



4TH ASIAN YOUTH PENCAK SILAT CHAMPIONSHIP 2026



OCTOBER 20TH - 24TH, 2026



PADEPOKAN PENCAK SILAT INDONESIA
JAKARTA, INDONESIA

YOUNG SPIRIT,
PENCAK SILAT ROAD TO THE OLYMPICS





Technical Handbook

4th ASIAN YOUTH Pencak Silat Championship 2026

CHAPTER I: INTRODUCTION

This Technical Handbook has been prepared as a technical guideline for the organization and implementation of the Pencak Silat Championship, based on the latest regulations issued by the International Pencak Silat Federation (IPSF) and Persilat as of February 25, 2026. The primary purpose of this handbook is to ensure that the competition is conducted in a professional, fair, and transparent manner, while upholding the values of sportsmanship, honor, and the warrior spirit of Pencak Silat.

The championship will feature various competition categories, ranging from Pre-teen to Senior, including the **Sparring Category** and the **Artistic Category** (Tunggal, Ganda, Regu). Modern technology, through the implementation of the **Digital Scoring System (DSS)** and **Video Assistant Referee (VAR)**, will be utilized to ensure transparency and accuracy in the scoring and judging process throughout each match.

CHAPTER II: PARTICIPANT AGE CLASSIFICATION

In accordance with IPSF-Persilat standards, participants are classified according to age and gender. A participant's age shall be determined based on their age on the first day of the competition. Authentic documents, such as a Birth Certificate, Diploma, or Passport, must be submitted as valid proof of age.

The age categories are as follows:

No.	Age Category	Age Range
1	Youth	Over 14 to 17 years old

CHAPTER III: COMPETITION CATEGORIES AND WEIGHT CLASSES

The Pencak Silat competition is divided into two major categories:

- **Sparring**, which use a weight-class system; and
- **Artistic Categories**, consisting of Tunggal, Ganda, Regu, which are conducted on an **open-weight basis** and therefore do not use weight classifications.



III.1. Sparring Category

The Sparring Category features two Pencak Silat athletes competing against each other using both offensive and defensive techniques. Participants are strictly classified according to their body weight, with no tolerance for weight-class violations.

III.1.1. Youth Sparring Weight Classes

For the **Youth Category**, weight classifications are divided between male and female athletes.

Male:

- Class A: 39 kg to 43 kg
- Class B: Over 43 kg to 47 kg
- Class C: Over 47 kg to 51 kg
- Class D: Over 51 kg to 55 kg
- Class E: Over 55 kg to 59 kg
- Class F: Over 59 kg to 63 kg
- Class G: Over 63 kg to 67 kg
- Class H: Over 67 kg to 71 kg
- Class I: Over 71 kg to 75 kg
- Class J: Over 75 kg to 79 kg
- Class K: Over 79 kg to 83 kg
- Class L: Over 83 kg to 87 kg
- Open Class: Over 87 kg to 99 kg

Female:

- Class A: 39 kg to 43 kg
- Class B: Over 43 kg to 47 kg
- Class C: Over 47 kg to 51 kg
- Class D: Over 51 kg to 55 kg
- Class E: Over 55 kg to 59 kg
- Class F: Over 59 kg to 63 kg
- Class G: Over 63 kg to 67 kg
- Class H: Over 67 kg to 71 kg
- Class I: Over 71 kg to 75 kg
- Class J: Over 75 kg to 79 kg
- Open Class: Over 79 kg to 91 kg



III.2. Artistic Category (Tunggal, Ganda, Regu)

The Artistic Category does not use weight classifications (open weight). Participants are grouped according to age and gender.

- **Tunggal:** One Pencak Silat athlete demonstrates proficiency in the Standard Solo Form (unarmed and armed) or a Freestyle Solo Form using traditional Indonesian weapons.
- **Ganda:** Two Pencak Silat athletes from the same team perform a planned, effective, aesthetic, and well-executed offensive and defensive routine.
- **Regu:** Three Pencak Silat athletes from the same team perform the Standard Team Form in a synchronized and expressive manner, using unarmed techniques.

III.3. SCORING SYSTEM for Individual and Group Categories

Scoring is based on three main elements: **Wiraga, Wirama, and Wirasa**, with a maximum total score of **100 points**.

III.4. RULES & PROTEST PROCEDURES for Individual and Group Categories

III.4.1. Participant Rules

- III.4.1.1. Participants must arrive at least **30 minutes before** their scheduled performance.
- III.4.1.2. Participants must maintain sportsmanship and proper conduct throughout their presence in the competition area.
- III.4.1.3. The use of prohibited substances (**doping**) is strictly prohibited.

III.4.2. Protest Procedure

- III.4.2.1. A protest may only be submitted by an **Official or Team Manager**.
- III.4.2.2. The protest must be submitted **in writing to the Head of Competition within a maximum of 15 minutes** after the scores have been announced.
- III.4.2.3. The applicable protest administration fee must be paid in accordance with the regulations established by the Organizing Committee.



III.4.3. Penalty Factors (Score Deductions) for Individual and Group Categories

III.4.3.1. Time: Performing for less or more than the prescribed duration of 3 minutes.

- **Tolerance of ± 5 seconds:** No deduction.
- **Over/under by 6–15 seconds:** 5-point deduction.
- **Over/under by more than 15 seconds:** 10-point deduction.

III.4.3.2. Dropped Weapon: 5-point deduction for each occurrence.

III.4.3.3. Leaving the Arena: 2-point deduction for each occurrence.

III.4.3.4. Untidy Attire / Loose Accessories: 2-point deduction.

III.5. MEDICAL REQUIREMENTS

- Before competing, each fighter must possess a **medical fitness certificate issued by a doctor**.
- Athletes must have **personal insurance**.

III.6. ROHIBITED SUBSTANCES

- The use of **doping substances or any other substances intended to enhance stamina or physical performance** is strictly prohibited.

ALL FIGHTERS MUST UPHOLD THE HIGHEST STANDARDS OF SPORTSMANSHIP AND RESPECT THE PRINCIPLES AND VALUES OF PENCAK SILAT.

CHAPTER IV: ENTRY

ENTRY FEE: USD \$50 per athlete

CHAPTER V: COMPETITION SYSTEM AND BRACKET STRUCTURE

The championship will be conducted using a **single-elimination knockout system**. The positions of participants in the brackets will be determined through a **random draw**.

Based on the technical guidelines for the organization of the championship, the bracket system for each age category and competition type shall be established as follows:



Age Category	Competition Type	Bracket System	Mechanism / Description
Youth	Achievement (Sparring/TGR)	Bracket 6	A bye or preliminary-round system is applied.

CHAPTER V: SPARRING RULES AND DIGITAL SCORING SYSTEM

V.1. Duration and Competition Arena

The competition arena measures **8 × 8 meters**, with a fighting circle measuring **8 meters in diameter**. The match duration for each age category is as follows:

- **Youth:** 3 rounds × 2 minutes, with **1 minute of rest** between each round.

V.2. Implementation of the Digital Scoring System (DSS)

The competition will use a **Digital Scoring System (DSS)** integrated with **Video Assistant Referee (VAR)** technology. Each judge/referee will record the score using a tablet device directly connected to the arena's monitor display in real time, replacing the traditional manual scoring system.

This system is designed to ensure **objectivity, efficient score tabulation, accuracy, and transparency** throughout the competition.

V.3. Scoring System

The scoring system takes into account offensive techniques, defensive techniques, and the fundamental principles of Pencak Silat:

- **1 Point:** Awarded when a hand attack successfully lands on a valid target without being blocked, or when a defensive technique, such as a parry or evasion, is successfully followed by a valid counterattack.
- **2 Points:** Awarded when a leg attack successfully lands on a valid target without being blocked.
- **3 Points:** Awarded when a Pencak Silat athlete successfully executes a **valid takedown (valid drop)**.
- **Pencak Point:** A subjective bonus point awarded by the judges at the end of each round. This point represents an outstanding demonstration of the fundamental principles of Pencak Silat, particularly the proper **stance/guard (sikap pasang)** and **footwork patterns (pola langkah)**. Each athlete is independently eligible to receive this point.



V.6. Valid Targets and Fouls

- **Valid Targets:** The chest, abdomen (above the navel), left and right rib areas (above the hip line), and the central area of the back.
- **Serious Fouls:** Attacking prohibited areas, including the neck, head, groin, and knee area; executing a dangerous throw or takedown (such as a **pile driver**); biting; scratching; or attacking after the referee's stop command ("**Ti**" or "**Stop**").
- **Minor Fouls:** Failing to perform the required footwork pattern before launching an attack; running away from or deliberately avoiding engagement with the opponent; holding or hugging the opponent in the arena; and intentionally stepping outside the competition boundaries.

CHAPTER VI: CLOSING

This Technical Handbook is binding upon all participants, coaches, officials, and members of the organizing committee. All decisions made by the Referee-Judges and validated through the Digital Scoring System shall be final and conclusive and shall not be subject to appeal.

Proper and professional organization of the championship shall contribute to achieving its objectives of fostering excellence, preserving the artistic values, and promoting the cultural heritage of Pencak Silat.