.
- b. The richness of attack-defence techniques in barehanded as well as using weapon.
- c. The skill and creativity of attack-defence techniques
- d. The logic in executing attack-defence technique

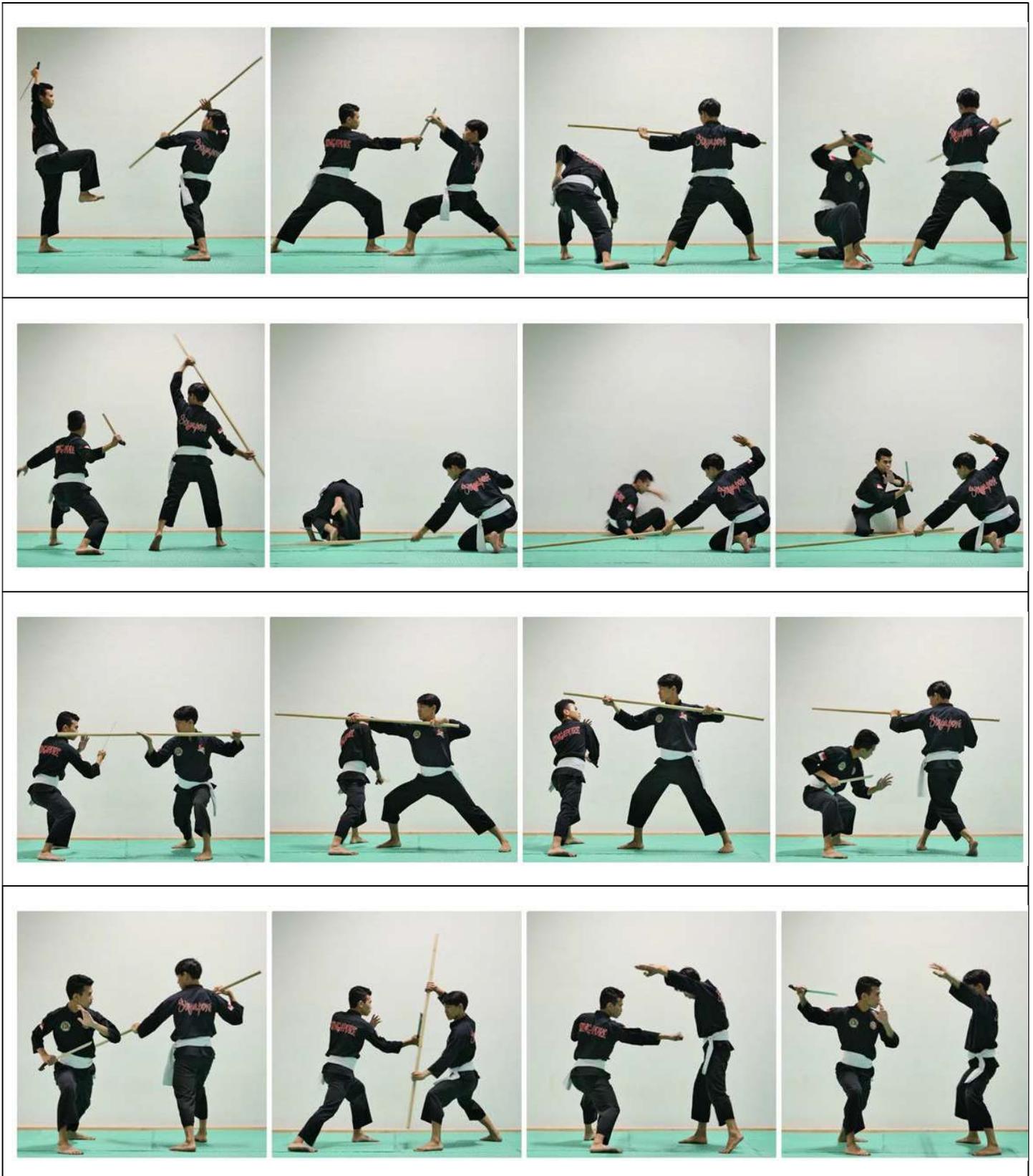
The series of motion in the double category is the creativity of each coach. The diversity and richness of techniques usually comes from the silat school or clubs followed by coaches or athletes. In addition, the ability to appreciate will give meaning to and explain about the movement. Whether the movement is a form of attack, dodge, or parry.

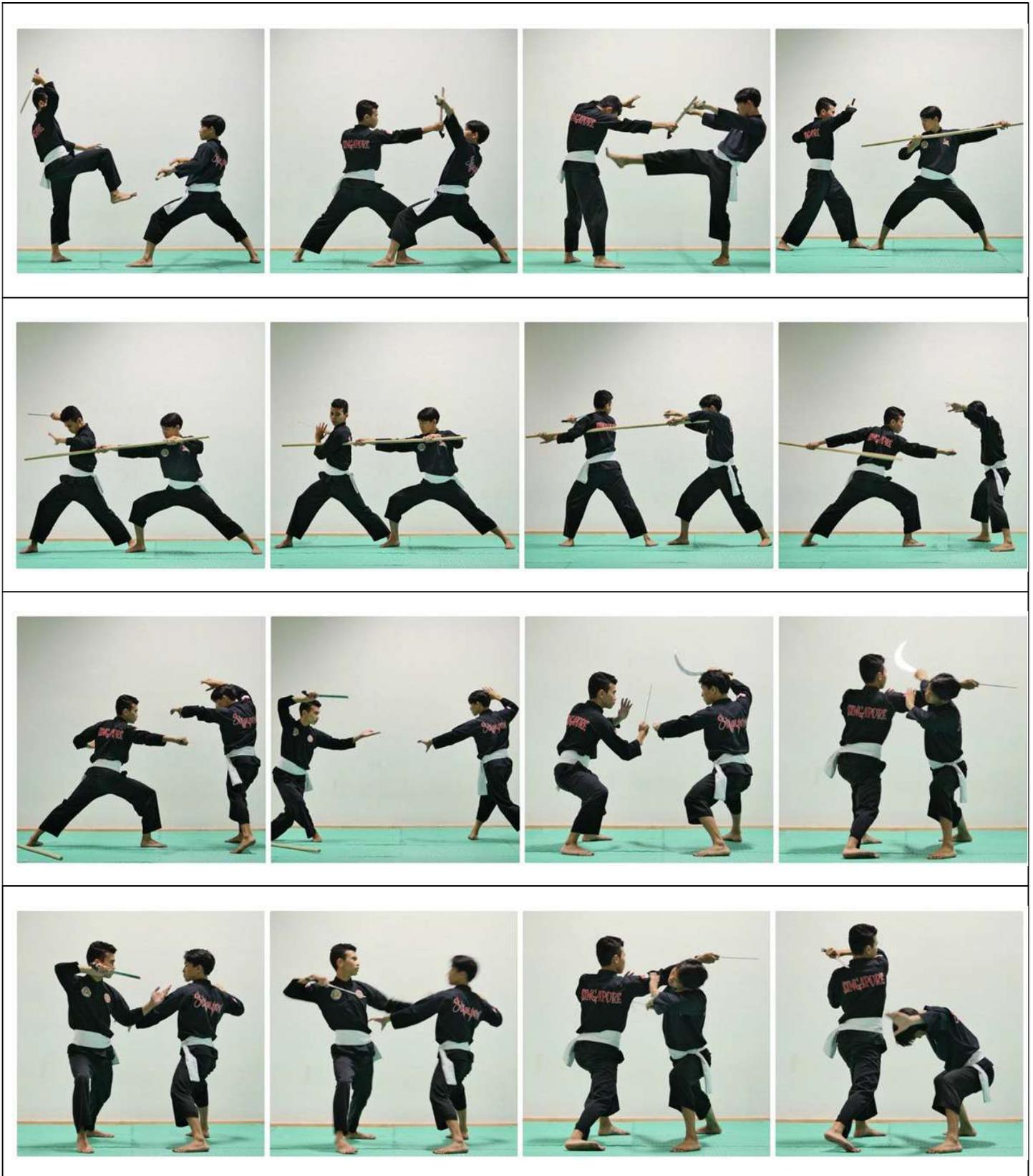
In the double category there is also a scenario and usually not written. The function of this scenario is to arrange the storyline. Generally, there are two scenarios that lead to the end of the appearance of the double category, i.e. one of the fighters killed or both fighters remain alive. This scenario is not listed in the competition rules and is not one of the scoring criteria. But the scenario is also one of the factors that can help in the assessment. The existing scenario is used as a benchmark by the jury in adjusting the suitability of the appearance in the form of description. Description contains an explanation of how many times the weapon falls or changes hands and the shape or position of the final movement of the displayed movement.

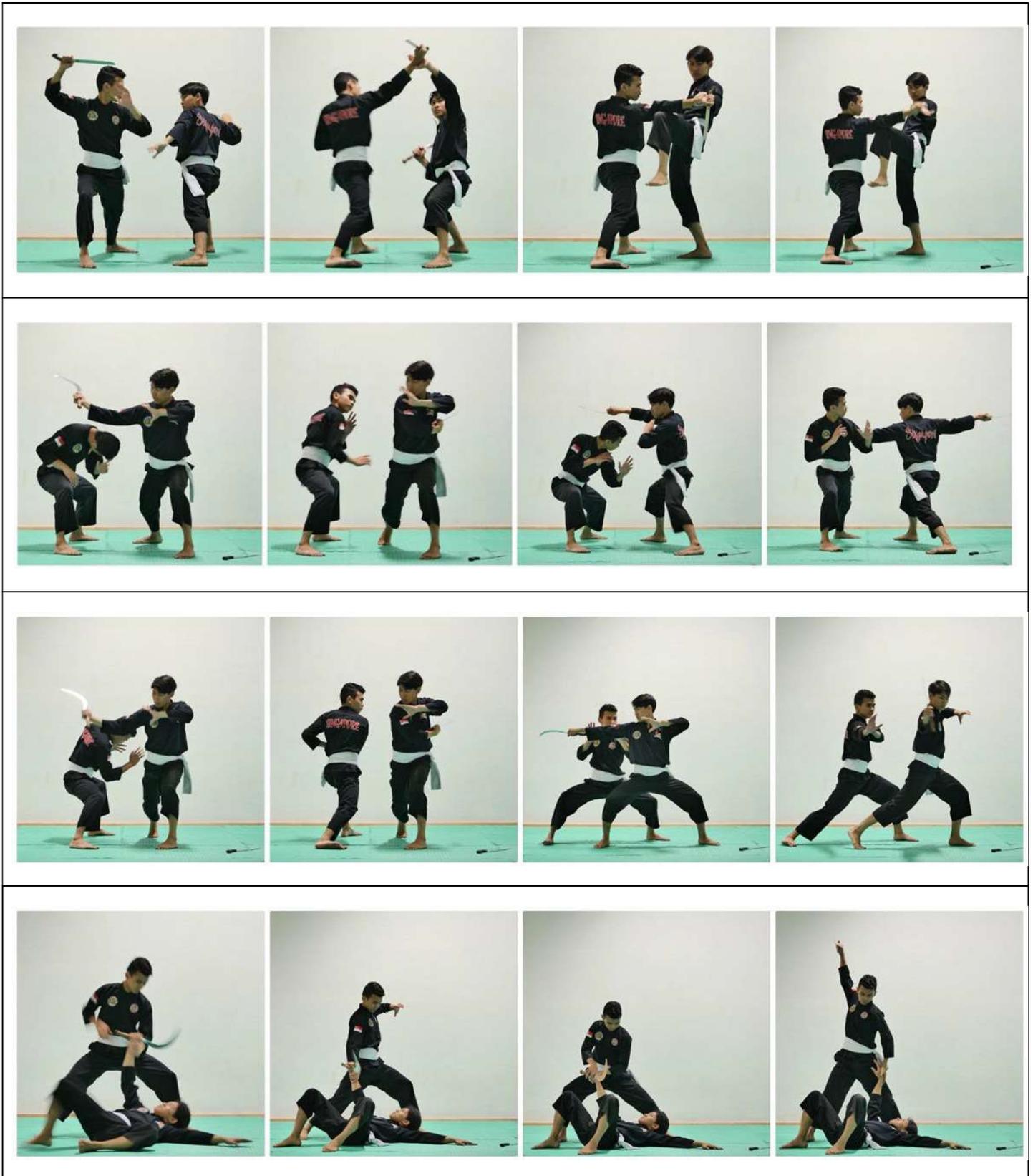
## SAMPLE DOUBLE MOVEMENTS

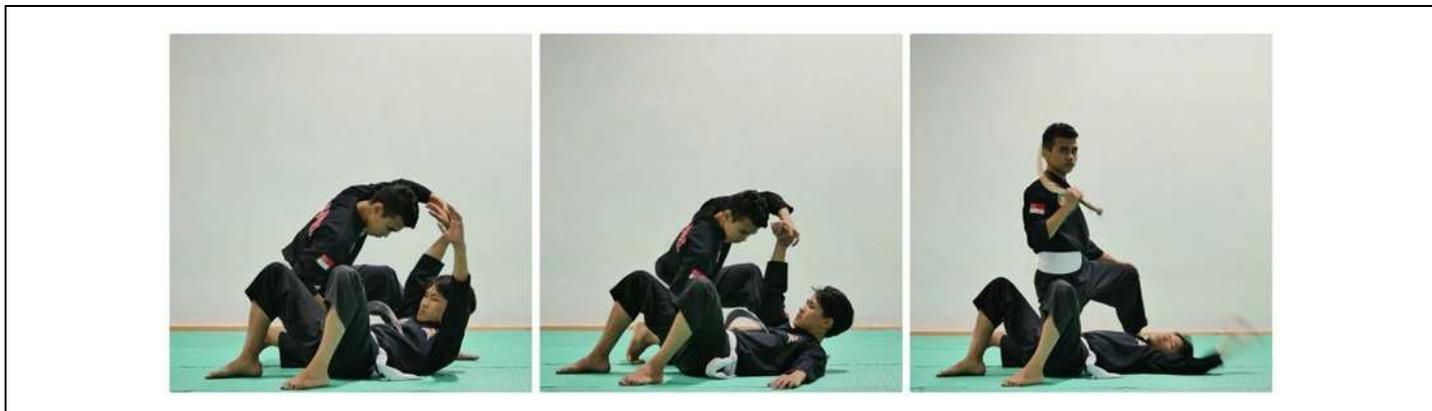












## Regu Guide

These are samples and guides for Jurus Regu.

### **PREFACE**

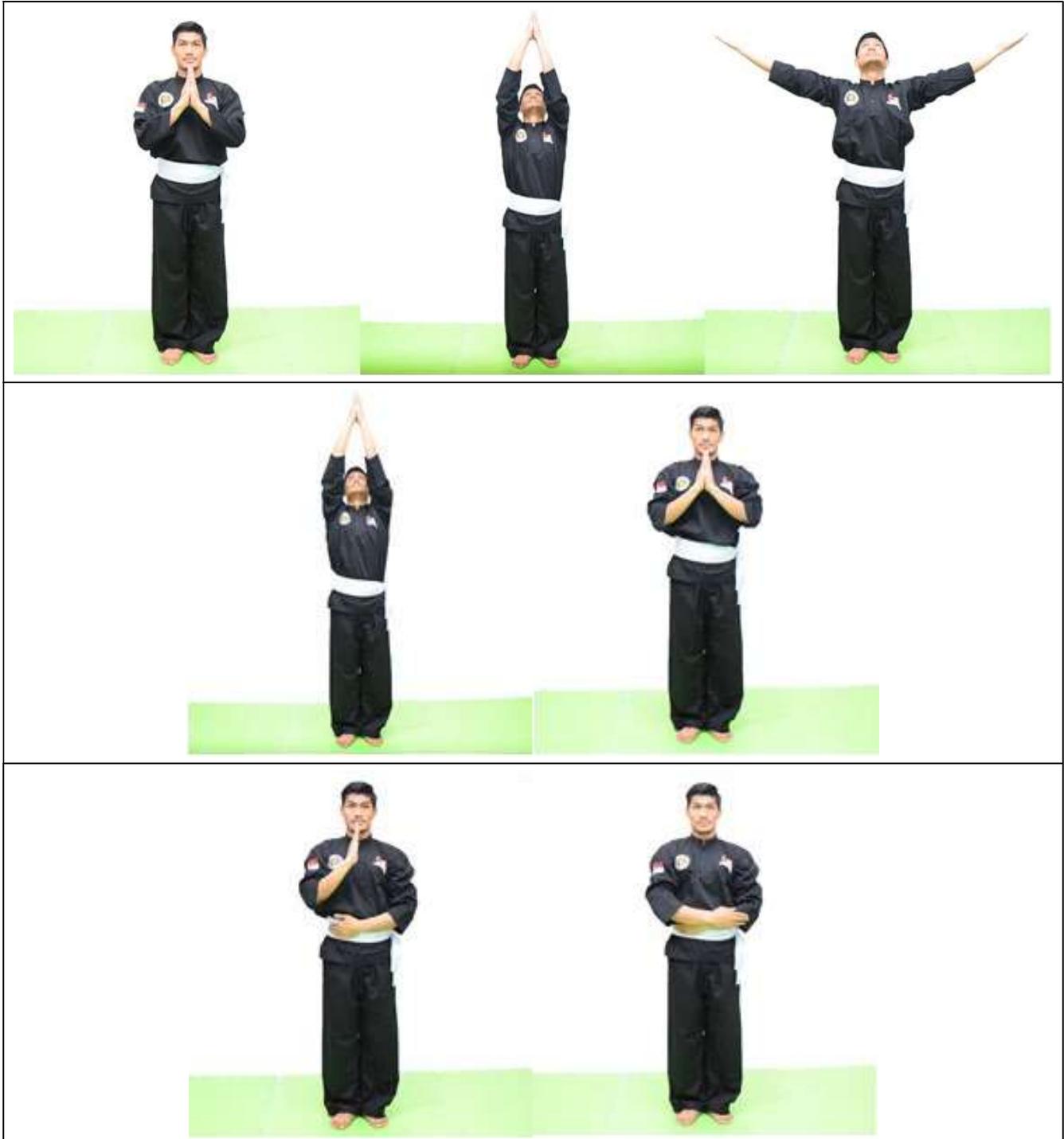
REGU (Team) category is the category of Pencak Silat competition which is performed by 3 (three) Pesilat from the same team portraying their skills in a compulsory movement correctly, accurately, firmly, complete with expression, synchronize, and compact with empty hands according to rules and regulations apply for Regu category (Persilat, 2013: 1). Executing the 12 set movements (100 steps) in the correct order and complete with certainty. Movements are expressive, rhythmic and display strength and stamina. Teams must display synchronization in perfect harmony.

The Team category consists of 14 technical movements that are all displayed with bare hands. Because it is displayed by three people, it requires harmony and cohesiveness. So it is necessary to understand each other among the three. Soulfulness movement will result not only steady appearance but also the meaning of the movement that can be explained to the scoring jury and the viewing audience. Team category is performed according to sequence of movements and the accuracy of jurus, rhythm, firmness and soulfulness designated for the jurus. In this art path there are rules of motion and rhythm which is a special deepening (skill). Pencak Silat as an art must obey the provisions, harmony, balance, harmony between wirama, wirasa and wiraga.

Aspects assessed in the team category as described in the rules of the game include the correctness of motion, soulfulness, cohesiveness, and harmony. Wiraga is the basic of body / physical skills. This is related to the mastery and understanding of motion. Wiraga includes in the aspect of the assessment of the correctness of motion, where to be able to perform the movement properly required understanding of the concept of motion with both the target, the targeting tool, and the trajectory of motion. Wirama is a pattern to achieve a harmonious movement. Inside there are dynamics settings such as accents and tempos. Wirama is used to assess the cohesiveness and harmony between the three performers of the movements performed. Wirasa is the level of soulfulness and inspiration in the movement that is displayed. The expression when performing the attack will be different from the expression that appears during the avoidance or parry movement. Wirasa became the basis for assessing the steadiness and soulfulness of the movement.

The following is presented with the complete material of the team category that can be used as a guide in the mastery of the mandatory team movement properly and correctly. This material may be used by athletes, coaches, or judges who are tasked with judging the match.

## TEAM MOVEMENTS

**Opening Salute**  
Front View

**PACKAGE 1**

## Step 1

Front View	Front View	Side View
		
<ol style="list-style-type: none"> <li>1. Pull the right foot backwards and form a stance facing forward (whole body facing to the side)</li> <li>2. Right hand (clenching) at the chest position and left hand open at shoulder level.</li> </ol>		

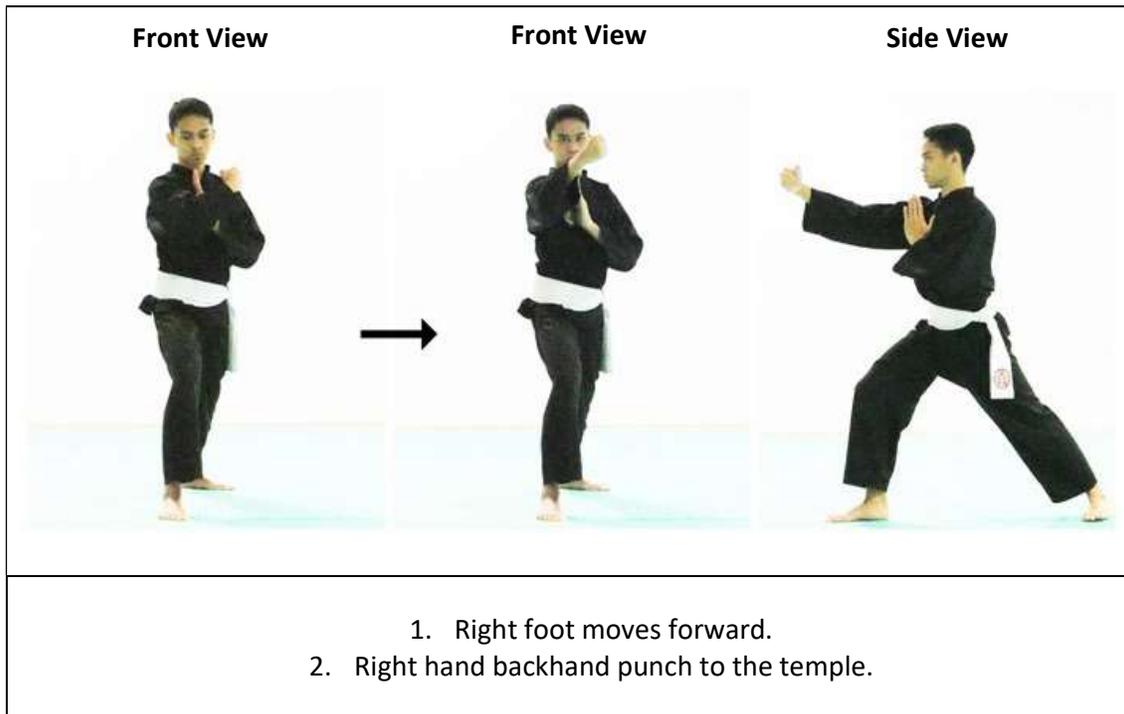
**PACKAGE 1**

## Step 2

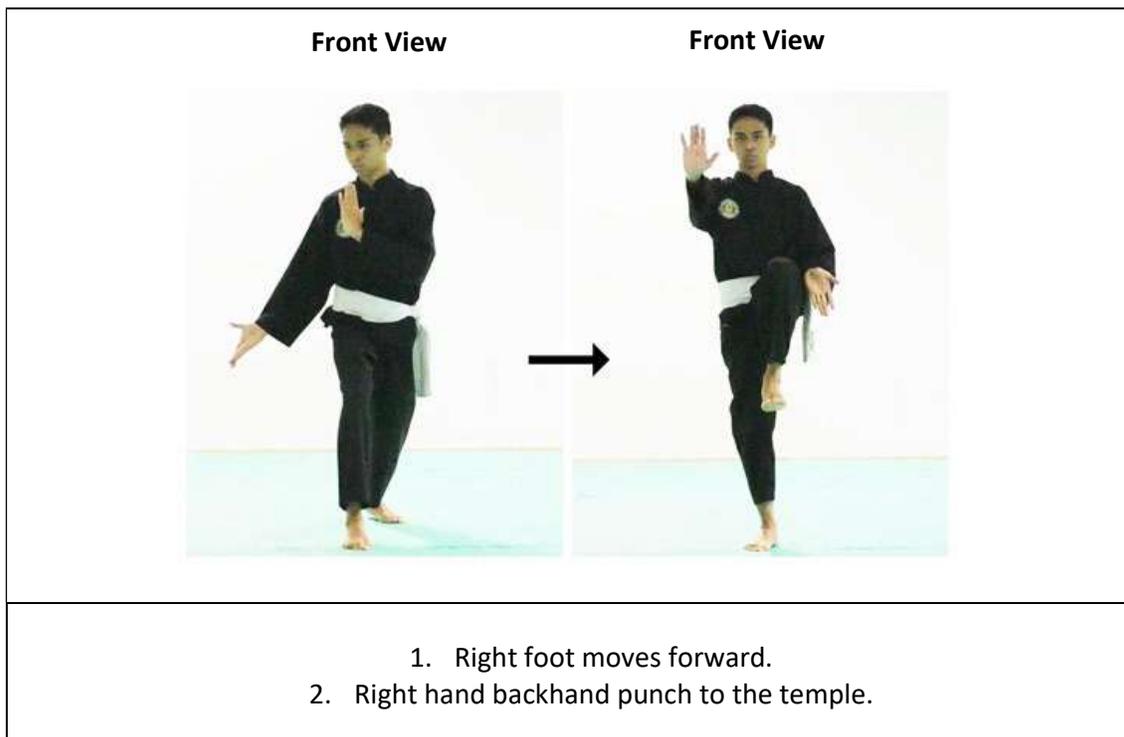
Front View	Front View	Front View
		
<ol style="list-style-type: none"> <li>1. Move the right foot to the right and form a center stance (whole body facing front at a 45 angle to the left)</li> <li>2. Right hand blocking down with the left hand at the chest position.</li> </ol>		

**PACKAGE 1**

## Step 3

**PACKAGE 1**

## Step 4



**PACKAGE 1**

## Step 5

**Front View**

1. Put the left foot down to the ground - bending down.
2. Left hand at the chest with the right hand elbow blocking forward.

**PACKAGE 1**

## Step 6

Front View	Side View
	
<ol style="list-style-type: none"> <li>1. Stand up and side kick to forward.</li> <li>2. Right hand blocking position and left hand open at chest position.</li> </ol>	

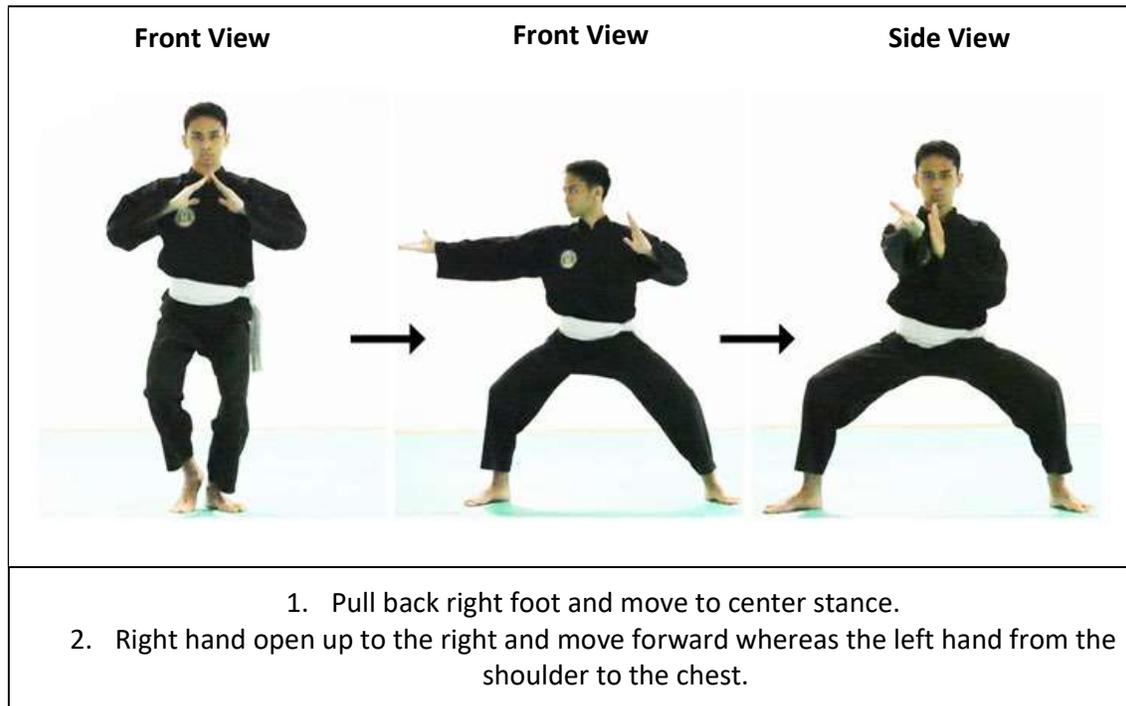
**PACKAGE 1**

## Step 7

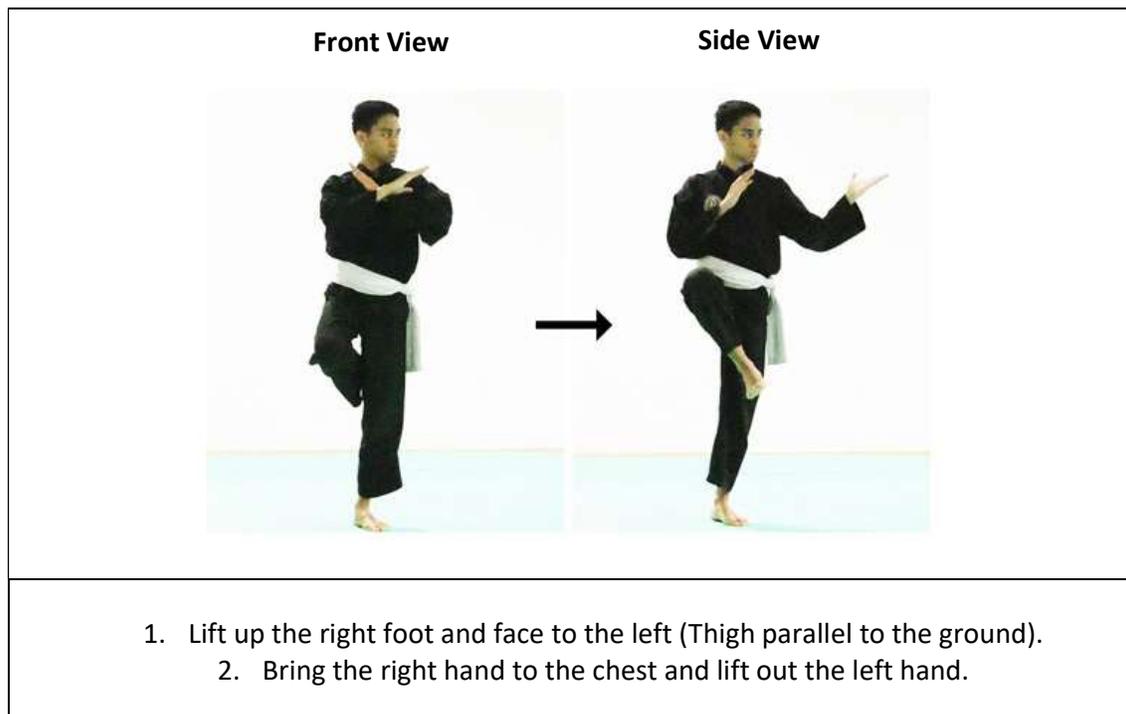
Front View	Side View
	
<ol style="list-style-type: none"> <li>1. Move the right foot at a forward stance.</li> <li>2. Right hand elbowing from side to center with the left hand at the chest position.</li> </ol>	

**PACKAGE 1**

## Step 8

**PACKAGE 1**

## Step 9



**PACKAGE 2**

## Step 1

Front View	Front View
<ol style="list-style-type: none"> <li>1. Lift up the right foot and face to the left (Thigh parallel to the ground).</li> <li>2. Bring the right hand to the chest and lift out the left hand.</li> </ol>	

**PACKAGE 2**

## Step 2

Front View	Front View
<ol style="list-style-type: none"> <li>1. Bring back the right foot and form a low center stance (whole body facing left).</li> <li>2. Both hands together (clinging) and elbow blocking down.</li> </ol>	

**PACKAGE 2**

## Step 3

Front View	Front View
<ol style="list-style-type: none"> <li>1. Right foot trust forward.</li> <li>2. Right hand down on the ground with left hand blocking position at head level.</li> </ol>	

**PACKAGE 2**

## Step 4

Front View	Front View	Side View
<ol style="list-style-type: none"> <li>1. Lower back sweep with the right foot.</li> <li>2. Left hand down on the ground with right hand blocking position at head level.</li> </ol>		

**PACKAGE 2**

Step 5

<b>Front View</b>			
			
<b>Rear View</b>			
			
<ol style="list-style-type: none"> <li>1. Stand up with the right foot forward stance.</li> <li>2. Left hand at the chest with the right hand blocking forward.</li> </ol>			

**PACKAGE 2**

## Step 6

Front View	Front View
<ol style="list-style-type: none"> <li>1. Semi jumping exchanging left and right foot forming center stance facing front.</li> <li>2. Left hand swing to the center position with the left hand at the chest level.</li> </ol>	

**PACKAGE 2**

## Step 7

Front View	Rear View
<ol style="list-style-type: none"> <li>1. 45 side kick to the head with right foot.</li> <li>2. Right hand blocking the groin with the left hand at the chest position.</li> </ol>	

**PACKAGE 2**

## Step 8

**Front View**



1. Put right foot down to a forward stance.  
2. Right hand blocking position (clinching) to the right whereas the left hand at the chest level.

**PACKAGE 2**

## Step 9

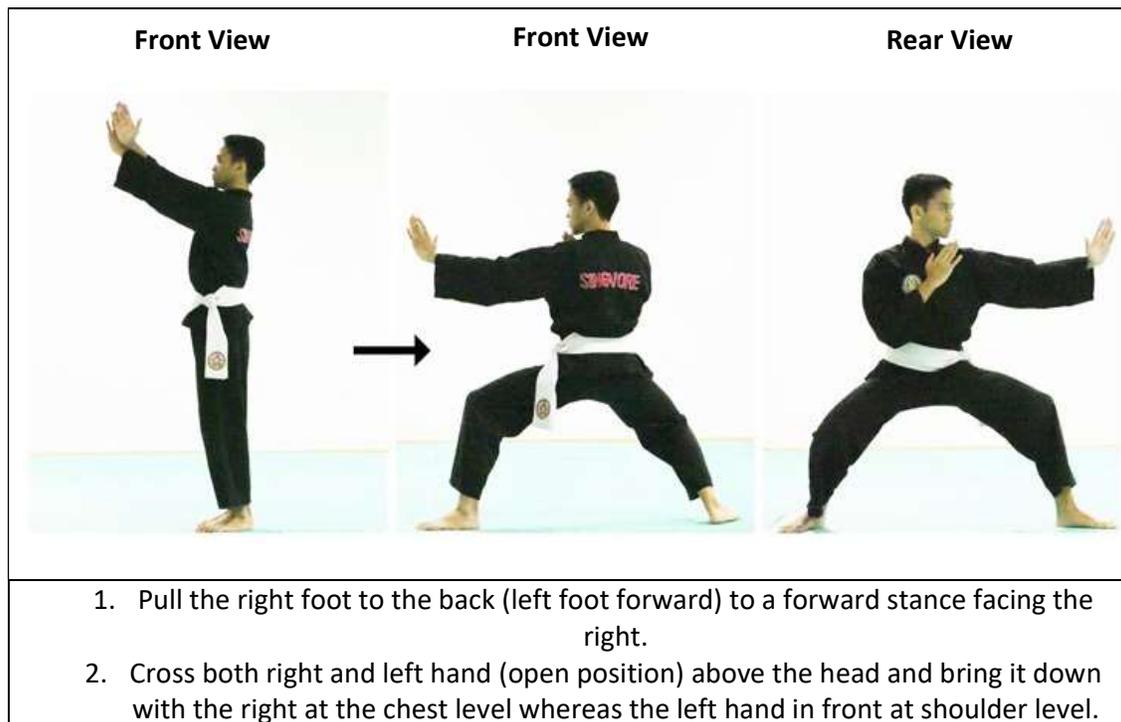
**Front View                      Front View                      Front View**



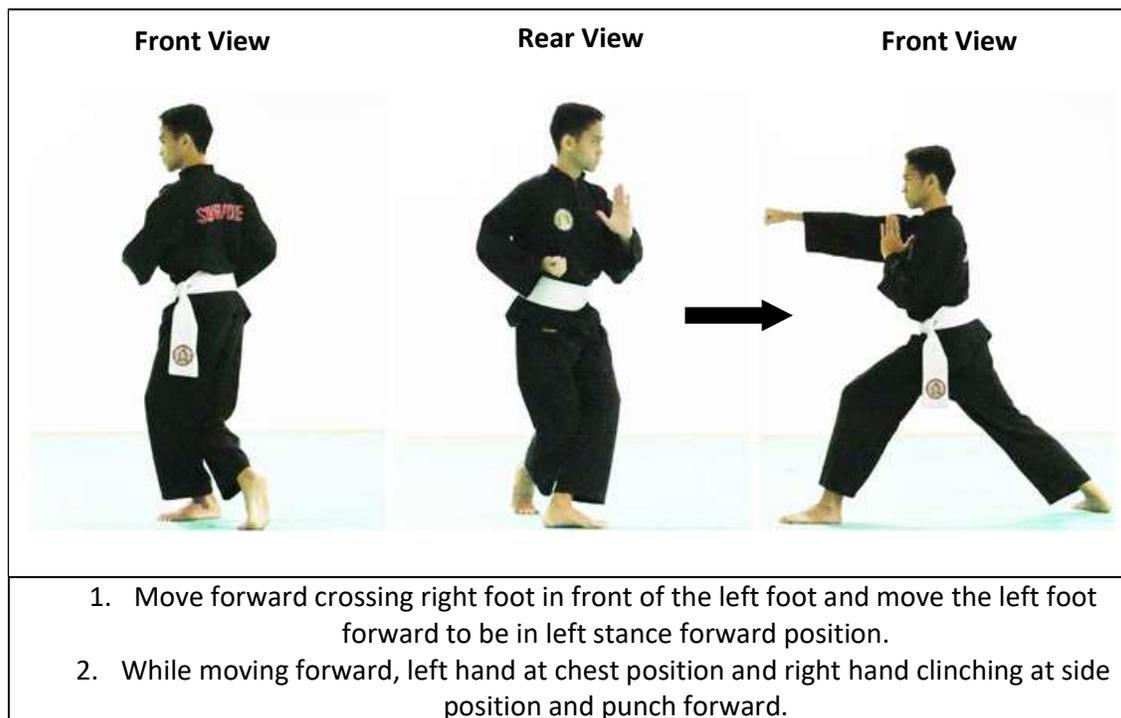
1. Lift the right foot, slight jumping forward and bring the right foot through the left at 45 degrees angle.  
2. Bring the right hand to the face level and left hand at the head level.

**PACKAGE 3**

## Step 1

**PACKAGE 3**

## Step 2



**PACKAGE 3**

## Step 3

Front View	Rear View
	
<ol style="list-style-type: none"> <li>1. Same foot position, move body backwards stance.</li> <li>2. Blocking with left hand (open) with right hand up above the head position.</li> </ol>	

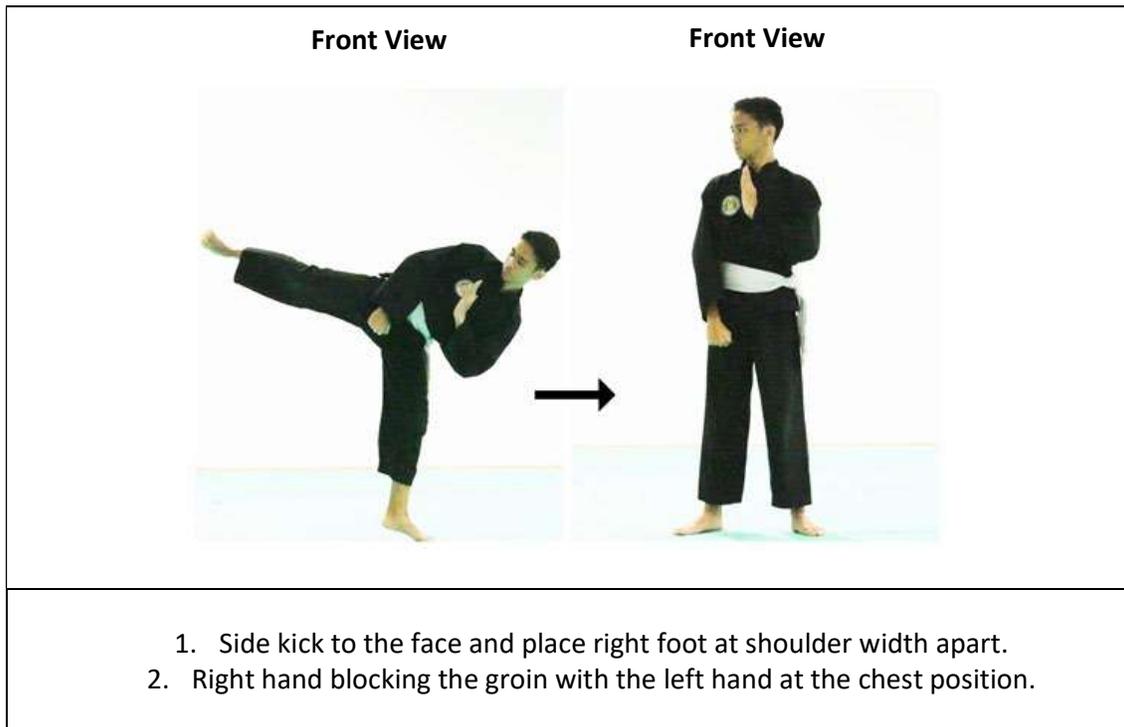
**PACKAGE 3**

## Step 4

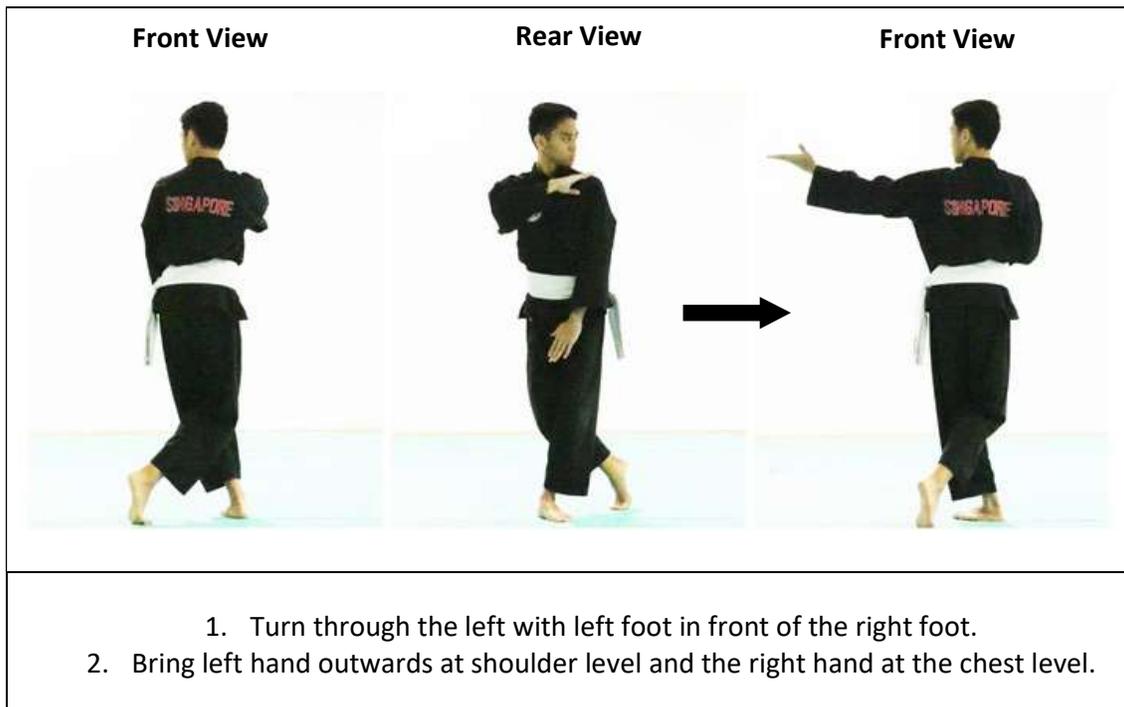
Front View	Front View
	
<ol style="list-style-type: none"> <li>1. 45 side kick to the head with the right foot, place right foot at shoulder width apart position, and place left foot behind the right foot.</li> <li>2. Trust out the right hand to the throat (open) and left hand (open) at the chest level.</li> </ol>	

**PACKAGE 3**

## Step 5

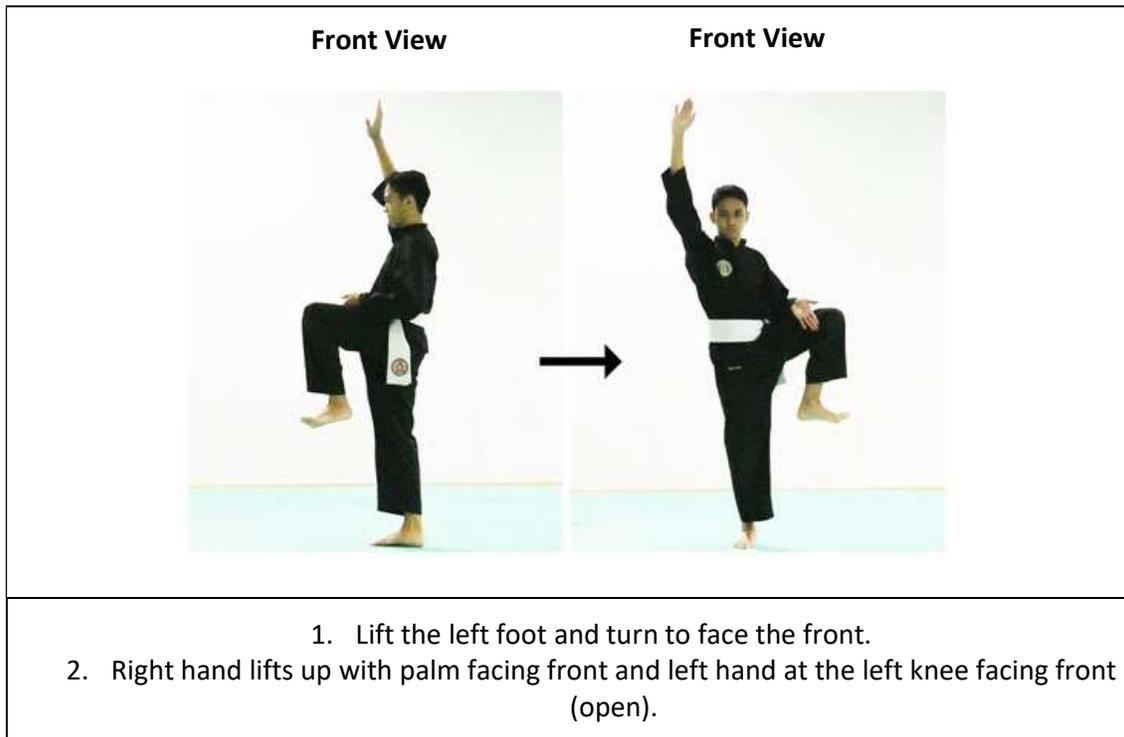
**PACKAGE 3**

## Step 6

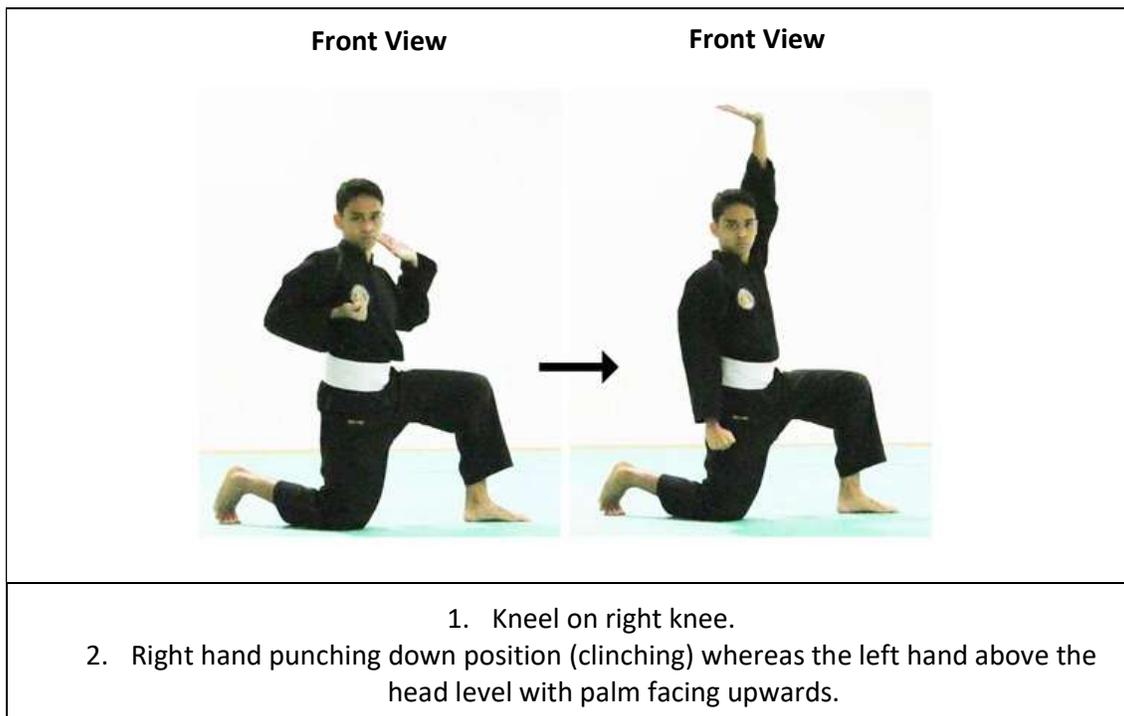


**PACKAGE 3**

## Step 7

**PACKAGE 3**

## Step 8



**PACKAGE 3**

## Step 9

**Front View**

1. Right foot forward crossing over left foot.
2. Left hand at the chest level and right hand outside at abdominal level.

**PACKAGE 3**

## Step 10

**Front View**

1. Left foot up with thigh level to the ground.
2. Right hand lift up with palm facing side and left hand on top of the left knee facing side (open).

**PACKAGE 4**

## Step 1

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Put the left foot to the forward crossing over right foot (facing front).</li> <li>2. With left hand at the chest level and right hand out facing in front at shoulder level.</li> </ol>	

**PACKAGE 4**

## Step 2

Front View

<ol style="list-style-type: none"> <li>1. Pull left foot backwards at 45 degree angle facing front stance.</li> <li>2. Right elbow attack.</li> </ol>

**PACKAGE 4**

## Step 3

**Front View**

1. Remain at same position, lift right foot and stomp.
2. Blocking with right hand (open) with left hand at the chest level.

**PACKAGE 4**

## Step 4

**Front View**

1. Stance remain at same position as Step 3.
2. Left hand attack (clinch) to the forehead with right hand clinching at chest level.

**PACKAGE 4**

## Step 5

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Placed left leg forward and bring back the right leg back in a center stance.</li> <li>2. Left hand blocked attacked slightly outside left knee with clenched fist while right hand brought back in 90 degrees</li> </ol>	

**PACKAGE 4**

## Step 6

Front View

<ol style="list-style-type: none"> <li>1. Left leg shift slightly to the left while right knee extend slightly.</li> <li>2. Attacked forward with right palm (lower area with fingers slightly clenched) Left hand full clenched placed at chest area</li> </ol>

**PACKAGE 4**

## Step 7

**Front View**



1. Right leg side kick to the front.
2. Right hand blocking position and left hand open at chest position.

**PACKAGE 4**

## Step 8

**Front View**                      **Front View**



1. Right leg brings to the back of the left leg with body facing forward & knee slightly bend. (Resting on fore foot)
2. Left hand remain open at chest while right hand moves in a 3/4 clockwise rotation forward and placed it in front of the chest with palm facing up.

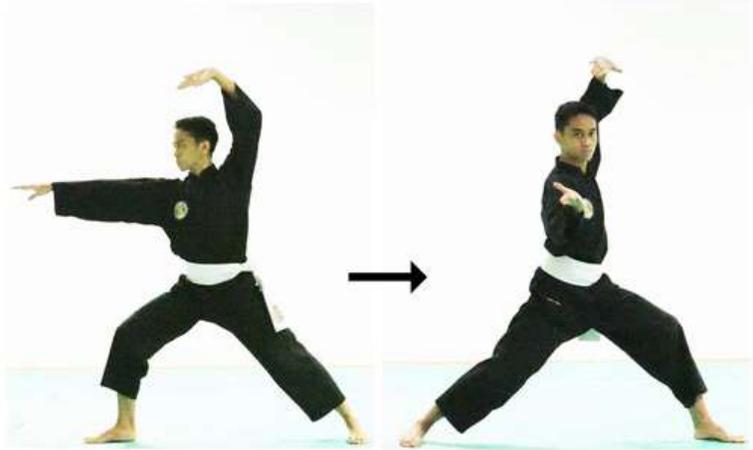
**PACKAGE 4**

## Step 9

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Left leg move to the left with body facing to the right with right knee bend &amp; left knee minimal bend.</li> <li>2. Left hand clenched with elbow fully bend. Right hand open at chest position.</li> </ol>	

**PACKAGE 5**

## Step 1

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Stance changes from facing left, face forward with left knee bend and right leg slightly bend.</li> <li>2. Right hand fully extended raising it up to shoulder level while left elbow and wrist bend in an overhead manner with palm open.</li> <li>3. Upper body turn to the left simultaneously.</li> </ol>	

**PACKAGE 5**

## Step 2

**Front View**

1. Stance change to right knee bend with left knee slightly bend.
2. Left hand blocking to the right (with wrist turning action) Right hand move to chest with palm open.
3. Upper body face right while head facing forward.

**PACKAGE 5**

## Step 3

**Front View**

1. Left leg move forward with knee bend & right knee slightly bend.
2. Right hand punch to the chest while left hand open and place at the chest.

**PACKAGE 5**

## Step 4

**Front View**

1. Left leg shift forward slightly but lower body stance remain the same.
2. Left punch to the nose (using knuckles) with right hand open place at the chest.

**PACKAGE 5**

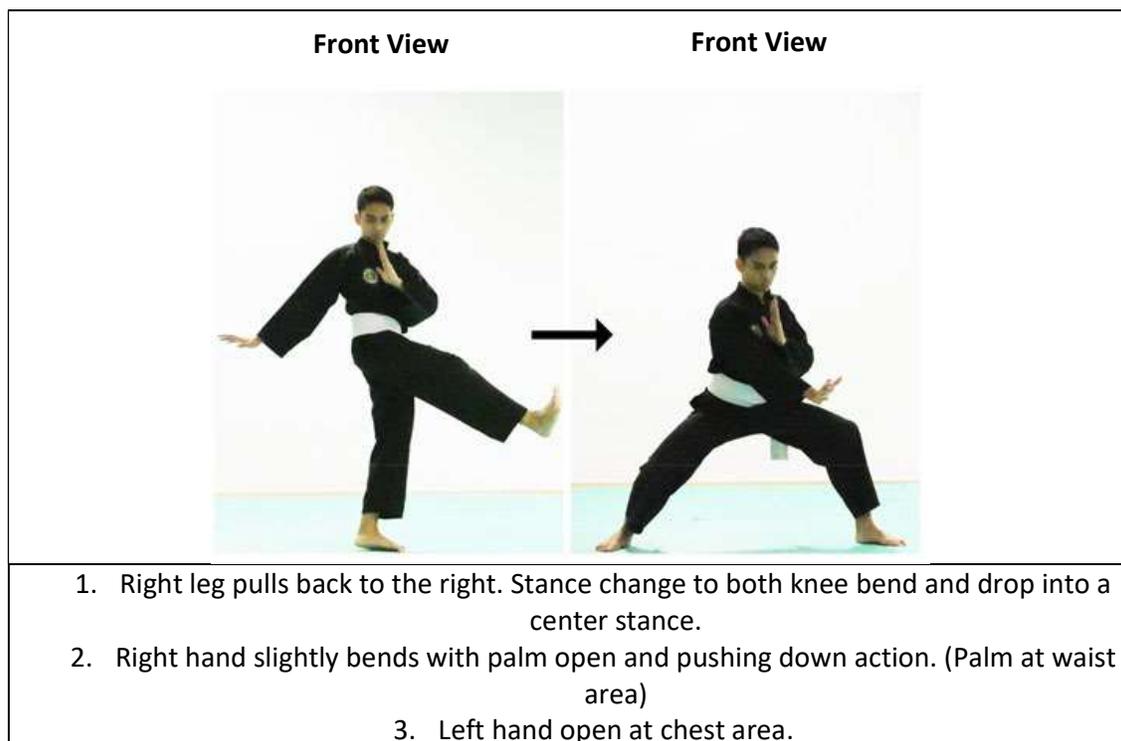
## Step 5

**Front View****Front View**

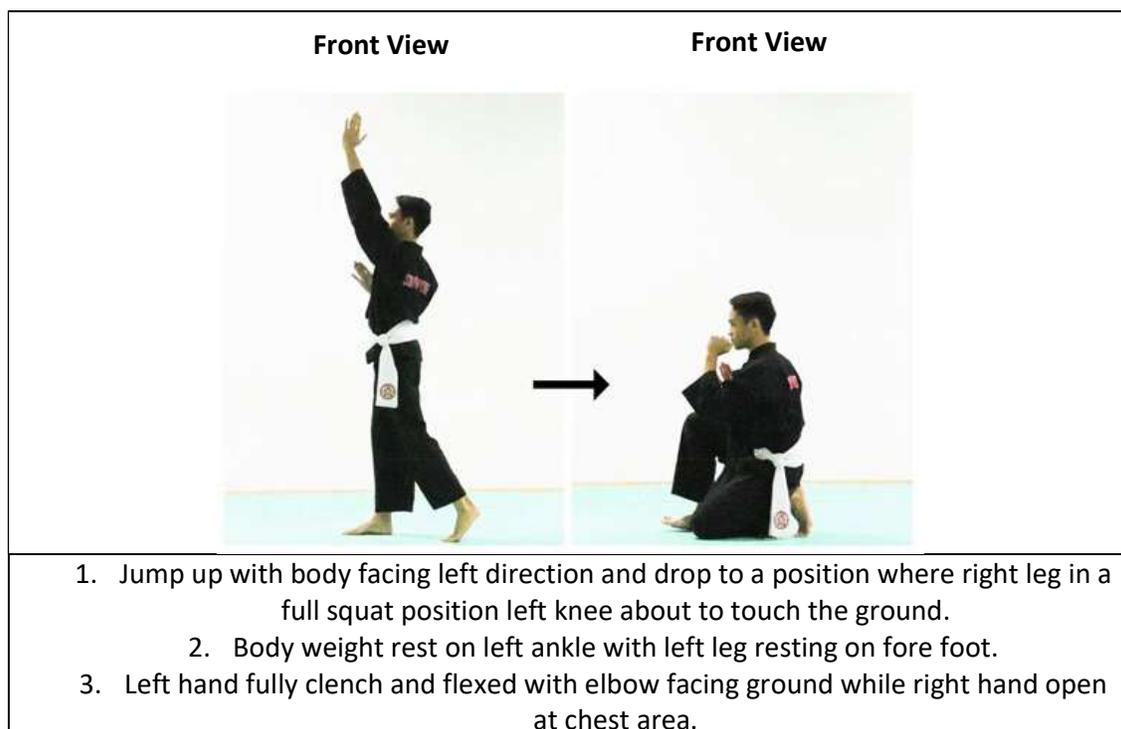
1. Right leg sweep to the left (using right foot with knee bend) ending up in a standing position with only left leg in the ground.
2. Left hand open at chest area while right hand brings to the right fully straightened facing backwards.

**PACKAGE 5**

## Step 6

**PACKAGE 5**

## Step 7



**PACKAGE 6**

## Step 1

Front View	Front View	Front View
		
<ol style="list-style-type: none"> <li>1. Move slightly up bringing back left leg and sit in a semi crossed leg position.</li> <li>2. Both hand elbow bend held above shoulder with palm open in a balance manner.</li> <li>3. Body face forward with head direction to the right.</li> </ol>		

**PACKAGE 6**

## Step 2

Front View	Side View
	
<ol style="list-style-type: none"> <li>1. Right leg sweep to the right.</li> <li>2. Right hand on the ground while left hand with palm open blocking forehead.</li> </ol>	

**PACKAGE 6**

## Step 3

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Slide forward slightly while bending the left knee, sweep with right leg.</li> <li>2. Left elbow on the ground with right hand and elbow bend palm open blocking forehead.</li> </ol>	

**PACKAGE 6**

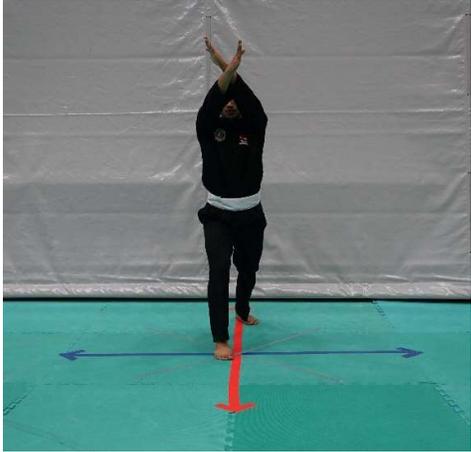
## Step 4

Front View	Front View	Rear View
		
<ol style="list-style-type: none"> <li>1. Bring right leg all way to left going into 45 degrees position with right knee at the back bend.</li> <li>2. Body weight bring backward hence left knee bend too.</li> <li>3. Left hand fully clench while elbow fully bend bringing it up to shoulder level. Right hand open at chest area.</li> </ol>		

**PACKAGE 6****Step 5**

Front View	Rear View
	
<ol style="list-style-type: none"> <li>1. Right leg moves 45 forward to the right into a forward stance with body weight on right leg, hence bending right knee.</li> <li>2. Right shoulder attack in direction of movement with left hand straightened. With palm open place at groin area and right hand open.</li> </ol>	

**PACKAGE 6****Step 6**

Front View	Side View
	
<ol style="list-style-type: none"> <li>3. Right leg moves 45 forward to the right into a forward stance with body weight on right leg, hence bending right knee.</li> <li>4. Right shoulder attack in direction of movement with left hand straightened. With palm open place at groin area and right hand open.</li> </ol>	

**PACKAGE 6**

## Step 7

**Front View**



1. Left leg kick forward using heel.
2. Left hand blocking groin with clenched fist & right palm open at chest area.

**PACKAGE 6**

## Step 8

**Front View**



1. Right leg bring back exactly beside left leg then bring back left leg into a forward stance (right knee bend & left knee slightly bend).
2. Both hands raised up with wrist crossed to block attack to the head. (Both palm open & right in front of left)
3. Body leans back slightly.

**PACKAGE 6**

## Step 9

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Body turned 180 to the left on the spot. Right leg slightly bend &amp; left leg bend.</li> <li>2. Left hand in a dropping technique position while right hand palm opens at chest area.</li> <li>3. Body weight sit on the right leg.</li> </ol>	

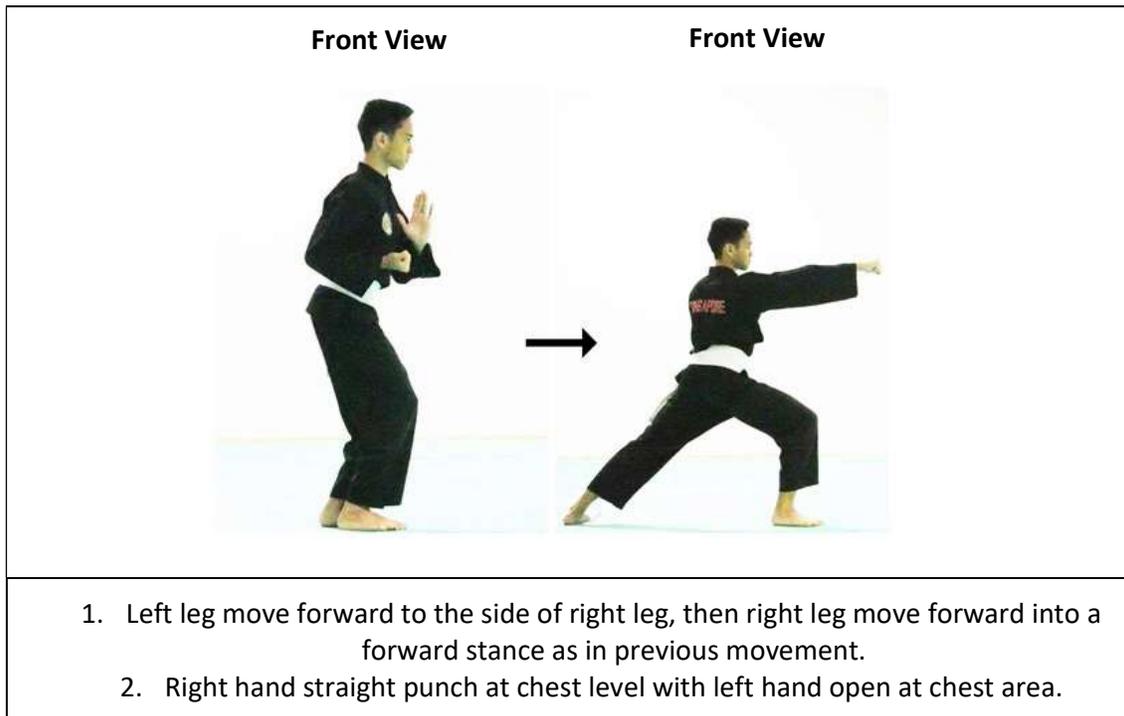
**PACKAGE 7**

## Step 1

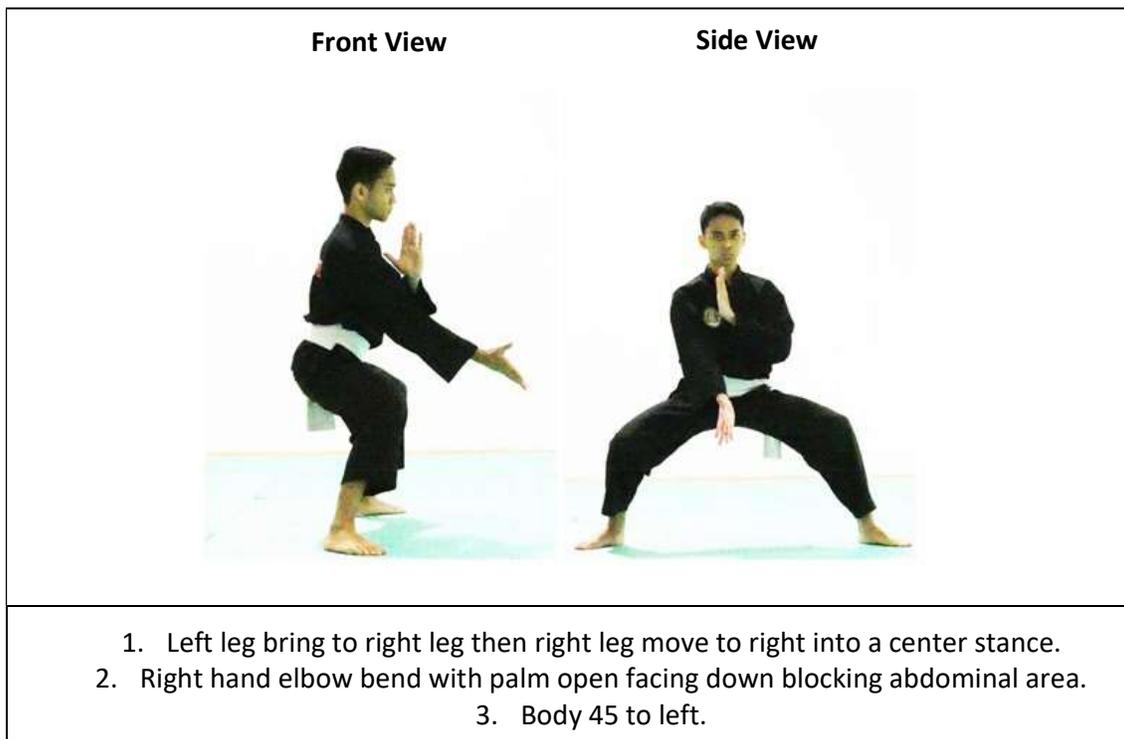
Front View	Front View	Front View
		
<ol style="list-style-type: none"> <li>1. Right leg moves forward into a front stance with right knee bend and left leg slightly bend.</li> <li>2. Right elbow about 90 bends forward with clenched fist. Left hand open at chest area.</li> <li>3. Body leaned forward slightly.</li> </ol>		

**PACKAGE 7**

## Step 2

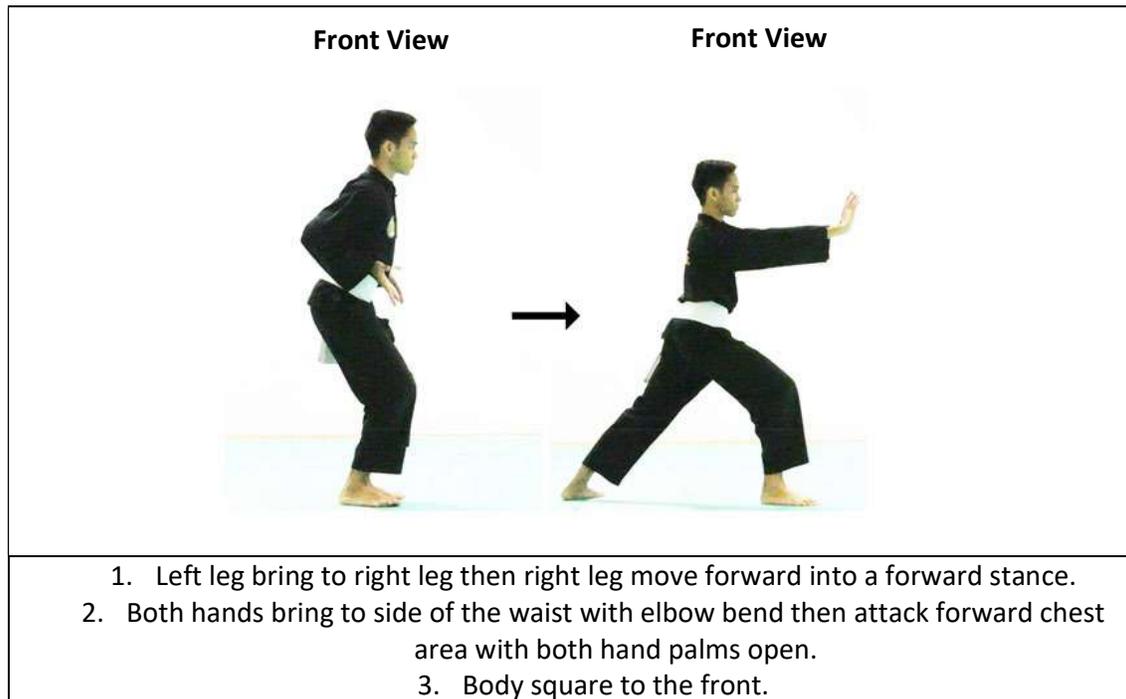
**PACKAGE 7**

## Step 3



**PACKAGE 7**

## Step 4

**PACKAGE 7**

## Step 5



**PACKAGE 7****Step 6**

Front View	Front View	Side View
		
<ol style="list-style-type: none"> <li>1. Right knee bend touching ground. Left leg in full squat position.</li> <li>2. Right elbow 90 bend with clenched fist. Left hand open at chest area.</li> <li>3. Body leaned forward slightly.</li> </ol>		

**PACKAGE 7****Step 7**

Front View

<ol style="list-style-type: none"> <li>1. Right leg moves forward into a forward stance. Left leg bend slightly.</li> <li>2. Right hand elbow bend clenched fist punch forward from below. Left hand open at chest area.</li> <li>3. Body lean forward slightly.</li> </ol>

**PACKAGE 7**

## Step 8

Front View	Front View	Rear View
		
<ol style="list-style-type: none"> <li>1. Right leg bring back. Left leg bend slightly - Left leg bring to back into a center stance position.</li> <li>2. Right hand elbow bend palm open. Left hand open placed behind waist.</li> <li>3. Right hand place at back of right hip. Left hand extended out with palm open shoulder level 45 left.</li> <li>4. Body 45 facing left but head facing right.</li> </ol>		

**PACKAGE 7**

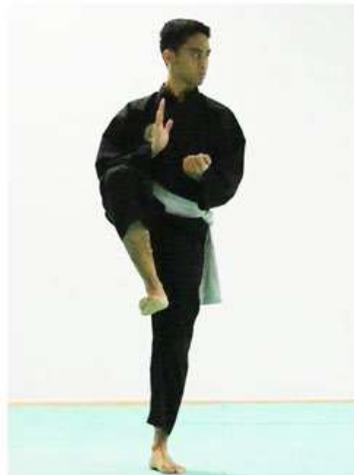
## Step 9

Front View

<ol style="list-style-type: none"> <li>1. Right leg move to the left in a rotational manner making a 180 turn into a centre stance.</li> <li>2. Left hand elbow bend 90 with palm open covering right rib cage. Right hand elbow bend with palm open placed behind left ear.</li> <li>3. Body facing forward but head facing left.</li> </ol>

**PACKAGE 8**

## Step 1

**Front View**

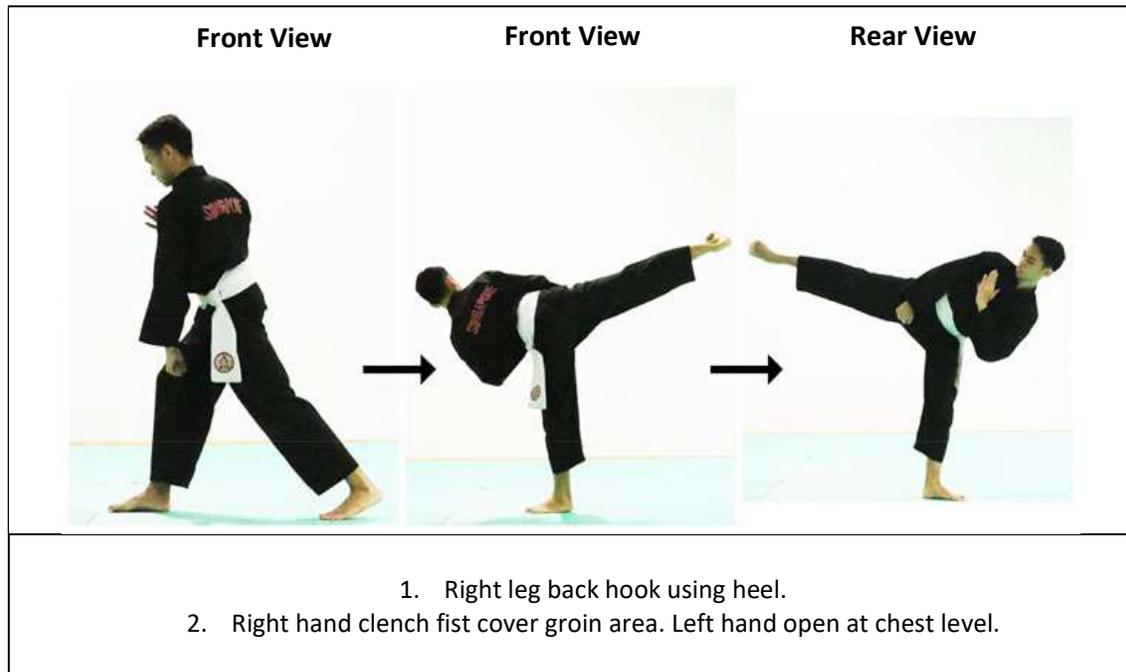
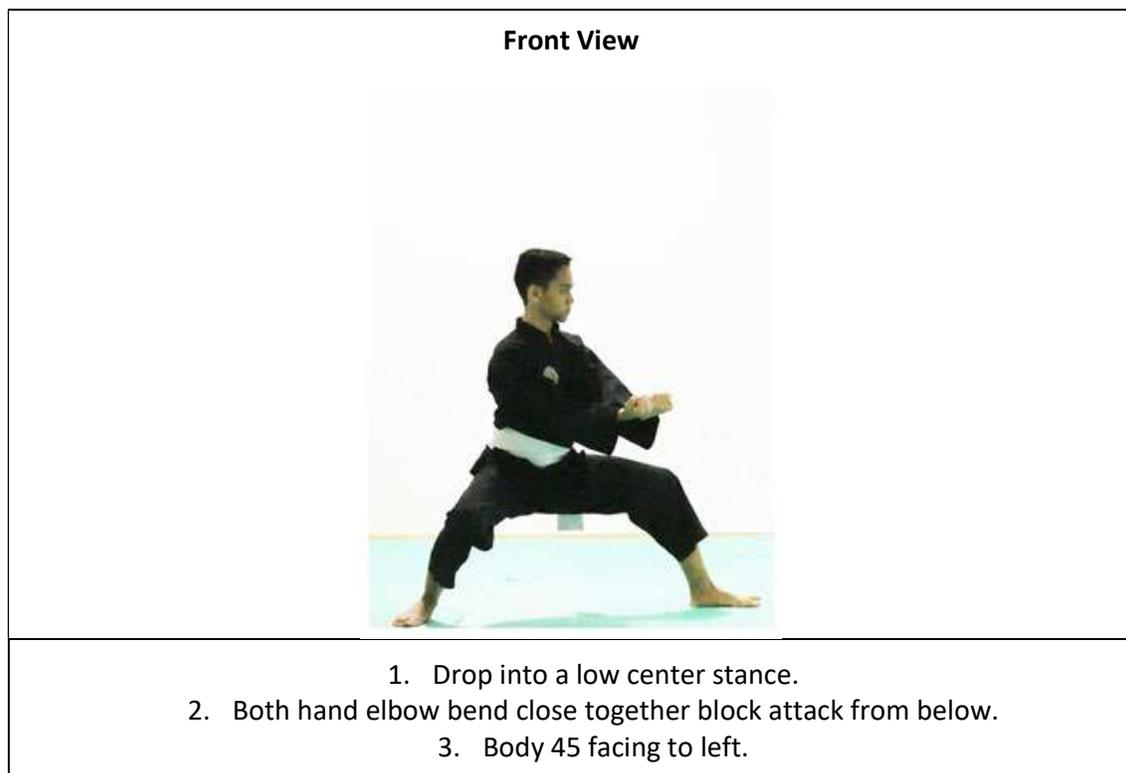
1. Right knees bring up waist level. Left leg straightened. (Stance on 1 leg)
2. Right hand elbow bend palm opens at chest area. Left hand elbow bend with clenched fist slightly above waist level.
3. Body face forward with head facing left.

**PACKAGE 8**

## Step 2

**Front View**

1. Right leg moves to the right into a stance with knee slightly bend. Left leg slightly straighten.
2. Right hand with clenched fist block attack from left.
3. Body lean to the right slightly.

**PACKAGE 8****Step 3****PACKAGE 8****Step 4**

**PACKAGE 8**

## Step 5

**Front View**

1. Right leg knee bend block attack from left using back of the foot.
2. Right hand clench fist cover groin area. Left hand place at chest area.
3. Body turn 180 degree.

**PACKAGE 8**

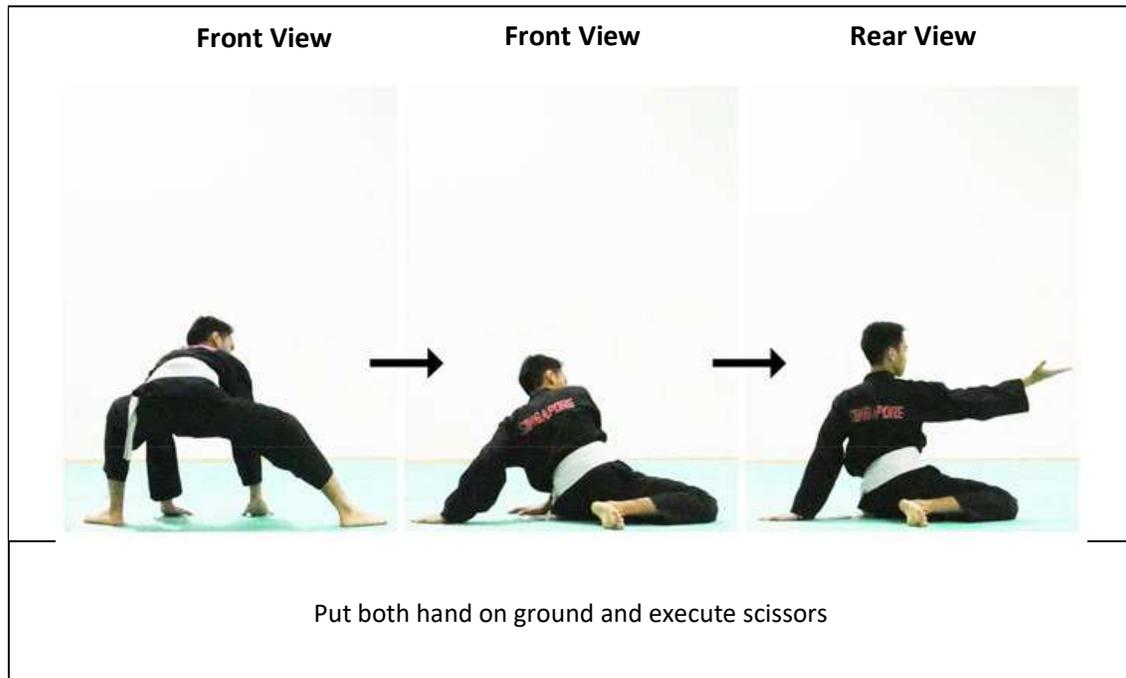
## Step 6

**Front View**

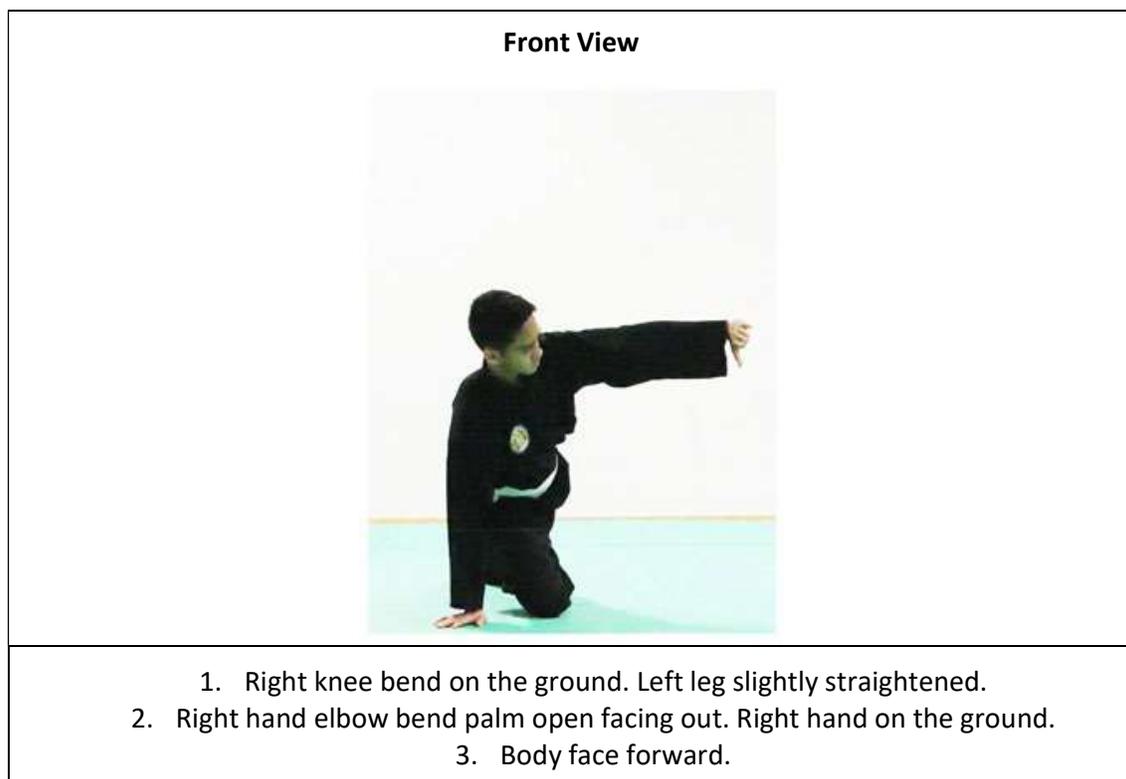
1. Right leg place by the left leg. Left knee bend bring to left into a side stance.
2. Blocking with right hand palm open. Left hand open 45 above shoulder level.
3. Body leaned to left & head facing right.

**PACKAGE 8**

## Step 7

**PACKAGE 8**

## Step 8



**PACKAGE 8**

## Step 9

Front View	Front View	Rear View	Front View	Rear View
				
<ol style="list-style-type: none"> <li>1. Left leg bend up. Right knee on the ground. (Kneeling position)</li> <li>2. Left hand placed on top of left leg with palm open. Right hand open at chest area.</li> </ol>				

**PACKAGE 8**

## Step 10

**Front View**

1. Right leg moves into a center stance facing left from previous position.
2. Right hand open palm straightens at shoulder level. Left hand open at chest area.

**PACKAGE 8**

## Step 11

**Front View**

1. Right leg moves forward. Left leg knee bend up to waist level while turning 180 (Stance on 1 leg).
2. Both hand palm open. But left on left thigh while right hand remains on the side.

**PACKAGE 9**

## Step 1

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Right knee put down into a center stance.</li> <li>2. Right hand with clenched fist block attack from the front. Left hand open at chest area.</li> <li>3. Body face 45 degrees to the left.</li> </ol>	

**PACKAGE 9**

## Step 2

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Right leg static low hook going into a 1-legged stance. (Right knee bend &amp; up)</li> <li>2. Right hand clenched fist cover groin area. Left hand open at chest level.</li> </ol>	

**PACKAGE 9**

## Step 3

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Put right leg slightly forward. Left leg follow suit. Right leg then does a side kick to opponent area.</li> <li>2. Right hand clench fist covering groin area. Left hand open at chest area.</li> </ol>	

**PACKAGE 9**

## Step 4

Front View

<ol style="list-style-type: none"> <li>1. Drop right leg to the front into a forward stance.</li> <li>2. Right hand attack face level using back slap with palm open.</li> </ol>

**PACKAGE 9**

## Step 5

**Front View**



1. Right leg brings in line with left going into a center stance.
2. Left hand do a block with palm open to the left. Right hand open at chest area.
3. Body leans slightly to the right.

**PACKAGE 9**

## Step 6

**Front View**                      **Front View**



1. Right leg move to the side of left leg. Left leg knee bend move to the left into side (left) stance.
2. Right hand with open palm block attack from right. Left hand clench fist at chest area.
3. Body lean to the right slightly.

**PACKAGE 9**

## Step 7

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Right leg bend knee moves forward into a forward stance.</li> <li>2. Both hand catch opponent head in front.</li> </ol>	

**PACKAGE 9**

## Step 8

Front View

<ol style="list-style-type: none"> <li>1. Right knee attack forward.</li> <li>2. Bring both hand to knee.</li> </ol>

**PACKAGE 9**

## Step 9

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Right leg place behind while turning 180 degrees. Then jump 90 into half kneeling position with right knee on the ground. Left knee 90 bend.</li> <li>2. Both hand palm open placed at the side throughout movement.</li> <li>3. Body facing left from previous step.</li> </ol>	

**PACKAGE 10**

## Step 1

Front View

<ol style="list-style-type: none"> <li>1. Maintain as previous position.</li> <li>2. Right hand straightens with palm open shoulder level. Left hand elbow &amp; wrist bend above head.</li> <li>3. Body maintain direction with head facing right. Hip raise up into high kneeling position.</li> </ol>

**PACKAGE 10**

## Step 2

**Front View**

1. Right side kick to opponent knee. Left knee full bend on ground.
2. Put hand on ground. Right hand blocking forehead.
3. Body keeps low.

**PACKAGE 10**

## Step 3

**Front View**

1. Right leg bend knee brings over left thigh.
2. Right hand elbow bend clench fist. Left hand open at chest.

**PACKAGE 10**  
Step 4

<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Front View</b></p> 	<p><b>Side View</b></p> 
--	--	---	---

- Both legs adjust to rotation with changing position.
- Open right hand. While turning, right hand stretches out with palm open. About 180 bring it to chest area. Left hand interchange with right hand to be stretch with palm open.
- Body turns 360 changing height form low to straight up. Body weight remain int the centre. At the end face right with head looking forward.

**PACKAGE 11**

## Step 1

**Front View**

1. Right leg moves to left in line with left leg into a center stance.
2. Right hand open palm cross at the wrist with left hand open palm at chest level.  
(Right hand in front)

**PACKAGE 11**

## Step 2

**Front View****Rear View**

1. Right leg place 45 to the back. Left leg remain at previous movement but adjust with movement.
2. Left elbow bring up to direction of attack & with clenched fist. Right hand open at chest level.
3. Body leaned back & rest on the right leg

**PACKAGE 11**

## Step 3

**Front View**

Single horse kick with both hands on the ground.

**PACKAGE 11**

## Step 4

**Front View**

1. Place right leg down slightly backward follow through with a left sweep
2. Right hand on the ground. Left hand palm open blocking forehead.

**PACKAGE 11**

## Step 5

Front View	Front View
	
<ol style="list-style-type: none"> <li>1. Left leg bring back to form a forward stance. (Right knee bend)</li> <li>2. Right elbow to center of opponent chest. Left hand palm open at chest area.</li> </ol>	

**PACKAGE 11**

## Step 6

Front View

<ol style="list-style-type: none"> <li>1. Bring right leg in line with left leg into a center stance.</li> <li>2. Right hand bend elbow with clenched fist. Left hand open at chest area.</li> <li>3. Body face 45 left with head facing forward.</li> </ol>

**PACKAGE 11**

## Step 7

**Front View**



1. Stance remain the same. Weight shift to the right, hence bending right knee.
2. Left hand straighten with palm open attack forward shoulder level. Right hand clench fist at chest area.
3. Body face right. Head looking forward.

**PACKAGE 11**

## Step 8

**Front View**                      **Front View**



1. Bring up right knee (Single leg stance).
2. Right hand straightens. Left hand palm open at chest level.

**PACKAGE 12****Step 1**

**Front View**



1. Bring right leg behind. Left leg drop into a stance.
2. Both hands move in an inward circular motion till both hand palm open at chest area.
3. Body weight sit on the right leg.

**PACKAGE 12****Step 2**

**Front View**                      **Front View**



1. Right leg back sweep.
2. Stand in a standing stance with right leg behind.
3. Right hand blocking forehead.
4. Both hand at chest area with right hand only clench.

**PACKAGE 12**  
Step 3

**Front View**



1. Right back hook (using heel).
2. Right hand straighten clenched fist covering groin area. Left hand palm open at chest area.

**PACKAGE 12**

## Step 4

**Front View**

1. Stand in a standing stance with right leg behind.
2. Both hand open at chest area.

**PACKAGE 12**

## Step 5

**Front View**

1. Adjust accordingly with movement. Right knee slightly bends.
2. Right hand stretching out upwards 45 degrees upward. Left hand open palm at chest area.
3. Eyes looking at right hand fingertips.

**PACKAGE 12**

## Step 6

**Front View**



1. Bend leg into kneeling position. (Only right knee on the ground)
2. Right hand bend elbow clench fist.
3. Body weight sit on the right leg.

**PACKAGE 12**

## Step 7

**Front View**



1. Maintain kneeling stance.
2. Place hands on thigh.
3. Face up.

## End of Manual

#