



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

## **Pencak Silat Competition Rules & Regulation 2022**

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## 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 – version 2022. 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.

### Arena of Pendekar

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



## 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 Omardin - 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

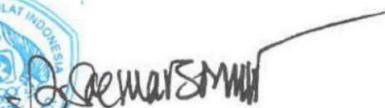



Teddy Suratmadji  
Secretary General  
International Pencak Silat Federation

#### 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 Omarkin - 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 Omarkin - 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 Omarkin - 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)

**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

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

## 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.*

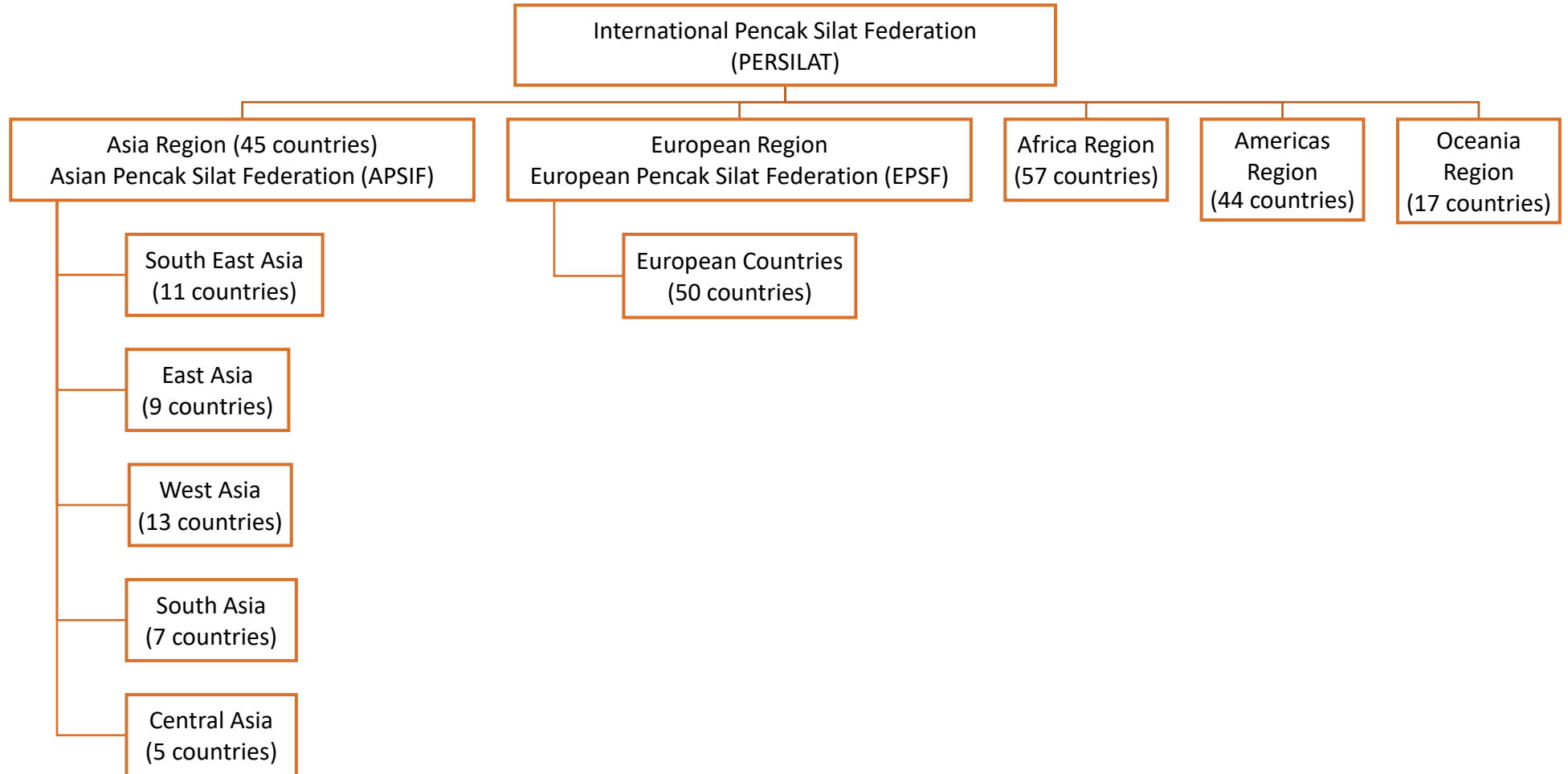
Referring to item 03.07 and 03.08      *The federation is responsible to issue a recognition and certification for participants at the following courses; International Pencak Silat Coaching Course and International Wasit-Juri Upgrading Course (Class 3, 2, 1, and ITD) and Train the Trainer*

#### 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

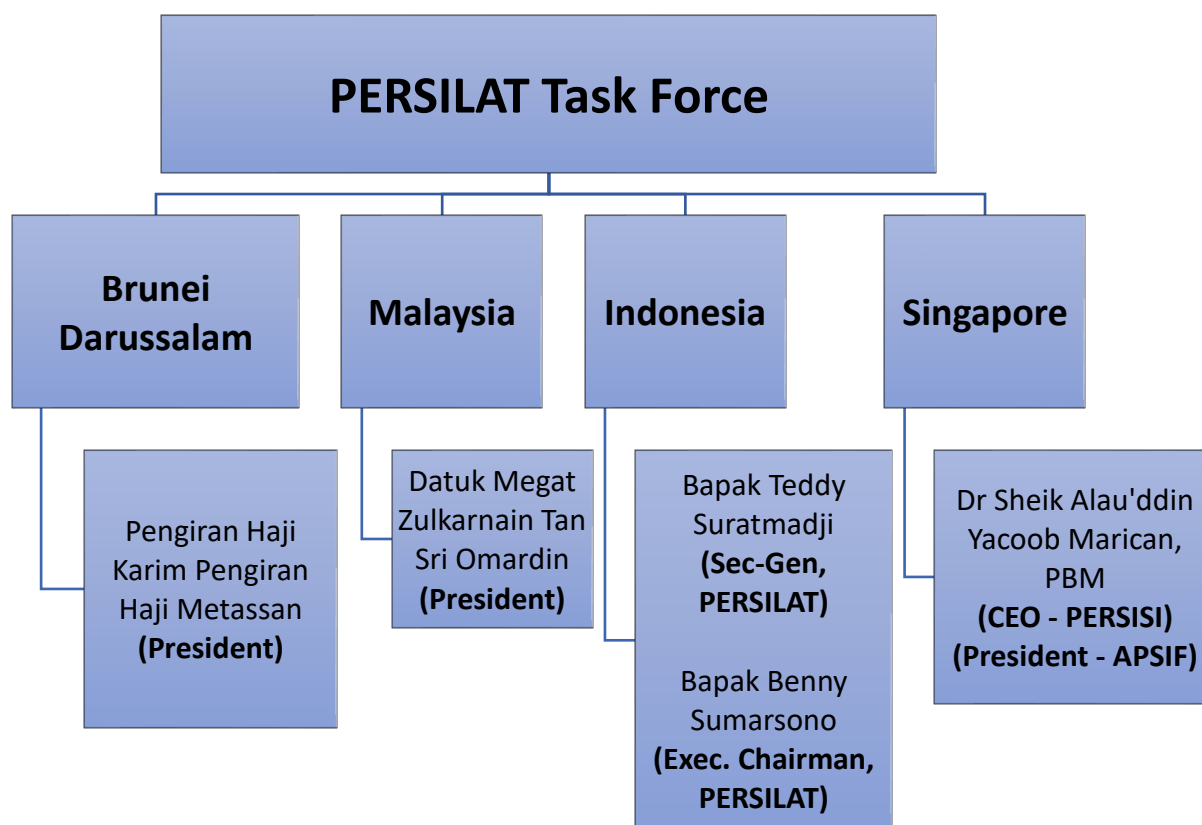
Being the Four Founding Members of the International Pencak Silat Federation since its first establishment in the 1980 has its privilege, where one office holder from their National Pencak Silat Federation will be appointed to sit in the PERSILAT Task Force.



### 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.  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	<u>4 pax</u> will be provided by the International Pencak Silat

			<p>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	2	<p>Provided by the International Pencak Silat Federation (PERSILAT), which are selected from the Founding Members.</p>
		1	<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>
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>The remaining will be from the list of certified International Technical Officials.</p>

## Article 2: Powers and Duties of Technical Officials

### Technical Delegate

1. International Technical Delegate (ITD)
  - a. The ITD will be appointed by PERSILAT
  - b. 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.
  - c. An ITD must master the Rules and Regulations of International Pencak Silat Competition
  - d. Must come from neutral country.
  - e. The ITD must do a venue recce at least two times to ensure that the hosting of event will go smoothly.
  - f. To resolve any problems concerning general issues as well as technical matters, of which decision of the ITD has binding force.
  - g. The right including to stop, postpone, cancel championship and or replace the Competition Committee if deemed necessary.
  - h. Those actions should be taken to secure the championships, technical execution of championships, and the sake of good image of Pencak Silat.
  - i. To fill in and to sign the Record Book of Referee and Jury.
  - j. To submit duty report to the Board of PERSILAT within 1 (one) month after the championship ends.
  
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

#### (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			<ul style="list-style-type: none"> <li>Submitted to PERSILAT</li> </ul>
	Check with APSIF if date of competition clash with any other competition			
<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>

<b>Event agenda</b>	What is the goal of the event?			<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>
	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>
<b>Sponsorship</b>	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>	Order equipment's – stage, lighting, PA system			<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> <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> <li>• Book table and chairs to host champion ship</li> </ul>
	Toilets			<ul style="list-style-type: none"> <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>
<b>Risk management</b>	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>
	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> </ul>
	Contingency plans			<ul style="list-style-type: none"> <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> </ul>
	Book security and two-way radios			<ul style="list-style-type: none"> <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> </ul>
<b>Security plan</b>	Crowd control			<ul style="list-style-type: none"> <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> </ul>
	Notify police, ambulance service and fire brigade			<ul style="list-style-type: none"> <li>• Safety purpose: in case of emergency</li> </ul>
<b>Essential services</b>	Design traffic plan			<ul style="list-style-type: none"> <li>• Make sure journey from hotel to venue is not too far and how to tackle traffic jams</li> </ul>
<b>Traffic management</b>	Signage, disabled parking, VIP parking, pedestrian access, marshals, car parking area, entry and exit points, lighting			<ul style="list-style-type: none"> <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> </ul>
	Design plan of venue/ event site			<ul style="list-style-type: none"> <li>• Create floor plan</li> <li>• Decide on to use scoring system or not</li> </ul>
<b>Site preparation and plan</b>	Book toilet cleaners and extra paper if appropriate			<ul style="list-style-type: none"> <li>• Cleaners must be on standby at all times</li> <li>• Toilet must be kept clean at all times</li> </ul>
<b>Cleaning and maintenance plan</b>	Clean up venue/ clear area of debris			<ul style="list-style-type: none"> <li>• Venue must be clear from dust before set-up</li> </ul>
	Prepare script or run sheet for ceremony			<ul style="list-style-type: none"> <li>• Include list of VIP names</li> </ul>
	Organize awards/trophies/certificates & decoration			<ul style="list-style-type: none"> <li>• Make sure tallies with number of participants</li> </ul>
	Write up lists of all the participants, perguruan and volunteers			<ul style="list-style-type: none"> <li>• Participants' list should include: <i>perguruan</i>, category and team member names (for <i>Ganda</i> and <i>Regu</i>)</li> </ul>
<b>Lists</b>	Hire/source out for photography/videography team			<ul style="list-style-type: none"> <li>•</li> </ul>
<b>Photographer</b>	Ensure there are enough seating areas and chairs			<ul style="list-style-type: none"> <li>• For G.O.H, VIP, VVIP, jury</li> </ul>
<b>Seating</b>	Make/find suitable goodie bags for participants			<ul style="list-style-type: none"> <li>• Goodie bags should have plain water bottle, gym towel, mini mascot plushie(optional), snacks, event-inspired accessories (bracelets)</li> </ul>

<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> </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> </ul>
	Bronze			<ul style="list-style-type: none"> <li>• Match - 2 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> </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>
Receptions	Welcome dinner			<ul style="list-style-type: none"> <li>• Include entertainment</li> </ul>
	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>
Main stage	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>



	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>
Invitation proposal	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. To manage and to be responsible for the smooth running of the competition.
3. 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.
4. To stop the course of a contest, if necessary.
5. To resolve any competition problem at first level after consulting the Council.
6. To listen attentively to the report made by the Council of Wasit-Juri when there is a protest made by the Coach during game.
7. To announce the protest issue clearly.
8. 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 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.
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.
7. 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.

#### 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. To stop the match when an injury, illness, or inability of an Athlete to continue is noticed.
3. To stop the match when it in the Wasit opinion has been a foul committed, or to ensure the safety of the Athletes.
4. 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.
5. To issue warnings and impose penalties.
6. To resolve ties.
7. To announce the winner.
8. 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.

9. The Wasit shall give all commands.
10. To consult the Juri when any doubt occurs in decision-making.
11. 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 operator

### 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*)

### 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 \_\_\_\_, category (Pre-Teen, Pre-Junior, Junior, Senior), (Male / Female), Class (Weight), 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 Pesilat from Red or Blue corner.”*

#### **3. Calling for athlete to be ready for match** – when current game has completed round 2

*“From Arena \_\_\_\_ . For Match number \_\_\_\_. Calling for Pesilat \_\_\_\_ from \_\_\_\_ (country) in the Blue corner, and Pesilat \_\_\_\_ from \_\_\_\_ (country) in the Red corner. Please be ready for your match at the arena now.”*

*“From Arena \_\_\_\_ . For Artistic (Pre-Teen, Pre-Junior, Junior, Senior), (Male / Female), (Single / Double, Team); calling for Pesilat \_\_\_\_ from \_\_\_\_ (country) to report at the arena now.”*

#### **4. During Match**

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

*“Valid Drop for Pesilat from Red/Blue Corner”*

*“Invalid Drop”*

#### **5. Reprimand / Warning**

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

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

#### **6. Match Result**

*“The winner is Red/Blue corner.”*

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

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

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

*“The winner is Red/Blue corner as Referee has stop the match.”*

*“The winner is Red/Blue 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 Artistic Category (Male / Female), (Single / Double / Team), 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 \_\_\_\_ for Artistic Category (Male / Female), (Single / Double / Team) calling for (Name of Athlete from Country) in the Blue Corner. And calling for (Name of Athlete from Country) in the Red Corner.*

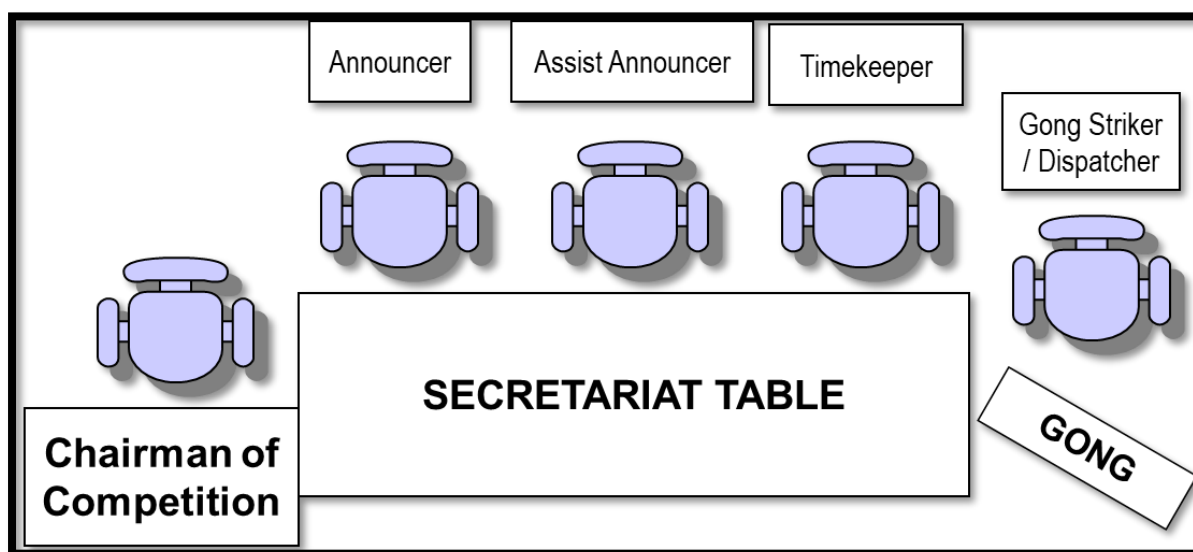
*Please step in the arena now.”*

#### *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.

#### *Gong Striker*

- Gong Striker – to strike the at the start of every round and at the 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

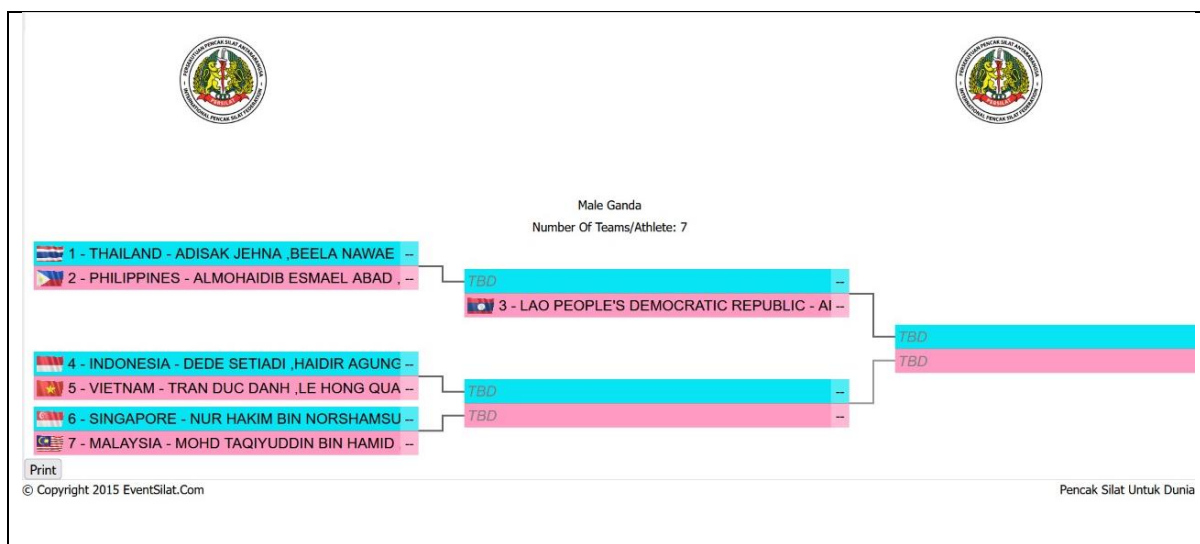
**Athlete Random Chart**

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

NO	ATHLETE NAME	DELEGATION
1	JACIREN UYOD ABAD	PHILIPPINES
2	NITINAI 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 also “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.

### 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.

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>	<hr/> <hr/> <hr/> <hr/> <hr/>		
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
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)		
Repetition	Total Score				
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)
<b>Time (&lt;)</b>	<b>Total Score</b>		
<b>18:10</b>	24	28	30
<b>18:20</b>	23	27	30
<b>18:30</b>	22	26	29
<b>18:40</b>	21	25	28
<b>18:50</b>	20	24	27
<b>19:00</b>	18	23	26
<b>19:10</b>	16	22	25
<b>19:20</b>	14	21	24
<b>19:30</b>	12	20	23
<b>19:40</b>	10	18	22
<b>19:50</b>	8	16	21
<b>20:00</b>	6	14	20
<b>20:10</b>	4	12	18
<b>20:20</b>	2	10	16
<b>20:30</b>	1	8	14
<b>20:40</b>	0	6	12
<b>20:50</b>	0	4	10
<b>21:00</b>	0	2	8
<b>21:10</b>	0	1	6
<b>21:20</b>	0	0	4
<b>21:30</b>	0	0	2
<b>21:40</b>	0	0	1
<b>21:50</b>	0	0	0
<b>22:00</b>	0	0	0
<b>22:10</b>	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

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

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

### 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 <i>List all prescription and over-the-counter medicines and supplements (herbal &amp; nutritional) that you are currently taking</i>			
DO YOU HAVE ANY ALLERGY?	Y / N	IF YES, SPECIFY ALLERGY:	
PHYSICAL HISTORY			
<input type="checkbox"/> Fainting Spells	<input type="checkbox"/> Aneurysm (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"/> None
<input type="checkbox"/> Central Hemorrhage / Serious head injury			
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: _____	Torso: _____	
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	Membranes: <input type="checkbox"/> Yes <input type="checkbox"/> No	Lungs: Rates <input type="checkbox"/> Yes <input type="checkbox"/> No	
Reflexes: Pupils _____	Knee Jerk: _____	Romberg: _____	Babinski: _____
Skin: Tone _____	Flash: _____	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 eye(s)? <input type="checkbox"/> Yes <input type="checkbox"/> No if yes, explain:			
<p>Does the applicant wear glasses? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Does the applicant wear contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>Vision without glasses/contact lenses? Right _____ Left _____</p> <p>Vision with glasses Right _____ Left _____</p> <p>Vision with contact lenses Right _____ Left _____</p> <p>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.</p> <p>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.</p> <p>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.</p>			
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	Programme
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.

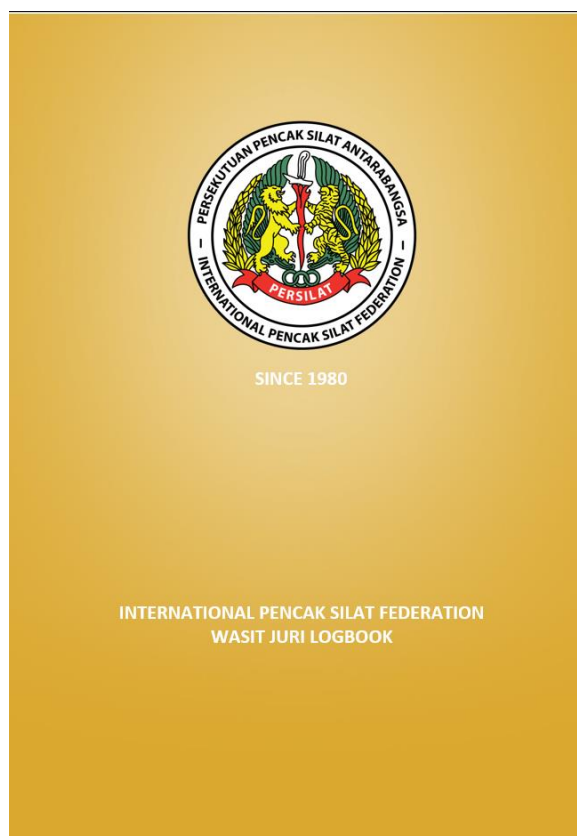
With that, in earlier 2019 the Founding Members of International Pencak Silat Federation (PERSILAT) has formed a Steering Committee consisting of one (1) representative from each four (4) Founding Members to spearhead the discussion, improvisation, research and development on the techniques, and many 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> <div style="text-align: center;">  </div> <p>Name : _____</p> <p>Address : _____</p> <p>Contact No. : _____ (Whatsapp)</p> <p>Email : _____</p> <p>Country : _____</p> <p>Date of Completion : _____</p>	<div style="text-align: center; margin-bottom: 10px;"> <h3><u>PLEDGE FOR WASIT-JURI</u></h3> </div> <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> <div style="text-align: center; margin-top: 10px;">  </div>
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**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.

j. 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	GENDER	EXAMINATION DATE

**MEDICAL HISTORY**

**MEDICINES AND ALLERGIES**  
List all prescription and over-the-counter medicines, supplements, herbs & nutrients that you are currently taking

DO YOU HAVE ANY ALLERGY?	Y / N	IS YES, SPORT ALLERGY?
--------------------------	-------	------------------------

**PHYSICAL HISTORY**

<input type="checkbox"/> Fainting Spells	<input type="checkbox"/> Rashure (Hernia)	<input type="checkbox"/> Chest Pain	<input type="checkbox"/> Operations
<input type="checkbox"/> Swollen Lymph Nodes	<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"/> Epilepsy	
<input type="checkbox"/> Cerebral hemorrhage / previous head injury	<input type="checkbox"/> None		

Other medical history / explain 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 prescription medication(s) that may disqualify 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 TO duties. Please indicate whether the applicant is or is not suitable to officiate while under the prescribed medication(s).

**PHYSICAL EXAMINATION**

General appearance: \_\_\_\_\_

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

Muscle: \_\_\_\_\_ Biceps: \_\_\_\_\_ Triceps: \_\_\_\_\_

Pulse at rest: \_\_\_\_\_ Pulse after 10 steps: \_\_\_\_\_ Blood Pressure after 10 steps: \_\_\_\_\_

Blood Pressure at rest: \_\_\_\_\_

Intergal glands:  Yes  No  Heart: Pulse Rhythm  Regular  Irregular

Murmurs:  Yes  No  Lung: Sales  Yes  No

Reflexes: Pupils \_\_\_\_\_ Knee Jerk \_\_\_\_\_ Romberg \_\_\_\_\_ Babinski \_\_\_\_\_

Size: \_\_\_\_\_ Rank \_\_\_\_\_ Skin \_\_\_\_\_ Distended Veins \_\_\_\_\_

Remarks: \_\_\_\_\_

---

**EYE EXAMINATION**

Has the applicant ever had blurred vision?  Yes  No  If yes, please explain: \_\_\_\_\_

Has the applicant ever had any surgical procedures done to the eyes?  Yes  No  If yes, explain: \_\_\_\_\_

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

Vision without glasses/contact lenses? Right \_\_\_\_\_ Left \_\_\_\_\_

Vision with glasses? Right \_\_\_\_\_ Left \_\_\_\_\_

Vision with contact lenses? Right \_\_\_\_\_ Left \_\_\_\_\_

I have examined the above named applicant and  DO FIND  DO NOT FIND this person to be physically and/or mentally fit to officiate with the speed and reflexes necessary for the protection of athletes during competition.

I  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 International Federation Physical Examination for Referees. I declare that I signed this form.

REFEREE DOCTOR / PHYSICIAN NAME	HOSPITAL / CLINIC
OFFICE ADDRESS	
REFEREE DOCTOR / PHYSICIAN SIGNATURE	HOSPITAL / CLINIC STAMP

**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) < 25 (female)
Sit-up	< 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		

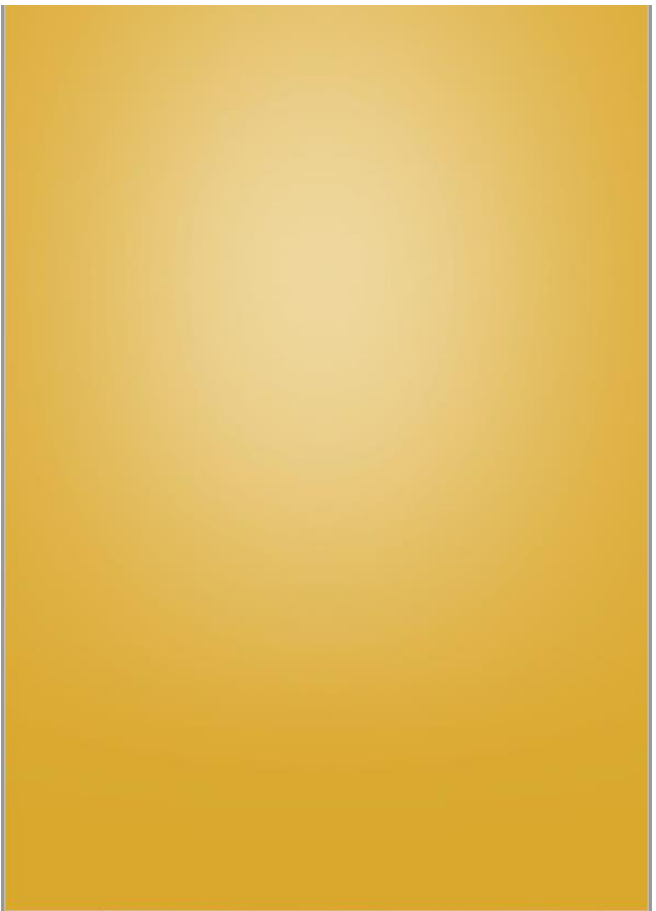


**CONTINUING EDUCATION PROGRAMME (CEP) LOG  
& OTHER ACTIVITIES ORGANIZED BY PERSILAT/APSIF/EPSF**

S/N	DATE	EVENT NAME

STANDARD FIRST AID & AED  
CERTIFICATE TO PASTE HERE



## 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. 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, where the knots will need to be on the left side



## 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

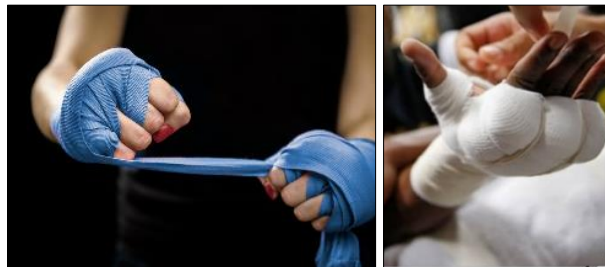
No.	Item	Image	
a.	<p>Body Protector (Red &amp; Blue)</p> <p>*Red &amp; Blue Sash will not be provided, as the colors has been indicated (coated) on the vest itself.</p> <p>**Exchange of Body Protector during game due to torn or damaged which could injured the athlete when receiving any attack, will need to be done immediately.</p> <p>Changes to be done within 3-minute.</p>	 <p data-bbox="900 613 970 645">Front</p>	 <p data-bbox="1230 607 1300 638">Front</p>
		 <p data-bbox="903 1016 963 1048">Back</p>	 <p data-bbox="1235 1010 1295 1041">Back</p>
b.	Guards	 <p data-bbox="970 1413 1228 1444">Male – Groin Guard</p>	
		 <p data-bbox="959 1839 1240 1870">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.

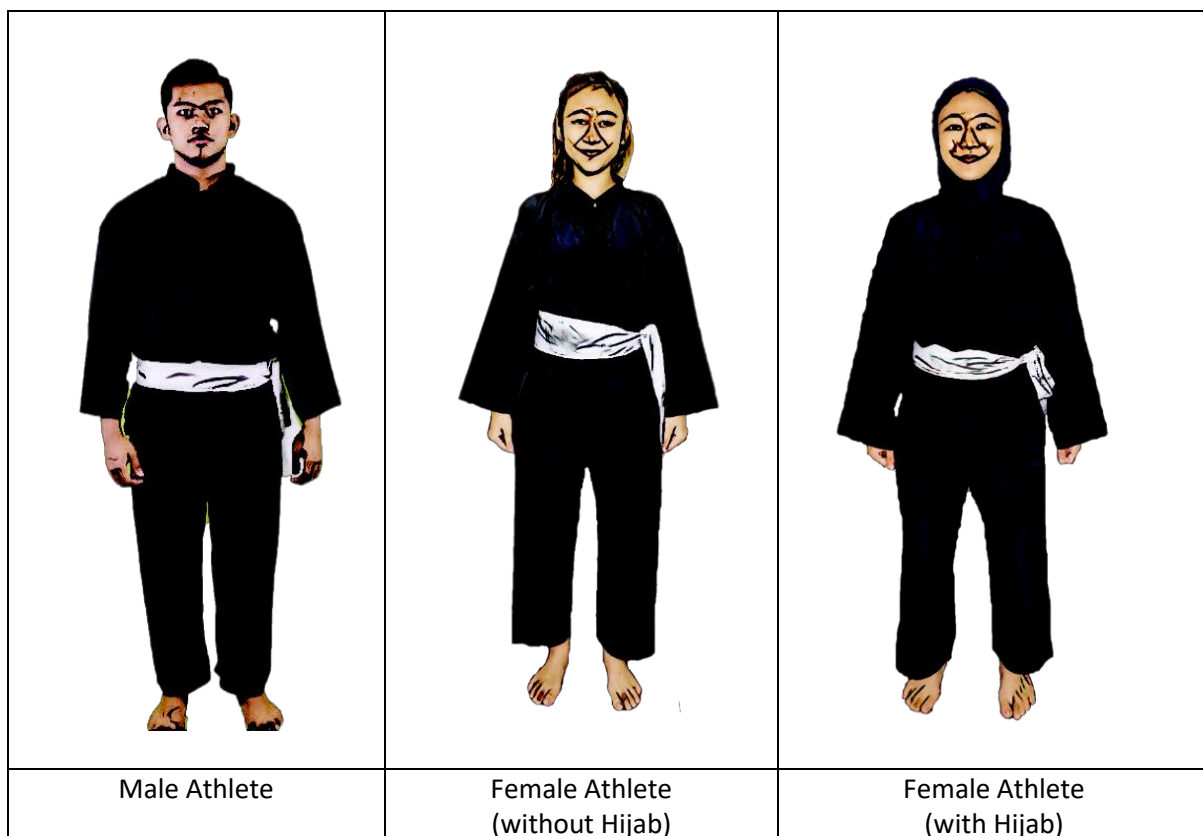


13. For athletes competing in *Tunggal* and *Ganda* categories – athletes must complete their attire with a set of *Tanjak* and *Samping*.
14. For athletes competing in Regu category – athletes must complete their attire with a white sash of 10cm wide, wrapped around the waist, and not tied. The Silat uniform must not be tucked in.
15. Female athletes who don **Hijab (Headscarf) must only wear in black coloured 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 ^








Match (Tanding) Athlete  
With Body Protector

		
<p>Male Athlete Single (Tunggal)</p>	<p>Male Athlete Double (Ganda)</p>	<p>Male Athlete Team (Regu)</p>

		
<p>Female Athlete Single (Tunggal)</p>	<p>Female Athlete Double (Ganda)</p>	<p>Female Athlete Team (Regu)</p>

		
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, piping 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) must only wear in black coloured.**



**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 remedy matters before moving to the arena.*
3. *Material for the uniform for Match (Tanding) category will 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 command 'PASANG', or 'LANGKAH' are used as guidance.
5. 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 o
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

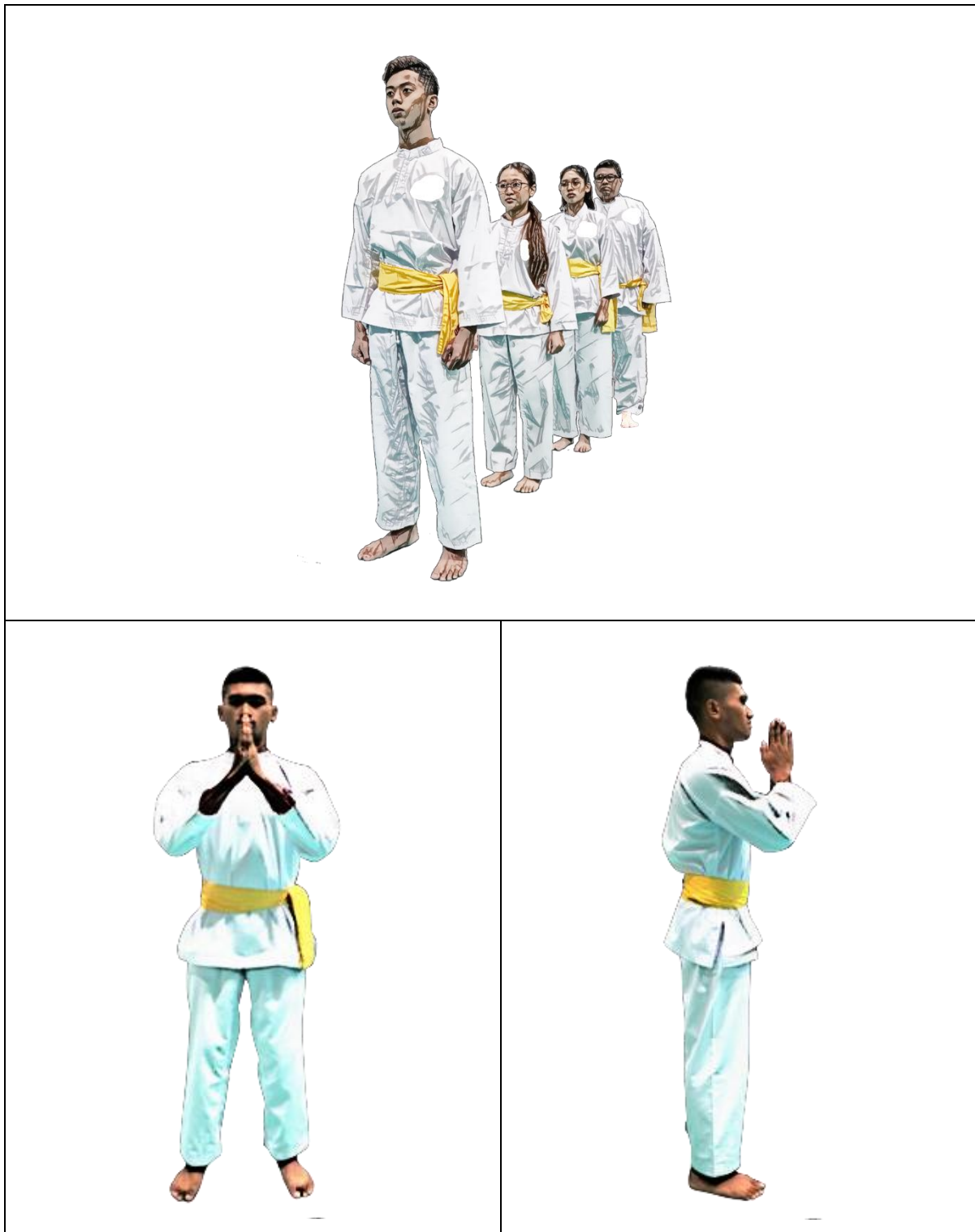
### Tying the Sash

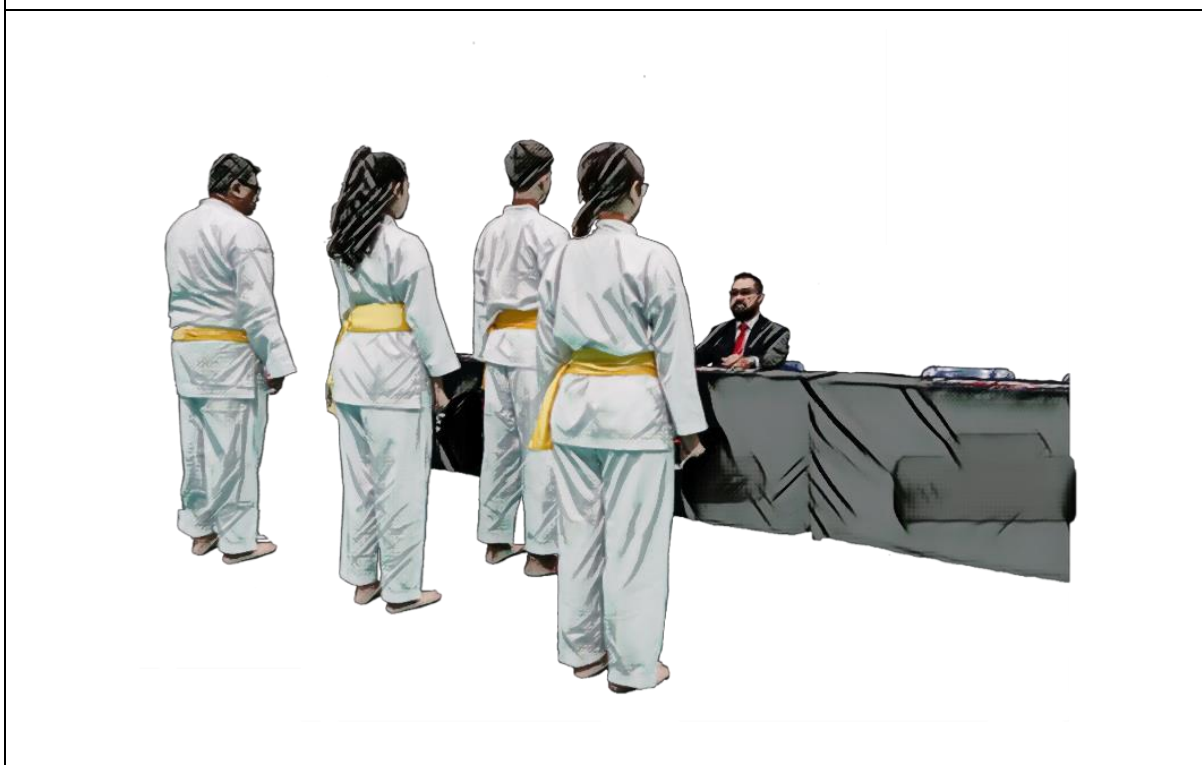
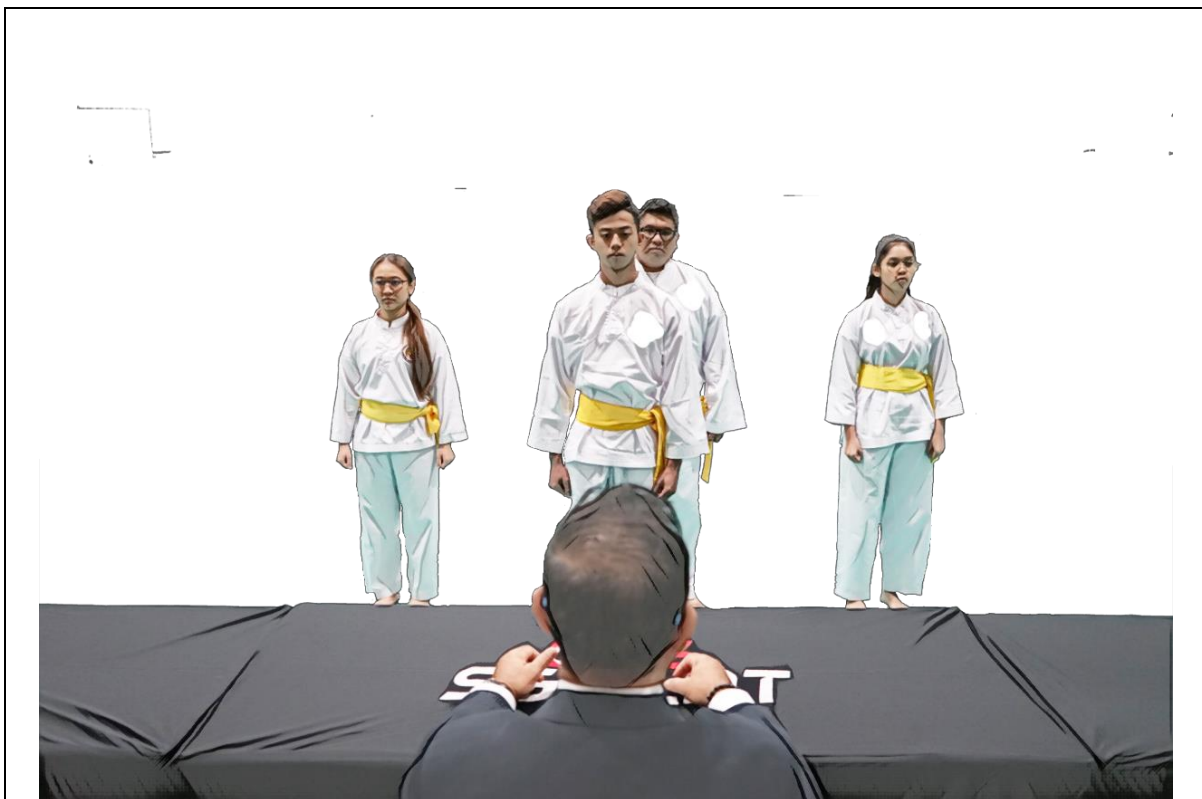


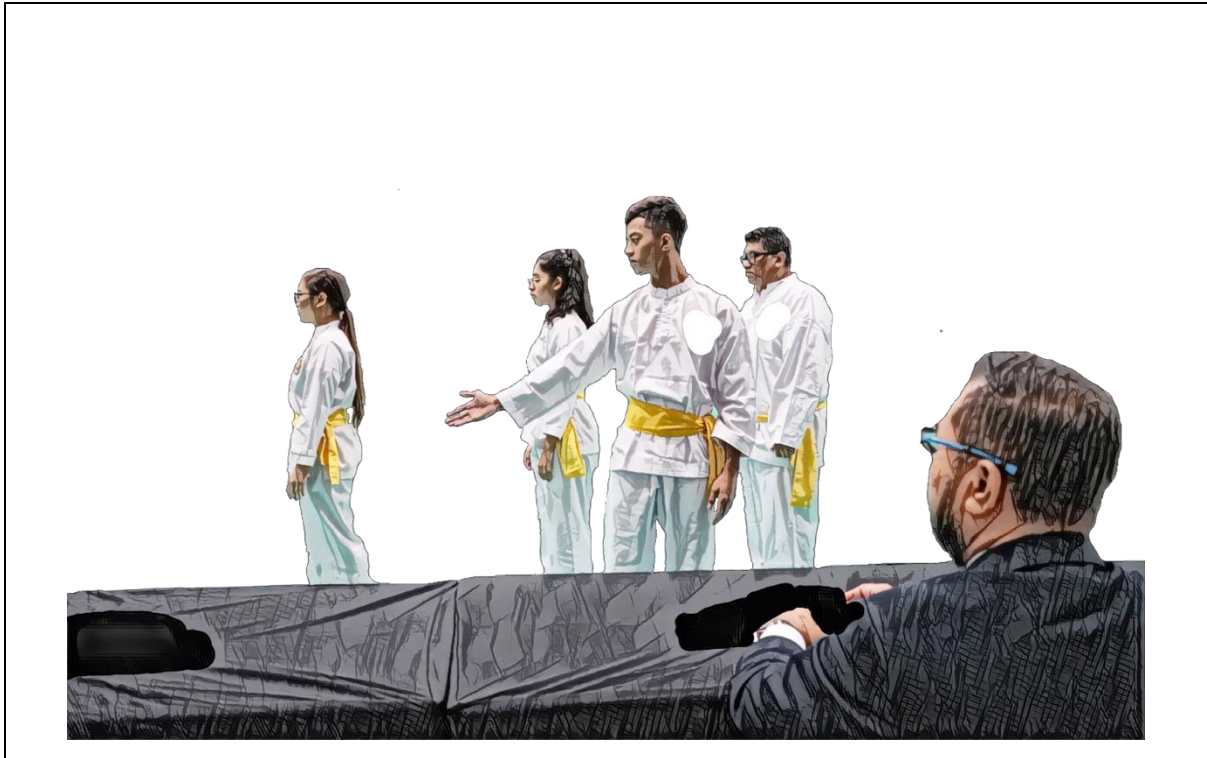
### *Hormat* Chairman, and Audience

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.

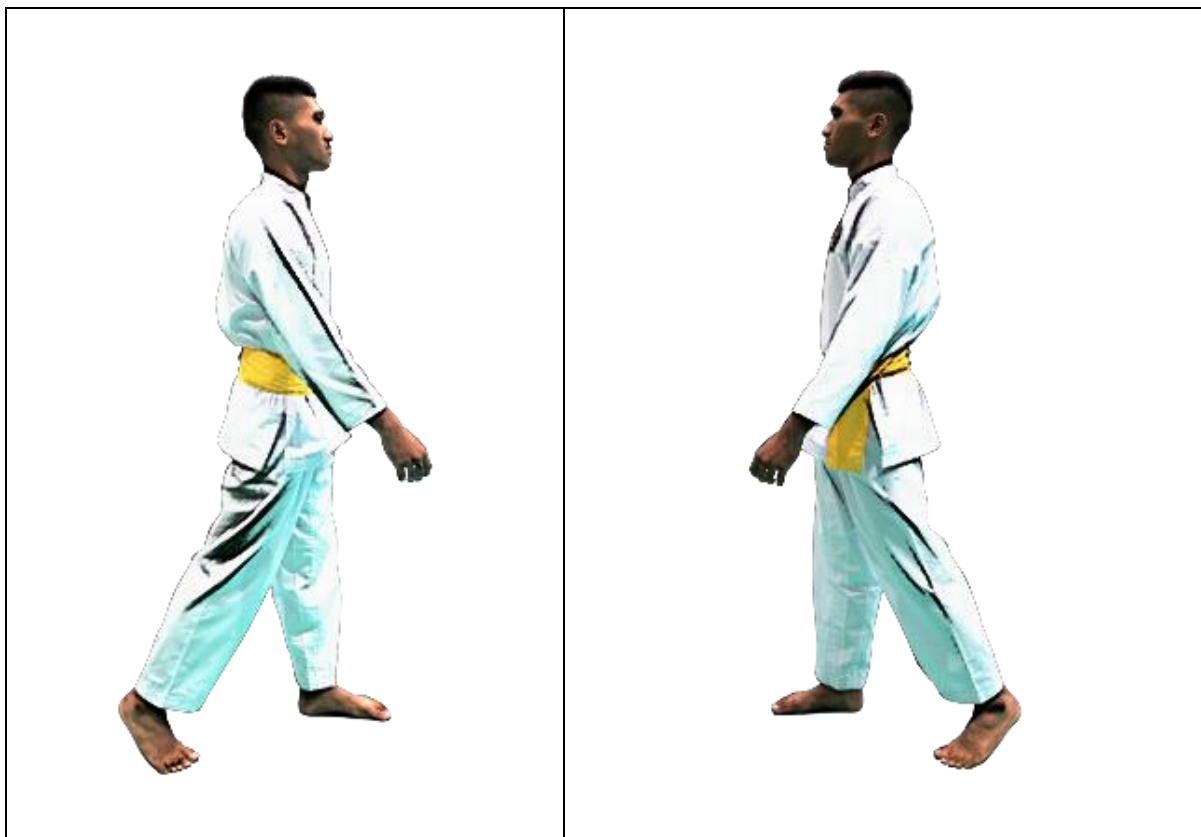






3. Upon hearing the command “*Pusing*”, the Technical Officials will take one step forward with the left leg and turn to the right to face the audience.

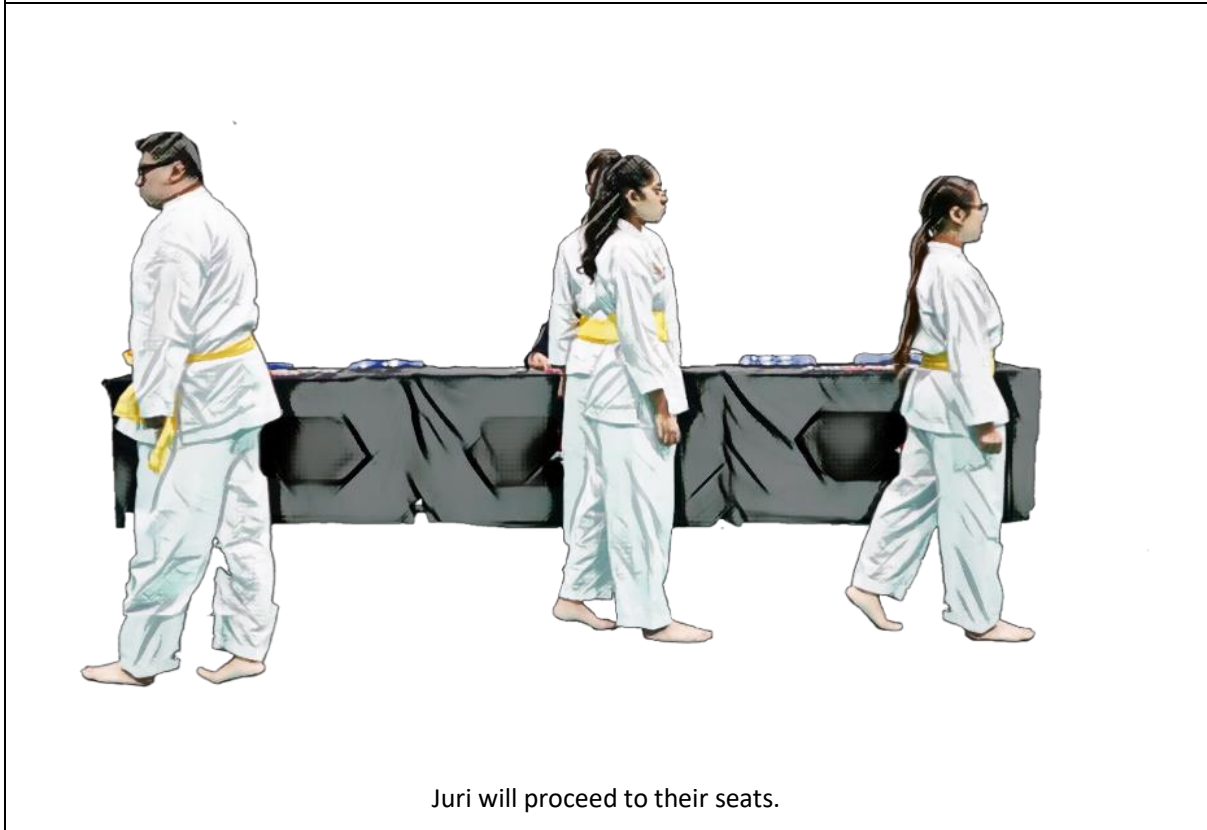




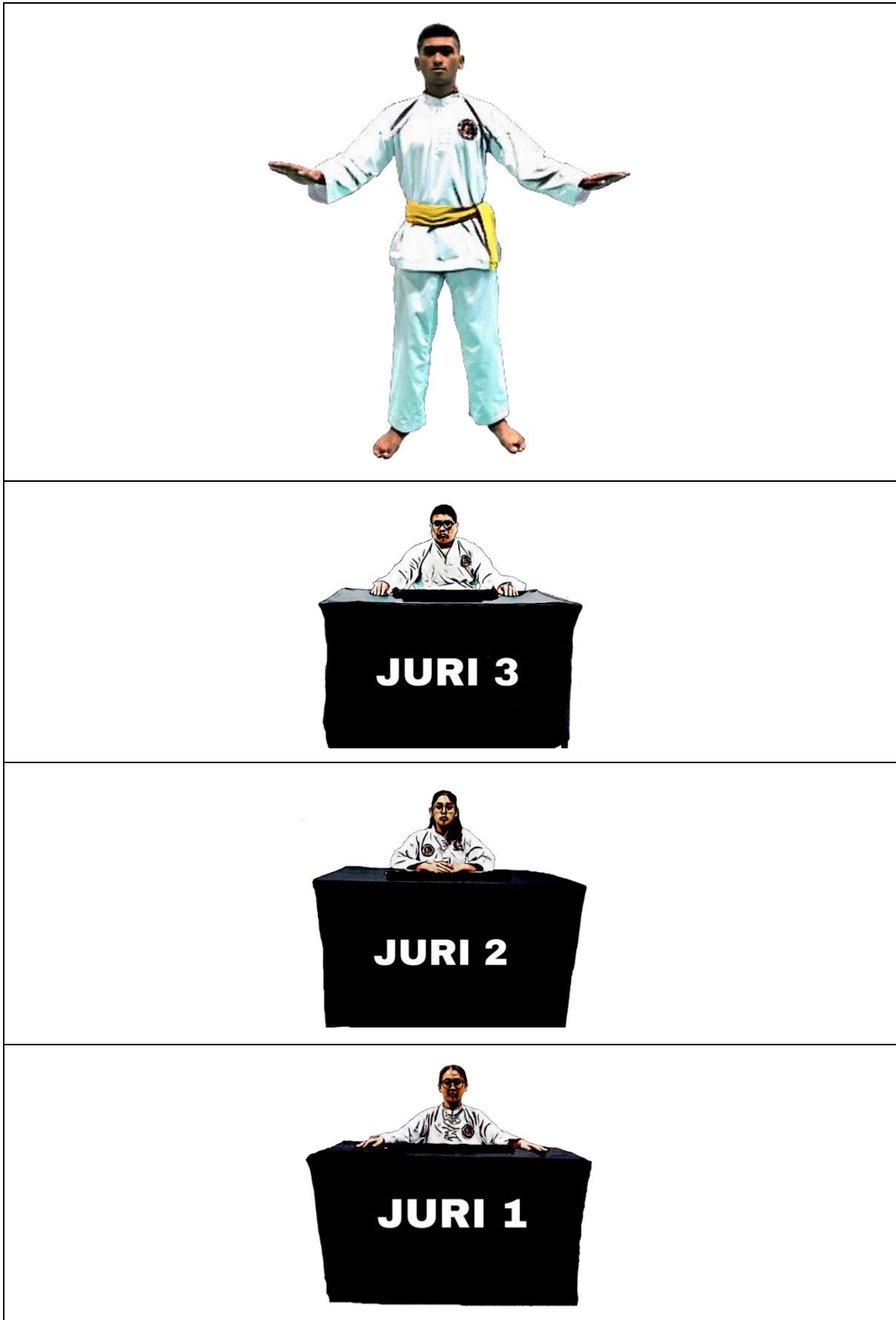
4. The Technical Officials will then stand straight and *Hormat* the audience before heading to their designated seats.





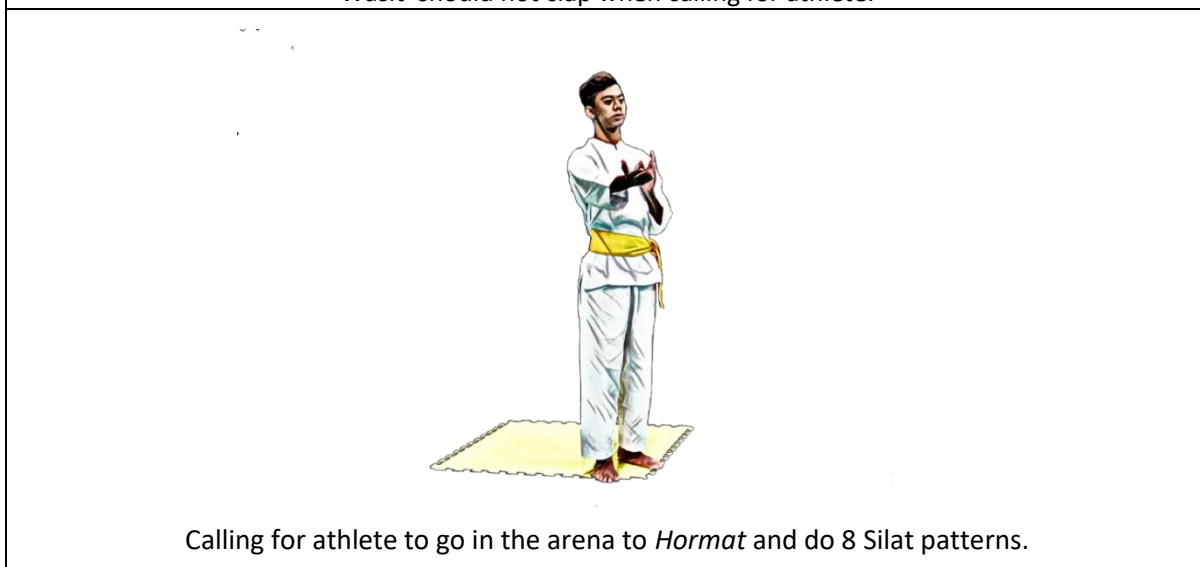
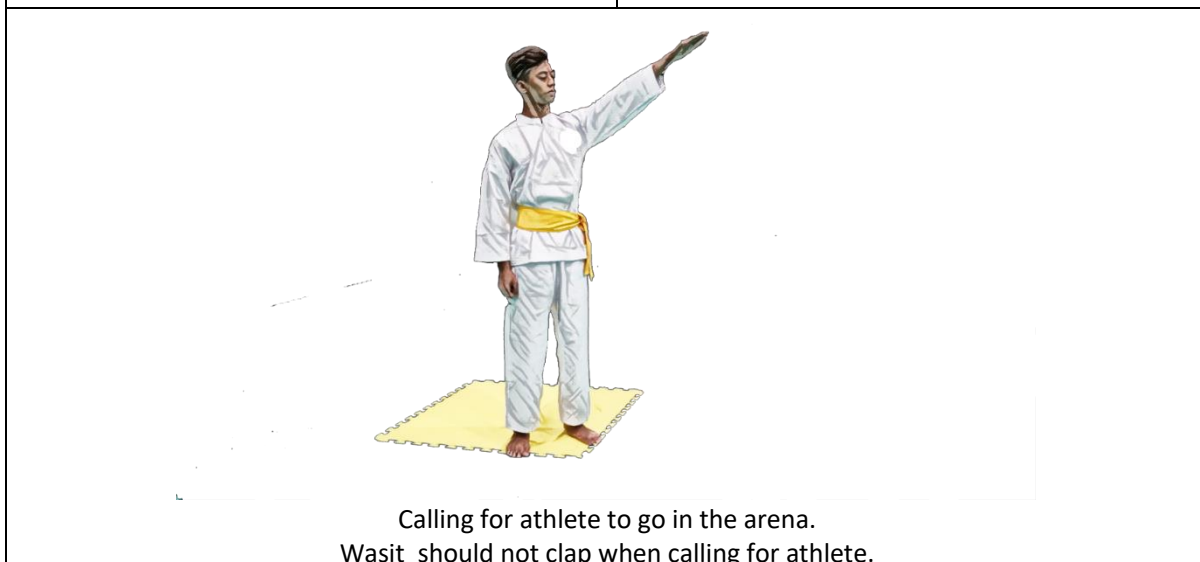
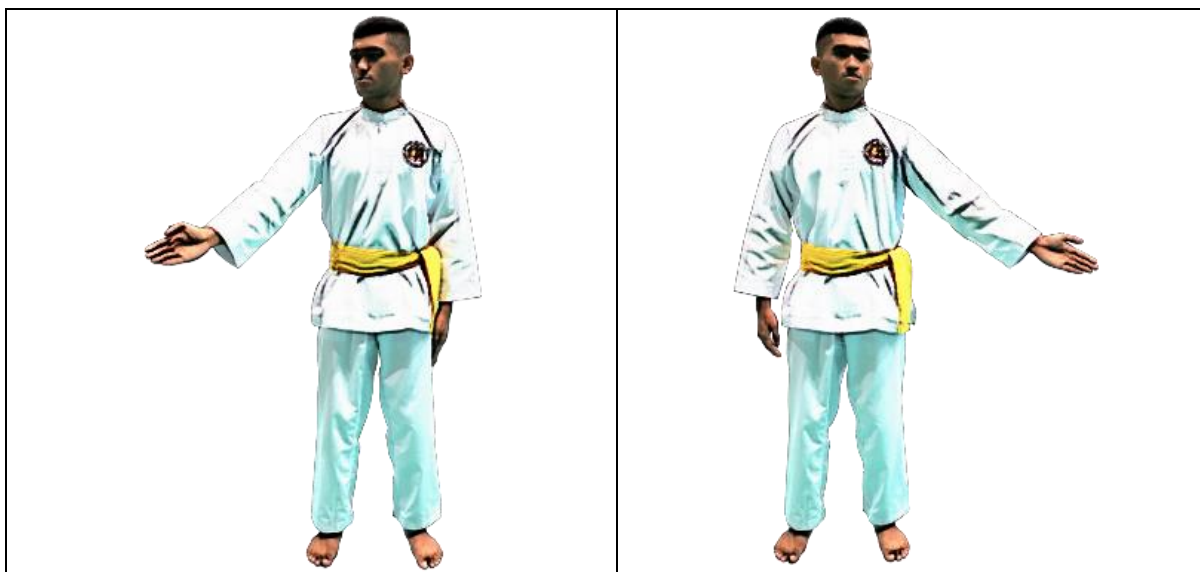


## Juri to Be Seated



### Calling Blue & Red Corner

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





Athlete ready at the Coach Corner.



Athlete Hormat to the Coach before entering the arena.



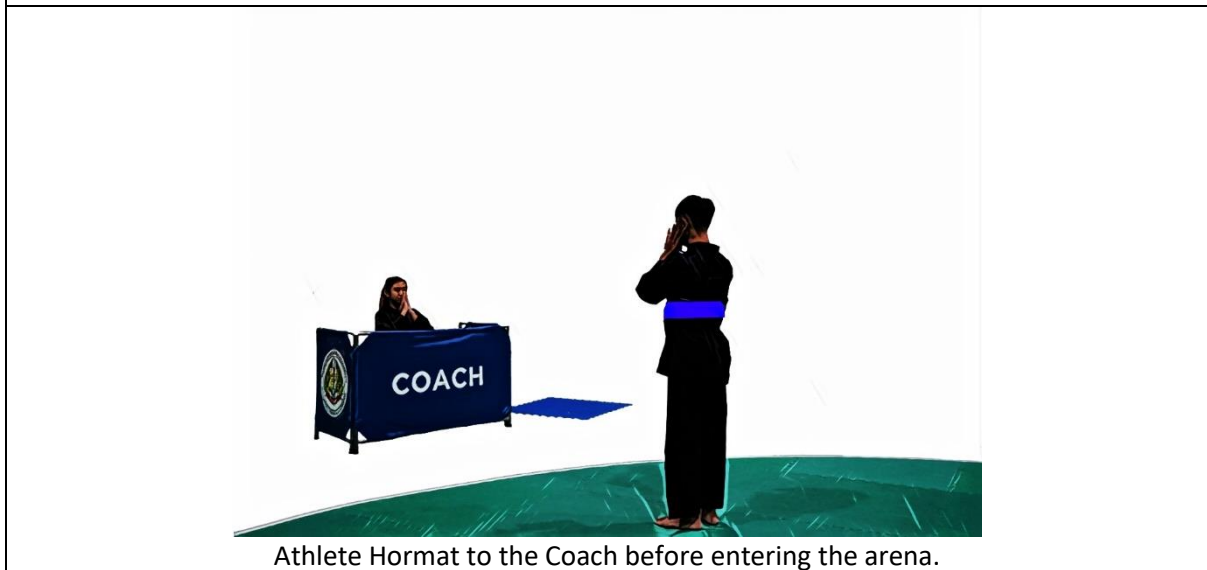
Once athlete enters the arena, he/she will need to Hormat the Wasit first.

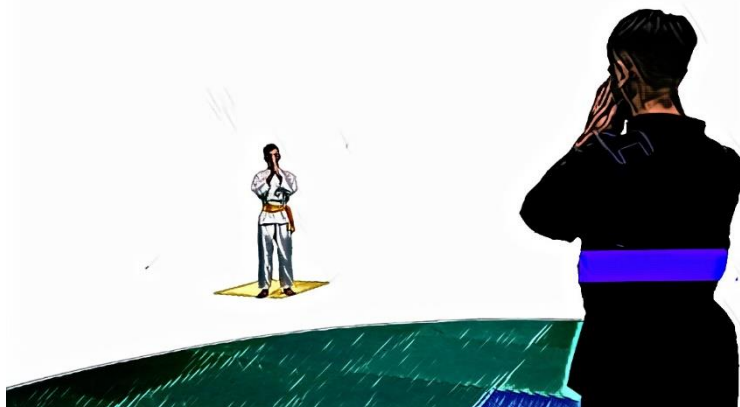


Followed by Hormat to the *Ketua Pertandingan* (Competition Chairman).



And continue to perform 8 Silat movements.





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



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



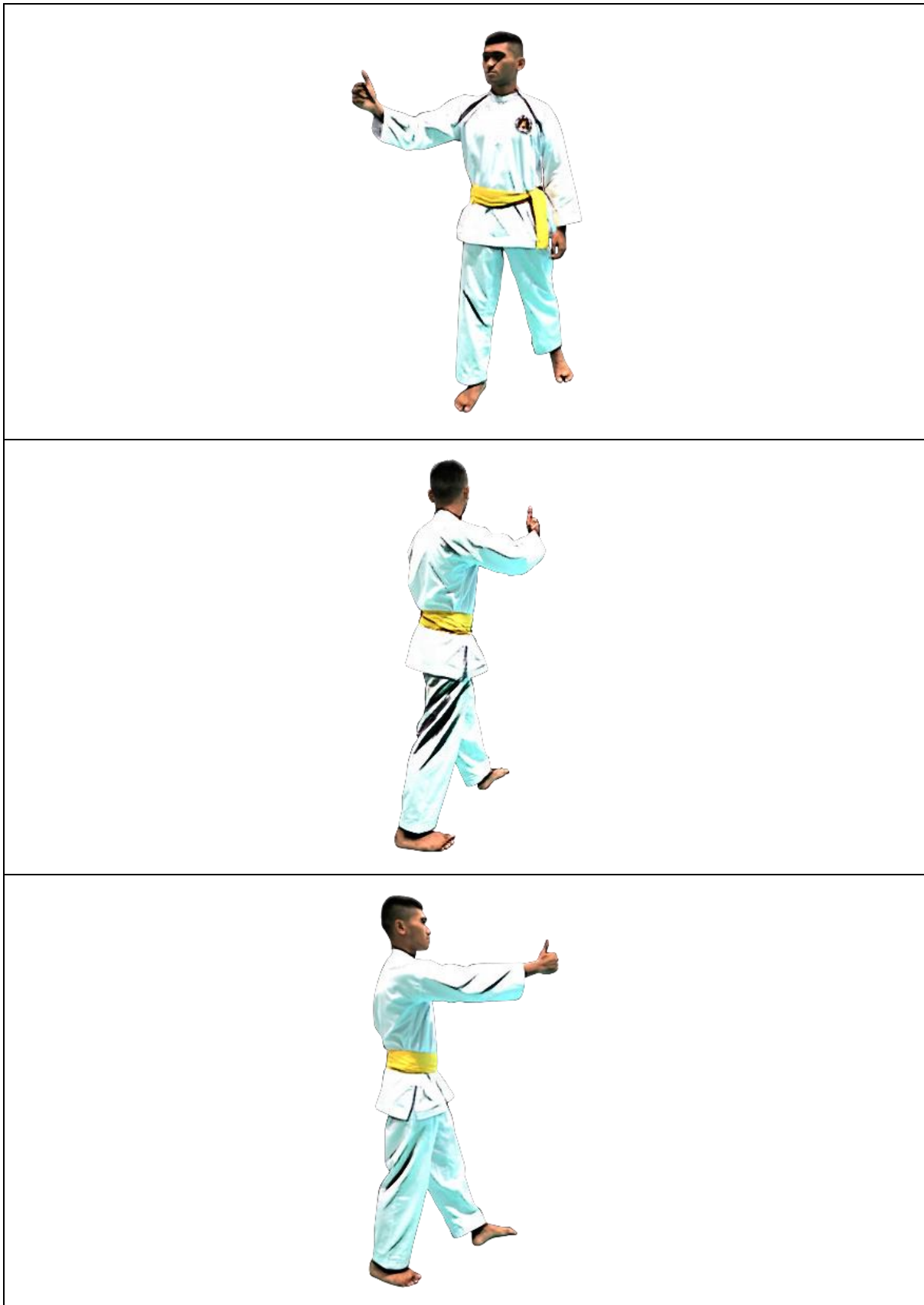
And continue to perform 8 Silat movements.

Wasit Briefing





## 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". Athlete that moves during SEDIA, will be given a Verbal Warning and may lead to disqualification.



*Mulai (Start)*

*Berhenti / Ti (Stop)*



*Langkah / Pasang*



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



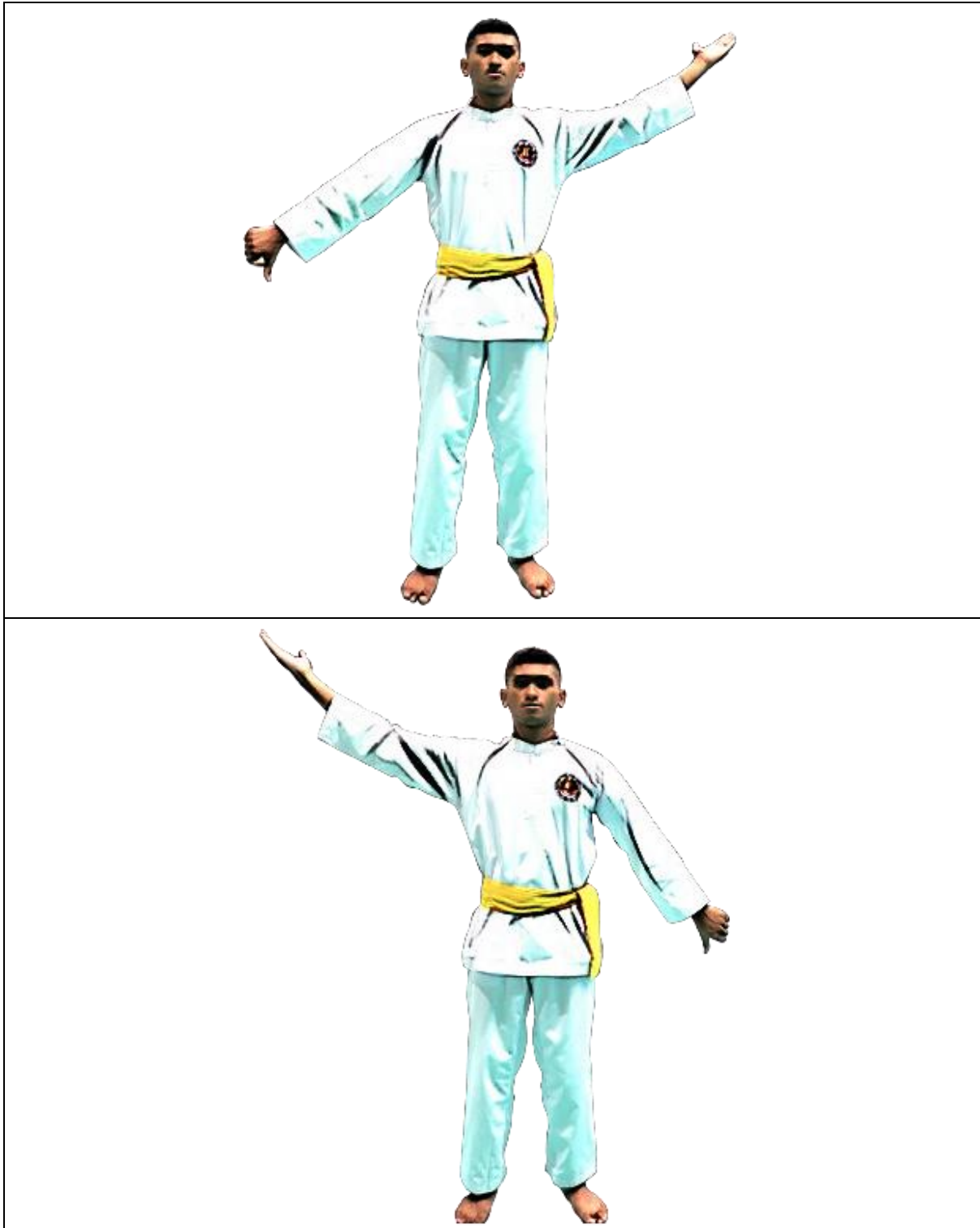
## Return &amp; Exit the Arena – complete duty



## Appendix 1.2 – Aba-aba for Dropping Technique

Valid Drop

Wasit to hold for 3 seconds when showing valid drop.



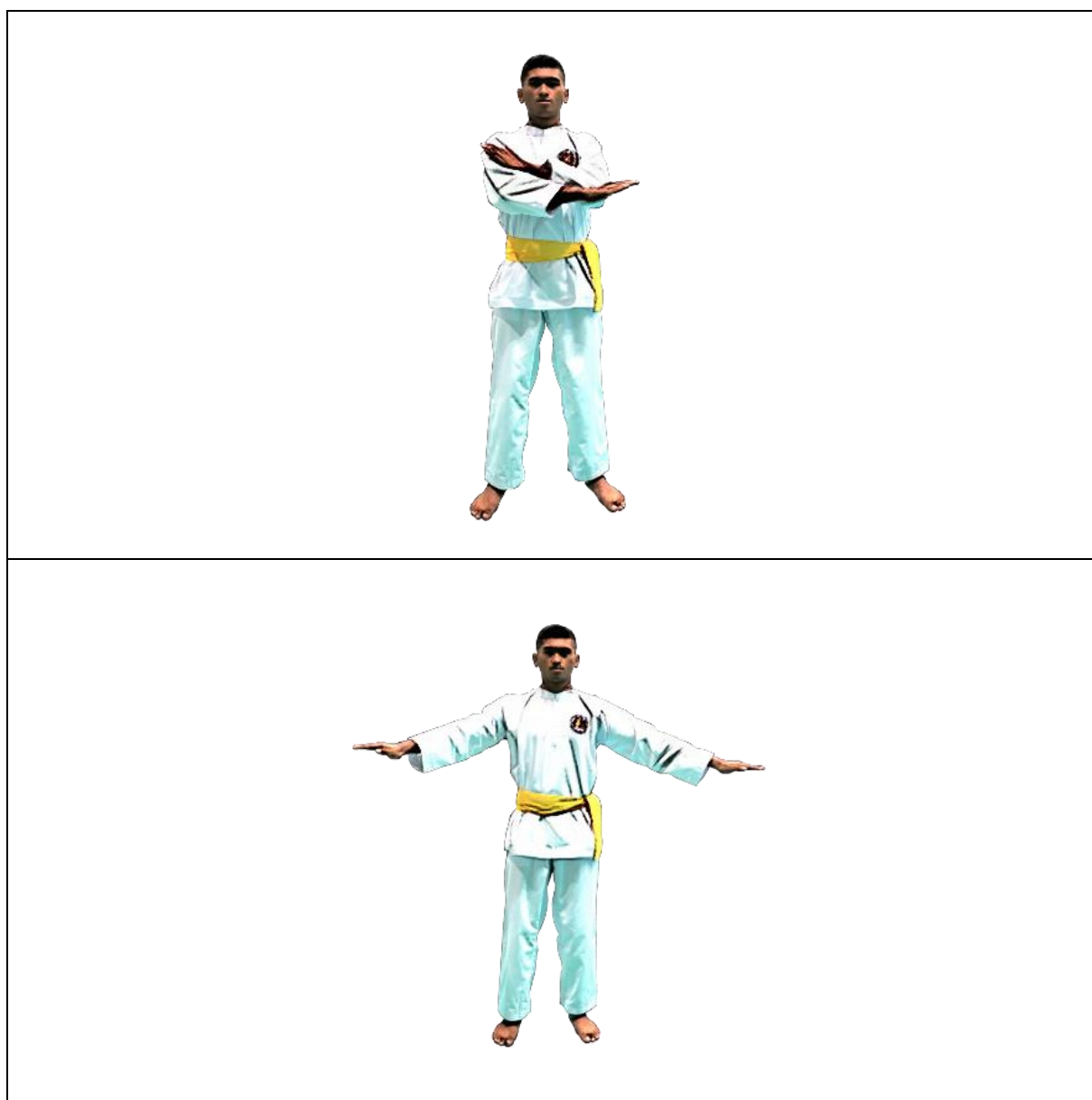
## Invalid Drop

- a. Upon witnessing the process of athletes performing all valid 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 the “Invalid Drop” if the dropping technique is unsuccessfully performed within the 5 second’s rule.

- 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 valid contact from the opponent, it will be considered with “Invalid Drop”.

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

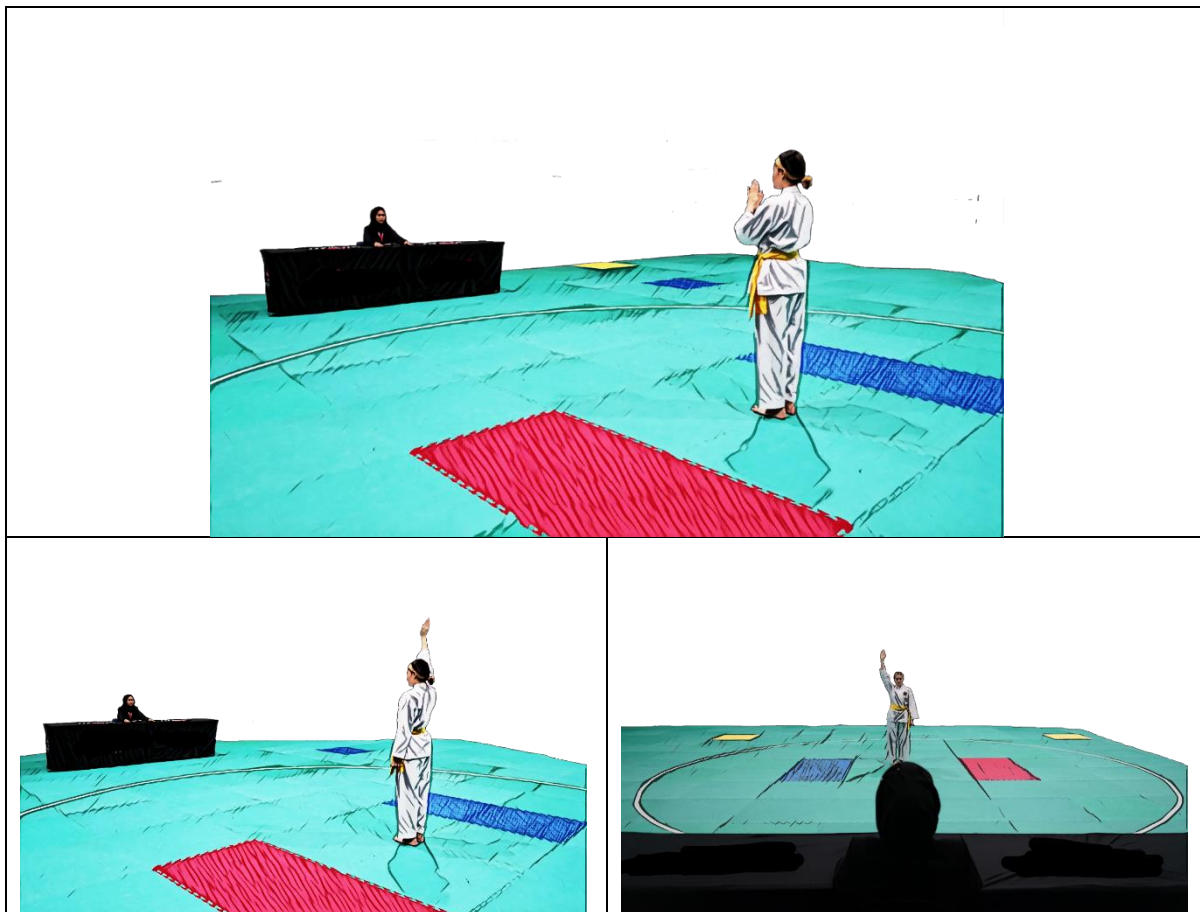




## Appendix 1.3 – Juri Verification

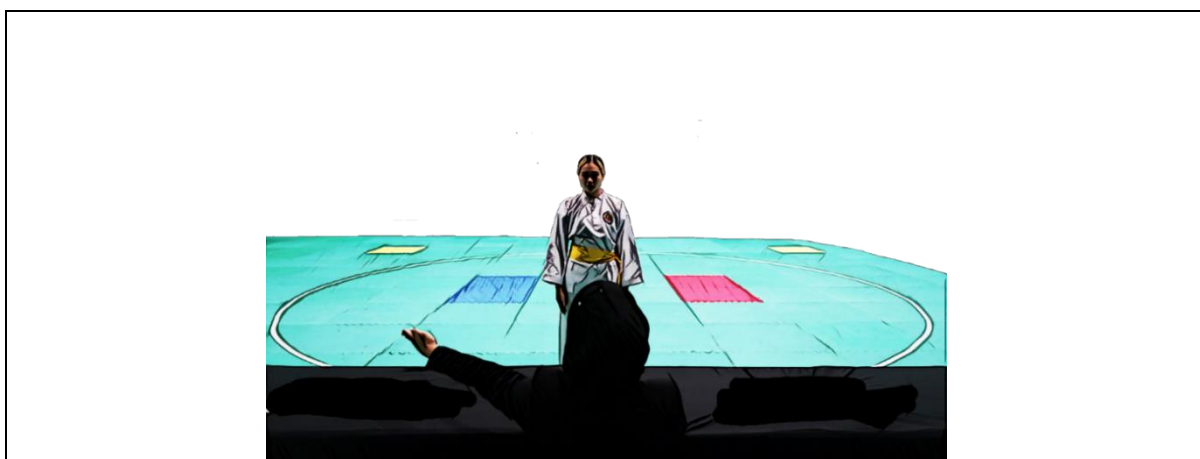
Command by Wasit : Permission to request for Juri Verification for

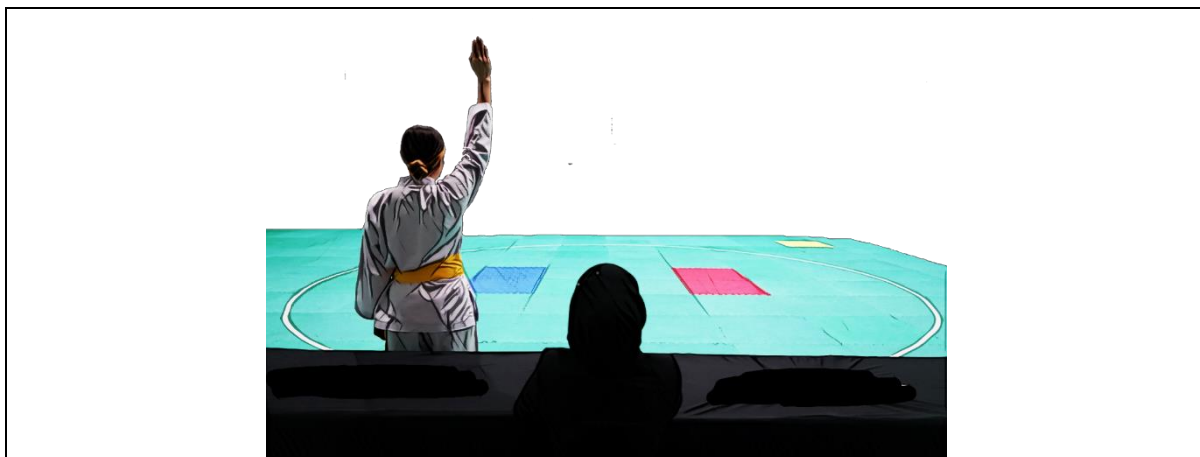
1. Dropping Technique
2. Penalty (Illegal Attack)



Reply by Chairman : Proceed / Invalid, carry on with the Match

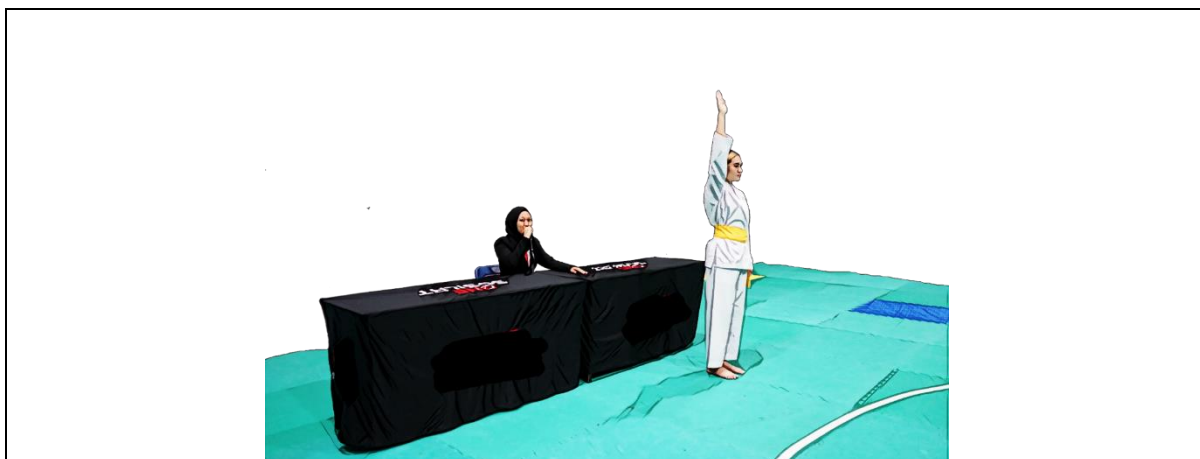
Wasit to explain why he/she requested for a Jury Verification. Competition Chairman will announce the issue raised by the Wasit.





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

Competition Chairman will blow the whistle to indicate to the juries to key in their decision. The juries must key in immediately after the Chairman whistled.



Once the results are in, Corner Coach are not allowed to protest on the result when Wasit have requested for Juri Verification.

The decision submitted or keyed in the system are finals.

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

#### **Drop Verification**

*“Drop Verification!”*

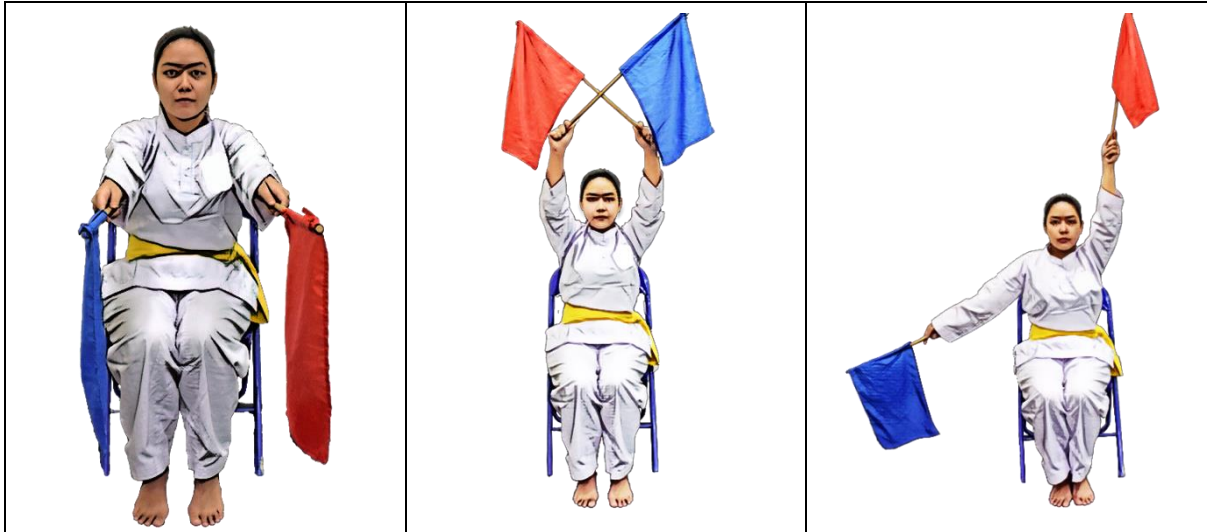
*“Valid/Invalid Drop!”*

#### **Penalty Verification**

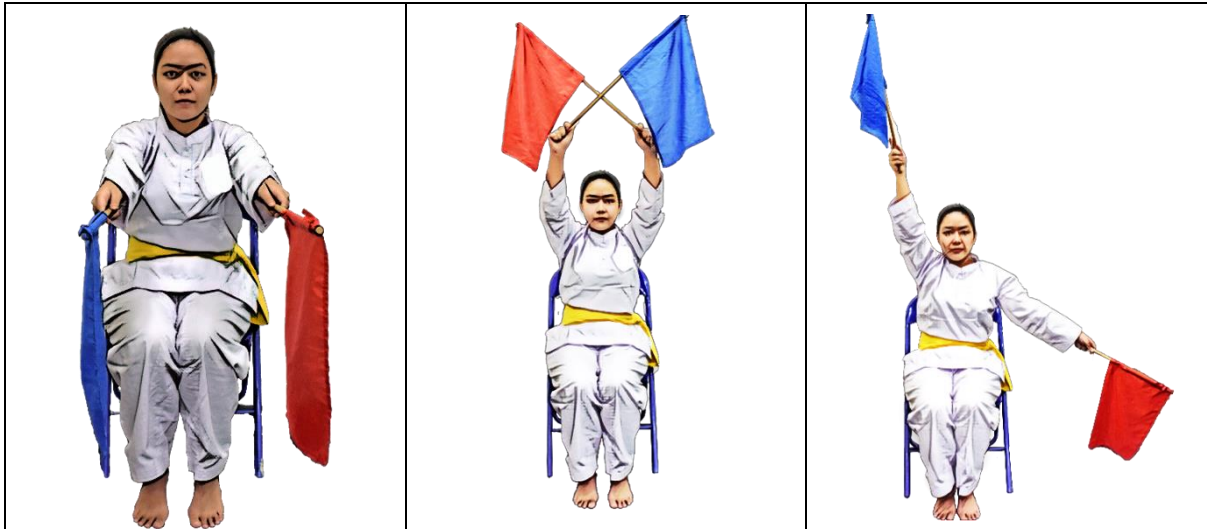
*“Penalty Verification for illegal attack...”*

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 for Red



## Valid for Blue



## Invalid



*\*This flag verification is applicable only if Scoring System is down.*

## 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 (to show invalid drop)



Invalid Drop (5-seconds of doing dropping technique is up)  
(as now assigned Technical Official is using a countdown device).

## 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.
  - a. Both legs are out of the arena.
4. Athlete walking inside arena.
5. Athlete jumping around in the arena.
6. Athlete not on-guard (leg) position.
7. Athlete clinching both fists.
8. Athletes in *Sikap Pasang*, but no action was made within 10-seconds.
9. Flagrant disregard of the Wasit’s instructions; An athlete must follow the instructions of the Wasit at all times.

### Moderation 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
  - Continue to clinch/grab after a valid and legal dropping technique
  - Continue to punch or kick after valid and legal dropping technique
2. Scratching and pulling the opponents’ hair/scarf.
3. Refuse to get up on a valid attack, which resulting the Wasit to perform Technical Counting, and got up at the counting of “9”. Wasit will issue Reprimand for delaying the game and wasting time.

4. Timidity. Timidity can also be called by the Wasit for any attempt by an athlete to stall time or delay the action of the bout by falsely claiming a foul, injury, purposely dropping or spitting out their mouthpiece/hair tie/opening of vest and any other action deemed to be the intention.
5. Attacking an opponent after the *gong* sound or break. The end of a round is signified by the sound of gong and the call of time by the Wasit. Once the Wasit has made the call of time, any offensive action initiated by the athlete shall be considered illegal.
6. Imposed when an athlete avoids the opponent from an attack and hide behind the Wasit purposely without touching.

#### Serious Violation (Warning)

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.
    - 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. Imposed when an athlete avoids the opponent from an attack and hide behind and touch/hug/hold the Wasit.
7. Causing injury to the opponent by attacking before/after Wasit commands *Mulai/Ti*.
8. Pile driving (12 to 6) (however, if the opponent did not fall on its neck, the athlete performing the act will not be disqualified).
9. 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

10. 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.

#### Disqualification

1. An athlete shall not engage their opponent in any fashion during a time-out or break of action in competition. Once the Wasit has called for a stop of the action to protect an athlete who has been incapacitated or is unable to continue to compete in the game, athletes shall cease all offensive actions against their opponent.

*If an athlete breaks the code of ethic, they will receive a yellow card and will need to pay a fine. Second yellow card within the same competition, will lead to a red card. Disciplinary committee will step in, and action will be taken.*

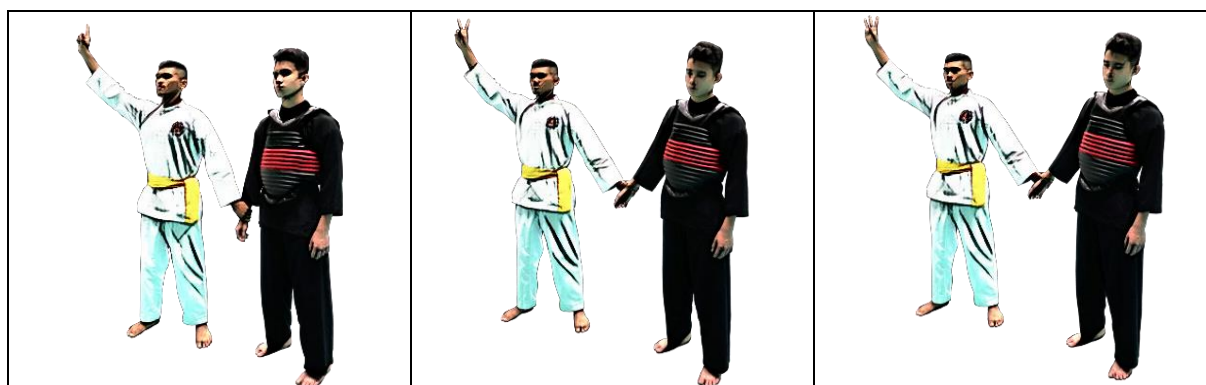
*If an athlete feigns, or exaggerate an injury, the Disciplinary Committee will evaluate the situation and action will be taken.*



## Article 11: Warning & Penalties

Wasit will go towards the athlete to issue warning, reprimand, or penalties. Wasit should not wait and call the athlete to come towards him/her.

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).

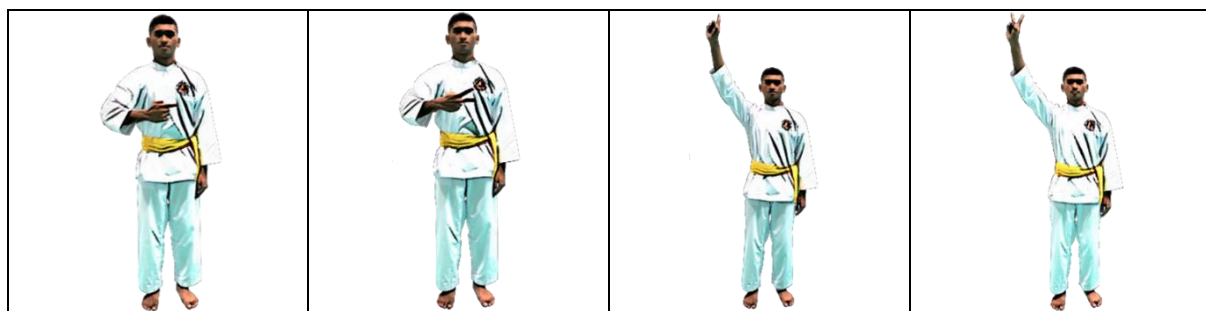


### Verbal Warning

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. Can be given immediately when an athlete commits a serious violation without causing injury to the opponent.
  - a. Sliced

*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 three (3) light violations in Round 1. And Wasit already has issued out Reprimand I.

Next the athlete committed another 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 after an athlete commits a serious violation after receiving Reprimand II in the same round.
2. Imposed when an athlete commits a serious violation with or without intention, causing injury to the opponent. This may lead to disqualification to the athlete who commits the act.
  - a. Direct Contact
    - i. Visible Bruise
    - ii. Broken Tooth

iii. Open Cut

3. Pile Driving

- a. 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.

4. Flagrant disregard of the Wasit's instructions; An athlete must follow the instructions of the Wasit at all times.

*Warning II (10-points deduction)*

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 by attacking at the illegal area of its opponent 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.

**Example 2**

The athlete already has Reprimand II throughout its game, and in the same round the athlete was issued with Reprimand II, the athlete committed another violation, the athlete will be issued with Warning I.

And when committed another violation in the next round, the athlete will receive Warning II.

*Disqualification (Warning III)*

1. Imposed after an athlete commits a violation after receiving Warning II in the same round.
2. Vomit in the arena due to valid attack.
  - a. Only if athlete vomits in the arena during the match.
  - b. If athlete vomits in between round, in the bucket at the corner coach box, it is acceptable.
3. Failing to meet weight during weighing in.
4. Exceed 10.00 minutes when changing torn attire

5. Failing a doping test.
6. Failing to pass the medical check-up.
7. Athlete showing tantrum (during game, break time or after 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.

If during game, the athlete will be called to come back to the arena, the athlete will be disqualified immediately if the athlete refused to come back after the third call.

However, if the athlete returns to the arena before the third call, the athlete will be allowed to continue with the game, and the athlete will be issued with Warning I.

If the incident happened after the games, the athlete will be issued with Penalty Card.

8. Athlete performing Pile-Driving action, where the opponent was thrown to the neck and above.
9. Athlete performing Suplex action, where the opponent was thrown to the neck and above.
10. Athlete who refused to continue the games despite getting clearance from Medical Officer on duty who certify he/she as fit
11. Attacking an opponent after the gong sound or break. The end of a round is signified by the sound of gong and the call of time by the Wasit. Once the Wasit has made the call of time, any offensive action initiated by the athlete shall be considered illegal.

## Technical Counting

### How to do Technical Counting?

Wasit will carry out to perform Technical Counting when athlete is unable to get up from any valid and legal attack. Technical Counting process will kick in when Wasit give instruction to both athletes to *Sedia*.

1. Upon seeing the athlete who is 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, the counting will continue till 9. After finish until 9, Wasit will issue out Reprimand I to the athlete for wasting time.
  - d. If athlete unable to get up, Wasit will finish the counting – 10.
3. If the opponent performed a valid attack to the injured athlete, the opponent would win with Technical Knockout (TKO).
4. Athlete will be imposed with Warning III (Disqualification) after receiving three Technical Counting in the same round. The third Technical Counting is where Wasit will finish the counting till 10 – and straight with Warning III hand signal.
5. 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 fit and refuse to get up after being called with "*Pesilat, Sedia!*" 3-times, Wasit will continue with Technical Counting 1 to 10, and disqualified.  
  
If athlete is unfit, the opponent will win the game with Technical Knockout (TKO).
  - 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.
  - c. If the athlete is unfit, Wasit to proceed with Technical Counting. However, if the athlete got up after "9" Wasit will issue out Reprimand I. If the athlete seems unstable, Wasit to call in Doctor/Medic to certify if athlete is fit or unfit to continue with the match.
6. 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

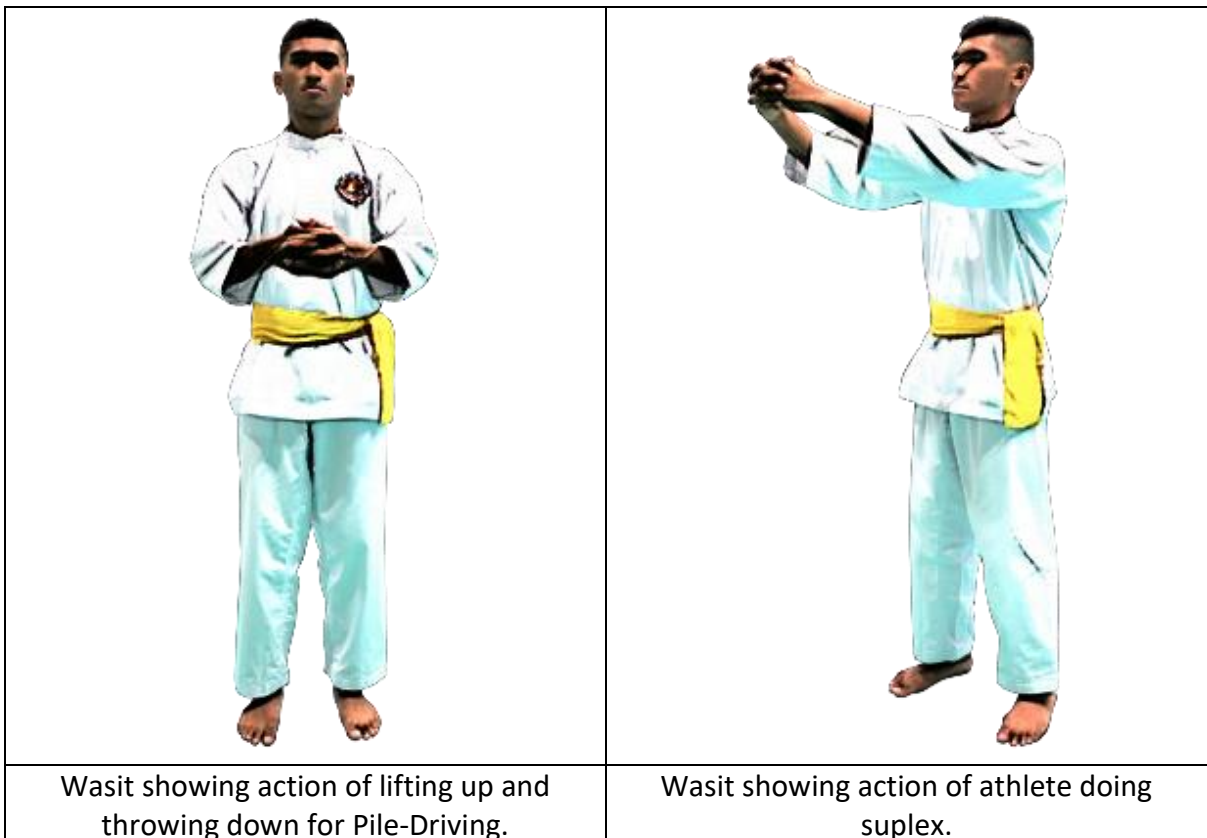




Scratching / Pulling Opponent Hair / Scarf / Face



Pile Driving (12 to 6) & Suplex



## Appendix 3 – Aba-Aba for Penalties

### Verbal Warning I / II

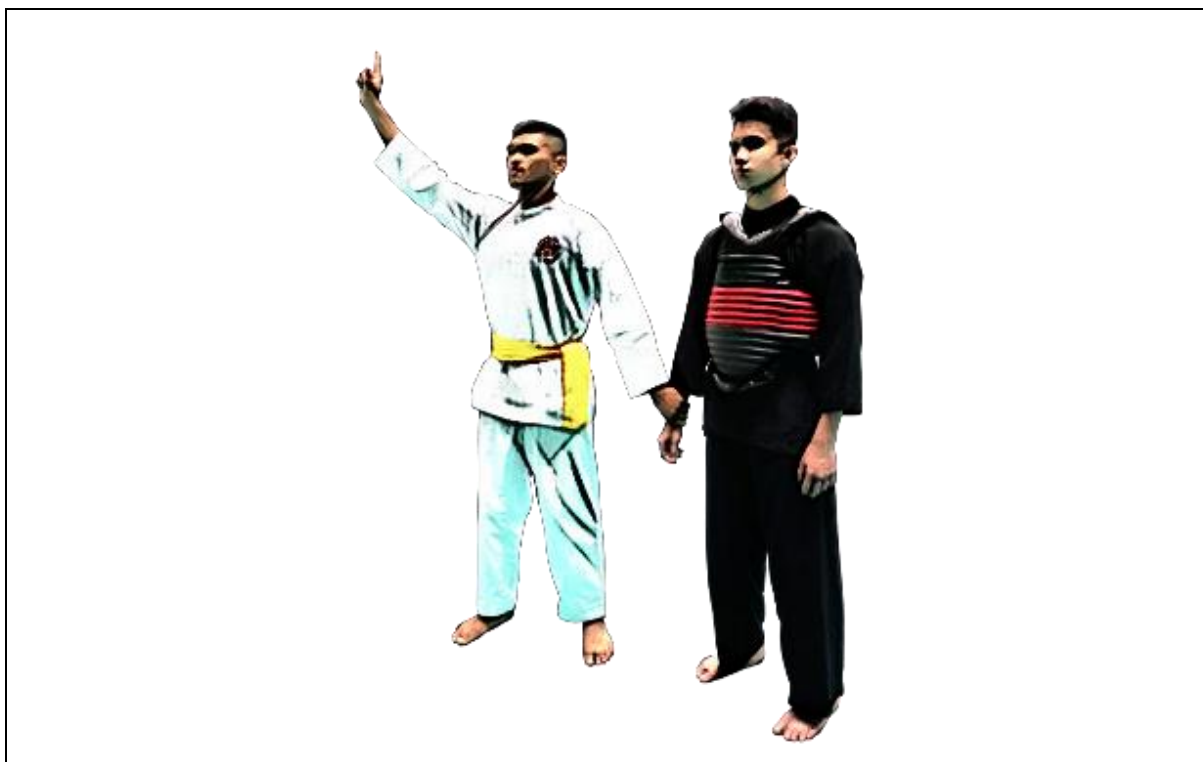
Wasit to extend hands out in a in to out movement and not out to in movement.



### Reprimand I / II



Warning I



Warning II



### Warning III (Disqualification)



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

The athlete is allowed to do locking techniques to its opponent with a timeframe of 5-seconds. Should the athlete who is being locked verbally give up or tap to give up (refer to point i, ii, iii), the athlete will be disqualified with a TKO\*. The athlete performing the locking will not be issued with verbal warning or reprimand.

##### **i. Submission by Tap Out**

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

##### **ii. Verbal Tap Out**

When an athlete verbally announces or voluntarily/involuntarily screams in pain or distress to the referee that they do not wish to continue. Screaming while caught in a submission is automatically a verbal Tap Out.

##### **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 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.

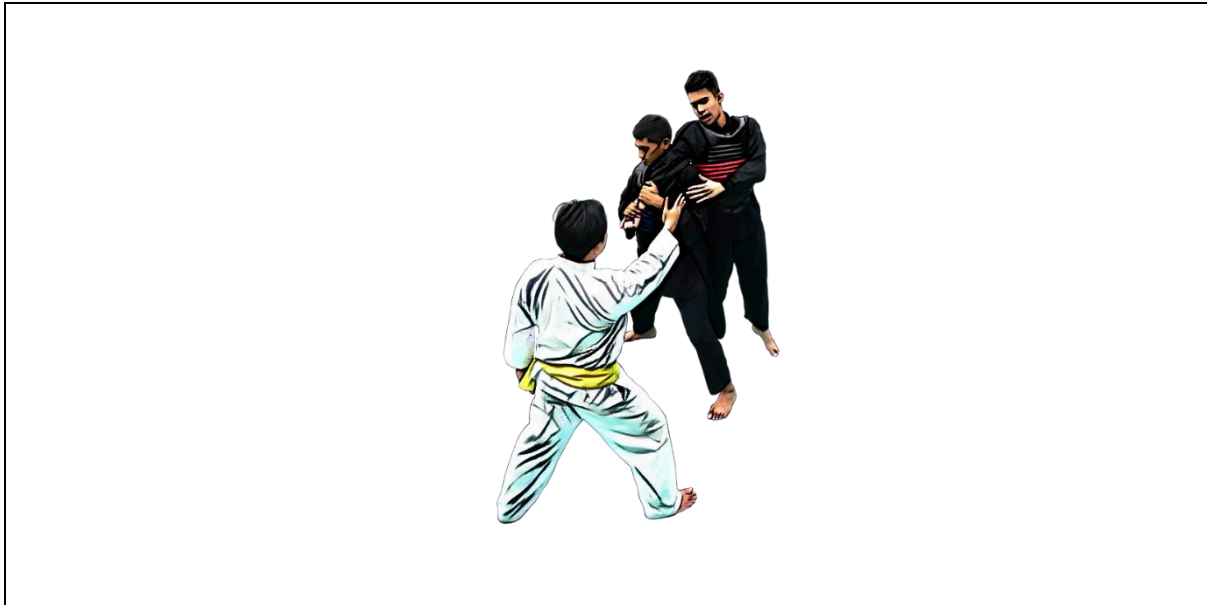
Following are some of the locking techniques, and images below are some of the sample:

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 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.

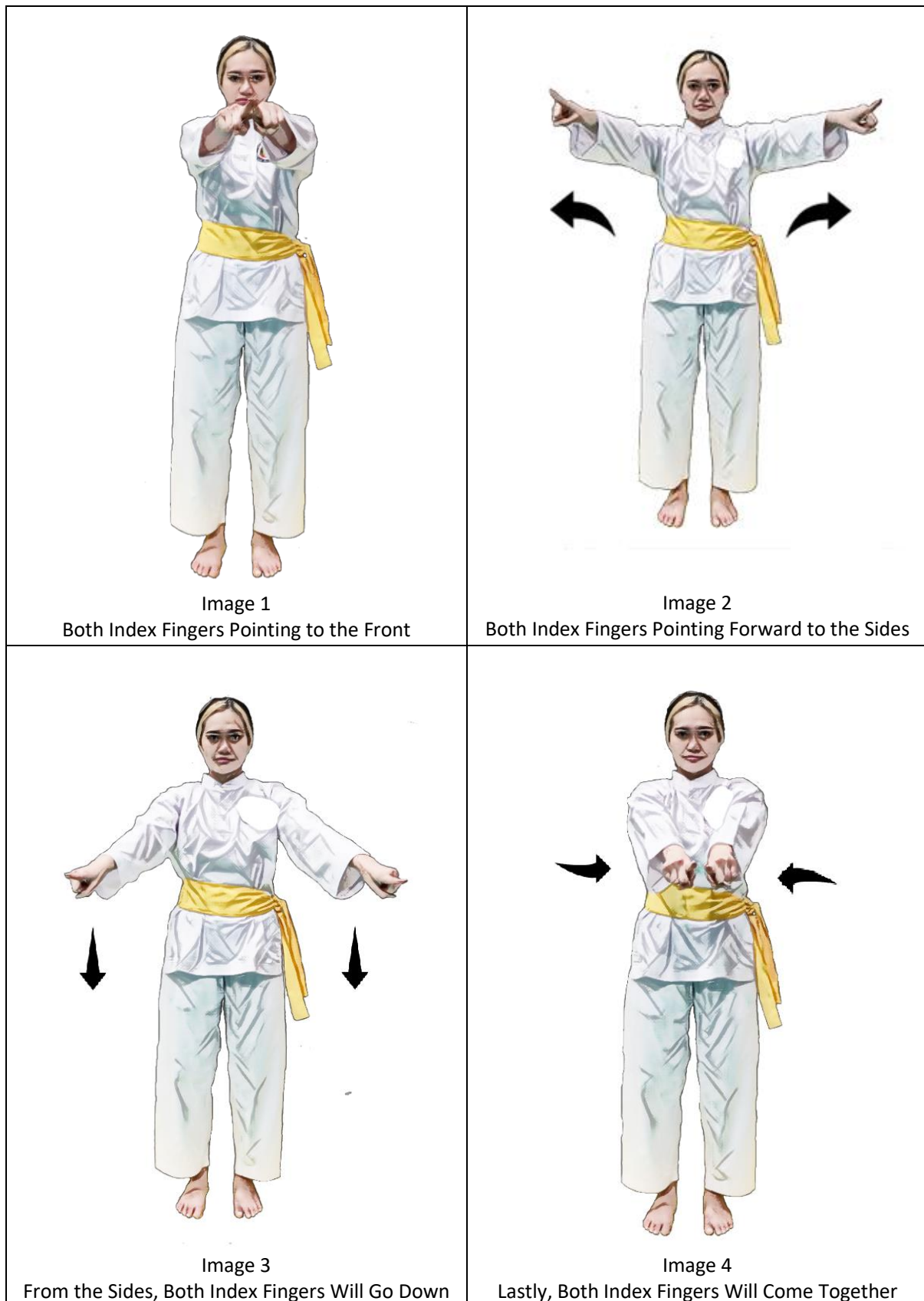


## Appendix 4 – Aba-aba for Technical Counting

	<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 at once stop the match and call the doctor. The doctor is authorised to diagnose and treat injury only.
2. An athlete who is injured during a match in progress and requires medical treatment will be allowed five minutes in which to receive it.
  - a. If treatment is not completed within the time allowed, the Medical Team will decide if the Athlete shall 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.

### 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 doctor when an athlete is injured and needs medical treatment by raising his hand and verbally call out "doctor"*
3. *The doctor is obliged to make safety recommendation.*

## Article 13: Protest

There are two types of protest:

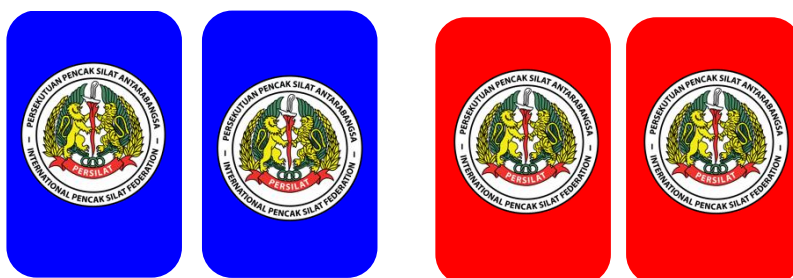
1. Coach Protest
2. Team Manager Protest

### Coach Protest

1. Corner Coach must stand at the Coach Box area, raising the protest card with right hand straight and firm. Should the Council or Competition is unaware on his protest, Corner Coach is allowed to voice out clearly "PROTEST" once.
2. Council will head towards the coach with microphone to record and state the protest. The Coach is given the option to state the protest themselves short and straight to the point, or towards the Council where the Council will record the protest.
3. Coach to state their protest within 10-seconds. Council will record the objection accordingly.
4. Or council will announce clearly from the Coach Box area towards the Protest Commissioner on protest that was made.
5. Once decision is made, Protest Commissioner will raise the result card, either valid or invalid.
6. 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.
7. Protest card will not be returned to the corner coach.
8. Opponent's corner coach is not allowed to counter the protest on the decision which has been accepted as valid by the Protest Commissioner.

### 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.

Protest Card will be issued out to Competition Chairman by Technical Delegate, where the Technical Delegate is required to sign on the "PERSILAT" sticker on the card. This is to avoid any unlisted Protest Card.

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. When Protest Fee is involved, it is non-refundable.

#### (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 in which the protest was generated.
4. The protest must be submitted to the Chairman. In due course the Juri will review the circumstances leading to the protested decision. Having considered all the facts available, they will produce a report, and shall be empowered to take such action as may be called for.
5. Any protest concerning application of the rules must be announced by the Coach no later than ten minutes after the end of the match. The Team Manager will request the official protest form from the 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 render a decision.
7. Composition of the First-Tier Protest Committee are: Technical Delegate, Technical Chairman and Competition Chairman
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.
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)

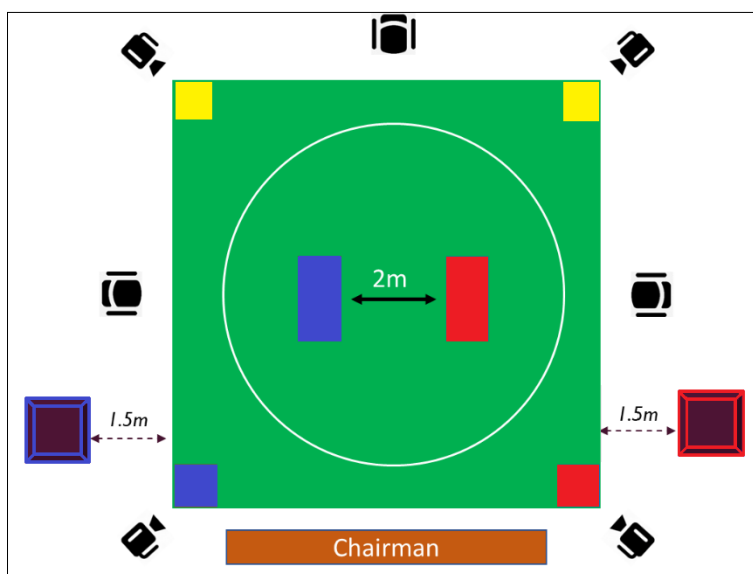
1. If Team Manager wants to re-appeal for a declined protest, they must request for another form and return it within 20 minutes, with a payment of USD200 (must be in USD currency only)

2. The Technical Delegate will inform the Second-Tier Protest Committee.
3. Composition of the Second-Tier Protest Committee are: Protest Commissioner, Medical Team and 1 PERSILAT Executive Board Member. The board member 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.
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.

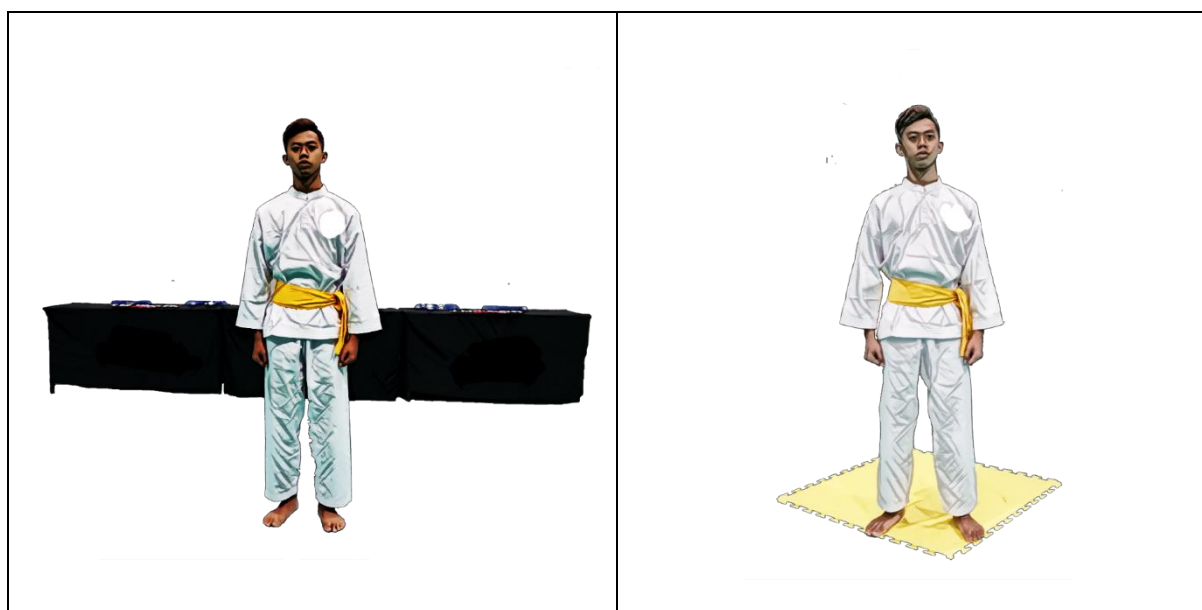
## Article 14: Tanding (Match) Rules

### 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.

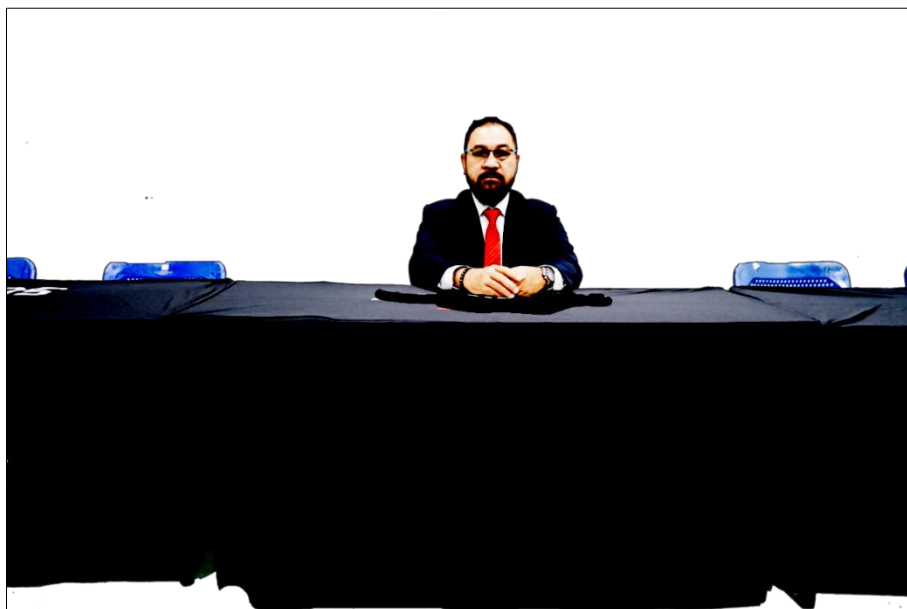


2. Four mattresses (two pieces of red mattresses with dimension of 2-metre by 1-metre, and two pieces of blue mattresses with dimension of 2-metre by 1-metre) are placed in two metre distance from the centre to form a boundary between the athletes.
3. The Wasit will be standing between the two red &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

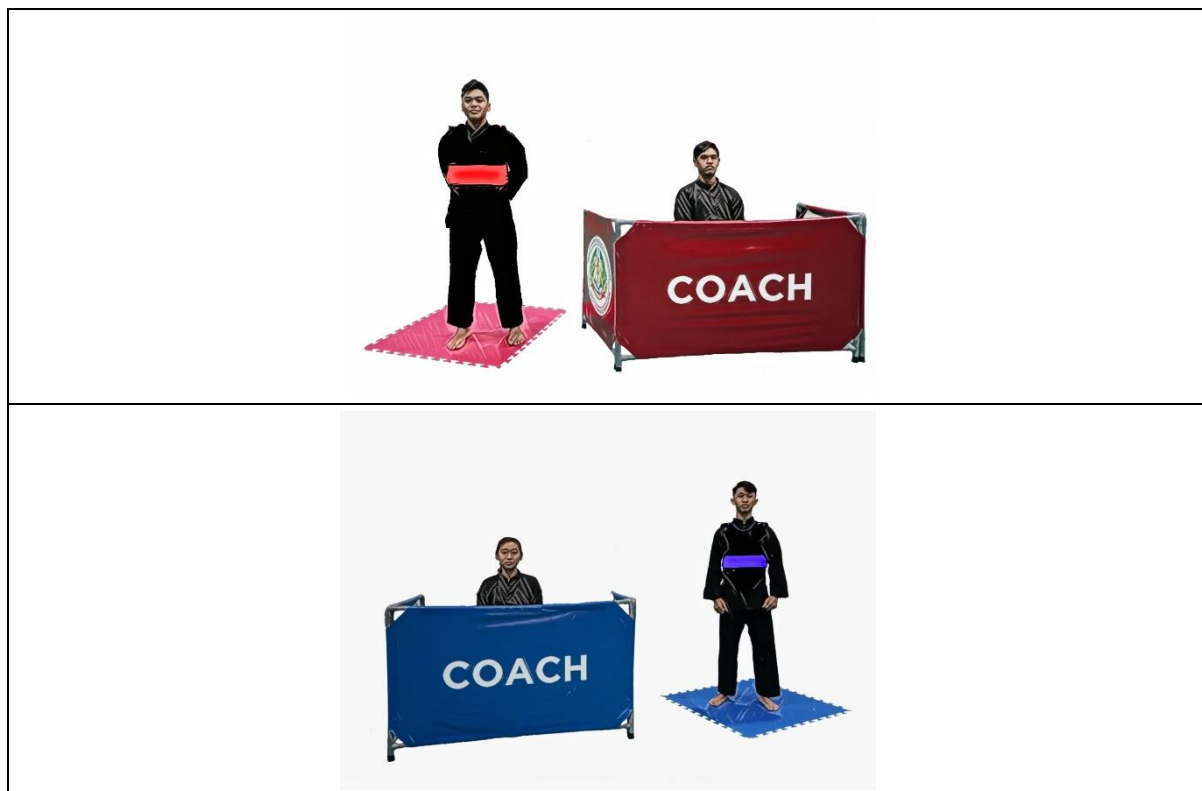




4. Each Juri will be seated at the side of the arena. The Wasit may move around the entire mattress. Each Juri will be equipped with a red and blue flag, and a tablet.
5. The Chairman will be seated at the table near red and blue corner, between the timekeeper and Council.



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, they will start their game, 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 will need to be 5-centimetre in high density quality.*
5. *Two neutral corners (with Yellow mattress) with sides of 1-metre by 1-metre each. Red and Blue corners (with Red and Blue mattresses) with sides of 1-metre by 1-metre each.*
6. *Red and Blue corners (with 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**

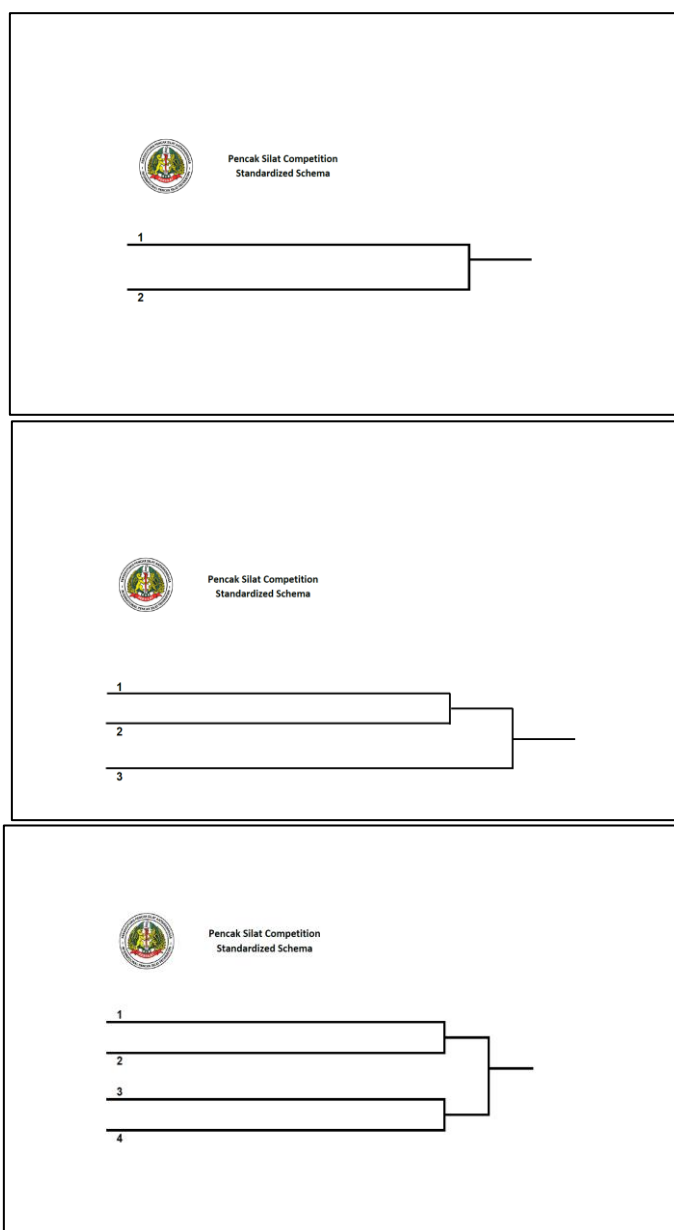
1. A Pencak Silat competition comprised of a Tanding and/or Artistic competition. The Tanding competition is an individual event, i.e. sparring between two athletes from different teams. It is further divided into age and weight categories.
2. The knock-out system will be applied unless otherwise specifically 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.

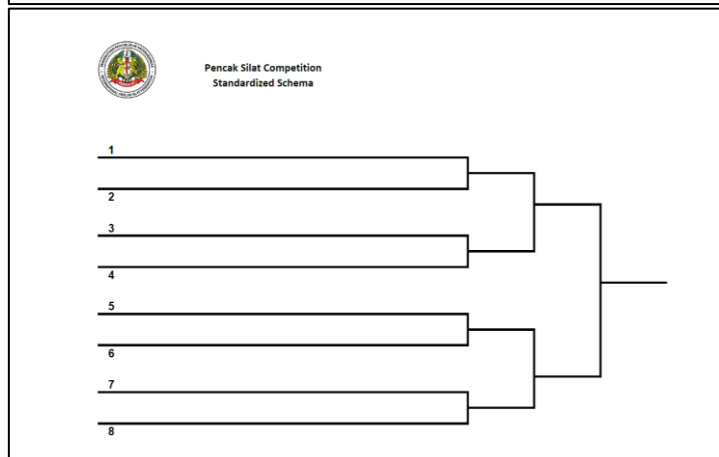
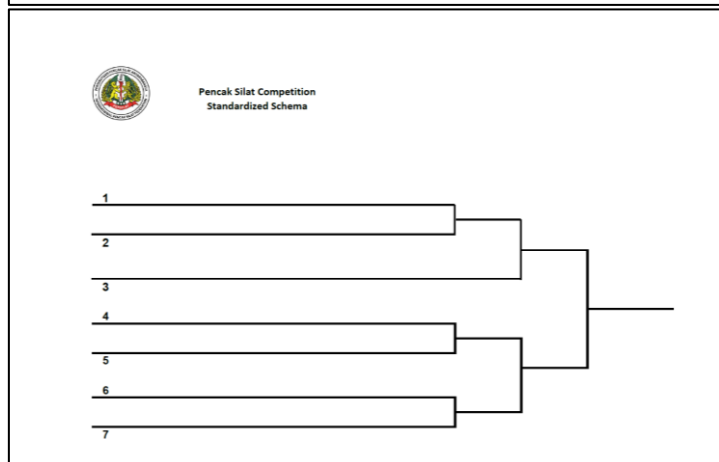
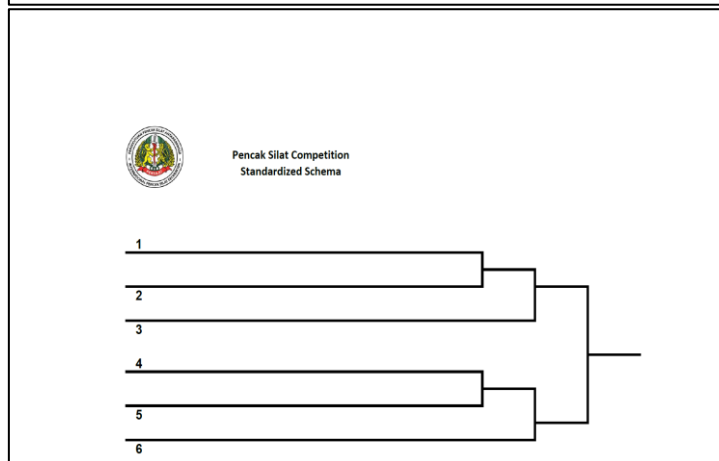
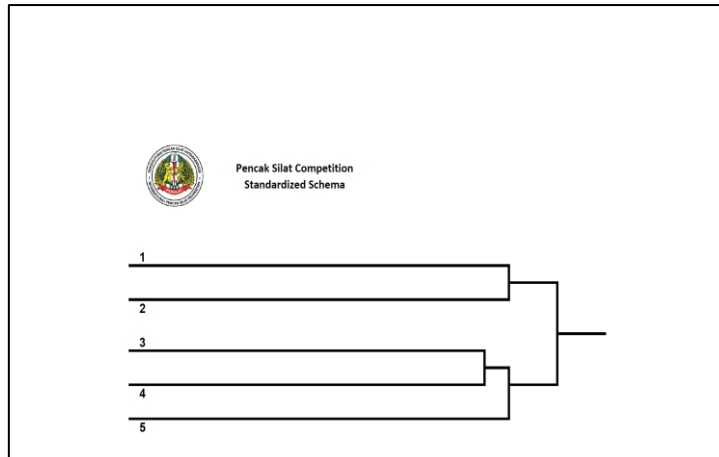
**Explanation:**

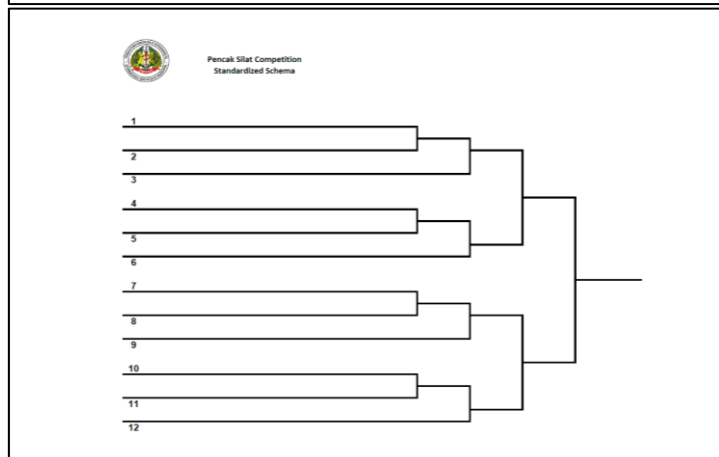
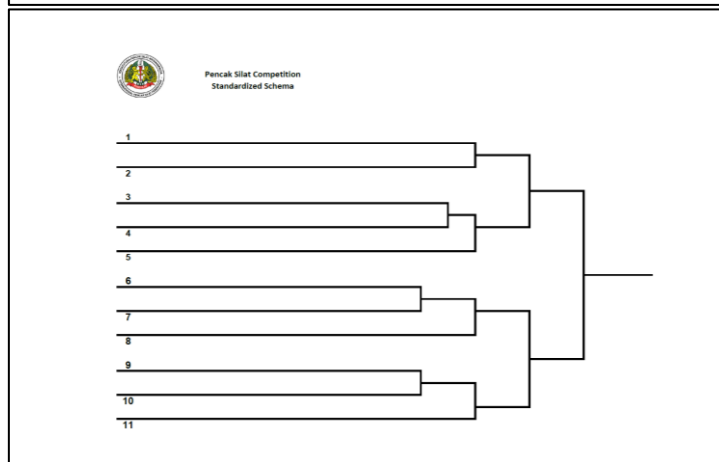
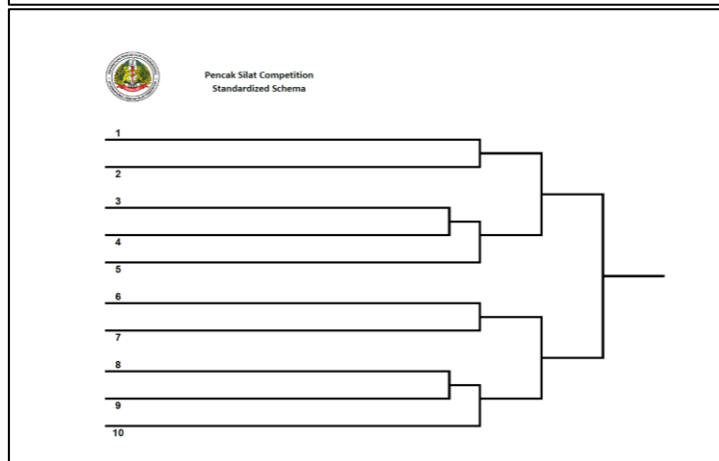
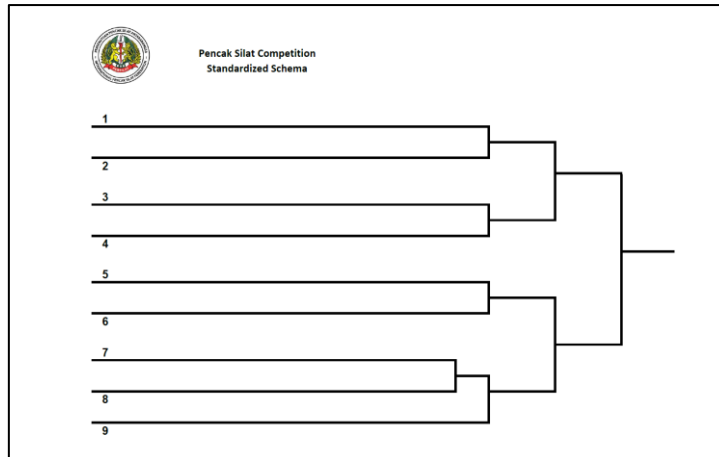
1. *In an elimination Tanding competition, a round eliminates fifty percent of athletes within it, counting byes as athletes.*
2. *Coaches must present their accreditation together with that of their Athlete or team to the official at the holding area. The Coach must sit in the chair provided and must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

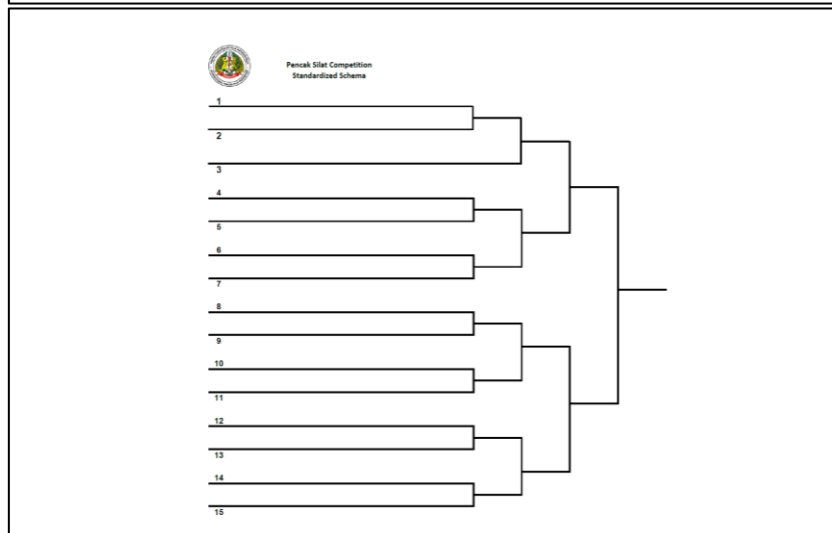
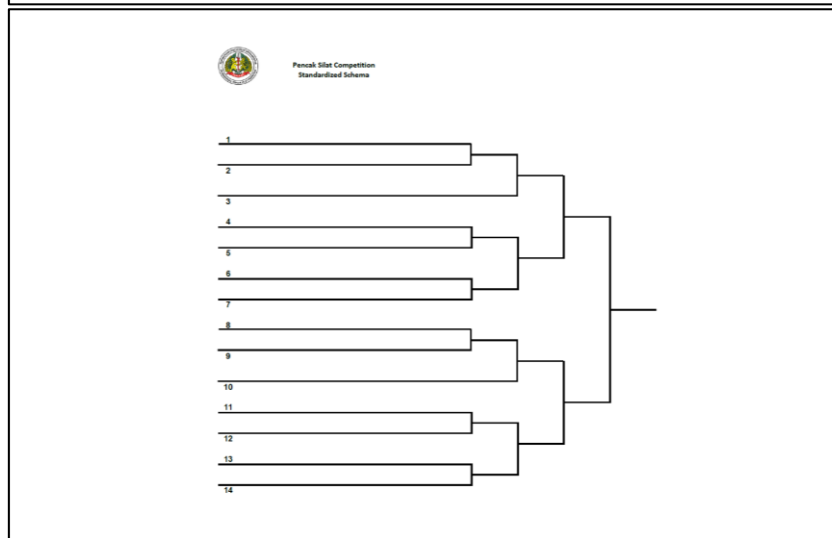
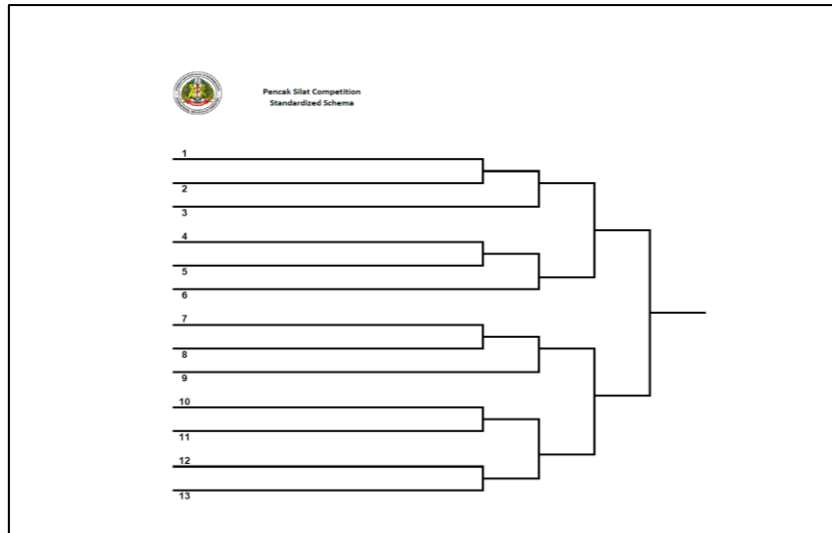
3. **A host country for the multi-event games (inclusive of Southeast Asian Games, Asian Games, Olympics, etc), will need to include additional 3 to 5 event categories specifically for Junior category, on top of the Senior categories offered as the main event.**
- Event categories will include both Match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

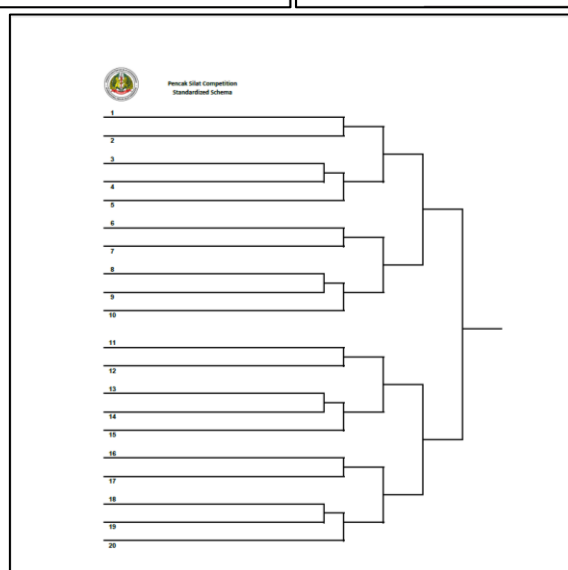
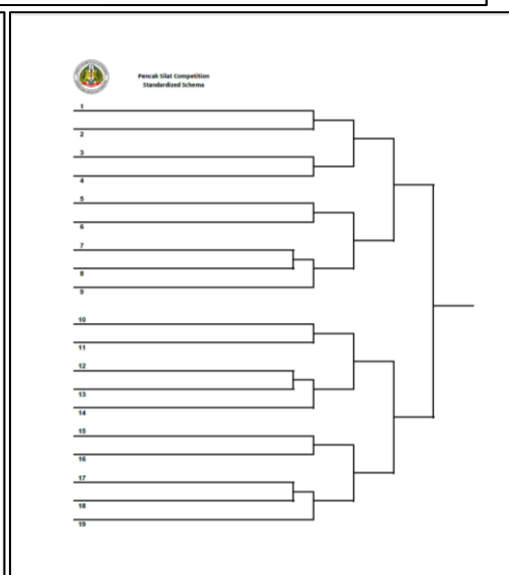
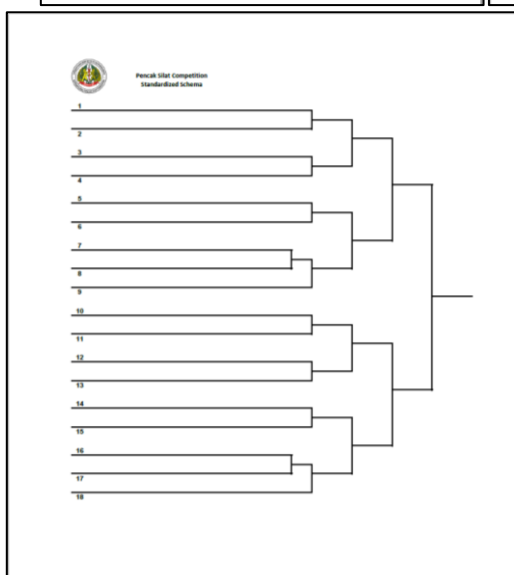
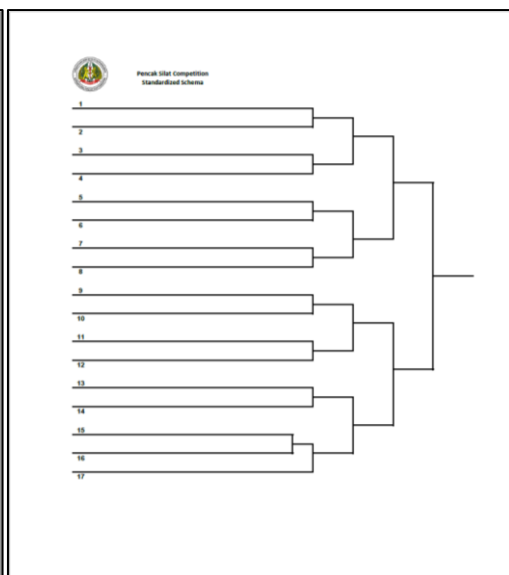
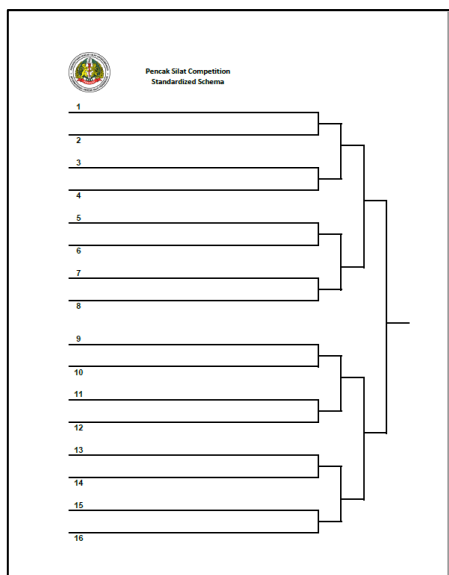
Sample for the Knock-Out System Structure











### Article 14.3: Weigh-in Procedure

1. Weigh in will be carried out on the morning of competition, before the start of the first match, only for those scheduled to fight on the same day.
2. When reporting for weigh-in, athlete must wear a standard Pencak Silat uniform without sash, groin guard or any other guards.



3. 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.



4. No tolerance will be given. Should the athlete decide to strip only after stepping on the weighing scale and realising they do not make weight, they will be disqualified.





5. There will be no weight tolerance.
6. 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.
7. The weigh-in is only carried out once and must be witnessed by officials from both teams and an official on duty.
8. It is mandatory for the weigh in officials and officials from both teams to sign the weigh-in form.
9. The weigh in officials are appointed by the Organizing Committee. And will be on duty according to the gender of the athletes.
10. 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 decide on 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 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:**

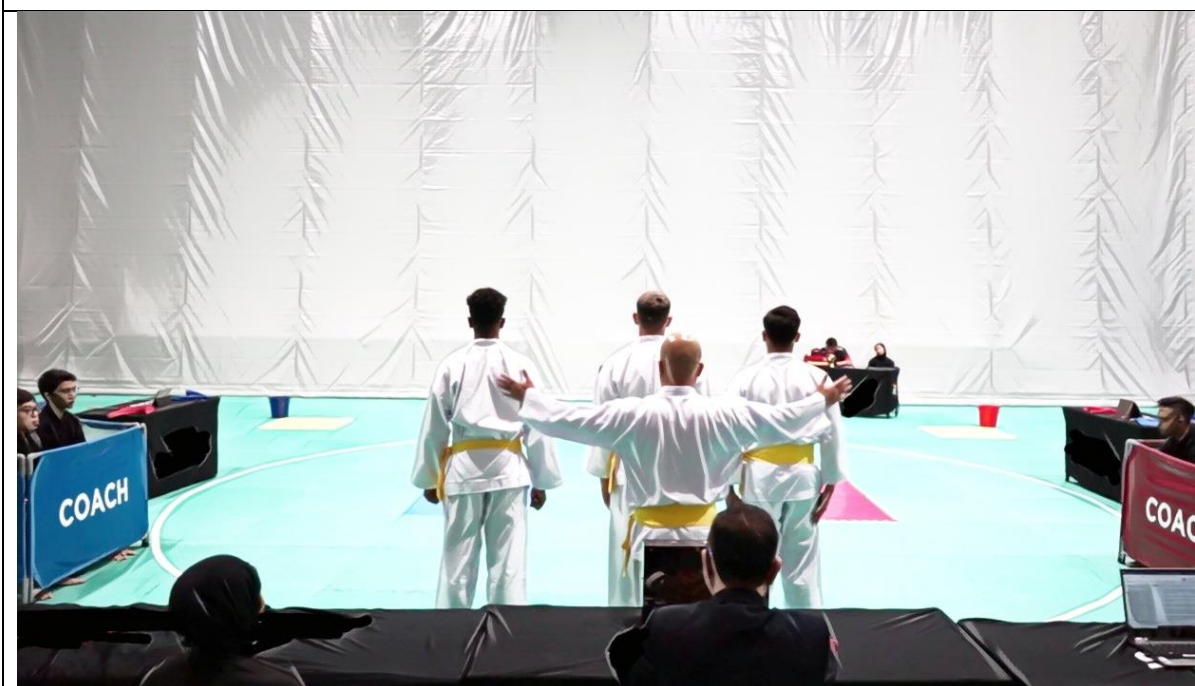
1. *Time will stop each time the Wasit stops the fight.*
2. *Timekeeper will strike the gong to indicate the start and end of each round.*
3. *Timekeeper will clap the clapper at 50-seconds during break time to indicate that athletes must return to the arena for the next round.*



## Appendix 6 – Arrangement of Match Event



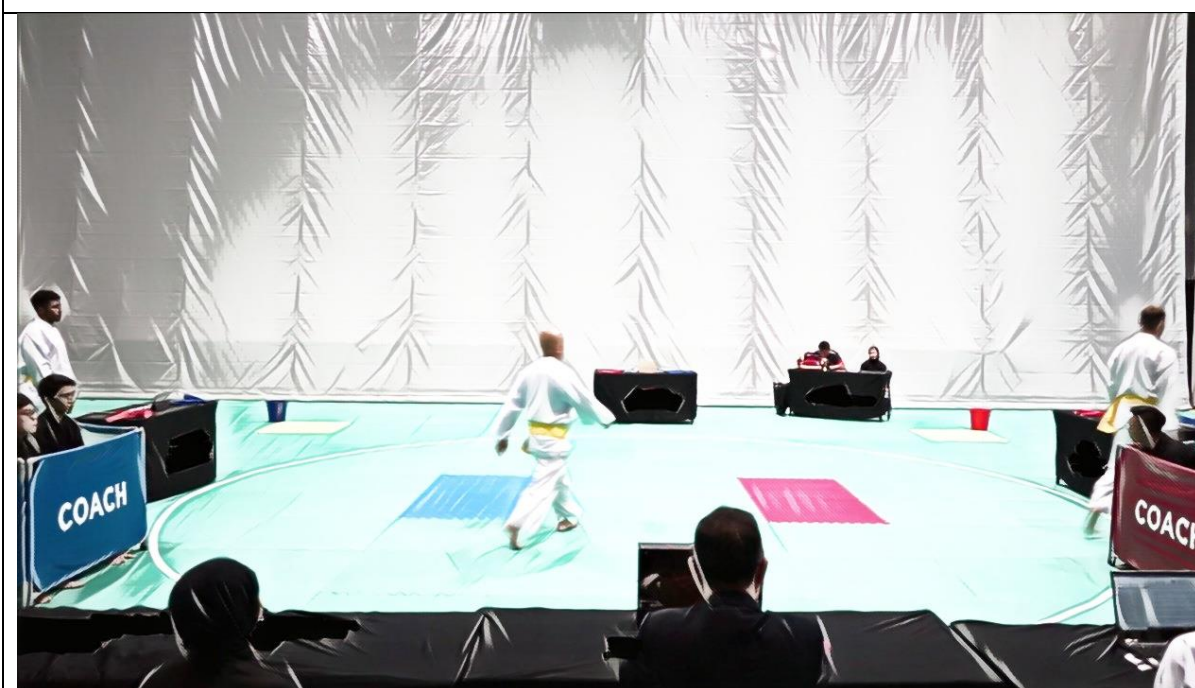
Announcer will call for Wasit-Juri on duty to enter the arena.  
Wasit-Juri will enter from the right side of the Competition Chairman.  
“Hormat” the Competition Chairman



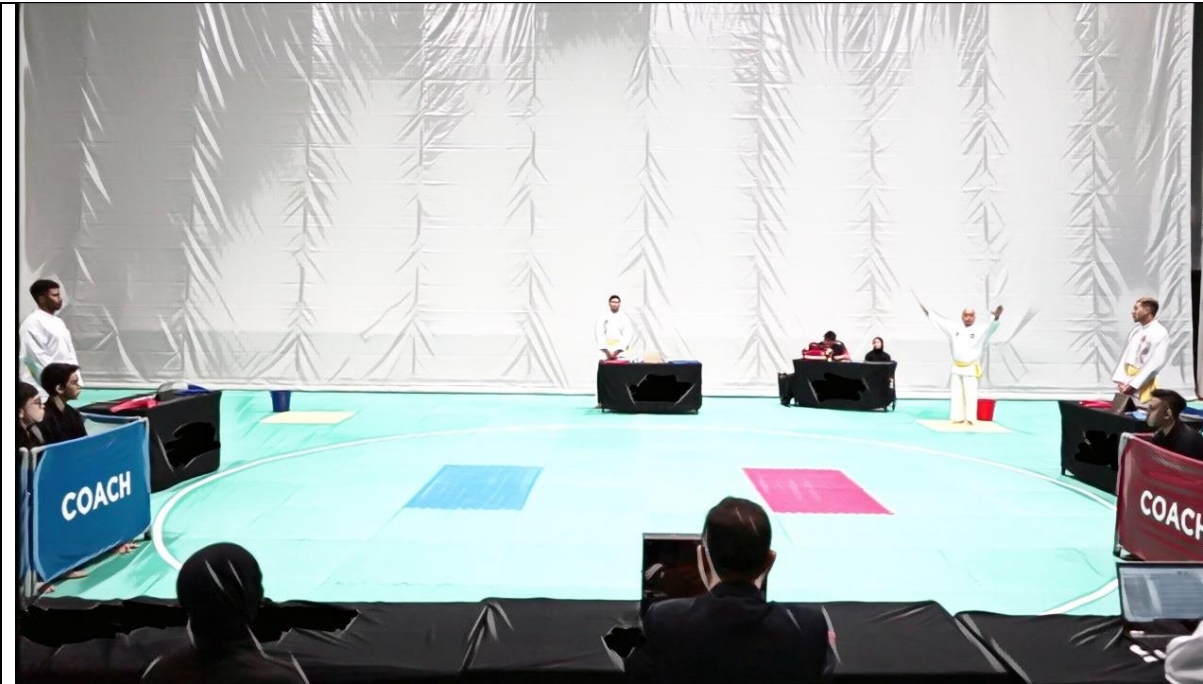
Positioning of Juri Facing the Arena is  
Juri 3 | Juri 1 | Juri 2  
Turn to the arena, “Hormat” the audience.



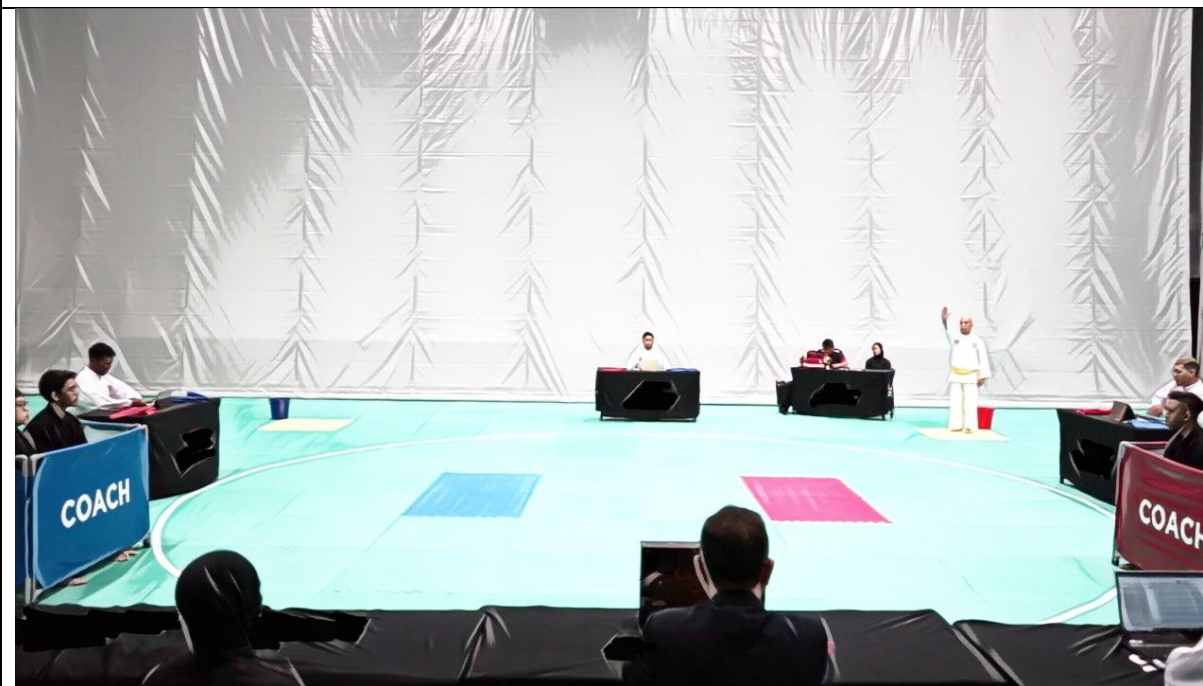
Juri on duty will proceed to their seat.  
 Juri 3 – will proceed to the seat on the left  
 Juri 1 and Juri 2 – will proceed to their seats on the right



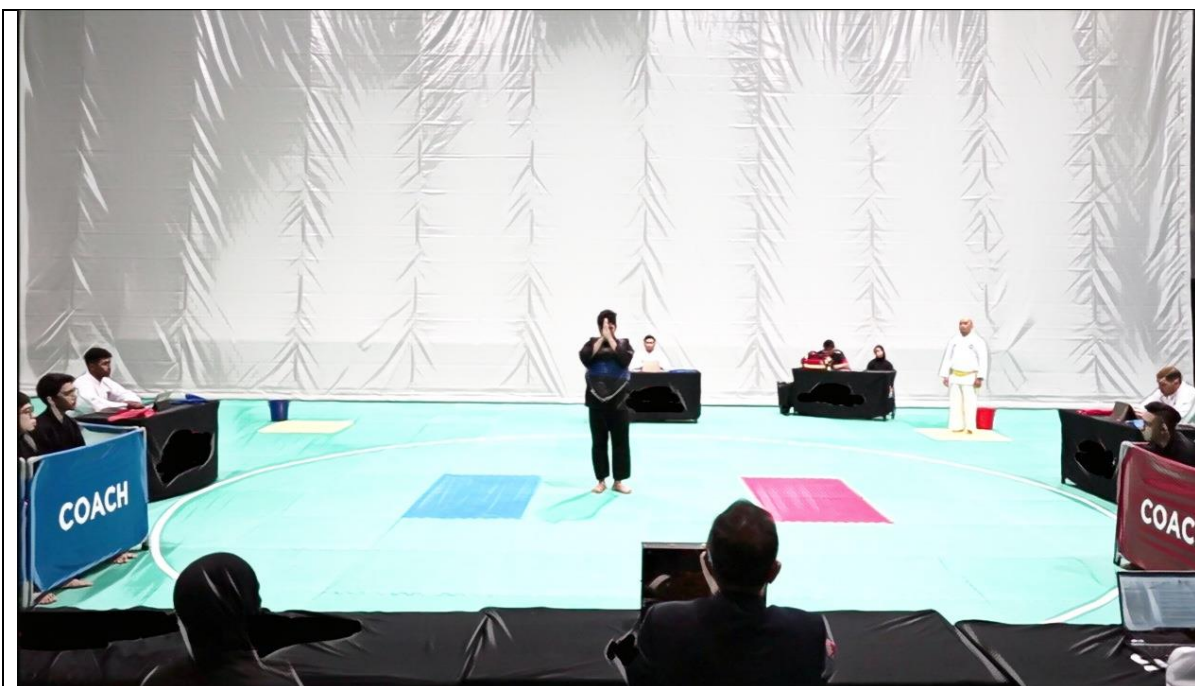
With Wasit proceeding to the Yellow Corner (right side of the Competition Chairman)



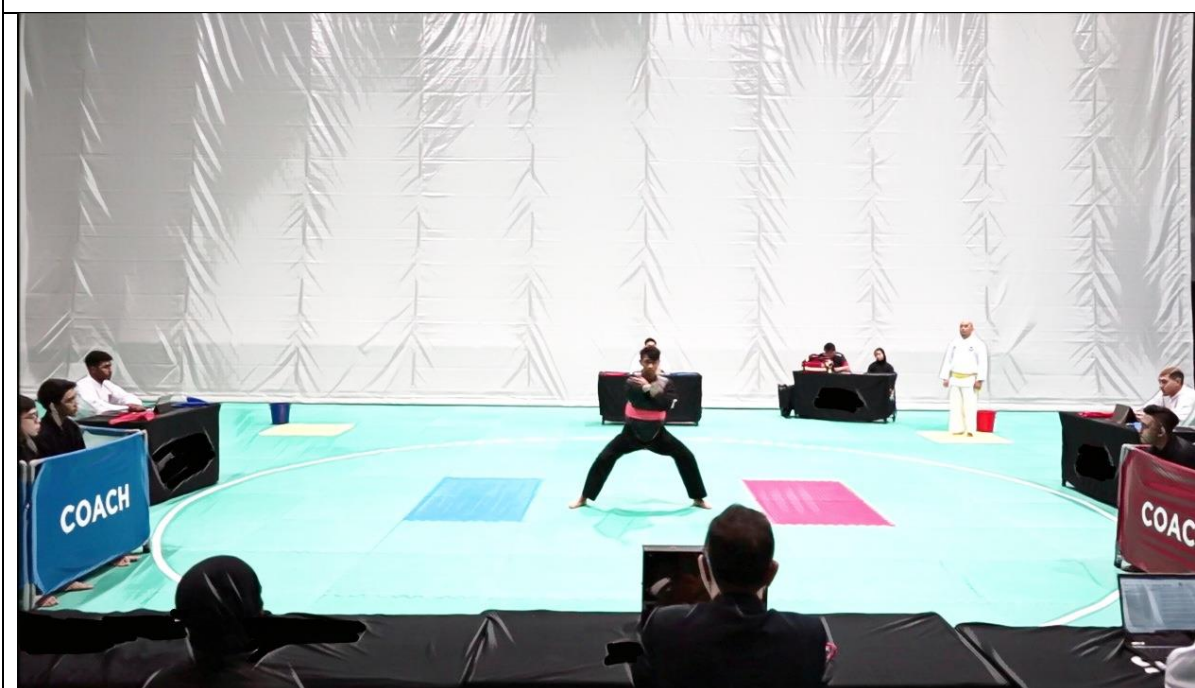
Wasit will be giving command to Juri to sit.



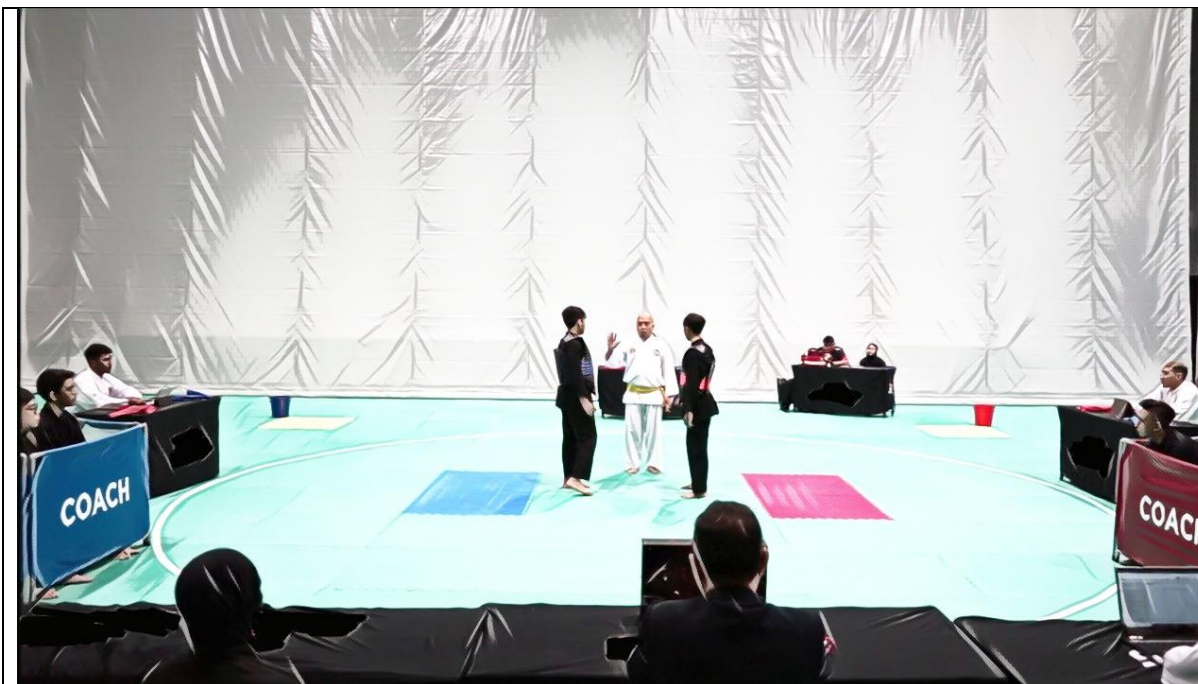
Wasit will call for Blue Corner to enter the arena.  
Wasit should not clap to call for athlete.



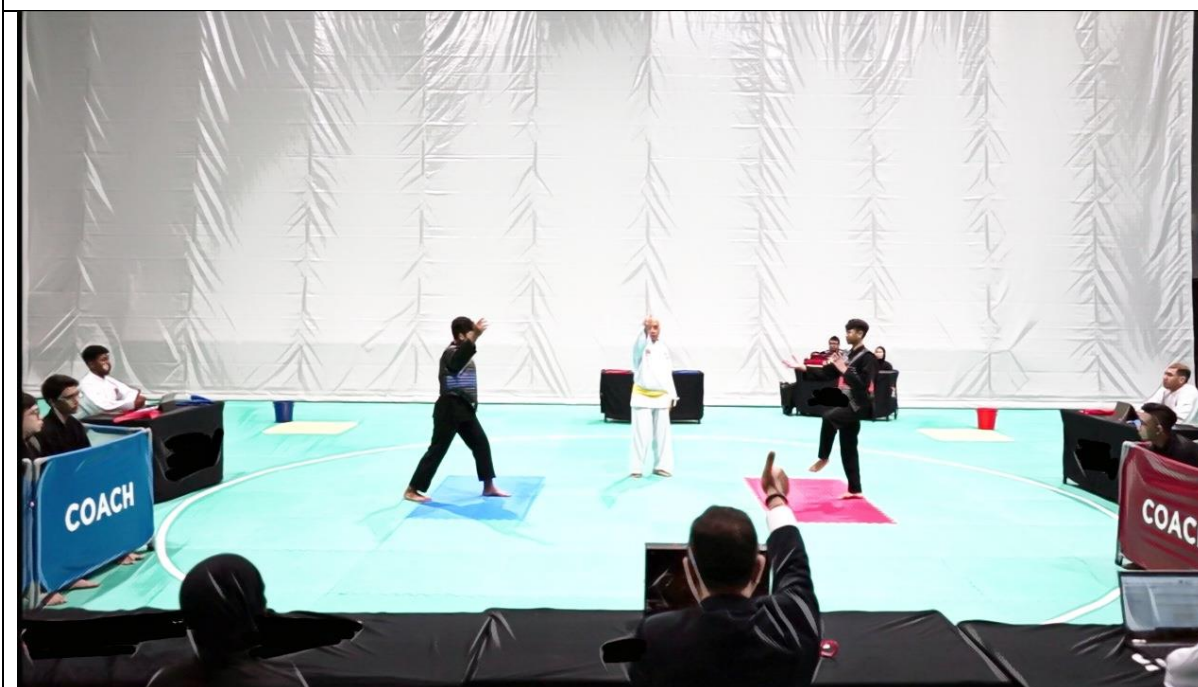
Blue Corner Athlete will enter the arena.  
Giving "Hormat" to the Coach, Wasit, and Competition Chairman.  
And proceed to showcase 8 Pencak Silat Movements.  
Then, Blue Corner Athlete will go back to its corner.



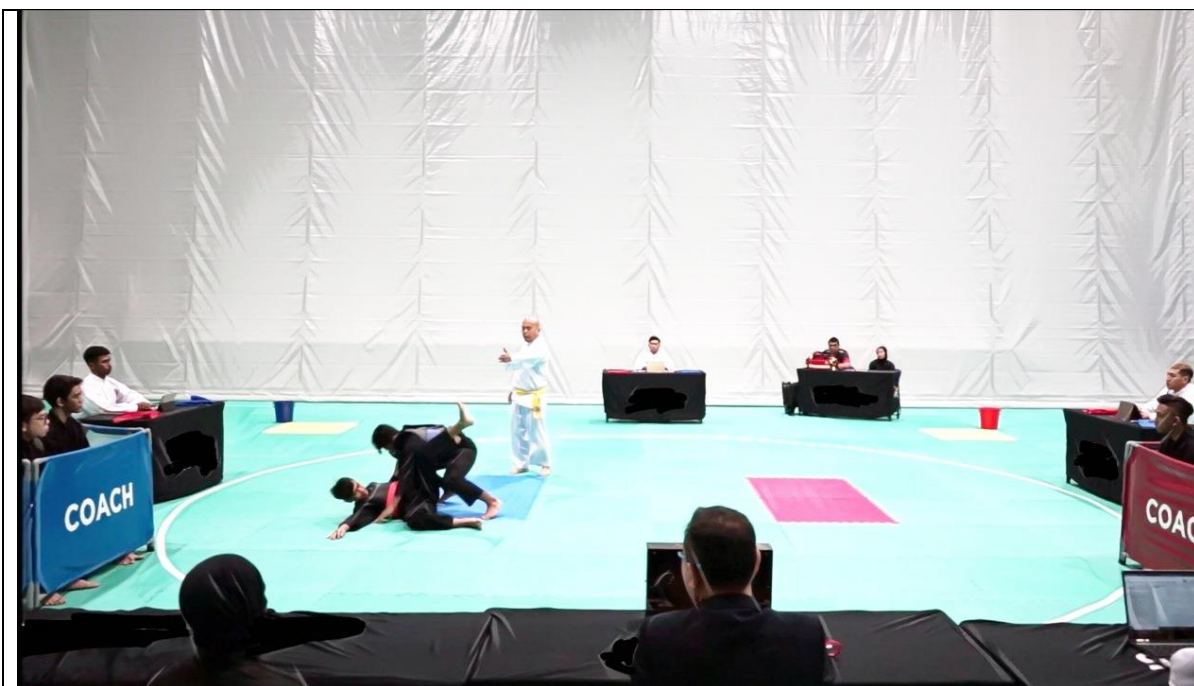
Next, Red Corner Athlete will enter the arena.  
Giving "Hormat" to the Coach, Wasit, and Competition Chairman.  
And proceed to showcase 8 Pencak Silat Movements.



Wasit giving briefing.

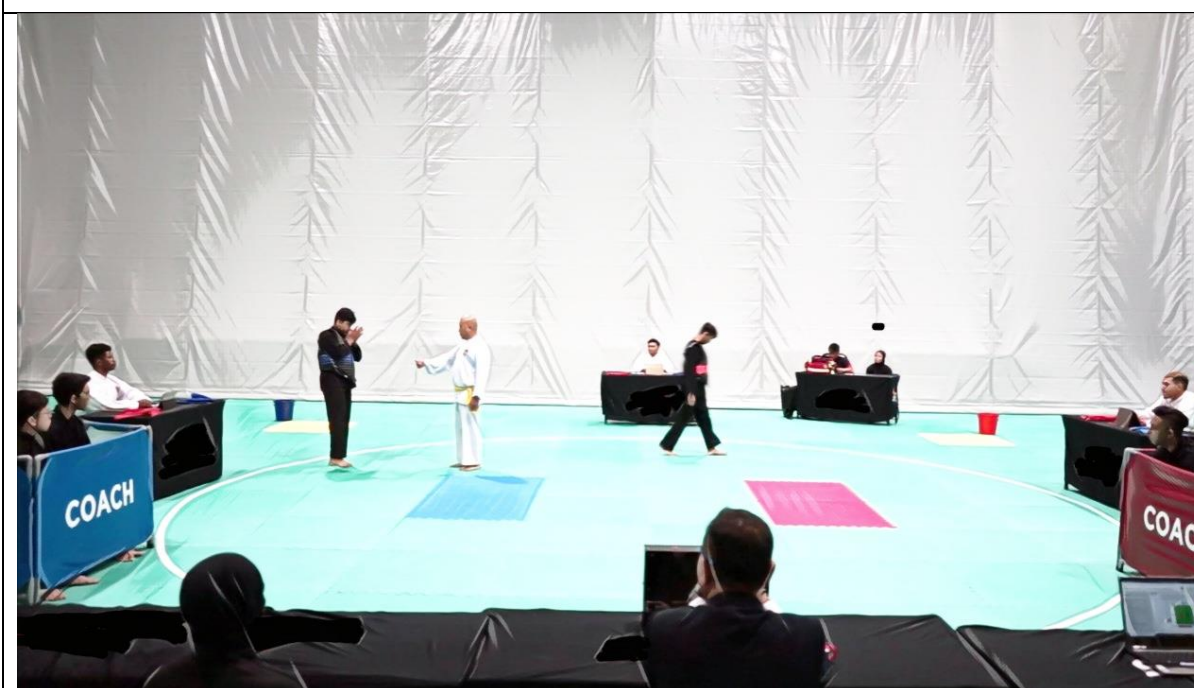


Wasit will then check with the Juri, Medic, Timekeeper, and Competition Chairman.

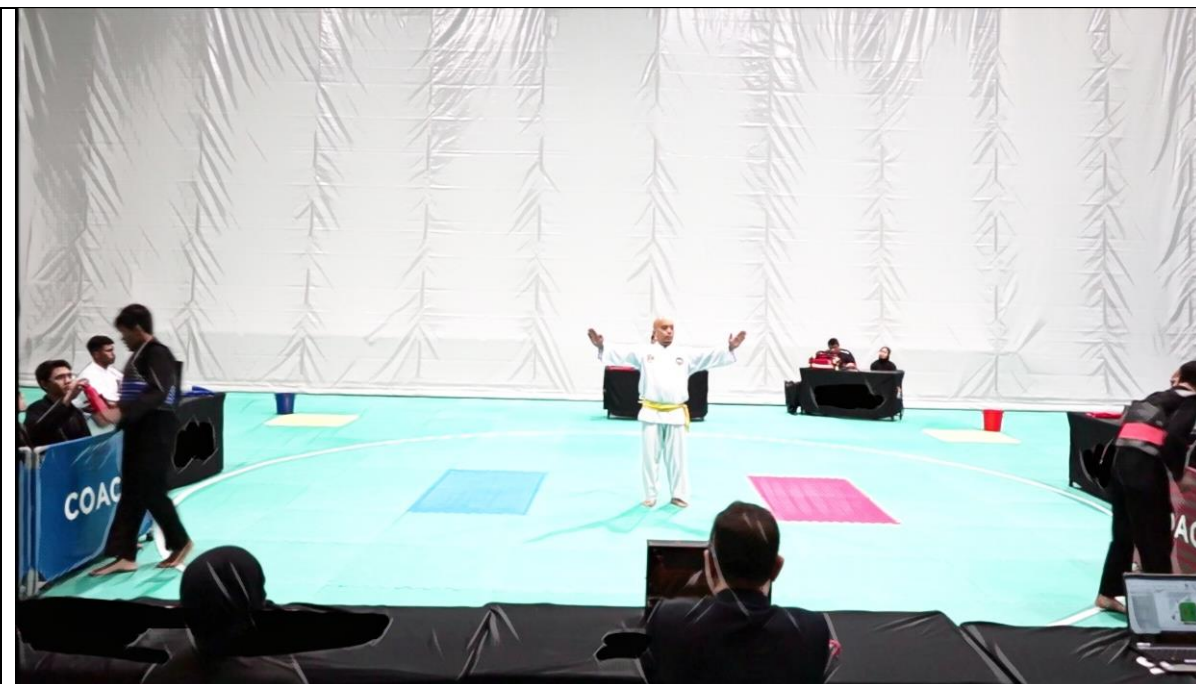


Game on going.

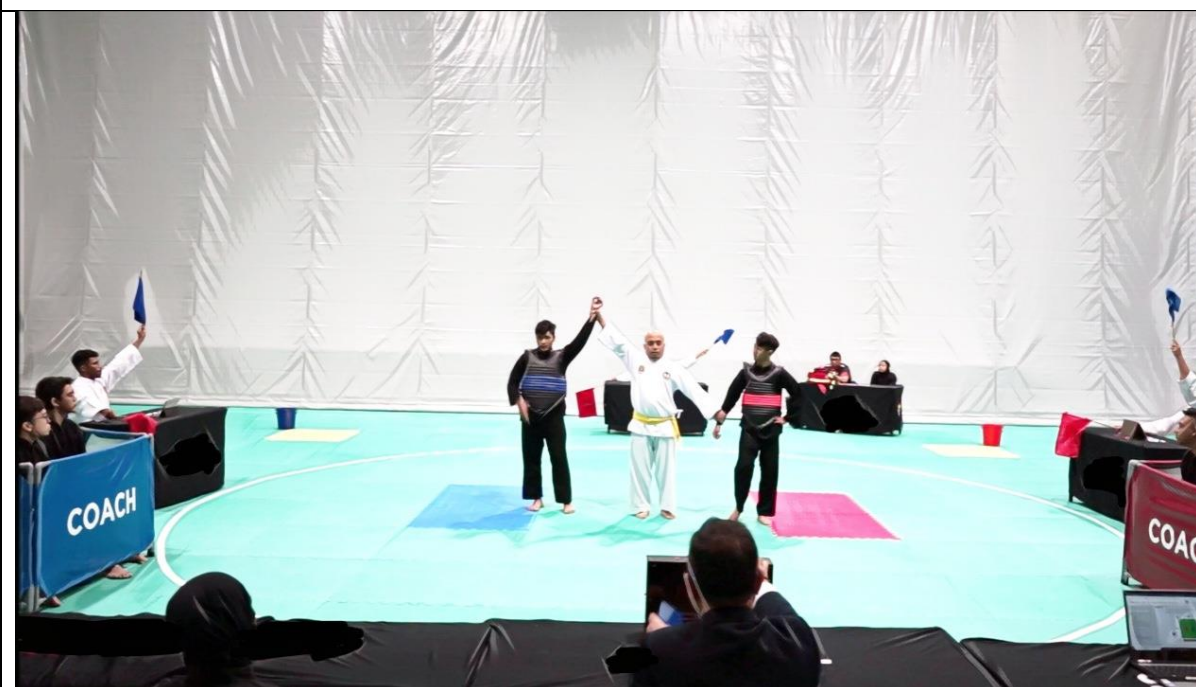
Wasit is not required to bring athletes to the centre of the arena after each “TI”. Wasit will immediately “MULAI” or start the game at where the last game was “TI” or stop.



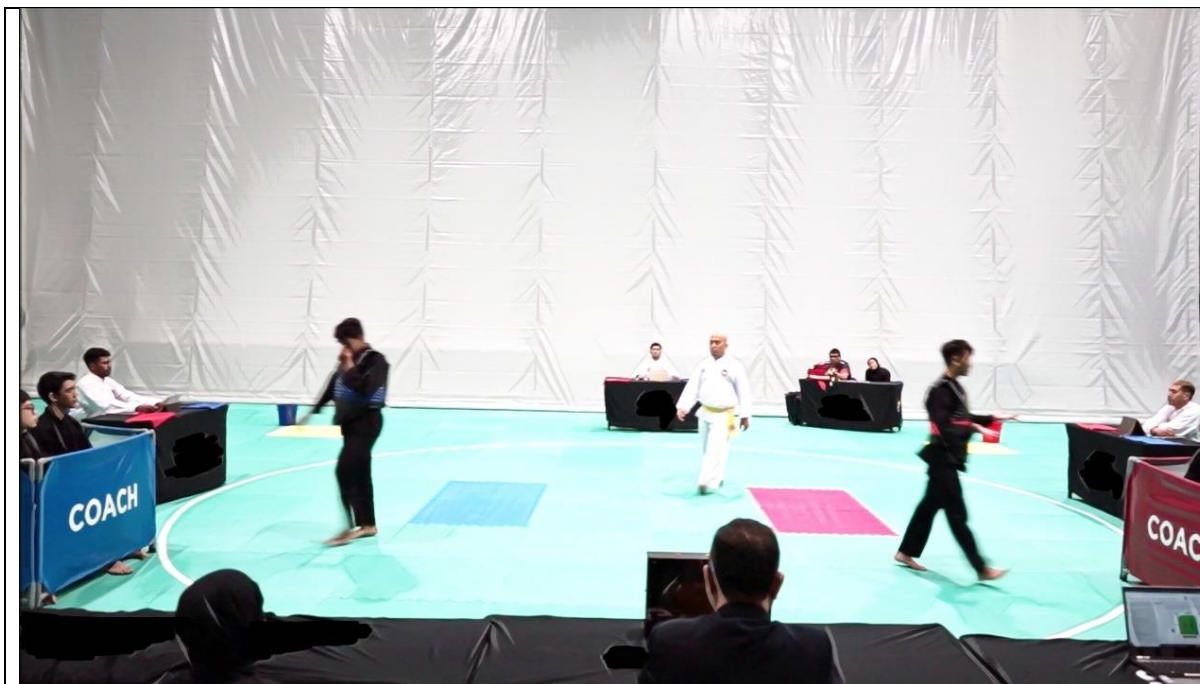
For any issues in the game, Wasit will go towards the athlete to inform on the warning or reprimand. And not calling the athlete to come to the Wasit.



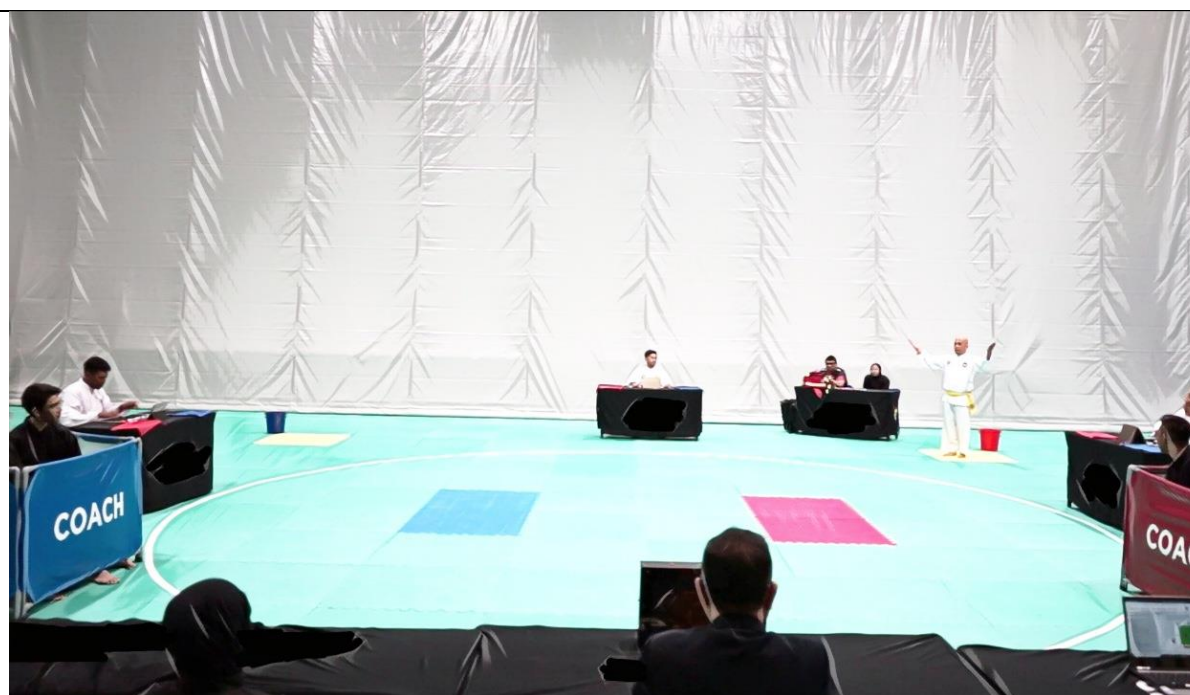
Athletes will return to their respective corners for their break in between rounds.



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

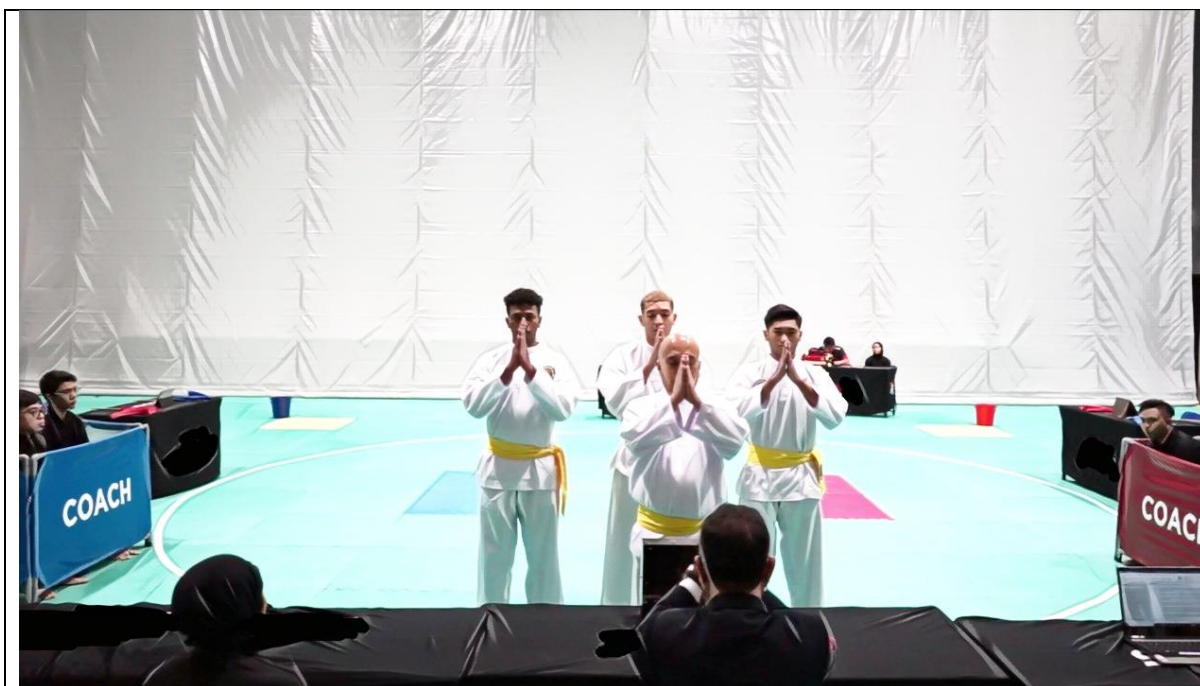


Athletes will head over to one another's Coach to shake hand, then lift the arena from the left side.



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



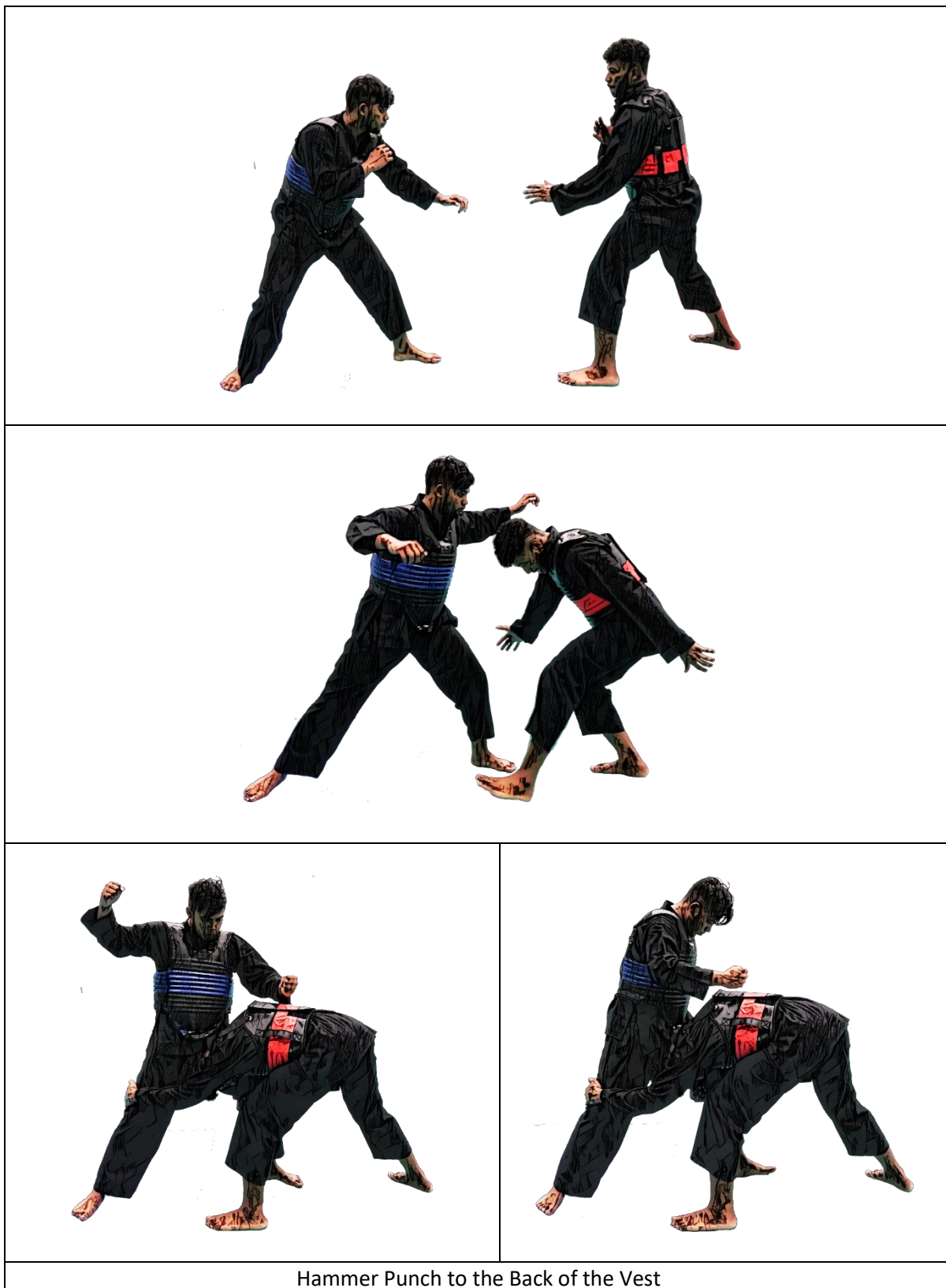
Elbow to the Collar of the Body Protector

### **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.**

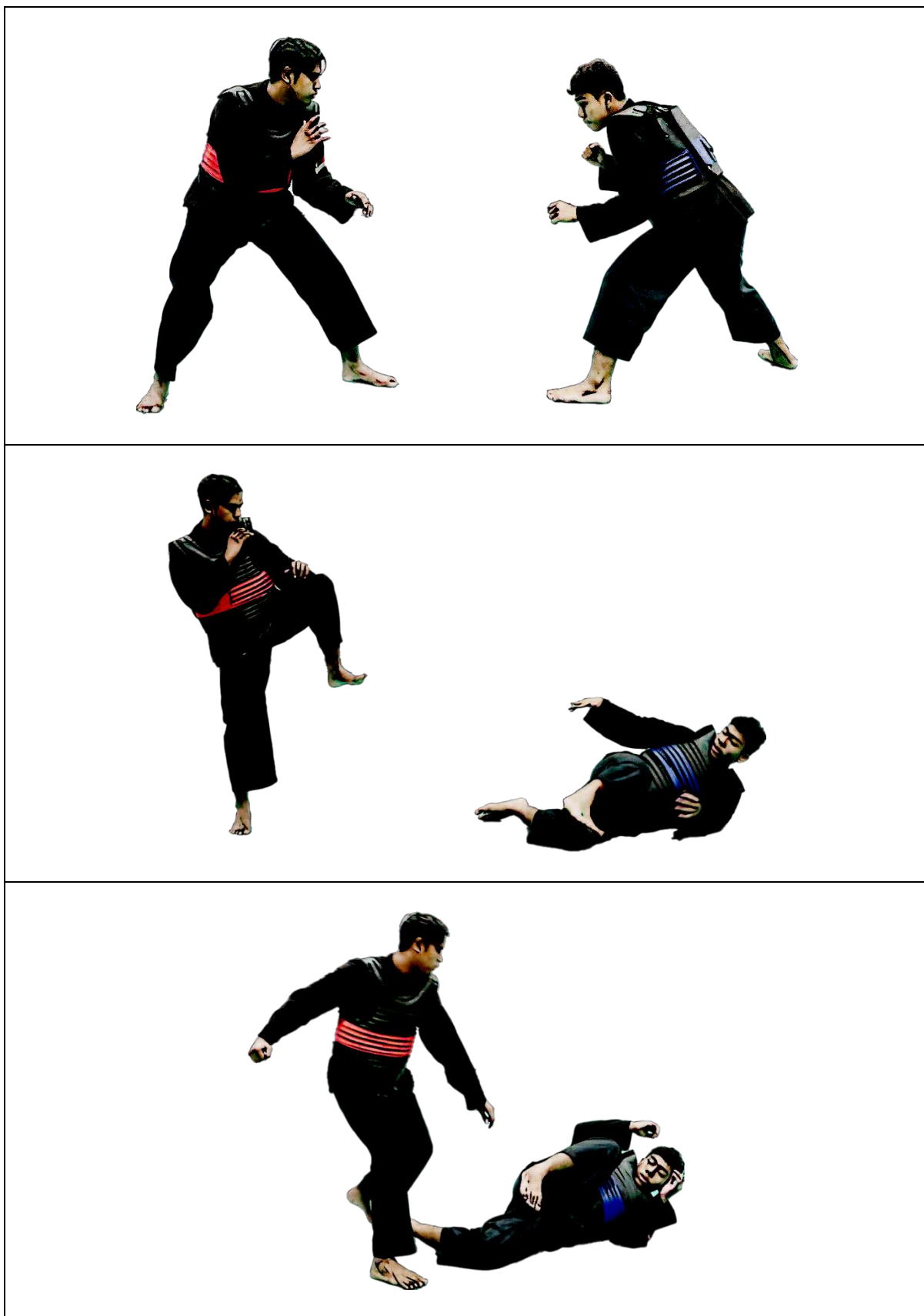
**If attacker grab, grip or hold the opponent while doing any Elbow Technique, Wasit will issue out Warning I.**





Hammer Punch at the Shoulder/Collar of the Body Protector

### Technique – Punch while on the Ground







Elbow (top down – 90 degree angled) (12-6 elbow position) to the Back of the Vest without Touching or Grabbing



### Technique to Score: 2 Point

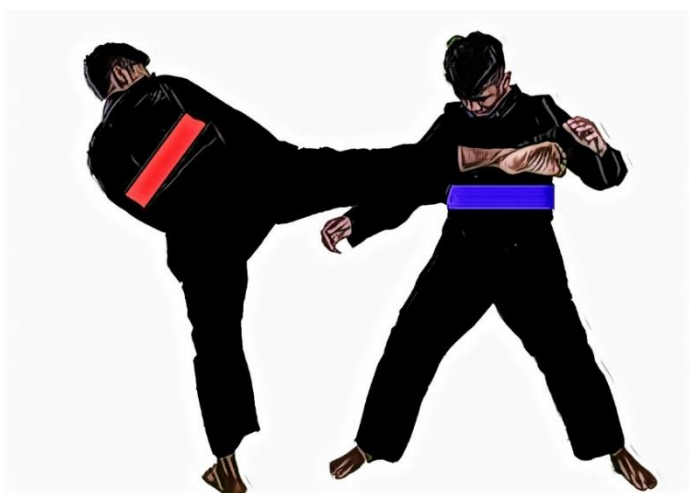
The techniques shown below will score the athlete with 2 points.



Front Kick



Front Kick



Side Kick



Side Kick



Knee Kick

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



Knee Kick (however not allowed to hold/grab opponent’s vest)



Round-House 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.*



#### Single Horse Kick.

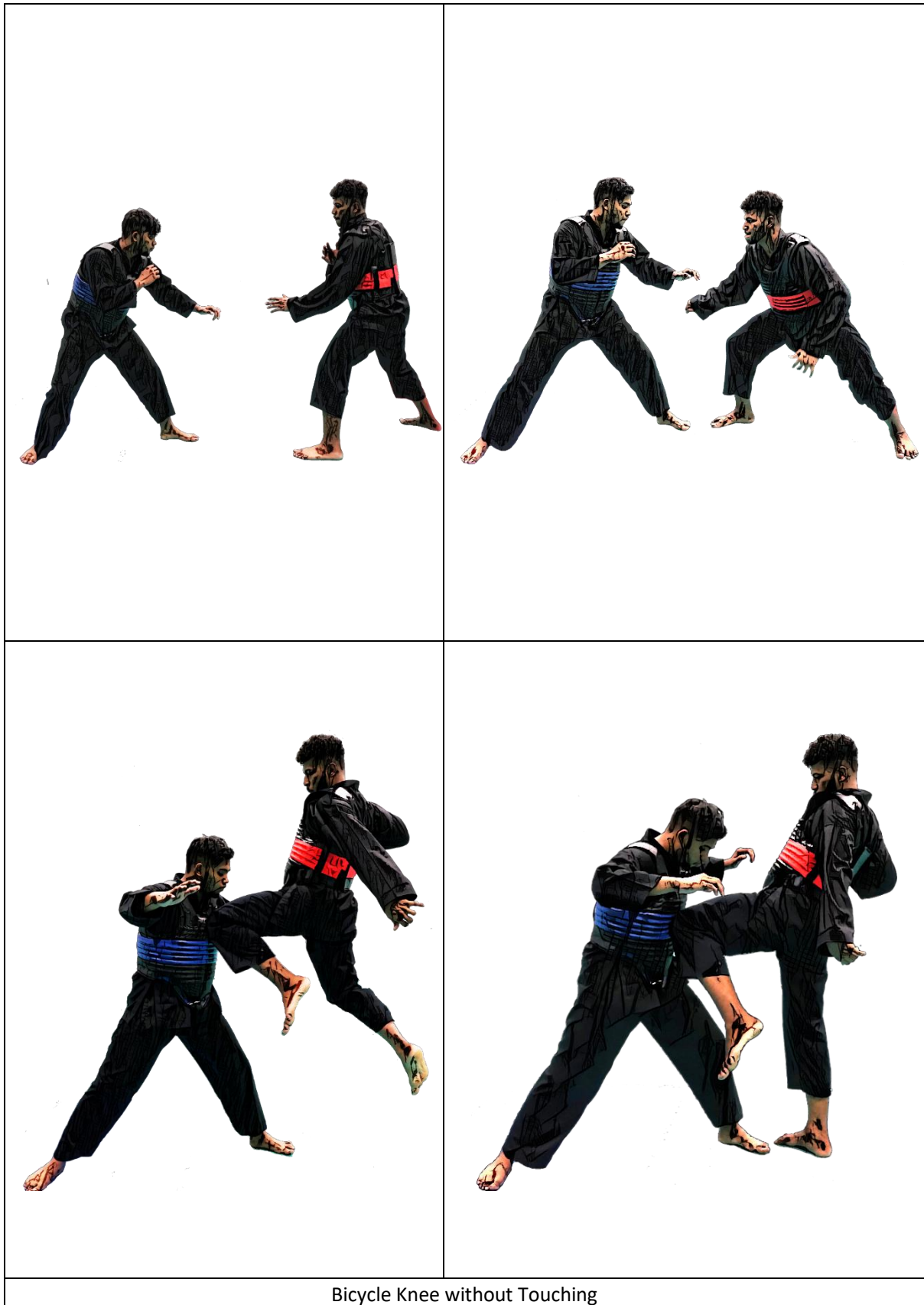
Single Horse Kick Attack is valid, however, if the athlete's knee is on the ground, it is considered as Valid Dropping (3-points will be awarded to the red).

*\*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.*

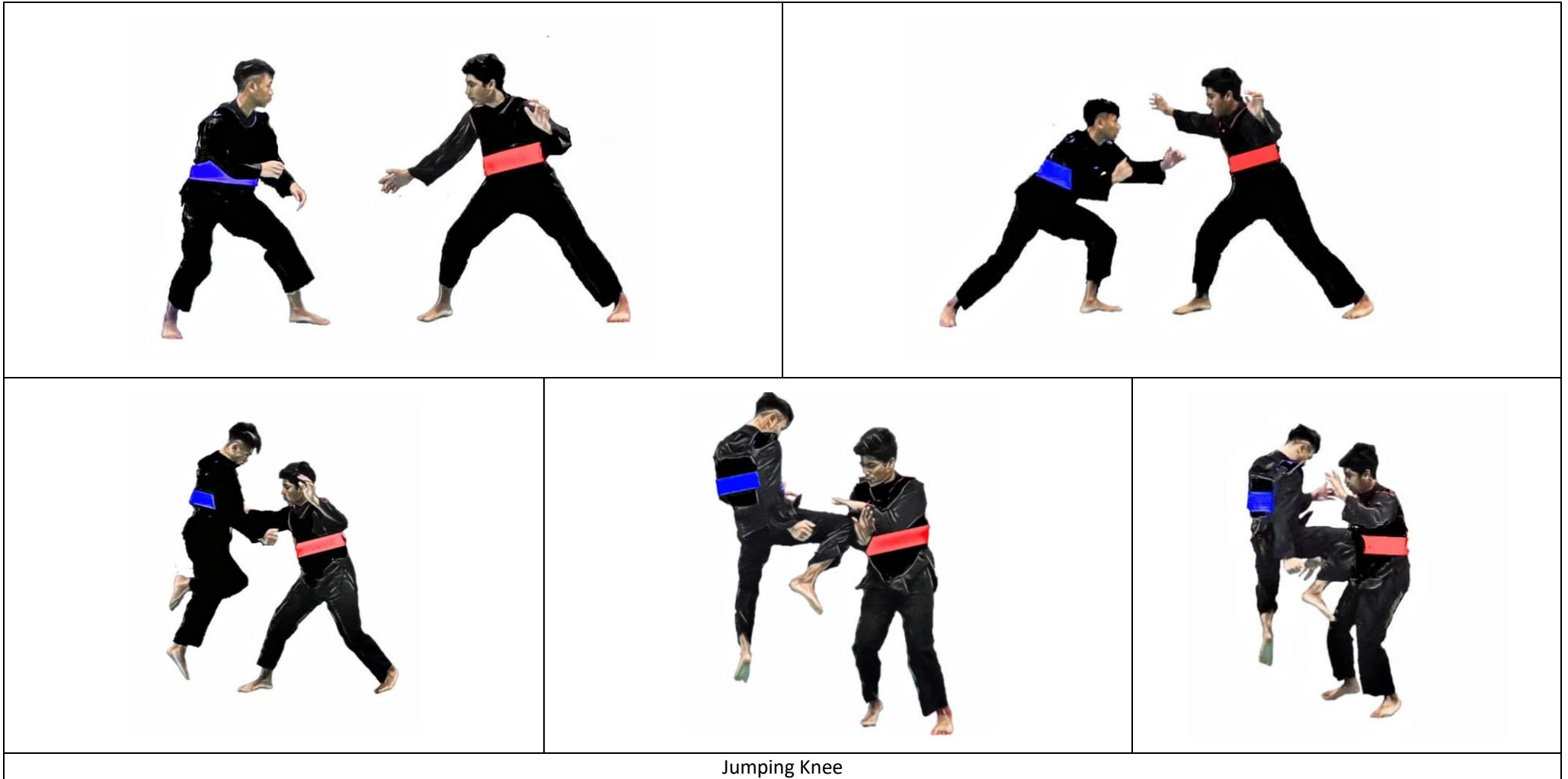


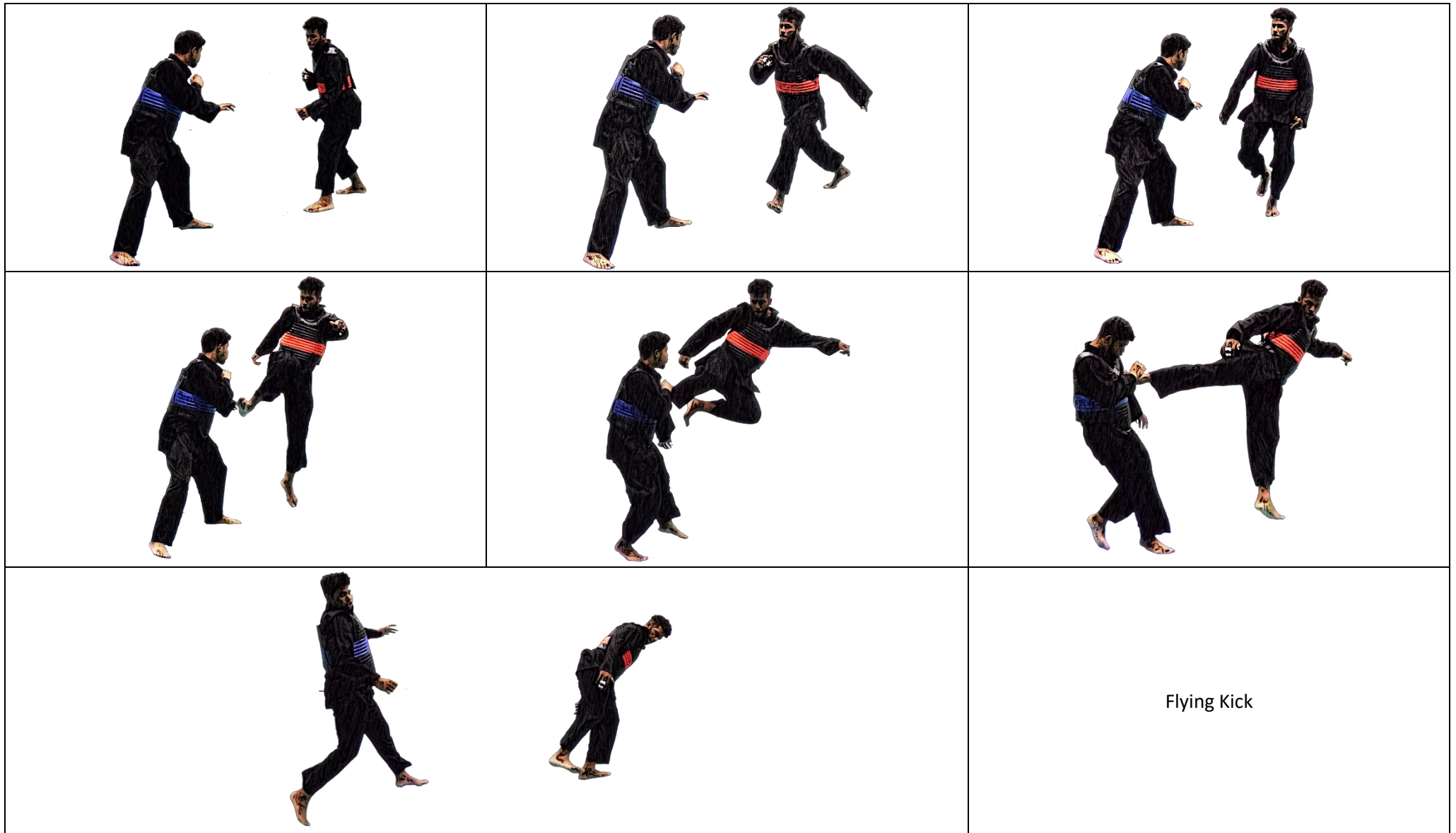
#### Double Horse Kick

*\*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





Flying Kick





Jumping Knee without Touching

### **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.

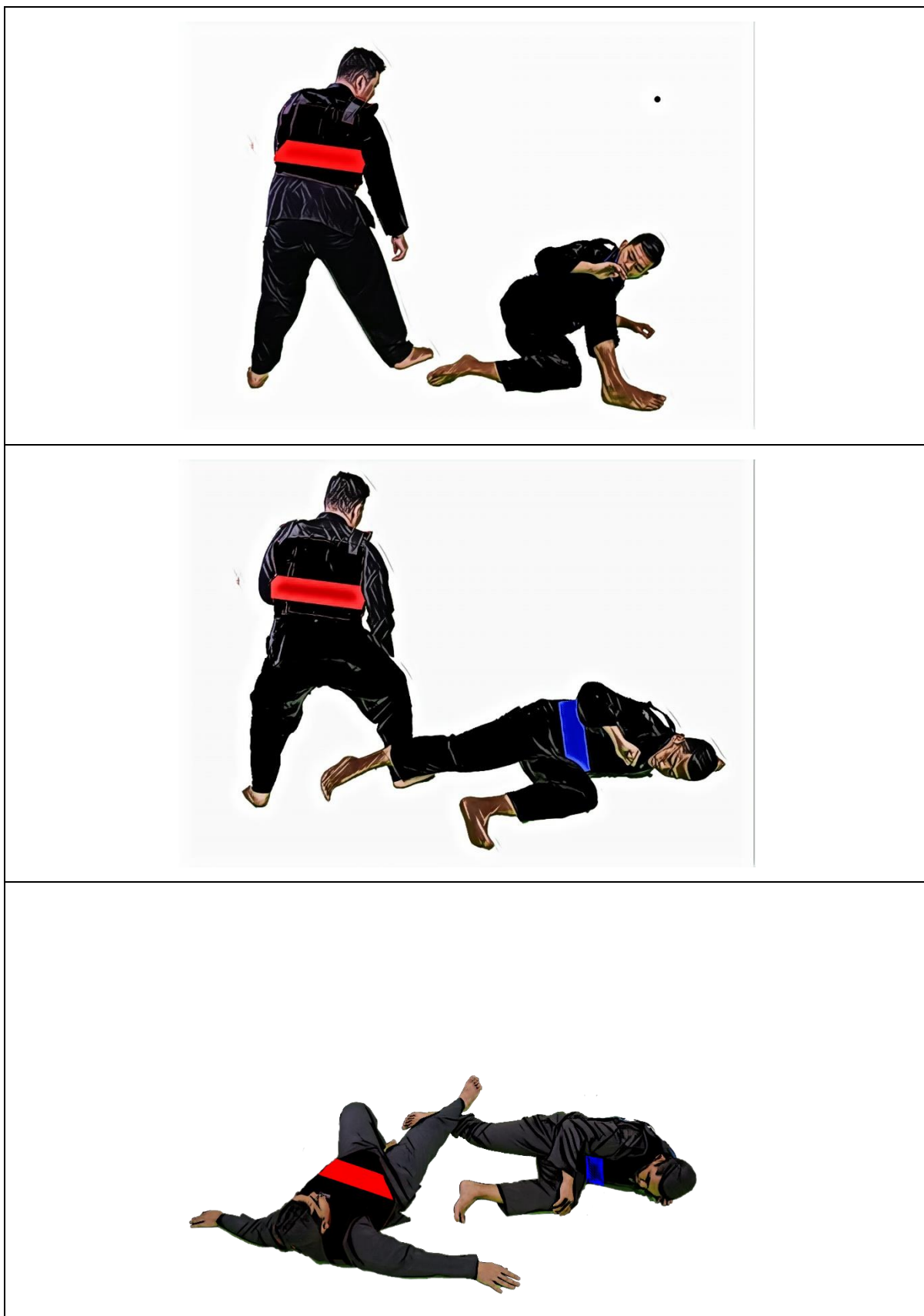
### Technique to Score: 3 Point

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

#### Technique 1 – Sweeping



## Technique 2 – Sweeping



### Technique 3 – Sweeping



### Technique 4 – Sweeping (Double)

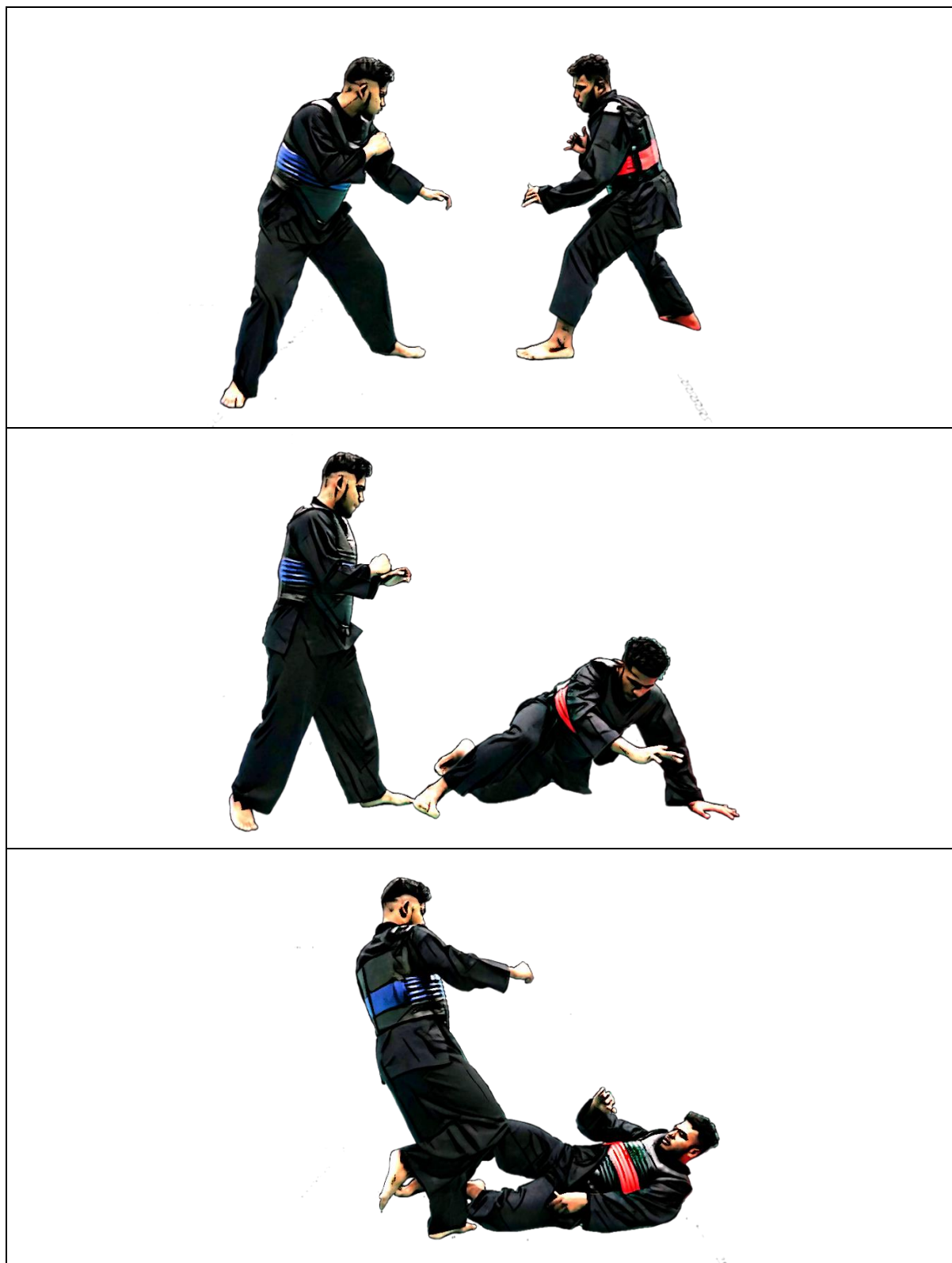


Technique 5 – Sweeping (Kicking to the Back of the Body while Doing Sweeping)





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



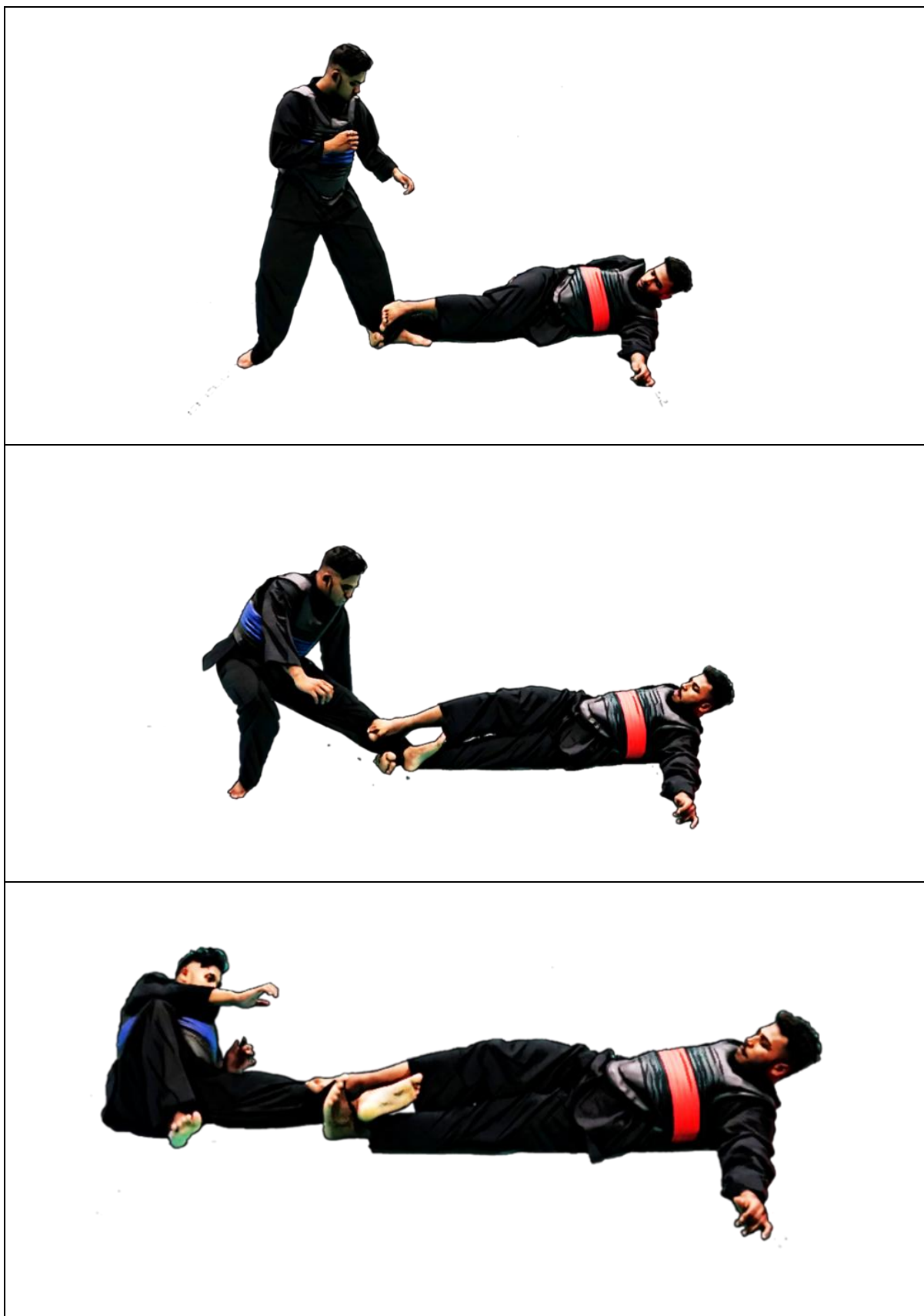
Technique 7 – Scissors (Touch the ground in the midst of doing scissors technique is allowed)



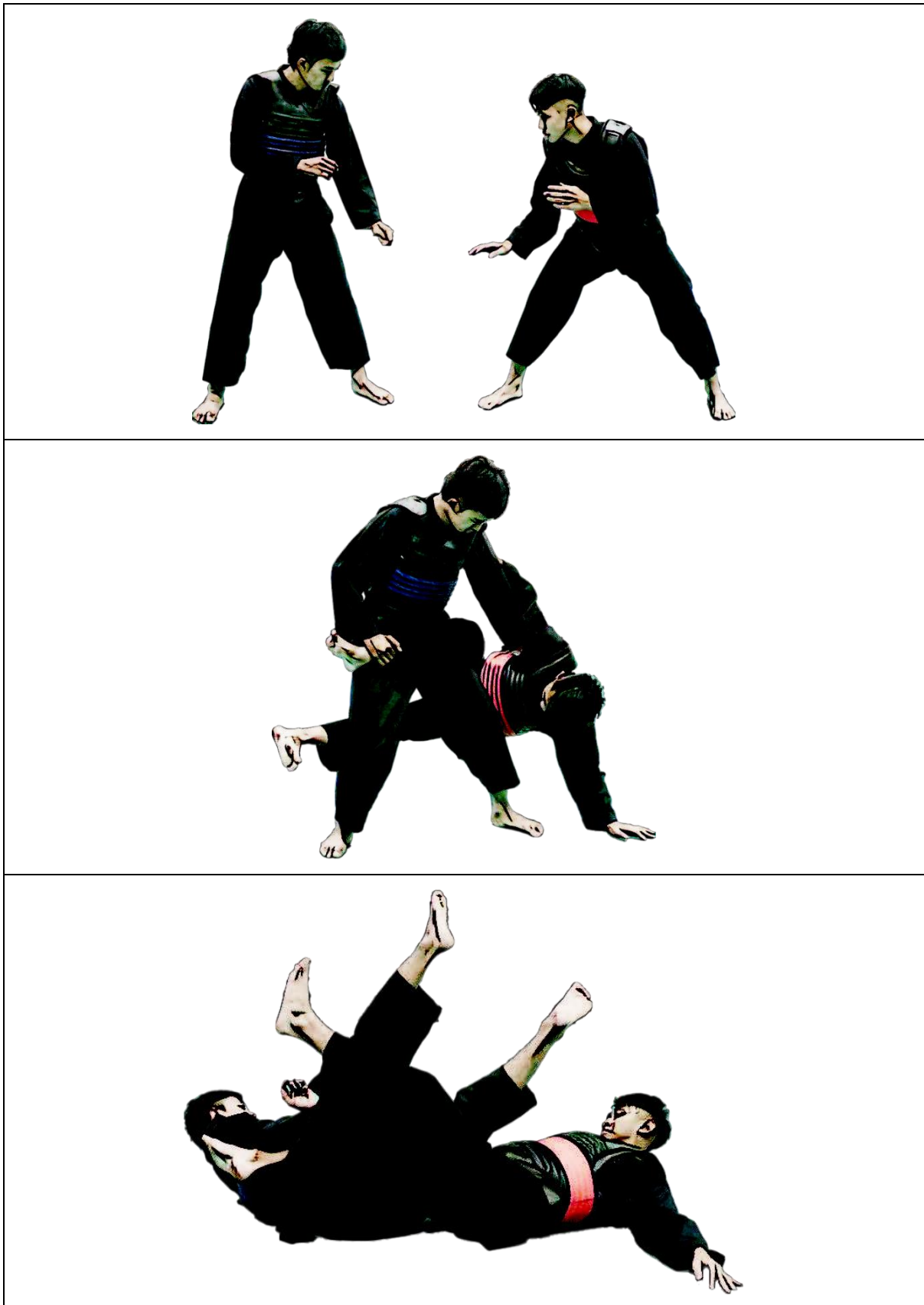
Technique 8 – Scissors (Touch the ground in the midst of doing scissors technique is allowed)



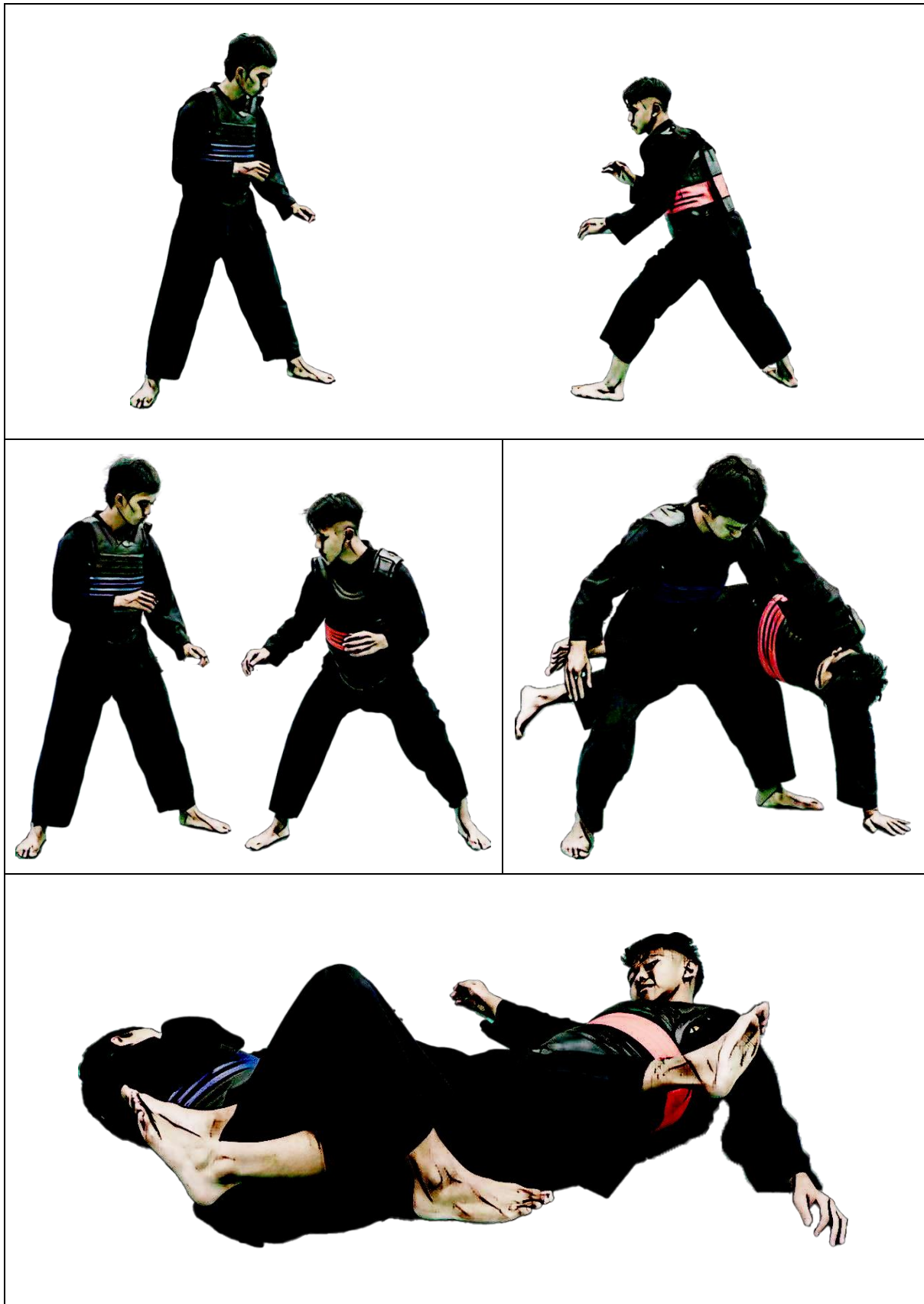
### Technique 9 – Scissors

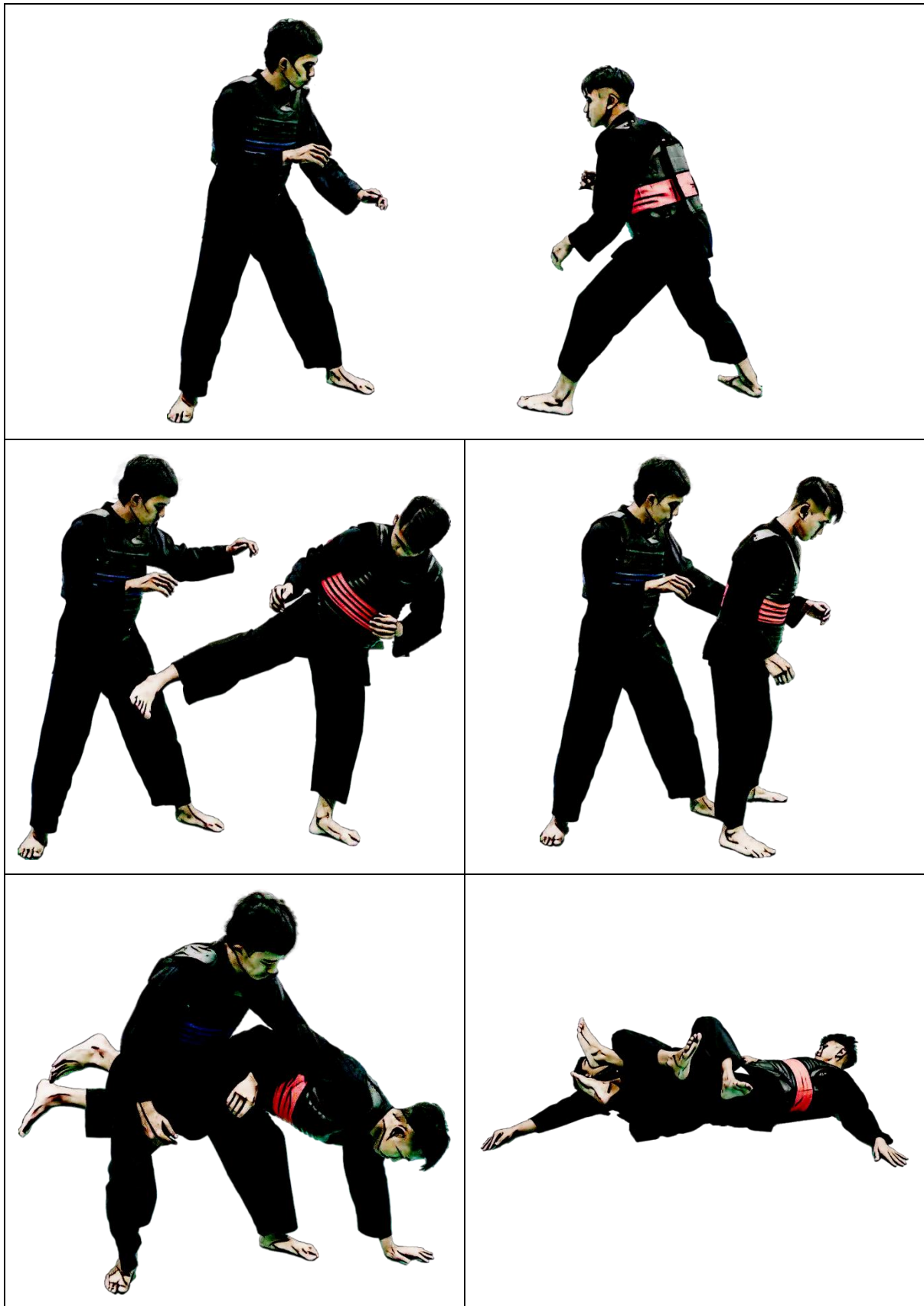


### Technique 10 – Scissors



## Technique – Step Scissors



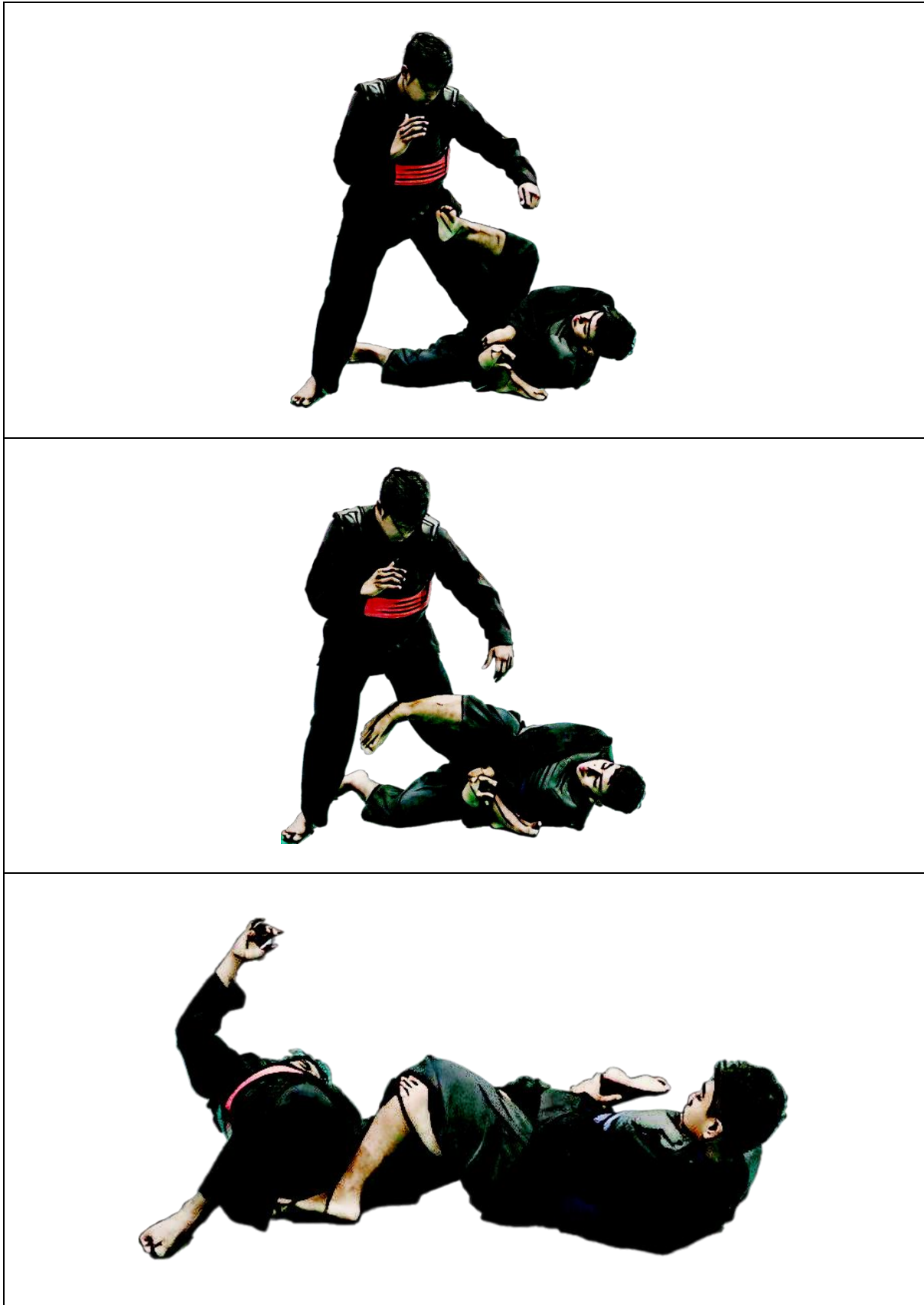
Technique – Back Scissors

### Technique 1 – Rolling Scissors

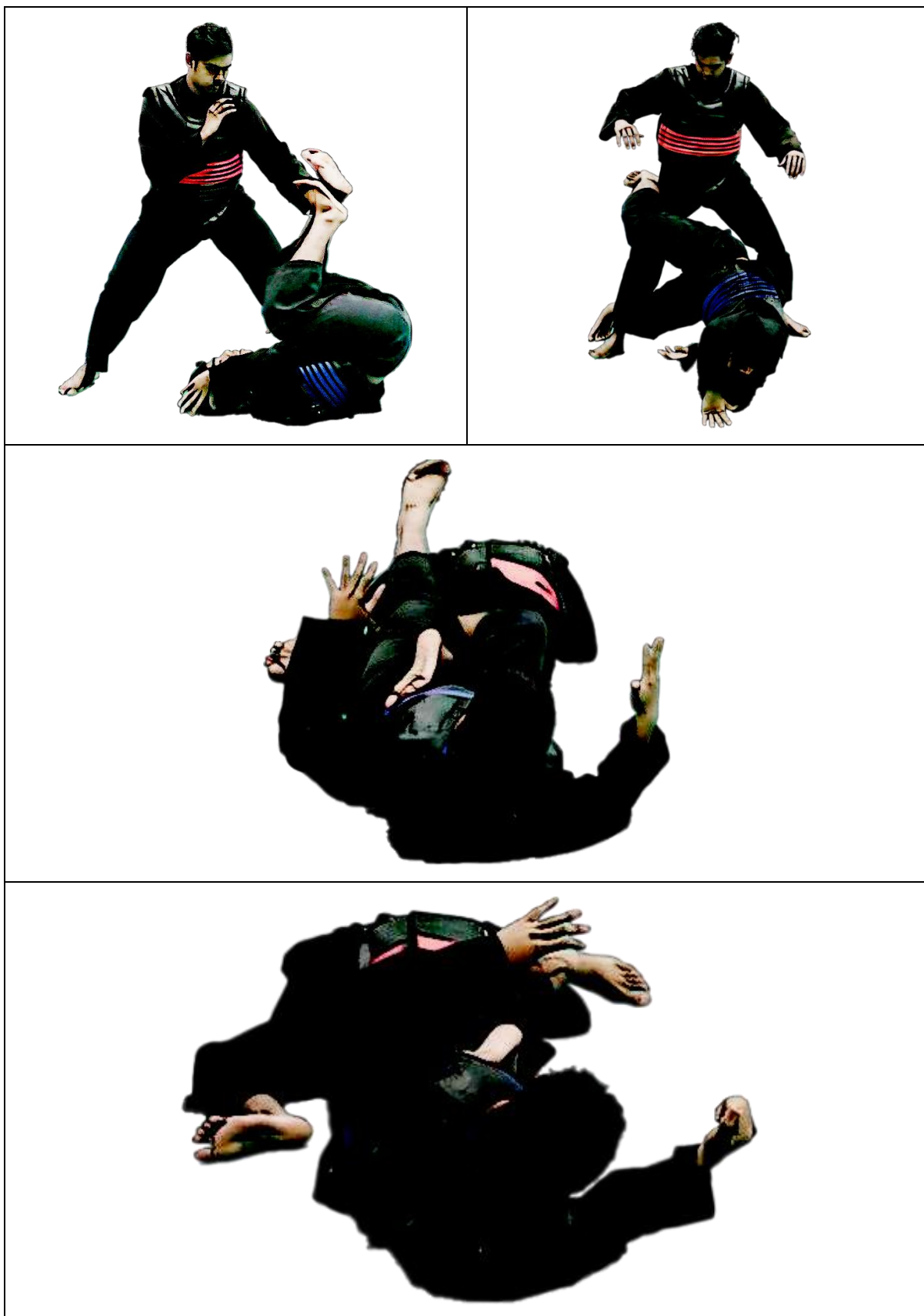




## Technique 2 – Rolling Scissors



### Technique 3 – Rolling Scissors



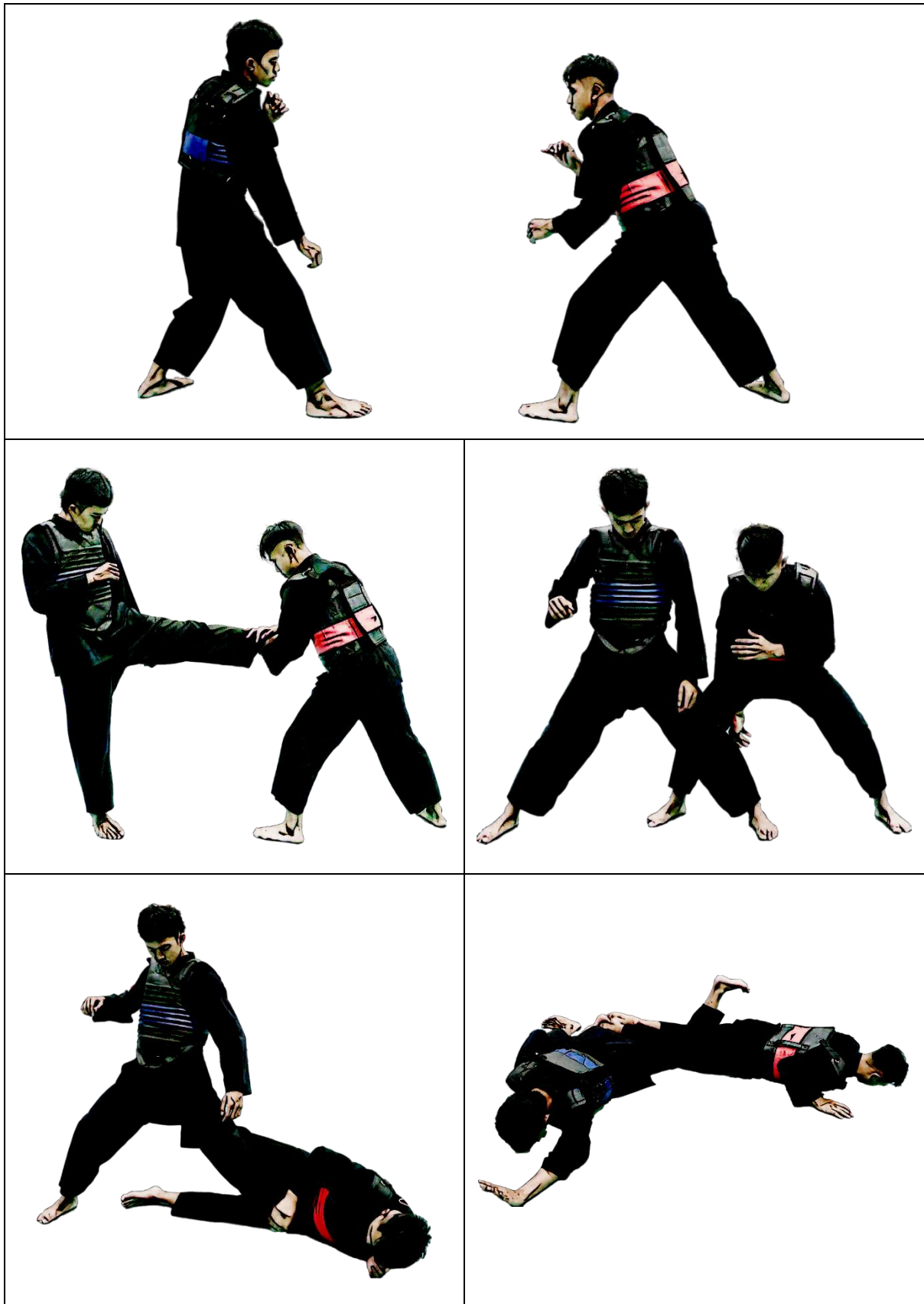
### Technique 4 – Rolling Scissors



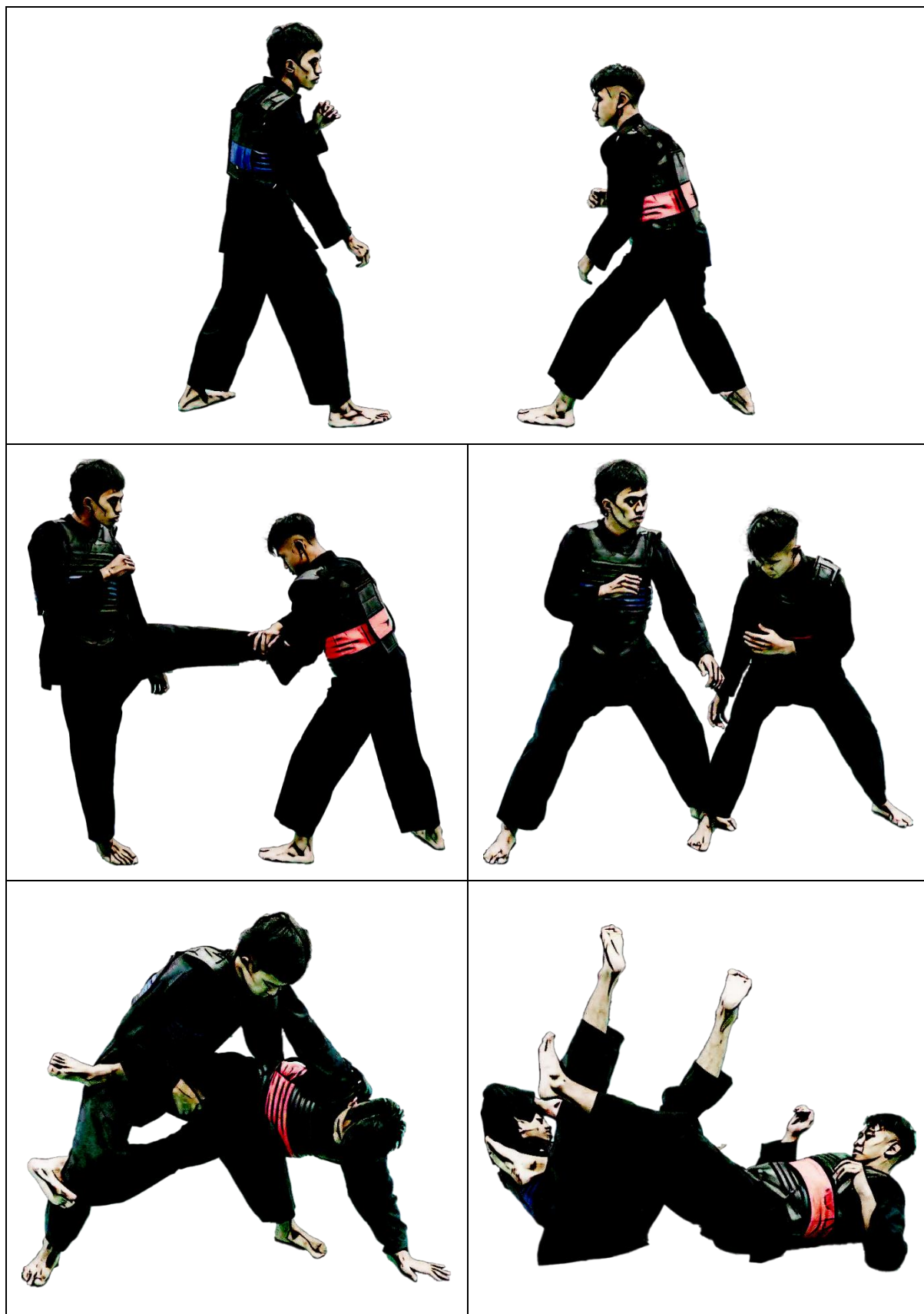
### Technique 5 – Rolling Scissors



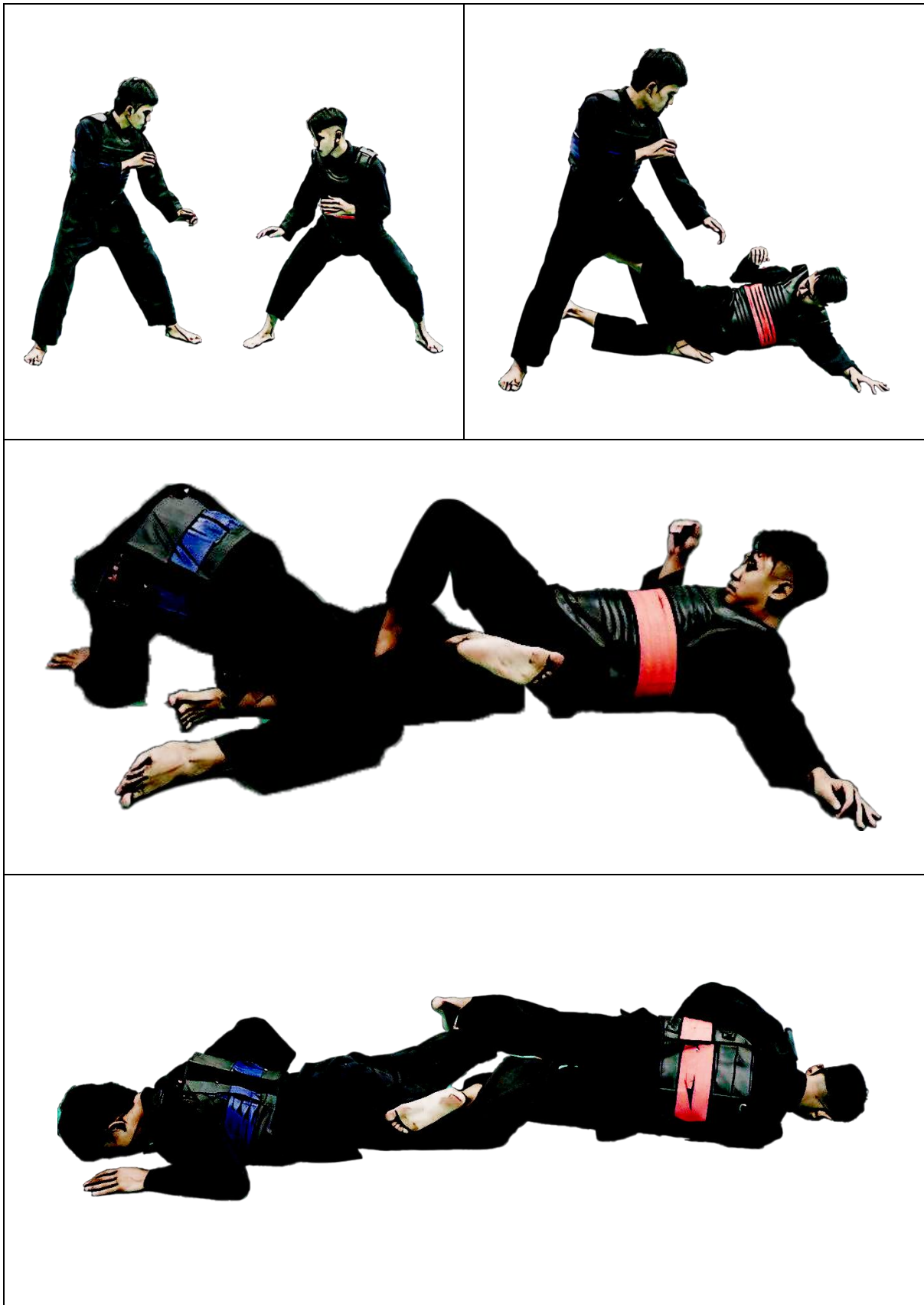
## Pull & Scissors Technique



## Pull Scissors Technique



## Front Leg Scissors

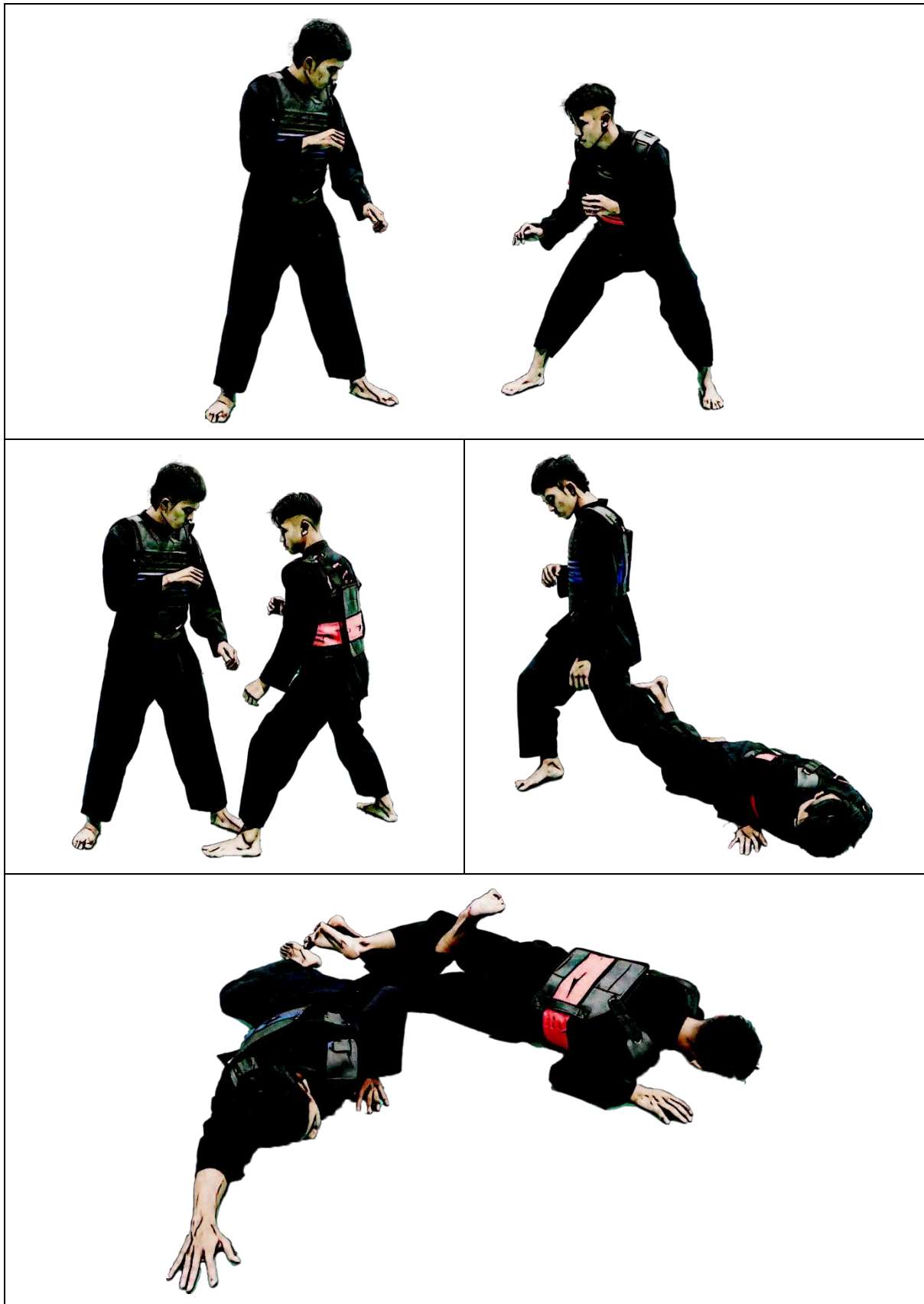


### Normal "Crocodile" Technique

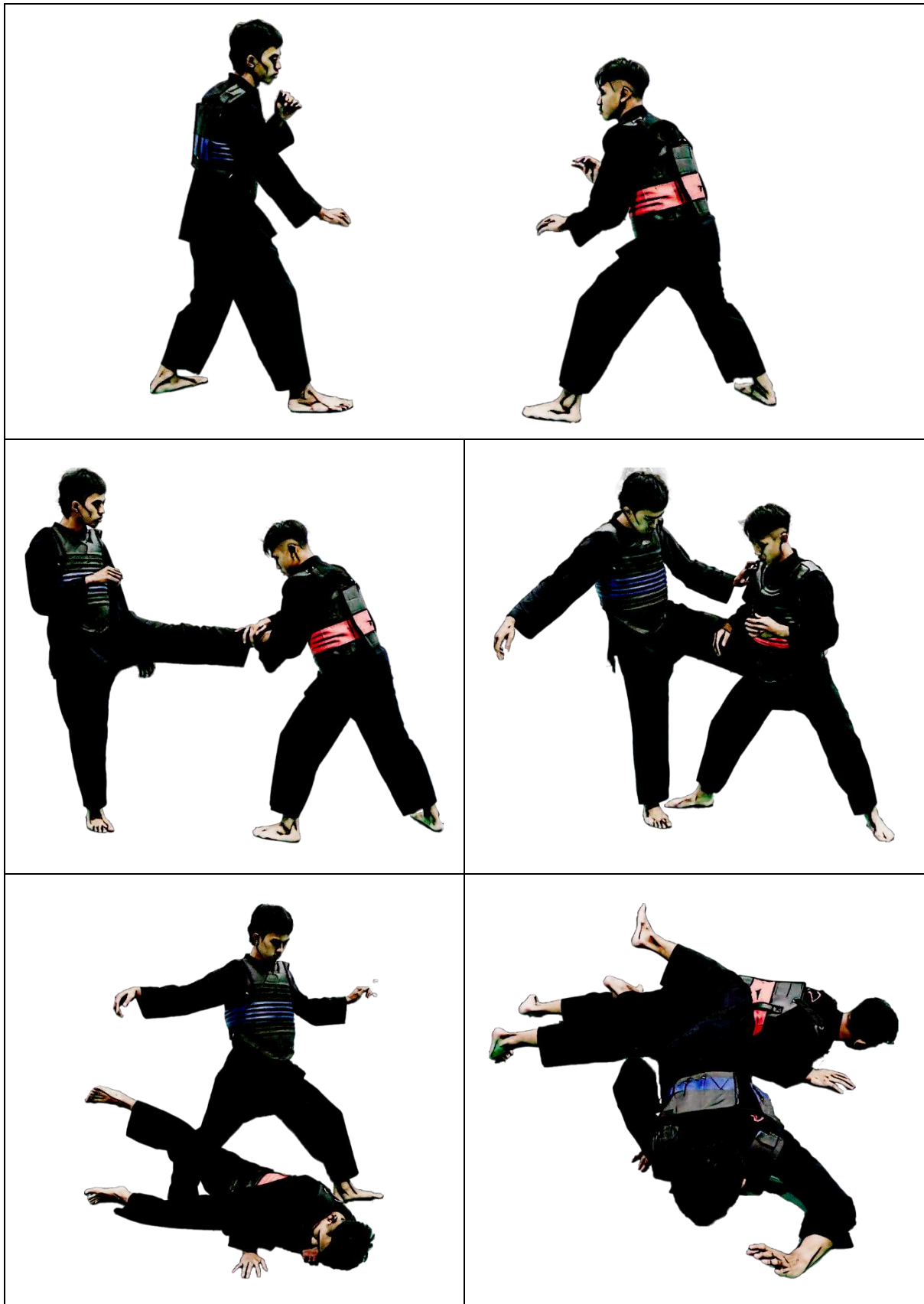




### Single Leg "Crocodile" Technique



### Pull Back Leg “Crocodile” Technique



“Crocodile” Technique

“Corkscrew” Technique

## Crocodile Technique

